

Young Adult Cooking Class!

This six week course will teach you the kitchen basics, best tools to stock in your kitchen, shopping on a budget and of course how to prepare great meals with little experience. Each week we will prepare 1 or 2 recipes depending on difficulty and amount of time we have to work. Plan to come hungry!

Because we have limited cooking space on the stove tops, I recommend that everyone borrow or buy an electric skillet for the first class. If you are unable to get a skillet, you can share mine. We'll be starting with the most important meal of the day! Breakfast! We'll make biscuits and gravy and omelets. Both are great meals for any time of the day and are surprisingly easy to prepare!

Week 1 supplies:

1 pound ground breakfast sausage

1/2 gallon milk

Shredded cheese (whatever flavor you prefer in your omelet)

Veggies, if you prefer in your omelet, onion, spinach, peppers, mushrooms, tomato etc...

Supplies needed every week: (Thrift stores are a great place to get these items for super cheap!)

Electric Skillet

Wide Spatula

Rubber scraper

Wooden or Bamboo mixing spoons

Wisk

Gallon size freezer safe Ziplock bags or Tupperware

Medium knife, sharp, not serrated

Dish towel (1 or 2)

I will provide the remaining ingredients and a copy of the recipes we will be making.

If you have a friend taking this class, talk to each other about buying ingredients together to share! The remainder of the recipes will be determined by you and your classmates.

I can't wait to see you all there!! Please give me a call or text if you have any questions.

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