

IL Pork:Food Service Grant

Fall 2022 – Final Report Form for Carbondale Community High School

Activities utilizing pork: **Fettucine Alfredo w/Chicken, Bacon, Tomatoes, Basil**

Concepts learned: Boiling pasta, roasting chicken, oven-crisping bacon, simple sauce-making

Incorporation into curriculum: Utilizing a richer cut of pork like bacon can be a flavorful part of the meal when used as a garnish. Tossing the pasta with a small amount of bacon maximizes its flavor contribution to the dish.

Assessment of student knowledge: Students are assessed formatively as they cook via instructor observation. Once a dish is complete, students compare final products, taste, and discuss the differences based on each team's execution of the methods and techniques being used in that lab.

Photos of Student Work:



Fettucini Alfredo with Bacon, Roast Chicken, Grape Tomatoes, and Fresh Basil

Recipe utilized for lesson:

Recipe: Fettucine Alfredo w/ Chicken, Bacon, & Broccoli

From the Kitchen of ____CCHS Nutr/Cul Arts 1_____

Total Time: _____ Temperature: _____ Servings: 4

Alfredo Sauce

Ingredients:

<u>½ stick butter (4 Tbs.)</u>	<u>_____</u>
<u>½ cup heavy cream</u>	<u>_____</u>
<u>Salt and black pepper to taste</u>	<u>_____</u>
<u>1 cup grated Parmesan</u>	<u>_____</u>
<u>Pasta cooking water, as needed</u>	<u>_____</u>

Directions:

1. In a saucepan, warm the butter and cream gently. Season with salt and pepper (no more than a pinch each).
2. Add the Parmesan and stir until melted.
3. Toss with pasta, thinning with pasta water if necessary.

Notes:

Sautéed Chicken

Temperature: 350 °

Ingredients:

2 chicken thighs	
½ tsp Italian herbs	
1 tsp chopped garlic	
Salt and black pepper to taste	
1 tsp olive oil	

Directions:

1. Preheat oven to 350.
2. Toss chicken with herbs, garlic, and salt and pepper.
3. Heat a saute pan on medium heat.
4. When pan is hot, add oil to pan. Place chicken skin side down in pan. Allow to brown undisturbed for 3-4 minutes or until chicken is removed easily. Turn chicken to brown on other side.
5. When both sides are browned, add a few Tablespoons of water to pan and place saute pan in oven. Cook 10-15 minutes or until food thermometer reads 160 degrees F.
6. Allow to cool, slice into ¼" strips.

Notes:

Pasta and Broccoli

Ingredients:

½ pound fettucine pasta	
~ 1 cup broccoli florets	
~ 1.5 Gallons water	

Salt to taste

Directions:

1. Fill a stock pot ~3/4 full with water. Add salt until water tastes like the ocean (1 Tbs. salt per gallon of water). Cover with lid and heat until boiling.
2. While water is heating, trim broccoli florets, carefully cutting away stem producing ~ 2" florets of broccoli (should be bite size).
3. When water is at a rolling boil, carefully add pasta to water. Stir occasionally until boiling returns. Approximately 5 minutes into cooking, add broccoli to water with pasta. Pasta should cook ~ 8 minutes, or as directed on box. Broccoli should cook 3-4 minutes. When pasta is al dente and broccoli is bright green, drain. If eating immediately, add sauce and toss. If eating at a later time, rinse pasta and veg with cold water to stop the cooking (once drained, sprinkle with oil and store in refrigerator until ready to serve).
4. Garnish with cooked chicken, grated cheese, crispy bacon, cherry tomatoes, or chopped fresh herbs.
Enjoy!

Activity utilizing pork: **Meatballs w/ Marinara OR Classic Meatloaf**

Concepts learned: Safely handling ground meat, making a panada of breadcrumbs and milk to bind ground meat dishes and provide moisture during cooking. Cooking ground meat either on the stove top (browning meatballs, then braising in sauce) or via roasting (cooking meatloaf in the oven).

Incorporation into curriculum: Using ground pork in a variety of center-of-plate interpretations. Teams chose whether they would make meatballs or meatloaf from very similar mixtures.

Assessment of student knowledge: Students are assessed formatively as they cook via instructor observation. Once a dish is complete, students compare final products, taste, and discuss the differences based on each team's execution of the methods and techniques being used in that lab.

Photos of student work:



Pork & Beef Meatballs ready for cooking



Savory meatballs cooked and ready for our homemade marinara



Meatballs, Spaghetti Marinara, and Garlic Green Beans



Our Football Team and Mathletes alike were so proud of their classic American meal of Savory Meatloaf, Ultra-Creamy Mashed Potatoes, and Garlic Green Beans. Students learned two different meals with the same ground pork-based mixture.

