

# Mama Bear's Kitchenary

A dictionary of kitchen tools, rules and recipes



Written by Cherry Carl  
Illustrated by Carol Peters

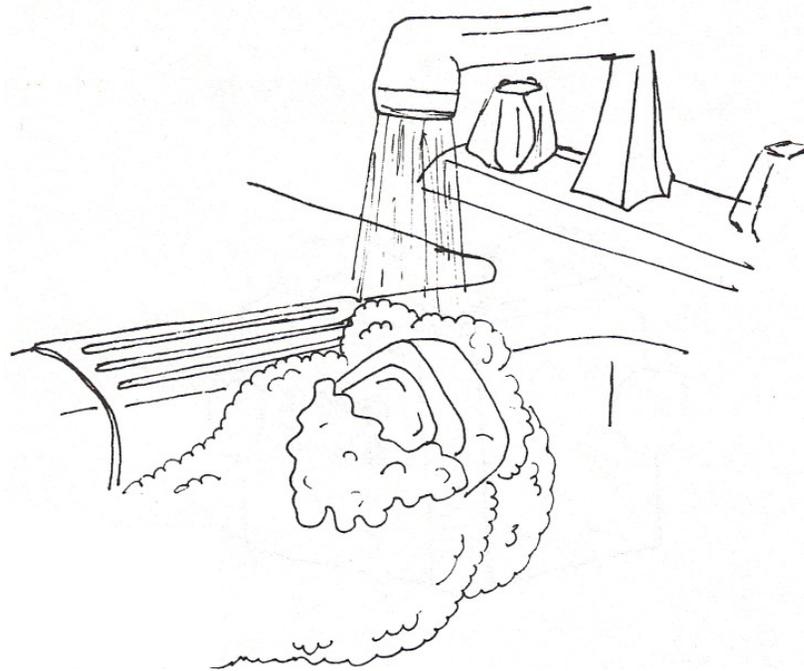
# Mama Bear's Rules For Cubs in the Kitchen



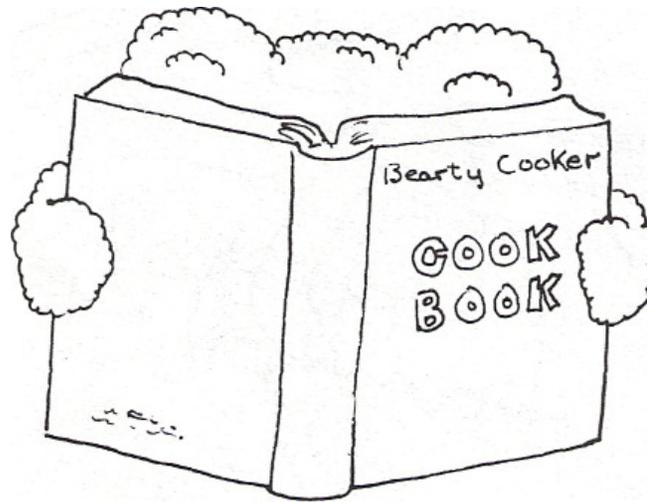
Always ask for Mama Bear's  
permission before you cook.



Wash your paws first. A  
good cook is a clean cook!



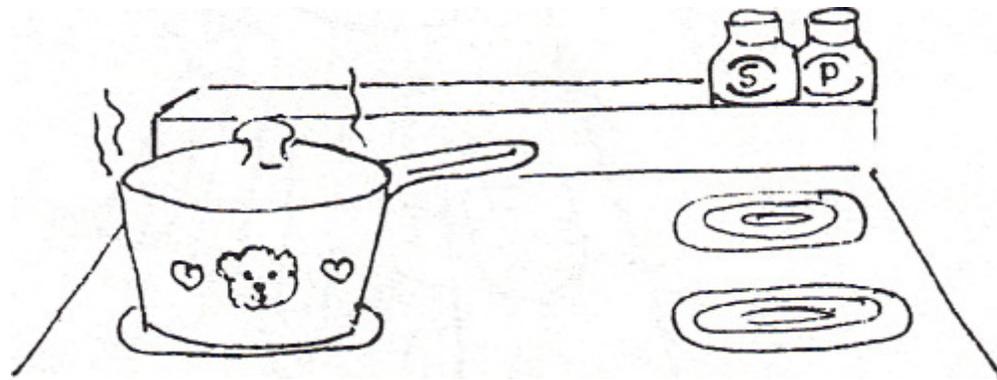
Read your recipe ahead of  
time. Make sure you have  
everything you need.



Wear an apron to keep your  
clothes clean.



Keep all pot and pan handles  
turned to the back of the  
stove so that you can't  
knock them over.



Use a dry potholder or mitt  
when you pick up hot pans!



