



Life Skills

Cooking

Common Cooking Conversions

Measure	Fluid OZ	TBSP	TSP	Liter (l) / Milliliter (ml)
1 gallon	4 quarts	256 tbsp	768 tsp	3.8 l
4 cup	1 quart	64 tbsp	192 tsp	.95 l
2 cup	1 pint	32 tbsp	96 tsp	470 ml
1 cup	8 oz	16 tbsp	48 tsp	237 ml
$\frac{3}{4}$ cup	6 oz	12 tbsp	36 tsp	177 ml
$\frac{2}{3}$ cup	5 oz	11 tbsp	32 tsp	158 ml
$\frac{1}{2}$ cup	4 oz	8 tbsp	24 tsp	118 ml
$\frac{1}{3}$ cup	3 oz	5 tbsp	16 tsp	79 ml
$\frac{1}{4}$ cup	2 oz	4 tbsp	12 tsp	59 ml
$\frac{1}{8}$ cup	1 oz	2 tbsp	6 tsp	30 ml
$\frac{1}{16}$ cup	.5 oz	1 tbsp	3 tsp	15 ml

Common Abbreviations to know

t or tsp= Teaspoon

T. or Tbsp.= Tablespoon

C = cup

Pt. = pint

Qt = quart

Oz= ounce

lb= Pound

pkg = package

soda= baking soda

Difference between dry and wet measuring cups



Wet Measuring cup:

Easier to use and more accurate at measuring liquids such as milk, water, oil, juice, etc. Not accurate for dry ingredients, usually resulting in too much



Dry measuring cup:

Slightly different volume, easy to use and accurate for dry ingredients such as sugar, flour, brown sugar, etc. Not accurate for wet ingredients

Sample structures

Sample session recipe structure:

Day1: Pizza

Day 2: Chocolate chip cookies

Day 3: garlic cheese bombs

Day 4: cinnamon twists

Day 5: pancakes

Day 6: pineapple cookies

Day 7: Omelets

Day 8: individual pies

Day 9: scones

Day 10: white chocolate and fruit cookies

Larger cooking activity: Valentine's treats

Sugar cookies

Chocolate balls

Chocolate covered strawberries

Day #1: Calzones or Pizza



Pizza dough:

1 pkg active dry yeast

1tsp white sugar

1c warm water

2 ½ c flour

2Tbsp olive oil

1 tsp salt

- 1) In medium bowl dissolve yeast and sugar in warm water. Let stand until creamy or about 10 min*
- 2) Stir in flour, salt and oil. Beat until smooth*
- 3) Let reast about an hour*
- 4) Top and bake on 450 degrees for 15-20 minutes*

Tips:

- *Additional ingredients:*
 - *Cheese*
 - *Sauce (not for calzones)*
 - *Pepperoni*
- *Make the dough in advance*
- *If you have more than about six kids double the recipe*
- *At the beginning of class divide the dough and let them knead it for about five minutes*
 - *Roll out with rolling pin*
- *Allow them top with desired ingredients*
- *If making calzones do not put sauce in the dough just the toppings and then fold in half*

Day #2: *chocolate chip cookies*



Chocolate chip cookies:

$\frac{3}{4}$ c brown sugar

$\frac{3}{4}$ c sugar

1 c shortening

2 eggs

2 $\frac{1}{4}$ c flour

$\frac{1}{2}$ tsp salt

1 tsp soda

1 tsp vanilla

1pkg chocolate chips

- 1) Cream shortening, brown sugar and sugar until fluffy*
- 2) Add eggs and vanilla*
- 3) Add dry ingredients*
- 4) Stir in chocolate chips*
- 5) Bake at 350 for 10 min*

Tips:

- Check cookies at 8 min*

Day #3: *Garlic cheese bombs*



Garlic cheese bombs:

*1 can premade biscuits
20 cubes cheddar cheese
3 Tbsp butter
1tsp garlic powder
1/3 c parmesan cheese
2 tsp dried parsley*

- 1. Cut each biscuit in half and slightly roll out*
- 2. Place cheese cube in middle and wrap biscuit around it*
- 3. Place butter and garlic in small bowl and melt*
- 4. In separate bowl combine parsley and cheese*
- 5. Dip each rolled biscuit in butter mixture then cheese mixture*
- 6. Place on pan and bake on 375 for 10-12 min*

Day #4: *Cinnamon Twists*



Cinnamon twists:

