













MASTERCHEF MONTH

Here are 30 kitchen verbs, you could try with a grown-up to become a masterchef in a month.

<p>1</p> <p>CRUSH</p> <p>Crush some fruit to make a smoothie</p>	<p>2</p> <p>MELT</p> <p>Melt some chocolate and drizzle it onto food.</p>	<p>3</p> <p>SPREAD</p> <p>Make a tasty sandwich.</p> 	<p>4</p> <p>LAYER</p> <p>Make a different sandwich with at least 5 layers.</p>	<p>5</p> <p>ROLL</p> <p>Roll some pastry or cookie dough.</p> 	<p>6</p> <p>SQUEEZE</p> <p>Squeeze an orange or a lemon.</p> 
<p>7</p> <p>PEEL</p> <p>Peel some vegetables</p> 	<p>8</p> <p>MIX</p> <p>Mix something that is wet with something that is dry</p>	<p>9</p> <p>WHIP</p> <p>Whip some cream or egg whites</p>	<p>10</p> <p>FRY</p> <p>Fry an egg</p> 	<p>11</p> <p>TASTE</p> <p>Taste something new</p> 	<p>12</p> <p>CUT</p> <p>Cut some slices into a potato (not all the way through) and bake it in the oven</p>
<p>13</p> <p>DECORATE</p> <p>Decorate a cupcake or a cookie.</p>	<p>14</p> <p>SLICE</p> <p>Slice some bread.</p> 	<p>15</p> <p>GRATE</p> <p>Grate a vegetable.</p>	<p>16</p> <p>GREASE</p> <p>Grease a tin and bake something.</p> 	<p>17</p> <p>BOIL</p> <p>Make a cup of tea with your grown-up.</p>	<p>18</p> <p>PINCH</p> <p>Add a pinch of salt and pepper to something.</p>
<p>19</p> <p>POUR</p> <p>Make a hot chocolate and pour it into a cup.</p> 	<p>20</p> <p>DIP</p> <p>Tip some toasted soldiers into a boiled egg</p>	<p>21</p> <p>ROAST</p> <p>Use your skills to roast three kinds of vegetable.</p>	<p>22</p> <p>BAKE</p> <p>Make a cake or a biscuit</p>	<p>23</p> <p>STIR</p> <p>Help your grown-up to stir the dinner.</p> 	<p>24</p> <p>WEIGH</p> <p>Weigh some ingredients accurately.</p>
<p>25</p> <p>GRILL</p> <p>Melt some cheese on toast under the grill.</p>	<p>26</p> <p>FREEZE</p> <p>Make a different sandwich with at least 5 layers.</p>	<p>27</p> <p>SCRAMBLE</p> <p>Scramble an egg.</p> 	<p>28</p> <p>SERVE</p> <p>Make a different sandwich with at least 5 layers.</p>	<p>29</p> <p>SET</p> <p>Set the table, or prepare a space for dinner.</p> 	<p>30</p> <p>SIEVE</p> <p>Sieve some flour and spices to explore flavours</p>

