

# Home Basics (c)



Block I & II– Intro to Sanitation and Breakfast Delights

Every Saturday (10am – 12noon EST)

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(Recipes preparations are subject to change based on available ingredients, inshaAllah)

Assalaamu Alaikum Akhwatee,

I hope that you have enjoyed your short break and have come ready to get your hands dirty! (Smile)

I will briefly on a class basis introduce to you concepts in regards to sanitation. This will come in the form of a lecture at the beginning of each class. You are advised and encouraged to caution yourself about missing this portion of the class, for if you fail to comply with sanitation requirements throughout this first section of the course, you will not be able to continue on and Allah knows best.

Introduction on Sanitation: 20 minutes.

Amma Ba'ad

We will begin by covering what they call the most important meal of your day. Breakfast! There are two main types of breakfast: 1) Continental Breakfast which is a light breakfast that usually consist of bread stuffs (such as toast, croissants, and pastries); coffee, tea and fruit juices are usually served. Then there is the 2) English Breakfast that usually consist of a large hearty breakfast variety; these can include fruit or juice, eggs any style, meats or fish, cereals, baked goods, potatoes, jams and coffee or tea.

Due to the present affair of working across the internet, each of you is responsible for the following positions as listed below. You will be told which position you shall fulfill at the end of each class. This should help you prepare for the upcoming week inshaAllah. All of the responsibilities must be shared, and switched for each class.

According to the number of students who have enrolled for Home Basics ©. You will be assigned to a group. In the group, you will need to choose a group leader. The leader needs to assign responsibilities to each person in the group, per class so that everyone has this opportunity at least twice in the course per group.

## **Positions Available for Assignment: Student Guide**

Please write out a list after assignments have been given and report that to the Instructor.

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**Sous Chef** - Leader of the group; must submit group schedule to the Instructor. A sous chef is second in command to the Instructor. The sous chef is responsible for much of the kitchen work, and some of the management responsibilities. In many cases the sous chef participates in menu planning and development. Ensure that all products produced by students are prepared and served at correct temperatures. Responsible for making sure that the participants in your group meet class standards through personal evaluation techniques.

**Assistant** - Will assist the sous chef in today's responsibilities. Menu preparation, and organization of plate presentation ideas a must.

**Prep Cook** - to make sure that at least one if not all, of your group has all foods needed for your recipes. Prepare, whatever needs to be cleaned, diced, sliced etc... Prepare food under the direction of an Instructor/Sous Chef. (Peel and cut vegetables, trim meats, prepare poultry, and perform other duties such as keeping work areas clean and monitoring temperatures of ovens and stovetops) Maintain a clean work area. Good knife skills a must.

**Cook** - to make sure that at least one if not all, of your group has all the pans, bowls, and other utensils needed to cook your meals. Demonstrate preparation of the main dish. Prepare, season, and cook a wide range of foods—from soups, snacks, and salads to entrees, side dishes, and desserts. Cooks create recipes and prepare meals.

**Dishwasher** - Maintain clean and sanitized dishware, silverware, utensils, pots and pans. Ensure sufficient dishwashing supplies are available for area. Keep entire area and all equipment neat, cleaned and organized. Assist with removal and disposal of trash. Sweep and mop entire kitchen area.

***The entire group is responsible for clean up of their own home kitchen area, tables, sweeping or mopping the kitchen floor, and vacuuming if necessary, inshaAllah. If it is reported to us from your parents that this is not being done on your own a schedule will be posted for individual assignments without notice.***

At the end of each class your entire group will be given a participation grade. This grade only demonstrates how well you work together in trying to achieve your recipe goals. Each individual grade you receive will be calculated in the following manner for a maximum of 100 % for the individual 100% for Group and 100% Written Hand out; Totaling 300 points per class.

1. Sanitation & Safety Skills being applied throughout the class
2. Gathering your utensils and ingredients needed to prepare your dish
3. Initial Preparation of food items (may involve knife handling skills)
4. Working with your group
5. Following recipe Instructions when needed
6. Cooking the food items
7. Preparing the setup
8. Arranging the food for service
9. Garnishing your items (eye candy- make the dish look appetizing)

*10. Mise En' Place (putting everything back in it place)*

Written Hand Outs: Count as 100% for any grade 90 points or over. The hand out consist of ten questions. That the instructor will ask you in regards to Today's content. InshaAllah, you have listened closely.

Preparation of your recipe ingredients is most important. Mise en Place (everything in its place) please. Clean as you go. You will be asked to verify that the kitchen area of your home is clean to satisfaction. You will not be permitted to leave the classroom setting until it is completely clean. (Please refer to your Student Guide above for responsibilities associated with your title for today, inshaAllah.)

