

Unit 2

Kitchen Management



Kitchen Equivalents

1 gal.															
1 qt.				1 qt.				1 qt.				1 qt.			
1 pt.		1 pt.		1 pt.		1 pt.		1 pt.		1 pt.		1 pt.		1 pt.	
c.	c.	c.	c.	c.	c.	c.	c.	c.	c.	c.	c.	c.	c.	c.	c.

1 c.															
1/2 c.								1/2 c.							
1/4 c.				1/4 c.				1/4 c.				1/4 c.			
1/8 c.		1/8 c.		1/8 c.		1/8 c.		1/8 c.		1/8 c.		1/8 c.		1/8 c.	
T.	T.														

1 c.																	
1/3 c.						1/3 c.						1/3 c.					
T.	T.	T.	T.	T.	1/3 T.	T.	T.	T.	T.	T.	1/3 T.	T.	T.	T.	T.	T.	1/3 T.

1 c.																	
T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.	T.
t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.	t.

Important Measurements

1 Stick Butter = 1/2 cup
 1/3 c. = 5 1/3 Tbsp.
 8 oz. = 1 c.
 2 c. = 1 pt.

2 pt. = 1 qt.
 1 qt. = 4 c.
 1 lb. = 16 oz.
 1/8 c. = 2 Tbsp.

Min. = Minute
 Doz. = Dozen
 C. = Cup
 Gal. = Gallon
 Pt. = Pint
 Qt. = Quart

Tbsp. of T. = Tablespoon
 tsp. or. t. = Teaspoon
 Pkg. = Package
 Hr. = Hour
 Oz. = Ounce
 lb. or # = Pound

Equivalent Cartoons



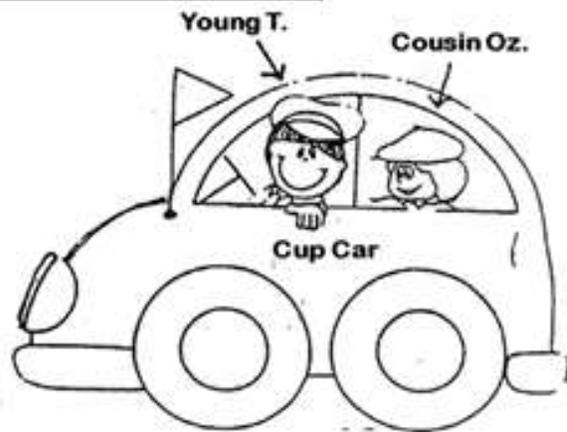
Mrs. T and Her Babies

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
- 1/2 Tablespoon = 1 1/2 teaspoons
- 9 teaspoons = 3 Tablespoons



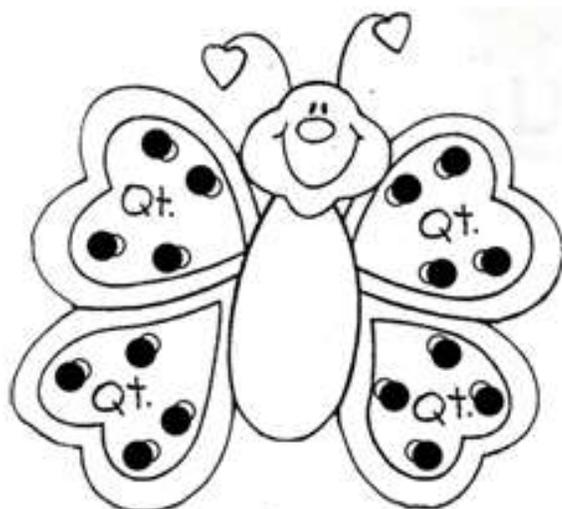
Young T. and Cousin Oz.

