



GOAL: Introduce your camper(s) to the common utensils they'll need.

ASSEMBLE YOUR KITCHEN TOOL KIT

ACTIVITY DIFFICULTY: ALL LEVELS

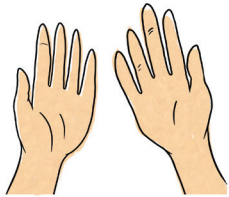


For more challenging activities, ask mom or dad for help!

Kitchen tools and gadgets are the building blocks that let cooks transform smaller ingredients into bigger dishes. Teaching your kids to use the six items below will give them the knowledge and confidence to start tackling recipes—like

the ones on the back of this sheet—and put them well on their way to becoming young chefs. With supervision, they can all be used by kids of all ages. Ready to get started and have some fun? Then let's get cooking!

OUR FAVORITE KITCHEN TOOLS



01

YOUR HANDS

For tearing lettuce and herbs, stretching dough and shaping meatballs and patties



02

WHISK

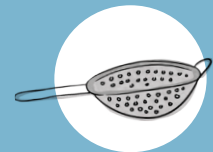
To add air to or blend liquids and make batter



03

COLANDER

Rinsing large or heavy fruits and vegetables



OR STRAINER?

Use this for rinsing small ingredients, like grains and radishes.



WHEN DO I USE IT?

A fish spatula comes in handy for more than just flipping fish. Its thin, angled blade slides underneath delicate items like pastries, fried eggs and tofu with ease.



04

WOODEN SPOON

Stirring hot soups and sauces—it's heat-resistant!



05

PEELER

Carefully removing the skin from carrots and potatoes, or even to help zest a lemon



06

TONGS

Flipping pieces of meat or veggies in a pan or on a grill



WEEK 1
ASSEMBLE YOUR
KITCHEN TOOL KIT

When you're
done with this
week's activity,
color me in!



INSTRUCTIONS: These two recipes will turn you into a whisking pro!

VINAIGRETTE

Difficulty Level: Easier



Ask mom or dad for help.

What's a vinaigrette?

You only need three things to make this kind of dressing: an acidic base, a seasoning—such as salt and pepper or dried herbs—and oil. As you might guess from the name, the base is normally vinegar, but you can also use citrus juice. For extra flavor, add mustard and shallot.



STEP 1: Gather red wine vinegar, shallot, mustard, salt, pepper and olive oil.



STEP 2: In a small bowl, combine 2 tablespoons vinegar with 2 tablespoons minced shallot. Sprinkle with salt and pepper to taste; whisk until well combined.

NOTE: It's important to season the vinegar before adding oil so that it dissolves.

PRO TIP

Ask mom and dad to mince (aka cut them into tiny pieces) the shallot



STEP 3: Add 1 tablespoon mustard, then slowly add 2 tablespoons olive oil, whisking steadily to fully combine the oil with the rest of the ingredients. Make vinaigrettes to dress any seasonal salad.

WHIPPED CREAM

Difficulty Level: Harder



Ask mom or dad for help.

Why use a whisk?

It gives you control over how thick the cream gets.



STEP 1: Gather heavy whipping cream and confectioner's (aka powdered) sugar.

PRO TIP

The colder the cream, the quicker it thickens!



STEP 2: Pour 1 cup cream into a large mixing bowl. Place in the freezer for at least 10 minutes, or until it's very cold, but not frozen. Stir in 1 tablespoon confectioner's sugar.



STEP 3: Move the whisk quickly in a circle. You'll know it's done when you can hold the bowl upside-down with no spills—this is called a stiff peak. Top fruit or ice cream with your fresh whipped cream!

ACTIVITY

TEASER: You can use this technique to make a vinaigrette for the pea shoots you'll grow in Week 6.



CAMP CONTEST

Share a photo of your whipped cream held upside-down at cook.ba/camp or on Instagram by tagging @blueapron and #BAcookingcamp