

CULINARY PASSPORT



KITCHEN
INK

Learn how to cook- try new recipes, learn from your mistakes, be fearless, and above all have fun!

Julia Child



Cooking with kids is not just about ingredients, recipes, and cooking. It's about harnessing imagination, empowerment, and creativity.

Guy Fieri

Grab your Culinary Passport, tie on your apron and get cooking. Travel around the world from your kitchen.

Once a flagged recipe has been completed place the corresponding sticker in your culinary passport to stamp your success and track your journey.

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In the Kitchen

Safety will be practiced with adult supervision always.

Closed toe shoes will be worn to protect toes from spills or dropped pots.

An apron will be worn to protect from spills.

Hands will always be washed with soap and water prior to handling food.

Hair will be tied up to prevent it from falling into food.

Potholders will be used when handling hot pots and pans.

Be creative and have fun making memories in the kitchen.

Find delicious recipes and activities
www.kitcheninkpublishing.com

SIGNATURE OF THE BEARER



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Culinary Mixing Terms

BATTER: A mixture containing flour, liquid, and other ingredients. Batter is different from dough because batter is thin enough to pour, while a dough can be formed into a ball and keeps its shape. Batter usually describes unbaked cakes or muffins.

BEAT: To mix rapidly with a spoon, fork, whisk, or electric mixer to incorporate air and create a smooth, light mixture.

BLEND: To combine two or more ingredients thoroughly with a whisk, spoon or mixer until smooth.

COMBINE: Mix ingredients.

CREAM: Beating butter with sugar until fluffy and creamy.

CUT IN: To mix a solid cold fat (such as butter) with flour or dry ingredients by hand until the mixture resembles coarse crumbs. This can be achieved by using a pastry blender or two tableware knives.

DOUGH: An uncooked mixture of flour, liquid, and other ingredients. that creates a firm mixture, usually used to describe bread or cookies.

FOLD: Mix ingredients with a rubber spatula, whisk, or spoon. Using a gentle over-and-under motion.

KNEAD: To massage dough with the palms of your hands or a machine, continually pressing and folding for several minutes until dough is smooth.

MIX: Stir ingredients together.

PURÉE: To blend food together until it becomes completely smooth.

SIFT: To remove lumps from dry ingredients with a mesh strainer.

STIR: To mix around and around with a spoon.

WHIP: To quickly beat ingredients together with a whisk or electric mixer until light and fluffy. This motion adds air to the ingredients.

WHISK: To beat air into ingredients with a fork or whisk to mix or blend.

Culinary Cutting Terms

CARVE: to cut or slice cooked meat, poultry, or fish into serving- size pieces using a carver, or carving knife.

CHOP: To cut food into pieces with a knife, blender, or food processor.

CHUNKS: Pieces of food much larger than diced food.

CORE: To remove the seeds or tough centers from fruits and vegetables.

CUBE: Cut into $\frac{1}{4}$ to $\frac{1}{2}$ inch squares.

DESEED: To take the seeds out of a fruit or vegetable.

DICE: To cut food into small cubes of a consistent size.

FILLET: To cut the bones from a piece of meat, poultry, or fish. Also, a flat piece of boneless meat, poultry, or fish.

GRATE: To shred food into tiny pieces by rubbing against a grater.

HULL: Cutting off the green stalks and leaves of fruit.

JULIENNE: To cut food into long, thin strips shaped like matchsticks.

MINCE: Chop or cut into tiny pieces.

PARE: Cut away the outside covering of fruits and vegetables.

PEEL: To remove the peels from vegetables or fruits.

PIT: Take out the seeds.

SCORE: Making long, shallow cuts in food, to reduce cooking time or allow flavor to be absorbed.

SLICE: Cut an ingredient across into pieces that are the same thickness.

ZEST: To remove the outer part of citrus fruits with a small grater to make zest, which is used as a flavoring.

Why do you want to learn to cook?

1. _____
2. _____
3. _____
4. _____
5. _____



**Name these items you will
use in the kitchen.**



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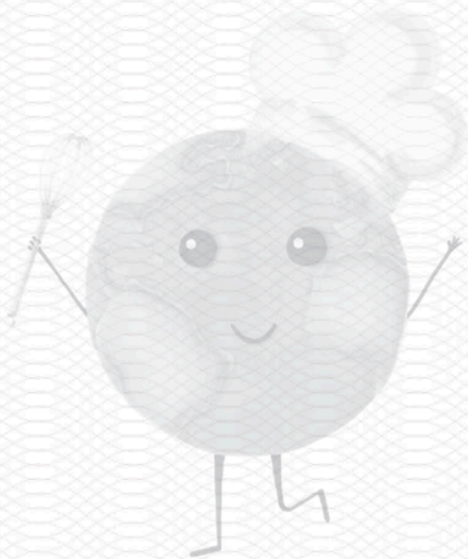
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What countries would you like to learn more about?

1. _____

2. _____

3. _____

4. _____

5. _____



What are your favorite recipes that you have made?

1. _____

2. _____

3. _____

4. _____

5. _____



The Culinary Passport Series



**Discover recipes
from all over the world!**

Travel around the world from your kitchen.



With 35 delicious, easy-to-make recipes for breakfast, small plates, sides and snacks, entrées, and desserts.

Full color photos and cooking tips.



Let's get cooking!



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