



FOOD: YOU ARE WHAT YOU EAT
SYNTHESIS UNIT
JANUARY 30 - FEBRUARY 1, 2012

This is a small sample of the work completed by Anacapa School students for the 2011-2012 Synthesis Unit on food.

It has been a long but enjoyable process piecing together this student cookbook. Each meal features Californian ingredients that highlight our state's year-round fresh produce. To begin our project, each individual of our team chose a season that he or she would like to represent. We used past issues of the local magazine *Edible Santa Barbara* to identify the seasonal crops. Fortunately, California is prolific all year round in its produce, and finding fresh foods in winter is not too strenuous. The students prowled weekly farmer's markets to find the key ingredients to their favorite dishes. There, they quizzed farmers on their pricing, the miles between farm and market stand, and whether or not the food is farmed organically. We compiled our data into one shopping list, finding that most ingredients could be found at the farmers' markets, if not in our own backyards. The requirements of our team's designated dietary restriction, vegetarianism, were easily and spontaneously met in several of our recipes. Finally, each student found recipes that feature local and seasonal ingredients, and designed a nutritious meal (sourcing nutritional information from online sources like *mypyramid.gov*).

Team Members: Hannah Erickson, Emily Johnson, Ila Rutten, Julio Bernal, Hazel Brady, Aiyana Cazabat, Dela Hatfield, Charley Knowles, Lara Kostruba, Kiara Trujillo, Elijah Whitney.

Mint Pesto Pasta

Ingredients:

8 ounce package uncooked linguini pasta
3 tomatoes, seeded and chopped
10 fresh basil leaves
5 fresh mint leaves
1 clove garlic, chopped
1/4 cup pine nuts
1 1/2 tablespoons Parmesan cheese
1 tablespoons ricotta cheese
3/4 tablespoons olive oil
salt and pepper to taste
spinach
asparagus



Preparation:

Bring a large pot of lightly salted water to a boil. Place linguini in the pot, and cook for 8 to 10 minutes, until al dente. Drain, reserving 1 1/2 tablespoons water.

In a blender or food processor, blend the reserved water, tomatoes, basil, mint, garlic, pine nuts, Parmesan cheese, ricotta cheese, olive oil, salt, and pepper until smooth. Toss with the cooked pasta to serve.

*All figures for one (1) person except where otherwise stated.

Calories	403
Protein	10.9g
Fats	Saturated: 1.7g Unsaturated: 7.2g Trans-fats: 0g
Carbohydrates	Natural: 27.48 Refined: 18.32
Fiber	4.1g
Cholesterol	3mg
Sodium	89mg

Veggie Tacos, Salad, Berry bowl

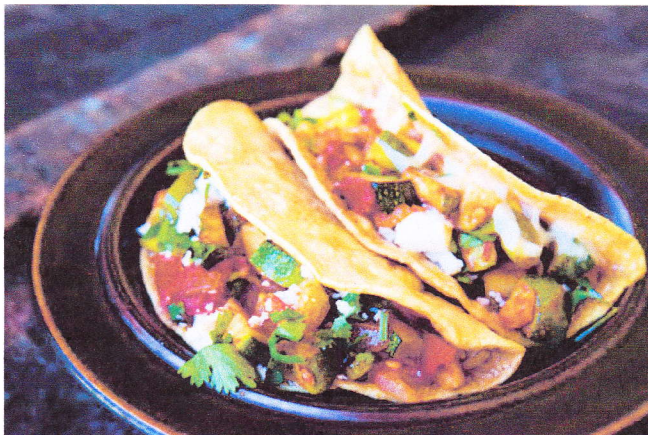
Tacos

Ingredients:

8 Corn Tortillas
6 Zucchini
2 Onions
6 Pasilla Peppers
1 Tablespoons of Olive Oil

Preparation:

Chop up the onion and zucchini.. Cut peppers into strips remove seeds. Toss all of above in olive oil. Place on a baking dish and bake at 400 for 20+ minutes. Heat tortillas on a hot skillet. Evenly divide the ingredients into the tortillas if there are leftover ingredients that is fine. Fold tortilla up like a taco and eat!



