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# Winning Ways In the Kitchen

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## Cooking Terms and Methods

- BAKE/ROAST.** Cook food uncovered in an oven or oven-type appliance.
- BEAT** ..... Make mixture smooth with a rapid, regular motion using a wire whisk, spoon, hand beater, or mixer. When using a spoon, lift the mixture up and over with each stroke.
- BLEND** ..... Mix two or more ingredients thoroughly.
- BOIL** ..... Cook food over high heat in liquid in which bubbles rise constantly to the surface and break.
- BRAISE** ..... Cook meat or poultry slowly in a small amount of liquid in a covered pot.
- BROIL** ..... Cook food by direct heat, usually on a rack.
- BROWN** ..... Cook food quickly until surface of food is brown.
- CHOP** ..... Cut food into small pieces.
- CREAM** ..... Make soft, smooth, and creamy with a spoon or mixer.
- CRUSH** ..... Use a garlic press or a blunt object to smash foods until the fibers separate (such as garlic).
- CUBE** ..... Cut food into small cubes (1/2-inch).
- DICE** ..... Cut food into very small pieces (about 1/4-inch).
- DRAIN** ..... Draw off (a liquid) gradually; to empty by drawing off liquid.
- FOLD** ..... Combine ingredients by using a gentle circular motion to cut down into mixture; slide across the bottom of the bowl to bring some of the mixture up and over the surface.
- FRY** ..... Pan Fry - Cook in frying pan over medium heat with a small amount of fat.  
Deep Fry - Cook in hot fat deep enough for food to float in.
- GRATE** ..... Rub food on a grater (or chop in blender or food processor) to produce fine, medium or coarse particles.
- GREASE** ..... Cover or lubricate with oil or fat, to keep food from sticking.
- KNEAD** ..... Work a food mixture (usually dough) with a fold and press motion.
- MARINATE** ..... Allow food to soak in a seasoned liquid mixture.
- MINCE** ..... Cut into tiny pieces; smaller than diced.
- PEEL** ..... Remove outer covering of foods by trimming away with knife or vegetable peeler.
- PREHEAT** ..... Heat oven to desired temperature before putting food in to bake.
- POACH** ..... Cook food over low heat in small amount of hot, simmering liquid.
- SAUTE** ..... Cook foods rapidly in a small amount of oil in an open pan and stir constantly.
- SHRED** ..... Cut food into slivers or slender pieces using a knife or shredder.
- SIFT** ..... Remove lumps or to lighten the dry ingredients by putting them through a strainer or a sifter.
- SIMMER** ..... Cook food over low heat in a liquid just below the boiling point in which tiny bubbles form slowly.
- SKIM** ..... Remove fat or scum from surface of food.
- SLICE** ..... Cut food into thin pieces.
- STEAM** ..... Cook food on a rack or in a colander in a covered pan over steaming hot water.
- STEW** ..... Cook food over low heat in a large amount of simmering liquid.
- STIR FRY** ..... Cook sliced food quickly in a skillet or wok and toss occasionally.
- THAW** ..... Change from frozen to a liquid state slowly.
- TOSS** ..... Mix foods lightly with a lifting motion, using forks or spoons.

# Master Measuring

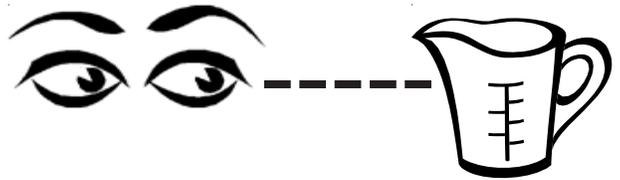


## RECIPE SUCCESS

1. Read over recipe.
2. Clear work area.
3. Set out ingredients and supplies.
4. Prepare and measure ingredients.
5. Make recipe!

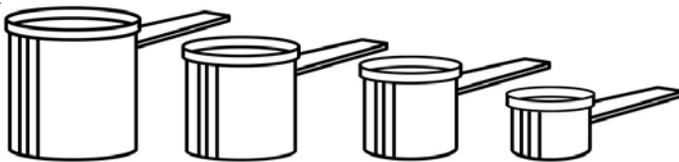


Use clear measuring cups to measure liquid ingredients.



