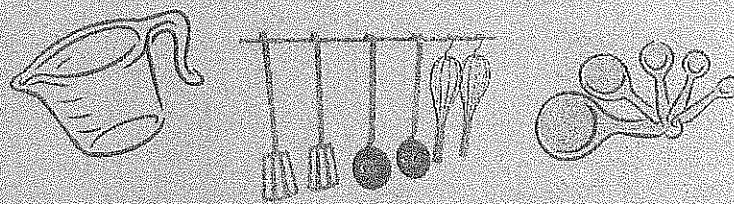


CLASS SET — MUST REMAIN IN CLASSROOM

KITCHEN Measurement & Tools



Ms. Podbielski's Class

Set # 18

Kitchen Measurement & Tools

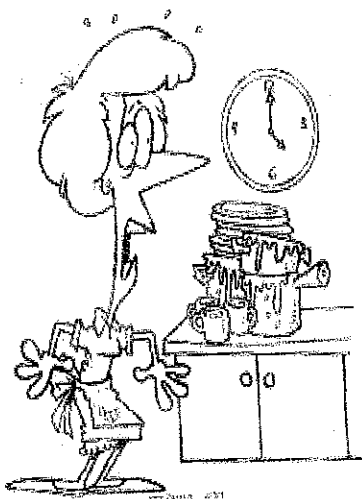


CLASS SET

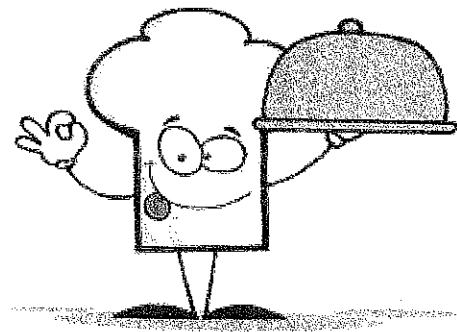
COMMON ABBREVIATIONS



Be prepared. In our recipes we don't use abbreviations, but other recipes do, so we've rounded up some common abbreviations to help you out.



t = teaspoon
tsp = teaspoon
T = tablespoon
Tbsp = tablespoon
c = cup
oz = ounce
pt = pint
qt = quart
gal = gallon
lb = pound
= pound



MEASURING GUIDE

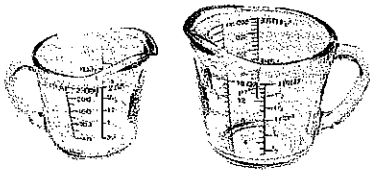
What's different, yet exactly the same? All these measurements! In our recipes, we have used the larger measurement—1/4 cup, not 4 tablespoons—but this equivalency chart will help you out for the other measuring you do in the kitchen.

3 teaspoons = 1 tablespoon
4 tablespoons = 1/4 cup
5 tablespoons + 1 teaspoon = 1/3 cup
8 tablespoons = 1/2 cup
1 cup = 1/2 pint
2 cups = 1 pint
4 cups (2 pints) = 1 quart
4 quarts = 1 gallon
16 ounces = 1 pound
Dash or pinch = less than 1/8 teaspoon



HOW TO MEASURE INGREDIENTS

Successful cooking starts with measuring correctly. Not all ingredients are measured the same way or with the same type of cups or spoons. Here are some tips to help you measure successfully.

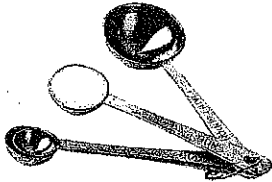


MEASURING CUPS:

For liquids usually are glass. They have a spout for pouring and space above the top measuring line.

They can be purchased in 1-, 2-, 4- and 8-cup sizes.

Dry ingredients and solid ingredients such as shortening are measured using a set of cups that stack or "nest" inside one another. These cups are made to hold an exact amount when filled to the top. They are purchased as a set that contains 1/4-, 1/3-, 1/2- and 1-cup sizes. Some sets also may have a 1/8-cup (2 tablespoons) and/or a 2-cup size.



MEASURING SPOONS:

Are sold as a set that includes 1/4-, 1/2- and 1-teaspoon sizes plus a 1-tablespoon size. Some sets may have a 1/8-teaspoon size. These special spoons

are designed for measuring and should be used instead of spoons intended for eating. They are used for both liquid and dry ingredients.



LIQUIDS: When measuring liquids, use the smallest measuring cup size you have that is large enough to hold the amount needed.

