

APRIL NEWSLETTER



Wilco Culinary 2018

What's New?

This month is a busy one for our culinary program. We will be entering the eggs and breakfast where students will learn how to cook breakfast like a short order cook at a restaurant. The students will also be learning different cooking techniques and applications of various fruits and vegetables.



IMPORTANT INFORMATION

April 4:

- Omelet competition
- Chef biography due
- 2nd year field trip (Thrive)

April 10:

- Heritage Grove Tour

April: 12

- Lockport Tour

April: 12-14th

- FCCLA state competition

April: 16

- Chef biography and presentation due

April: 18

- Plated Luncheon

April: 20

- Chef Presentations

Western omelet:

1/4 c. green pepper diced

1/2 c. diced ham

1/4 c. onion diced

1/4 tsp kosher salt

1/8 tsp white pepper

1/2 c. shredded cheese

1 tsp. oil

6 eggs cracked and scrambled with 1 tbs. water.

1. Heat oil in a not stick skillet add vegetables and ham, sauté until vegetables are soft and ham is heated through.
2. Add scrambled egg to pan and cook on med-low heat. Using a heat proof spatula flip omelet over when bottom side is cooked though.
3. Add cheese in middle and fold in half.
4. Serve immediately.

