



Kitchen Equipment

The Right Tool for the Right
Job.

Glass Casserole Dish

- Used to bake items in oven.
- Reduce temp. 25 degrees.
- MW and Oven Safe



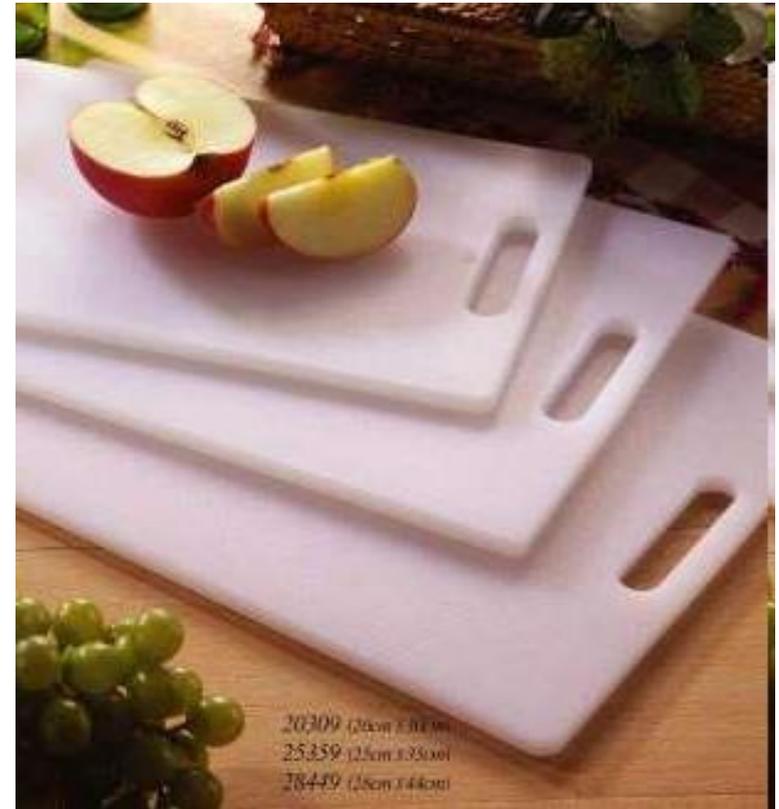
Wooden Spoon

- Used to stir hot liquids because doesn't conduct heat quickly.
- Strong

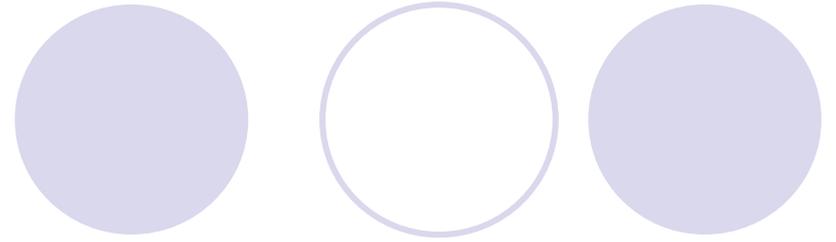


Cutting Board

- Used to cut on.
- Plastic is best.
- Use a separate one for raw meat.



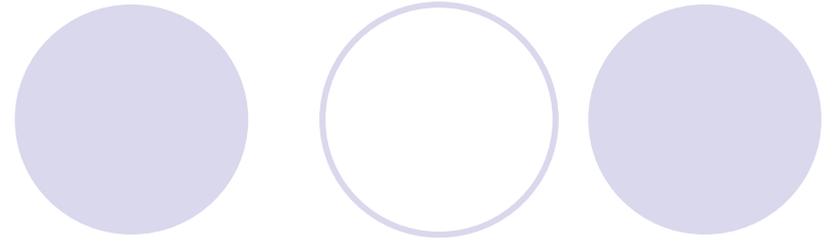
Strainer



- Used to sift flour/dry ingredients.
- Strain fine liquids.



Colander



- Used to drain large foods.
- Sits on base.



Pastry Brush

- Used to brush liquids on foods.



