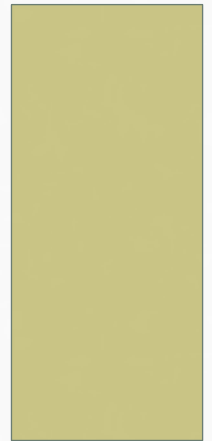


CHAPTER 10

RECIPES - BLUEPRINTS FOR FOOD

WEEK 5



OBJECTIVES

- AFTER READING THIS CHAPTER, YOU WILL BE ABLE TO:
 - 1. describe the parts of a recipe
 - 2. define recipe terms
 - 3. measure ingredients accurately.

NEW TERMS

- Recipe:
- A list of ingredients and directions for preparing a food.
- Yield:
- The number and size of portions a recipe will make.

- A recipe is a blueprint for preparing food.
- A recipe is a plan that tells a cook how to “build” a food.
- A builder looks at the blueprint to see what building supplies are needed.
- A cook looks at a recipe to see what ingredients are needed.
- If a builder follows the blueprints exactly they will get the same house every time
- If you follow a recipe exactly, you will get the same food every time.

WHERE CAN YOU FIND RECIPES?

- Cookbooks
- The internet
- Newspapers
- Magazines
- Through friends
- Through family.

PARTS OF A RECIPE

- A recipe tells you exactly what you must do to make the food.
- It tell you: (can be divided into 5 parts)
- 1. What ingredients you need
- 2. Cooking equipment
- 3. Cooking time and temperature
- 4. Steps to follow
- 5. yield

INGREDIENT LIST

- This list tells you which ingredients are needed to make the recipe.
- Tells you the amounts of each ingredient.
- Recipes that are the easiest to use list the ingredients in the order they are used.
- List the exact form of each ingredient. (low-fat cheese)
- This list helps you have your shopping list.
- Sometimes you can substitute one ingredient for another.
- Some cookbooks have a substitution list.
- Use the list to get out all the needed ingredients. Arrange them in the order they are needed.
- You will be able to make the recipe without stopping and searching for an ingredient.

COOKING EQUIPMENT NEEDED

- Most recipes tell you how to prepare the food, but do not say the equipment needed.
- Most cases, if you look at what the recipe tells you to do, you can use common sense to figure out equipment needed.
- Example – slice a carrot.
- Sometimes specific equipment is listed.
- Example – large mixing bowl.
- A recipe may tell you to use a pan of a certain size.
- It is important to use the right size pan.
- If too small, ingredients may overflow, if too large ingredients will spread out, they may cook too quickly.

COOKING TEMPERATURE AND TIME.

- Some recipes give you can exact cooking temperature and time.
- Example:
- Cook the food at 350 degrees F
- Other recipes tell you how to cook the food.
- Example:
- Heat water until it boils.
- Simmer sauce until thick

STEPS TO FOLLOW

- These describe what you **MUST** do to prepare a recipe.
- They are list in order they should be done.
- Sometimes the steps are numbered.
- Other times they steps are written in paragraph form.
- Some steps tell you how to get ingredients and equipment ready.
- Other steps state how and when to combine ingredients.
- Steps also explain what to do with the blended ingredients.

YIELD

- Is the number and size of portions a recipe will make.
- Tells you how many people you can serve.
- Tells you how much each person will get.
- Helps you decide if you need more or less food than the recipe will make.
- So you can choose to cut a recipe in half, or make the whole recipe and have leftovers.

RECIPE SAMPLE

Refrigerator Bran Muffins

$\frac{1}{4}$ cup Butter and $\frac{1}{4}$ cup shortening

2 cups Kellogg's All Bran cereal

1 cup Post 100% Bran cereal

1 cup boiling water

2 eggs

$\frac{1}{2}$ quart buttermilk

2 $\frac{1}{2}$ cups flour

2 $\frac{1}{2}$ tsp soda

$\frac{1}{2}$ tsp salt

$\frac{1}{4}$ cup sugar

1) Pour boiling water over shortening, butter & cereals

2) In a hot bowl & let cool

3) In another bowl combine remaining ingredients

4) Add mushy cereal stuff and mix well.

Bake at 400°, 15-20 min in paper baking cups

in a muffin tin makes 25

RECIPE LANGUAGE

- Recipes have a language all their own.
- It is made up of terms that describe exactly how to prepare, combine, or cook ingredients.
- Language is easy to learn
- The meaning of some terms are alike, meaning do differ.
- You need to know how they differ.
- You are more likely to have a successful recipe if you know the recipe language

GETTING READY TO COOK!

