Oven Temperature: **375 F**  Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Cooking Time: **10 min in oven** Lab Duty:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

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| **Product Standards**   1. Meat browned 2. Well seasoned 3. Garnish and Presentation | **Reminders**   1. Wash and tear lettuce gently (cutting with a metal knife will cause oxidization – browning) 2. 2nd little red line on scale = 40 gram 3. Amount of lettuce, tomato, onion depend on size bought | |
| **Ingredients**  1/6 head of Lettuce  125 ml grated cheese (60 grams)1/4 tomato  100 gram ground beef (can be ground turkey or chicken or beans)  1/4 onion – chopped (1/8 if large)  1 ml cumin  1-2ml chili pepper Add 15ml of water  Dash salt and pepper to the spices 75 ml salsa  25 ml sour cream/plain yogurt  40 grams taco chips (break into smaller pieces)  **Optional Items to add at home**  Chopped black olives  Chopped jalapeno peppers  Avocado | **Method**   1. Preheat Oven 2. Cook ground beef until no PINK color shows   **\_\_TC\_\_**   1. Drain excess fat into a throw away container 2. Remove meat and put on a plate 3. Add onions into the frying pan and cook on medium-low heat until onions are soften 4. Add meat back into the frying pan 5. Add 15ml of water into your spices and then add the water-spice mixture directly into the meat and mix and heat on low temperature 6. Place taco chips into a loaf pan and put into the oven for 10 minutes 7. Grate cheese, chop tomatoes and shred lettuce (set aside) 8. Mix together sour cream and salsa in liquid measuring cup and set aside 9. Place meat, lettuce, tomatoes into a small bowl, add the sour cream and salsa sauce and mix together **\_TC\_** 10. In your container, place warm tacos on the bottom, place meat/lettuce/tomato mixture next, garnish with cheese 11. Show teacher final product for presentation | |
| **Equipment** Frying pan, Cutting Board, Chef’s knife, large bowl Wooden Spoon, small measures, liquid measure (250ml) Loaf pan | | **Cooking Concepts**   1. Use of scale 2. Salad parts (base, body, garnish) 3. How to cook hamburger |

**Nutritional Value** **Grains**: Taco Chips **Veg&Fruit**: lettuce, tomatoe, onion

**Meat/Alt**: Hamburger (beef) **Dairy**: Cheese and sour cream