

STUCK ~on~ COOKING

Richard D. Williams
Linda Williams Aber

A STUCK ON STICKERS® ACTIVITY COOKBOOK

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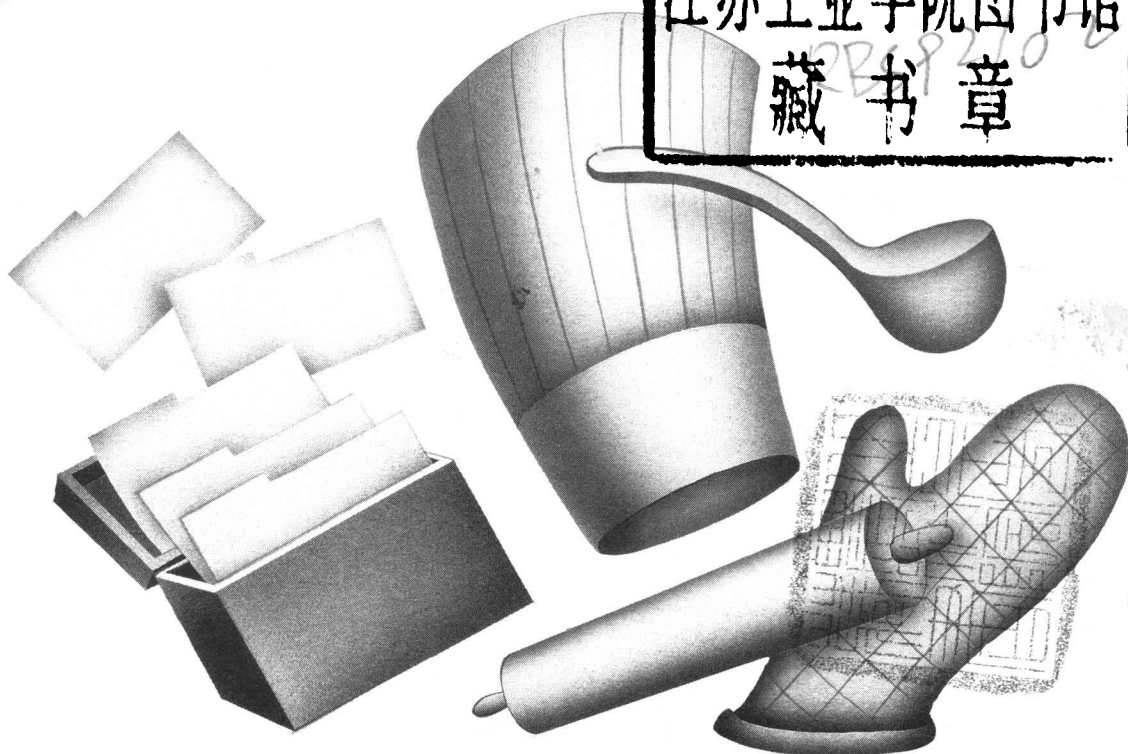
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A STUCK ON STICKERS® ACTIVITY COOKBOOK

江苏工业学院图书馆
藏书章



This book is dedicated to

Karen Amy Smith

the one who cooked up the idea
in the first place!

Hal Aber

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Let's Get Cooking!

If you're stuck for something to do, get up, get into the kitchen, and get cooking! *Stuck on Cooking* is a cookbook, a sticker book, and a fun book created to help *you* create healthful and delicious foods for breakfast, lunch, supper, and all the times in between.

All the recipes in this cookbook are designed with good health and good times in mind. We've taken away a lot of the sugar and a lot of the salt, but none of the tastiness. In addition to making the recipes good for you, we've made them easy for you. Look for the special symbols that tell you if a recipe is a No-Cook Cooking one, one in which you'll need Just a Little Help Getting Started, or a Grown-Up Assistance Needed one. Cooks who are new at using knives, ovens, stove tops, and toaster ovens will want to pay special attention to the symbols. Those who are more experienced in the kitchen should be able to handle most recipes with only a little help. Start with the No-Cook Cooking recipes and learn your way up to the more difficult Grown-Up Assistance Needed recipes. With practice in the kitchen you'll find *Stuck on Cooking* to be a cookbook you'll stick with for years to come.

