

OFFICER'S QUARTERS KITCHEN STATION

Parents and Teachers...welcome to the Officer's Quarters Kitchen. The adult assistants staffing the Kitchen Station will help each squad churn a batch of butter and prepare a part of the stew. This is a very "hands on" station for both adults and students. You will be tired at the end of the day. Try not to put undue stress on yourself...even if the food gets burned or dropped on ground while being taken to the Cook's Shed for Supper. We have a backup plan of canned chili beans if this happens. *Try to keep with the basic menus and recipes to keep on the time schedule and make cleanup as easy as possible.* Maintain control of your students in the kitchen, talk about what providing for meals in the 1850's would have been like without the modern conveniences of today, and most of all...HAVE FUN!! Remember, an important lesson for children to understand is that in order to eat a meal one had work hard to make that meal. If you have any questions about the kitchen at any time, please don't hesitate to ask one of the Ft. Tejon SLHP staff.

1. ADULT PERSONALS	Storage	<ul style="list-style-type: none"> Store personal items in food cabinet or corner of room and cover with canvas tarp, provided. Do not leave modern items out in view, stow them or cover with towel.
	Wellbeing	<ul style="list-style-type: none"> The kitchen can be a hot place to work (weather/fireplace) so keep yourself HYDRATED. Take a break and sit down if needed.
2. KITCHEN LAYOUT		<ul style="list-style-type: none"> Get familiar with the kitchen before the students arrive - food cabinet (dry goods in lg. ice chest), dish cabinet, utensil drawer, wash area (sink). All items and food in kitchen are for you to use. Keep window propped up and door open at all times for proper fireplace ventilation.
3. FOOD HANDLING	For All Persons Working at the Kitchen	<ul style="list-style-type: none"> Everyone handling food must wash their hands at the handwashing station near the porch. Remind students to cover their mouth when coughing or sneezing and wash hands again. Wash hands after visiting chicken coop or latrine. Don't place raw meat on wooden cutting boards.
4. STUDENT PERSONALS & SAFETY	Storage	<ul style="list-style-type: none"> Students may remove their wool jackets and stow them, their squad flag, and items made at other stations on the porch outside the kitchen.
	Supervision	<ul style="list-style-type: none"> There MUST be an adult in the kitchen AT ALL TIMES when students are present.
	Knives	<ul style="list-style-type: none"> Instruct students how to cut food safely to prevent cuts. There may be some that have never used a knife before. Only adults may sharpen knives.
	Fire	<ul style="list-style-type: none"> Keep students away from hot fireplace. Only adults may add wood to the fire.
	Snakes	<ul style="list-style-type: none"> Remind students to watch for, stay away from, & tell an adult if a rattlesnake is seen at any time.
5. WATER <i>(Lots of water needed for washing dishes, cleaning vegetables, making lemonade, and fire safety.)</i>	Buckets	<ul style="list-style-type: none"> Have students haul water in buckets...spigot is located north of Kitchen behind stack of lumber. Buckets are for clean water ONLY.
	Disposal	<ul style="list-style-type: none"> Empty water outside on the ground AWAY from adobe buildings...adobe bricks will melt. Do not throw water out the window.
	Cleaning	<ul style="list-style-type: none"> Dish Washing Set Up in Sink: FIRST PAIL - hot water wash with soap; SECOND PAIL - cold water sanitize with a CAPFUL of bleach (under sink). THIRD PAIL - cold water rinse. Change water often.

