

MYP Personal Project – Cooking Mexican Cuisine

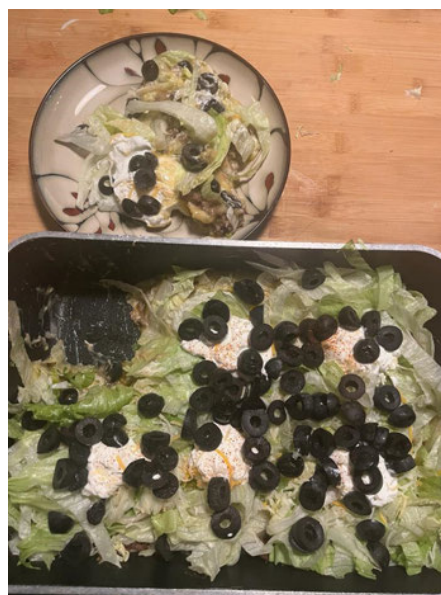
Planning

My Learning Goal

When I was a child, I was interested in learning how to help my mom and dad with whatever I could. Whether that be cutting potatoes or boiling water, but I wanted to help with the prepping, seasoning, and cooking. When I was in the PYP, I did "Little Cooks", a cooking club hosted by one of the teachers that taught us different easy recipes. When I was in third and fourth grade, I always came home with the food we had made in the after-school club.

In the fifth grade we moved to the UK, and I was in a new and different area. In our new school one of the classes we could do was "Home Cooking Class." This was my favorite class because I got to learn new recipes and ways to cook food than I have before. I always did my hardest in that class. I worked hard because I wanted to be able to cook my own food for me and other people. In the class it was not super complex meals, however, I looked forward to practicing new skills and flavors on a bi-weekly basis.

Eventually I would like to source and use ingredients from a locally grown garden, learn where to source my products and as a final goal I would want to make a food truck or a restaurant to sell the food I have learned along the way. I was inspired to continue the family traditions and make others happy by giving them good tasting food. For these reasons I felt that this would be a project that would enjoy therefore I wanted my learning goal to learn to prepare, season and cook all the Mexican foods that my parents make for gatherings.



Product

With picking a product I knew exactly what I wanted to do and that was to learn how to cook the several types of Mexican food that my parents make for gathering and celebrations. This includes enchiladas, chili rellenos, flank steak and red chili sauce. They are not too hard to cook but the technique is hard to get right. Everyone that eats his food is always asking him to make

more. To help with making the large amount of food for the parties what better way to learn that learning from the man who made the recipes

Product Success Criteria

When thinking about what would be considered a successful product, I needed to think about what people are looking for when eating food like the taste and texture. Creating a reliable recipe that can be repeated successfully and creating a good presentation with the food would look good because we eat with our eyes first. When thinking about the criteria that I wanted to set for myself I wanted to keep it realistic but challenging by using recipes that I was familiar with but cooking several meals simultaneously.



Areas	Success Criteria	How I will know If I am successful.
Function	My food has a good look and taste with little to no help	I would like to give the food that I have made to my friend's family and teachers to see how they like it and see if there is anything I could improve on then fix it the next time I cook the meal
Audience	the audience for my product would be my family and students so people of all ages would be enjoying it	I will know I am successful when everyone that I offer my food to has a good response to it
Personal Impact	for this project I would like to improve on my cooking skills to help with my family more and see if I wanted to carry on with this carrier in the future	I will know I have succeeded when I can cut the steak as well as my dad makes and is able to make our salsa consistently

Community Impact

I will help the community by feeding everyone on the 15th of November and successfully making all the foods that I wanted

I will know I have succeeded when the whole class likes the food and gives some feedback on how I did

Plan for Achieving My Product

I created a plan for my project to know when I was going to cook food and when my dad and mom were going to teach me how to make it. I had to incorporate different families and when they were going to show up and when we were going to cook for them. They were going to help me by giving me outside feedback coming from diverse backgrounds and having an unbiased opinion about the food.

