


















Standard One

Kitchen Equipment	Item Name	Use or Function
	1.	
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	17.	

Name the four ingredients that are heated most quickly by microwaves:

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Microwaving Tips:

- ✓ Don't overcook your food.
- ✓ Some microwaves are more powerful and need less cooking time.
- ✓ Double the food, double the time

Microwaves cook by making food molecules _____. Microwaves are similar to _____ waves. The microwaves penetrate food to a depth of about _____. They agitate food molecules and _____. Foods cooked in the microwave retain more _____ than those cooked conventionally (in the oven or on the stove top).

Use _____-_____ glass and glass-ceramics for cooking. Most stoneware, china, and pottery dishes are suitable to use unless they have a _____ trim.

Use only plastic that is marked _____. Use only paper plates that are _____ enough to hold the food.

The _____ and _____ of microwave cookware affects the way food cooks and the cooking time. Ring-shaped and _____ pans allow for more _____ cooking than square pans.

Cooking time: _____

Standing time: _____.

Arching: _____

To be sure that food cooks evenly, it must be _____, _____, or _____. For even cooking, arrange foods for microwaving with the _____ or _____ parts toward the outside.

Loosen _____ covers or caps before microwaving. Otherwise, a buildup of steam pressure could cause it to _____. Use an _____ to remove foods from the microwave oven to avoid getting _____. Cover foods while cooking to prevent _____ in the microwave. Pierce potatoes to prevent _____ in the microwave. To clean tough stains, place a bowl of water in the microwave and heat until it steams. Wipe down the microwave with a damp rag.

Abbreviations	Equivalents for cups, teaspoons and tablespoons	Equivalents for Other Cooking Information
Tablespoon = ___ or ___	1 T. = ___ t.	1 cube butter = ___ c.
Teaspoon = ___ or ___	1/2 T. = ___ t.	1 large egg = ___ T.
Ounce = ___	1 c. = ___ T.	1 hour = ___ min.
Pound = ___ or ___	1/2 c. = ___ T.	1 pound = ___ oz.
Cup = ___	1/4 c. = ___ T.	1/2 pound = ___ oz.
Gallon = ___	1/8 c. = ___ T.	1 lb. butter = ___ c.
Quart = ___	3/4 c. = ___ T.	1 c. = ___ fl. oz.
Pint = ___	1/3 c. = ___ T.	2 c. = ___ fl. oz.
Fluid Ounce = ___	2/3 c. = ___ T.	3 c. = ___ fl. oz.
Square = ___	1 c. = ___ t.	4 c. = ___ fl. oz.
Fahrenheit = ___		

Equivalents for Gallons, Quarts, Pints, & Cups	Double the Recipe	Cut the Recipe in Half
1 gal. = ___ qts. = ___ pts. = ___ c. 1/2 gal. = ___ qts. = ___ pts. = ___ c. 1 qt. = ___ pts. = ___ c. 1 pt. = ___ c. 1/2 pt. = ___ c.	1 c. + 2 T. = _____ 6 T. = _____ 1/8 tsp. = _____ 1/4 tsp. = _____ 1/2 c. = _____ 1 1/2 t. = _____ 3/4 c. = _____ 1/3 c. = _____ 1/4 c. = _____ 2 T. = _____	3/4 c. = _____ 1 egg = _____ 3 c. = _____ 1/8 c. = _____ 1 gal. = _____ c. 1 T. = _____ 1 pt. = _____ 1 stick butter = _____ c. 2/3 c. = _____

- Remember not to measure _____ over the bowl.
- When cutting a recipe in half or doubling a recipe, the _____ will remain the same. However, the _____, length of _____, and size of _____ will be affected.

Measuring Techniques	
Brown Sugar	
Flour/Dry Ingredients	
Powdered sugar	
Liquids	
Shortening	

Term	Explanation
Chop	
Cream	
Cut In	
Dice	
Dredge	
Flour	
Fold In	
Grate	
Knead	
Mince	
Peel	
Saute	
Simmer	
Steam	
Whip	