



The Cooking Challenge Project Details

Here's How it Works

1. Follow the instructions for your recipe and prepare to cook it!
2. As you finish using the ingredients for this meal, set the leftover ingredients aside to use at a later date and write down what they are and approximately how much is left.
3. Cook your meal!
4. Are there leftovers from this cooked meal? What can you do with the left overs to recreate an entirely new meal? Try to transform it and make use of the meal in a new way! Think it through:
 - Can you bake it? Fry it? Sauté it? Refrigerate it to eat cold? Make it a soup?
 - Can you add a sauce? Note: if it already has a sauce you probably can't mix another sauce into it. But, can you add vegetables to change the sauce?
 - Can you turn it into a cold salad?
 - If it's already a cold meal, can you cook it?

NEXT, take your list of leftover ingredients and search for another recipe to make in a day or two using these remaining ingredients. Whether you are looking online or in a cookbook, base the way you search for the new recipe on these remaining ingredients.

This activity helps you learn how to stretch what you have before it goes to waste. It is also a smart way to stretch your imagination, think things through, and look at something (a recipe in this case) from a different angle. That is a seriously valuable life skill!

Now with cooking, this is also useful when you make a mistake, which is how this project was thought of to begin with - the author accidentally made a meal too salty so she recreated the entire meal with her sole mission being to balance out the salt. What started as a hearty, soaked in salt, 'mid-western' meal transformed into a yummy Italian stew.