

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

Station Set-Up: Veggies and Creamy Dip

Station #1		
Equipment	Ingredients	Provide during Let's cook!
1 cutting mat	½ of the fresh vegetables	1 chef's/utility knife
1 vegetable peeler		
1 cup measuring cup		
1 large plate/platter		
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 fresh vegetables	1 chef's/utility knife
1 vegetable peeler		
1 cup measuring cup		

Station #3		
Equipment	Ingredients	Provide during Let's cook!
1 small bowl	salt	cottage cheese
1 cup measuring cup	black pepper	
1 set of measuring spoons	garlic powder	
1 rubber spatula/scrapper	dried onion	
	dried parsley	
	dried dill weed	

Station #4		
Equipment	Ingredients	Tasting supplies
1 dinner spoon	none	small paper plates
tongs		napkins

Recipe Script for Preparing: Vegetables and Creamy Dip Lesson: *Celebrate!*

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 this recipe, we need to cut the vegetables and measure the rest of the ingredients. I have already washed the vegetables. I kept the cottage cheese cold in my cooler with reusable freeze packs to transport and store it.

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 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 Vegetables and Creamy Dip 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 and #2:

- **Equipment:** 2 cutting mats (1 at each station), 2 vegetable peelers (1 at each station), 2- 1 cup measuring cups (1 at each station), 1 large plate/platter, 1 medium bowl (placed in center of table), sealable plastic bags in a variety of sizes (placed in center of table)
- **Ingredients:** fresh vegetables (at both stations)
- **Provide during *Let's Cook!*:** 2 chef's/utility knives (1 at each station)

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.

Names of Volunteers #1 and #2, please peel (if needed), and cut the fresh vegetables until you each have 3 cups of vegetables. Food safety experts recommend peeling carrots.

Cut vegetables like carrots, celery, jicama, bell peppers, and cucumbers into sticks by cutting into slices about ½ thick. For any round vegetables, first cut them in half lengthwise so you have a flat surface before you cut them into sticks.

Note: In this lesson we will serve each recipe on a large plate or platter instead of serving individual tastes. Allowing everyone to serve themselves and mingle as they eat will help create a party atmosphere!

Cut broccoli and cauliflower into florets by cutting off the thick center stem about 1 inch below the vegetable tops. Then cut the smaller stems apart so you are left with florets about 1 inch across and 2 inches long. You may need to cut large florets in half.

Arrange the cut vegetables on the large plate/platter, leaving a hole in the center for the bowl of creamy dip.

Station #3:

- **Equipment:** 1 small bowl, a 1 cup measuring cup, 1 set of measuring spoons, 1 rubber spatula/scrapper
- **Ingredients:** salt, black pepper, garlic powder, dried onion, dried parsley, dried dill weed
- **Provide during *Let's Cook!*:** cottage cheese

Name of Volunteer #3, measure 2 cups of cottage cheese and place it in the small bowl. Then, measure the following ingredients and add them to the bowl with the cottage cheese: ½ teaspoon of salt, ¼ teaspoon of black pepper, ½ teaspoon of garlic powder, 2 tablespoons of dried onion, 1 tablespoon of dried parsley, and ½ teaspoon of dried dill weed. Stir well with the rubber spatula/scrapper. Place the bowl of dip in the center of the cut vegetables on the large plate/platter.

When you make this at home, chill the dip in the refrigerator until you're ready to serve. Making it in advance will allow time for the flavors to blend together. Be sure to refrigerate the leftovers within 2 hours and use within 3 to 5 days.

Station #4:

- **Equipment:** 1 dinner spoon, tongs
- **Tasting supplies:** small paper plates, napkins

*We will leave the **Vegetables and Creamy Dip** and the tongs, paper plates, and napkins on the food preparation table until it is time for our celebration.*