



Pathfinder Honour: Trainer's Notes

Cooking 1



Instructions to Trainers / Instructors of this Honour

Thankyou for being involved with this Honour. These notes have been developed to assist in teaching / instructing this honour. We recognise that there is much more information available and we are grateful that you should share your expertise.

Please remember that Honours are designed to develop our Pathfinders in many ways; their interests, their knowledge and their relationship with their Saviour and Creator. Your enthusiasm and creativity will have a huge impact on those doing the honour.

To complete an Honour, the following (where applicable) must be completed satisfactorily:

- Physical and Practical Requirements.
- Honour Workbook.
- Honour Assessment Sheet. *(On SPD Honour Website but Leader's level access is required)*

Additional Reference Material

Acknowledgements

Wikibooks http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Household_Arts/Cooking provided much useful material for this honour, but be aware that any Wikibooks material is beyond the control of the SPD. Please refer to the text of this document for citations.

Cooking 1 Honour

REQUIREMENT 1: Know how to properly operate the kind of stove you have in your home. Know how to put out an oil or grease fire on your stove. Know how to prevent such a fire. Know safety precautions while cooking, including consideration of small children.

Based on: http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Household_Arts/Cooking

Operating a stove

There are two major classes of stoves in common use - the gas stove and the electric stove.

Gas stoves burn either propane (LPG) or natural gas and cook with an exposed flame. Most have automatic ignition so you do not need to strike a match to light a burner. Simply turn the knob and set the flame to the desired level. For stoves that do not have this facility, take great care in lighting the burners.

Electric stoves cook with a heating element which converts electrical energy into heat. Like gas stoves, the cook must turn a knob, but unlike gas stoves, there is no flame, so its level cannot be directly observed. Instead, the knobs are marked with numbers generally ranging from 1 to 9 or 10. The settings 1-3 corresponds to low heat, 4-6 correspond to medium heat, and 7-10 correspond to high heat.

Putting out a grease fire

In case of a grease fire in a pan, cover the pan with its lid. This will deprive the fire from oxygen and it will go out. If the cover is already on the pan, you may need to use a fire extinguisher.

Safety considerations

- * The first consideration is to pay attention to the task at hand. Do not allow yourself to be distracted. Unfortunately, a huge number of accidents are the result of folks not concentrating on the task at hand.
- * Stoves with knobs along the back or side of the unit are more appropriate in households with small children because the children cannot reach the knobs and turn the stove on. This does present a lesser danger to the cook, as he or she may have to reach across the burners to adjust the knobs - don't wear loose clothing when cooking with such a stove.
- * Another hazard to children involving stoves is pot and saucepan handles. These should always be turned such that they do not overhang the edge of the stove where a child could grab it or run into it. An overturned pot of boiling water can cause severe burns.
- * Do not place flammable items on the stove, ever. This includes paper or plastic plates, or food packaging items (boxes and bags). It is easy to accidentally turn on the wrong burner, and if a flammable item is on that burner, tragedy may ensue.
- * Remember that the burners stay hot for several minutes after they have been turned off.
- * Many foods (especially pastas) are boiled in water and the water is then drained. Use a colander for this purpose.
- * When transporting a pot of boiling water from the stove to the sink, do not lift the pot over the head of or near a child who may be underfoot - clear the area first.
- * Remove any dishes from the sink before pouring boiling water into it. The sudden temperature increase can shatter glass, and you do not want boiling water to pool up in any dishes in the sink.

