Foods and Nutrition

Unit 2 Notes: Measuring, Preparation, and Cooking Methods
Coffee Cake Recipe Terms

- Mix, Combine, Blend:

  To mix ingredients thoroughly using a spoon, wire whisk, rotary beater, or electric mixer.
Coffee Cake Recipe Terms

• Cream:

To beat ingredients together such as butter and sugar until soft and creamy.
Coffee Cake Recipe Terms

• Beat:

To thoroughly mix foods using a vigorous over and over motion. An electric mixer, spoon, or wire whisk can be used.
Coffee Cake Recipe Terms

- **Sift:**

  To remove lumps, or thoroughly combine ingredients through a mesh. Done also to add air.
Coffee Cake Recipe Terms

- **Alternate:**

Add a portion of one ingredient, then a portion of another until ingredients are combined. Usually done with a liquid and a dry ingredient.
Coffee Cake Recipe Terms

- **Spread:**

To distribute in an even layer.
Coffee Cake Recipe Terms

- Flour:

  Lightly dust pan or meat with flour, confectioners sugar, or corn meal.
Coffee Cake Recipe Terms

• Grease:

Rub inside of pan with shortening so food will not stick; cooking spray is also an option.
Coffee Cake Recipe Terms

• Sprinkle:

To scatter evenly over the top of food.
Coffee Cake Recipe Terms

- Bake:

Cook in an oven.
Potato Soup Recipe Terms

- Cube/Dice:

  To cut food into small squares. $\frac{1}{2}$ inch in size for cubes, smaller for dicing.
Potato Soup Recipe Terms

• Slice:

• To cut into thin sections.
Potato Soup Recipe Terms

- **Chop/Mince:**

- **Using a quick motion to cut food into bite size pieces; minced food is smaller.**
Potato Soup Recipe Terms

• Grate/shred:

• To reduce large pieces of food to smaller bits (sometimes long strips) by rubbing it across a coarse surface (usually a grater).
Potato Soup Recipe Terms

• Boil:

• **Heating a liquid (212 Deg.) until bubbles break the surface; Also a cooking method that uses boiling liquid to cook food.**
Potato Soup Recipe Terms

• Cover:

• Plastic wrap, foil, paper towel and a lid are all ways to protect and cover food. Done to keep heat in and cook at a higher temperature without evaporation.
Potato Soup Recipe Terms

- Gradually:

- **Little by little:** combining food by adding small quantities of an ingredient at a time to the mix.
Potato Soup Recipe Terms

- **Stir:**

  *To mix food together using a spoon in a circular motion. Not meant to add air.*
Potato Soup Recipe Terms

- **Melt:**

- Turn a solid into a liquid using heat. A saucepan or microwave can be used.
Potato Soup Recipe Terms

- **Simmer:**

- **To cook food gently at a temperature low enough (185 F) that tiny bubbles just break the surface.**
Potato Soup Recipe Terms

• Ladle:

• Serves a hot liquid or mixture of ingredients into a bowl.
Preparation Tasks

• Cut in:

• To mix solid fat and flour using a pastry blender or 2 knives in a cutting motion.
Preparation Tasks

• Knead:

• **To work dough with hands to further mix ingredients and develop gluten.**
Preparation Tasks

• Whip:

• To incorporate air into a mixture by beating until light and fluffy.
Preparation Tasks

• **Saute’:**

• **Brown or cook foods at a high temperature in a skillet with a small amount of fat.**
Preparation Tasks

• Baste:

• To brush or pour liquid over food as it cooks.
Preparation Tasks

• Chill:

• To cool thoroughly in the refrigerator.
Preparation Tasks

- Toss:

- Mix ingredients **lightly in a bowl by lifting them with 2 spoons or your hands, then dropping them.**
Preparation Tasks

- Pare/peel:

- To remove the thin outer layer of foods like fruits and vegetables with a small short bladed knife or vegetable peeler.
Preparation Tasks

• Score:

• To make shallow thin cuts into the surface of a food. This helps to tenderize meats and can let steam out.
Preparation Tasks

• Pat/ Roll:

• To flatten dough by using a rolling pin or your hands.
Preparation Tasks

• Puree:
  
  • To make foods smooth or creamy by putting it through a blender or food processor. It can be strained after this.
Preparation Tasks

- **Fold In:**
  - Gentle method for delicate ingredients. Cut down through mixture, move utensil across the bottom of the bowl and bring back to surface.
Kitchen Tools for Measuring Ingredients

