



# kitchen basics

by Jane Norman, CFCS





## Learning the Basics

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**What you need to know before you cook!**

- **Know Your Kitchen**
  - “Work Centers”
  - Appliances, Tools & Equipment
- **How to Follow a Recipe**
  - Cooking & Mixing Terms
  - Measuring & Abbreviations
- **Personal & Food Safety**
- **Clean Up!**



## Know Your Kitchen

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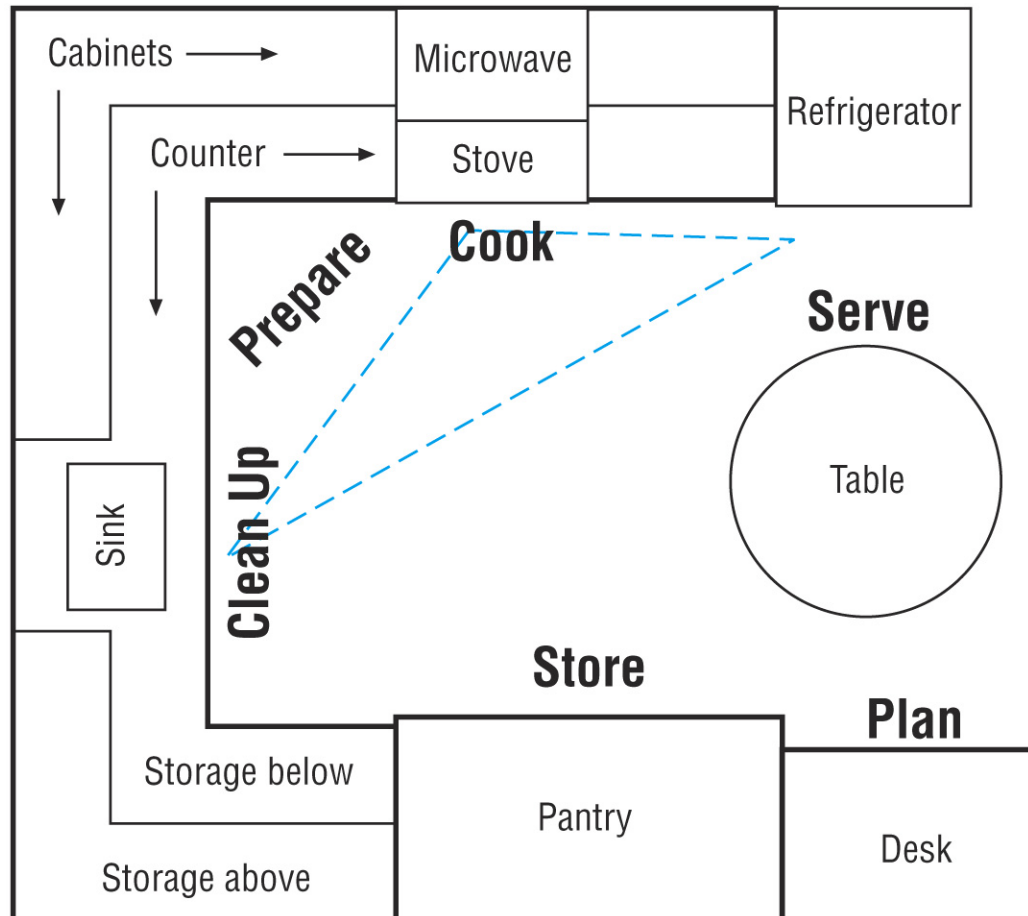
**Knowing your kitchen & tools helps you work efficiently.**

- “Work Centers” for kitchen activities:
  - **Food Preparation & Storage**
    - Counter for preparing food.
    - Refrigerator and cabinets for storing utensils and food.
  - **Cooking & Serving**
    - Stovetop and oven for cooking and baking.
    - Cabinets and counter for tools and utensils.
  - **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:

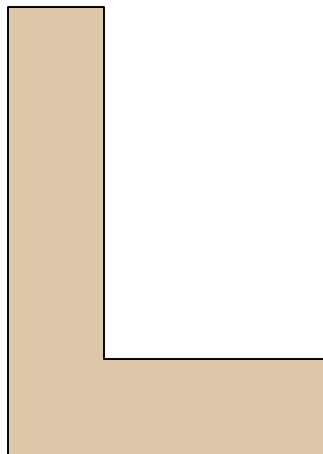
- Storage
- Preparation
- Cooking
- Serving
- Clean up
- Planning