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Requirement 2: Understand and adhere to the basic principles of preparing and cooking food that is safe for people to eat. Use the following headings:

- a. Selection and use of ingredients**
- b. Good hygiene practices**
- c. Food storage and transport**

The objective of this requirement is for those earning the honour to understand and apply the basic principles of preparing and cooking food that is safe for people to eat. At this introductory level to cooking, it is expected that only small, personal cooking projects will be carried out. Hence only key principles are outlined which, we trust, will be embraced and become good cooking practices and habits.

a. Selection and use of ingredients

Use only wholesome and undamaged food ingredients and products. Check the 'use by' and 'best before' dates. Do not use:

- * Cracked or 'suspicious' eggs
- * Products with mould or discolouration or products that look or smell 'off'
- * Badly dented or swollen cans
- * Products from damaged, ripped packaging or with broken seals

REMEMBER: *If in doubt, toss it out.*

b. Good hygiene practices

Good hygiene concerns people, cooking utensils and appliances, cooking premises, all the ingredients and the final cooked 'master piece' itself. Here are some pointers:

People and Hygiene

- * Wash your hands thoroughly before touching any ingredients or food. If you leave your cooking for only a little while, wash your hands before you recommence cooking.
- * If unwell, it is best to keep away from cooking endeavours.

Cooking utensils and appliances and Hygiene

- * Ensure all cooking utensils and appliances are thoroughly clean; for example knives, cutting boards, pots, pans, electric appliances etc.

Cooking premises and Hygiene

- * Ensure that all areas are kept clean. Examples include: bench tops, cupboards (including drawers and shelves), sinks, floors, rubbish disposal areas
- * Keep all pets away from the cooking area.
- * Remove all rubbish promptly.
- * Ensure all vermin such as flies are excluded.

Cooking Ingredients and Hygiene

- * Wash all fruit and vegetables thoroughly under clean running water before using.

The cooked 'Master Piece' and Hygiene

- * Protect the cooked article from unintended 'guests' (flies, mice, your pet etc) by covering, placing in appropriate containers with lids etc

c. Food storage and transport

- * Remember that temperatures between 5° and 60° C are in the 'danger zone' when food-poisoning bacteria can multiply very quickly to dangerous levels.
- * Understand and apply all the storage requirements of your cooking. For example: temperatures, storage times, transport requirements etc

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REQUIREMENT 3: Understand the application and proper use of:

a. Utensils used for measuring quantities of ingredients used for cooking

To the novice, the specification of ingredient quantities used in cooking is indeed confusing. There are many 'systems' in use – the metric / ISO system, the British / UK system, the US system to name but a few. As an illustration:

1 pint (UK) = 1.03 pints (US dry) = 1.20 pints (US liquid) = 0.568 litres = 568 millilitres

Source: <http://www.goconvert.com/cgi-bin/cooking.asp> This is an excellent free site to calculate equivalencies.

Please refer to the document '*Cooking Measurements Guide*' for equivalent quantities and measurements. This is on the SPD Honour Website with the Cooking honours.

If possible, check out the source of the recipe. Many recipe books include conversion tables. A consolation is that most recipes do not require great precision. Anyway, if you get it wrong, you may be the inventor of a new world famous recipe!

The following notes on measuring utensils are based on:

http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Household_Arts/Cooking

Measuring Spoons are used for measuring small amounts of dry or liquid ingredients. It is useful to have two sets and use one for measuring dry ingredients and the other for measuring liquid ingredients. This will save you time because you won't have to wash and dry the spoons every time you need to switch between dry and liquid items.

For liquid measures, fill the spoon all the way to the top. For dry measures, level the spoon off with a knife.

Measuring Cups are for measuring larger amounts of ingredients, and again, it is useful to have two to avoid mixing dry and wet ingredients during the measuring process.

Be aware that, in some instances (particularly from the US), a dry measure is not the same thing as a liquid measure. A dry measuring cup measures volume while a liquid measuring cup measures weight. It is unfortunate that these units are both named ounces (US). A one-ounce volume of water very nearly weighs one ounce, but a one-ounce volume of flour weighs quite a bit less than one ounce. Make sure you understand which type of ounce is being specified in a recipe.

Measure dry ingredients with a dry measuring cup using the same procedure as with a measuring spoon - that is, level it off with a knife. Liquid measuring cups are usually made of glass or plastic, and the measurements are marked on the side. Fill the measuring cup to the correct level by looking directly across the measuring line, not looking down at an angle.