Salad

Ingredients:

One head of Red Leaf Lettuce
One Carrot
One Red Bell Pepper
One Cucumber
For Dressing
1/4 med. onion, chopped in blender
2 Tablespoons honey
1 tsp. salt
1 tsp. pepper
1 tsp. prepared mustard
1/8 c. Red vinegar
1 cup Olive oil

Preparation:

Break head of lettuce into bite size pieces then wash. Wash the cucumber, bell pepper, and carrot. Skin the cucumber and carrot. Chop them all up. Put the cucumber bell pepper, and carrot in a bowl with the lettuce. To make the dressing mix all dressing ingredients well in a blender and store in refrigerator. Pour dressing on lettuce and other ingredients and mix them all together. Enjoy!

Berry Bowl

Ingredients:

2 cups of Strawberries
2 cups of Blueberries

Preparation:

Evenly divide the strawberries and blueberries between four bowls. Mix them all together. Enjoy!

*All figures for one (1) person except where otherwise stated.

Calories	1056
Protein	29.4425g
Fats	Saturated: 2.37 Unsaturated: 24.02 Trans-fat: 0g
Carbohydrates	108.62g
Fiber	20.79g
Cholesterol	214mg
Sodium	311mg

Grace Strellich

Warm Salad with Chicken Paillards and Goat Cheese

Crepes Antonin Careme

Minted Fruit Salad

It's a lunch on _____

Ingredients:

Warm Salad with Chicken Paillards and Goat Cheese:

6 cups arugula

4 olives

4 dates

1 orange

½ pound boneless chicken

1/6 cup breadcrumbs

2 tsps. extra-virgin olive oil

1/8 cup orange juice

1 tbl water

1 tbl cider vinegar

1 tbl Dijon mustard

salt

11/2 ounces goat cheese

Crepes Antonin Careme:

1cup flour

1 egg

2 cup smilk

1 cup butter

1 cup chopped celery

1 carrot

1 onion

11/2 pound chicken

¼ cup dry white wine

1 cup chicken stock

2 tbl grated parmesan cheese

Fruit Salad:

5 cups assorted fresh fruit

1 juiced lime

1 tbl orange licqueur

1 tbl chopped mint

Directions:

Warm Salad with Chicken Paillards and Goat Cheese:

Place arugula, olives, dates and orange chunks in a large salad bowl.

Lay each chicken breast between 2 large pieces of plastic wrap. Gently pound with the smooth side of a meat mallet or a heavy saucepan until 1/4 inch thick. Place breadcrumbs on a large plate and dredge the chicken in them.

Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add 2 chicken

breasts and cook until golden and just cooked through, about 2 minutes per side. Transfer to a platter, cover and keep warm. Reduce heat to medium, add the remaining 2 teaspoons oil to the pan and repeat with the remaining chicken. Transfer to the platter and cover. Add orange juice concentrate, water and vinegar to the pan. Stir in mustard and let the dressing boil for 30 seconds. Season with salt and pepper. Add half the warm dressing to the salad; gently toss to mix.

To serve, cut chicken into thin slices. Top salad with chicken, goat cheese and the remaining dressing.

Crepes Antonin Careme:

Make crepe batter by placing flour into a bowl. Make a well in the center and add egg, yolk and salt. Combine slowly with milk to form a smooth batter. Allow to stand 4 hours. Melt 1 tablespoon of butter in a crepe pan. Place a small ladleful of batter into the pan and roll it around until it covers the pan base. Cook until waxy bubbles appear on the surface then turn the crepe over with a palette knife. Finish cooking and remove to a plate. Continue until 4 crepes are made. Poach celery for 5 minutes in boiling salted water. Place clarified butter into a casserole dish on top of the stove. Add the carrot and onion and fry until golden. Add the chicken, cover and allow to steam 10 minutes. Add cold water to cover, bring to a boil, and simmer for 1 1/4 hours. Remove chicken and cut into small pieces and reduce chicken stock to 2 1/2 cups. Strain. To make the sauce, melt the butter in a pan and add the flour. Stir to form a roux and whisk in the milk to form a thick sauce. Season with salt, pepper and nutmeg. Add the wine and simmer 10 minutes. Add the chicken stock and simmer 5 minutes longer. Add poached celery to the chicken flesh and then combine with 2 cups of the sauce. Add 3 tablespoons of cheese to remaining sauce. Lay crepes onto an ovenproof dish. Place a heaping tablespoon of the celery and chicken mixture in the center of each crepe. Fold and turn over. Coat with cheese sauce. Sprinkle with the remaining cheese and place under the broiler to brown (about 5 minutes). Serve sprinkled with cayenne pepper and garnished with finely chopped parsley.

