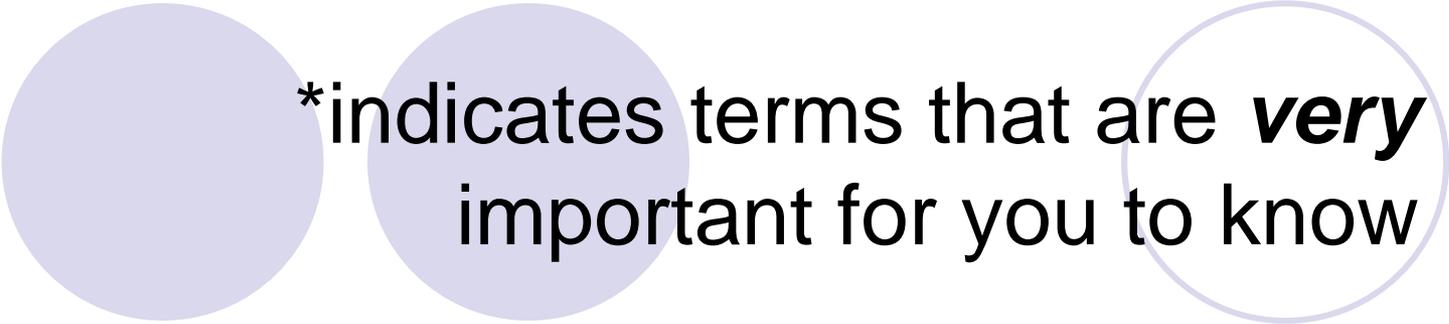




Cooking Terms



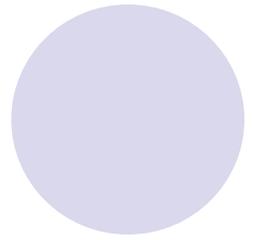
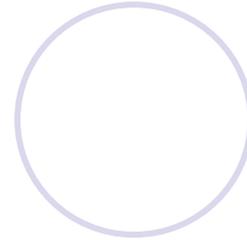
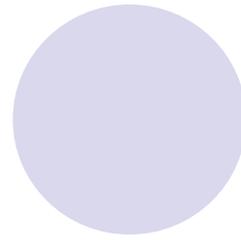
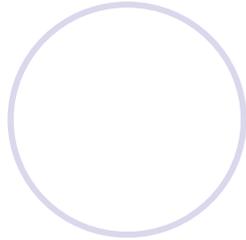
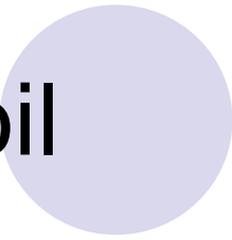
*indicates terms that are **very** important for you to know

Barbecue

- To cook over, or in front of direct source of heat.



Boil



- To cook a liquid until the bubbles rise and break the surface

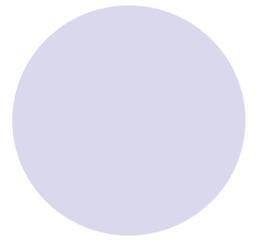
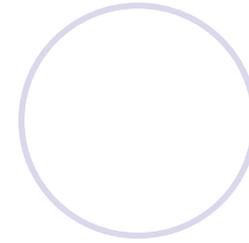
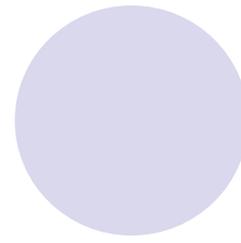
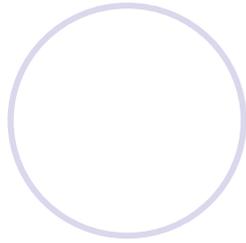


BROIL



- To cook under direct heat
 - Like Barbecue, but inside, with heat from above

*Cream



- To blend *sugar and fat* until fluffy, light and well combined



*Cut-In

- To mix **flour and fat** together with a pastry blender, a fork or two knives until crumbly