**Some common items found in every kitchen inshaAllah**

**General Cooking Utensils for this activity:**

Large and small mixing bowls

Large skillet

Small saucepan

Mixing Spoons

Measuring cups

Baking pans (sizes may vary)

Disposable plates and eating utensils

**Common Ingredients needed for these recipes:**

Butter	Baking Powder	Baking Soda	Cornstarch
Eggs	Brown Sugar	Light Corn Syrup	Vanilla Extract
Milk	Buttermilk	Cinnamon	Powdered Sugar
Flour	Cake Flour	Vegetable Oil	Onion
Cheese	Green Pepper	Meats	Salt & Pepper
Bread	Garlic Powder	Mushrooms	Tortillas
Potatoes	Frozen Fruits	Fresh Fruits	Garnishes

**Choose one of the following for preparation inshaAllah.**

1. Pancakes & French Toast –

**Peachy French toast**

You will need the following Ingredients to Start. Please gather your preparation materials. Remember sanitation is first. Please refer to your Sous Chef for particular group Assignments.

6 slices of fairly thick bread

2 Tbsp. Light corn syrup

½ cup butter

1 cup brown sugar

6 large eggs

1 ½ cups of milk

1 Tbsp. Vanilla extract

Ground Cinnamon to taste

Fresh peaches, peeled (Garnish, Main)

Powdered Sugar (garnish)

In a saucepan: melt the butter, corn syrup, and brown sugar over medium heat. Bring to a boil, add 2 tbsp. Of water and continue boiling until thick and frothy. Pour the mixture into a 9 x 11 inch greased baking dish. Slice peaches (or use thawed, frozen sliced peaches) and lay them in the pan. (6 pieces across and 3 pieces deep). Lay the bread over the peaches. Mix eggs, milk, and vanilla and pour over the bread. Sprinkle with cinnamon to taste and cover. Bake in a 350 degree oven for 45 to 50 minutes, or until golden brown. You can serve with peach laced syrup and sprinkle with powdered sugar. Will serves 6 people, InshaAllah.

### **Buttermilk Pancakes**

If you like freshly made pancakes this recipe is just right. You can substitute with (Aunt Jamima's Complete Buttermilk Mix) or any other that you prefer.

You will need the following ingredients to Start:

1 cup of sifted cake flour (Discussion about flours)

1 Tbsp. Sugar

½ tsp. Salt

½ tsp. Baking powder

½ tsp. Baking soda

½ tsp. Cornstarch

1 egg

1 cup of buttermilk

2 Tbsp. Melted butter

Re-sift the flour with the sugar, salt, baking powder, soda, and cornstarch. Beat the egg until light. Add the buttermilk and butter. Combine wet and dry ingredients together with a few swift strokes. Preheat your skillet to make 4-inch pancakes. Serve with your favorite fruit or syrup.

2. Eggs Any Style

## **Breakfast Burritos**

You will need the following ingredients to start:

8 eggs

8 flour tortillas, (soft shells)

½ cup shredded cheddar cheese

½ pound of breakfast sausage

8 strips of bacon

½ cup onion, chopped

½ cup mushrooms, sliced

Salt & Pepper to taste

Cook sausage and drain off the fat. Cook the bacon until crisp. Remove from the pan and place on paper towels to drain. Place onions and mushrooms in the bacon grease. Sauté until onions are soft. In pan, combine eggs into sausage and cook until eggs are soft cooked. Portion the egg mixture into the 8 tortillas. Crumble 1 bacon strip onto each tortilla over the eggs. Sprinkle cheese over all 8. Fold the burritos once, then fold each end and roll. You can serve these with salsa or picante sauce.

Serves 8

### 3. Hash Browns & Fried Potatoes

#### **Hash Brown Bake**

You will need the following ingredients to start:

3 Tbsp. Vegetable oil

2 pounds shredded potatoes (already prepared)

1 onion, chopped

1 green bell pepper

½ tsp. Granulated garlic

2 cups turkey ham, diced (optional)

10 eggs beaten (with the garlic)

1 ½ cups cheddar cheese, shredded

Salt & Pepper to taste

Heat the oil in a large skillet. Add potatoes, onions, and green pepper. Cook until potatoes begin to brown. Spray a 9 x 13 inch pan with cooking spray. (I prefer to use butter or margarine). Spread the mixture in the pan. Top with the turkey ham. Pour the beaten eggs over all and season to taste. Gently stir making sure to coat all ingredients with the eggs. Sprinkle with cheese. Bake uncovered at 375 degrees for 35 minutes.

Serves 8

#### 4. Quick Breads – **Orange/Pineapple Coffee cake**

You will need the following Ingredients to Start. Please gather your preparation materials. Remember sanitation is first. Please refer to your Sous Chef for particular group Assignments.

