

Name _____

Date _____

Period _____

Recipe Basics

Read Chapter 8 (pages 221-223) to complete the following.



- 1) A recipe is a set of _____ for making a food or beverage.
- 2) Your success is using it depends on how well the recipe is _____,
- 3) as well as your ability to _____ and follow the _____.
- 4) You must know how to _____ and understand the _____ terms.

A well-written, complete recipe includes the following (page 221)

5		
6	Yield	(Definition):
7	Information about	a.
		b.
		c.
8		
9	Nutrition information	a
		b
		c.
		d.

10) The standard format for a recipe lists the _____ first, in the order they are to be used.

11) The _____, which tell how to put the ingredients together, comes next.

Identify 3 things to look for when evaluating a new recipe (page 222)

12	
13	
14	

Reading a Recipe

Read the handout to complete the following

15) "1 cup of sifted flour" means to _____ the flour and then _____ 1 cup.

16) "1 cup of flour, sifted" means to _____ 1 cup of flour and then _____ it.

Reading a Recipe
Chapter 8.1 (page 221-222)

The purpose of this activity is to review the elements of a recipe.

Directions: Read the recipe below. Then follow the instructions for items 1 to 5.

OATMEAL DREAMS

$\frac{1}{2}$ cup butter or margarine

$\frac{1}{2}$ cup peanut butter

$\frac{3}{4}$ cup brown sugar

$\frac{1}{2}$ cup granulated sugar

1 egg

1 tsp. vanilla

$1\frac{1}{4}$ cups sifted flour

$\frac{3}{4}$ cup rolled oats

$\frac{1}{2}$ cup raisins

Preheat oven to 350°F. Cream butter or margarine, peanut butter, brown and granulated sugars, egg, and vanilla. Add flour and oats to creamed mixture. Mix thoroughly. Stir in raisins. Shape dough into 1- inch balls. Place balls on ungreased baking sheet. Press flat, using a fork. Bake 12- 15 minutes or until lightly browned. Cool on wire rack. Makes about 60 cookies.

1. Find the list of ingredients. Draw a bracket: () to the right of it.
2. Find and circle the amounts.
3. Put a star next to the yield.
4. Draw a box around the cooking temperature.
5. Underline the cooking time.

Increasing a Recipe's Yield
Chapter 8.3 (page 232-234)

The purpose of this activity is to practice increasing the yield of a recipe.

Directions: It's time for the marching band's annual bake sale. You've been asked to supply as many homemade cookies as possible. You think you can make 15 dozen. To do so, you will have to make some changes in the recipe shown below.

REMINDER Use the formula: desired yield \div original yield = number to multiply by

1. What is the desired yield? _____ dozen
2. What is the original yield? _____ dozen
3. What number will you multiply by? _____
4. In the blank next to each ingredient, write in the new amount you will use.

OATMEAL DREAMS

_____ $\frac{1}{2}$ cup butter or margarine

_____ $\frac{1}{2}$ cup peanut butter

_____ $\frac{3}{4}$ cup brown sugar

_____ $\frac{1}{2}$ cup granulated sugar

_____ 1 egg

_____ 1 tsp. vanilla

_____ $1\frac{1}{4}$ cups sifted flour

_____ $\frac{3}{4}$ cup rolled oats

_____ $\frac{1}{2}$ cup raisins

Preheat the oven to 350°F. Cream butter or margarine, peanut butter, brown and granulated sugars, egg, and vanilla. Add flour and oats to creamed mixture. Mix thoroughly. Stir in raisins. Shape dough into 1- inch balls. Place balls on ungreased baking sheet. Press flat, using a fork. Bake 12- 15 minutes or until lightly browned. Cool on wire rack. Makes about 60 cookies.