

Study Guide:

Kitchen Safety, Food Safety, Recipe Reading, Measuring, Abbreviations, and Equivalents

Kitchen Safety Hints:

Direct steam away from your body when lifting up a lid.

Do not use a wet pot holder when picking up hot items, the water will turn to steam and burn you.

Use baking soda or fire extinguisher to put out a grease fire.

When using only one pan on the stove, turn the pan handle to the inside. If using more than one turn them to the outside of the stove.

Use a paper towel to pick up broken glass. Throw away in the garbage immediately.

When opening the oven door you have to open it all the way.

A sharp knife is less dangerous than a dull knife.

Never leave a pan/pot unattended on the stove.

Do not throw hot items away in the garbage.

Food Safety:

The temperature range of the danger zone is 40-140 degrees F.

Salmonella is a bacterium that is found in chicken.

E-coli are bacteria that are found in beef.

Never leave food sit out for more than 2 hours.

When in doubt throw food out!

Never use the same utensils and cutting boards when cutting up meat and other food items. Cross contamination can occur where you transfer bacteria from one source to another.

Cook food thoroughly to prevent food borne illness.

Recipe Reading:

The title of the recipe is the name of the food item to be prepared.

A yield is the serving size of the recipe.

When the recipe gives you a time range for a food item to be cooked always set the timer for the lowest amount of time.

Ingredients lists on a recipe are in order of usage.

Read the directions and ingredients list first before ever starting to prepare a food item.

Measuring:



Dry Measuring Cups: Standard Sizes $\frac{1}{4}$ c, $\frac{1}{3}$ c, $\frac{1}{2}$ c, 1 c

Used to measure dry ingredients such as flour, powdered sugar, brown sugar, oats, etc.

Use a leveler to level off ingredients, never shake the ingredients down.



Liquid Measuring Cups

Used to measure liquid ingredients such as water, milk, broth, etc.

Measure at eye level for accurate measurements.



Measuring Spoons: Standard Sizes $\frac{1}{4}$ teaspoon, $\frac{1}{2}$ teaspoon, 1 teaspoon, 1 Tablespoon

Used to measure small amounts of liquids or solids.

Abbreviations:

Tablespoon = Tbsp or T

Pint = pt

Quart = qt

Teaspoon = Tsp or t

Ounce = oz

Pound = lb

Cup = c

Gallon = gal

Equivalents:

1 Tablespoon = 3 teaspoons

1 stick of butter = $\frac{1}{2}$ cup = 8 Tablespoons

1 cup = 8 ounces

1 gallon = 4 quarts

1 pound = 16 oz

1 pint = 2 cups

1 quart = 2 pints