- Measuring Spoons (Dry or Liquid Ingredients) come in the following sizes.
  - 1 tablespoon (tbsp)
  - 1 teaspoon (tsp)
  - 1/2 teaspoon (tsp)
  - 1/4 teaspoon (tsp)
  - 1/8 teaspoon (tsp)
Kitchen Tools for Measuring Ingredients

• Dry Measuring Cups
  • 1 cup (c)
  • 1/2 cup (c)
  • 1/3 cup (c)
  • 1/4 cup (c)
Kitchen Tools for Measuring Ingredients

• Instead of pouring ingredients into the cup, spoon them to fill and then level off extra ingredients with a straight edge spatula. For packing, spoon ingredients in, press the ingredients down into the measuring cup then level off.
Kitchen Tools for Measuring Ingredients

- Liquid Measuring Cups
  - Usually come in 1, 2 and 4 cup sizes.
  - Glass or see-through plastic with a pour spout.
Kitchen Tools for Measuring Ingredients

• When measuring liquids, get down to EYE LEVEL so you can see the scale printed on the side.
• The liquid clings to the sides of the cup and has a dip in the middle called the MENISCUS.
• To be EXACT, you should measure liquids from the bottom of the meniscus.
Kitchen Tools for Measuring Ingredients

- Measuring Tip for Butter:
  - Sticks of butter (sometimes crisco) make it quick and easy to measure fat when baking.
  - ONE STICK of butter is 4oz. or 1/2 cup.
  - Most sticks have Tablespoon measurements on the wrapper!
Kitchen Equivalents - dry or liquid

- a dash =
  - less than 1/8 tsp.
- 3 teaspoons =
  - 1 Tablespoon
- 4 Tablespoons =
  - 1/4 cup
- 5 1/3 Tbsp =
  - 1/3 cup
- 16 Tablespoons =
  - 1 cup
Kitchen Equivalents

- Weight
  - 1/2 pound = 8 oz.
  - 1 pound = 16 oz.
Kitchen Equivalents

- Measuring Liquids:
  - 2 cups = 1 pint
  - 4 cups = 2 pints
  - 2 pints = 1 quart
  - 4 quarts = 1 gallon
  - 1 gallon = 16 cups
Kitchen Equivalents

- Fluid Ounces:
  - 2 tablespoons = 1 fl. oz
  - 1 cup = 8 fluid ounces
  - 1 pint = 16 fluid ounces
  - 1 quart = 32 fluid ounces
Practice Problems

- 2 cups =
  - 1 pint
- 2 pints =
  - 1 quart
- 16 Tablespoons =
  - 1 cup
- 4 quarts =
  - 1 gallon
Practice Problems

- 8 ounces =
  - 1 cup
- 4 cups =
  - 1 quart
- 2 Tablespoons =
  - 1 fl. oz.
- 16 ounces =
  - 1 lb.
- 3 t =
  - 1 Tablespoon
Practice Problems

- 8 ounces =
  - 1 cup
- 3 teaspoons =
  - 1 Tablespoon
- 16 tablespoons =
  - 1 cup
- 1 pint =
  - 2 cups
Practice Problems

- 4 cups =
  - 1 quart
- 2 pints =
  - 1 quart
- 4 quarts =
  - 1 gallon
- 1 quart =
  - 32 ounces
The Cook’s Tools

1. Grater
The Cook’s Tools

2. Vegetable Peeler
The Cook’s Tools

3. Liquid Measuring Cups
The Cook’s Tools

4. Dry Measuring Cups
5. Small Measures or Measuring Spoons
The Cook’s Tools

6. Ladle
The Cook’s Tools

7. Slotted Spoon
The Cook’s Tools

8. Double Boiler
The Cook’s Tools

9. Broiler Pan
10. Rubber Scraper
The Cook’s Tools

11. Pastry Blender
The Cook’s Tools

12. Rotary Beater
The Cook’s Tools

13. Cooling Racks
The Cook’s Tools

14. Tube Pan
The Cook’s Tools

15. Cooking/Baking Sheet
The Cook’s Tools

16. Pie Tin
The Cook’s Tools

17. Muffin Tin
The Cook’s Tools

18. Loaf Pan
The Cook’s Tools

19. Cake Pan
The Cook’s Tools

20. Steamer
The Cook’s Tools

21. Masher
The Cook’s Tools

22. Colander
23. Wire Whisk
The Cook’s Tools

24. Funnel
The Cook’s Tools

25. Strainer
The Cook’s Tools

26. Turner