

Cooking Classes Online - Session 1 - Fresh seasonal produce

Session overview and topics

An introduction to kitchen safety, hygiene, basic cooking techniques and making food with fresh ingredients. Participants can follow a simple recipe to discover how easy it is to create delicious, filling meals and snacks with seasonal produce while exploring a variety of foods and flavours.

Key topics in this session:

- **Cooking skills:** An introduction to basic cooking techniques
- **Food safety:** Handwashing and hygiene
- **Safe food preparation:** Safe knife, oven and stovetop use

Session resources provided:

- Recipe sheets:
 - Hummus
 - Vietnamese rice paper rolls
 - Nori rolls
 - Seasonal fruit muffins
- 'Fresh seasonal produce'
- 'What's in season when'
- 'Big cook, little cook', 'Knife alternatives for little cooks', Knife safety rules
- 'Cooking words', 'Washing your hands'

Feature recipe: Nori rolls

Ingredients checklist:

Fresh produce

- ☐ Carrot (1)
- ☐ Cucumber (1)
- ☐ Avocado (1)

Pantry items

- ☐ Sushi rice [or short-grain rice] (1 cup)
- ☐ Rice vinegar (1 tbsp)
- ☐ Nori sheets (3)

Equipment checklist:

- | | |
|---|---|
| <input type="checkbox"/> Measuring cup (1 cup) | <input type="checkbox"/> Grater |
| <input type="checkbox"/> Measuring spoon (tbsp) | <input type="checkbox"/> Colander |
| <input type="checkbox"/> Chopping board | <input type="checkbox"/> Small bowl |
| <input type="checkbox"/> Cook's knife | <input type="checkbox"/> Medium saucepan and lid (or rice cooker) |
| <input type="checkbox"/> Small serrated knife | <input type="checkbox"/> Shallow tray |
| <input type="checkbox"/> Mixing spoon | <input type="checkbox"/> Bamboo sushi mat or non-stick baking paper |

Cook along preparation

You are welcome to relax and watch, participate in the activities and conversation and simply enjoy the session, then cook this week's feature recipe afterwards, at a time that suits your family. You can also cook along with the Facilitator, if you wish. If you'd like to cook along, you'll need to do the following preparation before the session starts:

- ☐ cook sushi rice
- ☐ wash and chop vegetables.

Recipe tip: Please feel free to substitute fresh produce (vegetables) for what's available to you.