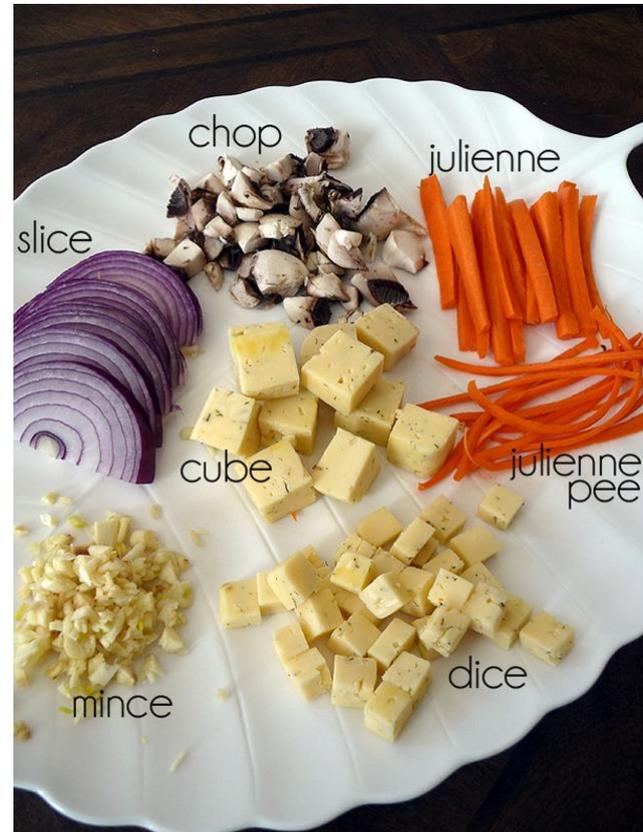
Chop

To cut into small pieces with a knife



Dice

- To cut into smaller cube shapes



Dredge

- Coating food **heavily** with flour or other breading substance
 - Breads things- like chicken nuggest



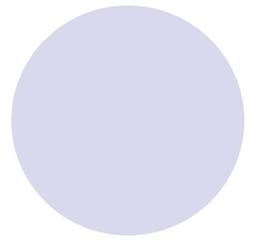
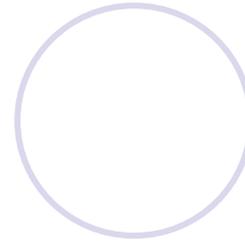
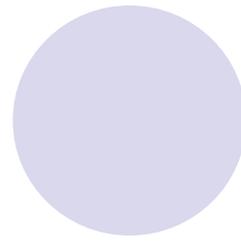
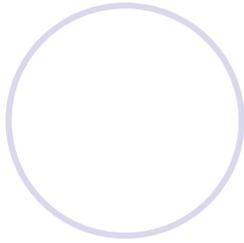
Flour

- **Lighter** coating, or sprinkling of a powdered substance on food. Often flour or cornmeal.

- Makes things less sticky



*Fold-In



- To **gently** combine two mixtures by cutting down through the center, across the bottom of the bowl and up over the top
 - **Gently** is the key word because you don't want to ruin the mixture



Grate/Shred

- To rub on a tool that shreds the food into smaller pieces



Grease

- To spread or spray a thin layer of shortening on a baking pan to prevent sticking

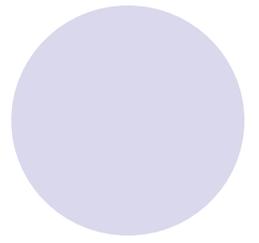
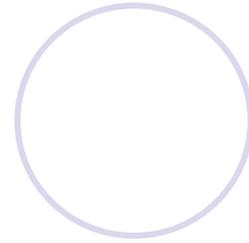
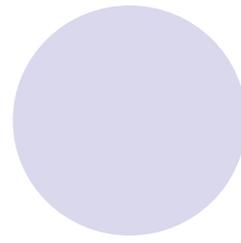
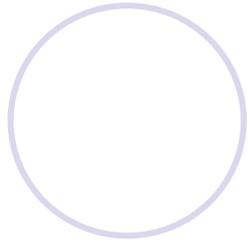


Herb/Spice

- Flavoring foods with aromatic spices
 - Herbs are leaves
 - Spices are seeds and flowers



*Knead



- To work or press dough with the palm of your hand

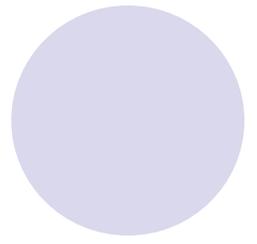
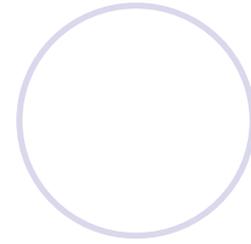
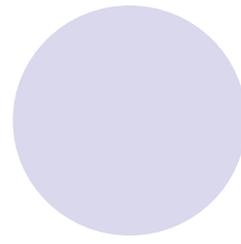
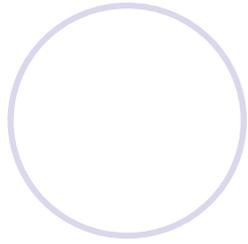


Marinate

- To soak food in a spice, liquid, oil, or acid mixture. Can combine ingredients



MINCE

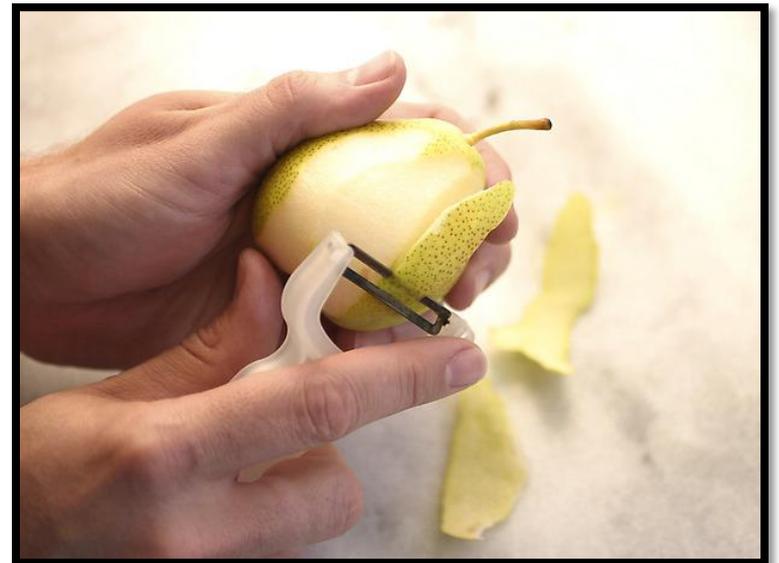


- To cut into the smallest size possible.

