

U.S. History African Stew

Lesson Plan Title: U.S. History African Stew

Concept / Topic to Teach: Crops brought to America by the African slaves were grown and harvested and are now made into a stew by the students. The stew is served with millet.

Standards Addressed:

8.4-4 daily lives of the people ????? need to look up

Time needed: One class period of about 50 minutes usually mid October after the fall harvest. It is helpful to have the students come directly to the Home Economics Room and leave from there at the end of class.

General Goal(s):

1. To become more familiar with crops that came to America with the African slaves by making a vegetable stew.
2. Learn about growing, harvesting, processing and uses of okra, sweet potatoes, peanuts, cowpeas, callaloo, cassava (optional), finger and pearl millet, and milo (sweet sorguhum).

Specific Objectives: Students will work in groups to prepare the ingredients for a stew. The stew will be cooked in one pot and be served with millet.

Required Materials: Materials found in the Emerson Home. Economics room are marked with * -- don't count on these being there!!!

Ingredients (needed for one class of approx 30):

Harvested cowpeas, sweet potatoes, callaloo, peanuts, and okra.

Extras ingredients will need to be purchased if needed.

Peanuts, shelled, roasted, unsalted. 12 oz bag

Okra, fresh (Nugget Market has fresh year round) 30 pods. May need to use frozen, chopped okra if fresh is not available, 1 small bag.

Sweet potatoes, orange ones, sometimes called yams in our stores. 6 medium sized.

Callaloo grown in the garden (Amaranth _____) use only the small fresh leaves, not stems. 3-4 cups of leaves. Fresh spinach or chard will work if callaloo wasn't grown in the garden.

Cowpeas (also called black-eyed pea), dried 1 lb. bag which is 2 ¾ cups

Cassava (also called yuca, manihot)

Millet purchased at Davis Food Coop 3 cups

Chunky peanut butter, approx 1 cup. (can add to taste)

Salt

Water about 4 qts.

Stew Master cooking area:

Large pot with lid (___quarts) for the stew pot *

Pot with lid (___quarts) for the millet

Very small pot with lid if allergies and a person needs a special stew.*

2 ladles *(only one in Home Ec. room)

2 large spoons to stir and serve *

4 pie or cake pans or shallow bowls for okra, callaloo, cassava and sweet potatoes *

Colander to rinse sweet potatoes
Salt
Peanut butter
Hot mitts, at least 3 *
Kitchen timer
Millet, premeasured in bag
Measuring cups and spoons *
Instructions for Stew Masters.
Buckets or bags for compost. --label it
Dish soap
Hand soap

For each station:

Pen or pencil
Cutting board(s)
Extra paper plates to cut on
Xeroxed paper with safety consequences and instructions for each station
Knives *
Extra knives, sturdy plastic ones will work for some of the herbs and vegetables
Scrubbers for washing vegetables * (look in cooking cart in shed as well)
Potato peeler(s) *some
Hand soap * and paper towels * or cloth towel
Okra 4-5
Peanuts, handful
Sweet potato 1 medium about ____ lbs or two small ones.
Callaloo - about a half cup leaves
Cassava 1/3 of a root

Misc:

Bucket with water for first wash of sweet potatoes if harvested from garden
Trash can
African music playing in the background
Camera

For serving stew:

Paper bowls for hot foods to serve stew in
Plastic spoons
Large, *labeled* container for putting dirty spoons to be washed and reused
Salt shaker filled with salt
Containers for putting leftover soup and millet in

For patio activity:

Harvested milo, foxtail and pearl millet to process (milo is best to use from previous year so it will be dry)
Small cans for processing grains (from shed) and bags to store them in.

Extras needed if cooking in the classroom or outdoors:

Hotplate, extension cord large bowl or dishpan to wash vegetables
Cloth and paper towels materials found in the Home Ec. Room
Dish soap for cleanup
Jugs of hot water for soup and cold water for washing
Sturdy tables to cook soup and wash on. Students might be able to cut at desks.

