

Name: _____

Unit 1

Introduction to Cooking

Terms~Measuring~Equipment~Recipes~Equivalents



Kitchen Equipment

Label each piece of kitchen equipment below.

| | | |
|--|---|--|
| 1.  | 2.  | 3.  |
| 4.  | 5.  | 6.  |
| 7.  | 8.  | 9.  |
| 10.  | 11.  | 12.  |
| 13.  | 14.  | 15.  |
| 16.  | 17.  | 18.  |
| 19.  | 20.  | 21.  |

Cooking Terms

Directions: Write the cooking term next to the correct definition.

Whip
Mince
Fold-In

Grate
Steam
Chop

Cream
Dice
Peel/Pare

Knead
Cut-In
Dredge

Flour
Simmer
Sauté

| | <u>Term</u> | <u>Definition</u> | <u>Equipment To Use</u> |
|-----|-------------|---|-------------------------|
| 1. | | To beat rapidly to incorporate air and to increase volume. | |
| 2. | | To rub food on a surface with sharp projections. | |
| 3. | | To cook by the vapor produced when water is heated to the boiling point. | |
| 4. | | To cut into small pieces. | |
| 5. | | To brown or cook food in a small amount of fat over a low or medium heat. | |
| 6. | | To cut into very small cubes. | |
| 7. | | To sprinkle or lightly coat with a powdered substance, often with crumbs or seasoning. | |
| 8. | | To remove or strip off the skin or rind of some fruit or vegetables. | |
| 9. | | To cut fat into flour with two knives or a pastry blender. | |
| 10. | | To combine two mixtures by gently cutting down through the mixture, across the bottom, and turning over near the surface. | |
| 11. | | To coat a food HEAVILY with flour, breadcrumbs or cornmeal. | |
| 12. | | To work sugar and fat together until the mixture is soft and fluffy. | |
| 13. | | To work dough by pressing and folding until it becomes elastic and smooth. | |
| 14. | | To cook food just below the boiling point. | |
| 15. | | To cut food into the smallest possible pieces. | |

ABBREVIATIONS AND FOOD WEIGHTS AND MEASURES WORKSHEET
Fill in the blank using the information found in class, textbooks, handouts, etc.

- | | |
|---|---|
| 1. 3 tsp. = _____ T. | 8. $\frac{2}{3}$ c. = _____ T. + _____ t. |
| 2. 1 pt. = _____ c. | 9. $\frac{3}{4}$ c. = _____ T. |
| 3. 2 c. = _____ lb. Butter | |
| 4. 1 c. = _____ T. | 10. 2 sticks butter = _____ c. |
| 5. $\frac{1}{2}$ c. = _____ T. | 11. $2\frac{1}{4}$ c. sugar = _____ lb. |
| 6. $\frac{1}{3}$ c. = _____ T. + _____ tsp. | |
| 7. $\frac{1}{4}$ c. = _____ T. | 12. 4 c. = _____ lb. Flour |

What are the abbreviations for the following words?

- | | |
|-------------------------------------|-------------------------|
| 1. tablespoon _____ or _____, _____ | 8. ounce _____. |
| 2. teaspoon _____ or _____ | 9. pound _____ or _____ |
| 3. speck _____ | 10. hour _____ |
| 4. pint _____ | 11. minute _____ |
| 5. quart _____ | 12. square _____. |
| 6. gallon _____ | 13. few grains _____ |
| 7. cup _____. | |

What are the degrees in Fahrenheit for the following:

1. Very hot _____
2. Hot _____
3. Moderate _____
4. Slow _____
5. Very Slow _____

What are the tests for doneness for the following:

1. Cake
2. Pancakes
3. Bread
4. Rice
5. Spaghetti
6. Baked potatoes
7. Baked bread
8. Baked rolls
9. Cookies

MEASUREMENTS

1. What are the two types of measurements?

2. How do you measure the following:

a. Flour:

b. Sugar / Salt:

c. Brown Sugar:

d. Shortening / Peanut Butter:

1.

