

Cooking Terms



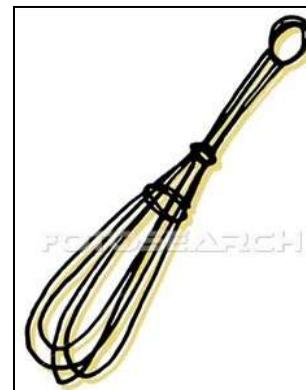
1. Bake

To cook by dry heat, usually in an oven.



2. Beat

To make a mixture smooth by lifting it over and over quickly with a big beating stroke or to incorporate air through the mixture. (Usually with an electric mixer or wire whisk.)



3. Blend

To mix two or more ingredients together until well combined.



4. Boil

To cook in water or other liquid in which bubbles rise continually and break on surface.



5. Cream

To work sugar and fat together until the mixture is soft and fluffy.



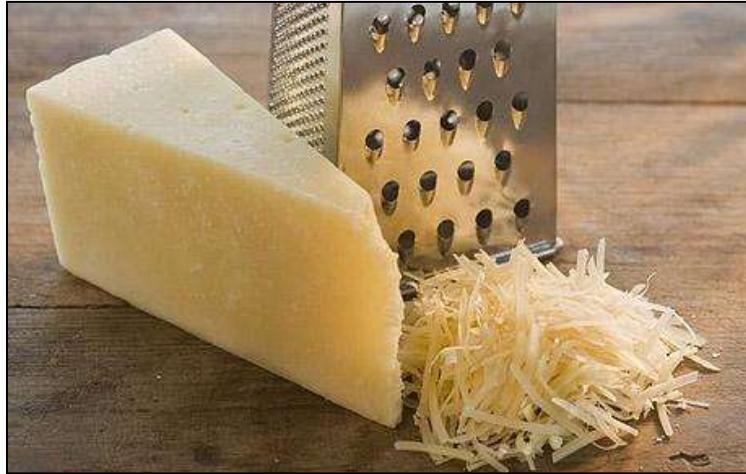
6. Cut-In

To cut fat into flour with two knives or a pastry blender.



7. Grate

To rub food on a surface with sharp projections.



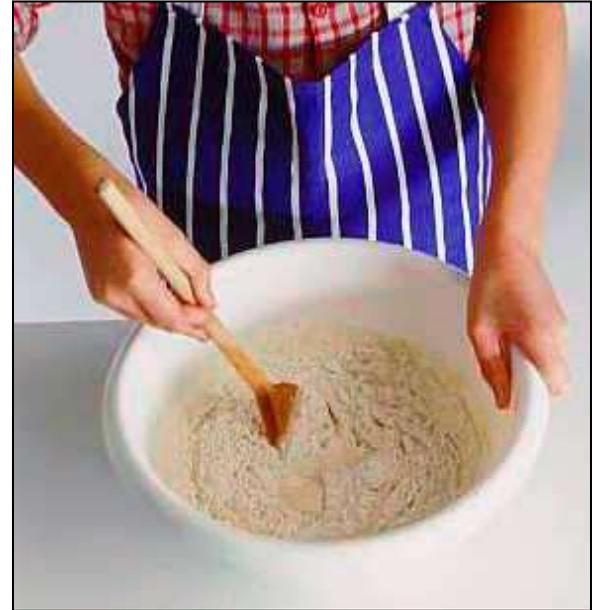
8. Knead

To work dough by pressing and folding until it becomes elastic and smooth.



9. Mix

To combine ingredients together, usually by stirring.



10. Preheat

To heat an oven prior to using in order to obtain the correct cooking temperature.



11. Sauté

To brown or cook food in a small amount of fat.



12. Simmer

To cook food just below the boiling point.



13. Stir

To mix by using a circular motion, going around and around, until the food is blended together.



14. Whip

To beat rapidly to incorporate air and to increase volume.



