

Cooking At Home

Ages 2-7

At Home With SICM is now celebrating our summer camps! This week we were inspired by our Cooking camp. We hope your family enjoys doing these outdoor activities together!

Construct

Build A Solar Oven

A solar oven uses the sunlight as a heat source to cook food. It is beneficial because it uses natural methods to cook over fuel which is harmful to the earth.

Materials:

Recycled cardboard pizza or shoe box

Black construction paper

Aluminum foil

Plastic wrap

Tape

Glue

Ruler

Sharpie/Pencil

Scissors

Wooden skewer/recycled straw

Oven mitts

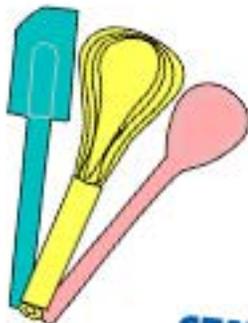
Ingredients for solar braised carrots with honey

Using your ruler trace out a square on the top of the pizza box/cardboard box framing it. Cut three out of the four lines to make it open as a flap. Do not cut the top line adjacent to the boxes spine. Glue or tape tin foil to the opposite side of the cardboard flap. Add tin foil to the bottom inside of your box for extra insulation. Then glue or tape the black construction paper to the foil. The black paper will absorb the heat of the sun. Next use your plastic wrap to tightly cover the outside hole you cut out earlier. Do a quick test to make sure your carrots fit then place your solar oven in the sun to heat up for about 40-60 minutes. It will then be ready to use!

Your oven will be hot! Allow plenty of time for it to cool down before moving it.

Wash Your Hands

Wash your hands,
Before you eat,
A good health rule,
That's hard to beat.
For better work,
For better play,
Eat three good meals,
Every day.



STATEN ISLAND CHILDREN'S MUSEUM

AT HOME!

Cook

Sun Braised Carrots with Honey

Ingredients:

4 tablespoons unsalted butter

1 tablespoon honey

1 pound carrots, peeled and cut into rounds

Salt

Chopped fresh flat-leaf parsley

Preparation

Set Sun Oven out to preheat.

In a medium pot, melt the butter over low heat. Remove from heat and stir in the honey.

Add the carrots, tossing to coat. Season with salt, cover and cook in the Sun Oven until the carrots are very tender, 1 1/2 to 2 hours.

Sprinkle with parsley just before serving.

Create

Banana Ice Cream in a Blender

Ingredients:

4 frozen bananas, peeled

1/4 cup cocoa powder

2 tablespoons almond butter (can sub peanut butter)

1/4 cup milk of choice

(only use if you are making this in a food processor)

Optional: chocolate chunks or chips, to sprinkle on the top

Instructions:

Place the frozen bananas, cocoa powder, and almond butter into your high-powered blender. Blend the bananas on high speed using the plunger to push the bananas down as needed. After 2-3 minutes the ice cream will run smoothly. Either eat right away or freeze for 2 hours so that it is hard enough to scoop into cones.

For more At Home! activities and information about our exhibits visit us at

sichildrensmuseum.org

1000 Richmond Terrace, Staten Island NY 10301