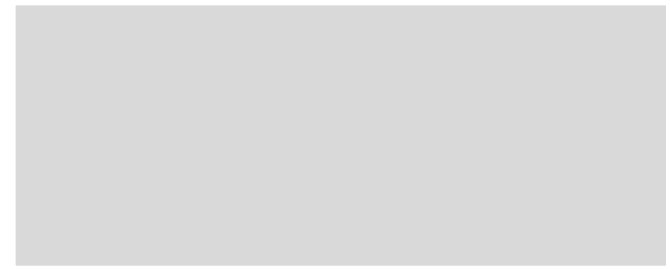


Kitchen Equipment

Plus a little...

Major Appliances

Appliance	Fuel Can Be:
Stove	Gas or Electric
Oven	Gas or Electric
Microwave	Electric



Small Cooking Appliances

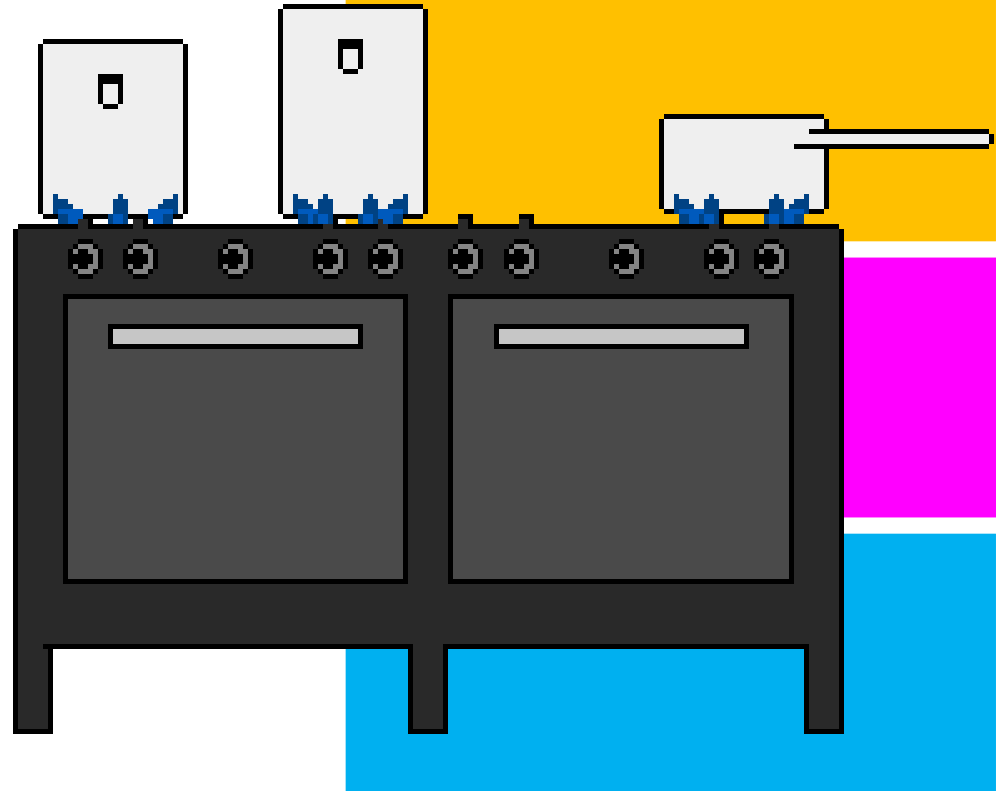
- Hand Mixer
- Toaster
- Electric Griddle
- Blendtec Blender
- Salad Shooter
- Crock Pot
- Rice Cooker
- Fry Daddy



Cookware

Heat-resistant dishes (metal or ceramic) that can be used to cook/heat food.

- Pans
- Ceramic Dishes
- Pots
- Stainless Steel
- Pressure Cooker
- Wok



Bakeware

Heat resistant dish (ceramic, glass or metal) that food can be baked in.

