



I CARE.
We Serve.



2017 Teen Chef Academy

INSTRUCTIONS:

Terrie James-Hempstead County, Jean Ince-Howard County,
Celeste Scarbrough-Little River County, Carla Hadley-Miller County,
Eva Langley-Pike County, Janet Cantrell-Sevier County

SPECIAL THANKS TO OUR SPONSORS:



HOWARD COUNTY FARM BUREAU

PIKE COUNTY FARM BUREAU

SEVIER COUNTY FARM BUREAU

HEMPSTEAD COUNTY FARM BUREAU

LITTLE RIVER FARM BUREAU



SEVIER COUNTY EHC COUNCIL

PIKE COUNTY EHC MEMBER, BETTY WOODLEY



For the use of your
Culinary Arts Kitchen



Kim Rowe
Extension Photographer


Food is essential to life, therefore, make it good.



TUESDAY, June 27, 2017

DAY 1

Food is essential to life, therefore, make it good.



Teen Chef
ACADEMY

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

DAY 1

AGENDA & MENU

Tuesday, June 27, 2017

Caesar Salad & Croutons
Pizza & Calzones
Chocolate Brownies
with Creamy Chocolate Frosting

Mise en place (MEEZ ahn plahs) is a French term for having all your ingredients measured, cut peeled, sliced, grated, etc. before you start cooking. Pans are prepared. Mixing bowls, tools and equipment set out. It is a technique chefs use to assemble meals so quickly and effortlessly.

Welcome & Overview of Teen Chef Academy	Jean Ince
♦ Instructions & Basic Food Safety	Carla Hadley
♦ Knife Skills	Terrie James
	All Groups
♦ Croutons	Jean Ince
♦ Pizza Dough	All Groups
♦ Pizza Toppings	All Groups
♦ Calzone Demonstration	Celeste Scarborough
♦ Caesar Salad	All Groups
Lunch	
♦ Chocolate Brownies with Creamy Chocolate Frosting	All Groups
♦ Kitchen Equipment	Janet Cantrell & Eva Langley
Clean Up, Questions & Evaluations	All Groups

TIMELINE

- 9:00 Welcome & Overview
- 9:10 Kitchen Tour, Basic Food Safety, Handwashing Rules
- 9:30 Knife Skills
- 10:00 Prep Croutons for Oven
- 10:05 Croutons Go in Oven
 - Bake for 30 Minutes
 - Stir Every 10 Minutes
- 10:10 Pizza Dough
 - Read Recipe, *Page* 543
 - Assemble Supplies
 - Do Step #1 of Recipe
 - Remove Croutons from Oven
 - Clean Up
- 11:10 Pizza Toppings
 - Read Recipe, Page 543
 - Set Oven Temp to 375°
 - Assemble Supplies
 - Do Steps 2-4 of Recipe
 - Clean Up
- 11:45 Calzone Demonstration
- 12:10 Caesar Salad
 - Read Recipe, Page 454
 - Assemble Supplies
 - Do Steps 1-3 of Recipe, Omitting Anchovy Fillets
- 12:30 Lunch and Clean Up
- 1:30 Chocolate Brownies
 - Read Recipe, Page 198

KNIFE SKILLS

Chop: To cut food into coarse or fine pieces of irregular shapes, using knife, food processor or food chopper.

Crush: To press with side of knife blade or use meat mallet or rolling pin to smash into small pieces.

Cube: To cut food with knofe into uniform squares, 1/2 inch or larger

Dice: To cut food with knife into 1/4 inch squares.

Julienne: To cut into long, thin slices. Stack slices, then cut into match-like sticks.

Mince: To cut food with knife into very fine pieces that are smaller than chopped but bigger than crushed.

Slice: To cut into flat pieces of about the same size.

Snip: To cut into very small pieces with kitchen scissors.

Tear: To break into pieces with your fingers.

Zest or Peel: Refers to outside colored layer of citrus fruit that contains aromatic oils and flavor. Also refers to action of removing small amounts of peel with knife or citrus zester.

COOKING TERMS

Beat: To combine ingredients vigorously with spoon, fork, wire whisk, electric mixer or hand beater until smooth. When electric mixer is specified, mixer speed is included.

Drizzle: To pour I thin stream from spoon, bag, squeeze bottle with tip or liquid measuring cup in uneven pattern over food.

Knead: To work dough on floured surface into smooth, springy mass, using hands or an electric mixer with dough hook.

Mix: To combine ingredients in any way that distributes evenly.

Stir: To combine ingredients with circular or figure-eight motion until thoroughly blended.

Toss: To gently combine ingredients by lifting and dropping using hands or utensils.