Chef's Knife

- Used for chopping, dicing, mincing.
- Triangular blade makes rocking motion.



Paring Knife

- Used to pare and cut small things.

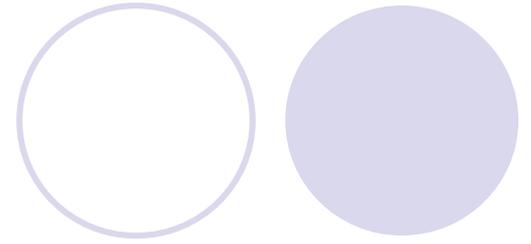


Serrated/Bread Knife

- Used to cut foods like bread and tomatoes.
- Serrated (sawtooth) edge.



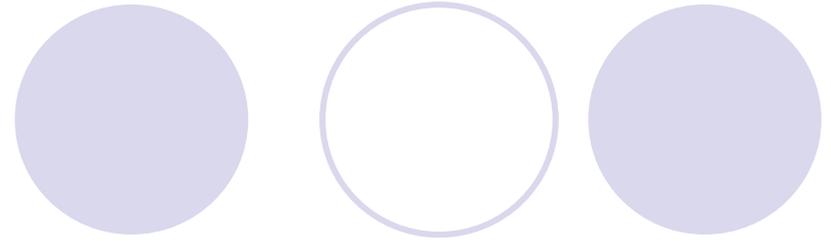
Pastry Blender



- Used to cut fat (solid) into flour mixture.



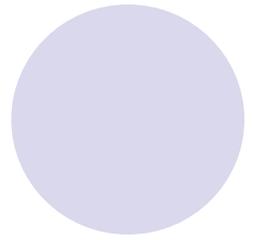
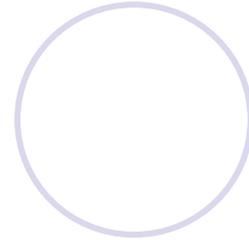
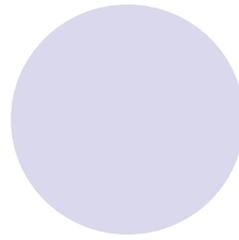
Skillet



- Used to sauté and fry foods.



Wire Whisk



- Used to add air to a liquid.
- Use only with liquids.

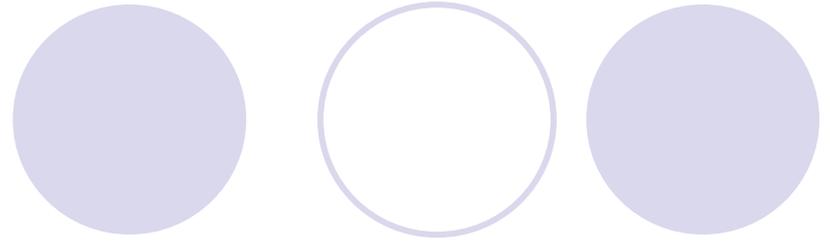


Oven Thermometer

- Used to measure temperature in the oven



Rolling Pin



- Used to flatten foods such as dough or pie crust

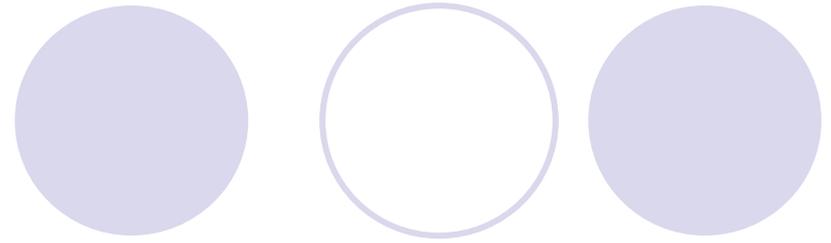


Food Processor

- One of the most versatile kitchen appliances
- Used to quickly chop, slice, shred, grind and puree almost any food.



Immersion Blender



- Stick blender
- Often used to emulsify, puree, and grind small amounts of food.



