

# ***Cooking for Kids***

## **Boys and Girls Club of San Pedro California**



***This cooking manual is the property of:***

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This is a class that has been planned and sanctioned by the Boys and Girls Club of San Pedro California to teach children from age 9 through ages 14 the basics of kitchen safety, food preparation, basic cooking skills and serving skills.

While you're here we want you to have fun, learn the basics of cooking and be safe.

The classes will last for several weeks as shown on the schedule inside and when you're finished, you will know the basics of cooking so you can read a cookbook or create your own dishes for yourself, your friends, and your family.

### ***Here's what to expect:***

<b><i>WE WILL:</i></b>	<b><i>WE EXPECT YOU TO:</i></b>
<i>Be here on time</i>	<i>Be here on time</i>
<i>Stay until class is over</i>	<i>Stay until class is over</i>
<i>Explain how to do things</i>	<i>Listen and follow directions</i>
<i>Teach you kitchen safety</i>	<i>Do things safely</i>
<i>Show you how to prepare/cook food</i>	<i>Prepare, cook and eat the food</i>
<i>Answer your questions</i>	<i>Ask questions</i>
<i>Teach you cooking skills</i>	<i>Have fun, enjoy yourself, and learn</i>

***Cooking can be fun and we're going to do our best to teach you how to do it properly.***

***If you play around or do things that are against the rules, like improperly using the knives, teasing other students, or doing something that is not safe, you will be asked to leave the class.***

***We want you to understand the statement above so we want you to sign your name below to acknowledge that you understand the rules:***

***Print your name:***

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***I understand that if I do not follow the rules that I will be asked to leave the class:***

***Sign your name:***

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# Cooking for Kids



## Boys and Girls Club of San Pedro California



**Your instructor: Chef Mike Rounds - The 99 Cent Gourmet™**

### Welcome to Cooking for Kids!

Hi and welcome! I'm Mike Rounds and I've been cooking since I was ten years old!

I found that cooking was a great way to have fun and help my family because they didn't always have to serve me because I could do it myself.

Cooking is for both boys and girls because it's fun and since everybody likes to eat, it's a great way to make friends while doing something that everybody enjoys.

In this program you'll learn that cooking doesn't have to be complicated or difficult – it just takes a little thinking, planning and preparation. After that, the cooking is easy and the best part is that when you're done, you get to eat it!

In this program you're going to learn the basics of cooking and you'll actually be preparing and cooking foods throughout the program. When you finish, you'll get a signed certificate proving that you really do know how to cook.

***Bon Appétit'*** (That's French and it means enjoy your meal!)

*Mike Rounds*

### Table of Contents

Topic	Page
Program Schedule	4
The eight steps in cooking	5
Cooking terms	6
Kitchen tools	10
Kitchen safety	11
How to clean your kitchen and workspace	12
Condiment, sauces, and toppings	13
Ways to cook and prepare foods	14
How to prepare a shopping list	14
Table setting	16
Plating and serving	17
How to plan a meal	19
Sample meal Planning	20

Date and Time	Schedule For The Day		
<b>Session #1</b> - Wednesday, March 3, 2010; 3:00 PM-4:30 PM And Friday, March 5, 2010; 2:45-4:15 PM	We'll be learning about: <ul style="list-style-type: none"> <li>• Kitchen Safety</li> <li>• Knife Usage and Safety</li> <li>• Cutting</li> <li>• Peeling</li> <li>• Garnishing</li> </ul>	We'll be indentifying: <ul style="list-style-type: none"> <li>• Kitchen Tools</li> <li>• How to clean and store your tools</li> <li>• Cleaning you and your work area</li> </ul>	We'll be preparing: <ul style="list-style-type: none"> <li>• Submarine Sandwiches</li> <li>• Celery and Carrot sticks</li> </ul>
<b>Session #2</b> - Wednesday, March 10, 2010; 3:00 PM-4:30 PM and Friday, March 12, 2010; 2:45-4:15 PM	We'll be learning about: <ul style="list-style-type: none"> <li>• Stirring</li> <li>• Whipping</li> <li>• Spreading</li> <li>• Folding</li> </ul>	We'll be indentifying: <ul style="list-style-type: none"> <li>• Condiments</li> <li>• Sauces</li> <li>• Topping</li> </ul>	We'll be preparing: <ul style="list-style-type: none"> <li>• Omelet in a bag</li> <li>• French Toast</li> </ul>
<b>Session #3</b> - Wednesday, March 24, 2010; 3:00 PM-4:30 PM and Friday, March 26, 2010; 2:45-4:15 PM	We'll be learning about: <ul style="list-style-type: none"> <li>• Coring</li> <li>• Chopping</li> <li>• Blending</li> </ul>	We'll be indentifying: <ul style="list-style-type: none"> <li>• Cooking terms</li> </ul>	We'll be preparing: <ul style="list-style-type: none"> <li>• Mirepoix Tomato Soup</li> <li>• Tuna sandwiches</li> </ul>
<b>Session #4</b> - Wednesday, , April 7, 2010; 3:00 PM-4:30 PM and Friday, April 9, 2010; 2:45-4:15 PM	We'll be learning about: <ul style="list-style-type: none"> <li>• Garnishing</li> <li>• Plating</li> <li>• Table Setting</li> </ul>	We'll be indentifying: <ul style="list-style-type: none"> <li>• Ways to cook/prepare</li> </ul>	We'll be preparing: <ul style="list-style-type: none"> <li>• Stir fry hot dogs</li> <li>• Rice</li> </ul>
<b>Session #5</b> - Tuesday, April 13, 2010; 2:00 PM-3:30 PM and Friday, April 16, 2010; 2:45-4:15 PM	We'll be learning about: <ul style="list-style-type: none"> <li>• Measuring</li> <li>• Using chopsticks</li> </ul>	We'll be indentifying: <ul style="list-style-type: none"> <li>• Shopping lists</li> <li>• Ways to save money</li> </ul>	We'll be preparing: <ul style="list-style-type: none"> <li>• Ramen with 'stuff'</li> <li>• Hard boiled eggs</li> </ul>

# Part 1 - The Eight Steps in Cooking

1. Cleaning
2. Planning
3. Shopping
4. Preparation
5. Cooking
6. Plating
7. Serving
8. Cleaning

## Step #1- Cleaning

- Cleaning the preparation and cooking areas
- Cleaning your tools

## Step #2 - Planning a meal - Making a list

- What are you planning to serve?
- How many people are you cooking for?
- How much food do you need for each person?
- How much money do you have to spend?
- What do people like to eat?
- Are there any special dietary considerations?

