

## Mack's Handy cooking Lingo to know:

**Mince:** To cut foods into very fine, irregular pieces.

**Cube:** To cut food into square pieces  $\frac{1}{2}$  inch or larger

**Dice:** To cut food into square pieces, from  $\frac{1}{4}$  to  $\frac{1}{2}$  inch.

**Chop:** To cut food roughly into small, irregular pieces.


**Grate:** To use a grater (*fine, as for fresh ginger; or coarse, as for vegetables or cheese*) to shred food.

**Colander:** A "bowl" with holes in the bottom that is used to drain liquid, sometimes called a strainer.

**Sauté:** (*say: SAW-tay*) To cook food quickly in a little hot oil.

**Serrated:** Having a jagged edge. A serrated knife blade is bumpy on the edge, so that it can grab onto food.

**Steam:** Hot water vapor. Steam is even hotter than boiling water and can burn you badly!




Variety makes the menu! Include lots of fruits and vegetables in your menu. Choose from a wide variety of foods for an interesting and delicious meal. Lots of colors will ensure good nutrition. Remember to "Eat a rainbow!"

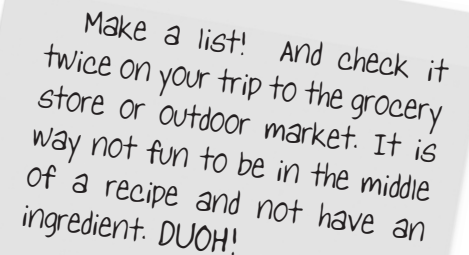
# Welcome to the book of CHEW



The book you now have in your hands has been carefully handed down by generations of Mack's ancestors. Each cook has added their special wisdom on how to make tasty and nutritious foods. Mack keeps all of his favorite recipes here (*the very same recipes you have seen on the Chewy Café*) so that you can use this book to make all kinds of yummy food at home! But before you jump in, take a look Mack's must-do tips here for a fun time in the kitchen:



Before you start, READ THE RECIPE! The ENTIRE recipe. Really, like from start to finish. By getting the whole picture, you'll better understand what you're about to do. Then, assemble what you need with a clear plan in mind.



Make a list! And check it twice on your trip to the grocery store or outdoor market. It is way not fun to be in the middle of a recipe and not have an ingredient. DUOH!

Measure, measure, measure!  
Use your measuring spoons, cups and anything else that will make your cooking the best. If a recipe requires using the oven, food processor or knives, ask an adult to help you out.

Don't rush! Take each step one at a time. Slow down, have fun and do it right. It really will make a difference in your cooking. YUM!

Say yuck? If you find you don't like something, try your own touches in the recipe to make it fit your taste buds.

Clean up! You can mess a kitchen up as long as you clean it up, and it's easiest to clean up as you go along.

## SAVVY SAFETY TIPS FROM MACK:

*Because cooking food is fun, but cuts, burns and food poisoning are not.*



**Make way!** Clear off and clean a space on the kitchen counter top that is big enough for you to work easily.



**Get ready!** Roll up your shirtsleeves and tie loose hair back to keep them out of the way. You may want to use an apron.



**Soap is your friend!** Wash your hands with soap and warm water before *and* after you touch food, especially raw meat.



**Cutting edge!** Be careful with sharp knives; check with Mack about the safe way to cut fruits and vegetables.



**Turn it off!** The oven, the stove, the toaster or whatever equipment you use, when you're done.



**Don't play with fire!** Always use oven mitts when you are working around heat. Open lids by tilting away from your face.



**Beat bacteria!** Keep cooked food hot until you're ready to eat; keep cold foods cold (*in the fridge*) until you're ready to use them; refrigerate all prepared food within 2 hours after cooking.