Scale

- Used to weigh foods for a more accurate measurement.
- More consistent out come
- Weighs in Grams or Ounces.
- Used in lots of Europe countries



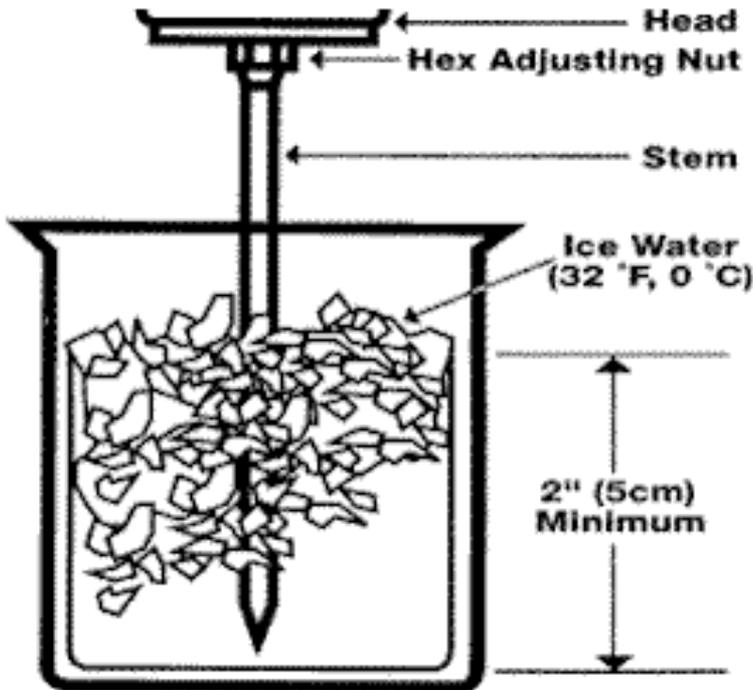
Internal Thermometers

- Used to check the internal temperature of foods.
- Inserted into the thickest part of the food.
- Should not touch sides or bottoms of pan, bone, fat, or go all the way through foods. It should be in the middle.



Calibrating a Thermometer

- Should be calibrated by: filling a large cup full of crushed ice. Then add water until the cup is full. Stir ice and water. Put thermometer stem into cup, but do not let it touch the sides or bottom of the cup. Wait at least 30 seconds, or until indicator stops moving (if its' not digital). With the stem still in the water, adjust nut until the thermometer hand reads 32*f (0*c) or press the reset button if digital.



Stand Mixer

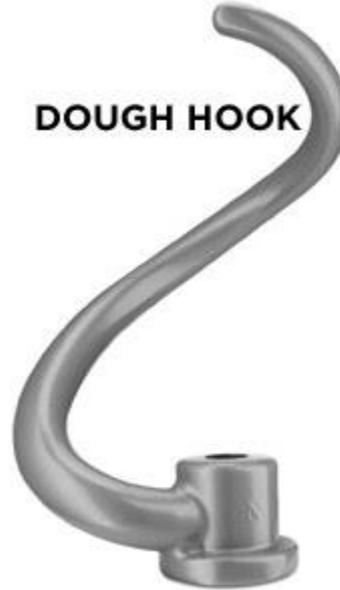
WHISK ATTACHMENT



PADDLE ATTACHMENT



DOUGH HOOK



Hand Mixer



Stick Mixer



Waffle Iron

- LIGHTLY coat the iron with oil, then wipe off the excess
- Do NOT spray with cooking spray
- Close the lid then plug the appliance in
- Pre-Heat the iron, the green light says it's ready
- Open the lid and pour no more than $\frac{3}{4}$ cup batter on to center of the iron
- Close the lid
- Flip the iron
- The green light will indicate when it's ready- you can always cook longer
- Flip the iron around again to open it
- DO NOT USE METAL TO REMOVE WAFFLES

