



Hearth Cooking for Kids (ages 10 to 14)

This 6-week hearth cooking class takes children through food preservation, learning how to use tools and working on a real hearth fire, creating recipes from historic cookbooks, and creativity in using seasonable food items. Each class begins with a lesson around our food history and hands on activities in hearth. Children are encouraged to use creativity and decision making for their recipes each week. This cooking class will use ingredients such as flour, eggs, and dairy. For any food allergies or restrictions please notify staff and discuss at registration.

Program appropriate for ages 10 to 14. Children will be working with real kitchen tools and assisting with the hearth fire. As class space is limited, registration is required to hold your space. Cost is \$100 per child for the entire series; individual class registration is not available. Class size is limited. Register at mail@montclairhistorical.org or 973-744-1796. All sessions begin in the program room of the Crane House/Historic YWCA at 110 Orange Road, Montclair. Program held on Thursdays from 1 to 3 pm. **Dates:** October 4, 11, 18 & November 1, 8, 15.

Week 1

Learning the Basics

Today children will learn the basics about historic cooking from reading a recipe, to using kitchen tools, working with a real fire in the hearth, and seasonal foods. We'll start with a simple recipe to try our hand at different cooking tools and working with hot coals.

Week 2

Boiling and Roasting

Learning how to create the right size fire plays a role in cooking over the hearth. Today we'll learn how to adjust the pans and fire, so they work together when cooking above

your hearth. We'll also try our hand on the tin kitchen and roast a meat dish today. Recipes will pull from soups, stews, and sauces to create some dishes in this method.

Week 3

Cooking with Spiders and Griddles

From roasting, to grilling, or frying, the options are endless when using hot coals. Recipes including vegetables, meat, and even slapjacks will be tested to understand how to use coals for cooking on the hearthstone.

Week 4

Using a Dutch Oven

Dutch ovens are simple ways to coal-bake single dishes for sides or dessert. Students will create a cake, pie, and pudding dish to test out using coals and baking. This method of cooking requires patience and a steady hand for checking on our food.

Week 5

A Simple Midday Meal

Working as a team, students will make an entire meal from the main course, side dishes, and a dessert, drawing from the previous lessons on how to use the hearth and the various tools. Students will also vote on recipes from historic cookbooks to complete at the following class for their Creative Cooks week.

Week 6

Creative Cooks Week

At the final class students test their knowledge and creativity. Drawing from the recipes voted on the previous week, students team up and complete their second midday meal challenge taking creative liberty with herbs (from our herb gardens) and cooking methods.