



FCS teachers' favorite recipes



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What do you look for in an FCS recipe?

If you're like your fellow teachers, you probably have a few criteria:

- Covers a variety of topics and techniques
- Features low-priced, accessible ingredients
- Introduces students to new flavors and cultures
- Gets everyone excited to cook, bake, and eat

The recipes in this book check all of these boxes and they're classroom-tested by educators just like you.

We asked, "Why is this your go-to recipe?"

"It's the first lesson I teach and it incorporates different techniques and gets the students excited about baking."

Cranberry Orange Scones, p. 7

"This lesson also helps students learn about knife skills, seasonings, and marinades. This is one of the best recipes for covering so many different topics with the students."

Fajitas, p. 9

"It is very hands-on with the students and they have to follow the directions, so it teaches several skills—measuring, patience, kitchen procedures, etc."

Bread in a Bag, p. 19

Delicious recipes for any time of the day or year



Breakfast

Start off with a savory omelet or a sweet scone – it's the most important meal of the day!

p4-7



Lunch/Dinner

Dig into something heartier and give students new experiences, such as making their own pasta.

p8-11



Desserts

Sweet teeth rejoice! Will students' measuring skills measure up and result in sweet treats?

p12-15



Snacks

Don't forget snack time! Fresh baked goods will tide everyone over until the next lesson.

p16-19

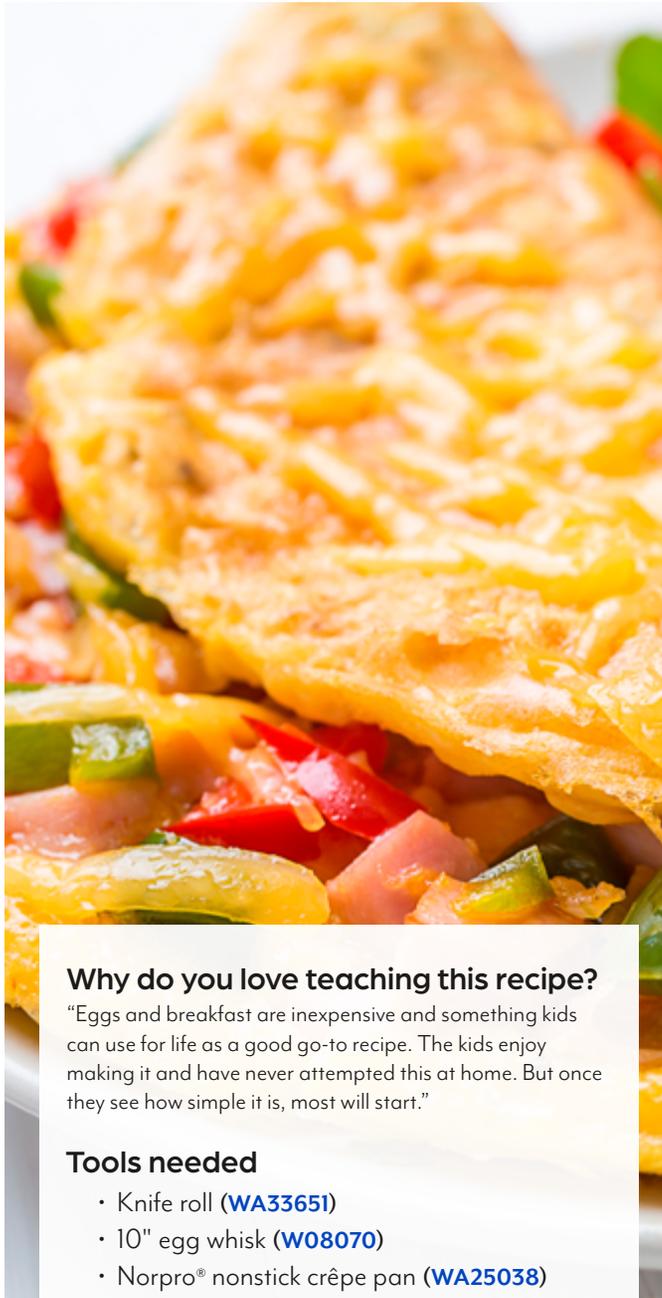


Resources

Looking for new kitchen tools or inspiring lesson plans? We can help you find everything you need.

p20-21

Breakfast



Omelets

Clarissa Riedel | Tuscaloosa County High School/School System, AL

Ingredients

- 2 eggs
- 2 tsp. water
- Salt and pepper
- 1 tsp. butter
- ½ cup filling of your choice (cheese, meats, diced or julienned veggies, etc.)

Directions

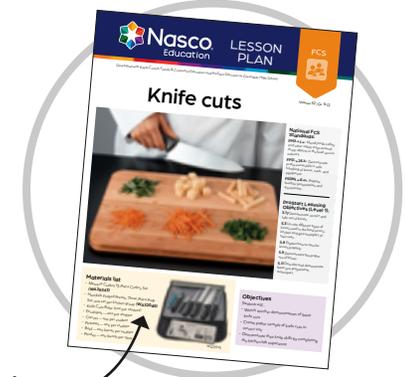
- Mix water, eggs, salt, and pepper until frothy (stage 1).
- Heat butter in small skillet on medium high.
- Pour in egg, pushing to center and swirling sides to form base. Flip.
- Add filling.
- Fold in half.
- Slide onto plate.

Why do you love teaching this recipe?

“Eggs and breakfast are inexpensive and something kids can use for life as a good go-to recipe. The kids enjoy making it and have never attempted this at home. But once they see how simple it is, most will start.”

