

HOMEWORK ASSIGNMENT

DURING YOUR NEXT TRIP TO THE GROCERY STORE THE FIRST PART OF YOUR ASSIGNMENT IS TO PURCHASE SOMETHING IN THE PRODUCE DEPARTMENT YOU HAVE NEVER TRIED BEFORE OR SOMETHING YOU HAVE TRIED ONCE AND MAYBE DIDN'T LIKE THE FIRST TIME. THIS COULD BE YOUR OPPORTUNITY TO GIVE IT ANOTHER SHOT OR EXPLORE THE VAST ABUNDANCE OF OTHER OPTIONS THAT ARE AVAILABLE TO YOU IN THE WORLD OF FRUITS AND VEGETABLES.

WHEN YOU ARE READY TO SPEND SOME TIME IN THE KITCHEN, YOUR REAL ASSIGNMENT IS CHOP UP WHATEVER YOU HAVE AND PREPARE IT 3 DIFFERENT WAYS. PREPARING YOUR NEW INGREDIENT THIS WAY WILL ALLOW YOU TO EXPERIENCE THE DIFFERENT FLAVORS AND TEXTURES THAT COME OUT WITH DIFFERENT COOKING TECHNIQUES.

- BAKING
- FRYING
- BOILING
- SAUTÉING
- BROILING
- STEAMING
- GRILLING
- BRAISING
- ROASTING
- BLANCHING
- SEARING
- RAW

OPTIONS/IDEAS FOR SOMETHING NEW

- DRAGON FRUIT
- DIFFERENT MELON VARIETIES
- JACKFRUIT
- DATES
- FIGS
- PAPAYA
- PASSION FRUIT
- CELERY ROOT AKA CELERIAC
- CHAYOTE SQUASH
- YUCA ROOT
- TURMERIC OR GINGER ROOT
- JICAMA
- FRESH BEETS
- RUTABAGA
- FRESH ARTICHOKE

EXTRA CREDIT HOMEWORK:

THE NEXT ASSIGNMENT IS AN EXTENSION OF THE FIRST ASSIGNMENT, BUT NOW YOU ARE GOING TO TRY SOMETHING IN THE BULK FOOD DEPARTMENT. THIS TIME AROUND YOU CHOOSE A BEAN OR LENTIL THAT YOU HAVE NEVER TRIED AND CHOOSE A WHOLE GRAIN OF CHOICE (ANYTHING OTHER THAN WHITE/PROCESSED RICE)

- PINTO BEANS
- NAVY BEANS
- CHICKPEAS
- LENTILS (RED, GREEN, BROWN)
- SPLIT PEAS
- BLACK EYED PEAS
- KIDNEY BEANS
- GREAT NORTHERN WHITE BEANS
- WILD RICE
- BROWN RICE
- BROWN BASMATI RICE
- BLACK RICE
- HULLED BARLEY
- QUINOA
- BUCKWHEAT
- FARRO