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Topic 14-3 Using a Recipe

- In this topic, you will learn how to use a recipe correctly, as well as
 - Understanding how to use recipes
 - Learning cooking methods

Using a Recipe

Objectives for Topic 14-3

After studying this topic, you will be able to

- identify the information found in a recipe and follow it successfully
- demonstrate proper measuring techniques for different types of ingredients
- define cooking terms used in recipes
- describe two categories of cooking methods

Topic 14-3 Terms

- * recipe
- * measurement equivalents

Understanding How to Use Recipes

- A *recipe* is a list of ingredients with a complete set of instructions for preparing a food product
 - * The *ingredient list* tells you what you need and how much you need
 - Preparation directions list what utensils, cookware, or bakeware you need; temperatures; and cooking times
 - * Yield tells how many servings the recipe makes

Steps for Using Recipes

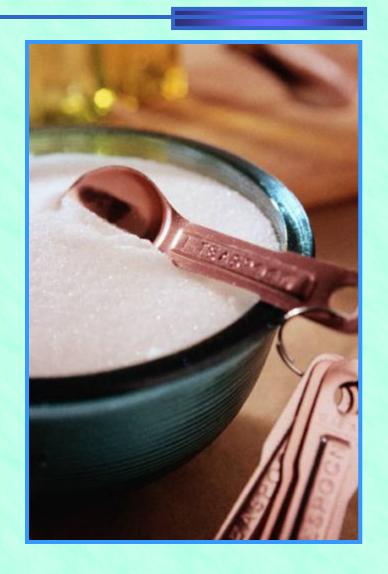
- Read the entire recipe before you start to cook
- Note any abbreviations used
- Gather ingredients and utensils before starting
- Preheat the oven if necessary
- Follow directions exactly
- Use timers for accurate cooking and baking times

Using Ingredient Substitutions

- If you are missing an ingredient, you may be able to substitute other ingredients, such as
 - milk with vinegar or lemon juice instead of buttermilk
 - cocoa powder and butter instead of unsweetened chocolate
 - evaporated milk and water for whole milk

Measuring Techniques

- Dry measuring—overfill cup or spoon and level it off with a spatula or knife
- Liquid measuring—check accuracy of measurement at eye level
- Solid foods—press into cup or spoon and level off



Understanding Recipe Terms

Common terms include

- baste
- beat
- * blend
- brown
- * chop
- dice
- marinate

- * mash
- * mix
- * scald
- sift
- slice
- * stir
- whip

Changing the Yield

- Recipes can be adjusted to change yields
 - * Measuring equivalents are amounts that are equal to other amounts, such as one-fourth cup equaling four tablespoons
- When changing recipe yield, write down ingredient amounts to avoid confusion

Did You Know...

Depending on the recipe, apple cider or chicken broth often makes a good substitution for wine

Learning Cooking Methods

■ Knowing various cooking methods will help you create tasty, nutritious meals





Basic Cooking Methods

- Moist heat cooking methods
 - boil/stew
 - braise
 - microwave
 - simmer
 - steam

- Dry heat cooking methods
 - bake/roast
 - * broil
 - deep-fry
 - grill
 - panbroil
 - panfry
 - stir-fry

Microwave Cooking

- Microwave cooking techniques involve
 - defrosting time
 - piercing
 - shielding
 - covering
 - stirring
 - rotating
 - standing time

Summary for Topic 14-3

- Knowing how to read and use recipe information is a basic cooking skill
- Learning to measure accurately is essential for preparing a recipe properly
- Understanding cooking terms, making substitutions, and adjusting yields are important techniques for cooking success