## Step #3 - Shopping

- How much money do you have to spend?
- Where are you going to shop?

## Step #4 - Preparation

- Have you cleaned your prep area?
- Have you thought about what you need to do to prepare the food for cooking?
- Do you have all the tools you'll need to prepare the food?

## Step #5 - Cooking

- Do you know what kind of cooking you'll need to do?
- Can you do this yourself or do you need to ask for help?
- Do you have the cooking tools ready to go?

## Step #6 - Plating

- What kinds of dishes will you need to serve the food you've prepared?

- Do you have all the plates and dishes you'll need to handle all the food you've prepared?

### **Step #7 – Serving**

- How will the food be served?
- Do you need help serving the food?

### **Step #8 – Cleaning**

- Washing the cooking tools
- Washing the dishes
- Cleaning up the table and eating area
- Sweeping, mopping, and emptying the trash

### **SPECIAL NOTE:**

- Cleaning is a constant process while you're cooking.
- When you finish with something, wipe it off, put it away, and clean up as you go along.
- While you're preparing, cooking, and plating, keep on cleaning your area and the area around you.
- If you don't clean and organize constantly, you'll contaminate the food, lose track of both food and utensils, and have accidents in the kitchen.

## Part 2 - Glossary of terms used in cooking

*Cooking has a language of its own. To be successful, you have to know the terms (words) that are used so that you actually get what you want and not the wrong thing.*

- **Bake**-To cook in the oven.
- **Baste**-To brush liquids such as fat, meat drippings, marinade, water or juices over meat during roasting to add flavor and to prevent it from drying out.
- **Beat**-To beat means to stir or mix ingredients with a whisk, spoon or a mixer.
- **Blanch**- To blanch food immerse fruit or vegetable in boiling water for a minute or so, remove and place in a bowl of ice water. This is often used before freezing fruits or vegetables. Or you can blanch a fruit or vegetable such as tomatoes or peaches to remove their skins.
- **Blend**- Similar to beat. Add ingredients together and blending them with a spoon or a mixer.
- **Boil**- To cook a liquid such as water or broth so it reaches a boiling temperature. You will see bubbles in the pan.
- **Braise**- To tenderize meat, you brown meat or poultry in oil. Then place in roasting pan and cook in the oven or place directly in the crock pot.
- **Bread**-To bread something is to coat it with bread crumbs, cracker crumbs, or other crumb mixture before cooking it.
- **Broil**-To cook meat or other food under the heat source. This seals in flavor.
- **Broth**-Broth is a liquid made by cooking meat, vegetables or seafood with herbs, bones and water.
- **Brown**-Saute meat or vegetables in a frying pan with oil or butter until it turns brown in color
- **Brush**-To brush food is when you use a pastry brush and brush the top of the food with melted butter or egg white.
- **Chill**-Place in refrigerator.
- **Chop**- To cut food into pieces with a knife, food chopper, blender, or food processor.
- **Coat**-To cover both sides of a food with flour, crumbs or batter. See definition for bread.
- **Combine**-Adding ingredients together and stirring.
- **Core**-To remove the inside of a fruit. Apples or pears are an example of a fruit that is usually cored.
- **Cream**- Mixing butter, shortening or margarine with sugar until smooth and creamy.
- **Crush**-To crush a food into tiny pieces with a rolling pin or kitchen mallet.
- **Cube**- Cutting foods such as vegetables or meat into pieces with 6 equal sides.
- **Cut in**- Blend or cream butter or shortening into a flour mixture.
- **Dash**-To add a dash of something in cooking is less than 1/16 teaspoon. Since there is no 1/16 teaspoon you use a pinch amount.
- **Deep Fry**- To cook food completely covered in hot oil.
- **Deglaze**-After cooking or roasting meat you add liquid such as milk, broth or water to dissolve the juices stuck to the bottom of the pan. Often deglazing is used when making gravy.
- **Dice**-To cut food into small cubes.
- **Dilute**- To thin a liquid by adding more liquid, usually water or milk, to it.
- **Dissolve**- To dissolve something is to blend food together to make a liquid. For example, add water and sugar together and stirring until sugar is dissolved.
- **Dough**-A dough is a combination of flour, liquid and other ingredients to make a firm mixture usually for bread or cookies.
- **Drippings**-Drippings are what is left in the bottom of a pan after roasting meat.
- **Drizzle**-Pouring a liquid over food in a slow, light trickle.

