

# Cooking Station

This station has the most variety depending on skill, individual tastes, and abilities. We provide an outline, recipes, and hints. At the beginning of the school year you will receive an updated inventory of what the Mission provides in terms of cooking equipment. Please read this carefully, we've had many people assume and then have to go down to the nearest store.

## **The Cook's Creed:**

*Cleanliness is next to godliness, both in persons and kettles; be ever industrious, then, in scouring your pots. Much elbow grease, a few ashes, and a little water, are capital aids to the careful cook. Dirt and grease betray the poor cook, and destroy the poor soldier; whilst health, content, and good cheer should every reward him who does his duty and keeps his kettles clean. In military life, punctuality is not only a duty, but a necessity, and the cook should always endeavor to be exact in time. Be sparing with sugar and salt, as a deficiency can be better remedied than an over-plus.*

## **SOME SPECIAL KITCHEN HINTS**

1. There are some cooking supplies in the wooden cabinets in the ESP storage shed. Use them if you need them. There are pictures located in the cabinets that tell you where things go. Please wrap everything in plastic bags before putting them on the shelves. If the items have lids, they don't need to be wrapped in plastic. There is also a master list of ESP supplies that the park staff will use to check you out.
2. There are three big washtubs for doing dishes. Water takes at least an hour to heat, so if you want hot water for clean hands and dishes, start heating immediately. Heat the water in the large "canning pots". DO NOT place the washtubs on the stove or fire.
3. Be sure to light your oven (the *horno*) at least two hours before you need the oven. However, they do not need to be lit all day, only when you are going to be using them in two hours. Baking times should be the same as a regular oven at the same temperature. The oven temperature can vary quite a bit depending on the many variables including; size of the fire, amount of time oven is heated, type of wood, outside temperature, and how tight the door and plug holes are closed when baking. If you end up with a "hot" oven, leave the plug out and the door open part way.

## **4. Materials Needed: (\*Provided by Park)**

- \* **Three galvanized wash tubs, from now on "tubs"**
- \* Pots/Pans
- \* Fire wood
- \* Garbage bags and cans

- \* Matches
- \* Recipes
- Non-Chlorine Bleach and biodegradable dish soap
- Utensils, including hot pads
- Dish towels and soap
- Food

5. Some common forgotten items include (but are not limited to!):

- Dish towels
- Dish Soap (biodegradable only)
- Bleach (non chlorine)
- Scrubbing pads, brushes, etc.
- Small, sharp knives
- Butter, oil, salt, pepper
- Large spoons, spatulas
- Graters
- Can openers
- Pot holders

**Station Set-up:**

**THINK SAFETY AT ALL TIMES**

**Hornos (Beehive Ovens)**

**Normally these will be started for you, but read instructions if not.**

**Note: Do not leave the door or plug in place while a fire is in the oven.**

1. If the *hornos* are being used, a fire needs to be burning inside of them for two hours before you need to use them.
2. Unplug the back plug of the *horno* and remove the door. If there are any bricks inside the *horno* they need to be removed. You can place them on the triangular ledge next to the *horno* door.
3. Build a reasonable sized fire inside of the *horno*.
4. Once you have decided the *horno* is ready to bake in, removed the large logs. Then you have two options. 1-if you are using the dutch ovens with feet, you can leave the ashes inside. 2-if you are using pans or dishes you will need to use a shovel to remove the ashes. Then place the bricks inside. The pans can then go on top of the bricks. After you have put the food in, put the door and plug back in to the *horno*..
5. The *horno* temperature can vary quite a bit depending on many variables, including; size of fire, amount of time the *horno* is heated, outside temperature, type of wood, and how tight the door and plug holes are closed when trying to bake. If the *horno* is too hot-crack the door a bit and leave the plug out.

## **Garbage Cans and Bags**

- 1. It is the responsibility of everyone to maintain the garbage cans. There are garbage cans next to the cooking tables, one next to the ESP shed.*
2. If extra bags are needed please ask park staff.
3. Please make sure that the bags have not slipped down in to the cans. When this happens we must pull the cans out and clean them. It is not easy to get the cans out of the barrels.
4. Please keep an eye on the garbage cans. When one is full, the bag needs to be removed and tied.
5. PLEASE DO NOT decide to pile all the bags in one location and haul them all at the same time.
6. Once the full bag has been removed, replace a new one in the can.

## **Recycling**

At the current time, the Sonoma Mission does not have a recycling program. We encourage you to collect your own recyclables and send them home with someone who can take care of it.

## **Wash Tubs**

1. The three tubs are located in the ESP Supply Shed. Please do not use the tubs marked "Baskets Only."
2. All three tubs are to be taken out of the ESP Supply Shed and placed on the benches adjacent to the candle station.
3. The three tubs are for a wash station. One for soapy water, one for a sterilizing rinse, and one for clear rinse water.
4. The first tub should contain hot water and biodegradable dish soap.
5. The second tub should contain warm water with 1 tablespoon of non-chlorine bleach to each 2 gallons of water.
6. The third tub should be filled with hot, clear water for a rinse.
7. The water takes at least an hour to heat, so if you want hot water right away for clean hands and dishes, start heating it immediately.
8. Heat the water in the "spaghetti/canning" pots. Ideally, water should be heating on the grill next to the wash tubs all day to use for dish water. DO NOT place the tubs on the stove or grill, the bottom seam will fail.
9. Ideally, the first group to be at the cooking station should fill up the tubs with water. The "spaghetti/canning" pots can be filled with water and then lifted back to the tubs by two students.
10. The water in the wash tubs will need to be emptied and refilled often. The water from the wash tubs is to be dumped down the courtyard drain. First, remove all chunks of food from the water. Please ask park staff where to dump water.

