



Winning Ways In the Kitchen

Cooking Terms and Methods

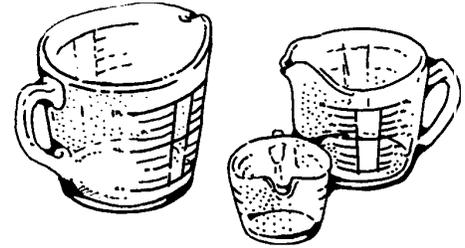
- BAKE/ROAST.** Cook food uncovered in an oven or oven type appliance
- BEAT** Make mixture smooth with rapid, regular motion using a wire whisk, spoon, hand beater, or mixer. When using a spoon, lift the mixture up and over with each stroke.
- BLEND** Mix two or more ingredients thoroughly
- BOIL** Cook food over high heat in liquid in which bubbles rise constantly to the surface and break
- BRAISE** Cook meat or poultry slowly in a small amount of liquid in a covered pot
- BROIL** Cook food by direct heat, usually on a rack
- BROWN** Cook food quickly until surface of food is brown
- CHOP** Cut food into small pieces
- CREAM** Make soft, smooth and creamy with a spoon or mixer
- CRUSH** Use a garlic press or a blunt object to smash foods until the fibers separate (such as garlic)
- CUBE** Cut food into small cubes (½ inch)
- DICE** Cut food into very small pieces (about ¼ inch)
- DRAIN** Draw off (a liquid) gradually; to empty by drawing off liquid
- FOLD** Combine ingredients by using a gentle circular motion to cut down into mixture, slide across the bottom of the bowl to bring some of the mixture up and over the surface.
- FRY** Pan Fry - Cook in frying pan over medium heat with small amount of fat
Deep Fry - Cook in hot fat deep enough for food to float in
- 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 or fat, to keep food from sticking
- KNEAD** Work a food mixture (usually dough) with a fold and press motion
- MARINATE** Allow food to soak
- MINCE** Cut into tiny pieces
- PEEL** Remove outer covering of foods by trimming away with knife or vegetable peeler
- PREHEAT** Heat oven to desired temperature before putting food in to bake
- POACH** Cook food over low heat in small amount of hot, simmering liquid
- SAUTE** Cook foods rapidly in a small amount of oil in an open pan and stir constantly
- SHRED** Cut food into slivers or slender pieces using a knife or shredder
- SIFT** Remove lumps or to lighten the dry ingredients by putting them through a strainer or a sifter
- SIMMER** Cook food over low heat in a liquid just below the boiling point in which bubbles form slowly
- SKIM** Remove fat or scum from surface of food
- SLICE** Cut food into thin pieces
- STEAM** Cook food on a rack or in a colander in a covered pan over steaming hot water
- STEW** Cook food over low heat in a large amount of simmering liquid
- STIR FRY** Cook sliced food quickly in a skillet or wok and toss occasionally
- THAW** Change from frozen to a liquid state slowly
- TOSS** Mix foods lightly with a lifting motion, using forks or spoons

Master Measuring



RECIPE SUCCESS

1. Read over recipe.
2. Clear work area.
3. Set out ingredients and supplies.
4. Prepare and measure ingredients.
5. Make recipe!

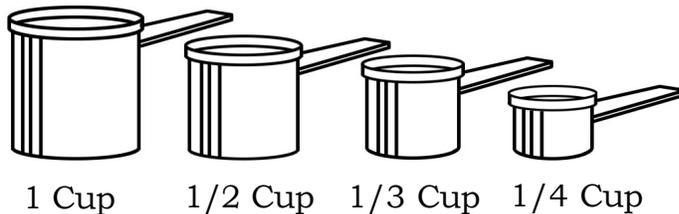


Use clear measuring cups to measure liquid ingredients.



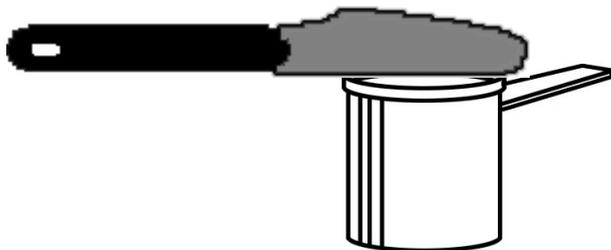
Check at eye level to make sure correct amount is measured. Liquid should just touch measurement line.

Use these to measure dry ingredients.

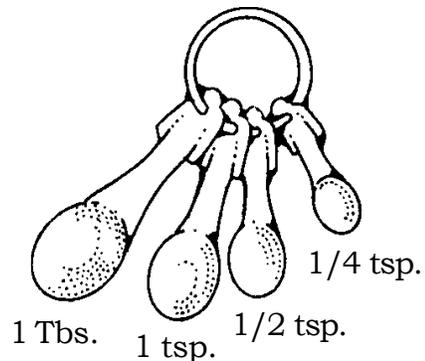


1 Cup 1/2 Cup 1/3 Cup 1/4 Cup

Use these to measure small amounts of ingredients.



Dry ingredients should be spooned into measuring cup and excess leveled using the straight edge of a knife.