- **Dust**-To sprinkle food with flour, spices or sugar. For example before kneading bread dust the counter top with flour.
- **Chop**: Reducing food into smallest size cubes or squares by cutting is called chopping.
- **Chopping** : Reducing a cooking object into smaller pieces with the aid of a chopper, knife, scissors, processor etc. is called chopping
- **Deep frying** - The food is completely immersed in hot fat/oil and cooked.
- **Dicing**: Cutting into even sized cubes is called dicing.
- **Dressing**: Any condiment or herb or a combination of spices in a medium (cream, vinegar, oil, etc.) that's used for adding in the end for enhancing taste and flavor.
- **Egg wash**-Blending eggs with water and then coating or brushing baked goods.
- **Fillet**-Remove bones from fish or meat.
- **Fry**-To cook food in hot oil or butter until browned or cooked through.
- **Garnish**-To add an edible decoration to make food more attractive.
- **Glaze**- To coat food with a mixture that gives a shiny appearance. For example, a chocolate glaze on a dough nut.
- **Grate**-To shred food into tiny pieces by rubbing against a grater.
- **Grease**-To coat or rub a pan with oil or shortening. For cakes you grease and dust the pan with flour.
- **Grill**-To cook food over direct heat in a grill or direct flame.
- **Grind**- To crush food with a food processor, blender or grinder.
- **Grating**: Reducing to fine particles by rubbing over a sharp, rough surface. For e.g Grated carrots
- **Grilling**: This is cooking by dry heat. The food is supported on a grid iron over fire or between electric heated grill bars.
- **Grinding**: Reducing to small fragments or paste by crushing in a mill/mixer/pulverizer
- **Julienne**- Cut food into long thin strips.
- **Marinate**-To season food by placing it in a flavorful mixture called a marinade.
- **Mash**-To press food to remove lumps.
- **Microwave**-to cook food in a microwave.
- **Mince**-To chop in tiny pieces.
- **Moisten**-Adding liquid to dry ingredients to make wet but not too wet.
- **Mince**: Another version of grinding. Reducing a food item to its smallest possible unit through mechanical action of some gadget operated manually or electrically.
- **Oven Roasting** - Food is cooked in a closed oven at a constant temperature by dry circulating air as in baking of cake or roasting of chicken / mutton.
- **Pan broil**- To cook food in a skillet over high heat by itself and removing fat from pan as it cooks off meat.
- **Pan fry**-To cook with a small amount of oil or butter.
- **Parboil**-To cook food partly in boiling liquid. Also called blanching.
- **Pare**-To peel or trim a food, usually vegetables.
- **Peel**-to remove the outer skin of fruit and vegetables with a knife or vegetable peeler.
- **Pit**-To take out the stone of a fruit such as cherry or peach.
- **Poach**-to simmer in boiling liquid.
- **Pressure Cooking**-To cook using steam trapped under a lid at a high temperature.
- **Peeling**: Removal of outermost layer of the cooking or ready to serve object.
- **Poaching** - Poaching is cooking slowly in a minimum amount of liquid even below the simmering point and not allowing the liquid to boil. It is a special technique to cook delicate food products. For e.g poaching eggs, fish etc.
- **Pot roasting** - This method is used to cook small joints in a thick heavy pan, not necessarily in an oven. The pan is covered with a well fitting lid and cooked over a very slow flame.
- **Purée**-To blend food together until it becomes completely smooth.



- **Reduce**-To boil liquids down to enhance flavor or thicken.
- **Roast**-To cook in an oven uncovered.
- **Sauté**-Cooking food in hot oil in a pan.
- **Scald**-To cook just under the boiling point.
- **Sear**-To cook meat in a frying pan under high heat to seal in juices. Then the meat is usually cooked in the oven after searing.
- **Season**-To flavor meat with salt, pepper or other seasonings.
- **Set**- Allowing food to become solid.
- **Shred**-To cut with a knife, tear with your hands, or use a grater to cut food into long strips. For meat, two forks can be used to shred cooked roasted meat.
- **Sift**-To remove lumps from dry ingredients with a mesh strainer or flour sifter.
- **Simmer**- To cook over low heat so food or liquid doesn't reach the boiling point.
- **Skim**-To take the top layer of fat from soups or other liquids with a slotted spoon or other utensils.
- **Skewer**- Used for cooking on a stick. Usually wood or metal stick.
- **Steam**- To cook food in a covered pan with a small amount of boiling water.
- **Steep**-To soak dry ingredients in liquid until the flavor is infused into the liquid.
- **Stew**- Cooking meat and vegetables in broth. This works best with less tender cuts of meat.
- **Stir**-To blend ingredients together.
- **Stir-Fry**-Frying cut meat and vegetables on high heat with a small amount of oil.
- **Strain**-To use a colander or strainer to drain liquid off cooked food.
- **Sauté**: To toss and cook a cooking object in a shallow pan in a small quantity of cooking medium without much of mixing.
- **Shred**: To cut into fine long pieces, e.g. shredding cabbage, spinach, etc
- **Simmer** - To cook food gently in liquid that bubbles steadily just below boiling point so that the food cooks in even heat without breaking up.
- **Slice**: Cutting any ingredient into thin pieces lengthwise.
- **Steaming**: The cooking object is surrounded by steam (the temperature is higher than boiling water), normally covered, produced by some liquid.
- **Stewing**: Cooking of food (seared or unseared ) in liquid at simmering point, (mostly covered) for longer time to optimize doneness of tough meat and vegetables.
- **Stir-fry**: To cook small pieces of food in very little fat, tossing constantly over high heat
- **Stirring**: Mixing foods with a suitable tool such as spoon by a circular motion in contact with the pan, in order to combine well and to prevent sticking or burning.
- **Toss**: Mixing the ingredients in a bowl or a pan by throwing the contents slowly in the air holding the handle or by using one or two spoons taking care that the food does not get mashed.
- **Trim**: Removing excess or unwanted element of a food item or making it lean. Like removal of fat portion in meat or fish.
- **Whip**- To beat ingredients together quickly with a spoon or mixer until light and fluffy.
- **Whisk**- To mix together by beating with a whisk or mixer
- **Zest**- To remove the outer part of citrus fruits with a small grater.

## Part 3 - The Most Common Tools Used for Cooking

		
<p style="text-align: center;">Kitchen Knife</p>	<p style="text-align: center;">Vegetable peeler</p>	<p style="text-align: center;">Skillet</p>
		
<p style="text-align: center;">Spatula/Turner</p>	<p style="text-align: center;">Cutting Board</p>	<p style="text-align: center;">Cooking Pots with Lids</p>
		
<p style="text-align: center;">Kitchen Tongs</p>	<p style="text-align: center;">Stirring/Serving Spoons</p>	<p style="text-align: center;">Measuring Cup</p>
		
<p style="text-align: center;">Measuring Spoons</p>	<p style="text-align: center;">Ladles</p>	<p style="text-align: center;">Preparation Bowls</p>
		
<p style="text-align: center;">Serving Plates and Bowls</p>	<p style="text-align: center;">Soft Spatula</p>	<p style="text-align: center;">Cooking Spatula</p>
		
<p style="text-align: center;">Pot Holders</p>	<p style="text-align: center;">Kitchen Towels</p>	<p style="text-align: center;">Oven Mitts</p>

## Part 4 - Kitchen safety tips

More accidents happen in the kitchen than any other room because in the kitchen, we have dangerous things that are:

- Sharp
- Hot
- Wet and slippery

**DON'T BE IN A HURRY!** If you're careful, watch what you're doing, and take your time, you won't have any problems.

### Rules for Using Knives in the Kitchen

**Rule #1** – A knife is NOT a toy – they are for kitchen work – not for play! If you see someone doing something with a knife that's not safe, tell an adult helper right away!

