

Lesson: **Title: Make it with Mince!**

Aims of Lesson :

- how to purchase appropriate quantity of food that matches personal demands and reduces plate waste
- how to store, prepare and cook meat and other recipe ingredients post-purchase
- how to safely defrost frozen food
- how to accurately calculate food amounts based on portion size and appetite demands of household members to reduce food wastage and plate waste
- how to adjust ingredients to suit the dietary requirements of consumers
- how to store food in easily de-frostable appropriate serving sizes
- how to use multiple recipe ideas for one or several ingredients (minced meat)
- understand dietary and culinary terms (complementary protein, farinaceous foods)
- how to adjust serving sizes and purchase precise amounts of food that meet the appetite and budgetary requirements of household members
- how to economise by buying and cooking in bulk when food produce is cheaper and storing for later use
- how to use flavouring ingredients and seasonings to enhance food components and create flavoursome meals
- how to use flavouring ingredients to present food attractively for service
- how to use cooking appliances and equipment appropriately and safely
- how to manage the physical environment of a kitchen – keep it clean, hygienic and safe

Reference: Compton, L (2010) The Food Book Oxford University Press

Information

Minced beef is one of the most versatile and economical meat cuts that can be used as a standard main ingredient for a range of meat-based recipes including a tomato-based pasta sauce (Spaghetti Bolognese, Lasagne pp.244-245) as a filling for vegetables (capsicums, aubergines, zucchinis, silverbeet, vine leaves and spinach (for *dolmades*) and for *farinaceous*¹-based products (tortillas, wraps, tacos, pancakes, cannelloni, spring rolls, pies, pasties). Minced beef is extensively used as a base for many international recipes which also include vegetables as ingredients - Shepherd’s Pie p. 284 (English/Australian), Chow Mein (Chinese), Moussaka p. 285 (Greek) and Chill con Carne (Mexican).

For vegetarians many of the recipes can be modified by using beans as a vegetable-protein alternative (or complementary protein²).

1. *Farinaceous* is derived from the Italian word for flour ‘farina’ and refers generally to carbohydrate-based products.
2. A complementary protein is one that can be substituted for meat; however, it usually needs to be combined with other vegetable proteins to make up the full complement of ten essential amino acids. Beans and rice are typically used as a combination.

Knowledge

1. Many minced beef-based recipes are suitable to serve at large quantity catering events such as parties. The standard recipe under ‘**Skills**’ is for four people. *Choose* a minced beef-based recipe (see ideas under ‘**Information**’) and *complete* Table 1 below showing the ingredient quantities for 4 people and then the ingredient quantity adjustments for 20 people.

My selected dish is _____

Table 1 Ingredient quantities for _____ (selected dish)

Ingredients	Quantities for 4 people specify measures(cups, mls, gm)	Quantities for 20 people specify measures(cups, mls, gm)

- Many butchers and other meat retailers often sell minced beef at a cheaper price in large quantities.

You would like to know how best to safely store, freeze and thaw your minced beef.

Use the following web site Betterhealth to help you complete the Table 2.

Table 2 How to safely store, freeze and thaw (or defrost) meat

Transport home	Storage (in refrigerator)	Freezing	Thawing (or de-frosting)
After purchasing, place meat in an ice-chill bag and transport home as soon as possible.			

Skills

Standard Recipe (Serves 4)

Classic Bolognese Sauce ³.

(Variation – try recipe on p. 244 Spaghetti Bolognese in [The Food Book](#))

Ingredients

1 onion (125g), *chopped* (see Essential Skill 1 Cutting an Onion under ‘Resources’)
 1 clove garlic, *crushed*
 1 tablespoon (Tb) oil
 250g minced beef
 ½ cup fresh herbs (eg. basil, oregano, thyme, parsley)* or 1 teaspoon (tsp) dried herb
 1 can (400g) tomatoes, *crushed or pureed*
 1 tablespoon (Tb) tomato paste
 Black pepper, *freshly ground* (season to taste)

Method

- Add onion and garlic to the oil in a medium-sized saucepan.
- Sauté (fry)* onion mixture for a few minutes over a low-medium heat.
- Add meat, *fry* until brown.
- Add herbs, tomatoes, tomato paste and pepper.
- Simmer* meat over a low heat for at least 30 minutes.

Variations – the following can be added to the sauce - *grated* carrot, *sliced* champignons, *diced* capsicum, aubergine, zucchini. These vegetables replace meat for a vegetarian alternative.

