GRADES 5+

COOKING 2



COOKING 2

SUPPLIES NEEDED

- *Cooking 2* course book
- Device to access videos (highly recommended)
- Cooking tools and ingredients (see lesson-by-lesson supplies lists)
- Have on hand for all lessons:
  - Oven mitts
  - Kitchen timer

COURSE OVERVIEW

Cooking 2 consists of 20 lessons divided into five units. While *Cooking 1* is not a prerequisite to *Cooking 2*, we do strongly suggest that students complete *Cooking 1* first to build a solid foundation of skills. Each *Cooking 2* lesson contains at least one, often two, and sometimes three recipes that the student will prepare. The course is designed to be completed by the student independently, but parents/guardians can choose to be as involved in the lessons as they would like. We do recommend parents ensure all equipment and ingredients are on hand before the student begins each lesson. It is especially important to make sure the child has a SHARP chef's knife. Parental supervision is suggested for lessons that require using knives, stoves, or ovens.

LESSON OVERVIEW

Each lesson introduces a new cooking method, preparation method, or ingredient; provides written activities to reinforce the concepts taught; and presents one to three cooking activities with step-by-step photographs for hands-on practice. Review of concepts taught in *Cooking 1* is included throughout the lessons. Where additional instruction for a cooking method might be helpful, a video is provided. We encourage students to try each recipe multiple times to build their confidence in the kitchen. Please note that many "Let's Cook!" activities are followed by a "More Ideas" section. These are meant to serve as inspiration for new things to try the next time the student makes the recipe.

GETTING STARTED

Simply open the course book and begin reading! Students will read each section in a lesson and complete the written activities before moving on to the hands-on "Let's Cook!" activities. Students may choose to watch the video lessons when they are provided or to read just the written lesson. Please note that videos may contain material that is not included in the written lesson.

FREQUENTLY ASKED QUESTIONS

How many lessons should my student do each week?
There are 20 lessons in the course. Many families choose to complete 1 to 2 lessons per week.

How long do lessons take?
Most lessons will take 1–1.5 hours to complete, including cooking time. While lessons are structured to keep students working on other steps during cooking times, there will occasionally be some downtime when students can clean up the kitchen or switch to another project for 20–40 minutes.

What if my child struggles with a recipe?
Parents can be as involved as they need to be in any individual lesson. Students should also learn that cooking takes practice! All cooks make mistakes at some point. Should the student find that a recipe did not turn out as they wished, encourage them to try it again (and possibly again)!

Does my student have to watch the videos?
Videos are included only in lessons where additional instruction may be helpful, such as when making pie crust. If the student is confident in their abilities after reading the written lesson, they may skip the video.

How many servings is each recipe?
Most "Let's Cook!" activities will serve 2–4 or 4–6 people.

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Cooking 2

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Lesson 1

RICE TWO WAYS

SUPPLIES NEEDED

Tools

- LARGE MIXING BOWL
- MEASURING CUPS
- LIQUID MEASURING CUP
- SMALL POT WITH LID
- FORK
- CHEF'S KNIFE
- CUTTING BOARD
- FINE-MESH STRAINER
- MEDIUM SAUCEPAN WITH LID
- WOODEN SPOON
- MEASURING SPOONS

Ingredients

- 2 CUPS MEDIUM- OR LONG-GRAIN WHITE RICE OR BROWN RICE
- 3–4 CUPS WATER
- 1 ½ CUPS LONG-GRAIN WHITE RICE
- 2 TABLESPOONS UNSALTED BUTTER
- ½ WHITE ONION
- 3 CLOVES GARLIC
- 1 TEASPOON SALT
- ½ TEASPOON BLACK PEPPER
- 2 ¼ CUPS CHICKEN OR VEGETABLE BROTH
- ¼ CUP CHOPPED FRESH PARSLEY

A Familiar Staple

As the sun wanes in the sky each evening, the same familiar staple appears on dinner tables across the globe. Some Asian families spoon mounds of rice into their curries, while others pair their rice with stir-fry. In Europe families eat creamy risotto or fluffy rice pilaf, while African families add rice to hearty stews. Over in the Americas, rice is served next to beans, under chicken gravy, or alongside a main dish.

In many homes the rice turns out fluffy and tender, but in others the rice faces a much bleaker fate, becoming a burned, mushy, or sticky mess.

What leads to such a wide difference in outcomes? Technique, of course. If you completed the *Cooking 1* course, you explored eggs, cooked crepes, and prepared pasta, and you learned that attention to detail—not fancy ingredients—is the key to success.



When it comes to rice, you first need to know what kind of rice you're cooking. Once you know that, you can determine the correct amount of water to use, the right amount of time to let the rice cook, and whether or not to rinse the rice. Armed with that knowledge alone, rice success is within your grasp.

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All About Rice

Most of our rice comes from two types of plants, indica [IN–duh–kuh] and japonica [juh–PAH–nuh–kuh]. From these two types of plants, we have over 40,000 varieties of rice!

The main differences between the two plant types are the size of the grain and the amount of starch in the grain.





Indica rice is long grain. This means that each grain is three to four times longer than it is wide. This type of rice has less starch, so it's less sticky, and it is very aromatic, or fragrant.

Japonica rice is either short grain or medium grain. Shorter grains are rounder in shape, about twice as long as they are wide; medium grains are two to three times as long as they are wide. Short-grain rice tends to be very starchy, which makes it soft and sticky when it is cooked. Medium-grain rice becomes moist, tender, and creamy when cooked.

ACTIVITY

Match the rice type to its attributes.

long grain	JAPONICA RICE	sticky
very starchy		soft
less starchy		tender
moist	INDICA RICE	creamy
aromatic		

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Now that you know about the two main types of rice, let's delve into the 40,000 rice varieties!

Well, maybe not all 40,000 . . . but how about the 8 most common? That sounds more manageable!



Long-grain white rice is by far the most common type of rice in the western part of the world. It is very mild in flavor—some might even say bland—and cooks up fluffy and separated. Its neutral flavor makes it suitable as a basic side dish or in rice pilaf and dirty rice.



Short-grain white rice, sometimes called Japanese rice, is shorter and fatter with more starch, so the grains tend to stick together when cooked. This is the most popular rice in East Asia; it's prepared as a side dish, for sushi, or as rice pudding.



Basmati rice is the standard variety in India and Pakistan. It's long grain, very fluffy, and aromatic—perfect for saucy dishes like curry.



Jasmine rice is predominantly grown in Southeast Asia. It is an aromatic long-grain rice that smells like jasmine! It's a little stickier than some other long-grain rice, and it's often used for curry or stir-fry.



Arborio rice is a medium-grain rice that is grown in Italy and is mostly used to make risotto. Arborio rice is short, fat, and oval in shape. When it is cooked slowly in hot liquid, the grains release their starch, producing a silky, creamy dish.

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TO RINSE OR NOT TO RINSE?

Ah, the age-old question: Should you rinse your rice? The answer: *Yes—but for differing reasons.*

When the bran is removed to produce white rice, a layer of starch is left on the grain. This starch, if not washed or rinsed off, makes the rice sticky once cooked. If you wash the rice prior to cooking, the grains will separate and fluff up as they cook. So should you rinse white rice? Absolutely yes!

Because the bran has not been removed from brown rice, there really isn't much surface starch, so rinsing this type of rice won't make much of a difference in the end result. Rinsing will, though, remove any dust produced in the milling process.

So how do you rinse rice? You can place it in a colander and run cold water over it, but the bowl method is more effective.

1. PLACE RICE IN A LARGE BOWL.
2. FILL THE BOWL WITH COLD WATER.
3. AGITATE THE RICE WITH YOUR FINGERS FOR A MINUTE OR TWO.
4. POUR OUT THE WATER.
5. FILL THE BOWL AGAIN.
6. REPEAT UNTIL THE WATER IS CLEAR.



ACTIVITY

Circle the correct answer.

White rice needs to be rinsed, but brown rice does not.

True | False

Rinse brown rice to remove the starch left on the rice.

