

Names of Lab Members:

\_\_\_\_\_ Date: \_\_\_\_\_ Period \_\_\_\_\_

## Ch 22 Applying Knowledge & Skill Activity

Divide into your Foods Lab group. Using the recipe provided below, develop a work plan (Ch 22 pg 173) and schedule (pg 174) for preparing this recipe as a team.

### *French Toast Recipe*

#### *Ingredients List:*

3 eggs  
1/3 c. milk  
1 T. sugar  
1/2 t. salt  
1 t. cinnamon (optional)  
6 or 8 slices of bread  
Vegetable Spray  
Maple Syrup or  
Confectioner's Sugar

#### *Directions:*

Spray electric griddle with vegetable spray & preheat electric griddle on medium-high; heat until a drop of water sizzles.

Break eggs, one at a time into a small bowl then, place into a pie pan or similar container.

In a pie plate, with a fork, beat eggs slightly; beat in milk, sugar, salt and cinnamon.

Quickly dip bread slices into egg mixture, turning to coat both sides.

Place on griddle; fry until browned on both sides, turning once.

Serve immediately with topping.

Yields: 6 or 8 slices of French Toast

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## *Meringue Cookies*

2 egg whites  
¼ t. cream of tartar  
½ c. sugar

Preheat oven to 225 ° F

In small mixing bowl, beat egg whites with cream of tartar at high speed until foamy.

Add sugar, 2 T. at a time, beating constantly until sugar is dissolved\*\* and whites are glossy and stand in stiff peaks. Beat or fold in variation ingredients, as desired.

\*\*Rub just a bit of meringue between thumb and forefinger to feel if sugar has dissolved.

Drop by rounded teaspoonfuls or pipe through pastry tube onto greased or lined (foil or waxed, brown or parchment paper) baking sheets.

Bake in preheated 225 ° F. oven until firm, about 1 hour. Turn off oven, let cookies stand in oven with door closed until cool, dry and crisp, at least 1 additional hour. Store in tightly sealed containers. To recrisp, bake in preheated 200 ° F. oven about 15-20 minutes.

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## *Individual Oreo® Cookie Cheesecakes*

10 Oreo® cookies, separated  
1 pkg. (8oz) cream cheese, softened to room temperature  
1/3 c. sugar  
2 eggs  
1/3 cup (2.6 oz) sour cream  
1/2 tsp. vanilla  
4 Oreo® cookies coarsely chopped (1/2 for cheese cake filling and rest for topping)  
10 cupcake liners

Preheat oven to 325° F.

Place cupcake liner into muffin tin, place 1 separated cookie, without the cream filling, into each liner and set aside.

Beat the cream cheese with an electric mixer at medium speed until light and fluffy. Continue beating while gradually adding the sugar. Add the eggs, one at a time, beating on low speed after each addition. Add the sour cream and vanilla and mix until well blended. Using a large spoon, stir in 2 coarsely chopped Oreo® cookies.

Spoon mixture into each prepared cupcake liner. Scatter 2 coarsely chopped Oreo® cookies on top. Bake at 325° F for about 35 mins. or until the filling is set. Remove from oven and allow to cool completely on a wire rack. Refrigerate for at least 6 hours or overnight before removing from pan.

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### *Chocolate Chip Cookies Recipe*

#### *Ingredients List:*

½ c. or 1 stick of margarine

1¼ c. flour

½ c. brown sugar

¼ c. granulated sugar

1 egg

1 t. vanilla

½ t. baking soda

½ t. salt

6 oz chocolate chips

#### *Directions:*

In large bowl, using an electric mixer, beat margarine on medium speed for 30 seconds. Occasionally, use a rubber spatula to scrape bowl.

Add the rest of the ingredients, EXCEPT for the chocolate chips. Beat mixture until it is thoroughly combined. Occasionally, use a rubber spatula to scrape bowl.

Use a wooden spoon to stir in chocolate chips.

Cover bowl and Place in refrigerator for at least 1 hour (can be refrigerated overnight).

When ready to bake cookies: Preheat Oven to 300° F.

Drop dough by rounded teaspoon 2 inches apart on un-greased cookie sheet.

Bake 20 minutes; remove from cookie sheet using metal spatula and place on cooling racks to cool.

Yield: about 4 dozen cookies

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### *Cheesy Quesadilla Recipe*

#### *Ingredients List:*

- ½ lb ground beef or chicken
- ¼ c. Onion, chopped (optional)
- ¼ t. salt
- ½ c. pasta sauce Ragu Robusto! Pasta Sauce
- 2 (6 ½ in.) flour tortillas per person
- 1 T. vegetable oil
- 2 c. (about 8 oz) shredded cheddar cheese

#### *Directions:*

Preheat Oven to 400° F.

Brown ground beef & onions over medium-high heat.

Add salt to browned meat, and then drain off liquid.

Stir in Ragu Robusto! Pasta Sauce.

Evenly brush one side of each tortilla with the oil.

On a cookie sheet, arrange ½ the tortillas, oil side down.

Evenly top each tortilla with ½ the cheese, beef filling; then remaining cheese. Top with remaining tortillas, oil side up.

Bake 10 mins or until cheese is melted.

To serve, cut each quesadillas into four wedges