

LHS CULINARY ARTS

Inside the Food Studies Classroom:

Science of Cooking & Regional Cuisine

Student in all the food studies courses recently completed their tasty final exams. Each student team selected a recipe, planned their daily lab tasks, and created their own cooking videos to showcase their teamwork!



IN THE NEWS:

The Culinary Club is meeting on select Tuesdays in #017. Join the Google Classroom page for updates: [kufga6q](#)

The Courtyard Restaurant is open in room #009
Monday-Friday: coffee & pastry 7:45 - 12:45
Wednesday-Friday: breakfast available after 8:35, lunch 10:45 -12:45

The menu can be found on the LHS Website
Internal Line: 46009



Holiday Cookie Trays

Each year students in the Culinary Arts Pathway create delicious holiday cookie trays. Orders are placed in advance. Then a variety of cookies are prepared, counted, and arranged with care for our customers.

There's a new grill in town!

The Courtyard Restaurant finally got its grill installed! This new piece of equipment will offer Culinary Students the opportunity to learn and practice new cooking techniques. We look forward to trying new foods and adding new items to the menu.

RECIPE: Courtyard Cinnamon Rolls

By: Chef Therese Packard

Dough

- 1 package dry yeast
- ½ Cup Warm Water
- ½ Cup Lukewarm Milk (scalded then cooled)
- ⅓ Cup Sugar
- ⅓ Cup Shortening or Margarine or Butter softened
- 1 Teaspoon Salt
- 1 Egg
- 3 ½ to 4 Cups All Purpose Flour

Filling

- 2 Tablespoons softened butter
- ¼ Cup Sugar
- 2 Teaspoons Cinnamon

Glaze

- 1 Cup Powdered Sugar
- 1 Tablespoon Milk
- ½ Teaspoon Vanilla

Dissolve yeast in warm water in a 2 ½ quart bowl. Stir in milk, sugar, shortening, salt, egg, and 2 cups of the flour. Beat until smooth. Stir in enough of the remaining flour to make the dough easy to handle. Turn onto a lightly floured surface and knead until smooth and elastic. (about 5 minutes) Place in a greased bowl, and turn the greased side up. Cover and let rise in a warm place until doubled. (about 1 ½ hours) Flatten Dough with hands or a rolling pin into a 15X9 inch rectangle on a lightly floured surface. Spread with 2 Tablespoons of softened butter. Mix cinnamon and sugar and sprinkle over the rectangle. Roll tightly, beginning with the 15” side. Pinch the edge sealing tightly. Cut the roll into 1 ½ slices and place slightly apart in a square greased pan.



Who doesn't love a warm cinnamon roll on a cold winter morning? Sure, you could buy the pop can or frozen variety, but with a little effort, you can make them better for a lot less with ingredients you probably have on hand. These are a fan favorite in the Courtyard Restaurant.

News from the Courtyard Restaurant



In addition to the daily operations of the Courtyard Restaurant, Culinary Students are often involved in filling a variety of catering requests throughout the school. Some of these requests include making cakes and desserts for special occasions, preparing breakfast for an advisory that won the Spirit Week challenge, or delivering a coffee service for a meeting. These vegetables were prepared and roasted for the Staff Holiday Luncheon. These were a favorite of many who attended the event. Lasagnas and breads were also prepared for the event.

Culinary Courses for the 24-25 school year:

5101 The Science of Cooking

5102 Nutrition and Dietary Choices

5103 Regional Cuisine

5104 International Foods - College

5311/5312 Culinary Arts Beginner

5313/5314 Culinary Arts Intermediate

5315/5316 Culinary Arts Advanced

5201/5202 Unified Foods (prerequisites and chef approval required)