



DESCRIPTION

U Cook Across the U.S.! And in Philadelphia, the hometown favorite has got to be the Cheesesteak! Join host Carrie Shankweiler as she shows you how to make this Philly classic -- no matter where you live!

MATERIALS

- 2 Italian sandwich rolls or Kaiser buns
- 1 white onion, sliced
- 1/2 green bell pepper
- 1 tsp minced garlic
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1/2 lb. rib-eye steak, thinly shaved or sliced
- 1/3 lb. American or Provolone cheese, thinly sliced
- Ketchup to taste
- Cooking oil

TOOLS

- Knife
- Pan for sautéing
- Bowls
- Long-handled, wooden spoon
- Tongs
- Metal spatula

DIRECTIONS

1. Use a knife to cut up the pepper. When you use your knife, always remember to hold it with the flat end facing the ceiling, the blade facing straight down, and to form a wall with the fingers on your other hand for protection. Turn the pepper on its side and cut off the top.
2. Remove the seeds from the inside of the pepper and slice it in half. Slice each half into several thin strips. Add the strips to a bowl with your sliced onion.
3. Next you're going to sauté your peppers and onions with some oil and garlic in a pan. To do that, start by placing your pan over a medium-high heated stove and add oil. Let the oil heat up for 30 seconds. Remember to have an adult help you when using the stove.
4. Add your garlic to the heated oil. Be sure to keep your hand elevated when you add ingredients to the hot pan to avoid burns. Stir the oil and garlic around a bit in the pan with a spoon.
5. Add the peppers and onions to the pan. Take your spoon and stir everything around in the pan as it cooks. Keep one hand on the pan handle as you stir to keep the pan still. Sauté everything for about six minutes, until the onion caramelizes.
6. Removed the sautéed vegetables from the pan with tongs and place them aside in a bowl.
7. Time to cook the meat. Turn the heat on the stove to medium-high and add your shaved rib-eye steak to the pan. Turn it over with the tongs as it starts to get brown on the edges. Always turn the meat away from you to avoid splatter.

Did you know there's a free web video for this activity with step-by-step instructions?
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COOKING

PHILLY CHEESESTEAK

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8. Once the meat is browned on both sides, add the sautéed veggies back to the pan. Slide them from the bowl evenly over the meat with your spoon. Turn the stove off.
9. Add your cheese over the meat and veggies. Wait about a minute to let the residual heat from them melt the cheese over everything.
10. Add your salt and pepper over the finished cheesesteaks.
11. Open up one your rolls and lay it face-down over top of the cheesesteak.
12. With a metal spatula, slice through the meat and cheese that remains outside the bun and scoop the meat that is underneath the bun in as you pick the bun back up.
13. Slice your cheesesteaks in half, serve them up with ketchup, chips or a pickle, and enjoy!

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