Equivalents & Abbreviations

T., Tbsp., or tbsp. = tablespoon

t., or tsp. = teaspoon

Min. = minute

Oz. = ounce

Qt. = quart

Pt. = pint

Gal. = Gallon

Hr. = hour

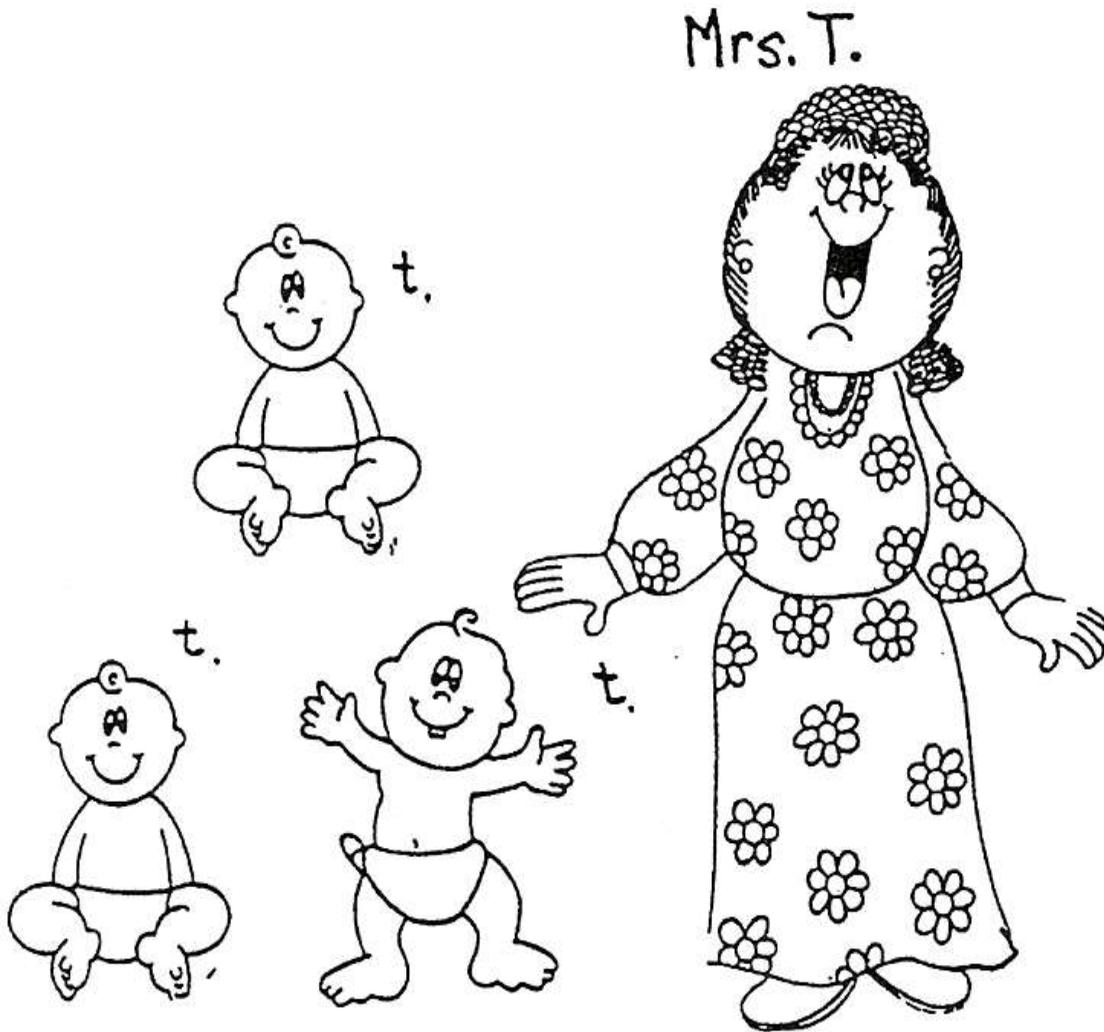
Doz. = dozen

C. = cup

lb. or # = pound

Pkg. = package

Mrs. T. and Her Babies



