

FLEXIBLE RECIPES: SWEET

Summary: In this lesson, students explore how flexible recipes – such as a galette – 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:

- Apple galette ingredients and recipe (included below)
- Kitchen equipment: stove, oven, sheet pans, parchment paper, wooden spoons, mixing bowls, 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.



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Opening Circle

- Remind students about what are flexible recipes:
 - “Last time we talked about using flexible recipes to help reduce our personal food waste, as we used savory recipes to do this. Utilizing flexible recipes doesn't end there. You can also use flexible recipes to make sweet foods. Today we will be making a galette, which is a rustic tart. Galettes can also be savory but today we will focus on the sweet.”
- Transition to table groups

Table Groups

- Review knife safety with students.
- Share the recipe, assign students to either making the dough or making the filling, and begin cooking.

Closing

- Clean up the classroom
- Ask: what advice would you send your future self about ways to waste less food?



APPLE galette



PIE DOUGH: (for a 9-inch pie shell)

1 1/2 cups flour

1/4 tsp salt

1/2 cup butter (chilled)

3-4 TBS ice water

* combine flour + salt
cut in shortening
slowly add water

* bake at 400°F

until golden brown

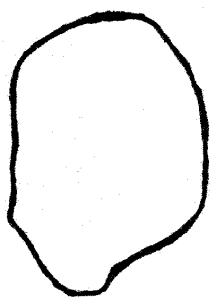
4-6 apples

4-5 TBS sugar

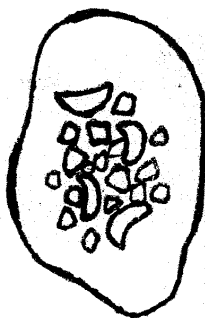
1 tsp cinnamon

♡ peel apples and slice or dice

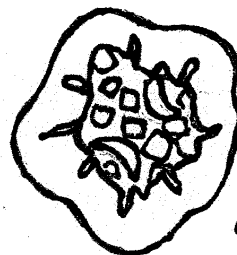
♡ sprinkle with cinnamon + sugar



roll out dough



add apple mixture



fold!