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!

<table>
<thead>
<tr>
<th>Cooking Method</th>
<th>Gas</th>
<th>Electric</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cooktop- Cooking Surface</td>
<td>Heats up instantly- High is very hot!</td>
<td>Takes a few minutes- temperature settings</td>
</tr>
<tr>
<td>Bake- In the oven by dry heat</td>
<td>Needs to preheat 2-3 minutes per 100 degrees</td>
<td>Needs to preheat- timer goes off when ready</td>
</tr>
<tr>
<td>Broil- Cooking by direct heat</td>
<td>Very hot- open flame- adjust broiler pan accordingly</td>
<td>Hot top coils. Adjust racks accordingly. Keep door open</td>
</tr>
<tr>
<td>Convection Bake- Circulates air = fast baking</td>
<td>Adjust time accordingly</td>
<td>Adjust time accordingly</td>
</tr>
</tbody>
</table>
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 form 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 beams will not cook faster in a microwave.
Time Saving Small Appliances

- Waffle Iron
- Blender
- Toaster
- Electric Mixer
- Rice Cooker
- Griddle
- Deep Fryer
- Food Processor
- Bred 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 T = 3 t.
  
  1 c. = 16 T.
  
  2 c. = 1 pt.
  
  4 c. = 1 qt.
  
  16 c. = 1 gal.
  
  2 pt. = 1 qt.
  
  4 qt = 1 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 that 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?
SAFE HAND WASHING

HAZARDS:
Cross-contamination from human body bacterial pools, dirty containers, utensils, packages, and raw food.