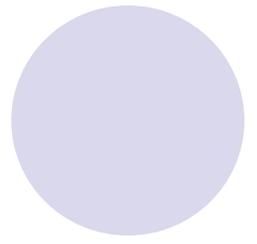
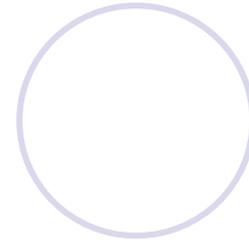
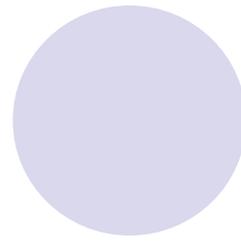
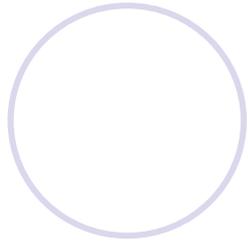


Peel or Pare

- To remove the skin (peeling) of a fruit or vegetable by using a knife or a peeler



Poach



- To cook in a hot, non-boiling water

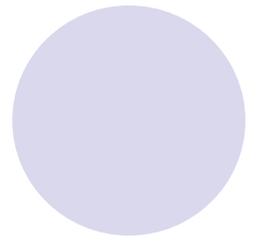
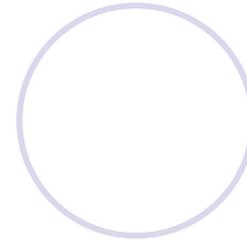
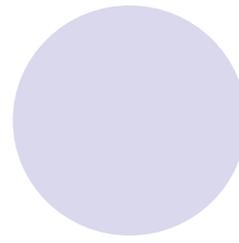
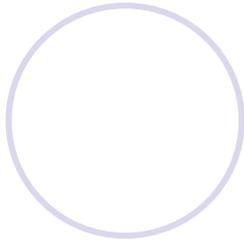


*Sauté

- To cook quickly in a small amount of fat
- AKA: Pan Fry, Stir Fry



Simmer



- **To heat to just below boiling** (has some bubbles, but not as many as boiling. Usually on the sides of the pan/pot)



Steam

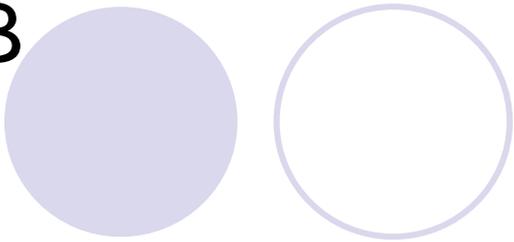
- Cooking food by the vapor (steam) that is produced when water is heated to the boiling point.
- Can be done in microwave, pot, or steamer

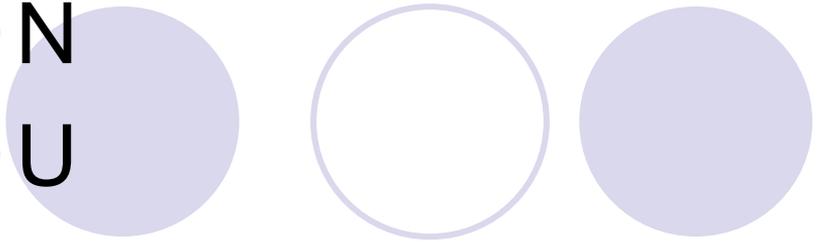


*Whip

- Adds air to make things light, and fluffy
- Can be done with an electric mixer, whisk or fork.



- B
 - I
 - P
 - Q
 - J
 - K
 - A
 - S
 - G
 - C
 - D
- 

- N
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 - F
 - V
 - O
 - L
 - R
 - M
- 



Kitchen Equipment

The Right Tool for the Right
Job.

Measuring Spoons

- Used to measure small amounts

less than $\frac{1}{4}$ cup, like

- salt
- flavorings
- baking powder
- baking soda



Dry Measuring Cups

- Used to measure dry ingredients.
(Greater than $\frac{1}{4}$ cup)



Liquid Measuring Cups

- Used to measure liquids ONLY.
- Allows for surface tension



Straight Edge Spatula

- Levels ingredients off
- Frosting or spreading.



Turner/ Flipper

- Used to flip or turn foods without piercing.
 - NOT a spatula... Sponge Bob lied to you



Tongs

- Lifts or turns foods without piercing.
- Great for steaks, chicken.