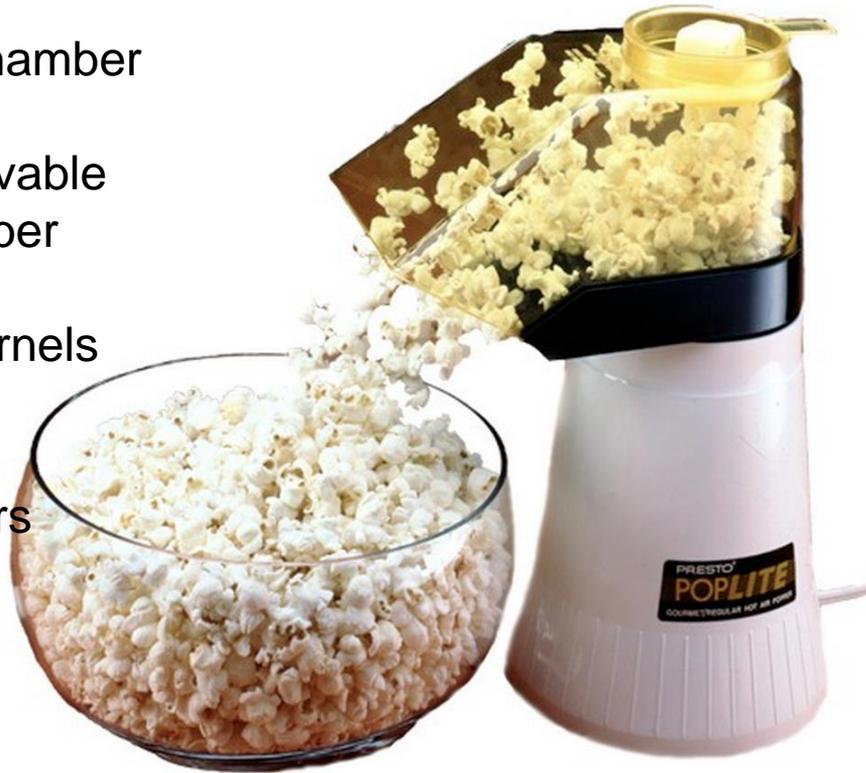


TO CLEAN: Once the iron has cooled enough to touch it- Use a damp paper towel to remove what you can, then a dry paper towel to wipe away anything else.

ALWAYS unplug when you are finished

Air Popper

- Measure kernels in removable cup that sits on the lid
- Pour kernels into chamber of air popper
- Place lid, and removable cup on top of chamber
- Plug in air popper
- Unplug once the kernels have been popped
- Empty out the chamber of left-overs over a trash can



Blender

TO CLEAN: pour in a little bit of soap, add some water, then turn it on to mix it.
Rinse it clean



Toaster

NEVER stick a
metal utensil into
the chamber
UNPLUGG then
empty over a
toaster



Electric Skillet

Can be used instead of a pot/pan on the stove
Great for pancakes and French toast, larger amounts of scrambled eggs

- Plug removable cord into appliance first
- Plug cord into outlet
- Turn the dial Preheat
- DO NOT submerge pan in water
- To clean:
 - Boil water in pan
 - Empty water
 - Wipe clean with towels/rags

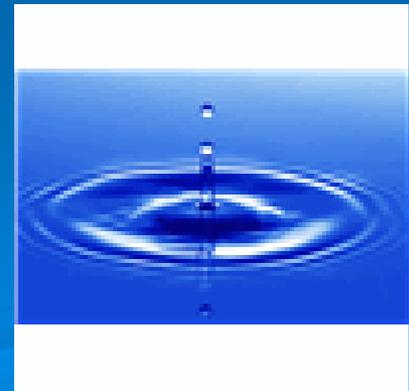
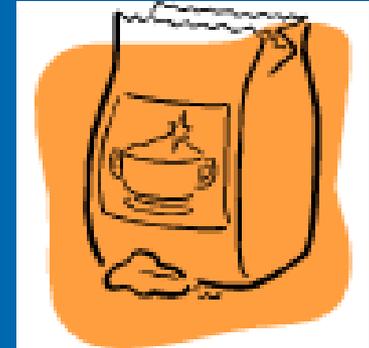


Microwaves



What are microwaves attracted to?

- Fat
- Sugar
- Water Molecules



How Does a Microwave Work?

