

WEEK 3 OF THE

Juniors Cooking Club



Welcome to the third week of the Juniors Cooking Club! This week we will learn how to cook with meat including different cooking techniques, health and nutrition, and a delicious chicken taco recipe! Below is the week 3 schedule. Review the schedule and activities with your children as there may be materials or preparation requirements.

Knife Safety

Watch Video

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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.

Health & Nutrition

Look at the recipe below. What food groups from Canada’s Food Guide are included in this recipe?

Food Guide

What is a serving size? It is the size of a certain food group that should be consumed every day.

5-8 year olds are recommended 1 serving of meat and alternatives each day and 9-11 year olds are recommended 1-2 servings of meat and alternatives each day .



Methods for cooking animal proteins

Moist heat methods: This is a method for cooking food with, or in, any type of liquid. It can be cooked in steam, water, stock, wine or something else. Moist heat uses lower temperatures and cooks for a longer amount of time.

Moist heat methods include braising, stewing, steaming, and poaching. These methods all use moisture to transfer heat from the liquid to the food.

This is a useful method for less expensive, tougher cuts of meat. The low temperature and long cooking time allows for tough meat to break down.



Dry heat methods: Roasting, broiling, sautéing, grilling. This method involves high heat temperatures and shorter cooking times.

Cooking methods involving fat are also considered dry heat methods.

Typically roasting of meat should start out with a high heat temp (~450 deg F) to get a brown exterior then turned down to a lower temp (~275-325 deg F) to allow for juicy, tender meat. The browning reaction is called the Maillard Reaction and can only occur through dry-heat cooking



Chicken Tacos

Ingredients:

- 2 boneless skinless chicken breasts
- 1 tbsp olive oil
- 2 garlic cloves, peeled and minced
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon paprika
- ¼ cup water or chicken broth
- 2 tablespoons tomato paste
- 8 mini flour or corn tortillas
- ½ cup thinly sliced lettuce
- 2-3 tomatoes, diced
- 1 avocado, halved, peeled, seeded, and diced
- ¼ cup cilantro
- 1 lime
- 1 cup cheddar cheese, grated

Method:

1. In a small bowl, combine the garlic, chili powder, cumin, and paprika. Season the chicken with this mix.
2. In a 12-inch skillet, heat oil over medium heat. Add in the chicken broth and tomato paste.
3. Use tongs to place the chicken in the skillet. Bring to a boil, reduce heat and simmer for 4 minutes. After about 4-6 minutes, flip the chicken over. Cook the chicken through.
4. Remove the chicken from the skillet and use two forks to shred it. Return the chicken to the skillet and coat with the remaining sauce from the pan.
5. Load the chicken into the tortillas and add the toppings plus whatever additional toppings you enjoy!