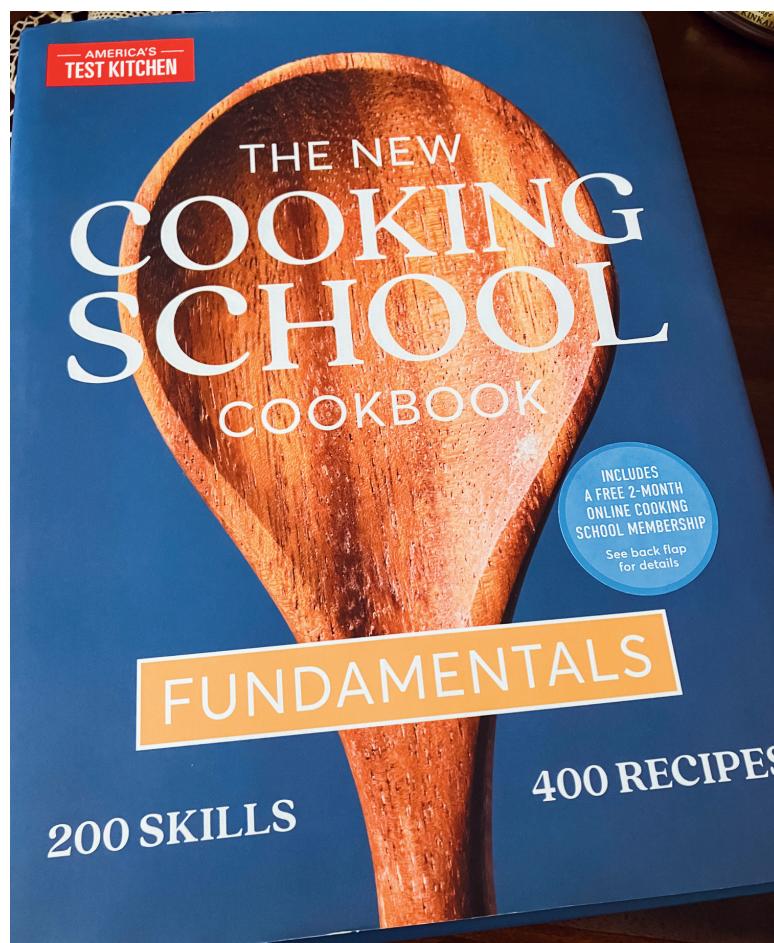


# Culinary Arts High School Elective

Text: The New Cooking School



A notebook companion by Lara Molettiere

Course details may be found at [EverydayGracesHomeschool.com](http://EverydayGracesHomeschool.com)



Thanks so much!

We are so glad you found us and that we can help you in your home education journey! To find more home and homeschool resources, encouragement, and support please visit Everyday Graces at the links below.

[EVERYDAY GRACES BLOG](#)

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[CULTIVATING GRACE PODCAST](#)

[EVERYDAY GRACES FREE CHARLOTTE MASON MOTHERS PLANNER](#)





# Cheese

TYPE/USE

NOTES ON STORING, PREPARING, AND REDUCING WASTE:



















# Vegetable and Fruit Prep

NOTES:

CHOOSE TWO VEGETABLES AND TWO FRUITS TO PREPARE THIS WEEK:





# Salads Part 1

NOTES:

SELECT AND PROPERLY STORE THE VEGETABLES FOR YOUR RECIPES

SALAD RECIPE 1:

SALAD RECIPE 2:

VINAIGRETTE:

SALAD TOPPER:

CREAMY DRESSING













# Meat

## MEAT COOKING METHODS:

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## RUB, SAUCE, AND COMPOUND BUTTER RECIPES:

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SHOP FOR AND SELECT INGREDIENTS FOR YOUR RECIPES

STEAKHOUSE RECIPE

BRAISED RECIPE

STEW RECIPE

GRILL RECIPE



# Seafood

## BASICS NOTES:

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## TYPES OF FISH:

