

OAKLAND CUSD #5

**CUL. OCC.**  
**APRIL 13-17, 2020**

DANIELLE PENDERGAST-WHITE

# Week of April 13-17, 2020

## Family and Consumer Sciences

### Mrs. Pendergast-White

My office hours will be Monday 9-11, Tues 1-3, and Thursday 3-5. I will do my best to check my email multiple times each and every day in order to answer any questions that parents or students have. Please do not ever hesitate to contact me, I understand this is all new and stressful, and I am happy to answer any questions or help in any way possible in order to ease any stress on both parents and students.

Notes: Students may email me any completed work. If email is not an option, please feel free to drop work off at the Oakland School Foyer.

Email: [danielle.pendergast-white@oakland5.org](mailto:danielle.pendergast-white@oakland5.org)

Class	Choice 1	Choice 2	Choice 3 (Enrichment)
Culinary Occ	You have been working on Packets that have reviewed the food service industry. One of the important topics is types of cuisines. One of these is Fusion Cuisine. Read the article on Fusion Cuisine and answer the questions on the handout that goes with the article. Email me your completed work or drop it off in the foyer.	Cook, Cook, Cook! One thing we have done is Cake Decorating. However, we used boxed cake mixes! I have attached a recipe for a very simple cake to bake from scratch. If you cannot do this recipe, find another recipe to make. Create this recipe and complete the evaluation of the dish describing the Aroma, Color, Taste, Texture, and rate this. Do a brief write up of the recipe, tasks in preparing, and final product (1 page or less) Take a picture if you can and send it to me with the completed recipe evaluation via Email or drop it off in the foyer! I cannot wait to see this. Also, feel free to create a "Cooking Show" Video	Research and complete the handout on The Flavor Profile Case Study. Email me your completed work or drop it off in the school foyer.

		while you prepare the dish!	
Interior Design	Review the lines in Interior Design PowerPoint. Complete the line scenarios activity. After completing this activity provide a written explanation as to why you chose those lines for each scenario. Email me completed work or drop it off in the school foyer.	Review the information on the Line PowerPoint. Complete Look What Lines Can Do activity. You may email me the completed project or drop it off in the school foyer.	Review the info on the Line PowerPoint. Create a collage after finding two pictures of each type of line. Label each type of line. There should be 8 pictures total.
Foods & Nutrition II	Read the Article on the History of Coffee Cake (Quick Bread). Answer the questions about the article.  Send your finished assignment to me through email or drop it off in the school foyer.. Also, any questions just let me know!	Let's get cooking. I included a Coffee Cake Muffin Recipe (nuts optional) for Option 2. Make it, bake it, send me a picture if you can, and <b>complete the evaluation</b> that goes over the aroma, taste, texture, etc. If you do not have the ingredients at home, try to make something else we have made in our Quick Breads unit, muffins, pancakes, waffles, etc. Do the same thing, make it, take a pic (if you can) and complete the evaluation for option/choice 2! You may email me finished work or drop it off in the school foyer. Any questions just let me know!	Complete the Eating Disorders Picture Analysis Assignment. Read through the Eating Disorders PowerPoint for choice 3 and try to watch the videos if you can. Once you read the information create your Eating Disorders Picture Analysis. Send the completed project to me via email if you can or drop it off in the school foyer.
Food and Nutrition II Continued			
Resource Management	Complete the handouts 15,16,17,18. You will need to refer to your textbook. You may email completed work or drop it off in the school foyer. Any questions just let me	Write a letter of compliment or complaint. Refer to the handout that is for Choice 2. See the handouts for Choice 2. Your choice of who you write to doesn't have to	I have set up a Personal Finance unit in Khan Academy for you. You can get on this, watch the videos. Send me a written reflection on the top 10 most important pieces of



## The Art of Fusion

### **A writer considers a new hybrid cuisine and salutes Australia's Tetsuya Wakuda, one of its masters**

JEFF WEINSTEIN September 01, 1998

FOR ALL THE LAUDATORY ATTENTION that chefs receive on book jackets and TV screens, cooking has never really been considered one of the creative arts. There's no Cuisinope or Culinichore among the muses. Even such past masters as Escoffier and James Beard won their well-deserved reputations not by inventing new recipes but by recognizing, revamping and perfecting traditional ones--Brillat-Savarin's celebrated declaration that the discovery of a new dish does more for human happiness than the discovery of a star notwithstanding.

That's why what has come to be known as fusion cuisine has had such a hard time: it's as close to invention in the kitchen as we usually get.

But what is fusion? It's confusing. The usual definition is cooking that combines ingredients from dramatically dissimilar cuisines or cultures. Typically that means recipes in which Asian ingredients are used to shock French or American standards out of their complacency--glamorous lemongrass, galangal and mirin showing up where they're least expected, the kimonoed visiting professors at the dean's turkey dinner.

