

OAKLAND CUSD #5

**CUL. OCC.**  
**APRIL 20-24, 2020**

DANIELLE PENDERGAST-WHITE

# Week of April 20-24, 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)

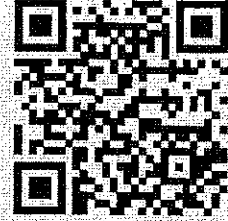
Class	Choice 1	Choice 2	Choice 3 (Enrichment)
Culinary Occ	Read the Herbs & Spices Article & answer the questions on the handout that goes with the article. Email me your completed work or drop it off in the foyer.	Create the recipe for Choice 2 using potatoes and herbs/spices you have at home. You can use one herb/spice, mix some together, or try the recipe with a couple of herbs/spices separately. Create this recipe and complete the evaluation of the dish describing the Aroma, Color, Taste, Texture, and rate this. 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 while you prepare the dish!	Complete the Herbs & Spice Taste Test Evaluation with Herbs/Spices you have at home for Choice 3. Complete the chart. Refer to the herbs & spices information for Choice 3. Email me your completed work or drop it off in the school foyer.

# Herbs & Spices Activities

## Activity #1

Scan the code to read an article

<http://dish.allrecipes.com/dried-herbs-and-spices/> about herbs and spices and then answer the following questions in complete sentences.



### Spice or Herb?

Create a Venn Diagram distinguishing between the two.

*or a Chart to Compare*

1. Summarize the tips for Cooking with Herbs:

2. Summarize the tips for Cooking with Spices:

3. Summarize the tips for Cooking with Leafy Herbs:

4. Kim Graybill/FamilyConsumerSciences.com

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5. What is the Fresh Herb to Dried Herb Conversion?

6. Recommendation for Doubling:

7. Describe the Freshness Test:

8. How do you Store Herbs?

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Choice 1

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# Dried Herbs And Spices

By Allrecipes Staff

For as long as cooks have been putting food to flames, herbs and spices have been there, adding flavors and aromas. No wonder they're our constant kitchen companions.

Along the way, spices and herbs have helped build empires--and been the cause of wars. Serious stuff for something that literally grows on trees!

## Spice or Herb?

Herbs and spices. We often say these words together: "flavored with herbs and spices." But what's the difference between them? Both are seasonings, of course. But of the two, spices are generally stronger smelling and often stronger tasting. Spices typically come from the bark, buds, fruit, roots, seeds, or stems of plants and trees; while herbs are the more gently fragrant leaves of plants.

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## Cooking with Herbs

When do you add herbs and spices? It depends on the kind of herb or spice you're dealing with and the cooking time the recipe calls for. Herbs with mild flavors, like basil and parsley, work best when added right at the end, while strong-flavored herbs like bay leaves and sage work fine over the length of the cooking.

Compared to whole spices, the flavor of ground spices is more concentrated; ground spices will infuse sauces with flavor more quickly than whole spices. If you have a short cooking time, add ground spices at the start. If your recipe calls for a slow simmer, it's okay to add them near the end of cooking. Long-simmering stews and soups are also great for whole spices, whose flavors will release at a leisurely pace.

Before adding leafy herbs to a dish, place them in the palm of your hand and rub them gently with your fingertips to help release flavors and aromas. Toasting seeds and certain spices (like cumin) in a dry skillet can also enhance flavors and aromas.

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## Converting and Doubling

Here's an easy trick for converting dried herbs into fresh. If the recipe calls for teaspoon amounts of dried herbs, simply convert to tablespoons of fresh herbs! One teaspoon of dried basil becomes one tablespoon of fresh. Just remember to add fresh herbs toward the end of a recipe's cooking time. And, of course, it works the same way in reverse: 1 tablespoon of fresh basil becomes 1 teaspoon of dried.

If you're doubling a recipe, you'll want to more than double the herbs and spices. Start with one-and-a-half times the amount, then taste and add more as needed.

## Caring for Herbs and Spices

Store dried herbs and spices in a cool, dark place. Dried leaves and ground spices will keep for about six months. Whole spices can last a bit longer.

You can tell if a dried herb is still useful for cooking by rubbing a small amount between your fingers and smelling. If the herb still gives off a

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strong scent, it's good. A weak or faint smell means it's probably time to replace it.

Fresh herbs will stay fresh in the refrigerator for about five days. If you need to store fresh herbs longer, place them in a bouquet stem-end down into a tall glass of cold water. Change the water every two days to maintain freshness. They should keep for about 10 days.