Measuring Jugs are used for measuring volume; usually up to about 3 litres. As with the measuring cups, fill to the correct level by looking directly across the measuring line, not looking down at an angle.

Kitchen Scales are used to measure weight, usually up to about 5 kilograms. They may be spring operated, electronic or the balance type where weight is measured by counterbalancing weights of known weights. The most important thing is to 'zero out' the weight of the container before weighing.

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b. Basic utensils and appliances used for cooking

The number and variation of cooking utensils and appliances is dizzying. It is surprising what an accomplished cook can achieve with just the basic equipment.

Cooking Containers

The basic function is to contain the food while it is being cooked. Included in this group are saucepans, frying pans, cooking pots, steamers, casserole dishes, cake tins, griddles etc.

The basic types require the application of an external heat source - electricity or fire (burning gas, wood etc). They are constructed from steel, stainless steel, cast iron etc. Many have a copper layer sandwiched into the base to help conduct heat and to help spread heat around the base evenly.



Many of these utensils have an electricity powered equivalent; for example an electric frypan

Cutting Utensils

The range is extensive; knives, graters, peelers and so on.

As an illustration, the knife block contains a 7cm Vegetable Knife, a 10cm Paring Knife, a 13cm Utility Knife, a 20cm Slicing Knife, a 20cm Bread Knife, a 20cm Chef's Knife, a 18cm Carving Fork, a 23cm Sharpening Steel and Multi Purpose Kitchen Shears



Stirring and mixing utensils

Included are spoons (wooden and metal), whisks, mashers, egg lifters, ladles, beaters etc

Electric Appliances:

These typify the consumer age in which we live. Examples include: blenders, food processors, cookers, grillers, slow cookers, toasters.

Pictured is the Sunbeam LC5800 food processor with attachments. It has 10 speeds plus 'Pulse', a processing bowl capacity of 1.5 litres for liquids and 1.2kg for solids, a citrus juicer, stainless steel attachments - chopping blade, thick + thin slicing disc, coarse + fine grating disc, chipping disc & whisk and a plastic kneading blade



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REQUIREMENT 4: What is meant by boiling, broiling (ie grilling), frying, baking, simmering, waterless cooking, microwave cooking? Which are the most healthful ways of preparing common foods? Which are the most unhealthful?

Based on: http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Household_Arts/Cooking

Boiling

Boiling is cooking food in boiling water, or other water-based liquid such as stock or milk. Simmering is gentle boiling, while in poaching the cooking liquid moves but scarcely bubbles.

In places where the available water supply is contaminated with disease-causing bacteria, boiling water (and allowing it to cool) before drinking it is a valuable health measure. Boiling water for a few minutes kills most bacteria, amoebas, and other microbial pathogens. It thus can help prevent cholera, dysentery, and other diseases caused by these organisms.

Foods suitable for boiling are fish, vegetables, pasta, eggs, meats, sauces, stock, and soups.

Advantages of boiling:

- * Older, tougher, cheaper joints of meat and poultry can be made digestible.
- * It is appropriate for large-scale cookery
- * Nutritious, well flavoured stock is produced
- * It is safe and simple
- * Maximum colour and nutritive value is retained when cooking green vegetables, provided boiling time is kept to the minimum

Disadvantages of boiling:

- * There is a loss of soluble vitamins in the water.
- * It can be a slow method
- * Foods can look unattractive

Boiling can be done in two ways: The food can be placed into already rapidly boiling water and left to cook, the heat can be turned down and the food can be simmered; or the food can also be placed into the pot, and cold water may be added to the pot. This may then be boiled until the food is satisfactory.

Broiling (ie Grilling)

Broiling is a process of cooking food with high heat with the heat applied directly to the food, most commonly from above. As it is a way of cooking without added oil, it is popular in low-fat diets.

In electric ovens, broiling is accomplished by placing the food near the upper heating element, with the lower heating element off and the oven door partially open. Gas ovens often have a separate compartment for broiling, as a drawer below the flame.

