

Study Guide

Directions: Answer each question with the information you learned in Chapter 20. Write your answers in complete sentences on the lines provided.

1. What is a recipe? Who might be two sources for recipes?

2. Give two tips for measuring flour.

3. How do you accurately measure brown sugar?

4. How do you measure solid fats that are not packaged in wrappers that have measurements on the package?

5. What is an abbreviation? Why are abbreviations used in recipes?

6. What are equivalents and why are they useful?

(Continued on next page)

Chapter 20 Kitchen Equipment Selection and Safety *Continued*

7. What are reasons that you might alter a recipe?

8. What is a yield?

9. What skills and knowledge do you need to alter a recipe?

10. What terms are typically used for mixing ingredients?

11. What is the difference between beating and folding?

12. Explain what paring means.

13. What is the difference between the cutting terms cube and dice?

14. Define the cooking term baste.

15. What ingredient substitution would work for 1 cup of whole milk?

16. Describe a method you can use to vary the texture of salsa.

Recipes and Measuring

CHAPTER

20

Abbreviations and Estimating Amounts

Part I. Directions: Abbreviations help you save space in your recipes. On the lines provided, identify the abbreviation for each unit of measurement.

Type of Measurement	Customary and Metric Units and Abbreviations	
Volume	milliliter _____	gallon _____
	pint _____	liter _____
	fluid ounce _____	teaspoon _____
	quart _____	tablespoon _____
	cup _____	
Weight	gram _____	pound _____
	kilogram _____	ounce _____
Temperature	degrees Celsius _____	degrees Fahrenheit _____

Part II. Directions: Estimates help you decide whether you have enough of certain ingredients to make a recipe. In the right column, identify the estimated amount of food for each measured ingredient.

Measured Ingredient	Estimated Amount
1 cup chopped tomato	
2 cups shredded cheese	
2 tablespoons lime juice	
1 cup chopped onion	
1 cup soft bread crumbs	
1/3 cup orange juice	
1/2 cup chopped celery	

Understanding Equivalents

Directions: Equivalents are amounts that are equal to each other. Knowing equivalents can help you in preparing recipes. In the chart below, write the customary equivalents and metric equivalents for each type of measurement listed in the left column.

Type of Measurement	Customary Units	Metric Units
Dash		
$\frac{1}{4}$ tsp.		
$\frac{1}{2}$ tsp.		
1 tsp.		
1 Tbsp.		
1 fl. oz.		
$\frac{1}{4}$ cup		
$\frac{1}{3}$ cup		
$\frac{1}{2}$ cup		
$\frac{2}{3}$ cup		
1 cup		
1 pt.		
1 qt.		
1 gal.		
1 lb.		
2 lb.		

Recipes and Measuring

CHAPTER

20

Recipe Terms

Directions: It is important to understand recipe terms so that you can be successful in your cooking. Read the chili recipe below. Then in the middle column, describe each of the cooking terms in the list. In the right column, explain how you would use each method to prepare the chili recipe.

Greatest Chili

- | | |
|--|---------------------------------------|
| 2 lb. Ground beef | 3 (15 oz.) cans Kidney beans, drained |
| 2 large Onions, chopped | 3 (15 oz.) cans Tomato sauce |
| 2 Green bell peppers, seeded and chopped | 1 Tbsp. Chili powder |
| 1 Habanero pepper, chopped | 2 tsp. Salt |
| | 1 drop Super-hot hot pepper sauce |

YIELD: 8 servings

Term	Description of Cutting, Mixing, or Cooking Method	Use in Chili Recipe
Stir		
Blend, Mix, or Combine		
Mince		
Chop		
Season		
Drain		
Garnish		

Recipes and Measuring

CHAPTER

20

Altering a Recipe

Directions: By altering the ingredients in a recipe, you can change the yield, or the amount of food or the number of servings the recipe makes. Altering recipes also allows you the opportunity to make creative and healthy changes in your food preparation. Read the ingredients for *Pasta Supreme*. Then answer the questions that follow.

Pasta Supreme

1 (8 oz.) package	Uncooked elbow macaroni	1 (10 oz.) can	Tomato sauce
1 lb.	Ground beef	1 Tbsp.	Sugar
1 c.	Diced onion	1 Tbsp.	Paprika
1 c.	Sliced celery	1 tsp.	Dried oregano
1 Tbsp.	Minced garlic	1/4 tsp.	Basil
1 (14.5 oz.) can	Diced tomatoes	1 pinch	Cayenne pepper, to taste
		1 tsp.	Salt
YIELD: 6 servings			

- Assume that you are planning to use the recipe for *Pasta Supreme* to prepare a meal for yourself and two friends. Refer to the formulas in your textbook to change the yield of the recipe to 3 servings. In the space provided in the box below, write the new amount of each ingredient you will need to use in the recipe.

_____ (8 oz.) package uncooked	_____ (10 oz.) can tomato sauce
_____ elbow macaroni	_____ Tbsp. sugar
_____ lb. ground beef	_____ Tbsp. paprika
_____ cup diced onion	_____ tsp. dried oregano
_____ cup sliced celery	_____ tsp. basil
_____ Tbsp. minced garlic	_____ pinch cayenne pepper, to taste
_____ (14.5 oz.) can diced tomatoes	_____ tsp. salt
YIELD: 3 servings	

- List at least three substitutions or alterations you could make to this recipe to change the flavor, fat content, or appearance of the food.