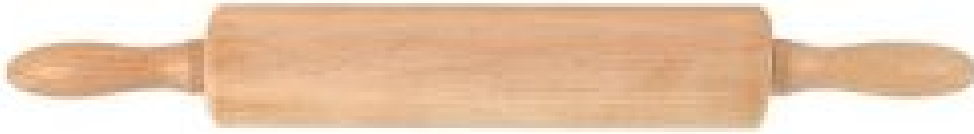
- Cookie Sheet (Difference in Serving Tray)
- Pizza Pan
- Muffin Tin
- Broiling Pan
- Cake Pan
- Roasting Pan
- Pie Pan
- Bread Pan



When baking in a glass baking dish reduce the temperature by 25 degrees.

Rolling Pin

- Used to roll out dough



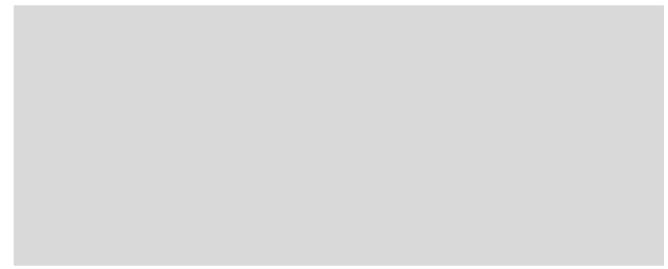
Straight Edge Spatula

- Used to level & frost



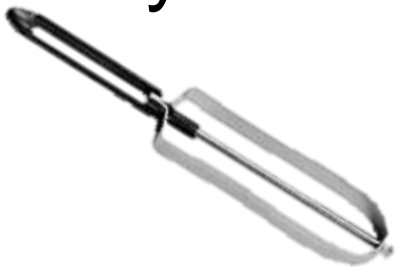
Wooden Spoon

- Used to stir or mix



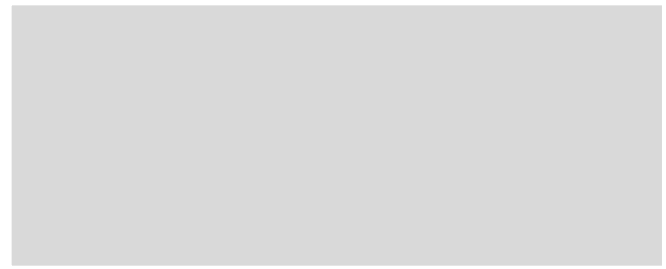
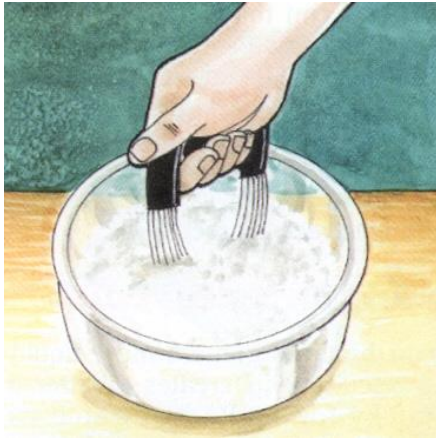
Peeler

- Used to remove a thin layer of skin



Pastry Blender

- Used to cut fat into flour



Slotted Spoon

- Used to drain and serve liquids from solid foods.