Finally, avoid introducing moisture into your dried herbs and spices. Always use a dry spoon to scoop them out of the bottle. When adding herbs and spices to a steaming pot, pour them first into a measuring spoon or the palm of your hand. When moisture intrudes into the bottle, it can tamp down flavors and reduce the life of dried herbs and spices.

### **Which Herb Goes With Which Meat?**

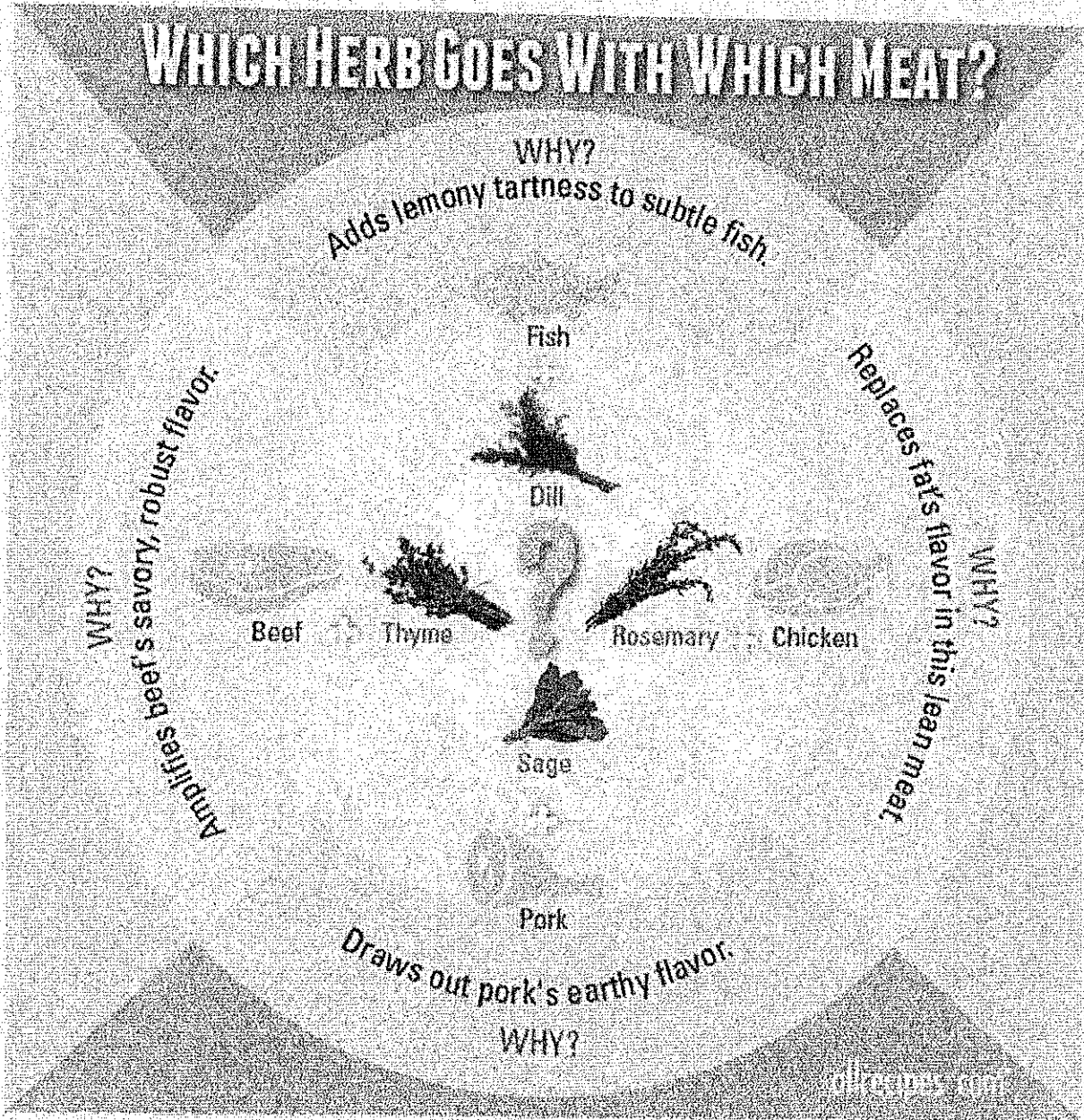
Want to know which herb adds savory, robust flavor to beef? How about lemony tartness to subtle fish flavors? Consult the wheel!