True | False

Planning Ahead

In the next lesson, you'll make fried rice, which calls for day-old rice. **You can use either white or brown rice in stir-fry, so we've included recipes for both so you can cook the rice you prefer.**

When the rice has cooled, place it in an airtight container and store it in the refrigerator until you are ready to use it, up to 5 days.



Cool cooked foods, uncovered, on the counter for 10-15 minutes before placing them in the refrigerator. Divide large portions of food into smaller storage containers before placing in the refrigerator. This helps the center of the food cool quickly.

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OPTION 1

Let's Cook!

WHITE RICE

SERVES 4–6

You will need **all** the rice you cook in this activity to make fried rice in Lesson 2, so be sure to pack away the full amount once it has cooled!

SUPPLIES NEEDED

Tools

- LARGE MIXING BOWL
- MEASURING CUPS
- LIQUID MEASURING CUP
- SMALL POT WITH LID
- FORK

Ingredients

- 2 CUPS MEDIUM- OR LONG-GRAIN WHITE RICE
- 3 CUPS WATER

Most white rice can be cooked with this ratio of 1 part rice to 1 ½ parts water.

Process

1. Place the rice in a large mixing bowl and fill the bowl with cold water. Agitate the rice to rinse the starch off the grains, then drain the water from the bowl. Repeat until the water remains clear.



2. Add the washed rice and 3 cups water to a small pot. Place the pot over medium-high heat and bring the water to a boil.





3. When the water reaches a boil, immediately turn the heat down to low, cover the pot with a lid, and cook for 13 minutes.

Continue to the "Let's Cook! Simple Rice Pilaf" section while the rice cooks.

4. Remove the pot from the heat and let it sit, covered, for 10 minutes. Fluff with a fork before serving.



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Why Leftover Rice?

In the last lesson, you made a lovely pot of rice—then stuck it in the refrigerator to save for this lesson. You may have wondered, "Why can't I make fried rice with fresh rice?"

Well, prepare to have your curiosity satiated!

One of the goals when making a pot of rice is moist, fluffy grains. But when you make fried rice, you want as little moisture as possible. Why? Because when you stir-fry rice (or any food), whatever moisture is in the food will cool the temperature of the wok or skillet. This means the food will cook, but it won't fry, which ultimately means a difference in texture. Fried foods are crispy! Allowing rice to sit overnight provides time for much of the moisture to evaporate, drying out the grains.



You also want less fluffy grains when making fried rice. Again, allowing rice to sit overnight helps. The starches in the rice that swelled and softened during cooking recrystallize as the rice cools. This produces firm, less sticky grains.



If you tried to cook fried rice with freshly made rice, you would find that the grains would cling together in soggy little clumps. Giving the grains time to dehydrate and recrystallize creates firm, individual grains that easily take on a crispy texture when exposed to high heat.

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Lesson 8

CHICKEN POT PIE

SUPPLIES NEEDED

Tools

- MEASURING CUPS
- MEASURING SPOONS
- BOX GRATER
- LARGE BOWL
- WHISK
- PASTRY CUTTER OR 2 FORKS
- WOODEN SPOON
- CHEF'S KNIFE
- PLASTIC WRAP OR PARCHMENT PAPER
- CUTTING BOARD
- VEGETABLE PEELER
- LARGE POT WITH LID
- LIQUID MEASURING CUP
- MEAT THERMOMETER OR INSTANT-READ THERMOMETER
- FINE-MESH STRAINER
- MEDIUM BOWL
- CITRUS JUICER (OPTIONAL)
- ROLLING PIN OR HEAVY, SMOOTH GLASS/CUP
- 9-INCH GLASS DEEP-DISH PIE PLATE (2 INCHES DEEP)
- SMALL KNIFE, SUCH AS PARING KNIFE
- FORK
- RIMMED BAKING SHEET
- ALUMINUM FOIL OR PARCHMENT PAPER

Ingredients

- 1 2/3 PLUS 1/2 CUPS ALL-PURPOSE FLOUR, PLUS MORE AS NEEDED
- 3/4 TEASPOON SALT
- 1 1/4 CUPS UNSALTED BUTTER
- 1/2 CUP ICE WATER, PLUS MORE AS NEEDED
- 1 1/2 POUNDS BONELESS SKINLESS CHICKEN BREASTS AND/OR THIGHS
- 3 CUPS CHICKEN BROTH
- 1 TABLESPOON VEGETABLE OIL
- 1 MEDIUM ONION
- 3 MEDIUM CARROTS
- 2 SMALL CELERY RIBS
- 1/4 TEASPOON BLACK PEPPER
- 1 CUP WHOLE MILK
- 1 LEMON
- 2 TABLESPOONS MINCED FRESH PARSLEY
- 3/4 CUP FROZEN PEAS

One-Dish Wonder

By now you've made dozens of recipes. You've scrambled eggs, popped popcorn, made macaroni, and fried rice. You can make so many foods! But can you make a meal?

Oftentimes, a meal consists of several individual dishes. We usually try to pull in various types of foods so that we have a nice balance between protein, carbohydrates or starches, and vitamin-rich fruits or vegetables when we create a meal. Just think of holiday dinners: Your plate is filled with a mouth-watering entrée (or two!) plus plenty of delicious side dishes.



Meals don't always have to be an entrée and side dishes, though. Sometimes a meal can be just one dish. Today's lesson is going to teach you the principles behind one of the most beloved one-dish meals, chicken pot pie.

Chicken pot pie has it all: tender chicken, nutritious vegetables, flavorful gravy, and a flaky crust. It's filling, it's comforting, and it's just plain tasty—*everything you could want in a meal.*

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Let's Cook!

PIE CRUST

We're going to do things a little differently in this lesson. Because pie crust needs to sit in the refrigerator for a couple of hours so the butter is firm, you'll begin by making the pie crust, then you'll learn *why* you used certain techniques while the pie crust chills.

WATCH

Optional: Play the video ***"Let's Cook: Pie Crust"*** in the Good and Beautiful Homeschool app if you could use further instruction.

SUPPLIES NEEDED

Tools

- MEASURING CUPS
- MEASURING SPOONS
- BOX GRATER
- LARGE BOWL
- WHISK
- PASTRY CUTTER OR 2 FORKS
- WOODEN SPOON
- CHEF'S KNIFE
- PLASTIC WRAP OR PARCHMENT PAPER

Ingredients

- 1 ⅔ CUPS ALL-PURPOSE FLOUR, PLUS MORE AS NEEDED
- ½ TEASPOON SALT
- 1 CUP UNSALTED BUTTER, CHILLED AND GRATED
- ½ CUP ICE WATER, PLUS MORE AS NEEDED



Process



1. In a large bowl, whisk together the flour and salt.



2. Add the cold, grated butter on top.



3. Using a pastry cutter or two forks, work the butter into the dry ingredients until it resembles coarse meal. You want pea-sized bits of flour. (It's OK if you have a few larger pieces.)

4. Add 1 tablespoon of cold water to the flour mixture and stir to combine. (DO NOT add any of the ice to the dough!) Repeat this process until the dough comes together easily and begins to form large clumps. (You may not need to use the full ½ cup of ice water.) The dough should feel moist and slightly sticky. When it reaches that point, stop adding water.

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5 Flour the counter by picking up a handful of flour and scattering it over the counter. You only need to cover a couple of feet of workspace. Using a flicking action with your wrist will help distribute the flour evenly over the surface.





6 Transfer the dough onto the floured surface.



The flour will prevent the dough from sticking to your hands.

7 Cover your hands in flour, and then use your hands to gently form the dough into a ball. If it feels too dry or if it crumbles when you try to press it into a ball, work another sprinkle of ice water into the dough. If it feels too sticky, add another sprinkle of flour and work it into the dough.



8 Once the dough is formed into a ball, use a chef's knife to divide the dough in half.



9 Using your hands, gently flatten and shape each half into a 1-inch-thick disc.

10 Wrap each disc in plastic wrap or parchment paper. Place the discs in the refrigerator for at least 2 hours or up to 4 days.