Tools needed

- Knife roll ([WA33651](#))
- 10" egg whisk ([W08070](#))
- Norpro® nonstick crêpe pan ([WA25038](#))



Explore more with this lesson!

Visit nascoeducation.com/teacher-resources and search “U28076”

Breakfast

Why do you love teaching this recipe?

"Crêpes are fun to teach because most of my middle school students have never even had a crêpe. We make crêpes to cover small appliances, which we use two of during the recipe. They are always a huge hit in my classroom and the teachers enjoy them, too."

Tools needed

- Nasco Crêpe Stand Kit ([WA35583](#))

Ingredients

- ¼ cups Bisquick™
- 2 Tbsp. sugar
- 3 eggs
- 1½ cups milk
- ½ tsp. lemon juice
- 2 Tbsp. melted butter
- Your choice of fillings (ice cream, whipped cream, chocolate, fruit, sprinkles)

Directions (Day 1 – Preparing crêpes)

- Measure out Bisquick and add to blender.
- Measure out sugar and add to blender.
- Melt butter in the microwave in a custard cup for 40 seconds and then add to the blender. Use an oven mitt to remove from microwave.
- In a liquid measuring cup, measure the milk.
- Add lemon juice to the milk.
- Add eggs to the milk and whisk together. Add to the blender
- Blend on puree setting for about 1 minute, unplug and stir. Blend for 1 more minute.
- Pour crêpe mixture into storage container and refrigerate for day 2.

Directions (Day 2 – Everyone makes their own crêpe)

- Stir batter and heat the crêpe maker to the #4 heat setting.
- When the orange light turns green, spray crêpe maker with cooking spray.
- Pour ½ cup of the batter into the center of the crêpe maker. Quickly use the spreader to spread the batter as thinly as possible.
- Cook the crêpe for 1–2 minutes or until the underside is lightly golden. Flip the crêpe and cook on the second side for an additional minute.
- Turn crêpe onto a plate, light side up for filling.
- Fill crêpe with ice cream and top with whipped cream, chocolate, fruit, and sprinkles.

Crêpes

Rebecca Krueger | Windsor Middle School, MO



Breakfast

Rainbow Bagels

Mary See | Ball Chatham School District, IL

Why do you love teaching this recipe?

“So many things are taught through this recipe. Not only the properties of yeast dough, but also different shaping techniques, different steps to make a bagel vs. a loaf, and definitely perseverance and payoff! It takes a lot of kneading and time to mix the colors and get all the doughs ready, but they pay off of a beautiful bagel is always well worth it.”

Tools needed

- Dough cutter ([NE40253](#))
- Bread knife ([WA33577](#))
- Stainless steel stock pot ([WA33885](#))

Ingredients

- 2 cups warm water
- 1 Tbsp. sugar
- 2¼ tsp. rapid-rise yeast
- 6 cups all-purpose flour (you may need up to 1 cup extra)
- 2 tsp. salt
- 1 Tbsp. oil, plus more to grease the bowl
- Red, yellow, green, and blue food coloring

Directions (Day 1)

- Mix warm water and sugar in the bowl of your stand mixer or in a large bowl.
- Add yeast to the sugar water and let stand until it bubbles and foams (about 5 minutes).
- Then add flour, oil, and salt to the water.
- Mix on low with a dough hook for 5 minutes. If not using a stand mixer, use a wooden spoon to mix until thick.
- Remove dough from the bowl and knead by hand for another 5 minutes until you have a smooth dough. If dough is still sticky, sprinkle with flour and knead.
- Divide dough into 6 portions, one for each color.
- Dye each portion with food coloring, using yellow and red to make orange and blue and red to make purple. (If you have time on Day 1, try to do three colors.)
- Knead each piece for 10–15 minutes to get a uniform color. You will need to really roll it around in your hands.
- Keep dough you aren't using covered so it doesn't dry out.
- **Stop here.** Keep each of the 6 dough portions separate. Oil or spray a bowl with cooking spray and place dough portion(s) in bowl(s), using plastic wrap lightly sprayed with cooking spray to keep each the portions separate. Do not wrap the portions tightly. Cover bowl tightly with plastic wrap and label with kitchen and hour. Place in refrigerator.

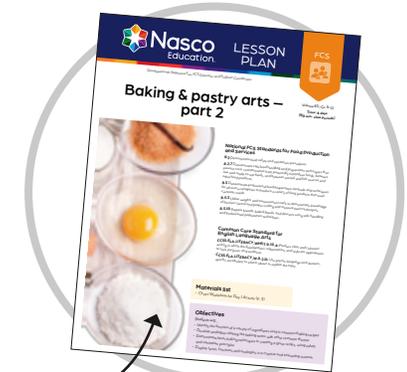
Directions (Day 2)

- Gently knead each portion for 1–2 minutes to warm up.
- Repeat the dyeing and kneading process from Day 1 for any remaining portions.
- Keep dough you aren't using covered so it doesn't dry out.
- When all portions are colored, roll out each ball into a small rectangle and stack in rainbow order, starting with red on the bottom and going from there.
- Lightly sprinkle each layer with water to help them stick together.
- Then shape one of two ways: Twist the stack together to make a rainbow log or twist the dough together like you are ringing out a washcloth.
- Divide the rainbow log into 8 colorful balls.
- Make a hole in the center of each ball all the way through and stretch to make the bagel hole. (You can swing bagels around your finger to make the hole bigger. It works best if you do this on the counter).