In fact, fusion has gone further, incorporating ingredients and methods from the Middle East, the Caribbean and Central and South America into menus that, when they're successful, begin to lose their national identity and become something like the diet for a culinary One World.

But there's a problem with this notion: it assumes the existence of a cuisine that hasn't been fused already. Take that weary emblem of Italian food, pasta with

tomato sauce. Noodles, the story goes, were carried to Italy by Marco Polo on the backs of camels, and tomatoes, or "love apples," were shipped from the Americas. There are myriad other examples, all demonstrating that cuisines themselves are in as much flux as languages and the nations that claim them both.

Can a cuisine in flux fuse? A region would have to be impregnable--as China once was, or seemed to be--for its food to be constant enough to register the change that fusion represents.

No, what we mean when we talk about "fusion" is a particular historical circumstance having to do with late-20th-century chefs and their urge to create. Of course, most high-rent chefs offer the recipes on their menus as their own, but these dishes are usually variations (often wonderful variations) on standard themes--southwestern American, northern African, bistro French. It's not complicated: you sit down, open the menu and more or less know where you are--whether your protein will take the form of a slab or pieces; whether butter, olive oil or animal fat will smooth your way; whether the palate temperature will be Arctic cool or tropical hot; whether you'll be paying for food originally intended for the poor, the rich or the in-between.

Yet some chefs have wished to stretch their range. Aside from a few unsung oddities, the first inkling I recall of what we now call fusion came in the late Seventies in New York, Tokyo and Paris. Japanese chefs trained in France began to flirt with recipe intermarriage: tempura hollandaise! But the chef who solidified the concept of fusion, if not the term, is better known for his duck-sausage and smoked-salmon-and-caviar ("Jewish") pizzas. In 1981, Wolfgang Puck, an Austrian who had honed his cooking skills in France, created a masterpiece fusion restaurant, Spago, by combining chefs, not ingredients, in the open kitchen: Mark Peel, Kazuto Matsusaka, Nancy Silverton and, for pizzas, Ed LaDou.

Look at Spago's early fusion dishes: pizza with artichokes, shiitakes, leeks, eggplants and sage; roasted duck with pears and ginger; marinated tuna with avocado, kaiware (daikon sprouts) and sweet onions; sweetbreads sautéed crisp with mustard greens and smoked pancetta. One can hardly predict where the separating semicolons should go

Puck was probably the first culinary postmodernist, and his earliest California restaurants--Spago in Los Angeles and Chinois on Main in Santa Monica--were the first to acknowledge that the world's appetites have become nomadic, touristic, ready to throw any and all ingredients into a carry-on and take off.

But as every true cook knows, you can't toss just anything into a wok and serve it forth. The geographic identity of some dishes may be up for grabs, but eaters accustomed to certain tastes and textures aren't going to relinquish their prejudices completely. Pre-fusion expectations of sequence, balance and contrast still apply, and restaurant-goers are loath to embrace food that's radically novel. Fusion at its most successful fuses the cross-cultural with the reassuring.

When Gray Kunz was at Lespinasse in New York City, he took one successful route to fusion by thinking of flavor ingredients from far-flung climes--spices, vinegars, herbs--as "essences" rather than punctuation and combining them with a fresh yet sober hand. The route that Tetsuya Wakuda (a sampling of whose extraordinary recipes follow) has taken at his Sydney restaurant, Tetsuya's, is superficially more traditional, but his subtle and quietly surprising dishes belong to the best of fusion cuisine.

Fusion may have been an inevitable development in tourist-friendly Australia, a nation colonized by the English but also home to a large and various Asian population. Many Tetsuya recipes use a mixture of recognizably Asian ingredients to "relocate" a recognizably Western staple, as in his roasted beef ribs softened with the sweet pungency of a sake marinade and cooked with ground coriander, turmeric, ginger and curry. The resulting dish completely loses its compass locations: it "eats" neither Western nor Eastern but simply contemporary. A more challenging innovation is the chef's use of grilled fillets of veal as a neutral Euro-base for the slight shock of a glaze of wasabi-and-sea-urchin-roe butter, but the result is the same: a secure dish that's a citizen of an integrated new world.

Buckwheat noodles and squid sautéed in olive oil and chicken stock flavored with mirin, oyster sauce, ginger and garlic. Fried sardines with bacon and shiso accompanied by endive and apple salad. See the pattern? The methods and many of the ingredients are European, but major Asian flavor notes, mostly Japanese, enrich



and transform the whole into something more than the sum of its parts, either through harmony (salty plus sweet, for instance) or through cultural contrast.