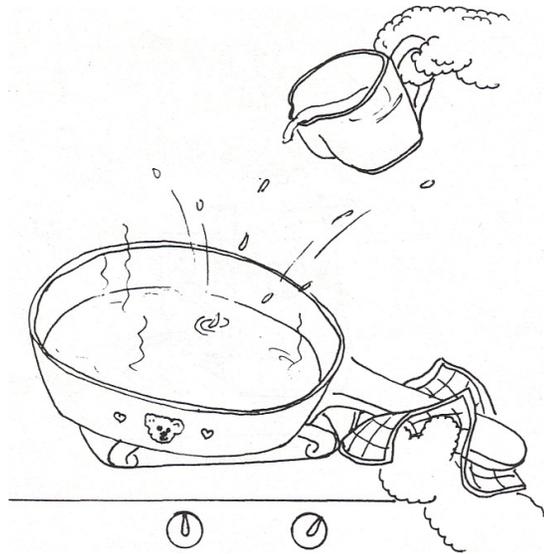
Ask a grown-up to help  
when you use a knife.  
Always hold the knife  
by the handle.



Keep cords from hanging loose. Wet hands should always stay away from electrical outlets.



Never put hot grease into  
water or water into hot  
grease. It snaps, splashes,  
splatters and burns!

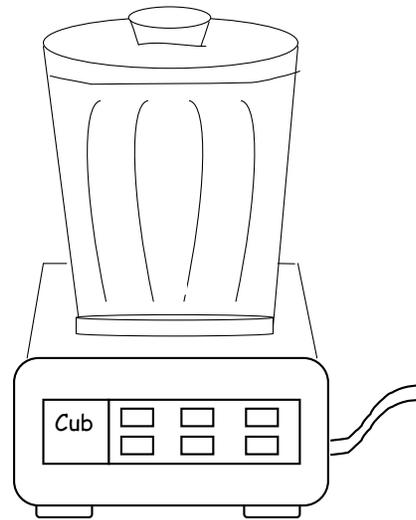


Turn everything off when  
you are finished and leave a  
clean kitchen for your mama.



# Mama Bear's Tools and Terms

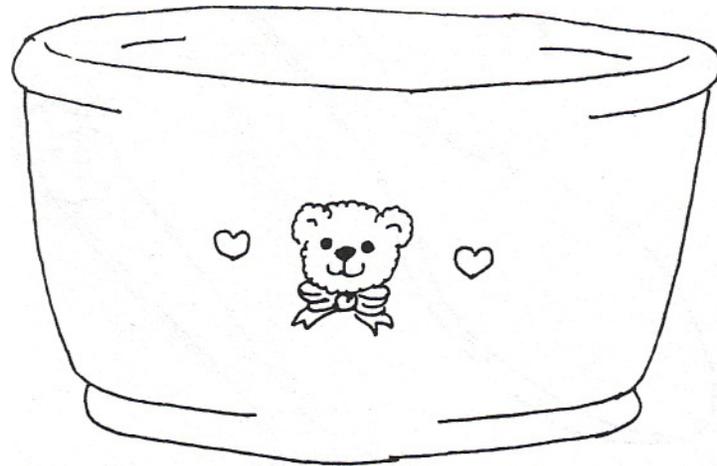




## Blender

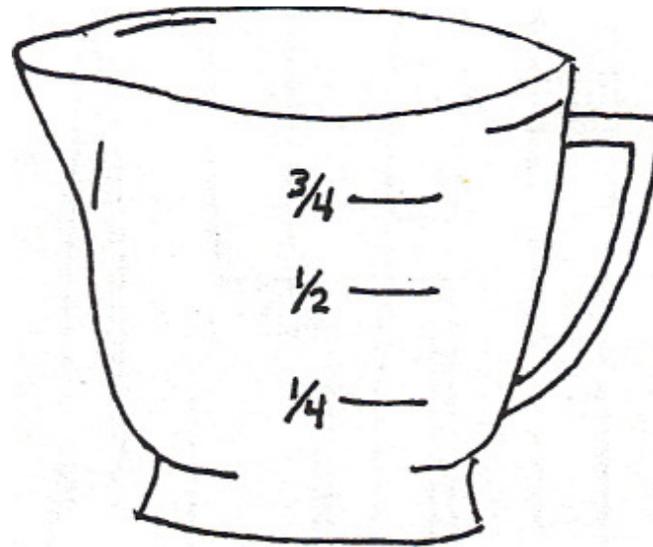
Blenders have sharp blades!

Ask for permission and  
be "beary" careful.