Fruit Salad: Place cut fruit in a large bowl. Mix lime juice and liqueur together and pour over fruit. Sprinkle with mint and toss well. Serve immediately or refrigerate up to 1 day.

Nutritional Facts:

Warm Salad with Chicken Paillards and Goat Cheese:

Calories: 134 Total fat: 6g Protein: 11g

Crepes Antonin Careme:

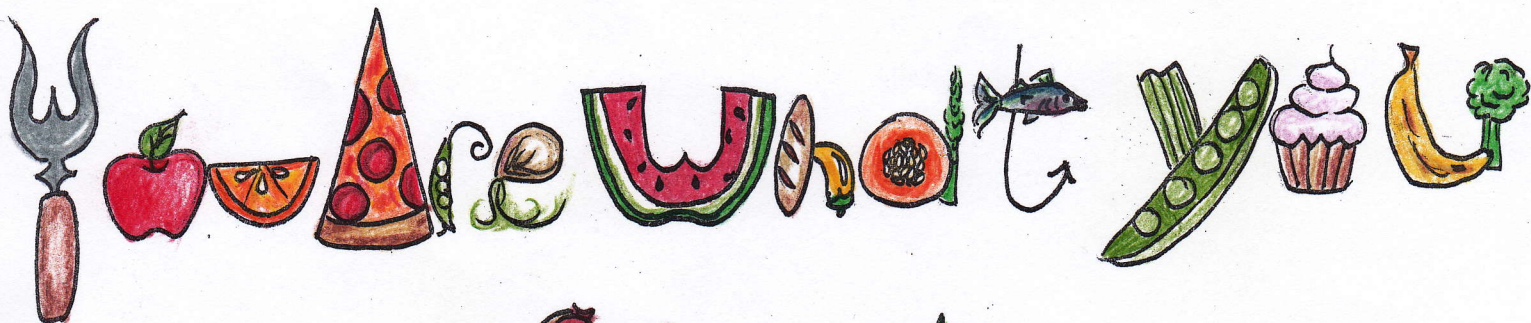
Calories: 175 Total Fat: 8g Protein: 7g

Minted Fruit Salad:

Calories: 90 Total Fat: 5g Protein: 1g

There were many challenges that we had to solve in building our recipe book: purchasing ingredients in California, creating an all-organic meal, designing a gluten-free meal, and completing recipes that included the prep time and the full nutritional facts. One of the hardest parts for our group was finding our food locally, because many of the ingredients we needed were not in season here. We had little trouble staying within the our nutritional requirements, however some recipes called for a lot of eggs, which we found took up a majority of the cholesterol allowance. To balance it out, we used more egg whites than full eggs. We were very successful in creating our dietary restricted meal. It can be difficult to consider all these factors, and may be a lot of work, but we learned that it is all worth it in order to take care of our health. Not only did we learn how to take care of our own nutrition, but how to create a meal plan for a family of four. In this unit, and through our own research, we gained the knowledge to set our lives on a healthy path, which is a skill we can use forever and share with our friends and families.

Team Members: Sophie Crane, Gazal Homayouni, Corrina Roberts, Emilia Artusio, Auguste Bourely Hinrichs, Chris Eckert, Odalys Gonzalez, Lottie Johnston, Isaac Macario, Clayton Parker, Ali Powell.



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