Measuring Tools

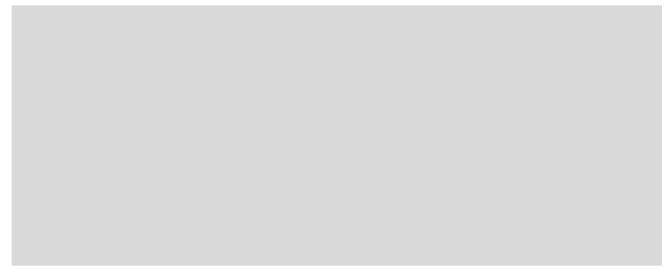
- Liquid Measuring Cup



- Dry Measuring Cups

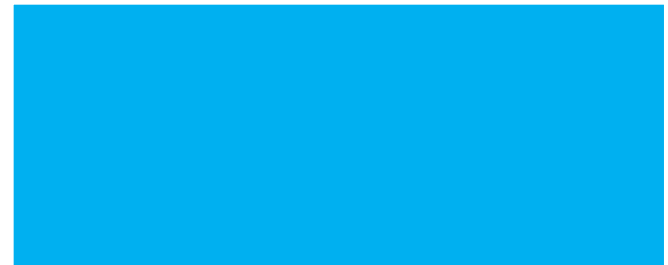
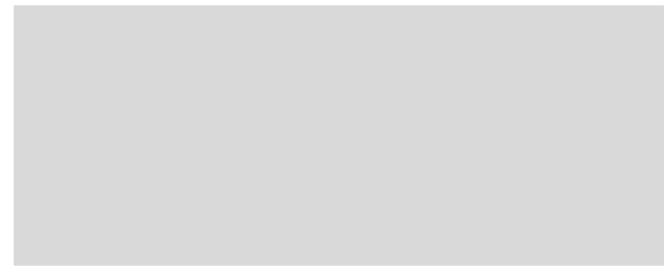


- Measuring Spoons



Ladle

- Used to scoop hot liquids from pans



Wire Wisk/Whip

- Used to blend or whip ingredients



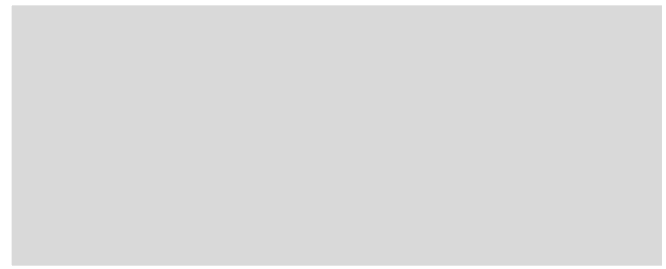
Rubber Spatula

- Used to scrap a bowl



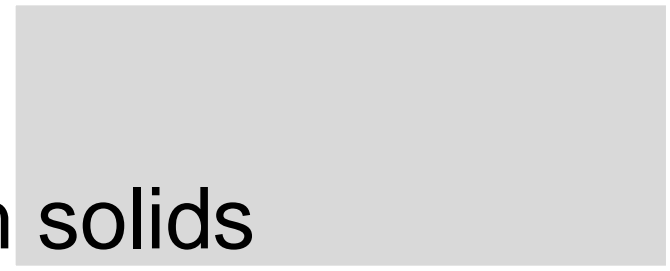
Turner

- Used to flip/serve flat items



Colander/Strainer

- Used to separate liquids from solids



Meat Thermometer

- Used to take the internal temperature of meat products.



Oven Thermometer

- Used to measure the internal temperature of an oven.



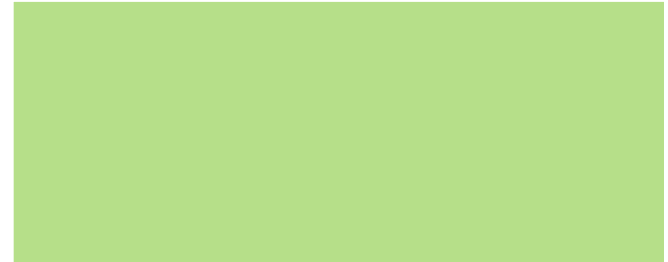
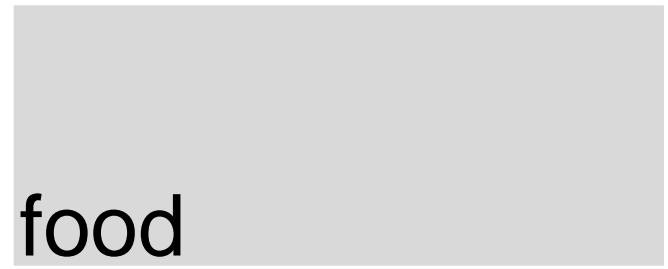
Tongs

- Used to grip and lift hot, bulky food



Cutting Board

- Hard surface (preferably plastic) used for cutting up ingredients.