Frying

Frying is the cooking of food in oil or fat. Chemically, oils and fats are the same, differing only in melting point, but the distinction is only made when needed.

Fats can reach much higher temperatures than water at normal atmospheric pressure. Through frying, one can sear or even carbonize the surface of foods while caramelizing sugars. The food is cooked much more quickly and has a special crispness and texture. Depending on the food, the fat will penetrate it to varying degrees, contributing richness, lubricity, and its own flavour.

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Frying techniques vary in the amount of fat required, the cooking time, the type of cooking vessel required, and the manipulation of the food. Sautéing, stir frying, pan frying, shallow frying, and deep frying are all standard frying techniques.

Baking

Baking is the technique of cooking food in an oven by dry heat applied evenly throughout the oven or only from the bottom element. Breads, desserts, and meat are often baked, and baking is the primary cooking technique used to produce cakes and pastry-based goods such as pies, tarts, and quiches.

Simmering

Simmering is a cooking technique in which foods are cooked in hot liquids kept at or just barely below the boiling point of water (at average sea level air pressure), 100 °C (212 °F). To keep a pot simmering, one brings it to a boil and then adjusts the heat downward until just before the formation of steam bubbles stops completely. Water normally begins to simmer at about 94°C or 200 °F.

Simmering ensures gentler treatment than boiling to prevent toughening and prevent food from breaking up. Simmering is usually a rapid and efficient method of cooking.

Waterless Cooking

Waterless cooking is a method of cooking food without adding water (there is already water in most foods), fats, or oils. This technique requires the use of some very expensive cookware designed expressly for this purpose, but there are some health benefits too. Boiling water will dissolve some nutrients which are then flushed from the food. Waterless cooking is done in a sealed container that locks in all the moisture already present in the food. Vitamins and flavour are also retained by the food, so there is no need to add butter, salt or oil to liven it up.

Microwave cooking

Microwave ovens have revolutionized cooking since their use became widespread in the 1970s.

Professional chefs generally find microwave ovens to be of limited usefulness. On the other hand, people who are lacking in free time, or not comfortable with their cooking skills, can use microwave ovens to reheat stored food (including commercially available pre-cooked frozen dishes) in only a few minutes.

Food is heated for so short a time that it is often cooked unevenly. Microwave ovens are frequently used for reheating previously cooked food, and bacterial contamination may not be killed by the reheating, resulting in food-borne illness. The uneven heating is partly due to the uneven distribution of microwave energy inside the oven, and partly due to the different rates of energy absorption in different parts of the food.

The first problem is reduced by a stirrer, a type of fan built in to the oven (but hidden from view) that reflects microwave energy to different parts of the oven as it rotates, and by a turntable or carousel that turns the food.

It is also important not to place food or a container in the centre of a microwave's turntable. That actually defeats its purpose. Rather, it should be placed a bit off-centre so that the item travels all around the area of oven's cooking cavity, thus assuring even heating.

The second problem must be addressed by the cook, who should arrange the food so that it absorbs energy evenly, and periodically test and shield any parts of the food that overheat.

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Many microwave ovens' performance drops after about 15 minutes of continuous usage, which means food takes longer to cook. When heating several meals, the last meal to be cooked may not be heated properly as a result.

Defrosting is another common weakness, as many microwave ovens may start to cook the edges of the frozen food, while the inside of the food remains frozen.

Closed containers and eggs can explode when heated in a microwave oven due to the pressure build-up of steam. Products that are heated too long can catch fire. Manuals of microwave ovens warn of such hazards.

Tin foil, aluminium foil, ceramics decorated with metal, and products containing other metals can cause sparks when they are used in a microwave.

Thus, it is good practice to remove any metal utensils or metal containing objects from a microwave oven before operating it, as the behaviour of these objects when immersed in a strong microwave radiation field is unpredictable.

