

LESSON

6

APPLICATION OF CULINARY SKILLS - PREPARATION OF DRINKS

Student's worksheet

6.1 Introduction

As teenagers, you are very active and need to stay hydrated. Instead of soft drinks and energy drinks which are high in sugar and calories, it is best to opt for healthier drinks such as milk, fresh fruit juices and infusions which will support your rapid growth and development.

In this lesson, you will learn some basic culinary skills which will help you to prepare and serve healthy drinks during the practical classes.






Activity 6.1: Class discussion on drinks that are good for the health

Study the pictures below and tick (✓) the drinks that are good for the health.

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The culinary skills to use during drinks preparation:

Culinary skill	Description	Equipment	Ingredients
Squeeze 	Extract the juice with a squeezer using pressure.	 squeezer	Orange Lemon Bigarade orange
Zest 	Scrape off the skin of a citrus (orange or lemon) fruit with a zester to remove the zest	 zester	Lemon Orange
Infuse  	Immerse an ingredient (tea bag) in hot water until the flavour has been extracted.	 saucepan  measuring jug  tea pot and cups	Orange rind Lemon rind Tea leaves



Activity 6.2: Practical

Recipe: Orange and barley drink

No of servings: 2

Ingredients	Quantity
Barley _____	2 rounded tablespoons
Water _____	500 ml
Caster Sugar _____	50 g (to taste)
Orange _____	1

Decoration: 2 Orange slices



Orange and barley drink

Equipment needed for the practical class



1 small bowl



1 saucepan



1 tablespoon



1 electronic scale



1 chopping board



1 knife



1 plate



1 measuring cup



1 teaspoon



1 squeezer



1 water jug



2 serving glasses

Materials needed for the practical class



apron



hair net



dish towel



hand towel



disposable gloves
(optional)

Step-by-step instructions:

1



Wash the barley in a small bowl. Allow to soak for 30 minutes.

2



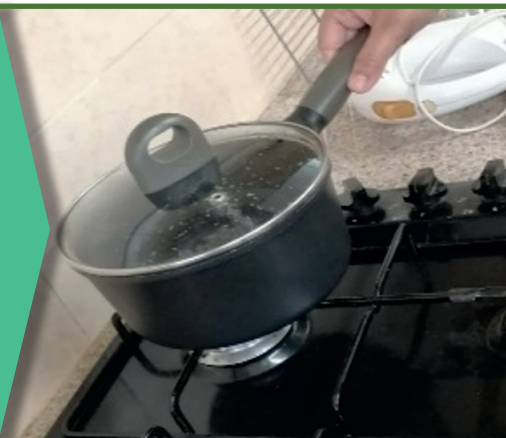
In a saucepan, add water together with the barley. Bring to the boil.

3



Lower the heat and simmer for 15 minutes until the barley becomes soft.

4



Remove from the heat.

5



Add sugar and stir well. Allow the barley water to cool.

6



Cut the orange in half. Cut 2 orange slices from one half of the orange.

7



Squeeze the juice from the remaining orange.

8

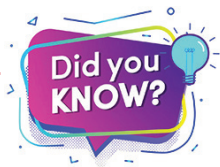


In a jug, add barley water and orange juice. Chill the drink in the refrigerator.

9



Pour into serving glasses decorated with orange slices and enjoy!



Barley seeds are commonly known as *l'orge*. They are oval off-white seeds. Barley seeds have much health benefits; some are listed below:

- They are high in dietary fibre, minerals and vitamins.
- They help in digestion.
- They aid in lowering blood cholesterol and blood glucose level.
- They also help in weight management.





Activity 6.3

Now that you have prepared your orange and barley drink, you can attempt the following questions:

1. Which fruit was used in the recipe?

.....

2. Name the kitchen equipment used for measuring water.

.....

3. State one importance of using barley seeds.

.....



Activity 6.4: Practical

Recipe for lemonade

Ingredients	Quantity
Water	500ml
Sugar	50 g (to taste)
Lemon	1
Ice cubes	4-5

Decoration: 1 lemon slice



Lemonade

Equipment needed for the practical class



1 chopping board



1 tablespoon



1 electronic scale



1 teaspoon



1 plate



1 knife



1 measuring cup



1 peeler



1 kettle



1 squeezer



1 water jug



2 serving glasses

Materials needed for the practical class



apron



hair net



dish towel



hand towel

Step-by-step instructions:

1



Put water to boil.

2



Peel the lemon rind thinly (avoid using the white part).

3



Put the peel, sugar and boiling water in a jug, cover and allow to infuse.

4



Halve the lemon. Keep a slice for decoration.

5



Squeeze the lemon to extract juice.

6



Strain into jug.

7



Decorate and serve with or without ice cubes. You can also use mint leaves and frosted sugar as decoration.



Activity 6.5

Now that you have prepared your lemonade, you can attempt the following questions:

a. Which kitchen equipment will you use to weigh sugar?

.....

b. Write down the kitchen equipment used to extract lemon juice.

.....

c. Name another decoration which can be used to serve the lemonade.

.....



Activity 6.6: Practical

Recipe for tea

Ingredients	Quantity
Tea bags	2
Hot water	
Sugar	1-2 Tbsp
Liquid milk	100 ml



Tea

Equipment needed for the practical class



1 tablespoon



1 teaspoon



1 kettle



teapot



tea cup with saucer



milk pot



sugar pot

Materials needed for the practical class



apron



hair net



dish towel



hand towel

Step-by-step instructions:

1



Put water to boil.

2



Place a teabag in each teacup.
Pour hot water over the tea bag in the teacup.

3



Allow the tea bag to infuse in boiling water for 2-3 minutes in a tea cup.

4



Remove the tea bag with the help of a teaspoon.

5



Add milk according to taste to the infused tea.

6



Add sugar according to your taste.

For a healthier option it is advisable to omit the sugar. The tea is then served without sugar.

7



Stir well with a teaspoon.

8



The tea is now ready!
Serve hot.

Variations

- For lemon tea, omit the milk. Instead, serve the tea with 2 slices of lemon.
- To enjoy the health benefits and taste of spices, small pieces of either cinnamon, cardamon or clove can be added to the tea when infusing.
- For ginger tea, add a small piece of crushed ginger to the infusion.



Activity 6.7

Now that you have prepared your tea, you can attempt the following questions:

a. Which kitchen appliance was used to boil water?

.....

b. How long should you allow the tea bag to be infused?

.....

c. Which tea is suitable for a person who cannot consume milk?

.....