

# California Prunes

TEACHING MODULES  
Instructor Supplement



THE WHOLE PACKAGE

[www.californiaprunes.org](http://www.californiaprunes.org)

California Prune Board  
 Teaching Modules  
 INSTRUCTOR LESSON PLANS

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These three modules have been designed to service the needs of an instructor as a stand alone 1 hour lecture class and guide for subsequent lab work or as a short introduction to Prunes in classes such as Product Identification with a separate lab module for an advanced cooking class as well as one for an advanced baking/pastry class.

The following suggested supplements to each module are for the individual instructor to consider:

**MODULE ONE: INTRODUCTION**

TOPICAL AREA	SUPPLMENT TO INSTRUCTION	SUPPLEMENT TO LAB CLASS
Introduction	Map of California	Samples of California Prunes
	Reflect on the challenges of farming – winter stress, insects, disease, pollination and fertilizer use, pre-mature fruit drop, birds, drought, etc.	Talk about student preliminary assessment of prune texture, aroma, and taste
Resources	Click on the link to the California Prune Board: <a href="http://www.californiaprunes.org">www.californiaprunes.org</a>  Resources include: Key Facts, Recipes, Nutrition, and Media pertaining to Prunes.	

MODULE TWO: THE SAVORY KITCHEN

TOPICAL AREA	SUPPLEMENT TO INSTRUCTION	SUPPLEMENT TO LAB CLASS
Human Senses	Address the five human senses and how they are intertwined in the process of creating flavor.	<p>Conduct an exercise with a few selected students. Blindfold them and instruct them to pinch their nose.</p> <p>Have prepared uniform medium dice of the following food ingredients: White Potato (raw), Sweet Potato (raw), Apple (raw), Pear (Raw), Peach (Raw), Nectarine (Raw).</p> <p>Ask them (without divulging if they are right or wrong) to verbally complete the assessment that follows:</p> <p>After the exercise see how well they performed and open the class up to discussion about the senses and the role they play in identifying flavor.</p>
Taste	Talk about the difference between taste and flavor. Discuss the five different primary tastes and where the receptors are located in the mouth.	Have students taste the items on the Taste Assessment and identify how they would describe them.
	Talk about what tastes complement each other and how a chef uses this	Break students up into teams and provide a market basket of

	understanding in building menu items.	ingredients that includes California Prunes. Openly discuss their assessment. Have each team design a product, create a recipe, produce and present the recipe and then describe how and why they built the flavor profile for that dish. After viewing the second module instruct the teams to use “Flavor Bouncing” in the process of building their dish.
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BLIND ASSESSMENT OF INGREDIENTS

PARTICIPANT: \_\_\_\_\_

Use one-word descriptors of touch, smell, and taste.

ITEM (Do not divulge)	TOUCH (TEXTURE)	SMELL	TASTE	WHAT IS IT
1				
2				
3				
4				
5				
6				

TASTE ASSESSMENT  
California Prunes

ITEM	Salty	Sweet	Sour	Bitter	Umami
Soy Sauce					
Macintosh Apple					
Plain Yogurt					
Sautéed Mushrooms					
Raw Spinach					
California Prunes					
Walnuts					
Belgian Endive					
Ripe Avocado					

MODULE THREE: IN THE BAKESHOP AND DESSERT KITCHEN

TOPICAL AREA	SUPPLEMENT TO INSTRUCTION	SUPPLEMENT TO LAB CLASS
Environment	Discuss how the bakeshop differs from the savory kitchen and the challenges with baking as a science.	
The Ingredient	<p>Discuss how prunes might be used in the bakeshop as:</p> <ul style="list-style-type: none"> <li>*A flavor enhancer</li> <li>*To add moisture</li> <li>*To add structure</li> </ul>	<p>Present each team in the bakeshop with a challenge that might be executed over a few days.</p> <p>Challenge One: To develop a restaurant quality dessert where California prunes are used to enhance the FLAVOR of a dish and thus play a primary role or key support role in how that dish will taste.</p> <p>Challenge Two: To develop a restaurant or bakery quality item where California prunes are used to either supplement the texture of an item that can tend to be dry or an item where California prunes are used in place of a portion of the moisture in a recipe or formula.</p>

		<p>Challenge Three: To develop a restaurant quality dessert where California prunes are used to enhance or positively change the structure or texture of a dish.</p> <p>Run this as a competition and have the entire class vote on how well each team did in relation to the objective for each assignment.</p>
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