

Name _____ Period _____ Table _____

Unit Three
Kitchen
Equipment

Kitchen Equipment Assignments	POINTS POSSIBLE	Your SCORE
Small Kitchen Equipment	60 Points	
Microwave Notes	40 Points	
Food Preparation Notes	40 Points	
Abbreviations, Equivalents & Measuring	30 Points	
Halving & Doubling a Recipe	35 Points	
Gallonbot/Gallon Guy	25 Points	
Lab-	25 Points	
Lab-	25 Points	
Lab-	25 Points	
Lab-	25 Points	
Lab-	25 Points	
TOTAL	_____ Points	

Standard 1

Kitchen Management

Objectives:

1. Recognize the appropriate use and care of kitchen equipment to include: measuring spoons, measuring cups (dry and liquid), colander, ladle, pastry blender, rubber spatula, wooden spoon, paring knife, French chef's knife.
2. Recognize the following concerning microwaves: appropriate safe containers include plastic, paper, and glass, round containers cook more evenly than square containers, and standing time (food continues to cook after microwave shuts off).
3. Recognize the following food prep terms: chop, cream, cut in, dice, flour, fold in, grate, knead, mince, peel, sauté, simmer, steam, whip.
4. Identify appropriate abbreviations for tablespoon, gallon, teaspoon, pound, cup, quart, and ounce.
5. Identify the following equivalents: 3 t. = 1 T., 16 C. = 1 gallon, 1 C. = 16 T., $\frac{1}{2}$ C. butter = one cube, 8 fluid ounces = 1 C.
6. Identify and use proper measuring techniques to include: pack brown sugar and shortening into cup, level off flour and sugar, liquids measured at eye level.

Microwave Cooking

1. Microwaves cook by making food molecules _____.
 2. The microwaves penetrate food to a depth of about _____.
 3. They agitate the food molecules and _____.
 4. The best food choices for microwave cooking are foods that are _____ to begin with or can be cooked in _____ (with water added).
 5. True or False - There is more nutrient loss in foods cooked in the microwave than those cooked conventionally.
 6. The four ingredients that are heated most quickly by microwaves are:
 - a.
 - b.
 - c.
 - d.
 7. What is a hot spot in microwave cooking? _____
 8. What causes a hot spot? _____
 9. What is arcing in microwave cooking? _____
 10. What causes arcing? _____
 11. What is standing time in microwave cooking? _____
 12. Foods like _____ and _____ have a skin that keeps moisture from evaporating. _____ can build up inside the skin and cause the food to _____. Pierce foods like these with a fork to _____.
 13. What will happen if you cook an egg in its shell in the microwave? Why? _____
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14. Three types of appropriate containers to cook in are:

- a.
- b.
- c.

15. The _____ and _____ of microwave cookware affects the way food cooks and the cooking time. Ring-shaped and _____ pans allow for _____ cooking. Square and _____ should have _____ corners.

16. Never _____ microwave unless there is food in it.

17. Loosen _____ covers or caps before microwaving to prevent explosions.

18. Never attach _____ to the microwave. They can affect the electronic _____.

19. If you are concerned about microwaves leaking, have your microwave tested by _____.

20. Clean spots and spills after _____. To clean a hard spots, put a bowl of _____ in and let the steam loosen the spatters. Wipe clean.

Halving Recipes

Whole Wheat Muffins

1 ½ c whole wheat flour
1 tsp cinnamon
½ tsp baking soda
½ tsp salt
½ tsp nutmeg
¼ tsp baking powder
1 cup sugar
1 cup zucchini, banana, pumpkin, applesauce or other fruit
1 egg
¼ cup oil
½ c nuts, optional
½ cup mini chocolate chips, optional

Mix all dry ingredients together.

In another bowl, mix sugar, egg and oil. Beat well. Add zucchini or banana. Stir in dry ingredients until barely moistened.

Place in greased muffin tins. Fill cups $\frac{3}{4}$ full. Bake at 350* for 20-23 minutes.

Doubling Recipes

Alfredo Sauce Recipe

1 pint heavy cream
1/2 cup butter
2 tablespoons cream cheese
1/2 cup parmesan cheese
1 teaspoon garlic powder

1. In a medium saucepan combine heavy cream, butter, and cream cheese on medium heat.
2. Simmer until melted and mixed well.
3. Add the parmesan cheese and garlic powder stir using your black wire whip.
4. Simmer on low for 15-20 minutes, stirring a few times.

When beginning the recipe bring water to a boil using your large sauce pan. When you are on step 4 of the recipe add the fettuccine. Cook fettuccine until al-dente.

Food Preparation Terms

Term	Definition	Tool Used
Beat/Mix		
Chop		
Cream		
Cut in		
Dice		
Drain		
Dredge/Flour		
Fold in		
Frost/Spread		
Grate		

Level		
Marinate		
Mince		
Peel/Pare		
Saute		
Scald		
Sift		
Simmer		
Steam		
Strain		
Whip		

Abbreviations, Equivalents & Measuring

Abbreviations	Equivalents
Teaspoon= _____ or _____	1 T. = _____ t.
Tablespoon= _____ or _____	1/2 T. = _____ t.
Cup= _____	1 c. = _____ T.
Quart= _____	1 c. = _____ t.
Pint= _____	1/2 c. = _____ T.
Gallon= _____	1/4 c. = _____ T.
Ounce= _____	1 gal. = _____ qts. = _____ pts. = _____ c.
Fluid Ounce= _____	1 c. = _____ fl. oz.
Pound= _____ or _____	1 cube butter = _____ c.
Fahrenheit= _____	1 large egg = _____ T.
Minutes= _____	1 pound = _____ oz.
Package= _____	1 hour = _____ min.

Measuring

1. Brown Sugar: _____
2. Shortening: _____
3. Powdered Sugar: _____
4. Flour: _____
5. Liquids: _____
6. Small measurements: _____
7. Eggs: _____