

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

## Station Set-Up: Salmon Patties

<b>Station #1</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Provide during Let's cook!</b>
1 cutting mat	1 onion	1 chef's/utility knife
1 large bowl		
1 medium bowl (placed in center of table)		
sealable plastic bags in a variety of sizes (placed in center of table)		

<b>Station #2</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Provide during Let's cook!</b>
1 cutting mat	2 ribs of celery	1 chef's/utility knife
¼ cup measuring cup	1 green pepper	
1 set of measuring spoons		

<b>Station #3</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Provide during Let's cook!</b>
1 can opener	can of salmon	1 chef's/utility knife (if using fresh lemon) OR bottle of lemon juice (if using bottled lemon juice)
1 liquid measuring cup	lemon (if using fresh lemon)	
1 set of measuring spoons		
2-quart plastic spill-proof pitcher with a lid filled with water		
1 cutting mat (if using fresh lemon)		
1 small bowl (if using fresh lemon)		
1 dinner spoon (if using fresh lemon)		

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<b>Station #4</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Provide during Let's cook!</b>
2 small bowls	bread or cracker crumbs	2 eggs
1 dinner fork	flour	
1/3 cup measuring cup	black pepper	
1 set of measuring spoons		
1 large cooking spoon		

<b>Station #5</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Provide during Let's cook!</b>
disposable gloves	none	none
1/3 cup measuring cup		
2 large paper plates		

<b>Station #6</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Provide during Let's cook!</b>
electric skillet	vegetable oil	none
1 set of measuring spoons		
1 turner/spatula		
2 large paper towel-lined paper plates		

<b>Station #7</b>		
<b>Equipment</b>	<b>Ingredients</b>	<b>Tasting supplies</b>
1 turner/spatula	none	small paper plates
1 serving tray		plastic forks
		napkins

## Recipe Script for Preparing: Salmon Patties Lesson: *Build Strong Bones*

**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 mince the vegetables, open and drain the can of salmon and measure the rest of the ingredients. I have already washed the vegetables, lemon (if using fresh lemon) and the top of the can of salmon. It is important to wash lemons, even though we don't eat the rind. The eggs we will use later in the recipe have been kept cold in my cooler with reusable freeze packs.*

**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 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, 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 **Salmon Patties** 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 large 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.*

   *please peel the onion and mince half of it. As a reminder, mince means to cut into 1/8 inch pieces.*

**Note:** This recipe calls for 1/2 a medium onion.

*Slice the onion in half vertically, cutting through the root, to create a flat surface. Set one half of the onion aside. Then, with the flat side on the cutting mat, cut the other half of the onion into 1/8 inch strips. Next, rotate the onion, or the entire cutting mat 90 degrees, and cut 1/8 inch strips in the other direction. Place the minced onion in the large bowl and pass the bowl to*

*Name of Volunteer #2.*

**Station #2:**

- **Equipment:** 1 cutting mat, a 1/4 cup measuring cup, 1 set of measuring spoons
- **Ingredients:** 2 ribs of celery, 1 green pepper
- **Provide during *Let's Cook!***: 1 chef's/utility knife

   *please mince the celery and green pepper.*

*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 1/8 inch strips. Rotate the celery strips 90 degrees and mince those strips into 1/8 inch pieces until you have 1/4 cup of minced celery.*

Next, start by cutting the pepper in half through the stem and removing the seeds and membranes. We only need 1 tablespoon of minced green pepper, so set one of the pepper halves aside. Now, with the flat side of the pepper on the cutting mat, cut the other half of pepper length-wise into  $\frac{1}{8}$  inch strips. Then, rotate the pepper strips 90 degrees and mince those strips into  $\frac{1}{8}$  inch pieces until you have 1 tablespoon of minced pepper.

Add  $\frac{1}{4}$  cup of minced celery and 1 tablespoon of minced green pepper to the bowl with the onion and pass it to Name of Volunteer #4.

### Station #3:

- **Equipment:** 1 can opener, 1 liquid measuring cup, 1 set of measuring spoons, a 2-quart plastic spill-proof pitcher with a lid filled with water, 1 cutting mat (if using fresh lemon), 1 small bowl (if using fresh lemon), 1 dinner spoon (if using fresh lemon)
- **Ingredients:** can of salmon, lemon (if using fresh lemon)
- **Provide during *Let's Cook!*:** 1 chef's/utility knife (if using fresh lemon) **OR** bottle of lemon juice (if using bottled lemon juice)

Name of Volunteer #3, open the can of salmon and drain the liquid from the can into the liquid measuring cup by pushing the lid down on the salmon and squeezing the liquid out.