If you would like to accelerate the process, you may **place the dough in the freezer for 20–30 minutes**; just check on it at the 20-minute mark to make sure it has not frozen.



After the dough has chilled, it is ready to roll out and use in a recipe.

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A Roux Review (and More!)

The filling for chicken pot pie pulls together many concepts you learned in *Cooking 1* while also introducing a few new ones. Let's do a quick review (while learning a thing or two along the way)!

Poached Chicken

When you made chicken salad in *Cooking 1*, you ***poached***, or cooked in water, the chicken breasts. You'll use the same process to cook chicken breasts (or thighs) for the chicken pot pie—you'll just skip the brining step since the chicken will be added to a flavorful sauce to create the filling in this recipe.



Mirepoix

In the culinary world, the idea of sautéing a mixture of aromatic vegetables in fat is called "humble beginnings." These "humble beginnings" are simple vegetables that, when lightly cooked in fat, lend a tremendous amount of flavor to whatever dish the cook is preparing.



Almost every cuisine has its own "humble beginning": the Italian *soffritto* cooks onions, carrots, and celery in olive oil; the Spanish *sofrito* calls for tomatoes, onions, garlic, and bell peppers cooked in oil; the German *suppengrün* cooks carrots, leeks, and celery root in butter. Then, we have the French *mirepoix* [meer–PWAH], which is diced onions, celery, and carrots slowly cooked in butter. This particular mixture serves as the humble beginning for chicken pot pie.

In any of these mixtures, you want to cook the vegetables so they soften and turn translucent, but you do not want them to brown or caramelize. Like bloomed spices, these vegetable blends add an extra layer of flavor to a dish.

Roux

The final layer of flavor in the filling will come from the roux. ***Roux*** is a mixture of flour and fat that is used as a base to thicken and flavor sauces, soups, and stews. Do you remember which dish you made roux for in *Cooking 1*? Macaroni and cheese!



You may remember that there are four types of roux. Let's see if you can remember what they are called.



ACTIVITY

Label the following roux as *blond*, *brown*, *dark brown*, or *white*.









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14 Remove the second pie dough disc from the refrigerator and roll it out.



15 Pour the filling into the pie plate, then take the second pie dough piece and lay it over the top of the pie plate. Again, trim the extra dough from around the edge of the pie plate. Then, using a fork, crimp together the two layers of dough by pressing the fork into the dough all the way around the perimeter.



16 Place the pie dish on a rimmed baking sheet. With a sharp knife, cut a few air vents into the pie dough.



17 Bake for 20 minutes, then place a sheet of aluminum foil over the top of the pie, taking care not to touch the pie dish. The foil will prevent the edges of the dough from burning. Cook for another 10 minutes.



18 Remove the pie from the oven and cool for at least 30 minutes before serving.

The filling will be very runny when it comes out of the oven; allowing the pie time to cool will give the filling time to thicken.

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Boiling and Steaming

Now that you are acquainted with the many vegetables available to you, as well as how to store them, it's time to explore the two cooking methods for this lesson!

Both methods you'll practice today are considered ***moist-heat cooking***, which just means they use hot moisture to cook foods. As we mentioned earlier, these are some of the simplest and quickest ways to cook vegetables.

BOILING

The first cooking method is ***boiling***, which is the process of cooking food by submerging it in boiling water. As you know from your experience hard-boiling eggs in *Cooking 1*, boiling water is turbulent; it can really jostle food around! For that reason boiling is better reserved for hardier, sturdier vegetables so they retain their shape and form. Think about it: Does boiled lettuce sound like a delicious dish? Probably not—the delicate leaves would wind up a mushy mess. But how do you think the thicker, heartier cabbage leaves might hold up? Much better, right?

Boiling vegetables is incredibly easy. You simply . . .

1. Bring salted water to a boil.
   - Cover the pot! The lid will help the water heat faster because it traps the heat inside the pot. The lid also prevents moisture loss; when the water turns to steam, it hits the lid and reverts to water via condensation.
   - How much water and salt should you use? A good rule of thumb is to use 4 quarts of water for the first pound of produce, then 1 quart for each subsequent pound; use ½ tablespoon salt per quart of water. (If this seems like a lot of salt, just remember that all that salty water will be poured down the drain after cooking!)
2. Place the vegetables in the boiling water.
3. Cook until tender.
   - "Tender" means you can easily stick a fork in the vegetable, but the vegetable still retains its shape.

BOILING



STEAMING



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STEAMING

The second cooking method is ***steaming***, which is the process of cooking food by suspending it over boiling water. The steam produced by the hot water gently cooks the food.

The easiest way to suspend the food is to place it in a steamer basket. If you do not have a steamer basket, you may use a metal strainer or colander (provided it fits fully inside the pot) or a heatproof plate placed on top of balls of foil.



Steaming vegetables is also incredibly easy. You simply . . .

1. Bring water to a boil.

> The water does not need to be salted because the food does not come in contact with the water (and therefore the salt). You only need an inch of water in the pot—just enough to create steam but not so much that it touches the food.

2. Lay vegetables in a steamer basket and place the basket in the pot of boiling water, making sure that the basket is suspended above the boiling water.

> Place a lid on the pot to trap the steam!

3. Let the vegetables cook until they are tender.

ACTIVITY

Circle the correct answer for each question.

Which cooking method uses boiling water?

BOILING | STEAMING | BOTH

Which cooking method uses salt?

BOILING | STEAMING | BOTH

Which cooking method uses a basket?

BOILING | STEAMING | BOTH

Which cooking method is good for heartier foods?

BOILING | STEAMING | BOTH

Which cooking method is good for more delicate foods?

BOILING | STEAMING | BOTH

In general you will boil or steam smaller vegetables for only a few minutes and larger vegetables for several minutes. Below is a chart that gives suggested cooking times for some common vegetables. If you would like to boil or steam a vegetable not on the list, simply check it every few minutes by pricking it with a fork; when the fork can easily glide into the food, the food is done!

You can add even more flavor to boiled or steamed vegetables by using the following formula to season them once they are cooked: 1 tablespoon fat (butter, oil), 1 teaspoon acid (lemon or lime juice, vinegar), and 1 tablespoon seasoning (herbs and/or spices).

HOW LONG TO COOK VEGETABLES

VEGETABLE	HOW TO PREPARE	BOILING TIME	STEAMING TIME
ASPARAGUS	CUT OFF THE TOUGH BOTTOM ENDS.	2–4 MINUTES	3–5 MINUTES
BEETS	CUT OFF THE GREEN STEMS AND THOROUGHLY WASH THE BEET.	30–50 MINUTES	45–60 MINUTES
BROCCOLI	CUT THE FLORETS INTO 1-INCH PIECES AND THE STALKS INTO ¼-INCH SLICES.	2–4 MINUTES	4–6 MINUTES
BRUSSELS SPROUTS	CUT OFF THE ENDS, THEN SLICE THE WHOLE PIECES IN HALF.	6–8 MINUTES	7–9 MINUTES
CARROTS	PEEL; CUT INTO ½-INCH SLICES.	3–4 MINUTES	5–6 MINUTES
CAULIFLOWER	CUT OUT THE CORE AND CUT FLORETS INTO 1-INCH PIECES.	5–7 MINUTES	7–9 MINUTES
CORN (EAR)	REMOVE THE HUSK AND CORN SILK.	7–10 MINUTES	10–15 MINUTES
GREEN BEANS	TRIM THE ENDS.	3–5 MINUTES	6–8 MINUTES
SNAP PEAS	REMOVE THE STRINGS.	2–4 MINUTES	4–6 MINUTES
SNOW PEAS	REMOVE THE STRINGS.	2–3 MINUTES	4–6 MINUTES
SQUASH (WINTER)	PEEL, REMOVE SEEDS, AND CUT INTO 1-INCH CHUNKS.	10–12 MINUTES	12–14 MINUTES
YELLOW SQUASH	CUT OFF THE ENDS AND DISCARD; CUT INTO 1-INCH SLICES.	TOO DELICATE FOR BOILING	3–5 MINUTES
ZUCCHINI	CUT OFF THE ENDS AND DISCARD; CUT INTO 1-INCH SLICES.	TOO DELICATE FOR BOILING	3–5 MINUTES