- Some equipment needs to be prepared before you use it.
- These terms tell you how to get cooking equipment ready.

- **Grease:**

- To rub or spray lightly with fat or oil.

- **Preheat:**

- To heat a conventional oven to the cooking temperature before putting food in the oven.
- These terms tell you how to handle ingredients:

- **Sift:**

- To put dry ingredients through a flour sifter.

- **Baste:**

- To moisten foods during baking or roasting with fat, juice, or sauce. Add flavor and keeps food moist

- **Drain:**

- To remove liquid from a food by pouring off the liquid or drying the food with paper towels.

GETTING UNDER THE SKIN

- Some fruits and vegetables need to have their skin removed.
- Recipes tell you when to do this.
- Terms:
- **Scrape:**
 - To remove a very thin layer of outer skin by rubbing it with a knife or vegetable peeler.
- **Pare:**
 - To cut off out skin with a knife or vegetable peeler
- **Peel:**
 - To strip or pull off the outer skin using your fingers or a knife.

ANYWAY YOU SLICE IT

- There are many ways to cut foods.
- Some are cut in large pieces
- Others are cut very small.
- The terms used in a recipe tell you how to cut the ingredients.

TERMS LISTED FROM THE LARGEST PIECES TO THE SMALLEST

- **Slice:**
 - To cut into flat pieces. May be thick or thin.
- **Julienne:**
 - To cut into long, very thin strips the size of matchsticks.
- **Shred:**
 - To cut into long, very thin strips using a knife or the large holes of a grater.
- **Cube or dice:**
 - To cut into cubes about ½ inch thick in size

- **Grate:**

- To cut into small pieces using the small holes of a grater

- **Chop:**

- To cut into small uneven pieces

- **Mince:**

- To cut into very small pieces.

- **Puree:**

- To grind or mash food until it becomes a smooth and liquid

- **Grind:**

- To crush into very thin bits by putting food through a food grinder.

slice



Julienne



Shred



C u b e



Grate



Chop



Mince



Puree



- **Grind**



MIXING INGREDIENTS

- There are many ways to combine ingredients.
- Some are slow using gentle motions
- Others are fast using forceful motions
- Stir, mix, blend, beat, cream and whip have similar meanings
- They mean to combine ingredients with a spoon, wire whisk, beater, or electric mixer.
- Main difference is the speed and force of motion used.

MIXING TERMS - ARRANGED IN ORDER FROM GENTLEST MOTION TO MOST FORCEFUL.

- **Fold:** gently combine ingredients, to do: slice a spatula down through the center of a mixture, then slide the spatula across the bottom and up the side, gently lifting and turning the ingredients. Repeat steps until well blended.
- **Knead:** to press and fold a ball of dough with the heels of your hands until the dough is smooth and elastic.

Fold



Knead



- Stir: to slowly move a spoon in a circle to combine ingredients
- Mix: to combine ingredients by stirring or beating them
- Blend: to mix ingredients until they are very smooth
- Beat: to stir quickly with a spoon, wire whisk, beater, or mixer until ingredients are smooth

Stir



Mix



Blend



Beat



Cream



Whip



- Cut in
- To combine solid fat, such as shortening, with a flour mixture by cutting the fat into tiny pieces with knives or a pastry blender.



COOKING WITH FAT

- Foods cooked in hot fat are called fried foods.
- Cooked in an uncovered pan.
- Fat is added to the pan in all types of frying except pan-broiling.
- The amount of fat added to the pan varies.
- Deep frying uses the most fat.
- Stir frying requires the least fat.
- The fat used in pan broiling comes from the meat being cooked.

- **Saute:** to brown or cook lightly and quickly in a small amount of hot fat. Also called pan frying.
- **Deep fry:** to cook food by completely immersing it in hot fat, also called French frying.
- **Stir fry:** to cook pieces of food quickly in a very small amount of hot fat. Food is stirred throughout cooking.
- **Pan-broiling:** to cook meat in its own fat, the fat melts as the meat cooks. The fat is poured off as it collects.

COOKING WITH LIQUIDS

- Food can be cooked in any hot liquid
- Often water or milk
- Other liquids too, yogurt is an example.
- Some are cooked in a large amount of liquid
- Others are cooked in a small amount
- Boiling and poaching use large amounts of liquid
- Small amounts are used to steam or braise foods.

