
FARM TO TABLE: ADVANCED COOKING

Journey Homeschool Coop

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Purpose of the Course

This class is aimed to advance a student's current cooking skills to independence and broadening their culinary experience to international cuisine. The students will work independently and in small groups through hands on learning and demonstration and is then expected to cook a weekly related food item at home for their family to practice and refine their skills.

Specific Objectives

- Reading, interpreting and tweaking a recipe
- Nutrition
- Making meal choices
- International foods

Materials *(supplies listed can be stored at the co-op during the year)*

- paring knife
- cutting board
- rolling pin
- apron

Note Occasionally ingredients will need to be supplied by the student

Schedule of Topics

Sep. 9, 2024	Cutting Techniques, measuring/weighing, following a recipe, and adjusting ingredients, nutrition
Sep. 16, 2024	Savouring the Seasons: pickles & preserves; eating locally and organically
Sep. 23, 2024	Fun with pizza dough
Sep. 30, 2024	Knead and shape rolls with homemade butter
Oct. 7, 2024	Eggs: Omelets & Eggs in a basket
Oct. 14, 2024	Cupcake Creations: variation of frosting, spreading and piping tools
Oct. 21, 2024	Browning butter: Chocolate chip cookies
Oct. 28, 2024	Fast food takeout: Chicken nuggets, frozen lemonade (Chick-fil-a)
Nov. 4, 2024	It's a Wrap: Pinwheels and breakfast burritos
Nov. 11, 2024	Summer delight menu: Pigs in a blanket, oven fries and smores
Nov. 18, 2024	Homemade pie crust: take home to fill with quiche or dessert
Nov. 25, 2024	NO CLASS
Dec. 2, 2024	Bake and frost cinnamon rolls
Dec. 9, 2024	Birthday treats: Cake cones
Dec. 16, 2024	Chocolate truffles
Dec. 23, 2024	NO CLASS
Dec. 30, 2024	NO CLASS
Jan. 6, 2025	Norway: Lefse

Jan. 13, 2025	Greek: Roasted red pepper hummus & Tzatziki with pita triangles
Jan. 20, 2025	Mexican Fiesta: Homemade flour tortillas with chicken and veggies, homemade guacamole
Jan. 27, 2025	Italian: Oodles of Noodles: Homemade pasta with pesto, marinara or butter/cheese
Feb. 3, 2025	Southern USA: Biscuits and sausage gravy
Feb. 10, 2025	Canada: Fried bannock bread
Feb. 17, 2025	Australia: Sausage rolls
Feb. 24, 2025	Asian: Spring rolls and ramen bowl
Mar. 3, 2025	Latin America: Beef Empandas
Mar. 10, 2025	France: Croque Madame (Grilled cheese sandwich with egg)
Mar. 17, 2025	Germany: Apple German pancakes
Mar. 24, 2025	NO CLASS
Mar. 31, 2025	Snow Day
Apr. 7, 2025	Mediterranean: Potato latkes
Apr. 14, 2025	South Africa: Marshmallow pudding
Apr. 21, 2025	Surprise challenge: students will use all the skills they have learned to make a dish with teacher's choice of ingredients
Apr. 28, 2025	Reports from final project. Make dessert for Showcase.
May 5, 2025	Party!
May 12, 2025	Snow Day

* Recipes subject to change pending availability of ingredients.

**** I do my best to accommodate with gluten-free students, however, an extra fee will be required for classes that can accommodate a gluten-free option.**

Method of Instruction

Each class period, will be considered a Unit Study. I will present a food or dish item, discuss the nutrition value and it's origin, different methods of cooking with it, how to shop for it, and using tools in the kitchen to prep the food items. Some food items will be prepped by the teacher, other times will include the students working independently or in teams to help make the dish during the hour. Food item of that day may be subjected to changed, depending on availability.

Homework

The homework will challenge the student to make the same food item from that week's class period at home, using the technique taught in class. A form will be emailed to the parent/student following each class, which is to be filled out weekly of their progress in making the food item. Students may choose to share their experience with the class. If at any time your child needs inspiration of recipes for a particular food item, feel free to reach out to me. I have plenty of ideas to direct them.

Method of Evaluation

Classroom behavior & respect	Homework (weekly form; turned in or emailed)	Final Project
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Evaluation percentage:

Grading Scale:

Class behavior 25%	Exceeds Expectations (90% - 100%)
Respect 25%	Meets Expectations (70% - 89%)
Home Evaluation Form 25%	Needs Improvement (69% or below)
Final Project 25%	

Final Project

The student will make a three-course meal for their family. They may use some of the food items, skills and tools taught during the year, or branch out and find other ideas through recipes. They will fill out a report to be turned in to the teacher.

FINAL PROJECT IS DUE on the April 28, 2025.