

Converting a Recipe

Directions Read the recipe below. Then answer the questions about converting the quantities in this recipe and complete the Discovery activity.

Easy White Bean Stew (4 servings)

| | |
|-----------------------------|-----------------------------------|
| 1 pound dry white beans | 2 carrots, diced |
| 2 quarts water | 2 stalks celery, diced |
| 1 teaspoon salt | 3 cups chicken or vegetable stock |
| 2 Tablespoons vegetable oil | 1 teaspoon dried thyme |
| 1 large onion, chopped | 1 bay leaf |
| 2 cloves garlic, minced | ½ pound sausage, crumbled |

1. Place beans, water, and salt in a large container. Soak for at least 8 hours. Then drain.
2. In a large pot, sauté onion and garlic in vegetable oil until softened.
3. Add carrots and celery and sauté another few minutes.
4. Add soaked beans, stock, thyme, and bay leaf to pot.
5. Brown sausage in a pan and add to pot.
6. Bring mixture to a boil. Then reduce heat and simmer for ten minutes or until vegetables are tender.
7. Add salt and pepper to taste and serve over rice or pasta.

1. Suppose you want to serve this stew to a different number of people. How much of each ingredient do you need? Write the quantities next to the name of each ingredient.

| Ingredients | Quantities for Six People | Quantities for Two People | Ingredients | Quantities for Six People | Quantities for Two People |
|---------------|---------------------------------|---------------------------------|-------------|---------------------------------|---------------------------------|
| Dry beans | | | Carrots | | |
| Water | | | Celery | | |
| Salt | | | Stock | | |
| Vegetable oil | | | Dried thyme | | |
| Onion | | | Bay leaf | | |
| Garlic | | | Sausage | | |

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CHAPTER 20 Recipes and Measuring (Continued)

Focus on Math

2. How would altering the quantities in this recipe affect the cooking time? _____

3. Suppose you want to use fresh thyme instead of dried thyme in the recipe. The usual rule is to use 1 tablespoon of fresh herbs for 1 teaspoon of dried herbs. How much fresh thyme would you need to make this recipe for two people, four people, and six people?

4. Suppose you want to send this recipe to a friend who lives in England, where they use metric measurements. Use the list of approximate metric equivalents at the left to convert the quantities for the ingredients on the right to metric. List the metric quantity on the line next to each ingredient.

Approximate Metric Equivalents

1 pound = 448 grams

1 quart = 1 liter

1 cup = 250 milliliters

1 Tablespoon = 15 milliliters

1 teaspoon = 5 milliliters

Conversions

1 pound dry beans _____

2 quarts water _____

1 teaspoon salt _____

2 Tablespoons vegetable oil _____

3 cups stock _____

1 teaspoon dried thyme _____

½ pound sausage _____

Discovery

Weight-to-Volume Chart Recipes list some ingredients by weight and others by volume. Volume is the space that something takes up, like sugar in a cup or teaspoon. Weight refers to heaviness, as in ounces or pounds of ground beef. Food packages may not tell you what you need to know for a recipe. For instance, a bread recipe might call for 3 cups of flour, but the bags of flour are measured in pounds. How do you know how many cups are in the bag? If the package label does not say, you could use a weight-to-volume conversion chart. Such charts list the weight per cup (or per teaspoon, tablespoon, etc.) of each ingredient you use frequently.

Make your own weight-to-volume chart by measuring 1 cup of each of these ingredients and then weighing each one on a kitchen scale: *flour, sugar, vegetable oil, honey, rice, oats, dry beans, and cornmeal*. (Do not forget to subtract the weight of the empty cup first.)

Adapting a Recipe

Directions A recipe does not have to be set in stone. Sometimes it is just a starting point for your own creativity. Read the recipe below. Then answer the questions about how you might adapt this recipe to fit different needs.

Quiche Lorraine (6 to 8 servings)

- | | |
|----------------------------------------|---------------------------|
| 2 cups sifted all-purpose flour | 3 eggs |
| ½ teaspoon salt | ¼ teaspoon salt |
| ½ cup butter, softened | ⅛ teaspoon white pepper |
| ½ cup water | dash of nutmeg |
| 1 egg white | 1 teaspoon chopped chives |
| ¼ lb. bacon, sliced into ¼-inch pieces | ½ cup diced Swiss cheese |
| 2 cups milk or cream | |

1. Combine the flour and salt. Rub the butter and flour mixture together with the hands. Form this mixture into a well and slowly pour in water, stirring it quickly into the flour to make a soft dough. Cover with a damp cloth and refrigerate for 2 to 8 hours.
2. Roll out the dough and form it into a 9-inch pie shell. Brush with egg white.
3. Cook bacon in a heavy skillet until not quite crisp. Drain on paper towels.
4. Scald milk or cream. Cool slightly. Then beat in eggs, salt, pepper, nutmeg, and chives, making a custard.
5. Sprinkle bacon bits in pie shell. Cover with Swiss cheese. Then pour custard over top.
6. Bake at 375°F for 35 to 40 minutes or until top is golden brown.

1. How could this recipe be changed to make it quicker and easier to prepare?

2. How could this recipe be changed for vegetarians, who do not eat meat?

3. How might you change this recipe to reduce the fat content?