Recipes (for one class of about 30 students):

Cowpeas

1 bags cowpeas (black eyed peas)
4 cups water
2 teaspoons salt
Add everything to a large pot and boil gently for about 50 minutes to 1 hour.
Cook until just tender, some will start to split open. These will be heated more
in the stew pot. Cool and put in plastic bag or container in the refrigerator.

African Stew

Peanuts, shelled, roasted, unsalted. 12 oz bag
Okra, fresh (Nugget Market has fresh year round) 30 pods. May need to use
frozen, chopped okra if fresh is not available, 1 small bag.
Sweet potatoes, orange ones, sometimes called yams in our stores. 6 medium
sized.
Callaloo grown in the garden (Amaranth _____) use only the small fresh
leaves, not stems. 3-4 cups of leaves. Fresh spinach or chard will work if
callaloo wasn't grown in the garden.
Cowpeas (also called black-eyed pea), dried 1 lb. bag which is 2 ¾ cups
Cassava (also called yuca, manihiot - this is optional) 2 roots per class
Millet purchased at Davis Food Coop 3 cups
Chunky peanut butter, approx 1 cup. (can add to taste)

Bring 6 cups water to boil in large pot. Stew Masters will add bag of cooked cowpeas with
some juices. Peanuts, without shell and brown papers are added as soon as prepared by
students. The okra, sweet potatoes and cassava and callaloo are prepared by students and
accumulated in the pie or cake tins in the front kitchen. When all the cassava and sweet
potatoes are ready they are added to the stew. About 5 minutes later the okra is added with the
peanut butter. The stew will be just slightly thick, but not watery. It will thicken considerably
when cool in the bowls. When the sweet potatoes and cassava are soft, the callaloo is stirred in
and the stew is served beside the millet.

Millet

7 ½ cups
water
3 cups millet
2 teaspoons salt
Bring salted water to a boil. Add millet and cook on low about 20 - 25 minutes
until the water is almost absorbed. Don't let it dry out.

Preparation prior to the cooking day:

1. Allow a couple hours
2. Get needed parent volunteer(s) and make sure other classes won't be in the Home Ec. Room at the same time. If needed, reserve the room for the hours of the classes and the hour before and after for set up and clean up.
3. It is important to think about a plan for cooking the Stew. If the Home Economics Room is used the students will divide into stations preparing the vegetables and they will be added to a communal pot. If the soup is to be cooked in the classroom or outdoors, the plan is about the same but will be adjusted as needed.
4. Check out the Home Economics Room to make sure there really are the materials you need.
5. Make purchases and gather all needed materials
6. Cook up purchased and harvested cowpeas, refrigerate in ziplock bags or containers until needed. This takes about an hour.
7. Modify (if necessary) and xerox the safety consequences and instructions for each station
8. Modify (if necessary) and print out the Stew Masters Instruction for each class. Write in the times.

Anticipatory Set (Lead-In): At previous class meeting, explain that students will be making a soup from the crops and herbs harvested from the garden. Remind students to meet in the Home Economics Room.(or classroom or outside) Remind them that kitchens are for cooking, not playing! Equipment must be used safely. If students are playing around or using tools in an unsafe or dangerous manner, they will be asked to sit down. **THERE WILL BE NO 2ND CHANCES.**

Set up:

1. Allow about an hour, at least before the first class.
2. Have pot filled with wheat berries and on stove ready to heat. May need to add water and stir while heating.
3. Set out at each station. Instruction sheet and pencil. Cutting board, extra paper plates, small bowl for transporting vegetables and herbs, scrubber.
4. Divide the rutabaga, vegetables and herbs so each station gets about the same amount. The cabbage(s) will need to be cut into wedges and divided among stations. If there is lots of cabbage, cut or tear into pieces and serve some raw.
5. Set large pot on stove with butter cube inside. Have ladle, large spoon, salt and hot pads.
6. All knives will be set on counter in the front of the room, divided into 6 groups. Determine how many knives each station will receive. Each station should have one large knife, some small ones and some sturdy plastic ones.

