

CORNERSTONE 2016 RESOURCE

Pita Bread Master Chef, *Specialty Track 1*

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SUMMARY:	The diversity culture backgrounds of the people of Israel presented by different kind of breads - <i>Submitted by Tomer Moked</i>
TOPICS:	Food and Cooking, Global Jewish Community, Identity, Israel Programming, Jewish Culture, Prayer- Tefillah
LEARNING OBJECTIVE:	Creative ways to bring pita making to camp. Connect the participants to the idea of the prayer. Discuss different cultures of Israel's people.
AUDIENCE:	Campers 7-14 & Staff
LENGTH:	75-90 Minutes
APPENDIXES:	PitaBreadMasterChef-Handouts
MATERIALS:	<ul style="list-style-type: none"> ● Hamotzie blessing Handout #1 (Please print 1 for each pair) ● Safety rules + signs Handout #2 (Please print 1 for each participant) ● Recipes Handout #3 (Please print 1 for each participant) ● Challenge - Handout #4 ● Text handout #5 - Kinds of breads (One copy) ● “Bagels from Benny” - story Handout #6. (Please purchase a copy of the book) ● 1 main table/ Kitchen counter ● Tables with a spot for each participant ● Chef’s kits for each pair (by number of participants), including: ● Recipes (Handout #3 10 copies), bowl, teaspoon,tablespoon, fork, spoon, plastic cups, paper plates, cutting board, rolling pin. ● 20 plastic wraps and cloth ● kitchen scale ● Soap and cleaning supplies. ● Kitchen gloves box ● 2 hot plates ● 2 large frying pans ● Food Ingredients: ● 1 cup (5 ounces) whole wheat flour ● 4 cups (20 ounces) all-purpose flour ● 2 cup (16 ounces) water, 105–110°F ● 1 cup extra-virgin olive oil ● 2 tablespoon granulated sugar ● 4.5 teaspoons instant yeast ● 2 teaspoon kosher salt ● Nutella spread, Hummus dip, Tahiti paste + silan/ honey, balsamic vinegar, black cumin , sesame seeds , sea salt flavored with herbs and black sesame seeds, poopy seeds.
SETTING:	4 rows of tables

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Session Description:

Set up:

Before the session starts, the facilitator will prepare dough from the Pitta recipe in handout #3.

Let the dough rise covered, in a warm place 90 min before you start the activity (If you won't use yeast you don't need to prepare in advance).

Set up tables: main table with all the ingredients, preheat the oven for 90 min - highest heat.

Place the "Chef's Kits" to each pair by the number of your participants (20 participants - 10 sets).

Warm up (10 min) :

The facilitator will welcome the participants and ask them to sit in a circle.

The Facilitator will explain that our main theme for today is bread and culture, we will be baking and cooking together (we will eat too, don't worry...)

The facilitator will hand each participant with either name of a pastry or It's origin. (Handout #5) Then the facilitator will ask the participants to find their pairs.

Chevruta session - The facilitator will give each pair handout #2 and will ask them to introduce each other and to discuss the meaning of the prayer for 5 min.

Activity 1 - Master Chef Pitta Challenge (50 min)

The facilitator will assign each pair with a spot on a table. And explain about the activity and introduce the safety rules for working in the kitchen (Handout #3). (10 min)

Each pair will be handed a Chef's kit, including:

Recipes (Handout #3), Bowl, Spoon, and a rolling pin. On a shared table will be presented: Flour, salt, water, yeast, olive oil, sugar, measuring cup, kitchen scale.

The facilitator will ask the teams to read the recipe for Pita Bread.

Pita Challenge (15 min) The facilitator will hand each team with a challenge. According to their team number (they had from pairing up in handout 1), we will start exchanging challenges.

Team 1 start, they can keep or replace their challenge, then team 2 and so on. Team 1 closes the game with an extra turn and they are the last to exchange or keep their challenge. (Handout# 4).

Allow each team to have 5 min to brain storm for a strategy for their recipe.

Split the ingredients evenly between the teams so each team can start make the dough (15 min)

each team will have 5 min to brain storm for a signature addition for their recipe. They can use the ingredients on the main table for their unique new recipe.

The secret ingredient should reflect or symbolize something about their stories.

Make your Pita (10 min)

As soon as the facilitator approves their idea, they will get a piece of pre-made dough so they could start make their Pita creation.

Bagels from Benny (20 min)

Check the dough and Pita of each team and give them feedback.

As you place their dough aside to rise, they can get a copy of the book Bagels from Benny - story Handout #3 and read it together.

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the teams should join together 1-4; 5-8; 9-12 and discuss the book Handout #6 while the facilitator bakes the pitas for everybody.

If participants old enough they can cook their own bread.

Closing discussion (10 min) :

The facilitator will gather the groups together into one big circle. The facilitator will ask a few people to share the favorite part of the program.

How can bread represent a culture?

How many kinds of bread do you think are related to Judaism? Name the kinds you know and try to think why we need so many kinds?

Do you know any other recipes from home for bread that you'd like to share with the group?

The facilitator will ask the group what do they know about the different communities in Israel, how do they think it translates to their breads and flavours?

The facilitator will ask what is our role as educators to encourage children to discover more about the cultures in Israel through food? How is it similar, different or relates to their Jewish community?.

Facilitator will ask for other ideas the participants have that can modify the activity to their camp.

What other programs you can run or develop from your experience with the session today? Conversation will ensue until the time is up.

Additional Notes for Bringing it Back to Camp:

The program at camp can be easily led outdoors. Participants can sit on the grass, in a circle, the facilitator can use campfire Tabun to cook the pitas.

Make sure to set the fire prior to the arrival of participants - the Wok (Tabun) should be hot.

*The dough created by the group in the program is usually used for the next group... The facilitator only makes the first round of dough.

When the participants letting the dough rise, facilitator should take it, place it aside for the next group and split the pre-made dough to the participants. Don't waist :-)

APPENDIXES:

PITABREADMASTERCHEF-HANDOUTS