Explorer Post #1850

At Palmers Direct to You Market

Winter/Spring 2020  Leaders: Ryan & Emily

January

• Kitchen Basics
  - Kitchen safety, knife safety and safe food handling
  - Different methods of cooking
  - Theory and Psychology of working in the food service industry
  - Menu Development and Financial/Budget Understanding
  - Hospitality, Tourism, and Culinary industries

• All about CAB
  - What is CAB?
  - Learning the parts of the cow and how to cook different cuts
  - Temple Grandin: Who is she and how has she impacted the meat industry
  - Selecting lean cuts of beef, cost per serving, and preparation methods
  - Butchering and how to process a cut of beef

February

• Fin Fish and Shellfish
  - What’s the difference, species, varieties, taste and texture
  - How fish from the Ocean are harvested and brought to you
  - Cleaning and Filleting a whole fish
  - Sushi

• Grilling Pan Searing and Frying
  - Who wants a fish fry?
  - Cooking and tasting fish
  - Sautéing, Broiling, and Grilling
March

- Yield and waste, Stock and soups
  - Understanding how to run a restaurant
  - How to make the most of food and save $
  - "Hoof-to-Snout" mentality
  - Sustainability
  - The importance of Seasoning
  - Chicken Soup Competition

- Chairman’s Reserve Pork and Chicken
  - Quality pork products
  - The different cuts of pork and processes of preparation
  - 101 ways to use a chicken
  - How to break down a whole chicken

April

- Palmers Business
  - Learn about one of the oldest businesses in Rochester and why we are still so successful today.
  - Possible Field Trip to warehouse TBD
  - Discussing the food distribution industry
  - Logistical and systematic demand required by distributors

- Baking
  - Baking and Pastry cooking
  - The importance of bread/ how it has shaped cultures throughout history
  - How to bake bread and the processes of preparation
  - Cupcake Wars