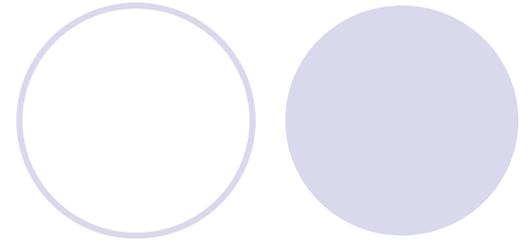


Wooden Spoon

- Used to stir and mix hot liquids because doesn't conduct heat quickly.
- Strong
- We use silicone because it's like wood, but doesn't harbor bacteria



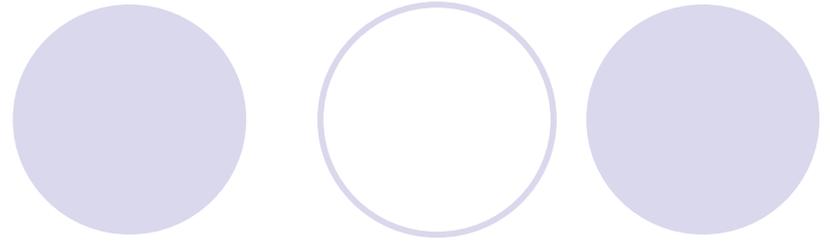
Rubber Scraper



- Scrapes sides of bowls.
- Made from rubber/silicone.



Wire Whisk



- Adds air to a liquid.
 - Can also mix dry ingredients like flour, salt, baking soda, etc. together
- **DO NOT USE** to make a thicker dough/batter



Slotted Spoon

- Separates food out of liquids.

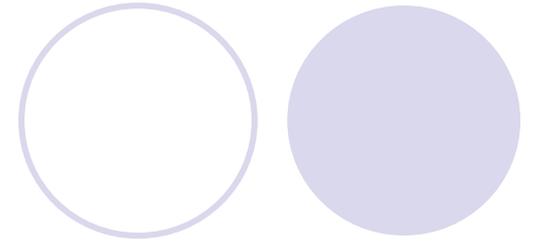


Ladle

- Lifts and pours liquids.



Pastry Blender



- Cuts fat (solid) into flour mixture.

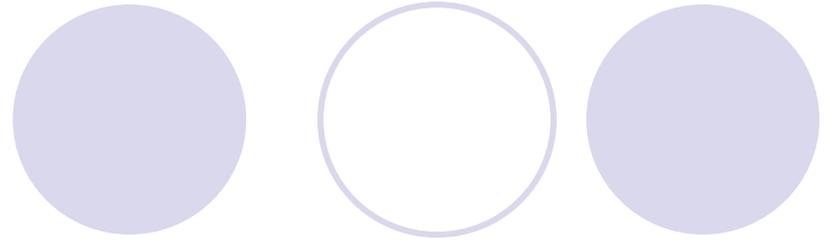


Pastry Brush

- Brushes liquids on foods.



Rolling Pin



- Flattens foods such as dough or pie crust



Vegetable Peeler

- Removes the skin or outside layer

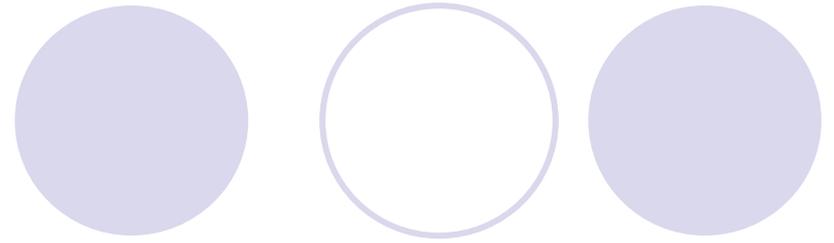


Meat Thermometer

- Checks the internal temperature of meat, fish or poultry.



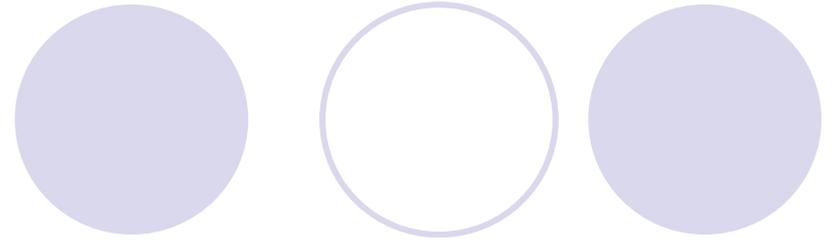
Strainer



- Strain fine liquids.
 - Can sift flour/dry ingredients.
- DO NOT use to strain off starchy foods- like potatoes or noodles



