



CSF3

COOKING SKILLS & FOOD

Sauté, Simmer & Steam

Time: 70 Minutes

Get ready to sauté, simmer and steam a delicious heart-healthy dish for your family. Take your cooking skills to the next level by learning these techniques as well as other food safety and kitchen equipment facts as you explore and taste what healthy food can do for you.

OBJECTIVES:

Define at least three kitchen tools and their use in healthy food preparation.

Prepare a heart-healthy dish using multiple healthy cooking techniques.

SETUP

- Review resource list and print it out. Purchase all necessary supplies.
- Set up demo station with the necessary activity resources.
- Provide computer, internet access, and projector, if available.

INTRO

- Welcome participants and introduce yourself.
- Give a brief description of the educational experience.
- Take care of any housekeeping items (closest bathroom, water fountain, etc.).
- Engage in an icebreaker to gauge topic knowledge from the bank of options provided in the facilitator guide. *10 Minutes*

DEMO

- Play video(s) or demonstrate content (see demo script). *10 Minutes*

ACTIVITY

- Participants will break into teams to divide and conquer a heart-healthy recipe that requires the use of different healthy cooking techniques. *20 Minutes*

RECAP

- Pass out the handout(s) and invite participants to taste their healthy dish while going through the handout(s) together. *10 Minutes*

GOAL SETTING/CLOSING

- Engage in a goal setting activity from the bank of options provided in the facilitator guide. Pass out the Setting SMART Goals handout to participants.
- Thank participants and encourage them to join the next activity. (Provide date/time/location if known.) *20 Minutes*



If you don't have a kitchen space with a stovetop, you'll need to purchase a few electric burners.



NOTES: Read legal liability disclaimer(s), if applicable, before activity. Refer to Resource List for all necessary supplies and handouts.

Sauté, Simmer & Steam Resource List

HANDOUTS/VIDEOS

These resources can be found on the AHA's YouTube channel or heart.org.

- Sauté, Simmer and Steam demo video
- [Cauliflower Rice recipe](#)
- [Cauliflower Mash recipe](#)
- Simply Simmer Green Chile Stew handout (please locate in this guide)
- Setting SMART Goals handout (please locate in this guide)

SPACE SETUP

- Chairs and tables for participants with electric burners
- Demo table
- Pens for participants
- Folders
- Computer, internet access and projector, if available

DEMO SUPPLIES

- Chef's knife
- 8-quart pot with lid
- 2-quart saucepan with lid
- 12-inch nonstick skillet
- Mixing bowls
- Measuring cups/spoons
- Electric burner
- Canola oil or cooking spray
- Bag of spinach (or other leafy vegetable)
- Steamer insert
- Bag of frozen vegetables
- Cups (for tasting)

ACTIVITY INGREDIENTS AND SUPPLIES***

- Cauliflower rice***
Cooking spray, 1 head cauliflower, ¼ tsp. salt, ¼ tsp. black pepper, ¼ cup chopped fresh parsley **or** 2 tsp. dried parsley
- Cauliflower mash****
1 cauliflower head, 3 Tbsp. grated or shredded Parmesan cheese, ¼ cup fat-free plain Greek yogurt, ½ tsp. minced garlic and pepper (to taste)
- Large bowls
- Chef's knife
- Cutting boards
- Measuring cups/spoons
- Bowls (for tasting)
- Colanders
- Forks
- Electric burners
- Blenders or food processors

* Recipe serves 4 people; please multiply ingredients as necessary for your participants.

** Recipe serves for 6 people; please multiply ingredients as necessary for your participants.

*** Purchase appropriate number of supplies for your participants. Participants can divide into teams and share supplies and ingredients.

Sauté, Simmer & Steam Demo Script

Use if video capabilities are unavailable.

 **SAY:** When you have the right tools, cooking at home comes easily. Stock your kitchen with the following and you'll be prepared to make your next meal at home.

 You don't have to buy a whole set of matching cookware. You can pick and choose the best pan for the job from a variety of brands and types. Buy fewer, but buy the best you can afford.

 Quality really counts, so choose sturdy pots and pans. Thin, cheap metals will warp, dent, and may burn both you and your food. Good pans can last for a lifetime of cooking.

Hold up 8-quart pot with lid, 2-quart saucepan with lid and 12-inch nonstick skillet.

 **SAY:** A good knife cuts food more quickly, easily and neatly with less chance of injury. Most professional grade knives are high-carbon stainless steel; they don't rust or deteriorate.

 Quality knives will have the metal continuing up through the handle. Like good pots and pans, they can last a lifetime.

Hold up a knife showing the metal continuing through the handle.

 **SAY:** You don't have to keep all your utensils in a drawer. Find an interesting straight-sided, wide-mouthed container to hold your utensils within easy reach on the countertop.

 Try to avoid using metal utensils on non-stick cookware because they can damage the surface.

Hold up mixing bowls, measuring cups, and spoons

 **SAY:** These tools will make cooking at home a breeze. No need to get the best of the best here, any brand or variety will get the job done!

 Knowing common cooking terms can improve your healthy cooking skills and turn anyone into a home chef!

 Our first cooking term today is sauté, which means to cook food quickly in a small amount of oil or cooking spray in a skillet or frying pan over direct heat.

Sauté spinach in a skillet with a small amount of oil or cooking spray.

 **SAY:** Next we will practice steaming, which means to cook over boiling water in a covered pan. This method keeps foods' shape, texture and nutritional value intact better than methods such as boiling. It's best to use a wire steamer basket for this. If you're short on time, consider purchasing a bag of frozen veggies that can be steamed in the microwave.

Steam vegetables

 **SAY:** Our last cooking term today is simmer, which is a very low boil that cooks food in a liquid at a low enough temperature so that small bubbles begin to break the surface and gather around the edge of the pot.