In the back of the book you'll find two sheets full of stickers. You can use them in the book, on food gifts you make and give away, on the Make-Your-Own Recipe Cards, or any place you like. There are special stickers for rating the recipes. As you try each recipe, pick a Rate-the-Recipe Sticker that shows your opinion and stick it in the recipe-rating space at the top of the recipe. Share the fun and share the food with your family and friends. Let them taste your homemade treats and if they ask you for the recipe, write it out on one of the recipe cards in the back of the book. There are plenty of reasons to stick with *Stuck on Cooking* for your cooking fun, and all of the reasons taste great! So what are you waiting for? Let's get cooking!

Cool Rules To Keep You Safe

1. Wash your hands and clean your fingernails before you start cooking. If you lick your fingers while you're working, wash your hands again before handling any food. None of the recipes in this book calls for dirt and germs!

2. Plan ahead. Before you start to cook, read the recipe over a few times. Make sure you have all your ingredients and tools before you start. Do all your chopping, cutting, and measuring before you start to put the ingredients together. That way you won't be burning one thing while you're chopping something else!

3. Knives can be dangerous! Until you are ready to use knives, let an adult do that work for you. When you are allowed to do cutting and chopping yourself remember these rules about knives:

- a. Sharp knives are safer knives. A sharp knife will cut right through the food. It won't slip off the food so easily and cut you.
- b. Use a cutting board for all chopping and slicing. Your knives will stay sharper and you won't damage countertops.
- c. When you are using knives or a vegetable peeler, always cut away from yourself.

4. Turn saucepan handles toward the back of the stove so no one will bump into them and spill what you've worked so hard to make!

5. Choose the right sized mixing bowls and pans. If you start with a bowl or pan that is too

small, ingredients will spill over the sides. The less mess, the better.

6. Know your stove and oven. There are two basic types of stoves in common use, gas or electric. Gas stoves cook with an open flame. Always work with an adult nearby who can light the oven for you. Electric stoves are safer for kids, but you still must be careful. The burner will glow a reddish-orange color when on higher settings. When you turn it off or when the burner is on a lower setting, it won't look hot. **Never touch the burner!**

7. Use pot holders or oven mitts when lifting a pan, dish, or toaster oven tray. Remember, glass, metal, and plastic don't look hot, but they can stay hot for a long time after you take them off the heat. **Be careful!**

8. Always turn off the burners, oven, and toaster oven when you are finished.

9. Always clean up. Follow the easy clean-up tips at the end of the book. You'll always be allowed back in the kitchen if you leave it as clean (or cleaner!) than you found it.

10. Have fun cooking and be sure to rate the recipes as you try them. There are special recipe-rating stickers right in this book. Happy cooking, happy eating, and happy stickering fun!

Learn the Cooking Terms

Chefs and cooks have many words they use to tell you what to do with the ingredients in a recipe. This list will give you a good start at understanding their language and the language in most cookbooks.

BAKE To cook in the oven.

BLEND Using an electric blender or mixer to thoroughly mix ingredients together.

BOIL To cook a liquid until bubbles rise to the top very fast.

BROIL To cook under the top heating element in the oven.

CHOP Cut into small pieces with a knife on a cutting board.

CREAM To beat ingredients together until smooth and creamy.

DICE To cut into small cube-shaped pieces of about ¼ inch.

DREDGE To coat food with flour by sprinkling it over food.

FRY To cook in a shallow pan with hot oil, butter, or margarine; the same as *sauté* (pronounced saw-tay), a French word for frying.

GRATE To shred food by rubbing it over a grater.

GREASE To coat the bottom and sides of a pan with oil or shortening to keep foods from sticking to the pan.

MARINATE To let food soak in a liquid until it absorbs the flavor or becomes more tender.

MELT To heat a solid, such as butter or cheese, until it turns into a liquid.

MIX To stir or beat ingredients until they are well combined.

PEEL To cut the skin off of a fruit or vegetable.

