**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:
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| **Ingredients:**

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| --- | --- |
| ***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 measureDry measureCutting boardPeeler Metal spatulaMetal lifterPastry blender | Chef’s knifeParing knifeTable knife (butter knife)Custard CupsGreen trayLarge bowlLoaf panElectric 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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Cooking Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Lab Duty: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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| **Product Standards** | **Reminders**  |
| **Ingredients:**

|  |  |
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| ***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 |

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

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|  |  | **Additional Comments** |

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

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