**Class: Practical Home Making**

**Date:** February 21, 2017

**Purpose:** Teaching Basic Cooking Skills    Topic: Sauces

**Number of Students:** 18-20

**Class Time/Length**: 1 hour 45 minutes

**Outcomes Desired:** Students will be able to make a variation of white sauce

**Materials Needed**: flour, milk, butter, cheddar cheese, fake cheese, noodles, mustard?

Scripture: Student

DVD/Video: How to Make Gravy - Taste of Home Magazine

Other: Cooking equipment students will need: Two sauce pans, spoon for noddle's, whisk, liquid measuring cup, measuring cups, measuring spoons

**Set Up:**

Set out ingredients: cheese cut into 2 oz chunks 12 chucks, 36 slices of American cheese, 1 tbsp. of butter 12, have a gallon on dried milk made up.

White Board: Basic White Sauce pg 532, Cheese Sauce Variation, 1 1/2 c dry macaroni

Pull Video: How to Make Gravy - Taste of Home Magazine up on the computer

**Lesson:**

**Opening:**

Start Class with an open prayer chosen from the attendance role.

Two student groups will be presenting Demo’s (Students have previously been informed and signed up for what and when they will be presenting.)

Begin by talking about white sauce and how their cooking homework went from the previous class. Ask to see how many people have made a white sauce before. Ask students who has had homemade Mac and Cheese before and if they like it more than store bought.

**Demonstration:**

Demonstrate how to make Roux and add milk (pg 532 of Cook’s Secrets)

    - Melt butter in sauce pan over medium heat. Add flour and stir for at least a minutes or more until the Roux is a golden brown.

    - Slowly add milk a little at a time making sure that Roux is dissolved in the milk make sure you stir continually

While milk and Roux are thickening watch Video: How to Make Gravy - Taste of Home Magazine

Milk will begin to boil allow to boil for a minutes or until thickens. When thickened pull off heat and add cheese to sauce stirring to make sure that it dissolves completely.

While stirring talk about:  White Sause Information

Béchamel sauce, also known as white sauce, is made from a white roux and milk.

    Roux– equal parts flour and fat

        Thickening agent

        Used in four of the five mother sauces (tomato being the one it is not used it)

Mother Sauce:  Béchamel, Veloute, Espagnole, Tomato, and Hollandaise

Additional Information when Making White Sause

Cook flour and fat for around a minute until mixture turns a light yellow stir constantly

When adding milk add slowly a little at a time to prevent from clumping and not thickening

Wait a little bit to allow the sauce to cool before adding cheese. If added too quick the sauce will be graining in texture , cheese will curdle.

Tell students they are free to flavor there sauce with other spices as well, such as dried mustard, garlic, or other spices in the cupboard that they may like and season to taste. When their sauce is done they are to add it to their noodles.

Ask for questions from students.

**Lab:**

Send student to grab ingredients: 1 cube of cheader cheese, three slices of American cheese, Tbs. of butter, 1 cup of milk, and 1 ½ cups of pasta (ingredients should be placed on the front part of the teachers counter for students to get) and begin cooking.

Walk around and see how everyone is doing. Questions you could ask: Can you feel the sauce thinking yet? How are your noodles coming along?

**Conclusion**

After students have finished they will complete an evaluation sheet on what they made as they eat it. When students are done walk around and ask them how their Mac and Cheese turned out? Do they like it? What would they do differently next time?

Before students leave make sure they have washed all there dishes and that they are put away. There should also be two towels, one wash cloth for the next class and the sink needs to be dried.

**Homework**

Students will make a white sauce variation found in book before the next class and post on I-learn how it turned out.

**Recipe:**

**White Sauce**

Start to Finish: 15 Minutes    Makes: 8 Servings

Ingredients:

1 TBS Butter        1 TBS All-purpose Floor

¼ tsp Salt        Dash of Pepper

1 Cup Milk

Instructions:

In a small saucepan melt butter over medium heat. Stir flour, salt, and pepper for about a minutes or until golden brown. Gradually add milk. Cook and stir over medium heat until thickened and bubbly. Cook and stir for 1 minute more.

**Cheese Sauce**

Ingredients:

2 oz Cheddar Cheese    2 oz (3 slices) American Cheese

Instructions:

Make white sauce like above. Shred cheddar cheese, and ripe American cheese into small pieces. Allow white sauce to cool after boiling before adding both cheeses. Stir until dissolved.