



Paradise COVE



London's finest Caribbean
restaurant

Paradise cove, is small Caribbean restaurant located in a corner of SW London. Priding itself on influences from all of the Caribbean, it's a medley of flavours, Reggae and charm.

Its school-based workshops aim to promote positivity towards the creative and hospitality industry alongside introducing simple cooking methods to benefit children of all ages.

As a minimum, its workshops aim to teach:

Ks1 - Simple cutting skills and healthy foods

Ks2 - Caribbean culture and a balanced diet

Ks3 + Versatile cooking methods + Caribbean cultural appreciation

Ks3 workshop Lesson plan

Children - up to 30 (if over 15 - cooking in pairs)

LO: To be able to prepare and cook a savoury Caribbean dish.

SC: Must - Know how to prepare and cook meats safely

Should - Understand simple Caribbean cooking techniques and influences

Could - Make links other cooking methods for fish, poultry or veg

Needed Per 2 pupils:

Consumables - roasting trays - foil, small cooking pots, chopping boards and knives

Veg

1. 500g chicken breast (or meat substitute - mushrooms, bell peppers, jackfruit)
2. 1 red bell pepper
3. 1 tin pineapple chunks
4. 1 red onion (optional)
5. 100g Jerk marinade (provided)
6. 50ml olive oil.
7. 500g penne or fusilli pasta
8. 30g table salt

Indicative Lesson plan

Intro: 20 mins

Introduce LO and SC, then show children your background as a chef and ask what they like about cooking. Invite answers and explain cooking is a creative subject but includes core subjects (reading and writing recipes, the science of temperatures and chemical reactions and the mathematics of imperial and metric).

Then talk about the Caribbean history of food inc Jerk, explaining Caribbean culture was affected heavily by slavery and give examples of intercontinental influences. Such as: ackee originating from Africa or Roti being an Indian dish.

Main: 1 hr

Introduce the origins of Jerk and explain the various ways it can be achieved (the key is the pimento wood or pimento seeds as that give it its distinctive spice. It is also called spice due to its resemblance of cloves, garlic and black pepper being in one).

Move onto the dish being made and start a MTTT lesson with children.

1. Wash and dice chicken
2. Wash and dice veg
3. Marinate veg and meat and foil bake on a high heat.
4. Place pasta to boil.
5. Drain pasta and stir in cooked veg and meat.

Plenary 20 mins

Invite questions and what children think they could cook else in a similar fashion (explaining the foil method can be used for a variety of meats, fish and veg).