## Mixing Bowl

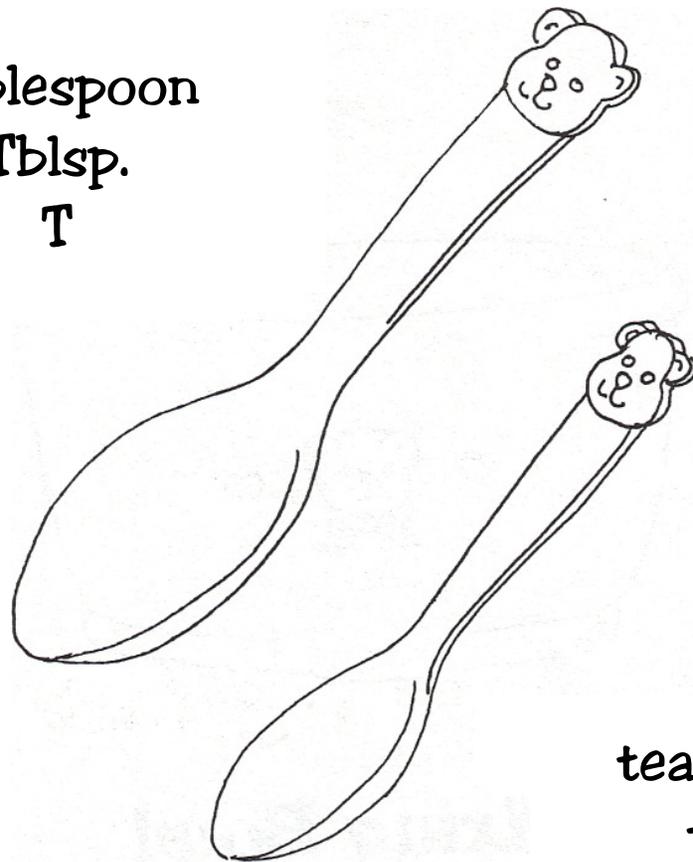
Mixing bowls come in different sizes for mixing, beating and combining.



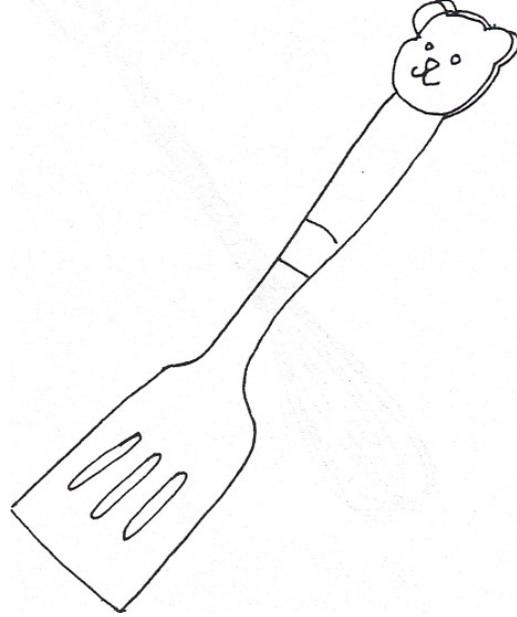
## Measuring Cup

Liquid measuring cups allow you to pour. Make sure you use the right side of the cup.

Tablespoon  
Tbsp.  
T

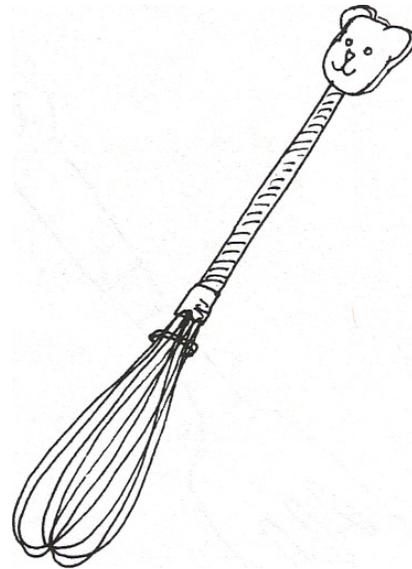


teaspoon  
tsp.  
t



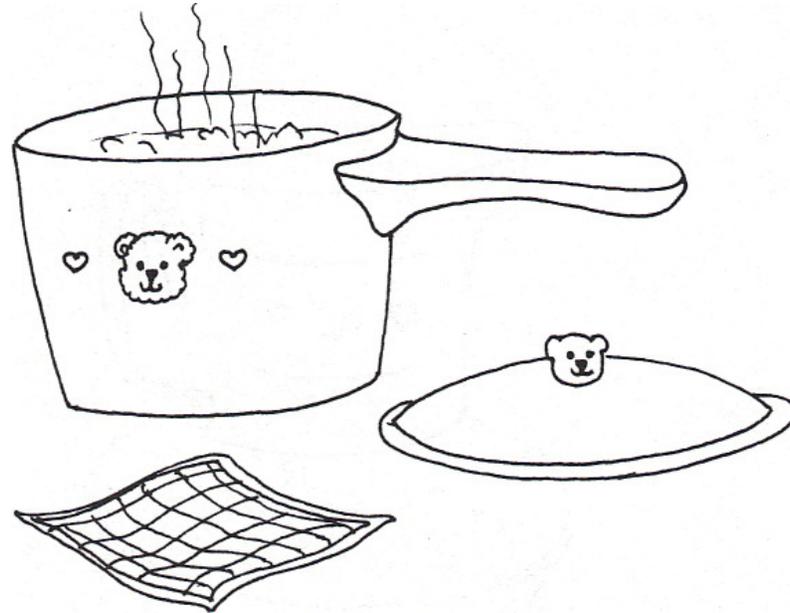
## Pancake Turner

Pancake turners have a long, wide blade that is used for turning hot food over.



