

Chico on \$10 a Day

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<u>Timeline</u>	<u>Tasks</u>
9:00	Arrive at the Tehema 118 food lab and put stuff down in Unit 2.
9:15	Toast a bagel in Unit 3 and eat it while listening to Stephanie assign job tasks.
9:20	I got assigned (along with Lorena) to be the dessert decorator. I was instructed to buy three different pies, make a sauce to go along with them and use fruit as garnish on the plate.
9:40	After everyone gets assigned a task, gather reusable bags from Stephanie and walk as a group to the Farmer's Market located on 2nd and Wall St. Once there, break up into three groups. Each group has a specific buyer who has all of the money for that group.
10:05	Walk around looking for vendors selling pies. Go up to a vendor called Dixon Ranch on the north side of the market and buy three pies: boysenberry, peach and peach strawberry (\$12.00 each). All of the pies are pre-baked and ready to eat. Ask your designated buyer for money to make the purchase.
10:10	Stop at the Ariza Farm booth (which faces 2nd street) and buy 8 single oval or round shaped kiwis (about 3 lbs) to use as a garnish to decorate the plate. Get the money from your buyer to purchase the food.
10:15	Go to the vendor next to the kiwi stand to buy strawberries (if you're facing the kiwi stand, the strawberry stand will be on your left). Ask specifically for over-ripe strawberries because they make a better sauce. The lady will put about 2 individual cartons full of strawberries into a bag and may give them to you for free (she did for us) because they are over-ripe.
10:20	Buy colorful, edible flowers from another vendor to use as garnish on the plate. Since not much will be used for the garnish, ask the vendor if you can purchase about four flowers which will save money by not having to buy the whole bouquet. Buy the whole bouquet if you want to use them for decoration. Have the buyer pay for the flowers.

10:40	After buying everything, meet up with the rest of the class in the front of the Farmers Market near 2nd Street where you came in upon arrival. Put all of your purchases into Stephanie's wagon and walk back to Tehema 118.
11:00	Go back to the kitchen and unpack all of your bags at Unit 2. Wash your hands and retrieve two large plates and 24 small dessert plates from the cupboard located in the front of the lab on the far right. Take the kiwis out of the bag and peel them with a peeler which is located in a drawer below the counter in your individual kitchen. Keep the pies and strawberries at room temperature out on the counter.
11:10	Make sure to wash your hands before and after handling any food. Get two cutting boards from on top of the microwave to cut up the kiwis and strawberries on.
11:15	After peeling the kiwis, cut them crosswise (about 1/8" - 3/16" thick) to make uniform round kiwi circles with a knife found in the drawer under the counter. Cut the ends off completely and dispose of them in the compost bin. Each kiwi makes about six round cuts.
11:30	After peeling and slicing the kiwis, place them on one of the large plates, cover with plastic wrap and refrigerate them until needed. The refrigerator is located in the back of the lab near the door to the classroom. The plastic wrap is found in the drawer under the oven near the front left part of the room near the door leading out to the hallway. After doing that, wash and core all of the strawberries.
11:40	Wash your hands again. Remove eight whole strawberries and slice each one of them crosswise first (1/4" slices) and then cut each of those slices in half to make two half moon pieces. You will use those as garnishes during final plating. You want about 40 of the half moon shaped strawberry slices. Place on the other large plate, use plastic wrap to cover the sliced strawberries and refrigerate them. You should have about 1 1/2 baskets of whole, cored strawberries left which you will use to make the sauce.
11:50	Get a 4 quart saucepan from the tall center cupboard at the front of the classroom. Dump the rest of the whole strawberries into the saucepan and include all poorly cut garnish pieces. Once everything is in the pot, take a fork masher from the utensil drawer and mash up the strawberries until no large chunks remain.
12:00	Wash off the cutting boards in the sink and clean off your station as you work.
12:05	Pour the mashed strawberries into the largest liquid measuring cup in the cabinet, located in the righthand cupboard under the stove. There should be about 2 cups of mashed strawberries. Pour those strawberries back into the saucepan and add one cup of sugar (located in the cabinet above the microwave) into the saucepan with the strawberries. The dry measuring cups are found in the drawer above the liquid measuring cups. Then add 1/2 tablespoon of lemon juice (found in the refrigerator) and 1/8 teaspoon of butter (found in the refrigerator) to the sugar/strawberry mixture.

12:15	Then put the saucepan on the stove making sure it is placed on one of the LARGE burners and heat it on HI heat stirring constantly until the mixture comes to a rolling boil. Obtain the plastic stirring spoon from the first drawer under the counter. Keep it boiling until the mixture is thickened but not jam like. You want it to be like a syrup consistency but slightly less viscous. Once it reaches that consistency, turn off the heat and pour it into a 13X9 pan (found underneath the stove) which you want to leave out on the counter to cool.
12:25	After the sauce is made, put all of the dirty dishes into the sink and wash them. All that needs to be done now is for you to cut up the pies and arrange the garnish on the plates. Cut each of the pies into eight slices (with a serrated knife found in a drawer below the counter) and put them onto each of the 24 individual dessert plates you previously brought to the station.
12:45	Put about a one tablespoon scoop of strawberry sauce onto each plate next to the plated pie in a circular shape (use a spoon out of the unit's utensil drawer to do this). Get the kiwis and sliced strawberries from the refrigerator and bring them back to your kitchen station. Place one rounded kiwi slice on top of the strawberry sauce. Then place one or two pieces of sliced strawberries over the kiwi. Pull off about four petals from the edible flowers you bought and place them on top of the arranged fruit. You can use the rest of the unused flowers to decorate the buffet table.
1:00	Pour the excess strawberry sauce into ramekins (little decorative cups found in the bottom cabinet under the countertop). Place the sauce on the tables (with a serving spoon beside it) where people are eating. Carry the plated desserts to the service table and sit down to eat the very delicious meal.
1:40	After everyone is done eating, clear your plate and do the dishes at your kitchen station making sure all of the utensils and equipment are accounted for in your kitchen. Once you check out with Stephanie you are free to leave.

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Authorization:

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