

Presenting Recipes Reflecting Cultural Authenticity

Unit 4: Culinary Explorations and Cultural Competency

Duration: 90 minutes

Standards:

National Standards for FCS

8.5.1 Demonstrate professional skills in safe handling of knives, tools, and equipment.

CT Career and Technical Education Performance Standards

G.17 Demonstrate skills in safe handling of knives, tools, and equipment.

K.35 Describe and demonstrate the process for preparing eggs, grains, batter products.

Description:

This lesson guides students in creating recipes that respect and celebrate cultural authenticity - certainly a loaded culinary term. They will learn to adapt traditional recipes while preserving their integrity, using appropriate ingredients and techniques to capture the essence of a cuisine.

Objectives:

- Building culinary and cultural competency by exploring diverse cuisines.
 - Creating recipes that reflect cultural authenticity and accessibility.
 - Understanding and addressing the systemic issues that affect food access and nutrition.
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Vocabulary:

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| ■ Pasta - a food made from flour, water, and sometimes egg, that is cooked and usually served with a sauce. It is made in | various shapes that have different names |
| | ■ Spaghetti - pasta made in long, slender, solid strings |

Materials:

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| ■ Ingredients and kitchen equipment for recipes | ■ Student culinary travel journals from lesson 4.01 (optional) |
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Recipe:

- [Spaghetti with Tomato Sauce](#)
- [Class-made pasta](#) (video ~5 minutes)
- [Recipe for vegan pasta](#)

Procedure:

1. Opening discussion: Where is pasta from, and how do we know this?
 - a. So far, we know that the [history of pasta began in what is now China](#). Read this article with students, then watch this [video about the history of pasta](#) (watch the "Pasta in Italy" segment ~8 minutes).
2. Where are tomatoes from, and how do we know this?
 - a. Watch this [video about the history of tomatoes](#) (~3 minutes - reminder the tomatoes are fruits, not vegetables).
3. Ask: Now that we know more about the history of pasta and tomatoes, is the meal of spaghetti (pasta) and tomato sauce (tomatoes) authentically only-Italian?
 - a. Please explain. (Responses could range from "Yes, because certain types of spaghetti are made in only Italy, and certain tomatoes are grown only there," to "No, both ingredients come from thousands of years of development and use." All answers and discussions are meaningful, and no one is "wrong.")
4. Students make the [Spaghetti with Tomato Sauce](#) (use [class-made pasta](#) (video ~5 minutes) or this [recipe for vegan pasta](#) if possible).
 - a. Talk about how we are today using these ingredients to create something that is relatively modern, from thousands of years of cultivation, development, and application from regions that are nowhere near close to Italy. Emphasize that globalization of food leads to robust flavors and culinary experiences, and also highlight that most times there were some forms of power, struggle, and resistance along the way.
5. While cleaning up, discuss the importance of tomatoes across regions and cultures.
6. Optional: Culinary Travel Journal Work
 - a. Students utilize journals made in lesson 4.01
 - b. Introduce journal expectations:
 - i. Students will choose a new region or cuisine to explore in their journal.
 - ii. Journals should include:
 1. Recipes
 2. Cooking techniques
 3. Ingredient histories
 4. Cultural reflections
 - c. [Travel Journal Examples/Inspiration](#)

Assessment(s):

- Formative assessment: Students have a discussion around an article and video about the history of pasta and tomatoes.
- Summative assessment: Students make pasta and tomato sauce from scratch.

Resources:

- [The history of pasta began in what is now China](#) - Article
 - [Video about the history of pasta](#) (Watch the "Pasta in Italy" segment ~8 minutes)
 - [Spaghetti with Tomato Sauce](#)
 - [Class-made pasta](#) (video ~5 minutes)
 - [Recipe for vegan pasta](#)
 - [Travel Journal Examples/Inspiration](#)
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Extensions:

- Explore various types of tomatoes around the world, and list out the nutritional benefits of 3 very distinct varieties.
- Finish watching the [video about the history of pasta](#)