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
- 3/4 Cup = 12 Tablespoons
- 1/2 Cup = 8 Tablespoons
- 1/4 Cup = 4 Tablespoons
- 1/8 Cup = 2 Tablespoons



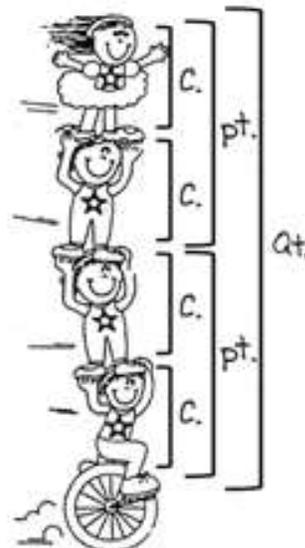
GAL the Butterfly

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

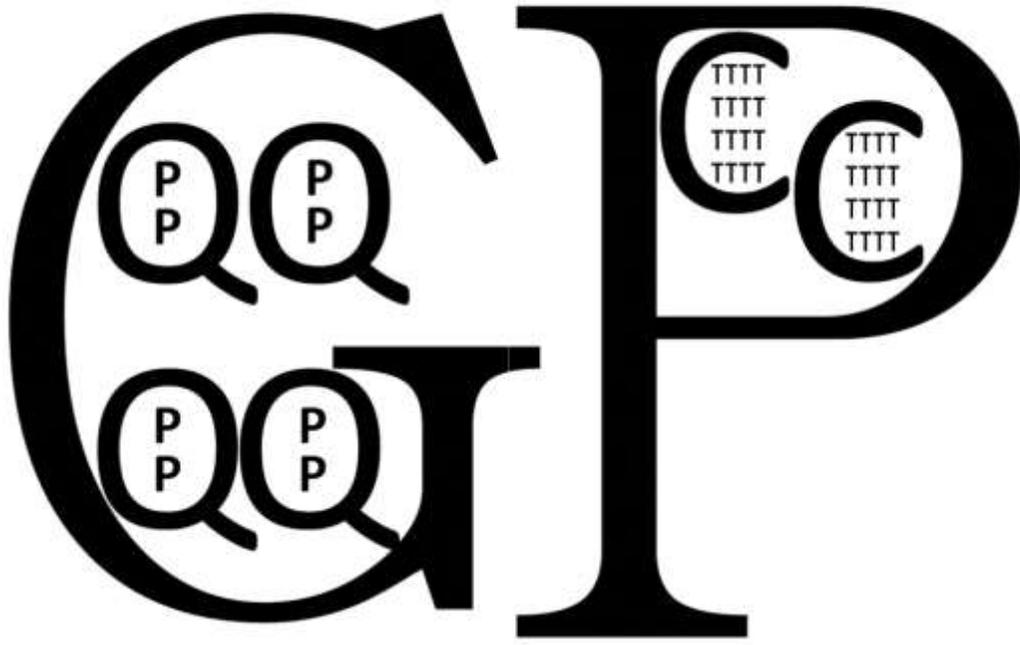
Helpful Hints:

- Each Kid represents 1 cup
- Two Kids Equal a Pint
- Four Kids Equal 2 Pints
- Two Pints Equal 1 Quart

Equivalents To Remember:

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

Gallon and Pint Equivalents



Gallon Man



Cooking Terms

Directions: Write the cooking term next to the correct definition.

Whip
Mince
Fold-In

Grate
Steam
Chop

Cream
Dice
Peel/Pare

Knead
Cut-In
Dredge

Flour
Simmer
Sauté

	<u>Term</u>	<u>Definition</u>	<u>Equipment To Use</u>	<u>Example</u>
1.		To beat rapidly to incorporate air and to increase volume.	Electric Mixer or Whisk	
2.		To rub food on a surface with sharp projections.	Grater	
3.		To cook by the vapor produced when water is heated to the boiling point.	Steamer or Saucepan	
4.		To cut into small pieces.	Cutting Board, Chef Knife	
5.		To brown or cook food in a small amount of fat over a low or medium heat.	Skillet, Fat	
6.		To cut into very small cubes.	Cutting Board, Cutting Knife	
7.		To sprinkle or lightly coat with a powdered substance, often with crumbs or seasoning.	Flour , Grease, Pan	

8.		To remove or strip off the skin or rind of some fruits or vegetables.	Paring Knife or Vegetable Peeler	
9.		To cut fat into flour with two knives or a pastry blender.	Pastry Blender or Two Knives	
10.		To combine two mixtures by gently cutting down through the mixture, across the bottom, and turning over near the surface.	Rubber Spatula	
11.		To coat a food HEAVILY with flour, breadcrumbs or cornmeal.	Flour, Container for Flour	
12.		To work sugar and fat together until the mixture is soft and fluffy.	Electric Mixer	
13.		To work dough by pressing and folding until it becomes elastic and smooth.	Hands	
14.		To cook food just below the boiling point.	Saucepan, Water/Liquid	
15.		To cut food into the smallest possible pieces.	Cutting Board, Cutting Knife	

Kitchen Equipment

Label each piece of kitchen equipment below.

