

Proposal and Action Plan

Secret ingredient: Zucchini

Team: Foods Teachers United (Ms. Wasylyk, Ms. Carse, Mrs. Lowe, Ms. Moore)

Zucchini Corn Fritters and Zucchini Cupcakes

Grocery Order:

Fruits and Vegetables

3 1/2 cups zucchini
1 1/2 cups fresh corn
one bunch fresh parsley

Dairy

1 1/4 cup milk
1 cup Cheddar cheese
3/4 cup butter

Meat and Eggs

5 eggs

Other

4 1/2 cups all-purpose flour
2 cups sugar
1 cup brown sugar
1-1/2 to 2 cups confectioners' sugar
2 tablespoon baking powder
1/2 teaspoon cumin
1 1/2 teaspoon salt
1 teaspoon fresh ground black pepper
2 teaspoons ground cinnamon
1 teaspoon baking soda
1/2 teaspoon ground cloves
1 teaspoon vanilla extract
1 teaspoon almond extract
1 cup canola oil
1/2 cup orange juice
1/2 cup Ranch dressing
4 caramels

Proposal

In both of these recipes, zucchini is featured as a main ingredient. The recipes aren't too difficult, however, they will use many of the different techniques learned over the course of the semester and will challenge us to use good time management skills. The fritters will use zucchini in an original way - many groups will probably chop or slice zucchini and use it in a traditional sauce or casserole. Using zucchini with chocolate is quite common, so using a caramel icing with the cupcake and many spices in the batter will make our dessert different from the rest of the teams. The methods are not new - the only challenge may be making the icing by making a caramel. We have not used this technique in class. It is also important to note that we chose recipes that use different equipment and appliances. It wouldn't be wise to choose two recipes that require the use of the oven. The recipes might have needed two different temperatures or might not have fit easily into the oven. The timing of the recipes will work well. We will focus on the cupcakes first as they need to get into the oven quickly. The icing also needs to cool slightly so we will make that first. The fritters do not require much time to cook so we will make them close to the time of the judging so they will not be cold. Both recipes are very economical and vegetarian. The most expensive

item will likely be the Cheddar cheese. There is no special equipment required, all equipment is already available in the kitchen. Both recipes can be divided easily. Each judge will receive one fritter and one cupcake. The fritters will be plated with the ranch dressing, parsley and kernels of corn. The cupcakes will be plated simply in the middle of the plate with a caramel topping the cupcake.

ACTION PLAN

MENU/RECIPE: Zucchini fritters and zucchini cupcakes

EQUIPMENT NEEDED: Muffin tray, cooling rack, 3 large mixing bowls, flipper, whisk, small mixing bowl, skillet, grater, measuring spoons, measuring cups, liquid measuring cup, 3 wooden spoons, one small microwavable bowl, electric hand mixer, paper muffin tray cups

NAME	FOOD PREPARATION	ORGANIZATION & CLEAN-UP
Ms. Wasylyk	Prepare caramel icing for cupcakes Ice cupcakes Plate cupcakes (sprinkle with icing sugar)	"Time manager" - Make sure group is watching clock, working according to schedule Wash dishes and put in dish dryer while icing cools at room temperature
Ms. Carse	Gather ingredients Mix and bake cupcakes	Gather plates for presentation while cupcakes bake Dry dishes
Mrs. Lowe	Cut corn from cob Shred cheddar cheese Melt 1/4 cup butter (fritters) Plate fritters with dressing and parsley	Put away dishes Wipe down counters
Ms. Moore	Wash and grate zucchini Mix batter for fritters Cook fritters on stovetop	Wipe down stovetop after cooking fritters Serve judges and bring "clean copies" of recipes Be available to judges for questions

Savoury Recipe: Zucchini corn fritters

Ingredients

2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon cumin
1/2 cup sugar
1/2 teaspoon salt
fresh ground black pepper
2 eggs, beaten
1 cup milk
1/4 cup butter, melted
2 cups grated zucchini
1 1/2 cups fresh corn, kernels cut from cob
1 cup finely shredded Cheddar cheese
Oil for frying
Ranch dressing for dipping
Parsley for garnish

Directions

1. In a large bowl, stir together flour, baking powder, cumin, sugar, salt, and pepper.
2. In a small bowl, whisk together eggs, milk, and butter. Whisk wet ingredients into dry ingredients. Stir in zucchini, corn, and cheese; mix well.
3. Warm oil in a skillet over medium-high heat. Drop batter by the tablespoonful into hot oil. Fry until crisp and brown, turning once with tongs. Remove to paper towels

Reference:

Flowerdanni (2012). Zucchini corn fritters. *Allrecipes.com*. Retrieved January 14, 2012 from <http://allrecipes.com/recipe/zucchini-corn-fritters/detail.aspx>.

Sweet Recipe: Zucchini Cupcakes

Ingredients

3 eggs
1-1/3 cups sugar
1/2 cup canola oil
1/2 cup orange juice
1 teaspoon almond extract
2-1/2 cups all-purpose flour
2 teaspoons ground cinnamon
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
1/2 teaspoon ground cloves
1-1/2 cups shredded zucchini

CARAMEL FROSTING:

1 cup packed brown sugar
1/2 cup butter, cubed
1/4 cup 2% milk
1 teaspoon vanilla extract
1-1/2 to 2 cups confectioners' sugar

Directions

1. In a large bowl, beat the eggs, sugar, oil, orange juice and extract. Combine dry ingredients; gradually add to egg mixture and mix well. Stir in zucchini.
2. Fill paper-lined muffin cups two-thirds full. Bake at 350° for 20-25 minutes or until toothpick inserted near the center comes out clean. Cool for 10 minutes before removing to a wire rack.
3. For frosting, combine the brown sugar, butter and milk in a saucepan. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in vanilla. Cool to lukewarm.
4. Gradually beat in confectioners' sugar until frosting reaches spreading consistency. Frost cupcakes.

Yield: 1 1/2 to 2 dozen.

Reference:

Zucchini Cupcakes (1997). *Taste of home*. Retrieved January 14, 2012 from <http://www.tasteofhome.com/Recipes/Zucchini-Cupcakes>.