

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

Station Set-Up: Black-Eyed Pea and Collard Greens Soup

| Station #1 | | |
|--|--------------------|-----------------------------------|
| Equipment | Ingredients | Provide during Let's cook! |
| 1 cutting mat | 1 onion | 1 chef's/utility knife |
| 1 small bowl | | |
| 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 | ½ of the collard greens | 1 chef's/utility knife |
| 1 medium bowl (in between stations #2 and #3) | | |

| Station #3 | | |
|-------------------|-------------------------|-----------------------------------|
| Equipment | Ingredients | Provide during Let's cook! |
| 1 cutting mat | ½ of the collard greens | 1 chef's/utility knife |

| Station #4 | | |
|-------------------|--------------------|-----------------------------------|
| Equipment | Ingredients | Provide during Let's cook! |
| 1 cutting mat | none | 1 chef's/utility knife |
| 1 small bowl | | deli ham (4 ounces) |

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| Station #5 | | |
|---|---------------------------|----------------------------|
| Equipment | Ingredients | Provide during Let's cook! |
| 1 can opener | 2 cans of black-eyed peas | none |
| 1 colander | 1 can of broth | |
| 1 large bowl | | |
| 1 dinner fork | | |
| 1 medium bowl | | |
| 2-quart plastic spill-proof pitcher with a lid, filled with water | | |
| 1 liquid measuring cup | | |

| Station #6 | | |
|---------------------------|---------------------|----------------------------|
| Equipment | Ingredients | Provide during Let's cook! |
| electric skillet | vegetable oil | none |
| 1 set of measuring spoons | garlic powder | |
| 1 large cooking spoon | apple cider vinegar | |
| 2 plastic tasting spoons | | |
| kitchen timer | | |
| 1 liquid measuring cup | | |

| Station #7 | | |
|-----------------------|-------------|-------------------------|
| Equipment | Ingredients | Tasting supplies |
| 1 large cooking spoon | none | small hot beverage cups |
| 1 serving tray | | plastic spoons |
| | | napkins |
| | | salt and pepper shakers |

Recipe Script for Preparing: Black-Eyed Pea and Collard Greens Soup Lesson: *Fruit & Veggies: Half Your Plate*

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 today's recipe, we need to chop the onion and the collard greens, dice the ham, prepare the black-eyed peas, and measure the other ingredients.

When using canned food products, it is important to wash the tops of the cans before opening them. If there is dust, dirt, germs or other harmful particles on the can, these things may get into the food when we open the can with the can opener. I washed the tops of all the cans before class.

I've already also washed the collard greens, but when you're doing this at home it is important that you wash your greens thoroughly. The recipe I handed out includes washing information, but I'll walk you through it now. First, you'll remove any damaged outer leaves. Then, fill a large bowl with cold water, and dunk the greens under water. Swish them around a few times to help loosen the dirt. If the water becomes dirty, empty out the dirty water, and refill the bowl with clean water. Swish the leaves again to remove additional dirt. Continue this process until the water in the bowl remains clear. These directions for washing hearty greens like kale and collard greens are also in the cookbook that you will receive during our last lesson.

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

I need 6 volunteers to help with the preparation of the recipe. Who would like to help?

Note: Recommended – 6 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, 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.

Today we will be preparing **Black-Eyed Pea and Collard Greens Soup** 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, 1 small bowl, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** 1 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.

Name of Volunteer #1, you will chop the onion. Would you like me to show you how to peel the onion?

Note: This recipe calls for 1 medium onion.

If yes, demonstrate how to peel the onion using the script below.

Let's start by peeling the onion. First, remove any loose, papery skin. Next, lay the onion on its side with the stem facing the hand holding the knife. Then, cut down partially through the stem and with your knife holding the stem down, pull the body of the onion back to remove the first section of outer layer skin. Now, continue peeling off this outer layer of skin all the way around the onion. After the outer peel has been removed, peel and remove the next thin layer of skin all the way around the onion. Last, cut off the exterior of the root.

If no, after the participant peels the onion proceed to demonstrating how to chop the onion.

Let me show you what ½ inch pieces look like.

Demonstrate how to chop the onion using the script below and provide several ½ inch pieces of onion as an example for the participant on their cutting mat.

