



# FOOD, FUN, 4-H TAKES FLIGHT

## DESTINATION: FRANCE



Get ready to take off on a delicious adventure! No suitcase or passport needed, just bring your curiosity, your appetite and a willingness to try something new. In Food, Fun, 4-H Takes Flight, we're exploring the flavors, culture and traditions of countries around the world. This month, we're landing in France!

France is a country celebrated worldwide for its culinary heritage, regional diversity and the art of savoring every meal. From the colorful stalls of Parisian markets to multigenerational family tables set with care, food in France is all about connection, craftsmanship and the joy of eating well. French cuisine features fresh vegetables, flavorful meats, artisan breads, fine cheeses and exquisite pastries — often prepared with techniques passed down through generations that let the finest ingredients truly shine. With this FF4H adventure, your family will experience France through food, fun and learning.

Whether you're chopping, mixing, tasting or enjoying time together at the table, this experience is all about making memories. So, grab your apron, gather your crew and get ready to take flight. France is waiting!

### WHAT'S INCLUDED

Educational information:  
Learn about France's culture, traditions and food habits, plus nutrition tips, conversation starters and a fun family physical activity.

Recipe pages:  
Create a complete French-inspired meal with a shopping list and step-by-step recipes your whole family can help prepare.



# FOOD, FUN, 4-H TAKES FLIGHT

## DESTINATION: FRANCE

### SHOPPING LIST

#### DAIRY

- 5 large egg yolks
- 6 tablespoons unsalted butter
- 1 ½ cups milk
- 1 cup heavy whipping cream
- 6 tablespoons salted butter
- ¾ cup heavy cream (thickened)

#### BAKING

- 1 tablespoon canola oil
- 2 tablespoons olive oil
- 1 cup all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons vanilla
- 2 tablespoons Powdered sugar
- 3 tablespoons all-purpose flour (plus extra for coating)

#### PANTRY

- 3 cups + ¾ cup chicken stock (separated)

#### PRODUCE

- ½-1 pound asparagus
- 1 tablespoon lemon juice
- 3 pounds of Yukon gold or new potatoes
- 6 cloves of garlic
- 6 sprigs fresh rosemary (or 1 tbsp dried rosemary)
- 10 ounces small cremini mushrooms, trimmed and sliced
- 12 small shallots, peeled and halved
- 2 garlic cloves
- ½ teaspoon dried thyme (or 4 fresh sprigs)
- 2 medium bay leaves
- Handful fresh parsley leaves

#### MEAT

- 1 whole chicken (cut into 8 pieces each) or use 4 thighs and 4 legs

### OPTIONAL EQUIPMENT



**Cuisinart Knife Set**  
[okla.st/ff4h-tools-1](http://okla.st/ff4h-tools-1)



**Astercook Knife Set**  
[okla.st/ff4h-tools-2](http://okla.st/ff4h-tools-2)



# FOOD, FUN, 4-H TAKES FLIGHT

## DESTINATION: FRANCE

### LEARN ABOUT FRANCE

**Location:** France is a country in Europe with maritime (connected to the sea) borders with the English Channel, Atlantic Ocean, Bay of Biscay and Mediterranean Sea. The mainland of France is slightly smaller than the state of Texas. France is in the Central European Time Zone and is 7 hours ahead of us in the Central Standard Time Zone in Oklahoma.

**Distance from Oklahoma City:** If you traveled from Oklahoma City (Oklahoma's State Capitol) to Paris (France's Capitol), you would fly 4,889 miles and travel through parts of Canada and across the Atlantic Ocean. There are no direct flights to Paris from OKC because refueling the plane would be required.

**Major Landmark:** The Eiffel Tower in Paris is the most iconic monument in the country of France. It was designed by Gustave Eiffel (where it gets its name) for the World's Fair held in France in 1889. The Eiffel Tower hosts approximately 6 million visitors every year (more people than the population of Oklahoma). The Eiffel Tower is 324 meters (1,063 feet or just shy of  $\frac{1}{4}$  of a mile) tall and was the tallest monument in the world for 40 years.

**Holiday Celebration:** French Independence Day is called Bastille Day and is celebrated every year on July 14th. It commemorates the turning point in the French Revolution. It is celebrated each year with a large military parade down the Champs-Élysée in front of the President of France. The parade is the oldest and largest military parade in all of Europe.

