

# Kitchen Basics!

Becoming Familiar with the  
Kitchen

# Learning the Basics

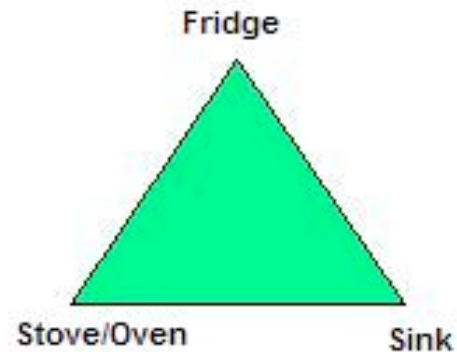
- What you need to know before you cook!
  - Know your kitchen
    - Work Centers
    - Appliances, Tools, and Equipment
  - How to follow a recipe
    - Cooking and Mixing Terms
    - Measuring and Abbreviations
  - Personal and Food Safety
  - Clean Up!

# Know Your Kitchen!

- Knowing your kitchen and tools helps you work efficiently
  - Work Centers for the kitchen activities:
    - Food Preparation and Storage
      - Refrigerator and cabinets for storing utensils and food
    - Cooking and Serving
      - Stovetop and oven cooking and baking
      - Cabinets and counter for foods and tools
    - Clean Up
      - Sink and dishwasher
      - Cabinets for storing dishes, tools, and utensils
  - \*Today kitchens may also have a planning work center with a computer, bookshelves, and desk

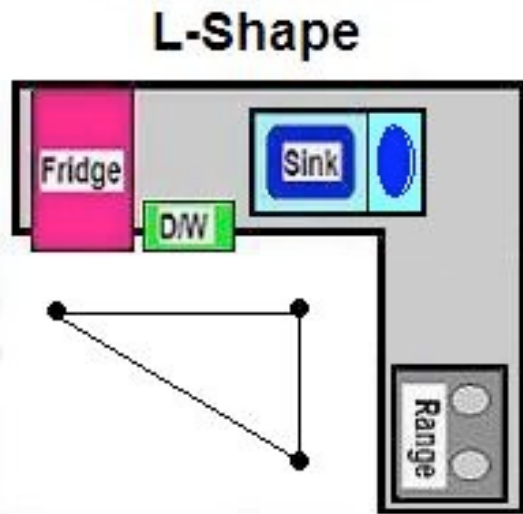
# Kitchen Work Centers

- What do we do in the kitchen?
- Food Uses of the kitchen
  - Storage
  - Preparation
  - Cooking
  - Serving
  - Clean-up
  - Planning