Directions (Day 3)

- Proof dough to room temperature and preheat oven to 450° F.
- Fill a large pot ½ to ¾ full with water and bring to a boil.
- Drop 2–3 bagels at a time into the boiling water.
- Boil for 30 seconds on each side. Use a spoon or spatula to remove them from water.
- Let bagels dry on a cooling rack for 1–2 minutes.
- Place bagels on a parchment-paper-lined cooking sheet and bake for 15 minutes.
- Let them cool a little before cutting with a bread knife.

- Serve with funfetti or savory cream cheese, and take pictures of your masterpiece.



Explore more
with this lesson!

Visit nascoeducation.com/teacher-resources and search “U28097”



Cranberry Orange Scones

Marygrace Milller | Miamisburg, OH

Ingredients

- 2½ cups all-purpose flour
- 2 Tbsp. sugar
- 1 Tbsp. baking powder
- ¼ tsp. salt
- ½ Tbsp. grated orange zest
- ½ cup (1 stick) cold butter, cut into chunks
- 2 large eggs, lightly beaten
- ½ cup heavy whipping cream
- 1 cup dried cranberries

Directions

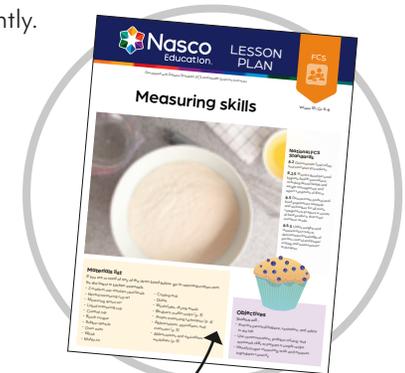
- Preheat oven to 400° F. Line a large baking sheet with parchment paper.
- In a large bowl, stir together flour, sugar, baking powder, salt, and grated orange zest.
- Add butter pieces and using a pastry cutter (or two knives), cut butter into mixture until you have coarse pea-sized crumbs.
- Toss in ¾ cup dried cranberries and stir gently to combine. Make a well in the center and set aside.
- In a medium bowl, whisk together eggs and heavy cream. Pour egg mixture into the flour mixture and use a spatula to stir just until moistened.
- Turn dough out onto a generously floured surface and pull it together into a round disk, about ¾" thick. Cut disk into 12 equal wedges and pull apart slightly.
- Bake 15–17 minutes until golden.

Why do you love teaching this recipe?

"It's the first lesson I teach and it incorporates different techniques and gets the students excited about baking."

Tools needed

- Pastry blender ([WA33453](#))
- 2-qt. batter bowl ([WA35341](#))
- Pan ([WA21514](#))



Explore more with this lesson!

Visit nascoeducation.com/teacher-resources and search "U27752"

Why do you love teaching this recipe?

"It gives me the opportunity to share the culture and traditions of one of my favorite places on earth. The ingredients are accessible and the process is easy to follow. Though the use of nuts limits those with allergies, it can be made with or without meat, opening it up to vegetarians and meat-eaters alike."

Tools needed

- Food processor ([WA33169](#))
- Garlic press ([WA32578](#))
- HIC Essentials® strainer, 5½" ([WA30071](#))

Ghanaian Groundnut Stew

Sarah Morbitzer | North Manchester Public Library, IN

Ingredients

- 1 jar peanut butter
- 2 garlic cloves, minced
- 1 large onion
- 2 tsp. ginger
- 2 fish fillets (preferably white)
- 1 can tomato puree
- Onga packet or Maggi cube
- Nutmeg, ground red pepper, and salt to taste
- Rice or Omo Tuo

Directions

- Slice onion and put into a pot so it covers the bottom. Lay the fish fillets over the onion.
- Mince garlic and sprinkle over the fish fillets, along with the ginger.
- Pour enough water into the pot to just cover the onion (be careful not to disturb the garlic and ginger). Cover and let steam on medium-high heat until the fish is done. Drain any remaining water and set pot aside.
- Meanwhile, pour a jar of peanut butter (in Ghana it's called groundnut paste) into a second pot along with 2 cups water. Cook over medium heat, stirring constantly. As the peanut butter/water mixture begins to thicken, the oil will float to the top. Skim off the oil and add another 1½ cups of water. Cook until thick, stirring constantly until the oil bubbles up again. Skim off. Add another 1 cup water and repeat.
- Mix a can of tomato puree with enough water to form a thin sauce. Pour into the peanut mixture and stir well. Add nutmeg and ground red pepper to taste. Cook a few minutes before adding the fish/onion/garlic/ginger mixture. Stir and add an Onga packet or Maggi cube. Salt to taste. If necessary, break the fish fillets apart into bite size chunks with the spoon.
- If you want groundnut soup, remove from the heat now. If you want groundnut stew, continue cooking until it thickens.
- Serve over rice or with Omo Tuo.





Fajitas

Janae Passalacqua | Pueblo School District 60, CO

Ingredients

- 4 Tbsp. canola oil, divided
- 2 Tbsp. of lemon juice
- 1½ tsp. seasoned salt
- 1½ tsp. dried oregano
- 1½ tsp. ground cumin
- 1 tsp. garlic powder
- ½ tsp. chili powder
- ½ tsp. paprika
- ½ tsp. crushed red pepper flakes
- 1 lb. beef, cut into strips
- 1 green pepper
- 1 red pepper
- ½ yellow onion
- 6 flour tortillas

Directions

- In a large resealable bag, combine 2 Tbsp. of canola oil, lemon juice, and all spices listed above.
- Cut beef into thin strips and add to bag. Place in the refrigerator. (Note: Use chef's knife and cutting board.)
- Julienne cut the green and red peppers and slice the onion into strips. (Note: Use second cutting board or wash and sanitize the previous one.)
- In a large skillet, sauté peppers and onion in 2 Tbsp. of oil.
- Set peppers and onion to the side in a bowl after they are cooked.
- Add meat mixture to the same skillet and cook to 145° F.
- Add peppers and onion mixture back to the skillet and heat.
- Serve in warm tortillas.

