



**Mean Cuisine  
Cooking Kit for 4<sup>th</sup>-8<sup>th</sup> Grades**

## **Mean Cuisine**

Students enjoy having an opportunity to cook, and of course, eat what they have fixed, in the after-school program. It is possible to use a variety of recipes that require no cooking whatsoever, and are actually a set of directions to follow to “assemble” something to eat. A prime example of this would be a yogurt parfait that has layers of yogurt, fresh fruit, and granola. The students will certainly enjoy this tasty treat and if you have no access to any sort of heat source (electric skillets, toaster ovens, microwave) then this makes total sense. For this class you will need bowls, measuring cups and spoons, an electric skillet, and a toaster oven. While you can have only one toaster oven, you may want to consider more than one electric skillet (perhaps 4 if you intent to have groups of 5 students) and 4 sets of everything else. The Dollar Store is a great place to get everything with the exception of the toaster oven and electric skillets (you may want to try Wal Mart or Target). Remember that once you have invested in these items, you will not need to invest again. You will also want supplies that can be used for clean-up, including paper towels, dish soap, regular towels, etc. You will also need paper plates, plastic ware and napkins.

In this club, the class will cook one time each week: French Toast, Little Pizza, Cookies, Pigs in a Blanket, Ice Cream. In addition to cooking, they will practice skills needed in order to be successful in the kitchen: reading directions, planning a list, being sure you have enough for everyone, and good nutrition. Students will work in small groups, to cook, eat and clean up. Emphasize that if they do not clean up, they will not cook the next time.

Have students copy each recipe so that they will have a collection of recipes at the end of the class. You can purchase recipe cards at the Dollar Store (it would take several packets), or you can make your own and duplicate.

Download a copy of the Food Pyramid by going on line and googling an image. This will help student determine which category the food items they are preparing are placed.

### **Preparation By Students**

1. Review the recipe (This recipe is for 4 people)
2. Review the procedure (steps 1-8)

3. Determine how many students are in the class. (How many groups of 4 or 5 is this?) Make a grocery list for the items you will need to cook the recipe.

### **After The Cooking and Clean-Up**

Have students create a Cooking Journal. Ask them to recap what they did today in 2-3 sentences. Then write about how they might use this recipe at home.

## Recipes

### French Toast

6 slightly beaten eggs  
1 cup milk  
½ tsp salt  
1 tbs. sugar

3-4 tbs. Vegetable oil  
8 slices of thick bread, 2 to 3 days old  
maple syrup, powdered sugar

1. In a shallow bowl, beat together the eggs, milk, salt, and sugar with a wire whisk.
2. Place one tablespoon oil in a skillet and heat over medium heat.
3. Dip the bread into the egg and milk mixture one slice at a time.
4. Place each dipped slice in the skillet (Do not crowd or overlap the slices in the pan.)
5. Fry for 2 -3 minutes or until golden brown.
6. Turn pieces over and fry the other side.
7. Put the browned pieces on a plate and keep warm.
8. Serve hot with maple syrup or powdered sugar

## **Little Pizza**

1 slice of bread  
1 tbs. catsup  
¼ tsp. oregano  
¼ cup shredded cheese

1. Spread the bread with catsup
2. Sprinkle oregano on top of catsup
3. Sprinkle cheese on top of catsup
4. Bake in 350° oven until cheese is melted
5. Serve hot

## **Grilled Cheese or Peanut Butter/Banana Sandwiches**

### Cheese

2 slices of bread  
1 slice cheese  
Optional: Mayonnaise, pickles  
Margarine

1. If desired, spread bread with mayonnaise
2. If desired, put pickles on bread
3. Place cheese on bread
4. Place bread on top of cheese
5. Spread margarine on top side of sandwich
6. Place in skillet (medium heat), margarine side down
7. Spread margarine on other side of sandwich
8. When bread is golden brown, turn sandwich over in skillet
9. Serve hot

### Peanut Butter/Banana

2 slices bread  
2 tbls. peanut butter  
½ banana  
Margarine

1. Spread peanut butter on both pieces of bread
2. Slice bananas and place on one piece of bread, on top of the peanut butter
3. Place other piece of bread, peanut butter side down, on the bananas.
4. Spread margarine on top side of sandwich
5. Place in skillet (medium heat), margarine side down
6. Spread margarine on other side of sandwich
7. When read is golden brown, turn sandwich over in skillet
8. Serve hot

## **Mississippi Cookies**

### Full Recipe

4 cups sugar  
6 tsp. cocoa  
1 cup milk  
2 tsp. vanilla

1 cup peanut butter  
 $\frac{1}{4}$  tsp. salt  
6 cups minute oats  
 $\frac{1}{2}$  pound margarine

Recipe cut in thirds. This is the recipe you will use in class.

1  $\frac{1}{3}$  cups sugar  
2 tsp. cocoa  
 $\frac{1}{3}$  cup milk  
 $\frac{3}{4}$  tsp. vanilla

$\frac{1}{3}$  cup peanut butter  
Sprinkle of salt  
2 cups minute oats  
5  $\frac{1}{2}$  tbs margarine

1. Blend sugar, cocoa, milk and butter in saucepan and bring to full rolling boil.
2. Cook 1 minute
3. Remove from heat
4. Add vanilla, salt and peanut butter
5. Stir
6. Add oats
7. Mix well
8. Drop by tablespoonfuls onto waxed paper.
9. Let cool until firm

## **Pigs In A Blanket**

1 wiener

1 piece of bread

As desired: catsup, mayonnaise, mustard, pickle relish

Margarine

1. Spread bread with catsup, mayonnaise, mustard, pickle relish as desired.
2. Place wiener in the center of the bread
3. Wrap sides to the center, use toothpick to hold edges together.
4. Spread outside of bread with margarine
5. Bake in oven at 350° until brown
6. Serve hot



## **Homemade Ice Cream**

1 can Eagle Brand Milk  
1 cup sugar  
4 eggs  
1 tsp salt  
2 tsp vanilla  
½ gallon of milk

1. Mix Eagle Brand Milk, sugar, and eggs together with a wire whisk
2. Add salt and vanilla. Mix well
3. Add milk. Mix well
  
4. Place 1 cup of mixture in small baggie. (This is enough for 8 people. If you have extra mixture, divide it evenly between all eight people.)
5. Seal baggie, eliminate as much air as possible. (Be sure this is done carefully).
6. Place small baggie inside large baggie.
7. Full large baggie with ice and rock salt.
8. Seal large baggie
9. Roll mixture around for 10-15 minutes
10. Open and remove small baggie
11. Eat ice cream



For more information, contact  
Consult 4 Kids at  
[www.consultfourkids.com](http://www.consultfourkids.com)