

Seventh Generation Club

Recipe Reading Guide

Recipes for kids are usually pretty easy to follow but just in case you get stuck, check out our simple guide to reading recipes below!

How to read a Recipe

Recipe Name

A recipe is usually titled with the name of the item you'll be making. A lot of the time a recipe will include a picture, too, so that you can see what your creation will look like when you are done.

Servings

Often a recipe will tell you how many people it will feed. Most kid's recipes will be for smaller servings.

Time

The time in a recipe will sometimes refer to the time it takes to prepare and, if cooking is involved, a recipe will generally always give you a recommended cooking time. It is especially important to look at the cooking time and keep an eye on your food to ensure that it doesn't overcook. When you are waiting for something to cook, try to sit nearby and do your homework or read a book; that way you can check every now and again to make sure that the cooking is going to plan.

Ingredients

The list of ingredients in a recipe tells you what you will require in order to make the recipe. Sometimes ingredients are *optional*. This means that they can be added if you have them and think they will taste good, but the food will taste fine without them. When you start to cook something, it is best to line up all of the required ingredients on the counter. That way you know from the beginning that you have everything you need. Otherwise you might have mixed 5 ingredients together before you realize that you are out of eggs!

The list of ingredients will also include quantities. These tell you how much of each ingredient is required for the recipe. For best results, try to measure ingredients exactly as the recipe states.

Directions

The directions in the recipes tell you what to do with the ingredients and in what order. It pays to read the directions from the beginning, in case you have to prepare something ahead of time. Often kid's recipes will have drawings to show you how things should be done.

Terminology Guide

Some terms used in recipes might be new to you, so here is a guide to some of their meanings:

Measurements

l c	=	1 cup
Tbsp	=	Tablespoon
Tsp	=	Teaspoon
Oz	=	Ounce
lb	=	Pound
°F	=	degrees Fahrenheit
°C	=	degrees Celsius

Recipe Terms

Brown	- lightly fry until 'browned' all over
Broth	- excess liquid resulting from boiling meat such as chicken
Coated	- gently cover one ingredient with another e.g. coat the chicken in flour
Cream	- mix together into a creamlike consistency
Fold	- gently use a spatula or wooden spoon to fold ingredients together (try not to mix too much)
Grease	- coat a surface in butter, usually to ensure the food doesn't stick to the pan
Pre-heat	- turn the oven to the desired temperature and let it warm up
Sauté	- lightly cook in oil while stirring occasionally
Strain/Drain	- put something into a colander or sieve and let the excess liquid run off
Well	- a well-like hole in the middle of dry ingredients that liquid ingredient can be poured into