**Languages Spoken:** French is the official language of the country of France. 96% of French residents speak French.



Flag of France



Eiffel Tower in Paris



Bastille Day celebration



# ONE-PAN CHICKEN FRICASSÉE

Nutrition per serving:

Calories: 431 kcal | Total Fat: 30g | Sodium: 746mg | Carbohydrates: 13g | Protein: 24g | Dietary Fiber: 2g

## INGREDIENTS

- 1 whole chicken (cut into 8 pieces each) or use 4 thighs or 4 legs
- Salt and pepper
- 6 tbsp butter
- 10 ounces small cremini mushrooms, trimmed and sliced
- 12 small shallots, peeled and halved
- 2 garlic cloves
- 1/3 tsp dried thyme (or 4 fresh sprigs)
- 3 tbsp all-purpose flour (plus extra for coating)
- 3 cups + 3/4 cup chicken stock (separated)
- 2 medium bay leaves
- 2/3 cup heavy cream (thickened)
- Handful fresh parsley leaves

## PREP TIME

20 MIN

## COOK TIME

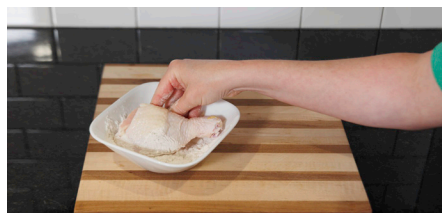
60 MIN

## SERVINGS

6



## DIRECTIONS



1. If using a whole chicken, break it down into 8 pieces, season with salt and pepper on each side then generously coat in all-purpose plain flour.
2. In a large, heavy-bottomed pan or Dutch oven over medium high heat, melt the butter and fry the chicken pieces until nice and brown on each side. Remove and set aside.



3. Add the sliced mushrooms into the remaining oils, (If evaporated, add 1 more tablespoon of butter) and cook until slightly brown. Add the shallots, minced garlic and thyme. Sweat ingredients on medium-low heat, sprinkle the 3 tbsp of flour and cook, stirring frequently, for about 5 minutes.



4. Deglaze the pan with  $\frac{3}{4}$  cup chicken stock, stirring to release any food from the bottom. Add the chicken stock, bay leaf, and bring to a simmer. Return the chicken pieces skin side up to the pot.



5. Cover the pot with lid and cook the chicken over medium-low heat, until cooked through, approx. 25 to 30 minutes. Then remove lid and cook a further 20 minutes. Meanwhile, chop the parsley and set it aside.



6. Check the temperature of the chicken to ensure it has reached at least 165 degrees, then transfer the chicken to a hot serving plate or platter and keep in warm spot.



7. Add the cream to the remaining cooking liquid and simmer until the sauce has slightly thickened, approx. 5 minutes. Taste for seasoning, adjust with salt and pepper and return the chicken pieces to the sauce, re-heating them 1 or 2 minutes.



8. Sprinkle with chopped parsley and serve.



Learn more at [4h.okstate.edu](http://4h.okstate.edu)



Grab the family, take a photo of your dish and share your culinary masterpiece on social media with [#FoodFun4H](https://www.instagram.com/hashtag/foodfun4h)



# SMASHED MINI POTATOES

Nutrition per serving:

Calories: 266 kcal | Total Fat: 11g | Sodium: 746mg | Carbohydrates: 39g | Protein: 5g

## INGREDIENTS

- 3 pounds of Yukon gold or new potatoes
- 2 tbsp olive oil
- 6 cloves of garlic, skin on, but make a small slit on the side of each clove to allow the flavor to escape
- Salt
- 6 sprigs fresh rosemary (or 1 tbsp dried rosemary)

COOK TIME	TOTAL TIME	SERVINGS
-----------	------------	----------

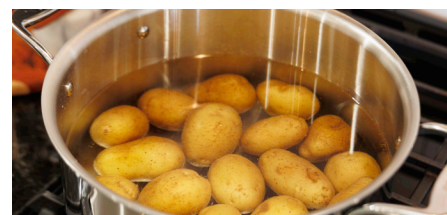
60 MIN

60 MIN

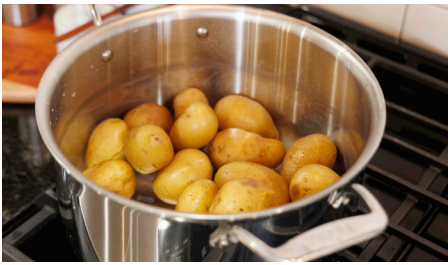
4-6



## DIRECTIONS



1. Preheat your oven to 400 degrees Fahrenheit.
2. Cover 3 pounds of mini potatoes in a stock pot with cold, salted water. Bring to a boil uncovered and then let simmer for 15 minutes. The potatoes should pierce easily with the tip of a steak knife.



3. Drain the potatoes and then return to the hot pot to allow to dry — about 2 minutes.



4. On a well-oiled baking sheet, spread the whole potatoes evenly in a single layer.



5. Sprinkle potatoes with a little more olive oil.



6. Add the fresh rosemary sprigs, broken into pieces, around the potatoes and sprinkle the garlic cloves around the dish. Then place in the baking sheet on the middle rack and roast for 30 minutes, turning once.