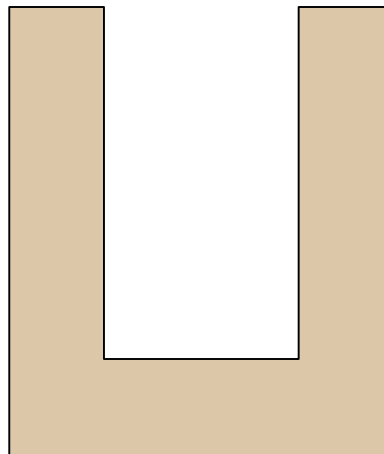
## Kitchen Designs

**Goal: to save human energy and be more efficient.**

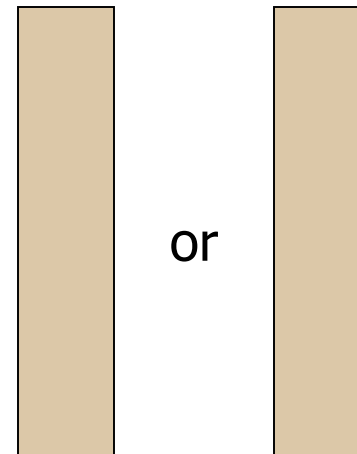
- Learn the centers in your kitchen.
- Keep tools in the center where they are first used.
- Can you identify the shapes of the kitchens below?
- Where would each center be located?



**L-Shape**



**U-Shape**



**One Wall or Two Walls**  
(popular in apartments)

**Centers:**

- Storage
- Preparation
- Cooking
- Serving
- Clean up
- Planning



## Cooking Appliances

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

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



## Microwave Ovens

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**Read the manual and know how to operate your microwave properly.**

- **Using & Caring for Microwave Ovens:**

- 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 (i.e. potatoes, hotdogs).
- Remove cover so steam flows away from your face.



## Microwave Ovens

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**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, lentils and dry beans, will not cook faster in a microwave.





## Time-Saving Small Appliances

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**Have you used the following?**

Waffle Iron      Rice Cooker    Bread Maker

Blender      Griddle      Slow Cooker

Toaster      Deep Fryer    Pressure Cooker

Electric Mixer      Food Processor

**How many more can you name?**





## Kitchen Equipment

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**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 & Serving
- Mixing
- Baking - in the oven
- Cooking - on the stovetop



## Cutting & Serving Tools

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**knives**



**grater**



**ladle**



**tongs**



**vegetable peeler**



**can opener**



**serving**



## Mixing Tools

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Pancake Turner/Spatula

Wooden Spoon

Wire Whisk

Rubber Scraper

Rotary Beater

Pastry Blender

Rolling Pin

Mixing Bowls

Strainer/Colander

## Measuring Tools:

Dry Measuring Cups

Liquid Measuring Cups

Measuring Spoons





## Baking Tools

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**muffin pan**



**bread/loaf pan**  
**cake pan**  
**cookie sheet**



**10" X 15"**  
**baking pan**



**9" X 13"**  
**rectangular**



**pie pan**

## Cooking Tools



**saucepan**



**3-4 qt saucepan**



**stock pot**



**small fry pan**



**large fry pan**



**stir fry pan  
(wok)**



**roaster**



**casserole dishes**



## Know How To Follow A Recipe

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**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 the recipe step-by-step.**