Colander

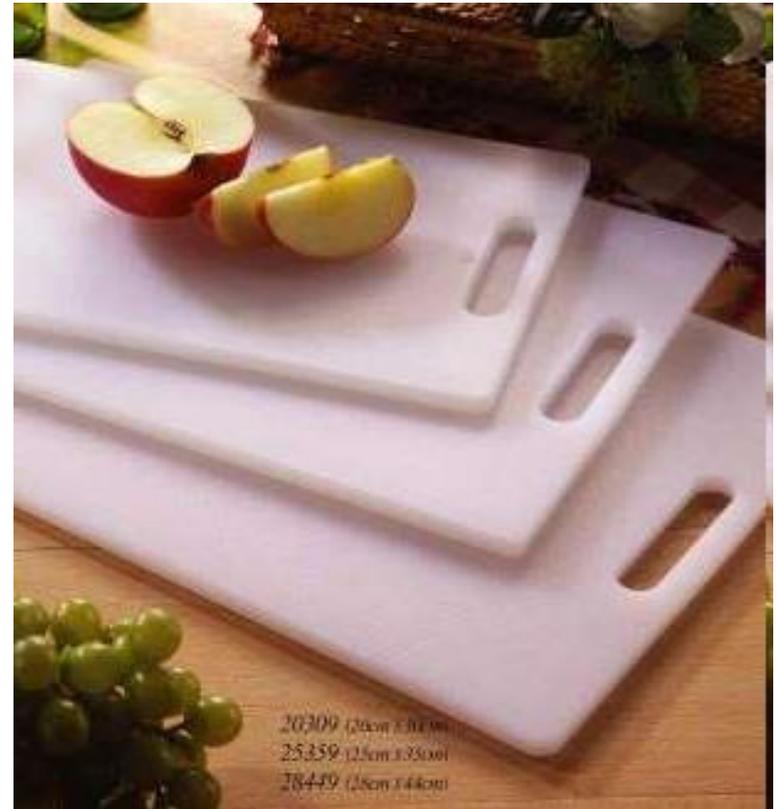


- Drains large foods- it has larger holes so they don't get clogged
- Sits on base.

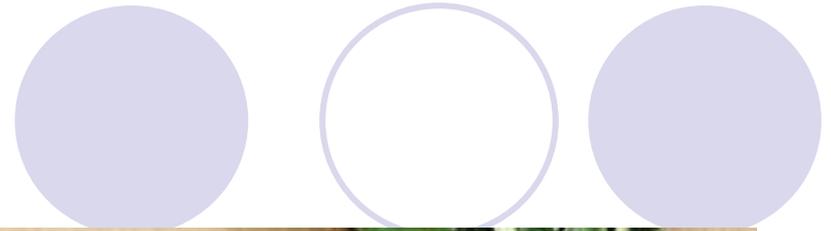


Cutting Board

- Used to cut on.
 - Plastic is best-easily sanitized
 - Use a separate one for raw meat (red colored)
 - Stabilize by placing a damp towel underneath it



Chef's Knife



- Most versatile knife:
 - Used for chopping, dicing, mincing.
 - Triangular blade makes rocking motion.



Paring Knife

- Used to pare and cut small things.



Serrated/Bread Knife

- Cuts and tears through softer foods like bread and tomatoes.
- Serrated (sawtooth) edge makes it easy to cut with



Cooling Racks

- Cools food down and can protect counters from heat

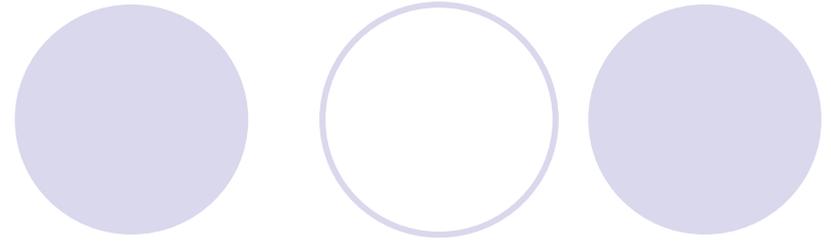


Glass Casserole Dish

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



Skillet



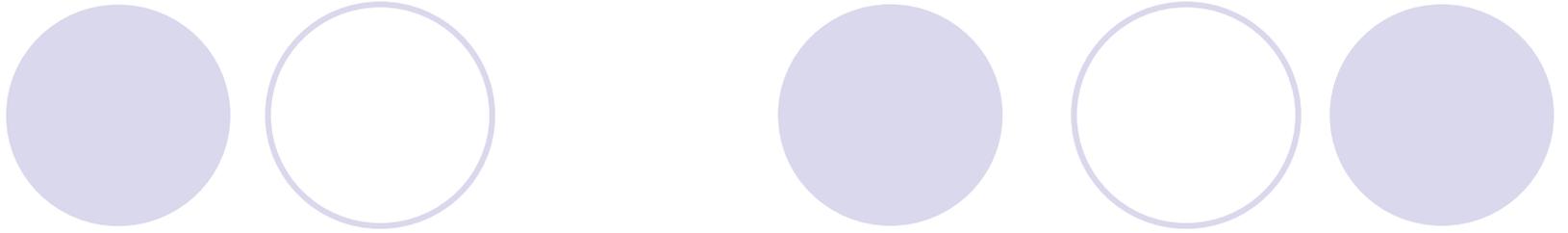
- Used to sauté and fry foods.
- Do NOT use metal with non-stick; it will scratch them and ruin them.



