Recreate a Cooking Demo

JEA One Story Fall 2020

OVERVIEW & PURPOSE

Cooking demos and cooking shows have enduring popularity. Use this lesson to engage students in creating engaging cooking shorts, whether in print, photography, or video.

OBJECTIVES

1. Write short, engaging intros
2. Promote teamwork and problem solving
3. Practice layout and design focused around a theme
4. Advanced option: students create a 1:00 minute cooking video

MATERIALS NEEDED

1. Research materials (Google, cell phone, cookbooks)
2. If possible, ingredients to make a simple recipe
3. If not possible, students can research recipes or instructor could make the recipe while students observe

ACTIVITY

Students may work on this individually or in teams. Teachers should stay aware of dietary restrictions and allergies

1. Show students the PDF titled “Five Dishes to Cook This Week.” Ask students to identify the unifying theme of the five recipes. Ask students to brainstorm unifying themes around food that would appeal to their age group/community.
2. Ask students to read the short introductions to each recipe. In discussion, ask students to
respond to the following questions: How does the intro connect back to the theme of the week? How does each intro try to engage readers/persuade them to try it? Have students count the number of nouns, verbs, adjectives, and adverbs in each short intro to discuss what makes really concise writing pop.

3. Review the actual recipes with students. Point out the inclusion of prep and cooking time, the order of ingredients, and also the number of steps—it’s important to note that no recipe on this layout takes more than six steps.

4. Discuss with students what they’ve observed about how cooking videos are structured. If students are unfamiliar, have them watch a few examples.

5. Depending on the skill level of the class, consider the following activities:
   a. Ask students to list materials needed to make a cooking video (camera, tripod (camera/phone must be stable and facing downward), lights/lighting, work space). Materials can be creative and include any number of jury-rigged contraptions depending on student resources.
   b. Ask them how they would position the camera to either photograph or film—have them create the set-up in class or at home and show the class
   c. Share with students the four commandments of showcasing cooking:
      - Get good coverage – Make sure all of the recipe steps are in the shot and focused well. You want to show the steps visually instead of just writing them out. Record Close Ups – Close ups showcase the really fun stuff, like bubbling cheese or cutting into beautiful fruit. Add Informational Text – Text is how you will communicate with your audience. Since voice-over doesn’t work for this type of video, make sure you write out the recipe steps in an interesting way during editing. GET THAT CROSS SECTION – Show the finished product but also someone tearing into it!

6. Use your creativity to give students a cooking/assembling food challenge! If you want, consider having editors or other teachers come in as guest judges. If students can’t actually cook in class or at home, consider having them storyboard or work in reverse order, filming or taking stills of food preparation during regular meal time then creating a story from that. NB: the Caprese recipe is endlessly flexible, incorporating lots of different ingredients. Similar recipes include s’mores, mac-n-cheese, fruit plates, salads, lasagna, sandwiches (large or one-bite), and smoothies/soups, or cookie decorations.

7. This same process could apply to non-food crafts.
5 Dishes To Cook This Week

Last week’s recipes suggested roasting dinner on sheet pans to minimize cleanup. But for apartment dwellers or those who may not have air-conditioning or outdoor space, heating an oven during the humidity of a July day is sweaty. So here are recipes that don’t require an oven to cook at all. Also remember that a slow cooker or pressure cooker is your friend on a stiflingly hot day. Here are five dishes for the week. 

Spiced Turkey Skewers With Cumin-Lime Yogurt

This recipe for Yemeni-style Foul is a favorite on the website and holds foray throughout Middle Eastern cuisines. It is a mainstay for ground turkey, when it is not traditional, and you roast the skewers. To keep the oven off, skip the broiler.

TIME: 30 MINUTES

YIELD: 4 TO 6 SERVINGS

1. Heat the oven to 350 degrees. Lightly brush the pitas with oil, place on a sheet pan under the broiler and bake until browned and blistered all over, 5 to 7 minutes. Remove to a plate and let cool. To make the yogurt, place the pitas inside, 11 to 14 minutes.

2. Cut tomatoes into ½-inch slices and halve cherry tomatoes. Drape with salt. Add roasted pepper strips, halve cherry tomatoes. Set aside 15 to 30 minutes to let the flavors meld.

3. In a large bowl, whisk together the eggs, milk and salt. Add the rice and mix well. Fluff with a fork and let sit while you set up the grill or panini press. Heat a large skillet with oil and sauté the rice until fragrant, about 2 minutes. Add the onions and peppers to the rice and stir to combine. Add the corn, peas, carrots, beans and stir to combine. Add the tomatoes, cheese, olives and pepper strips and stir to combine. Stir in the oregano and cook until the garlic is softened, about 3 minutes. Stir well, adding more liquid, if needed, to keep the pan from sticking.