Most/Least Healthful Methods of Cooking

Waterless cooking may be the most healthful way of cooking food, but baking is also a good choice. Fried foods are the least healthful way to cook food, and unfortunately, this is the technique used most frequently by "fast food" restaurants.

REQUIREMENT 5: Demonstrate ability to properly prepare: two different kinds of hot cereal, a healthful hot drink, eggs (cooked) in two different ways other than frying.

Note: For the following recipes, we have used the Recipe Book Template included as a separate document to these Trainers Notes. Feel free to use this template for your own recipes.

Hot Cereals

WARM-UP PORRIDGE	
<i>For variety add dried fruits with the oats before cooking</i>	
Serves: 4	
Preparation time:	
Cooking time: 10 Min	
Ingredients	Procedure
<ul style="list-style-type: none"> * 1 cup Rolled Oats * 2.5 – 3 cups hot water * Salt to taste * Cream or milk (or Sanitarium So Good) * Honey 	<ol style="list-style-type: none"> 1. Place oats and water in a saucepan and bring to the boil, stirring constantly. 2. Add salt to taste and cook until soft 3. For extra creaminess, add milk if the porridge becomes too thick. 4. Serve hot with milk or cream. Add honey as desired. <p>Notes: For variety add dried fruits with the oats before cooking</p>
<p>Source of Recipe: <i>'Vegetarian Cooking for Better Health'</i> by Sanitarium Health Food Company</p>	

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HIKER'S BREAKFAST	
<div style="display: flex; justify-content: space-between;"> <div style="width: 60%;"> <p><i>For variety add dried fruits to the Granola before adding boiling water</i></p> </div> <div style="width: 35%;"> <p>Serves: 4 Preparation time: Cooking time: 10 Min</p> </div> </div>	
Ingredients	Procedure
<ul style="list-style-type: none"> * 1 cup Granola * Water * Milk (or Sanitarium So Good) * Sultanas * Honey 	<ol style="list-style-type: none"> 1. Place Granola in a saucepan 2. Boil approx 1 cup of water and pour over Granola 3. Add sultanas to taste 4. Cover saucepan and let stand for about 5 minutes 5. Serve with milk and honey <p>Notes: If out hiking, a cereal bowl / cup can be used instead of a saucepan</p>
<p>Source of Recipe: Traditional</p>	

Healthful hot drink

There are many instant cereal drinks available now which can be made easily. We have used the name 'Caffex' to describe these products. Depending on taste, the processes are essentially the same.

Caffex: Place one level teaspoon of Caffex in a cup. Add boiling water (or hot water if desired) and milk if desired. You may use whole milk, skim milk, powdered milk or Sanitarium So Good. Sweeten to taste.

Eggs (cooked) in two different ways other than frying.

Eggs – poached: Prepare a pan of hot (boiling) salted water. It is preferable to use a proper poaching pan or poaching rings but not essential. When water is boiling rapidly break eggs into it, holding close to water so that yoke is not broken. Add one at a time so that water comes quickly back to the boil. Cook until white is firm and yoke as preferred.

Eggs – boiled: Place eggs in cold water and bring to boil, boiling rapidly for three minutes for a lightly boiled egg, longer if required hard-boiled. A little salt in the water will prevent any cracked eggs from boiling out through the water.

REQUIREMENT 6: Prepare potatoes healthfully by two different methods. Cook three other vegetables in the most healthful way.

Potatoes – boiled: Scrub new potatoes to remove any dirt, but do not peel unless the potatoes are still blemished. If small enough, cook whole. If very large, cut into convenient sized pieces. Place the potatoes in a saucepan and cover with water. Salt lightly. Bring the water and potatoes to the boil. The potatoes are cooked when soft to prod.

Potatoes – baked: Scrub potatoes (old are best) and place on a tray in moderate oven for 30 minutes or until cooked (depending on size). Remove from oven, hit each potato sharply to break skin and allow steam to escape. If liked, stuff opening with cream cheese and return to oven for five minutes before serving.

