

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

Station Set-Up: Simple Fish Tacos

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 electric skillet	cooking spray	none
aluminum foil	tortillas	
2 large paper plates		
1 turner/spatula		
1 medium bowl (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	small bunch of cilantro	1 chef's/utility knife
½ cup measuring cup	lime	
2 small bowls		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	2 tomatoes	1 chef's/utility knife
1 medium bowl		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	head of cabbage	1 chef's/utility knife
1 cup measuring cup		
1 medium bowl		

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Station #5		
Equipment	Ingredients	Provide during Let's cook!
1 set of measuring spoons	vegetable oil	1 chef's/utility knife (if using fresh lemon) OR lemon juice (if using bottled lemon juice)
2 small bowls	taco seasoning	
1 dinner spoon (if using fresh lemon)	lemon (if using fresh lemon)	
1 cutting mat (if using fresh lemon)		
1 dinner fork		

Station #6		
Equipment	Ingredients	Provide during Let's cook!
¼ cup measuring cup	none	sour cream
1 set of measuring spoons		
1 dinner spoon (2 if splitting the sour cream)		
2 small bowls (if splitting the sour cream)		

Station #7		
Equipment	Ingredients	Provide during Let's cook!
1 turner/spatula	none	fish
1 dinner fork		

Station #8		
Equipment	Ingredients	Tasting supplies
1 cutting mat	none	small paper plates
2 plastic spoons (3 if splitting the sour cream)		napkins
2 sets of tongs		

Recipe Script for Preparing: Simple Fish Tacos Lesson: *Go Lean with Protein*

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 today's recipe, we need to cut the fresh vegetables and measure the rest of the ingredients. I have washed the vegetables, cilantro and the lime before class. It is important to wash limes (and lemons), even though we don't eat the rind. I kept the fish and sour cream for this recipe cold in my cooler with reusable freeze packs to transport and store them.

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

I need 7 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 7 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, cooking will take longer). If the food pieces are too large, ask the participant to cut any large pieces in half.

Station #1:

- **Equipment:** 1 electric skillet, aluminum foil, 2 large paper plates, 1 turner/spatula, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** cooking spray, tortillas

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, spray the skillet with cooking spray and turn the skillet to medium heat. Put tortillas in the pan, 2 to 3 at a time and heat briefly on both sides until the tortillas are warm and soft. Put the heated tortillas on a paper plate, and cover the plate with another plate. When all the tortillas are warmed, turn off the skillet and wrap the plates in foil. This will keep them warm while we make the taco filling. You can hold onto the tortillas, we will use them later in the recipe.

Station #2:

- **Equipment:** 1 cutting mat, a ½ cup measuring cup, 2 small bowls
- **Ingredients:** small bunch of cilantro, lime
- **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 **Simple Fish Tacos** without cilantro.*

Name of Volunteer #2, you will chop the cilantro into ½ inch pieces until you have ½ cup of chopped cilantro. Would you like me to show you what ½ inch pieces look like?

If yes, demonstrate how to chop the cilantro using the script below and provide several ½ inch pieces of cilantro as an example for the participant on their cutting mat.

If no, read the script below as the volunteer chops the cilantro.

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. 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.

Place the chopped cilantro in one of the small bowls and pass it to _____
Name of Volunteer #6.

Next, cut the lime into wedges. Start by cutting the lime in half length-wise and then with the flat side on the cutting mat, cut each half of lime into quarters. Next, cut each of the quarters in half. Put the lime wedges in the 2nd small bowl and place the bowl with the tasting supplies.

Station #3:

- **Equipment:** 1 cutting mat, 1 medium bowl
- **Ingredients:** 2 tomatoes
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #3, you're going to dice the tomatoes. Would you like me to show you what $\frac{1}{4}$ inch pieces look like?

If yes, demonstrate how to dice the tomato using the script below and provide several $\frac{1}{4}$ inch pieces of tomato as an example for the participant on their cutting mat.

If no, read the script below as the volunteer dices the tomato.

Place the tomato stem-side up on the cutting board and remove any green stem and leaves. Cut the tomato in half from top to bottom, cutting through the core. Remove the core from each half by making a "V" cut around the core. To dice, start with the flat side of the tomato half on the cutting mat and cut the tomato into $\frac{1}{4}$ inch slices. Next, arrange the tomato slices next to each other or stacked on top of each other flat on the cutting mat and slice them into $\frac{1}{4}$ inch strips. Then, rotate the tomato strips 90 degrees and cut the strips into $\frac{1}{4}$ inch pieces.

Put the diced tomato in the bowl and place the bowl with the tasting supplies.

Station #4:

- **Equipment:** 1 cutting mat, a 1 cup measuring cup, 1 medium bowl
- **Ingredients:** head of cabbage
- **Provide during *Let's Cook!*:** 1 chef's/utility knife

Name of Volunteer #4, please chop 2 cups of cabbage. Would you like me to show you what $\frac{1}{2}$ inch pieces look like?

If yes, demonstrate how to chop the cabbage using the script below and provide several $\frac{1}{2}$ inch pieces of cabbage as an example for the participants on their cutting mats.

If no, read the script below as the volunteer chops the cabbage.

