

Reading and Using Recipes

Just FACS



Beginning to Cook

- Cooking and baking may seem like an easy task to some, but in essence, millions of things can go wrong.
- This PowerPoint will give you the basics so that you don't end up like these people...

<http://www.buzzfeed.com/rachelysanders/people-worse-at-cooking-than-you-food-fails#.awnvWb8B>

What is a Recipe?

- A set of directions for making food or beverage.
- A recipe includes:
 - Ingredients
 - Directions
 - Prep Time
 - Cook Time
 - Nutritional Facts (Optional)



PASTA RECIPES

Miracle Lasagna

Servings: 6 Prep Time: 5 minutes Cook Time: 1 Hr 5 min

Ingredients:

- 1 (26 ounce) jar Prego Traditional Italian Sauce
- 6 uncooked lasagna noodles
- 1 (15 ounce) container ricotta cheese
- 2 cups shredded mozzarella cheese
- ¼ cup grated Parmesan cheese

Directions:

1. Spread about 1 cup pasta sauce in 2-quart shallow baking dish (11x7-inch). Top with 3 uncooked noodles, ricotta cheese, 1 cup mozzarella cheese, Parmesan cheese and 1 cup pasta sauce. Top with remaining 3 uncooked noodles and remaining pasta sauce. Cover.
2. Bake at 375 degrees F for 1 hour Uncover and top with remaining mozzarella cheese. Let stand 5 minutes.



How to Use a Recipe

- Read all directions thoroughly before beginning.
- Gather all needed equipment and ingredients.
- Preheat and/or complete other pre-preparation steps.
- Follow directions step by step.



Your Turn

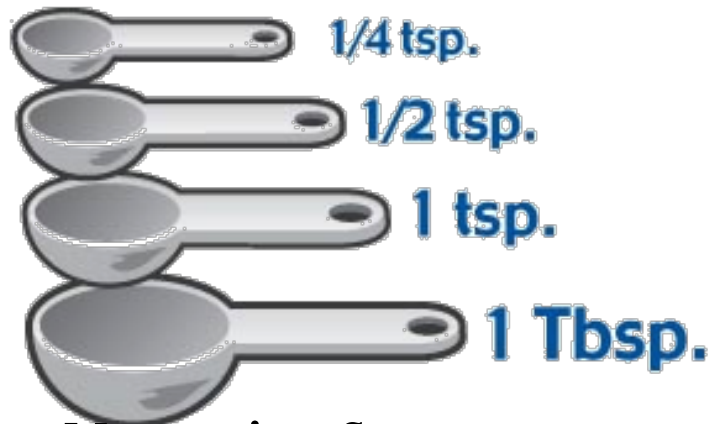
- Think up a name for a recipe.
- What is the yield? How many people will it serve?
- Name each ingredient.
- Write the steps in the order that you would prepare them.
- Number each step. How many steps are there?
- What special equipment is needed?

Common Abbreviations

- Here are some common abbreviations that you will find in most recipes.

Abbreviation	Meaning
tsp. or t.	teaspoon
Tbsp. or T.	tablespoon
c. or C.	cup
pt.	pint
qt.	quart
oz.	ounce
lb. or #	pound
°F	Fahrenheit
Hr	hour
min.	minute

Measuring Utensils

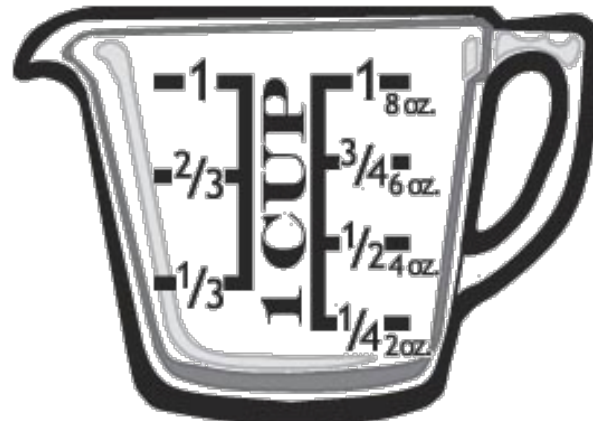


Measuring Spoons

Dry and liquid Ingredients
(Small Amounts)



Dry Measuring Cups
Dry and Solid Ingredients



Liquid Measuring Cup
Liquid Ingredients

Measuring for Recipes: Dry Ingredients

- Spoon ingredient into measuring cup until it is overfilled. (When measuring brown sugar, pack it into the measuring cup with the back of the spoon.)
- Use a straight-edge spatula to level off any excess.