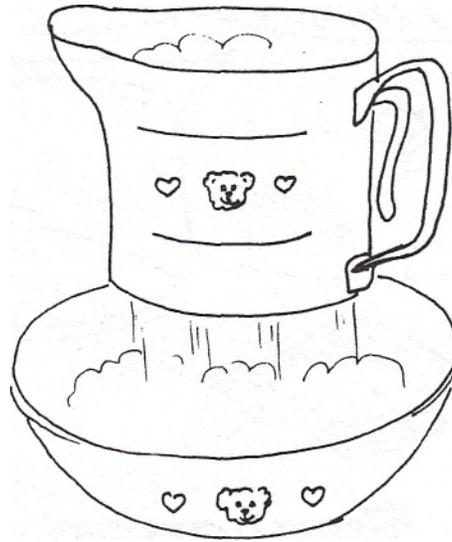
## Wire Whisk

A whisk is used to add air to liquids like eggs. It makes them "beary" fluffy!



## Saucepan

Saucepans come in different sizes with deep sides, a handle and a lid.



## Sifter

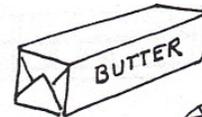
A sifter mixes dry ingredients and takes the lumps out.

# Beary Important Ingredients

honey



butter



flour



sugar

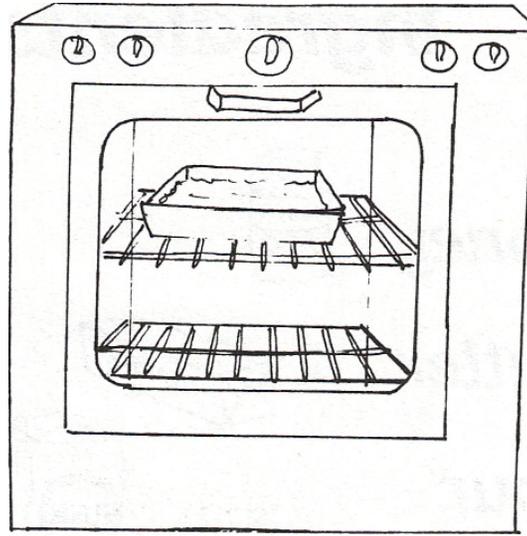


milk



peanut butter

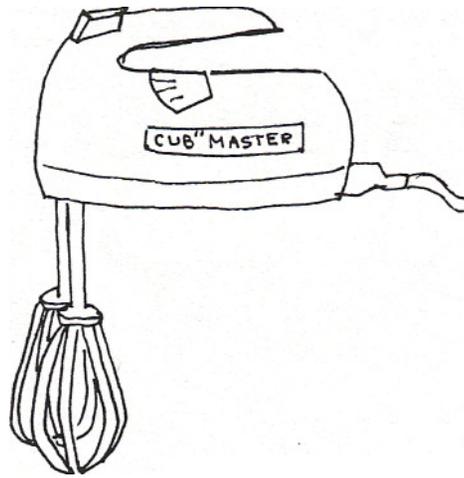




# Oven

Ovens are used for baking.

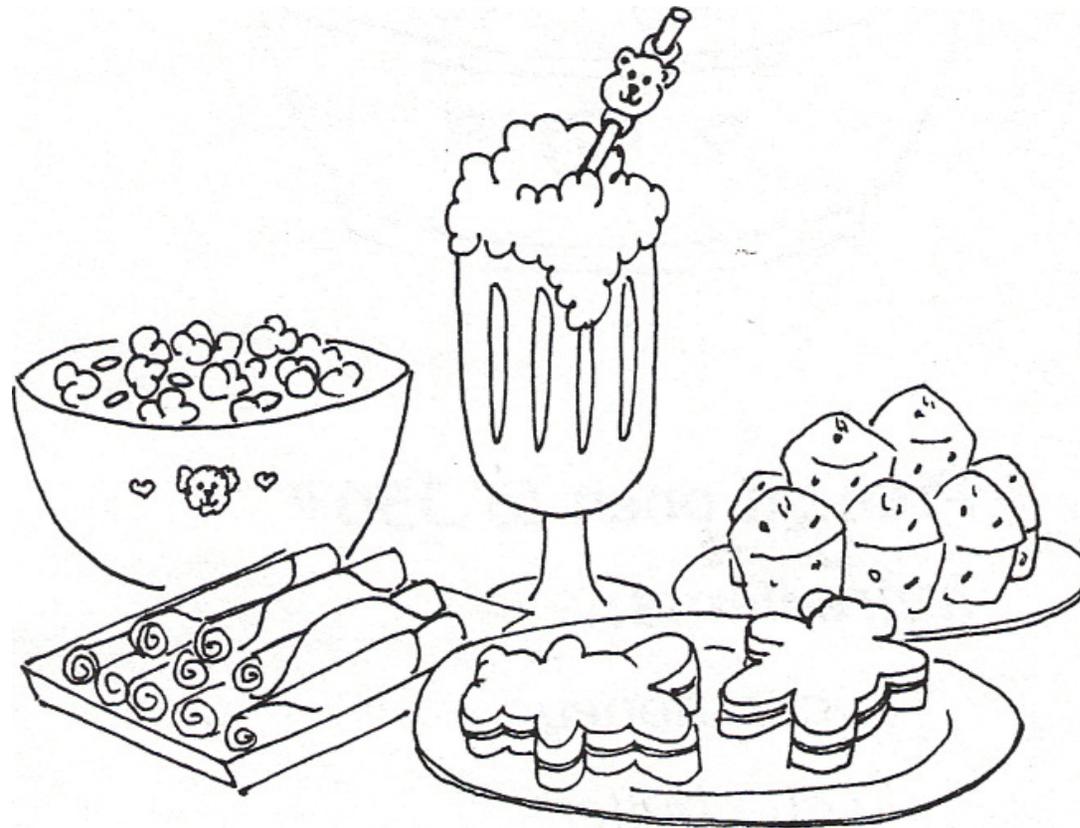
Be sure to use the right  
temperature. Ask Mom!