**Rule #2** – Knives are sharp, pointed and dangerous - don't carry them around the kitchen– use them and then put them back on the cutting board with the sharp edge facing away from you

**Rule #3** – If a knife slips and falls, let it drop to the floor. Do NOT try to catch it!

**Rule #4** - Cooks cut themselves all the time but you have to wash and bandage the cut.

**Rule #5** - If you cut yourself, tell an adult helper right away!

### The two most common knives in a kitchen are:

**Chef's Knife** - A chef's knife is usually the largest knife in the kitchen, with a wide blade that is 8" to 10" long.

**Paring Knife** - Paring knives are generally 2-1/2-4" in length. The most often used knife in the kitchen. It is ideal for peeling and coring fruits and vegetables, cutting small objects, slicing, and other hand tasks.

### Using a Knife

Using kitchen knives requires following a few rules and becoming comfortable using your hands in a different way:

- Chop slowly and carefully.
- Always cut away from your body.
- Make sure your hands are dry and the surface you're working on is not slippery
- Make sure that you curl your fingers under on the hand holding the food.
- Using your dominant hand, hold the knife firmly and, using a rocking motion, cut through the food.
- The knife should not leave the surface you're working on.
- Move your hand (with the curled under fingers) along as the knife cuts the food.

### Caring For Your Knives

- Keep them sharp
- Keep your knives on your cutting board with the sharp edge facing away from you

## **Part 5 - Cleaning and De-cluttering**

### **Cleaning Dishes Quickly:**

Before you start cooking, fill a sink with hot soapy water so that dishes can be dumped in and wiped off as they are used. To prevent stacked up sinks, load the dishwasher as dishes become dirty.

### **Countertops:**

Spray sticky areas of your countertop with a quick spray of all purpose cleaner. Or lay a warm, wet cleaning cloth on top of the sticky area for 1-2 minutes. The mess should wipe away without having to be scrubbed.

### **Burned Food on Pots and Pans:**

If your pots and pans have burned on food, don't bother wasting your time scrubbing them. For pots, fill with water and bring to a boil on the stove top. The hot water and boiling will help loosen stuck on food. Allow to cool thoroughly, and wipe away the grime.

### **Declutter the your work area:**

Getting rid of clutter in the kitchen goes a long way to helping make the kitchen quick to clean. Keep items you use daily at eye level storage. Items that are used weekly go a little higher or lower. Items that are used monthly go at the bottom or the top. Items used less frequently can be stored away from the kitchen.

### **Mopping Tips:**

A daily quick mop or even just wiping up spills and sticky spots daily will make your more intense monthly mopping a breeze. All-in-one mops make a great daily mopping tool. Pay special attention to food preparation and eating areas.

### **Sponges, Brushes, and Cloths:**

Make sure to rinse out your dish brushes and cloths thoroughly. Wring them out all the way to prevent them from becoming sour. Sponges can be great tools for cleaning the kitchen, but they can also harbor a lot of bacteria. Keep your sponge sanitary by keeping it wrung out and dry when not in use. You can sanitize your sponge by giving it a quick zap in the microwave, or running it through the dishwasher on the top rack. Don't be afraid to toss an old sponge, though. They may only last a few weeks to a month. Throw out right away if the sponge starts to discolor or develops an odor.

### **Use Baking Soda on Almost Everything:**

Baking soda has a ton of uses in your kitchen. As a mild abrasive it can help clean sinks, countertops, and appliances. It helps remove odors from appliances, dishes, and drains. Dry baking soda can help absorb oil and other stains on countertops.

### **Trash Bags:**

To keep the trash from smelling up the room, sprinkle baking soda into the trash can to help absorb smelly odors until the bag is full. Save yourself some time searching for extra bags, by storing a few bags in the bottom of the trash can. When you pull out the old bag, a new bag will be ready and waiting.

## **Part 6 - Herbs, Spices, Condiments, Sauces, and Toppings**

### **Herbs and Spices**

Herbs and spices are usually added to food during cooking to change, enhance, or improve its flavor.

Common herbs and spices are chilies, dill, parsley, sage, rosemary, thyme, cumin, and marjoram.

### **Condiments:**

A condiment is a preparation (a sauce or relish or spice) to enhance flavor or enjoyment; and improves the flavor of food.

They can be salty, spicy, or savory and may be in the form of a relish, sauce, or mixtures of herbs and spices.

Salt, pepper, mustard and ketchup, soy sauce, Tabasco sauce, hot chili sauce and salsa, are condiments.

### **Sauces**

A sauce is a lightly thickened liquid that adds, flavor, moisture and visual appeal to foods. It's used to enhance the flavor of the food that it accompanies.

Gravies made from meat dripping or vegetables and butter are some of the most common topping for foods.

Most pasta sauces are either butter-or olive oil-based. Tomatoes are probably the next most frequent ingredient, particularly in the south.

### **Toppings**

Toppings are usually edible concoctions that are used to finish or enhance some type of prepared food.

The variety of topping for ice cream include chocolate syrup, caramel syrup, crushed peanuts, candy sprinkles, crushed Oreo cookies, strawberry sauce, and maraschino cherries.

Salsas currently top the list of popular sauces long with melted cheese and butter. Other topping include sauces and gravies to enhance the flavor of foods that lack a lot of intense flavor by themselves including pasta, rice, and potatoes.

## Part 7 - Ways to Cook Your Food

- 1. Eat Your Foods Raw** - Although it's not exactly a cooking method, it's a great way to consume many of your favorite foods.
- 2. Steaming** - Simply put a little water in a pot, put in a steamer basket or colander, and add your food. As the water boils, the steam will gently cook your food. Be sure not to cook your food for too long (veggies should still be brightly colored and slightly crunchy when they're done), and you can also add some spices to the water to flavor the foods as they steam. This method works especially well for fragile vegetables like leafy greens and fish.
- 3. Poaching** - You can poach chicken, eggs and other foods by simmering them in a little bit of water or broth on your stovetop. Use a covered pan and take the foods off the heat when they're tender.
- 4. Baking/Roasting** - Baking in your oven is a great way to cook, though it's preferable to use a lower temperature and a longer cooking time than a higher temperature to cook the food more quickly (roasting is typically done at a higher temperature). You can bake meat, fish, poultry, veggies, bread, fruit and anything else. To keep in some of the moisture, try keeping your baking dish covered.
- 5. Stir-Frying** - Stir-frying is a fun, fast way to cook. Chop your meat and veggies into small, uniform pieces, add a little oil or broth to a pan or wok, then stir the foods until they're just cooked through (add meat, which takes longer to cook, before the veggies). To preserve the nutrients in the veggies, cook them only slightly.
- 6. Braising** - When you braise a piece of meat or fish, you brown it slightly in a pan, then cover it with a small amount of liquid such as broth. The pan is covered, and the food is left to slowly and gently finish cooking. After the food is removed, the leftover juices can be used to make a flavorful sauce.
- 7. Boiling** - Boiled foods are cooked in hot water until they are tender and ready to be eaten.
- 8. Sautéing** - This is cooking foods in a small amount of oil on your stovetop. You can, replace the oil with some broth instead but don't turn the heat up too high.
- 9. Grilling and Broiling** - Grilling is a form of cooking that involves dry heat from above or below. Food to be grilled is cooked on a grill (an open wire grid with a heat source above or below), a grill pan (similar to a frying pan, but with raised ridges to mimic the wires of an open grill), or griddle (a flat plate).
- 10. Frying** - Frying foods is the cooking of food in oil or fat cooking in a pan, griddle or deep well fryer.

## Part 8 - How to Prepare A Shopping List

Sometimes, you can go shopping in your refrigerator or pantry and sometime you need to go to the store.

When you have to leave the house and go shopping there are five (5) things to consider when you prepare your shopping list.

Remember Step #2 above:

### Step #2 - Planning a meal – Making a list

- How many people are you cooking for?
- How much food do you need for each person?
- How much money do you have to spend?
- What do people like to eat?
- Are there any special dietary considerations?

### What are you cooking for this meal?

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What do I need?	What do I Have?	What's left that I have to Buy?	Where am I going to shop for it?	How much can I afford to spend for it?

**Here's an important tip:**

**Don't buy food you don't need or buy too much of it.**

**Both of these are expensive and unnecessary!**

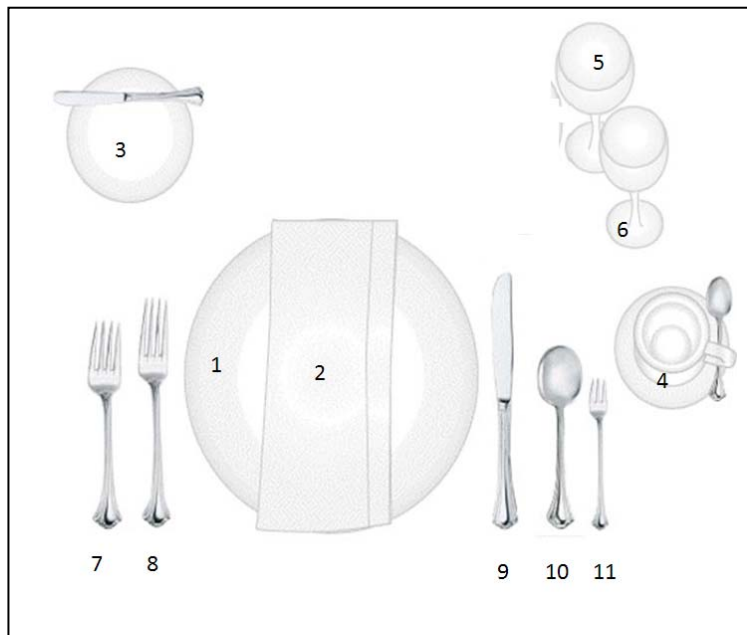
## Part 9 - How To Set A Table

Just because we eat fast food from a wrapper and potato chips from a bag doesn't mean that there isn't a correct way to set a table for your family and friends.

Most people don't eat their meals in a formal setting much anymore but there is still a proper way to set a table.

If you are going to take your time to prepare a tasty meal and make it look good, it'll be an ever better dining experience if you set the table so it looks elegant.

The diagram below shows the full dining experience in a proper layout. If you're serving less food, just eliminate the plates and glassware you don't need but leave the rest in their proper location.



1. Dinner plate	2. Napkin
3. Bread/roll plate with butter knife	4. Cup, saucer, and coffee spoon
5. Water glass	6. Soft drink glass
7. Salad fork	8. Dinner fork
9. Table knife	10. Desert spoon
11. Cocktail fork	

If you are serving extra food like a soup or a salad, you take on the role of a waiter and usually place the plate or bowl of food on top of the dinner plate and when the dish is empty you remove it so that the dinner plate may be used.



## Part 10 - Plating and Serving Food

### Plating the food

Just throwing the food that you've worked hard to prepare on a plate is a poor finish for all your hard work.

The food should look as good as it tastes and to do that we add a garnish.

The garnishing is like painting a wooden box after you build it so it doesn't look plain.



A garnish can be as simple as a sprig of parsley - the touch that sets off the food and tantalizes the eye.

All it requires is a few minutes of time and a little imagination. Often, the simplest garnishes are the most elegant.

When you choose a garnish, consider four things: color, texture, shape and taste.

For example, if you need a touch of green with a dish of pasta or rice, basil may be a natural choice--it has a solid, shiny appearance, and a robust taste. With carrots or tomato soup, feathery dill has the flavor and texture that balances the weight of the carrots.

You can add a lot of elegance to hard boiled eggs by sprinkling a little red paprika on top or you can put some green chopped parsley on half of them and you've got a beautiful dish that looks good and tastes good too.

Another way to use garnishes is in the repetition of a theme: if you used fresh parsley in a dish, save a few sprigs to decorate the top.

Your garnishing arsenal is limited only by your imagination.

Orange or lemon twists are available year-round. Try cherry tomatoes--whole, quartered or sliced--or spruce up your broiled fish by topping with fresh chives anchored with a slice or two of lemon or tomato.

Vegetables carrots, squash, zucchini, peppers of all shapes and heat levels, tomatoes, radishes, broccoli, cauliflower, beets can be sliced, julienned, grated, curled or left whole to provide color and accent on the plate.

Use a vegetable peeler to remove colorful strips from squash, carrots or zucchini and sprinkle them on a plain-looking entree.

To make carrot curls to float in a soup or top a casserole, slice a carrot lengthwise into thin slices with a vegetable peeler. Steam the carrots with a tablespoon of water in the

microwave for thirty seconds. They'll go limp and be easy to curl and drape on a plate or dish.

Just remember: you can have too much of a good thing.

You don't have to surround the plate with a border of green; a sprig can have an equal, if not greater effect.

Don't lose the beauty of the dish in an overabundance of ornamentation.

Above all, let the food speak for itself.

### **Serving food at the correct temperature**

When you're going to all the trouble of cooking food, you want it to arrive on the table hot and looking good.

Professional kitchens have heat lamps and hot boxes to keep some of the food warm while the rest of it cooks but the best chefs will tell you that this dries out the food.

The best way to prepare food so that it all arrives at the correct temperature is to start preparing (cooking) the parts of the meal that take the longest so that when it's done, it'll be at the correct temperature and won't have cooled off.

Meats, fish, cooked vegetables and rolls are the most difficult to time.

Pasta, rice, potatoes, soups, sauces, gravies and some cooked vegetables (like corn) are more forgiving and you can leave them in a warm oven for a few minutes to keep them warm until you serve them.

Some parts of a meal, like a salad that's supposed to be served cold, can be prepared in advance and chilled in the refrigerator and then served directly from the refrigerator to the table without damaging the flavors.

## Part 11 - Planning Your Meals

This Menu Planning Chart will help you figure out what you're going to make for the day or the next two weeks.

A meal can consist of a single item like a hamburger or a bowl of soup but more often, especially if it is for a family meal, it will contain;

A starter dish like a soup or salad, a main course like meat, fish, or pasta, a vegetable like carrots or potatoes, a desert, and something to drink.

Of course, it doesn't have to have all of these things but it's a good idea to think about them as you're planning your meals.

### Breakfast

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup							
Salad							
Main Dish							
Vegetable							
Desert							
Desert							

### Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup							
Salad							
Main Dish							
Vegetable							
Desert							
Desert							

### Dinner

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Soup							
Salad							
Main Dish							
Vegetable							
Desert							
Desert							

## Sample Meal Planning

Now it's your turn – Plan a meal around a hot dog lunch. Here are the details:

1. There will be four people
2. You're going to have hot dogs, celery sticks, and carrot sticks and milk to drink

### **Now, plan your meal.**

- What are you serving?
- What ingredients do you need?
- Do you have them in your pantry or will you have to go shopping?
- How much food do you need for the whole meal?
- Hint: Multiply the number of people x single portion of food = what you need
- What kitchen tools will you need to prepare the food?
- What dishes will you need to serve the food?
- What time will you serve the food?
- How long will it take you to prepare the food?
- What time do you have to start to prepare the food so your friends don't have to wait?
- Do you need help to prepare the meal?

# SUBMARINE SANDWICHES

*Servings: 16*

*Preparation Time: 20 minutes*

*Cooking Time: None*

## **Master list of Ingredients:**

- 16 dinner rolls
- 4 Packages of lunch meat
- 2 Packages of Cheese
- 1 Heads of lettuce]
- 8 Celery Stalks
- 2 tomatoes
- 1 Onions
- 1 Green peppers
- 8 Carrots
- Jar of mayonnaise
- Jar of mustard
- Jar of pickle relish
- Box of toothpicks

## **For the dressing/topping**

- ½ cup Mayonnaise
- ¼ cup Mustard
- ¼ cup Pickle Relish

## **Preparation:**

- Mix all ingredients together in a bowl and let stand for 5-10 minutes to mix flavors

## **For the Sandwich:**

- Rolls
- Lunch meat
- Cheese
- Lettuce
- Tomatoes
- Onions
- Green peppers

## **Preparation:**

- Slice the sandwich rolls lengthwise
- Cut the lunch meat in three (3) pieces per slice
- Cut the cheese in two (20 pieces per slice
- Cut the lettuce into thin strips

- Cut the tomatoes into thin slices
- Cut the onion into thin slices; then cut them in half to form little half circles
- Cut the green peppers into thin slices; then cut them in half to form little half circles

**Assembly:**

- Spread both parts of the roll with the relish
- Put four (4) pieces of meat on the bottom part of the roll
- Put two (2) pieces of cheese on top of the meat
- Put two (2) slices of tomato on top of the cheese
- Put as much lettuce as you want on top of the tomato
- Put one, two, or no onion slices on top of the lettuce
- Put one or two green pepper slices on top of the lettuce
- Put the top half of the roll on top of the sandwich and pin it with two (2) toothpicks
- Cut the sandwich in half and put it on the plate

**For the accompaniments:**

- Carrots
- Celery

**Preparation:**

- Peel the carrots
- Cut the carrots into 2” sections
- Cut the carrots in half
- Cut the carrots into long strips
- Cut the celery into 2” sections
- Cut the celery into 2” strips
- Put three (3) celery sticks and three (3) carrot sticks on each plate next to the sandwich

**Serving;**

Serve the plated sandwich halves and accompaniments with a drink and a napkin

# Omelets in a Bag

## French Toast Fingers

*Servings: 16*

*Preparation Time: 20 minutes*

*Cooking Time: 15 minutes per group*

### **Master list of Ingredients:**

- Eighty (80) eggs (7 Dozen)
- 2 Packages of ham slices sausage
- 2 Packages of mushrooms
- 2 Packages of Cheese
- 8 Celery Stalks
- 1 Onions
- 2 Green peppers
- 3 loaves of bread
- One (1) jar of cinnamon
- One (1) box of powdered sugar
- One (1) box of Granulated sugar
- One (1) pound of butter
- One (1) box of powdered sugar
- One (1) quart of milk
- Salt
- 16 Zip Loc bags

### **Preparation for the Omelet filling**

- Cut the ham into ¼” pieces
- Slice the mushrooms into ¼” slices
- Cut the cheese into ¼” pieces
- Cut the celery into ¼” pieces
- Cut the onion into ¼” pieces
- Cut the green pepper celery into ¼” pieces

### **Preparation for the Omelet**

- Using a marker, each person writes their name on the side of a zip loc bag
- Break two eggs into a bowl for each serving
- Using a spoon, add the fillings that you want to the bowl
- Pour the eggs and filling into the zip lock bag and seal it shut
- Massage the egg/filling mixture until the eggs are smooth and the filling is distributed
- Open the zip loc bag, squeeze out as much air as you can, and seal the zip loc again

## Cooking the omelet

- Heat a 2 gallon pot of water until the water is boiling
- Using tongs, place the bags into rolling, boiling water for exactly 13 minutes
- *Note: You can usually cook 6-8 omelets in a large pot. For more, make another pot of boiling water.*
- Open the bags and the omelet will roll out easily.
- You can finish your own omelet with salt, pepper, catsup, or hot sauce if you prefer.

