

ACTIVITY

Fusion Cuisine

Directions: Cooking that combines different cultural food traditions in one dish is referred to as fusion cuisine. Fusion cuisine may combine ingredients or cooking techniques of two or more cultures. Putting chili in a pita pocket is an example of fusion cuisine. Another example is topping a pizza with Chinese vegetables. On the lines provided, briefly describe an example of fusion cuisine that you have tried or would like to try for each of the base foods listed below.

1. Pizza _____

2. Salad _____

3. Casserole _____

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Changing the Yield

If the yield of a recipe does not suit your purposes, you can use the following procedure to make more or fewer servings.

1. Decide on desired yield (the number of servings you want)
2. Desired yield \div original yield = “magic number”
3. Original amount \times “magic number” = new amount needed

Example: A recipe that yields 6 servings can be changed to yield 2 servings.

Desired yield: 2 servings

Original yield: 6 servings

Magic number: $2 \div 6 = \frac{1}{3}$

Multiply each ingredient amount by $\frac{1}{3}$

Directions: Imagine you are changing the yield of recipes as indicated below. For each ingredient listed, calculate the new amount and write it in the space provided. Use the chart on page 480 of your textbook as needed to express the amounts in easy-to-measure ways.

1. Vegetable Stew: Original yield is 4 servings. Change yield to 12 servings.

Ingredient	Original Amount	New Amount
Garlic	1 clove	
Olive oil	$\frac{1}{4}$ cup	
Cubed eggplant	2 cups	
Peeled, seeded, chopped tomatoes	$1\frac{1}{2}$ cups	
Basil	1 tsp.	
Oregano	$\frac{1}{2}$ tsp.	

2. Muffins: Original yield is 12 muffins. Change yield to 6 muffins.

Ingredient	Original Amount	New Amount
All-purpose flour	2 cups	
Baking powder	1 Tbsp.	
Salt	$\frac{1}{2}$ tsp.	
Sugar	$\frac{2}{3}$ cup	

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Converting Measurements

Customary units are used as measurements in the United States. The metric system, based on multiples of 10, is used in most countries. Many packaged foods in the U.S. have both customary and metric measures.

The customary units of weight you are likely to see on many packaged foods are the ounce (oz.) and the pound (lb.). As you recall, 16 ounces = 1 pound.

The metric units you will use most are the milligram (mg), the gram (g), and the kilogram (kg). As you have learned, 1000 milligrams = 1 gram and 1000 grams = 1 kilogram.

When changing the yield of recipes, it is often necessary to convert weight from pounds to ounces or from ounces to a fraction of a pound. You also may need to convert when comparison shopping in order to find the best buy. For example, to determine the best buy when offered a 2½ lb. box of rice and a 12 oz. box of rice, you need to convert pounds to ounces. Use these rules to convert.

- Multiply to convert to a smaller unit.
- Divide to convert to a larger unit.

Examples

Converting to a smaller unit	Converting to a larger unit
<p><i>To convert 2½ pounds to ounces:</i> Remember: 16 ounces in a pound $2.5 \text{ lb.} \times 16 \text{ oz. per lb.} = 40 \text{ oz.}$</p>	<p><i>To convert 50 ounces to pounds:</i> Remember: 16 ounces in a pound $50 \text{ oz.} \div 16 \text{ oz. per lb.} = 3.125 \text{ lb.}$ (or 3 lb. 2 oz.)</p>
<p><i>To convert 0.7 kilograms to grams:</i> Remember: 1000 grams in a kilogram $0.7 \text{ kg} \times 1000 \text{ g per kg} = 700 \text{ g}$</p>	<p><i>To convert 500 grams to kilograms:</i> Remember: 1000 grams in a kilogram $500 \text{ g} \div 1000 \text{ g per kg} = 0.5 \text{ kg}$</p>

Directions: Convert each measurement as indicated. Write your answer in the blank at the left. Use the area at the right to show your work.

- _____ 1. 48 oz. = _?_ lb.
- _____ 2. 4 lb. = _?_ oz.
- _____ 3. 4 oz. = _?_ lb.
- _____ 4. 2 lb. 14 oz. = _?_ oz.

Continued

Converting Measurements

continued

_____ 5. $8 \text{ kg} = _? _ \text{ g}$

_____ 6. $16 \text{ mg} = _? _ \text{ g}$

_____ 7. $1.5 \text{ g} = _? _ \text{ mg}$

Directions: Solve each problem.

8. Your recipe calls for 1 gram of cheese. You have a package of cheese marked 900 mg. Will this be enough? _____ Explain your answer.

9. One kilogram is equal to 2.2 pounds. Sid's Supermarket is selling 5 kg frozen turkeys for \$11.00. Select Food Mart is selling frozen turkey for \$0.92 per pound. Which store offers the better buy? Why? (Show your work.)

10. Boxes of Crispy Flakes cereal come in two sizes. The 10 oz. box costs \$1.70. The $\frac{1}{4}$ lb. box costs \$2.40. What is the price per ounce for each box? (Show your work.)