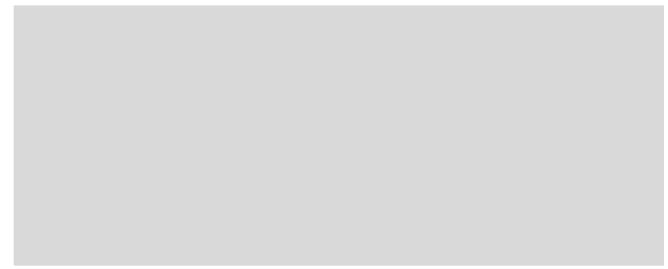
Sifter

- Used to sift dry ingredients



Grater

- Used to shred solid ingredients



Bread Knife

- Used to slice bread- has a serrated blade.



Chef Knife

- Used to chop up ingredients

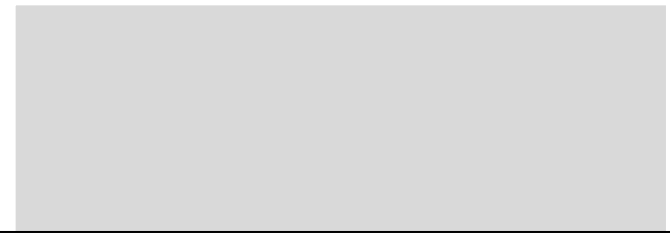


Paring Knife

- Used to peel fruits and veggies, or to cut up small ingredients



Knife Skills

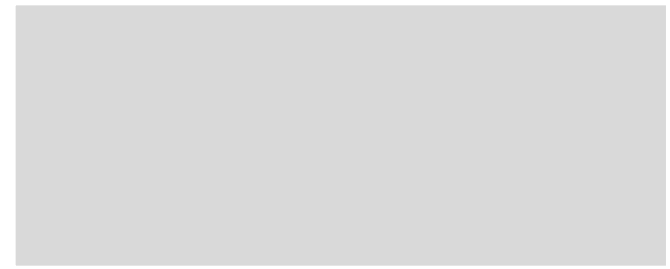


Mini Lab

Salsa



MICROWAVE COOKING



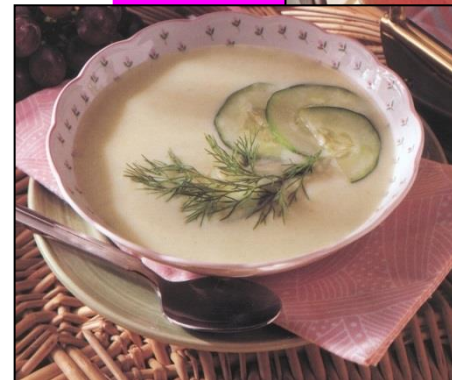
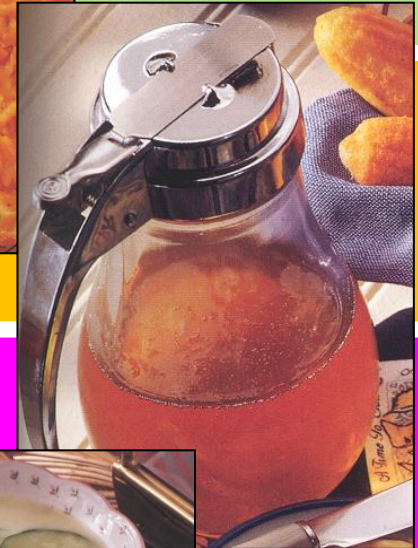
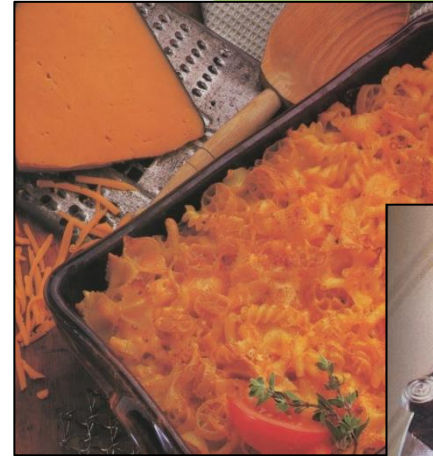
How Does a Microwave Work?