For example, to measure 1/2 cup milk, you'd use a

1-cup measuring cup instead of a 2-cup measuring cup. Place the cup on a level surface, then bend down to check the amount at eye level. To measure sticky liquids such as honey, molasses and corn syrup, lightly spread the cup with oil first, or spray with cooking spray, so the liquid will be easier to remove.



DRY: For dry ingredients, gently fill the measuring cup to heaping, using a large spoon. Do not shake the cup or pack down the ingredients. While holding the cup over the canister or storage container to catch the excess of the ingredient,

level the cup off, using something with a straight edge, such as a knife or the handle of a wooden spoon.



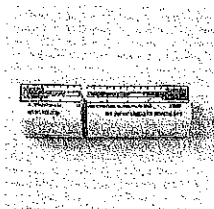
SOLID FATS AND BROWN SUGAR:

Fill the measuring cup, using a spoon or rubber spatula. Pack down the ingredient, and level off if necessary.



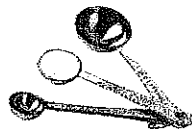
SHREDDED CHEESE, CEREAL,

CHOPPED NUTS: Fill the measuring cup lightly without packing down the ingredient, and level off.



MARGARINE AND BUTTER IN

STICKS: Cut off the amount needed, following guideline marks on the wrapper, using a sharp knife. An entire 1/4-pound stick equals 1/2 cup, half a stick is 1/4 cup, an eighth of a stick is 1 tablespoon.



SALT, PEPPER, HERBS AND

SPICES: Fill measuring spoon with salt, pepper or a ground spice such as cinnamon; level off. For dried herbs, lightly fill the spoon to the top.



ESSENTIAL EQUIPMENT AND TOOLS

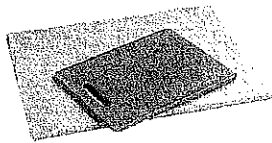
Having the right equipment makes cooking easier and fun. The following are the basic tools you should consider having for your kitchen. You may already have many of these things, and sometimes you can improvise by using another tool.



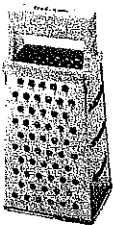
CAN OPENER: Purchase one that's easy to wash after each use.



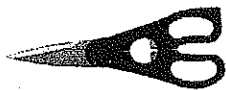
COLANDER: For draining pasta and other foods after cooking and for draining fresh produce after washing. If you are purchasing a new colander, choose one that will be easy to clean.



CUTTING BOARD: Plastic boards can be easily and thoroughly washed. Wash them immediately after cutting raw meat, poultry or fish.



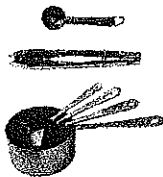
GRATER: A box grater has different size openings on each side for shredding cheeses or vegetables and for grating fruit peels. Other types are available, but all should have several sizes of openings for a variety of shredding and grating.



KITCHEN SCISSORS OR SHEARS: Good for snipping fresh herbs and for all-purpose cutting and trimming of ingredients.



KNIVES: With three good knives—paring, chef's and all-purpose—cutting, slicing, dicing and chopping are easy. (See page 9.)



MEASURING CUPS AND SPOONS: Measuring accurately ensures recipe success. (See page 5.)



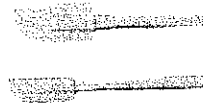
MIXING BOWLS: Choose two or three deep bowls in different sizes. A large mixing bowl can double as a salad bowl.



POTATO MASHER: You'll need this for making mashed potatoes or twice-baked potatoes.



SPATULA, WIDE METAL OR PLASTIC, OR PANCAKE TURNER: Not just for pancakes, it's great for turning chicken breasts and fish fillets as well as serving lasagna and desserts.



SPATULA, RUBBER: For scraping the last bit of food out of mixing bowls or measuring cups.



SPOON, LARGE METAL: Use to stir mixtures and to spoon juices over meats or poultry as they roast. Use also to lift large pieces of meat from the cooking pan to the serving plate.



SPOON, SLOTTED: Use to lift solid foods out of cooking liquids.



NOT ESSENTIAL, BUT NICE TO HAVE



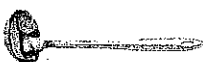
BLENDER: Can be used for certain types of chopping as well as to whirl smoothies and puree vegetables for creamy soups.



