

# 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 torture. It is bad. So here are recipes that do not require the oven 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. *EMILY WEINSTEIN*



JULIA GARTLAND FOR THE NEW YORK TIMES

## Caprese Antipasto

A caprese salad with a loaf of bread can be a good summer dinner — maybe the best summer dinner. Use this recipe, by David Tanis, as a template or take it in your own direction.

TIME: ABOUT 30 MINUTES  
YIELD: 4 TO 6 SERVINGS

- 2 ripe bell peppers, 1 red and 1 yellow if possible**  
Salt and pepper  
Extra-virgin olive oil
- 1 pound fresh mozzarella, at room temperature**
- 2 pounds ripe tomatoes, in assorted colors if possible**
- ½ pound cherry tomatoes, in assorted colors if possible**
- Handful of caperberries, or 1 tablespoon large capers, rinsed**
- Handful of good-quality olives**
- 6 thin slices of prosciutto, more if desired**
- Handful of basil leaves**

🔄 **Serve with a crusty loaf of bread on the side.**

1. To roast peppers, set them directly in the flames of a stovetop gas burner turned to high, or over hot coals if you happen to be grilling. (You could also roast under the broiler, with peppers as close to heat source as possible.) Turn peppers with tongs until skins are blackened and blistered all over, 5 to 7 minutes. Remove to a plate and let cool. To peel, cut peppers lengthwise. Scrape seeds and veins away with your knife, then turn peppers over and scrape away charred skin. Slice peeled peppers into ½-inch ribbons and place in a small bowl. Season with salt and pepper, then add 1 tablespoon olive oil and toss. (Peppers may be roasted up to a day ahead.)
2. Cut mozzarella into ¼-inch slices. Cut tomatoes into ½-inch slices and halve cherry tomatoes.
3. Arrange mozzarella slices in the center of a large platter. Surround with tomatoes and sprinkle lightly with salt. Add roasted pepper strips, caperberries and olives. Drape prosciutto around the platter. Garnish with basil leaves. Drizzle generously with olive oil and serve.



RYAN LIEBE FOR THE NEW YORK TIMES. FOOD STYLIST: BARRETT WASHBURNE

## Linguine With Clam Sauce

This recipe from Colu Henry uses canned clams, not fresh ones, and while fresh clams are indeed a dream, this version irresistible. It's fast to make and easy to love, and doesn't require a special shopping trip.

TIME: 25 MINUTES  
YIELD: 4 TO 6 SERVINGS

- Kosher salt**
- 1 pound linguine or other long pasta, such as linguine fini or spaghetti**
- ¼ cup extra-virgin olive oil, plus more for serving (optional)**
- 5 garlic cloves, thinly sliced to 1 teaspoon red-pepper flakes**
- ½ teaspoon dried oregano**
- ½ cup dry vermouth or dry white wine**
- 2 (10-ounce) cans whole baby clams with their juices**
- Black pepper**
- 2 tablespoons unsalted butter**
- 2 teaspoons lemon zest (from 1 to 2 lemons)**
- ½ cup chopped Italian parsley**
- Lemon wedges, for serving (optional)**

🔄 **Canned clams are already salty, so be mindful of oversalting the pasta water or the sauce**

1. Bring a large pot of salted water to a boil. Add the pasta and cook according to package instructions until 2 minutes short of al dente (it will finish cooking in the sauce). Reserve ½ cup pasta water, then drain pasta.
2. While the pasta cooks, make your sauce: Heat the oil in a deep-sided 12-inch skillet over medium. Add the garlic, red-pepper flakes and oregano and cook until the garlic is pale golden, 1 to 2 minutes. Add the vermouth and simmer until reduced by half, 3 to 4 minutes. Stir in the clams with their juices and cook until just warmed through, 1 to 2 minutes more. Taste and season with salt and pepper as needed.
3. Add the cooked pasta directly to the skillet along with the butter and lemon zest, and toss until the butter has melted and the pasta is glossy with sauce. If needed, add ¼ cup reserved pasta water. Stir in half the parsley.
4. Serve pasta topped with a drizzle of olive oil, if desired, and the remaining parsley. Serve lemon wedges alongside if you like.



