



ABOUT THIS BOOK

Math goes with cooking like peanut butter goes with jelly. Recipes in cookbooks are chock-full of numbers and measurements, from the amount of each ingredient needed to the number of servings the recipe makes and so on. For example, to make chocolate chip bars, you measure some ingredients, such as 1 cup of margarine, and weigh some ingredients, such as 12 ounces of chocolate chips. You also count some ingredients, such as 2 eggs. You can use multiplication to double your chocolate chip bar recipe, or use division to cut the recipe in half.

The Math Chef will help you learn more about math and cooking in new and tasty ways. The first section, "Discovering the Kitchen," covers the basics about kitchen tools, cooking skills, and safety rules. Read it carefully before you do any of the Math Activities or try any of the recipes. The next fourteen chapters cover the math topics of English and metric measurements; length; volume; weight; temperature; multiplication; division; estimation; fractions; percents; area of squares and rectangles; and diameter, radius, circumference, and area of circles.

Each chapter begins by introducing and explaining a different math concept, followed by a Math Activity involving cooking or exercises and problem-solving. (Answers to the activities can be found at the back of the book.) The last part of each chapter includes several delicious recipes that allow you to apply and practice the math skill you learned in the chapter.

Each recipe is rated according to how much cooking experience is required. The easiest recipes, marked with one chef's hat (called a toque), require no previous cooking experience. Intermediate recipes, with two chef's hats, require some cooking experience. Pro recipes, with three chef's hats, require the most advanced cooking skills.

Always be sure you have an adult to guide you when the activity or recipe asks you to use the oven, the stove, electrical appliances, or a sharp knife.

8

easiest

88

intermediate

899

pro

Lean & Mean Open-Face Turkey Burger

Turkey is a popular substitute for ground beef in making burgers because it is lower in fat.



Ingredients

- | | |
|---|---|
| 1 medium yellow onion | 4 hamburger buns |
| 1 pound □ ? grams
ground turkey | 4 lettuce leaves |
| 1 ½ tablespoons
Worcestershire sauce | 4 slices tomato |
| ½ teaspoon garlic powder | 4 tablespoons reduced-fat
mayonnaise or favorite
salad dressing |

Steps

1. Preheat the oven to 350°F.
2. Remove the outer skin of the onion. On the cutting board, use the knife to slice the onion in half, then cut each half into three pieces. Chop the onion.
3. In the bowl, use the wooden spoon to combine the onion, ground turkey, Worcestershire sauce, and garlic powder.
4. Shape the meat mixture into four burgers
5. Place the burgers on the rack in the roasting pan and bake for 20 minutes.
6. While the burgers are cooking, open up four hamburger buns. Place 1 lettuce leaf, 1 tomato slice, and 1 tablespoon of mayonnaise or your favorite salad dressing on each bun.
7. Use oven mitts to remove the pan from the oven. Use a spatula to place each burger on a bun.

Time

15 minutes to prepare
plus
20 minutes to cook

Tools

cutting board
paring knife
large mixing bowl
wooden spoon
roasting pan with rack
oven mitts

spatula

Makes

4 burgers



Yellow onions are a favorite for cooking.

A medium yellow onion is about 2 inches long. White and red onions are also available.



..... Scooped Tomatoes Stuffed with Tuna Pasta Salad

If you cook the pasta for this recipe ahead of time, you can quickly make this dish without any further cooking. This is a great supper meal on a hot summer night.

Ingredients

- | | |
|--|-----------------------------------|
| ½ pound (225 grams) tri-colored rotini pasta | ½ cup low-fat mayonnaise dressing |
| 6 large tomatoes | ½ teaspoon salt |
| 2 stalks celery | 6 sprigs of Fresh parsley |
| 1 10½-ounce can tuna Fish packed in water | |

Steps

1. Bring 2 to 3 quarts of water to a boil in the large, covered saucepan.
2. Add the pasta in 2 batches, stirring well with the wooden spoon after each addition. Cook the pasta for about 10 minutes or until tender.
3. Place the colander in the sink. When the pasta is done, use the oven mitts to lift the saucepan and pour the pasta into the colander. Rinse the pasta with cold water and let it drain well. Transfer the pasta to the large mixing bowl.
4. While the pasta is cooking, wash and dry the tomatoes and celery.
5. On the cutting board, use the paring knife to cut the top off each tomato.
6. Use the spoon to scoop out the center of the tomatoes. Turn the tomatoes upside down on paper towels to drain.



Time

30 minutes

Tools

large saucepan with cover

wooden spoon

colander

oven mitts

large mixing bowl

cutting board

paring knife

spoon

paper towels

can opener

small bowl

Makes

6 tomatoes

Whole Wheat Honey and Date Muffins

*Dates are the fruits of a type of palm tree.
You can buy dates either fresh or dried.
They are very sweet.*

Ingredients

vegetable oil cooking spray	2 tablespoons honey
2½ cups Basic Muffin Mix	¾ cup water
½ cup old-fashioned oatmeal	1 cup pitted dates, chopped
1 egg	½ cup walnuts, chopped

Steps

1. Preheat oven to 400°F.
2. Spray the muffin pan with vegetable oil cooking spray.
3. Put the muffin mix and oatmeal into a medium bowl. Stir well with the wooden spoon.
4. In the other bowl, whisk together the egg, honey, and water.
5. Add the egg mixture to the bowl with the muffin mix. Use the wooden spoon to combine just until you don't see any dry mix.
6. Use the wooden spoon to fold in the dates and nuts.
7. Fill the cups in the muffin pan evenly so they are about ¾ full.
8. Bake for 18 to 20 minutes, or until muffins are golden brown.
9. Use oven mitts to remove the muffin pan from the oven. Place the pan on the cooling rack and let cool for 5 minutes.
10. Use the rubber spatula to loosen the muffins and remove from pan.



Time

15 minutes to prepare
plus
18 to 20 minutes to bake

Tools

muffin pan
2 medium bowls
wooden spoon
wire whip
oven mitts
cooling rack
rubber spatula

Makes

12 muffins

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Dried dates are dark brown in color and are very sweet and chewy. The date palm tree ripens fruit only in warm, dry climates such as that of California and Northern Africa.