### **To Get Good Results From a Recipe:**

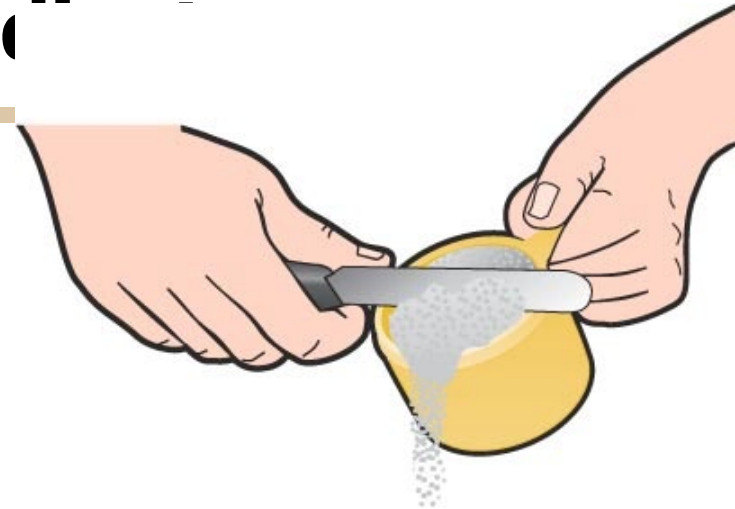
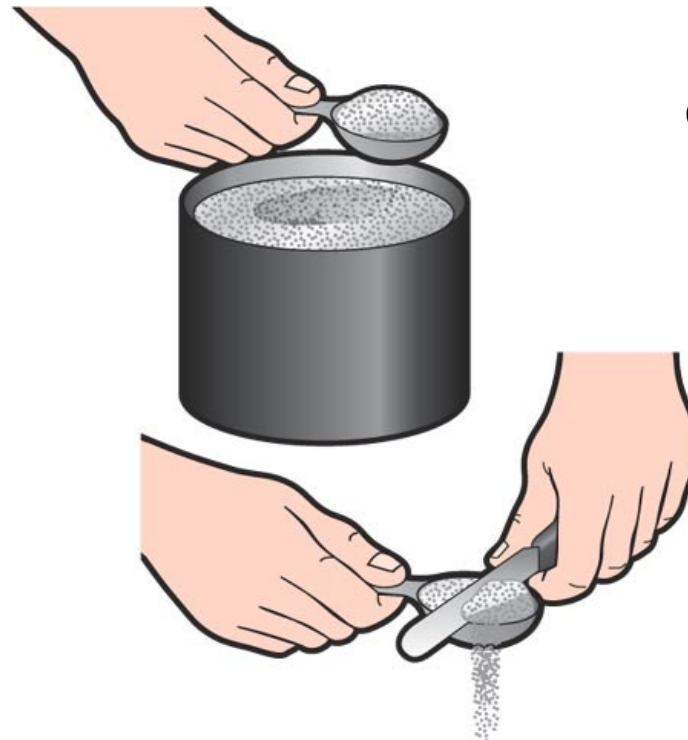
- Read the recipe carefully.
- Get all utensils, tools and ingredients ready.
- Measure accurately.
- Mix as directed.
- Bake or cook the required time.



## Measuring Dry Ingredients

For dry ingredients including flour, sugar, and salt, use dry measuring cups & spoons.

- Heap
- Level
- Empty



**dry measuring cups**

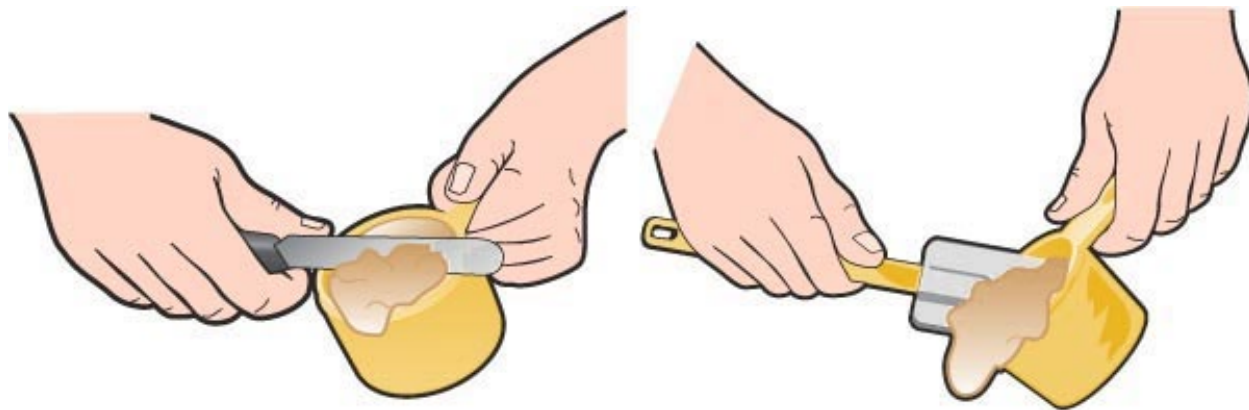
**measuring spoons**



## Measuring Solid Ingredients

For solid ingredients including peanut butter, shortening and brown sugar use dry measuring cups.

- Pack
- Level
- Empty



## Measuring Liquids

For liquid ingredients including milk, water, oil, and juice, use liquid measuring cups.