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Wednesday, June 28, 2017 **DAY 2**



DAY 2

AGENDA & MENU

Wednesday, June 28, 2017

Santa Fe Salad
Burger Bash
Roasted Sweet Potato Wedges
Broiled Pineapple
Cream Cheese Brownies

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Welcome & Overview of Recipes

- ♦ Handwashing Activity

- ♦ Santa Fe Salad

- ♦ Cream Cheese Brownies

- ♦ Blender Safety

- ♦ Knife Safety

- ♦ Roasted Sweet Potato Wedges

- ♦ Caramelized Onions Demonstration

- ♦ Burger Bash / Avocado Prep

Lunch

- ♦ Pineapple Demonstration

- ♦ Slice & Serve Brownies

Clean Up, Questions & Evaluations

Carla Hadley

Janet Cantrell

All Groups

All Groups

Eva Langley

Terrie James

All Groups

Jean Ince

All Groups/Jean Ince

Celeste Scarborough

All Groups

All Groups

TIMELINE

9:00 Welcome & Overview of Recipes

9:20 Handwashing Activity

9:40 Chocolate Brownies

- Read Recipe, Page 198

- Assemble Supplies

- Set Oven Temp to 350°

- Do Steps 1-3 of Recipe

- Bake for 40 Minutes

- Clean UP

10:15 Santa Fe Salad

- Read Recipe, Page 459

- Set Oven Temp to 350°

- Assemble Supplies

- Complete Step 1—Leave on Baking Sheet to Cool

- Blender Demonstration

- Do Steps 2-3 of Recipe

- Refrigerate Salad And Dressing

- Clean Up

11:00 Roasted Sweet Potato Wedges

- Read recipe, Page 40 “Cooking with Extension

- Set Oven Temp to 475°

- Follow Steps of Recipe

- Clean Up

11:45 Burger Bash

- Caramelized Onion Demo

COOKING TERMS

Bake: To cook food in an oven with dry heat. Bake food uncovered for a dry and/or crisp top, or covered to keep things moist.

Broil: To cook food a measured distance directly under the heat source.

Grill: A quick-cooking option that infuses dishes with smoky flavors.

Roast: To cook meat, poultry or vegetables uncovered in oven. Meat and poultry are often placed on rack in shallow pan without adding liquid; vegetables are usually tossed with oil and spread in single layer on pan.

Sauté: Cook food over medium-high heat in a small amount of fat, frequently tossing or turning.

Stir: To combine ingredients with circular or figure-eight motion until thoroughly blended.

Toss: To gently combine ingredients by lifting and dropping using hands or utensils.

ALWAYS WASH HANDS...

- **BEFORE** handling food and utensils, or serving and eating food.
- **AFTER** handling food, especially raw meat, poultry, fish, shellfish and eggs
- **BETWEEN** jobs like cutting up raw chicken and making a salad
- **AFTER** using the bathroom, blowing your nose, changing diapers, touching pets, and handling garbage, dirty dishes, hair, dirty laundry, cigarettes and phones.

IF YOU...

- **HAVE** any kind of skin cut or infection on your hands, wear protective plastic or rubber gloves.
- **SNEEZE OR COUGH** while preparing food, turn your face away and cover your mouth and nose with a tissue; wash your hands afterward.



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Thursday, June 29, 2017

DAY 3

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DAY 3 AGENDA & MENU

Thursday, June 29, 2017

Focaccia & Breadsticks
Chicken Piccata & Marinara Sauce
Fettucine Alfredo with Perfect Pasta
Strawberry Shortcake

Mise en place (MEEZ ahn plahs) is a French term for having all your ingredients measured, cut peeled, sliced, grated, etc. before you start cooking. Pans are prepared. Mixing bowls, tools and equipment set out. It is a technique chefs use to assemble meals so quickly and effortlessly.

Welcome & Overview of Recipes

- ◆ Yeast Breads
- ◆ Chicken Piccata
- ◆ Marinara Sauce
- ◆ Fettucine Alfredo with Perfect Pasta
- ◆ Keeping Pasta Hot

Celeste Scarborough

Carla Hadley

All Groups

All Groups

All Groups

Eva Langley

Lunch

- ◆ Knife Skills - Slicing Fruit
- ◆ Strawberry Shortcake
- ◆ Food Safety
- ◆ Ice Cream Base

Terrie James

All Groups

All Groups

Janet Cantrell

All Groups

Clean Up, Questions & Evaluations

All Groups

TIMELINE

- 9:00 Welcome & Overview of Recipes
- 9:10 Prep Focaccia/breadsticks for baking
- Read recipe, page 125
 - Assemble Supplies
 - Knead and allow to rise for 30 Minutes
 - Clean Up While Rising
 - Grease Pans and Shape and Rise for 30 Minutes (Start Chicken Piccata)
 - Heat oven to 400° (Bread 15-20 Minutes) or 425° (Breadsticks 10-20 Minutes)
 - Brush with Oil and Cheese
 - Bake
 - Clean Up
- 10:30 Marinara Sauce
- Read Recipe, page 371
 - Assemble Supplies
 - Stir Together All Ingredients, Heat to Boiling
 - Reduce to Low and Simmer 30 Minutes
 - Clean Up
- 11:15 Chicken Fettucine Alfredo with Perfect Pasta
- Read Recipe, Page 385
 - Assemble Supplies
 - Cook pasta according to directions , Page 385
 - Heat Sauce Till Bubbling, Reduce to Low , Simmer 6 Minutes
 - Clean Up
- 12:30 Lunch and Clean Up
- 1:30 Strawberry Shortcake Drop Cakes
- Read Recipe, Page 214-215
 - Assemble Supplies
 - Set Oven Temperature to 425°
 - Bake 12-14 Minutes
 - Clean Up
 - Bake for 40 Minutes - Check After 20 Minutes
 - Clean Up
- 2:50 Final Clean Up, Questions & Evaluation

MANNERS: Traditions of a society that show people how to treat others and behave in social situations.

