



# The Monthly Chew

## (Meat & Potatoes)

October 2015

**TEACHER CONTACT INFO:**  
dbolger@wilco.12.il.us  
815-838-6941

School Website  
[www.wilco.k12.il.us](http://www.wilco.k12.il.us)

### APPETIZERS

The season of Fall is already here. We wrapped up the Safety and Sanitation unit at the end of last month. Students are now in the kitchen learning the basics of how a professional kitchen is run, and essential cooking techniques.

### ENTRÉE'S

Wilco will host it's first **Public Buffet: Oktoberfest** on October 7<sup>th</sup>. The serving of the food will begin at 11:00 AM. Student will serve food to the customers. Stop by and see our culinary students at work.

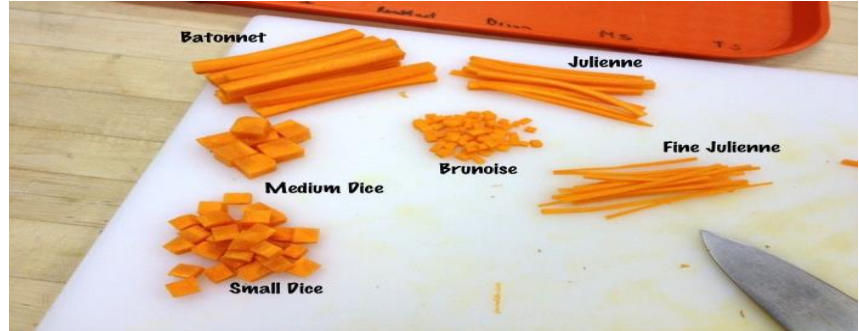
Chef Uniform FEES- The remaining funds are due October 23, 2015

Grades are now posted and can be checked using Campus (link found on Wilco's site).

### DESSERTS

Our next monthly buffet is on November 4<sup>th</sup> from 11:00-12:00PM with Salute to our Vets as our next theme. Check out the menu and make reservations early. Price is \$8.00.

Knife cuts can present a challenge for many students. I would like them to practice at home anytime they can assist in the kitchen. Practice makes better cuts and students will feel more comfortable holding a knife.



### FOOD FACTS

Cinnamon's unique healing abilities come from three basic types of components in the essential oils found in its bark. Cinnamon has been shown to lower blood sugar levels. It is one of the most delicious and healthiest spices on the planet.



## CHEF'S TABLE

### Homemade Pumpkin Pie

- 3/4 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 2 large eggs
- 1 can (15 oz.) Pure Pumpkin
- 1 can (12 fl. oz.) Evaporated Milk
- 1 *unbaked* 9-inch (4-cup volume) deep-dish pie shell

#### Directions:

- 1.) MIX** sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.
- 2.) POUR** into pie shell.
- 3.) BAKE** in preheated 425° F oven for 15 minutes. Reduce temperature to 350° F; bake for 40 to 50 minutes or until knife inserted near center comes out clean. Cool on wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

Recipe courtesy of Libby's