Step-by-Step Procedures:

1. As students arrive, have them put their backpacks in an area out of the way
2. Gather for introduction:
 - a. we are going to make African stew and serve with millet. The stew will be cooked in one pot and 2 Stew Masters will oversee the cooking. Anyone who wants to be the Stew Master will have an opportunity.
 - b. Instruction sheet at each station - need to read

- c. Bucket of water on patio for first wash of sweet potatoes
 - d. Scraps will go in compost bucket
 - e. When an ingredient is ready, bring to stew masters
 - f. When students are finished, clean up for an inspection. Then they can go on patio and process millet and milo. This won't be needed for today's stew. g. When we eat the stew, spoons are to be recycled in plastic bag.
3. Find two Stew Masters. The students will stir the soup and make sure ingredients are added at the appropriate time. Call up all those interested in being the Stew Masters. If they have an "S" in their first name, they stay and all others leave back to group. Continue with other letters "T", "E", "W", etc. until two are left. One adult should go with Stew Masters to get stew started. (see special Stew Master Instructions)
 4. Have them divide themselves among the stations with adult guidance.
 5. Instruct students to read and sign sheet.
 6. Encouragement and comments on tasks well done always helps keep students happy and working. Make this fun but also productive.
 7. Students can start cleaning up work station and asking for inspection.
 8. When student have had their workspace inspected, have them go to the patio to process millet and milo.
 9. Eat stew!! Have students line up and get spoon and bowl of stew. Bowls with millet will be set out by the Stew Masters. Have adults ladle stew next to millet. Sit on patio or tables to eat. There should be enough for seconds.

Closure (Reflect Anticipatory Set):

1. How does it taste? How do the ingredients taste?
2. Why didn't we use a chicken stock in soup?

Clean up

1. Allow about a half hour
2. Offer leftover stew to office staff
3. Put extra stew and millet put in containers.

African Stew Instructions

Kitchens are for cooking, not playing! Equipment must be used safely.

If you are playing around or using tools in an unsafe or dangerous manner, you will be asked to sit down. THERE WILL BE NO 2ND CHANCES.

Step 1 ___ Have everyone read and initial above important information.

Read over the instructions below and ask an adult for knives

Paper plates can be used for chopping and to carry ingredients to the Stew Masters.

Assign someone to check off the steps when completed.

Step 2 ___ Wash hands with soap!

Step 3 ___ Cowpeas

The cowpeas that were processed in class were cooked in water with salt and will be put into the stew pot by the Stew Masters.0

Step 4 ___ Peanuts

Remove shells and brown paper coating from the peanuts -- put these in compost bucket. Add the peanuts to the stew pot.

Step 5 ___ Sweet potatoes

If the sweet potatoes are dirty, wash outside in a bucket of water. Wash the sweet potatoes well using the scrubber.

Peel with a potato peeler. Chop into 1/2" pieces (about the size of dice). Work fast as sweet potatoes sometimes start to turn brown.

Take the chopped sweet potatoes to the Stew Masters.

Step 6 ___ Okra

Wash and cut okra into 1/2" slices. Put the stem end in the compost.

Take the chopped okra to the Stew Masters.

Step7 ___ Callaloo

Pull the leaves from the stem. Use only good leaves without brown spots. Tear the leaves into about 1" pieces. Take the callaloo to the Stew Masters.

Step 8 ___ Clean up work area.

Put organic leftovers in compost bucket. Wash, dry and organize tools neatly on the counter. Wipe counter and sinks. Ask *adult for inspection*.

Step 9 ___ Process millet and milo

Process finger and pearl millet and milo on patio until the stew is ready to eat.

Step 10 ___ Eat stew served with millet