2.

e. Oil / Milk / Water:

f. Margarine / Butter:

g. Eggs:

3. Standard measuring cups come in what 4 sizes?

4. Standard measuring spoons come in what 4 sizes?

5. What do the following abbreviations mean?

tbsp. _____

hr. _____

min. _____

doz. _____

oz. _____

T. _____

qt. _____

tsp. _____

pt. _____

c. _____

gal. _____

lb. _____

t. _____

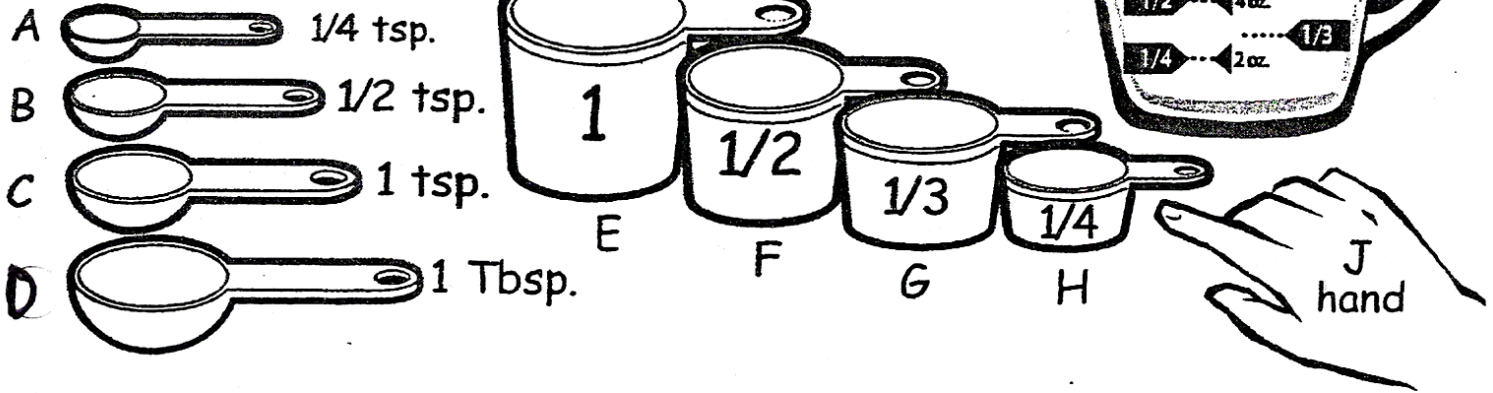
pkg. _____

6. Measuring Match-Up

- A. Determine the best way to measure each of the following ingredients
- B. Identify the correct measuring equipment to use in the left column.

C. Identify the correct measuring method in the right column.

EQUIPMENT:



METHODS: K. Scoop, level off.
 M. Pack firmly, level off
 O. Pinch with fingers

L. Spoon in lightly, level off.
 N. Pour, view at eye level

| Measuring Equipment | Ingredients | Measuring Method |
|---------------------|--------------------------|------------------|
| | 3/4 cup milk | |
| | 1 cup brown sugar | |
| | 1/2 cup flour | |
| | 1 teaspoon vanilla | |
| | 1/4 cup oil | |
| | 1 cup sugar | |
| | 2/3 cup oatmeal | |
| | 1/4 cup peanut butter | |
| | 1 tablespoon baking soda | |
| | 1/3 cup shortening | |

7. Give the equivalents for the following:

1 tablespoon = _____ tsp.

1 cup = _____ tablespoons

1 pt. = _____ cups

1 gallon = _____ quarts

1 stick butter = _____ cup

1/8 cup = _____ tbsp.

1/2 tbsp. = _____ tsp.

8 tbsp. = _____ cup

1/4 cup = _____ tbsp.

1 cup = _____ fluid oz.

1 quart = _____ pints

12 tbsp. = _____ cup

1 qt. = _____ cups

1 gallon = _____ cups

1 cup = _____ 1/4 cups

5 tbsp. + 1 tsp. = _____ cup

8. Using the recipe below, change the measurements to double the recipe and then half it. Use the most correct measurement.
(Ex: Instead of 8 Tbsp., but 1/2 c.)

Doubled

Halved

1 1/2 cup sugar

1/4 cup brown sugar

2/3 cup peanut butter

2 1/4 cup oats

3/4 cup milk

1 tsp. salt

2 tbsp. cocoa

1 tsp. vanilla

2 eggs

3 cups flour

12 oz. walnuts

9. If you are cutting a recipe in half, which of the following parts of a recipe to you NEVER cut in half? Circle one.
Ingredients Pan Size Cooking Time Oven Temperature

Abbreviations & Equivalents Review

Pound = _____

Gallon = _____

Pint = _____

Cup = _____

Quart = _____

Hour = _____

Tablespoon = _____

Minute = _____

Package = _____

Teaspoon = _____

Fluid Ounce = _____

Dozen = _____

3 tsp. = _____ Tbsp.

