

Learn To Cook

Because You Gotta Eat

By Laura Coppinger



Kitchen Basics, Simple Recipes,
Whole Food Ingredients

www.heavenlyhomemakers.com

The following pages contain the table of contents as well as a sample of what you will find in *Learn to Cook*. This book contains 102 pages, full of instructions, ideas, picture tutorials, basic kitchen instruction and over 55 recipes.

Learn more about this book at
<http://heavenlyhomemakers.com/heavenly-homemakers-shop>

Why Do I Need to Learn To Cook?

Do you like to eat? Yes, that's what I thought. That's why you need to learn to cook.

You may already love to cook - in which case, I think you'll really enjoy this book. But even if spending time in the kitchen isn't your favorite thing to do, you still need to know the basics of food preparation.

Learn the correct ways to measure ingredients. Learn about healthy foods (that taste really good!). Learn about menu planning. Learn about grocery budgeting and shopping. Learn to put simple and delicious meals on the table to serve your family.

Most importantly, learn to bless others with your cooking!



You gotta eat! So stick with me here and let's learn how to cook!

Who Wrote this Book Anyway?

I'm Laura Coppinger and I've loved cooking ever since I was *at least* your age. How do I know how old you are? I don't. It doesn't matter. I've *always* loved to cook, which means I was at least your age. (You'll find profound statements like this all throughout the book – just you wait.)

I'm very thankful that I learned to cook when I was younger. Cooking skills were helpful to me as I grew up helping my mom and grandma, as I left home and needed to use kitchens at college and especially once I got married and had a family of my own.

In fact, I now have four sons – and as you can imagine – they love to eat. It's a good thing I learned how to cook when I was your age. Otherwise, they'd be pretty tired of cereal by now.



Yes, these boys are learning to cook too.

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Is This Going to Be on the Test?

Well, that depends. The true test comes when you're in the kitchen putting all this great cooking knowledge to good use. If you put a cup of salt into the cookies instead of a cup of sugar, burn the bacon, under-bake the brownies, drop the glass of juice and spill it down the side of the refrigerator...you may feel like you failed the test.

But don't.

Let me tell you a little secret. Every good cook makes mistakes. Every good cook burns food now and then. Every good cook makes messes. Every good cook spills things. Every good cook messes up a recipe sometimes.

I learned all this from my grandma, who happened to be a very good cook. Even she made mistakes, after all her years of cooking. So do I! You will too, and after you've made a mistake or messed up a recipe, you may feel frustrated – but just know that you're normal! Yep. It's good to be normal. Welcome to the "I'm Normal. I Make Mistakes in the Kitchen Sometimes Club".

Wanna see the buttermilk mess I made once?



Yuck, I know.

That's what happens when you don't have the spigot on the blender the right way. Duh.

So, what do you do when you make a mistake like this one? Or when you burn something accidentally? Or when you add the wrong ingredient in a recipe?

You clean up the mess, you learn from your mistake and you work hard not to do it again. Simple as that.

By the way, cleaning up messes works a lot better when our attitudes are good. Just so you know. ☺

Sample page from The Basics of Kitchen Tools section

Pastry Blender



Used to “cut butter” into a flour mixture for pie crust or biscuits.

Pots and Pans



Used to cook food on the stove.

Rolling Pin



Used to roll out cookie dough, or bread dough or tortillas and such.

Rubber Spatula



Used to scrape food out of bowls or pans.

Spatulas



Used to remove food from baking pans or to turn food over while cooking.

Tongs



Used to serve salad or to retrieve food from a cooking pan.

Sample from Menu Planning Section...

Putting a Lunch or Dinner Meal Plan Together...Thinking It Through:

1. Begin with the main dish.

What meat or protein foods do you have on hand? Will you cook the meat all by itself, or will you make it into a casserole?

Let's say we see that we have plenty of hamburger meat and pasta, so we decide to make Italian Pasta Bake (page 66) for our main dish.

2. What should we make with our main dish?

There's already pasta in our casserole, so we don't need another starch like potatoes or rice as a side dish. Veggies and fruit would be the way to go!

How about a tossed salad and some green beans? Perfect.

