

Food Lab 2 - Student Teams

Pumpkin Spice Oatmeal & Veggie Egg Scramble Recipe

History of breakfast

Breakfast is the first meal taken after rising from a night's sleep, most often eaten in the early morning before undertaking the day's work. The Old English word for dinner, *disner*, means to break a fast, and was the first meal eaten in the day until its meaning shifted in the mid-13th century.^[1] It was not until the 15th century that "breakfast" came into use in written English to describe a morning meal,^{[2]:6} which literally means to break the fasting period of the prior night; in Old English the term was *morgenmete* meaning "morning meal."^[3]

Early in U.S. history, American pioneers consumed largely cornmeal-based breakfasts, and would also consume corn based meals such as oatmeal for dinner and lunch.^[50] Common breakfast products included corn pone, Johnnycakes, ashcakes, hoe-cakes, and corn dodgers.^[50] Ashcakes consisted of cornmeal wrapped in cabbage leaves cooked in the ashes of a campfire, while corn pone, corn dodgers, and hoe-cakes differed only in baking methods.^{[50][51]}

In 1620, waffles were first given introduction to North America by pilgrims who had lived in the Netherlands.^[52]

After the Civil War, it became fairly common in America to eat sandwiches that were made of ham and eggs. These sandwiches were not strictly consumed in the morning. In 1897, the first true breakfast sandwich recipe was published in a cookbook.^[53]

Video clips to help you prepare

Note: the recipes and amounts are not the same. You need to watch the videos to understand the process.

How to make the oatmeal with milk on a stove top/range

<http://tinyurl.com/y8n9axl8>

How to make veggie scrambled eggs

<http://tinyurl.com/ydal27z8>

<http://tinyurl.com/y8hojkj4>

How to set a table

<https://tinyurl.com/yc32zbfz>

How to wash the dishes

<https://tinyurl.com/lrjvvyx>

<http://tinyurl.com/n3q4fox>

Quick & Easy Pumpkin Oatmeal - HEAD CHEF will prepare

YIELD: 2 cups of oatmeal

What do the abbreviations mean? Fill in the blanks

Ingredients

- 1 $\frac{3}{4}$ c. _____ of milk (get from front table)
- 1 c. _____ of oats (in your kitchen)
- $\frac{3}{4}$ c. _____ pumpkin puree (in your kitchen)
- 1 Tbl _____ almond butter (optional) (at front table)
- 1 Tbl _____ chia seeds (optional) (at front table)
- 1 Tbl _____ pumpkin pie spice - (in your kitchen) which is...
(1 $\frac{1}{2}$ tsp. Cinnamon, $\frac{1}{2}$ tsp. Nutmeg, $\frac{1}{2}$ tsp. Allspice, $\frac{1}{2}$ tsp Ginger)
- 1 tsp. _____ salt (in your kitchen)
- $\frac{1}{2}$ tsp. _____ vanilla extract (in your kitchen)
- 2 Tbl _____ maple syrup (in your kitchen)

Garnish:

- 1 Tbl _____ raisins (at front table)
- 1 Tbl _____ crushed pumpkin spiced cheerios (at front table)

Directions:

1. Place a medium saucepan on the stove/range small eye and heat to medium high.
2. Combine measured milk and oatmeal in the heating saucepan.
3. Bring to boil.
4. While you are waiting for oatmeal and milk to boil, in a bowl combine measured Pumpkin puree, the optional almond butter and chia seeds if you choose, pumpkin spice, salt, vanilla extract, and maple syrup - stir to combine and mix.
5. When milk and oatmeal come to a boil, add in the ingredients that were mixed in the bowl. Stir together.
6. Let it setup on eye and stir for 2-3 minutes, oatmeal and other ingredients will thicken up.
7. Turn stove off.
8. Plate the oatmeal.
9. When plate has oatmeal and veggie scramble eggs on it, take to the garnish station.
10. Garinish with raisins and crushed cheerios and take plate to table.