4 Tbsp. = _____ c.

60 min. = _____ h r.

2 c. = _____ pt.

1/3 c. = _____ Tbsp.

8 oz. = _____ c.

1 c. = _____ Tbsp.

8 Tbsp. = _____ c.

1 lb. = _____ oz.

1/2 Tbsp. = _____ tsp.

3/4 c. = _____ Tbsp.

1 cube of butter = _____ c.

9 tsp. = _____ Tbsp.

5 1/3 Tbsp. = _____ c.

2 Tbsp. = _____ c.

16 fl. oz. = _____ c.

3 pt. = _____ c.

1 qt. = _____ c.

Min. = _____

C. = _____

Tbsp. = _____

Pt. = _____

Hr. = _____

Oz. = _____

Doz. = _____

Gal = _____

Pkg. = _____

Lb. or # = _____

Tsp. = _____

Qt. = _____

6 c. = _____ pt.

4 c. = _____ qt.

5 1/3 Tbsp. = _____ c.

1/2 hr. = _____ min.

12 Tbsp. = _____ c.

1/2 c. = _____ stick of butter

2 c. = _____ fl. oz.

1 1/2 tsp. = _____ Tbsp.

16 Tbsp. = _____ c.

1 c. = _____ oz

16 oz. = _____ lb.

1/2 c. = _____ Tbsp.

1 Tbsp. = _____ tsp.

3 Tbsp. = _____ tsp.

1 pt. = _____ c.

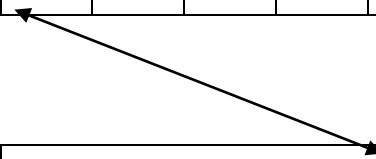
1/4 c. = _____ Tbsp.

1/8 c. = _____ Tbsp.

1/3 c. = _____ Tbsp.

Kitchen Equivalents

| | | | | | | | | | | | | | | | |
|--------|----|-------|----|-------|----|-------|----|-------|----|-------|----|-------|----|-------|----|
| 1 gal. | | | | | | | | | | | | | | | |
| 1 qt. | | | | 1 qt. | | | | 1 qt. | | | | 1 qt. | | | |
| 1 pt. | | 1 pt. | | 1 pt. | | 1 pt. | | 1 pt. | | 1 pt. | | 1 pt. | | 1 pt. | |
| c. | c. | c. | c. | c. | c. | c. | c. | c. | c. | c. | c. | c. | c. | c. | c. |



| | | | | | | | | | | | | | | | |
|--------|----|--------|----|--------|----|--------|----|--------|----|--------|----|--------|----|--------|----|
| 1 c. | | | | | | | | | | | | | | | |
| 1/2 c. | | | | | | | | 1/2 c. | | | | | | | |
| 1/4 c. | | | | 1/4 c. | | | | 1/4 c. | | | | 1/4 c. | | | |
| 1/8 c. | | 1/8 c. | | 1/8 c. | | 1/8 c. | | 1/8 c. | | 1/8 c. | | 1/8 c. | | 1/8 c. | |
| T. | T. | T. | T. | T. | T. | T. | T. | T. | T. | T. | T. | T. | T. | T. | T. |

| | | | | | | | | | | | | | | | |
|--------|----|----|----|----|--------|--------|----|----|----|----|--------|--------|----|----|----|
| 1 c. | | | | | | | | | | | | | | | |
| 1/3 c. | | | | | | 1/3 c. | | | | | | 1/3 c. | | | |
| T. | T. | T. | T. | T. | 1/3 T. | T. | T. | T. | T. | T. | 1/3 T. | T. | T. | T. | T. |

Reading a Recipe and Measuring

1. List the FOUR parts of a recipe:

1. _____
2. _____
3. _____
4. _____

2. What are the EIGHT steps to following a recipe correctly?

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

3. What is the most important step and why?

4. Before cooking, you should always wash your hands for at least how long?

5. What should you NEVER do when measuring flour?

How should you measure flour instead?

6. When cutting a recipe in half, or when doubling a recipe:

The cooking _____ remains the same, but the _____ of the cooking pan and the length of _____ will be affected.

7. When baking with a glass dish, you need to reduce (lower) the oven temperature by _____ degrees.

Unit I Study Guide

What You Need To Know For The Test!!!!

