

LESSON PLAN TOOLKIT: STAND ALONE CLASS COOKING WITH HERBS AND SPICES

HOW AN EDUCATED PALATE CAN CHANGE YOUR LIFE

The creative use of herbs plays a pivotal role in enhancing both the aroma and flavor of many dishes. The Educated Palate® sensory training kits provide a means to improve the user's ability to identify herbs and spices and to increase understanding of the flavoring potential of individual ingredients. These educational materials are designed to help culinary educators and employers teach their students and employees to gain a thorough understanding of the unique characteristics related to Cooking with Herbs & Spices, but anyone interested in cooking will benefit from using the kits.

LEARNING OBJECTIVES

Identify culinary herbs and spices Use of culinary herbs and spices

LEARNING ACTIVITIES

Lecture/Discussion
Product Evaluation
Handson Production Exercises
Tasting and Product Evaluation: Herbs and Spices Post Evaluation

BRIEF HISTORY OF THE SPICES

TASTE AND FLAVOR

FLAVOR IN COOKING IS DEVELOPED THROUGH ...

- Proper execution of cooking techniques
- Selection of quality ingredients
- Application of processes that capture flavor Appropriate use of seasonings and flavorings

SPICES, HERBS, & AROMATICS

SPICES: Are derived from the bark, root, fruit or berry of perennial plants, example:

- , Cinnamon from the bark
- , Pepper from the berry
- , Ginger from the root
- , Nutmeg from the fruit

HERBS: The leaves of annual and perennial lowgrowing shrubs

AROMATIC SEEDS: The seeds of graceful lacy annual plants (Anise, Caraway, Coriander)

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- Product introduction
- Demonstration
- Key Words to describe flavor
- Key words to describe aroma

HERB & SPICE EXERCISE

GENERAL EXERCISE DESCRIPTION

This exercise is designed to allow students to explore a sampling of herbs & spices that are common within the kitchen, using the Educated Palate test kit. During this exercise, a variety of herbs & spices will be tasted and evaluated.

SPECIFIC EXERCISE INFORMATION

1. Separate students into groups
2. Have each group evaluate different spices from the kit

TOMATO SAUCE EXERCISE

GENERAL EXERCISE DESCRIPTION

This exercise is designed to experience the effects of adding various aromatic ingredients into a basic tomato sauce to observe the impact each aromatic combination has on the flavor of the product. Each team will be given tomato sauce and a predetermined aromatic mixture. After each team has added its aromatic mixture to the sauce, a taste comparison will occur.

SPECIFIC EXERCISE INFORMATION

1. Obtain tomato sauce.
2. Gather assigned aromatics.
3. Follow the processing instructions for each group of aromatics.
4. Combine the processed aromatics with tomato sauce.
5. Simmer the sauce for 5 minutes.
6. Label your sauce and deliver to the tasting table.

TEAM ASSIGNMENTS OF AROMATIC MIXTURES 1 Fines Herbs (using fresh herbs)

1/4 Tbsp. Parsley, minced

1/4 Tbsp. Tarragon, minced

1/4 Tbsp. Chervil, minced

1/4 tsp. Chives, minced

Method: Heat sauce to a simmer. Add fines herbs and remove from heat.

2 Fines Herbs (using dry herbs)

1/4 Tbsp. Parsley, minced

1/4 Tbsp. Tarragon, minced

1/4 Tbsp. Chervil, minced

1/4 tsp. Chives, minced

Method: Heat sauce to a simmer. Add fines herbs and simmer for 15 minutes.

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3 Herbs de Provence (using fresh herbs) 1/4 tsp. Thyme, minced
1/4 tsp. Basil, minced
1/4 tsp. Oregano, minced

1/4 tsp. Rosemary, minced

Method: Heat sauce to a simmer. Add herbs de Provence and remove from heat.

4 Herbs de Provence (using dry herbs)

1/4 tsp. Thyme, minced

1/4 tsp. Basil, minced

1/4 tsp. Oregano, minced

1/4 tsp. Rosemary, minced

Method: Heat sauce to a simmer. Add herbs de Provence and simmer for 5 minutes.