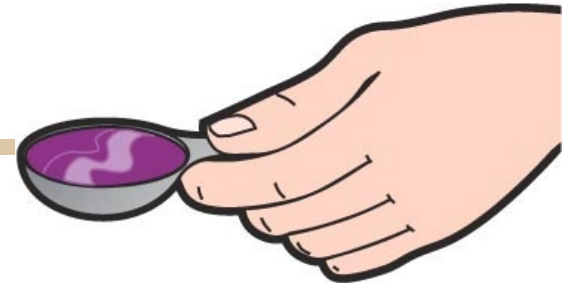
- Set cup on a flat surface.
- Bend down to eye level and pour until the desired mark is reached.



liquid measuring cup

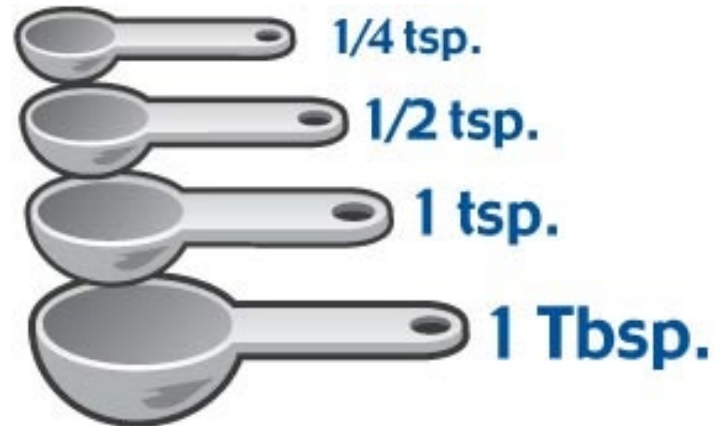
## Using Measuring Spoons

Use measuring spoons to measure small amounts of dry and liquid ingredients. Do not use kitchen spoons, they are not accurate.



How to measure the following:

- 3/4 tsp. Salt
- 3 tsp. Vanilla





## Abbreviations

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**Do you understand these abbreviations?**

teaspoon	tsp. or t.
Tablespoon	Tbsp.or T.
cup	c.
pint	pt.
quart	qt.
ounce	oz.
pound	lb. or #
few grains	f.g.
Fahrenheit	F

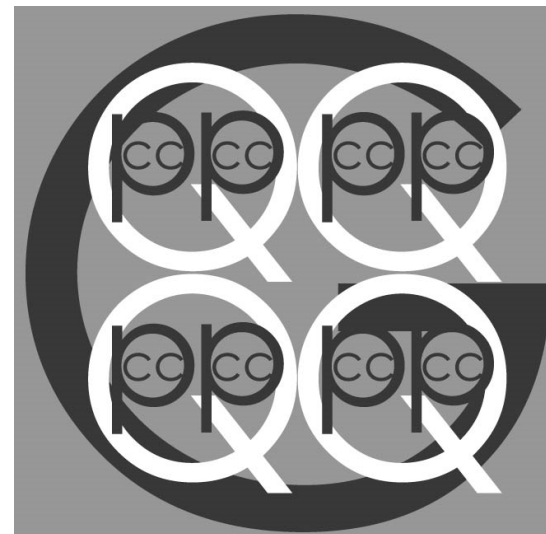
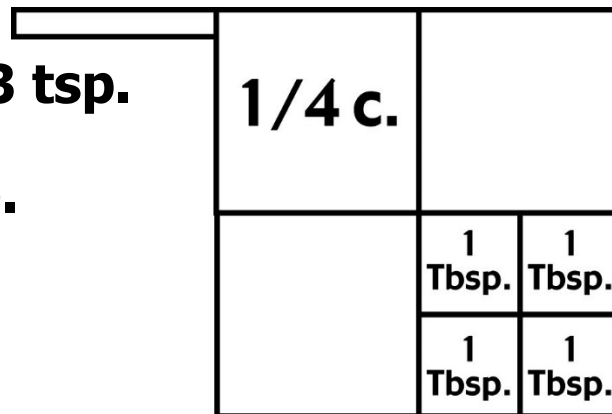
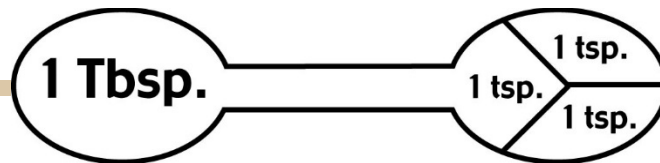
**Why do you think many recipes use abbreviations?**



## Equivalents

From small to large measurements:

- 1 Tbsp. = 3 tsp.**
- 1 c. = 16 Tbsp.**
- 2 c. = 1 pt.**
- 4 c. = 1 qt.**
- 16 c. = 1 gal.**
- 2 pt. = 1 qt.**
- 4 qt. = 1 gal.**





## Cooking Terms

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**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?
- Review the following cooking terms and see how many you know.