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by Allrecipes

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Choice 2

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# Taste Test Lab for Herbs & Spices

## Kitchen #1: Potatoes & Herbs

Wash and dry potatoes.

Slice potatoes approximately 1/8 inch thick. Create three sections on a jelly roll pan and divide potatoes evenly into three sections, laying each as flat and close together as possible. You want enough potatoes that each person can sample from each section of herb flavors. Brush each section of potatoes with olive oil. Sprinkle the following dried herbs to each section. You can sprinkle with parmesan cheese as well but this is optional.

~~SECTION~~ 1: Rosemary

~~SECTION~~ 2: Thyme

~~SECTION~~ 3: Parsley

Bake in a 400 degree oven for 15-20 minutes or until the thinnest slices are golden brown. Sample and evaluate.

## Kitchen #2: Potatoes & Herbs

Wash and dry potatoes

Slice potatoes approximately 1/8 inch thick. Create three sections on a jelly roll pan and divide potatoes evenly into three sections, laying each as flat and close together as possible. You want enough potatoes that each person can sample from each section of herb flavors. Brush each section of potatoes with olive oil. Sprinkle the following dried herbs to each section. You can sprinkle with parmesan cheese as well but this is optional.

~~SECTION~~ 4: Oregano

~~SECTION~~ 5: Basil

~~SECTION~~ 6: Garlic Powder

Bake in a 400 degree oven for 15-20 minutes or until the thinnest slices are golden brown. Sample and evaluate.

## Kitchen #3: Potatoes & Herbs

Wash and dry potatoes

Slice potatoes approximately 1/8 inch thick. Create three sections on a jelly roll pan and divide potatoes evenly into three sections, laying each as flat and close together as possible. You want enough potatoes that each person can sample from each section of herb flavors. Brush each section of potatoes with olive oil. Sprinkle the following dried herbs to each section. You can sprinkle with parmesan cheese as well but this is optional.

~~SECTION~~ 7: Cumin

~~SECTION~~ 8: Ginger

~~SECTION~~ 9: Turmeric

Bake in a 400 degree oven for 15-20 minutes or until the thinnest slices are golden brown. Sample and evaluate.

Name: \_\_\_\_\_ Class: \_\_\_\_\_ Date: \_\_\_\_\_

### Recipe Evaluation

Recipe Name: \_\_\_\_\_

**Evaluation of Dish:** Write a descriptive word for each of the categories listed below that you feel describes the dish. Use a scale of 1 to 5 to rate each category. (5= fantastic, 1= awful)

	Aroma	Color	Taste	Texture
Descriptive Word				
Rating				

**Overall Rating of Dish:** Give an overall star rating of the dish (with 5 being fantastic and 1 being awful).



- Would you change anything if you made the dish again? Explain specifically what you would change. If you would not change anything, explain why not.

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Name: \_\_\_\_\_

### Herbs & Spices Taste Test Evaluation

Directions: Find 10 herbs or spices in your home. Complete the Chart for each one. Refer to the Herbs & Spices Chart that goes along with this.

Herb/Spice	Describe how this herb or spice Looks/Smells	Describe how the herb or spice tastes	Score: How would you rate this herb or spice based on looks, smell, and taste 1-5

Scoring: 5 = Excellent    4 = Pretty Good    3 = okay    2 = Bad    1 = Terrible

Comments:

Herb & Spice Chart			
Name	Type	Characteristics	Example Use
Allspice	Spice: whole ground	Small brown berry, flavor resembles a combination cinnamon, clove, and nutmeg. Native to West India.	Sausages, braised meats, poached fish, cooked fruits, puddings, pies, and relishes.
Anise	Spice: whole or ground Herb: leaf, fresh or dried.	Licorice flavor. Native to Spain, China, and Syria.	Cookies, pastries, and bread.
Basil	Herb: leaf, fresh or dried.	Aromatic green leaf. Member of mint family.	Tomato dishes, pesto, egg dishes, salads, marinades, fish, and compound butters.
Bay Leaf	Herb: whole leaf.	Stiff dark green, oblong leaf with a pungent aroma reminiscent of sassafras. Comes from the Laurel tree.	Stocks, sauces, soup, stews, and braised meats.
Bouquet Garni	Flavoring mix.	A personal selection of herbs, vegetables and occasionally spices, often tied with a string.	Stocks, soups, and sauces.
Caraway	Spice: whole seed.	Dark brown curved seed. Grown in Northern Europe.	Rye bread, cabbage, sauerkraut, and Eastern European Cuisine.
Cardamom	Spice: whole pod or ground seed.	Tiny brown seeds, white or green pods. Sweet, aromatic, and expensive. Native of India and Guatemala.	Pickling, Danish pastries, and curries.
Cayenne	Spice: ground, seed.	Very powerful, ground hot red pepper. Native of French Guiana.	Soups, sauces, fish, and eggs.
Celery Seed	Spice: whole seed or ground.	Tiny brown seed with strong celery flavor. Too much can create a "hot" spice effect.	Salads, dressings, pickling, tomato dishes, and marinades.
Chervil	Herb: leaf, fresh or dried.	Small, delicate, green leaf. Mild flavor of parsley and tarragon.	Soups, salads, sauces, egg, dishes, chicken, fish, and dressing.
Chili Powder	Spice: ground, blend.	Blend of ground cumin, chili pepper, oregano, allspice. Can be mild or hot.	Chili, stews, sauces, and ground meats.
Chives	Herb: fresh, dried, frozen.	Fine, hollow, green top of a very small onion.	Salads, egg and cheese dishes, fish soups, and sauces.
Cilantro	Herb: leaf, dried or fresh.	Light green aromatic leaf. Shaped like flat parsley but much more pungent flavor. Leaf from	Salads, salsa, sauces, soup, eggs, and dressings.

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## Herb &amp; Spice Chart

Name	Type	Characteristics	Example Use
Cinnamon	Spice: stick or ground	Reddish brown aromatic bark from cinnamon or cassia tree. Native of East India.	Preserves, stewed fruits, breads, pastries, desserts, ham, and hot beverages.
Clove	Spice: whole or ground	Dried flower bud of tropical clove tree. Pungent, sweet in flavor. Native of Indonesia.	Whole: Marinades, stocks, sauces, braised meats, hams, and pickling. Ground: pastries, fruits and cakes.
Coriander	Spice: whole or ground	Round light-brown seed of cilantro leaf with a slightly aromatic flavor. Native to Argentina and Morocco.	Pickling, sausages, stocks, pork, curry, gingerbread, salsa, and dressings.
Cumin	Spice: whole or ground seed.	Small seed resembling caraway, but lighter in color. Grown in Mexico and Syria.	Chili and curry powder blends, sausages, salsa, egg & cheese, curry dishes, vegetables, soups, sauces, fish, meat, and rice.
Curry	Spice: ground, powder or paste.	Mixture of up to 20 spices including turmeric, cumin, coriander, ginger, clove, and cinnamon. Peppery, yellow in color. Can vary from mild to very hot.	Curry dishes, vegetables, soups, sauces, fish, meat, and rice.
Dill	Herb: Leaves, fresh or dried.	Herbs and seed with "dill pickle" flavor. Seed more pungent than herb.	Seed: pickling, soups, sauerkraut, marinade. Herb: salads, soups, fish & shellfish, vegetables, sauces, and
	Spice: whole seed.		
Fennel	Spice: whole seed.	Greenish brown seed, similar in flavor to anise. Grown in South America, Asia, and Africa.	Sausages, tomato sauces, marinades, fish, and pickling.
Fine Herbs	Herb blend	Generally a bouquet blend of three or more finely chopped herbs possibly including chives, tarragon, parsley, basil, savory, etc. Used to enhance various dishes.	Herb sauce, compound butters, broiled meats, fish, and cold sauces.
Garlic	Fresh, whole bulb.	Strong aromatic member of onion family.	Widely used.
	Dried bulb: Granulated, powdered, or mixed with salt.		
Ginger	Spice: fresh whole, dried powder, candied crystallized, or pickled.	Light brown knobby root from tropical plant.	Baked goods, desserts, fruits, curry dishes, pickling, and chutney. Chinese, Caribbean, and Japanese cuisine.