**If using fresh lemon:** Next, you'll 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 bowl. Using the dinner spoon, scoop out any seeds from the juice and discard. Measure 1 teaspoon of lemon juice and add it to the measuring cup with the salmon liquid. Then, add enough water to the measuring cup to equal  $\frac{1}{2}$  cup of total liquid. Pass the drained can of salmon and the liquid measuring cup with the liquid mixture to Name of Volunteer #4.

**If using bottled lemon juice:** Next, measure 1 tablespoon of lemon juice and add it into the measuring cup with the salmon liquid. Then, add enough water to the measuring cup to equal  $\frac{1}{2}$  cup of total liquid. Pass the drained can of salmon and the liquid measuring cup with the liquid mixture to Name of Volunteer #4.

### Station #4:

- **Equipment:** 2 small bowls, 1 dinner fork, a  $\frac{1}{3}$  cup measuring cup, 1 set of measuring spoons, 1 large cooking spoon
- **Ingredients:** bread or cracker crumbs, flour, black pepper
- **Provide during *Let's Cook!*:** 2 eggs

Name of Volunteer #4, crack 2 eggs into one of the small bowls and beat them with a fork. Then, measure the following dry ingredients and add them to the second small bowl:  $\frac{1}{3}$  cup of bread or cracker crumbs, 2 tablespoons of flour, and  $\frac{1}{8}$  teaspoon of black pepper.

Next, add the canned salmon, the salmon liquid, the eggs, and the dry ingredients to the bowl with the onion, celery, and green pepper. Mix the ingredients together with the large cooking spoon until combined.

The canned salmon does include bones, but the bones are safe to eat and provide calcium. You won't taste or feel them because they are soft and flavorless. You can break the bones up into smaller pieces with a fork as you are mixing ingredients to make the bones less noticeable in the patties.

Pass the bread or cracker crumbs and measuring spoons to Name of Volunteer #5, as more bread or cracker crumbs may be needed if the mixture is too moist to form patties.

**Station #5:**

- **Equipment:** disposable gloves, a  $\frac{1}{3}$  cup measuring cup, 2 large paper plates

Name of Volunteer #5, please put on disposable gloves; you'll be using your hands to shape the **Salmon Patties.**

Make the patties by scooping out  $\frac{1}{3}$  cup of the salmon mixture and shaping it into a  $\frac{1}{2}$  inch thick patty. If the mixture is too moist to form into patties, measure and add 1-2 tablespoons of bread or cracker crumbs to the mixture and stir until the mixture will hold together. Place the patty on the paper plate, and repeat the process to make 6 patties. You should be able to fit 3 patties on each plate. Remove your gloves, and wash your hands when you're done.

Pass the salmon patties to Name of Volunteer #6.

**Station #6:**

- **Equipment:** electric skillet, 1 set of measuring spoons, 1 turner/spatula, 2 large paper towel-lined paper plates
- **Ingredients:** vegetable oil

*\_\_\_\_\_ Name of Volunteer #6, \_\_\_\_\_ turn the skillet to medium heat. Measure 1 tablespoon of vegetable oil and place it in the skillet. Once the oil is hot, add 3 patties to the skillet. Cook for 2 to 3 minutes on each side (or until golden brown). Remove the cooked patties from the skillet, and place them on one of the paper towel-lined plates. Then, cook the remaining patties and add them to the 2<sup>nd</sup> plate. The paper towel will help to soak up excess oil.*

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

*When you make these at home, try topping them with salsa or pico de gallo!*

**Station #7:**

- **Equipment:** 1 turner/spatula, 1 serving tray
- **Tasting supplies:** small paper plates, plastic forks, napkins

*Now, we are ready to taste the **Salmon Patties!** \_\_\_\_\_ Names of Volunteers #1 and #2, \_\_\_\_\_ cut the **Salmon Patties** in half, then use the serving tray and the tasting supplies to serve everyone a taste of the **Salmon Patties**.*

**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 a variety of fish and shellfish is good for heart health and for our children's growth and development.*

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