Pumpkin & Parsnips: May be baked as above. Do not stuff.

Beans, Peas, Carrots, Zucchini: These are best steamed as described under "waterless cooking". Do not over-cook.

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Cabbage: Is more palatable, and quite healthful, if shredded finely and placed in a pan with very small amounts of water and oil. Salt, cover, and allow to simmer for a few minutes until cooked but still semi-crisp (Chinese style). Do not allow it to overcook as it will taste insipid and much of the food value will be lost.

Spinach: Remove dry leaves and stem part so grit may be carefully removed. Wash thoroughly. If preferred, chop up into segments about 5-10mm long starting from the end of the leaf. Drain, salt and steam undercover 8 to 10 minutes. Add butter (or equivalent) before serving.

REQUIREMENT 7. Prepare a simple salad. Why do we need fresh salads in our diet?

Fresh fruits and vegetables are the best foods to ensure a good daily intake of necessary vitamins. Many vitamins are lost in cooking or if the vegetables are left standing in water. Crisp salad vegetables also aid in keeping the mouth healthy - especially a piece of raw carrot eaten after a picnic meal when it is not possible to clean the teeth. Some vitamins you will get from fresh salads are:

- * Vitamin A - Carrots and other yellow and green vegetables
- * B vitamins - Peas, beans, green vegetables, potatoes
- * Vitamin C - Tomatoes, raw cabbage, peppers, melons, strawberries, citrus fruits.

The following recipe for Spring Salad is just one of the simple tossed salads which can be made with vegetables in season. Vary it according to what is available and your own tastes. Remember that it is best to tear, not cut lettuce, etc. Use a simple and healthful dressing or, if preferred, plain lemon juice and a small amount of salt.

SPRING SALAD (ie TOSSED SALAD)	
<i>Vary ingredients according to your taste and what is in season</i>	
Serves: 4 - 6 Preparation time: 15 Mins Cooking time: NA	
Ingredients	Procedure
<ul style="list-style-type: none"> * ½ head of lettuce * ¼ bunch curly endive * ½ bunch watercress. * 2 tomatoes cut in wedges * 2 stalks celery cut in strips * 6 radishes, sliced * 3 green onions, chopped * ½ green pepper, sliced 	<ol style="list-style-type: none"> 1. Ensure all ingredients are washed thoroughly 2. Break in a bowl, ½ head of lettuce 3. Tear the endive and watercress into pieces and toss lightly with the lettuce 4. Arrange prepared tomatoes, celery, radishes, onions, green pepper on top of the greens 5. Pour dressing over and toss lightly. <p>Notes: Use a simple and healthful dressing or, if preferred, plain lemon juice and salt.</p>
Source of Recipe: Traditional	

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REQUIREMENT 8: Understand how the various ‘good food’ groups contribute to a healthy body. Check your meals for a week to be sure you are eating what you should.

The following notes are based on the original SPD Cooking Honour Trainer’s Notes

The basic five ‘Good Food Groups’ are as follows:

1. Fruits and vegetables
2. Cereals
3. Proteins
4. Milk group
5. Fats

To be healthy we should eat some from each group every day. Each of these groups is necessary to obtain all the nutriment we need for health. Some provide material for the building of the body. Others supply body energy or furnish the vitamins and minerals that regulate the body.

To understand the uses of these foods we will divide them differently as follows:

- | | |
|------------------|-------------|
| 1. Proteins | 5. Minerals |
| 2. Carbohydrates | 6. Water |
| 3. Fats | 7. Fibre |
| 4. Vitamins | |

GROUP 1 - GROWTH AND REPAIR FOODS

For example, milk, eggs, cottage cheese, lentils, peas, beans - especially soybeans - certain grains, nuts, gluten.

GROUP 2 - HEAT AND ENERGY FOODS

These keep us warm and make us active. Sources are cereals, breads, legumes (peas and beans), cane sugar, molasses, honey, in the carbohydrate section, and olives, nuts, oils, margarines, milk, cream, butter and eggs provide the fats.

