

RETA Curriculum

Identity: Recipes

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Introduction

Each student will create a recipe page. The stations have directions for the different components of the page. Once a person has completed all stations, his/her page will be completed. Once all students have finished, the pages will be combined to make a recipe book.

- The students should agree upon a title and design for the cover.
- Have the students save on a disk and carry that disk from station to station.
- Start them out by giving each person a Recipe Worksheet to work on as they move through the stations.

STATION 1: Getting Recipe Processed

Materials: Computer(s) with word processing software

- At this station you will compose a narrative telling where the recipe came from and its personal meaning to you.
- Save this information on your disk and/or jot down notes on Recipe Worksheet.

STATION 2: Internet Research on History of Food

Materials: Computer(s) with Internet access

- At this station you will explore the history of a key ingredient in your recipe. Begin with the following sites:
www.nmnh.si.edu/garden
<http://mexicanfood.miningco.com>
<http://www.foodmuseum.com/hughes/main.htm>
- Once you have found interesting information, choose one fun fact to add to your recipe page.
- Word process the information and save it on your disk and/or jot it down on the Recipe Worksheet.

STATION 3: Nutritional Value

Materials: NUTRITIONAL ANALYSIS TOOL handout, computer(s) with Internet access and word processing software

- Use the NUTRITIONAL ANALYSIS TOOL handout and the Internet site <http://homearts.com/helpers/calculators/caldocf1.htm> in this station to determine the nutritional value of your recipe.
- Once you have finished the chart, reduce the information to two to five sentences for the recipe page.
- Word process the information and save it on your disk and/or jot it down on the Recipe Worksheet.

STATION 4: Figuring it all Out

Materials: food ads and calculators

- Use the newspaper ads to figure the cost of making the recipe. If you cannot find an ingredient, try to estimate its cost.
- Calculate price per serving.
- Word process the information and save it on your disk and/or jot it down on the Recipe Worksheet.

STATION 5: Illustrations

Materials, depending on choices made below: computer(s) with paint program and/or Internet, digital camera with photo editing software, scanner, paper and color pencils.

- Illustrate your recipe page in one of the following ways:
 - Download images from the Internet.
 - Use the paint/draw program.
 - Use a digital camera to take a picture of you and/or your dish.
 - Draw your own picture and scan it into a word processing program.
- Save on your disk.

STATION 6: Creating Your Recipe Page

Materials: Computer(s) with desktop publishing software

This will be the final station. Here you will create your own recipe page using the template on the computer.

- Make sure the following items are included:
 - Ingredient,
 - directions,
 - historical fact,
 - nutritional value,
 - cost per serving, and
 - an illustration.

Presentation

Once each student has gone through the stations, he/she will fill in the recipe template. The instructor may want to take the recipe pages, run copies and bind the booklet for each student. Discuss how this project can be used in for other activities and compile a list of student's suggestions. For example, food fair, selling the cookbook.

Assessment

Use the rubric for the final recipe page. Have teacher or class members do the evaluation.

**IDENTITY:
HIGH SCHOOL RECIPE BOOK EXAMPLE**

Below is an example of a recipe booklet that was compiled by the creators of this unit. It is set up so the pages could be cut in half and assembled as a recipe book sample. We encourage the use of clip art, photos, ect., as well as a summary of why the recipe is special to the author.

Food for Thought

Cook Book

Jerry Welch Bethany Bovard Susan Quintana
 Susan C. Smith Karen Trujillo
 Baby Trujillo

Our RETA training group composed this cookbook.
 We hope you are able to use it as an example for a successful project of your own.

Wintertime Warm-up
Bethany Bovard

- 1 cup light cream or milk
- 4 avocados (very ripe)
- 1 cup grated carrot
- dash of salt
- 1 medium tomato

Puree avocado in blender.
 Add cream for desired consistency and blend.
 Heat slowly.
 Serve with carrot and tomato for presentation.

I learned to make this wonderful soup from my host family in San Miguel de Allende where I studied Spanish for six weeks. It can be served hot in the winter and cold in the summer.

Veggie Medley
Karen Trujillo

- 6 ears of corn
- 3 calabasitas (small squash)
- 1/2 onion
- 1-2 cloves minced garlic
- 3 Tbs. Oil
- salt and pepper to taste



This is my FAVORITE meal. It is easy to prepare and can be served as a side dish with anything. It is best served topped with green chile and cheese. In my family, it is common to have this meal 2 or 3 times a week during the harvest season.