Slice the onion in half vertically, cutting through the root, to create a flat surface. Then, with the flat side on the cutting mat, cut the onion into ½ inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut ½ inch strips in the other direction.

_____ Name of Volunteer #1, please chop the remaining onion, place the chopped onion in the bowl and pass it to _____ Name of Volunteer #6.

Station #2 and #3:

- **Equipment:** 2 cutting mats (1 at each station), 1 medium bowl (in between the 2 stations)
- **Ingredients:** collard greens (½ of the collard greens at each station)
- **Provide during *Let's Cook!*:** 2 chef's/utility knives (1 at each station)

_____ Names of Volunteer #2 and #3 you will chop the collard greens into ½ inch strips. Let me show you how to chop the collard greens.

Demonstrate how to chop the collard greens using the script below and provide several ½ inch strips of collard greens as an example for the participants on their cutting mats.

First, remove the stems from the collard greens by folding the greens in half at the stem and cutting or tearing off the stem. Next, stack 2 to 3 leaves on top of each other and roll them into a tube. Cut the tube into ½ inch strips and put the strips into the bowl.

_____ Names of Volunteer #2 and #3 continue until you've chopped all the greens. Pass the bowl of chopped greens to _____ Name of volunteer #6.

Station #4:

- **Equipment:** 1 cutting mat, 1 small bowl
- **Provide during *Let's Cook!*:** 1 chef's/utility knife, deli ham (4 ounces)

_____ Name of Volunteer #4, you will dice the ham into small pieces, about ¼ inch in size. Let me show you how to dice the ham.

Demonstrate how to dice the ham using the script below and provide several ¼ inch pieces of diced ham as an example for the participant on their cutting mat.

Start by slicing the ham into ¼ inch strips. Then, turn the strips 90 degrees, and cut ham strips into ¼ inch pieces. Place the diced ham in the bowl and pass the bowl to _____ Name of volunteer #6.

While the soup simmers, let's get back to our lesson. Name of Volunteer #5 will you check the soup periodically to make sure it is simmering and not boiling rapidly? If it is boiling, turn the temperature of the skillet down a bit. Also, please check the amount of liquid in the soup and let me know if it is getting low. We may need to add some water.

When the timer goes off, taste the collard greens to make sure they are tender.

If the collard greens are not tender: The greens are not tender and need a few more minutes to soften. I'll set the timer and let the soup simmer for 5 more minutes and then taste the greens again.

If the collard greens are tender: Now that the soup has simmered for 20 minutes, Name of Volunteer #6, measure $\frac{1}{2}$ cup* of water and add it and the mashed and whole black-eyed peas to the skillet. Stir thoroughly to combine. Let the soup simmer for 5 more minutes.

***If a thinner soup is desired add an additional $\frac{1}{2}$ cup of water.**

Set a timer for 5 minutes.

While the soup simmers for 5 more minutes, let's talk about the recipe. USDA's MyPlate recommends adults and children over 9 years old eat $1\frac{1}{2}$ to 2 cups of dark green vegetables per week. Dark green leafy vegetables such as collard greens, kale, chard, and spinach are high in fiber, vitamins and minerals and are low in calories.

When the timer goes off, finish the recipe.

Now, name of Volunteer #5 measure 2 teaspoons of apple cider vinegar, add it to the skillet, and stir everything together.

Station #7:

- **Equipment:** 1 large cooking spoon, 1 serving tray
- **Tasting supplies:** small hot beverage cups, plastic spoons, napkins, salt and pepper shakers

This recipe calls for salt and pepper "to taste." At home, you can taste the soup and add salt and pepper in the amount you like before serving. Today, we will pass around salt and pepper shakers and you can decide if you want to add either to your soup. I encourage you to try the soup first.

Now, we are ready to taste the **Black-Eyed Pea and Collard Greens Soup!**

Names of Volunteers #1 and #2, _____ using the serving tray and tasting supplies, please serve everyone a taste of the soup.

Everyone: please taste the recipe, and add salt and/or pepper if you would like.

Ask the participants about the recipe while they are eating.

What do you think of this recipe? Have you eaten collard greens before? Do you think your family would like this dish?

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