Recipe utilized for lesson:

Recipe: Meatballs/Meatloaf

From the Kitchen of ____CCHS Nutr/Cul Arts 1____

Total Time: Temperature: 425° Servings: 4-6

Ingredients:

½ c. bread crumbs, ¼ c. milk

1 tsp olive oil, 1 c. med-diced onion

¼ lb ground pork, ½ lb. ground beef

½ tsp dried thyme (ML-Italian herbs)

¾ tsp kosher salt, ½ tsp black pepper

1/4 lb Italian sausage	1 1/2 Tbs. Worcestershire sauce
1 egg, beaten	1 Tbs. tomato paste
1 tsp. chopped garlic	1/4 c. parmesan cheese

Meatloaf only: 1/4 c. ketchup, 1/4 c. chili sauce

Directions:

1. Pre-heat sauté pan. When hot, add olive oil and diced onion.
2. Sauté until onions are a slightly translucent and fragrant, ~ 3-4 minutes. Add garlic and cook another 30-60 seconds. Off the heat, add thyme, salt, pepper, Worcestershire, and tomato paste. Allow to cool a few minutes.
3. Place bread crumbs and milk in bowl, set aside.
4. As onions cool, place meats, the egg, and parmesan cheese in bowl with bread crumb mixture.
5. When onions have cooled a bit, add them and seasonings to meat and bread crumb mixture.
6. With clean hands or a kitchen spoon, gently combine all ingredients. Do not overmix, as this will make your meatballs/loaf tough.
7. For meatballs – use a scoop to portion meatballs, roll between the hands to smooth if necessary. For meatloaf – Shape meatloaf on a sheet tray or place mixture in a loaf pan, smoothing the top with wet hands. Add glaze to top of meat loaf, spreading it with the back of a spoon.
8. Bake meatballs on a foil-lined sheet pan sprayed with non-stick spray at 425 degrees until they are nicely browned (we will finish cooking them in the sauce later).
9. For meatloaf – preheat oven to 400 degrees.
10. Line a sheet tray with foil, spray with non-stick spray, form meatloaf into a brick-shaped rectangle with hands. Mix ~ 3 Tbs. ketchup, 3 Tbs. chili sauce together and spread on top of meatloaf with the back of a spoon. Bake 40-45 minutes, or until an instant read thermometer reads 160 degrees. Allow to rest 5-

10 minutes before slicing. Pro tip: use a serrated knife and gentle back and forth motions to slice the meatloaf neatly.

Notes:

Recipe: Marinara Sauce

Ingredients:

<u>1 tsp olive oil</u>	<u>½ tsp. dried basil</u>
<u>2 cloves garlic, peeled and julienned</u>	<u>¼ tsp dried oregano</u>
<u>14 oz. crushed canned tomatoes</u>	<u>Salt & ground black pepper to taste</u>
<u>14 oz. of water f/ rinsing tomato can</u>	
<u>¼ tsp chili flakes</u>	

Directions:

1. Pre-heat sauté pan on medium heat. When hot, add olive oil and garlic matchsticks and saute. Keep the garlic moving and remove from heat if garlic appears to cook very quickly. Sweat the garlic ~ 2 minutes or until fragrant.
2. Add tomatoes with juice and water from rinsing can. Add chili flakes, herbs, salt and pepper.
3. Cook on medium heat until mixture comes to a gentle boil.
4. Lower heat ~ 20% and continue to cook until sauce is fragrant and has thickened a bit. If using sauce to complete cooking of meatballs, add meatballs now and turn to low.

Recipe: Garlic Green Beans

Ingredients:

"Compound" Butter (homemade flavored butter, that is)

1 tsp olive oil

2 cloves garlic, peeled and
julienned

2 Tbs. butter, softened

~ ½ tsp dried herbs (rosemary,
basil, oregano, or mixed Italian
herbs)

Salt & ground black pepper to
taste

Directions:

1. Heat a small saute pan on low-medium heat, add oil and swirl around pan. Add garlic and saute, keeping garlic moving in pan. Cook until it is fragrant and golden, remove from heat.
2. Add softened butter to a small bowl, add any herbs (if desired) and cooked garlic and oil.
3. Mash everything with a fork until combined. Taste a small amount and add salt and pepper if needed. (A food processor is terrific for this, but a bowl and fork are easier for such a small amount!).