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Lesson 11

ROASTED VEGETABLES

SUPPLIES NEEDED

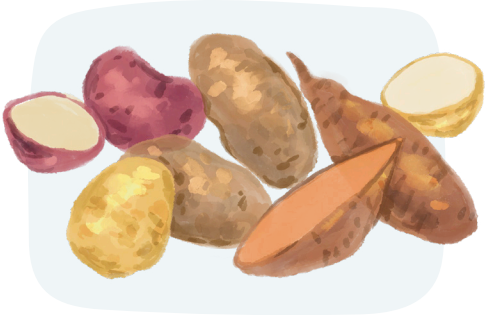
Tools

- CHEF'S KNIFE
- CUTTING BOARD
- MEASURING SPOONS
- MEASURING CUPS
- RIMMED BAKING SHEET
- ALUMINUM FOIL OR PARCHMENT PAPER
- TONGS
- SERVING PLATTER
- FORK
- PLATE
- WIRE RACK
- INSTANT-READ THERMOMETER
- PARING KNIFE (OR OTHER SMALL KNIFE)
- CLEAN DISH TOWEL
- LIQUID MEASURING CUP
- VEGETABLE PEELER
- LARGE POT
- WOODEN SPOON
- COLANDER
- LARGE BOWL
- SILICONE SPATULA
- TURNER SPATULA

Ingredients

- 1 BUNCH ASPARAGUS (ABOUT 1 POUND)
- 4 TABLESPOONS EXTRA-VIRGIN OLIVE OIL
- 1 TABLESPOON PLUS 1 ½ TEASPOONS SALT
- ½ TEASPOON BLACK PEPPER
- ¼ CUP FINELY GRATED PARMESAN CHEESE
- 2 POUNDS RUSSET POTATOES, PLUS 1 RUSSET POTATO
- 1 TEASPOON VEGETABLE OIL
- BUTTER (FOR TOPPING)
- SOUR CREAM (FOR TOPPING)
- ¼ TEASPOON BAKING SODA

Wait—More Roasting?



Today, you're going to roast some vegetables!

You might be thinking, "Didn't I roast vegetables in the last lesson?" You did! But you *pan* roasted them; today, you're going to *oven* roast them.

What's the difference? To start, oven roasting produces more caramelization on the exterior of foods due to the indirect, circulating dry heat. Secondly, vegetables roasted in the oven tend to come out a bit more tender. Finally, oven roasting is a mostly hands-off cooking method. You essentially toss the vegetables in oil and salt, spread them on a rimmed baking sheet, then place the baking sheet in the oven and wait for the deliciousness to happen.

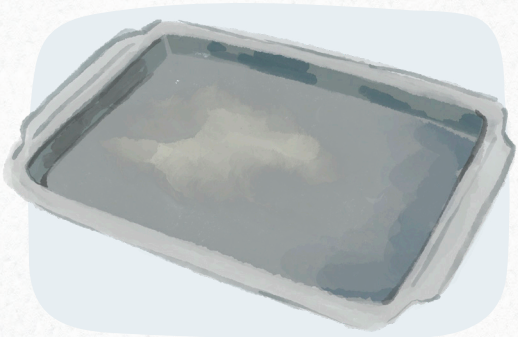
Oven roasting, then, is great when you're cooking for a crowd, aren't in a hurry, or need a hands-off cooking method (for example, you're preparing chicken cutlets on the stovetop and would like an easy, hands-free side dish to go with them).

You'll prepare roasted asparagus to see just how easy roasting vegetables is, but the majority of this lesson will be focused on potatoes. After all, potatoes are the most popular vegetable in the world! You'll learn the secrets to the absolute most delicious roasted potatoes, and, since it's so easy, you'll toss a whole potato in the oven to make the ill-named "baked potato" for good measure. By the end of the lesson? You'll be halfway to a well-balanced meal! *All you'll need is an entree.*

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RULES OF ROASTING

Roasting vegetables is really about as easy as it gets in cooking: You coat the vegetables in oil and salt, place them on a pan, and let 'em cook! As usual, though, by following a few tips, you can ensure even greater success:



1. Make sure your rimmed baking sheet is sturdy. Thin, flimsy baking sheets warp in the oven, which leads to uneven cooking.



2. Ensure the vegetables are evenly coated in oil so each piece browns uniformly.



3. Arrange the vegetables in a single layer with space between the individual pieces. This allows any moisture to evaporate, leading to roasted rather than steamed food.



4. Flip the vegetables halfway through cooking so both sides have the opportunity to brown.

ACTIVITY

Circle the best option for successful roasting in each pair below.

STURDY BAKING SHEET | FLIMSY BAKING SHEET

SPRINKLED WITH OIL | FULLY COATED WITH OIL

SINGLE LAYER ON BAKING SHEET | PILED ON BAKING SHEET

DON'T TOUCH WHILE COOKING | FLIP HALFWAY THROUGH COOKING

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Let's Cook!

COBB SALAD WITH RANCH DRESSING

SERVES 2–4

A salad can be a meal in and of itself! Cobb salads are a classic choice for a hearty, satisfying salad. If you would prefer a not-quite-so-hearty salad, simply omit the sautéed chicken cutlet and/or hard-boiled eggs.

SUPPLIES NEEDED

Tools

- CHEF'S KNIFE
- CUTTING BOARD
- MEASURING CUPS
- LIQUID MEASURING CUP
- MEASURING SPOONS
- CITRUS JUICER (OPTIONAL)
- LARGE MIXING BOWL
- SMALL MIXING BOWL
- WHISK
- TONGS
- 2 BOWLS

Ingredients

- ½ CUP CHOPPED AND MASSAGED OR SOAKED KALE
- 1 ½ CUPS CHOPPED ROMAINE LETTUCE
- ⅔ CUP PLAIN GREEK YOGURT
- ½ CUP BUTTERMILK

If you do not have buttermilk, just add 1 teaspoon lemon juice or white distilled vinegar to ½ cup milk and let it sit for a few minutes.

- ¼ CUP SOUR CREAM
- 1 SHALLOT, FINELY CHOPPED
- 1 TABLESPOON MINCED FRESH PARSLEY OR 1 TEASPOON DRIED PARSLEY
- 1 GARLIC CLOVE, MINCED
- 1 TABLESPOON MINCED FRESH DILL OR 1 TEASPOON DRIED DILL
- 1 TEASPOON LEMON JUICE
- ½ TEASPOON SALT
- ¼ TEASPOON BLACK PEPPER
- 2 SLICES BACON, COOKED AND CUT INTO ½-INCH PIECES
- 1 SAUTÉED CHICKEN CUTLET (OPTIONAL)

Use the recipe from Lesson 5 of this course!

- ½ CUP CHERRY TOMATOES, QUARTERED
- ½ AVOCADO, CUT INTO ½-INCH PIECES
- 1 HARD-BOILED EGG (OPTIONAL)

You may use the recipe in Lesson 3 of *Cooking 1*.

Process

1. Place the kale and romaine lettuce in a large bowl.



2. In a small bowl, combine the yogurt, buttermilk, sour cream, shallot, parsley, garlic, dill, lemon juice, salt, and pepper. Whisk to combine.



3. Pour ⅓ cup of the dressing over the greens and, using tongs, toss until all the leaves are coated in dressing.



Extra dressing can be stored in an airtight container in the refrigerator for up to 4 days.

4. Divide the salad between two bowls. Sprinkle half the bacon, chicken, tomatoes, avocado, and egg over each bowl. Serve immediately.



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How to BUILD A SALAD

1 Make the dressing.

*For an easy dressing, use 3 parts oil to 1 part vinegar (or **1 tablespoon oil and 1 teaspoon vinegar** for a single serving).*



2 Build the base.

Layer in any combination of tender greens, like romaine, iceberg, Bibb, spinach, kale, radicchio, endive, or watercress. You can even include tender herbs like dill or mint!

