

# Young Man Life Skills Course

Week 7

## Cooking and food

### Breakfast

Every person has to eat, thus every person should learn how to cook. I am sure that possibly one day you will be married and your wife may do the cooking. But one of the greatest things that you can surprise your wife or bride to be with is a meal made by you. You never know when she may not be feeling well or just might need a break. You can come in like a superhero and prepare this fantastic meal from scratch and she will be shocked 😊 Or, think way into the future when Daddy can make spaghetti every Friday night or be able to make Taco Tuesdays. It will be a day that everyone looks forward to, especially by your wife.

Cooking is one of those invaluable tools that you WILL use one day in life. Yes you can get by eating processed foods. Your body will eventually let you know it is not going to function on them properly. Plus your wallet is going to benefit as well. It is cheaper to make meals from scratch instead of eating out or buying pre-packed ones. It really just takes a few simple steps and learning how to do them. If there is something you really enjoy, you can make a big batch of it and eat off it for a few days.

Instead of doing a step by step course in the kitchen, you can take our separate Kitchen Skills course to do that, we will just cover a few basic meals so that you will know how to prepare a few simple meals from. Ask your family if it is okay for you to try out one or all of these recipes over the next few months for your family. The best way to learn how to do them is to DO IT! It takes trial and error in making meals. If you mess up, it's okay. Fix the mistake for the next time. Let's work on breakfast.

Breakfast has been called "the most important meal of the day." A healthy breakfast refuels your body and helps you function at your peak. Research shows that eating a healthy breakfast improves attention, concentration, academic achievement, and physical energy.

After a night of sleep, stomachs are empty and blood sugar is low. Start your day off right with a healthy, nutritious breakfast for optimum mental and physical wellness. A healthy breakfast should provide complex carbohydrates, protein and a little fat, because this combination will hold off hunger for hours.

Breakfast is the #1 most skipped meal of the day. There are many reasons people skip this meal. Most are excuses. They may sleep too late, not feel hungry in the morning, want to lose weight, or might not like the "traditional breakfast foods." Those are just "excuses." None are good reasons to skip breakfast.

If you tend to push the snooze button too often in the morning, there are things you can do to avoid running out of the house without breakfast. You can eat a banana, granola bar, or some peanut butter on toast while you are driving in the car.

No time to cook eggs in the morning?? Hard boil eggs. Then chop them up and set the mixture on a piece of toast with some shredded cheese. This is one of the easiest ways to get your protein in for the day.

Dieters rarely lose weight by skipping out on breakfast. By mid-morning they are usually starving, and will tend to overeat at the next meal. You are better off to eat a bowl of oatmeal or grab some fresh fruit like a banana.

If you do not feel like eating because you are not accustomed to it, force yourself to start with something. It may be as simple as a glass of milk or a banana. Then the next week add a muffin, bagel, or slice of toast. The following week try adding an egg or maybe some French toast. You will be surprised at how much better you feel when you do eat breakfast.

### **Planning and preparing a breakfast meal**

The best way to become proficient at making meals in the kitchen is by actively doing it. This unit you will plan and prepare a breakfast meal. Don't worry. Serve it at dinner time so that you are not rushed in the morning.

#### **Things to think about:**

- Try and choose a variety of colors for your meal. If all of your foods are white or tan in color, then the meal looks blah. Choose a variety of colors to also incorporate different nutrients into your meal.
- You want to try and choose from the different food groups when thinking about your meal. Keep it simple.
- Choose something from the bread/grain/cereal group—oatmeal, pancakes, waffles, etc.
- Choose from your protein group—eggs, turkey bacon, turkey sausage, or peanut butter for your pancakes
- Choose some fruit —strawberries, blueberries, cantaloupe, or fresh pineapple.

#### **How to make coffee in a coffee pot**

1. Fill the carafe with water up to the desired amount of servings.
2. Pour into the top of the coffee maker. You can also look at the fill line and just pour water directly into that until the desired amount.
3. Place the carafe back on the burner.
4. Place a coffee filter in the top.
5. Scoop out the desired amount of scoops of coffee. If you don't have a coffee scooper, it is about one heaping Tablespoon for every 5-6 ounces of coffee. For a full pot (12 cups) I add 3-4 scoops of dried coffee into the brewer.
6. Close it down and press start. The coffee should begin brewing.

You will be able to tell when it is done brewing, whether your coffee is too weak or strong.

Add coffee creamer, sugar, or milk as desired to coffee.

## How to make homemade pancakes from scratch

In a large mixing bowl add the following:

- 1 cup flour
- 1 tablespoon sugar
- 3 teaspoons baking powder
- ½ teaspoon salt

Stir together with a spoon. Then add the following:

- 1 egg
- ¾ cup milk
- 2 Tablespoons cooking oil—coconut, olive oil, canola oil or even melted butter

Stir all ingredients together until not lumpy. You can use a whisk or if you have an electric mixer, use that.

Heat your griddle or large frying pan over medium heat. Spray with non-stick cooking spray.

Use a measuring cup and scoop up about ¼ cup of mix and pour onto hot cooking surface. Wait until you start to see tiny bubbles appear all over the pancake. Lift the edge a bit and if it is easy to lift the pancake, do so and flip. Cook the other side. It only takes a few seconds on the second half.

Serve with syrup.

