

NOW YOU'RE COOKING!!!

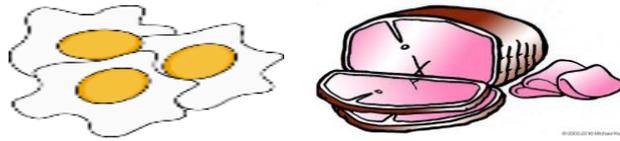


Wednesdays 4:30- 5:30 Grades 2-4

In this fun cooking class kids will cook common breakfast foods using a frying pan or skillet. This class teaches basic cooking skills and kids build skills through further practice each week. Kids will learn how to read recipes and measure ingredients, cutting fruits and veggies with knives: chopping and dicing techniques, cooking techniques: scrambling eggs, flipping French toast and pancakes in a skillet, sauteing vegetables and poaching eggs. An adult will be required to be present in the kitchen during all cooking portions of the class to supervise while kids use heat.

Week 1: Wednesday September 30th

Scrambled Eggs and Ham



Ingredients

2 eggs

1-2 slices ham (optional)

Shredded cheese (optional)

2 tablespoons milk

1 tablespoon butter

Utensils needed: a small plastic bowl for mixing, a plastic knife, a tablespoon, a small frying pan

Class Description

This class introduces basic cooking skills. Children will learn to crack an egg, cut with a knife, and how to measure ingredients using measuring cups and spoons. This class will discuss heat safety in the kitchen and use a stove top to cook eggs. Alternatively, an electric frying pan can be used. **An adult is needed for the cooking part of this class to supervise scrambling eggs.**

Week 2: Wednesday October 7th

Apple Cinnamon stuffed French Toast



1 egg

1 teaspoon vanilla extract

1 teaspoons ground cinnamon

¼ cup milk

2 slices bread (any kind)

Apple Filling:

1 Apple (any kind)

2 tablespoons honey or maple syrup

2 teaspoons cinnamon

Utensils Needed:

2 small mixing bowls

Measuring cup and spoons

A whisk or fork

An apple slicer or small paring knife (Easy for kids to use. Sharp enough to cut into an apple).

A small non-stick skillet

A small saucepan

A wooden or plastic spoon

A spatula

Class Description: This class reviews and practices cooking skills learned in week 1; Cracking an egg and measuring ingredients. Children will review cutting with a knife and learn how to cut and dice an apple. Class will review heat safety and use a small skillet to cook French toast and a small sauce pan to simmer the apple filling mixture. **An adult needs to be present to supervise and assist with the cutting with a knife and cooking portion of this class.**

Week 3: Wednesday October 14th

Blueberry Pancakes



Ingredients

3/4 cup **milk**

2 tablespoons **white vinegar**

1 cup **flour**

2 tablespoons **sugar**

1 teaspoon **baking powder**

1/2 teaspoon **baking soda**

1/2 teaspoon **salt**

1 **egg**

2 tablespoons **melted butter**

1+ cup **fresh blueberries (optional) alternatively other berries or desired fruit may used or chocolate chips. For anyone who likes plain pancakes omit toppings.**

more **butter** for the pan

Utensils needed: Measuring cups and spoons, 2 mixing bowls, a large spoon or fork for mixing, a large non-stick skillet or electric frying pan.

Class Description: This class practices measuring and mixing ingredients and discusses the function of each ingredient in creating a “fluffy” pancake. Further practice and cooking techniques using a skillet or electric frying pan. **Adult supervision needed for cooking portion of this class.**

Week 4: Wednesday, October 21st

Breakfast Burritos



Ingredients

1 egg

2 tablespoons milk

½ cup shredded Mexican cheese or any desired cheese

Optional meat: ham, sausage, bacon, anything else desired

Optional Veggies: onion, green pepper, red pepper, tomato, or any other veggie desired

Optional herbs: fresh cilantro, basil, parsley

Burrito size wraps- any type

Oil or cooking spray

1 teaspoon Salt and pepper

Utensils: small and medium cutting knives, cutting board, 2 non-stick medium size skillets or electric frying pan, measuring cups,

Class Description: This recipe is very versatile and allows many options with ingredients. This class will discuss how to “ flavor” food to individual taste, how to use veggies in recipes (and make them taste good! Advanced instruction in cutting with knives safely, will teach techniques for chopping and dicing veggies. Continued practice cooking in a skillet- will teach sauteing technique to cook veggies and meat. **Adult needed for cooking portion and should also be present to supervise in chopping with knives.**

Week 5 October 28th

Breakfast Sandwiches with Poached Eggs



Ingredients

Bagel, Toast, or English Muffin

1 egg

1 slice cheese

Ham, bacon, or sausage (patty)

Utensils: toaster, small skillet, spatula

Class description: This class teaches another method for cooking eggs: poached eggs and provides another breakfast option for eggs. Class will focus on technique for poaching eggs. **An adult is needed for cooking portion of class.**