



## APRIL 2022 CULINARY NEWSLETTER



### What's New?

First year students CA 105 will be making the following in lab.

#### **Fruits:**

Sticky Pineapple chicken with basmati rice. Jackfruit pull BBQ on hawaiian rolls with avocado and toasted cashews

#### **Vegetables:**

- Stuffed Mushrooms
- Tempura vegetables

#### **Vegetable Mystery basket:**

Students will get a basket with various ingredient and have a day to prep and a day to cook.

#### **Fish and Shellfish:**

Filet and pan fry whole trout.

Second year students

Hosp 148 will be working on there event planning projects:

Every student will be planning a different event from weddings to basketball fundraisers.

They will also create a menu and cook two items from that event menu and present it.

#### **Contact:**

Chef Nicole Kinzer

[nkinzer@wilcoacc.org](mailto:nkinzer@wilcoacc.org)

815-838-6941

### IMPORTANT INFORMATION

#### **April 7th-9th**

- FCCLA state competition Springfield, IL

#### **April 15:**

- NO Wilco

#### **April 19:**

- NTHS Induction Ceremony

#### **April 21:**

Spring Open House

#### **Sticky Pineapple Chicken**

*Yield 4 servings*

#### **Ingredients:**

1/2 cup pineapple juice

1/3 cup low-sodium soy sauce

1/3 cup low-sodium chicken stock

1/3 cup hoisin sauce

1/2 cup brown sugar

1 Tbsp. minced fresh garlic

2 Tsp. cornstarch

1 Tbsp. olive oil 8 boneless, skinless chicken thighs, cut into 1- inch cubes

Kosher salt and freshly ground black pepper

1 cup diced pineapple

1/2 cup roasted salted cashews, cooked basmati rice

### **Directions:**

Whisk the pineapple juice, soy sauce, stock, hoisin sauce, brown sugar, garlic and cornstarch together in a medium saucepan. Bring the mixture to a boil and cook until the mixture has reduced to about 1 cup and is the consistency of thick syrup.

Set the sauce aside.

Add the oil to a large nonstick skillet and place over medium-high heat.

Add the chicken and season it with salt and pepper.

Cook, stirring, until the chicken is no longer pink, about 5 minutes.

Drain off any liquid, then add the sauce to the skillet and stir until combined.

Add the pineapple and cashews if using; cook, stirring, for an additional 1 minute.

Serve the chicken on a bed of rice inside a pineapple.