This recipe makes about 6 large pancakes. Depending upon your group you can double, triple or quadruple this recipe. If you want to be prepared for the future, you can mix up the dry ingredients and place a batch in a Ziploc bag. Seal it shut and write the wet ingredients to add to the mixture on the bag in permanent marker---you will be ready for a quick meal when the need arises.

## How to cook bacon

There are many ways that you can do this. An easy way is to just place in a chicken fryer pan (Think frying pan with sides) and place a lid on top. Lay the bacon next to each other in the pan. It is okay if they overlap a bit, because they will shrink up. Cook over medium heat and occasionally lift the lid and move around the bacon to fry it. It does make a mess and the grease can “pop” up and burn you so use caution. It is easiest to use a pair of tongs to lift the bacon and flip it over. When it is crispy and appears done, you can remove from the pan and it will have to drain to remove some fat so it isn't greasy. You can place some folded up paper towels on a plate. Place on top of the paper towels and blot some of the grease away.

Now your pan may have some leftover bacon grease in it. DO NOT pour this down your drain!!! It will harden as it cools and clog your pipes. If you let the pan cool you can just wipe it off in a paper towel and place in the trash. Or if you are careful you can carry it outside to dump on the ground. Some

cooks like to save the bacon fat for other meals. It is a personal preference. Just DO NOT PUT IT DOWN THE DRAIN! As you wipe off most of the grease, just clean the pan with normal hot soapy water in the sink.

An easier way is to cook in the oven. For easy clean up, cover a cookie sheet with sides with aluminum foil. Separate the bacon and lay it in strips on the cookie sheet. You can lay them side by side as they will shrink as the cook. Place in oven and bake 400 degrees until no longer pink. They will get crispy. It is about 30 minutes. Check after 15-20 minutes to help gauge your time. Place on a paper towel to absorb some extra fat after cooking. Then wash up the aluminum foil---easy cleanup.

### **How to make scrambled eggs**

This is an easy, protein packed breakfast to make.

In a mixing bowl add the following:

- 4 eggs
- ¼ cup milk
- a few dashes of salt and pepper

Use a fork or a whisk and whip the eggs until all combined. In a large nonstick skillet or frying pan, on medium heat, place about 2 Tablespoons of butter until melted.

Then pour in your egg mixture.

Using a spatula scraper, scrape the bottom of the pan carefully. The eggs are going to begin to set, gently pull the eggs across the pan with an inverted turner, forming large curds. Continue cooking by pulling, lifting, and folding eggs—until thickened and no visible liquid egg remains. Do not stir constantly. Remove from heat. Serve.

If you want something special in your eggs, before you add the egg mixture you can chop up tiny pieces of onions, green peppers, ham lunchmeat, pepperoni, or just add bacon bits to the butter. Fry for a few minutes until they are soft. Then add your egg mixture. You can also sprinkle some shredded cheese on top or add a few slices of your favorite kind. The heat from the eggs will help it melt.

We enjoy serving our eggs with some salsa on top as a condiment.

You can serve these inside of a flour tortilla and make an easy breakfast burrito as well. There are many ways to use eggs.

## How to make oatmeal on the stove

Bring to a rapid boil 1 3/4 cups of water in small pot. Rapid boil means when you start to see lots of bubbles coming up from the bottom of the pan. You can help speed up the process by placing a lid on the water as it boils. It traps the heat to help it boil quicker.

Slowly stir in 3/4 cup of oatmeal, 1/4 tsp salt, and 2 teaspoons honey or brown sugar. Remove from heat, cover and let sit for 1-3 minutes.

Pour into bowl and serve as is or you can add raisins, cranberries, cut up apple pieces, blueberries, or any type of fruit you enjoy.

## Smoothie recipes

Using your blender to make smoothies is an easy and yummy way to make a quick meal or a special drink. Here are some rules for using the blender.

1. Always put the lid on securely when using. If you do not put it on, liquids might explode all over, making a mess.
2. We will be using cold liquids, but if you were to blend hot liquids, be sure to open the lid away from you to avoid any burns from steam.
3. Never place any utensil in the blender when on. Items can get caught in the blades and have drastic results.
4. Don't use a blender with a frayed cord. This could potentially be a fire hazard.
5. If your mixture is seeming to not blend well, add some more liquid to help it.
6. When you are finished, place a small squirt of dish soap and about one cup of warm water into the blender. Put on the lid and blend for about 45 seconds. Rinse the blender and let dry upside down on a towel. Normally you can unscrew the bottom of the blender to separate the blades from the canister. Be careful as the blades are extremely sharp.

## Chocolate monkey milkshake

- 2 cups milk
- 1 ripe banana, cut into chunks
- 2 Tablespoons chocolate syrup
- 1 Tablespoon peanut butter
- 6 ice cubes or 2 scoops vanilla ice cream

Mix until well blended.

## Strawberry banana smoothie

- ½ banana
- ½ cup plain yogurt or flavored if that is all you have
- 1 cup frozen strawberries or fresh
- ¼ cup orange juice
- drizzle of honey

Mix all until frothy, serve immediately.

### **Breakfast smoothie**

- 1 cup strawberries
- 1 banana
- ½ cup oatmeal—uncooked oats
- 1 teaspoon honey
- ½ cup peanut butter
- 1 cup milk
- handful of ice cubes

Blend until well combined

### **Berry blast smoothie**

- ½ cup yogurt
- ½ cup milk
- ½ cup frozen blueberries, mixed berries, or strawberries
- 2 teaspoons honey or sugar