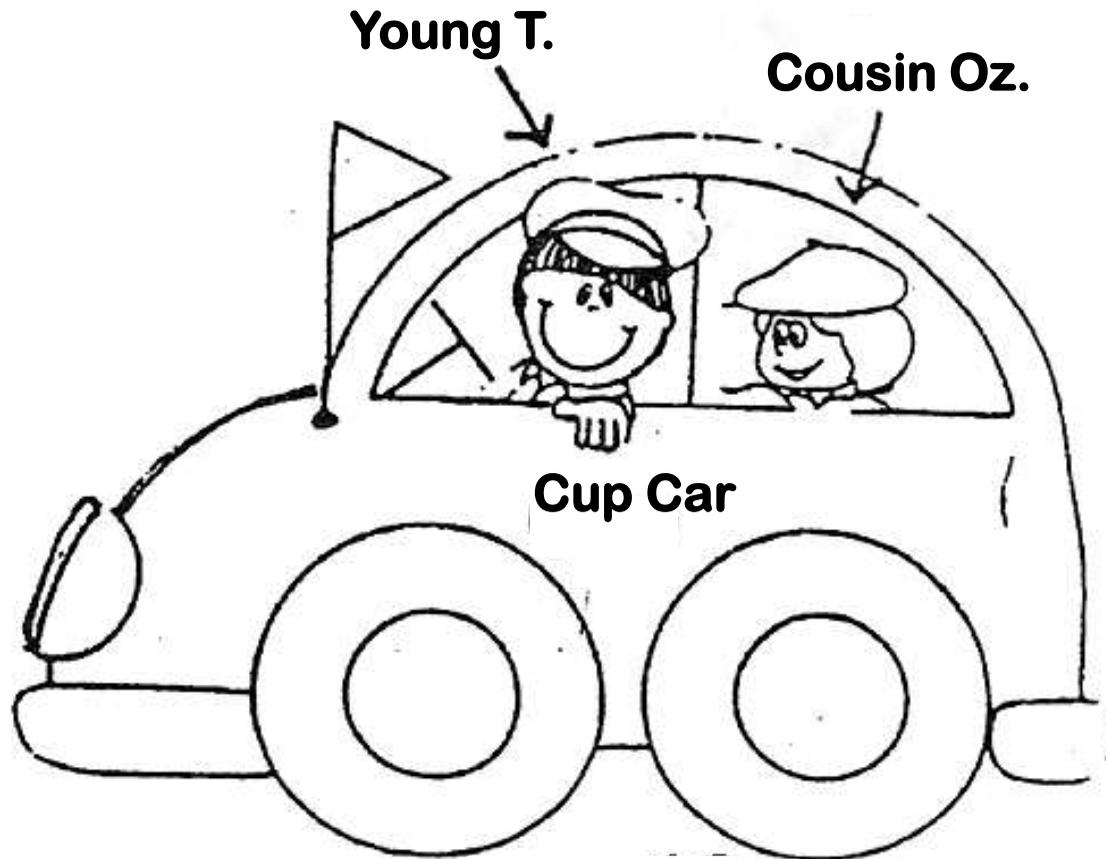
Helpful Hints:

- T. = Tablespoon
- t. = teaspoon
- Mrs. T. has 3 baby t.'s
- There are 3 little t.'s with 1 big T.

Equivalents To Remember:

- 1 Tablespoon = 3 teaspoons
- $\frac{1}{2}$ Tablespoon = $1 \frac{1}{2}$ teaspoons

Young T. and Cousin Oz.



