

SOPHIE'S TEN STEPS FOR SUCCESS IN THE KITCHEN

With so many ingredients and complicated instructions, cooking can be a little confusing. But it doesn't have to be, especially if you learn a few of the basics first. This list of tips will help you be more organized, and will keep you safe as you prepare great tasting recipes in the kitchen with your friends and family.



1

Make sure you don't have anything else going on. You need to focus on cooking right now. Be sure you have plenty of time to do all the things the recipe says.

3

Make sure you are all cleaned up. Wash your hands really well with warm, soapy water. Dry them with a clean towel. Wear an apron and if you have long hair, put it in a ponytail.

4

Keep cleaning! People are going to eat what you prepare. Wipe off your counters, wash your baking dishes, measuring cups and spoons and the food you are going to cook.

2

Read every single word of the recipe so you know all of the things you are supposed to have, both the ingredients and what kitchen tools you'll need to do the cooking. The recipe will also tell you what you are supposed to do in what order.

5

Set out everything you will need to make the recipe, all the ingredients and all the equipment from your kitchen.

6

If you are baking something, make sure you preheat the oven before you get started. Otherwise, you're going to have to hang around and wait for the oven to get hot after everything is all put together. That might wreck the food you are trying to prepare.

7

Measure out all of your ingredients before you start mixing it all together and cooking. Line it up on the counter next to your mixing and cooking areas.

8

Double-check the glossary to make sure you understand what all the words in the recipe mean. You want to use the right measuring cups for certain ingredients. And you want to make sure you do exactly what the recipe is telling you.

9

Be sure a grownup helps you in the kitchen. You might have to work with sharp knives and super hot ovens or burners. These are the things the adult should be doing with you or for you.

10

It is always a good idea to clean up as you work. If you have everything together before you start, you can stay on top of each task. Put used utensils in a sink of soapy water or in the dishwasher as you finish. It is a lot more fun to cook if you do not have to clean up a really big mess when you are all done!