ROUX (Pronounced roo) A French word for a mixture of butter or other fat and flour. It is made with one part flour to one part fat. It should be cooked in a pan for 5 minutes before adding it to a liquid. It is used to thicken soups, gravies, and sauces.

SIFT To put flour and other dry ingredients (such as salt, baking powder, baking soda) through a screen strainer to remove lumps.

SIMMER To cook liquids, thin or thick, in a saucepan on top of the stove so that slow bubbles appear around the sides of the liquid.

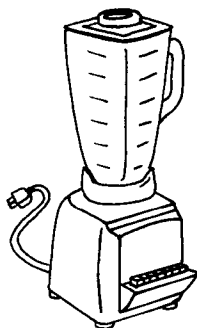
STIR Using a wooden spoon or wire whisk to mix ingredients together.

TOAST To brown lightly.

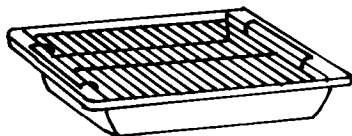
WHIP To beat very fast with a wire whisk, egg beater, or electric mixer until the liquid becomes fluffy and full of small air bubbles.

Tools of the Cooking Trade

Give a hand for the pots and pans! All the tools of the cooking trade are easy to handle when you know what they're for and how to use them.



BLENDER An electric mixer for liquids. Great for shakes!



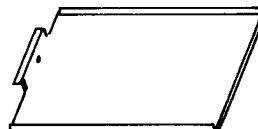
BROILER PAN A sturdy pan about 1-inch deep with a broiler rack that sits on top of the pan. Used under broiler in the oven.



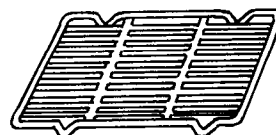
CAKE PAN Glass or metal pan for cakes. 8-inch, 9-inch, and 10-inch are the most common sizes.



COLANDER Used to drain water from food, such as spaghetti.



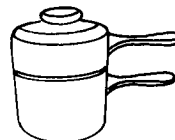
COOKIE SHEET Flat, thin sheet pans used to bake cookies.



COOLING RACK Used to cool cakes, cookies, and breads so they won't get soggy from steam as they cool off.



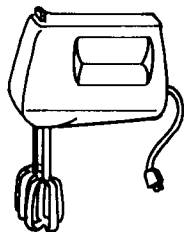
CUTTING BOARD Flat surface made of wood or plastic, used under food being cut or chopped.



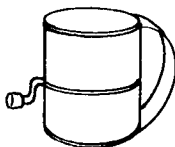
DOUBLE BOILER Two saucepans that fit together with one on top and one on the bottom. The bottom one holds water. The top one holds food to be melted, such as cheese or chocolate, when you don't want to risk burning it.



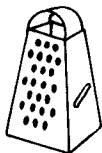
DRY MEASURING CUPS Used to measure dry ingredients such as flour or sugar.



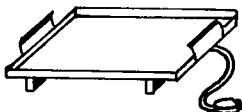
ELECTRIC MIXER There are two common types: hand-held or countertop models. Used to whip cream, mix batters, or beat egg whites.



FLOUR SIFTER Used to remove lumps from dry flour.



GRATER A tool for shredding cheese, chocolate, or vegetables.



GRIDDLE A flat-surfaced pan with low sides used on top of a burner



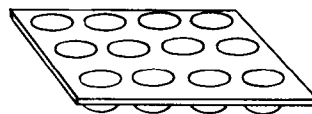
LIQUID MEASURING CUP Used to measure liquids. Place the cup on a flat countertop. Get your eyes on the same level as the markings on the cup. Pour in the liquid until it is even with the marking to which you are measuring.



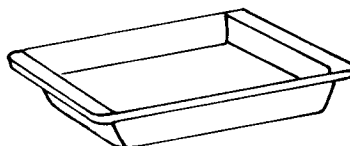
LOAF PAN Used for bread or meatloaf. They come in different sizes. The standard size is 9" x 5" x 2 3/4".



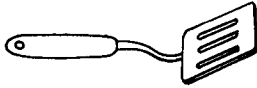
MEASURING SPOONS Used to measure small amounts of liquid and dry ingredients.