Oven Thermometer

- Measures temperature in the oven





THE FOLLOWING ARE NOT IN YOUR NOTES

- But you still need to know how these work so you can use them.
- If you break one of these, you owe me a new one

Stand Mixer

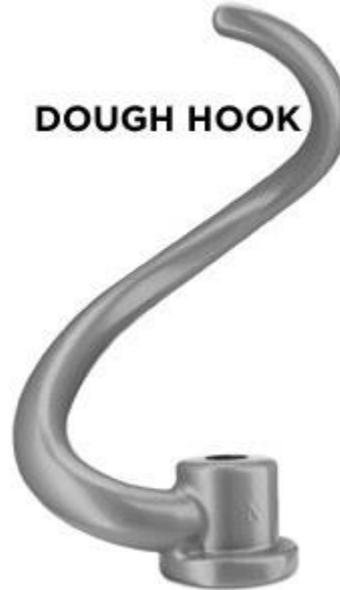
WHISK ATTACHMENT



PADDLE ATTACHMENT



DOUGH HOOK



Attachments change by pushing up and twisting.
The L shaped handle on the right lifts the bowl up.
Make sure the bowl is snapped on



Hand Mixer



Stick Mixer



Can be used in place of an electric 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

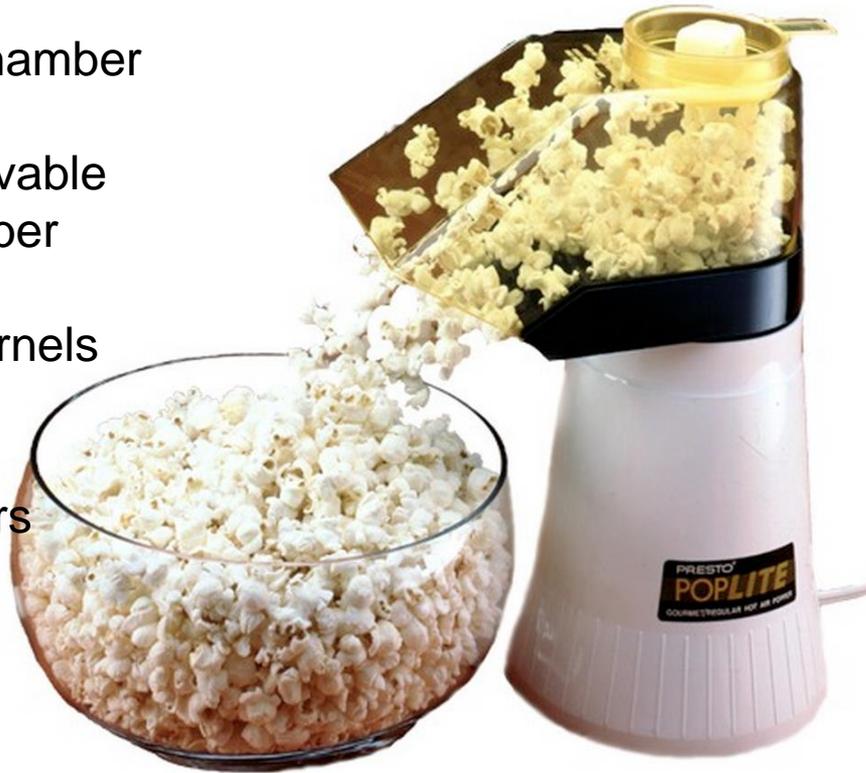


TO CLEAN: Once the iron has cooled enough to touch it- Use a damp paper towel to remove what you can, then a dry paper towel to wipe away anything else.

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

ALWAYS wipe down the blender base as well so they don't get too sticky and stop working.



Toaster

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



Electric Skillet

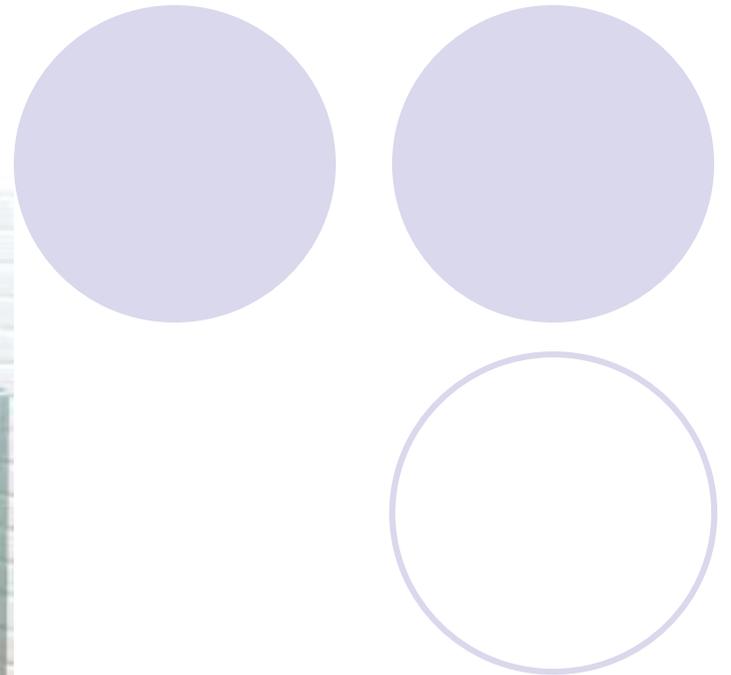
Can be used instead of a pot/pan on the stove

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

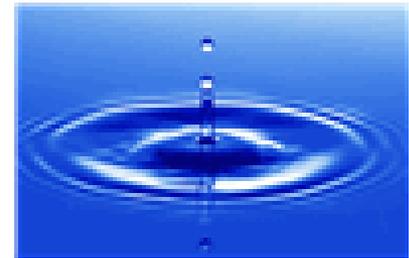


Microwaves



What are microwaves attracted to?

