



KIDS COOKING

From THE **KRAFT** KITCHENS

Soups and Chowders — Great Beginnings For Novice Cooks

"Soup's on!" is a welcome call at most any lunch or supper, and soups and chowders provide a great starting place for teaching boys and girls to cook. Children learn quickly when they're participating. Knowing this, you can make learning to cook a rewarding and enjoyable experience for your child. To keep interest high, choose easy-to-prepare recipes that yield quick results, such as those which follow, from the Kraft Kitchens. Take time to demonstrate correct use of kitchen equipment and to discuss safety rules with your beginner. Stress the "number one" rule of kitchen safety: Always ask permission when you want to cook.

Soups and chowders have always been an important part of our cooking heritage. Soup and a sandwich has become an American lunchtime tradition. Whether they're hearty or light, hot or cold, clear or creamy, soups usually require slicing and chopping vegetables and other foods. When children are doing the cooking, careful adult supervision is essential.

Help your child select a small sharp knife with a blade from 2 to 5 inches long, whichever size is easiest for small hands to hold securely. Be sure the knife is sharp. A sharp knife requires less pressure to cut through food, and is less likely to slip

and cause an accident. Emphasize that food must be cut on a cutting board to keep knife blades sharp and to prevent scratching the counter or table top. Show your child how to cut slowly and carefully, keeping fingers out of the way.

Most recipes contain cooking terms which are a kind of "shorthand" used to guide the cook to perform certain steps. First-timers will need to learn this "language." Help your child by demonstrating these basic cooking terms as they occur:

Chop — to cut into pieces with a knife. When you "finely chop," the pieces will be very small; when you "coarsely chop," the pieces

are larger. If the recipe just says "chop," cut the size pieces you prefer.

Cube — to cut into square pieces of uniform size, usually ½ inch or larger.

Boil — to cook over medium or high heat so that bubbles rise continually to the surface and break.

Simmer — to cook over low heat so the mixture is just below the boiling point. Small bubbles rising to the surface will be slow-moving.

Boys and girls will enjoy making and eating *Corn 'N Frank Chowder*, a hearty soup that needs only the addition of crusty French bread or crackers and some fruit to make a complete meal. Youngsters like cheese pro-

ducts, especially when the flavor is mild, as with Velveeta pasteurized process cheese spread, the key ingredient in this recipe. In addition to pleasing flavor, process cheese spread also contribute calcium and phosphorus, the minerals needed to help form strong bones and teeth. It also provides many other essential nutrients such as protein, vitamin A and some of the B-vitamins.

Pasteurized process cheese spread melts smoothly and easily, making it ideal for soups, chowders, and sauces. Keep an eye on the chowder once the cubes have been added. When the cheese spread melts, "soup's on!"

Corn 'N Frank Chowder

Eight one-cup servings

You will need:

- 1 pound frankfurters
- ¼ pound Velveeta cheese spread
- ½ cup green pepper
- ½ cup onion
- 2 tablespoons Parkay margarine
- 2 17-ounce cans cream style corn
- 1 cup milk
- Dash of pepper

2.



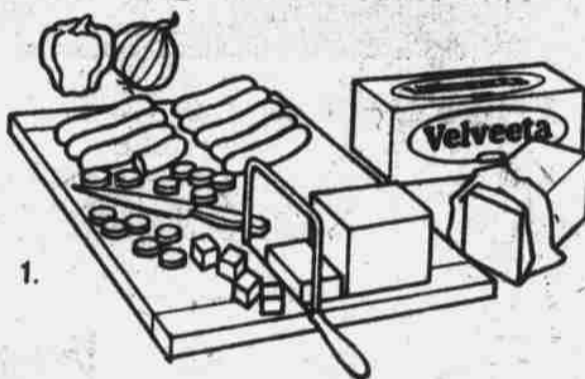
Second:

- Melt margarine in 3-quart saucepan over medium heat.
- Add frankfurters, green pepper and onion.
- Cook, stirring constantly with wooden spoon, until onion and green pepper are tender (onion will lose its very white color).

Laredo Soup is a hearty meal-in-a-bowl with real cookout flavor. Kraft barbecue sauce has a snappy seasoned tomato base that simmers this savory flavor into foods cooked indoors or out. Show beginner cooks how to measure barbecue sauce in a clear glass measuring cup, and how to use a rubber scraper for removing every delicious drop from the cup.

Youngsters will need assistance with browning and draining ground beef. Help

by demonstrating how to break up the meat with a wooden spoon as it cooks. Stir the meat frequently to further separate chunks, browning it well and evenly. Older children may be able to use a bulb baster to remove drippings from the saucepan, but small children will need a helping adult hand with draining the meat. Be sure to tell them that drippings must never be poured down the sink where they can solidify and clog the drain.

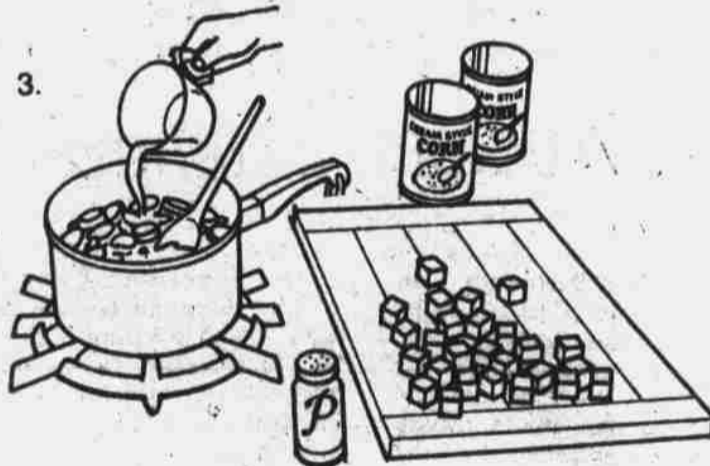


1.

First:

- On cutting board, cut frankfurters into ¼ to ½ inch slices using small sharp knife.
- Cube process cheese spread with wire cheese cutter or small sharp knife.
- Chop green pepper and onion.
- Measure ½ cup each of green pepper and onion.

3.



Third:

- Add corn, milk, process cheese spread cubes and pepper.
- Stir until cubes are melted.

Laredo Soup

Four 1¼ cup servings

You will need:

- 1 medium onion
- ½ pound ground beef
- 1 28-ounce can tomatoes (do not drain)
- 1 16-ounce can kidney beans (do not drain)
- ½ cup Kraft barbecue sauce, any flavor
- Corn chips

1. On cutting board, cut onion into slices using small sharp knife.

2. In saucepan on range over medium heat, cook and stir meat with wooden spoon, until meat is lightly browned and crumbly. Drain off fat.

3. Add onion to skillet. Cook and stir until onion is tender (onion will lose its very white color).

4. Stir in tomatoes, kidney beans and barbecue sauce; bring to a boil.

5. Reduce heat and simmer, uncovered, 10 minutes, stirring occasionally. Spoon into bowls and serve with corn chips.

Take out:

- cutting board
- small sharp knife
- 3-quart saucepan
- wooden spoon
- glass measuring cup
- spatula