GROUP 3 - BODY REGULATORS

Water, food minerals, vitamins and fibre are all body regulators. These are found in the natural foods - vegetables, grains, fruits, nuts.

When you check your meals for a week, remember that it is best to get all your food from these natural sources. Refined flours and sugars add weight without nourishing our bodies. They clog the system and encourage disease.

REQUIREMENT 9: Set the table properly for your family for an evening meal. Serve a balanced meal that you have planned and prepare as much as possible by yourself. Include a main dish, vegetable, and salad.

Setting the Table

The ways in which a table is set out vary throughout the South Pacific Division. The following is given to provide guidance. Please check out local preferences and ideas.

Use a cloth that is large enough to cover the table with a nice overhang on all sides. Spread it so the creases are straight and the overhang equal on opposite sides. Don't clutter the table too much - if necessary leave some things off until the main course is finished. If you use a centre decoration be sure that it is low and not too big in comparison with the table. Set places about 600mm apart so that diners will not hit one another with their elbows.

Silverware is arranged from the outside toward the plate, as the pieces will be used. Use only the silverware that the meal requires. Knives of course should be at the right with the sharp edge towards the plate. Forks are at the left with prongs up. Spoons are on the right.

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REQUIREMENT 10: Follow a recipe correctly in making a vegetarian entree or a vegetable casserole.

Here's an interesting recipe.

Ratatouille	
Serves: 3-4 Preparation time: 15 Min Cooking time: 60 Min	
Ingredients	Procedure
<ul style="list-style-type: none"> * Olive oil * 1 onion * 1 clove garlic * 1 eggplant * 1 green bell pepper * 2 zucchinis (cucumber also works well) * 6 medium tomatoes, ripe (juicy) and peeled * salt and pepper to taste * Herbes de Provence to taste 	<ol style="list-style-type: none"> 1. Put a large casserole on the stove on medium heat. 2. Chop the onions and garlic. When the casserole is hot, add enough olive oil to just cover the bottom. 3. Add the onions and garlic and brown. 4. Chop the green pepper, zucchinis and egg plant. Add to the casserole. Stir from time to time. 5. Peel the tomatoes. Dice them or cut them into quarters, add to the casserole. 6. Five minutes later, check to see if the tomatoes have made enough juice to almost cover the vegetables - if so, perfect. If not, add water as needed (not too much). 7. Add salt, pepper and Herbes de Provence to taste. In general, 1 tbsp of salt, 1/2 tsp of pepper and 1 tbsp of the herbs will suffice. 8. Cover the casserole and let simmer on low heat for 45 minutes to 1 hour. <p>Notes: Substitute other herbs in place of the Herbes de Provence</p>
Source of Recipe: http://en.wikibooks.org/wiki/Adventist_Youth_Honors_Answer_Book/Household_Arts/Cooking	

REQUIREMENT 11: Start a recipe file (minimum 10 recipes) of your own. Put in it only recipes that you have tried and that you like. Hint: Use recipes from Requirements 5 – 9.

There are a many ways of keeping a recipe file. The most primitive way is to acquire a big folder or box. Into this go snippets from magazines, bits of newspaper, tin-can labels, soup packets, hieroglyphics from grandma, scratchings from the lady up the street and even the odd recipe book or three. There they stay.

More organised folks have a system, filed under the various headings. This can be a card system, scrapbook, or an electronic system if you're a techno-cook.

We've compiled a Recipe Book Template for recipes you can use if you wish. Having said that, happy hunting!

REFERENCES

Conversion of cooking quantities and measurements

<http://www.goconvert.com/cgi-bin/cooking.asp>

This is an excellent free site where you enter the data you want converted. GoConvert.com is brought to you by OzForex Pty. Ltd., a privately owned Australian company. OzForex provides foreign exchange services aimed at bringing both the service and the pricing enjoyed by the "big end of town" to smaller businesses and individuals.