**COOKING TERMINOLOGY REVIEW PACKET**

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**Teacher Key**

**ABBREVIATIONS**

**Directions:** When the teacher says “GO”, fill in the abbreviations as quickly as you can. The first done with the most correct wins! Upper and lower case letters matter, so write them correctly.

1. Pound: *lb.*
2. Cup: *c.*
3. Tablespoon: *Tbsp.* and *Tbs.* and *T.*
4. Gallon: *gal.*
5. Quart: *qt.*
6. Minute: *min.*
7. Teaspoon: *tsp.* and *t.*
8. Ounce: *oz.*
9. Degree Fahrenheit: *°F*
10. Pint: *pt.*
11. Hour: *hr.*

**EQUIVALENTS**

**Directions:** When the teacher says “GO”, fill in the equivalents as quickly as you can. The first done with the most correct wins!

**Tablespoon to Cup Equivalents**

1. \_\_3\_\_ tsp. = 1 Tbsp
2. \_\_4\_\_ Tbsp. = 1/4 cup
3. \_\_8\_\_ Tbsp. = 1/2 cup
4. \_\_12\_\_ Tbsp. = 3/4 cup
5. \_\_16\_\_ Tbsp. = 1 cup
6. 3/4 cup = \_\_1/4\_\_ cup + \_\_1/2\_\_ cup

**Cups/Pints/Quarts to Gallon Equivalents**

1. \_\_8\_\_ ounces = 1 cup
2. 16 ounces = \_\_2\_\_ cups = \_\_1\_\_ pint
3. \_\_32\_\_ ounces = \_\_4\_\_ cups = 2 pints = 1 quart
4. 128 ounces = 16 cups = \_\_8\_\_ pints = \_\_4\_\_ quarts = \_\_1\_\_ gallon

**ADJUSTING A RECIPE**

**Performance Objective #3**

**Directions:** Adjust the recipe below to serve 2, 8 and 16. The original recipe serves 4.

**Original Recipe (4 Servings)**

1 lb. ground beef

1/2 c. chopped onion

1 (4.5 oz.) can mushrooms

1/2 tsp. garlic powder

1/4 tsp. mustard powder

1/2 c. sour cream

1/2 c. mayonnaise

1/2 c. beef broth

1 (8 oz.) pkg. wide egg noodles

**2 Serving Recipe**

1/2 lb. ground beef

1/4 c. chopped onion

2.25 oz. mushrooms

1/4 tsp. garlic powder

1/8 tsp. mustard powder

1/4 c. sour cream

1/4 c. mayonnaise

1/4 c. beef broth

4 oz. wide egg noodles

**8 Serving Recipe**

2 lbs. ground beef

1 c. chopped onion

9 oz. mushrooms

1 tsp. garlic powder

1/2 tsp. mustard powder

1 c. sour cream

1 c. mayonnaise

1 c. beef broth

16 oz. wide egg noodles

**16 Serving Recipe**

4 lb. ground beef

2 c. chopped onion

18 oz. mushrooms

2 tsp. garlic powder

1 tsp. mustard powder

2 c. sour cream

2 c. mayonnaise

2 c. beef broth

32 oz. wide egg noodles

**MEASURING TECHNIQUES**

1. Use *dry* measuring cups for dry ingredients and level with a *straight edge* spatula.
2. Use *liquid* measuring cups for liquid ingredients. Measure at *eye level* on a flat, level surface.
3. Brown sugar is *packed* and *leveled* in dry measuring cups.
4. Shortening is *pressed* into dry measuring cups and *leveled*. Shortening can also be measured using the water *displacement* method.
5. Use most effective tools for measuring. For example, use *1/4* cup rather than 4 Tablespoons.
6. Use *measuring spoons* for ingredients less than 1/4 cup. Measuring spoons can measure both *liquid* and *dry* ingredients.
7. Do not measure directly over the *mixing bowl*.

**KITCHEN EQUIPMENT**

1. ***Food Processor***
   1. Chop, slice, shred, grind, puree almost any food.
   2. No need to add liquid
   3. Make piecrusts, bread and pasta dough.
   4. Grinds grains, nuts and meats.
2. ***Immersion Blender***
   1. Also known as a stick blender.
   2. Blend ingredients in the container in which they are being prepared.
   3. Chop, grind and puree almost any food.
   4. Emulsify salad dressings and pureed sauces and soups.
3. ***Scale***
   1. Weighted measurements are more accurate than volumetric.
   2. More consistent results when using a scale.
   3. Recipes can be easily scaled to fit any number of servings.
4. ***Internal Temp Thermometer***
   1. For checking the internal temperature of foods.
   2. Insert thermometer into the thickest part of the food without touching bone or fat.
5. ***How to Calibrate a Thermometer***
   1. Fill a large glass with crushed ice.
   2. Add clean tap water until the glass is full and stir well.
   3. Put the thermometer stem or probe in the ice water mixture so that the entire sensing area is submerged.
   4. Do not let the stem of the thermometer or probe touch the sides or bottom of the glass.
   5. Wait at least 30 seconds or until indicator stops moving.
   6. With the stem of the thermometer or probe still in the ice water mixture, use a wrench to turn the adjusting nut until the thermometer reads 32° F (0° C).
   7. If calibrating a digital thermometer, press the reset button to automatically calibrate the thermometer.

**COOKING TERMS**

Directions: Match the following cooking terms with their definitions.

**Chop**

**Cream**

**Cut In**

**Dice**

**Dredge**

**Flour**

**Fold**

**Grate**

**Knead**

**Mince**

**Mise en place**

**Peel**

**Sauté**

**Simmer**

**Steam**

**Whip**

1. *Grate* To finely divide food in various sizes by rubbing it on surface with

sharp projections.

1. *Dice* To cut into very small cubes.
2. *Whip* To beat rapidly to introduce air bubbles into food.
3. *Mince* To cut or chop food as finely as possible.
4. *Chop* To cut into small pieces.
5. *Flour* To sprinkle or coat with a powdered substance, often with crumbs of

seasonings.

1. *Peel* To remove or strip off the skin or rind of some fruits and vegetables.
2. *Cream* To work sugar and fat together until the mixture is soft and fluffy.
3. *Sauté* To brown or cook foods with a small amount of fat using low to

medium heat.

1. *Dredge* To coat food heavily with flour, bread crumbs or cornmeal.
2. *Steam* To cook by the vapor produced when water is heated to the

boiling point.

1. *Fold* To mix ingredients by gently turning one part over another.
2. *Cut In* To cut fat into flour with a pastry blender or two knives.
3. *Knead* To work dough to further mix the ingredients and develop the

gluten.

1. *Simmer* To cook just below the boiling point.
2. *Mise en place* The planning and placement of ingredients and

equipment before food preparation.