## Preparation for the French Toast fingers

- **Topping** - Mix 4 tablespoons of sugar with 1 tablespoon of cinnamon and put into a salt shaker
- **Batter** - Combine eggs with milk, sugar, and salt in a shallow dish or pie pan.

## Cooking the French Toast Fingers

- Heat a skillet and melt enough butter to coat the bottom
- Dip bread slices one at a time into egg mixture, coating each side well
- Transfer the slices to the heated/buttered skillet
- Brown slices over medium heat, turning once
- Add butter as needed to keep slices from sticking
- Remove from skillet and let stand for one minute
- Cut slices into three (3) finger long pieces and dust with the sugar/cinnamon mixture

## Serving

- Serve the omelet along with salt, pepper, catsup, and Tabasco sauce for additional flavoring.
- Serve the French toast fingers on a plate with Maple pancake syrup for additional flavoring
- Add a beverage and a napkin, and serve with a fork.



# Mirepoix Tomato Soup

## Tuna sandwiches

Servings: 16

Preparation Time: 20 minutes

Cooking Time: 15 minutes per group

### Master list of Ingredients:

- Three (3) cans of Campbell's tomato soup
- Three (3) cans of water
- Six (6) cans of tuna
- 4 Onions
- Three (3) packs celery
- Three (3) pack carrots
- One (1) jar of mayonnaise
- One (1) jar pickle relish
- One (1) pound of butter or margarine
- One (1) jar of garlic salt
- One (1) jar dill weed
- One (1) bottle Worcestershire sauce

### Preparation for the Soup

- Open the soup cans
- Prepare the Mirepoix
  - ▶ Cut six (6) celery stalks into ¼" pieces
  - ▶ Cut two of the onions into ¼" pieces
  - ▶ Cut six (6) carrots into ¼" pieces

### Preparation for the Tuna sandwiches

- Open the tuna and drain the excess liquid
- Chop one (1) onion into fine pieces
- Chop six (6) celery stalks into fine pieces
- Toast two pieces of bread for each person eating

### Cooking the Mirepoix soup

- Heat six (6) tablespoons of butter in a deep pot and sauté' the chopped onions until they are soft and tender
- Add the chopped celery and carrots and continue to cook them until they are tender
- Add the three cans of tomato soup and the three cans of water
- Heat until boiling and then turn down the heat to keep the soup warm until it's served

### **Assembling the tuna sandwiches**

- Using a bowl, mix the tuna, chopped onion, chopped celery, and two (2) cups of mayonnaise together.
- Add four (4) tablespoons of pickle relish and one (1) teaspoon of garlic salt to the mixture and continue to stir until everything is well mixed
- Spread the tuna mixture on a slice of toast and put the second toast slice on top
- Cut the sandwich in half

### **Serving:**

- Stir the soup thoroughly and serve in a bowl with dill and Worcestershire sauce as condiments
- Serve the sandwich on a plate with salt and pepper as condiments
- Serve with a drink a soup spoon, and a napkin.

# Stir Fry Hot Dogs Rice

*Servings: 16*

*Preparation Time: 20 minutes*

*Cooking Time: 15 minutes per group*

## **Master list of Ingredients:**

- Two (2) packages of hot dogs
- Two (2) green peppers
- One (1) packages of celery
- Three (3) onions
- Three (3) green peppers
- One (1) package of carrots
- Two (2) jars of sweet/sour sauce
- Two (2) pounds of rice
- Water

## **Preparation for the stir fry**

- Cut the hot dogs into ¼” pieces
- Cut the celery into ½” diagonal pieces
- Cut the onion into ½” pieces
- Cut the green pepper into ½” pieces
- Cut the carrots into ½” diagonal pieces

## **Cooking the stir fry**

- Heat three (3) tablespoons of butter in a deep pot and sauté’ the chopped onions until they are soft and tender
- Add the chopped celery, green peppers, and carrots and continue to cook them until they are tender
- Add the hot dogs and continue to stir them until they are completely heated
- Add the sweet-sour sauce and reduce the heat to keep the mixture warm

## **Cooking the rice**

- Put eight (8) cups of rice, two (2) teaspoons of salt, and 16 cups of water into a pot, cover it, and bring it to a boil stirring occasionally so that it doesn’t stick.
- Continue to steam and stir until all the water is absorbed and the rice is soft and tender

**Serving:**

- Scoop the rice into a cup to make it even and nicely shaped.
- Turn the cup upside down on a plate to remove the rice
- Put a generous helping of the stir fry mixture on top of the rice
- Serve with a drink, chopsticks (or a soup spoon), and a napkin.

