

DK



The Cook Book



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★ STEP 15 ★

The Cook Book



宇航出版社

Kitchen Rules



Before you start, roll up your sleeves and put on an apron. Then wash your hands.



Get out everything you will need for a recipe before you start cooking.



Clean up as you work. Wipe up any spills right away.



When you have finished, remember to wash up.

Ask an adult to help when:



Cutting and slicing



Weighing and measuring



Using the oven

Watch for these symbols:



Ask an adult to help.



Turn on the oven with help from an adult.

Giant Rolls

You will need:



fork



sharp knife



table knife



tablespoon



mixing bowls



cutting board



different kinds of rolls



butter

To make egg and salami rolls, you will need:



2 hard-boiled eggs



sprouts



1 tablespoon
mayonnaise



a pinch of salt



black pepper



salami

Try these fillings for the other rolls:



tomato



lettuce



cheese



ham



tuna



① Tap the eggs on the table, then peel the cracked shells. Wash off any bits of shell left on the eggs.



② In a clean bowl, mash the eggs with a fork. Mix in the sprouts, mayonnaise, salt, and black pepper.



③ On the cutting board, slice a roll in half with the sharp knife. Spread a little butter onto each half.



④ Spread a spoonful of the egg mixture evenly over the bottom half of the roll.



⑤ Take three slices of salami. Fold each in half, then in half again. Put this on top of the egg mixture.

⑥ Cover with the top half of the roll.

Your giant rolls could look like these:



Egg and salami roll

Tuna roll



Ham and cheese roll

Mini Pizzas

You will need:



cookie sheet



cutting board



teaspoon



bread knife



350°F, 180°C

Choose from these toppings:



ham



mushrooms



olives



tuna



tomato



1 muffin for each person



ketchup



mozzarella or cheddar cheese



red pepper



pepperoni



① On the cutting board, slice the muffins in half with the bread knife.



② Spread a spoonful of ketchup onto each half.



③ Lay the cheese on top. Cover with your choice of toppings.

④ Put the mini pizzas on the cookie sheet.



⑤ Cook the mini pizzas for 10 minutes. When the cheese is melted and bubbling, they are ready.

Your mini pizzas could look like these:

Tuna pizza



Cheese and ham pizza



Pepperoni pizza

Fruit Creams

You will need:



whisk



fork



tablespoon

mixing bowls



serving dishes



1½ cups strawberries



or 2 small bananas



1 cup heavy cream
(or yogurt)



2 tablespoons
sugar

Decorate your fruit creams using:



chocolate chips



cookies



seedless grapes



candied cherries



kiwi fruit



strawberries



- ① If you are using cream, whip it until it is thick.



- ③ Use the spoon to stir the cream or yogurt into the fruit. Add the sugar.



- ② Use the fork to mash the strawberries or bananas until smooth. (Add a few drops of lemon juice to bananas to stop them from turning brown.)



- ④ Spoon the mixture into serving dishes. Decorate your fruit creams.

Your fruit creams could look like these:

Bear cream



Creamy cat



Flower cream

Chocolate Chip Cookies

You will need:



mixing bowl



cookie sheet
greased with butter



375°F, 190°C



wooden spoon



teaspoon



spatula



wire rack

To make 18 cookies, you will need:



8 tablespoons
soft butter



$\frac{1}{3}$ cup soft
brown sugar



$\frac{1}{3}$ cup sugar



1 egg



1 cup
all-purpose flour



$\frac{1}{2}$ teaspoon
vanilla extract



$\frac{1}{2}$ teaspoon
baking soda



$\frac{1}{4}$ teaspoon salt



1 cup
chocolate chips



① Put the butter and both sugars in the mixing bowl. Use the wooden spoon to beat until soft and creamy.



② Break the egg into the bowl. Beat the mixture until it is smooth.



③ Stir in the vanilla extract. Stir in the flour, salt, and baking soda, a little at a time.



④ Add the chocolate chips and stir until they are well mixed in.



⑤ Use the teaspoon to put small mounds of the mixture onto the cookie sheet. Leave plenty of space between each cookie.



⑦ Leave the cookies on the cookie sheet for 1 to 2 minutes to become firm. Then use the spatula to lift them onto the wire rack to cool.

⑥ Bake the cookies for 10 to 12 minutes, until they are golden brown.



Peppermint Patties

You will need:



2 mixing bowls



wooden spoon



cutting board



whisk



strainer



cookie sheet lined
with waxed paper



fork



1 egg white



3 cups
powdered sugar



a few drops of
peppermint extract



a few drops of green
food coloring



a few drops of red
food coloring

Orange or lemon patties

Instead of using the peppermint extract and the red and green food coloring, you can use:



a few drops of
orange juice



or a few drops of
lemon juice



a few drops of orange
food coloring



or a few drops of
yellow food coloring



① In the large mixing bowl, whisk the egg white until it is light and frothy.



② Sift the powdered sugar into the small bowl. Then stir the sugar into the egg white a little at a time.



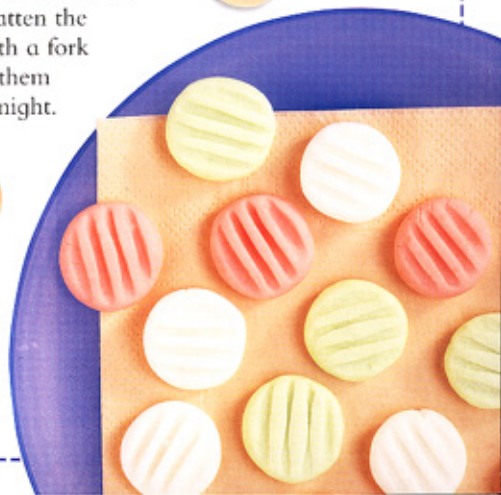
③ Using your hands, roll the mixture into a ball. Make a small dip in the middle and put in the peppermint extract. Knead the extract carefully into the ball.



④ Split the mixture into three balls. Knead red food coloring evenly into one ball and green food coloring evenly into another. Leave the last ball white.



⑤ For each color, roll the mixture into small balls and put them on the cookie sheet. Then flatten the balls with a fork and let them set overnight.



Why not invite your friends
to a party?

Menu

Giant Rolls

Mini Pizzas

Fruit Creams

Chocolate Chip Cookies

Peppermint Patties