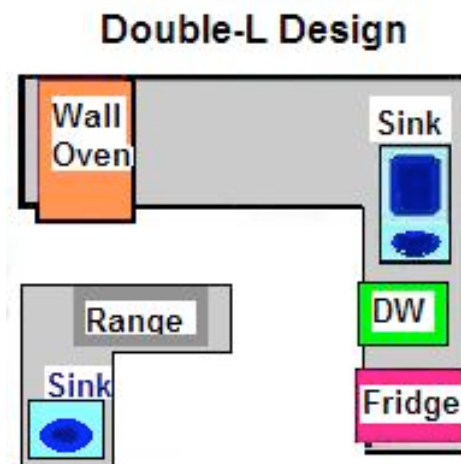


# Kitchen Layouts

- L-Shape

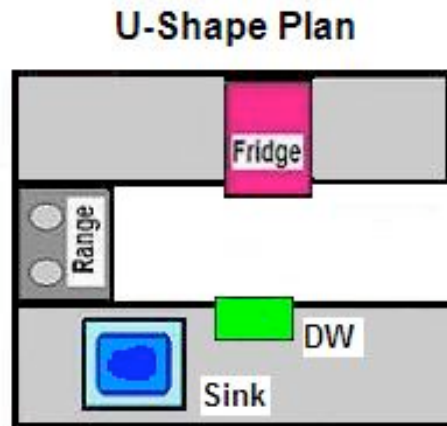


- Double L Design

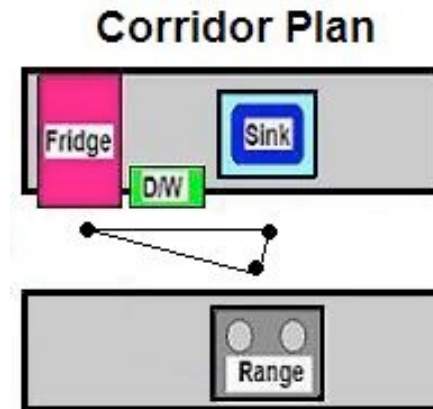


# More Kitchen Layouts

- U Shape Plan



- Corridor Plan



# Kitchen Designs

- Goal- Is to save human energy and be more efficient
  - Learn the centers in your kitchen
  - Keep tools in the center where they are first used

# Cooking Appliances

Cooking Methods are similar, however gas and electric appliances cook differently. Everyone has their favorite!

<b>Cooking Method</b>	<b>Gas</b>	<b>Electric</b>
Cooktop- Cooking Surface	Heats up instantly- High is very hot!	Takes a few minutes- temperature settings
Bake- In the oven by dry heat	Needs to preheat 2-3 minutes per 100 degrees	Needs to preheat- timer goes off when ready
Broil- Cooking by direct heat	Very hot- open flame- adjust broiler pan accordingly Close door but watch carefully	Hot top coils. Adjust racks accordingly. Keep door open
Convection Bake- Circulates air = fast baking	Adjust time accordingly	Adjust time accordingly



# Microwave Ovens

- Always read the manual and know how to operate your microwave properly.
  - Using and Caring for Microwaves
    - Do not turn on a microwave when empty
    - Use only microwave safe cookware, like glass, ceramic, plastic, and paper. Do not use metal cookware or wires or metallic edged dishes.
    - Clean the interior and exterior after use, including door seal
  - Safety Tips
    - Always use a hot pad, dishes become hot in the microwave from the food.
    - Pierce certain foods before cooking (potatoes, hotdogs)
    - Remove cover so steam flows away from your face.

# Microwave Ovens

Use your microwave to thaw, cook, reheat, and save preparation time.

- Microwave Cooking Tips
  - The higher the wattage the shorter the cooking time.
  - Vent one side of plastic wrap cover to allow moisture to escape.
  - Standing time allows food to continue cooking.
  - Use paper towels to prevent spattering.
  - Stir during cooking time.
  - Foods that need to boil such as pasta, rice, and beans will not cook faster in a microwave.

# Time Saving Small Appliances

- Waffle Iron
- Blender
- Toaster
- Electric Mixer
- Rice Cooker
- Griddle
- Deep Fryer
- Food Processor
- Bread Maker
- Slow Cooker
- Pressure Cooker
- What else??

# Kitchen Equipment

- Cooking and baking tools and utensils save time and energy!
  - Make sure all utensils are durable and are easy to clean.
- Learn how to use these tools for best results.
  - Cutting and serving
  - Mixing
  - Baking in the oven
  - Cooking on the stove top

# Know how to follow a recipe!

- It is important to know some basic cooking terms and how to measure ingredients accurately when preparing foods.
- Most recipes list ingredients and directions in the order that they occur. Follow a recipe step-by-step!
- To get good results from a recipe...
  - Read the recipe carefully.
  - Get all utensils, tools, and ingredients ready.
  - Measure accurately.
  - Mix as directed.
  - Bake or cool the required time.

# Measuring Dry Ingredients

- For dry ingredients including flour, sugar, and salt use dry measuring cups and spoons.
- Follow these steps...
  1. Heap
  2. Level
  3. Empty

# Measuring Solid Ingredients

- For solid ingredients including peanut butter, shortening, and brown sugar use dry measuring cups.
- Follow these steps...
  1. Pack
  2. Level
  3. Empty

# Measuring Liquids

- For liquid ingredients including milk, water, oil, and juice use liquid measuring cups
- Set cup on a FLAT surface
- Bend down to eye level and pour until the desired mark is reached.