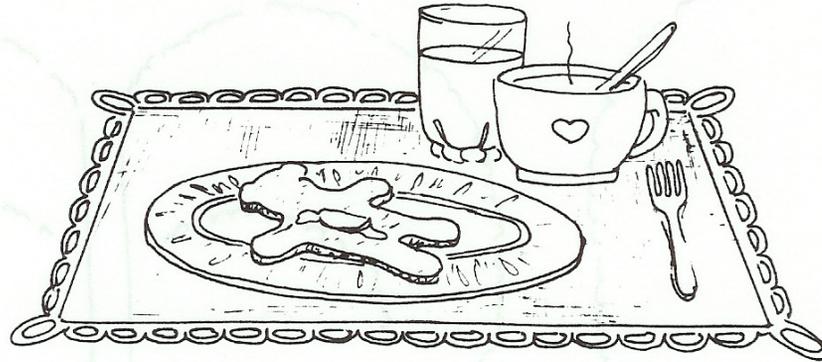
## Mixer

A mixer beats the foods and combines them into a nice, smooth mixture.

# Mama Bear's Tasty Treats



# Cinnamon Bears



Use your favorite recipe for cinnamon toast. Cut teddy bears out of white bread. Spread the bear with butter and sprinkle on cinnamon sugar. Toast in a toaster oven until butter and cinnamon sugar have melted. (Some folks prefer toasting bear before adding butter and cinnamon sugar.)

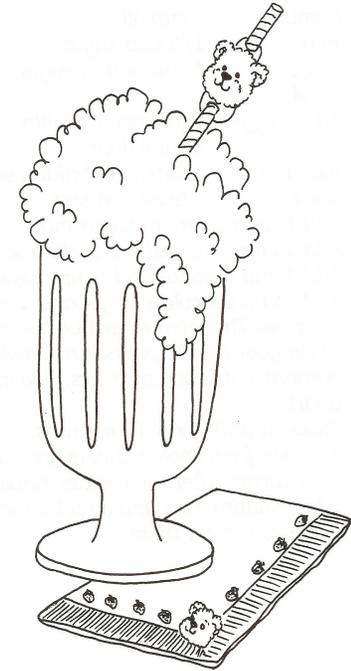
# "Strawbeary" Shake

$\frac{1}{2}$  cup milk

Strawberry flavoring

2 scoops "bearnilla" ice cream

Combine the flavoring of your choice with the milk. Pour into a blender. Cover and blend at low speed. Add ice cream. Cover and blend at medium speed. Serve in a tall glass. (Flavoring can be fresh strawberries, strawberry yogurt, strawberry instant breakfast, or strawberry preserves.)



*Make it a "Strawbeary" Sundae instead! Use crumbled cookies of your choice for the bottom layer. Add ice cream scoop, mashed strawberries and whipped cream. Top it off with a whole strawberry!*



Use for "strawbeary shake" straw holder.

