

Study Guide

Using Recipes

Directions: Read chapter 23, and answer the following questions. Later, you can use this study guide to review.

1. What information should recipes contain?

2. Explain what is meant by “Step-by-Step” directions.

3. Why is a nutrition analysis helpful?

4. What four units of measure may appear in a recipe? What are the two different measuring systems?

5. Explain what is meant by equivalents and how knowledge of them is helpful.

6. Why would adding carrots to a stir-fry be creative, but adding extra flour to a cake recipe be a bad idea?

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7. Describe how to change the yield of a recipe.

8. Compare the recipe impact of replacing nonessential ingredients with similar ones to substituting basic ingredients with similar ones.

9. How do high altitudes affect cooking?

10. What are good sources of recipes for your collection?

11. Give two examples of ways to organize your recipe collection.

Activity 1

Using Recipes

Changing Recipes

Directions: In the left column are the ingredients for two recipes. Both need to be changed to serve eight people for a party. Rewrite the ingredient lists in the right column, making the necessary changes.

Beef Stew, serves 12

- 4 pounds boneless stewing beef _____
- 1 teaspoon dried thyme _____
- 2 teaspoons salt _____
- $\frac{3}{4}$ cup all-purpose flour _____
- 3 tablespoons vegetable oil _____
- 1 cup chopped onions _____
- $\frac{3}{4}$ cup chopped carrots _____
- $\frac{3}{4}$ cup chopped celery _____
- 4 cups beef broth _____
- 4 boiling potatoes _____

Green Salad, serves 4

- 5 ounces mixed salad greens _____
- 1 tart apple _____
- 2 tablespoons chopped walnuts _____
- 2 tablespoons red wine vinegar _____
- $\frac{1}{4}$ teaspoon Dijon mustard _____
- $\frac{1}{4}$ teaspoon salt _____
- 2 tablespoons olive oil _____

Activity 2

Using Recipes

High-Altitude Cooking and Baking

Directions: Go to the supermarket and search for seven products that give directions for high-altitude cooking. Look for cake mixes and other canned and packaged products. On the lines below, list the name of each product and the changes that must be made to cook it or bake it at high altitude.

Product	High-Altitude Changes
1. _____ _____ _____	_____ _____ _____
2. _____ _____ _____	_____ _____ _____
3. _____ _____ _____	_____ _____ _____
4. _____ _____ _____	_____ _____ _____
5. _____ _____ _____	_____ _____ _____
6. _____ _____ _____	_____ _____ _____
7. _____ _____ _____	_____ _____ _____