



# BASIC KITCHEN SAFETY TIPS

## TEAM DAVIS GOOD FOODS GARDEN

### LESSON 6

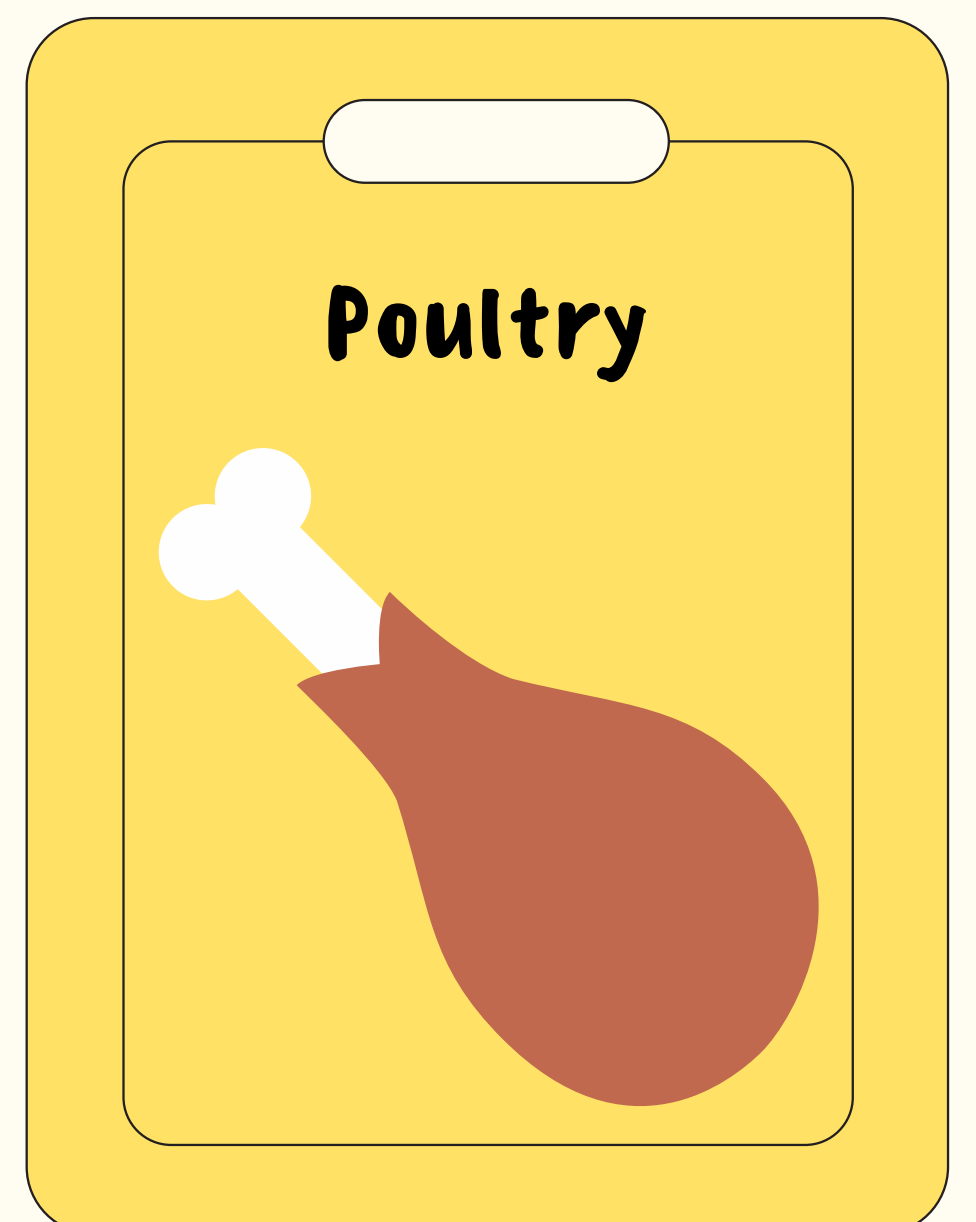
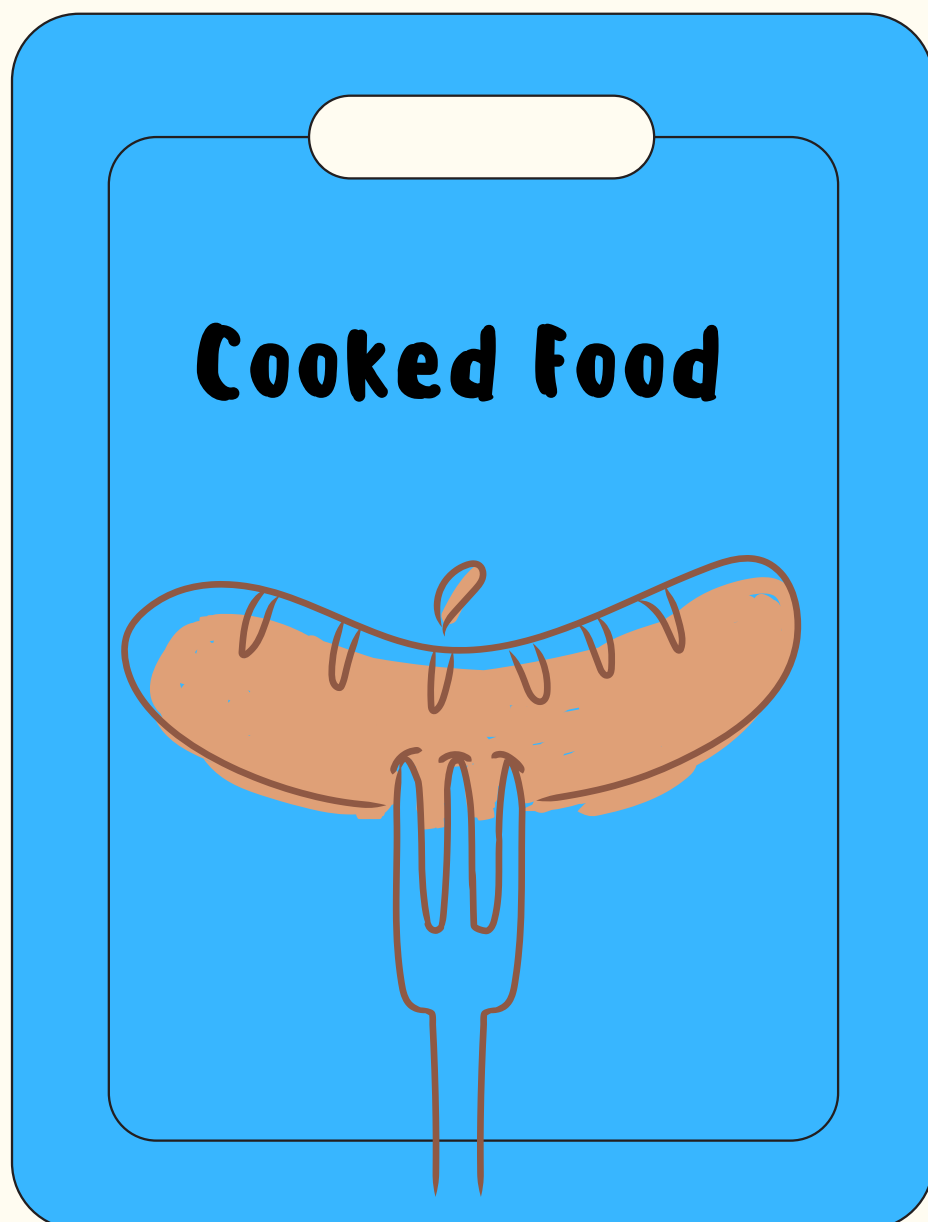