1. 	2. 	3. 
4. 	5. 	6. 
7. 	8. 	9. 
10. 	11. 	12. 
13. 	14. 	15. 
16. 	17. 	18. 
19. 	20. 	21. 
22. 	23. 	24. 

Measuring Ingredients and Reading Recipes

Measuring Ingredients

1. Two types of measurements are:

a. _____ b. _____

How do you measure the following?

2.		Spoon into dry measuring cup then level off. (Don't tap or pack the cup.)
3.		Scoop into dry measuring cup, then level off.
4.		Spoon into a dry measuring cup, pack down, then level off. (It should hold its shape when released.)
5.		1. Spoon into a dry measuring cup, pack down, then level off. 2. Water Displacement Method.
6.		Pour into a liquid measuring cup and view at eye level.
7.		Cut on the wrapper markings.
8.		Crack one at a time into a separate container, then add to the recipe.

Reading a Recipe

9. Always read the _____ recipe before beginning. This is the _____ important step!
10. Never skip _____ or make up any of your own.
11. Make sure to _____ the oven early if needed.
12. If a recipe has a _____ of cooking times (ex: bake for 18-20 minutes), always set the time for the lowest time and check it. You can always cook it longer, but you can't "un-cook".
13. Never change the oven _____. It will not cook your food faster. It will burn it or it will be undercooked. Always bake at the temperature the recipe calls for.
14. Do not measure ingredients directly over the mixing bowl. If you _____, you may not be able to fix it.

Doubling or Diving a Recipe

Stays the Same:

- Cooking Temperature
- Ingredients Used
- Directions

Changes:

- Length of Cooking Time
- Amount of Ingredients
- Size of Pan/Dish

Baking with Glass

Reduce the oven temperature by _____. Glass absorbs more heat and will cook your food more quickly.

Abbreviations

T./Tbsp./tbsp..		gal.	
t./tsp.		doz.	
C.		min.	
oz.		hr.	
qt.		lb. or #	
pt.		pkg.	

Equivalents

Why do we need to know equivalents?

-So that we use to most _____ tools for measuring.

-For Example: Use _____ rather than 4 Tbsp.

What is the most efficient way to measure the following measurements?

4 Tbsp. = _____ 3 tsp. = _____
3/4 c. = _____ 1/8 c. = _____

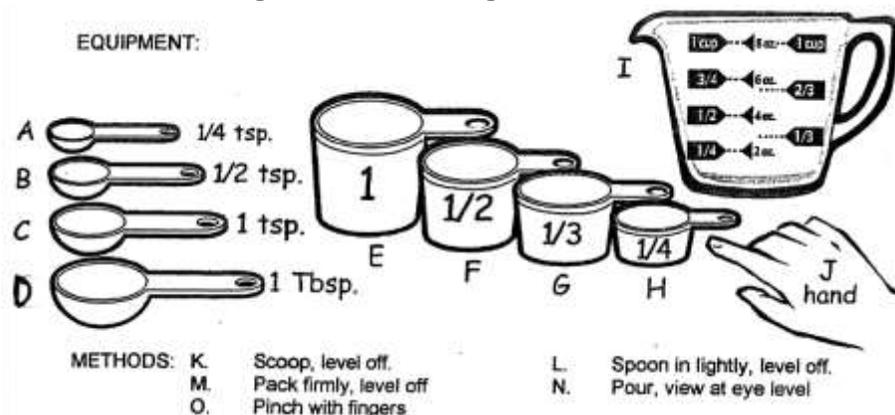
Equivalent Practice

Give the equivalents for each of the following:

1 Tbsp.	= _____	Tsp.	1/4 c.	= _____	Tbsp.
1 c.	= _____	Tbsp.	1 c.	= _____	oz.
1 pt.	= _____	C.	1 qt.	= _____	Pt.
1 gal.	= _____	Qt.	12 Tbsp.	= _____	C.
1 stick butter	= _____	C.	1 qt.	= _____	C.
1/8 c.	= _____	Tbsp.	1 gal.	= _____	C.
1/2 Tbsp.	= _____	tsp.	1 qt.	= _____	C.
8 Tbsp.	= _____	C.	5 Tbsp. + 1 tsp.	= _____	C.