Why do you love teaching this recipe?

"I love to teach this because it makes for such a balanced meal. This lesson also helps students learn about knife skills, seasonings, and marinades. This is one of the best recipes for covering so many different topics with the students."

Tools needed

- Cuisinart® electric skillet ([WA25823](#))
- Tongs ([NE40228](#))
- Porcelain mortar & pestle ([SB17995](#))



Explore more with this lesson!

Visit nascoeducation.com/teacher-resources and search "U27943"



Why do you love teaching this recipe?

"I love to teach students how to make homemade pasta. Most of them have never made or tried pasta from scratch. It's amazing to see their reactions to the difference in taste. This is always a class favorite!"

Tools needed

- Cuisinart® pasta roller & cutter attachment for 5.5-qt. stand mixer ([WA34587](#))
- Rolling pin ([WA31559](#))
- Pasta drying rack ([WA28779](#))

Homemade Pasta

Jaclyn Hugus | Shaler Area High School, PA

Ingredients

- 4 large eggs (room temperature)
- 2 ½ cups flour (00 flour)
- 1 Tbsp. olive oil
- 1 tsp. fine sea salt

Directions

- Add all ingredients to the bowl of a food processor, fitted with the normal blade attachment. Pulse for about 10 seconds or until the mixture reaches a crumbly texture.
- Remove the dough and form it into a ball with your hands, then place the dough on a lightly-floured cutting board. Knead the dough for 1–2 minutes until it is smooth and elastic. Dough should be fairly dry. If the dough seems wet or sticky, add in some extra flour.
- Form the dough into a ball with your hands and wrap it tightly in plastic wrap. Let the dough rest at room temperature for 30 minutes. Use immediately or refrigerate for up to 1 day.
- Roll out the pasta dough into your desired shape, either by hand or using a pasta maker. Cook the pasta in a large pot of generously salted boiling water until it is al dente, usually between 1–5 minutes depending on the thickness of your pasta. Drain and use immediately.



Explore more with this lesson!

Visit nascoeducation.com/teacher-resources and search "U28086"

Why do you love teaching this recipe?

"Students come up with the most creative pizzas the following day. They always come out amazing, no matter how badly they mess up with ingredients!"

Tools needed

- 1-qt. measuring cup ([WA34258](#))
- Mixing bowl ([NE40236](#))



Pizza Dough

Molly Jennes | Ravena-Coeymans-Selkirk, NY

Ingredients

- 3½ cups flour
- 1 cup warm water
- 2 Tbsp. yeast
- 2 Tbsp. honey
- ¼ cup olive oil
- ½ tsp. salt

Directions

- Pour warm water into a bowl and microwave for 30 seconds.
- Add the honey and salt to the water. Mix by hand with a spoon until well blended.
- Add the yeast and mix some more. Let the mixture sit for about 5 minutes without stirring.
- After 5 minutes, the yeast mixture will proof (you'll start to see bubbles forming). Add 1 cup of flour and the olive oil and mix until well blended.
- Add the rest of the flour and mix well. The dough should turn into a ball. If the dough does not ball up because it's too dry, add water 1 Tbsp. at a time until it does. If your mixture is more like a batter, add flour 1 Tbsp. at a time. Add water or flour as needed in small amounts to get the right consistency for the perfect dough.
- Once the dough is balled up, place it on a floured board and knead for about 1 minute. This builds the gluten, which helps the dough rise and become fluffy when cooked.
- Place dough in a covered, oil-brushed bowl and cover tightly with plastic wrap. Store in a warm, dry area to rise for 30 minutes or until doubled in size. If you are not using right away, place dough in a resealable plastic bag and place in the fridge. When ready to use, place in a covered, oil-brushed bowl and cover to rise.
- Once your dough has risen, place it on a lightly floured surface and knead 3–5 times until smooth. Then, shape it into your pizza circle.
- Poke holes in the center of your pizza to prevent dough from bubbling. Add your toppings and place in the oven at 425° F for 13–15 minutes until brown.

Desserts

Why do you love teaching this recipe?

“This was the first recipe I got to prepare in my very first Home Ec class when I was in sixth grade. After 36 years as a FACS teacher, it continues to be one of my students’ favorites. The recipe uses basic staple ingredients, so most students can easily prepare it at home at a fairly low cost.”

Tools needed

- Pastry mat ([WA27677](#))
- Pastry/ravioli wheel ([WA35529](#))
- Mixing bowl set ([WA33146](#))



Cinnamon Puffs

Lori Dornburg | Sartell – St. Stephen, MN

Ingredients

- 2 cups flour
- 1 Tbsp. baking powder
- 1 tsp. salt
- ¼ cup shortening (Crisco)
- ¾ cup milk
- 1 stick butter
- ½ cup sugar
- 2 tsp. cinnamon

Directions

- Preheat oven to 450° F.
- Stir together flour, baking powder, and salt.
- Using a pastry blender (or two knives) cut in the shortening.
- Add milk and stir with a mixing spoon.
- Knead on a lightly floured surface about 20 times.
- Separate into approximately 16 parts, roll into balls, and place on an ungreased baking sheet.
- Bake 10–12 minutes or until lightly brown.
- While the puffs are baking, melt a stick of butter in a small microwave-safe bowl in the microwave (about 1 minute).
- In a separate small bowl mix sugar and cinnamon.
- After removing puffs from the oven, roll each in the melted butter and then in the cinnamon/sugar.
- Serve warm.