- Most foods cooked in liquid are prepared on the cooktop
- Some are cooked in the oven
- May be covered or uncovered.
- Your recipe will tell you the type and amount of liquid to use and how to heat it. It will also tell you if the pan needs to be covered.

- **Blanch:** to put a food in boiling water for a very short time to precook it.
- **Boil:** to cook in hot liquid that has bubbles that rise and break on the surface of the liquid.
- **Braise:** to cook large pieces of meat or poultry slowly in a small amount of hot liquid
- **Parboil:** to boil until partly cooked. Cooking is finished using another method.

- **Poach:** to cook gently in enough hot liquid so that the food can float.
- **Scald:** to heat milk just until tiny bubbles form at the edge of the pan
- **Simmer:** to cook in liquid that is almost boiling, but is not hot enough to bubble.
- **Stew:** to slowly cook small pieces of food in moderate amounts of liquid.
- **Steam:** To cook in a pan using steam that rises from boiling liquid.

COOKING WITH DRY HEAT

- No fat or liquid is added
- Mainly cooked in an oven or toaster or on a grill.

- **Bake:** to cook in hot air in an oven
- **Barbecue:** to roast slowly over hot coals or in an oven and baste with a spicy sauce
- **Broil:** to cook directly under a very hot heating unit in an oven
- **Brown:** to make the surface of a food brown by baking, broiling, or toasting it.
- **Roast:** to bake meat, fish, or poultry uncovered in hot air in an oven or over hot coals.
- **Toast:** to brown foods using dry heat, usually in an oven or toaster.

COOLING FOODS

- Some foods are served cold.
- Recipes may instruct you to cool, chill or freeze ingredients.
- **Cool:** to let heated food come to room temperature
- **Chill:** to put food in the refrigerator to make it cold.
- **Freeze:** to lower the food's temperature to its freezing point or below.

MEASURING MATTERS

- Success with recipes depends on accurate measurements.
- If measurements are off, even the best recipe won't look and taste good.
- Many recipes use abbreviations (a shortened form of a word)

COMMON ABBREVIATIONS

- c
- °C
- °F
- g or gm
- Kg
- L
- lb or #
- ml
- oz
- pt
- qt
- t or tsp
- T or tbsp
- Cup
- Degrees Celsius
- Degrees Fahrenheit
- Gram
- Kilogram
- Liter
- Pound
- Mililiter
- Ounce
- Pint
- Quart
- Teaspoon
- tablespoon

INGREDIENT AMOUNTS

- May be given as units, weights, or volumes.
- Units tell you how many of an ingredient you should use.
- Such as 2 eggs
- Weights tell you how heavy an ingredients should be
- Such as 20 pounds of flour.
- Volume: is the space an ingredient occupies.
- Such as a cup of flour.
- You use measuring cups or spoons

COMMON MEASURING CUPS OR SPOONS

Measuring Cups

- 1 cup
- $\frac{1}{2}$ cup
- $\frac{1}{3}$ cup
- $\frac{1}{4}$ cup

Measuring Spoons

- 1 tablespoon
- 1 teaspoon
- $\frac{1}{2}$ teaspoon
- $\frac{1}{4}$ teaspoon

- Volume ingredients can either be dry or liquid.
- Dry ingredient examples
 - Sugar
 - Flour
 - Shortening
- Liquid ingredients examples
 - Milk
 - Water
 - oil

- The method used to measure dry ingredients differs from the method used to measure liquid ingredients.
- Knowing how to measure each type of ingredients helps you to get the exact amount needed.
- Success depends on accurate measurements

MEASURING DRY INGREDIENTS

- Dry ingredients are measured using measuring spoons or dry measuring cups
- These ingredients are measured the same whether use standard or metric measuring cups or spoons.
- Here's how to measure dry ingredients
- 1. fill the measuring cup or spoon with the ingredient
- 2. drag the straight edge of a metal spatula or knife over the cup or spoon to level off the ingredient.

SOME INGREDIENTS REQUIRE SPECIAL
TREATMENT.

FLOUR

- Before measuring:
- Stir the flour with a spoon or fluff it with a fork to loosen it.
- Gently place spoonfuls of flour into the measuring cup.
- If lumpy, or calls for sifted flour, you can sift it into the measuring cup.
- Powdered sugar is measured the same way.

