

SGS-Kitchen Safety

Rules of the Kitchen

Hello fellow teachers! My name is Izriel Timmons and before we start, I will be introducing the simple rules of the kitchen before we start cooking our selected dish!

Stove/Oven Safety

To start off our kitchen rules of the kitchen, we need to talk about how to use the oven and stove correctly! When in the kitchen, it's important to have the stove and oven off at all times unless our dish needs to be cooked with the stove or oven. When done using the stove or oven, it's important to make sure it's off to prevent any fires from happening! Most kitchen fires start from flammable objects like paper, cardboard, cookbooks, washcloths, and oils when a young child is in the kitchen. That's why it's important when going into the kitchen to prevent putting recipe papers, washcloths, cookbooks, and paper towels on or near the stove.

Knife Safety

Moving onto our second rule is knife safety! When using a knife it's very important to keep all body parts away from the sharp edges of the knives to prevent any injuries from happening within the kitchen. When using the knife keep a steady grip on the handle and to be on a flat surface such as; counters, cutting boards and tables. Make sure that you're not running/chasing, hitting, stabbing, or cutting anyone while holding the knife unless it's for cutting ingredients or the dish/meal.

Preparing/Serving the Food

Onto our next rule is how we prepare and serve the food! When we are making the food, it's important that we wash our hands and the ingredients before we start cooking with the food. Make sure that your hair is tied back to prevent any hair from falling into the food. After eating make sure to wash all utensils and dishes accordingly, to ensure they are clean for the next guest that uses them. Be sure when cooking everyone has their own chance to participate.

Simple Guide

Before we start cooking, it's important to read, annotate, and follow the instructions so our meal turns out tasty and edible.

Notes for SGS

Notes to remember:

- Make posters for each safety rule(Stove/Oven, Knife, Preparing/Servering, Guide to cooking.
- Print everyone's paper out
- Make a recipe and show how to annotate and highlight key instructions.
- Pick foods(vegetables) from the garden.
- Allow guests to cook and taste food(30 mins each group).
- Be finished by feb 19.

- Allison script

Shopping list/ Ingredients

Shopping List

- Fresh basil
- Garlic
- Pine nuts
- Hard Cheese
- Olive oil
- Salt

Optional

- Lemon juice
- Black pepper
- Pecorino Romano

Core Ingredients

- 2 cups of washed and dried basil
- $\frac{1}{3}$ to $\frac{1}{2}$ cup of toasted pine nuts
- 2-4 fresh cloves of garlic
- $\frac{1}{2}$, Virgin olive oil(acts as blender)
- $\frac{1}{2}$ cup of grated Parmesan cheese
- Kosher or sea salt

Equipment- tools

- Food processor or blender
- Mortar and Pestle
- Messering cup

Tips to success

- Toast the nuts: Dry for 3-5 minutes, make pesto more fragrant
- Emulsify the oil: Drizzle in to make creamy sauce
- Don't cook it: Pesto should be raw and put into a freshly cooked pasta

Recipe

Instructions

- Toast the nuts for 3-5 minutes
- Combine dry garlic, toasted nuts, and cheese
- Add basil leaves, salt, and pepper. Mix with cheese and nut mixture.
- Put into blender and emulsify with extra virgin in olive oil until the pesto reaches a smooth paste
- Add salt, pepper, or lemon juice (optional)
- Make a fresh batch of noodles for pesto to sit in.
- Enjoy meal