Explore more with this lesson!

Visit nascoeducation.com/teacher-resources and search “U27752”



Why do you love teaching this recipe?

“This is a favorite for fall that my students love to make. It’s good for practicing decorating skills.”

Tools needed

- Food processor ([WA12634](#))
- Cake pan ([WA33573](#))
- Cake decorating kit ([WA32805](#))

Carrot Cake

AnDrea Baumberger | Greenwood District #52, SC

Ingredients

For carrot cake:

- 2 cups all-purpose flour (spooned and leveled)
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1½ tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground nutmeg
- ½ tsp. salt
- ¾ cup canola or vegetable oil
- 4 large eggs, room temperature
- 1½ cups light brown sugar
- ½ cup granulated sugar
- ½ cup unsweetened applesauce
- 1 tsp. pure vanilla extract
- 3 cups grated carrots, lightly packed

For cream cheese frosting:

- 8-oz. package brick-style cream cheese, softened to room temperature
- ½ cup unsalted butter, softened to room temperature
- 2 cups powdered sugar
- 1 tsp. pure vanilla extract
- Chopped nuts (optional)

Directions for carrot cake

- Preheat oven to 350° F. Spray a 9" x 13" cake pan well with nonstick cooking spray and set aside. (You can also line the bottom of the pan with parchment paper for easier removal.)
- In a large mixing bowl, whisk together the flour, baking powder, baking soda, cinnamon, ginger, nutmeg, and salt until well combined. Set aside.
- In a separate large mixing bowl, whisk together the oil, eggs, brown sugar, granulated sugar, applesauce, and vanilla extract until fully combined. Add the grated carrots into the wet ingredients and mix until well combined.
- Pour the wet ingredients into the dry ingredients and mix with a whisk or rubber spatula until just combined, making sure not to over mix the batter.
- Pour the batter into prepared cake pan. Bake for 35–40 minutes or until the top of the cake is set and a toothpick inserted into the center of each one comes out clean. Remove from the oven and allow to cool completely.
- Once cool, frost with cream cheese frosting and nuts if desired.

Directions for cream cheese frosting

- In the bowl of a stand mixer fitted with the paddle attachment or in a large mixing bowl using a hand-held mixer, beat the cream cheese until smooth. Add the butter and mix for 30–60 seconds until well combined and smooth. Add in the powdered sugar and vanilla extract and continue mixing until fully combined, scraping down the sides of the bowl as needed.



Peanut Butter Bars

Lorelei Finley | East Central Schools, MN

Ingredients

For bars:

- 1 cup brown sugar
- 1 cup margarine
- 1 cup sugar
- 2 eggs
- 1 cup creamy peanut butter
- 2 cups flour
- 2 cups quick oats
- 1 tsp. baking soda
- 1 tsp. vanilla
- ½ tsp. salt
- 1 (12 oz.) pkg. milk chocolate chips

For optional frosting:

- ¾ cup creamy peanut butter
- 2–3 cups powdered sugar
- ¼–½ cup milk

Directions for bars

- Preheat oven to 350° F.
- Melt the margarine in the microwave.
- With an electric mixer, cream together the brown sugar, sugar, eggs, peanut butter, and melted margarine until creamy.
- Add the flour, soda, salt, quick oats, and vanilla and mix well.
- Grease a large jelly roll pan and spread the dough out evenly.
- Bake for 15–17 minutes or until edges look golden brown.
- Right after the bars come out of the oven, sprinkle the chocolate chips evenly across the top. After they melt, spread the chocolate evenly across the peanut butter bars.
- Optional: After the bars are completely cooled and the chocolate is dry to the touch, frost evenly with the peanut butter frosting.

Directions for frosting (optional)

- Mix the peanut butter, powdered sugar, and a small amount milk in a large bowl with a spoon. Continue to mix in milk, small amounts at a time, until the frosting reaches a creamy consistency. If it is too thick, add a little more milk. If it is too thin, add a little bit more powdered sugar.

Why do you love teaching this recipe?

“This recipe uses almost every measuring technique. Students have to measure liquid, solids, small amounts, pack ingredients, while other ingredients are measured fluffy.”

Tools needed

- Spatula ([NE40098](#))
- Hand mixer ([WA31285](#))
- Jelly roll pan ([WA24468](#))



Why do you love teaching this recipe?

"It's student-friendly and tastes great. They learn how to use leftover egg yolk and a water bath, and use the broiler to caramelize the sugar topping. It's a classic showy desert."

Tools needed

- Tilt torch ([NE40321](#))
- Crème Brûlée 6-pc. set ([WA24467](#))
- Measuring cup, 1-qt. ([WA34258](#))

Crème Brûlée

Emma Domino | Three Village Central School District, NY

Ingredients

- 1½ cups heavy cream
- 2 Tbsp. sugar, plus more for the brûlée top
- 4 egg yolks (chilled)
- 1 tsp. vanilla extract or vanilla bean

Directions (Day 1)

- Preheat oven to 300° F.
- Boil water in a liquid measuring cup for 1 minute.
- In a saucepan over medium heat, combine cream and sugar. Cook, stirring constantly until small bubbles appear around the edges of the pan (5–6 minutes).
- In a bowl, beat egg yolks and vanilla until light and smooth.
- Pour cream mixture into egg mixture a little at a time, beating continuously until well blended.
- Pour this mixture through a fine strainer or sieve to eliminate any particles.
- Place small ramekins into water bath in large pan.
- Pour mixture into ramekins. Cover loosely with foil.
- Bake until custard is set (about 45 minutes).
- Let cool for 2–3 hours. Cover and place in the fridge.

