

Skills for Living

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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—overflow 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