Which is the better buy? _____

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Work Plan Scheduling

Directions: A work plan is a list of all the steps you'll take to prepare food. Review the work plan on page 500 of your textbook and use it as a model to make a work plan for a light meal. Begin by listing the menu you will serve. If you will use a specific recipe, summarize the recipe in the space provided. Your work plan will begin with "Wash hands" and end with "Serve."

Menu	Recipe

Work Plan

Basic Cooking Terms

Hidden Cooking Terms

Directions: Hidden in the puzzle below are 13 cooking terms. The terms may appear forward, backward, horizontally, or vertically. Circle each term in the puzzle. Decide which type of cooking method each term is and write it in the appropriate space in the chart below.

G N I Y R F H C N E R F S
 N R B H C G L R F S T M M
 I N S O G N I S I A R B B
 V T T R B I W B S B P I R
 A Y E V O Y D O E A A N O
 W P A N B R O I L I N G I
 O G M N S F D L I N F N L
 R N I G J R E I K F R I I
 C I N G I I P N Z F Y E N
 I K G O T T O G S M I T G
 M A R O A S T I N G N U I
 A B A I N G A I C N G A S
 G E T G N I R E M M I S P



Dry Heat	Moist Heat	Frying	Combination

Basic Measuring Methods

How Do You Measure . . . ?

Directions: The ingredients shown below are measured with a variety of measuring methods. Match each ingredient with two or more of the measuring methods listed below. Write the letter of the appropriate measuring methods in the blanks under the ingredients. There is one blank for each measuring method.



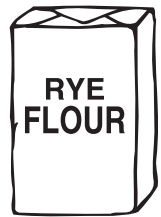
1. _____



2. _____



3. _____



4. _____



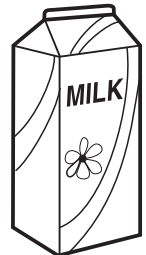
5. _____



6. _____



7. _____



8. _____

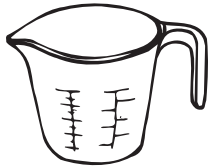
Measuring Methods

- A. Use a dry measuring cup.
- B. Use a liquid measuring cup.
- C. May need sifting (or straining) before use.
- D. Check measurement at eye level.
- E. Pack firmly in cup.
- F. Level with a straight edge.
- G. Never sift.
- H. Be sure to work out air bubbles.
- I. Measure on a flat surface.
- J. Grease or oil cup before measuring.

Basic Measuring Methods

Recipe Measuring

Directions: Given below is the ingredient list for a recipe of Butterscotch Bars. On the lines below, explain what type and size of cups or spoons should be used and how the listed ingredient should be measured.



Butterscotch Bars

Customary

$\frac{1}{2}$ cup
 1 $\frac{1}{2}$ cups
 2
 1 tsp.
 1 $\frac{1}{2}$ cups
 2 tsp.

Ingredients

Butter or margarine
 Brown sugar
 Eggs
 Vanilla
 Sifted flour
 Baking powder



1. Butter or margarine: _____

2. Brown sugar: _____

3. Vanilla: _____

4. Sifted flour: _____

5. Baking powder: _____

Recipe Math

Abbreviating Terms

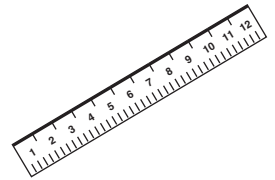
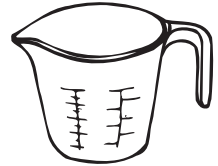
Directions: Match each measuring term in the left column with the correct abbreviation from the right column. Write the letter of the abbreviation in the space provided. Do not use any abbreviation more than once. Some abbreviations will not be used.

Measuring Terms

- ___ 1. Celsius
- ___ 2. Centimeter
- ___ 3. Cup
- ___ 4. Gallon
- ___ 5. Gram
- ___ 6. Inch
- ___ 7. Kilogram
- ___ 8. Liter
- ___ 9. Milliliter
- ___ 10. Millimeter
- ___ 11. Ounce
- ___ 12. Pint
- ___ 13. Pound
- ___ 14. Quart
- ___ 15. Tablespoon
- ___ 16. Teaspoon

Abbreviation

- A. kg
- B. m
- C. pd.
- D. lb.
- E. C
- F. L
- G. oz.
- H. g
- I. tsp.
- J. qt.
- K. cm
- L. pt.
- M. Tbsp.
- N. c.
- O. gal.
- P. mL
- Q. in.
- R. mm



Reading Recipes

Magic Terms Square

Directions: Find the term that best fits each description. Write the number of the correct term in the space in the lettered square. If all your answers are correct, the total of the numbers, or the “Magic Number,” will be the same in each row across and down. Write the Magic Number in the space provided.

Terms

- | | |
|-------------|-------------|
| 1. baste | 11. mince |
| 2. beat | 12. pare |
| 3. boil | 13. preheat |
| 4. chill | 14. puree |
| 5. cream | 15. shred |
| 6. cube | 16. slice |
| 7. cut in | 17. stir |
| 8. drain | 18. toss |
| 9. fold in | 19. whip |
| 10. garnish | |

A	B	C	D
E	F	G	H
I	J	K	L
M	N	O	P

The Magic Number is _____.