- Microwaves cause molecules to vibrate.
- This causes friction, which in turn heats up food.
- This heat starts on the outside of the food and moves in.
- The denser the food the longer it will take to cook.
 - Water will heat faster than a burrito, because a burrito is more dense than water

Acceptable dishes for the microwave

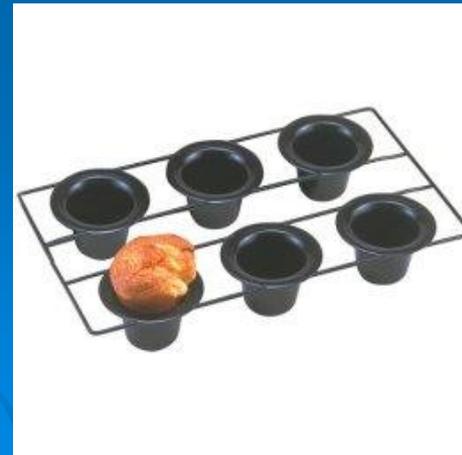


- Glass
- Paper
- Plastic

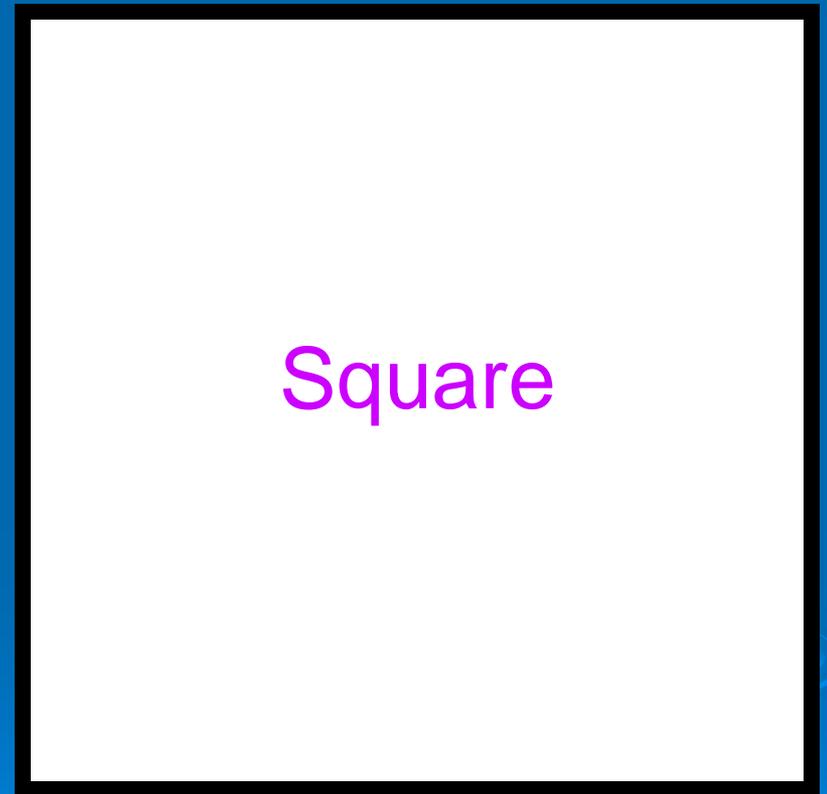


Unacceptable Dishes

- Metal (this includes gold or silver)
- Foil
- This causes ARCHING,



Do round or square containers cook more evenly?



Cooking Tips

- **Standing time** allows for foods to continue to cook when removed.
- The quantity or amount of food in the microwave **increases** cooking and standing time.
- **Stirring** (pulling heated part of the food to the center) and **Rotating** help foods cook more evenly
- **Turntables** also rotate foods while inside the microwave.