Measuring for Recipes: Liquid Ingredients

- Set a liquid measuring cup on a flat surface.
- Bend down so the desired measurement marking is at eye level.
- Slowly pour the ingredient into the measuring cup until it reaches the mark for the desired amount.



Measuring for Recipes: Fats

- Use a rubber spatula to press fats into a dry measuring cup, making sure to eliminate any air pockets.
- Overfill the measuring cup.
- Level it with a straight-edged spatula.
- With stick butter, use the measurements on the side of the package. 1 stick = $\frac{1}{2}$ c.



Equivalents

Cups	Fluid Oz.	Tbsp.	Tsp.
1 cup	8 oz.	16 Tbsp	48 tsp
$\frac{3}{4}$ cup	6 oz.	12 Tbsp	36 tsp
$\frac{2}{3}$ cup	5 $\frac{1}{3}$ oz.	10.6 Tbsp	32 tsp
$\frac{1}{2}$ cup	4 oz.	8 Tbsp	24 tsp
$\frac{1}{3}$ cup	2 $\frac{2}{3}$ oz.	5.3 Tbsp	16 tsp
$\frac{1}{4}$ cup	2 oz.	4 Tbsp	12 tsp
$\frac{1}{8}$ cup	1 oz.	2 Tbsp	6 tsp
$\frac{1}{16}$ cup	$\frac{1}{2}$ oz.	1 Tbsp	3 tsp

1 pint	2 cups
4 cups	1 quart
4 quarts	1 gallon



Adjusting Recipes



- When changing the yield of a recipe, use the measuring equivalents to figure the adjusted amounts of each ingredient before you begin cooking. Write the adjusted amounts on your recipe so you will remember them as you work.
- To adjust recipes you want to use the following formula:
 - $\text{Want/yield} = \text{multiplying factor}$
 - Take the multiplying factor and multiply it by each ingredient amount.



Recipe Adjusting Example

- Miracle Lasagna from slide 3
- It yields 6 and I need it to feed 18
- $18/6=3$ (multiplying factor)
- Take 3 and multiply by each ingredient
 - 1 jar of Prego (3)=3 jars of Prego
 - 6 lasagna noodles (3) = 18 lasagna noodles
 - 2 cups shredded mozzarella (3) = 6 cups of mozzarella
 - $\frac{1}{4}$ cup of grated Parmesan (3) = $\frac{3}{4}$ cup of grated Parmesan



Adjusting a Recipe

This recipe for Chocolate Chip Cookies yields 3 dozen. You need to make 6 dozen. Write down the measurements you would use to double this recipe. Use correct abbreviations.

Chocolate Chip Cookies

Yields 3 dozen.