FORK, LONG-HANDLED: Great for holding meat and poultry in place while it is being sliced or carved.



JUICER: To squeeze fresh juice from oranges, lemons, limes and other citrus fruits.



LADLE: A large ladle is best to dish up soups, stews and chili.



ELECTRIC MIXER: An easy way to whip cream and beat cakes and other desserts. It also can be used to mash potatoes.



HAND BEATER: Also called an egg beater or a rotary beater.



PASTRY BLENDER: Used to mix shortening, butter or margarine with dry ingredients such as flour and sugar to produce a crumbly mixture.



SPATULA, NARROW METAL: When measuring dry ingredients, this spatula is handy to use to level off the measuring cup. It's also helpful when frosting a cake.



SPATULA, WOODEN, OR SPECIALLY COATED UTENSILS: Use to stir when cooking or frying in a nonstick pan to protect the surface of the pan.



STEAMER BASKET: Use to suspend vegetables above boiling water. It adapts to many pan sizes and folds for easy storage.



SPOON, WOODEN OR PLASTIC: For all-purpose mixing. It is especially good for stirring hot foods because the handle will stay cool.



STRAINER: For draining cans of fruit or vegetables and for draining the liquid off cooked foods.



THERMOMETER, MEAT: An easy way to be sure meats, poultry and fish are cooked properly.



TIMER: To ensure that your foods are cooked to perfection. If the recipe gives a range of time, set the timer for the minimum time to check for doneness.



TONGS FOR COOKING: Especially good to use when grilling foods, but also can be used to lift or turn food without piercing it. Cooking tongs should be made of metal, in contrast to salad tongs, which might be wooden or plastic and usually have a larger end for tossing a salad.



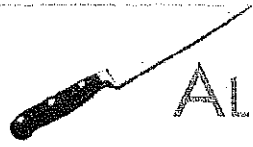
VEGETABLE BRUSH: Use to clean celery and potatoes.



VEGETABLE PEELER: Much easier to use than a knife to remove a thin peel from apples, potatoes and carrots.



WIRE WHISK: Great for beating eggs and preparing sauces and dressings as well as for all-purpose mixing.



ALL ABOUT KNIVES

Invest in good knives to make food preparation easy, fast and efficient. Before purchasing a knife, pick it up. It should fit your hand and feel comfortable to use. The blade of a good knife extends through the full length of the knife handle. If this extension, called the tang, is not visible, make sure the knife has three rivets, which indicate that the blade is inside the handle.

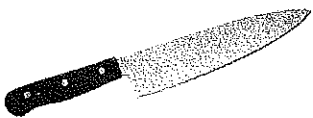
Good knives are expensive but will last for a very long time if they are cared for properly. Storing them in a block of wood designed for knife storage is perfect, but the cardboard sleeve the knife was packaged in works well, too. The idea is to keep knives from getting dull edges by bumping into other utensils in a drawer. Preserve knife handles by washing and drying knives by hand instead of in the dishwasher. If knives become too soaked with water, wooden handles will dry and warp and the blades may loosen. Sharp knives are the easiest and safest to use. Refer to manufacturers' recommendations for keeping your knives sharp.

Slicing, dicing, cutting and chopping can be done easily, quickly and correctly if you have three good knives. You'll need a paring knife, a chef's knife and a multipurpose knife with a serrated edge.

THREE ESSENTIAL KNIVES



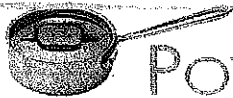
PARING KNIFE: Has a small blade, about 2 1/2 to 3 inches long, and a rounded or pointed tip. If you plan to have only one paring knife, choose one with a pointed tip. You'll need it to cut up fruits and vegetables, cut fat from a steak or a pork chop, cut into meats and poultry to check for doneness and for many other uses.



CHEF'S KNIFE: Has a heavy, triangular blade, anywhere from 6 to 12 inches long. A medium-size blade, about 8 to 10 inches, is the most versatile size. It is used for chopping, slicing and dicing as well as for crushing a clove of garlic. This knife also is called a cook's knife.



MULTIPURPOSE KNIFE: Has a scalloped or serrated edge and comes in several sizes, but the most helpful one has a blade that is at least 7 to 8 inches long. It may be called a bread knife, a slicer, or a carver and its uses include slicing bread, tomatoes, cooked meats and carving a turkey.

