

## Best Practices

11/16/2012

Ideas to supplement Culinary or any HECT courses.

### **Bookemon**

<http://www.bookemon.com/educator-home>

This is a FREE site that acts as a portfolio creator very similar to Costco, Shutterfly, Kodak ect. for scrapbooking creating. Kids can get it professionally printed or just have access to it forever.

I use this as an ongoing professional portfolio throughout the year.

You can also use google docs or Microsoft ONE NOTE

### **CTE Online website**

<http://www.cteonline.org/portal/default/Curriculum/Viewer/Curriculum?action=2&view=viewer&cmobjid=129481>

Find Model Curriculum

Looking for curriculum and resources fast? Search our database for relevant information. Create a free account to gain access to all industry tools and courses.

### **Illustrated NB**

Very basic way of doing an ongoing lab book. All writing goes on the right side of the book all illustrating goes on the left. Illustrating can be magazines, drawings, graphs, or simply colored description, vin diagrams.

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## Culinary II Table of Contents

- I. Letter of Introduction
- II. Resume

### ON EACH OF THE FOLLOWING PAGES YOU MUST HAVE:

*Picture*

*Description of the process of making*

*Aspects that were easy*

**3 THINGS YOU LEARNED**

*Your overall impression of the assignment.*

- III. Garnishes
- IV. Fruit & vegetable platters
- V. Finger sandwiches
- VI. Canapés
- VII. Eggs Benedict
- VIII. Field trip to TOOC & Crows Pass- If you attended
- IX. Holiday dessert Table for the staff
- X. Gingerbread houses
- XI. Cake Decorating
- XII. Poultry fabrication
- XIII. Sushi
- XIV. A list of the events you catered at school
  - a. What was it for and what were the foods served
- XV. Recipes
  - a. A copy of your 5 favorite recipes made in class and WHY?
  - b. A picture of the recipe from the net if you do not have one already.

Last page:

A letter to an incoming Cul II student from Culinary I. Tips, tricks, advice and things they will learn.

Paragraph to the teacher: things you liked about the class and things could be REASONABLY CHANGED!

Culinary Arts I Illustrated Notebook  
Semester 1

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# Chocolate Chip Cookies

**PREP: 10 min; BAKE: 40 min**  
**Makes about 4 dozen cookies**

*"The ultimate" is how we describe this chocolate chip cookie recipe. Chocolate Chip Cookies are the reigning favorites—they are always welcome any time! We prefer mixing these with a spoon because the baked cookies are bumpier than if an electric mixer is used. (Candy Cookies photographed on page 124)*

3/4 cup granulated sugar  
3/4 cup packed brown sugar  
1 cup stick margarine or butter, softened\*  
1 large egg  
2 1/4 cups all-purpose flour\*\*  
1 teaspoon baking soda  
1/2 teaspoon salt  
1 cup coarsely chopped nuts  
1 package (12 ounces) semisweet chocolate chips (2 cups)

1. Heat oven to 375°.
2. Mix sugars, margarine and egg in large bowl. Stir in flour, baking soda and salt (dough will be stiff). Stir in nuts and chocolate chips.
3. Drop dough by rounded tablespoonfuls about 2 inches apart onto ungreased cookie sheet.
4. Bake 8 to 10 minutes or until light brown (centers will be soft). Cool slightly; remove from cookie sheet. Cool on wire rack.

\*Spread with at least 65% vegetable oil can be substituted (see page 13).

\*\*If using self-rising flour, omit baking soda and salt.

**1 COOKIE:** Calories 135 (Calories from Fat 70); Fat 8g (Saturated 2g); Cholesterol 5mg; Sodium 100mg; Carbohydrate 16g (Dietary Fiber 1g); Protein 1g

## LIGHTER CHOCOLATE CHIP COOKIES

For 4 grams of fat and 90 calories per serving, decrease margarine to 3/4 cup, add 1 teaspoon vanilla with the egg and omit nuts. Substitute 1 cup miniature chocolate chips for the 12-ounce package of chocolate chips.

**CANDY COOKIES:** Substitute 2 cups candy-coated chocolate candies for the chocolate chips.

**CHOCOLATE CHIP BARS:** Press dough in ungreased rectangular pan, 13 × 9 × 2 inches. Bake 15 to 20 minutes or until golden brown. Cool in pan on wire rack. Makes 4 dozen bars.

**JUMBO CHOCOLATE CHIP COOKIES:** Drop dough by 1/4 cupfuls about 3 inches apart onto ungreased cookie sheet. Bake 12 to 15 minutes or until edges are set. Cool completely on cookie sheet. Makes 1 1/2 dozen cookies.