**Lab: Apple Crisp**

Oven Temperature: 400 F Name: KEY

Cooking Time: 20 min- until apples are tender Lab Duty: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Servings: 2 Partner: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Product Standards**   1. Crumbly topping 2. Apples sliced thin 3. Cream thick, but not over whipped | | **Reminders**   1. Place liquid measure with beaters in fridge 2. Use small bowl for mixing whip cream 3. Crisp in oven by: |
| **Ingredients:**   |  |  | | --- | --- | | ***GROUPS OF 2*** | ***GROUPS OF 3*** | | **3 ml** margarine for greasing loaf pan  **75 ml** oats  **40 ml**  flour  **50 ml** brown sugar  **2 ml** cinnamon  **50 ml** butter or margarine  **3 medium** apples, (could substitute 500 ml berries, peaches, pears, or rhubarb)  **50** **ml** whipping cream  **5 ml** sugar | **3 ml** margarine for greasing loaf pan  **75 ml** oats  **40 ml**  flour  **50 ml** brown sugar  **2 ml** cinnamon  **50 ml** butter or margarine  **4 medium** apples, (could substitute 500 ml berries, peaches, pears, or rhubarb)  **75** **ml** whipping cream  **7 ml** sugar | | | **Method:**   1. Preheat oven to 400 F. 2. Chill 250 ml liquid measure. 3. Grease loaf pan with margarine. 4. Mix the first 4 ingredients (oats, flour, brown sugar, & cinnamon) together in a large bowl. 5. Cut margarine in with a pastry blender (or 2 knives) until large lumps are gone. \_\_\_**TC**\_\_\_ 6. Peel (if desired), quarter, core, and slice apples. \_\_\_**TC**\_\_\_ 7. Arrange slices in loaf pan. 8. Top with crumb mixture. Press down lightly. 9. Bake until tender, but not mushy for 20 minutes. 10. When crisp has 5 minutes left to bake, combine whip cream and sugar in a small bowl. Using the electric mixer, whip cream and sugar on high until it reaches the soft peak stage. DO NOT OVERBEAT. \_\_\_**TC**\_\_\_ |
| **Equipment:** 250ml liquid measure  Small measure  Dry measure  Cutting board  Peeler  Metal spatula  Metal lifter  Pastry blender | Chef’s knife  Paring knife  Table knife (butter knife)  Custard Cups  Green tray  Large bowl  Loaf pan  Electric mixer | **Cooking Concepts**   1. Knife Safety 2. Whipping Cream 3. Preparing fruit after preparing topping mixture to prevent browning |
|  |  | **Additional Comments**  Tell students a method of preventing browning using lemon juice. |

**Nutritional Value**: **Grains**: oats, flour **Veg & Fruit:** apples

**Meat& Alternative**: none **Dairy:** whipping cream

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Oven Temperature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cooking Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Lab Duty: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Servings: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Partner: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Product Standards** | **Reminders** |
| **Ingredients:**   |  |  | | --- | --- | | ***GROUPS OF 2*** | ***GROUPS OF 3*** | | \_\_\_\_\_\_\_\_\_\_ margarine for greasing loaf pan  \_\_\_\_\_\_\_\_\_ oats  \_\_\_\_\_\_\_\_\_ flour  \_\_\_\_\_\_\_\_\_ brown sugar  \_\_\_\_\_\_\_\_\_ cinnamon  \_\_\_\_\_\_\_\_\_ butter or margarine  \_\_\_\_\_\_\_\_\_ apples, (could substitute 500 ml berries, peaches, pears, or rhubarb)  \_\_\_\_\_\_\_\_\_ whipping cream  \_\_\_\_\_\_\_\_\_ sugar | ­­\_\_\_\_\_\_\_\_\_\_ margarine for greasing loaf pan  \_\_\_\_\_\_\_\_\_ oats  \_\_\_\_\_\_\_\_\_ flour  \_\_\_\_\_\_\_\_\_ brown sugar  \_\_\_\_\_\_\_\_\_ cinnamon  \_\_\_\_\_\_\_\_\_ butter or margarine  \_\_\_\_\_\_\_\_\_ apples, (could substitute 500 ml berries, peaches, pears, or rhubarb)  \_\_\_\_\_\_\_\_\_ whipping cream  \_\_\_\_\_\_\_\_\_ sugar | | **Method:**   1. Preheat oven to 400 F. 2. Chill 250 ml liquid measure. 3. Grease loaf pan with margarine. 4. Mix the first 4 ingredients (oats, flour, brown sugar, & cinnamon) together in a large bowl. 5. Cut margarine in with a pastry blender (or 2 knives) until large lumps are gone. \_\_\_\_\_\_\_\_\_\_\_ 6. Peel (if desired), quarter, core, and slice apples. \_\_\_\_\_\_\_\_\_\_\_ 7. Arrange slices in loaf pan. 8. Top with crumb mixture. Press down lightly. 9. Bake until tender, but not mushy for 20 minutes. 10. When crisp has 5 minutes left to bake, combine whip cream and sugar in a small bowl. Using the electric mixer, whip cream and sugar on high until it reaches the soft peak stage. DO NOT OVERBEAT. \_\_\_\_\_\_\_\_\_\_\_ |

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| **Equipment:** |  | **Cooking Concepts** |

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|  |  | **Additional Comments** |

**Nutritional Value**: **Grains**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Veg & Fruit** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meat& Alternative**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Dairy:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_