

Conducting ATOAH With and Without A Kitchen

You may be surprised to learn that a number of community sites have full kitchens that are open to programs like ATOAH. Many of these open kitchens will likely have multiple chopping boards and knives, so that you have the option of inviting students to be hands-on, prepping and cooking with you, if you choose.

Others may have kitchens, but require that you have a food handler's certification. If this is the case, and you would like to get certified, there are online courses that cost as little as \$10 to be certified in your state. E.g. <http://www.learn2serve.com/food-handler-training/>

Great Site, No Kitchen!

You've found the perfect location, but there's one hitch—they don't have access to a kitchen! What do you do?

A Taste of African Heritage classes can be setup virtually anywhere. While having a kitchen is ideal, if you don't have access to one, it's easy to get creative. Here are a few ideas for how to plan and conduct your class so that learning, cooking, and eating can happen in every class:

Purchase an inexpensive electric skillet and/or an electric double burner hot plate.

If you plan on teaching more than one ATOAH series, consider purchasing one or both of these tools. You can ask your host site to sponsor this purchase, as an investment into offering more classes at their site, or fundraise in your community. You can roast, steam, bake, and sauté with an electric skillet; though, the one drawback is that you can only prepare one dish at a time. A portable electric double burner allows you to cook two dishes at once. Each of these kitchen tools can be found new for under \$30, or check out your nearest thrift store's appliance section.

Pre-make the cooked dishes ahead of time, and make the raw or assembled recipes together in class. Many of the lessons feature one dish that does not require cooking. Lesson 2 includes a raw salad and green smoothie; Lesson 4 includes a black-eyed pea salad; and, Lesson 6 a fruit salad. Feature these as your in-class recipes, and pre-make the rest. Walk your students through the recipes in class, discussing the ingredients and steps, as they taste the finished products. This will leave you more time for discussing lesson topics and eating together.

Assign dishes to students each week, for a potluck-style class. Bring your students in as co-chefs! You can structure your class so that each week the students are assigned dishes to prepare at home, to bring in for the class the following week. Make sure that everyone has an assignment—even assigning the same dishes. This exercise will lend itself to learning how recipes produce different results, depending upon the cook!