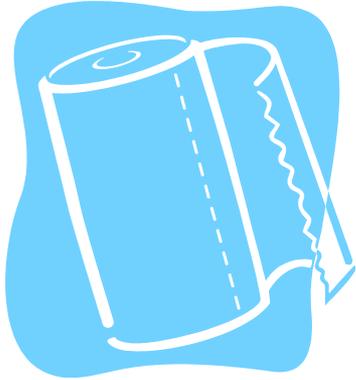
- Fat
- Sugar
- Water Molecules



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

Microwave Safe Containers

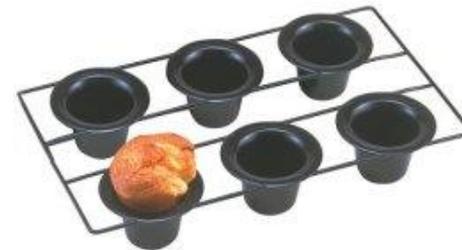


- Glass
- Paper
- Plastic



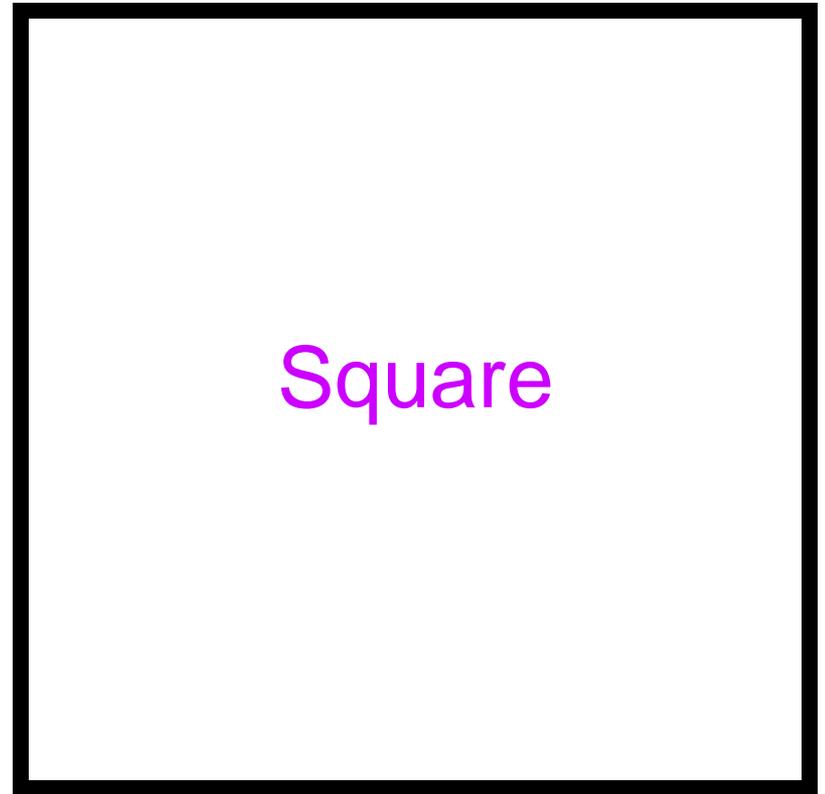
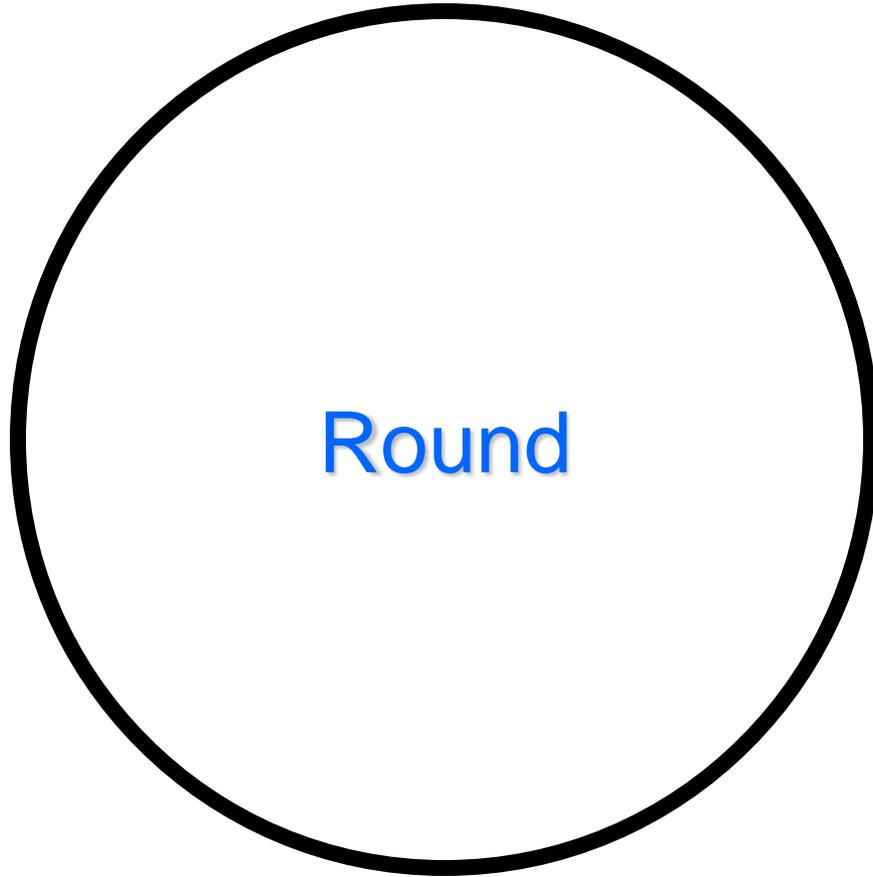
Unacceptable Dishes (not in your notes)

