

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

Station Set-Up: Mexican Pinwheels

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	1 onion	1 chef's/utility knife
1 set of measuring spoons		
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 can opener	1 can of corn	none
1 colander	1 can of green chiles	
1 large bowl		
1 set of measuring spoons		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 set of measuring spoons	salsa	cream cheese
1 butter/table knife		
1 large cooking spoon		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	3 tortillas	1 chef's/utility knife
1 rubber spatula/scraper		
1 large plate/platter		

Station #5		
Equipment	Ingredients	Tasting supplies
tongs	none	small paper plates
		napkins

Recipe Script for Preparing: Mexican Pinwheels Lesson: *Celebrate!*

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 for this recipe, we need to mince an onion and measure the rest of the ingredients. I've already washed the tops of the cans. I kept the cream cheese cold in my cooler with reusable freeze packs to transport and store it.

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

I need 4 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 4 volunteers. Combine steps (to have fewer volunteers) or divide tasks (to have more volunteers) as you think would work 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 each volunteer begins their tasks, use the script to review how to mince, dice or chop their ingredients. 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 cutting mat, 1 set of measuring spoons, 2 medium bowls (1 placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** onion
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

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.

Share the *Be Creative!* tip with the participants.

When you make this at home, try adding chopped cilantro or spices like cumin and chili powder.

Station #4:

- **Equipment:** 1 cutting mat, 1 rubber spatula/scrapper, 1 large plate/platter
- **Ingredients:** 3 tortillas
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #4, lay the tortillas on the cutting mat. Spread a third of the cream cheese mixture evenly on top of each tortilla with the rubber spatula/scrapper, and roll the tortillas up tightly. Slice each tortilla into 1 inch slices, and arrange on the large plate or platter for serving.

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

Station #5:

- **Equipment:** tongs
- **Tasting supplies:** small paper plates, napkins

*We will leave the **Mexican Pinwheels** and the tongs, paper plates, and napkins on the food preparation table until it is time for our celebration.*

Note: In this lesson we will serve each recipe on a large plate or platter instead of serving individual tastes. Allowing everyone to serve themselves and mingle as they eat will help create a party atmosphere!