

**Jr. Chef Club
Delightful Desserts
Lesson 8**

Cooking Table Notes

Peach crisp

Double the recipe to make enough for 25 students to sample

If the peaches are canned in heavy syrup, rinse before using. Divide Jr. Chefs into two groups of three and have each of them make one batch. Have each group make one batch in an 8" x 8" square pan.

Show Jr. Chefs how to "cut in" the margarine using two butter knives. Make sure each Jr. Chef has a chance to try what you have demonstrated.

Ingredients:

2 24-ounce cans peaches in light syrup, drained

1 tablespoon flour

1/3 cup packed brown sugar

1/4 cup flour

1/2 cup oatmeal

1 teaspoon cinnamon

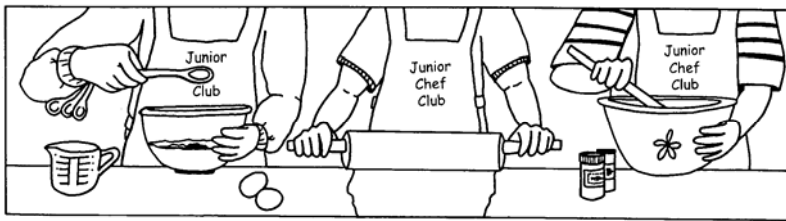
1/4 cup margarine with no trans fats

Vegetable oil cooking spray

Directions:

1. Heat oven to 350° F.
2. Lightly spray an 8-inch square baking dish with cooking spray.
3. Drain peaches and toss with 1 tablespoon flour. Place in baking pan.
4. Stir together sugar, remaining flour, oatmeal, and cinnamon. Cut in margarine.
5. Sprinkle crumbly mixture over fruit.
6. Bake about 20 minutes or until fruit is bubbly and top is browned.
7. Cool slightly before serving. Serve with a 1% or nonfat milk.

The peach crisp will be too hot to let the students plate it themselves. Adults need to plate the peach crisp, and then let the students serve their classmates.



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Peach Crisp

Double the recipe to make enough for 25 students to sample

Ingredients:

2 24-ounce cans peaches in light syrup, drained	1/2 cup oatmeal
1 tablespoon flour	1 teaspoon cinnamon
1/3 cup packed brown sugar	1/4 cup margarine with no trans fats
1/4 cup flour	Vegetable oil cooking spray

Directions:

1. Heat oven to 350° F.
2. Lightly spray an 8-inch square baking dish with cooking spray.
3. Drain peaches and toss with 1 tablespoon flour.
4. Place in baking pan.
5. Stir together sugar, remaining flour, oatmeal, and cinnamon.
6. Cut in margarine. Sprinkle crumbly mixture over fruit.
7. Bake about 20 minutes or until fruit is bubbly and top is browned.
8. Cool slightly before serving. Serve with a 1% or nonfat milk.