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Resource File Appendix

Recipe Masters Appendix

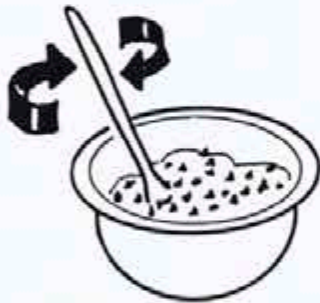
Supplemental Recipes Appendix

Lesson 5

Stirring

Recipe:

Chocolate Chip Cookies



Point out touching the bottom of the bowl with the spoon.

Primary Objectives

1. Operates the electric mixer safely.
2. Stirs ingredients together using a wooden spoon.


Secondary Objectives

1. Operates color-coded oven.
2. Measures ingredients accurately.
3. Sets timer correctly.
4. Uses oven mitts when putting cookie sheets in or taking out of oven.
5. Uses spatula to transfer the baked cookies from sheets to cooling racks.


Teaching Suggestions

- Demonstrate the following sequence of use: insert and remove beaters, then turn mixer on or off. Stress that mixer should never be plugged in when replacing beaters.
- Show a stirring motion using a bowl and wooden spoon. Point out the importance of touching the bottom of the bowl with the spoon when mixing ingredients together.
- Review turning oven on and off and the need to use mitts when putting something in or taking it out of the oven.
- Cookies are a "sometimes food" reserved for parties, holidays and special occasions. They also make a nice gift.

Introduces concept of stirring and use of an electric mixer and a wooden spoon. Raises and discusses some safety and precautionary measures.




Chocolate Chip Cookies



Serves a Crowd



Chocolate Chips 6 oz



Sugar



Vanilla



Egg



Brown Sugar



Baking Soda




Flour



Walnut Chips



2 Cookie Sheets



Electric Mixer with a Bowl



Cookie Rack




Spatula



Wooden Spoon




1. Preheat the oven. Turn to **350°F**.




2. Put 2 yellow table spoons, 1/2 cup (1/2 stick) butter and 1/2 cup (1/2 stick) brown sugar into the mixing bowl.




3. Add 1 egg and 1/2 teaspoon vanilla.



4. Beat until well combined.



5. Put 1/2 cup (1/2 stick) flour, 1/2 cup (1/2 stick) baking soda and 1/2 cup (1/2 stick) salt into another bowl.



6. Stir.



7. Add the dry ingredients to the mixer bowl.



8. Beat until well combined.



9. Add the chocolate chips.




10. Stir.




11. Put 1 rounded cookie spoon of dough in rows of 6 on both (cookie) sheets.



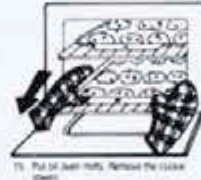
12. Put an oven mitt. Place the cookie sheets in the oven.



13. Set the timer for 12 minutes.



14. When the bell rings, turn the oven to **OFF**.



15. Put on oven mitt. Remove the cookie sheet.



16. Remove the cookies from the cookie sheets and place on the cooling rack. Serve.

2

3

Recipe Narrative

The recipe can easily be increased by using the 6 oz. bag of chocolate chips and doubling all other ingredients. This would also reduce calories slightly. Add one-half cup each of raisins and chopped nuts if desired. Store cookies in an airtight container or in a freezer bag.

Using the Cookbook

Following a Recipe

The completed dish is shown at the top left of the page. Start your recipe by getting out the ingredients and cooking supplies shown in the top row. Follow the recipe steps across the page from left to right. Read across both pages if the recipe is two pages long. The page numbers are color coded, too, so they match the **Menu Maker**.

One Page Recipe

Complete dish

The steps read from left to right

Page number in the red section



Number of people served

Supplies

The recipe is finished

Two Page Recipe

Microwave symbol

Completed dish

The steps read from left to right

Arrow moves across page for the next step

Page number in the green section



Number of people served

Supplies

The recipe is finished

Page number in the green section

Time



5



Timer

Your **timer** should be in five minutes intervals. Dial your timer to match the minutes shown above the timer picture.

Bell

The **bell** is a symbol for the ringing of your timer. Go to the next step when you hear the bell.

Set cooking time on the **microwave** by following the numbers on the recipe page.



Microwave

5
0
0

These numbers mean 5 minutes.

Marking Set




















You can write on the recipe pages because they are coated in plastic.

Use the **crayon** to mark off a step at a time when you are cooking.

Use the **Sharpie**® marker to add or change the recipes to your taste. This marker will not smudge or rub off accidentally. The **Magic Rub**® eraser will erase the ink if you want to make changes.