GOOD MANNERS:

1. Put people at ease
2. Impress people
3. Allow people to live and work together without a lot of friction
4. Make others feel good
5. Help you get a job

WHEN EATING WITH A SMALL GROUP:

Wait until everyone in the group is served before eating

IF YOU ARE UNSURE WHAT TO DO:

Follow the actions of the host.

CELL PHONE ETIQUETTE:

1. Turn it off or place on vibrate
2. Excuse yourself when you get a call
3. Keep your voice down
4. Avoid checking your phone

SIMPLE PLACESSETTING:



It's not necessary to fully open a large napkin; just fold it in half on your lap, however, you can completely open a smaller luncheon napkin. The napkin remains on your lap throughout the entire meal and should be used to gently blot your mouth. If you need to leave the table during the meal, place your napkin on your chair and quietly excuse yourself from the table. Don't refold it.

No matter what the occasion, you shouldn't flap your napkin around like a flag before placing it in your lap, and don't tuck your napkin into your shirt like a bib. Never use a napkin to wipe off lipstick or to blow your nose!



CLASS OF 2017

UNIVERSITY OF ARKANSAS FAMILY & CONSUMER SCIENCES INSTRUCTORS:

Celeste Scarbrough-Little River County
Carla Hadley-Miller County
Jean Ince-Howard County



Terrie James-Hempstead County
Janet Cantrell-Sevier County
Eva Langley-Pike County

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TUESDAY, June 27, 2017

DAY 4

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DAY 4 AGENDA & MENU

Friday, June 30, 2017

Easy Drop Biscuits

Muffins

Omelets

Vanilla Ice Cream & Easy Apple Tarts

Mise en place (MEEZ ahn plahs) is a French term for having all your ingredients measured, cut peeled, sliced, grated, etc. before you start cooking. Pans are prepared. Mixing bowls, tools and equipment set out. It is a technique chefs use to assemble meals so quickly and effortlessly.

Welcome & Overview of Recipes

♦ Ice Cream

♦ Pie Crust

♦ Baking Basics

♦ Easy Drop Biscuits

♦ Muffins

♦ Omelet Demonstration

♦ Individual Omelets

Terrie James

All Groups

All Groups

Celeste Scarbrough

Groups 1 & 2

Groups 3 & 4

Jean Ince

All Groups

Lunch

♦ Apple Tart Demonstration

♦ Apple Tarts

Janet Cantrell

All Groups

Clean Up, Questions & Evaluations

All Groups

Celebration and Presentation of TEEN CHEF ACADEMY Certificates & Gifts

TIMELINE

9:00 Welcome & Overview

9:10 Instructions on How to Make Ice Cream and Basics of Baking

9:30 Let's Freeze Some Ice Cream!

- Read Recipe, Page 230
- Assemble Supplies
- Do Step 3
- Clean Up

10:05 Make Pie Crust

- Read Recipe, Page 158
- Set Oven Temp to 400°
- Assemble Supplies
- Do Steps 1-3 of Recipe
- Clean Up

10:53 Muffins - Group 1 Does Blueberry, Group 2 Does Bananna

- Read Recipe, Page 98
- Assemble Supplies
- Do Steps 1-3 of Recipe
- Clean Up

11:10 Omelet Demonstration

- Read Recipe, Page 106
- Set Oven Temp to 200°
- Assemble Supplies
- Do Steps 1-3 of Recipe - Keep Warm In Oven
- Clean Up
- Do Steps 1-3 of Recipe, Omitting Anchovy Fillets

12:00 Lunch and Cleanup

1:00 Easy Apple Tart

- Read Recipe, Page 166
- Assemble Supplies
- Set Oven Temp to 4:25°
- Do Steps 1-3 of Recipe
- Bake for 30 Minutes - Prevent Excessive Browning, Cover Center Of Pie With 5 Inch Square of Foil
- Clean Up

2:10 Remove Tarts From Oven

2:15 Celebrate with Gifts and Certificates

2:50 Final Clean Up, Questions & Evaluation

3:00 Adjourn

"No one is born
a great cook,
one learns by
doing."
~ Julia Child

the secret
ingredient
is always
love

let's eat

Laughter
is brightest
where food is
best.
~ Irish Proverb



life is
what you
bake