



HOME FOOD & NUTRITION AWARD



PROJECT: COOKING

GOALS

- A. COOKING PREPARATION:** Identify 3 **cooking** measurements and 3 **cooking** terms.
B. COOKING CHALLENGE: Complete 1 recipe with adult supervision.
-

A. COOKING PREPARATION

Supplies Checklist

- vegetable oil or olive oil
- measuring cups
- cooking sauce pan
- wooden spoons & spatulas
- spoons
- spatulas
- whisk
- timer
- oven mitts
- apron
- knives and cutting board (parent supervision)

Cooking Measurements (Identify 3.)

- tsp., t = teaspoon
- tbsp., T, = tablespoon
- c, C = cup
- oz = ounce
- lb = pound

Cooking Terms (Identify 3.)

- Brown*—To cook meat (such as ground beef) until all sides are brown, and using your spatula to mix the meat and chop it into small chunks.
- Stir*—Use a wooden spoon or spatula to stir several liquid ingredients together in a bowl or pan.
- Beat*—To combine ingredients and mix them together quickly using a whisk.
- Fry*—Bring vegetable oil to a high heat and rapidly cook a food, such as chicken nuggets.
- Chop*—To cut into small pieces.
- Boil*—To heat a liquid until it liquid is heavily bubbling.

COOKING TIPS

- Before you cook, wash your hands and put on an apron.
- Gather all your ingredients.
- Recruit a family member to help chop.
- When cooking on a stove, hold pot handles with a hot pad.
- Use a wooden spoon on pans with a non stick coating so as not scratch the surface.

B. COOKING CHALLENGE

Option 1—Crunchy Corn Chip Pie *Adapted from Crunchy Corn Chip Pie by Emeril Lagasse*

Prep: Heat 1 T vegetable oil in a sauce pan with parent supervision. Gather ingredients.

- | | | |
|--|---|---|
| <input type="checkbox"/> 1 T vegetable oil | <input type="checkbox"/> 1 t cumin | <input type="checkbox"/> 1 t sugar |
| <input type="checkbox"/> 1 lb. ground beef | <input type="checkbox"/> 1 t Salt | <input type="checkbox"/> 1 cup canned black beans |
| <input type="checkbox"/> 2 T chopped garlic | <input type="checkbox"/> 1 t chili powder | <input type="checkbox"/> med. bag of corn chips |
| <input type="checkbox"/> 1 medium yellow onion | <input type="checkbox"/> 1/2 cup water | <input type="checkbox"/> Nacho toppings: tomatoes, cheese, chopped green onions, etc. |
| <input type="checkbox"/> 1/2 t black pepper | <input type="checkbox"/> 1/4 cup tomato paste | |

Cooking Steps

- Turn the stove on medium heat and pour 1 T vegetable oil in the pan.
- Add ground beef to the saucepan with oil, making sure to brown all sides for about 5 minutes.
- Mix in chopped garlic, onion, black pepper, cumin, salt, and chili powder.
- Add water, tomato paste, and sugar; bring to a boil. Then lower the heat to medium-low and simmer for 20 minutes uncovered, stirring occasionally.
- Add black beans to the mixture and heat for 2 minutes.
- Add a layer of corn chips to the bottom of a large plate and top with an equal amount of the meat and bean mixture.
- Top with tomato, cheese, and green onions.

Option 2—Tasty Tomato Soup *Adapted from Tasty Tomato Soup by the Mayo Clinic Kids Cookbook*

Prep: Chop part of 1 onion (equal to 2 tablespoons)

- | | |
|---|---|
| <input type="checkbox"/> 2 T chopped yellow onion | <input type="checkbox"/> 1/4 t dried basil |
| <input type="checkbox"/> 1 T olive oil | <input type="checkbox"/> 1/2 t oregano |
| <input type="checkbox"/> 3 T flour | <input type="checkbox"/> 1/4 t thyme |
| <input type="checkbox"/> 2 t sugar | <input type="checkbox"/> 4 cups of canned pureed tomatoes (no salt added) |
| <input type="checkbox"/> 1/4 t black pepper | <input type="checkbox"/> 2 cups skim milk |

Cooking Steps

- Turn the stove on medium heat and pour 1 T olive oil in the pan.
- Cook the onions in the pan until they are soft: about 5 minutes
- Mix in flour, sugar, pepper, dried basil, oregano, and thyme.
- Take pan off heat and pour in 4 cups of canned pureed tomatoes (without salt added) and stir. Put back on medium heat and allow to boil for 1 minute.
- Pour in 2 cups skim milk, then reduce the soup to low heat and simmer for 10 minutes.
- Serve. Pairs great with a grilled cheese sandwich!

Option 3—Home Made Chicken Nuggets *Adapted from Home Made Chicken Nuggets by Angela Wilkes*

Prep: Leave 2 slices of bread out overnight to dry out.

- | | |
|--|--|
| <input type="checkbox"/> 2 slices of stale bread | <input type="checkbox"/> 1 T vegetable oil |
| <input type="checkbox"/> 2 eggs | <input type="checkbox"/> 4 chicken breasts |
| <input type="checkbox"/> salt | <input type="checkbox"/> pepper |

Cooking Steps

- Take 2 slices of stale bread and grate it. Put the crumbs in a bowl and season with salt and pepper to taste.
- In another bowl, beat the eggs until well mixed.
- Cut chicken breasts into 1 inch chunks. Dip them in the egg and coat them on all sides.
- Coat each piece with bread crumbs.
- Heat vegetable oil in a frying pan. Fry nuggets for 10 minutes each until they are brown on all sides.

RESEARCH MORE

- *The Mayo Clinic Kid's Cookbook* by Good Books publisher (Tasty Tomato Soup, page 48)
- *There's a Chef in My Family* by Emeril Lagasse, Food Network (Crunchy Corn Chip Pie, page 128)
- *Children's Quick & Easy Cookbook* by Angela Wilkes (Chicken Nuggets, page 38)
- *Easy Meals to Cook with Kids* by Julies Negrin. M.S., C.N
- Search "Cooking with Kids" on the Internet to find food blogs and web sites

My child has successfully completed the Project Goals for the topic—Cooking.

Adult Signature: _____ Date: _____

(Complete SIX projects to earn your FOOD & NUTRITION award)