7. Gently remove the pan from the oven and then carefully smash each potato with the bottom of a heat safe glass or potato masher (you don't want to completely mash the potato, simply press on it so that the skin cracks open).



8. Put potatoes back in the oven for 15-20 minutes until the skins turn a nice golden brown.



Learn more at [4h.okstate.edu](http://4h.okstate.edu)



Grab the family, take a photo of your dish and share your culinary masterpiece on social media with [#FoodFun4H](https://twitter.com/FoodFun4H)



# ASPARAGUS AND HOLLANDAISE SAUCE

Nutrition per serving:

Calories: 232 kcal | Total Fat: 25g | Sodium: 187mg | Carbohydrates: 0.3g | Protein: 2g | Sugar: 0.1g

## INGREDIENTS

- ½-1 pound asparagus
- 1 tablespoon oil

## SAUCE INGREDIENTS

- 3 large egg yolks
- 1 tablespoon lemon juice
- 4 tablespoons unsalted butter, chilled
- ¾ cup unsalted butter, melted
- Salt and ground white pepper to taste

PREP TIME	COOK TIME	SERVINGS
20 MIN	20 MIN	4



## DIRECTIONS



1. Prepare the asparagus: Preheat oven to 400 degrees. Line a rimmed baking sheet with aluminum foil and set aside.
2. Rinse the asparagus and trim off woody end pieces. Spread out in a thin layer on top of the prepared cookie sheet.



3. Spray or brush the asparagus lightly with a oil. Sprinkle with salt and pepper to season, then bake in the preheated oven for 8-9 minutes.



4. Hollandaise Sauce (make while asparagus is roasting): Whisk egg yolks in a small heavy saucepan until light lemon yellow and slightly thickened, about 1 minute. Whisk in lemon juice.



5. Add 2 tablespoons cold butter to egg mixture. Place the pan over very low heat and whisk constantly until butter melts and mixture thickens enough to see the bottom of the pan between strokes. (If the mixture starts to thicken too quickly or look grainy, remove it from the heat and whisk in 1 teaspoon cold water.)



6. Remove the pan from heat. Whisk in remaining cold butter, 1 tablespoon at a time, until incorporated and smooth.



7. Gradually whisk in the melted butter, adding just a few drops at first, then a slow, steady stream. Keep whisking vigorously to create a thick, smooth sauce. (If sauce becomes too thick, whisk in 1 teaspoon warm water at a time until you reach the desired consistency.)



8. Pour the hot Hollandaise Sauce over the freshly cooked asparagus.



Learn more at [4h.okstate.edu](https://4h.okstate.edu)



Grab the family, take a photo of your dish and share your culinary masterpiece on social media with [#FoodFun4H](https://twitter.com/FoodFun4H)



# DESSERT CREPE WITH CHANTILLY CREAM

Nutrition per serving:

Calories: 60 kcal | Total Fat: 2.5g | Carbohydrates: 6g | Protein: 2g (nutrition for 8-inch crepe only)

## INGREDIENTS

- 1 cup all-purpose flour
- 1 1/2 cups milk
- 2 large eggs
- Pinch of salt
- 1 tablespoon sugar
- 1 teaspoon vanilla
- 2 tablespoons of melted butter
- 1 teaspoon of butter

## FILLING INGREDIENTS

- 1 cup heavy whipping cream
- 2 tablespoons powdered sugar
- 1 teaspoon vanilla extract

PREP TIME	COOK TIME	SERVINGS
30 MIN	20 MIN	8



## DIRECTIONS



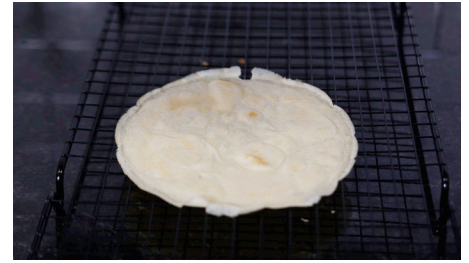
1. Place the flour, milk, eggs, salt, melted butter sugar and vanilla in a blender and blend for about 20 seconds until batter is smooth. Alternatively, whisk everything together in a bowl until thoroughly combined and frothy.
2. Cover the bowl and let the batter sit for at least 1/2 hour on the counter or overnight in the refrigerator.



3. Place the pan over medium heat and add a small amount of melted butter to coat the bottom of the pan (if using a nonstick pan, butter should not be needed). Let it sit on the flame for a minute to get hot. Pour in about 1/4 cup of batter. Immediately, pick up the pan and swirl it to coax the batter into an even layer on the bottom of the pan.



4. When the crepe has browned slightly on the bottom, and appears to become dry, carefully work a spatula underneath it and flip. Cook the second side briefly, just to set the batter.