Suggested Serving

Spaghetti Bolognese

- Add 400 g spaghetti (or penne or farfelle) to 3 litres of **rapidly boiling** water (*watch* for steam and bubbles) with 1 tsp salt in a large-sized saucepan.
- Cook* until *al dente* (to ‘the bite’) for 12-15 minutes.
- Drain* well in a colander or large sieve.
- Serve* pasta with fresh shavings of parmesan cheese and *garnish* each serve with basil or other available fresh herb used in your classic Bolognese Sauce.

Other Ideas for your Classic Bolognese Sauce

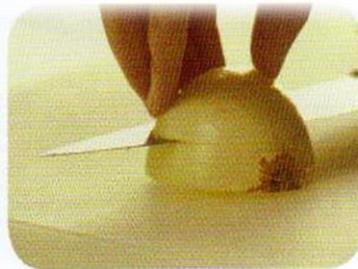
- Lasagne** – *layer* one quantity White Sauce (see Essential Skill 2 under ‘Resources’) *sprinkled* with grated mozzarella and parmesan cheese with pre-baked lasagna

- sheets and bolognese sauce. *Repeat* layers ending with a final layer of white sauce and cheese. Variation: see p. 245 of [The Food Book](#)
2. **Chili con Carne**- add 1 can (440g) Mexican or red kidney beans (*rinsed and drained*) to Bolognese sauce. *Substitute* for ½ cup fresh herbs: 1 Tb oregano (fresh) OR 1 tsp dried oregano, 1/8 tsp chilli powder OR 1 tsp sambal, ¼ tsp cumin. *Serve* hot with basmati rice (low GI) or as filling in wraps (add shredded iceberg lettuce), tortillas or tacos.
 3. **Shepherd's Pie** – *Omit chopped or pureed* tomatoes and *replace* with equivalent quantity of meat stock. *Substitute chopped* onion for *grated* onion, fresh herbs for ¼ tsp mixed herbs, minced beef for minced lamb (optional). *Grease* a 2 litre sized ovenproof dish and *spoon* sauce mixture into prepared dish. *Spread* mashed potatoes (3 cooked potatoes, *mashed* with a little butter and hot milk) on top of meat sauce mixture. *Decorate* potato with lines drawn with fork. *Sprinkle* with grated cheddar cheese (optional). *Place* dish on 4-sided oven tray. *Bake* at 180 degrees for 20 minutes until brown. *Serve, garnished* with chopped parsley. Variation: see p. 284 of [The Food Book](#)
 4. **Classic Meat Pie** – Use Shepherd's Pie recipe modification above. *Add* meat mixture to greased pie dish (1 20cm or 4-6 1 cup sized ramekins). *Top* with puff pastry, *glaze* with a little milk or beaten egg and *bake* at 200 degree pre-heated oven. Variation: see p. 282 of [The Food Book](#)



Resources

Essential Skill 1 – Chopping an Onion



Cutting an onion

There are many ways to cut up an onion. The recipe should indicate whether the onion is chopped, sliced or minced. First, peel the onion and cut it in half lengthways. Place each half on the chopping board, cut side down, and then cut it according to the recipe's instructions—the more cuts, the smaller the pieces.

Start Cooking (Macmillan 2008) p. 32

Essential Skill 2 – Making a White Sauce (or use the recipe for White Sauce on p. 429 of The Food Book)

Use this sauce for Lasagne. Add cheese to make a Cheese Sauce (Mornay Sauce) as a topping for Cauliflower Cheese or as a mixture for Tuna or Salmon Mornay.

White sauce

1 tablespoon (20 grams) butter
1 ½ tablespoons (15 grams) plain flour
1 cup (250 mL) milk
salt and pepper, to taste



- 1 Melt the butter in a saucepan over gentle heat so it does not burn.
- 2 Remove the saucepan from the heat and add the flour. Stir with a wooden spoon to make sure the flour is completely combined. This is your roux!
- 3 Place the saucepan back on the stovetop on low heat and cook for 30 seconds, stirring continuously; do not allow the paste to brown. Remove the saucepan from the heat. In this process of cooking the roux, the starch grains in the flour begin to swell dramatically. They will continue to swell as liquid is added, especially when heated. The food science term for this is 'gelatinisation'.
- 4 Add the milk *gradually*, stirring each addition with the wooden spoon until the mixture is smooth. Take your time! This is a very important step in the prevention of lumps. If at this stage you tip in too much milk and end up with a lumpy sauce, stop adding the milk and whisk vigorously with a metal whisk. When the mixture is smooth, you can continue to add the rest of the milk.
- 5 Return the saucepan to the heat and stir until the sauce boils. Reduce the heat and stir for another minute. You will feel the sauce thickening as you stir, as the starch continues to gelatinise. You will know how thick you want the sauce to be, depending on its purpose. It will also continue to thicken a little even after you remove it from the heat. The sauce is ready when it has reached the consistency you desire.