First, place the cabbage with the core on the cutting mat and cut the cabbage in half. Set one of the halves aside – we'll only use ½ of the cabbage today. Then, cut the other half of cabbage into two quarters. At the bottom of each quarter, you'll see the cabbage's hard center core. To remove the core, hold the quarter cabbage in one hand, with the core resting on the cutting mat. Then, cutting down toward the cutting mat, cut off and discard the core. Turn the cabbage quarter over and remove any damaged or wilted leaves from the outside. Repeat these steps with the other quarter.

Next, with one of the flat sides on the cutting mat, cut the cabbage quarter into ½ inch strips; rotate the strips 90 degrees, then cut them into ½ inch pieces.

Put 2 cups of chopped cabbage in the bowl and place the bowl with the tasting supplies.

Station #5:

- **Equipment:** 1 set of measuring spoons, 2 small bowls, 1 dinner fork, 1 dinner spoon (if using fresh lemon), 1 cutting mat (if using fresh lemon)
- **Ingredients:** vegetable oil, taco seasoning, lemon (if using fresh lemon)
- **Provide during *Let's Cook!*:** 1 chef's/utility knife (if using fresh lemon) **OR** lemon juice (if using bottled lemon juice)

If using fresh lemon: _____ *Name of Volunteer #5,* juice the lemon. To release the juices from a lemon, roll it back and forth on the cutting mat while putting some pressure on it with your hand. Lay the lemon on its side with the stem facing the hand holding the knife. Cut the lemon in half and set one half aside. Squeeze the juice from the other half of the lemon into the 1st small bowl. Using the dinner spoon, scoop out any seeds from the juice and discard. Next, measure 2 tablespoons of lemon juice and pour it into the 2nd small bowl.

If using bottled lemon juice: _____ *Name of Volunteer #5,* measure 2 tablespoons of lemon juice and pour it into the bowl.

*Measure 1½ teaspoons of taco seasoning and 1 tablespoon of vegetable oil and add them to the bowl with the lemon juice (fresh or bottled). Whisk everything together with a fork. Pass the bowl to _____ *Name of Volunteer #7.**

Station #6:

- **Equipment:** a ¼ cup measuring cup, 1 set of measuring spoons, 2 small bowls (if splitting the sour cream), 1 dinner spoon (2 if splitting the sour cream)
- **Provide during *Let's Cook!*:** sour cream



If anyone in the class DOES NOT like cilantro, have volunteer #6 split the sour cream into two small bowls and put cilantro in only half of the sour cream mixture. If splitting the sour cream, only use half the amount of cilantro called for in the recipe, otherwise the cilantro will overpower the flavor of the sour cream mixture.

If NOT splitting the recipe: _____ *Name of Volunteer #6,* please measure $\frac{3}{4}$ cup of sour cream (by measuring $\frac{1}{4}$ cup of sour cream 3 times) and add it to the bowl with the chopped cilantro. Next, measure 2 tablespoons of taco seasoning and add it to the bowl with the sour cream and cilantro. Mix the ingredients together with the dinner spoon. Place the bowl at tasting station.

If splitting the recipe: _____ *Name of Volunteer #6,* measure 1 tablespoon of taco seasoning and add it to one of the small bowls. Then, measure another 1 tablespoon of taco seasoning and add it to the 2nd small bowl. Next, measure 6 tablespoons of sour cream, add it to one of the small bowls of taco seasoning and mix the ingredients of the bowl with 1 of the dinner spoons.. Then, measure another 6 tablespoons of sour cream and add it to the 2nd small bowl of taco seasoning. Last, measure $\frac{1}{4}$ cup of cilantro, add it to only one of the bowls of sour cream and taco seasoning and mix the ingredients of the bowl together with a clean dinner spoon. Place both of the bowls at tasting station.

Station #7:

- **Equipment:** 1 turner/spatula, 1 dinner fork
- **Provide during *Let's Cook!*:** fish

_____ *Name of Volunteer #7,* you will be cooking the fish in the skillet. Spray the skillet with cooking spray and turn it to medium heat. Place fish in the skillet with the turner/spatula. Cook over medium heat for 1½ minutes, flip, and cook for another 1½ minutes.

Pour the lemon juice mixture over the fish. Cook for another 1 to 2 minutes. Once the fish flakes easily with a fork, it is done. Break the fish into bite-size pieces in the pan.

Station #8:

- **Equipment:** 1 cutting mat, 2 plastic spoons (3 if splitting the sour cream), 2 sets of tongs
- **Tasting supplies:** small paper plates, napkins

Now, we are ready to taste the **Simple Fish Tacos!** _____ *Names of Volunteer #1 and #2,* cut the tortillas in half, place $\frac{1}{2}$ a tortilla on a paper plate for each participant, and add a little bit of fish to each tortilla half.

Name of Volunteer #3, please put 1 plastic spoon in the sour cream mixture(s) and another plastic spoon in the bowl of diced tomatoes. Then, place 1 set of tongs next to the bowl of cabbage and another set of tongs next to the bowl of lime wedges.

*Everyone: go ahead and dress up your tacos with the toppings. Use the lime wedges to add lime juice to your tacos. Let's taste our **Simple Fish Tacos!***

Ask participants about the recipe while they are eating.

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

Fish and shellfish are an important part of a healthy diet. Fish and shellfish contain protein and other nutrients, are low in saturated fat, and contain omega-3 fatty acids. A well balanced diet that includes fish and shellfish is good for heart health and for our children's growth and development. You can use any kind of white fish in this dish like tilapia, cod, haddock or pollock.

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