

Activity 123

Recipe Review

Directions: Recipes are the key to successful cooking. Read the recipe below carefully and then answer the questions that follow.

Oatmeal Treats

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| 1 cup (250 mL) shortening | 1½ cups (350 mL) whole wheat flour |
| 2 cups (500 mL) brown sugar | 1 tsp. (5 mL) salt |
| 2 eggs | 3 cups (750 mL) uncooked oats |
| 1 tsp. (5 mL) vanilla | ½ cup (125 mL) walnuts, chopped |
| 1 tsp. (5 mL) baking soda | 1 cup (250 mL) dried apricots, chopped |

Preheat oven to 350°F (177°C). In large mixing bowl, cream shortening and sugar. Add eggs and vanilla, beating until light and fluffy. Sift dry ingredients together; add to creamed mixture. Beat ingredients until well mixed, scraping bowl occasionally. Stir in oats, walnuts, and apricots. Drop by teaspoonfuls, 1 in. (2.5 cm) apart, onto greased baking sheet. Bake 10-minutes or until lightly browned. With spatula, immediately remove cookies to wire racks to cool. Makes 4 dozen cookies.

1. In the recipe, underline the ingredients you need to make the cookies. Circle the amount of each ingredient you will use.
2. List the measuring utensils you will use. _____

3. List the preparation terms found in the recipe. _____

4. List the cooking utensils and tools you will use. _____

5. What is the yield of the recipe? _____
6. What preparation is needed before you start mixing ingredients? _____