Directions (Day 2)

- Sprinkle each custard cup with about 2 tsp. sugar and apply a kitchen torch in a circular motion to melt and caramelize the sugar until dark golden brown. Serve and enjoy!



Naan Flatbread

Cindy Graff | School District of Waukesha, WI

Ingredients

- 1 cup milk
- 2 Tbsp. oil, plus more for the pan
- ¼ cup yogurt, sour cream, or ricotta cheese
- 1 egg
- 2½ cups flour, plus more for dusting
- ½ cup whole wheat flour
- 1 Tbsp. sugar
- 1 tsp. dry instant yeast
- 1 tsp. baking powder
- 1 tsp. salt

Directions

- In the bowl of a stand mixer fitted with the dough hook attachment, combine the milk, oil, yogurt, egg, all-purpose flour, whole wheat flour, sugar, yeast, and baking powder.
- Add the salt and mix on low speed until the dough is smooth and elastic, about 5 minutes.
- Cover the bowl with plastic wrap and let the dough rise in a warm place until doubled in size, about 30 minutes.
- Dust a clean surface with flour and cut the dough into 5 equal pieces.
- Roll the dough into balls and set them on the counter to rest, covered with plastic wrap or a clean kitchen towel, for 10 minutes.
- Using a rolling pin, roll the dough into flat disks, 8"–10" in diameter.
- Heat about 1 tsp. of oil in a 10" or larger sauté pan or crêpe maker over medium heat.
- Add one of the pieces of dough. Cook over medium heat until the bottom of the bread is golden brown, about 2–3 minutes. With a pair of tongs or a metal spatula, flip the bread over and cook the other side until golden brown, about 2–3 minutes. Remove from the pan and set aside.
- Repeat with the remaining pieces of dough, adding more oil as needed.

Why do you love teaching this recipe?

"This recipe allows students to successfully work with yeast and provides a cultural context. It includes whole wheat flour and yogurt, adding a nutritive reference and value. There are plenty of culinary skills and terms throughout, and following the recipe is essential. It is budget-friendly, as well. And, it is downright delicious!"

Tools needed

- French dowel rolling pin ([WA20635](#))
- Proctor Silex® crêpe maker ([WA35314](#))
- Pasting brush ([WA28472](#))

Chef's note:

Naan is a flatbread common in Indian cuisine, as well as in other regions. The bread is often torn and used to scoop up savory dishes. But you can serve naan with other foods, such as hummus. You could also use it as a base for a pizza or as a sandwich wrap.

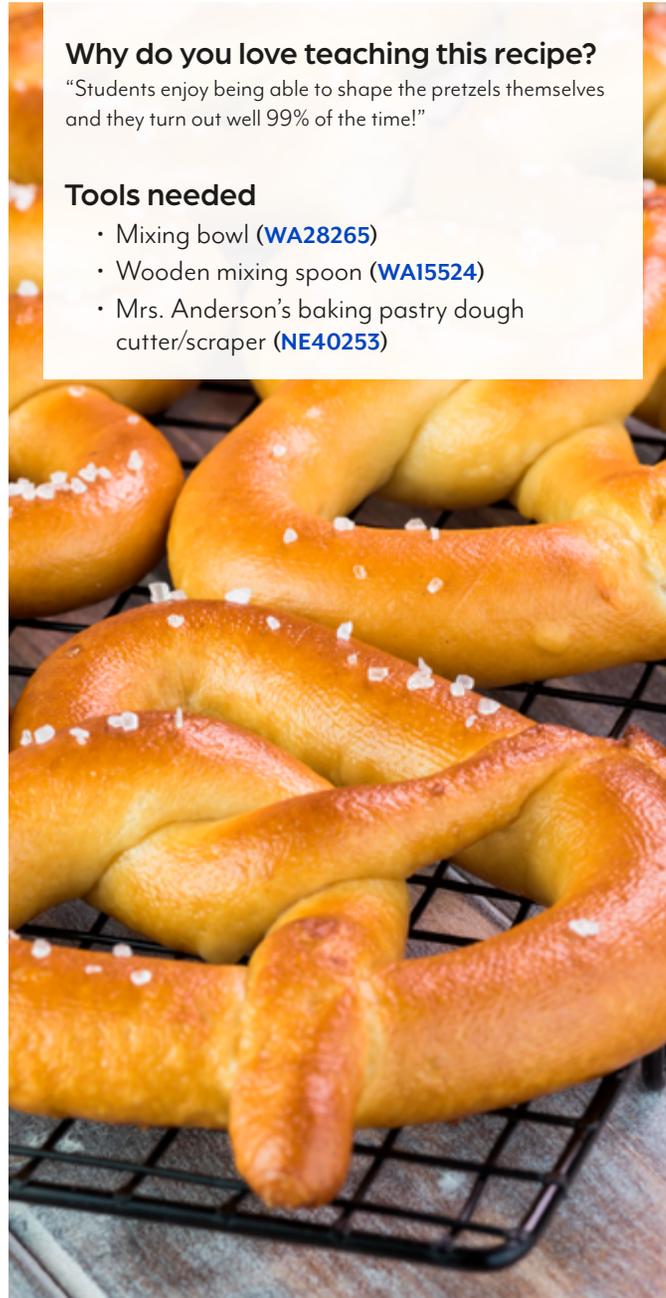
Snacks

Why do you love teaching this recipe?

"Students enjoy being able to shape the pretzels themselves and they turn out well 99% of the time!"