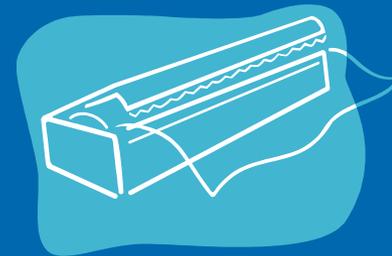
Techniques

- **Arrange food in circular (round) shape:** to make cooking even
- **Select foods of the same size:** cooks evenly
- Place the more dense parts of foods on the **outside** of the cooking dish

Acceptable Coverings

Holds in moisture, cook food evenly, and prevent splattering foods

- **Paper Towels-**
absorbs some moisture, prevents spatters, and spills
- **Wax Paper-** holds in some of the moisture
- **Plastic Wrap-** holds in moistures, but cover loosely
- **Lid-** hold in moisture, prevent spatters and spills



- Food can create hot containers. They also can create steam, which can burn,
- When uncovering food, always lift the lid AWAY from you.
- Some items like whole potatoes, eggs still in their shell, or egg yolks might explode because of steam build up.
- To prevent this pierce them with a fork before cooking.
- Microwaves cannot brown or crisp foods, including fried foods.



Knife Safety

Preventing Cuts

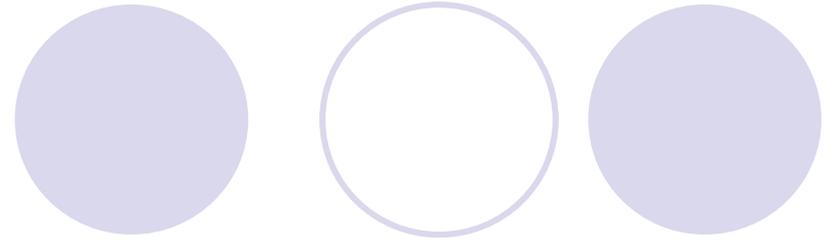
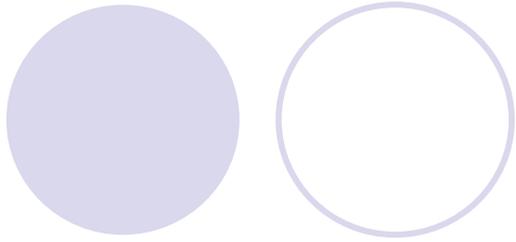
1. Keep knives sharp, dull knives are dangerous.

2. Use a cutting board, plastic is best because it's easily sanitized, and doesn't slip as much. They are also color coordinated to prevent cross-contamination
Stabilize with a damp paper towel or cloth underneath.

To sanitize: use hot soapy water or a diluted bleach solution.

3. Pay attention





4. Cut away from yourself and others

5. Use knives only for cutting

6. Don't catch a falling knife

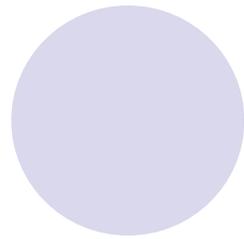
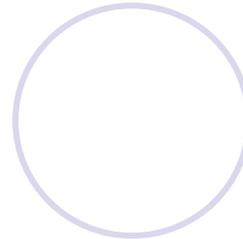
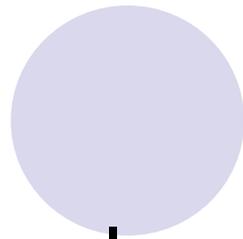
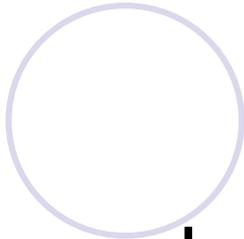
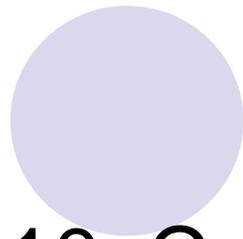


7. Don't leave knives in a sink or in the pots and pans area

8. Clean knives carefully with the sharp edge away from you

9. Store knives in a safe place- if stored in a drawer, have a protective covering over it- not loose in drawers. Cutting blocks work as well but often can harbor bacteria.