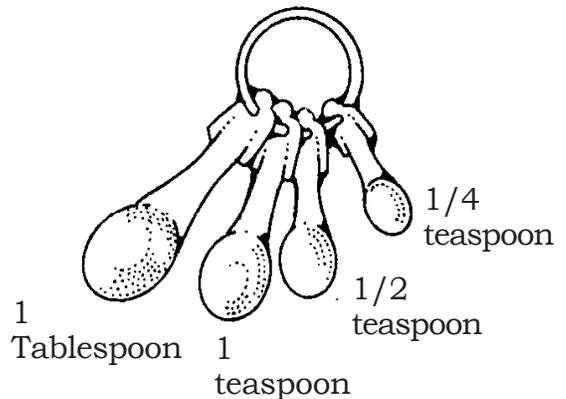
Check at eye level to make sure the correct amount is measured. Liquid should just touch the measurement line.

Use the dry measuring cups pictured below to measure dry ingredients.



1 Cup    1/2 Cup    1/3 Cup    1/4 Cup

Use these measuring spoons to measure small amounts of ingredients.

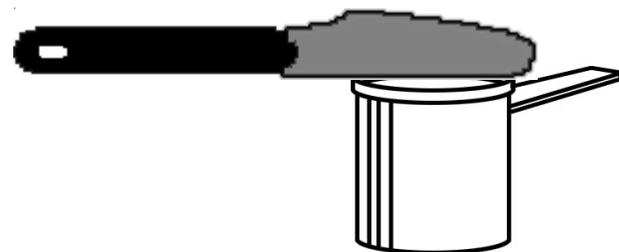


1  
Tablespoon

1  
teaspoon

1/2  
teaspoon

1/4  
teaspoon



Dry ingredients should be spooned into measuring cup and leveled using the straight edge of a knife.

# BASIC KITCHEN TOOLS

Draw a line to match the kitchen tools

Liquid Measuring Cup

Dry Measuring Cups

Measuring Spoons

Cutting Board

Knife

Spatula

Spoon

Mixing Bowls

Can Opener

Grater

Peeler

Hot Pad

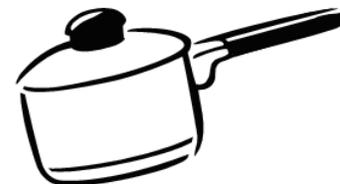
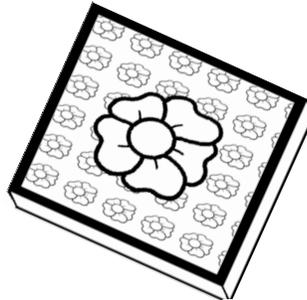
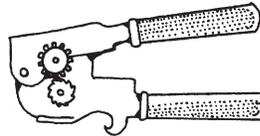
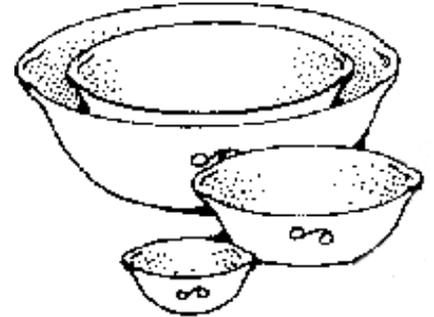
Pot

Pan

Scrubber

Baking Pan

Pot Holder



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# Temperatures for Safe Cooking

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## Roasting Meats



### Thermometer Readings for Meats

<b>All cooked leftovers (reheated)</b> .....	165°F
<b>Poultry (whole bird)</b> .....	165°F
<b>Poultry (breast, thigh, wing)</b> .....	165°F
<b>Ground poultry</b> .....	165°F
<b>Ground meat (beef, pork, veal, lamb)</b> .....	160°F
<b>Egg dishes</b> .....	160°F
<b>Fish</b> .....	145°F
<b>* Beef, Veal, or Lamb</b> .....	145°F
<b>* Pork or Ham</b> .....	145°F

*\* Cook whole cuts of meat (beef, veal, lamb, pork, ham) to an internal temperature of 145°F, then allow the meat to rest for 3 minutes before carving or consuming.*

Proper food handling and cooking are “winning ways” to keep from becoming sick from bacteria in foods. Place a food thermometer in the thickest part of the meat and follow these temperatures as a guide to help prevent foodborne illnesses.