

PROGRAM OF THE MONTH

By Ella Wren Moody and Zachary Smith

The Culinary Program has been at our school from the very beginning, since 1967. This year, culinary teacher Kristy Phillips began her 11th year teaching the program. She says she went into the food industry because of "[her] love of food, the importance of friends and family, and how food can bring us all together." In this program, each class is two periods long (block schedule). Whether you want to do it for fun or for experience,

culinary is a great program for learning how to cook and about the food industry. When talking with Ms. Phillips, she answered some commonly asked questions about the culinary program and provided further information for students who may be interested.

What does the class offer? This class is a dual enrollment class done through Lively Technical College and provides 300 credit hours. Also, there is an opportunity to get a ServSafe certification, which can help one land jobs in the food industry.

Does this class build? (Ex. A first class, second class, etc.) Yes! First students will take intro to food prep then in their second year they will take cooking methods.

What do culinary students cook? They have made red lobster biscuits, cookies, shrimp linguine, spinach stuffed chicken breast with risotto, pastas, cheese and so much more!

There are so many tasty recipes I'm eager to share with students.

What does a day in the class look like? Depending on which class you are in, it varies. Intro to food prep is mostly bookwork the first semester and cooking with a mix of bookwork the second. The cooking methods class consists of mostly cooking with some bookwork sprinkled in.

How do culinary students utilize the class? While some may choose to continue in the food industry after high school, many use the certification it provides while still in high school. Some students during their time in culinary have realized they love it and want to continue their passion to become chefs.

Try one of the most popular recipes, Red Lobsters Cheddar Bay Biscuits, with your friends or family this holiday season and tag us in your photo!

Red Lobster Cheddar Bay Biscuit Recipe

Takes about 30 minutes and yields 5-6 biscuits

Ingredients you will need:

1 cup of all-purpose flour

1 ½ Tsp. Sugar

1 ½ Tsp. Baking powder

1 Tsp. Garlic powder

¼ Tsp. Kosher salt

1/8 Tsp. Cayenne pepper (optional)

½ cups buttermilk

¼ cups unsalted melted butter

¾ cups shredded sharp cheddar cheese

For the topping:

1 ½ Tbsp. Unsalted melted butter

½ Tbsp. Chopped fresh parsley leaves

¼ Tsp. Garlic powder

Instructions:

Preheat the oven to 450 °F, line a baking sheet with parchment paper

In a large bowl, combine flour, sugar, baking powder, garlic powder, salt and cayenne pepper

In another bowl, whisk together buttermilk and butter.

Pour mixture into dry ingredients and stir just until moist. Then gently fold in cheese

Using a ¼-cup measuring cup, scoop the batter onto the baking sheet

Place in oven for 10-12 minutes, or until golden brown

For the topping, whisk together butter, parsley, and garlic powder in a small bowl. Then brush the butter mixture on top of the biscuits

BY ABIGAIL HART, NHAT NGUYEN, MELISSA WEAVER, BRADY SWAIN, AND RYLEE HERRIN

Holidays Around the World

As we enter the holiday season, there are many holidays that diverse cultures around the world celebrate. They are all varied in tradition and religion, but they all have a common theme: celebration.

Hanukkah, a Jewish holiday, is an eight-day holiday celebrating the rededication of the Temple of Jerusalem in 2nd century BCE, with pork and shellfish being surprisingly forbidden on these special days. Hanukkah (Chanukah) is the Jewish eight-day, wintertime "festival of lights," celebrated with a nightly menorah lighting, special prayers, and fried foods. This year's Hanukkah is celebrated on December 7th through December 15th though it changes every year.

During Yule, which is celebrated in Norway and other parts of Europe, the Norse believed that Thor's chariot goat, the Yule Goat, brought gifts for good children or demanded gifts for Thor.

A Buddhist holiday, Bodhi Day, celebrates the enlightenment of Siddhartha Gautama, with the date changing year to year as it is based on the lunar calendar, you can find the celebrations in China, Japan, Vietnam, and other Asian countries.

Christmas is celebrated worldwide on December 25th. The most known religion to celebrate Christmas are Christians. They celebrate this holiday to honor the birth of Jesus of Nazareth. People most commonly celebrate it by decorating a Christmas tree, exchanging gifts, and waiting for Santa Clause to visit them.

A commonly known legend is Krampus, who is the evil counterpart of Santa Claus. His legend originated in Germany in the 12th Century. While Santa gives good kids presents, Krampus goes around and beats the bad kids with sticks.

The Dongzhi Festival is a holiday that is relatively unknown in America. The holiday originates in China and is celebrated every year. It varies from the 21st, 22nd, to the 23rd of December. Traditions depend on what part of China one lives in. For example, the northern part of China eats dumplings for Dongzhi, while in the southern part of China they eat tang yuan (glutinous rice balls). A new tradition in the making is for young people to wear the Hanfu, a Han-Dynasty style costume, because the festival originated during the Han Dynasty era.

Finally in India, Diwali, or the Festival of Lights, is a 5-day celebration honoring the triumph of good over evil. During Diwali, people wear their finest clothes, illuminate the interior and exterior of their homes with saaki (earthen lamp), diyas and rangoli, perform worship ceremonies of Lakshmi, the goddess of prosperity and wealth, light fireworks, and partake in family feasts.

Whether it be following tradition or just spending time together, most people around the world celebrate during this time of year.