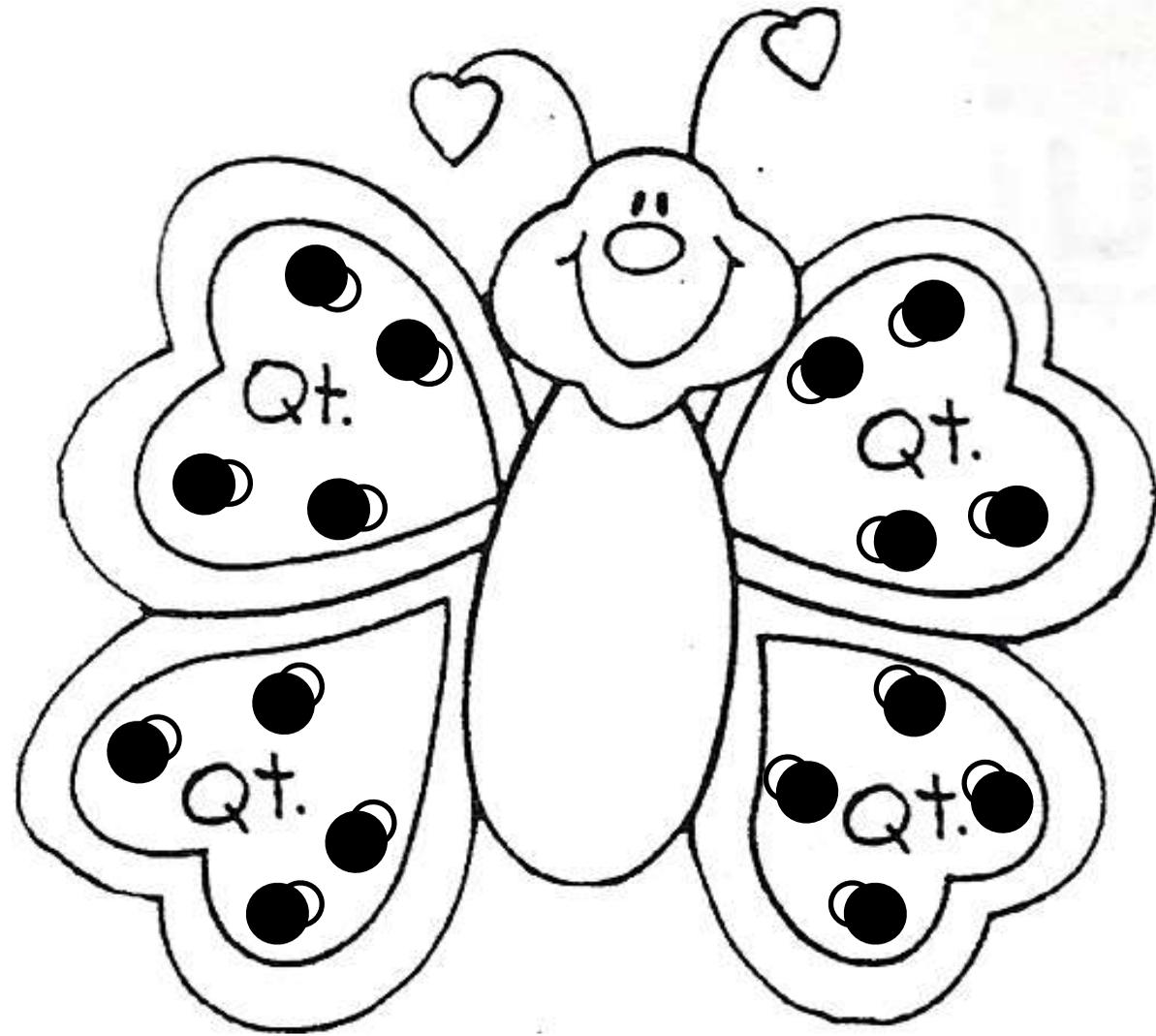
Helpful Hints:

- Young T. just got his drivers license-He is 16 (16 Tablespoons)
- He now gets to drive the "Cup Car" (1 Cup)
- Cousin Oz. is half as old as Young T.-He is only 8 (8 Ounces)
- It takes 8 ounces to fill up the "Cup Car" (8 oz. = 1 c.)

