

LHS CULINARY ARTS

Inside the Food Studies Classroom:

*Coming soon: International Foods
& Nutrition and Dietary Choices*



The **Science of Cooking** classes have been busy learning how to make butter, sourdough starters/breads, mother sauces, homemade granola, and how different fats effect flavor and texture in cookie recipes.



Student in the **Regional Cuisine** classes have been exploring the foods of the Southern, Mid-West, Southwest, and Western states. Recipes include funeral potatoes, sushi, chili, and many

IN THE NEWS:



The Culinary Arts Club resumes meeting on Tuesday, March 10, 2020.



Restaurant students recently prepared many food entrees and desserts for the annual teacher's holiday luncheon!



ITALY 2021! Chef Brassard is running a trip to explore the Cuisine & Culture of Southern Italy during the February vacation in 2021.

Interested students can see Chef Brassard ASAP in Room #017 or for more information visit:

www.eftours.com/2293470na

Courtyard Restaurant News:

- *The students had the opportunity to give back to their community by preparing and donating potatoes, squash, and stuffing for 120 people who might not otherwise have a Thanksgiving dinner. The dinner will be served at our neighboring church St. Joseph's. Each year the students take great pride in being able to help others who are less fortunate.*
- *Students in our Culinary Arts pathway were feeling thankful on Tuesday while they prepared and enjoyed a Thanksgiving dinner together. Before sitting down to eat each person shared something they were grateful for. It was a great time for sharing and togetherness in an otherwise high paced environment.*

Culinary Club Spring Schedule:

*Every other Tuesday 2:40-4:00pm,
Must sign up in advance.*

3/10 Blueberry Muffins

3/24 Potato Latkes

4/14 Belgian Waffles

4/28 Crag Rangoon

5/12 Mango Salsa/Cinnamon Chips

5/26 Pizza Party

RECIPE:

Crustless Quiche

By Chef Therese Packard

4 Tbsp.	Butter
4	Eggs
1 Cup	All purpose flour
1 Cup	Milk
1 tsp.	Salt
1 tsp.	Baking powder
4 Cups	Shredded cheese (Cheddar or Swiss work best)
1 pkg.	Frozen spinach (well squeezed)
1 small	Onion, chopped
1	Bell pepper, chopped



Chef's Notes:

- Melt butter in a 9X13 pan, swish around to coat the bottom.
- Beat eggs, add all you other ingredients, and pour in pan.
- Bake in a 350 degree oven for 35 minutes (or until set)
- Let stand for 30 minutes.
- Cut, serve, and enjoy!

This is a very versatile recipe that can be easily changed to suite your own personal tastes. It is also a great way to utilize leftovers.

For example, you can change out the vegetable or add meat as long as the volume remains the same. You can also omit the flour and add extra eggs if you are trying to limit carbs in your diet. This quiche is great served warm or cold. It can be served as breakfast, a side dish, or a snack. It travels well, making it a great addition to picnics and lunch boxes.

Home Economics Advice Corner:

- Let your kids pick one meal a week and allow them to look up recipes, figure out what ingredients are needed, and let them help prepare the meal. This will build confidence in the kitchen and grow their skills.
- Use denture cleaning tablets and hot water to clean residue out of your coffee travel mugs and reusable water bottles. Allow them to soak overnight and rinse thoroughly with warm water.
- Warm milk, cream, or butter before adding to hot mashed potatoes. This will keep them warm and allow them to be mixed more easily.
- Burnt sauté pan? Cover the burnt material with some warm water and several tablespoons of salt, let this soak for a few hours, bring the salt water to a boil, gently scrape out the bits, and rinse the pan clean.

"Good food is the foundation of genuine happiness" Auguste Escoffier