

Kitchen Chemistry

Prerequisites

Watch Greatest Discoveries with Bill Nye: Chemistry DVD
Complete World of Chemistry by Tiner workbook
Watch Standard Deviants Chemistry 1, 2, & 3 DVDs

Textbook/supplies

I'm Just Here for the Food (First Semester)
I'm Just Here for MORE Food (Second Semester)
The New Kitchen Science by Howard Hillman (Both Semesters)
Kitchen User's Manual (or make your own Lab Book)
Good Eats episodes (free & already accessible)

Post Requirement

Complete Chemistry Success workbook (summer after)
RE-watch Standard Deviants Chemistry 1, 2, & 3 DVDs

Basic Schedule (unless otherwise noted 2 weeks/section)

Week One

Monday-Wednesday – Read chapter carefully & put interesting notes into book
Thursday – Watch Good Eats, choose recipe, & put interesting notes into book
Friday – Write up summary of the chapter/method from notes & make grocery list

Week Two

Monday-Wednesday – Read 18 pages of The New Kitchen Science & add any interesting facts to your notebook, purchase ingredients & do necessary prep

Thursday – Lab Day (prepare & taste food), take picture and take notes!

Friday – Write up Lab Report:

Introduce name of dish name and method of cooking
State how the method was used in this particular recipe
Describe finished product – appearance & taste
List things you liked about the dish/method and things you didn't
New things that you learned
A Rating (1 to 5 stars)

Add lab report, recipe, picture, etc... to your notebook and hand it in to mom

Watch any other Good Eats episodes that are applicable & take notes.

First Semester: Cooking Techniques (18 weeks)

I'm Just Here for the Food by Alton Brown

Intro – Mission, recipes, heat, salt, etc... ONE WEEK ONLY
Also read through the Appendix – Critter Map, Toolbox, Cleanliness, etc...
Read, taking notes, WATCH Eat this Rock, then write up a summary.

Chapter 1 – Searing

Episode(s) – Steak Your Claim, A Grind is a Terrible Thing to Waste

Recipe(s) – Ribeye (Steak Your Claim) or Skirt Steak (book) or Burger (Grind...Waste)

Chapter 2 – Grilling

Episode(s) – Grill Seekers, Raising the Steak

Recipe(s) – Leg of Lamb (Grill Seekers) or Rack of Lamb (book) AND/OR
Shrimp Scampi (book) or AND/OR Fajitas (Raising the Steak)

Chapter 3 – Roasting

Episode(s) – A Bird in the Pan, Celebrity Roast/Family Roast

Recipe(s) – Roast Chicken (Bird in Pan) AND/OR Rib Roast (Celebrity/Family Roast)
AND/OR Meatloaf (book)

Chapter 4 – Frying

Episode(s) – Fry Hard 1 & 2, Tender is the Loin 1 & 2, The Man Food Show

Recipe(s) – Fish & Chips (Fry Hard 1 & book) AND/OR Fried Chicken (Fry Hard 2)
AND/OR French Fries (book) AND/OR Tenderloin (Tender is the Loin 1)
AND/OR Scampi (book) AND/OR Corn Dogs (book & Man Food Show)

Chapter 5 – Boiling

Episode(s) – Water Works 1/2, Mission Poachable, Pantry Raid: Use Your Noodle & Beans

Recipe(s) – Frenchman's Bass (Mission Poachable) AND/OR Steamed Cauliflower &
Broccoli (book) AND/OR Ramen Radiator (book) AND/OR
Bean recipe (PR: Beans) AND/OR Pasta (PR:Noodle)

Chapter 6 – Braising

Episode(s) – A Chuck for Chuck, Pressure, Big Chili, Fit to be Tied

Recipe(s) – Roast (A Chuck for Chuck), Baby Back Ribs (book) AND/OR Salisbury
Steak (book) AND/OR Beef Stroganoff (book) AND/OR Chili (book)
AND/OR Bracirole (Fit to be Tied)

Chapter 7 – Brining – ONE WEEK ONLY

Episode(s) – Spice Capades, Herbal Preservation, Crustacean Nation (shrimp in brine)
Read chapter & summarize, watch episodes, recipe(s) optional

Chapter 8 – Sauces – ONE WEEK ONLY

Episode(s) – Hitting the Sauce, Gravy Confidential, Pantry Raid: Tomato Sauce
Read chapter & summarize, watch episodes, recipe(s) optional

Chapter 9 – Eggs

Episode(s) – Egg Files 1, 6 Mission Poachable (review eggs), Major Pepper

Recipe(s) – Eggs Over-Easy/Scrambled Eggs (Egg Files 1) AND/OR
Poached Eggs (Mission Poachable) AND/OR Omelet (Egg Files 6)
AND/OR Deviled Eggs (Major Pepper)

Chapter 10– Microwaving – ONE WEEK ONLY

Episode(s) – Ear Apparent (Plain Brown Popper)

Read chapter & summarize, watch episodes, Microwave Popcorn!