Menu Maker

Main Dish	Side Dish	Vegetable	Salad	Dessert
 <p>1 Meatballs</p>	 <p>1 - 3 Spaghetti</p>			
 <p>2 Hamburgers</p>			 <p>1 Cole Slaw</p>	 <p>1 Impossible Pie</p>
 <p>3 Herb Chicken</p>	 <p>4 - 5 Mashed Potatoes</p>	 <p>1 Carrots with Nutmeg</p>		 <p>2 - 3 Chocolate Chip Cookies</p>
 <p>4 - 5 Orange Pork Chops</p>	 <p>6 Rice</p>	 <p>2 Green Beans</p>	 <p>2 Spinach Salad</p>	
 <p>6 - 7 Roast Beef</p>			 <p>3 Garden Salad</p>	 <p>4 - 5 Apple Crumb Pie</p>
 <p>8 Tuna Salad Sandwich</p>		 <p>3 Corn on the Cob</p>		 <p>6 Frozen Strawberry Drink</p>



Chocolate Chip Cookies



chocolate chips 6 oz.



sugar



butter



vanilla



egg



salt



brown sugar



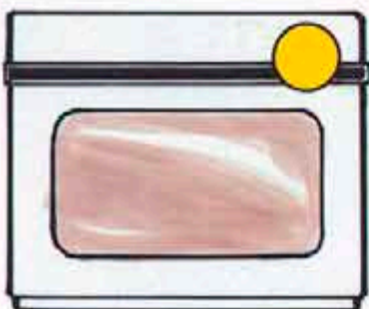
baking soda



flour



oven mitts



1. Preheat the oven. Turn to **yellow**.



2. Put 1 yellow cup butter, 1 blue cup sugar and 1 blue cup brown sugar into the mixing bowl.



3. Add 1 egg and 1 yellow spoon vanilla.



7. Add the dry ingredients to the mixer bowl.



8. Beat until well blended.



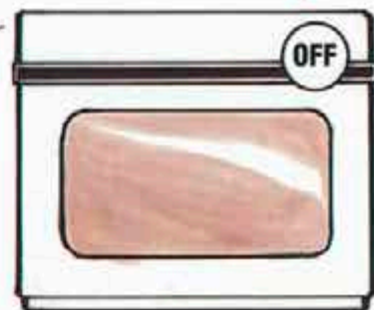
9. Add the chocolate chips.



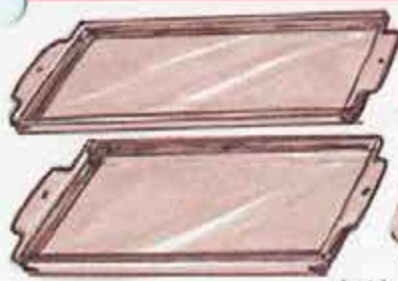
12. Put on oven mitts. Place the cookie sheets in the oven.



13. Set the timer for 10 minutes.



14. When the bell rings, turn the oven to **white**.



2 cookie sheets



electric mixer with a bowl



cooling rack



extra bowl



spatula

wooden spoon



1 cup



1/2 cup



1/3 cup



1 teaspoon



1/2 teaspoon



1/4 teaspoon



4. Beat until well blended.



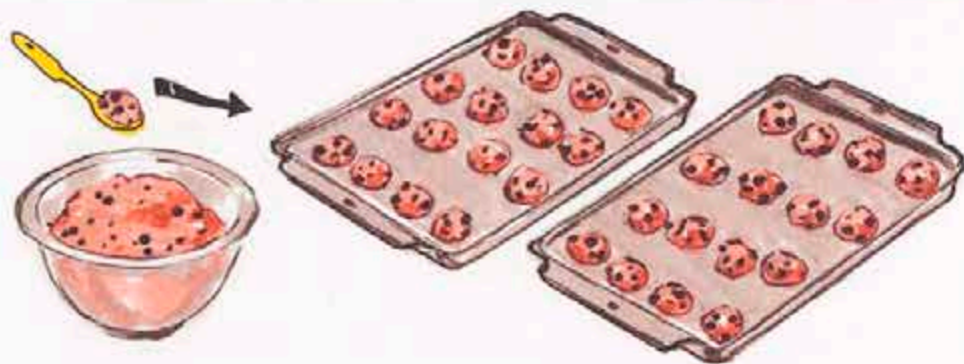
5. Put 1 red cup flour, 1 blue spoon baking soda and 1 green spoon salt into another bowl.



6. Stir.



10. Stir.



11. Put 1 rounded yellow spoon of dough in rows of 4 on both cookie sheets.



15. Put on oven mitts. Remove the cookie sheets.



16. Remove the cookies from the cookie sheets and place on the cooling rack. Serve.