	Cleaning (<i>cont.</i>)	<ul style="list-style-type: none"> Pan under sink catches drain water from sink. Empty outside periodically.
	Heating	<ul style="list-style-type: none"> Use large kettle for heating water ONLY, used for washing dishes ...best to hang near fire, not over fire...burns wooden handle & lid knob. Smaller kettles can be used for making coffee or hot cocoa.
6. FIRE	Wood <i>Use hard wood from main Cook's Shed wood pile.</i>	<ul style="list-style-type: none"> Keep enough hard wood burning to always have enough hot coals for cooking. During each rotation, send pairs of students to woodpile near Cook's Shed to fetch wood...use wheelbarrow & place in wood box.
	Coals	<ul style="list-style-type: none"> With small shovel, move hot coals in piles on brick hearth for cooking. Can use trivets over coals then place pots on top...refresh hot coals as needed. Put cast iron pans (Dutch Oven) with feet directly on coals.
	Safety 	<ul style="list-style-type: none"> Always have at least one full bucket of water near the fireplace for safety. If hot coals fall into cracks between bricks and wood floor, scoop water in your hand and drizzle onto coals to extinguish. Use large FIRE EXTINGUISHER in food cabinet if larger fire happens. Evacuate building, call 911 and notify park staff as soon as possible. Place a few water buckets on floor in front of fireplace if you need to leave the kitchen unattended for a short while...to block a burning log from potentially rolling out onto wood floor. Tuck dress between legs when working near fire.
	Fireplace	<ul style="list-style-type: none"> Stop adding wood to fire by last rotation. No water on hot hearth or in firebox...old bricks may crack. Move all ashes & coals to back of firebox as part of final cleanup. Use small shovel...sweep hearth. Feel broom with hand to make sure not burning...extinguish with water if needed.
7. COOKWARE	Care & Cleaning	<ul style="list-style-type: none"> Clean dishes as you go thru the day...dry & put away. Students can wash lighter weight dishes. Cutting Boards: Do not place hot cast iron on wood floor or on table...the feet will burn into the wood. Ok to place on cutting boards...easier/cheaper to replace. Cast Iron: Clean with hot water...no soap, dry, and wipe cooking oil all over surface to keep conditioned. Tin: Must have liquid in them over fire to prevent soldered seams from melting. Dry tin ware thoroughly to prevent rusting. Turn upside down when stowing. Butter Churn & Dasher: Clean with hot soapy water at end of day, rinse, & dry thoroughly.
8. FOOD PREP.	Lemonade <i>Provided by FTSHP</i>	<ul style="list-style-type: none"> Provide lemonade for each squad. Make in advance in large plastic container using Country Time powder mix and sliced fresh lemons...then transfer to pitcher. Students may use their tin cups from Haversacks, wash, and take with them.

<p>Butter <i>Provided by FTSHP:</i> - 1 gal. heavy cream - honey - cinnamon - dried herbs - Shepherds bread</p>	<ul style="list-style-type: none"> • 2 containers of Heavy Whip Cream will be left out at room temperature and covered with a towel to be churned into butter. • Scrape solid cream from inside container and shake before pouring into churn. • Portion the cream so each squad has a chance to make butter. • Use an up & down motion with twisting of wrist with the dasher...not too hard as to damage the churn, but enough to agitate the cream...don't stop (wrap a towel around top of lid to prevent butter from splashing out). • Butter can also be made by using glass mason jars with marbles (dish cabinet) and shaking til butter is formed. • After 30 minutes or so, put solid lump of butter into medium size bowl and pour off buttermilk in another bowl (may be used for making cornbread or drinking...otherwise dispose of outside). • Wash butter with clean cold water, using flat wooden paddles to squeeze out liquid. This process will help make the butter last longer. • Mix in small amount of salt. Other batches of butter can be flavored with honey & cinnamon or rosemary & garlic. • Cut Shepherd's bread into small pieces so students can taste the butter they've made. • Left over butter & bread will be taken to Cook's Shed and used at Supper and Breakfast.
<p>Stew <i>Provided by FTSHP:</i> - potatoes - carrots - onions - bell peppers - squash - celery - tomatoes - cabbage - garlic - flour - salt & pepper</p>	<ul style="list-style-type: none"> • Consider cooking & serving stew and meat separate for vegetarians. • Use lots of hot coals (refresh as needed), trivet, and large pot with lid. Recommend placing pot on left side of fire box to leave room for lg. water kettle to swing out on arm. (Can also hang on swing arm over fire.) • Start with no more than ½ amount of water in pot. Can always add more water as you go. Place on trivet over hot coals. • <u>First Squad:</u> Peel/cut potatoes • <u>Second Squad:</u> Peel/cut carrots • <u>Third Squad:</u> Cut cabbage, celery, onions, garlic • <u>Fourth Squad:</u> Peel/cut apples (for dessert) • <u>Fifth Squad:</u> Cut tomatoes, squash, peppers • Add vegetables to pot as they are cut up. Get stew boiling, stirring occasionally. Add salt, pepper & other desired seasonings (butter makes it good too). Make a flour roux to thicken broth and add during last rotation.
<p>Pork Roast <i>Provided by FTSHP</i></p>	<ul style="list-style-type: none"> • Can either cut into chunks or keep whole. After long, slow cooking, meat can easily be cut/pulled apart into smaller pieces while in cast iron pot. • If cutting raw, cut meat in cast iron pan to be cooked in or in large bowl. Have adult do this. • Coat raw meat in flour, salt & pepper. Add a little cooking oil to bottom of cast iron pan. Add onions & garlic if desired. • Place over hot coals...also add coals on top of lid. Turn the meat occasionally while cooking and rotate

