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| Food Studies 9 Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_WVSS Block\_\_\_\_\_\_\_\_ Page #\_\_\_\_\_\_\_ |

SPAGHETTI AND MEATBALLS (Jamie Oliver’s Food Revolution)

(recipe for 4)

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| **Meatball Ingredients:**2 sprigs fresh rosemary8 saltine crackers7 ml Dijon mustard½ lb lead ground beef3 ml dry oregano1 large egg1 ml black pepper30 ml olive oilPasta Ingredients:8 oz uncooked spaghetti15 mL oil5 mL salt**Sauce Ingredients:**A small bunch fresh basil1 medium onion, chopped2 cloves garlic, mincedPinch chili flakes15 ml olive oil28 oz chopped tomatoes2 ml black pepper2 ml salt | **Method:**1. Pick the rosemary leaves off the woody stalks and finely chop them.
2. Crumble the crackers with your hands into a large mixing bowl.
3. Add the beef, mustard, rosemary and oregano
4. Crack in the egg into a small bowl and beat it well. Add ½ the egg to the meat mixture (share the other half with another group)
5. Divide the meat into 4 and then form 3 meatballs from each section. You should have 12 meatballs in the end.
6. Heat 30 ml oil in a frying pan over medium heat and cook the meatballs until they are cooked through (8-10 mins)

**Method:**1. Fill a **large** pot with water. Add oil to prevent the pasta from sticking and salt for taste. Cover. Bring to boil on high heat. Once the water is boiling, remove the lid and gently add the pasta. Stir the pasta often, but not constantly with a wooden spoon. DO NOT COVER during cooking. If the pasta starts to boil over, reduce the heat slightly.
2. Cook for 8 minutes. Using oven mitts, drain cooked pasta in COLANDER in the sink. Do not rinse the pasta.

**Method:**1. Heat a sauce pan to medium high heat
2. Saute the chopped onion for 7-8 minutes
3. Add the onion, sauté 1 minute longer
4. Add the chopped tomatoes, salt, pepper and chili flakes
5. Simmer sauce for 15 minutes
6. Remove sauce from heat
7. Stir in fresh basil
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LAB REVIEW for Spaghetti and Meatballs

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| **Cookery Principle:**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Product Standard:** Sauce:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Pasta:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Meatballs: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Nutrition:Meatballs: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Tomato sauce: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Pasta:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  |

## Questions:

1. Why is it important to cook the meatballs all the way through? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. What is the purpose of adding cracker crumbs & ½ an egg to the meatball mixture? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. What could you use as a protein source if you wanted to make vegetarian meatballs? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Why is it recommended to add salt and oil to the water used for cooking pasta? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. How would using whole-wheat pasta as opposed to “white” pasta impact the nutritional value of this meal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. What would you include as a side-dish to help make this a well rounded meal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Reflection after the lab:

1. What did you like most about the Spaghetti & Meatball recipe? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. What would change next time? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Is this a recipe you would make at home? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_