# Eggs McBear

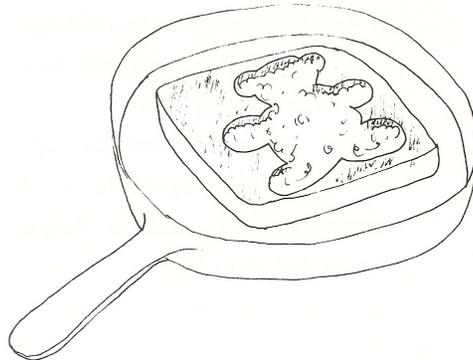
1 slice of bread

1 tblsp butter

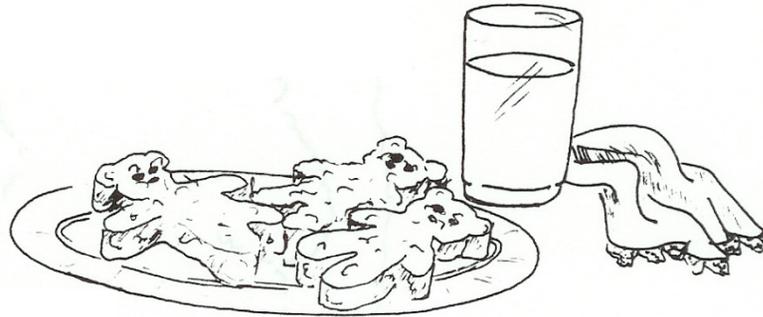
1 or 2 eggs

Toast a slice of bread. (Note: the toaster will be very hot to the touch!) Cut a hole in the center of the toast with a teddy bear cookie cutter. Butter the bear and set aside. Beat the egg with a wire whisk or fork in a small bowl. Melt the butter over low heat in a frying pan. Put the toast in the pan and pour the egg in the center. Cover the pan and keep the heat low. When the egg has set and is firm, your Eggs McBear is ready to serve. Use a pancake turner to remove the egg from the pan.

Serve with your cookie cutter toasted bear!



# Crispy Bears



$\frac{1}{4}$  cup margarine or butter    1 package marshmallows    5 cups puffed rice

Melt margarine in an electric skillet over low heat. Add marshmallows and stir until melted. Cook 3 to 4 minutes longer, stirring. Turn off heat and stir in puffed rice cereal. Stir until well coated. Spread mixture into a buttered 3 quart baking dish or cookie sheet. Cool. Use a buttered teddy bear cookie cutter to cut out "crispy bears."

# Honey Jacks

$\frac{1}{2}$  cup honey

1 cup shelled peanuts

$\frac{1}{4}$  cup butter

6 cups popped corn

Preheat oven to 350. Heat honey and butter in a saucepan until blended. Stir with a wooden spoon. Set aside to cool. Mix popcorn and peanuts in a large mixing bowl. Pour cooled honey butter over the popcorn mix. Stir as you pour so that you cover all of the popcorn. Spread mixture onto cookie sheets. Bake at 350 for 5 to 10 minutes, stirring several times.



# Gingerbears

Ask Mama Bear for her recipe for rolled gingerbread cookies. This is a project that needs grown-up help. Use your teddy bear cookie cutter to make Gingerbears. Add raisin faces and/or ask Mama Bear for permission to use the candy decorations for cookies to add the faces and to dress up your Gingerbears. Serve with tea and honey. Mama Bears and Grandma Bears will love it!



# Paw Pies

1 cup flour

2 tblsp water

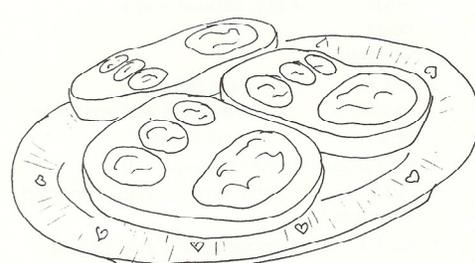
$\frac{1}{2}$  tsp salt

"strawbeary" jam

4 tblsp butter

Preheat the oven to 350 and presoften the butter. Use a fork to combine the flour, salt and presoftened butter in small mixing bowl. Your mixture should look like cornmeal before you add the water. Add the water and mix with your hand, rolling the dough around the bowl to catch all the small bits. The dough will feel like soft clay. Separate the dough into four small balls. Pat each ball of dough into a flat pancake shape and place them on a cookie sheet. Using your fingers and thumb, press the dough to form a bear's paw print. Fill each paw print with "strawbeary" jam.

Bake at 350 for 10-12 minutes.



# Root "Bear" Float

2 scoops "bearnilla" ice cream

root beer

Put scoops of bearnilla (vanilla) ice cream into a tall glass.  
Pour your favorite brand of root beer over the ice cream.  
Eat with a straw and a long handled spoon.



# No Cook Peanut Butter Bears

$\frac{1}{2}$  cup peanut butter  
Raisins

2 tblsp wheat germ  
Chocolate chips

5 tblsp powdered milk

Combine all ingredients in a mixing bowl with a spoon. You may need to add more powdered milk to make the mixture feel like the clay you have used at school. Use clean hands to mold teddy bears out of the mixture. Use raisins or chocolate chips for the faces. Set your bears on waxed paper and put them in the refrigerator until you can serve them to your family and friends!

Hint: Red shoestring licorice makes good bows.



# Fuzzy Wuzzies

$\frac{1}{2}$  cup honey

$\frac{1}{2}$  cup rice cereal

$\frac{1}{2}$  cup powdered milk

$\frac{1}{2}$  cup peanut butter

$\frac{1}{2}$  cup coconut

food coloring

Combine the honey, rice cereal, powdered milk, and peanut butter in a mixing bowl. This is your dough. Set aside. Measure the coconut into a small bowl.

