

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

Station Set-Up: Fruit Sorbet

Station #1		
Equipment	Ingredients	Provide during Let's cook!
blender	frozen canned fruit	1 chef's/utility knife
1 can opener	1 banana (if making the <i>Pineapple Banana Sorbet</i>)	
1 cutting mat		
2-quart plastic spill-proof pitcher with a lid filled with water		
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 rubber spatula/scrapper	none	none

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

Recipe Script for Preparing: Fruit Sorbet Lesson: *Make a Change*

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.

For today's recipe, we will be using canned fruit that I froze overnight, so all we need to do is peel and chop one banana (if making Pineapple Banana Sorbet).

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

I need 3 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 3 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 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.

Today we will be preparing Fruit Sorbet 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:** blender, 1 can opener, 1 cutting mat, 2-quart plastic spill-proof pitcher with a lid filled with water, 2 medium bowls (place 1 in the center of table), sealable plastic bags in a variety of sizes (placed in center of table), blender
- **Ingredients:** frozen canned fruit, banana (if making the *Pineapple Banana Sorbet*)
- **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, fill the medium bowl about half way with water from the pitcher. Dunk the frozen can/s under the water briefly to loosen the contents. Remember, we always want to wash the tops of cans before opening them. I washed these cans before I froze them.

Open the can(s) and place the frozen fruit on the cutting mat. Cut the frozen fruit into small pieces about ½ inch in size and place it in the blender.

If making the Pineapple Banana Sorbet: *Peel the banana, cut it into ½ inch pieces, and add it to the blender. The banana does not need to be frozen for this recipe.*

Station #2:

- **Equipment:** 1 rubber spatula/scrapper

_____ Name of Volunteer #2, turn on the blender, and alternate between blending and pulsing. Stir the contents every few seconds to move the larger chunks of fruit down to the bottom of the blender using the rubber spatula/scrapper. Pulsing versus blending and stirring the contents frequently will ensure the mixture does not get too watery or thin at the bottom.

Share the Be Creative! tip with the participants.

Try any of the flavor combinations listed on the recipe or create your own!

Station #3:

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

*Now, we are ready to taste the **Fruit Sorbet!** _____ Name of Volunteer #3, using the serving tray and the tasting supplies, please serve everyone a taste of the recipe.*

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?

*Serving fruit for dessert instead of baked goods or frozen treats that are high in sugar and fat is a great way to add vitamins, minerals and fiber to your family's meals. This **Fruit Sorbet** does contain natural sugars, but is a healthier and less expensive option than sorbets, frozen yogurts and ice creams found in your grocery store.*

*When you make this at home, be sure to freeze any leftovers in a freezer-safe container. The **Fruit Sorbet** will lose flavor and quality if kept in the freezer for a long time. For best quality, eat within 3 months. Frozen leftovers may need to thaw for a few minutes before eating.*