

Discovering Life Skills

Chapter 23: Cooking Basics

Chapter Summary

When cooking, the success of your dish depends in part on following step-by-step instructions. By measuring accurately, using the proper measuring tools, and following directions, you ensure that your recipes turn out the same every time and in the way you had anticipated. Herbs and spices add taste, color, and aroma to foods. Fruits and vegetables are a delicious part of a well-balanced meal plan. Sometimes you may want to use convenience foods that can save you time.

There are many techniques for cooking food. Grain products like rice, pasta, and oatmeal are cooked in water. Some foods made from grains must be cooked before you eat them. Like fruit, vegetables can be enjoyed raw or cooked. Vegetables retain their nutrients and keep their texture and flavor when cooked properly. When cooking meat, poultry, or fish, you can use moist heat or dry heat.