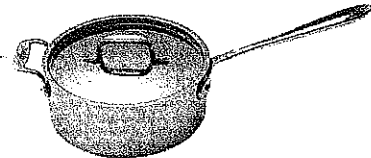
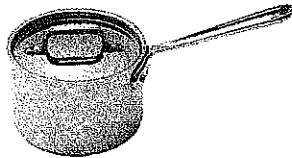


POTS AND PANS FOR COOKING

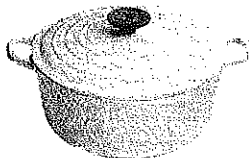
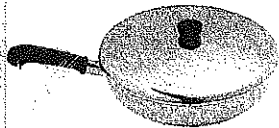
You'll be able to make most recipes if you have a small collection of pans with lids, in sizes ranging from 1 to 4 quarts, and a large skillet. Pans can be purchased in large sets, but if you don't need everything in the set, you can collect some unmatched pots and pans that will work just as well.

THREE ESSENTIAL SAUCEPANS

SAUCEPANS (1-, 2-, 3-QUART): Essential for cooking or reheating foods on a range top. Although one or two saucepans may be adequate, a collection of saucepans will make cooking more efficient. Each pan should have a tight-fitting lid, which is important when cooking dishes that require the retention of moisture. Pans with a non-stick finish require plastic or coated utensils to prevent scratching the surface of the pan.

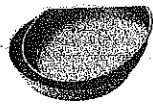


MORE ESSENTIAL SAUCEPANS



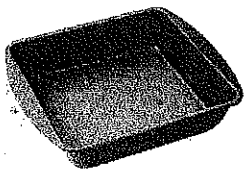
SKILLET: Used for sautéing vegetables, panfrying meats and stir-frying almost any food. Available in an assortment of materials and sizes. When purchasing a skillet, look for a solid, thick-bottomed pan that will transmit heat evenly and that has a tight-fitting lid. Although a 10-inch skillet is used most often, some recipes work better in a skillet that is slightly larger. A smaller skillet, about 8 inches in diameter, is nice to have when cooking smaller quantities.

DUTCH OVEN (4 QUARTS OR LARGER): A large pot that is used most often on top of the range to prepare a large batch of soup or chili or to cook pasta. It should have a tight-fitting lid. Many Dutch ovens are ovenproof and can be used when cooking pot roast or stew in the oven.

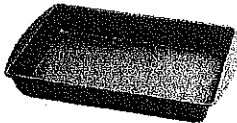


PANS FOR BAKING

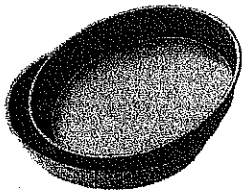
You will need a few baking pans for meats, vegetables and main dishes as well as for cakes, cookies and other desserts. The dimensions of a pan are often given on its bottom. If the dimensions are not there, measure across the bottom to determine the size. Some baking pans have a nonstick finish or lining. This surface will scratch easily, so use care when cutting main dishes or desserts that are served from the pan, and wash the pans with a nonabrasive or plastic scrubber.



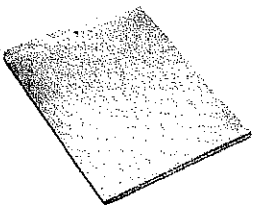
SQUARE BAKING PAN: An 8- or 9-inch square pan that can be used for main dishes, such as lasagna, as well as for cakes, bar cookies and other desserts.



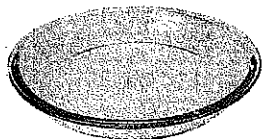
13×9-INCH RECTANGULAR PAN: A popular pan size for baking brownies, bars and cakes. Some main dishes, vegetables and casseroles also can be prepared in this pan.



9-INCH ROUND PAN: One of the most popular sizes for baking layer cakes. Most layer cakes require two of these pans.



COOKIE SHEET: Available in an assortment of sizes. To ensure proper heat circulation, select one that is at least 2 inches narrower on each side than your oven. Although a cookie sheet may have a small lip edge, it should not have straight sides that are 1 inch or more in height. (A large rectangular pan with 1-inch sides is usually called a jelly roll pan rather than a cookie sheet and will not bake or brown cookies in the same way that a cookie sheet does.)



9-INCH PIE PAN: Not only is a pie pan essential for making pies, it also can be used to bake a meat loaf or small cuts of meat and poultry. If you are uncertain about the size of your pie pan, measure across the top of the pan, excluding the lip edge.