

Reading a Recipe and Measuring

1. List the FOUR parts of a recipe:

1. List and amounts of ingredients
2. Step-by-step instructions
3. Essential info about temperature and equipment
4. Number of servings





2. What are the EIGHT steps to following a recipe correctly?

1. Read the recipe carefully before beginning
2. Check to see if you have all the ingredients
3. Pre-heat the oven if needed
4. “Gather” all equipment needed
5. Complete preparation of specific ingredients (EX: Chopped Nuts, Melted Chocolate, etc.)
6. Measure exactly!
7. Mix carefully, following each direction
8. Bake or cook at temperature and time directed

3. What is the most important step and why?

- #1! (Reading the recipe)-so you know what you need to do and what ingredients you need

4. Before cooking, you should wash your hands for at least how long?

- 20 seconds

5. What should you NEVER do when measuring flour?

- Pack or tap the cup (it releases the air needed in the measurement)

How should you measure flour instead?

- Spoon in the flour then level it off

6. What is the most efficient way to measure the following measurements of dry ingredients?

• 4 Tbsp. = 1/4 c.

• 3/4 c. = 1/2 c. + 1/4 c.

• 3 tsp. = 1 Tbsp.

• 1/8 c. = 2 Tbsp.

7. When cutting a recipe in half, or when doubling a recipe:

The cooking TEMPERATURE remains the same, but the amount of INGREDIENTS, SIZE of the cooking pan and the length of TIME will be affected.

8. When baking with a glass dish, you need to reduce (lower) the oven temperature by:

25°

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



Mrs. T.



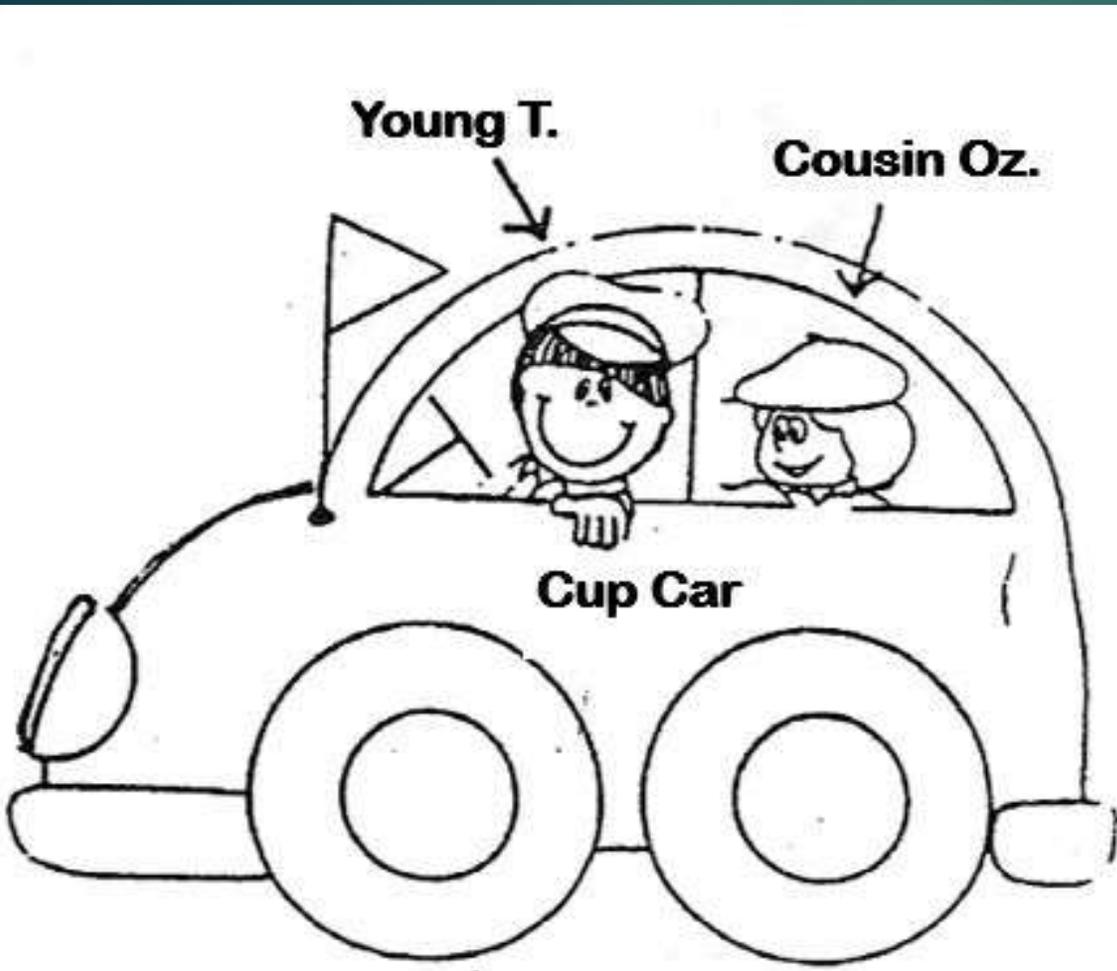
Helpful Hints:

- 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.



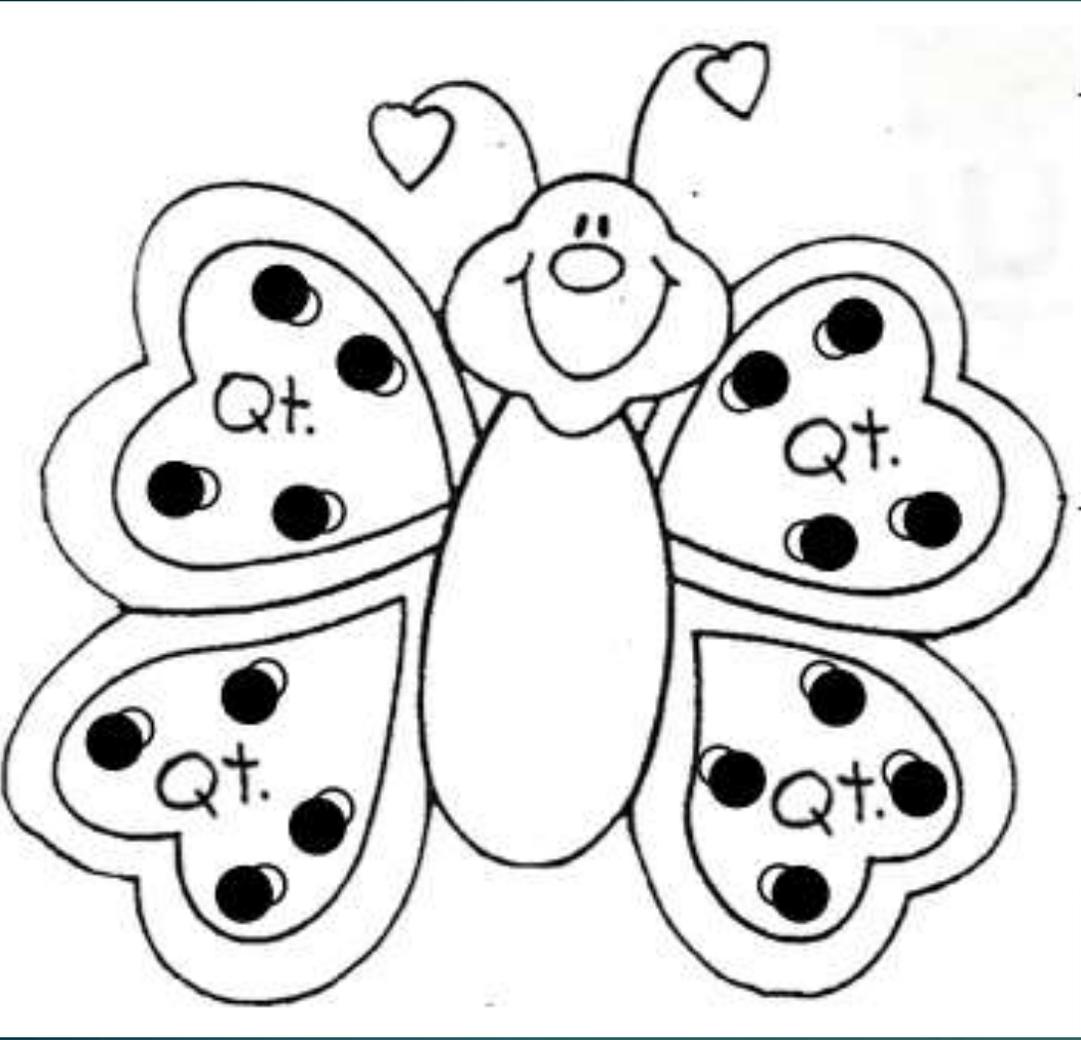
Helpful Hints:

- 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



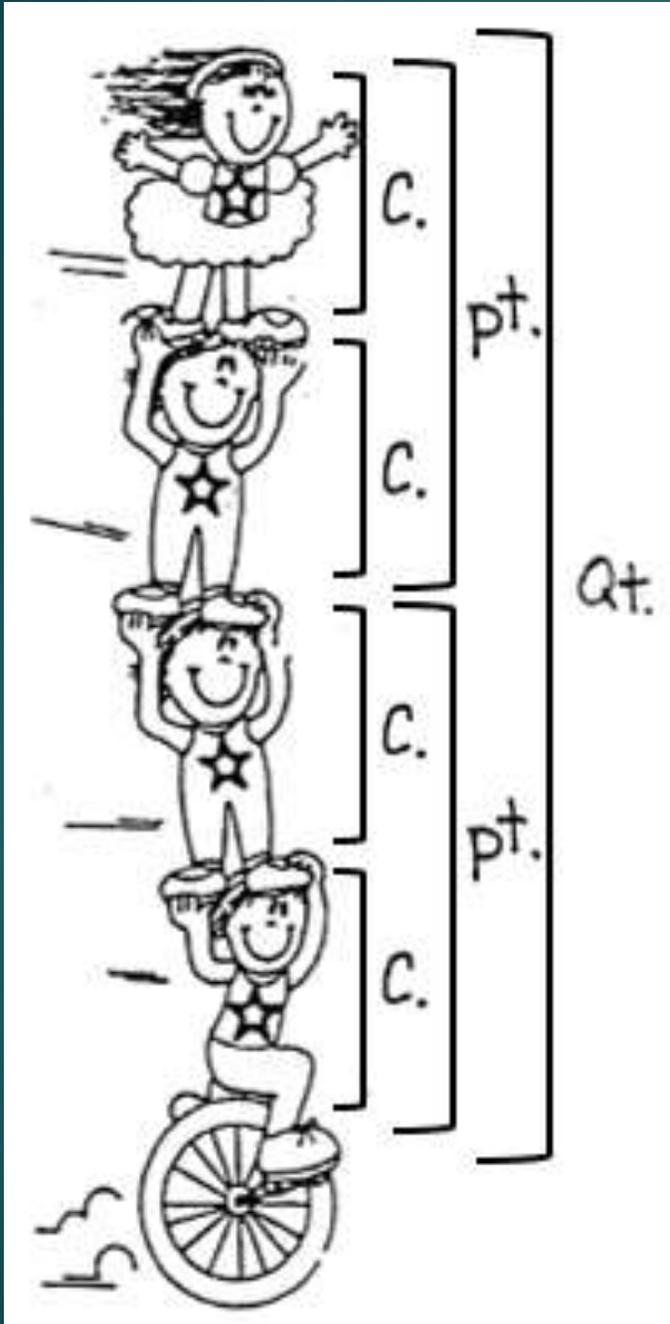
Helpful Hints:

- 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.