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SHOP FOR AND SELECT INGREDIENTS FOR YOUR RECIPES

COD RECIPE

SALMON RECIPE

SHRIMP RECIPE

FISH FRY RECIPE















Menu

Appetizers

Mains

Sides

Desserts

Drinks

# Grocery List

Produce

Bakery



Pantry

Dairy



Frozen

Miscellaneous



# Cooking Schedule

## To Do List



## To Do List



**Time**

**Task**

6 AM

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7 AM

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8 AM

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9 AM

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10 AM

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11 AM

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12 PM

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1 PM

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2 PM

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3 PM

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4 PM

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5 PM

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6 PM

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7 PM

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## Important Things To Remember

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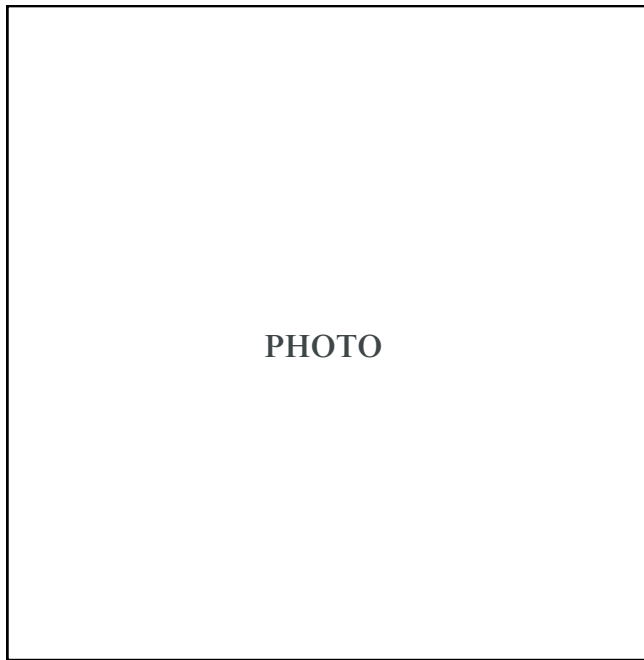
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# Recipe Card

NAME OF DISH :		
SERVES :	PREP TIME :	COOK TIME :



## INGREDIENTS

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## DIRECTIONS

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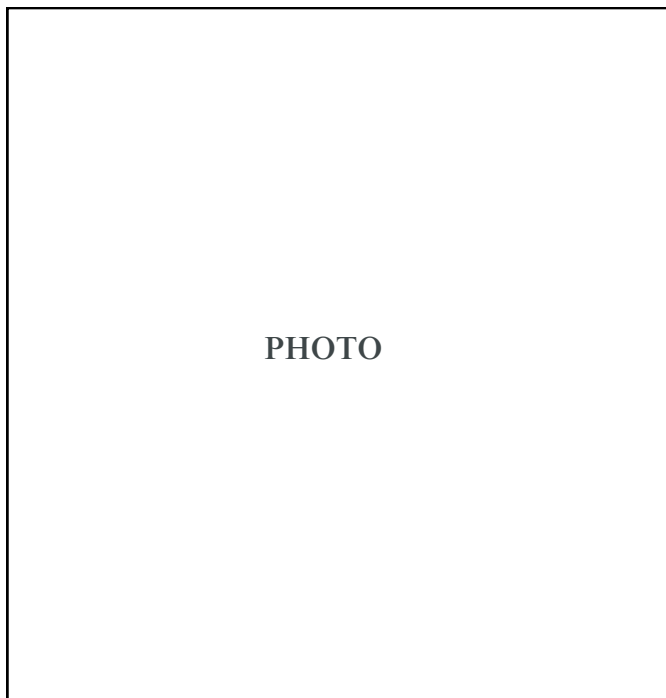
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NOTE
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# Recipe Review Card

NAME OF DISH :		
MADE:	MAKE AGAIN?	ANY CHANGES?



## INGREDIENTS

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## NOTES:

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INGREDIENTS OR METHODS TO ADD OR CHANGE?
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