



A Checklist for Fish Cookery Lessons

Sylvia S. Howard

If multiple activities are going to be done, I STRONGLY SUGGEST that lists be made in various major categories of items in each category, particularly for outdoor activities requiring everything to be taken to the site. An easy way to compile the lists is to review each recipe and list needed items with all equipment needed. It becomes a simple task to tally everything needed collectively, such as 3 skillets or 5 c. flour. The following checklist includes some recipe titles. Ingredient requirements can be determined using your favorite recipes or those selected from the lesson plan or the Fact Sheet, *Some Fish Cookery Recipes*.

COOKING TOOLS

- measuring spoons
- measuring cups
- spatulas
- cutting boards
- sharp knives
- basting brush
- ladle
- cooking spoons
- slotted cooking spoons
- cutting board
- grooved cutting boards
- hardwood planks
- mixing bowls
- skewers
- long handled utensils

SERVICE

- platters
- trays
- serving bowls
- serving spoons etc.
- dishes
- bowls
- flatware
- forks
- knives
- spoons
- cups/glasses

POTS/PANS

- broiler tray
- large heavy skillets
- electric skillet
- deep fryer
- deep pot with fry basket
- baking dish
- poaching pan
- stock pot
- stew/soup pots
- Dutch ovens
- lid lifter
- lid holders
- wire broiling basket
- shallow pans

RECIPES

- Wayne's Chowder
- Baked Blue Fish
- Poached Salmon
- Ceviche
- File Gumbo
- Tempura Panfish
- Pike Salad
- Walleye Shore Lunch

PAPER GOODS/MISC

- hot pads or trivets
- pot holders or oven mitts
- 18" H/D alum. foil
- napkins
- paper towels
- garbage bags
- storage containers
- sealable plastic bags
- magic marker
- labels or tags
- masking tape
- matches
- firewood/charcoal
- shovel
- welding gloves
- ice chest and ice
- water
- hammer
- small nails
- disposable skewers

HEALTH/SAFETY

- fire extinguisher
- first aid kit

INGREDIENTS

- fish
- cooking oil
- shortening
- non-stick cooking spray
- salt
- pepper
- basil
- lemon
- Cajun seasoning
- marjoram
- gumbo file
- nutmeg
- cinnamon

CLEAN-UP

- garbage can
- garbage can liners
- hand washing soap
- hand towels
- dish washing soap
- dish cloths
- dish towels
- scrubbers
- scouring pad
- dish pan or sink
- used oil containers
- left-over containers
- hypochlorite bleach