WHITE SAUCE EXERCISE

GENERAL EXERCISE DESCRIPTION

This exercise is designed to experience the effects of adding various aromatic ingredients into white sauce to observe the impact each aromatic combination has on the flavor of the product. Each team will be given 1 pint of white sauce and a predetermined aromatic mixture. After each team has added its aromatic mixture to the sauce, a taste comparison will occur.

SPECIFIC EXERCISE INFORMATION

1. Obtain white sauce (Béchamel).
2. Gather assigned aromatics.
3. Follow the processing instructions for each group of aromatics.
4. Combine the processed aromatics with white sauce.
5. Simmer the sauce for 5 minutes.
6. Label your sauce and deliver to the tasting table.

TEAM ASSIGNMENTS OF AROMATIC MIXTURES

Team 1 Garam Masala (toasted)

1/2 Tbsp. Cardamom, whole, toasted, ground

1 1/4 tsp. Coriander, whole, toasted, ground

1 tsp. Cumin, whole, toasted, ground

1/2 tsp. Black pepper, whole, toasted, ground

1/4 tsp. Cloves, whole, toasted, ground

1/4 tsp. Cinnamon, ground

1/4 tsp. Nutmeg, ground

Method: Sauté the cardamom, coriander, cumin, pepper, and cloves in a dry sauté pan to develop a toasted odor. Cool spices and then grind, using a coffee grinder or mortar and pestle. Add the ground cinnamon and nutmeg. Add to the White sauce and simmer for 5 minutes.

Team 2 Curry Powder (toasted)

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1 tsp. Coriander, whole, toasted, ground
1 tsp. Cumin, whole, toasted, ground
1 tsp. Red chili seeds, toasted, ground
1 tsp. Turmeric, ground

1 tsp. Ginger, ground

Method: Sauté the coriander, cumin, and chili seeds in a dry sauté pan to develop a toasted odor. Cool spices and then grind using a coffee grinder or mortar and pestle. Add the turmeric and ginger. Add to the White sauce and simmer for 5 minutes.

Team 3 Garam Masala (not toasted)

1/2 Tbsp. Cardamom, ground
1 1/4 tsp. Coriander, ground
1 tsp. Cumin, ground
1 tsp. Black pepper, ground
1/4 tsp. Cloves, ground

1/4 tsp. Cinnamon, ground

1/4 tsp. Nutmeg, ground

Method: Add to the White sauce and simmer for 5 minutes.

Team 4 Curry Powder (not toasted)

1 tsp. Coriander, whole, toasted, ground

1 tsp. Cumin, whole, toasted, ground

1 tsp. Red chile seeds, toasted, ground

1 tsp. Turmeric, ground

1 tsp. Ginger, ground

Method: Add to the White sauce and simmer for 5 minutes. 37

Team 5 Indian Style 5spice mixture

1/2 tsp. Cumin seeds, whole, toasted, ground

1/2 Tbsp. Fennel seeds, whole, toasted, ground

1/2 Tbsp. Fenugreek, whole, toasted, ground

1/2 Tbsp. Celery seeds, whole, toasted, ground

1/2 Tbsp. Mustard seeds, toasted ground

Method: Sauté the seeds in a dry sauté pan until the seeds take on a toasted odor. Be sure not to over-toast the fenugreek, as it will turn bitter.

Cool spices and then grind, using a coffee grinder or mortar and pestle. Add to the White sauce and simmer for 5 minutes.

Post Evaluation

Using our new found appreciation and understanding of herbs and spices, we use our educated palates to taste, compare and contrast each variation on Steamed Veggies, and Chicken.

WHITE SAUCE EVALUATION SHEET Aromatic Variation Notes

No Variation Visual

Smell

Taste

Garam Masala (toasted) Visual Smell

Taste

Garam Masala

(not toasted)

Visual

Smell

Taste

Curry Powder (toasted) Visual Smell

Taste

Curry Powder

(not toasted)

Visual

Smell

Taste

Indian Style 5spice

mixture

Visual

Smell

Taste