

Pasta and Wild Garlic Pesto Making

A fun workshop that gives participants an insight into foraging and an opportunity to experience new tastes and activities.

Duration: 2 hours

Class Size: 6-10 students

Behavioral Considerations: None

No prior knowledge of foraging or pasta making required

Classroom Arrangement: Groups

Equipment/Resources:

- Cooking utensils (e.g., pots, pans, knives, spoons)
- Ingredients for pasta making (e.g., flour, eggs, water)
- Ingredients for wild garlic pesto (e.g., wild garlic leaves, olive oil, pine nuts or sunflower seeds Parmesan cheese)
 - Cutting boards and knives
 - Aprons and disposable gloves
 - Recipe cards or handouts
- Whiteboard/Blackboard and markers/chalk if needed
 - Internet access for research if needed
 - Notebooks and pens/pencils if needed

Objectives:

By the end of the session participants will be able to:

1. Understand the nutritional value of pasta and wild garlic pesto.
2. Demonstrate basic cooking skills while making pasta.
3. Identify and gather wild garlic leaves for making pesto.
4. Follow a recipe to make wild garlic pesto.
5. Appreciate the taste and variety of homemade pasta and wild garlic pesto.

Pasta and Wild Garlic Pesto Making

Introduction (10 minutes):

Welcome the students and briefly introduce the concept of foraging for wild garlic and making homemade pasta and pesto.

Discuss the importance of taste, nutrition, and having fun in food preparation. explain the objectives and agenda for the session.

Activity 1: Pasta Making (30 minutes):

- Divide students into small groups and provide them with the necessary ingredients and equipment for pasta making.
- Demonstrate the process of making pasta dough, including measurements, mixing, kneading, and resting.
 - Guide students through the steps of making their own pasta dough.
- Encourage creativity by suggesting different shapes or additions, such as spinach for green pasta.

Activity 2: Wild Garlic Pesto Making (40 minutes):

- Explain to the students the concept of foraging and guide them on how to identify and gather wild garlic leaves (if possible, go outside to the available space).
- Assist the students in washing and preparing the wild garlic leaves for making pesto.
- Provide each group with the necessary ingredients and equipment for pesto making.
- Demonstrate the process of making pesto and explain the importance of proper measurements and blending.
 - Guide the students through the steps of making their own wild garlic pesto.
- Allow the students to taste and adjust the seasoning of their pesto according to their preference.

Activity 3: Tasting and Reflection (30 minutes):

- Set up a tasting station for the students to sample their homemade pasta and wild garlic pesto.
- Encourage discussions about the taste, texture, and overall experience of the dishes.



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- Discuss the nutritional value of the ingredients used and the benefits of incorporating wild garlic into their diet.

At the end of the session recap the main points of the session, highlighting the importance of taste, nutrition, foraging, and having fun in cooking. Discuss any challenges or successes encountered during the session and provide feedback.

Finally thank the students for their participation and conclude the lesson.

Extension Activity (if time permits):

- If there is extra time available, encourage students to research other recipes that incorporate wild garlic or experiment with different types of pasta.

Note: Ensure that appropriate hygiene and safety measures are followed throughout the lesson, such as washing hands before and after handling food, using clean equipment, and properly supervising the use of knives. Please ensure that safety guidelines are followed, especially when using kitchen equipment and foraging for wild garlic. It is important to consider any allergies or dietary restrictions of the students involved and adjust the lesson accordingly. Ensure that all food handling and preparation adheres to proper food safety guidelines. Provide appropriate support to any participant with special educational needs to ensure their active participation and inclusion throughout the lesson.