

KIDS COOKING CORNER

pound = lb
ounce = oz
teaspoon = t
tablespoon = T
2 tablespoons = 2 T
cup = c

Learning responsibility is the most essential element of growing up. Providing a supportive environment for children to exercise responsibility occurs daily. We are including a Kids Cooking Corner to encourage parent/child interaction, financial planning, and ultimately to create independent youth that can do more than put a hot pocket in the microwave during college!

Preparing a meal is more than finding chicken in the freezer and opening a can of green beans. Children love to 'make an event' and take great pride in preparing a dish the family can share. The result of the family enjoying a well thought meal is the perfect "look at me" that echo in each parents ears--a least a hundred times daily.

I suggest each child should prepare a dish or an entire menu weekly. Start by picking a menu. The menu should be derived from the child's skill level. If the child can not read, use a cookbook that has the recipe process in pictures. Next, create the shopping list. If your child can not write, they can look at newspaper circulars and cut out the pictures of the ingredients and the prices. Set the budget cost of the shopping trip and give the child the appropriate amount of money to pay for the shopping list.

The big shopping day has arrived! Let your child lead with their shopping list and their own cart. I found that once my child had a purpose shopping, the nagging for "extras" went away. In the checkout lane, encourage the child unload the shopping cart, pay for the groceries, and bag his/her merchandise. Congratulations! You have introduced your child to planning, budgeting and commerce. Most importantly, your child is learning the lessons of financial management from you. Eventually, he/she will learn the value of money.

For a child creating a meal is a living science experiment. Enjoy measuring and composition of wet and dry ingredients to create a delicious and simple meal.

QUICK TIPS

When do you start cooking with children?

I recommend the age of four (4). Four year olds have so much to say, eager to please, generally very helpful.

Tips Parents/care givers always operate hot surfaces, monitoring temperatures of food cooking, opening and closing oven doors.

Tips Gift giving for small ones that cook are fun. Sur La Table, Kinderhaus, Pottery Barn for Kids has great selections of starter pot holders, chef caps, aprons, spatulas, and dishes.

Tips Kids Cook books are available at Barnes and Noble, Borders, Half Price Books

Tips Empty butter wrappers are easy for little hands to grease pans.

Tips Stand alone mixers allow you to move about the kitchen and focus on measuring instead of balancing a mixer in one hand and grabby children with the other.

Tips Take a photo of the cooking process and finished product. In 20 years a prospective spouse will enjoy kitchen competition!

Please email thoughts and experiences to www.kidscooking@cookingbydesign.us.

Menu: Dogs in a Blanket and Fresh Apple Cookies

DOGS IN A BLANKET

- 10 Hotdogs
- 10 slices of American cheese
- 1 package of refrigerator biscuits
- 10 toothpicks

1. Flatten biscuits.
2. Roll biscuit and cheese around hot dog. Secure with toothpick.
3. Place rolls on lightly greased cookie sheet.
4. Bake 375° for 10 minutes of until biscuits are brown.

Serves 10.



SHOPPING LIST

- | | |
|------------------------------------|---------------------------|
| 10 Hotdogs | 1 t vanilla |
| 10 slices of American cheese | 2 c flour |
| 1 package of refrigerator biscuits | 1 t baking powder |
| 10 toothpicks | 1 t baking soda |
| 1 1/4 c sugar | 1 c grated apples, packed |
| 1/2 shortening | 1/2 c sugar |
| 1 egg | 1 t cinnamon |

FRESH APPLE COOKIES

- 1 1/4 cups sugar
- 1/2 shortening
- 2 egg
- 3 teaspoon vanilla
- 4 cups flour
- 2 t baking powder
- 2 t baking soda
- 2 c grated apples, packed
- 1/2 c sugar
- 1 t cinnamon

Preheat Oven to 350° and grease cookie sheets.

1. In a large bowl, cream sugar, shortening, and egg; add vanilla and beat well.
2. Stir together flour, baking powder and soda. Mix into creamed mixture. Add apples and blend thoroughly.
3. Mix together sugar and cinnamon. Spoon out walnut size dough into sugar and cinnamon mixture.
4. Coat with cinnamon and sugar mixture, then bake for about 12 minutes.

Makes 48 cookies.

