

Class Assignments

JK	Fruit Salad - 4 recipes
K	Vegetable Fried Rice – 6 recipes
First	Fruit Salad – 4 recipes
Second	Vegetable Fried Rice – 6 recipes
Third	Fruit Salad – 4 recipes
Fourth	Vegetable Fried Rice – 6 recipes
Fifth	Fruit Salad – 4 recipes
Sixth	Vegetable Fried Rice – 6 recipes
Seventh	Fruit Salad – 4 recipes
Eighth	Fruit Salad – 4 recipes

Fresh Fruit Salad

Serves 12

1 fresh Golden pineapple, cored and peeled and cut into 1" chunks

2 fresh mangos, peeled and diced into ½ pieces

1 14.5-ounce can Mandarin oranges, drained

1 7-ounce bag sweetened shredded coconut

(Crystalized ginger syrup)

- In a large bowl combine the fruit.
- Bring the bag of coconut (unopened) and the fruit in a large zip lock bag to the Peard Kitchen at drop off on Thursday, March 12th.

The School will supply the crystalized ginger syrup. The coconut and syrup will both be served on the side.

Vegetable Fried Rice

Serves 12

3 tablespoons canola oil

3 eggs beaten

1 cup onions, diced

2 red peppers, cored and diced

2 cups carrots, diced

2 8-ounce cans sliced water chestnuts, drained and diced

2 cups frozen baby peas, thawed

12 cups cooked rice

Mix together in a small bowl

(If you can't find these brands, leave them out and we will add them before serving – as we would like to keep this gluten/nut free)

6 tablespoons hoisin sauce (preferably Roland)

6 tablespoons tamari sauce (preferably San-J)

2 tablespoons seasoned rice vinegar

- Heat a large sauce pan over medium high heat then add 1 tablespoon of canola oil.
- Add the eggs and stir, break up into pieces and remove when the eggs are cooked through and reserve.
- Add the rest of the canola oil then add the onions and carrots and stir until softened about 5 minutes.
- Add the rice and the hoisin mixture and stir until well combined.
- Toss in the cooked egg, water chestnuts and the peas and remove from the heat.
- Cool and refrigerate overnight, bring the rice in a large zip-lock bag to the Peard kitchen on Thursday, March 12th at drop off.