Ingredients:

Blanched Green Beans

4. quarts water

1 Tbs. salt	
1 lb. green beans, trimmed	
Compound butter (recipe above)	
Salt & ground black pepper to taste	

Directions:

1. Place 1 gallon water in a large stock pot. Bring to a rolling boil, add 1 Tbs. salt.
2. Add trimmed green beans and cook for 4- 5 minutes if eating immediately. Drain beans and toss in garlic butter, taste them for seasoning and adjust if necessary. Serve.
3. If eating them at a later time.... Cook the beans in the boiling salted water for ~ 3 minutes, drain, and submerge beans in ice water until cooled. Drain and store refrigerated until ready to use (48 hours is fine!). When ready to serve, melt compound butter in a skillet or large sauté pan, add blanched beans, and toss until beans are warmed and well-coated with flavored butter. Taste for seasoning, adjust if necessary, serve.

Activity utilizing pork: **Pork & Cabbage Potstickers and**

Chinese BBQ'd Pork Fried Rice

Concepts learned: Flavoring ground meat, using ground meat as a filling and cooking filled item properly. Utilizing Chinese Char Siu method of barbequing pork, steaming rice, sautéing a variety of vegetables, making a healthier version of fried rice.

Incorporation into curriculum: This was incorporated into an exploration of global cuisines. Lean ground pork was the basis of our potsticker filling and pork loin was used in place of traditional pork shoulder for the Char Siu barbeque method. This served as a lesson that choice of cuts of meat, cooking methods, and portioning are all key parts of planning flavorful and healthful meals.

Assessment of student knowledge: Students are assessed formatively as they cook via instructor observation. Once a dish is complete, students compare final products, taste,

and discuss the differences based on each team's execution of the methods and techniques being used in that lab.

Photos of student work:



Students prepare cabbage and pork filling for potstickers



Hand-formed potstickers sauté in a hot pan with sesame oil



Crispy-bottomed potstickers await water for steaming to finish cooking



Cooked potstickers with spicy red chile sauce and sliced scallions

Recipe utilized for lesson:

Easiest Pork and Cabbage Potstickers Recipe Ever

These lazy cook's pork and cabbage potstickers require NO complicated folding whatsoever. This recipe makes the easiest pork and cabbage potstickers ever!



Prep Time	Cook Time	Total Time
25 mins	10 mins	35 mins

★★★★★
4.84 from 12 votes

Course: Appetizers and Snacks Cuisine: Chinese Servings: 6 Calories: 401kcal
Author: Bill

Ingredients

- 3 cups napa cabbage (shredded)
- 8 oz. ground pork (225g)
- 1/2 cup leeks or scallions
- 1 egg (beaten)
- 1 tablespoon sesame oil
- 1 teaspoon soy sauce
- 3/4 teaspoon salt
- 1/4 teaspoon sugar
- 1/8 teaspoon ground white pepper
- 1 pack round egg dumpling skins (look for the ones that are yellow, rather than white)
- Vegetable oil

Instructions

1. Put the napa cabbage, ground pork and leeks/scallions into a food processor and pulse until very finely chopped. Transfer to a mixing bowl. Reserve about a tablespoon of egg for folding the potstickers, and add the rest to the bowl. Add the sesame oil, soy sauce, salt, sugar, and white pepper. Stir until very well combined.
2. Take about 2-3 teaspoons of filling and place in the middle of each dumpling skin. Fold in half and use the egg to seal the top. Leave the sides open.
3. Add 2 tablespoons of oil to a non-stick or cast iron pan over medium heat. Place the dumplings in the pan. Once they begin to sizzle, add a quarter cup of water to the pan and cover immediately. Allow the dumplings to cook until the water has evaporated, about 3 minutes. Keep an eye on the pan to make sure nothing is burning, and add a little more water to the pan if necessary. Next, remove the cover and let them cook uncovered until all the water has evaporated to also let the bottoms get crispy (another 1 to 2 minutes). It's an essential step or these will really become potstickers and stick to the pan!
4. Use a spatula and flip the potstickers upside down onto a plate. Serve with our favorite easy-to-make dumpling sauce.

Notes

Makes about 6 dozen.