3. Do we need anything else?

Well, there's cheese on the casserole, but if we served this meal with a cold glass of milk, this meal would be just about as balanced and tasty as it could be.

4. Our Menu: Italian Pasta Bake, Tossed Salad, Green Beans, Milk



Here are some other balanced meal ideas:

- Tuna Salad on Whole Wheat Toast, Tomato Slices, Peach Milkshakes
- Beef Garden Casserole, Tossed Salad, Applesauce Bread, Milk
- Vegetable Soup, Toasted Cheese Bread, Smoothies

Okay, now you're turn! Fill in the spaces in the charts on the following page with some balanced meal ideas.

It's Recipe Time!

Now that you've learned (almost) everything there is to know about cooking, I think you're ready to whip up some great tasting food!

In the following section, you will find over 55 recipes that are easy to make and yummy to eat! They are categorized as:

Breakfast Foods

Lunch and Supper Foods

Snacks and Side Dishes

Dips and Dressings

Desserts

Think Outside the Box

Just because a recipe is in the **Breakfast Foods** section doesn't mean it can't be served for lunch or supper. And just because a recipe is in the **Snacks and Side Dishes** section doesn't mean it can't be served for breakfast. And just because a recipe is in the **Lunch and Supper Foods** section doesn't mean it can't be served for a snack. Just don't serve Fudge for Breakfast and you'll be good to go.



All of these recipes are fairly simple, but look for the **Super Easy!** button on recipes that go together quickly with only a few steps!

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Mini Breakfast Pizzas

You Will Need:

- Small Mixing Bowl
- Fork
- Skillet
- Spatula
- Spoon
- Cheese Grater
- Cookie Sheet

3 whole wheat hamburger buns, opened up to make 6 pizzas

3 eggs

1 teaspoon butter

Sea salt

Chopped ham

Salsa

Olives (optional)

Diced green peppers (optional)

Sliced mushrooms (optional)

Shredded cheddar cheese

Open the hamburger buns and lay all six face up on the cookie sheet. Set aside. Crack eggs into small bowl and whip with fork. Put butter in skillet. Heat skillet on medium heat on stove to melt butter. Spread butter over skillet so that the eggs will not stick. Pour eggs into skillet and sprinkle salt on them. Cook and stir the eggs until they are done (about 2 minutes). Try to spread the eggs thin while you cook them in the skillet. Remove from heat.

Begin to build your breakfast pizza. Start with eggs, then top with ham, salsa, olives, green peppers and mushrooms. Sprinkle cheese over each pizza. Place cookie sheet in oven. Broil until cheese is melted, about 2-3 minutes.



Makes 6 Mini Breakfast Pizzas.

Creamy Orange Cooler

You Will Need:

- Blender
- Sharp Knife
- Measuring Cups and Spoons



Juice of 3 medium oranges
2 cups buttermilk*
2 teaspoons real maple syrup (or more to taste)
½ teaspoon vanilla extract
A handful of ice cubes (optional)

Squeeze juice from the oranges and pour into a blender with remaining ingredients. Blend until smooth (or until ice is crushed if added).

*If you don't have buttermilk or you don't like buttermilk, you can substitute one cup of cream and one cup of milk for 2 cups of buttermilk.

A Juicy Hint: If you roll the oranges along the counter-top for a few seconds before you cut them and squeeze out the juice, the oranges will be softer and will juice easier.



Makes 4 servings of Creamy Orange Cooler.

Beef Garden Casserole

You Will Need:

- Skillet
- Spatula
- Stirring Spoon
- Measuring Cups and Spoons
- Cheese Grater

1 pound ground hamburger meat
4 Tablespoons minced onions or freshly chopped onion
2 - 10 ounce cans of tomato soup
1 can green beans, drained (or 1½ cups fresh or frozen green beans)
2 cups frozen corn
Sea salt to taste
1 cup shredded cheddar cheese

Brown hamburger meat and onion together. Stir in tomato soup, green beans, corn and plenty of salt. Pour mixture into a casserole dish and sprinkle cheese over the top. Bake in a 350° oven for 15-20 minutes or until bubbly.



Makes 6 servings of Beef Garden Casserole.

Learn to Cook can be purchased in the Heavenly Homemakers Shop. We pray it is a blessing for your family!



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