

GETTING STARTED

To start to make menus, you will need to have Mom (or Dad) show you some basic things about cooking. If they don't volunteer, then just ask. The things you need to know are:

How to measure ingredients.

For this you need to understand measuring spoons and measuring cups.

Cooking terms:

Dice
Shred
Mix
Beat
Brown
Sauté
Bone
Drain

Cooking utensils:

Skillet
Saucepan
Dutch oven
Casserole
Ring pan
Colander

Cooking appliances:

Stove top
Electric skillet
Oven
Crock pot
Waffle/sandwich grill

Cooking temperatures:

Low
Medium
Simmer
Boil
Degree settings

Cooking abbreviations:

C = cup
oz = ounce
t = teaspoon (3 t. = 1 T.)
T = tablespoon

Once you understand the above things pretty well, then you are ready to start. Mom will be glad to help you the 1st time you try a new menu.

Each time you go to prepare a complete menu or a single recipe, remember to read it all the way through before you begin. Always check to be sure that you have everything you need. If you don't have all the food stuff, then put it on the grocery list and you can fix it some other time.

Always clean up the kitchen when you are done, unless you can work out a deal, where you cook and someone else cleans up. Sometimes its fun to take turns cooking and cleaning.

HAVE FUN --- YOU'LL NEVER BE HUNGRY FOR GOOD FOOD ONCE YOU LEARN TO COOK IT YOURSELF.