

Cooking in the Home

In our Bible, our Lord speaks about feeding the Jews as they were wandering around the desert for 40 years. In Exodus - Chapter 13, the Jews were complaining because they had no food. Starting with verse 3, "If only we had died by the Lord's hand in Egypt! There we sat around pots of meat and ate all of the food we wanted, but you have brought us out into this desert to starve this entire assembly to death. Then the Lord said to Moses, 'I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day!'" And again, starting in verse 11, when the Jews were grumbling again, "the Lord said to Moses, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the Lord your God.' That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread the Lord has given you to eat'."

So, why should we learn to cook?

Now, thank the Lord, we are not wandering in a desert. At home, our Mom or Dad feeds us. OK, so why should we learn how to cook and feed ourselves at home. Many times, now-a-days, Mom or Dad may be working and cannot be home to feed us all of the time. If we learn to feed ourselves, we can do it, then get out of the house sooner to play. If you really enjoy cooking for yourself, consider becoming a chef some day. Did you know that some of the best chefs are men?

Recipes

If we want to eat real good, sometimes we have to be pretty fancy and use some of Mom's recipes. If you do use recipes, be sure that you read it thoroughly and understand it completely. Sometimes, the recipe may be written in code. So, let's 'break the code'. The code is usually the measurements or quantity to use, so that we use the right amount of ingredient. If we don't use the right amount, our food made from the recipe will taste bad. So, what are measurements?

Common Measurements

Most of the time, measurements are called "Weights and Measures". It's usually a measure of 'volume'. Here are some of the common "weights and Measures" taken from a recipe book put together by Bethlehem Lutheran Church in Menomonee Falls, Wisconsin that is called "Our Daily Bread". Now, let's 'break the code'.

Standard Abbreviations

t. = teaspoon	qt. = quart
T. = tablespoon	oz. = ounce
c. = cup	lb. = pound
pt. = pint	stick = 1/4 pound (of butter or margarine)

Guide to Weights and Measures

1 teaspoon = 60 drops	1 pound = 16 ounces
3 teaspoons = 1 tablespoon	1 cup = 1/2 pint
2 tablespoons = 1 fluid ounce	2 cups = 1 pint
4 tablespoons = 1/4 cup	4 cups = 1 quart
8 tablespoons = 1/2 cup	4 quarts = 1 gallon
16 tablespoons = 1 cup	8 quarts = 1 peck

Now, when we are using a recipe to make something for ourselves, I doubt it if we'll use such large measurements like pint, quart, gallon or peck. Although, if we would be making a pot of chili for a bunch of our Pioneer friends, we could use those large measurements.

Common Kitchen Tools - Hand

Here is a list of common kitchen 'hand' tools that may be around your house. Have your Mom or Dad show you these tools and **how to use them** before you have to use them.

Measuring Spoon(s)	Paring Knife
Measuring Cup	Butcher Knife
Spatula	Serrated Knife
Mixing Spoon	Cooking Pots
Hand Beater (egg?)	Frying Pans
Wire Whip	Griddles
Peeler (potato?)	Plastic Containers (for leftovers)

Common Kitchen Tools - Power

Here is a list of common 'power' tools that may be around your house. Have your Mom or Dad show you these tools and **how to use them** before you have to use them.

Mixer	Stove (burners & oven)
Blender	Slow Cooker
Microwave Oven	

Clean-up

When you prepare your own food, it's hard **not** to make a mess. Not only do you have to wash the dishes and utensils used, but you have to clean up the kitchen counter, stove and kitchen table. Here are three simple clean-up rules to remember, so your Mom or Dad will be happy when they know that you have prepared your own meal **and** cleaned up everything properly.

- ** Clean up immediately after eating!
- ** Wash utensils clean and rinsed thoroughly!
- ** Put everything away exactly where you found them!

Summary

Enjoy cooking for yourself. Try it, you'll like it! Learning how to cook at home will be a big help to you when you have to cook at your Train campouts. Ask your Mom or Dad to help you when you first begin to cook for yourself. You learn your 'Pioneer Skills' from your Train Leader at your meetings and then, you practice the skills while camping. Who knows? You might become a famous chef at some fancy restaurant!

Summary:

Cooking – Level 1

- Plan and prepare the main evening meal
 - o Preparation must include the usage of the stove and oven
 - o All foods must be prepared from scratch
 - o Must include the 3 basic food groups
 - Starch
 - Vegetable
 - Meat or protein

Cooking – Level 2

- Plan and prepare a meal
- Make a menu
- Purchase the items from the grocery store
- Prepare the meal
 - o Preparation must include the usage of the stove and oven
 - o All foods must be prepared from scratch
 - o Must include the 3 basic food groups
 - Starch
 - Vegetable
 - Meat or protein

Cooking – Level 3

- Plan the meals for a week, including the weekend
- Make daily menus
- Prepare all meals for this week
- Purchase all items needed from the grocery store
- Prepare the meals
 - o Preparation must include the usage of the stove and oven each day
 - o All foods must be prepared from scratch
 - o Meals must be balanced and appropriate for the time of day served