

Unit 2: Kitchen Management

Study Guide

1. Define the following cooking terms.

	To cut into small pieces.
	To work sugar and fat together until the mixture is soft and fluffy.
	To cut fat into flour with two knives or a pastry blender.
	To cut into very small cubes.
	To coat a food HEAVILY with flour, breadcrumbs or cornmeal.
	To sprinkle or lightly coat with a powdered substance, often with crumbs or seasoning.
	To combine two mixtures by gently cutting down through the mixture, across the bottom, and turning over near the surface.
	To rub food on a surface with sharp projections.
	To work a dough by pressing and folding until it becomes elastic and smooth.
	To cut food into the smallest possible pieces.
	To remove or strip off the skin or rind of some fruits or vegetables.
	To brown or cook food in a small amount of fat over a low or medium heat.
	To cook food just below the boiling point.
	To cook by the vapor produced when water is heated to the boiling point.
	To beat rapidly to incorporate air and to increase volume.

2. Define what ingredients are being measured below.

	Spoon in and level off
	Scoop and level off
	Spoon in, pack down and level off (it should hold its shape)
	Measure in a liquid measuring cup on a level surface at eye level
	Cut on the correct paper wrappings with a knife on a cutting board
	Crack into a separate container, one at a time, checking for freshness and shells
	1. Water displacements 2. Pack into a dry measuring cup and level off

3. List what the following abbreviations stand for:

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

4. What two sizes of measuring cups should be used to measure 3/4 c.?

5. Identify the equivalents below:

1 Tbsp. = _____ tsp.	1 pt. = _____ c.	1 qt. = _____ c.
1/4 c. = _____ Tbsp.	1 qt. = _____ pt.	1 gal. = _____ c.
1 c. = _____ Tbsp.	1 gal. = _____ qt.	1/2 Tbsp. = _____ tsp.
1 c. = _____ oz.	3/4 c. = _____ Tbsp.	1/2 c. = _____ Tbs.
1/3 c. = _____ Tbsp.	1 cube butter = _____ c.	

6. When doubling or halving a recipe, what three things always stay the same?

- a. _____
- b. _____
- c. _____

7. What is 1/3 c. doubled?

8. What is 1 1/2 c. divided in half?

9. List the kitchen equipment that matches the descriptions below.

	For cutting fat into flour.
	For separating cooked ingredients from hot liquid. (It stands alone!)
	For leveling off dry ingredients like flour and sugar.
	For measuring liquid ingredients at eye level.
	For scraping the sides of bowls or folding-in delicate ingredients.
	For beating ingredients together and incorporating air.
	For measuring dry ingredients like flour and sugar.
	For flattening foods, like biscuit dough.

10. What three substances are microwaves attracted to?

- a. _____
- b. _____
- c. _____

11. What material repels microwaves?

12. What are three microwave safe materials?

- a. _____
- b. _____
- c. _____

13. Which container will cook more evenly in the microwave: round or square?

14. What is standing time and why is it important?

15. Will foods brown in the microwave? Why or why not?

16. Why should foods be covered when microwave cooking?