



# The Monthly Chew

(Meat & Potatoes)

SEPTEMBER 2015

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## APPETIZERS

We are off to a great start this semester. We have had Introduction to Hospitality and will be heading into Sanitation this month. Students must pass the Illinois ServSafe Sanitation class before cooking in the lab.



## FOOD FACTS

Pine nuts are among the healthiest nuts. Just one serving contains half the recommended daily amount of many vitamins, and minerals. Though they have a lot of fat, it is mono-unsaturated fat, the good fats that lower bad cholesterol and increase good cholesterol. Not to mention their delicious flavor and sweet aroma.



## ENTRÉE'S

Wilco will host an **OPEN HOUSE** on September 29 from 6:00-8:00PM; tour the classroom and attend an informational PARENT/STUDENT MEETING will be held 6:30-7:00PM

Chef Uniform FEES- 1<sup>st</sup> half due by September 14 and balance by October 23, 2015

Sanitation license fee's: \$15 food handler; \$38 food manager (college credit course)

Quizlet link to study vocabulary: <https://quizlet.com/join/gGzyUj3V3>

## DESSERTS

Our monthly buffets start on October 7 from 11:00-12:00 with Oktoberfest as our first theme. Check out the menu and make reservations early. Price is \$8.00.

Stop by and see our Tower Garden!! What better way to go "green" than by growing a garden. In our culinary program, we can help establish patterns in food consumption by guiding students to make the right choices towards a healthier future by not only incorporating the foods into our curriculum but demonstrating the ease and cost savings of growing our own produce and herbs.



## CHEF'S TABLE

### BASIL PESTO PASTA

- 2 bunches fresh basil leaves
- 2 tablespoons pine nuts, untoasted
- 1 garlic clove
- 1/2 cup extra-virgin olive oil
- 1/2 cup freshly grated Parmigiano-Reggiano
- Salt and freshly ground black pepper
- 1 pound angel hair pasta

Directions: Bring a large pot of salted water to boil for pasta. Combine first 4 ingredients in blender and puree. Add cheese, salt and pepper, blend again.

Cook pasta in boiling salted water until al dente; about 3 min. Drain and put in large bowl. Add pesto and toss. Taste for salt and pepper. Add a drizzle of oil if you like.

Recipe courtesy of Tyler Florence