

BOILING WATER

It is the simplest and most foundational part of cooking. You can't burn it. You can't ruin it. It has tons of uses. And as long as you stay safe, it's a great thing to be able to do.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

- With your parents help and oversight, boil a saucepan of water.
- On two additional occasions, be assistant to whoever is cooking, by preparing a pan of boiling water as part of the meal preparation.

Boiling water is used to cook pasta, make tea, cook veggies, make rice, and tons of other things. It can also be used to sterilize objects because it kills germs. We just have to be super careful. If we get boiling water on us it will scald us (a hot water burn) and enough spilt on a young child could even kill them. So we have to be super careful too.

- Typically water is boiled on the stove top. The hotter you turn the burner up on the stove top, the faster it will come to the boil. Water will not actually get hotter than boiling (100° C or 212° F), but it will get there faster.

- Place water in a sauce pan. The more water the longer it will take. Also, add a lid and it will boil faster because it keeps the heat in.

- Don't fill the pan too high (not much over half way) as it can splash and become unstable when it starts to boil.

- As the water starts to boil, you'll first notice small bubbles appearing at the bottom. Then crazy bubbles will jump around the surface of the water. This is called a rolling boil.

- Turn the heat off and let the water cool naturally. You can pour it down the sink immediately. But for safety we are not going to carry a pan of boiling water.

