

Food Lab #2

Mexican Black Bean Salsa & Baked Tortilla Chips Recipe

Some people may not know this, but there are a number of varied "salsas" in Mexican cooking. The most popular, and the one that we are most familiar with particularly in the UK or the US, is the Mexican salsa, which is red in color and contains tomatoes as the main ingredient.

In Spanish, "salsa" means sauce and can be used to describe any type of sauce that is served with food, while in the English language, "salsa" refers to the tomato-based spicy condiment that is served as a dip with Mexican food.

Mexican salsa is very easy to prepare and can be made in a matter of minutes. It can be served as an appetizer and is also very popular at parties or even as a snack to be eaten at home while watching the television.

Mexican salsa is traditionally served with tortilla chips, bread sticks, pita bread, and raw vegetables or as a spread for tacos, fajitas and quesadillas.

Salsa is not usually cooked, although there are some recipes that call for the chilies and tomatoes to be grilled or charred to give a smoky flavoring.

There are variations on how to make Mexican salsa and it generally depends on where in Mexico the cook is from. A person from the north of Mexico may use several different ingredients to someone from the south of Mexico; however the basic ingredients are red tomatoes, onion, Serrano chilies and salt and pepper.

In some recipes cilantro or coriander is often added, as is garlic, red or green peppers, jalapeno peppers and lime or lemon juice. The salsa can be prepared in a blender or more often than not, the ingredients are all chopped and mixed together by hand.

Many people assume that Mexican salsa is very hot and spicy. This can be true, although some salsas are extremely mild in taste. When preparing your own salsa at home, for a hot and spicy version, just add extra jalapeno peppers or extra chilies.

Video clips to help you prepare

Note: the recipes are not the same amounts as yours, watching these videos give you an idea of the process of the directions.

How to make the salsa and use a food processor

<https://tinyurl.com/jgqxatn>

How to make the chips

<https://tinyurl.com/z72uwao>

How to set a table

<https://tinyurl.com/yc32zbfz>

How to wash the dishes

<https://tinyurl.com/lrjvvyx>

<http://tinyurl.com/n3q4fox>

Mild Mexican Salsa – HEAD CHEF will prepare

YIELD: 1 Cup of Salsa

Ingredients

- 2 medium tomatoes, diced (cut each tomato into 4 large chunks)
- ½ small onion, diced
- ½ tsp garlic, minced
- 2 Tablespoons cilantro
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- 1 Tablespoon lemon juice
- ½ cup of canned black beans (drained and washed)

Garnishing with:

Guacamole

Shredded cheese

Directions

1. Wash 2 tomatoes.
2. You may have to peel skin and wash onion before cutting. Lay on cutting board, cut off a chunk and measure.
4. Place cilantro and garlic in food processor and CHOP(pulse).
5. Then layer in your tomato into 4 chunks and onion chunks and CHOP (pulse).
5. Season with salt and pepper and add lemon juice.
6. Add drained (in colander) and washed black beans and CHOP(pulse).
7. Make sure kitchen and food prep area is clean and kitchen tools wash & dried and leave dishes out on the counter.
8. Clean up table for next class. Put dirty towels in washing machine.

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

Tortilla Chips – SOUS CHEF will prepare

YIELD : 32 chips for a group of 4

Ingredients

- corn tortillas (1 per person)
- 2 Tablespoons olive oil
- 1 teaspoon sea salt

Directions

1. Preheat the oven to 400 degrees F. (Do this as soon as you get into kitchen before washing hands)
2. Measure the oil and salt into a small bowl.
3. Place tortillas on the baking sheet.
4. Brush both sides of the tortillas with the oil.
5. Stack the tortillas and cut the pile into 1/4 's to make chips.
6. Spread the chips out in a single layer on one or two large baking sheets.
7. Bake until golden brown and crisp, rotating the baking sheets once after 5-6 min (changing from top to bottom rack),
8. Bake about total of 10 to 12 minutes.
9. Place 8 around the edge of each plate for all the members of your team.
10. On each plate place a spoonful of black bean salsa in center of plate.
11. Garnish with cheese.
12. Take plates to table.
13. Make sure kitchen and food prep area cleaned and kitchen tools put away.
14. Go to table and place napkin in lap.
15. Sit and eat as a group.
16. After eating, be ready to clean up tables for next class.

