

Let's cook! Station Set-Up and Recipe Script

Station Set-Up: Black Bean Couscous Salad

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 can opener (if using canned broth)	chicken or vegetable broth	none
electric skillet	couscous	
1 liquid measuring cup		
kitchen timer		
½ cup measuring cup		
1 large cooking spoon		
1 dinner fork		
2 medium bowls (1 placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		

Station #2		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 onion	1 chef's/utility knife
1 large bowl		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 red or green pepper	1 chef's/utility knife

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 colander	can of black beans	none
1 large bowl	can of corn (or ½ cup thawed frozen corn)	
2-quart plastic spill-proof pitcher with a lid filled with water		
1 liquid measuring cup		
½ cup measuring cup		

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Station #5		
Equipment	Ingredients	Provide during Let's cook!
2 small bowls (1 if using bottled lime juice)	vegetable oil	1 chef's/utility knife (if using fresh lime) OR bottle of lime juice (if using bottled lime juice)
1 dinner fork	apple cider vinegar	
1 set of measuring spoons	cumin	
1 rubber spatula/scrapper	lime (if using fresh lime)	
1 cutting mat (if using fresh lime)		
1 dinner spoon (if using fresh lime)		

Station #6		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	small bunch of cilantro	1 chef's/utility knife
1 set of measuring spoons		
2 small bowls		
1 large cooking spoon		

Station #7		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	3 ounce cups
1 serving tray		plastic spoons
		napkins
		salt and pepper shakers

Recipe Script for Preparing: Black Bean and Couscous Salad Lesson: *Make Half Your Grains Whole*

Begin the recipe preparation by inviting all the participants to stand around the food preparation area and reading the list of ingredients from the recipe.

To prepare today's recipe, we need to cook the couscous, mince the onion and the green pepper, drain and rinse the canned foods, juice a lime (if using fresh), and measure the rest of the ingredients. I have already washed the tops of all the cans, vegetables and the lime. It is important to wash limes, even though we don't eat the rind.

Ask for volunteers to help with the preparation of the recipe.

I need 6 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 6 volunteers. Combine steps (to have fewer volunteers) or divide tasks (to have more volunteers) as you think would work best to involve as many participants in the food activity as possible.

If food preparation stations were set up before class, assign each volunteer a station and add knives and cold food items from the cooler to the appropriate stations. If there wasn't room to set up stations before class, provide volunteers with the appropriate equipment and ingredients listed for each station now.

As you assign each volunteer their tasks, ask the participant if they would like you to demonstrate how to mince, dice or chop their ingredient and provide several pieces for the participant as an example on their cutting mat. Follow up with the participants once they have completed their task to be sure each ingredient was cut to the indicated size. If the food pieces are too large, ask the participant to cut any large pieces in half.

Station #1:

- **Equipment:** 1 can opener (if using canned broth), electric skillet, 1 liquid measuring cup, kitchen timer, a ½ cup measuring cup, 1 large cooking spoon, 1 dinner fork, 2 medium bowls (place 1 in the center of the table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** chicken or vegetable broth, couscous

I placed a bowl in the center of the table. As you prepare the ingredient(s), please put any food scraps in this bowl.

At the center of the table, I have also placed a variety of sizes of plastic bags. If you have any leftover ingredients, please put these ingredients in one of these bags. I will collect the leftovers as we are cleaning up and put them in the cooler to keep these items cold.

Name of Volunteer #1, open the chicken (or vegetable) broth. Measure $\frac{1}{2}$ cup of broth and place it the skillet. Turn the skillet to high heat and bring the broth to a boil with the lid on the skillet. Pass the can opener to Name of Volunteer #4.

Once the broth is boiling, measure $\frac{1}{2}$ cup of couscous and stir it into the broth. Put the lid on the skillet, and turn off the skillet. We'll let this sit for 5 minutes while the couscous cooks.

Set a timer for 5 minutes.

Name of Volunteer #1, after the timer goes off, use a fork to fluff the couscous, breaking up any chunks. Add the couscous to the bowl and pass it to Name of Volunteer #5.

