

BME Virtual Retreat
June 1-5, 2020
BEPSA Breakout Activities

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Zoom links for each activity will be sent out to the entire department closer to the date.

If you have any questions, feel free to reach out to the organizers of each activity:

- Paracord: Chris Eckersley <christopher.eckersley@duke.edu>
- Macrame: Kay Palopoli <kay.palopoli@duke.edu>
- Kimbap: Elise Adamson <elise.adamson@duke.edu>
- Cocktails: Latifah Maasarani <latifah.maasarani@duke.edu>

Paracord Projects

Tuesday June 2nd at 8 pm

Materials:

- Lighter
- Scissors
- Paracord! Pick your favorite color and variety, one of these will be more than you need for multiple projects:

https://www.amazon.com/PARACORD-PLANET-Crafting-Buckles-Blues/dp/B00BSBAQN6/ref=sr_1_34?crid=2A149PYE9J3PD&dchild=1&keywords=paracord&qid=1588341925&refinements=p_85%3A2470955011&rnid=2470954011&rps=1&sprefix=para%2Caps%2C178&sr=8-34&th=1

<https://www.theparacordstore.com/550-paracord.html>

<https://www.michaels.com/jewelry-cording/paracord/809188214>

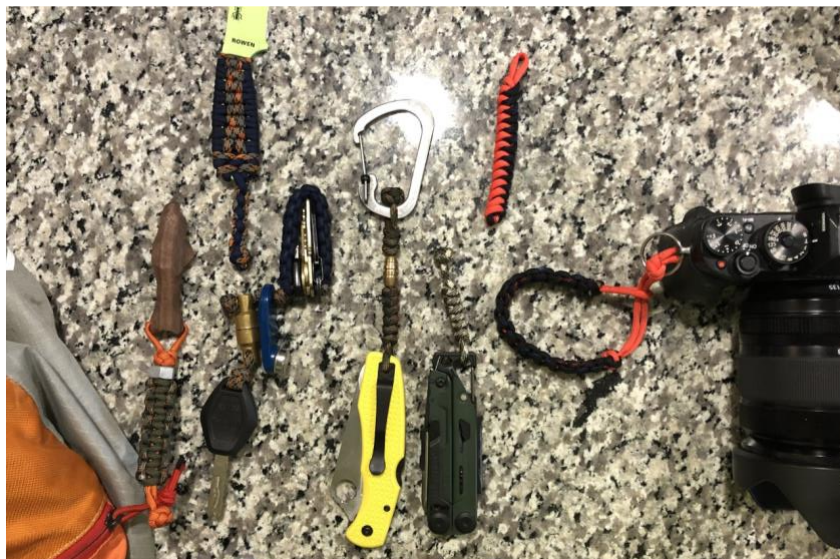
<https://www.walmart.com/c/kp/paracord-ropes>

<https://www.homedepot.com/b/Hardware-Chains-Ropes-Paracord/N-5yc1vZ2fkomm7>

- Optional - Cool bead or some other item to include in your project (see knife lanyard and zipper pull in picture below for example).
- Pick your project in advance! Check out Weavers of Eternity on youtube for examples as well as examples I have put together below.

<https://www.youtube.com/user/TheWeaversofEternity>

- Estimated shipping time: About 5-6 days



Macrame Plant Hanger

Wednesday June 3rd at 8 pm

Materials:

- Macrame cord:
 - 50 yards, 3 mm thick cord (black or white). 1 roll of this is enough to make a 3 or 4-arm plant hanger for a 6-inch diameter pot (or smaller)

<https://www.michaels.com/cotton-macrame-cord-black/10392109.html?productsource=PDPRV>

- Pot (up to 6-inch in diameter, approximately):
 - You can use an empty pot, or if you already have a plant you want to hang that works too.

https://www.michaels.com/ashland-clay-pot/M10011191.html?dwvar_M10011191_size=6%22

- If you can, watch the following youtube video ahead of time:

<https://www.youtube.com/watch?v=aTwB4TT35c0>

- Estimated shipping time: free in-store pickup (same or next day), or 1 week shipping



Kimbap

Thursday June 4th at 6:30 pm

Do ahead:

- Come prepared with cooked rice, cooked meat, and lightly pickled vegetables. Fresh unpickled vegetables can also be used but a light pickling adds a lot of flavor to the rolls. Rice is best at room temperature. The meat (tofu, egg, etc.) can be at whatever temperature you prefer.
 - When I pickle for kimbap, I slice all of the vegetables I plan to pickle (typically red onion and carrot) and place them in a jar with rice vinegar and water (1:1 dilution) plus some sugar and a dash of salt).

Materials:

- Meat and Non-meat options
 - Vegan (pick 1 or more):
 - Tofu, tempeh, or pre-made jackfruit
 - Omnivore (pick 1 or more):
 - Bulgogi, ground beef, thick cut deli ham, crab stick, Eggs
- Nori sheets (\$3-5)
 - Walmart
 - Harris teeter
 - Amazon
- Cooked rice (2+ cups)
 - Sushi rice (or any short grain rice) works best
 - Rice needs to be soft it's recommended to use rice that was cooked same-day
- Vegetables for pickling (pick 2)
 - Carrot
 - Cucumber
 - Asparagus
 - Purple onion
- Vinegar for pickling (pick 1)
 - Rice vinegar (preferred)
 - White wine vinegar
 - Distilled vinegar
- Bamboo mat (\$0-\$12)
 - Walmart
 - Amazon
 - Free alternative: saran wrap and a dish towel

2020 BME RETREAT

Cocktail

WORKSHOP

Date: Friday, June 5, 2020 | Time: 8 PM on Zoom

A LIVE Zoom session to learn tips and tricks on how to make classic & fun craft cocktails from the comfort of your home!