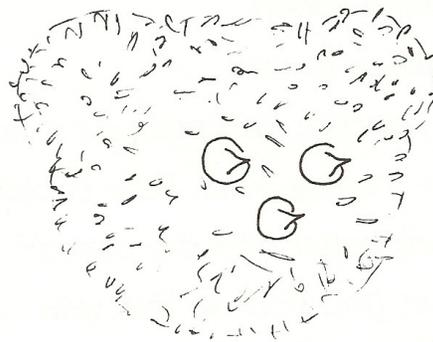
Add enough food coloring to make the coconut a soft brown color and stir:

1 drop green

4 drops yellow

3 drops red

Spread the coconut on waxed paper. Make small balls out of the dough and cover each one by rolling it in the coconut. Add mini chocolate chip faces. Refrigerate or eat now!



# Bear Bite Cookies



Combine in a large bowl:

$\frac{1}{2}$  cup sugar

1 cup of oil

1 cup of brown sugar

Add 2 eggs and 1 tsp vanilla.

Mix together in a medium bowl:

2 cups flour

1 tsp baking soda

1 tsp salt

Add flour mixture to sugar mixture.

Add in:

1 cup oats

1 cup raisins

1 cup chopped walnuts

1 cup coconut

1 cup rice cereal

1 cup chocolate chips

The mixture will be "beary" sticky. Using your hands, press large cookie portions onto cookies sheets, two inches apart. Bake at 350 for 8-10 minutes.

Remove from cookie sheets after the cookies have cooled a bit. Continue to cool on wire racks before you store or eat them.

# Teddy Taters

2 large potatoes

$\frac{1}{2}$  cup grated parmesan cheese

$\frac{1}{2}$  tsp onion powder

$\frac{1}{4}$  tsp paprika

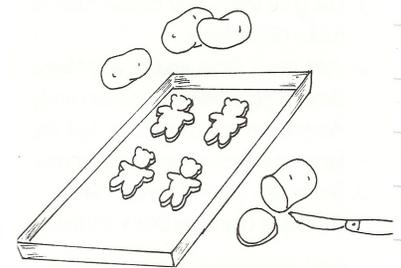
melted butter

$\frac{1}{2}$  cup instant mashed potato flakes

$\frac{1}{2}$  tsp parsley flakes

$\frac{1}{4}$  tsp garlic salt

pepper



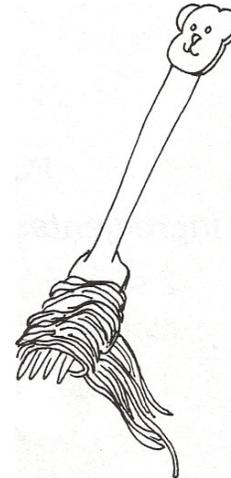
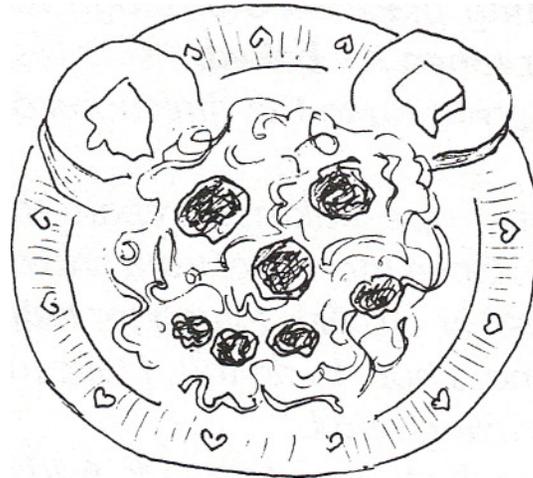
Grease a cookie sheet, preheat the oven to 375, and scrub the potatoes. Carefully slice the potatoes  $\frac{1}{2}$  inch thick. Be sure to ask Mama to help when you use the knife. Use a teddy bear cookie cutter to make Teddy Taters in each potato slice. Set aside. Combine the potato flakes, cheese, parsley flakes and spices in a small mixing bowl. Stir it well to mix everything together. Dip each Teddy Tater in the melted butter and then roll it in the flaky mixture. Place the Teddy Taters on a greased cookie sheet and bake. Your Teddy Taters will be ready when they are tender and golden brown, which takes about 30 minutes. Remove from the baking sheet with a pancake turner.

# Teddy Spaghetti

Spaghetti noodles, cooked and drained  
Meatballs, 1 inch

Spaghetti sauce  
Garlic Toast

Next time Mama Bear decides to make your favorite recipe for spaghetti and meatballs, offer to help. Teddy Spaghetti is not a recipe, but a fun way of serving your own recipe. Arrange the combined spaghetti noodles and sauce on each plate. Add meatball eyes, nose and mouth. Cut your garlic toast with a round cookie cutter to form ears. That's a Teddy Spaghetti!



