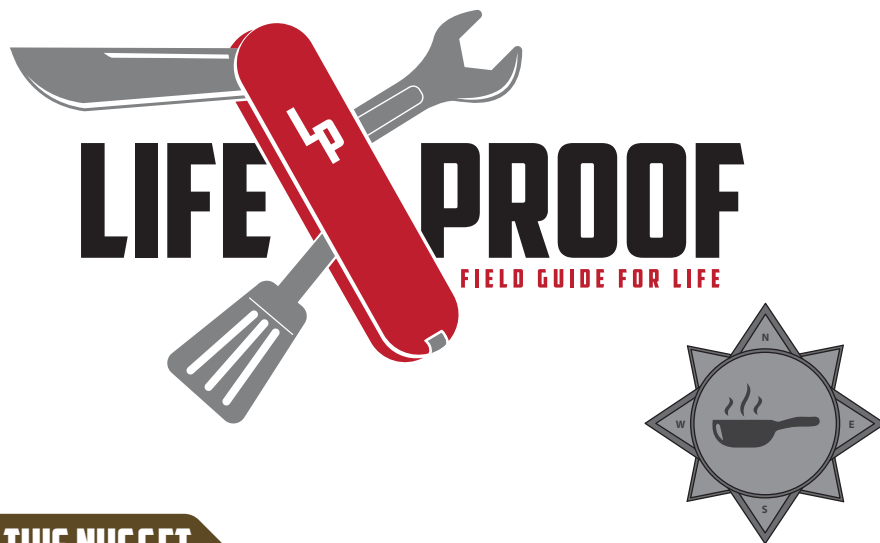


COOKING WITH A SKILLET OR FRYING PAN

It is a fact, in my humble opinion, that the best foods are a result of being fried in a skillet. Fried egg, fried bacon, fried sausage, fried chicken - you get the idea. In fact, you can put "fried" in front of almost anything - fried lettuce...well maybe not everything.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Cook two magnificent fry-ups for your family.

So, here are some simple guidelines for this most versatile marvel of modern culinary delight.

1. Select the food that you want to cook in the skillet; discuss appropriate foods with your parents.
2. Heat up that skillet, you don't just dump what you are cooking straight in there. Give the skillet a chance to get hot first. I wouldn't use a high heat, most of the time medium is plenty. Please be cautious, the pan will be hot and will burn you. Parental supervision is a must.
3. Add some oil as it is heating, don't flood it, just enough to cover the pan with a film of oil. Tip the pan around to coat it. It is the oil that stops the food from sticking to the pan and also helps transfer heat to the food.
4. Now it is time to add some yummy food. You will need to flip your food with a spatula, by the way. Most of the time the trick is to cook one side before flipping it to cook the other. You can cook multiple different foods in the pan at the same time if you have room. You probably want to keep the different foods separated though.
5. Inspect your food to make sure it is fully cooked and remove from the pan onto a plate.
6. Finally when all is done, turn the heat off. When the pan has cooled, wash it thoroughly; a job is not done until everything is clean and put away.