# **Ramen with ‘stuff’**

## **Hard boiled eggs**

- Sixteen (16) packages of ramen
- 1 ½ dozen (18) eggs
- One(1) package lunch meat
- Four (4) celery stalks
- One (1) Onion
- Two (2) green peppers
- Four (4) Carrots
- One (1) Bottle soy sauce [\$1.00]
- Paprika

### **Preparation of the extras**

- Cut the lunch meat into 1/8” julienne strips
- Cut the celery into ¼” diagonal pieces
- Cut the onion into ¼” diagonal pieces
- Cut the green pepper into ¼” strips
- Grate the carrots

### **Cooking the Ramen**

- Open the packages of ramen and their seasoning packets and put them in a bowl
- Pour 1 ½” cups of boiling water over the mixture and stir it for about one (1) minute to thoroughly mix the ingredients
- Put a napkin over the bowl and let the noodles steam for a few minutes until they are all soft.s

### **Cooking the eggs**

- Put a big pot of water on the stove and bring it to a boil
- Add the eggs and let them cook in the boiling water for about ten (10) minutes.
- Remove the eggs and rinse them under cold water
- Let them sit for another ten (10) minutes to cool.
- Peel the shells from the eggs and rinse them in cold water

**Serving the Ramen:**

- Let each guest put pieces of meat and vegetables on their Ramen
- Each guest can add a little soy sauce to enhance the flavor if they like

**Serving the Ramen:**

- Slice them and dust them with a little paprika
- Let the guests add salt and pepper to taste
- Serve with a drink, chopsticks (or a soup spoon), and a napkin.

# **Microwave Pita Pizzas**

## ***Pizzas made with pita bread***

### **Ingredients**

- 16 pita pockets
- 1 12 Oz. bottle of olive oil
- Two (2) large cans of tomato sauce
- One (1) bottle of garlic powder
- One (1) package (or bottle) of oregano
- One (1) package (or bottle) of basil
- Salt and pepper
- Two (2) cans of sliced black olives
- Two (2) Onions, sliced
- Two (2) green peppers, sliced
- Two (2) packages of sausage, sliced thin
- Two (2) packages of hot dogs, sliced thin
- Two (2) Packages of sliced mushrooms
- Three (3) packages of shredded cheese
- One (1) can of parmesan cheese

### **Preparation of the ‘dust’:**

*The true taste of your pizza depends on its “dust”.*

You can use whatever seasonings YOU like but the most popular mix is:

- Two (2) parts basil
- Two (2) parts oregano
- One (1) part garlic powder
- One (1) part salt
- One (1) part pepper

Measure the seasonings you want and mix them on a plate so you can sprinkle it on your own pizza

### **Preparation of the toppings:**

- Slice the green peppers, onions, sausage, hot dogs, and mushrooms and put them on separate plates
- Open the canned olives and put them on a plate
- Open the tomato sauce and put it in a bowl
- Open the shredded cheese and put it in a bowl
- Open the can of parmesan cheese
- Open the olive oil and pour it into a bowl

### **Preparation of your pizza:**

- Place your pita bread on a microwave safe plate
- Brush the top of your pita bread with olive oil. Begin at the edges, going around and in, use your brush to smear it all over the bread
- Add your 'dust' by taking it up with your fingers in pinches and sprinkle, starting from the edge, working in. You want the pizza full of the seasoning, so that there are no spots 'without flavor'
- Using a big spoon, add the tomato sauce. Again, begin at the edges, going into the center using swirls of sauce and no spot looks bald.

### **Add your toppings:**

- Careful place thin slices or grated cheese from outside in. Remember they will melt so do NOT use a lot.
- Place your toppings from the outside in and be creative in the placement
- 
- If you're adding parmesan cheese, sprinkle the cheese on.

### **Nuking**

- Put the pizza into the microwave at high for two (2) minutes.
- When the bell goes off, let the pizza sit for about half a minute, then remove, cut into slices, separate, let cool for about a minute.

### **Enjoy!**



# Ham and Cheese Breakfast Sandwiches

## Ingredients

- 16 English Muffins
- 16 Eggs
- Two (2) Packages of cheese slices (8 full slices)
- Two (2) Packages of sliced ham slices (8 full slices)
- One (1) jar of Mayonnaise
- Two (2) green peppers, chopped
- One (1) onion, chopped
- Two (20 cans of non-stick cooking spray

## Utensils

- 16 Small microwave safe bowls
- 16 Spoons
- Microwave ovens
- Eight (8) Cutting Boards
- Eight (8) knives
- Napkins and towels

## Preparation of the fillings:

- Slice the English Muffins
- Chop the green pepper and onions into  $\frac{1}{4}$ " pieces and put them on separate plates
- Cut the cheese slices in halves so that you have 16 sandwich size slices
- Cut the ham slices in halves so that you have 16 sandwich size slices

## Preparation of your sandwich:

- Spray a small plastic bowl with non stick spray
- Break one (1) egg into the bowl and stir it thoroughly
- Add in some chopped green peppers and onions and stir them in completely
- Put the egg mixture into a microwave for 1  $\frac{1}{2}$  minutes
- Remove the egg mixture, carefully flip it over in the bowl, and microwave it for one (1) more minute
- Put mayonnaise on both halves of the English muffin
- Put a slice of ham on the bottom slice. Then put the egg mixture on top of that and finally, put the cheese on top of the egg.
- Put salt and pepper to taste on the egg
- Put the top bun in place.

## Enjoy!

# Ice Cream in a Bag

*Milk can become homemade ice cream in five minutes by using a bag!*

## Ingredients:

- 1 tablespoon sugar
- ½ cup milk or half & half
- ¼ teaspoon vanilla
- 6 tablespoons rock salt
- 1 pint of fresh berries (whatever is in season)
- 1 pint-size plastic food storage bag (e.g., Ziploc)
- 1 gallon-size plastic food storage bag
- Ice cubes
- 

## Preparation

- Fill the large bag half full of ice, and add the rock salt. Seal the bag.
- Put milk, vanilla, and sugar into the small bag, and seal it.
- Place the small bag inside the large one, and seal it again carefully.
- Shake until the mixture is ice cream, which takes about 5 minutes.
- Wipe off the top of the small bag, and then open it carefully. Enjoy!

## Tips:

- ½ cup milk will make about 1 scoop of ice cream, so double the recipe if you want more.
- If you want an exotic ice cream, cut ¼ cup of berries into small pieces and add it to the mixture before mixing.
- For chocolate, replace the milk, sugar, and vanilla with 1 tablespoon of cocoa, a tablespoon of sugar, and a cup of milk.
- If you replace the milk, sugar, and vanilla with straight fruit juice, you'll get a sorbet.
- Freezer bags work best because they are thicker and less likely to develop small holes, allowing the bags to leak. You can get away with using regular Zip-loc bags for the smaller quart sizes, because you are double-bagging. Especially if you plan to do this indoors, we strongly recommend using gallon size freezer bags.