- 1- Magnetron tube turns electricity into microwaves
- 2- The microwaves are absorbed into the food molecules causing them to vibrate.
- 3- Friction produces heat which cooks the food.



Which foods cook faster in a microwave oven?

- Microwaves are attracted to fats. Cheesy foods will cook or heat very quickly.
- Microwaves are also attracted to sugar molecules. (honey, syrups, dessert foods will heat or cook very quickly.)
- Microwaves are attracted to water and watery textures such as soups.



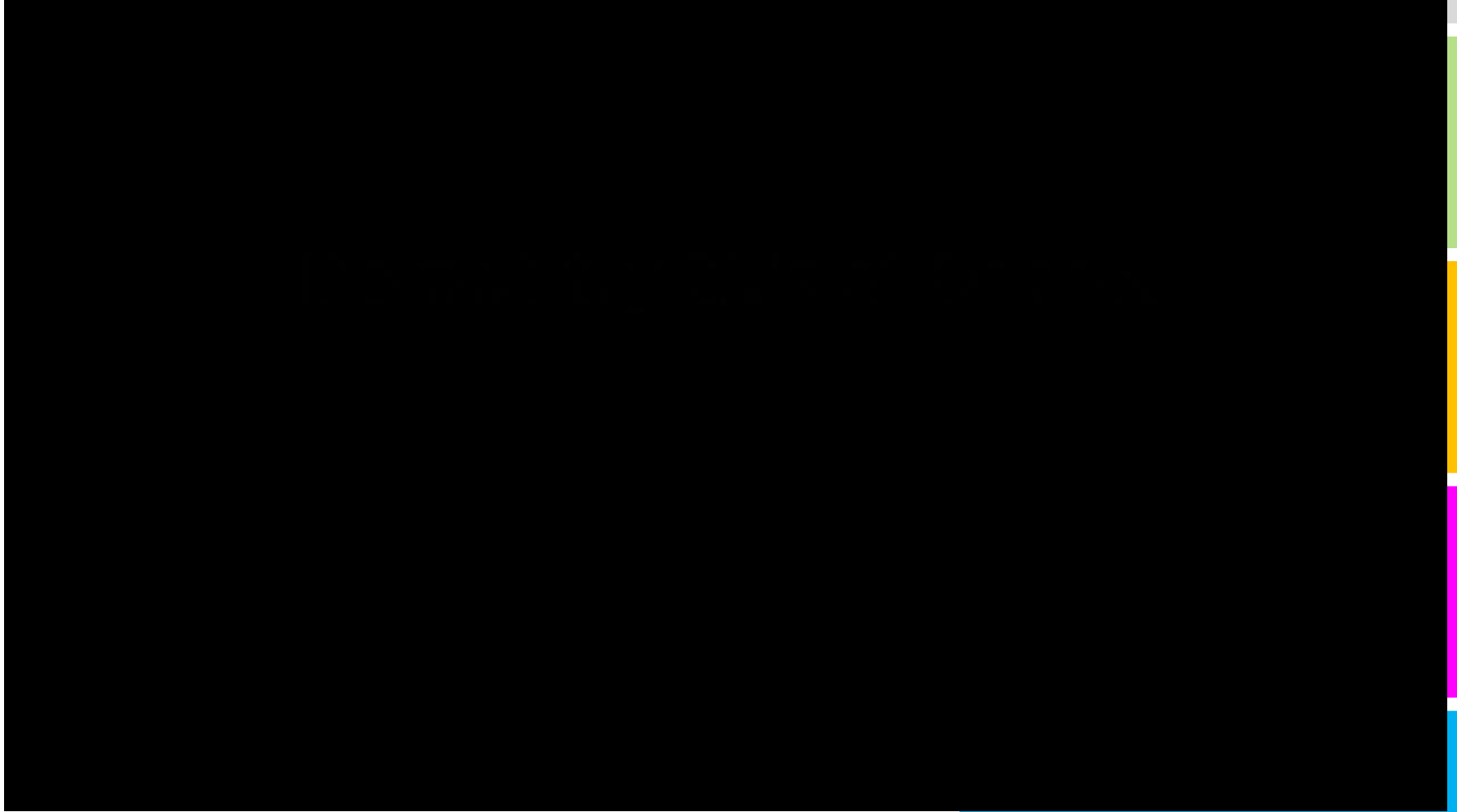
What is the safest type of container to use in the microwave?