Peel and clean corn.
 Cut kernels off cob and set aside.
 Clean and slice the calabasitas into bite-sized pieces.
 Dice onion. Add onion and garlic to warm oil and sauté until clear.
 Add corn and cook until tender.
 Add calabasitas and cook all ingredients until the corn begins to stick to the pan.
 The slower you cook these veggies, the better they are.

Big and Beefy
Jerry Welch

2 oz Worchester Sauce
 16 oz of Sweet Red Wine
 Dash of salt
 1-2 cloves of garlic
 1/2 oz of Smoke sauce
 1 32 oz Ribeye steak
 (or steak of your choice)

Mix all ingredients into a marinade.
 Soak steak in sauce for 24 hours.
 Heat grill until ready. Flash braze meat for 30 seconds on each side and then lower temperature and cook to preference.

Whenever you are unsure of the quality of your meat or you are running low on your meat budget, but you want to impress someone with a good stead, use this recipe. It will tenderize even the roughest cut.

Get Stuffed
Susan C. Smith

- Oil as needed 10-12 large green chilies
- 2 c. flour 1/4 – 1/2 lb. cheese of choice
- 1 c. milk salt to taste
- 2 eggs



Beat the milk, flour, eggs, and salt until smooth. Set aside.
 Slice cheese into small portions.
 Roast and remove skin of chilies. Wash out seeds. Cut chili lengthwise on one side and stuff with slices of cheese. Avoid overstuffing the chili so that it can be “closed” when dipped into batter.
 Dip the stuffed chili in the batter and deep fry in hot oil until brown.
 Flip it over and fry until the cheese is melted.
 Serve right away.

My family came to New Mexico in the 1800's in a covered wagon. They settled 30 miles east of Cloudcroft on a ranch now known as Elk. My father and uncle are still ranchers on the land there. Twenty-five years ago, my aunt served up the best chile rellenos with steaks. She shared this ranch recipe with me. These are simply the best!!

Sliders
Susan Quintana

- 1 chicken
- 2-3 celery sticks
- 2-3 tomatoes
- 1/2 c. water
- 1 onion
- 2 c. flour
- 1 egg
- pinch of salt
- pinch of chicken seasoning



- Mix flour, egg, and salt in a bowl.
- Mix and add water until you have dough that is smooth.
- Roll dough out in a thin layer and cut into small inch squares.
- Dry 2-3 hours.
- Make chicken broth.
- Cook chicken with celery, tomatoes, and chicken seasoning.
- Drain broth and save.
- Remove chicken from the bones and put the meat back into the broth.
- Bring chicken broth to a boil and add dumplings.
- Boil for 5 minutes

My grandmother made these chicken dumplings for every family gathering. Her family brought the recipe from Germany. The recipe was very popular because it was an inexpensive way to feed a lot of hungry people.

Recipe Book Worksheet

This is a template for you to use while creating your Recipe Book.

Title of Recipe:	
Your name:	
Ingredients and amounts:	Image of your finished food dish:
Directions for making:	
Cost per Serving:	
Summary of Nutritional Facts:	
Historical Information:	
The Story of your recipe:	

Recipe Rubric

Give yourselves a 4.0 if:

- The group immediately began working after being given the task.
- The group discussed the assignment to make sure expectations were clear to all.
- The process was then broken down into smaller tasks, and the steps were placed in sequential order.
- Tasks were then distributed equally.
- All members' ideas were listened to respectfully and consensus was reached with no arguing.
- The task was completed in the allotted time with a high level of quality.

Give yourselves a 3.0 if:

- The group began working right away but with little or no planning (members began working by themselves).
- Assignment expectations were not discussed.
- Most members shared work equally.
- Opinions and suggestions were listened to with respect.
- Task was finished in allotted time.

Give yourselves a 2.0 if:

- The group (or part of the group) took up to ten minutes to get started.
- Up to half of the group did not do its share of the work.
- Consensus could not be reached respectfully, resulting in some members doing no work.
- Task was finished but results/performance was of average or low quality.

Give yourselves a 1.0 if:

- The group (or part of the group) took longer than 10 minutes to begin the task.
- Little or no planning was done.
- Expectations were not discussed.
- Tasks were not equally shared.
- Consensus could not be reached.
- Group showed little respect for members' opinions.
- Tasks were not completed in allotted time and were of low quality.

Recipe Book Assessment Matrix

	RAW	MEDIUM	WELL DONE
Illustration			
Layout			
Content of Story			
Historical Fact			
Recipe			

Raw – May not be included on the page; misspellings, grammatical errors; hard to understand.

Medium – Needs a bit more cooking; directions or story may not be completely clear; could be more creative.

Well Done – Looks delicious; everything looks well balanced; writing is clear and easy to follow.