*Use 3 parts head lettuce to 1 part accent greens (or **1 1/2 cups head lettuce and 1/2 cup accent greens** for a single serving).*



3 Give it some crunch.

Any crunchy produce will work: carrots, broccoli, red onion, radish, cucumber, peas—even apples or pears!

*For a single serving, use **1/2 cup** crunchy add-ins.*



4 Soften it up.

Add variety by layering in another texture. Some ideas: olives, cooked grains (rice, quinoa), avocado, tomato, cooked winter squash, and cooked potato or sweet potato.



*For a single serving, use **1/2 cup** soft add-ins.*

5 Make it a meal.

Add protein to make the salad a meal! Try chicken breast, steak, salmon, cottage cheese, hard-boiled eggs, roasted chickpeas, or deli salads (chicken, egg, tuna).

*For a single serving, use **1/2 to 1 cup** protein.*



6 Top it off!

Add even more flavor and texture with toppings! Try croutons, sunflower seeds, shredded cheese, nuts, bacon crumbles, or dried fruit.



*For a single serving, use **1/4 cup to 1/2 cup** toppings.*

7 Toss and enjoy!



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How to BROWN BUTTER

WATCH

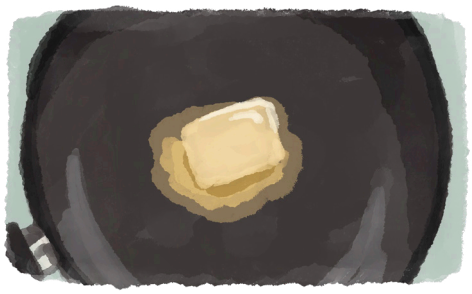
Optional: Play the video ***"How to Brown Butter"*** in the Good and Beautiful Homeschool app if you could use further instruction.

While you will brown the butternut squash by roasting it, the squash isn't the only ingredient you'll brown. You'll also brown the butter.

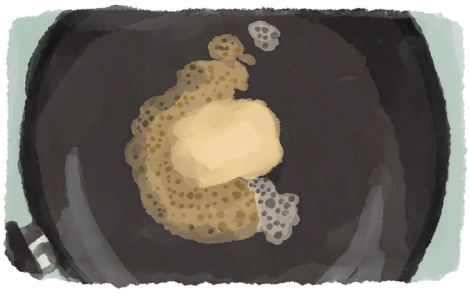
Browned butter is simply butter that has been melted and cooked long enough for the water to evaporate and the milk solids, or proteins, to begin to brown. This gives the butter a nutty, rich flavor. Cooks may use browned butter anytime they want to add depth to a dish. They might whip it into mashed potatoes, drizzle it over roasted carrots, or even mix it into cookie or brownie batter! Knowing how to brown butter provides you with yet another tool in your arsenal for customizing foods to your liking. If a recipe calls for butter, quite often you could use browned butter in its place.

So, how do you brown butter? Easy!

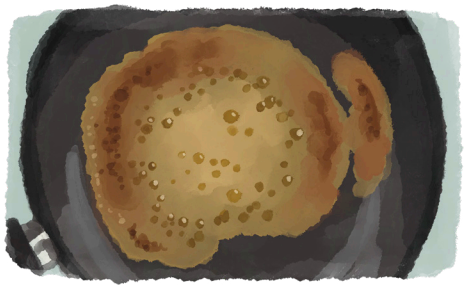
First, you melt the butter. Butter is made up of butterfat, water, and milk proteins. Heat helps those ingredients to separate. Use medium-low to medium heat; anything higher has the potential to cook the butter too quickly, resulting in burned rather than browned (and you do NOT want burned butter!).



Then, you cook off the water. Anywhere from 13 to 17% of butter is water, and all the water has to evaporate before the butterfat will get hot enough to begin to brown the milk proteins. Bringing the butter to boiling temperature (212 °F) quickens this process.



Finally, you brown the milk proteins. During this part of the process, you do need to regularly scrape the bottom of the pan with a wooden spoon to prevent burning. Eventually (after about 5 minutes), foam will develop on the surface of the melted butter. When that happens, you're getting pretty close to browned butter! Continue stirring, moving back the foam so you can see when golden-brown flecks begin to appear in the melted butter. (Your nose may tell you that browning is occurring before you see it with your eyes: You'll smell a nutty, toasty aroma.)



Be careful! At this point, the butter will begin to bubble and pop, so don't stand over the stove.

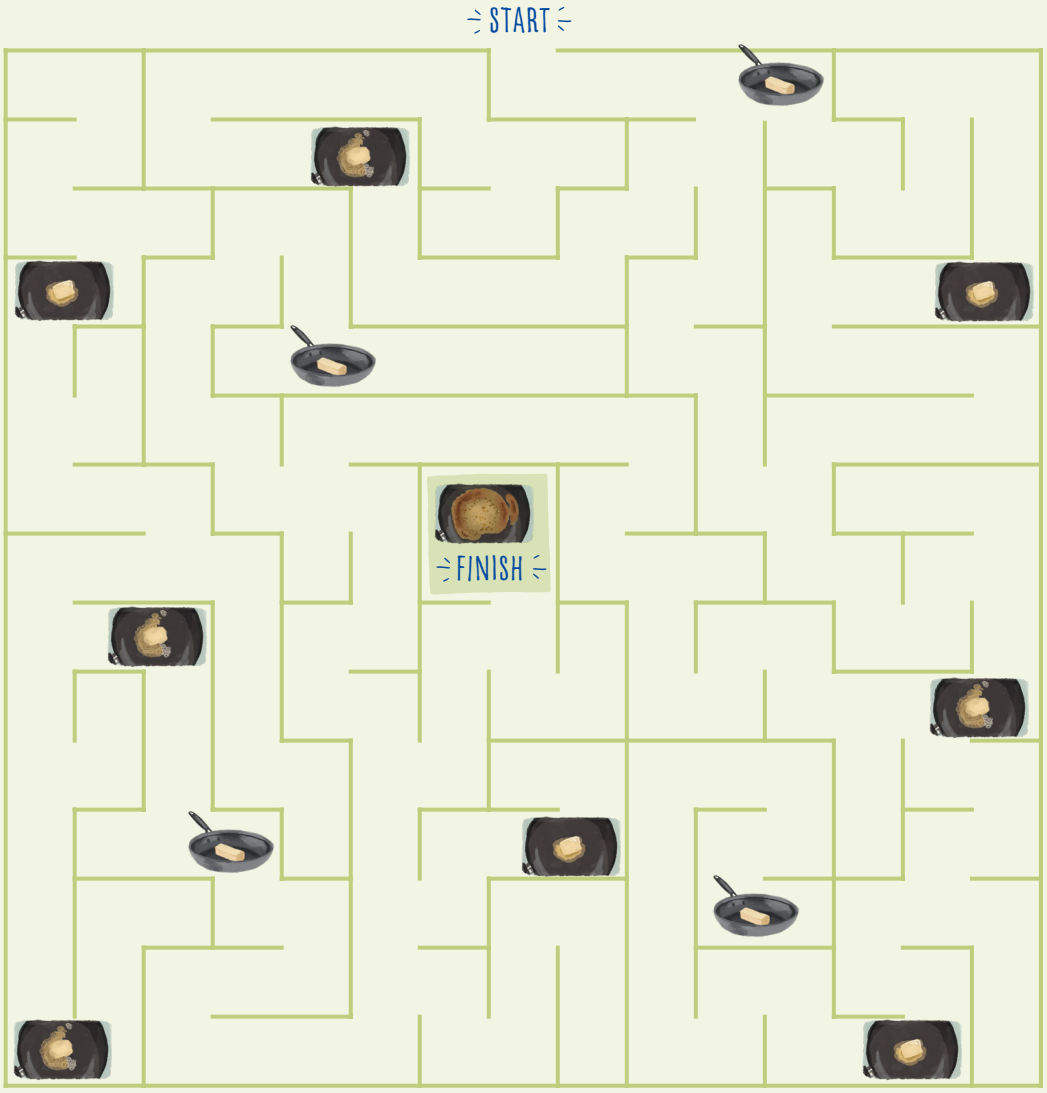
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And that's it! When you begin to see brown flecks in the butter, you can either continue cooking it for another minute or so for a deeper flavor, or you can immediately remove it from the heat and pour it into a separate bowl to stop it from cooking further.



