

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

Station Set-Up: Rice Salad

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	2 ribs of celery	1 chef's/utility knife
½ cup measuring cup		
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 green pepper	1 chef's/utility knife

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 set of measuring spoons	salt	mayonnaise
1 dinner spoon		French dressing
1 large cooking spoon		
1 large bowl		

Station #4		
Equipment	Ingredients	Provide during Let's cook!
1 set of measuring cups	raisins	chilled cooked brown rice
		½ cup thawed frozen peas

Station #5		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	3 ounce cups
1 serving tray		plastic spoons
		napkins

Recipe Script for Preparing: Rice 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.

This recipe uses cooked brown rice, which I prepared ahead of class. Be sure to prepare the rice ahead of time according to package directions, and cool it before making the salad. I kept the precooked rice, thawed frozen peas, mayonnaise, and French dressing for this recipe cold in my cooler with reusable freeze packs to transport and store them.

To prepare today's recipe, we need to dice the celery and green pepper and measure the rest of the ingredients. I have already washed the fresh vegetables.

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 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.

Today we will be preparing Rice Salad as a group. While you may be doing a specific task for the recipe, please listen and watch all the instructions for every task. This will help you be able to complete all of the steps of the recipe at home. Even those of you who are more experienced with cooking may pick up a new tip that could save you valuable time in the kitchen. Please wait to start your task until I give you your instructions.

Station #1:

- **Equipment:** 1 cutting mat, a ½ cup measuring cup, 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:** 2 ribs of celery
- **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.

Name of Volunteer #1, you will dice the celery. Would you like me to show you what ¼ inch pieces look like?

If yes, demonstrate how to dice the celery using the script below and provide several ¼ inch pieces of celery as an example for the participant on their cutting mat.

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

The head of celery we buy at the grocery store is called a stalk of celery. A stalk is made of several individual ribs of celery. First, cut off and discard the ends of the celery ribs. Then, slice each rib length-wise into ¼ inch strips. Next, rotate the celery strips 90 degrees and dice those strips into ¼ inch pieces until you have ½ cup of diced celery.

Place the diced celery in the bowl and pass it to _____
Name of Volunteer #2.

Station #2:

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

Name of Volunteer #2, 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 dice the other half of the pepper. Would you like me to show you what ¼ inch pieces look like?

If yes, demonstrate how to dice the pepper using the script below and provide several ¼ inch pieces of pepper as an example for the participant on their cutting mat.

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

With the flat side on the cutting mat, cut the half of pepper length-wise into ¼ inch strips. Then, rotate the pepper strips 90 degrees and cut those strips into ¼ inch pieces. Add the diced pepper to the bowl with the celery and pass the bowl to Name of Volunteer #4.

Station #3:

- **Equipment:** 1 set of measuring spoons, 1 dinner spoon, 1 large cooking spoon, 1 large bowl
- **Ingredients:** salt
- **Provide during *Let's Cook!*:** mayonnaise, French dressing

Name of Volunteer #3, *please measure 2 tablespoons mayonnaise and 2 tablespoons French dressing and place them in the bowl. Next, measure ½ teaspoon of salt and add it to the bowl with the mayonnaise and French dressing. Mix the ingredients together using the large cooking spoon to combine the dressing. Pass the bowl of dressing and the cooking spoon to Name of Volunteer #4.*

Station #4:

- **Equipment:** 1 set of measuring cups
- **Ingredients:** raisins
- **Provide during *Let's Cook!*:** chilled, cooked brown rice, ½ cup thawed frozen peas

Name of Volunteer #4, *add the thawed frozen peas to the bowl with the dressing. Then, measure the following ingredients and add them to the bowl with the peas and dressing: 2 cups cooked, chilled brown rice and ¼ cup raisins. Next, add the diced celery and green pepper and mix together until all the ingredients are combined.*

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

Add any fresh, frozen and thawed, or canned vegetables that you have on hand to the salad.

Station #5:

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

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

*The recipe tastes even better when refrigerated for at least an hour so the flavors can blend together. If you make the **Rice Salad** at home, try refrigerating it (covered) before serving.*

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? What other vegetables do you think would taste good in this?

Is this the first time you've tried cold rice as part of a salad? Substituting brown rice for white rice is an easy and inexpensive way to increase the fiber and nutrients in your meal. In the past, whole grains like brown rice were thought to provide mostly fiber to promote digestive and heart health, but newer research shows that whole grains also provide additional vitamins, minerals, and high levels of antioxidants.

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