- Paper
- Plastic
- Glass
- Ceramic
- METAL is a NO-NO!

- If the container is shallow and round, rather than square, food will cook more evenly.

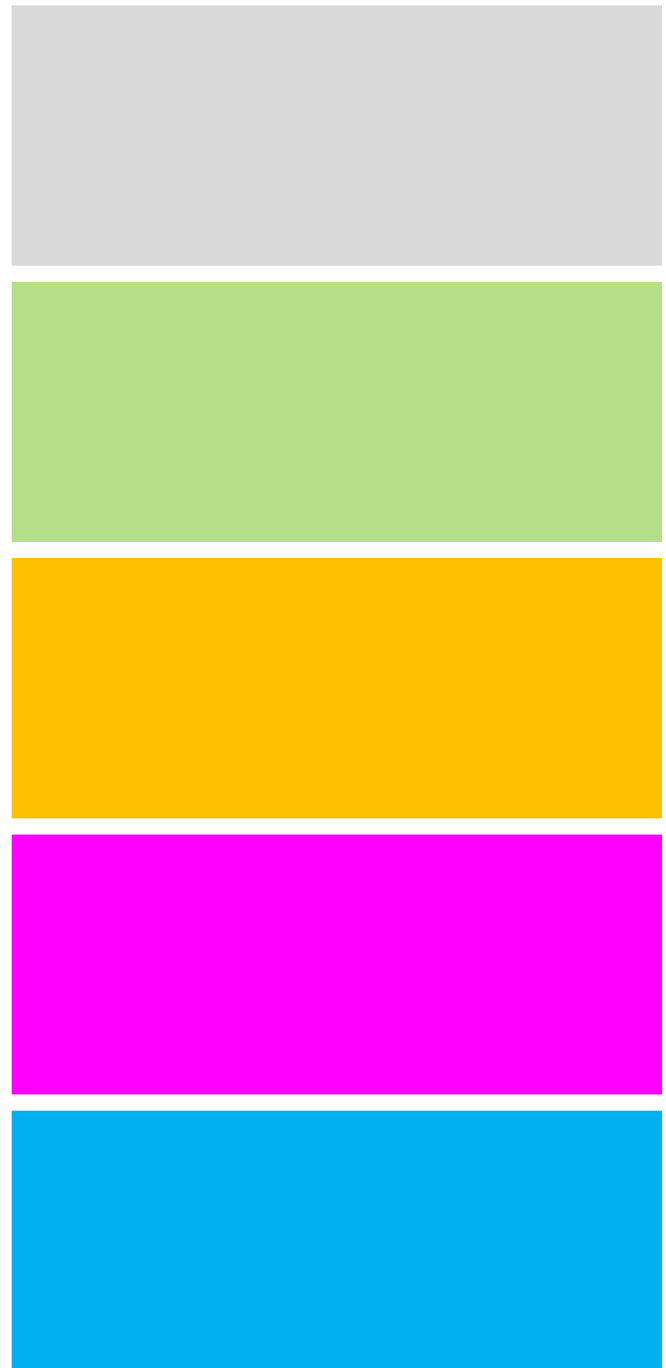


Microwave Cooking?



