

## **Cooking in the Kitchen Episode 1 Materials**

### **Ice Cream Muffins Ingredients & Materials Needed**

- 1 cup of your favor premium ice cream
- 1 cup sifted self-rising flour
- Non-stick spray
- 1 small mixing bowl
- 1 wooden/plastic spoon
- 1 muffin pan – 6 muffins
- 2 1-cup dry measuring cups

### **Basic French Omelet Ingredients & Materials Needed**

- 1 egg
- 1 Tablespoon water
- Salt
- Pepper
- Unsalted Butter

### **Your choice of the following ingredients or others you have at your house**

- Chopped ham/bacon or sausage
- Grated cheese
- Chopped green peppers, tomatoes and/or onions
- Chopped apples
- 1 Butter knife
- 1 Small mixing bowl
- 1 7' to 10 inch omelet/frying pan
- 1 Spatula
- 1 plate