Vote for your favorite cocktails [HERE](#) to see them made live!

French 75

1½ oz gin
¾ oz freshly squeezed
lemon juice
½ oz simple syrup
3 oz champagne
Lemon twist for
garnish (not required)

Whiskey Sour

2 oz Bourbon whiskey
¾ oz simple syrup
1 oz fresh squeezed lem-
on juice
1 Egg white from small
to medium egg
1 maraschino cherry for
garnish (not required)
Ice for shaking

Blueberry Martini

2 oz blueberry vodka
1 oz orange liquor (triple sec)
½ oz simple syrup
½ oz fresh squeezed lime
juice
4-5 fresh blueberries
**Can add a few slices of
cucumber if you want an
earthy toned drink instead
of fruit forward

Gin Fizz

2 oz gin
¾ oz lemon juice
½ oz simple syrup
Soda water
1 egg white from small
to medium egg
Lemon twist for
garnish (not required)

Whiskey Smash

2 oz bourbon whiskey
¾ oz simple syrup
3 lemon wedges
4-6 mint leaves
Mint sprig for garnish
(not required)

Cucumber Mint

2 oz vodka
1 tsp simple syrup
½ cup mint leaves
2 limes freshly squeezed
1 mini or regular cucumber
1 Sprite, Seltzer, or
Soda Water

- *The key to a delicious cocktail is portion control!*

⇒ *Don't forget to measure ALL your ingredients.*

- *Everyday household items can be used in place of bar tools!*

⇒ *Use measuring spoons instead of a jigger: 1 oz = 6 tsp = 2 tbsp ≈ 30 mL*

⇒ *Use blender/water bottle as shaker*

TIPS!

The Berkeley Sidecar

1 oz light rum
1 oz Cognac (Brandy)
1 oz orange liquor (triple sec)
1/4 oz fresh lemon juice
Flamed orange peel for garnish (not required)
We will go over how to do this, need match or lighter and **FRESH orange peel

Champagne Margarita

1 1/2 oz tequila
1 oz freshly squeezed lime juice
1/2 oz simple syrup
1/2 tsp to 1 teaspoon orange liqueur (triple sec)
1-piece Fresh lime juice, to rim glass (not required)
1 pinch Kosher salt, to rim glass (not required)
Enough ice cubes to fill your glass
1 tsp Dry champagne or sparkling wine, to top
(**or as much to your taste**)

BLENDING COCKTAILS

Dole Whip

1 1/2 oz vodka
1 1/2 oz orange liquor (triple sec)
1 1/2 oz simple syrup
3 oz sweet and sour mix
Ice

Frojito (Frozen Mojito)

2 oz white rum
1 oz fresh lime juice
1/3 oz (2-3 teaspoons) simple syrup, or more/less to taste
1 cup of ice
8 fresh mint leaves, plus more for garnish

Frozen Peach Bellini

1 small bottle Prosecco
1 cup frozen peach slices
1/3 cup mango nectar
**Can easily scale this up for a 750 mL bottle of Prosecco

Frozen Pina Colada Mocktail

3/8 cup cubed pineapple
1/4 cup coconut water
1/4 cup full-fat coconut milk
1/8 cup coconut cream
1/8 cup pineapple juice
1/2 cup ice
1/4 lime, juiced
fresh pineapple for garnish

Participants should prepare these items prior to the Zoom workshop:

- Any fresh squeezed juices for your cocktail(s) of choice
- Simple Syrup! You want it to cool so do this at least in the morning of the workshop
Very easy! Just 1-part sugar to 1-part water. Boil the sugar and water in a pot to dissolve the sugar. Let cool on the stovetop then chill in the fridge.
- Sweet and sour mix (for Dole Whip blended cocktail only)
1/2 cup water, 1/2 cup sugar, 1/3 cup lemon juice, 1/3 cup lime juice

Questions? Email: Latifah.Maasarani@Duke.edu

2020 BME RETREAT

Cocktail

WORKSHOP

Grocery Shopping List:

This is a list of items you would need if you made all of the cocktails excluding alcohol.

Produce:

- 1 Bag of lemons
- 1 Bag of limes
- 1 Orange
- Blueberries
- 1 Cucumber
- 1 Box of Mint

Refrigerated Groceries:

- Eggs
- 1 bag of Frozen Peaches
- 1 Mango Nectar

Dry Groceries:

- 1 Bag of Sugar
- 1 Jar Maraschino Cherries
(for garnish, not required)
- Sprite, Seltzer, or Soda Water
- Kosher Salt (for rim garnish, not required)

Notes:

- Mocktail ingredients not included
- Refer to Recipes for Alcohol Purchases.
- Before shopping check for these items at home. You may already have some!

Questions? Email: Latifah.Maasarani@Duke.edu