5. Tilt the pan and loosen the crepe, then slide it onto the cooling rack.



6. Filling: Pour heavy cream, vanilla and sugar into a medium bowl.



7. Using an electric mixer, whip the ingredients together on medium speed until a soft peak forms. About 3 minutes.



8. Fill crepes with cream and add your favorite fruit on top.



Learn more at [4h.okstate.edu](http://4h.okstate.edu)



Grab the family, take a photo of your dish and share your culinary masterpiece on social media with **#FoodFun4H**



# FOOD, FUN, 4-H TAKES FLIGHT

## DESTINATION: FRANCE

### FAMILY PROMENADE CHALLENGE

In France, it's common for families to take a promenade, a relaxed walk through their neighborhood, park or village. It's a time to move your body, enjoy your surroundings and connect with each other.

**Your challenge:** Take a family promenade!

#### How it works:

- Walk together for 20-30 minutes
- Choose a fun route (park, trail, neighborhood or even downtown)
- Add mini movement breaks along the way:
  - 10 jumping jacks
  - 10 lunges
  - 20-second stretch to the sky
- Pause once during your walk to notice your surroundings:
  - What do you see, hear or smell?

#### Family connection moment:

At the end of your walk, each person shares one highlight from their day.

#### Bonus challenge:

Pack a simple snack and enjoy a mini picnic together after your walk, French-style!

### FAIR EXHIBIT IDEAS

France is known for cheese and bread in their diets. For our younger 4-H'ers (grades 3-5), create a poster based upon cheese or breads from another culture and do a little more research on the yummy fromage (cheese in French) and pain (bread in French) to enter in the fair in Section 308 class 19. For our older 4-H'ers (grades 6-12), create a poster on more yummy foods from France. Maybe even look up traditional meals served around Bastille Day. You can enter these posters in Section 308 class 20.

### CIVIC ENGAGEMENT IDEAS

One of the most popular types of community service in France is volunteering at a retirement home. Organize your 4-H friends or neighbors to do something for a retirement home or nursing home in your area.

Here are some ideas:

- Go visit residents and take them homemade cards (June has Juneteenth, Father's Day and Flag Day in it).
- See if the nursing home in your area offers bingo games for residents and go help with bingo and take prizes! Popular prizes include small hand lotions, small stuffed animals and snacks.
- Many residents in nursing homes don't have much family. See if the facility has an adopt a grandparent program and go visit or write your adopted grandparent a letter.



# FOOD, FUN, 4-H TAKES FLIGHT

## DESTINATION: FRANCE

### LIFE SKILL FOCUS

- Nutrition Knowledge
- Kitchen Safety
- Food Preparation Skills
- Communication
- Cultural Awareness
- STEM in the Kitchen

Today we are cooking like they do in France! As you prepare these recipes, you will practice kitchen skills, learn how food connects to culture, and see how science and math are used in cooking. Work together, stay safe, and enjoy trying something new!

### Food and Nutrition

French meals often include fresh foods like vegetables, chicken, eggs, and dairy. Foods like butter and cream are used, but usually in balanced portions. Eating slowly and enjoying meals together is an important part of staying healthy.

Look at your ingredients. Can you find something from each food group?

### Be Safe in the Kitchen

- Always wash your hands before cooking and after handling raw chicken or eggs.
- Be careful around hot pans and burners when making crepes or cooking chicken.
- Keep pot and pan handles turned inward on the stove.
- Use knives carefully and always ask an adult for help if needed.

### Food Preparation Skills

French cooking uses simple ingredients and strong cooking skills:

- Whisk ingredients to make smooth batter for crepes.
- Sauté and simmer chicken to build flavor.
- Roast vegetables like asparagus to bring out taste.
- Follow each step of the recipe and take your time — just like a French chef!

### Communication

- Take turns helping with each step of the recipe.
- Listen carefully to directions.
- Help clean up as you go.
- Share something about your day while you eat.

### Explore French Culture

In France, meals are a time to slow down and connect. Families often sit together and enjoy conversation. Food is made to be shared and enjoyed. How is this meal different from how you usually eat at home?

### STEM in the Kitchen

- Heat changes ingredients — like when sauce thickens.
- Mixing ingredients changes texture and consistency.
- Measuring ingredients uses math skills.
- What changes do you see while cooking?



# FOOD, FUN, 4-H TAKES FLIGHT

## DESTINATION: FRANCE

### CONVERSATION STARTERS

- What is something that made you laugh today?
- What is something you want to get better at?
- What is one food you used to not eat but now you like it?
- Describe your perfect weather day.

### FRENCH FOOD FUN: WORD SEARCH

Find the hidden words related to France and cooking!  
Words may go across, down or diagonal.



#### Word list:

FRANCE  
BUTTER  
WHISK

CHEF  
ASPARAGUS  
SAUTE

CREPE  
CHICKEN  
HOLLANDAISE

#### Challenge:

Circle your favorite new word and share what you learned about it!