

Foods/Nutrition

Unit 2

Cooking Basics



- Bread Knife
- Cutting board
- Oven thermometer
- Pastry blender
- Slotted spoon
- Vegetable peeler
- Chef's knife
- Ladle
- Pancake turner
- Rolling pin
- Straight edge spatula wire whisk
- Colander/strainer
- Meat thermometer
- Paring knife
- Rubber scraper
- Tongs
- Wooden spoon

Knife Safety: Preventing Cuts

Keep knives _____

Use a _____

PAY ATTENTION!

Cut _____ from yourself and others.

Use knives only for cutting.

Don't _____ a falling knife.

Don't leave knives in _____ or near the pots and pan area.

Clean knives carefully with the _____ away from you.

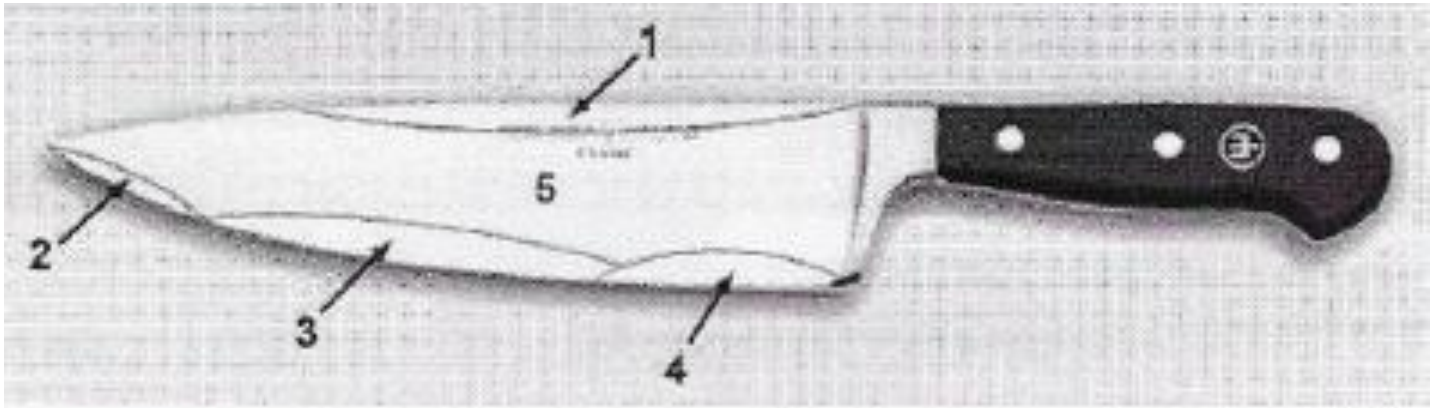
Store knives in a safe place and not in _____.

Carry a knife _____. Hold it beside you and point down sharp edge back and _____ from you.

Don't _____ your arm.

Let _____ know you are walking past them with a _____.

The Chef's Knife: The Most Important Kitchen Tool



1.

2.

3.

4.

5.

Microwave Cooking

Microwaves are attracted to _____, _____, and _____ molecules.

Microwaves cause molecules to _____ and the vibrations create _____ which produces heat which cooks the food.

Appropriate and safe cooking containers include:

- Microwave safe plastic
- Glass
- Paper
- NOT metal.

Shallow, round containers cook more evenly than square containers

Standing time is the time that food continues to _____ after the microwave has stopped.

The _____ and _____ of food in the microwave increases cooking and standing time.

Stir and rotate foods for even cooking

Covering foods holds in the moisture and helps the food cook more evenly.

- It also prevents splattering and makes cleaning the microwave much easier 😊

Microwave cooking does not brown foods or give a crisp crust.

To prevent burns use pot holders and direct steam away from the body.

Measuring Tools & Techniques

Use _____ measuring cups for dry ingredients and level with a straight edge spatula.

Use _____ measuring cups for liquid ingredients. Measure at eye level on a flat, level surface.

Brown sugar is packed and leveled in dry measuring cups.

Shortening is pressed into dry measuring cups and leveled; or use the _____
_____.

Use the most effective tools for measuring.

- For example you would use a $\frac{1}{4}$ cup measuring cup instead of 4 tablespoons.

Use measuring spoons for any measurement that is less than $\frac{1}{4}$ cup.

Do not measure directly over the _____.

Identifying Abbreviations

(Write what each abbreviation stands for next to the abbreviation)

Lb. or #

Oz.

Tbs. or tbsp.

Gal.

C.

Qt.

Hr.

Pt.

Tsp. or t.

Min.

Converting Measurements

3 t. = ____ T.

1 stick of butter = ____ c.

4 qt. = ____ gal.

16 T. = ____ c.

2 c. = ____ pt.

8 fl. Oz. = ____ c.

4 tbsp. = ____ c.

16 oz. = ____ lb.

16 c. = ____ gal.

Recipes

There are ____ parts to reading a recipe

1. ____ and ____ of ingredients
2. Step-by-step instructions.
3. Essential info about temperature and equipment
4. Number of ____.

There are 8 steps to reading a recipe correctly.

1. Read the recipe carefully before beginning
2. Check to see if you have all the ingredients
3. Pre-heat the oven if needed
4. "Gather" all equipment needed
5. Complete preparation of specific ingredients (EX: Chopped Nuts, Melted Chocolate, etc.)
6. Measure exactly!
7. Mix carefully, following each direction
8. Bake or cook at temperature and time directed

Doubling and Cutting a Recipe

When doubling or cutting a recipe in half the cooking _____ will remain the same.

The amount of ingredients, length of cooking time and size of pan will be affected when you double or cut the recipe.

Practice Doubling & Cutting Recipes

Terminology

_____ : to cut into small pieces

_____ : to work sugar and fat together until the mixture is soft and fluffy.

_____ : to cut fat into flour with a pastry blender or two knives.

_____ : to cut into very small cubes.

_____ : to coat food heavily with flour, breadcrumbs or cornmeal.

_____ : to sprinkle or coat with a powdered substance.

_____ : to mix ingredients by gently turning one part over another.

_____ : to finely divide food into various sizes by rubbing it on the surface with sharp projections (also known as a cheese grater)

_____ : to work dough to mix the ingredients and develop the gluten.

_____ : to cut or chop food as finely as possible.

_____ : to remove or strip off the skin or rind of some fruits and vegetables.

_____ : to brown or cook foods with a small amount of fat (oil, butter) using low to medium heat.

_____ : to cook just below the boiling point.

_____ : to cook by the vapor produced when water is heated to the boiling point.

_____ : to beat rapidly to introduce air bubble into food.