Herb & Spice Chart			
Name	Type	Characteristics	Example Use
Juniper Berry	Spice: whole	Slightly soft, purple berry. "Piney" flavor. Principle flavor of gin.	Marinades, game dishes, and sauerkraut.
Mace	Spice: whole "blade" or ground.	Made from orange red outer covering of nutmeg. Aromatic, similar to nutmeg in flavor but milder.	Baked goods, desserts, fruit, sausages, fish, vegetables, and preserves.
Marjoram	Herb: dried leaf.	Gray green herb from mint family. Similar to oregano but milder.	Beef, veal, lamb, sausage, pates, poultry, stews, soups, vegetables, salads, and sauces.
Mint	Herb: leaf, fresh or dried.	Aromatic herb with cool flavor. Spearmint and peppermint are most common.	Lamb, fruits, tea, fruit beverages, peas, carrots, potatoes, jellies, soups, and sauces.
Mirepoix	Flavoring mix	Mixture of aromatic vegetables including onion, celery, carrot, leek, and garlic.	Stocks, sauces, soups, and roasts.
Mustard Seed	Spice: whole and ground seed.	Very pungent white, yellow or brown seed.	Prepared mustard, pickling, sauces, and salsa.
Nasturtium	Leaf and seed.	Plant with yellow, orange, and red flowers and sharp casting leaves and seeds with pungent odor.	Salads, pickling, and mustard.
Nutmeg	Spice: whole or ground.	Sweet, aromatic kernels of nutmeg fruit. Grown in Netherlands, East and West Indies.	Baked goods, pies, cream sauces, soups, chicken, veal, vegetables, desserts, and breads.
Oregano	Herb: leaf or ground, fresh or dried.	Pungent herb, similar to marjoram, but stronger. Native to Italy and Mexico. Also grown domestically.	Italian & Mexican dishes, tomato sauces, soups, sauces, stews, meats, salads, and marinades.
Paprika	Spice: ground	Ground from dried sweet, red pepper.	Fish, seafood, meats, salads, sauces, dressings, and garnish.
Parsley	Herb: fresh leaf in bunches, dried chopped leaf.	Green leaf, curly or flat, with delicate sweet flavor. Excellent source of vitamin C.	Garnish, fried, stews, sauces, salads, vegetables, and potatoes.

Herb & Spice Chart			
Name	Type	Characteristics	Example Use
<b>Pepper:</b> black, white, or green	Spice: whole, cracked, medium or fine ground.	Small hard berry. Black: pungent, aromatic. White: What is left when black outer casing is removed, milder, adds sharp tang to all foods. Green: Packed in mild brine.	Widely used
<b>Poppy Seeds</b>	Spice: whole.	Tiny blue black seeds with crunchy nut like flavor. It is a product of the opium poppy, but does not contain opium.	Breads, rolls, pastry, fillings, cookies, cakes, salsa, and dressings.
<b>Rosemary</b>	Herb: whole leaf, fresh or dried.	Very aromatic light green leaf resembling pine needles. Healthy and strong, even in cold weather.	Lamb, fish, beef, sauces, soups, stews, salads, and marinades.
<b>Sachet Bag</b>	Spice mix.	Various spices tied in a small cheesecloth sack.	Braised meats, game, stews, pickling, soups, and sauces.
<b>Saffron</b>	Whole "threads."	Only the stigmas from the saffron crocus are used. Very expensive. Gives bright yellow color to foods with a mild distinctive flavor.	Baked goods, rice, potatoes, soups, sauces, curry, and meats.
<b>Sage</b>	Herb: whole, rubbed, or ground leaf, fresh or dried.	Pungent gray green herb with fuzzy oblong leaves.	Stuffing, meat, poultry, soups, stews, salads, and fish.
<b>Savory</b>	Herb: fresh or dried leaf.	Fragrant herb of mint family. Summer crop preferred to Winter crop.	Salads, eggs, vegetables, stuffing, soups, meats, fish, and sauces.
<b>Sesame</b>	Herb: whole (hulled or unhealed) seeds.	Small yellowish seed with high oil content and nutty taste. Imported from Asia, East and Central America.	Bread & roll garnish, salads, and oriental candy.
<b>Tarragon</b>	Herb: fresh, dried, pickled leaf.	Delicate green herb with small oblong leaves. Flavor is similar to mint and licorice.	Béarnaise sauce, vinegar, chicken, fish, salads, dressings, and eggs.
<b>Thyme</b>	Herb: fresh or dried leaf, crushed or ground.	Tiny brownish green leaf, very aromatic.	Soups, chowders, stocks, sauces, meats, poultry, and salad dressing.
<b>Turmeric</b>	Spice: ground	Intense yellow root of ginger family. Mild but peppery flavor.	Curry powder, pickles, relish, salads, eggs, rice, and chow-chow.