

Ready, Set, Cook!



1: Handwashing

It is important to wash your hands with warm soapy water before and after preparing food. Rewash your hands often, especially after handling raw meat.



4: Gather your equipment

Get all the tools you need to cook the recipe. Ensure you feel comfortable operating the equipment your recipe requires.



2: Create a clean work space

Clear a section of your table or countertop and clean the area well. Use separate cutting boards for raw meat and other ingredients.



5: Cook!

Great cooking skills develop over time. Mistakes happen, so don't put too much pressure on the outcome of your dish. Cooking is also a great way to spend time with your family.



3: Go over the recipe

As you read, ensure you have all the ingredients, understand each step, and have enough time to cook the recipe. On the next page are descriptions of some cooking terms found in this booklet.



6: Clean up

Properly dispose of all organic (food) waste, recycling, and garbage. Wash surfaces and kitchen equipment. Wash dishes. Always unplug your slow cooker when finished.

Common Cooking Terms



Chop

Cutting food into medium-sized squares. Chopped items do not have to be even, but aim for about 1 inch (2.5 cm).



Dice

Cutting food into small similar sized pieces. Aim for about 1/2 inch (about 1 cm).



Roughly Chop

Cutting food into large-sized chunks that are roughly the same size.



Peel

Using a vegetable peeler or a knife to remove enough of the outer skin of a vegetable or fruit to reveal the inside.



Mince

Cutting food into the smallest pieces you can, usually 1/8 inch (about 0.5 cm).



Seed

Cutting a vegetable or fruit in half and scooping out all the seeds inside.



Sear/Brown

Cooking the surface of meat at medium to high heat for a short amount of time until browned on the outside.



Stir

Mixing ingredients together using a circular motion.



Slice

Cutting food into long thin strips.