

Teacher: Terri Penn	Student Name:
Class: Culinary Science	Book: N/A
Lesson/Unit Title: My Daily Meals- 3- Course Meal Prep Project	

Hello Culinary Students:

I hope you are all doing well! During the time period that you are out of school, I would like you to continue to exercise your cooking skills with this assignment. You will first need to select items in your pantry and fridge that you currently have at home. NO SHOPPING REQUIRED unless you wish to purchase additional products. Feel free to do this assignment alone or with another family member (you can finally prove to your parents that you can cook a meal for them) this will be a great way for you to practice all the fundamental baking/ cooking skills you have mastered thus far. Please remember this project should be fun! Create a 3-course menu with dishes that you (and your family) will truly enjoy. This project will replace the first week of class being that the project takes 15 hours to complete. During the second week you will complete the College and Career Unit that Ms. Sidhu has uploaded to our website. Please Email me your Project (must be a PDF) as one folder with all assignments: Tpenn@edenrop.org or you may turn in everything that you have written out (recipes, timelines, menu) stapled together as a packet.

Assignment 1: Please become familiar with this project and read all requirements. Read through each assignment number and carefully look at attached worksheets for examples and or inspiration.

~ Design a menu and a theme

~ Research, brainstorm and then Select ALL RECIPES for your three-course menu

~ Write or type out your finalized menu AND recipes (keep recipes separate from menu)

4 Hours in total

Assignment 2: Please use this time to get organized and create a time line. Each Course of your dish has a time frame to complete. This must include a **20-minute time frame to mise en place**. Use your recipes with total preparation time as a guide as to how much time you will need to execute each dish.

Starter: 40 Minutes (20 minutes to mise en place) 20-minute cook time

Entrée: 1 Hour (20 minutes to mise en place) 40-minute cook time

Dessert: 35 Minutes (20 minutes to mise en place) 15- minute cook time

Write or Type up your time line, keep this with menu and recipes when complete

2 Hours in total

Assignment 3:

Please review all recipes, and pull out any ingredients you will need during prep.

Mise en Place all ingredients for each individual course. Please insure you are following ALL safety and food sanitation guidelines. Especially safety. Please insure you are not cross contaminating as you prep. Stay organized-this will help you to stay on track with your time management!

Take a Photo after you plate up each course

3 Hours in total

Assignment 4: Today you will work backwards. Please prepare your dessert course FIRST.

Follow the time line that you have previously created **and** set a timer.

Please time yourself and record the actual length of time that it took you to complete this course.

You may serve it immediately (which if I know you like I think I do-you will eat it right away) or you may set aside and serve after the starter and entrée have been prepared.

Please record your final time and take notes/ self critique. Critiques from any others (friends, family) that tasted your dish are welcomed.

Take a photo after you plate up each course

2 Hours in total

Assignment 4: Please prepare your starter course.

Follow the time line that you have previously created **and** set a timer.

Please time yourself and record the actual length of time that it took you to complete this course. You may serve it immediately.

Please record your final time and take notes/ self critique. Critiques from any others (friends, family) that tasted your dish are welcomed.

1 Hour

Assignment 5: Please create your main course.

Follow the time line that you have previously created **and** set a timer.

Please time yourself and record the actual length of time that it took you to complete this course. You may serve it immediately.

Please record your final time and take notes/ self critique. Critiques from any others (friends, family) that tasted your dish are welcomed. Dessert will follow (unless already served)

3 Hours in total

Helpful links:

<https://www.food.com>

<https://www.allrecipes.com>

<https://www.yummly.com>



Food Evaluation Sheet

name: _____

You must complete this form for every food evaluation/tasting you do in class in order to receive credit for your participation. If you do not try a food due to personal reasons, please evaluate to the best of your ability without eating it. Please write down why you didn't try a food. If you do not offer an explanation, you will not get credit for that portion of the assignment. Please use adjectives to describe the different categories (see the suggested adjectives list in class); you must use real words and avoid slang. Do not use a word more than once on this form. Thank you and...

Bon appetite!

Food	Appearance	smell	taste	texture	personal opinion &reason
Food	Appearance	Smell	Taste	Texture	Personal opinion

Menu

To update images, single click with the left mouse until they are selected. Do a right mouse click and choose Change Picture from the shortcut menu.

Appetizer

Describe your Appetizer.



Main Course

Describe your Main Course, and don't hold back

Dessert

Describe your Dessert and don't hold back