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

Jamie Oliver's Classic Tomato Spaghetti with Lentils

History

The first written record of pasta comes from the Talmud in the 5th century AD and refers to dried pasta that could be cooked through boiling,^[4] which was conveniently portable.^[5] Some historians think that Berbers introduced pasta to Europe during a conquest of Sicily. In the West, it may have first been worked into long, thin forms in Sicily around the 12th century, as the Tabula Rogeriana of Muhammad al-Idrisi attested, reporting some traditions about the Sicilian kingdom.^[6]

The popularity of spaghetti spread throughout Italy after the establishment of spaghetti factories in the 19th century, enabling the mass production of spaghetti for the Italian market.^[7]

In the United States around the end of the 19th century, spaghetti was offered in restaurants as *Spaghetti Italienne* (which likely consisted of noodles cooked past al dente, and a mild tomato sauce flavored with easily found spices and vegetables such as cloves, bay leaves, and garlic) and it was not until decades later that it came to be commonly prepared with oregano or basil.^{[8][9][10]}

Ingredients

Spaghetti is made from ground grain (flour) and water.^[11] Whole-wheat and multigrain spaghetti are also available.^[3]

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 finely chop basil

<https://tinyurl.com/y8enuw4w>

How to finely chop a serrano pepper

<https://tinyurl.com/yaqzgzx>

What your final product will look like

<https://tinyurl.com/yafschk9>

How to boil spaghetti/pasta

<https://tinyurl.com/yawgwghk>

How to set a table

<https://tinyurl.com/yc32zbfz>

How to wash the dishes

<https://tinyurl.com/lrjvvyx>

<http://tinyurl.com/n3q4fox>

Classic tomato spaghetti with Lentils

Yield = serves 4-5 cups

What's great about this recipe for beginner cooks is that once you've done it a few times you can add other simple ingredients to your basic tomato sauce to completely transform it. Check out session 1 episode 4 for how Jamie Oliver taught 1,000 people to cook this recipe in just 5 days. Check out the flash mob scene. <https://tinyurl.com/zl2mb8y>

Ingredients What do the abbreviations mean? Fill in the blanks

- 2 Tbs _____ olive oil
 - 1 tsp _____ of minced garlic
 - ½ of a fresh red/green chili serrano pepper
 - 3 leaves of fresh basil
 - 1 can (14.5 oz can) of chopped/diced tomatoes
 - ½ tsp _____ sea salt & ground black pepper
 - ½ c _____ cooked lentils
- ½ box (of a 13 oz box) of dried pasta

To prepare your pasta sauce – Head Chef

1. Finely chop your red/green chili. (don't touch eyes with the oil of the chili pepper on your hands)
2. Finely chop the leaves of the basil.
3. Put a large skillet pan on a medium heat (front large eye) on the range and add measured olive oil.
4. Add the minced garlic, finely chopped serrano pepper and basil and stir.
5. When the garlic begins to brown slightly, add the can of tomatoes (make sure you have wiped lid before giving it to Mrs. Creech open)
6. Turn the heat up high and stir for 1 minute.
7. Season with salt and pepper.
8. Turn down to simmer, add in your cooked lentils and stir around.
9. Turn off stove/range eye.
10. Pour pasta sauce over the cooked and drained spaghetti noodles in the large sauce pan.
11. Stir around and mix well.
12. Serve into plates with Sous Chef

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

- S _____
- _____ cups & _____ spoons
- _____ board
_____ to cut basil and pepper
_____ to measure oil, salt & pepper over
_____ spoon or _____ to stir in the skillet
_____ to serve tomato basil spaghetti into plates

Others tools needed:

To cook your pasta – Sous Chef

Ingredients

What do the abbreviations mean? Fill in the blanks

- ½ box (of a 13 oz _____ box) of dried pasta
- 2 tsp _____ salt

COOKING DIRECTIONS

1. Measure out 3 quarts (12 cups) of warm water and place in a large sauce pan.
2. Place large sauce pan on the back large eye on the stove/range, then add in salt.
3. Bring a large saucepan of water to the boil. add the dry pasta by breaking it in ½ as you place into the large sauce pan (remember ½ of the box – if you opened the box, the rest of the box if it was already opened when you got into your kitchen today) and cook according to the package instructions. - see above
4. Boil for the number of minutes written on the package. Don't let the water boil over saucepan. Turn heat down if this begins to happen. May want to stir around a couple of times as it boils.
5. Drain the cooked pasta in a colander, then transfer the noodles back into the large sauce pan.
6. Pour in the pasta sauce with lentils and stir well.
7. Divide the pasta/sauce entree between your team member's plates.
8. Place plates on the table.
9. Remind others to put napkin in lap.
10. Thank one another for all their work & Enjoy!

Perfect Pasta Guide

Servings	Pasta	Water	Salt

Cook Time

al dente	firm	tender
7 min.	8 min.	9 min.

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

• Large Sauce _____

_____ cups

_____ fork to stir pasta around

_____ to measure over

_____ to drain water out of pasta

_____ to serve into plates

Others tools needed:

Stir Fry Vegetables with Tofu and Brown Rice

Stir Frying

Stir frying (Chinese: 炒; pinyin: *chǎo*) is a Chinese cooking technique in which ingredients are fried in a small amount of very hot oil while being stirred in a wok. The technique originated in China and in recent centuries has spread into other parts of Asia and the West. Even though this has been disproved^[1] by research, many still claim that this quick, hot cooking seals in the flavors of the foods, as well as preserving their color and texture.^[2]

Scholars think that wok (or pan) frying may have been used as early as the Han dynasty (206 B.C. – 220 A.D.) for drying grain, not for cooking, but it was not until the Ming dynasty (1368–1644) that the wok reached its modern shape and allowed quick cooking in hot oil.^[3] Well into the 20th century, while restaurants and affluent families could afford the oil and fuel needed for stir fry, the most widely used cooking techniques remained boiling and steaming. Stir fry cooking came to predominate over the course of the century as more people could afford oil and fuel, and in the West spread beyond Chinese communities.^[4]

Stir frying and Chinese food have been recommended as both healthy and appealing for their skillful use of vegetables, meats, and fish which are moderate in their fat content and sauces which are not overly rich, provided calories are kept at a reasonable level.^[5]

The term "stir-fry" was introduced into the English language in Buwei Yang Chao's book *How to Cook and Eat in Chinese* (1945), to describe the *chǎo* technique.^[6]

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 stir fry vegetables

<https://tinyurl.com/y7jg63hb>

How to boil - boil in bag rice

<https://tinyurl.com/y83j9ppm>

How to set a table

<https://tinyurl.com/yc32zbfz>

How to wash the dishes

<https://tinyurl.com/lrjvvyx>

<http://tinyurl.com/n3q4fox>

Stir Fry Vegetables and Tofu - Head Chef will prepare

Yield : 4 cups

Ingredients What do the abbreviations mean? Fill in the blanks

- 3 Tbl _____ peanut oil
- 1 tsp _____ minced garlic
- ¼ c _____ diced onion
- 1 c _____ chopped broccoli florets
- ¼ c _____ cubed tofu
- ⅓ c _____ green peas
- ¼ c _____ sliced mushrooms
- ½ c _____ sliced canned/cooked carrots
- 2-3 Tbl _____ of soy sauce
- 1 Tbl _____ of sesame seeds

Directions

1. Pour in measured oil and garlic in a wok on a large eye on the range/stove.
2. Heat wok to medium. As oil and garlic heats, (wok heats up quickly) put in the ingredients in the following order: (head chef goes to get from front table while sous chef stirs the ingredients in wok)
 - *diced onion
 - *chopped broccoli
 - * cubed tofu
 - * green peas
 - * sliced mushrooms
 - * sliced canned/cooked carrots
3. Pour in soy sauce over the ingredients in the wok.
4. Continuously stir ingredients around in wok.
5. Add into wok sesame seeds and stir.
6. Add 1 more tablespoon of soy sauce if vegetables are dry.
7. As vegetables become tender turn the eye of the stove off.
8. Place cooked brown rice in the wok and stir to mix.
9. Place completed stir fry mixture into plates and place on the table.