2 1/4 cup flour

3/4 cup brown sugar

1 teaspoon baking soda

1 teaspoon vanilla extract

1/4 teaspoon salt

2 eggs

1 cup margarine

2 cup chocolate chips

3/4 cup sugar

Adjusting a Recipe

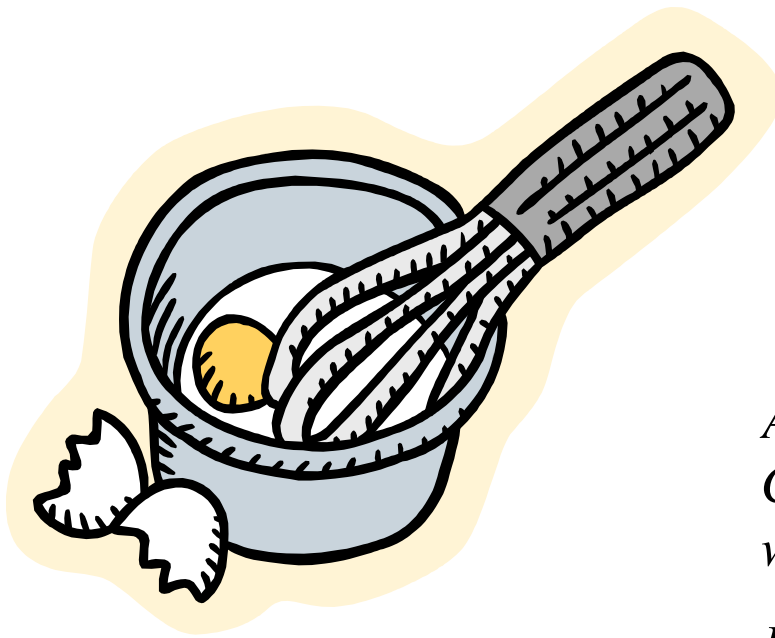
Your Grandma's recipe for Chocolate Cake makes a large cake so you want to make only half of a cake. Write down the new measurements you would need to make half this recipe. Use correct abbreviations.

Chocolate Cake

2 cups sugar	2 teaspoons baking soda
1/2 cup butter	2 chocolate squares
2 eggs	1/2 teaspoon salt
1 cup buttermilk	2/3 cup warm water
2 1/2 cups cake flour	1 teaspoon vanilla extract

Adjusting a Recipe

If a recipe calls for one egg and you want to cut the recipe in half, how might you half an egg?



*Answer: 1 large egg = 1/4 cup.
Crack egg into bowl and mix
with fork.*

*Pour out approximately 1/2
or 2 tablespoons of egg.*

Party Planning

- *Jenny is throwing a surprise birthday party for her best friend Katie. She has decided to make Katie's favorite dish, meat loaf. There will be a total of 40 people at the party. Answer the following questions:*
 - The recipe says it serves 8 people. By what number should Jenny multiply each ingredient to make enough meat loaf for everyone?
 - The recipe calls for 1 1/2 lbs. of ground beef. How much ground beef will Jenny need to make enough meat loaf for everyone?
 - Jenny will be serving milk with the meal. She plans on using 8 oz. glasses. How many gallons of milk does she need to make sure everyone gets one glass of milk?

Pop Quiz

1. 1 tablespoon is equivalent to ___ teaspoons
and 1 fluid ounce is equivalent to ___ tablespoons.
 - a. 3, 4
 - b. 4, 1
 - c. 3, 2
 - d. 2, 3

2. How would you measure the following amounts?
 - a. $\frac{2}{3}$ cup
 - b. $\frac{1}{8}$ cup
 - c. $1\frac{2}{3}$ cup
 - d. $2\frac{3}{4}$ cups

Pop Quiz

3. The number of servings a recipe makes is called its _____.
a. serving size
b. yield
c. equivalent
d. supply
4. Match the term on the left with the appropriate abbreviation on the right.
- | | |
|----------------|----------|
| 1. pounds | a. c. |
| 2. cups | b. Tbsp. |
| 3. tablespoons | c. lb. |
| 4. teaspoons | d. tsp. |
| 5. ounces | e. oz. |

Pop Quiz

5. True or False?
- a. Liquids should always be measured at eye level.
 - b. When measuring flour you should scoop it into a dry measuring cup, pack it, and level it with a straight edge.
 - c. One stick of butter is equal to 1 cup.
6. Look at each of the following measurements and determine which amount is larger:
- a. $\frac{1}{3}$ cup or $\frac{1}{4}$ cup
 - b. 1 pound or 18 ounces
 - c. 1 tablespoon or 4 teaspoons
 - d. 1 pint or 3 cups

Recipe Writing Activity

- Go back to the recipe you wrote down earlier in the notes.
- Find the real recipe either online or in a cookbook and compare the real recipe to your recipe.
 - What was the difference?
 - What were you missing?
 - Why is it important to have an accurate recipe when preparing food?