ACTIVITY

Find your way through the maze, following the stages butter goes through as it browns.



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PEPPERS 101

As you'll see in just a moment, most peppers are assigned a range of SHU. This is because the spiciness of a pepper can vary depending on its growing conditions. If a pepper plant experiences high heat, drought, or other environmental stresses, the fruits accumulate more capsaicin—which of course means the plant produces hotter peppers. So, while the SHU rating of a pepper is a good guide, it's always possible that the pepper you're about to taste had a difficult growing season and became a little spicier as a result.

Generally speaking, the smaller a pepper is, the hotter it is.

Most of the heat is in the pith (white part) and seeds, so if you want the flavor of a pepper without the heat of the pepper, removing the pith and seeds will help.

ACTIVITY

Circle the correct answer.

The chemical that makes peppers spicy is _____.

a. Capsicum

b. capsaicin

c. Scoville

You can tell the spice level of a pepper by looking at its _____.

a. size

b. color

c. Scoville rating

What makes a pepper hotter than expected?

a. its size

b. its growing conditions

c. its Scoville rating

Bell Pepper



Color corresponds to maturity: Green peppers are younger and slightly bitter, yellow and orange peppers are maturing and mild, and red peppers are fully mature and sweet. Used in fajitas and stuffed peppers, and on veggie trays; **SHU: 0**

Shishito Pepper



About 10% of these peppers develop higher levels of capsaicin, so some may be hot! Prepared by pan-searing for an appetizer or added to stir-fries; **SHU: 50–200**

Sweet Cherry Pepper



Mild, sweet, and slightly spicy; jarred and used as a sandwich condiment; **SHU: 500**

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PEPPERS 101

Anaheim Chili



Picked when green to eat fresh but left on the plant to fully ripen to dry; used in enchiladas and fajitas; **SHU: 500–2,500**

Poblano Chili



Fresh peppers are green and have an earthy, fruity flavor, but the dried version is left on the vine to fully ripen and sold as ancho chilis. Used in chiles rellenos, sauces, and salsas; **SHU: 1,000–2,000**

Hatch Green Chili



Earthy, citrusy, smoky flavor; used in chile con queso and pepper jelly; **SHU: 1,000–8,000**

Jalapeño Pepper



Most popular pepper, also known as chipotle pepper when dried; used in mac and cheese, salsa, sauces, hamburgers, and more; **SHU: 2,500–8,000**

Fresno Chili



Similar to jalapeño but red in color; used in salad and pickled to use as a condiment; **SHU: 2,500–10,000**

Serrano Chili



Can be green, yellow, or red; used in ceviche, salsa, slaw; **SHU: 10,000–23,000**

Cayenne Pepper



Usually sold dried and ground as red pepper flakes; used in many Tex-Mex dishes; **SHU: 30,000–50,000**

A little bit goes a long way, so always start with a small amount and add more to taste.

Habanero Chili



Can be red, orange, or yellow, and are one of the hottest peppers; used in hot sauces; **SHU: 100,000–350,000**

Ghost Pepper



One of the hottest edible peppers in the world; used for hot sauces; **SHU: 1,000,000**

If you do want to cook with ghost pepper, take care not to touch it with your bare skin; it will burn!

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Lesson 17

PAN-SEARED STEAK

SUPPLIES NEEDED

Tools

- CHEF'S KNIFE
- CUTTING BOARD (FOR MEAT ONLY)
- PAPER TOWELS
- MEASURING SPOONS
- 12-INCH CAST-IRON OR STAINLESS STEEL SKILLET
- TONGS
- PLATE
- SPOON

Ingredients

- 2 (1-POUND) BONELESS TOP SIRLOIN STEAKS, 1 ¼ INCHES THICK
- ½ TEASPOON SALT
- 2 TABLESPOONS VEGETABLE OIL
- 2 TABLESPOONS BUTTER
- FRESH THYME (OPTIONAL)
- GARLIC CLOVES (OPTIONAL)

Let's Celebrate!

When it comes to a special-occasion dinner, not much beats a nice juicy steak. Can't you just imagine the scene? The table is laid with a crisp white tablecloth, on top of which sit lovely dishes. In the center stands an arrangement of fresh flowers and flickering candles. Adorning your plate is a delectable steak, expertly browned and crisp on the exterior, juicy and tender on the interior. Perfection!

The thing is, steaks don't have to be a special-occasion-only meal. In fact, steaks cook so quickly that they're actually a great dinner to make if you're short on time or don't feel like spending hours in the kitchen. And while it is true that some steaks are quite pricey, you'll find budget-friendly options in the store, too!

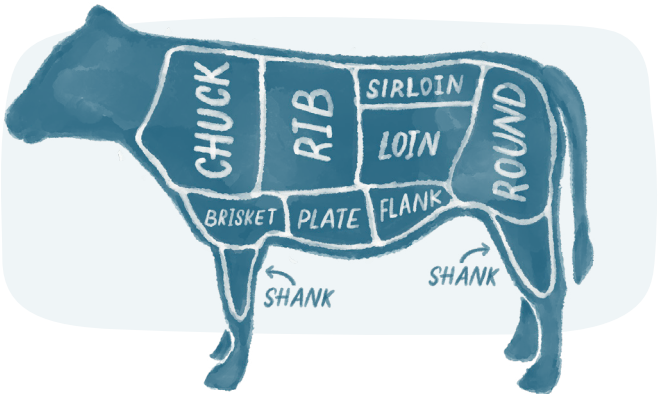
In this lesson you're going to learn how to take an inexpensive cut of meat and transform it into a steak worthy of any meal—even the most special of occasions. We do have to warn you, though: After a little practice, you might find that you don't enjoy restaurant steaks quite as much . . . *because yours are so much better!*



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The World of Steaks

Before we get into the actual cooking of the steaks, let's look at the various steaks that are available to you. While this list is not exhaustive, it does encompass the most common steak cuts that you'll find.



Most steaks that are appropriate for the cooking method you'll learn today come from the loin or the sirloin of the cow. You'll remember from *Cooking 1* that those terms refer to two of the primal cuts that cows are sectioned into when butchered.

The following four steaks are considered "high-end steaks," which means they are the most expensive and also the most tender. These steaks are cut from the loin of the cow.

Ribeye: This cut, sometimes called Delmonico, has a large tender eye of meat surrounded by marbling and a cap that comes from the spinalis muscle (the muscle running along the spine). This cut tends to be richer and fattier than other steak cuts.



Tenderloin: Also known as a filet mignon, the tenderloin is the most tender cut of meat on a cow. Many people love the buttery texture of this steak. Because it contains very little fat, it is not quite as flavorful as other cuts.



Strip: Otherwise known as New York strip steaks, this cut is tender and, thanks to the ample marbling, flavorful.



T-bone: A T-bone steak is a slice of rib with both the strip and tenderloin still attached, so it's kind of like two steaks in one!



Sirloin: A great alternative to the high-end steaks is a sirloin steak. While these steaks are leaner, they still have enough marbling to stay juicy when cooked. Top sirloin steaks are cut from the part of the sirloin that is closest to the loin, so they are the most tender of the sirloin steaks.



When the tenderloin portion of a T-bone is more than 1 ¼ inches thick, it is called a porterhouse steak.

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Levels of Doneness

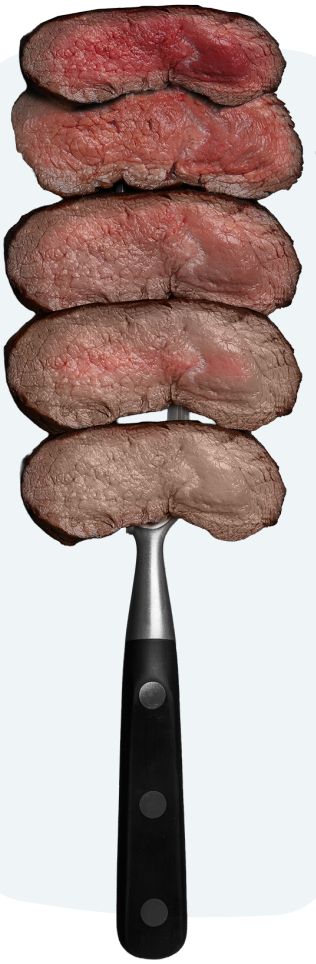
But what constitutes “done” or “overdone” in a steak?