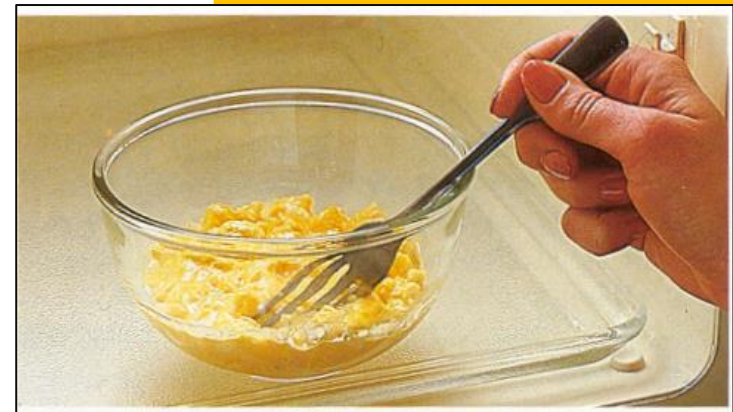
What is standing time?

- The amount of time food is allowed to sit after microwaving.
- This is important because it allows the food to finish the cooking process.
- The quantity, or volume, of food cooked will increase standing time.
- Browning does not happen in microwave cooking due to the lack of dry heat from the cooking coil.

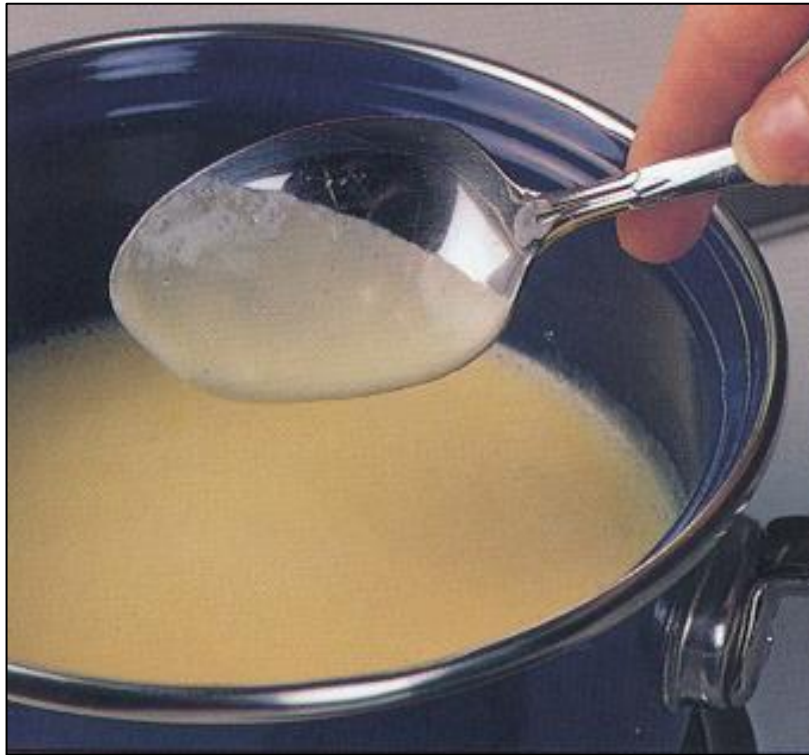


Why do some microwaves rotate the food as it cooks?

- Foods will cook more evenly if rotated during cooking.
- Another reason it is important to stir food during cooking is because food cooks from the outside in.

