

Week 4: Regional Cuisine – Self Directed Project May 11th – May 18th

WEEK TWO of Regional Cuisine

Briefly discuss techniques used in the food preparation of your Region. Find two dishes from your region that showcase techniques used (techniques can be cooking style or preparation of certain foodstuffs). Search the internet and find three recipes for each dish (there are many ways to skin a cat) (please do not pick any dishes that involve cat...). Do a quick comparison between all of the recipes and identify what is different between them and what is important.

Part B: Recipe Gathering and Tweaking

1. Where in Airdrie/Calgary can you find ingredients that can be utilized in your region of choice? (remember we talked about using ingredients native to your region, do not use olive oil in Asian cooking or peanut oil in Mediterranean cooking)
2. After understanding what the differences are in the recipes for each of your dishes, put the recipes aside, and rewrite the recipe using aspects that you feel are important in each dish.
3. Write a short paragraph explaining why you have chosen the ingredients you have and what techniques, ingredients and flavours are important in each of your dishes.
4. Cook both of your dishes and present you dishes to someone in your home.
5. On Sovyn.Weebly.com there is a food blog. I would like you to submit a review of each of your foods (in one entry) to me or online should it accept your entries. I will then upload them into the food Blog on the site for your peers to read. Please include a picture.

This Part is Due May 18, 2020