- Dipping the measuring cup into the flour causes the flour to pack down.
- Shaking the filled measuring cup also causes the flour to pack down.
- If you pack flour down, you will end up with more flour than called for in the recipe.
- Food may be too dry or tough.

BROWN SUGAR

- Press the brown sugar into the measuring cup
- Pack it down until the measuring cup is full
- Level it off.
- When you empty the brown sugar out of the cup, it should hold the shape of the cup.

SOLID FATS

- Shortening, butter and margarine are solid fats.
- Measure solid fat by pressing it into the measuring cup and leveling it off.
- Use a rubber spatula to remove the fat from the measuring cup
- Another way to measure sticks of butter and margarine is to use the markings on their wrappers.
- One stick usually equals one-half cup
- The wrapper markings often show tablespoons.

MEASURING LIQUID INGREDIENTS

- Measured using liquid measuring cups
- Small amount are measured with measuring spoons.
- Measured that same way whether you use standard or metric measuring spoons.
- How to measure liquid ingredients.
- 1. place the liquid measuring cup on a level surface
- 2. Bend down and look at the measurements written on the side of the measuring cup. Pour the liquid into the measuring cup until you have the amount you need.

- Be sure the bend down to read the measurements.
- If you lift the cup to check the amount of liquid, the cup will tilt.
- You will end up with more or less liquid than you need.

ADJUSTING RECIPE YIELDS

- There are times when you may want to adjust a recipe to yield more or fewer servings,
- There are websites that will adjust recipes automatically for you.
- It is easy to do by hand
- 1. decide how many servings you need
- 2 divide the servings you need by the servings one recipe.
- The answer you get is the number you will use to adjust your recipe.
- $\text{Servings you need} / \text{servings one recipe yields} = \text{recipe adjustment number.}$

- You will then need to multiply the amount of each ingredient by the recipe adjustment.
- It is easier to increase a recipe when you do not have to work with fractions.
- For example it may be easier to make 16 servings even when you only need 14.

USING EQUIVALENTS

- Increasing or decreasing recipes is easier when you know equivalent amounts of ingredients.
- They are 2 ways of saying the same thing.
- They help you adjust recipes

COMMON STANDARD EQUIVALENTS

- 3 teaspoons
- 16 tablespoons
- 2 cups
- 2 pints
- 4 quarts
- = 1 tablespoon
- = 1 cup
- = 1 pint
- = 1 quart
- = 1 gallon

- Some recipes are easier to adjust than others.
- Exact amounts are not as critical when you make soups, stews and salads.
- However exact amount are very important when making cookies, cakes, bread, and other baked goods.
- If you need to adjust an ingredient.
- Write down the exact amount you will need.

MATH IN THE KITCHEN:
MEASUREMENT COUNT

- Skilled cooks know that accurate measurements are the key to success.
- You can perform this experiment to see how important accurate measurements really are:
- 1 gently fill a 1 cup dry measuring cup with spoonfuls of flour.
- When its heaping full, weigh it and record its weight.
- 2. Now level off the flour filled cup, weight it.
- 3. Next shake the flour-filled cup, add flour, shake and add more flour, until no more can be added, weight it

- 4. place an 18 inch long piece of waxed paper on the counter.
- Empty the flour in the measuring cup into a sifter. Place the measuring cup in the center of the waxed paper.
- Sift the flour until the cup is heaping full. Weigh the flour.
- 5. level off the sifted flour, weigh the cup.

- **Experiment #1** – spooned in flour heaping full = 6.30 oz.



- Experiment #2 – same cup leveled off = 5.60 oz.
- **Experiment #3** – shaken cup heaping = 6.35 oz.
- Experiment #4 – leveled off = 5.70 oz.
- **Experiment #5** – sifted flour = 6.00 oz.



- Experiment #6 – sifted leveled = 5.35 oz.

- Which up of flour weighed the most?
- Shaken Cup
- Which cup weighed the least?
- Sifted cup
- What was the difference in the weight of the cup of flour that weighed the most and the cup of flour that weighted the least?
- Almost a whole ounce
- Why do the weight vary?
- What conclusions can you draw from this experiment.

CULTURES OF THE WORLD
CHINESE STIR-FRY

- China is one of the largest countries on earth.
- Cuisine varies from one region to the next.
- Example:
- Szechwan (SESH-wan) foods are spicy
- Shanghai (SHANG-hi) foods are sweet.
- Taste of food may differ as you travel from one region to the next.
- However you will see the same kitchen equipment and cooking methods.
- In fact they hardly changed in the last 2,000 years.