Station #2:

- **Equipment:** 1 cutting mat, 1 large bowl
- **Ingredients:** onion
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #2, you will peel and mince half of the onion. The flavor of raw onion is much stronger than the flavor of cooked onion. When using raw onion in a recipe that will not be cooked, it's good to mince it finely so there won't be too much onion in any one bite.

Note: This recipe calls for $\frac{1}{2}$ a medium onion.

As a reminder, mince means to cut into very small pieces, about $\frac{1}{8}$ inch in size. Would you like me to show you what $\frac{1}{8}$ inch pieces look like?

If yes, demonstrate how to mince the onion using the script below and provide several $\frac{1}{8}$ inch pieces of onion as an example for the participant on their cutting mat.

If no, read the script below as the volunteer minces the onion.

Slice the onion in half vertically, cutting through the root, to create a flat surface. Set one half of the onion aside. Then, with the flat side on the cutting mat, cut the other half of the onion into $\frac{1}{8}$ inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut $\frac{1}{8}$ inch strips in the other direction. Place the minced onion in the bowl and pass the bowl to

Name of Volunteer #3.

Station #3:

- **Equipment:** 1 cutting mat
- **Ingredients:** red or green pepper
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #3, please cut the pepper in half through the stem, remove the seeds and membrane and set one half of the pepper aside. Next, you will mince the other half of the pepper. Would you like me to show you what $\frac{1}{8}$ inch pieces look like?

If yes, demonstrate how to mince the pepper using the script below and provide several $\frac{1}{8}$ inch pieces of pepper as an example for the participant on their cutting mat.

If no, read the script below as the volunteer minces the pepper.

With the flat side on the cutting mat, cut the half of pepper length-wise into $\frac{1}{8}$ inch strips. Then, rotate the pepper strips 90 degrees and cut those strips into $\frac{1}{8}$ inch pieces. Place the minced pepper in the bowl with the onion and pass the bowl to Name of Volunteer #4.

Station #4:

- **Equipment:** 1 colander, 1 large bowl, a 2-quart plastic spill-proof pitcher with a lid filled with water, 1 liquid measuring cup, a $\frac{1}{2}$ cup measuring cup
- **Ingredients:** can of black beans, can of corn (or $\frac{1}{2}$ cup thawed frozen corn)

Name of Volunteer #4, open the can of black beans with the can opener. Drain the can of beans into the colander over the bowl. Then, rinse the beans with 2 cups of water to remove the excess sodium. Place the rinsed beans in the bowl with the minced pepper and onion.

If using canned corn: Next, open the can of corn with the can opener and drain the can of corn into the colander over the same bowl used to drain the beans. Rinse the corn with 2 cups of water. Measure $\frac{1}{2}$ cup of rinsed corn and add it to the bowl with the beans, peppers, and onions. Pass the bowl to Name of Volunteer #5. Place the remaining corn in a sealable plastic bag.

If using frozen thawed corn: Next, add the $\frac{1}{2}$ cup of thawed frozen corn to the bowl with the beans, peppers, and onions. Pass the bowl to Name of Volunteer #5.

Station #5:

- **Equipment:** 2 small bowls (1 if using bottled lime juice), 1 dinner fork, 1 set of measuring spoons, 1 rubber spatula/scrapper, 1 cutting mat (if using fresh lime), 1 dinner spoon (if using fresh lime)
- **Ingredients:** vegetable oil, apple cider vinegar, cumin, lime (if using fresh lime)
- **Provide during Let's Cook!:** 1 chef's/utility knife (if using fresh lime) **OR** bottle of lime juice (if using bottled lime juice)



If using fresh lime: _____ *Name of Volunteer #5,* juice the lime. To release the juices from a lime, roll it back and forth on the cutting mat while putting some pressure on it with your hand. Lay the lime on its side with the stem facing the hand holding the knife. Next, cut the lime in half (set one half aside) and squeeze the juice from the other half of the lime into one of the small bowls. Using the dinner spoon, scoop out any seeds from the juice and discard. Measure 1 tablespoon of lime juice and pour it into the other small bowl.