## **Fires (under the grills in the adobe cook stove)**

1. The fires under the grills should be built in a regular "campfire" type fashion.
2. DO NOT use dangerous liquids to start your fires. Use dry kindling that has been chopped small enough.

3. The outdoor adobe cook stove can be quite dangerous, especially to those that are wearing loose clothing such as skirts or rebozos.
4. It is better to stand to one side of the fire opening and not directly in front of the fire when cooking.
5. Please do not remove ashes build-up from the stove area, make the fire on top of the ashes. This uses less wood and the ashes provide a natural riser.

### **Pots/Pans**

1. *There are a wide variety of pots and pans available in the ESP Supply Shed.*
2. There is a layout posted on the inside of each showing where the pots and pans are located. You should find every one that is on a shelf, stored in a plastic bag.
3. Please make sure to read “Caring for Cast Iron” below

### **Caring for Cast Iron**

There are many cast iron pots available in the ESP cupboards for the group to use. They are wonderful to cook with and are authentic. After cooking in one of the pots, it should be wiped clean with a paper towel and then rinsed in hot water. Do not scour; scouring will remove the natural seasoning of the pot and cause rust and possibility a metallic taste. Do not use detergent or harsh cleaning products. If it has food caked on it, try putting hot water in it and simmering it on a stove for a while. Then wipe it with a paper towel and rinse it in hot water. Dry it thoroughly. Another way to clean it is to scrub it with coarse salt and a soft sponge. The salt absorbs oil and lifts away bits of food while preserving the pan’s seasoning. Rinse away the salt and wipe dry. Wipe a little oil around the inside of the pot and lid to re-season.

### **Dutch Oven Cooking**

Dutch ovens were very important to the cooks. Past ESP cooks have used our ovens to make breads and desserts. There are many resources available that can give more direction on how to use them. (Please see either the “Bibliography” or “References for Research” sections at the end of the manual.) These resources state that charcoal briquets should be used above and below the oven. However, here you will be using coals from the fires. It will take a little time to get used to how much heat is needed. Remember, this is opposite of a convection oven: the heat goes where you put it. Coals on the top will brown the top, coals on the bottom will cook the bottom. You will want balanced heat, start slowly and check often. The following is a list of items that may help:

1. Make sure that the oven is cleaned and seasoned (See “Caring for Cast Iron”).
2. Pre-heat the oven so that most of the cooking comes from residue heat.
3. Make sure plenty of coals are available in the fire.
4. If the oven is placed near the main fire, you will have uneven heat.
5. Leave an air space between the oven and the bed of coals so the baked good will not burn on the bottom as easily.
6. If baking in a pan, raise the pan above the bottom of the oven on a rack or with a few rocks.
7. When checking the cooking progress, make sure to remove the coals from the lid and to sweep ashes away. Do not lay the lid down on something that is dirty.

8. If baking a sticky dessert, you might want to line the oven with tin foil before adding dough. (Not historical, but definitely more convenient)
9. After using the oven, season the cast iron by washing in hot water (no soap), drying over the fire, and then coating the inside with a thin film of cooking oil. Make sure that it is ready for the next group.

### **Station:**

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| <ol style="list-style-type: none"><li>1. <i>Through out the day: the fires need to be maintained, the rinse water needs to be free of debris, and the garbage cans have to be emptied.</i></li></ol> |
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2. When it is time to use the *horno*; the fire needs to be removed. This must be done by an ADULT. The fire can be transferred to the grill/adobe cook stove area.
  3. Once the fire is removed, the bricks can be placed into the oven. (The pans usually rest on the bricks to decrease the chance of burning the bottom.)

### **Station Clean-up:**

1. The garbage cans need to be emptied and new bags need to be put in them.
2. All garbage needs to be hauled to the alleyway.
3. The cooking tables need to be cleaned off and wiped down.
4. The fires can be left to burn out on their own.
5. The wash tubs need to be CLEANED AND WASHED OUT. Once this is done, they also need to be DRIED. Then, they can be returned to the ESP Supply Shed.
6. (Please see "Caring for Cast Iron" above) The pots and pans need to be washed, scrubbed, and dried. **DO NOT SEND WET POTS BACK TO THE ESP CLOSET!** They can then be put on the wooden tables. This is where they will remain until park staff is able to check them. Once the park staff clears them, they need to be wrapped in plastic bags and returned to their appropriate location within the wooden cabinets. (Please follow the layout provided inside each of the cabinets.)
7. The cooking area needs to be swept and raked of any debris.
8. All leftover items: food, utensils, etc. That were brought by the class need to be packed up to return to the parking lot.
9. PLEASE DO NOT LEAVE ANY EXTRA SUPPLIES BEHIND. We appreciate the kindness, but the mice often find the supplies before we do.
10. The staff person will check to make sure that all items are properly returned to their place.

