

Lick The Plate Orientation

What is Lick the Plate? Last year when the pandemic hit, Chef PA started *Lick the Plate*, a Zoom cooking class for SBMS families to hone skills and learn the tricks for simple delicious cooking. Each week, PA would send out a recipe and families would gather ingredients and meet him online to cook. Food brings us together and these cooking sessions were a highlight of the week. So we're starting off the year with full stomachs and *Lick the Plate evenings* for each grade so you can get to know other families and share a delicious meal together.



These are the ingredients and their approximate quantities that you will need to participate. If you have any questions or need clarification please email: pa@sbms.org

Lick The Plate 6th Grade - Cabbage ramen salad (salad like you have never seen it before!)

Ingredients	Equipment
<ul style="list-style-type: none"><input type="checkbox"/> 1 Head of napa cabbage or green cabbage<input type="checkbox"/> 2 Packets of chicken flavored ramen (squares)<input type="checkbox"/> 8oz Sliced almonds<input type="checkbox"/> 1 cup Apple cider vinegar<input type="checkbox"/> 2 cups Neutral olive oil<input type="checkbox"/> 2 Shallots<input type="checkbox"/> Black pepper	<ul style="list-style-type: none"><input type="checkbox"/> A sharp knife<input type="checkbox"/> Cutting board<input type="checkbox"/> Salad bowl<input type="checkbox"/> Oven + sheet pan<input type="checkbox"/> Mason jar or any sealable jar.

Lick The Plate 7th Grade - Mac and Cheese (we are going to upgrade this classic)

Ingredients	Equipment
<ul style="list-style-type: none"><input type="checkbox"/> 6oz Evaporated milk<input type="checkbox"/> 6oz Macaroni<input type="checkbox"/> 6oz Sharp cheddar<input type="checkbox"/> 1 Bunch of chives<input type="checkbox"/> 1 tsp Corn starch<input type="checkbox"/> 1 Red bell pepper<input type="checkbox"/> 1 cup Red wine vinegar<input type="checkbox"/> 1tsp Sugar	<ul style="list-style-type: none"><input type="checkbox"/> Medium or large pot<input type="checkbox"/> A small pot<input type="checkbox"/> Box grater or some cheese grater<input type="checkbox"/> A sharp knife<input type="checkbox"/> A cutting board<input type="checkbox"/> A digital scale

Lick The Plate 8th Grade - Rajas Tacos (The taco can be your best friend)

Ingredients	Equipment
<ul style="list-style-type: none"><input type="checkbox"/> 4 Pasilla peppers<input type="checkbox"/> 1 Jalapeno pepper<input type="checkbox"/> 1 Red bell pepper<input type="checkbox"/> ½ lb Shredded cheddar<input type="checkbox"/> Corn tortillas (If you have a tortilla press get Corn Masas instead)<input type="checkbox"/> 2 large Tomatoes<input type="checkbox"/> 1 Red onion<input type="checkbox"/> 1 Bunch cilantro<input type="checkbox"/> 3 Limes	<ul style="list-style-type: none"><input type="checkbox"/> A sharp knife<input type="checkbox"/> Cutting board<input type="checkbox"/> Cast Iron Pan or griddle<input type="checkbox"/> Tortilla Press (optional if you want to make tortillas)<input type="checkbox"/> 2 Medium metal bowls<input type="checkbox"/> A spatula<input type="checkbox"/> Tongs

Lick The Plate 9th Grade - Vegetarian Chili (you can make it taste good too!)

Ingredients	Equipment
<ul style="list-style-type: none"><input type="checkbox"/> 1 Can kidney beans<input type="checkbox"/> 1 Can black beans<input type="checkbox"/> 1 Can Pinto beans<input type="checkbox"/> 4 Large carrots<input type="checkbox"/> 2 Ribs of celery<input type="checkbox"/> 1 Large red onions<input type="checkbox"/> 1 Red bell pepper<input type="checkbox"/> 1 small pack of cremini button mushrooms<input type="checkbox"/> 1 Medium white Onion<input type="checkbox"/> 4oz Tomato paste<input type="checkbox"/> 14oz Can diced tomato<input type="checkbox"/> 1 bunch Green onion<input type="checkbox"/> 8 Cloves garlic<input type="checkbox"/> 1 Bunch oregano<input type="checkbox"/> 1 Bunch cilantro<input type="checkbox"/> 1 bunch green onion<input type="checkbox"/> Ground cumin<input type="checkbox"/> Ground paprika<input type="checkbox"/> Ground chili powder or aleppo pepper<input type="checkbox"/> Bay leaf<input type="checkbox"/> 1 small tub sour cream *optional*	<ul style="list-style-type: none"><input type="checkbox"/> A sharp knife<input type="checkbox"/> A cutting board<input type="checkbox"/> 1 large thick-bottomed pot<input type="checkbox"/> A fine mesh strainer