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# Chapter 14 Before You Cook

■ In this chapter, you will learn



## Topic 14-1 Know Your Equipment

- 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**

#### **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

- convectioncooking
- portable appliance

- \* kitchen utensil
- cookware
- bakeware

### Major Appliances

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

## The Refrigerator

- 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...

- 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

Source: Wikipedia

### 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

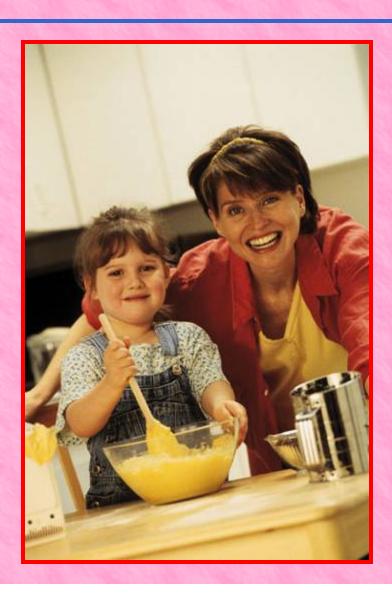
- Dry measuring cups measure dry ingredients, shortening, and chopped foods
- Liquid measuring cups measure ingredients such as water, milk, oil, and syrup
- *Measuring spoons* measure small amounts of liquid, dry, and solid ingredients

## **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

- 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

- 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