Think back to when you cooked chicken cutlets. How did you know the chicken was done? You took its temperature, right? You’ll do the same thing with steak, but instead of looking for one particular temperature to tell you that the steak is safe to eat, you’re going to look for your desired level of doneness.



Unlike chicken, steak does not need to be thoroughly cooked before it is safe to eat. (In fact, some people enjoy steak carpaccio, which is actually thinly sliced raw steak!)

So, the temperature to which you cook your steak is entirely up to you! If you’re not sure how you like your steak, most chefs believe medium-rare is the ideal temperature for texture and flavor. If you find medium-rare too raw, then cook it a little longer to reach medium. (And if you want it cooked longer still, you can cook to medium-well, but be aware that the muscle fibers will become tougher and less flavorful the longer they cook.)



Rare: 120 °F–125 °F

Medium-rare: 130 °F–135 °F

Medium: 140 °F–145 °F

Medium-well: 150 °F–155 °F

Well-done: 160 °F or higher

ACTIVITY

Match the level of doneness to its corresponding temperature, and then circle the temperature to which you like your steak cooked.

rare	140 °F–145 °F
medium-rare	160 °F OR HIGHER
medium	130 °F–135 °F
medium-well	150 °F–155 °F
well-done	120 °F–125 °F

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Lesson 20

COTTAGE PIE

SUPPLIES NEEDED

Tools

- VEGETABLE PEELER
- CHEF'S KNIFE
- CUTTING BOARD
- MEASURING SPOONS
- LIQUID MEASURING CUP
- LARGE POT
- COLANDER
- LARGE BOWL
- HAND MIXER OR POTATO MASHER
- WOODEN SPOON
- MEASURING CUPS
- OVEN-SAFE 10-INCH SKILLET
- FORK
- RIMMED BAKING SHEET

Ingredients

- 2 POUNDS RUSSET POTATOES
- 2 ½ TABLESPOONS SALT
- 3 TABLESPOONS UNSALTED BUTTER
- ⅓ CUP MILK
- 1 ½ POUNDS 93% LEAN GROUND BEEF
- 1 ½ TEASPOONS SALT, PLUS MORE TO TASTE
- ½ TEASPOON BLACK PEPPER, PLUS MORE TO TASTE
- ½ TEASPOON BAKING SODA
- 2 TEASPOONS VEGETABLE OIL
- 1 ONION
- 2 CARROTS
- 2 CLOVES GARLIC
- 2 TEASPOONS DRIED PARSLEY
- 1 TEASPOON DRIED ROSEMARY
- 1 TEASPOON DRIED THYME
- 1 TABLESPOON TOMATO PASTE
- 2 TEASPOONS WORCESTERSHIRE SAUCE
- 2 TABLESPOONS ALL-PURPOSE FLOUR
- 1 ¼ CUPS BEEF BROTH
- ½ CUP FROZEN PEAS

You're an Expert Now!

If there is one thing the English do well, it's savory pies. Steak and kidney pie, Cornish pasty, fidget pie, game pie, fisherman's pie, shepherd's pie . . . The list goes on and on! When it comes to turning some kind of meat into a delicious pastry, the Brits are experts.

Perhaps the most remarkable thing about these pies is that many of them were created centuries ago as a way to use up leftovers. You might expect that a pie made with a smattering of odds-and-ends ingredients wouldn't be the most appetizing dish, but in reality, these pies are some of the most comforting, savory concoctions you'll have the pleasure of trying! How can that be?

Over the past almost 40 lessons in *Cooking 1* and *Cooking 2*, you've learned all sorts of techniques for coaxing the best flavor from any ingredient. If you've learned anything, it is that flavor is built in layers—and boy, does cottage pie employ this idea! So much of what makes cottage pie so delicious rests on knowledge you already have! For that reason today's lesson will be a little different. Instead of reading about new techniques, methods, and ingredients, **you** are going to explain how each technique, method, or ingredient works to develop flavor in the pie! Don't worry; you know your stuff when it comes to cooking—*and this lesson will prove that.*



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What Do Shepherds Tend?

Before we dive into the lesson, we need to clear up a misconception. Many, many people call the dish you're about to learn to make "shepherd's pie." Cottage pie and shepherd's pie are similar—in fact, they're so similar that really only one ingredient differs between the two.



What is that ingredient? The meat!

Cottage pie is made with ground beef, whereas shepherd's pie is made with ground lamb. Today, you'll use ground beef, but if you want to try making the recipe with ground lamb sometime, by all means do! Just make sure you call the final dish shepherd's pie—after all, shepherds tend sheep, not cows.

Layer 1: Meat

Now that that's out of the way, let's get down to business!

The first step to building flavor is to brown the meat. Let's see which methods and techniques you remember for producing the most tender, flavorful browned meat.

ACTIVITY

Tossing ground meat with which ingredient before cooking helps the meat retain moisture and brown faster? Circle the answer.

SALT BAKING SODA VINEGAR WATER

Yep, baking soda! Baking soda alters the pH of the meat, which causes the muscle fibers to repel one another rather than contract during cooking. Since the fibers don't tighten, they don't squeeze out moisture, which, of course, leads to moist, tender meat. The higher pH produced by the baking soda also lends to better browning.



Once the meat is tossed with baking soda and left to rest for several minutes, it's time to cook!

ACTIVITY

Which temperature is best for browning meat?

- **A. High**
- **B. Medium**
- **C. Low**

Why? Circle all that apply.

- **A. High heat immediately evaporates any moisture released from the meat so the meat can brown.**
- **B. High heat dries out the meat.**
- **C. High heat triggers the Maillard reaction.**

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That's right! High heat immediately evaporates water, so the pan doesn't cool as moisture is released. This means the meat stays at a high enough temperature to trigger the Maillard reaction, which is a complex chemical process that occurs when the proteins and sugars on the meat's surface react with one another.

ACTIVITY

What does the Maillard reaction produce? Circle all that apply.

A CARAMELIZED CRUST

HUNDREDS OF NEW FLAVOR COMPOUNDS THAT RESULT IN SAVORY, ROASTED FLAVOR

GOLDEN-BROWN COLOR

Layer 2: Aromatics and Vegetables

Once the meat is browned, you add aromatics to the pan.

ACTIVITY

What are aromatics?

A. Foods that are used for decoration

B. Ingredients that add aroma and flavor to a dish when cooked in fat

C. Spices that are added at the end of cooking

D. Ingredients used to add sweetness to a dish

What are some common aromatic ingredients?

Why does cooking aromatics in fat cause them to release their flavor?

A. The fat caramelizes the aromatics, turning them into sugars.

B. The fat evaporates the water inside the aromatics, removing flavor.

C. The fat neutralizes strong flavors so they don't overpower the dish.

D. The fat allows fat-soluble flavor compounds to dissolve.

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Appendix

HOW TO PLAN A MENU

Now that you have completed 40 cooking lessons (if you used both the *Cooking 1* and *Cooking 2* courses), you have quite the array of foods you can confidently cook! With that many dishes, you can easily pull together entire meals. The number of combinations you could create is virtually endless!

As you have already learned through these cooking lessons, technique matters. Planning a menu is no different. By keeping a few considerations in mind, you can take your menu from bland and boring to vibrant and exciting. What are those considerations? Keep reading to find out!

