

McKellar Pioneer School
Basic Kitchen Techniques
Saturdays, 9:30 am- 2:30 pm
November 14, 21, 28, 2009
Instructor; Maureen Bell

Class Outline

Week One

Quick Bread - Banana
Vegetable Soup- Cauliflower
Canned Relish -Zucchini
Cheese Sauce
Dill Pickled Green Beans

Week Two

Soup - Ham and Spit Pea
Jam- Blueberry
Biscuits
Jelly - Grape
Spread - Ham

Week Three

Pizza - Dough and Sauce
Ketchup
Mayonnaise
Salad Dressing- Thousand Island, Ranch

Techniques taught can be used for a variety of fruit, vegetables, meats, breads, etc.

Light lunch will be served to sample foods prepared.

Learn from an experienced cook who takes pride in getting the most out of the food dollar, while preparing sound healthy meals.

Ample discussion and question period, recipes provided.