After Reading the recipe list the kitchen tools you will need:

- Sauce _____
- _____ cups
- _____ cups
- _____ spoons
- Spoon
- Rubber Scraper
- _____ to mix in
- _____ to measure over

Others tools needed:

Quick & Easy Veggie Scrambled Eggs - SOUS CHEF will prepare

YIELD: 2 cups

What do the abbreviations mean? Fill in the blanks

Ingredients

- 1Tbl _____ olive oil (in your kitchen)
- ¼ c _____ diced onion (at front table)
- ¼ c _____ diced red and green pepper (at front table)
- ¼ c _____ sliced mushrooms (at front table)
- Eggs - 1 per person (at front table)
- 1Tbl _____ milk (at front table)
- ¼ c _____ shredded cheese (at front table)
- ½ tsp. _____ sea salt (in your kitchen)
- ¼ tsp. _____ black pepper (in your kitchen)

Directions:

1. Place a skillet on the stove top large eye.
2. Turn the heat to medium high.
3. Place measured olive oil in the skillet.
4. Combine the measured onion, red/green pepper and mushrooms in the skillet.
5. Stir the veggies in the skillet for 2-3 minutes
6. Combine eggs, milk, cheese, salt and pepper in a bowl.
7. Whisk to mix ingredients thoroughly.
8. Pour egg/milk/cheese mixture into the skillet.
9. Stir around continuously till the eggs are thoroughly cooked.
10. Place veggie scrambled eggs on to the plates.
11. When oatmeal is also on the plate - garnish oatmeal at the garnish table.
12. Take plate to table.

After Reading the recipe list the kitchen tools you will need:

- S _____
- _____ cups
- _____ spoons
- W _____
- Rubber Scraper
- _____ to mix in
- _____ to measure salt and pepper over
- _____ spoon or _____ to scramble eggs

Others tools needed:

"GOOD MANNERS"

BASED UPON RULES OF THE

Children's National Guild of Courtesy

COURTESY, Politeness, or Good Manners, means kindly and thoughtful consideration for others. A Celebrated writer has said that a Boy who is Courteous and Pure is an honour to his country. Brave and Noble men and women are always Courteous. Three of the bravest and greatest men who ever lived—the Duke of Wellington, General Gordon and General Washington—were distinguished for their courteous behaviour.

Courteous Boys and Girls will always be careful to observe the following RULES :-

| | |
|-------------------------|---|
| AS TO THEMSELVES | Be Honest, Truthful, and Pure. Do not use Bad Language. Keep out of Bad Company. Keep your Face and Hands clean, and your Clothes and Boots brushed and neat. |
| AT HOME | Help your Parents as much as you can, and do your best to please them. Be kind to your Brothers and Sisters. Do not be Selfish, but share all your Good Things. |
| AT SCHOOL | Be Respectful to your Teachers, and help them as much as you can; their work is very difficult and trying. Observe the School Rules. Do not "Copy," nor Cheat in any way. Do not Cut the Desks, nor Write in the Reading Books, etc. Never let another be Punished in mistake for yourself; this is Cowardly and Mean. |
| AT PLAY | Do not Cheat at Games. Do not Bully; only Cowards do this. Be Pleasant and not Quarrelsome. Do not Jeer at your Schoolmates, or call them by Names which they do not like. |
| IN THE STREET | Salute your Ministers, Teachers, and Acquaintances when you meet them; they will Salute you in return. Do not Push nor run against people. Do not Chalk on doors, walls, nor gates. Do not Throw Stones, nor destroy Property. Do not Annoy Shopkeepers by Loitering at their shop doors and windows. Do not make Slides on the pavement, nor throw Orange Peel or Banana Skins there; <i>dangerous accidents</i> often result from these practices. Do not make Fun of Old nor Crippled People, but be particularly polite to them, as well as to Strangers and Foreigners. |
| AT TABLE | Always Wash your Hands and Face before coming to the Table. Do not put your Knife to your Mouth. Look after Other People; do not Help yourself only. Do not be greedy. Do not Speak nor Drink with Food in your Mouth. Turn your head away from the Table and put your Hand or Handkerchief before your Mouth when you Sneeze or Cough. Do not sit with your Elbows on the Table. |
| EVERYWHERE | Never be Rude to <i>anybody</i> , whether older or younger, richer or poorer, than yourself. Remember to say "Please" or "Thank You"; "Yes, Sir," or "Yes, Ma'am"; "No, Sir," or "No, Ma'am." Before entering a room it is often courteous to Knock at the Door. Do not forget to close the door <i>quietly</i> after you. Always show attention to Older People and Strangers by opening the door for them, bringing what they require (hat, chair, etc.), giving up your seat to them if necessary, and in every possible way Saving them trouble. Never Interrupt when a person is speaking. Always Mind your own Business. Be Punctual. Be Tidy |
| REMEMBER | All these rules respecting your conduct towards others are included in the one GOLDEN RULE, " <i>Always do to others as you would wish them to do to you if you were in their place.</i> " Whenever, therefore, you are in doubt as to how you should act toward others ask yourself this question, "How should I like them to act towards me if I were in their place?" and then <i>Do what your conscience tells you is right.</i> |

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