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

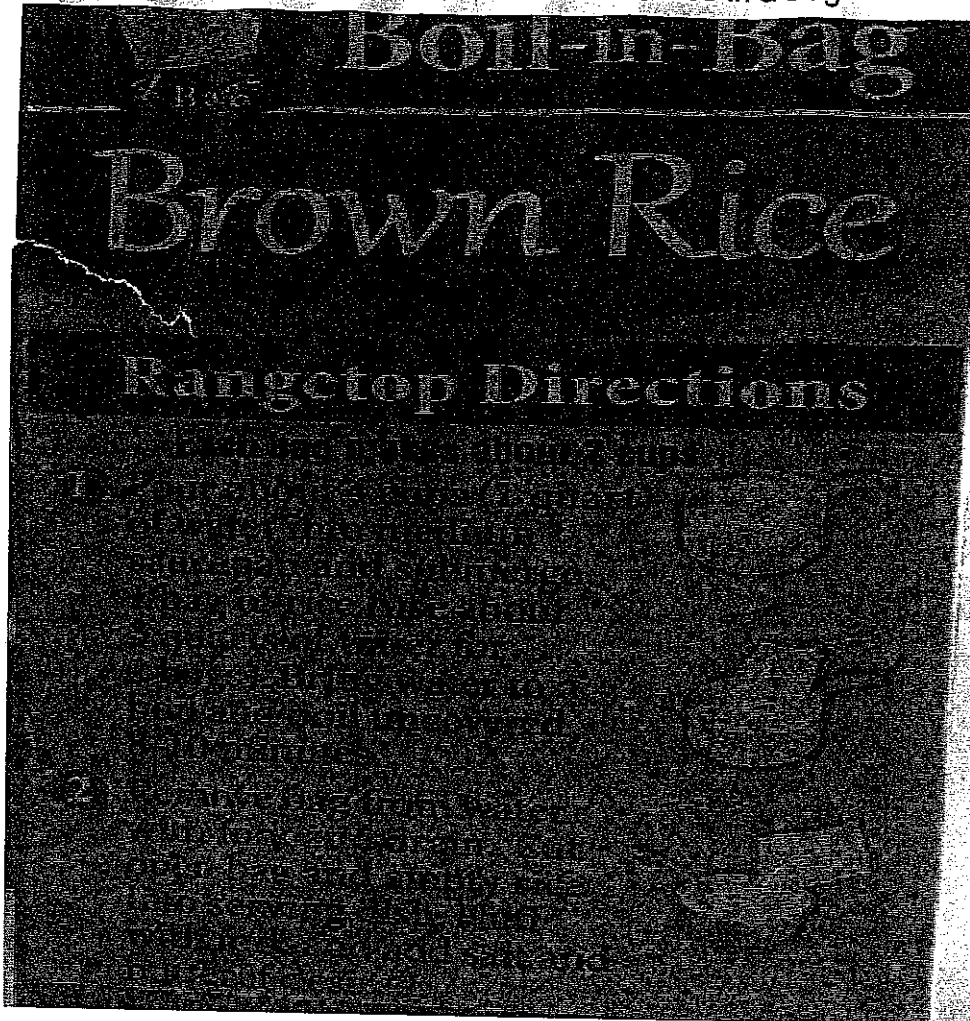
- W _____
- _____ cups & _____ spoons
- _____ to measure oil, soy sauce and sesame seeds over
- _____ to stir in the wok
- _____ to serve stir fry into plates

Others tools needed:

Brown Rice - Sous Chef will prepare

Yield : 2 cups

Ingredients _____ Precooked 10 minute – Brown Rice in a Bag



Directions

1. Fill a medium saucepan with 1 quart (4 cups) of water.
2. Put on stove on high heat on the back large eye on the stove/range.
3. Submerge bag of rice in water.
4. Bring water to a boil and let boil for 8-10 minutes.
5. Pour water and bag of cooked rice into colander. (be careful it will be hot)
6. Cut open bag and place rice in wok with vegetables and tofu.
7. Stir in rice with vegetables and tofu.
8. Place stir fry mixture into plates and serve.

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

- Large Sauce _____
- _____ cups
- _____ to drain water out of rice
- _____ to cut open cooked bag of rice
- _____ to serve into plates

Others tools needed: