

Preserving Traditions Instructor's Guide: Making Granola Workshop



Goals

At the end of the workshop, participants will

- be able to make their own granola from rolled grain, dried fruits, nuts, and sweeteners
- know how the basic recipe may be modified and what parts must stay the same

Logistics

Demo or workshop?	Workshop
Duration	30-45 minutes
Maximum participants	12-15
Participants bring	Each person brings ONE of the following <ul style="list-style-type: none"> • Three cups of old-fashioned rolled oats (or rolled wheat, rye, etc.) – not quick-cook or instant oatmeal • One cup of “puffed grain” cereal: rice, wheat, kashi, etc. • One cup of dried fruit (raisins, cranberries, diced apples, etc.) • One cup of chopped nuts or seeds • One cup of coconut • A container to take granola home in
Presenter brings	For 15 people: <ul style="list-style-type: none"> • 4 cups rolled oats (just in case participants don’t bring enough) • 2 cups honey • 2 cups oil
Equipment	<ul style="list-style-type: none"> • 3-4 large mixing bowls • 3-4 cookie sheets with rims, or 9x13 baking pans • Microwavable measuring cup • Spatula • Microwave or saucepan • Oven
Take-home	About two cups of finished granola in one or more flavors. (Depends on what people bring, number of participants, etc.)

Running the workshop

<p>Introduction (5 minutes)</p>	<ul style="list-style-type: none"> • Introduce yourself • Any group business: next meeting date/topic, how to get on the mailing list, paying for class, etc. • Some kind of “getting to know you” activity: each person introduces her/himself, ask who’s ever made granola, ask where people live, ask why they’re interested in this topic, etc.
<p>Overview</p>	<ul style="list-style-type: none"> • 2-sentence overview of what we’re doing today: <i>Today we’re going to make granola. It’s easy and quick and you can adapt the basic recipe to your taste – in fact, we’ll make several different varieties today.</i>
<p>Mix dry ingredients</p>	<p>Combine in a bowl:</p> <ul style="list-style-type: none"> • 4 cups oats • 1 cup cereal • ½-1 cup nuts or seeds (optional) • ½-1 cup coconut (optional) <p>You may do additional batches and varieties using different ingredients – just do each batch in a different bowl.</p>
<p>Mix the wet ingredients</p>	<p>Combine in a measuring cup:</p> <ul style="list-style-type: none"> • 1/2 c honey • 1/2 c oil, such as canola or coconut <p>Heat for about 1 minute in the microwave or on the stove until very fluid.</p> <p>If you are doing multiple varieties, prepare the liquid ingredients one batch at a time or your first batch will be 90% oil and your last batch will be 90% honey.</p>
<p>Combine and bake</p>	<ul style="list-style-type: none"> • Pour the honey/oil mixture over the dry ingredients. • Mix well. • Pour onto a baking sheet and bake at 350° for 15-25 minutes. • Stir every 10 minutes. • Remove from oven as it’s just barely starting to look and smell “toasted” or it will end up over-baked.
<p>Add fruit</p>	<ul style="list-style-type: none"> • Stir in ½-1 cup of dried fruit while the granola is still warm.
<p>Taste test (20-30 minutes)</p>	<ul style="list-style-type: none"> • Now bring out the samples! It’s fun to let people make their own yogurt sundaes with different toppings and flavorings. • Let people chat. This is when community starts happening!
<p>Clean up</p>	<ul style="list-style-type: none"> • Ask everyone who can stay to pitch in, and you’ll be cleaned up in no time.

Talking points

You may use this as the basis for your introduction or to fill in while nothing interesting is happening on the stove.

The granola recipe is very flexible. You can use whatever you have on hand and whatever suits your taste and dietary preferences. Rolled oats are standard, but you may be able to find rolled wheat, rice, quinoa (KEEN-wa), rye, barley, or other grains in the bulk section of a natural food store.

The cereal adds some lightness to the granola. Some people prefer their granola without it and some think just toasted oats are too chewy. You can even use stale cereal; toasting it in the oven makes it crispy again.

Don't put the dried fruit in the oven or it will get overly crispy or even "charcoal-ed."

The more oil and honey you use, the more the granola will stick together. If you want to make granola bars, use at least $\frac{3}{4}$ c. each of honey and oil, and press the mixture firmly into the pan with a spatula. Don't stir, or stir just lightly to get big, crunchy nuggets of granola.

You can use other liquid sweeteners, like maple syrup, brown rice syrup, etc. Note that despite the recent hype, "Agave nectar" is heavily processed - essentially "high fructose agave syrup" - and isn't actually a healthier sweetener than honey.

Muesli is essentially "raw granola." Just mix together oats, nuts, and fruit and store in an airtight container. Serve with hot or cold milk, or yogurt.

Some combinations to try:

- Dried cranberries and almonds
- Pecans, dried mango or papaya, coconut and a tablespoon of orange juice concentrate in with the honey
- Walnuts and dried apples - try maple syrup instead of the honey
- Dried apples, almonds, and cinnamon

Tips

- This workshop combines nicely with Yogurt Making to make a 2.5-hour workshop
- Recipe handout for participants is on the next page

Preserving Traditions Recipe: Making Yogurt

Ingredients (can be doubled)

All the ingredients proportions are flexible, but try to keep 1 cup of liquid ingredients to every 6 cups of dry ingredients.

- 4 cups of rolled oats or other grains
- 1 cup unsweetened breakfast cereal (puffed rice, kashi, crushed corn flakes, Cheerios, etc.)
- ½-1 cup nuts or seeds (optional)
- ½-1 cup coconut (optional)
- ½ c. honey
- ½ c. mild salad oil (canola, sunflower, etc.)
- ½-1 c. dried fruit (optional)

Equipment

- large mixing bowl
- cookie sheet with rim, or 9x13 baking pan
- Microwavable measuring cup
- Spatula
- Microwave or saucepan
- Oven

The method

- **Mix dry ingredients:** Mix the oats, cereal, nuts, and coconut together in the large bowl. Do NOT add the fruit at this time.
- **Mix wet ingredients:** Combine the oil and honey and heat until the honey is very fluid (1 min in the microwave, or a couple minutes on the stove)
- **Combine and bake:** Stir the honey and oil into the dry ingredients. Be sure everything is coated thoroughly. Spread into baking pan and bake at 350° for 10 minutes.
- **Stir:** After 10 minutes, stir the granola and put it back in the oven for another 10 minutes.
- **Stir again:** Give the granola a second stir.
- **Decide if it's done:** Depending on how much you're making, the size of your baking sheet, and your oven, you may need to put the granola back in the oven for 5-10 more minutes, or it might be done at this point. It's done when it's just starting to smell toasted – if you wait until it's thoroughly toasty, it'll probably be overdone (not as sweet and slightly burnt-flavored).
- **Add fruit:** After you take the granola out of the oven, stir in the dried fruit.
- **Cool and store:** Allow the granola to cool completely before storing in an airtight container.