BRYAN GARDNER FOR THE NEW YORK TIMES. FOOD STYLIST: BARRETT WASHBURNE

## Spiced Turkey Skewers With Cumin-Lime Yogurt

This recipe by Yasmin Fahr is a twist on the kebabs and kofte found throughout Middle Eastern cuisines. It calls for ground turkey, which is not traditional, and you roast the skewers. To keep the oven off, skip the skewers and cook the meat in a cast-iron pan on the stove, shaping it into small meatballs or patties.

TIME: 30 MINUTES  
YIELD: 4 SERVINGS

- 4 large pitas**
- 1 tablespoon olive oil, plus more as needed**
- 1 cup full-fat (at least 5 percent) Greek, skyr or other thick yogurt**
- 1 lime, halved**
- 1 tablespoon plus ½ teaspoon ground cumin**
- Kosher salt**
- 1 pound ground turkey, preferably dark**
- 1 tablespoon ground turmeric**
- 1 medium red onion, peeled and halved (one half grated and strained, and the other sliced into 1-inch wedges)**
- ½ tablespoon sumac powder (optional)**
- 1 packed cup fresh mint sprigs**
- 2 Persian cucumbers, thinly sliced into thin coins**

🔄 **If you have trouble finding Persian cucumbers, use English cucumbers instead.**

1. Soak 8 bamboo or wooden skewers in water for 10 to 30 minutes before you begin the recipe.
2. Heat the oven to 350 degrees. Lightly brush the pitas with oil, place on a sheet pan under the broiler for 1 to 2 minutes per side, then wrap in foil to keep warm.
3. In a small serving bowl, stir together the yogurt, juice of ½ lime, ½ teaspoon cumin and ½ teaspoon kosher salt. Scoop out ¼ cup of the yogurt mixture and place in a large mixing bowl. Place the remaining yogurt in the refrigerator.
4. Gently combine the turkey, remaining cumin, turmeric, grated onion and 1 teaspoon kosher salt in the bowl with the yogurt until most of it has a mustard-orange hue. Divide the meat into 8 similar-sized loose balls. Lightly wet your hands so the meat doesn't stick, then shape the meat around the skewers by placing the meat in one hand, pressing the skewer in the center, then using the fingertips and thumb of the bottom hand to shape the meat by lightly pressing it to create an oblong shape.
5. Place the skewers in the center of a sheet pan and sprinkle the sliced onion on the outskirts. Use your hands to rub the onions and the outside of the skewers with oil, then season the onions with salt. Place the remaining ½ lime on the pan cut-side up, and roast until the outside of the meat is a darker mustard color and no longer pink inside, 11 to 14 minutes.
6. Squeeze the lime juice on top of the turkey and slide the meat off the skewers. Place the pitas on a serving plate, spoon some of the reserved yogurt on them, then place the turkey and onion slices on top. Sprinkle all over with the sumac, if using, and serve with mint, cucumbers and the remaining yogurt.



ANDREW SCRIVANI FOR THE NEW YORK TIMES

## Marinated Celery Salad With Chickpeas and Parmesan

This is another main-course salad for the heat, adapted from the chef Cara Mangini, and it is rife with chickpeas, celery and cherry tomatoes; be sure to leave time for them to marinate.

TIME: 30 TO 40 MINUTES, PLUS 2 HOURS' MARINATING  
YIELD: 6 TO 8 SERVINGS

FOR THE SALAD:

- 3 tablespoons sherry vinegar, more as needed**
- 1 tablespoon Dijon mustard**
- ½ teaspoon maple syrup or honey**
- Salt and ground black pepper**
- 2 garlic cloves, smashed and peeled**
- ½ cup extra-virgin olive oil, more as needed**
- 4 cups cooked or canned chickpeas**
- 4 large or 6 small celery stalks, trimmed (reserve the leaves) and cut into large julienne**
- 2 large scallions, white and pale green parts, thinly sliced on a diagonal, or ¼ cup thinly sliced red onion**
- 1 to 2 cups loosely packed celery leaves, coarsely chopped**
- 1 pint small tomatoes, halved**
- ¼ cup loosely packed basil leaves, rolled and julienned**
- 2 ounces Parmigiano-Reggiano cheese, coarsely grated, or crumbled feta.**