## Cooking Terms

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Just a few of hundreds of terms:

### Cutting & Peeling:

Core          Cube   Chop

Pare          Dice   Slice

Peel   Mince

### Mixing:

Beat          Fold   Combine

Blend        Stir   Strain

Cream        Whip   Cut in



## Cooking Terms

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### Using the Stovetop:

Baste      Fry      Brown  
Boil      Simmer      Stir-Fry  
Braise      Sauté      Preheat

### Using The Oven:

Bake      Roast      Preheat  
Broil      Grill

### Using The Microwave:

Cooking Time      Rotate      Standing Time





## Safety in the Kitchen

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### 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 two very important areas:**

- **Personal Safety** in the kitchen.
- **Food Safety** - preventing food-borne illnesses.

## Personal Safety

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**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

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### Preventing Food-Borne Illnesses:

- A food-borne illness is an illness transmitted by food.
- Millions of cases of 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 one of two ways:

- **Contaminants** – substances that have accidentally gotten into food.
- **Bacteria** – micro-organisms that multiply and under certain conditions can cause people to get sick.



## Ways To Prevent Food-borne Illness

**Sanitation – Keep yourself and your kitchen clean.**

**What are things you should be doing before you cook for personal and kitchen cleanliness?**



*Wash hands with hot, soapy water.*



*Scrub hands, wrist and fingernails for at least 20 seconds.*

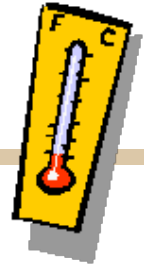


*Rinse with hot water.*



*Dry with a paper towel.*

## Handle Food Properly



**Prepare foods as directed and properly clean them.**

- What are things you should remember when preparing foods? i.e., fruits, vegetables, meats such as chicken, beef, dairy products?
- Store food at correct temperatures. Know the Danger Zone for certain foods!
  - The Danger Zone is the temperature range of 40° - 140° F. where certain foods could begin to develop harmful bacteria.
  - Don't keep these foods longer than 2 hours at room temperature.
  - What foods should not be kept in the Danger Zone for too long?



## What About The Dishes?

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### How to Wash Dishes Properly:

- Scrape extra food into the garbage.
- Prepare your water, make sure it's very warm, and has enough soap to clean your dishes.
- Wash glasses first, then silverware, plates, and cups. Wash pots and pan last, they will make the water greasy.
- Dry dishes and put away.



## Now You're Ready To Cook

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- Plan ahead... know your recipe(s) and what ingredients and tools you need.
  - You may want to develop a time plan.
- Get everything you'll need out ahead of time and be organized.
- Measure ingredients carefully and follow the recipe directions step-by-step.
- Wash your hands before and after handling foods and clean up as you go.
- When finished, wash, dry and put away the tools and utensils.





## You're the Expert!

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**Select one of the following to practice what you have learned:**

- Make a personal safety check list.
- Make a chart explaining how the following foods should be handled/stored.
  - Fresh Fruits & Vegetables
  - Dairy Products/Eggs
  - Chicken/Beef
- Select a cooking term and explain or demonstrate its definition.
- Choose a kitchen tool or utensil and explain what it is used for and demonstrate its use.
- Demonstrate the proper way to measure dry, solid and liquid ingredients.



## Kitchen Basics Review

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**Answer the following questions:**

1. Name three work centers in a kitchen.
2. Label the following tools.  
*(Show examples.)*
3. Name the two main types of cooking that are done with the stove.
4. How would you measure the following ingredients?

Flour      Brown Sugar      1 tsp. Vanilla



## Kitchen Basics Review

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5. What are the abbreviations for the following?

Teaspoon    Ounces

Tablespoon        Quart

6. Define the following cooking terms:

Pare                  Blend

Simmer              Combine

Boil    Whip

Bake



## Kitchen Basics Review

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7. Give two examples of how you can prevent accidents in the kitchen?
8. What are food-borne illnesses?
9. What happens when perishable foods are kept too long in the "Danger Zone"?
10. How do you wash dishes by hand?



## Online Resources

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### Suggested web sites appropriate for the Kitchen Basics:

- <http://consumerreports.org>
  - Detailed information and comparisons on appliances.
- <http://allrecipes.com>
  - Recipes.
- <http://www.bettycrocker.com>
  - Details on equipment, terms, reading a recipe, food safety as well as many other kitchen aids.
- <http://ichef.com>
  - Recipes.
- <http://www.agr.state.us/cgber/kidswrld/foodsafes>
  - Information for kids on food safety, games to play, on line quizzes and links to nutrition web sites.

*Please note that web sites are constantly changing and being updated.*