Date	Long Term Tasks	Short Term Tasks	Progress notes
July	Practice Cooking the Easier items	Learn steps and techniques for salsa	Done: had problems with getting the right amount of salt and oil amounts
		learn steps and techniques for guacamole	
Date	Long Term Tasks	Short Term Tasks	Progress notes
July 21st	Cook for the 1st Family	Brown and season the meat for enchiladas	Done: salsa was good, meat in the enchiladas needed to be more seasoned - overall was good
		assemble the enchiladas and top with sauce and cheese	
		use the knowledge that I learned from last time to make salsa and guacamole	
Date	Long Term Tasks	Short Term Tasks	Progress notes
August 8th	Cook for the 2nd Family	fold and learn how to deep fry the chili rellenos	Done
		cut and marinade the steak in the morning - cook in the afternoon	
		make the salsa again	
Date	Long Term Tasks	Short Term Tasks	Progress notes
September 9th	Learn to cut the Flank steak and season the steak	father teaches me the proper way to trim and slice the flank	Done
Date	Long Term Tasks	Short Term Tasks	Progress notes
November 6th	use tips and knowledge to improve on food	used tips from last time to improve foods for next time	Done
		work on my speed in the kitchen	
Date	Long Term Tasks	Short Term Tasks	Progress notes
November 14th - 15th	Cook all of the food for the class	fold and deep fry the chili rellenos for the next day	Done and went well
		brown, season and fold the enchiladas for the next day	
		cut and marinade the steak - cook in the morning	
		make the red chili sauce, guacamole and salsa for the next day	

Applying Skills

Achieving the Learning Goal – ATL Skill: Thinking Skills

I've had experience with cooking before, whether that being baking bread and pastries or cooking a pasta sauce these skills that I have learned in the past have helped me when making my Mexican food. When we lived in the USA, we used to do a lot of grilling and hosting people over. Grilling in the past has been beneficial to cooking the flank steak in my case. The grill adds a charred texture and a distinct smoky flavor to many meat dishes which can help elevate the

taste of the dish. Grilling also helps bring out the marinade flavor which in our case would be the salt and lemon that we let sit over night to help soak in the flavors. Grilling the flank steak gives it a nice sear locking in the salt and lemon bringing out a strong zesty and refreshing taste. For basic knife skills they help in a lot of separate ways, for instance chopping up tomatoes and peppers to get them finely diced. They also helped me greatly when learning how to thinly slice and trim the meat. I had to use my knowledge to learn how to trim off the silver skin which is a type of fat that is chewy and does not taste good.

Applying Skills to Create a Product: Communication



To help with making my product I needed to communicate with my parents about what I needed to buy for my food and when I needed it by. When my father taught me the recipes, they needed a lot of specific products that are found at different stores like peppers and seasonings. Another important thing I needed to communicate is what my food was to the people that ate it describing how it should taste. I needed to describe how I made it

and what the textures are, for example the chili rellenos will have a crunchy texture because of the eggroll that it is wrapped in, and the peppers should have a low spice level and a nice smokey flavor from charring it over the grill.

Reflecting

Impact of the Product

From this project I have realized how hard and time-consuming cooking Mexican food is. Every time we cooked, we were cooking for the entire day endlessly trimming, slicing, rolling, grilling, and blending all the ingredients to make the different dishes. I also learned to adapt to the people that I was serving to, such as their likes and dislikes as well as their dietary needs. For one of the families that I was serving for, their father had the genes where cilantro has a soapy taste. To make the salsa taste a way they liked I had to change the cilantro to a dried version

and alter the amount that was in the salsa. I also had to make a separate salsa for the children so they could eat it without burning their mouths.

Evaluation of the Product

Overall, I feel that i have succeeded in

making my product not only for the final due date on November 15th but for the 2 times I cooked for the other families as well. From the 2 other families feedback on what I can change to make it better, those tips are what helped me fine tune it for the people that ate my final dishes on the 15th. The 2nd family was a family of 5 with the oldest being 11. They all liked the food though I did have to make a 2nd batch to accommodate the younger one's spice tolerance. This whole project has helped me immensely when learning how to cook the diverse types of food that my parents make so I will be able to help more with cooking because of the knowledge I have gained from this experience.

