

## USING AN OVEN

Yep, I know you know what an oven is. That big thing in the kitchen that cooks stuff. But as with anything, there is always stuff to learn and ways to improve your cooking just by understanding how things work and what your best practices are. So, my RockHopping friend, we are going to learn a little more about how the oven works.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Next time your parents are cooking with the oven, you are going to operate the oven under their supervision and cook the items using some of these best practices as well as their wealth of knowledge. Think safety first in everything you do.

LEVEL H

B-2

As a rule, an oven is either going to be powered by gas or electricity. Depending on which one you have, here are some best practices:

#### For oven use:

- Always pre-heat the oven before use. You'll never be able to cook something for the correct time if you don't. It's not a bad idea to preheat a little longer.
- When cooking, unless instructed otherwise, in an electric oven cook in the center. This will help the temperature be more consistent. With gas, place on the top rack, this will help browning.
- Electric ovens can be a little dry. Many people will add a pan of hot water in the bottom that will keep the air in the oven moist.

#### Cooking on the burners:

- Some things need to be cooked at a high temperature, if you are searing meat, for instance. But for most items, they will heat just fine somewhere between low to medium heat. For speed, you may have a higher temperature at the beginning, but lowering it will prevent the food from boiling over or burning to the bottom of the pan.
- Don't leave items on the burners. For anything with a sauce or anything sweet, stir regularly.

