



Summer Themes

July

Summerlicious



Paired Experiences

1. Gourmet Adventure: Burger Drops
2. Visit Texas
3. Memphis Food truck



Complementary Activity: Do-it-yourself BBQ sauce or rub

Materials Needed

- Burger ingredients (buns, patties, cheese, lettuce, tomatoes, onions, condiments)
- Rub ingredients: Tomato base; Vinegar/ Lemon juice; Paprika/ Garlic/ Onion/ Cayenne/ Cumin; Oregano/Thyme; Salt
- Grill or stove - Cooking utensils - eating utensils, plates, napkins

Talking Points:

- Share personal favorite BBQ recipes and sauces/ rubs
- Delve into the science behind BBQ, such as the Maillard reaction,

Fun Fact: The hamburger gained widespread popularity in the U.S. with the rise of fast food chains in the 1950s, but it has roots in earlier 19th-century

- BBQ has roots in the Caribbean, with the term "barbecue" deriving from the Taíno word "barbacoa," which referred to a method of slow-cooking meat over an open flame or in a pit.

