

CULINARY CORNER



Scranton School District

Educating Students From All Over The World

March 2023 Edition

MINT SYRUP

8 Cups of Water

2 Cups of Sugar

2 Cups of Ice Water

10 Sprigs of Mint

Why blanch the Mint?

There are three key effects of blanching herbs: the process will help maintain their vibrant color and resist the tendency to turn black, but it will also mellow the flavor.

This technique is perfect for recipes where you want your herbs to remain bright either as a garnish or as a main component in the dish.

MINT MADNESS!

Mint is a very peculiar herb, it has very specific use case and often it always plays second fiddle to chocolate as a supporting role in whatever culinary endeavors it finds itself in. As a result, most people think of Mint and imagine a few things.... mostly toothpaste and food-colored cookies, but it doesn't have to be this way! With a little time and science Mint can be a versatile culinary delight that can flavor everything from whipped cream to homemade Shamrock shakes. The recipe listed to the left concocts a mint syrup that can be used as a flavoring to provide a fresh minty essence in anything your heart desires. Use as much or as little as you'd like to create your perfect mint confection.

- 1.) Combine the sugar with 1 cup of the water in a small saucepan and place over high heat. Bring to a boil then reduce the heat to medium low and simmer, stirring occasionally, until the sugar has dissolved 3 to 5 minutes. Remove from the heat, cool for 10 minutes, then transfer to your blender. Allow the syrup to cool to around room temp.
- 2.) Meanwhile, combine the ice and 2 more cups of water in a large bowl and have it standing by near the cooktop
- 3.) Bring the remaining 5 cups of water to a boil over high heat and tie the mint into a bunch with cotton butcher's twine. When the water reaches a hard boil, dunk the mint bouquet and count to 15, then immediately plunge the mint into the ice water to stop the cooking and set the color. (This process is called Blanching)
- 4.) Once thoroughly cooled, pat the mint dry, pluck as many leaves off as possible, and add them to the cooled syrup. Then blend on medium speed until the mint is reduced to very fine pieces. Strain through a fine sieve set over a 2-cup liquid measuring cup then transfer to a plastic squeeze bottle and refrigerate for up to 2 months or freeze forever.

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COMING SOON!!!



Honey Sriracha

Turkey Burger Waffle Sandwich!

This special will be running from 3/6 to 3/10 it features a sweet and spicy combination of flavors with a juicy lean turkey burger patty and a tender waffle.

BALANCED NUTRITION

An eating plan that helps manage your weight includes a variety of healthy foods. Add an array of colors to your plate and think of it as eating the rainbow. Dark, leafy greens, oranges, and tomatoes, even fresh herbs are loaded with vitamins, fiber, and minerals. Adding frozen peppers, broccoli, or onions to stews and omelets gives them a quick and convenient boost of color and nutrients. If your favorite meal calls for frying fish or breaded chicken, try healthier variations by baking or grilling. Maybe even try beans in place of meats to reduce fat and caloric intake.

SCRANTON CHOPPED!!!

Is right around the corner and an excellent opportunity to show off your culinary skill! Winners will receive a trophy for the winning school, a Chopped Champion chef coat, and a charitable contribution for an elementary school of your choice! The competition will be taking place March 8th and 9th from 4pm to 7pm.

Safety Corner!

Topic: Food Safety!

Did you know the dates you see on food labels are not usually related to food spoilage. Instead, the dates tell you how long food maintains the best taste and texture. Federal law does not require food quality dates except on infant formula.

You may see different wording on product labels. How long is food good for based on the wording? By understanding expiration terms, you can better interpret how long your food is good for, but here is a general rule of thumb to go by.

If food sits out at room temperature for longer than 2 hours, throw it away. After preparing a meal, store leftovers quickly to avoid contamination. You must also keep your counters and food prep surfaces clean and free of harmful bacteria.

If you don't plan to use food right away, freeze it. Bacteria can't grow in freezing temperatures, so freezing extends your food's shelf life. You can freeze milk, bread, and cheese. If you plan to freeze eggs, beat them first and store them in a sealed container.

