

**SHS** from page 1A class. You get the same education you get right now," Lewis explained to the class. "This is going to be a lot of fun."

Anderson began the Saturday class by talking about the health of the cow he was

working on. "Before I start cutting into an animal, I'm going to try and see what I can assess from it," Anderson said. "This one specifically, we see the fat is pretty yellow. It means it was probably grass fed. Chlorophyll accumu-

lates in the fat and starts to make it look yellow."

The animal had come from local grower Walker farms, which supplies high grade animals across Oregon.

"You also look at how much fat coverage is on there. You can see some big deposits of fat. This is probably something that walked around a lot, which is good. The more an animal moves around, the more flavor it has, the happier the animal is, the happier we are. These are all the things I like to see. This is not typical. This is the one-percent of beef, instead of the 99 percent that most people eat."

It's at that point that Anderson pulled out the kidney and showed it to the class.

"The kidney is left in the animal for a couple of reasons, the first is to see how healthy the animal was. If there was some sort of issue, a lot of times these would be discolored."

There are some recipes that call for kidneys as well, though Anderson admits hasn't been able to find one he likes.

"They taste like what you would think they would taste like, which is urine," he said. "There are ways to bring out the flavor, I'm sure."

Lewis and Anderson were teaching the students how to use all of the animal for cooking — the thyroid, the tongue, the tail. Many of these less-desirable cuts would be used in a massive meal the students would cook just hours after cutting



JARED ANDERSON

**SHS culinary teacher Kyle Lewis demonstrates a technique for trimming meat to one of the program's students.**

into the first quarter. It not only honors the animal but teaches the students true culinary skills, Anderson explained.

The only thing that wasn't going to be used that day was the kidney, which got passed around by the students. Lewis said that normally, some kids get a little ill with it but, on this day at least, "No queasiness" as the students poked and prodded it.

It's at this point that the kidney was discarded and Anderson brought out the

bonesaw as the students looked intently, learning the motions in what they would be doing themselves in a matter of minutes.

"It's a playground," Lewis said about moments like these. "I don't miss being in a restaurant. For the most part I just get to talk about what I love and nerd out with them. Times like this, to get youth to come in on a Saturday, it's very rewarding. It's really cool to see the instant pride and ownership that they're going to take on that animal."

**Evolving food**  
In 2007, when Lewis first arrived at the school, a shift was occurring from traditional home economics class to culinary. "Enough years have gone by with the Food Network that people now know that cooking is more than just ending up on a line. It's a little more respected as a career choice," Lewis said. "But at the same time, culinary schools have a tendency to overproduce cooks. People think they're going to be a cook or a sous chef. From an industry perspective, the field is wide open."

From pastry and bakery work, which Lewis hails from, to cheese makers, meat work, fermentation and of course butchery, "there's a lot going on" in the industry.

That's one of the key messages that Lewis is looking to instill in his students, and it shows in his curriculum, which has three levels.

There's the semester intro class, which is just basic principles," Lewis explained. "How to hold a knife, how to cut properly. Various cooking methods, what they do. If you were to sear versus grill versus braise. What is that doing for flavor. They're kind of learning the rules."

Second level gets into actual cuisine, starting with international.

"What countries, what are their cooking methods, what are their religions, historical events. How did their cuisine evolve as people invade or become dominated by a country that has a different ingredient — You see how food evolves?"

Then Lewis swings the class back to America.

"You remember the Brits, the Spanish, the French? Okay, they're coming to Maine, they're coming to Boston, their coming to Florida. You see how all cuisine shapes," he says.

This prepares the students for the advanced class, where they focus on more specialty areas, like baking or sausage making.

"Typically, about five to six times a year, we'll do a sausage fundraiser where we grind up our own meats. We make the sausage. We get a high production side of cooking and not just pretty stuff. We do about 150 pounds of sausage each time. We produce a lot of sausages."

To keep the class going, Lewis relies on moments like the butchery class to keep the freezers stocked.

"I never have to go to the grocery store for beef. I never have to buy pork. With the local fishermen and shrimpers, we're kind of moving in a direction to show them what real good ingredients taste like."

The reason for this is two-fold. First, it's a cost saving measure.

"It looks expensive up front," Lewis said about the \$1,000 purchase for the cow, but he's able to stretch the process out for weeks. "You spend a week preparing for it," another week wrapping it and cutting it into finer cuts, and then frozen for the rest of the year. ... "This is the only way I could afford to play with the ingredients I wanted."

But the butchery process also opens the door to culinary experiences that would normally be closed off to most students.

"If you're going to freeze your bones, you're going to be teaching them stock making, which is a great

**You dream it, we build it.**  
Specializing in fine home building, remodels and light commercial construction.  
Locally owned and operated. Experienced carpenters and craftsmen.  
**SHAWN FLEMING CONSTRUCTION INCORPORATED**  
541-999-8727 CCB #: 216698 Bonded & Insured

*Cindy Wobbe Estate Sales*  
**ESTATE SALE**  
Fri. & Sat., 9am to 3pm  
**87836 TERNYIK CT., FLORENCE**  
Complete liquidation of large, upscale home in The Reserve subdivision. Beautiful furniture, antiques, housewares, artwork, decor, garden, tools, exercise equip, glassware, art supplies, huge collection of holiday. This is a fabulous sale!!  
ALL SALES FINAL. Credit cards accepted. We do not allow backpacks or pets in home.  
Directions: Hwy. 101 north past Heceta Beach Rd., take left on Dunewood - follow signs. Please park on Dunewood or park area. Do not block driveways  
**VIEW PHOTOS AT**  
**WWW.CINDYWOBBEESTATES.COM**

**Call now >>>>> 541.997.8202**  
**Apartment homes offered by Shorewood**



**950 sq. ft. of beautiful living**  
*When you walk through the door, you'll feel its home...*

Full kitchen. Dining room has space for the cherished family table and the buffet that goes with it. Two bathrooms. One with a step-in shower and one with a tub. So much storage, downsizing is not a problem.

*It's amazing at what retirement living has to offer!*

**This Apartment will grow on you**  
*Beauty to look at all day long...*



20 ft. of private patio and garden. One bedroom/one bath, has a large step in shower. Sliding glass door leading out onto the patio giving you lots of natural light. Kitchen includes full size appliances, large sink, microwave, and plenty of storage. First floor convenience makes it easy access for all your needs.

*This radiant apartment awaits you!*



- Monthly rent includes >>>>**
- 24-hour security
  - 3 meals prepared fresh daily
  - Fine dining menu
  - Coffee, ale, and wine bar
  - Workout room
  - Educational classes
  - Transportation
  - Yoga, balance class, & more
  - Utilities, WIFI, & Cable
  - Housekeeping weekly

**Shorewood**  
SENIOR LIVING

15<sup>th</sup> & Spruce Street  
just off Highway 126  
541.997.8202

nhill@shorewoodsl.com  
www.shorewoodsl.com