Measuring Match-Up

- Determine the best way to measure each of the following ingredients
- Identify the correct measuring equipment to use in the left column.
- Identify the correct measuring method in the right column.



Measuring Equipment	Ingredients	Measuring Method
	3/4 cup milk	
	1 cup brown sugar	
	1/2 cup flour	
	1 teaspoon vanilla	
	1/4 cup oil	
	1 cup sugar	
	2/3 cup oatmeal	
	1/4 cup peanut butter	
	1 tablespoon baking soda	
	1/3 cup shortening	
	pinch of salt	
	1/4 teaspoon cinnamon	

Doubling and Dividing Practice

Using the recipe below, change the measurements to double the recipe and then to divide it in half it. Use the most efficient measurement. (Ex: Instead of 8 Tbsp., use 1/2 c.)

Doubled

1 1/2 cup sugar
 1/4 cup brown sugar
 2/3 cup peanut butter
 2 1/4 cup oats
 3/4 cup milk
 1 tsp. salt
 2 tbsp. cocoa
 1 tsp. vanilla
 2 eggs
 3 cups flour
 12 oz. walnuts

Halved

Abbreviations & Equivalents Review

Pound = _____	Gallon = _____	Pint = _____
Cup = _____	Quart = _____	Hour = _____
Tablespoon = _____	Minute = _____	Package = _____
Teaspoon = _____	Ounce = _____	Dozen = _____

3 tsp. = _____ Tbsp.	4 Tbsp. = _____ c.	60 min. = _____ hr.
2 c. = _____ pt.	1/3 c. = _____ Tbsp.	8 oz. = _____ c.
1 c. = _____ Tbsp.	8 Tbsp. = _____ c.	1 lb. = _____ oz.
1/2 Tbsp. = _____ tsp.	3/4 c. = _____ Tbsp.	1 stick butter = _____ c.
9 tsp. = _____ Tbsp.	5 1/3 Tbsp. = _____ c.	2 Tbsp. = _____ c.
16 oz. = _____ c.	3 pt. = _____ c.	1 qt. = _____ c.

min. = _____	c. = _____	Tbsp. = _____
pt. = _____	hr. = _____	oz. = _____
doz. = _____	gal. = _____	pkg. = _____
lb. or # = _____	tsp. = _____	qt. = _____

6 c. = _____ pt.	4 c. = _____ qt.	5 1/3 Tbsp. = _____ c.
1/2 hr. = _____ min.	12 Tbsp. = _____ c.	1/2 c. = _____ stick butter
2 c. = _____ oz.	1 1/2 tsp. = _____ Tbsp.	16 Tbsp. = _____ c.
1 c. = _____ oz.	16 oz. = _____ lb.	1/2 c. = _____ Tbsp.
1 Tbsp. = _____ tsp.	3 Tbsp. = _____ tsp.	1 pt. = _____ c.
1/4 c. = _____ Tbsp.	1/8 c. = _____ Tbsp.	1/3 c. = _____ Tbsp.

Microwave Cooking

1. Microwaves are ATTRACTED to:

a. _____ b. _____ c. _____

2. Microwaves are REPELLED by:

a. _____

3. What materials or containers are microwave safe?

a. a. _____ b. _____ c. _____

4. What part of the microwave oven generates the microwaves?

5. Which container cooks more evenly-Round or Square? WHY?

_____ Because it allows the microwaves to enter the food from as many sides as possible.

6. What is standing time and WHY is it important?

WHAT: The amount of time food is allowed to sit _____ microwave cooking in order to _____ the cooking process.

WHY: If you don't allow for standing time, you will _____ your food.

7. Why should you stir or rotate food when microwave cooking?

It helps the food cook more _____ by redistributing the heat.

8. What part of the microwave will rotate the food *while* it is cooking?

9. Why is it best to cover most foods when microwave cooking?

- a. It holds in steam to shorten cooking time
- b. Keeps food moist
- c. Keeps food from splattering

10. Why do foods NOT brown in the microwave?

Because there is _____ to pull the moisture from the food.

11. How can you prevent burns when microwave cooking?

- a. Use hot pads or oven mitts
- b. Lift steamy lids away from you
- c. Use only microwave safe dishes