Equivalents To Remember:

- 8 Ounces = 1 Cup
- 1 Cup = 16 Tablespoons
- $\frac{3}{4}$ Cup = 12 Tablespoons
- $\frac{1}{2}$ Cup = 8 Tablespoons
- $\frac{1}{4}$ Cup = 4 Tablespoons
- $\frac{1}{8}$ Cup = 2 Tablespoons

GAL the Butterfly



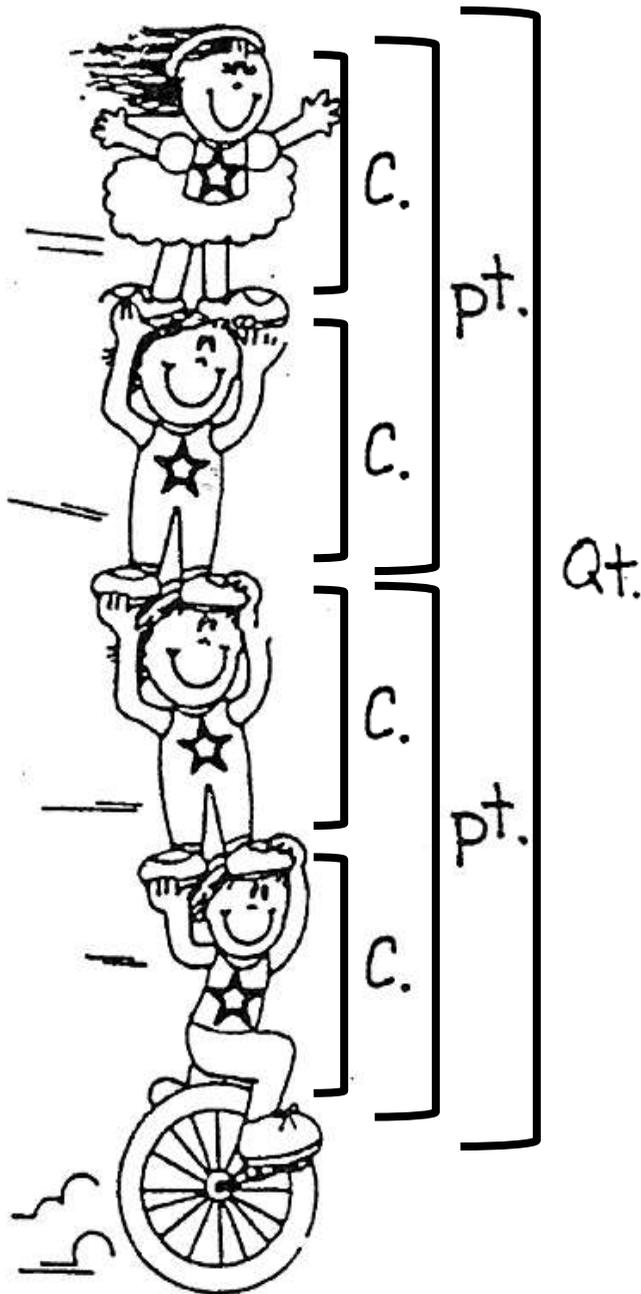
Helpful Hints:

- GAL stands for Gallon
- GAL's wings are so QT! (Quart)
- 4 Wings = 4 Quarts
- Small Circles Represent 1 C.

Equivalents To Remember:

- 4 Cups = 1 Quart
- 4 Quarts = 1 Gallon
- 16 Cups = 1 Gallon

The Cup Kids



Helpful Hints:

- Each Kid represents 1 cup

Equivalents To Remember:

- 2 Cups = 1 Pint
- 2 Pints = 1 Quart
- 4 Cups = 1 Quart

Other Important Equivalents To Remember

1 stick of butter/margarine = 1/2 cup

5 Tbsp. + 1 tsp. = 1/3 cup

8 oz. = 1 c.

16 oz. = 1 lb.