



## Tasting Food as You Cook

Good cooks taste food as they cook to see if it is "seasoned" just right. You may need to add a little more salt, pepper or other spice to give your recipe the most flavor.

Always taste with a clean spoon, one that hasn't been touched by anyone's mouth—including yours. Cook food sufficiently before tasting, and never lick the spoon, beaters or bowl from batter that contains raw eggs. Don't re-use your tasting spoon.

Taste hot foods with a wooden spoon because a metal spoon could burn you.

Tasting food as you cook is a good idea, but grab a clean spoon!

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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