## Wash Your Hands!

1. Wet your hands with water and apply soap.
2. Lather your hands by rubbing them together with the soap.
3. Scrub your hands for at least 20 seconds
  - a. Sing Happy Birthday for 2 times!
4. Rinse your hands under water.



## Color-Coded Cutting Boards





# Knife Cutting Safety Tips

- Always pick up knives by the handle.
- Choose the correct knife size for the task you are doing.
- Cut foods away from the body and always use a cutting board.
- Use the claw method to prevent yourself from cutting your fingers.
- Wash knives immediately after use.



## Recipe: Bibimbap



### Sauce

- 2 tablespoons gochujang
- 1 tablespoon toasted sesame seeds
- 2 teaspoons roasted sesame oil, honey and rice vinegar

### Toppings

- Toasted sesame seeds, as needed
- Minced garlic, as needed (optional)
- Thinly sliced scallions, as needed (optional)
- 2 cups soy bean or mung bean sprouts
- 2 cups packed fresh spinach leaves
- 2 cups peeled carrots and cucumbers
- 4 ounces shiitake mushroom caps, thinly sliced
- 4 ounces ground beef or thinly sliced beef
- 2 teaspoons honey



### Steps

1. Combine all the sauce ingredients in a small bowl.
2. Add bean sprouts into boiling water and cook for 3 minutes and run them under cold water.
3. Add spinach to simmering water and cook for 1 minute and run them under cold water.
4. Add 2 teaspoons sesame oil into heat pan and stir with bean sprouts, spinach for 1 minute and mushroom for 3 minutes into different bowl.
5. Season protein with pre-made sauce.
6. Stir-fry seasoned protein into heat pan for 3 minutes until it turns lightly brown.
7. Choose pre-made toppings on steamed rice with sauce. Enjoy!