Variations of the basic white sauce include:

- **cheese sauce:** add 3 tablespoons of grated tasty cheese at the end of step 4.
- **traditional béchamel sauce:** halve the amount of milk used and substitute it for ½ cup (125 mL) of stock, or perhaps water you have used for cooking vegetables.

Start Cooking (Macmillan 2008) p. 48

Next Week: Design your own Evening Meal (use 250g minced beef or substitute lentils or beans for vegetarian alternative) ☺

Teacher Notes Essential Checklist Covered

Knowledge	Information	Skills	Resources
1.1.2 how to purchase appropriate quantity of food that matches personal demands and reduces plate waste	2.1.5 determine the storage life of food and know how to store food in easily defrostable appropriate serving sizes	3.1.3 adjust serving sizes and purchase precise amounts of food that meet the appetite and budgetary requirements of household members	4.1 .1 allow young people to cook food that they enjoyed eating
1.1.4 what to do with food post-purchase - how to store it, how to prepare it, how to cook it.	2.2.1 consider ideas that stimulate consumers to trial new produce, recipes and subsequently broaden their culinary repertoire.	3.1.5 economise by buying and cooking in bulk when food produce is cheaper and storing for later use	4.1.2 allow young people to practise tasks, make mistakes and learn through trial and error.
1.2.1 the basic traditional (frying, braising) methods of cookery and how they affect nutritional value, energy use, preparation and cooking time of foods and product outcome.	2.2.2 (use) international food recipe ideas to extend culinary repertoire	3.1.7 correctly store food produce to enhance the functional use of that food	4.1.3 teach skills through recipes and meals relevant to young people's world and not through 'food science' themes in deference to curriculum
1.3.1 how to confidently use a cook's knife safely, skilfully and proficiently	2.2.2 (use) multiple recipe ideas for one or several ingredients	3.2.5 permit individuals the trial and error process of creating recipe variations from standard recipes so that they learn to improvise and problem solve with the resources available to them	4.1.9 match new food experiences with enjoyable social experiences
1.5.1 how and where to store and the longevity of fresh food produce	2.3.3 descriptions to help individuals understand dietary (complementary protein) and culinary (farinaceous) terms.	3.3.1 appropriately prepare fresh food produce when constructing meals	4.1.10 provide opportunities for young people to start with recipes that ensure success to build confidence
1.5.2 how to safely defrost frozen food	2.3.1 instructions to help individuals deconstruct and accurately follow recipes and produce successful meals and food products.	3.2.5 permit individuals the trial and error process of creating recipe variations from standard recipes so that they learn to improvise and problem solve with the resources available to them	4.2.2 encourage and provide opportunities for young people to practise food skills at home (preparing food that the whole family enjoys)
1.5.4 how to clean equipment, appliances, cooking and eating utensils	2.3.2. descriptive and generic instructions once individuals understand a particular term	3.3.2 use tools and equipment safely and correctly when constructing meals	
1.6.1 plan a variety of appetising meals that meet the dietary and sensory requirements of household members (vegetarians).	2.3.3 descriptions to help individuals understand complex health terms (complementary protein)	3.3.3 use flavouring ingredients and seasonings to enhance food components and create flavoursome meals	
1.6.2 accurately calculate food amounts based on portion size and appetite demands of household members to reduce food wastage and plate waste.		3.3.5 use and adapt basic food processing 'universal' skills to extend culinary repertoire.	
		3.3.10 manage and perform cleaning tasks.	
		3.4.2 use cooking appliances and equipment appropriately and safely.	
		3.4.3 prepare themselves for food preparation tasks.	
		3.4.7 manage the physical environment of a kitchen – keep it clean, hygienic and safe for users.	
		3.4.5 store, freeze and defrost food to avoid cross-contamination.	