Tools needed

- Mixing bowl ([WA28265](#))
- Wooden mixing spoon ([WAI5524](#))
- Mrs. Anderson's baking pastry dough cutter/scrapper ([NE40253](#))



Soft Pretzels

Daniel Reiste | Northeastern High School, PA

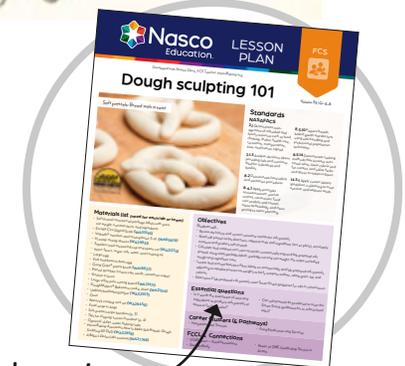
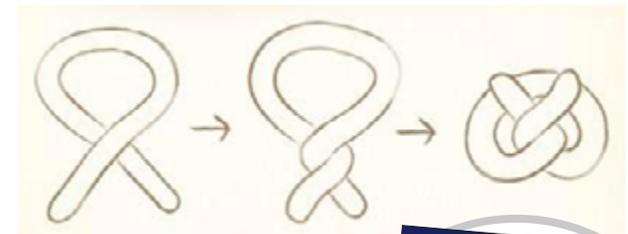
Ingredients

- 1 package yeast (2 ½ tsp. yeast)
- ¾ cup warm water (110°F)
- 3 Tbsp. brown sugar
- 2 cups flour
- 6 Tbsp. baking soda*

*Note: You will create a 1:1 ratio of 1 Tbsp. baking soda to 1 cup water to boil the pretzels. Adjust according to the size skillet being used.

Directions

- Preheat oven to 450° F and grease a baking sheet with non-stick cooking spray.
- In a large mixing bowl, whisk together yeast and warm water till yeast is dissolved. Add brown sugar and stir until dissolved.
- Using a wooden spoon, slowly add flour, stirring constantly. Continue stirring till mixture is smooth and doesn't stick to the bowl. Add more flour, 1 Tbsp. at a time, if dough is too sticky.
- Turn dough onto a floured surface and knead till smooth and stretchy.
- Divide dough into 6–8 equal portions.
- Roll each portion of dough into a 14" rope and form into a pretzel (see diagram, at right). Do not use too much flour or the pretzels will be hard to roll.
- In a skillet, bring approximately 6 cups of water to a boil and add 6 Tbsp. of baking soda. (Adjust amount of baking soda and water to size of skillet. You want to have about 2" of water in the skillet.)
- Reduce heat to a slow boil and boil each pretzel for 30 seconds. Remove with a bent edge spatula and blot dry on a paper towel.
- Place pretzels on greased baking sheet, sprinkle with coarse salt, and bake for 5–10 minutes or until golden brown.
- Enjoy pretzels with mustard, honey mustard, or cinnamon sugar.



Explore more with this lesson!

Visit nascoeducation.com/teacher-resources and search "U27945"

Snacks

Why do you love teaching this recipe?

"Making bread is relaxing. I believe bread baking is one way to help students suffering from anxiety. The process of baking bread has many therapeutic elements. Kneading is like a physical meditation, etc."

Tools needed

- Dough whisk ([NE40059](#))
- KitchenAid® classic stand mixer ([W02434](#))
- Kitchen scale ([NE40189](#))

Ingredients

Dough:

- ½ cup water, lukewarm
- 6 Tbsp. vegetable oil
- ¼ cup honey
- 2 large eggs
- 4 cups all-purpose flour
- 1½ tsp. salt
- 1 Tbsp. instant yeast

Glaze:

- 1 large egg, beaten with 1 Tbsp. cold water

Directions for dough

- Combine all the dough ingredients. Mix and knead by hand, mixer, or bread machine until you have a soft, smooth dough.
- Allow the dough to rise in a bowl covered with plastic wrap for about 2 hours or until it's puffy; it won't necessarily double in bulk.
- Gently deflate the dough, and transfer to a lightly greased work surface.
- Divide the dough into pieces, the number depending on what kind of braid you want to make. You may braid the challah the traditional way, into a three-strand braid. For a fancier presentation, make a six-strand braid or a four-strand braid.
- Roll each piece into a rope about 20" long. If the dough starts to shrink back as you roll, cover it and let it rest for about 10 minutes, then resume rolling. The short rest gives the gluten a chance to relax.
- Braid the loaf.
- Gently pick up the braided loaf and place it on a lightly greased or parchment-lined baking sheet.
- Cover the loaf with lightly greased plastic wrap and let it rise until it's very puffy, 90 minutes to 2 hours at cool room temperature. Toward the end of the rising time, preheat the oven to 375°F.
- Whisk together the egg and water. Brush the glaze over the risen loaf.
- Place the baking sheet on top of another baking sheet; this will insulate the bread's bottom crust and keep it from browning too much. Put the challah in the lower third of the oven and bake it for 20 minutes. If it's a deep golden brown, tent it loosely with aluminum foil. If it's not as brown as you like, check it again at 30 minutes.
- Once you've tented the challah, bake it for an additional 10–15 minutes, until the loaf looks and feels set and its interior registers at least 190° F.
- Remove the bread from the oven and place it on a rack to cool.
- Store any leftover bread, well wrapped in plastic, at room temperature for several days; freeze for longer storage. After one or two days, the challah will begin to dry out but can still be used for grilled sandwiches or French toast.

Challah

Melissa Ebersman | Arlington Public Schools, MA





Why do you love teaching this recipe?

“It is very hands-on with the students and they have to follow the directions, so it teaches several skills—measuring, patience, kitchen procedures, etc. It also has quick results and they can see the yeast activity and it brings in science principles. The end result is a tasty treat that they have great pride in producing.”

