

ENJOY!

EMMETT O'BRIEN TECHNICAL HIGH SCHOOL

THE CONDOR FLYER

"Blue Jeans for Babies" Day

The National Honor Society sponsored a "Blue Jeans for Babies" Day Friday, April 9, 2021. Staff members proudly showed their support by donating \$2.00 and wearing jeans. All proceeds have been donated to the March of Dimes. The NHS thanks you for your participation and support!



Mr. Behun, Mrs. Kuang, Mrs. Dudley, and Mrs. Carvalho wear jeans to show their support.



Student Council Launches Website

Student council members have been working on creating a site to share information, events, and activities within our school community. April is National Pet Month. Be sure to check out our pet photos. This is the website:

<https://sites.google.com/cttech.org/emmett-obrien/home>



Mirror Mirror

Hairdressing students have begun production work on their peers in Mirror Mirror with PPE in place.



Chef Valle Suggests...

Rolled Oat and Butter Bean Waffle

Chef George Malavasic

<u>Ingredient</u>	<u>U.S. Standard</u>
Oats, rolled	2 cups
Butter beans, cooked	15oz can, drained
Water	1 ½ cups
Molasses	1 Tbs.
Egg replacer (neat egg)	1 Tbs.
Chia seeds	2 tsp.
Baking Powder	2 tsp.
Vanilla Extract	1 tsp.

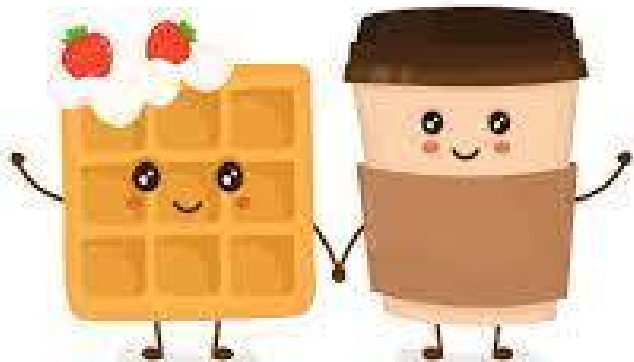


Aqua Fava Meringue

- Aqua fava (bean packing liquid) ½ cup
- 10 X Sugar 2 Tbs.
- Cream of Tartar ½ tsp.

Method of Preparation:

1. Drain the aqua fava from the can of beans into a small stainless steel or non-reactive mixing bowl
2. Add 10X sugar and cream of tartar to mixing bowl and whisk vigorously until medium peaks form then refrigerate until use.
3. Preheat waffle iron to desired setting and spray lightly with vegetable oil
4. Combine all waffle ingredients in a blender and puree until smooth.
5. Pour half or the batter into center of waffle iron and close lid. Remove waffle when the visible steam stops escaping from the sides of the iron.
6. Serve waffles with fruit or sweetener of choice and garnish with aqua fava meringue.



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SAVE THE DATE!

Upcoming Events

April 12-16, 2021

Vacation

April 20, 2021

Professional development

April 24, 2021

PFO FUNraising with Friendly's



April 27, 2021

Grade 11 SAT Makeup

April 28, 2021

NGSS

HAVE A NICE VACATION!