FOR SERVING (OPTIONAL):

- 1 small loaf (or ½ large loaf) day-old, peasant-style crusty bread**
- Romaine or butterhead lettuce, endive or escarole, cut or torn into bite-size leaves**

🔄 **Chopped parsley is a reasonable substitute for full green heads of celery.**

1. In a large bowl, whisk together vinegar, mustard, maple syrup and a large pinch each of salt and pepper. Drop in garlic cloves, stir, and set aside 15 to 30 minutes to let the flavor infuse.
2. Gradually whisk in oil; dressing will emulsify. Mix in chickpeas, celery and scallions. Cover and refrigerate at least 2 hours or overnight.
3. Remove garlic cloves from dressing. Taste and adjust the seasonings with salt, pepper, vinegar and olive oil. Set aside to come to cool room temperature.
4. If desired, make croutons, for serving: Heat oven to 400 degrees. Pull the soft bread out of the center of the loaf, leaving most of the crust behind, and tear bread into bite-size pieces. You should have about 3 cups. Spread pieces on a rimmed baking sheet and bake for about 12 minutes, until golden and crisp; let cool.
5. Just before serving, mix celery leaves, tomatoes, basil and croutons, if using, into the salad. In a serving bowl, place a layer of greens, if using, in the bottom. Add celery mixture, then top with cheese and more black pepper.



GENTLE AND HYERS FOR THE NEW YORK TIMES

## Chinese Stir-Fried Tomatoes and Eggs

Simple, savory, tart and sweet: This recipe by Francis Lam is a Chinese home-cooking staple, and a fast path to a satisfying dinner on a night when it's too hot to linger by the stove.

TIME: 20 MINUTES  
YIELD:

- 6 eggs**
- Kosher salt**
- ½ teaspoon sesame oil**
- 1 tablespoon Shaoxing rice wine or dry sherry**
- 1 teaspoon cornstarch**
- 1 teaspoon sugar**
- 2 tablespoons ketchup**
- 1 pound beefsteak tomatoes in season, or 1 14.5-ounce can of diced tomatoes in juice**
- 4 tablespoons vegetable oil**
- 3 scallions, sliced**
- 1 teaspoon minced ginger (from about ¼-inch nub)**
- Steamed rice, for serving**
- Serves 2 or 3, with rice.**

🔄 **Top with reserved scallions and serve with lots of steamed rice.**

1. In a mixing bowl, beat the eggs well with 1 teaspoon salt, sesame oil and rice wine or sherry. In a small bowl, stir together the cornstarch and 2 tablespoons water until well combined, then stir in the sugar and ketchup.
2. If using fresh tomatoes, core and cut them into ½-inch wide wedges.
3. Heat a wide nonstick skillet over high heat with 3 tablespoons of vegetable oil. When the oil shimmers, add most of the scallions, saving some to garnish. Cook, stirring, until very aromatic, about 20 seconds. Add the eggs, and cook, stirring well with a spatula or chopsticks, until just set but still runny, about 45 seconds. Pour the eggs back into the mixing bowl, and wipe out the pan.
4. Reheat the pan over high heat with the remaining tablespoon of oil. When it is hot, add the ginger and cook until aromatic, about 15 seconds. Add the tomatoes and salt to taste; cook, stirring occasionally, until the flesh has softened but still has some shape and the juices have begun to form a sauce, 2-3 minutes. (If using canned tomatoes, add the juice as well and cook about 4 minutes, to reduce it to a saucelike consistency.)
5. Reduce the heat to medium. Give the cornstarch-ketchup mixture a stir in its bowl, then stir it into the pan. Cook, stirring, until the sauce returns to a boil and thickens. Taste and adjust seasoning with salt, sugar or more ketchup — you want a savory, tart-sweet sauce. Stir the eggs in the bowl to cut up the curds a bit, then return them to the pan. Cook, stirring, for a few seconds to finish cooking the eggs and to combine.