

SAVORY SAUTÉED

COLLARD GREENS

GRADE: 4th
LENGTH: 45 minutes

Essential Question

How did different cultures influence the creation of Southern Cuisine?

Alabama Curriculum Standards

SS 4.6 Describe cultural, economic, political aspects of the lifestyles of early nineteenth-century farmers, plantation owners, slaves, and townspeople.

Recipe

Ingredients:

- 1 bunch collard greens
- 1 medium onion
- 1 clove garlic
- 2 Tbsp. cooking oil or butter
- Red pepper flakes to taste
- Smoked paprika to taste
- Fresh ground pepper & salt to taste
- ¼ cup water

Directions:

1. Remove stems from collard greens and slice into very thin shredded ribbons.
2. Peel and chop onion and garlic.
3. Heat oil in medium-large skillet over medium heat.
4. Sauté onion and garlic until fragrant, about 1 minute.
5. Add red pepper flakes, smoked paprika, salt and pepper and cook until fragrant, about 1 minute.
6. Continue to cook until onions are translucent.
7. Add chopped collard greens, one small batch at a time, and sauté until they soften and turn bright green.
8. Add ¼ cup water, cover pan, and continue to cook until greens are tender and flavors begin to meld.
9. Serve and enjoy!

Preparation

Acquire all lesson materials. Photocopy recipe cards. Set up cooking area inside or outside. Set up a wash station, if harvesting veggies during the lesson. Recruit an extra adult or two for help before, during, and/or after the lesson. Review basic food safety. Watch our YouTube video [Cooking in the Classroom](#). Have students wash their hands with warm soapy water before class begins.

Objectives

- To learn how to use basic kitchen tools.
- To use produce from the garden to make a healthy dish.
- To explore the history and cultural origins of popular Southern foods like collard greens.

Materials

- Recipe cards
- Cutting boards
- Kid-safe knives
- Measuring spoons
- Hot plate
- Large skillet or pot
- Large spoon or spatula
- Tongs
- Measuring cups
- Serving plates and forks

Vocabulary

- cuisine • sauté
- translucent
- culture • fragrant

Opening Circle

- Ask students orienting questions such as:
 - What do you think of when you think of Southern **cuisine**?
 - Where do you think some of our favorite Southern foods originated?
- Explain that most Southern foods still enjoyed by people today originated in the 1700s and 1800s and come from a mix of cultures: African American, Native American, and European.
- Ask students if they have ideas why all three of these cultures influenced Southern cuisine. (*See Teacher Background.*)
- Tell students that today they will work together to prepare a Southern recipe using ingredients from the garden.
- Explain to students that there will be many steps to preparing our recipe, and everyone may not have the same job, but if we work together, we will be able to enjoy a snack together.

Activity

PART 1: HARVEST AND WASH

- 1 Lead students to the garden to harvest collard greens and garlic.
- 2 Lead students to the washing station to wash their vegetables.
- 3 Collect all washed vegetables and return to cooking area.

PART 2: PREPARING THE RECIPE

- 4 Pass out recipe cards or direct students' attention to the recipe written on a board. Read through the recipe ingredients and instructions as a class. Ask students a few questions about the recipe to check for understanding.
- 5 Complete the steps of the recipe, calling on students as needed. (*See Teacher Background for an example of how students may participate.*)

PART 3: TASTING

- 6 Remind students to be respectful and curious when tasting. (*See the Cooking Promise in Chapter 1 for more ideas on how to encourage students to try new foods.*)
- 7 Serve everyone a sample. While waiting for everyone to be served, ask students to describe the appearance and smell of the cooked collard greens.
- 8 Taste and enjoy!

Closing Circle

- After everybody has tried some, gauge students' reactions to the taste by asking them to cast votes using a "thumbs up-sideways-down" system.
- Would you change anything about the recipe? Add more of something, less of something? Swap ingredients?
- What are some other Southern foods that you enjoy?

Extensions

- 1 Have students research the various ways collard greens are prepared around the world. Compile the recipes to share with others.
- 2 Have students go home and ask for a family recipe. Bring them all back to school and create a "4th Grade Cookbook".
- 3 Have students explore the life of James Hemings, an enslaved African American who worked as a chef for Thomas Jefferson.

teacher

BACKGROUND

HARVESTING

For specific information on when and how to harvest and wash each vegetable included in this recipe, see the Appendix.

INFLUENCES OF SOUTHERN FOODS

Southeastern Native Americans aided the early European settlers in America by introducing them to crops such as squash and corn and cooking techniques such as deep-pit barbecuing. Deep frying is a technique that originated in Scotland and then made its way to America with the early settlers. While many Europeans came to America by their own volition, African people were forcibly enslaved over generations and were brought to America against their will. Many Africans brought with them seeds from home, such as those for black-eyed peas, okra, and watermelons. Enslaved people were often left the scraps of food like the tops of the turnips and ham hocks or pig's feet. Using leftovers like these led to the creation of several famous southern recipes. For example, even though collard greens have been grown around the world, the Southern style of eating greens cooked down into a low gravy and drinking the juices (or "pot likker") came from enslaved African people. The melding of all these cultures has brought about what we know today as Southern cuisine.

MAKING THE SAVORY SAUTÉED COLLARD GREENS

Engaging students:

- Have several students strip and slice collard greens.
- Have 1-2 students peel and mince the garlic.
- Have a few students chop the onion.
Tip: Slice the onion in half for students so that they can lay the onion flat on their cutting board.
- Have a few students carefully add ingredients to the pan.
- Have a few students take turns carefully stirring the pan.
- Have a couple students help serve.

DISCUSSION IDEAS

For more discussion questions to ask students throughout the lesson or to use as a writing prompt see page 83.

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- 1 medium onion
- 1 clove garlic
- 2 Tbsp. cooking oil or butter
- Red pepper flakes, to taste
- Smoked Paprika, to taste
- Salt and pepper, to taste
- ¼ cup water

Directions:

1. Remove stems from collard greens and slice into very thin shredded ribbons.
2. Peel and chop onion and garlic.
3. Heat oil in skillet over medium heat.
4. Sauté onion and garlic until fragrant, about 1 minute.
5. Add red pepper flakes, smoked paprika, salt and pepper and cook until fragrant, about 1 minute. Continue to cook until onions are translucent.
6. Add chopped collard greens, one small batch at a time, and sauté until they soften and turn bright green.
7. Add ¼ cup water, cover pan, and continue to cook until greens are tender and flavors begin to meld. Serve and enjoy!

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