Char Siu Chinese BBQ Pork hot from oven

Recipe utilized for this lesson:

Main Ingredients

- 2 lb **pork shoulder** (or a fatty cut, more on this later)
- 1 tbsp **garlic salt**
- 4 tbsp **brown sugar**
- 2 tbsp **oyster sauce** ([Amazon](#))
- 2 tbsp **light soy sauce** ([Amazon](#))
- 1 tbsp **hoisin sauce**
- 2 tbsp **red wine**
- 1 tbsp **Shaoxing wine**
- 1 cube **red fermented bean curd**
- 1 tsp **five spice powder**
- 2 tbsp **honey**
- 2 tsp **water**
- 0.25 tsp **red food coloring** (optional, see our comparison)



Student prepares components of Chinese BBQ'd Pork Fried Rice



First step: sauté vegetables and aromatics, then diced bbq'd pork, then rice and sauces



Student displays plated Char Siu Fried Rice

Recipe used for this lesson:

CLASSIC PORK FRIED RICE

Pork fried rice is probably one of the most popular take-out dishes out there. Classic Chinese take-out pork fried rice is made with Chinese BBQ roast pork.



by: bill course: pork cuisine: chinese

SERVES: 6 servings tap or hover to scale

⌚ PREP: 15 minutes COOK: 10 minutes TOTAL: 25 minutes

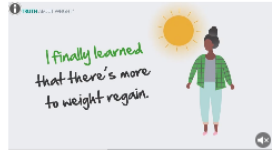
INGREDIENTS

- 1 tablespoon hot water
- 1 teaspoon honey
- 1 teaspoon [sesame oil](#)
- 1 teaspoon [Shaoxing wine](#) (or dry cooking sherry)
- 1 tablespoon [soy sauce](#)
- 1 teaspoon [dark soy sauce](#)
- 1/4 teaspoon [white pepper](#)
- 5 cups [cooked jasmine rice](#) (add 1 teaspoon oil to rice when cooking)
- 1 tablespoon oil
- 1 medium onion (diced)
- 1 pound [Chinese BBQ pork](#) (450g char siu cut into 1/2 inch chunks; click [here](#) for our char siu recipe!)
- 1 teaspoon [salt](#)
- 1/2 cup [bean sprouts](#)
- 2 eggs (scrambled)
- 2 [scallions](#) (chopped)

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★ RATE



INSTRUCTIONS

- ① Start by combining the hot water, honey, sesame oil, shaoxing wine (if using), soy sauce, dark soy sauce, and white pepper in a small bowl. This is the sauce that you'll be adding to the rice, and it's much easier to have it combined and ready to go before you start cooking.
- ② Take your cooked rice and fluff it with a fork or with your hands (you can rinse your hands in cold water if the rice starts sticking to them). There shouldn't be any big clumps!
- ③ With the wok over medium heat, add a tablespoon of oil and sauté the onions until translucent and then stir in the roast pork. Add the rice and mix well. If the rice is cold from the refrigerator, continue stir-frying until the rice is warmed up, which will take about 5 minutes. If the rice was made fresh, then you just need to mix until everything is incorporated.
- ④ Add the sauce mixture and salt and mix with a scooping motion until the rice is evenly coated with sauce. You will have to break up any remaining clumps of rice with the spatula as best as possible, but no need to be obsessive. The rice should be hot by this time.
- ⑤ Toss in your mung bean sprouts, scrambled eggs, and scallions. Mix thoroughly for another minute or two and serve!



Activity utilizing pork: **Southern Style Biscuits with Bacon Jam**

Concepts learned: Lamination of dough (biscuit), preparing a savory “jam.”

Incorporation into curriculum: This was part of a unit on appetizers/party food and explored the trend of the savory jam. This could just as easily be incorporated into a breakfast unit that included egg cookery and preparing traditional breakfast meats like bacon and sausage to round out the meal.

Assessment of student knowledge: Students are assessed formatively as they cook via instructor observation. Once a dish is complete, students compare final products, taste, and discuss the differences based on each team’s execution of the methods and techniques being used in that lab.

Photos of student work:



Southern-style biscuits and sweet and savory bacon jam



Mini-biscuits and bacon jam ready to serve and enjoy!

Recipe used for this lesson:

BACON “JAM”

Ingredients: 5 cups

3 lb. smoked bacon, cooked and chopped (reserve bacon fat)

6 cloves garlic, minced

2 medium onions, julienned

4.5 fl. Oz. brown sugar

1 cup coffee

$\frac{3}{4}$ cup apple cider vinegar

½ cup maple syrup

Black pepper and Tabasco (optional), to taste.

Water, as needed.

Directions:

1. Sweat onions in the reserved bacon fat in a large saute pan until well caramelized. Add garlic and cook for 1 minute.
2. Add chopped bacon, cook until warmed.
3. Add cider vinegar and a little water if needed, cook another 5 minutes.
4. Add brown sugar and maple syrup. Stir well, add more water if needed. Cook for 5 minutes.
5. Add Coffee, cook another 5 minutes.
6. Add black pepper and tabasco sauce to taste, cook until mixture is thickened.
7. Serve warm on fresh biscuits with butter or plain.