(8 1/4-ounce) can pineapple chunks, crushed  
1 (18.25-ounce) package white cake mix  
2 large eggs  
1 teaspoon ground cinnamon  
1 (11-ounce) can Mandarin oranges  
1 1/2 cups powdered sugar

Preheat oven to 400°F (205°C). Grease a 10x2 inches tube pan, or 2 loaf pans, 9 x 5 x 3-inches. In a large bowl, combine crushed pineapple chunks (reserving 3 tablespoons of the liquid for the glaze), white cake mix, eggs, cinnamon, and mandarin orange sections (undrained). Stir until just moistened, then beat with an electric mixer on high speed for 2 minutes. Pour into the prepared pan(s). Bake for 35 to 40 minutes or until the center is set. Cool in the pan (about 1 hour) then turn out and glaze. Glaze: In a small bowl, combine powdered sugar, and the reserved pineapple juice. Spoon over the cooled coffee cake

Makes 16 servings

#### 5. Sausage, Bacon, & other meats

Today you should have prepared the following:

Sausage, Bacon, Turkey Ham

#### 6. Breakfast Shakes (for those on the go)

##### **Honey-Banana Breakfast Shake**

(1 serving)

1 tablespoon clover or orange blossom honey  
1 medium ripe banana  
1/4 cup orange juice  
1 cup fresh or frozen strawberries  
3 ice cubes

Combine all ingredients in a blender. Blend until well mixed. More orange juice may be added for a thinner shake.

## Block II – Advanced Breakfast (extra credit assignment)

You must have completed one of the previous breakfast items before presenting this item.  
You will need the following ingredients to start:

Strawberries	Sugar	Cornstarch	Lemon Juice
Lemon zest	Puff Pastry (Frozen)		Water
Egg wash			

### Strawberry Lemon Turnovers

A favorite treat to serve for breakfast or for a light dessert, these turnovers are surprisingly quick and easy to make. Frozen puff pastry makes them easy on the cook and more delicious for your family. Any berry works well in place of the strawberries...peaches are also excellent.

1 cup sliced strawberries, divided  
7 tablespoons sugar, divided  
2 tablespoons water  
1 tablespoon cornstarch  
1 teaspoon freshly squeezed lemon juice  
1 tablespoon fresh lemon zest  
1 thawed package frozen puff pastry  
1 egg beaten with 1 tablespoon of water

Mix together 1/2 cup strawberries, 6 tablespoons sugar, water, cornstarch, and lemon juice in a small saucepan. Cook over medium heat, stirring constantly for five minutes. Remove from the heat and add the remaining berries and lemon zest. Let cool to room temperature. Preheat the oven to 400 degrees. Roll out the puff pastry sheets until they are about 1/8 inch thick. Cut out twelve 3-4 inch circles with a cookie cutter or glass from the two rectangles. Take the twelve circles and place on un-greased cookie sheets 1 1/2 inches apart. Distribute the strawberry filling between the circles. Fold over the dough and press the edges tightly to seal. Brush the turnovers with the egg wash and sprinkle with the remaining tablespoon sugar. Bake in the preheated oven for 14-18 minutes, or until golden brown. Serve hot or at room temperature.

Makes 12 turnovers

Preparation Time: 15 minutes  
Cooking Time: 25 minutes  
Total Time: 40 minutes

**How to make an egg wash:** Egg yolk or egg white mixed with a small amount of water or milk. It's brushed over breads, pastry and other baked goods before baking to give them color and gloss.

*How are Presentations done?*

**Webcam** – You can present your designed plate by way of webcam upon it's completion to the instructor.

**Oral & Portrait Presentation-** If you do not have a webcam, you can verbally explain to the instructor what your dish looks like, a submission of a black & white, or colored portrait of the item should be forwarded through email.

**Written Submissions:** a written submission will only be accepted as a last option. Explain the details of your project, check the taste, color, and smell, tell also if it was seasoned correctly or not? Parent sign off!

You have done a great job today. Bravo! Ukhti Bravo! InshaAllah I will see you at our next class on **Brunch** and I'm sure you'll be delighted...Don't forget to complete your sanitation exam so that you can receive your certificate, inshaAllah for next class.

Q& A Session after each class inshaAllah.

Walaikumus Salaam wa Rahmatullahi wa Barakatahu

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Other Breakfast Ideas and Research on your own:

Easy Preparation Recipes from Smuckers: <http://www.smuckers.com/sk/recipes/breakfast/default.asp>?

Article on the Importance of eating breakfast: <http://www.easy-kids-recipes.com/eat-breakfast.html>

### **Kids and Breakfast**

Everyone should eat breakfast to keep the body fueled up. It's especially important that kids eat breakfast. Children and teenagers are growing so if they skip the most important meal of the day this can cause real problems. Unfortunately studies show that more than one third of all kids in America are skipping breakfast. If kids skip breakfast it can harm their growth and development. These kids have a greater chance of getting lower grades in school, having learning and behavioral problems, and developing nutritional deficiencies such as calcium and protein deficiencies. Children who are regular breakfast skippers are more likely to have problems with obesity and even tooth decay.

Can you find a health article to support the claim being stated in the above article?

Facts about diet and exercise for kids 11 to 14 yrs: <http://www.nih.gov/news/pr/mar98/ninr-25.htm>

*See you next week!*  
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