



Summer 2020 Lesson

Class: Cooking,

Teacher: Mrs. Stuart

Grade Band: 2nd -5th

Objective: To make a fresh, light summer salad from Capri

Lesson: Caprese Salad

Tools needed:

Fork, Serving dish, small bowl, mixing spoon, serrated knife, cutting board

Ingredients: two large or 4 small tomatoes, 1 ball of fresh mozzarella, fresh basil (can sub spinach or arugula,) olive oil, balsamic vinegar, 1 clove fresh garlic or garlic powder, salt and pepper

Process:

- 1) Wash tomatoes and cut out the core at the top
- 2) Slice tomatoes in to $\frac{1}{2}$ inch slices
- 3) Slice cheese into $\frac{1}{2}$ inch slices, cut those into semi circles
- 4) Mince or press garlic if using fresh
- 5) Mix $\frac{1}{2}$ cup olive oil with, $\frac{1}{4}$ cup vinegar, 1 garlic clove, salt and pepper, whisk with a fork
- 6) Layer one tomato slice with cheese slice.
- 7) Top with basil or arugula leaf
- 8) Drizzle oil and vinegar mixture on top
- 9) Repeat if making towers
- 10) Put the end pieces of the tomatoes in the leftover dressing!

Serve with hot French bread or a baguette. Or make these into a delicious sandwich on ciabatta rolls

Note: Homegrown tomatoes are the best, if you can get them.

Vocabulary: Layer, slice, whisk, drizzle, mince, press, serrated