

Stuffed Mushrooms (Part of studying the Forest Floor Unit)

For Class of 24

Ingredients:

36 mushrooms (some students wanted to make more than one)

Parsley (dry or fresh)

Bread crumbs (about 2 c)

Salt, pepper*

Basil, oregano*

Parmesan cheese (block or pre-grated)

* in Cabinet 2

Equipment:

Large green bowls (Cabinet 5)

White porcelain bowls (Cabinet 4)

Spoons, Table Knives (Drawer 7)

4 Cutting boards (Lower Cabinet 3)

2 Rimmed baking sheets (Lower Cabinet 5)

1 sheet Parchment paper, cut in half (Lower Cabinet 4, I think)

Grater (Drawer 5, but I brought my microplane grater from home)

1 Baking pans for cleanup (one for extra ingredients, one for utensils) (Lower Cabinet 4)

Pencil or sharpie pen

Before doing project:

1. Write event onto Community Kitchen schedule, posted on the front of the refrigerator.
2. Alert Mona you will be doing a cooking project and will need to have students wash hands and you will do dishes afterwards.

Prep:

1. Get Kitchen key from office key box. Unlock and turn on electricity to the Community Kitchen.
2. Prepare a bleach water bucket (see attached for directions). Wipe down prep table.
3. Get out equipment. Use the first table for prep and the second for cleanup and the baking sheets.
4. Preheat oven to 350 degrees.
5. Put ingredients into white bowls. I did two sets so students would share. I put a spoon into each to encourage students not to use their hands to serve ingredients.
6. Cut and lay parchment onto baking sheets.

Cooking with students:

1. Bring in four students at a time. Take two at a time in to wash their hands in the cafeteria kitchen.
2. Have students take or give students one mushroom, one green bowl, a spoon and a knife. Have them go to their station (where the cutting board is).

3. I showed the students how to gently twist and take out the mushroom stem. I had them set aside the cap and cut the stem into small pieces using the table knife. They then put the cut up stem into the green bowl.
4. Next they added the ingredients. Some grated a little cheese then passed it to the next person. I cautioned them to go easy on the salt since the cheese was salty.
5. Students then mixed their ingredients and used their hands to gently pack the filling into the mushroom cap. I had them overfill them a little.
6. While the students were working, I wrote their names onto the parchment paper. When they were done stuffing the caps I had them put their mushroom onto the paper where their name was. Sometimes a student was having so much fun or had so much leftover ingredients they did a second or third mushroom.
7. The students then dumped out their bowl into the pan I had set aside, and stacked their bowls, put their utensils into another pan and returned to the classroom.

Baking and Cleanup:

1. After all the students had a turn. I put the two making sheets into the oven for about 20 minutes. While they baked, I cleaned up. It was close to lunch time and I felt it was easier for me to do the cleaning than the students but certainly if you had time they could help (except for the dishwasher).
2. While the dishes washed, I wiped the tables. Please make sure to put all the dishes and utensils away and thank Mona for sharing her space.

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