

# Skills for Living

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# Chapter 14

## Before You Cook

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- In this chapter, you will learn



# Topic 14-1

## Know Your Equipment

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- In this topic, you will learn how to select, use, and care for your kitchen tools, as well as
  - ❖ **Major appliances**
  - ❖ **Portable appliances**
  - ❖ **Kitchen utensils**

# Know Your Equipment

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## **Objectives for Topic 14-1**

After studying this topic, you will be able to

- explain how to select, use, and care for major kitchen appliances
- use portable appliances in the foods lab
- identify various types of kitchen utensils and explain their uses

# Topic 14-1 Terms

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- ❖ convection cooking
- ❖ portable appliance
- ❖ kitchen utensil
- ❖ cookware
- ❖ bakeware

# Major Appliances

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- *Major appliances* are the most costly kitchen tools
  - ❖ They are used for storage, cooking, and cleanup

# The Refrigerator

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- Keeps food cold to retard food spoilage
  - ❖ single-door refrigerator
  - ❖ refrigerator-freezer
  - ❖ compact-portable refrigerator

# The Range

- Basic meal preparation appliance
- Electric or gas
  - ❖ freestanding range
  - ❖ drop-in range
  - ❖ slide-in range
  - ❖ convection oven
    - *Convection cooking* involves circulating hot air over all food surfaces





# The Microwave Oven



- ***Microwaves*** are high-frequency energy waves that cause food molecules to vibrate rapidly
- The friction produces heat to cook the food
  - ❖ countertop
  - ❖ over-the-range

# The Cleanup Appliances



- Dishwashers
  - ❖ built-in
  - ❖ portable
- Food waste disposers
  - ❖ continuous feed
  - ❖ batch feed
- Trash compactors

# Did You Know...

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- In 1805, an American inventor, Oliver Evans, designed the first refrigeration machine
  - ❖ However, he never actually built it
  - ❖ His design was later modified by Jacob Perkins, who patented a refrigerating machine in 1834

# Portable Appliances

- *Portable appliances* can be easily moved from one place to another
  - ❖ popcorn poppers
  - ❖ mixers and food processors
  - ❖ coffee makers
  - ❖ electric skillets
  - ❖ blenders



# Kitchen Utensils

- A *kitchen utensil* is a handheld kitchen tool used for different tasks
  - ❖ Choose only the utensils you need and will use the most
  - ❖ Consider quality requirements and your budget
  - ❖ Read and follow instructions
  - ❖ Store utensils close to where you will be using them

# Measuring Utensils

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- *Dry measuring cups* measure dry ingredients, shortening, and chopped foods
- *Liquid measuring cups* measure ingredients such as water, milk, oil, and syrup
- *Measuring spoons* measure small amounts of liquid, dry, and solid ingredients

# Cutting Utensils

- French or chef's knife
- Paring knife
- Utility knife
- Carving knife
- Serrated knife
- Cutting board
- Kitchen shears
- Peeler
- Shredder-grater



# Mixing Utensils



- Mixing bowls
- Mixing spoons
- Rubber scrapers
- Rotary beaters
- Whisks



# Cookware and Bakeware

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■ ***Cookware*** is used to cook on top of the range

- ❖ saucepans
- ❖ double boiler
- ❖ skillets
- ❖ griddles
- ❖ kettles

■ ***Bakeware*** is used for baking food in the oven

- ❖ cookie sheets
- ❖ roasting pans
- ❖ casseroles
- ❖ cooling racks

# Summary for Topic 14-1

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- Before you begin cooking, you need to know how to choose the cooking equipment that will best meet your needs
- Kitchen appliances include major and portable appliances
- Utensils are used for measuring, cutting, and mixing
- Cookware and bakeware are used for cooking and baking foods