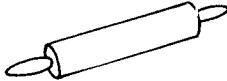
MUFFIN PAN Used for cupcakes and muffins. Use paper liners or grease each cup before pouring in batter.



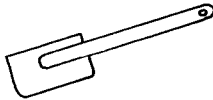
OBLONG PAN Used for brownies and 1-layer cakes. Also for roasting. Standard size is 9" x 12".



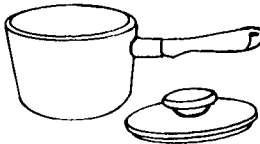
PANCAKE TURNER Tool used for flipping pancakes or getting cookies off a cookie sheet. It is sometimes incorrectly called a spatula.



ROLLING PIN Used for rolling out pie, biscuit, and cookie dough.



RUBBER SCRAPER The best thing for scraping around the sides of a bowl to help mix ingredients, and when emptying bowl.



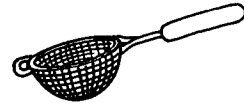
SAUCEPAN They come in all different sizes, with and without lids. They are sized by the number of quarts they hold (1-quart, 2-quart, 4-quart, etc.).



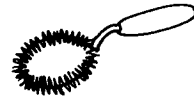
SKILLET Heavy cast iron frying pan. Can be used in the oven.



SPATULA Used to frost cakes.



STRAINER Fine-mesh screen used to separate solids from liquids.



VEGETABLE BRUSH Used to wash potatoes, turnips, beets, or other vegetables.



VEGETABLE PEELER Tool to peel skin off potatoes, carrots, and other vegetables and fruits.



WIRE WHISK Used for stirring eggs, cream soups, and sauces.



WOODEN SPOON Used for stirring. The handle won't get hot and the spoon won't scratch the bottom of the pot or pan.

Short Ways To Say It

In this cookbook the cooking terms are spelled out. Most other books use the following standard cooking abbreviations. Once you learn them, you will be able to read any recipe.

TBSP. or T. = tablespoon

tsp. or t. = teaspoon

C. or c. = cup

lb. = pound

oz. = ounce

qt. = quart

pt. = pint

gal. = gallon

Temp. = temperature

° F = temperature degrees
measured in Fahrenheit

° C = temperature degrees
measured in Centigrade

Equivalents for Measuring

3 teaspoons = 1 tablespoon ($\frac{1}{2}$ fluid
ounce)

4 tablespoons = $\frac{1}{4}$ cup

16 tablespoons = 1 cup

8 fluid ounces = 1 cup ($\frac{1}{2}$ pint)

16 fluid ounces = 2 cups (1 pint)

2 pints = 1 quart

4 quarts = 1 gallon

Good Morning Meals

Start the day the *Stuck on Cooking* way with breakfast foods that are easy to make and even easier to eat! In this section you'll find recipes for eggs-traordinary eggs, perfect pancakes, cook breakfast juice pops, tempting toasted treats, and side orders worth making the center of attention! Everything you need to know to make a breakfast that is sure to tempt your tastebuds and make your morning munching dreams come true is here. Try all the recipes, then have some extra sticker fun rating the Good Morning Meals with stickers selected from the special Recipe Rating Stickers on your slick sticker sheets in the back of the book. Here's the perfect place to have your food and have fun, too!

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Breakfast Fruit-Juice Pops	15	Bacon Twists	21
Cereal Art	16	Scrambled Eggs	
Mini Morning Pizzas	17	Eggs-traordinaire	22
Chef's Cinnamon Toast	18	Pancake Zoo	23
Doughnut Surprise	19	German Apple Pancake	24



Wake-Up Breakfast Punch

Makes 4 glasses

INGREDIENTS

8 ounces orange juice
4 ounces cranberry
juice
4 ounces pineapple
juice
8 ounces club soda
ice