- Most important equipment
- Wide blade knife
- A wok
- They cut foods into small pieces so they will cook quickly and are easy to eat with chopsticks.
- Once cooked they are combined and cooked in the wok.

- Stir frying is a widely used cooking method.
- This because
- Foods cook quickly and uses little fuel (which is scarce in China)
- Woks are used for:
- Boiling, steaming, and deep frying.
- People in China eat mostly vegetables, and either rice or wheat.

- Rice grows well in the hot, rainy, southern areas of China.
- It is eaten at every meal.
- It is impolite not to eat every grain of rice served.
- In the northern part of China wheat grows well.
- Used to make
- Steamed buns, pancakes, and dumplings and noodles.
- They use long noodles because it stands for long life.
- It is tradition to give noodles as a birthday gift in some areas of China.
- Tea is a popular beverage. Hundreds of types of tea grown there.
- 2 of the most popular are Dragon's whiskers, and silver Needles.
- There is a legend that hundreds of years ago, tea farmers taught monkey's to gather tea leaves for them.

IN THE KNOW QUESTIONS

1.

- The ingredient list tell you _____.
- A. the method for measuring ingredients.
- B. how to combine ingredients.
- C. the amount of ingredients needed.
- D. the yield.

2

- _____ is the number and size of portions a recipe will make.

3.

- Write the word that each of the following abbreviations represents.
- A. #
- B. tsp
- C. oz.
- D. kg
- E. ml
- F. c

4.

- Which term below would result in the smallest pieces of food?
- A. julienne
- B. mince
- C. cube
- D. shred

5.

- _____ means to moisten food during roasting to keep the food from drying out.

6.

- Which term below is gentlest way to combine ingredients?
- A. whip
- B. cream
- C. fold
- D. beat

7

- Which cooking method uses the most fat?

8.

- What do blanch, braise, and poach have in common?

9. TRUE OR FALSE

- Liquid and dry ingredients should be measured with liquid measuring cups.

10.

- It is best to use _____ to level ingredients in a dry measuring cup.
- A. the straight edge of a knife
- B. your finger
- C a spoon
- D. any of the above.

11.

- Explain how to measure one cup of water.

IN A NUTSHELL

- A recipe is a list of ingredients and directions for preparing food.
- The 5 parts of a recipe are the ingredient list, cooking equipment needed, cooking time and temperature, steps to follow, and yield.
- Recipe terms tell you exactly how to prepare, combine, or cook ingredients.
- Foods can be cooked in hot fat, hot liquid, or hot, dry air.

- Recipe success depends on accurate measurements.
- Ingredient amounts may be given as units, volumes or weights.
- To adjust a recipe's yield, divide the servings you need by the servings one recipe yields. Multiply the amount of each ingredient in the recipe by this number.

IN THE KNOW ANSWERS

1.

- The ingredient list tell you _____.
 - A. the method for measuring ingredients.
 - B. how to combine ingredients.
 - C. the amount of ingredients needed.
 - D. the yield.
-
- C. the amount of ingredients needed.

2

- _____ is the number and size of portions a recipe will make.
- Yield

3.

- Write the word that each of the following abbreviations represents.
- A. # = pound
- B. tsp = teaspoon
- C. oz. = ounce
- D. kg = kilogram
- E. ml = milliliter
- F. c = cup

4.

- Which term below would result in the smallest pieces of food?
- A. julienne
- B. mince
- C. cube
- D. shred

- B. mince

5.

- _____ means to moisten food during roasting to keep the food from drying out.
- Baste

6.

- Which term below is gentlest way to combine ingredients?
 - A. whip
 - B. cream
 - C. fold
 - D. beat
-
- C. fold

7

- Which cooking method uses the most fat?
- Deep-frying

8.

- What do blanch, braise, and poach have in common?
- All are ways to cook food in liquid

9. TRUE OR FALSE

- Liquid and dry ingredients should be measured with liquid measuring cups.
- False

10.

- It is best to use _____ to level ingredients in a dry measuring cup.
 - A. the straight edge of a knife
 - B. your finger
 - C a spoon
 - D. any of the above.
-
- A. a straight edge of a knife.

11.

- Explain how to measure one cup of water.
 - 1. set the liquid measuring cup on a level surface.
 - 2. bend down and pour in the water until it reaches the one-cup measurement marked on the side of the measuring cup.

GO STUDY FOR YOU TEST!

