

## Recipe Success



1. Read recipe carefully.
2. Clear work area.
3. Set out ingredients and supplies.
4. Prepare and measure ingredients.
5. Make recipe
  - ✓ Use measuring cups to measure dry ingredients.
  - ✓ Use clear measuring cups to measure liquid ingredients. Place clear measuring cup on level surface and check at eye level to make sure correct amount is measured. Liquid should just touch measurement line.
  - ✓ Use measuring spoons to measure small amounts of ingredients.
  - ✓ Spoon dry ingredients into measuring cup and level excess using the straight edge of a knife.

## Cooking Hints

- If a soup or stew is too salty, add cut raw potatoes. Discard the potatoes after they have cooked because they will have absorbed the salt.
  - Store celery and lettuce in paper bags, not plastic. Do not remove the outside leaves and stalks until ready to use.
  - If your stew is slightly burned, add milk to take out the bad taste.
  - Before opening a package of bacon, roll it. This helps separate the slices and makes them easier to remove individually.
  - To retain crispness, drain deep-fried foods on brown paper grocery bags instead of paper towels.
  - When possible, slightly warm your dinner plates in the oven before serving to keep the meal warm for longer.
  - Thaw frozen meat and poultry in the refrigerator, not on the kitchen counter where bacteria can grow.
  - Don't just keep dental floss in your medicine cabinet. Keep some in the kitchen. It is a great tool. Unflavored dental floss is often better than a knife to cleanly cut many soft foods, including soft cheese, rolled dough, layered cake, and cheesecake.
  - Leftover Rice: Save your leftover rice. You can freeze it in a covered freezer container for up to 6 months.
  - Brown Sugar: Never worry about finding your brown sugar hard again. Store it in its original box inside your refrigerator. It will stay soft and easy to mix with other dry ingredients.





**Bake/Roast:** Cook food uncovered in an oven or similar appliance.

**Beat:** Make mixture smooth with rapid, regular motion using a wire whisk, spoon, hand beater, or mixer. When using a spoon, lift the mixture up and over with each stroke.

**Blend:** Mix two or more ingredients thoroughly.

**Boil:** Heat a liquid until bubbles break on the surface or cook in boiling water.

**Braise:** Slowly cook meat or poultry in a small amount of liquid in a covered pot.

**Broil:** Use direct heat to cook.

**Brown:** Cook quickly until surface of food is brown.

**Chop:** Cut food into small pieces.

**Coat:** Cover entire surface with a mixture such as flour or bread crumbs.

**Core:** Using a sharp knife, remove the core and seeds of fruit.

**Cream:** Stir one or more foods until they are soft.

**Crisp-tender:** The "doneness" of vegetables when they are cooked only until tender and remain slightly crisp in texture.

**Crush:** Use a garlic press or a blunt object to smash foods such as garlic until the fibers separate.

**Cube:** Cut food into small, ½-inch cubes.

**Dash:** Less than 1/8 teaspoon.

**Dice:** Cut into small, square-shaped pieces.

**Drain:** Put food and liquid into a strainer or colander, or pour liquid out of a pot by keeping the lid slightly away from the edge of the pan and pouring away from you.

**Flute:** Pinch the edges of dough such as on pie crust.

**Fold:** Mix by turning over and over.

**Fork-tender:** The "doneness" of a food when a fork can easily penetrate the food.

**Fry:**

Pan fry – Cook in frying pan over medium heat with small amount of oil.

Deep fry – Cook in hot oil deep enough for food to float.

**Grate:** Rub food on a grater or chop in blender or food processor to produce fine, medium, or coarse particles.



**Grease:** Cover or lubricate with oil to keep food from sticking.

**Knead:** Work dough by folding and stretching with heel of hand.

**Marinate:** Allow food to soak in liquid to increase flavor and tenderness.

**Mince:** Cut or chop food into small pieces.

**Mix:** Combine ingredients using a fork or spoon.

**Oil:** Apply a thin layer of vegetable oil on a dish or pan. Can substitute vegetable oil spray.

**Peel:** remove outer covering of foods by trimming away with a knife or vegetable peeler.

**Preheat:** Heat oven to desired temperature before putting food in to bake.

**Poach:** Cook food over low heat in a small amount of hot, simmering liquid.

**Sauté:** Cook in a small amount of oil or water.

**Scald:** Heat milk until bubbles appear. bubbles should not be “breaking ” on the surface.

**Shred:** rub foods against a grater to divide into small pieces.

**Sift:** remove lumps or lighten the dry ingredients by putting them through a strainer or a sifter.

**Simmer:** Cook at a temperature just below the boiling point. Bubbles form slowly but do not reach the surface.

**Slice:** Cut food into thin pieces.

**Steam:** Cook over boiling water.

**Stew:** Cook food over low heat in a large amount of simmering liquid.

**Stir-fry:** Quickly frying vegetables to a crisp-tender state while constantly stirring.

**Stock:** Water in which vegetables or meat has been cooked; should be stored in the refrigerator.



**Thaw:** Slowly change from a frozen state to a liquid state.

**Toss:** Mix foods lightly with a lifting motion, using forks or spoons.



### Abbreviations

Tb. tablespoon

tsp . teaspoon

oz. ounce

lb. pound

c. cup

pt. pint

qt. quart

l. liter

### Cooking Measurement Equivalents

|                          |                              |
|--------------------------|------------------------------|
| 1 tablespoon (tbsp) =    | 3 teaspoons (tsp)            |
| $\frac{1}{16}$ cup =     | 1 tablespoon                 |
| $\frac{1}{8}$ cup =      | 2 tablespoons                |
| $\frac{1}{6}$ cup =      | 2 tablespoons + 2 teaspoons  |
| $\frac{1}{4}$ cup =      | 4 tablespoons                |
| $\frac{1}{3}$ cup =      | 5 tablespoons + 1 teaspoon   |
| $\frac{3}{8}$ cup =      | 6 tablespoons                |
| $\frac{1}{2}$ cup =      | 8 tablespoons                |
| $\frac{2}{3}$ cup =      | 10 tablespoons + 2 teaspoons |
| $\frac{3}{4}$ cup =      | 12 tablespoons               |
| $\frac{7}{8}$ cup =      | 14 tablespoons               |
| 1 cup =                  | 48 teaspoons                 |
| 1 cup =                  | 16 tablespoons               |
| 8 fluid ounces (fl oz) = | 1 cup                        |
| 1 pint (pt) =            | 2 cups                       |
| 1 quart (qt) =           | 2 pints                      |
| 4 cups =                 | 1 quart                      |
| 1 gallon (gal) =         | 4 quarts                     |
| 16 ounces (oz) =         | 1 pound (lb)                 |