

Apple Crisp

INGREDIENTS:

3 apples	60 ml rolled oats
15 ml lemon juice	60 ml flour
30 ml margarine	60 ml brown sugar
1 ml cinnamon	Dash of salt

DIRECTIONS:

1. Prepare for lab. Wash, peel and slice apples. Place in a 9x9 pan. Sprinkle with lemon juice.
2. In a bowl, mix the flour, rolled oats, salt, brown sugar, and cinnamon.
3. Using a pastry blender and a fork, cut the margarine into the dry ingredients until it becomes a crumbled mixture. Sprinkle the apples with crumb mixture. Cover the casserole dish with a lid. Microwave for 5 minutes at High power.
4. Test for doneness with a table knife inserted into the apples. It should feel soft with bubbling liquid and a slightly crunchy oatmeal topping.
5. Remove from microwave. Let stand on a cooling rack to cool.
6. Serve in bowls with a slotted spoon.

Housekeeping Duties:

Washer _____

Dryer _____

Housekeeper _____

Special _____

Cooking Preparation Duties:

Executive Chef: _____

Soux Chef: _____

Gatherer: _____

Saucier: _____

Questions:

1. What food groups are in this recipe? _____

2. How should brown sugar be measured? _____

3. Our dry metric measures come in a set of 4. What are their sizes?

4. What must be done to avoid steam burns? _____

5. How should liquids be measured? _____