- Metal (this includes gold or silver)
- Foil
- This causes ARCHING-like when 2 magnets of the same side repel each other

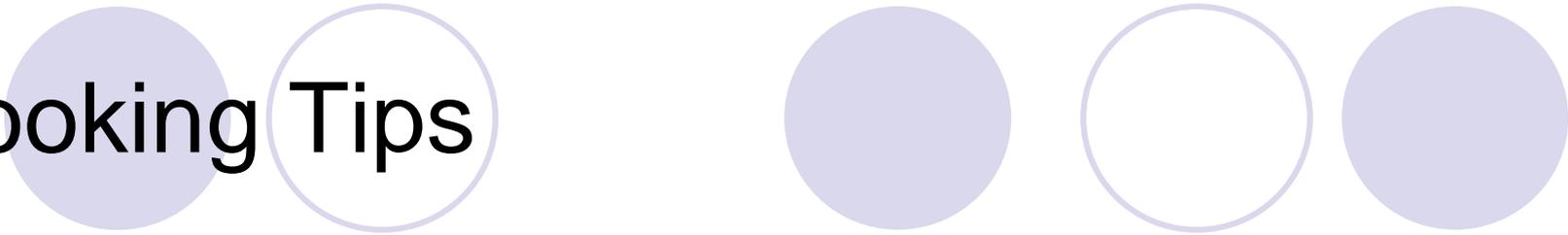




Do round or square containers cook more evenly?



Cooking Tips

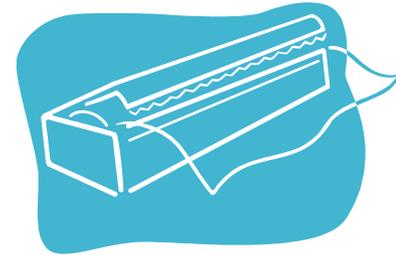


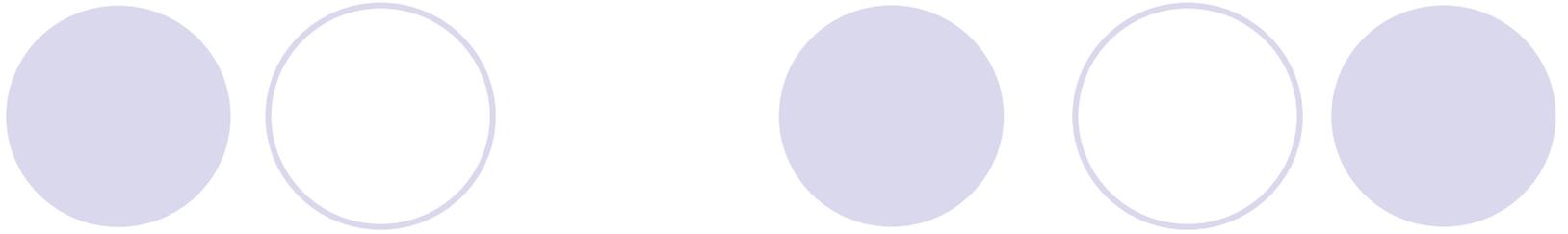
- **Standing time** is allowing food to sit after cooking because it continues to cook when removed.
- The quantity or amount of food in the microwave **increases** cooking and standing time.
- **Stirring** (pulling heated part of the food to the center) and **Rotating** help foods cook more evenly
- A **turntable** may be used rotate foods while inside the microwave.

Covering foods holds in moisture, cook food evenly, and prevent splattering foods.

Cover foods with:

- 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





- Microwaves cannot **brown** foods or give a **crisp** crust.
- Steam can **burn,** so 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.