Descriptions

- A. To mix with a rotary beater or electric mixer.
- B. To mix shortening and flour with a pastry blender.
- C. To tumble a mixture very lightly with a spoon and fork.
- D. To cut a thin layer of peel from fruits or vegetables.
- E. To remove excess liquid from a food.
- F. To combine shortening and sugar until soft and smooth.
- G. To chop food until the pieces are as small as possible.
- H. To cut food into long, thin pieces.
- I. To turn on an oven ahead of time.
- J. To mix using a circular or figure eight motion.
- K. To cut into pieces that are ½-inch square or larger.
- L. To heat a liquid until bubbles constantly rise to the surface and break.
- M. To cut into thin, flat pieces.
- N. To decorate a food or dish with a small, colorful food.
- O. To refrigerate food until it is cold.
- P. To gently combine two mixtures.

Reading Recipes

Understanding the Recipe

Directions: Read the recipe and answer the questions below on the lines provided.

One-Dish Dinner		Directions
Customary	Ingredients	
1 lb.	Ground Beef	1. Preheat oven to 350°F.
1	Onion, chopped	2. Crumble ground beef in skillet. Add onion and cook until browned.
1 10% oz. can	Condensed tomato soup	3. Spoon off excess fat.
1 16 oz. can	Green beans, drained	4. Add tomato soup, green beans, and pepper.
¼ tsp.	Ground pepper	5. Simmer five minutes.
1½ cup	Mashed potatoes	6. Grease casserole dish. Pour meat mixture into casserole.
½ cup	Shredded cheddar cheese	7. Drop potatoes in mounds onto hot meat mixture.
Yield: 4 servings		8. Sprinkle with shredded cheese.
Pan: 12-inch skillet 2-quart casserole dish		9. Bake for 20 minutes.

1. What ingredients are used to make this recipe? _____

2. What size measuring cups and spoons are needed to make this recipe? _____

3. What tools are needed to chop the onion? _____
4. What will the onion be like after it is chopped? _____

5. What does it mean to drain the green beans? What tool(s) could be used to drain them?

6. What tool would you use to shred the cheese? _____
7. How many people will this recipe serve? _____

Know Your Equipment

Kitchen Equipment I.D.

Directions: Match each equipment name below with the correct sketch of the equipment. Write the letter of the equipment name in the blank above each pictured item. Do not use any name more than once. Some names will not be used.

- | | | |
|-----------------------|-------------------------|----------------------|
| A. Chef's knife | B. Colander | C. Cutting board |
| D. Dry measuring cups | E. Grater | F. Kitchen shears |
| G. Ladle | H. Liquid measuring cup | I. Pastry blender |
| J. Peeler | K. Rolling pin | L. Rotary beater |
| M. Rubber scraper | N. Serrated knife | O. Sifter |
| P. Spatula | Q. Tongs | R. Wire cooling rack |

____ 1.



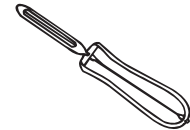
____ 2.



____ 3.



____ 4.



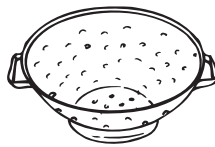
____ 5.



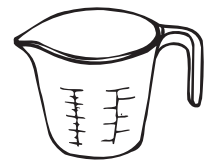
____ 6.



____ 7.



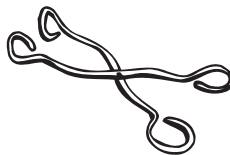
____ 8.



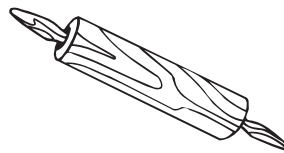
____ 9.



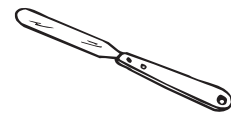
____ 10.



____ 11.



____ 12.



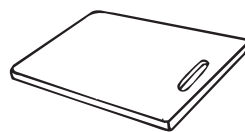
____ 13.



____ 14.



____ 15.



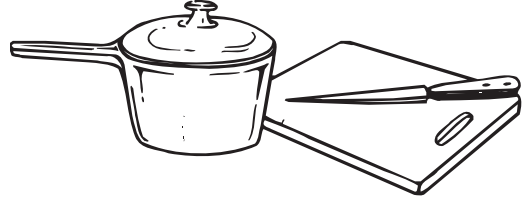
____ 16.



Know Your Equipment

What Equipment is Needed?

Directions: Read the situations described below. List the equipment needed on the lines provided.



1. Francesca is making a loaf of applesauce bread. The recipe includes sifted flour, milk, baking soda, applesauce, a beaten egg, and spices. What equipment does Francesca need to make and bake this recipe?

2. David is making a tossed salad for supper. He's using lettuce, grated carrots, sliced celery and cucumbers, and shredded cheddar cheese. What equipment does he need to make this salad?

3. Kaitlin is making sauce to serve over spaghetti. The sauce recipe calls for ground beef, chopped onions and green peppers, sliced celery, tomato sauce, and several spices. What equipment will Kaitlin need to make the spaghetti and sauce?