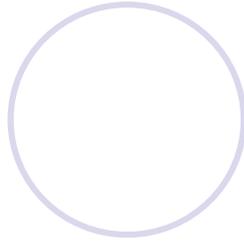
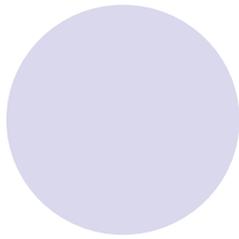
10. Carry a knife properly

a. hold it beside you, point down, sharp edge back and away from you.

b. don't swing your arm

c. let people know you are walking past them with a knife





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KNIVES OF THE KITCHEN

How to use the knives found in your kitchen

Edges

serrated
Cut soft products that have a hard crust.

straight
Cut soft meats, fish, or vegetables.

granton
Hollowed out grooves that fit with fat & juices, which reduce sticking.

Paring Knives: 5-6"

Blades that usually taper to a point. Used for intricate or basic utility work.

STING BEAK
A flattened blade that is used to remove pits from fruit.

CHERRY
Blended with a leaf.

Smooth cutting blade for paring and peeling.

SHARP
OK for use on hard wood.

SHARP
Blade with fine teeth. Ideal for cutting fish.

Boning Knives:

Ideal for removing meat from bones, cutting ribs, or boning poultry. Some weight and thickness may vary.

SAFARI
May cut through meat and cartilage.

WIDE
Parses fish.

CURVED
Cut close to the bone.

Chef's Knives:

Hand made for weight and strength. Generally 8" - 10" or 12".
Used for chopping and slicing.

Santitas Knives
The favored variety of kitchen knife, designed for slicing meats, fish, and poultry joints.

Wide blade for versatility that may reach to the end of the handle.

Carving & Slicing Knives:

Cut pieces of meat into slices, even slices. May feature granton edge.

8-14"

NOTE: Carving Knives have a beveled blade for slicing. Chopping the beveled blade.

Cleavers:

Wide blades and thick spine to cut through meat to identify bones.

Blade with a curved spine to cut through meat and bones.

Chinese Cleavers
Used to chop through meat and vegetables. The base of the blade and spine are beveled to cut through bones.

Bread Knives:

Large and thin. Versations for cutting all bread types without crushing.

8-9"

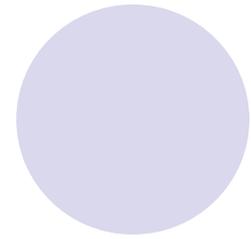
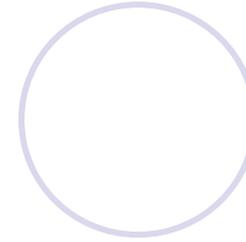
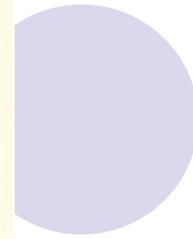
Utility Knives:

Smaller than a Chef's Knife but larger than a paring knife. Good for miscellaneous cutting. May feature a blade or serrated edge.

5-7"

Tomato Knives:

Low serrations for easily cutting through tough skin and a turned up lip for picking up slices of meat.



Paring Knife

- For smaller, precision tasks like peeling, trimming and slicing small fruits and veggies



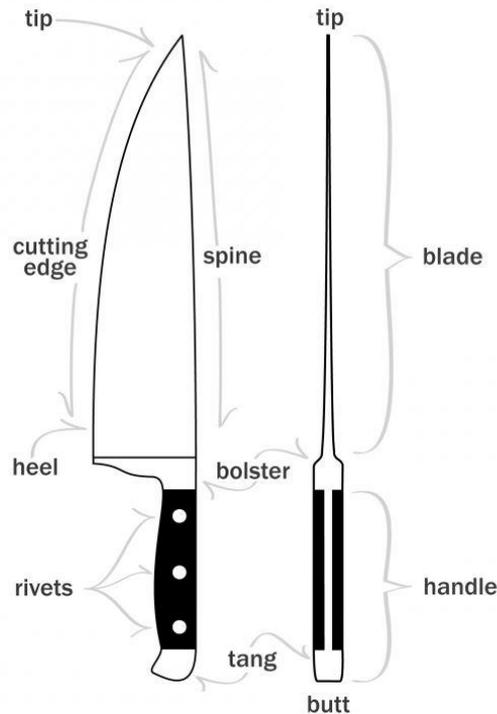
Serrated Knife

- For cutting soft, fresh breads and fruits/veggies like tomatoes and oranges. Should not squish or tear items.



