



WELCOME TO THE

# Juniors Cooking Club

This week we will learn how to become familiar with our own kitchens, understand the basics of soup, and cook our own soup. Below is the week 1 schedule. Review the schedule and activities with your children as there may be materials or preparation requirements.

## Food Safety

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Food safety is important right from the farm all the way to your plate. This includes all sectors of the food system and just as importantly, it includes the way you handle your food in your kitchen.

Review WHO: [Five keys to safer food](#)

Complete the Food Safety worksheet.

## Recipe Reading:

Why is it important to follow the steps of a recipe? Recipe directions are organized in a specific order. Complete the recipe mix up game using the Homemade Tomato Soup recipe.

Next go through the recipe and make a list of all of the kitchen utensils that you might need to make this recipe (e.g., a cup, a tbsp., a whisk, etc). Then walk through the kitchen and find where the kitchen items are in the kitchen.



## Soup Basics

**Fat** - some sort of oil, butter, or bacon grease to saute your vegetables or spices in.

**Base** - stock, broth, or bone broth.

**Stock** - water simmered with vegetables, aromatics with or without animal bones. Cooked for about 4 to 6 hours and then strained.

**Bone Broth** - usually made from roasted bones, sometimes with meat still attached. Often cooked for more than 24 hours.

**Meat Stock** - water simmered with vegetables, aromatics, and bones with meat on them, cooked for a minimum of 1.5 hours and no more than 8 hours.

## Knife Skills

Kitchen knife skills for kids: [WATCH VIDEO](#)

### Knife Safety:

When the knife is not in use put it at the top of the cutting board – not on the front or side edge where it can get knocked off.

When walking with a knife, hold the knife flat against your leg, sharp edge pointing back and tip of knife towards floor.

When walking behind someone or in a busy kitchen, say “knife, behind” to indicate to the people around you to be aware of the knife in close proximity.



## Homemade Tomato Soup

### Ingredients

- 3 tbsp butter
- 1 large onion, chopped
- 1 large garlic clove, minced
- 2 small carrots, peeled and chopped
- 2 small celery stalks, chopped
- 1 small, red bell pepper, chopped
- 2 tbsp tomato paste
- 3 cups low-sodium chicken broth
- 1 can diced tomatoes

### Method:

1. Melt 2 tbsp butter in a large saucepan over medium.
2. Add onion and garlic. Cook until onion is soft.
3. Add carrots, celery, pepper, and tomato paste.
4. Cook until vegetables begin to soften, stirring occasionally, 4 to 5 min.
5. Add broth and diced tomatoes and juices.
6. Bring to a boil, then reduce heat to low.
7. Simmer until vegetables are tender, 20 min.
8. Blend the soup with a blender or hand blender until smooth. Ladle into bowls and enjoy!