Fusion works not only by artfully combining flavors but also by reminding the eater of the gap that's being breached. When the look and taste of such ingredients as nori become so familiar that they cease to challenge the Western palate--cease to seem "foreign"--then chefs may feel the urge to look elsewhere in order to invent. And fusion, having succeeded so well, will disappear.

JEFF WEINSTEIN is the fine arts editor and a food columnist at *The Philadelphia Enquirer* and author of *Learning to Eat* (Sun & Moon Press).



UW OCC  
Choice 1 April 13-17

PW

## Fusion Cuisine

Directions: Read the article about the history of Fusion Cuisine. Answer the following questions in COMPLETE sentences.

1. What is the usual definition of fusion? Explain what that means.
2. What does the author mean when fusion becomes the diet for one world?
3. Explain how fusion came to New York in the late 70's.
4. What was Wolfgang Puck's role in fusion cuisine?
5. What were some of Spago's early fusion dishes? Why or why not?
6. Does fusion mean any cook can just throw together ingredients and call it ? Why or why not?
7. What do many Tetsuya recipes use?
8. How would a fusion dish have "harmony?"
9. After reading this article, discuss many of the ingredients chefs have used in Fusion recipes. Have you tried any of these? Out of these, what would you be willing to try?
10. Discuss 5 dishes you would make that would blend together "unlikely" or Fusion (confusing) ingredients?

4/3/2020

*Cul OCC - Choice 2*  
**Simple White Cake** *Apr 13-17*

Simple White Cake Recipe - Allrecipes.com | Allrecipes

*PW*



This cake was sent home from our children's school. It is the simplest, great tasting cake I've ever made.

Great to make with the kids, especially for cupcakes.

By SCOTTOSMAN



Prep: 20 mins


Servings: 12

Cook: 30 mins

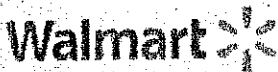
Yield: 12 cupcakes or 1- 9x9 inch pan

Total: 50 mins

### Ingredients

- 1 cup white sugar  Local Offer
- 1/2 cup butter
- 2 eggs
- 2 teaspoons vanilla extract

- 1 1/2 cups all-purpose flour
- 1 3/4 teaspoons baking powder
- 1/2 cup milk



Walmart  
2250 Lincoln Ave  
CHARLESTON, IL 61920



**C&H Pure Cane  
Granulated Sugar 4  
Lb**

\$1.78 for 1 item - expires in 3 weeks



*Cul Oc P-6  
Choice 2  
Apr 13-17*

### Directions

Preheat oven to 350 degrees F (175 degrees C). Grease and flour a 9x9 inch pan or line a muffin pan with paper liners.

In a medium bowl, cream together the sugar and butter. Beat in the eggs, one at a time, then stir in the vanilla. Combine flour and baking powder, add to the creamed mixture and mix well. Finally stir in the milk until batter is smooth. Pour or spoon batter into the prepared pan.

Bake for 30 to 40 minutes in the preheated oven. For cupcakes, bake 20 to 25 minutes. Cake is done when it springs back to the touch.



### Partner Tip

Reynolds® Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

### Nutrition Facts

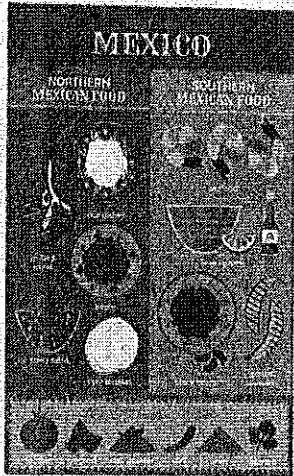
**Per Serving:**

209 calories; 8.9 g total fat; 52 mg cholesterol; 142 mg sodium. 29.4 g carbohydrates; 3.1 g protein;

Choice 3  
Apr 13-17

PW

Name(s): \_\_\_\_\_



### Flavor Profile Case Study

Directions: Research a cuisines' flavor profile. Use resources to find typical sauces/seasonings, fruits/vegetables, meats, aromatics, dairy products and cooking techniques used to add a distinct flavor to a particular cuisine. Be very specific when identifying the **UNIQUE** foods that **CHARACTERIZE** your cuisine.

Common cuisine choices include: Italian, Mexican, Peruvian, Japanese, Chinese, Thai, Greek, Vietnamese, Korean, Indian, Filipino, Polynesian, Russian, Cuban, Jamaican or any other options.

\_\_\_\_\_

### (Cuisine Chosen)

<b>Spices/Seasonings</b> <i>I.e. cardamom seeds</i>	<b>Fruits/Vegetables</b> <i>I.e. plantains</i>	<b>Meats</b> <i>I.e. seasoned lamb</i>
<b>Aromatics</b> <i>I.e. ginger</i>	<b>Dairy Products</b> <i>I.e. queso fresco (fresh cheese)</i>	<b>Cooking Techniques</b> <i>I.e. stir-frying</i>