



**LUTHERAN
NORTHWEST**

Lutheran High School Northwest Interim Program Description

April 2-5, 2024

Exploratory Cuisine



Description: Do you enjoy savoring the different flavors of a dish? Have you ever wondered why certain cultures' cuisines feature certain ingredients, or how the dishes we eat tell a story as to what our everyday life is like? Did you know that what seems like a mundane, ordinary dinner table actually carries weighty significance in various cultures? In Exploratory Cuisine, you will learn answers to these questions and more. Discover how food serves as a gateway into culture, and in turn, offers great opportunities to build relationships and share about your faith. We will build this connection by experiencing international cuisine. Yes, that means we will eat!

Course Goals:

- We will learn how to taste and evaluate food through all five senses, basic flavor profiles, and basic components of building a dish
- We will utilize a food evaluation system to taste, compare, and rank food.
- We will learn that sharing meals carries Biblical and cultural significance. Because of this, meals are a great avenue to build relationships, specifically with those who hail from cultures different from our own.
- We will bridge the connection between food and culture, conveying that sharing meals provides insight into what it's like to live in another culture and opportunities to share about our relationships with Jesus.
- We will be challenged to leave our comfort zone, engage in adventure, and try something new--food, cultures, relationships, and ways of living.

Cost: Meal and Transportation costs (approx. \$35/day per person per meal)* **Leader:** Ms. Staniszewski

****Please notify Ms. Staniszewski in advance of any food allergies.****

Daily Experiences *Subject to change

Day 1– The Basics: Elements of Taste, Food Safety, and More.

Learn how to truly and completely experience dishes through all five senses. Students will learn about the basic flavor profiles, and components of building dishes. Students will gain knowledge in analyzing a dish utilizing a savvy ranking system, and even build their own custom food evaluation scale. Students will be able to apply their new skills in tasting experiences. Consider this your turbo crash course in culinary arts.

Required materials: Waiver, transportation, advanced notice of food allergies, an open mind. Notebook and pen optional.

Location: TBD, Lutheran High School Northwest. **Date:** Tuesday, April 2, 2024

Cost: Approx. \$25 per person*

Days 2–4 –International Cuisine Adventures

Utilizing skills we learn on Day 1, we will sample different dishes from various cultures together at various local restaurants. Each day will feature a different cuisine. This year possible cuisines include Mexican, Cambodian, Japanese, Middle Eastern and Indian. These days may also feature guest speakers who have lived and/or worked in these areas. Our guests will help guide us through the meal and share their experiences with their respective countries.

Required materials: Waiver, transportation, advanced notice of any food allergies, and an open mind.

Location: Stay tuned for more details. **Date:** Wednesday, April 3rd--Friday, April 5th 2024

Cost: Approx. \$30-35 per person/per meal*