

HUNGER GAMES FOOD & CULTURE RECIPE CHALLENGE

You were randomly assigned a district from Stephanie Collins' novel, *The Hunger Games*. Your task was to develop a bread recipe that would be culturally specific to your district.

Research your district. What is it known for? What characters (if any) came from that district?

To post your group's recipe, do the following:

1. Create your recipe.
 - a. The best way to do this is to begin with an existing bread recipe. You may use the "no-knead" bread recipe from our *Cooking for Geeks* textbook, or research bread recipes online.
 - b. Each member of your group should contribute an ingredient to the basic bread recipe that would be culturally significant to the district your group pulled. Take some time to think about what we've learned about flavors and cultures. Talk about what would taste good together. Think about texture.
2. Craft an explanation of how your recipe represents the culture of your district
 - a. When you have your recipe ready, put it into a word document. **MAKE SURE ALL GROUP MEMBERS NAMES ARE INCLUDED AT THE TOP OF THE PAGE.** Give your bread recipe an actual name – something other than, "Hunger Games District 9 Bread." Be creative! Have fun with it! Consider ingredient amounts. Talk to DBH and Bailey – they cook, they bake, and they're here to help! (Remember that lists of ingredients come in a certain order for a certain reason. Think about when you would include your added ingredients in the recipe).
 - b. As a group, craft a short narrative about your bread recipe. This paragraph should come before the ingredients list & baking directions. There is a sample of a cookbook narrative paragraph on the example page.
3. When you've completed crafting your short narrative, proofread it as a group. It's best to have someone read the paragraph out loud and make corrections as needed. When you are satisfied that you've crafted a well-written narrative and have the recipe exactly as you want it, save the document as a PDF file.
4. Go to weebly.com. Type in the log-in information for the class. Click "edit."
5. On the top bar, you'll see a drop-down menu titled, "more." Under that menu, select the Hunger Games assignment link.
6. Notice the buttons on the Hunger Games link. Select a button and title it after your district. i.e. "District Eight." Use the "link" option to upload your PDF file onto the website.
7. Once you've uploaded your file, you **MUST** click the "Publish" button on the top right-hand corner of the webpage. The site will tell you when you've successfully uploaded your document.

Group Member,s Name
Group Member's Name
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TITLE OF RECIPE

In this example it would be

SOUTHERN CORNBREAD

(example taken from http://www.simplyrecipes.com/recipes/southern_cornbread/)

Next, type your narrative. Here's what this recipe author had to say:

“Anytime you put the words "Southern" in front of a dish, it's likely to stir up controversy, and cornbread is no exception. It seems like every person I've ever known from the South has their favorite way of making it, and every way is different. But the thing that distinguishes Southern cornbread from, say Yankee cornbread, or any other cornbread one is likely to eat outside of the southern states, is that it is savory, not particularly sweet, and it is made mostly with cornmeal. Northern cornbreads tend to be more cake-like, on the sweet side, with a finer crumb due to more flour in the mixture. Southern cornbread is flavored with bacon grease, and cooked in a cast iron skillet, a perfect side for barbecues, or chili.

With this recipe we experimented with all cornmeal or just three quarters cornmeal and one quarter flour. We also experimented with including or leaving out an egg. Either way works, though the version with some of the cornmeal swapped out with flour, and including an egg, holds together better and is a little more tender. Whether to include sugar or not in a southern cornbread recipe is an issue for debate. We've included a scant two tablespoons which I think just intensifies the flavor of the cornmeal; it doesn't make the cornbread sweet. The choice is yours as to whether or not to include it.

You'll notice there are bacon drippings and butter in this recipe. The butter adds needed richness to the bread itself, and the bacon drippings help brown the crust, keep it from sticking to the skillet, and add a lovely bacon flavor to the bread.

Finally, the method that works best with using a cast iron skillet is to preheat the skillet with the fat and then add the batter to the hot skillet. This helps brown the crust and with the pan already hot, the cornbread cooks more quickly.”

NEXT, INCLUDE YOUR RECIPE INGREDIENTS & INSTRUCTIONS

Southern Cornbread Recipe

- **Prep time:** 15 minutes
- **Cook time:** 20 minutes

White cornmeal is used in most Southern cornbreads, but we could not find any here in California, so we used yellow cornmeal. If you can find white cornmeal, by all means use it.

INGREDIENTS

- 2 cups cornmeal OR 1 1/2 cups cornmeal and 1/2 cup flour
- 2 teaspoons baking soda
- 1 teaspoon salt
- 2 Tbsp sugar (optional)
- 1 1/4 cups buttermilk
- 1 egg (optional)
- 6 Tbsp unsalted butter, melted
- 1 Tbsp bacon drippings

METHOD

1 Put the bacon fat in a 9 or 10-inch cast iron skillet and put the skillet into the oven. Then preheat the oven to 400° with the skillet inside. (If you don't have an iron skillet, you can use an uncovered Dutch oven or a metal cake pan.)

2 Whisk together all the dry ingredients in a large bowl. In another bowl, beat the egg and buttermilk until combined, then mix that into the bowl of dry ingredients. Stir in the melted butter.

3 When the oven is hot, take out the skillet (carefully, as the handle will be hot!). Add the cornbread batter and make sure it is evenly distributed in the skillet. Bake for about 20 minutes, or until the edges are beginning to brown and a toothpick inserted in the center of the bread comes out clean.

4 Let the bread rest for 10-30 minutes in the skillet before cutting it into wedges and serving.

To avoid burning your hand because you've forgotten the pan is hot, I recommend placing a pot holder on the pan's handle while the cornbread is resting, or cooling the handle down a bit with an ice cube.

Yield: Makes 8 servings.