If using bottled lime juice: _____ *Name of Volunteer #5,* measure 1 tablespoon of lime juice and pour it into the small bowl.

Next, you will make the dressing. Measure the following ingredients and add them to the bowl with the lime juice: $\frac{1}{2}$ teaspoon cumin, $1\frac{1}{2}$ tablespoons vegetable oil, and 1 teaspoon apple cider vinegar. Whisk everything together with a fork. Then, add the dressing to the bowl of beans, corn, onion, and pepper. Finally, add the couscous to the mixture and mix well with the rubber spatula/scrapper. Pass the bowl to _____ *Name of Volunteer #5*

Station #6:

- **Equipment:** 1 cutting mat, 1 set of measuring spoons, 2 small bowls, 1 large cooking spoon
- **Ingredients:** small bunch of cilantro
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Next, we need to chop some cilantro. Do you like cilantro? It seems as if people either really like it or they don't like it at all. If you don't like it, you can usually leave it out of recipes.

If at least 1 participant doesn't like cilantro: We will split the recipe in half before we add the cilantro so that those of you who don't like cilantro can still taste the **Black Bean and Couscous Salad** without cilantro.

_____ *Name of Volunteer #6,* you will chop the cilantro into $\frac{1}{2}$ inch pieces until you have 2 tablespoons; let me show you how.

Demonstrate how to chop the cilantro using the script below and provide several $\frac{1}{2}$ inch pieces of cilantro as an example for the participant on their cutting mat.

First, you'll separate a bunch of leaves from long thick stems (tender, thin stems can be left on). Discard the thick stems, as these have a woody texture and taste and we will not use them. Next, gather the leaves into a small, condensed pile on the cutting mat and slice through the pile of cilantro leaves. Then, gather up the cilantro again and slice through it in the



opposite direction. Repeat this process until the leaves are chopped into ½ inch pieces. Don't press too hard on the knife and avoid cutting the pieces too much. Herbs have natural oils in them and if you cut them too much they will become bruised and have less flavor.

If anyone in the class DOES NOT like cilantro, have volunteer #6 split the *Black Bean and Couscous Salad* into two small bowls and put cilantro in only half of the salad. If splitting the recipe, only use half the amount of cilantro called for in the recipe, otherwise the cilantro will overpower the flavor of the salad.

If NOT splitting the recipe: _____ *Name of Volunteer #6,* measure 2 tablespoons of cilantro, add it to the rest of the **Black Bean and Couscous Salad** and mix well.

If splitting the recipe: _____ *Name of Volunteer #6,* split the **Black Bean and Couscous Salad** between the two bowls. Place half the cilantro (1 tablespoon) in only one of the bowls and then, mix the ingredients together with the cooking spoon.

Station #7:

- **Equipment:** 1 dinner spoon, 1 serving tray
- **Tasting supplies:** 3 ounce cups, plastic spoons, napkins, salt and pepper shakers

If you make this at home, put the salad in the refrigerator (covered) for at least an hour before serving to allow the flavors to mix together.

*This recipe calls for salt and pepper "to taste." At home, you can taste the **Black Bean and Couscous Salad** and add salt and pepper in the amount you like before serving. Today, we will pass around salt and pepper shakers and you can decide if you want to add either to your salad. I encourage you to taste the salad first.*

*Now, we are ready to taste the **Black Bean and Couscous Salad!** _____ *Names of Volunteers #1 and #2,* using the serving tray and the tasting supplies, please serve everyone a taste of the recipe.*

Everyone: please taste the recipe, and then if you would like, you can add salt and/or pepper.

Ask the participants about the recipe while they are eating.

What do you think of this recipe? Do you think your family would like this dish?

Although couscous is made from grains, it's actually a form of pasta. Traditional couscous (made from ground millet) has been eaten in northern Africa for a long time. In the United States, couscous is made from semolina wheat. When purchasing couscous, look for whole wheat couscous – it is a good source of fiber and B vitamins.

When you make this at home, be sure to refrigerate any leftovers within 2 hours and eat them within 3 to 5 days.