



# Before you Begin

## The Recipes

### The Cooking Series

- Two different recipes will be prepared during each session.
- If you are working with a larger group, multiple stations of the two recipes can be set up. This will allow for all participants to have a hands on experience.
- Recipes tend to increase in complexity as you progress through the cooking sessions. It takes time to learn basic cooking skills and confidence to use the new skills.
- Chef's Notes have been included on recipes to provide more information about different concepts.

### The Recipes

- No stove required.
- Proximity to water and refrigerator and freezer required.
- Selected to develop basic cooking skills.
- Use basic cooking equipment.
- Use basic ingredients that can be purchased for a reasonable price.
- Can be prepared in less than one hour.
- Use whole grain products.
- Do not include foods like: meat; fish; seafood etc. to decrease the food safety risk. Uses plant-based sources of protein (e.g. beans, legumes) which are economical and less of a food safety risk.
- Recommends pasteurized eggs to decrease food safety risk.
- Do not include peanuts or nuts but we can't guarantee an allergen-free environment.

*Let's Get Cookin'!*