

# Let's cook! Plan, Shop, Pack List: Salmon Patties

## Ingredients

- 2 ribs of celery
- 1 green pepper  
(1 tablespoon used in recipe)
- 1 medium onion (½ used in recipe)
- 1 lemon or bottled lemon juice
- 2 large eggs
- 1 (14.75 ounce) can salmon
- Bread crumbs or cracker crumbs
- All-purpose flour
- Vegetable oil
- Black pepper

## Disposable Supplies

- Small paper plates
- Plastic forks
- Napkins
- Sealable plastic bags in a variety of sizes
- Aluminum foil
- Plastic wrap

## Prepare before class

- Wash the celery, onion, and green pepper.
- Wash the top of the canned salmon.
- Print copies of the recipe (1 for each participant).

## Equipment

- 3 cutting mats (2 if using bottled lemon juice)
- Disposable gloves
- 3 chef's/utility knives (2 if using bottled lemon juice)
- 1 can opener
- 2 sets of measuring cups
- 1 dinner spoon (if using fresh lemon)
- 1 liquid measuring cup
- 4 sets of measuring spoons
- 3 small bowls (2 if using bottled lemon juice)
- 1 medium bowl

## (Equipment cont.)

- 1 large bowl
- 1 large cooking spoon
- 1 dinner fork
- 4 large paper plates
- 2 turners/spatulas
- Paper towels
- 2-quart plastic spill-proof pitcher with a lid, filled with water
- Electric skillet
- Serving tray
- 2 vinyl tablecloths
- Collapsible cooler with reusable freeze packs
- Dish pan
- Dish cloth
- Kitchen towels
- Extension cord with long reach
- Surge protector
- Duct tape (for taping down cords)

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## Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

## First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

**Educator:** \_\_\_\_\_  
**Group Name:** \_\_\_\_\_  
**# of participants in group:** \_\_\_\_\_ **Date of lesson:** \_\_\_\_\_  
**Notes:** \_\_\_\_\_  
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