# Cubcakes and Sausage

pancake mix

patty sausage

whipped cream in a squirt can

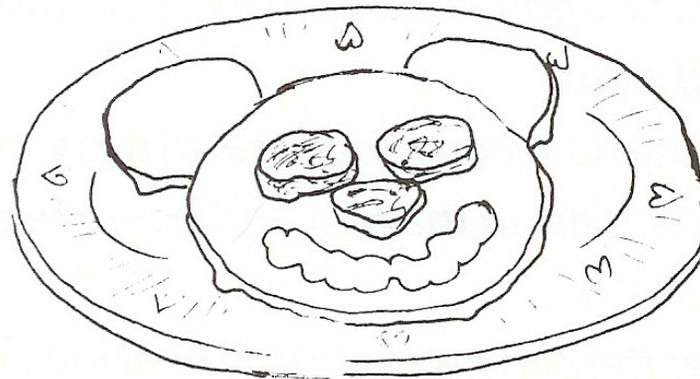
Prepare the pancake mix according to directions.

Fry small sausage patties for the eyes and nose. Drain and set aside.

Make one large pancake for the head and two small pancakes for the ears.

Arrange the pancakes on a plate to form a bear's head. Add sausage eyes and nose.

Squirt on a whipped cream mouth.



# Bearitos

flour tortillas

honey butter

cinnamon

Heat flour tortillas according to the directions on the package. Only heat what you can eat. Save the rest for another day.

Spread the warm tortillas with honey butter, sprinkle with cinnamon, roll up and eat! They're messy, but muy bien!



# Bearacuda on a Bun

1 can Pillsbury Crescent Dinner Rolls

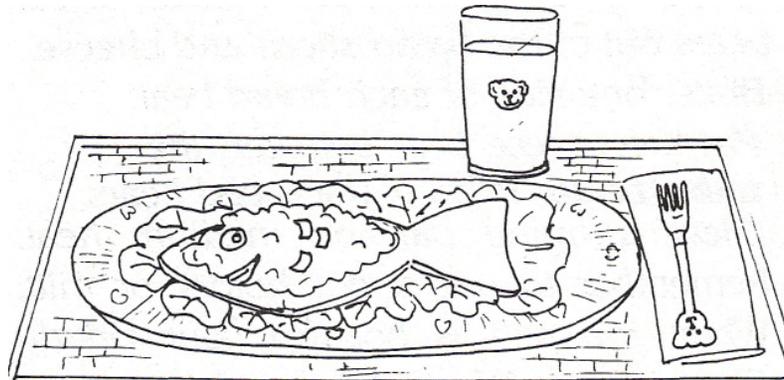
1 celery stick, chopped

$\frac{1}{2}$  tsp each: lemon pepper, garlic salt, dill weed, salt

1 3-ounce can of tuna drained  
mayonnaise

Open the can of crescent rolls. Carefully cut each one in half. Put 3 triangles on a cookie sheet to make each fish. Pinch the dough together so it will stay together. Follow the directions on the can to bake.

While the fish are baking, make the tuna mixture. Open the can of tuna and drain off the water. Ask Mama for help if you don't know how to do this. Put it in a small mixing bowl. Separate the tuna with a fork. Add mayonnaise, celery and spices and mix with a fork. Spread it on the "fish" and add olive slice eyes and pickle slice mouths.



# Cinnamon Bear Crunch

4 cups oats

2 cups chopped walnuts

$\frac{3}{4}$  cup honey

1 cup honey crunch wheat germ

$\frac{3}{4}$  cup bran

$\frac{1}{4}$  cup powdered milk

2 tsp. vanilla

1 cup coconut

$\frac{1}{2}$  cup butter

2 tsp. cinnamon

Preheat the oven to 300°.

Combine all of the **dry** ingredients in a large mixing bowl, stirring well. In a small saucepan melt together, but **do not boil**, the butter, honey, and vanilla. **Do this over low heat**. Add the honey butter mixture to the dry mix. Stir well so all of the dry mix is covered with the honey butter. Spread the mix on 2 cookie sheets. Bake each for about 20 minutes, stirring every five minutes. Remove the pans from the oven and cool. When it is cool you can break it into crumbly pieces.



# Grizzly Cheese "Bearwich"

2 slices bread

1 slice American cheese

butter

Use your teddy bear cookie cutter to cut bears out of the bread slices and cheese. Butter one side of each bread bear. Put the cheese bear between the unbuttered sides of the bread bears. Heat a frying pan on medium heat. Remember to use a pot holder or mitt. When the pan is hot, fry your Grizzly Cheese Bearwich until it's grizzly brown on both sides and the cheese has melted. Remove your bearwich with a pancake turner.

Note; You can make a French Fried Bearwich by dipping your cheese sandwich before you fry it. Beat 1 egg and one tblsp of milk together. Dip your sandwich in it to cover it and fry it until it is golden brown. Bon appetit!