1 can refrigerated breadstick dough

3Tbsp butter

$\frac{2}{3}$ c sugar

1 $\frac{1}{2}$ Tbsp cinnamon

- 1) Melt butter in small bowl*
- 2) Combine sugar and cinnamon on a plate*
- 3) Unroll and separate breadsticks*
- 4) Dip in butter, roll in cinnamon sugar*
- 5) Fold in half and twist together*
- 6) Bake on 400 for 12-14min*
- 7) Top with cream cheese frosting*

Cream cheese frosting:

$\frac{1}{2}$ c butter softened

4 oz cream cheese

2 c powdered sugar

1 tsp vanilla

- 1) In a large bowl beat together butter and cream cheese*
- 2) Add sugar one cup at a time until smooth and creamy*
- 3) Beat in vanilla*

Tips:

For a class larger than six double or triple the recipe

Day #5: *Pancakes*



Pancakes:

1 ½ c flour

3 ½ tsp baking powder

½ tsp salt

¼ c sugar

1 ¼ c milk

1 egg

3 Tbsp butter (melted)

1) melt butter in microwave for 30 sec

2) in medium bowl mix flour, sugar, salt and baking powder

3) stir in milk and egg

4) create a well in center of flour mixture

5) pour butter and milk into well and whisk together

Tips:

- *Add chocolate chips or blueberries to batter*
- *Cook on a griddle for faster and more even cooking*
- *Using a ¼ or ⅓ measuring cup to pour batter onto cooking surface*
- *Top with syrup, butter, peanut butter or jam*

Day #6: *Pineapple cookies*



Pineapple cookies:

¾ c butter or shortening

1c sugar

1tsp vanilla

2eggs

3 c flour

½ tsp salt

1 c. undrained crushed pineapple

½ tsp soda

*1)mix together butter, sugar, vanilla
and eggs*

2) add flour, salt, pineapple and soda

3)bake at 350 for 10-12 min

Tips:

- *For a class larger than six to eight double the recipe*
- *I know they sound weird, but they are delicious and all my classes have loved them*
- *When baking only **bake until bottoms are light brown**, the tops will not brown and the bottom will burn if cooked too long*
- *Frost with cream cheese frosting*

Cream Cheese frosting:

*½ c butter softened
4 oz cream cheese
2 c powdered sugar
1 tsp vanilla*

- 1) In a large bowl beat together butter and cream cheese*
- 2) Add sugar one cup at a time until smooth and creamy*
- 3) Beat in vanilla*

Tips:

- Let a couple kids make the frosting*
- Double recipe if there are more than two to three dozen cookies*
- Separate into a couple different bowls and mix in different food coloring for different colored cookies*

Day #7: *Omelets two ways*



Omelets:

*1-2 doz eggs
Shredded cheese
Ham cubes
Salt
Pepper
Desired veggies*

- 1) Way one is baggie omelets (good for camping)*
- 2) Muffin tin*

Tips:

Way one:

- *Each child cracks one to two eggs into a ziplock baggie with their name on it*
- *Desired ingredients put in baggie*
- *Baggie placed in pan of boiling water until egg is cooked through*

Way two:

- *In muffin tin put desired ingredients*
- *Pour beaten egg into each spot*
- *Bake on 350 for 20 minutes*

Day #8: *Individual Pies*



Individual pies:

Three to four pkg pre made rollout pie crusts

2-3 Cans desired pie filling

- 1) Roll out pie crusts*
- 2) Cut into about six inch diameter circles*
- 3) On one circle place pie filling in middle*
- 4) Place second circle on top and seal by pressing a fork around edges and cut vents in top*
- 5) Bake on 400 for about 20 min*

Tips:

- Make sure it is roll out pie crust not pre made graham cracker crusts*
- A small bowl is good to trace while cutting circles*
- You will have to combine dough, roll out and cut more circles to have enough*
- Cook until golden brown*

Day #9: *Scones*



Scones:

2c flour

2tsp baking powder

$\frac{3}{4}$ tsp salt

2 Tbsp butter

$\frac{3}{4}$ c lukewarm water

- 1) Mix flour, baking powder and salt*
- 2) Using a pastry blender mix in cold cubed butter*
- 3) Mix in lukewarm water*
- 4) Let rest 10-15 min*
- 5) Fry in hot oil*

Tips:

- A fork can be used in place of pastry blender*
- Heat oil while the dough rests so it doesn't get too hot*
- Top with honey butter, powdered sugar or jam*
- Help kids fry so that they do not burn themselves*

Day #10: *White chocolate and fruit cookies*



White chocolate fruit cookies:

$\frac{3}{4}$ c butter or margarine

$\frac{3}{4}$ c brown sugar

$\frac{1}{2}$ c sugar

1 egg

2 tsp vanilla

1 $\frac{3}{4}$ c flour

$\frac{1}{4}$ tsp salt

$\frac{1}{2}$ tsp soda

1 c dried cranberries, cherries or pomegranates

1 pkg white chocolate chips

- 1) In large bowl mix butter, sugars, egg and vanilla until smooth*
- 2) Stir in flour, salt and baking soda*
- 3) Stir in chocolate chips and fruit*
- 4) Bake on 350 for 12-15 min*

Valentine's Treats Day

- ***Hour and a half activity***
- ***Made three different treats***
 - ***Sugar cookies***
 - ***Chocolate balls***
 - ***Chocolate strawberries***
- ***Had to give half of their treats to someone else***
- ***Split kids into three stations and rotated every twenty minutes***

Sugar cookies:

$\frac{3}{4}$ c butter (softened)

$\frac{3}{4}$ c sugar

1 egg

2 tsp vanilla extract

$\frac{1}{4}$ tsp almond extract

1 tsp salt

$\frac{1}{2}$ tsp baking powder

2 $\frac{1}{4}$ c flour

- 1) Mix butter, sugar, egg and extracts until smooth*
 - 2) Add dry ingredients*
 - 3) Let sit in fridge for at least 1hr.*
 - 4) Bake on 350 for 8-11 min.*
- *yield 18 medium cookies*

Tips:

- *Triple the recipe for a lot of cookies and cook half of them before hand*
 - *This gave each child at least two and two to give away*
 - *Prebaking allowed for all the cookies to get baked to kept them from getting too bored due to repetition*

Chocolate balls:

3-4 large symphony chocolate bars

1 large tub cool whip

1 box vanilla wafers

- 1) In a glass or metal bowl melt chocolate over boiling water*
- 2) Once melted place bowl in cold water until about room temperature*
- 3) Mix in cool whip*
- 4) Crush vanilla wafers and put on plate or in a tin*
- 5) Drop balls of chocolate mixture in vanilla wafers and cover*
- 6) Freeze for 10 min to set up*

Tips:

- *Use chocolate bars with toffee for added texture and flavor*
- *Melt by boiling water in a saucepan and then place a glass or metal bowl that fits snug on top of the pan*
- *Melted chocolate **has to cool to room temperature or when cool whip is added it will curdle***

This is a great recipe to split jobs up

Cream Cheese frosting:

*½ c butter softened
4 oz cream cheese
2 c powdered sugar
1 tsp vanilla*

- 1) In a large bowl beat together butter and cream cheese*
- 2) Add sugar one cup at a time until smooth and creamy*
- 3) Beat in vanilla*

Tips:

- Let a couple kids make the frosting*
- Double recipe if there are more than two to three dozen cookies*
- Separate into a couple different bowls and mix in different food coloring for different colored cookies*

Chocolate covered strawberries:

Strawberries

Chocolate chips

- 1) *Melt chocolate chips:*
 - a) *Way 1: microwave chocolate*
 - b) *Way 2: in fry pan place glass bowl*
 - c) *Way 3: put water in a crockpot and place a mason jar with chocolate in warm water*
- 2) *Dip strawberries and place on either wax or parchment paper to cool*

Tips:

Ways 2 and 3 of melting chocolate keep the temperature constant the best

Wash strawberries and dry them first

Common Materials & Supplies

Measuring cups and spoons

Bowls (preferably microwave safe)

Hand mixer

Pro Tips Jordan Greenhalgh

- *Pick recipes with short cooking times to prevent the kids from sitting and waiting for too long*
- *Pick a variety of different recipes*
- *Alternate days that you make something sweet and something else*
- *Split the group into smaller groups/stations with specific tasks and cleaning jobs to prevent too much wasted time and arguing*
- *Find different ways that are fast and easy for the same recipe so they have options for how to make the food they love when they are on their own*
- *Premake dough or other parts of a recipe that have to sit for an extended amount of time*
- *Make your own instead of preprocessed, such as frosting or batter, as often as possible for more fun and healthier options*

Pro Tips Jordan Greenhalgh

- *If baking in a pan or a cookie sheet food continues to cook after being taken out so be careful not to overcook*
- *Classes with a max of thirteen works best*
 - *Typically about six to eight will show up regularly*
- *Use parchment paper whenever possible to make cleanup easier*