 Learning the key tools and techniques to prepare healthy meals can set you up for success in the kitchen!

Divide cooked food into cups and invite participants to try sautéed spinach and steamed veggies.

Sauté, Simmer & Steam Activity Script

Divide participants into teams to practice using sauté skills for the cauliflower rice or steam skills to make the cauliflower mash.

Invite group members to pick up their resources (recipe, ingredients and cooking supplies) at the demo station. Make sure to give half the groups the recipe/ingredients for cauliflower rice and the other half the recipe/ingredients for cauliflower mash. (Alternatively, if you have set everything up at their stations beforehand, participants can go straight to their cooking stations.)



SAY: Everyone will start by cutting the cauliflower into small florets.



For the cauliflower mash teams:

Next you will fill your large pot with 2 inches of water and place a steamer basket in the pot. Add the cut florets to the basket and steam for 15 minutes, or until tender. Drain well.



Move the florets to a food processor/blender to puree the cauliflower. Add the yogurt, Parmesan cheese, and garlic and process until creamy (don't overmix). Add pepper to taste.



For the teams cooking cauliflower rice:

Add your florets in batches to a food processor/blender and gently pulse until the cauliflower becomes the texture of rice. Be careful not to over pulse.



In the meantime, coat your large skillet with cooking spray. Heat over medium heat. Once it's hot, add the cauliflower, salt and pepper. Sauté for 5 minutes, or until the "rice" is tender. Stir occasionally. Top with the parsley.



Once everyone is done making the dish, divide it into bowls and share with all the teams.



As you can taste and see, there are different ways to cook the same ingredient or dish. Cauliflower is also a great ingredient swap for your typical rice or potato.

Green Chile Stew



Per serving:
217 Calories
1.5 g Sat. Fat
79 mg Sodium
\$2.45

Makes 4 servings

This healthy recipe has a kick to it because it features two types of hot peppers that will be sure to wake up your taste buds.

INGREDIENTS

- 1 Tbsp. corn or canola oil
- 1 lb. beef sirloin, beef round or flank steak (whatever is on sale), cut into 1/2-inch cubes, all visible fat discarded
- 1 small onion (yellow or white), chopped
- 2 cloves minced, fresh garlic **or**
2 tsp. jarred, minced garlic
- 2 Tbsp. whole-wheat flour
- 2 cups fresh tomatoes (chopped) **or**
14.5 oz. can no-salt-added diced tomatoes
- 6 Hatch chiles (roasted, skinned) **or**
2-3 oz. green chiles, canned
- 1 jalapeño or Serrano pepper (skip this if you don't like spicy food) seeds and ribs removed, chopped (optional)
- ½ tsp. black pepper
- 2 cups low-sodium, fat-free chicken broth

DIRECTIONS

1. In a stew pot, heat oil over medium-high heat and add beef. Cook 5 minutes or until browned, stirring occasionally.
2. Stir in onion and garlic, cooking 2-3 minutes, or until onions begin to be translucent.
3. Add flour, stirring until well mixed.
4. Add all remaining ingredients and stir well.
5. Reduce heat to medium-low, cover and simmer for 1 hour.

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Practice simmering
with this healthy and
affordable meal.

TO SIMMER:

A very low boil that cooks food in a liquid at a low enough temperature so that small bubbles begin to break the surface and around the edge of the pot.

Cauliflower Rice



Per serving:
68 Calories
0.6 g Sat. Fat
192 mg Sodium

Makes 4 servings

Riced cauliflower soaks up your favorite sauces and creates a nutrient-rich addition to any dish.

INGREDIENTS

- Cooking spray
- 1 head cauliflower
- ¼ tsp. salt
- ¼ tsp. black pepper
- ¼ cup chopped, fresh parsley **or**
2 tsp. dried parsley

DIRECTIONS

1. Cut cauliflower into florets. In batches, add cauliflower to food processor (or blender) and gently pulse until cauliflower becomes the texture of rice. Be careful not to over pulse.
2. Coat large skillet with cooking spray. Heat over medium heat. Once the skillet is hot, add cauliflower, salt and pepper. Sauté for 5 minutes or until cauliflower is tender, stirring occasionally.
3. Top with chopped parsley.

Recipe copyright © 2016 American Heart Association.

Cauliflower Mash



Per serving:
41 Calories
0.5 g Sat. Fat
71 mg Sodium
\$0.69

Makes 6 servings

The American Heart Association offers this creamy and delicious cauliflower mash tastes just like mashed potatoes. Your secret is safe with us!

INGREDIENTS

- 1 medium head cauliflower, cut into florets (about 6-7 cups)
- 3 Tbsp. Parmesan cheese
- ¼ cup fat-free, plain Greek yogurt
- ½ tsp. minced garlic
- Pepper (to taste)

DIRECTIONS

1. Cut the cauliflower into small florets. In a large pot filled with about 2 inches water, cook the cauliflower in a steamer basket if possible for about 15 minutes, or until very tender. Drain well.
2. In a blender, food processor or with an immersion blender, puree the cauliflower with the yogurt, Parmesan cheese, and garlic until creamy (don't overmix). Sprinkle with pepper to taste.

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Setting SMART Goals

SPECIFIC

- What exactly do you want to accomplish?

MEASURABLE

- How will you track your progress towards your goal?

ACHIEVABLE

- Is reaching your goal possible with your full effort?

REALISTIC

- Do you have the resources and ability to achieve your goal? If not, how can you get them?

TIME-BOUND

- When will your goal be achieved?

EXAMPLE OF A SMART GOAL:

I will increase the number of fruit servings I eat daily by 2 cups within the next 3 months.

Personal SMART goal:
