

Lesson 7

as a written list of ingredients and instructions about how to put them together. That's not the whole definition, however.

The best and simplest definition for *recipe* is "a plan for preparing food." The plan may be written on paper. It may be given verbally by an experienced cook to a beginner. It may be a creative idea in the mind of the cook. All of these ways of planning food preparation are recipes.

In Section 1 you learned about the basic appliances and tools in the kitchen. In this

section, you will learn basic cooking and baking terms and how to measure ingredients in recipes. Eventually you will memorize much of this information so that you automatically know what to do when a recipe says *braise* or *saute*.

After you know recipe terms and how to measure ingredients, you can pick up almost any cookbook and make anything in it. Exceptions are pie and pastry recipes and recipes using yeast, which are not discussed in this LightUnit.

Section 2 Objectives

Read these objectives. When you have completed this section, you will be able to—

- define common recipe terms.
- recognize common abbreviations used in recipes.
- calculate equivalents.
- measure accurately.

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Common Cooking Terms

COMMON COOKING TERMS

You will need to understand many cooking terms for the cooking you do and for the food-preparation LightUnits. Many good cookbooks include a list of cooking terms and their definitions for the recipes in the cookbook. If, in your cooking, you find terms you don't know, check for the cooking terms list in the cookbook you are using.

Bake. To cook in an oven. Covered or uncovered containers may be used. When applied to meats, it is generally called *roasting*. Examples: casserole, cake, muffins, beef roast.

Barbecue. To roast on a grid, a spit, over coals, or under a free flame (in a gas oven), or in an electric oven unit. The food is usually basted with a seasoned sauce. The word *barbecued* is often used to describe foods cooked or served with a barbecue sauce. Chicken and pork ribs are popular barbecued foods.

Baste. To spoon a sauce or pan drippings over a food while it is cooking. This helps to keep meat moist and adds flavor. The liquid is usually melted fat, meat drippings, fruit juice, or sauce. For example, you might baste a roasting turkey to keep it moist and to

enhance browning.

Beat. To make a mixture smooth by using a large spoon or mixer in a circular motion that lifts the mixture over and over. Example: beating flour and water together for a sauce.

Blanch. To preheat in boiling water or steam to inactivate enzymes that cause food to age. It also aids in removal of skins from nuts, fruits, and some vegetables. Examples: Vegetables should be blanched before freezing to preserve taste, color, and nutrients. Skins from ripe peaches and tomatoes can be easily removed after blanching.

Blend. To mix two or more ingredients together. Example: blending beaten eggs, sugar, salt, and vanilla together for a cookie recipe.

Boil. To heat a liquid until it steams, and bubbles rise continually and break on the surface. Example: bringing water to a boil to cook rice or pasta.

Braise. To cook meat slowly in a covered pan in a small amount of liquid. The meat may or may not be browned in fat before braising. Tougher cuts of beef and older chickens may be prepared in this way to make them tender.

Bread. To coat with bread crumbs alone or to coat first with bread crumbs, then with diluted beaten egg or milk, and again with crumbs. Deep-fried foods such as fish or chicken are frequently breaded.

Broil. To cook directly under or over the source of heat without adding oil. Most ranges are equipped with a special oven control for broiling foods.

Candy. 1. To cook fruit or fruit peel in a heavy sugar syrup until plump and transparent, then drain and dry. 2. To cook vegetables such as sweet potatoes or carrots in a sugary syrup.

Caramelize. To heat sugar or foods containing sugar until a brown color and characteristic flavor develop. Brown sugar is caramelized for butterscotch pudding.

Chop. To cut into small pieces. Example: chopping onion for a casserole.

Combine. To mix or blend two or more ingredients. Example: combining flour, salt, and soda for biscuits.

Cream. To make a mixture soft and smooth by rubbing the ingredients against the side of the bowl with a wooden spoon, or by beating the mixture with an electric mixer. Cake recipes often call for creaming fat and sugar.

Cube. To cut into cubes. Size is usually specified in recipe. Example: Cheese, meat, and bread may be cubed.

Cut in. To mix shortening or fat with dry ingredients by chopping it with a pastry blender or two knives until the mixture is the size of small peas. This is necessary for various types of biscuit and pastry dough.

Dice. To cut into small cubes. Example: Potatoes may be diced for soup.

Dredge. To sprinkle or coat with flour or another fine substance. Example: Fish may be dredged in flour or cornmeal before frying or broiling.

Fold. To gently mix ingredients with a down, under, up, and over motion. Example: Whipped egg whites are often added to other ingredients in this way.

Fricassee (fri' kə sē). To cook cut-up pieces of meat in a gravy or stock.

French fry. Also called deep-fry. To cook in enough fat to cover the food. Potatoes, doughnuts, and some meats may be french fried.

Fry. To cook in hot fat. Eggs, meats, potatoes, and a variety of other foods may be fried.

Garnish. To enhance appearance or flavor of food by adding another food. A meat may be garnished with sprigs of fresh parsley. A pumpkin pie may be garnished with a dollop of whipped cream.

Grate. To cut food into tiny pieces by rubbing the food against a grater. Cheese is

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often grated for garnish or so that it will melt quickly.

Grill. To cook food over an open flame. Some ranges have this capability. Most grilling is done with a special appliance out-of-doors. Steaks, hamburgers, and fresh vegetables are common foods for grilling.

Grind. Also called crushing. To reduce to very fine particles. Example: Crackers are often ground or crushed to be mixed with other ingredients.

Level. To use a metal spatula or the flat side of a knife to remove dry ingredients that exceed the measurement in the dry cup measure. Leveling is the correct way to measure flour or sugar for a cake recipe.

Marinate. To let food stand in a mixture (usually an oil-acid combination). Meat may be marinated in an oil/vinegar/spice mixture to tenderize and season it.

Melt. To change a solid food into a liquid by heating it. Example: Butter may be melted before adding it to other ingredients.

Mince. To cut or chop into very small pieces. Example: Onion, garlic, and some herbs may be minced before mixing with other ingredients.

Mix. To combine ingredients by stirring. Example: In muffins, raisins or coconut may be mixed with dry ingredients before liquid ingredients are added.

Pan broil. To cook uncovered on a hot surface, usually a frying pan. The fat is poured off as it accumulates. Example: Bacon may be pan broiled.

Pan fry. To cook in enough fat to cover the bottom of the pan. Example: Hash browned potatoes are pan fried. Chicken may be also.

Parboil. To boil until partially cooked. The cooking is usually completed by another method. Carrots may be parboiled before adding to a stir-fry.

Pare or peel. To cut off the outside covering. Peaches, pears, potatoes, carrots, and

onions are usually peeled/pared in food preparation.

Poach. To cook in a hot liquid, being careful to retain the shape. Temperature used varies with food. Example: Eggs may be broken and dropped gently into hot water or milk and cooked in this way.

Roast. To cook uncovered with dry heat. Usually done in an oven, but may be done in ashes, coals, or on heated stones or metals. Usually applied to meats, but may be used with potatoes, corn, and chestnuts.

Roll. To flatten dough with a rolling pin. Example: Some cookie doughs are rolled out before cookies are cut from them and baked.

Sauté (sò tã'). To cook gently in fat. Example: Onions, peppers, and other delicate foods may be cooked in this way.

Scald. 1. To heat milk to just below the boiling point. 2. To dip certain foods in boiling water. (See *blanch*.)

Scallop. To bake food, usually cut in pieces, with a sauce. The top may be covered with crumbs.

Sear. To brown the surface of meat by a short application of intense heat. A chuck roast may be seared to seal in juices before braising or roasting.

Shortening. Any fat or oil used in a recipe or for frying. May be butter, margarine, vegetable shortening, oil (corn, cottonseed, olive, coconut), or lard.

Shred. To cut or slice very finely. May be done with a knife or grater. Cabbage is shredded for slaw. Meat may be shredded for a sandwich filling.

Sift. To put dry ingredients through a sifter to remove lumps and add air. Flour to be used in cakes is often sifted.

Simmer. To cook in liquid that is just below boiling. Soups are often simmered for a period of time to blend flavors.

Slice. To cut into thin, flat pieces. Example: Apples may be sliced for certain desserts.

Steam. To cook in steam. When done without pressure, the food is placed on a rack above water. In a pressure cooker, steam is applied to the food in a closed container that is heated to a high temperature. With steam pressure, food is cooked more quickly than with conventional cooking.

Steep. To allow a food to stand in liquid below the boiling point for the purpose of extracting flavor, color, or other qualities. Tea is made by steeping plant leaves in hot water.

Sterilize. To destroy microorganisms that cause food spoilage and disease. Usually done at a high temperature with steam, dry heat, or by boiling. Example: Jar lids may be sterilized in boiling water before sealing jars of vegetables or fruits.

Stew. To simmer in a small quantity of liquid. Example: Tough cubes of meat may be stewed to make them tender for stews or soups. Note: A stew differs from a soup in that it is usually thicker.

Stir. To mix food materials with a circular motion to blend them together. Example: Dry ingredients for muffins may be stirred together before liquid ingredients are added.

Toast. To make crisp and brown by means of dry heat. Can be done in an oven or in a toaster. Example: Coconut may be toasted for garnish on a pie.

Whip. To add air by beating vigorously. Examples: egg whites for meringue on pies or for angel food cakes; cream for garnish on desserts.



Do this activity.

- 1. Browse through a large cookbook that includes recipes for meats, vegetables, desserts, cookies, cakes, and snacks. Look for the cooking terms below in the various recipe instructions. Write the name of the recipe that includes the term in the instructions.
 - a. baste _____
 - b. blend _____
 - c. combine _____
 - d. cream _____
 - e. fold _____
 - f. grate _____
 - g. mince _____
 - h. marinate _____
 - i. garnish _____
 - j. dice _____
 - k. grind (or crush) _____
 - l. roll _____
 - m. parboil _____

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- n. sauté _____
- o. shred _____
- p. simmer _____
- q. stir _____
- r. whip _____

Lesson 8

Common Abbreviations; Equivalents

COMMON ABBREVIATIONS

For convenience, cookbooks often abbreviate certain frequently used words in recipes. The following list includes common abbreviations. Cookbooks vary in what abbreviations they use. For example, some use periods with

most abbreviations; others do not. As with cooking terms, many cookbooks include a list of abbreviations, often at the front of the book.

cup	=	c	dozen	=	doz
tablespoon	=	T or Tbsp	baking powder	=	b.p.
teaspoon	=	t or tsp	baking soda	=	b.s.
ounce	=	oz	hour	=	hr
pint	=	pt	minute	=	min
quart	=	qt	second	=	sec
gallon	=	gal	package	=	pkg.
pound	=	lb	packet	=	pk.
square	=	sq	amount	=	amt.



Look in a cookbook. Write the abbreviations from the cookbook for at least eight of these terms.

- 1. a. cup _____ e. ounce _____ i. minute _____
- b. pint _____ f. dozen _____ j. tablespoon _____
- c. quart _____ g. hour _____ k. teaspoon _____
- d. pound _____ h. gallon _____

EQUIVALENTS

In the next lesson you will be working with equivalents and with dividing or doubling recipes. To prepare for that lesson,

study this list of equivalent measures until you know them well. Then do the exercises without looking at the list.

3 teaspoons	=	1 tablespoon
4 tablespoons	=	$\frac{1}{4}$ cup
2 tablespoons	=	$\frac{1}{8}$ cup
$5\frac{1}{3}$ tablespoons	=	$\frac{1}{3}$ cup
16 tablespoons	=	1 cup
2 cups	=	1 pint
4 cups	=	1 quart (liquid)
4 quarts	=	1 gallon (liquid)
16 ounces	=	1 pound
8 ounces (liquid)	=	1 cup
1 medium egg	=	3 tablespoons



Do this activity.

Study the abbreviations on page 34. Now cover it with a sheet of paper and write the words for the following abbreviations:

- | | |
|---------------|----------------|
| 2. min _____ | 11. sec _____ |
| 3. oz _____ | 12. pk. _____ |
| 4. b.s. _____ | 13. T _____ |
| 5. lb _____ | 14. pt _____ |
| 6. sq. _____ | 15. b.p. _____ |
| 7. amt. _____ | 16. gal _____ |
| 8. pkg. _____ | 17. tsp _____ |
| 9. c _____ | 18. doz _____ |
| 10. hr _____ | 19. qt _____ |



Fill in the blanks.

- | | |
|---|---|
| 20. 1 medium egg equals ____ tablespoons | 27. $\frac{1}{3}$ cup equals ____ tablespoons |
| 21. 1 tablespoon equals ____ teaspoons | 28. 1 cup equals ____ tablespoons |
| 22. $\frac{1}{4}$ cup equals ____ tablespoons | 29. $\frac{1}{2}$ cup equals ____ tablespoons |
| 23. 1 cup equals ____ fluid ounces | 30. 1 quart equals ____ cups |
| 24. 1 pint equals ____ cups | 31. 1 quart equals ____ fluid ounces |
| 25. $\frac{1}{8}$ cup equals ____ tablespoons | 32. 1 pint equals ____ fluid ounces |
| 26. 1 pound is ____ ounces | |

LOOKING BACK . . .



Write a word from the box beside each definition. See if you can do them without looking at Lesson 7.

bake	barbecue	baste	beat	blanch	blend
boil	braise	bread	broil	candy	caramelize
chop	combine	cream	cube	cut in	dice

33. _____ , _____ To mix two or more ingredients together.
34. _____ To spoon a sauce or pan drippings over a food while it is cooking.
35. _____ To cook directly under or over the source of heat without oil.
36. _____ To cook in an oven.
37. _____ To heat sugar or foods containing sugar until a brown color and characteristic flavor develop.
38. _____ To make a mixture smooth by using a spoon or mixer in a circular motion that lifts the mixture over and over.
39. _____ , _____ To cut into cube shapes.
40. _____ To cut into small pieces.
41. _____ To heat a liquid until it steams, and bubbles rise continually and break on the surface.
42. _____ To cook fruit or fruit peel in a heavy sugar syrup until plump and transparent, then drain and dry.
43. _____ To coat with bread crumbs.
44. _____ To cook meat slowly in a covered pan in a small amount of liquid.
45. _____ To make a mixture soft and smooth by rubbing the ingredients against the side of the bowl with a spoon or by beating it with a mixer.
46. _____ To roast meat (usually basted with a seasoned sauce) on a grid, a spit, over coals, or under a free flame.
47. _____ To preheat in boiling water to inactivate enzymes that cause food to age.
48. _____ To mix shortening or fat with dry ingredients by chopping it with knives or a pastry blender until the mixture is the size of small peas.

Calculating Equivalents

Lorene finds a recipe for Monster Cookies that looks scrumptious. The recipe says it will make 20 dozen cookies! Since Lorene's older brothers and sisters are all married, she does not want to bake that many of one kind of cookie for just herself and her parents. She will need to make one-half or even one-fourth of a recipe.

Cindy and her mother decide to make a chicken-rice casserole for Sunday dinner.

The recipe says it will feed six people, but they need enough to feed 15. Cindy needs to multiply the measurements by 2.5 to have enough casserole for her own family plus their guests.

When you know how to calculate equivalent measurements, you will be able to make a recipe larger or smaller to suit the need. Review the equivalent measurements you learned in Lesson 8.



Write the correct numbers in the blanks.

1. 1 pint equals ____ fluid ounces
2. $\frac{1}{4}$ cup equals ____ tablespoons
3. 1 tablespoon equals ____ teaspoons
4. $\frac{1}{3}$ cup equals ____ tablespoons
5. 1 quart equals ____ cups
6. 1 cup equals ____ fluid ounces
7. $\frac{1}{8}$ cup equals ____ tablespoons
8. 1 cup equals ____ tablespoons
9. 1 medium egg equals ____ tablespoons
10. 1 pint equals ____ cups
11. $\frac{1}{2}$ cup equals ____ tablespoons
12. 1 pound is ____ ounces
13. 1 quart equals ____ fluid ounces

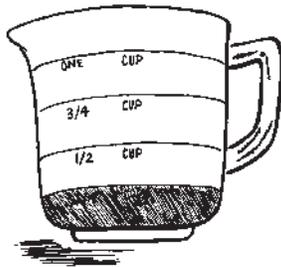
This is a basic list of equivalents. Some larger cookbooks include longer lists (including metric equivalents) that you will find most useful.

Some measurements are more difficult to divide in half than others. How do you divide $\frac{3}{4}$ cup or $1\frac{1}{2}$ cups or 1 tablespoon? Study the following illustrations.

Example



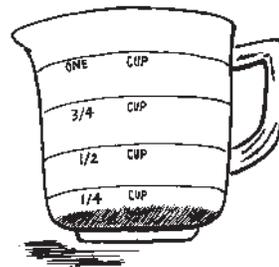
$\frac{3}{4}$ cup
is the same as
 $\frac{1}{2}$ cup + $\frac{1}{4}$ cup



$\frac{1}{4}$ cup
is half of
 $\frac{1}{2}$ cup

+

Half as much

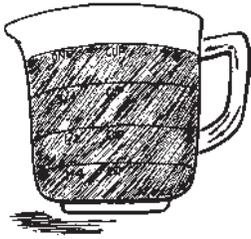


$\frac{1}{8}$ cup
is half of
 $\frac{1}{4}$ cup

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If you do not have a cup that measures $\frac{1}{8}$, remember that 2 tablespoons equal $\frac{1}{8}$ cup.

Example



$1\frac{1}{2}$ cup
is the same as
1 cup + $\frac{1}{2}$ cup

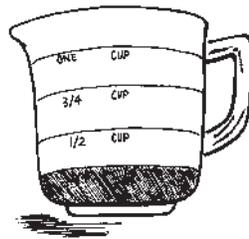
Half As Much



$\frac{1}{2}$ cup
is half of 1 cup



$\frac{1}{4}$ cup
is half of $\frac{1}{2}$ cup

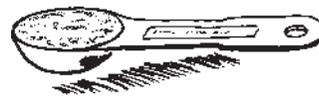


1 tablespoon
(3 teaspoons)



$\frac{1}{2}$ tablespoon

or



$1\frac{1}{2}$ teaspoons



When it is necessary to divide $\frac{3}{8}$ or $\frac{1}{8}$ of a cup, remember the tablespoon equivalent and measure accordingly.



Use your knowledge of equivalents to double and divide these ingredients.

	Original Amount	Doubled	Halved
14.	$1\frac{1}{4}$ c flour	_____	_____
15.	$\frac{1}{2}$ c sugar	_____	_____
16.	$\frac{3}{4}$ c brown sugar	_____	_____
17.	$1\frac{1}{2}$ c oatmeal	_____	_____
18.	$\frac{1}{2}$ tsp salt	_____	_____
19.	$1\frac{1}{2}$ tsp vanilla	_____	_____

LOOKING BACK . . .

Write a word from the box beside each definition. See if you can do them without looking at Lesson 7.

dredge	fold	fricassee	french fry	fry	garnish
grate	grill	grind	level	marinate	melt
mince	mix	pan broil	pan fry	parboil	pare

20. _____ To change a solid food into a liquid by heating.
21. _____ To gently mix ingredients in a bowl with a down, under, up, and over motion.
22. _____ To enhance the appearance or flavor of food by adding another food.
23. _____ To cook in hot fat.
24. _____ To cook in enough fat to cover the bottom of the pan.
25. _____ To reduce to very fine particles; crush.
26. _____ To cook cut-up pieces of meat in a gravy or stock.
27. _____ To cook food over an open flame.
28. _____ To let food stand in an oil-acid mixture.
29. _____ To combine ingredients by stirring.
30. _____ To cut or chop into very small pieces.
31. _____ To cook in enough fat to cover the food; deep fry.
32. _____ To sprinkle or coat with flour or another fine substance.
33. _____ To boil until partially cooked.
34. _____ To cut food into tiny pieces by rubbing against a grater.
35. _____ To cook uncovered on a hot surface, usually a frying pan.
36. _____ To use a metal spatula or flat side of a knife to remove dry ingredients that exceed the measurement in a dry cup measure.
37. _____ To cut off the outside covering; peel.