

Chopped Challenge: Textures

Materials needed to complete project

Included in kit:

- 3 mystery ingredients (listed on the copy of this instruction sheet in the kit you order)!

Not included in kit:

- Cookware, utensils, mixing bowls, and other kitchen supplies needed to prepare the dish.
- Other ingredients to pair with ingredients in the kit.



Instructions:

1. Take stock of the ingredients included in the kit. Do research on what kind of flavors those ingredients fit into, what can pair well with them, or how to prepare them.
 - a. Pro tip: Consider looking up dishes where ingredients included are hidden or blended within, for example: cauliflower in mac & cheese.
2. Brainstorm 3-5 different ideas for dishes that includes a food from 2 different textures (creamy, soft, hard, juicy/wet, moist, chewy, crunchy, chunky/thick, sticky, etc.) and utilizes the ingredients included in the kit.
 - a. These dishes should be something that is edible and you/someone you know would like to eat.
3. Time to make your dish!
 - a. Want an extra challenge? Set a timer for yourself to complete your dish, ask a family member or friend to compete against you, or further specify to the challenge (e.g. one pot, desserts only, snack, etc.)!
4. Once your dish is done try it out!
 - a. Want to win a \$10 gift card to target, Barnes & Noble or smart phone stores? Snap a picture of the completed dish and list of final ingredients used & your thoughts on it, and send them to us at rlteenservices@co.ramsey.mn.us for a chance to win!

Need help picking a recipe to make for the challenge or want to tag your cooking journey beyond the challenge? Check out these additional resources!

Cookbooks you can check out through RCL/ILL

- [Teen Chef Cooks: 80 Scrumptious, Family-Friendly Recipes by Eliana De Las Casas](#)
- [Cook With Amber: Fun, Fresh Recipes to Get You in the Kitchen by Amber Kelley](#)
- [Edible Twin Cities by Angelo Gentile](#)
- [Hack Your Cupboard: Make Great Food with What You Got by Alyssa Wiegand](#)
- [Afro-Vegan: Farm-fresh African, Caribbean & Southern Flavors Remixed by Bryant Terry](#)
- [The Jemima Code & Jubilee by Toni Tipton-Martin](#)
- [The Sioux Chef's Indigenous Kitchen by Sean Sherman](#)
- [Original Local: Indigenous Foods, Stories, and Recipes From the Upper Midwest by Heidi Erdrich](#)
- [The South American Table: The Flavor and Soul of Authentic Home Cooking From Patagonia to Rio De Janeiro by Maria Baez Kijac](#)
- [Gran Cocina Latina: The Food of Latin America by Maricel E. Presilla](#)
- [Japanese Home Cooking: Simple Meals, Authentic Flavors by Sonoko Sakai](#)
- [Easy Chinese Recipes: Family Favorites From Dim Sum To King Pao By Bee Yinn Low](#)
- [Cook Korean! A Comic Book With Recipes by Robin Ha](#)

Online resources

- (Article) A Study of Flavor Profiles by Jess Dang (Cooksmarts): <https://www.cooksmarts.com/articles/study-flavor-profiles/>
- (Graphic) Food Color Wheel (use as guide towards healthy eating aka getting all your nutrients): <http://www.food-mood.org/2013/07/the-food-color-wheel.html>
- (Website) Food Network: Kids baking championship <https://www.foodnetwork.com/shows/kids-baking-championship>
- (Website) Food Network: Chopped Junior <https://www.foodnetwork.com/shows/chopped-junior>
- (Website) America's Test Kitchen: Kids <https://www.americastestkitchen.com/kids>

- (Website) US Department of Agriculture's My Plate: [Teens section](https://www.myplate.gov/life-stages/teens) (<https://www.myplate.gov/life-stages/teens>) & Young Adults Section (<https://www.myplate.gov/life-stages/young-adults>)