The chef's knife: The most important kitchen tool

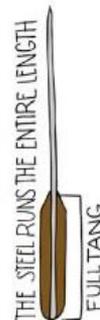
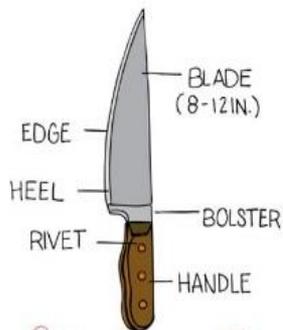
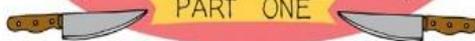
anatomy of a knife



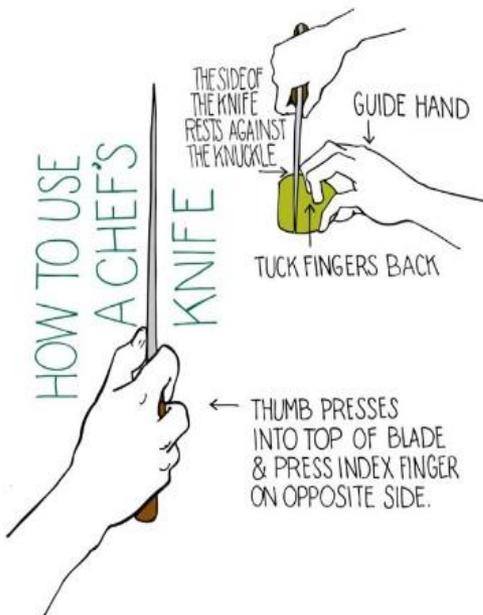
Chef's knife is the most versatile knife because of the blade. The rounded cutting edge of the blade and sturdy spine make a good surface for a rocking motion that used for chopping, mincing, dicing and making precise cuts.

KNIFE SKILLS

PART ONE



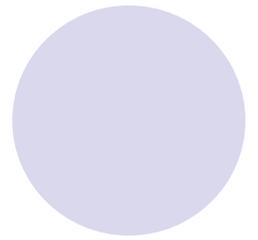
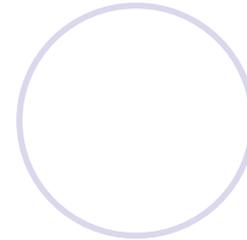
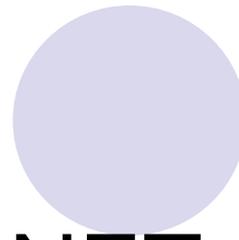
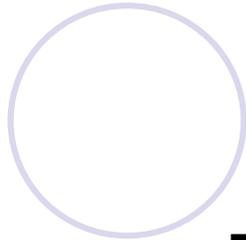
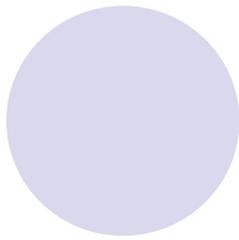
CHEF'S KNIFE



JULIENNE



- The julienne cut measures $\frac{1}{8}$ " \times $\frac{1}{8}$ " \times 2 $\frac{1}{2}$ "
- matchstick



BATTONET



$\frac{1}{4}$ " x $\frac{1}{4}$ " x 2.5-3"

French Fry, Stick

BRUNOISE



- The brunoise measures $\frac{1}{8}$ "
 $\times \frac{1}{8}$ " $\times \frac{1}{8}$ "
- cube

SMALL DICE



- The small dice measures $\frac{1}{4}$ " \times $\frac{1}{4}$ " \times $\frac{1}{4}$ "
- cube

MEDIUM DICE



- The medium dice measures $\frac{1}{2}'' \times \frac{1}{2}'' \times \frac{1}{2}''$
- cube

DIAGONAL



- The diagonal is cut at 45° when you have the food parallel to you
- slanted

CHIFFONADE



- 1) Layer the leaves
- 2) Roll them up with the vein going around the roll
- 3) Cut ribbons no wider than $\frac{1}{8}$ " (as fine as possible)