# Using Measuring Spoons

- Use measuring spoons to measure small amounts of dry and liquid ingredients. Do not use kitchen spoons- they **ARE NOT ACCURATE!**

# Abbreviations

- Do you understand these abbreviations?
- tsp. or t.
- Tbsp. Or T.
- c.
- pt.
- qt.
- oz.
- lb. or #
- f.g.
- F

# Equivalents

- From small to large measurements:

$$1 \text{ T} = 3 \text{ t.}$$

$$1 \text{ c.} = 16 \text{ T.}$$

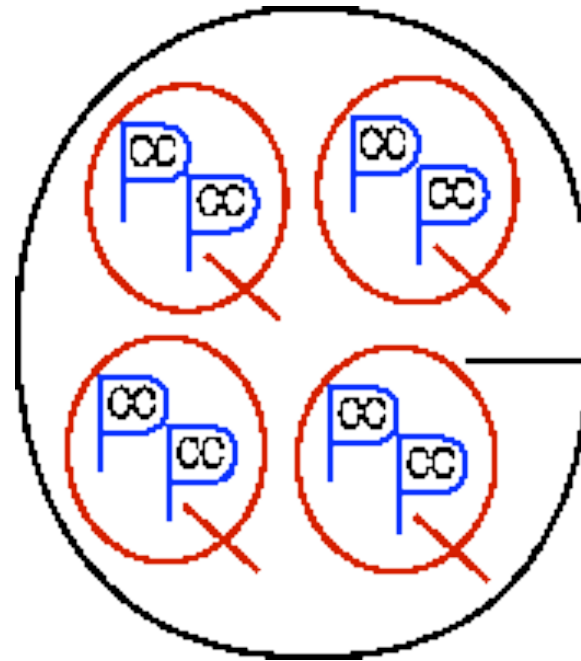
$$2 \text{ c.} = 1 \text{ pt.}$$

$$4 \text{ c.} = 1 \text{ qt.}$$

$$16 \text{ c.} = 1 \text{ gal.}$$

$$2 \text{ pt.} = 1 \text{ qt.}$$

$$4 \text{ qt} = 1 \text{ gal.}$$



# Cooking Terms

- Recipes use a variety of terms to describe exactly how to handle ingredients.
  - If a recipe states, “pare an apple, then slice and dice it”- What do you do?

# Cooking terms

- Just a few of the hundreds of terms:
- Cutting and peeling
  - Core
  - Pare
  - Peel
  - Cube
  - Dice
  - Mince
  - Chop
  - Slice

# Cooking Terms

- Mixing
  - Beat
  - Blend
  - Cream
  - Fold
  - Stir
  - Whip
  - Combine
  - Strain
  - Cut-in

# Cooking Terms using the stove-top

- Baste
- Boil
- Braise
- Fry
- Simmer
- Sauté
- Brown
- Stir-fry
- Preheat

# Cooking terms using the oven

- Bake
- Broil
- Roast
- Grill
- Preheat

## **Cooking terms using the microwave:**

-Cooking time -Rotate Standing time



# Safety in the Kitchen

- A must when cooking!
  - Did you know that more accidents happen in the kitchen than any other room in the house?
  - Safety can be divided into 2 very important areas:
    - Personal Safety in the kitchen
    - Food Safety- Preventing food borne illnesses

# Personal Safety

- Many kitchen accidents are due to lack of information or carelessness.
  - Chemical poisoning, cuts, burns, fires, and falls are the most common of these accidents.
  - Electric shock and choking follow close behind.
  - You can prevent many accidents by:
    - Properly using and caring for equipment.
    - Noticing and correcting potential dangers.
    - Being organized and following directions.
    - Keeping your kitchen clean.

# Food Safety

- Preventing Food Borne Illnesses:
  - A food borne illness is an illness transmitted by food.
  - Millions of cases for food borne illnesses occur in the U.S. each year. Many go unreported because people mistake their symptoms for the flu.
  - A food borne illness can result in 1 or 2 ways:
    - Contaminants- substances that have accidentally gotten into the food.
    - Bacteria- micro-organism that multiple and under certain conditions can cause people to get sick.

# WAYS TO PREVENT FOOD BORNE ILLNESSES:

- Sanitation- keep yourself and your kitchen clean!
- What are the things you should be doing before you cook for personal and kitchen cleanliness?



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