1 Tbs. 1 tsp. 1/4 tsp.

BASIC KITCHEN TOOLS

Draw a line to match the kitchen tools

Liquid Measuring Cup

Dry Measuring Cups

Measuring Spoons

Cutting Board

Knife

Spatula

Spoon

Mixing Bowls

Can Opener

Grater

Peeler

Hot Pad

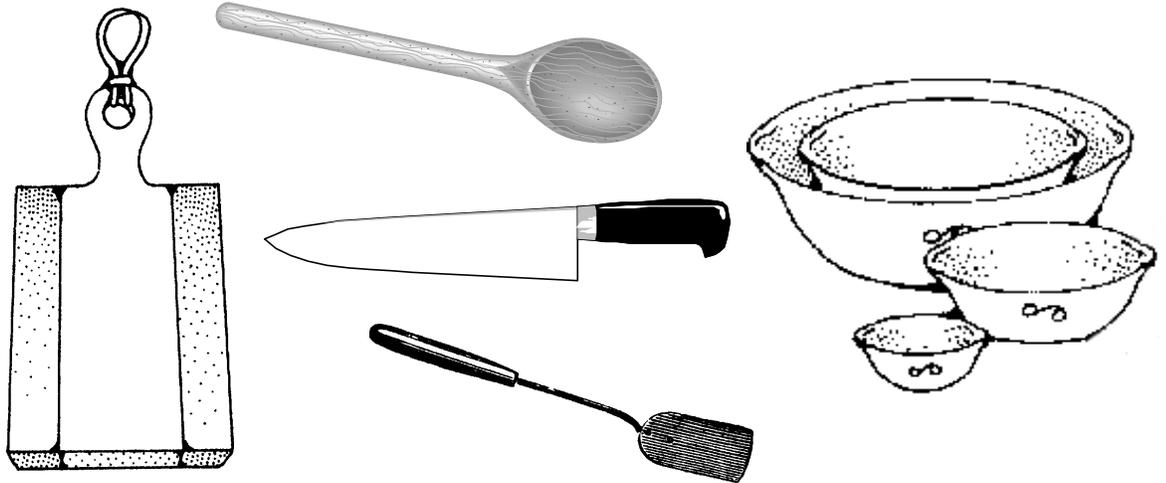
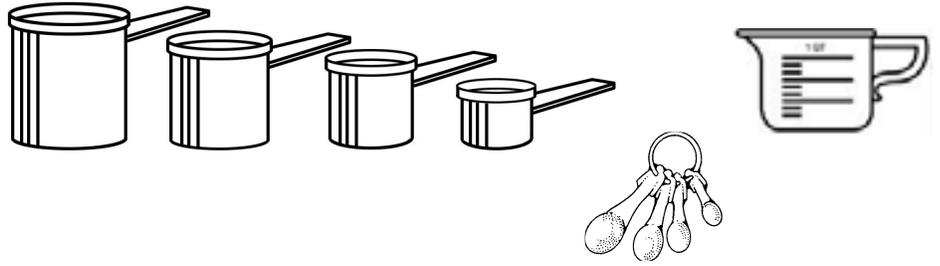
Pot

Pan

Scrubber

Baking Pan

Pot Holder



Times & Temperatures



Roasting Poultry

	<u>Temperature</u>	<u>Minutes per pound</u>
Chicken	325 - 350°F	22 - 30
Duck	325 - 350°F	20 - 25
Goose	325 - 350°F	25 - 30
Turkey	250 - 325°F	15 - 25
Chicken	broiling	15 - 20

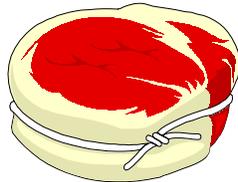


Broiling Meats

Total Time in Minutes

Beef	<u>Rare</u>	<u>Medium</u>	<u>Well Done</u>
1 inch	15	18 - 20	25
1½ inches	20	25 - 30	50
2 inches	30	35 - 40	50

Lamb	<u>Minutes</u>	Ham	<u>Minutes</u>
1 inch	12	½ inch	12 - 20
1½ inches	18	1 inch	20 - 30
2 inches	22	Bacon	4 - 5



Roasting Meats

Thermometer Readings for Meats

Beef, rare	140°F
Beef, medium	160°F
Beef, done	170°F
Fresh Pork	185°F
Smoked Pork	165°F
Cured Ham	155°F
Lamb	175°F
Veal	170°F
Poultry(whole bird)	180°F
Poultry(breast only)	170°F

Meats

<u>Meats</u>	<u>Temperature</u>	<u>Minutes per Pound</u>
Beef, rare	300 - 350°F	18 - 20
Beef, medium ...	300 - 350°F	22 - 25
Beef, done	300 - 350°F	27 - 30
Lamb	300 - 350°F	30 - 35
Fresh Pork	300 - 350°F	35 - 40
Smoked Pork	300 - 350°F	20 - 30
Cured Ham	300 - 350°F	20 - 25
Veal	300°F	25 - 30
All Rolled Roasts: Add 10-15 min. per pound		