

## Chapter 24

## Preparation Techniques

## Measurement Equivalents

**Directions:** What do you do when a recipe calls for the juice of one lemon and you have only bottled lemon juice? What do you do when you need to know whether your three apples will make two cups of apple slices? Measurement equivalent charts, such as the one below, can help you to determine the weight, volume, and yield for specific measurements of recipe ingredients.

Read the equivalents provided. Then use the chart to help answer the *Thinking Critically* questions, and complete the activities as directed by your teacher.

Food	Volume/Weight	Yield
Almonds, in shell	1 lb.	1 $\frac{1}{4}$ cups shelled
Apples	1 medium 5 oz.	1 cup sliced or diced
Bananas, peeled	1 medium 4 oz.	$\frac{1}{3}$ cup mashed
Carrots	1 medium 2.5 oz.	$\frac{1}{2}$ cup shredded or diced
Cheddar cheese	4 oz.	1 cup shredded
Chocolate, unsweetened	1 square 1 oz.	$\frac{1}{4}$ cup grated
Eggs, raw, shelled	1 large 2 oz.	3 Tbsp. beaten
Green peppers	1 large 3 oz.	1 cup diced
Lemons	1 medium 4 oz.	3 Tbsp. juice
Macaroni, dry	1 cup 4 oz.	1 $\frac{1}{2}$ cups cooked
Oats, rolled, dry	$\frac{3}{4}$ cup 3 oz.	1 cup cooked
Onions	1 medium 3 oz.	$\frac{1}{2}$ cup chopped
Rice, long grain, dry	1 cup 6.5 oz.	3 cups cooked
Spaghetti, dry	1-inch diameter bunch 4 oz.	2 cups cooked
Walnuts, in shell	1 lb.	1 $\frac{1}{2}$ cups shelled

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## Thinking Critically

1. Suppose you need  $1\frac{1}{2}$  cups of shredded cheddar cheese for a recipe. You have an 8-ounce package of cheese. What portion of the package will you use?

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2. Your recipe called for 4 cups of rice. After preparing the recipe, you had about three times the amount of rice that you needed. How can you account for the extra servings of rice? What difference would this extra amount have made if you had been preparing a casserole?

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3. A recipe for lemon filling needs  $\frac{1}{2}$  cup of lemon juice. How many lemons do you need?

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4. Cook 1 cup of macaroni in boiling water. How many cups do you have after cooking? How does your cooked amount compare to the equivalent chart?

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5. A recipe for Walnut Potica (poh-teet-sah), a Bohemian-Slovenian dessert, needs 8 cups of chopped walnuts. How many pounds of walnuts do you need to buy?

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## For Further Study

- ◆ Locate equivalent charts in several cookbooks. Using a spreadsheet format, create a useful equivalent chart for yourself.
- ◆ Using an Internet puzzle maker or other software, create a crossword puzzle of twenty-five food preparation techniques, including terms used frequently in recipes and challenge terms. Exchange with other students in your class.
- ◆ Highlight all the food-preparation terms you find in two recipes. Do you understand all of the terms? Paraphrase what the terms are asking you to do. How will these terms affect your recipe?
- ◆ Survey at least fifteen students and fifteen adults. Ask them: What is most important to know when preparing a recipe? How important is it to add exact amounts rather than estimate when measuring recipe ingredients? Make a graph of your results. Do you agree with your results? Why or why not?
- ◆ Make a list of measuring equipment you consider essential to have in your kitchen. Explain why you believe these tools are essential. What equipment would you like to add to your list? Why would these tools be beneficial to have when preparing a recipe?