Tools needed

- Mini loaf pan ([WA33091](#))
- Cooling rack ([WA28456](#))
- Nasco Measurement Teaching Kit ([WA29005](#))

Bread in a Bag

Pamela McKinney | Georgetown Exempted Village Schools, OH

Ingredients

- 3 cups all-purpose flour, divided
- 3 Tbsp. white sugar
- 1.25 pkg. rapid rise yeast (2¼ tsp.)
- 1 cup warm water
- 3 Tbsp. olive oil or vegetable oil
- ½ tsp. salt

Directions

- In a resealable plastic bag, place 1 cup of flour, sugar, and yeast. Add warm water. Water should be 105°–110°F.
- Squeeze air out of the bag and seal.
- Squish with your hands until well mixed together.
- Let it rest for 10 minutes at room temperature. Bubbles will form.
- Open bag and add 1 cup of flour, oil, and salt.
- Seal bag again and squish until well blended.
- Add last cup of flour and continue mixing in the same manner until well-blended.
- Remove dough from bag and put onto a lightly floured surface.
- Knead for 5–10 minutes or until smooth.
- Place in a loaf pan or divide dough in half and place each half into a greased mini loaf pan.
- Cover with a towel and allow to rise for about 30 minutes.
- Bake in a 375° F oven for 25–30 minutes or until bread is golden brown.



Explore more with this lesson!

Visit nascoeducation.com/teacher-resources and search “U28073”

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Volume 40 | Gr. 6-8
Time: 3 days | For 45-50
minutes (classroom)

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Empowered teachers, engaged students
BUYING GUIDE
Equip your FCS kitchen
Outfitting a new kitchen lab or updating the existing classroom but aren't sure where to start? Use this buying guide to help identify exactly what you need, from color-coded equipment to consumables to culinary instruction. Once you've given students the tools and proper instruction, they'll be ready to get hands-on and develop kitchen skills that will serve them for life.

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Refresh your classroom with FCS furniture
Students deserve the perfect learning space to forge new life and career skills. And when you're creating that learning environment, buying guide will help you choose high-quality work surfaces, storage gains real-world experience in the culinary arts, fashion design, human development, and more.

Materials list

- Creative Coll paper (WA2329)
- Mirror # Plating Tool Kit (WA3278)
- Knife Case (WA3360)
- Mirror # Garnishing Set (WA2354)
- Digital camera
- Computer
- Color printer
- 3-hole punch (to create portfolio pages)

Basic essentials and storage
Your students look to you to demonstrate every new skill they acquire. A mobile demo table with an adjustable mirror allows you to model proper techniques for students in every corner of your kitchen lab. Once you've got a station, equip it with all the kitchen supplies you need to demonstrate skills, as well as the storage containers you need to store ingredients and food between lab days.

Product No.	Description	Quantity
246013	Mobile Demonstration Table with Mirror and 2 Caddies	1

Storage

Product No.	Description	Quantity
WA3459	Storage Box, 12-Compartment	2
WA3794	Yellow 4-Drawer Service Cart	1
WA3508	Professional Balance Containers, 10-Piece Set	1
WA3495	Professional Paper Towels, 10-kg	2
WA3520	Professional Paper Napkins, 10-kg	2
WA3522	Professional Paper Plates, 10-kg	2
WA3523	Professional Paper Cups, 10-kg	2
WA3524	Professional Paper Napkins, 10-kg	2

Teacher/station supplies

Product No.	Description	Quantity
WA3700	Adjustable Folding Aluminum Mirror, 18" x 24"	1
WA3007	Essential Culinary Knife Set #1	1
WA3745	Essential Culinary Knife Set #2	1
WA3505	Nasco Baking Set	1
WA3525	Nasco All-Purpose Apron, White	1

Teacher demonstration tables
Have the flexibility to provide demonstrations anywhere with portable, self-contained tables. The wide mirror enables large groups of students to see first-hand what you're doing from anywhere around the table.

Product No.	Description	Size	Mirror	Outlet	Shelf	Essential Items
246013	Nasco Exclusive by Home Mobile Demonstration Table	27" L x 50" W x 36" H	+	+	+	+
246015	Nasco Exclusive by Home Mobile Demonstration Table	27" L x 50" W x 36" H	+	+	+	+
246016	Nasco Exclusive by Home Mobile Demonstration Table	50" L x 50" W x 36" H	+	+	+	+
246017	Nasco Exclusive by Home Mobile Demonstration Table	50" L x 50" W x 36" H	+	+	+	+
246018	Nasco Exclusive by Home Mobile Demonstration Table	27" L x 50" W x 36" H	+	+	+	+
246019	Nasco Exclusive by Home Mobile Demonstration Table	27" L x 50" W x 36" H	+	+	+	+
246020	Nasco Exclusive by Home Mobile Demonstration Table	27" L x 50" W x 36" H	+	+	+	+
246021	Nasco Exclusive by Home Mobile Demonstration Table	27" L x 50" W x 36" H	+	+	+	+

The right kitchen supplies make all the difference

Click on the links below to explore these teacher favorites or browse our wide selection of FCS tools at nascoeducation.com/fcs.



Induction Cooktop
WA28997



Mercer® 13-Piece Cutlery Set
WA29343



Stainless Steel Mixing Bowls
WA31356



Nasco® Kitchen Utensil Starter Set
WA35339



Cuisinart® 11-Piece Stainless Cookware Set
WA33174



KitchenAid® Pasta Attachments
WA20993



Hamilton Beach® 6-Speed Hand Mixer
WA20588



Wilton® Deluxe Practice Board
WA31229

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