	Pork Roast <i>(cont.)</i>	pan so it doesn't burn... add a small amount of water while cooking.
	Basic Apple Dessert (Cobbler) <i>Provided by FTSHP:</i> - apples - granulated sugar - brown sugar - oats - cake mix Recipes may vary.	<ul style="list-style-type: none"> • Peel and slice all apples, put in large bowl... may want to add lemon juice to keep apples from turning brown, and keep covered with clean towel. • Assemble dessert during beginning of last rotation by putting apples in cast iron pan, stir in cinnamon or all spice & granulated sugar, add several dots of butter. Topping: sprinkle about a 1" layer of dry yellow or white cake mix, oats, brown sugar, and several more dots of butter on top of apples. • Place on smaller pile of hot coals on hearth with moderate amount of coals on the lid. Check and rotate the pan often...cook till brown & bubbling, about 30-40 min.
	*Food Transport	<ul style="list-style-type: none"> • All food will be hand carried to Cook's Shed for Supper between 5:00 & 5:30 p.m. • Remember that all you need to do is bring the food. There are plenty of serving spoons, forks, ladles and bowls at the Cook's Shed. The less you carry down from the Kitchen to the Cook's Shed, the less that needs to be brought back.
9. FOOD DISPOSAL		<ul style="list-style-type: none"> • Put food scraps in SLOP pans, take to chicken coop, and dump on the ground for chickens to eat. Please...no citrus, raw eggs or egg shells. • Take all trash outside to bear proof trash can. • Please take all leftover food with you.
10. CLEANUP	During Rotations	<ul style="list-style-type: none"> • Leave time near the end of each rotation to wash dishes, take food scraps to chickens, and sweep the floor.
	Final Cleanup <i>Do a good job and leave it as clean or cleaner than you found it so the next Student Living History Program can enjoy a clean kitchen here at Ft. Tejon.</i>	<ul style="list-style-type: none"> • Wash, dry, put away all dishes and cutting boards. Items taken to Cook's Shed for Supper will be washed there and returned to the Kitchen the next day. • Take all wet/dirty towels to the Cook's Shed. • Bring the "Kitchen" sign inside. • Bring the Hand Washing igloo & bar of soap inside. • Move all ashes to the back of fireplace, sweep hearth. • Empty dish washing pails. • Sink: wash with soap & water, dry with towel (do not use metal scrubbers on sink). • Empty water from kettle, buckets, and drain pan under sink then place upside down for draining to prevent rust (stow buckets on the floor under the drying table under window). • Wash out food scraps from SLOP pans (upside down under sink). • Clean table and sweep floor and porch area outside. • Close window and secure with large nail in hole on top left side of window. • Bring in wheel barrow. • Take all personal items with you. • Close the door when last person leaves. • Park Staff will return to lock up the building.
<p>We hope you had a good experience working in the Officer's Quarters Kitchen during your Student Living History Program.</p> <p>Thank you...from the staff at Ft. Tejon SHP.</p>		