Second Semester: Baking Techniques (18 weeks)

I'm Just Here for MORE Food by Alton Brown

Intro – Details, classification, recipes, habits, equipment, measurement
& Parts Elements/ingredients

Episodes – Citizen Cane, The Case for Butter

Recipe(s) – Optional, There is lots to Read, take good notes, write up summaries.

Chapter 1 – The Muffin Method

Episode(s) – Muffin Method Man, Flap Jack Do it Again, Waffle Truth

Carrots: A Taproot Orange, Ear Apparent

Recipe(s) – Blueberry Muffins (book/Muffin Man) AND/OR Pancakes (book/ Flap Jack)
AND/OR Waffles (book/Waffle Truth) AND/OR Cheesy Poof (book)
AND/OR Carrot Cake (Taproot/book) AND/OR Cornbread (book/Ear App.)

Chapter 2 – The Biscuit Method (pages 134-160)

Episode(s) – The Dough Also Rises, Cobbled Together

Recipe(s) – Biscuits, Scones, AND/OR Blueberry Shortcake (book/Dough also Rises)
AND/OR Blackberry Grunt AND/OR Berry Streusel/Mini Crisps
(book/Cobbled Together)

Chapter 3 – The Biscuit Method PART TWO – Pie Variation (pages 161-173)

Episode(s) – I Pie, Crust Never Sleeps, A Pie in Every Pocket

Recipe(s) – Pie Crust (I Pie - Coconut?) AND/OR Free Form Apple Pie (book/I Pie)
AND/OR No Pan Pear Pie (Crust Never Sleeps) AND/OR Peach &
Rhubarb Cobbler (book/Cobbled Together) AND/OR Chicken &
Dumplings (book) AND/OR A Pocket

Chapter 4 – The Creaming Method

Episode(s) – Cake on Every Plate, Icing Man, 3 Art of Darkness, 3 Chips for Sister Martha, Cookie Clause

Recipe(s) – Gold Cake WITH whipped cream frosting (Cake on Every Plate) AND/OR Plain Pound Cake (book) WITH Genache (Icing Man Cometh or Darkness 3) AND/OR Fudge Cake (book) WITH Buttercream Icing (Icing Man cometh) AND/OR Brownies (book or Darkness 2) AND/OR Chocolate Chip Cookies (3 chips) AND/OR Sugar Cookies (Cookie Clause) AND/OR Peanut Butter Cookies AND/OR Oatmeal Cookies (both from book)

Chapter 5 – The Straight Dough Method

Episode(s) – Dr. Strangeload, Flat is Beautiful, House of the Rising Bun, Circle of Life

Recipe(s) – Loaf of bread (book or Dr. Strangeload) AND/OR Pizzas (book or Flat is Beautiful) AND/OR Cinnamon Rolls (House of Rising Bun) AND/OR Yeast Donuts & Glaze (Circle of Life)

Chapter 6 – The Egg Foam Method

Episode(s) – Let Them Eat Foam AND Egg Files 5: Souffle' (Quantum Foam)

Recipe(s) – Angel Food Cake (book or Let Them Eat Foam) AND/OR Cheese(y) Souffle' (book or Egg Files 5)

Chapter 7 – Custards

Episode(s) – Trouble w/Cheesecakes, Churn Baby Churn 2, Pudding Head, Egg Files 2

Recipe(s) - Cheesecake (book or Trouble w/Cheesecakes) AND/OR Ice Cream (book or Churn Baby Churn 2) AND/OR Pudding (book or Pudding Head)

Chapter 8 – As Well As (blender batter 1.0, Funnel Cake, Pate a Choux)

Episode(s) – Crepe Expectations, Choux Shine

Recipe(s) - Crepes (book or Crepe Expectations) AND/OR Funnel Cake (book or Choux Shine)

Other Cool Episodes

Myth Smashers

This Spud's For You

Tortilla's Again (Enchilada Lasagna)

Sub Standards

Oat Cuisine

For Whom the Cheese Melts 2

Strawberry Sky

Dip Madness

Casserole Over

Potato, My Sweet

Fudge Factor

Do the Rice Thing

Great Balls of Meat

My Pod