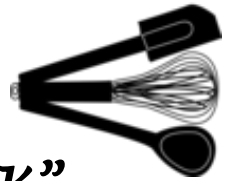


**"SHE WATCHES OVER THE AFFAIRS OF HER HOUSEHOLD."**

**PROVERBS 31: 27**



# **COOKING WITH GRANDMA**



**"JUST LIKE GRANDMA USED TO COOK"**



**ACTIVITY: Cooking Class**

**SUPPLIES NEEDED: Listed per recipe**

**Background:**



Do you recall as a child when you stood on a stool beside your grandmother as she made sugar cookies; a time that conjures up emotions brought to life by almost every sense you possess? What patience and humor she demonstrated as she beheld your precious face covered with a blanket of white flour that was filled with total rapture! Does your mouth water as you remember the taste from the dollops of sugar cookie dough she placed into your mouth as a prelude to what would come out of the oven later? Although the mess you so amply created on the cabinets, self, and floor added to her already full list of chores, the memories she was storing in her mind far outweighed the labor required.

Then, as special occasions occurred that prompted relatives to gather from far and wide, are you able to recreate the sights, sounds, and fragrances that floated in the air causing you even now to pause and suck in their delightful aroma? When revisiting your memory of what it was like to walk into grandma's kitchen, your skin probably still reacts today by becoming a bit clammy as you recall the intensity of the heat generated from her old wood cook stove with the reservoir on the side filled with scalding hot water that would later be empty from all the dishwashing that was required.

Folks, there was absolutely nothing that equaled the communion that took place among the members of the family; a blend of colorful personalities that made the day literally alive with energy! These were the days; a time when labor in the fields paused for much needed fellowship and restoration that allowed the creation of golden memories to be stored in hearts as a treasure chest to be opened during the winter season of life.

Thus, if you want to listen in on the residents' feelings about the best recipes, just walk among the tables at mealtime and witness the various critiques espoused by those dining together. Without doubt, you will come away being glad that you are not in the position of cook in the kitchen at that moment. Think of how many female cooks that have prepared meals over a long period of time you are trying to please. Not only did these women provide food for their own family members, but also large numbers of hay hands every summer as well as those attending church socials. It was better to be caught dead than to arrive at a function with an inferior recipe and face the wrath of other females present. Tongues would wag for certain!

Then, stroll among the tables during a cooking class and observe the euphoric expressions worn on the residents' faces as they work together to create a recipe. You will get a free lesson as to the best recipes and ingredients to use that have been handed down from generation to generation. These cooks are cognizant of how to make dishes that are lip smacking good and will settle for nothing less than the best. No shortcuts! No substitutes! If you want to score as an activity director, just write the words, "COOKING CLASS" on the schedule and there will be no question as far as pleasing the crowd. They will all be there with bells on!

Although you will see a kitchen in the following photographs, please don't be discouraged and think offering a cooking class at your facility is impossible. Prior to the activity room being remodeled for the residents pictured, preparing delicious concoctions still occurred. In fact, the aroma of the yummy dishes wafted out into the hallways causing hungry staff members to suddenly appear with mouths watering, bellies growling, accompanied by pleading expressions upon their faces. And...it always worked! ALMOST ALWAYS!

### Directions:

As you view the photographs below, the supplies you need will be apparent. However, the most important aspect of this activity is that those in the lead role spark it up by having fun and acting silly. As the chili recipe was being put together, Activity Director Tim Trafford kept the residents laughing and engaged by involving them in every aspect of each ingredient. Assistant Activity Director Melody Childers, chimed in and kept the routine going by having all the ingredients ready for him to grab. The most humorous time was adding spices to the dish. Tim would have them smell the spice and then vote on how much they desired to add. When it came to the spice called Coriander, most had never heard of it! Thus, this offered an opportunity for Tim to really ham it up! After each resident smelled it, they voted on adding just a touch; and no more. After all, why change a good thing? Throughout the time of adding ingredients, Tim would pretend to almost drop the entire container of spice into the pot of chili; an act that caused gasps and outlandish laughter!

Are you getting the concept that it is a fun time? Folks, it is critical to realize this as the most important ingredient of any activity! It is not about boringly whipping up a recipe, but having a roaring good time as a group.



## **CHILI WORTH BRAGGING ABOUT**

<i>Hamburger----3 lbs.</i>	<i>1-12oz. can of tomato sauce</i>
<i>Onion----2 large</i>	<i>Stewed Tom. (3-15 oz cans)</i>
<i>Chili Pwd.----1 ½ TBSP</i>	<i>Brown Sugar---2 TBSP</i>
<i>Garlic ----2 TBSP</i>	<i>Black Pepper----2 TBSP</i>
<i>Salt---1 Tsp.</i>	<i>Corriander----1 Tsp</i>

*(Shredded Cheese for topping and Saltine Crackers)*

*Sauté hamburger until brown. Chop onions. Place the hamburger and onions into pot that already contains all other listed ingredients. Cook for 1 ½ hours. Serve in star foam soup bowls along with plastic spoons. (While this is cooking, show a movie on the large screen TV)*

*Dessert dish will be made at the conclusion of the movie.*

# CHOP THOSE ONIONS, WILMA!

*DO YOU KNOW HOW MANY ONIONS I HAVE CHOPPED IN MY LIFETIME?*



*"YOU GIRLS CUT AWAY! THEY ALWAYS MAKE ME CRY!"*





# KEEP RIGHT ON STIRRING, GIRL!



**"I USED TO DO THIS WHEN I LIVED ON MY OWN! SMELLS THE SAME!"**

# TIME TO VOTE ON SPICES!



**All right, everyone, it is time to decide if we agree with the recipe directions on the spice amounts. The rule is that everyone must express an opinion. HERE WE GO!**

# CORRI.....WHAT?

"DID YOU SAY CORI WANDERED? WHO IS SHE? NEVER HEARD OF HER! WHAT IS THAT SMELL?"



**TELL ME WHEN!!!!!!!!!!!!!!**

**WHAT? I CAN'T HEAR YOU?**

**DID YOU SAY TWO OR SIX?**





**HAS HE GONE  
NUTS?**



**WATCH HIM,  
SYLVIA! WE  
DON'T WANT  
TO BURN OUR  
TONGUES ON  
THIS!**

# **NOSEY PEOPLE MUST STIR!**



**ALL IS WELL  
THAT ENDS  
WELL! YUM!**





# CHERRY CHEESECAKE

2 ½ Graham Crackers per person (For Crust)

1 TBSP melted butter per person

Jello Brand (No Bake) Cheese Cake Dessert Mix (11.1 oz. Box)

*(The amount of dessert mix depends on the # of residents)*

Cherry Canned Pie Filling

Give each resident a star foam dessert bowl, spoon, and glass as a smashing tool. Have them smash the crackers with the glass. Distribute the butter directing them to stir it into the graham cracker mixture. Pat the graham cracker down on the bottom and sides of dessert bowl. While they are doing this, a staff member mixes the cheese cake dessert filling according to box directions; followed by distributing it to each resident, asking them to spread it out with their spoon. Place a dollop of cherry pie filling on top of each resident's completed dessert.



# TIME FOR THE BUTTER!



**STIR IN THE BUTTER,  
LELA!**





# CHEESE CAKE



# TOPPING TIME







**TOTALLY  
WORTH  
THE  
WAIT! NO  
SHARING!  
IT IS ALL  
MINE!**

