

Gluten Free Cooking: America's Melting Pot

Category: Life Skills or Vocational*
Time: Weds at 10:00 - 11:30 am
Date: Sept 15 through Dec 8, 12 sessions (first semester)
Jan 12 through March 30, 12 sessions (second semester)
Capacity: Limited to 6 students, fourth grade and older
Instructor: Janine Frizzo

*This class is offered under both the Life Skills and Vocational categories. Select the one that works best with your schedule. Both sections are taught at the same time with some variation in the focus of each group.

Students will study the effects foreign food has had on our local cuisine while learning how to cook in a gluten free kitchen. Cooking gluten free from scratch does not have to be boring! Learn to substitute like a pro and develop your palette.

Optional second semester will be more specific and work with Italian/Michigan styles. Final project will be to develop a menu reflecting your own heritage. Vocational students will be responsible for working with both regular and vocational syllabi.

LIFE SKILLS - FIRST SEMESTER

1. Intro Basic classroom rules and farm paperwork. Kitchen rules.apron, hair cover, hands/gloves all responsibility of student or no hands on work. It is the student's responsibility to write down recipes and info...bring a journal. What is gluten and how we avoid it. Hidden gluten. How to substitute, cross contamination, other non food sources to avoid., reactions, laws, eating out, manners.
2. French menu. What and why are you interested in learning, what do you consider French* and which item would you like to try next week. Plan the ingredients and budget. What new skills will you be learning? How can you adapt this skill to your home cooked meals? (choose from 3 suggestions). Time management, budget, and skill level.
3. Prepare the selected item. Critique
4. German. As above for French.
5. Prepare and critique
6. Asian as above for French
7. Prepare and critique
8. Mexican/ Latin as above for French
9. Prepare and critique
10. African, as above for French
11. Prepare and critique. Select items for next week's fondue...cheese, oil, or chocolate and items
12. Fondue..it is a melting pot after all.

VOCATIONAL - FIRST SEMESTER (in addition to Life Skills syllabus)

1. Intro as above and other items to be discussed during the semester including but not limited to; business changes. Legalities, licensing, how to protect customer, how to handle reactions/choking Food safety certification, menus, special events, vendor forms, catering
2. Differences in procedures between business and home
3. Use last weeks discussion to aid in this weeks process
4. Methods to alert customers to ingredients without giving away recipe
5. Practice on other students, role play
6. Cross contamination/ Certification process
7. Observe student cooking activity and keep notes as to how to improve
8. How to offer GF items on regular menus so that they are appealing and safe
9. Writeup this weeks menu item/vendor form
10. Prep an entire GF menu for a family cafe/ catering
11. Present menu to students and send home copy for eval with their families
12. Prep facility for GF fondue

LIFE SKILLS - SECOND SEMESTER

1. Intro..refer to intro 1st sem and discussing the Italian influences present in Michigan cuisine.
2. Herbs/tomatoes The basics, what our Fruit belt is famous for. Different types of tomatoes and how they should be used. Amounts of herbs dry and fresh, pesto, timing
3. Flours and pasta. How to store safely, what each grain has to offer. Technical problems with GF
4. Ravioli/lasagne...fillings, baked or boiled, hot or cold. Non traditional filling
5. Antipasti/charcuterie What can you get here that is similar to Italy, quick changes to dress up inexpensive items. Olive oils, and vinegars
6. Squash How many ways...steamed, shredded, raw, cooked, sweet, sour, summer or winter, soups, sides, and desserts
7. Greens raw, fresh, rolled, pestos
8. Dessert calorie control. Where gluten can be hidden, spices, dairy cheats
9. Cheese Quick farmer's cheese made at home/ filer, Parm. Regg./dry-hard garnish, mozzarella/ quick melt,
10. Students own recipe/develop Agree on budget, ingredients, time to prepare, what you could easily do with what you already have
11. Make student dish
12. Plan garden and party menu, based on your own heritage for future use, something to work on at home or with a small dinner party/picnic

VOCATIONAL - SECOND SEMESTER (in addition to life skills syllabus)

1. Intro with further study of National Food service Manual, specific tot emps and food born illnesses, recalls
2. Define Italian cuisine and changes needing to be made for GF.herbs increase and change palettes
3. Serving methods, multi purpose equipment flour/expectations and sources, govt regs
4. Advertisement /marketing for GFravioli/unique recipes so as not to work against expectations
5. Research local market what is affordable here and how to change for “guest” food,antipasti
6. Portion size for profit squash can be very affordable but has bad rep...unique uses, filler
7. Budget savers greens how to dress them affordably and use them completely
8. Cafe traffic patterns dessert, how to dress deserts and not be n the way, how to display
9. Traffic patterns for guests...guests in the traffic pattern of your servers, how to effectively keep guests entertained with simple things like cheese plates
10. Carry out, how to package student meal as kit or as as finished product
11. Catering for GF, how to deliver student meal hot/cold
12. Filling out food vendor forms and safe purchasing. Take student menu and fil out vendor form for STFU sales