

# Cooking Outdoors

## Description

Good food and shared meals elicit our fondest memories. As preparing and cooking meals is slowly becoming a lost art in Western society, we use these workshops to explore the magic of cooking outdoors. Using fire and clay, organic herbs, fresh vegetables and grains we will cook meals in our rocket stove and cob oven. Using student made bike blenders, we can pick and cycle blend fruits and vegetables for fresh smoothies, make fresh salads, or sun dry our own herb mixes. With our outdoor kitchen, and over an acre of fresh produce, there is no limit to the meals we can make!

## Key Learning Outcomes

- How to make fire, oven design, convection and heat properties
- Food prep, traditional food practices
- Health and nutrition, teamwork, kitchen safety
- History of cooking practices
- Community engagement, designing and marketing a product



## Time Frame

1 - 2 periods

## Materials

- Basic ingredients (cooking oil, flour, salt, etc.)
- Prep materials (cutting board and knives for students)
- Firewood

## Time of Season

- June-October



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## Introduction

- Food preparation, safety, and procedures
- Traditional food practices; cultural importance of fire and its mythologies
- Cooking as a community
- Evolution of cooked foods
- Tool safety
- Fire safety



## Activity

1. Make smoothies with our human-powered bike blenders using fresh vegetables, wild greens which the students learn to identify, and seasonal fruits. We will work up a sweat taking turns on the bike making delicious smoothies! Students will work in groups to make the most interesting smoothie concoctions which will then be tested by a panel of taste testers.
2. Make kale chips, nachos, pizza bread etc. in our Chilean barrel oven; there's no limit to what can be made in the oven and any creation will be delicious.
3. Prepping, cooking and serving a community lunch or dinner. After students have had some success using our outdoor kitchen, they can test their skills by cooking a lunch that will be served free to the community. A chance to share food with friends, family and their local community.
4. Product development using our solar dehydrator, packaging herbs and tea. Herb Mixes and teas last forever and are essential for cooking, as well as are a treat for cold mornings. Learning to identify and properly dry herbs will give students a chance to market their own blends!



## Follow Up

- Helping prep food at one of our bi-weekly markets
- Interested students can work as assistants with our guest chefs during garden events