1. Nutrition

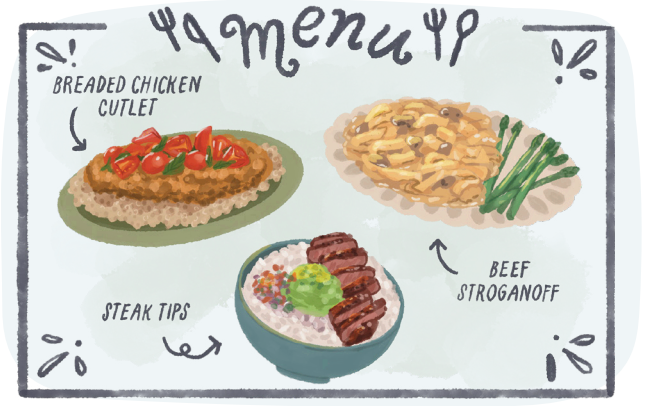
Typically, meals consist of a main dish and at least one—but often multiple—side dishes. Many people like to make sure that between the main dish and sides, they have protein, carbohydrates, and vegetables or fruits covered, but there is certainly nothing wrong with a meal of all veggies! Even with an all-vegetable meal, would you prefer to have, say, all cruciferous vegetables or a mix of different types? Probably a mix! Meals that provide variety are just more enjoyable—and more nutritious.

2. Flavor

Just as you want to balance flavors in a single dish, you want to balance flavors across a meal. Think about eating a meal of all sweet foods, or all sour foods, or all savory foods. That's not very appetizing, is it? Now think of a meal that has a sweet dish, a bright/acidic dish, and a savory dish. That is mouthwatering.

3. Texture

The most appetizing plates feature a variety of textures: creamy, fluffy, crunchy, chewy, juicy . . . While all of these textures are delightful, a plate full of just one of them is boring. As we've discussed before, you eat with your senses, and your sense of touch is no exception! A menu with different textures, like creamy potatoes, firm pot roast, and crunchy broccoli, is far more enjoyable than, say, a meal of pureed soup, mashed potatoes, and polenta.



4. Temperature

You can certainly serve a successful meal that features all hot foods or even all cold foods, but creating a mix of cold, hot, and room-temperature dishes adds interest.

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5: Color

Look at the plates below. Which one looks more appetizing? A colorful plate not only signals a nutritious meal, but it's also more visually appealing. Sometimes you may develop a meal that is balanced in nutrition, flavor, texture, and temperature but lacks variety in color. You can always add visual interest with garnishes!





6: Preparation Methods

You can make your life in the kitchen far easier by varying the preparation methods of the foods you're preparing for a meal. Choosing a dish that cooks in the oven while you prepare another on the cooktop (and perhaps a third on the counter) makes the whole experience less stressful than facing a cooktop full of boiling, simmering, and frying foods!

7: Timing

Try to choose foods that vary in preparation, cooking, and resting times. This will allow you to start the dish with the longest cooking time first, and while it cooks you can move on to the dishes that require less preparation. The goal is to time things so they are all ready at the same time, but don't worry too much if that doesn't happen perfectly.

MENU IDEAS

Let's take a look at a few menus that provide variety in nutrition, flavor, texture, temperature, color, preparation method, and timing.



Menu 1

- Pan-Fried Chicken Cutlet (*Cooking 2*, Lesson 5)
- Quinoa (*Cooking 2*, Lesson 3)
- Bruschetta (*Cooking 1*, Lesson 5)

This menu provides a protein, carbohydrate, and vegetable, each lending a different texture. While the quinoa and chicken cutlet are both stovetop preparations, the chicken cutlet can be cooked while the quinoa simmers, and while the chicken cutlet rests, prepare the bruschetta. The quinoa can be served warm, while the chicken is hot and the bruschetta is cool. Depending on the type of quinoa you choose, it may be similar in color to the chicken, but the bruschetta will add enough color to make the plate interesting.

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Menu 5

- Salsa & Chips (*Cooking 1*, Lesson 5)
- Guacamole & Chips (*Cooking 1*, Lesson 6)
- Hummus & Veggies (*Cooking 1*, Lesson 7)
- Popcorn (*Cooking 1*, Lesson 8)
- Snack Mix (*Cooking 1*, Lesson 8)

Even something like a game night snack menu can check all the boxes! Hummus supplies protein, while the chips, popcorn, and snack mix cover carbohydrates. The salsa and guacamole provide the produce. In this lineup we have a variety of textures, flavors, temperatures, and colors—and all the dishes can be made ahead of time, which means no stressful preparation!



BUILD YOUR OWN MENU

Now you can practice building your own menus! Don't stress about hitting every attribute in one menu—but do aim for plenty of variety!

Menu Considerations:

- Nutrition (protein, carbohydrates, produce)
- Flavor
- Texture
- Temperature
- Color
- Preparation method
- Timing

menu

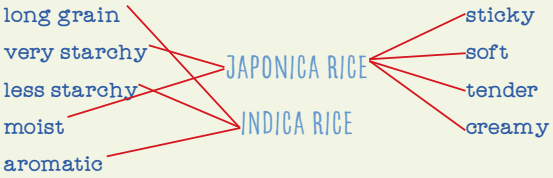
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ANSWER KEY

Lesson 1

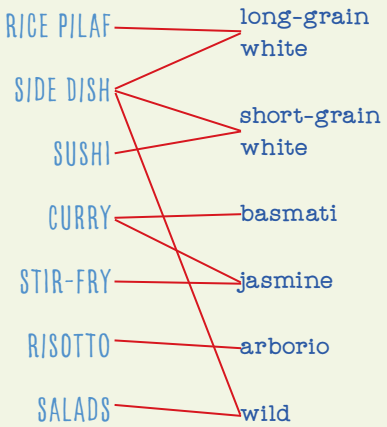
ACTIVITY

Match the rice type to its attributes.



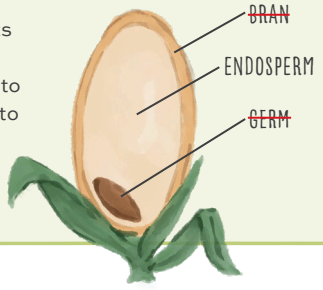
ACTIVITY

Draw a line to the rice type(s) that are best suited for each dish.



ACTIVITY

Cross off the parts of the rice grain that are removed to turn brown rice into white rice.



ACTIVITY

Circle the correct answer.

White rice needs to be rinsed, but brown rice does not.

(True) | False

Rinse brown rice to remove the starch left on the rice.

True | (False)

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Lesson 2

ACTIVITY

Place the following steps of stir-frying in order by writing the numbers 1–7 beside each.

__2__ Heat wok and add oil.
__5__ Add shorter-cooking ingredients.
__6__ Add sauces.
__1__ Prepare ingredients.
__3__ Add aromatics.
__4__ Add longer-cooking ingredients.
__7__ Add garnishes.

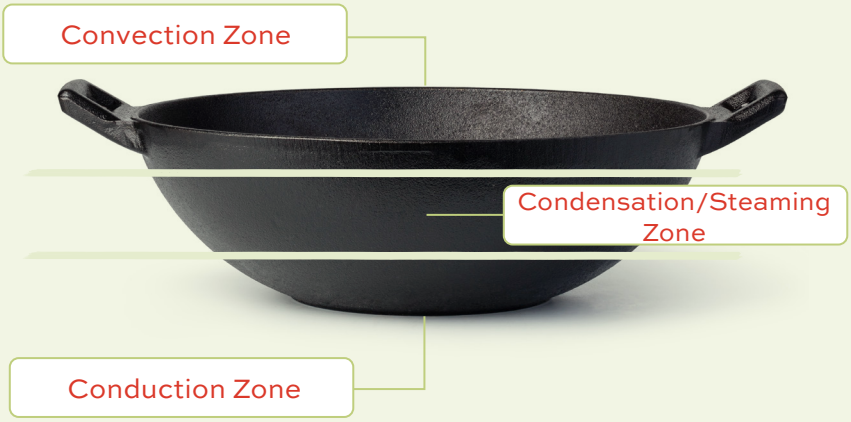
ACTIVITY

Label the wok with the following zones of heat:

Conduction Zone

Condensation/Steaming Zone

Convection Zone



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