1. Be able to identify what each piece of kitchen equipment is and what it does.
*You might want to remember these ones: (Hint, Hint!)

| | |
|-----------------|-----------------------|
| -Pastry Blender | -Liquid Measuring Cup |
| -Rolling Pin | -Dry Measuring Cup |
| -Rubber Spatula | -Spatula |
| -Colander | -Wire Whisk |

2. Be able to define the following terms::

- To beat sugar and fat together until fluffy.
- :To cut fat into flour with a pastry blender. :To cut food into small, irregular pieces.
- :To cut into very small cubes.
- :To mix ingredients by gently turning one part over another with a rubber spatula.
- :To finely shred food by rubbing it on a tool with sharp projections.
- :To work dough with the "heel" of the hands until it is smooth and elastic. :To heavily coat food evenly with an ingredient like breadcrumbs or cornmeal.
- :To remove the skins of soft fruits and vegetables.
- :To cook in a small amount of fat, usually in a skillet or a wok.
- :To cut or chop food as finely as possible.
- :To cook below the boiling point; bubbles form slowly, but it never comes to a full boil.
- :To sprinkle lightly with flour.
- :To beat a food rapidly in order to add air into food.
- :To cook in the steam generated by boiling water

3. You will need to know how to measure the following ingredients and what equipment you need to do it:

| | |
|--------------|--|
| -Flour | -Shortening (<i>Remember, there are two methods!</i>) |
| -Sugar | -Oil, Milk, Water |
| -Brown Sugar | -Margarine (<i>Remember, there are several methods!</i>) |
| -Baking Soda | -Eggs |

4. You will need to know what the following abbreviations stand for:

| | |
|---------------------------|------------------|
| Tbsp., tbsp., or T. _____ | tsp. or t. _____ |
| min. _____ | hr. _____ |
| oz. _____ | qt. _____ |
| pt. _____ | gal. _____ |
| c. _____ | lb. or # _____ |
| doz. _____ | pkg. _____ |

5. How long should you wash your hands before cooking? _____

6. Equivalents! Equivalents! Equivalents! Equivalents! Equivalents! Equivalents!

(Do you think there is going to be a lot of equivalents on the test?)

You need to know....

1 Tbsp. = _____ tsp. 1/4 c. = _____ Tbsp.

1 c. = _____ Tbsp. 1 c. = _____ fluid oz.

1 pt. = _____ c. 1 qt. = _____ pt.

1 gal. = _____ qt. 3/4 c. = _____ Tbsp.

1 qt. = _____ c. 1 gal. = _____ c.

1/2 Tbsp. = _____ tsp. 1/2 c. = _____ Tbsp.

1/3 c. = _____ Tbsp.

1 stick of margarine = _____ c.

7. If I gave you a recipe, you should be able to half it or double it.

8. If you are doubling or halving a recipe, what things do you need to change? What never changes?

9. If you are using a glass pan or a really dark pan, what should you do to the oven temperature?

10. What is the most important part of a recipe?

11. What would happen to you if you decide to sit on the counters in the kitchen or goof off in the lab?

Berry Merry Berries Smoothies

Ingredients

- 1c. apple juice, chilled
- 1/2c. yogurt
- 1c. frozen mixed berries
- 1/2 banana, peeled, sliced

Direction

1. Combined all ingredients in a blender with 1 cup of ice.
2. Blend on medium speed until well blended until smooth.
3. Divide mixture evenly between the people in the unit.
4. Wash out the blender by filling the top of the blender to 10 oz. Drop 1 to 2 drops of soap and mix well. After rinse out and clean the lid. Dry put to the side to be checked off.

Muddy Buddies



Ingredients

- 4 c. Corn Chex's
- ½ c. Semisweet Chocolate Chips
- ¼ c. Peanut butter
- 1/8 tsp. Butter or margarine
- ¾ c. Powdered sugar

Directions

1. Into large bowl, measure cereal; set aside.
2. In 1-quart(large) microwavable bowl, microwave chocolate chips, peanut butter and butter uncovered on High 1 minute; stir. Microwave about 30 seconds longer or until mixture can be stirred smooth. Add cereal to the peanut butter/ chocolate mixture, stirring until evenly coated. Add powdered sugar. Gradually add powdered sugar till the mixture is coated well. Spread on waxed paper to cool. Store in airtight container in refrigerator.

Yields: 8 servings

Exit Questions: _____ **Name:** _____

1. List the FOUR parts of a recipe:

1. _____
2. _____
3. _____
4. _____

Define Chop:

Define Dredge:

Define Sauté:

Define Whip: