



FLEXIBLE RECIPES: SAVORY

Summary: In this lesson, students explore how flexible recipes – such as a frittata – can be one strategy for using a wide variety of foods in order to reduce personal food waste.

Learning Goals and Objectives:

- Learn ways to introduce repurposed foods, leftovers, and food nearing their expiration into new recipes.
- Understand how flexible recipes differ from precise recipes.

Materials:

- Frittata ingredients and recipe (included below)
- Ingredients and recipe for making a salad dressing (included below)
- Greens, fruits, and vegetables for a salad
- Kitchen equipment: stove, oven, cast-iron skillets, wooden spoons, mixing bowls, whisks, graters, chef's knives, paring knives, cutting boards, measuring cups, measuring spoons

Teaching Notes

- Before offering this lesson, educators may want to first teach the skills covered in the [Knife Safety](#) and [How To: Cut Vegetables](#) lessons.



Opening Circle

- Introduce the concept of flexible recipes:
 - “One of the most important skills to have in a kitchen is the ability to create a dish without following an exact recipe. This skill is especially helpful when utilizing repurposed foods or ingredients that are about to go bad. One way to do this is by learning the difference between a flexible and a precise recipe.”
 - Ask: “When you hear the term “flexible recipe” what comes to mind?”
 - “A flexible recipe is a recipe that has a base where things can be easily added, replaced, or subtracted. There are lots of flexible recipes in the world that span over many cuisines, cultures, and dietary needs, but today our base will be frittata, which is an egg-based dish that only requires one thing to remain the same, which are eggs.”
 - “Today we are going to prepare a frittata dish to have alongside two other very flexible recipes which are salad and a salad dressing.”
- Transition to table groups

Table Groups

- Review knife safety with students.
- Share the recipes, assign food preparation jobs, and begin cooking.
- Conversation prompt while enjoying the food: what are some other examples of flexible recipes that you enjoy?

Closing

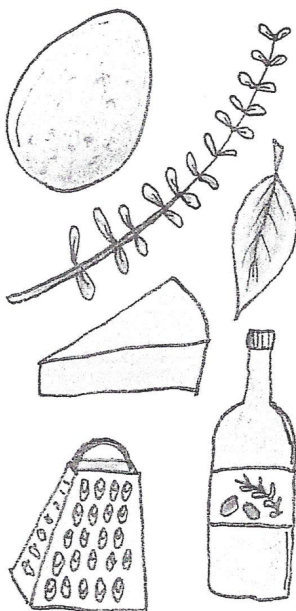
- Clean up the classroom
- Ask: what are ways that you or other people you know repurpose things that may otherwise be wasted?



FRITTATA

INGREDIENTS

- 8-10 eggs
- 2 tablespoons water
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground pepper
- 1/2 cup grated cheese
- 2-3 cups assorted fresh vegetables and herbs
- 2 tablespoons olive oil



TIPS AND HINTS

- try adding a pinch of lemon zest to the egg mixture
- combine odds+ends of leftover cheeses to make 1/2 cup
- leftover cooked pasta is a great addition, or leftover chopped bacon or ham
- reserve a little grated cheese to sprinkle on top before putting the frittata in the oven

- ① Pre heat oven to 375°. Crack the eggs into a large mixing bowl, add the water, salt, pepper and cheese and whisk till well blended.
- ② Wash and roughly chop the vegetables and herbs
- ③ In a large cast iron skillet, heat the olive oil over medium heat, add the chopped vegetables and herbs and cook until they are tender but not completely cooked.
- ④ Pour the egg and cheese mixture over the vegetables, stirring gently to mix, cook, stirring occasionally, until some of the egg is cooked and some remains raw. (Don't worry, it'll finish cooking in the oven.)



SALAD DRESSING [RECIPE VISUAL]

Create your own salad dressing recipe

STEP ONE

IN A BOWL MIX TOGETHER *ACID,*ALLIUMS, HERBS AND SPICES

- CHOOSE *ACID (VINEGAR OR LEMON OR LIME JUICE)



3 TABLESPOONS
RICE VINEGAR



3 TABLESPOONS
APPLE CIDER VINEGAR



3 TABLESPOONS
RED OR WHITE WINE VINEGAR



3 TABLESPOONS
CHAMPAGNE VINEGAR



2 TABLESPOONS
WHITE VINEGAR



JUICE OF HALF OR WHOLE
LEMON OR LIME

- CHOOSE *ALLIUMS (GARLIC, ONIONS, LEEKS)



1 SMALL
SHALLOT



1 CLOVE
GARLIC



1 TABLESPOON
RED ONION



1 SMALL
GREEN ONION



A BUNCH
CHIVES

DIRECTIONS: MINCE YOUR ALLIUM

- CHOOSE FRESH HERBS: 1 TABLESPOON



DILL



THYME



MINT



PARSLEY

DIRECTIONS: MINCE, CHOP OR CHIFFONADE THE HERBS. CHOOSE ONE OR MORE THAN ONE!

• CHOOSE SPICES AND FLAVORINGS:



BLACK PEPPER
*TO TASTE



1 TEASPOON
RED PEPPER FLAKES



2 TEASPOONS
MUSTARD

• CHOOSE SWEETNER: 2 TEASPOONS (OPTIONAL)



BROWN SUGAR



HONEY



PALM SUGAR

STEP TWO

SLOWLY ADD OLIVE OIL TO THE OTHER INGREDIENTS

• CHOOSE OILS



3/4 CUP
EXTRA VIRGIN
OLIVE OIL



1/4 CUP SESAME OIL
+
1/2 CUP OLIVE OIL



1/4 CUP NUT OIL
(WALNUT, AVOCADO, PISTACHIO)
+
1/2 CUP OLIVE OIL

* WE RECOMMEND USING OLIVE OIL FOR THE RICH FLAVOR IT HAS. YOU CAN USE VEGETABLE, CANOLA, OR PEANUT OIL IN A PINCH. BUT THE FLAVOR WILL BE LESS PRONOUNCED.

DIRECTIONS: ADD THE OIL BY POURING A THIN STREAM, WHILE WHISKING CONSTANTLY. IF THE DRESSING IS TOO THICK, ADD A LITTLE BIT OF WATER, 1 TEASPOON AT A TIME. ANOTHER OPTION: PUT ALL INGREDIENTS INTO A JAR AND SHAKE IT VIGOROUSLY. THIS IS A GREAT TASK FOR YOUNG ONES TO HELP WITH IN THE KITCHEN.

WANT TO MAKE YOUR DRESSING
CREAMY? OMIT 1/2 CUP OIL AND ADD:



1/2 CUP YOGURT



1/2 CUP BUTTERMILK



1/2 CUP MAYONNAISE



STEP THREE

ADD SALT TO TASTE