TOOLS

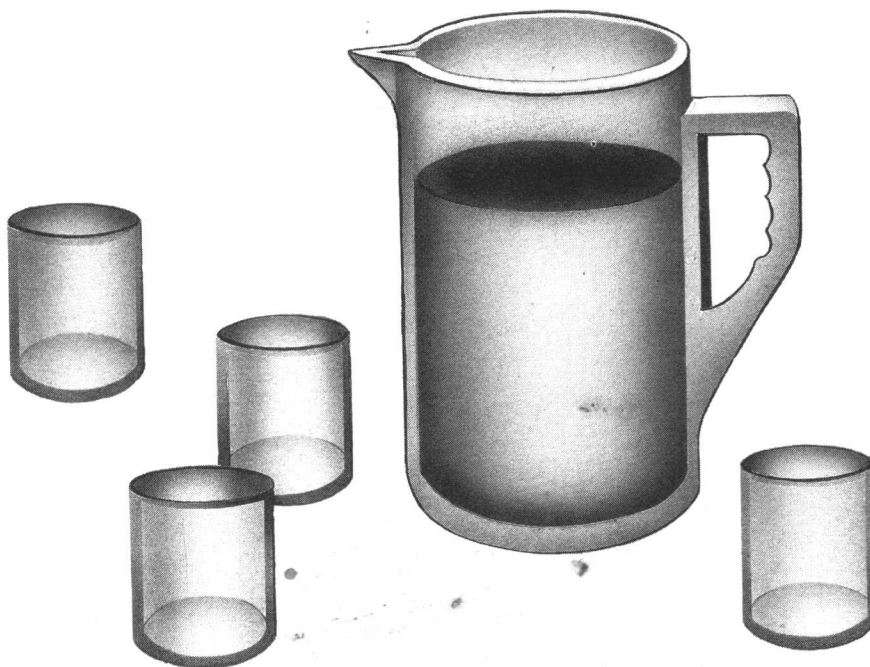
4 8-ounce glasses
spoon
32-ounce pitcher

COOKING STEPS

1. Put 3 ice cubes in each glass.
2. Pour the orange juice, cranberry juice, and pineapple juice into the pitcher. Stir. Add the 8 ounces of club soda.
3. Pour equal amounts into the 4 glasses. Serve.

**Rate
the
Recipe**

1



Breakfast Fruit-Juice Pops

Makes 6 pops

INGREDIENTS

12 ounces of your
favorite fruit juice
(orange, grape,
cranberry, etc.)

TOOLS

6 small (3-ounce)
paper cups
6 popsicle sticks or
plastic spoons
cookie sheet or small
baking pan
6 squares of aluminum
foil, 2½" × 2½"

COOKING STEPS

1. Place the 6 paper cups on the cookie sheet or in the baking pan.
2. Pour the same amount of fruit juice into each cup. Don't fill the cups all the way up or some may spill on the way to the freezer.
3. Poke a hole in the center of each piece of aluminum foil. Stick the spoon handle or stick through the hole.
4. Place the foil squares with the spoon or stick over each cup. The spoon or stick should reach $\frac{2}{3}$ of the way down into the juice. The foil will keep your handle standing straight up until the juice freezes. Freeze for at least 2 hours before eating.
5. To remove frozen pop from the paper cup, run a little warm water over the outside of the cup.

EXTRA FUN: Add berries, grapes, or cherries to each cup at step 2. Your pops will be tops with fruit lovers in the family!

**Rate
the
Recipe**

**Sticker
Here**

Cereal Art

Makes 1 bowl

INGREDIENTS

½ cup of your favorite
dry cereal
1 canned peach or
pear half
raisins
cherry
almond slices
milk

TOOLS

cereal bowl
spoon

COOKING STEPS

To Make a Smiley Face

1. Pour cereal into the bowl.
2. Place peach half cut-side down on top of cereal.
3. Make eyes, nose, and smiley face out of raisins.
4. Pour in milk.

To Make a Mouse

1. Pour cereal into the bowl.
2. Place canned pear half cut-side down on top of cereal.
3. At the narrow end of the pear, make the mouse's face with raisins for eyes, a piece of cherry for the nose, and two almond slices for the ears.
4. Pour in milk.

EXTRA FUN: At your next sleepover party, have a cereal art contest at breakfast. Use bananas, berries, and marshmallows for more variety. Give a sticker as an award for the best cereal art creation!

**Rate
the
Recipe**

Sticker
Here

