



I Hope They Call Me on a Mission

Be better prepared for tomorrow by learning these skills today.

Cooking Basics

If you practice simple cooking now, one day you will be a kitchen pro! And that's great, because home-cooked meals are yummy, less expensive, and usually healthier. They also encourage families to spend time together.

Before you begin cooking, ask yourself:

1. Do I have an adult to help me?
2. Do I have the time, ingredients, and tools needed for this recipe?
3. Have I washed my hands?

Hello readers,

Now that I'm on a mission, I sometimes cook for myself and my companion. I'm glad I learned how to make basic meals as I helped my parents in the kitchen growing up. The scriptures say good food is meant to "please the eye and to gladden the heart," and I agree! (See D&C 59:17-19)

Sincerely,
Sister Chef



SPEAK LIKE A CHEF

Some recipes use unfamiliar words. Which of these do you see in the recipe on page 23?

Bake: Cook in an oven.

Beat: Mix ingredients with a fork, whisk, or mixer.

Boil: Heat liquid until it is covered in bursting bubbles.

Chop: Cut into small pieces.

Drain: Remove all the liquid using a strainer or lid.

Grease: Lightly coat with oil, butter, or non-stick spray.

Knead: Fold and press dough until smooth.

Marinate: Soak food in a liquid.

Preheat: Turn oven on ahead of time.

Sauté: Cook food quickly in a little butter or oil.

Simmer: Heat liquid until it bubbles a little around the edges.