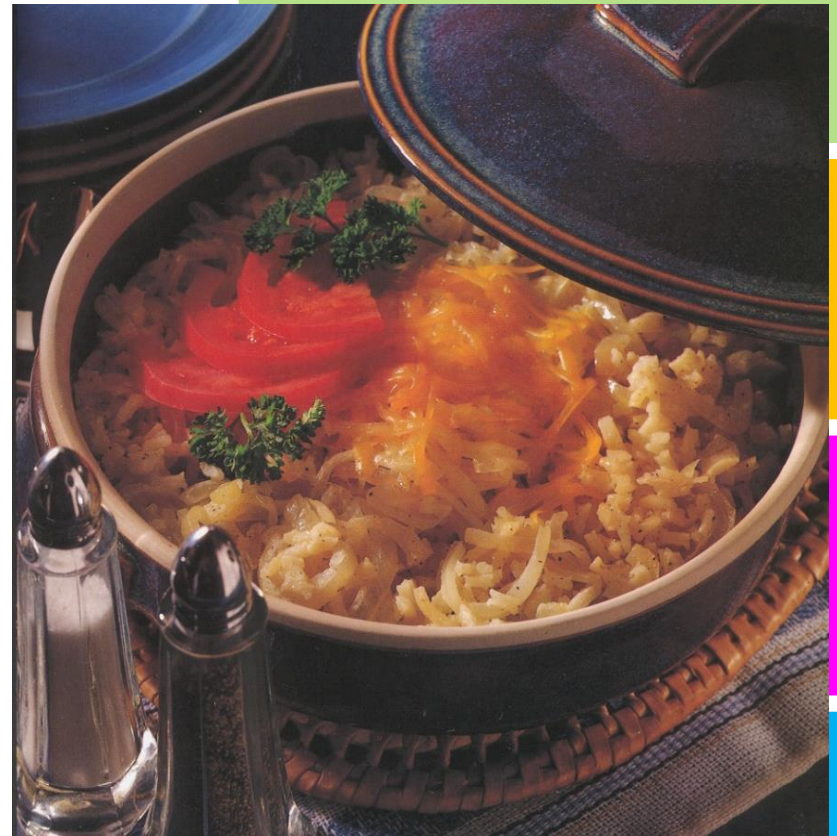


Micro-waved foods will not scorch or stick so constant stirring is not necessary, but stirring is so important to disperse heat to the inside of the food!



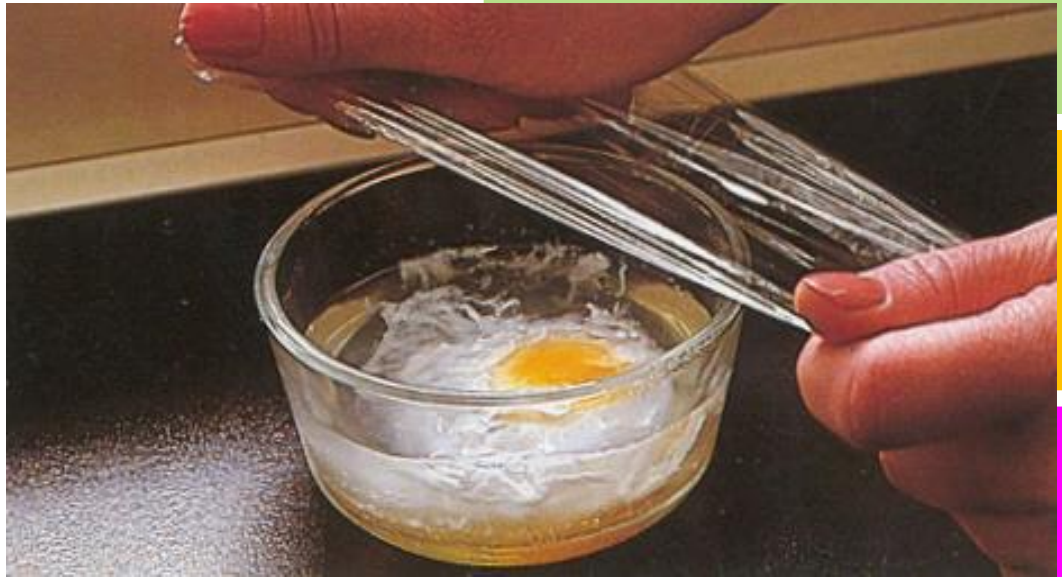
Why Should Foods Be Covered While Microwaving?

- Moisture will be held in the food.
- Food will cook more evenly.
- Prevents splattering.



What would be an appropriate cover when cooking with a microwave?

- Plastic wrap
- Paper towels
- Wax paper
- Microwavable lids



Remember the Following to Prevent Burns.....

- Hot food = hot containers.
- Lift cover away from you (steam can burn-pop corn bags)
- Piercing foods prevents exploding (potatoes)



Microwave Experiment

- What happens to food as it is cooked in the microwave? Will the food item cook differently if it is a high-fat item vs a high-sugar item?

