



Inspiring Children to Eat Well

The Sylvia Center's *Young Chefs* Culinary Program

Participant Workbook
Winter, 2016



Young Chefs: Six-Week Course Overview

Week One: The Wonderful World of Seasonal Eating

Safety in the kitchen, including knife skills and using their bear claw and tunnel

What it means to eat and cook in-season

What sautéing is, and why this is a healthy and tasty way to cook

Recipes: Root Vegetable Puree with Roasted Carrots and Stuffed Baked Apple

Week Two: Learning to Bake

Introduction to Baking—how to measure ingredients correctly, handle the dry and wet ingredients

What sautéing is, and why this is a healthy and tasty way to cook

Learn about the importance of whole grains

Recipes: Broccoli Pasta and Olive Oil Cake

Week Three: Tasty Meat Alternatives

Learn about the importance of whole grains

Learn about legumes, and ways to use them as a meat alternative.

How to use whole grains to make a delicious dessert

Recipes: Black Bean Vegetable Soup and Oat Bars

Week Four: Eating the Rainbow

The importance of eating different varieties and colors of fruits and vegetables

Review baking basics

The difference between a spice and herb and how to use both

Recipes: Chickpea Curry and Pear Galette

Week Five: Practicing Newly Learned Cooking Techniques and Healthy Eating Habits

In week five, children will practice and review:

The healthy eating concepts they have learned in the previous four weeks

How to prepare eggs for breakfast, lunch, or dinner

How to incorporate vegetables into baked goods

Recipes: Kale Leek Potato Frittata with Beet Brownies

Week Six: Graduation Class—Celebrate Becoming a Young Chef

In week six, children will practice, review, and celebrate the concepts they have learned over the last five weeks with their classmates and their Chef Instructor.

Recipes: Cauliflower Pizza and Frozen Fruit Smoothies



Week One Recipes

Roasted Carrots and Cauliflower with Root Vegetable Puree

Serves 4-6

Ingredients:

2 lbs. carrots, cut into 3-inch by ½ inch sticks
½ head of cauliflower, cut into florets
2 tablespoons olive oil
1 teaspoon thyme (preferably fresh), minced
4 tablespoons butter
1 onion, chopped
1 ½ lbs potatoes, peeled and diced
1 ½ lbs parsnips, peeled and diced
1 lb turnips, peeled and diced
2 cloves of garlic, minced
2 cups chicken stock (or vegetable)
Salt
Pepper

Preparation:

1. Preheat oven to 400F. Toss carrots and cauliflower with olive oil, thyme and salt. Spread on baking sheet, and roast until tender about 20 minutes.
2. Meanwhile, heat butter in large saucepan. Add onions and sauté over medium heat until tender. Add potatoes, parsnips and turnips. Cook for another five minutes. Add garlic and stock. Bring to boil and then reduce heat. Simmer until vegetables are completely tender, about 15 minutes.
3. Remove root vegetables using slotted spoon. Reserve cooking liquid. Puree vegetables using electric mixer, adding cooking liquid if needed. Add remaining butter and season with salt and pepper.
4. Serve with roasted carrots and cauliflower.



Week One Recipes

Baked Stuffed Apples

Serves 8-10

Ingredients:

5 apples, halved and cored
6 tablespoons of butter, cut into 1-inch pieces
 $\frac{3}{4}$ cup of brown sugar
1 cup of oats
 $\frac{1}{2}$ teaspoon of cinnamon
 $\frac{3}{4}$ cup of flour

Preparation:

1. Preheat the oven to 400F.
2. Combine butter, brown sugar, oats, cinnamon, and flour in bowl until mixture is crumbly.
3. Divide filling evenly among apples and place on a baking sheet. Bake for 15-20 minutes or until golden brown.