kitchen basics

- Kitchen Utensils
Objectives

1. Identify various small kitchen utensils and discuss their function
2. Explain how to select and care for cooking and baking utensils.
3. Demonstrate the use of various pieces of small kitchen equipment, cookware, and bakeware
Small Equipment

• Before buying small equipment ask the following questions:

1) What kinds of kitchen tasks are performed and how often are they performed?
2) How is the equipment designed and how does it work?
3) What quality of materials are used to make the equipment?
4) How are the handles constructed?
Measuring Tools

• **Liquid measures** are made of glass or clear plastic
  - Measure things like milk, water, and vegetable oil.
  - Common sizes: 1 cup, 2 cup, and 4 cup

• **Dry measures** are made of metal or plastic
  - Measure things like flour, sugar, shortening, and peanut butter
  - Sold in sets: ¼ cup, ½ cup, and 1 cup

• **Measuring spoons** are made of metal or plastic
  - Measure small amounts of liquid or dry ingredients
  - Sets include: ¼ teaspoon, ½ teaspoon, 1 teaspoon, and 1 tablespoon

• You can also use *kitchen scales*, which give a precise measurement

• Types: balance scales, mechanical scales, and digital scales
Mixing Tools

• *Wooden spoons* are used for stirring and mixing

• *Slotted spoons* are used to remove pieces of food from liquid

• *Heavy metal spoons* are used to stir thick mixtures

• *Rotary beater* used to beat, blend, and incorporate air into food

• *Whisk* is a mixing tool made of loops of wire attached to a handle, to incorporate air into food

  - Use it for eggs, souffles, meringues, and sauces
Baking Tools

• **Sifter** used to blend dry ingredients and remove lumps
• **Pastry blender** is made of several thin, curved pieces of metal attached to a handle
  - Used to blend shortening, butter, and cheese
• **Pastry brushes** used to brush butter or sauce on foods
• **Pastry cloth** keeps the dough from sticking to the counter
• **Rolling pin** used when rolling out dough or pastry
• **Stockinette** covers the rolling pin and prevents the dough from sticking to the rolling pin
• **Bent edge spatula** used to remove cookies from a baking tray
  - Also used to turn meats, fish, pancakes, eggs, and omelets
• **Straight edged spatula** used to spread cake icings/meringues and level dry ingredients
• **Flexible spatulas** used to scrape bowls/saucepans and fold ingredients into one another
Sifter
Pastry blender
Rolling pin and nonstick baking mat
Parchment paper
Pastry brush
Basting brush
Straight-edged spatula
Flexible spatula
Bent-edged spatula
Thermometers

• **Oven safe thermometers** designed to be placed in food while it is cooking
• **Instant read thermometers** inserted into a food at the end of cooking
• **Candy thermometers** marked with different temperatures needed for different kinds of candy
• **Deep fat thermometers** register oil temperature for deep frying foods (doughnuts and French fries)
Cutting Tools

• *Kitchen shears* used to snip herbs and trim vegetables
  - Also used to cut meat, dough, cookies, and pizza

• *Poultry shears* cut through fowl and fish bones

• *Peeler* remove the outer surface of fruits and vegetables

• *Shredder grater* a four sided metal tool used to shred and grate food (cheese and cabbage)

• *Cutting boards* used when cutting and chopping foods to protect tables and countertop
Kitchen shears
Cutting board
Plane grater
Shredder-grater
Peelers
Poultry shears
Knives

- **Serrated blade** has a sawtooth edge (tomatoes and bread)
- **Tang** the prong of the blade that attaches to the handle
- **Chef’s knife** (French knife) has a long, smooth blade for chopping, dicing, and mincing (fresh fruits, vegetables, herbs)
- **Paring knife** has a smooth blade for peeling and trimming fruits and vegetables
- **Bread knife** has a long, serrated blade for cutting bread
- **Bonding knife** has a thin, smooth blade to easily cut and remove bones from raw meat and poultry.
- **Utility knife** used to trim fat from meat and cut tender vegetables, cheeses, and cold cuts
Other Preparation Tools

- **Tongs** are helpful for turning meats and fried foods
- **Kitchen forks** use them when transferring heavy meats and poultry
- **Ladles** use for dipping and pouring, serve punches, soups, sauces, gravies, and salad dressings
- **Baster** uses suction to collect juices from meat and poultry for basting (covering food with liquid)
- **Colanders** are perforated bowls used to drain fruits, vegetables, and pasta
- **Strainers** are devices that have holes punched in it or made of crossed wires for removing liquid
- **Can opener** remove tops of cans
Cooking and Baking Utensils

• Consider the following features when buying cooking and baking utensils:

1) Utensils should be sturdy and well balanced. All edges should be smooth. Pan bottoms should be flat for good heat conduction.

2) Handles should be heat resistant, sturdy, and securely attached.

3) Lids should be well constructed should fit tightly.

4) Utensils should be light enough to handle comfortably and safely.

5) Utensils should be able to stack or hang from a rack for storage.
Cookware and Bakeware Materials

Metal Materials:
- **Cast iron**
- **Aluminum**
  - Pitting (marking with tiny indentations)
- **Copper**
  *When heated, reacts with food and forms poisonous compounds*
- **Stainless steel**
  - Blend of steel, nickel, and chromium

Glass and Ceramic Materials:
- **Glass**
- **Glass-ceramic**
- **Porcelain enamel** is glasslike material
- **Ceramic**

Silicone and Plastic Materials:
- **Silicone**
- **Plastic**
*Both will melt when exposed to the direct heat of broiler or range top*
Microwavable Materials

• Ceramic, plastic, glass, wood, and paper
*These materials can all be used for cooking in a microwave
Cooking Utensils

- **Saucepans** have one handle
- **Pots** have two handles
- **Double boiler** is a small pan that fits into a large pan
  [Food is put into the smaller pan then a small amount of water is added to the large pan. As the water simmers the heat gently cooks the food]
- **Pressure saucepans** cooks food more quickly because as pressure increases, temperature increases
- **Skillets** used for pan broiling food or cooking foods in small amount of fat
- **Griddle** is a skillet without sides (French toast and pancakes)
- **Omelet or Crepe pan** is an uncovered skillet with a narrow bottom and slopping sides
Baking Utensils

- **Insulated bakeware** is made from two sheets of metal. An air space between the two sheets creates a layer of insulation. Helps protect baked goods from overbrowning.

- **Cookie sheets** flat sheets of metal with a low rim on one or more sides (Cookies, toasting bread).

- **Cake pans** usually round, square, or oblong.

- **Angel food cake pan** it is a deep, round pan that is narrower at the bottom. It has a tube in the center (Angel food, sponge, and chiffon cakes).

- **Springform pan** round and its sides hook together with a latch or spring (Cheesecakes, torte).

- **Jelly roll pan** is a large shallow oblong pan (Sheet cakes).

- **Pizza pans** are large and round and have a narrow rim around the edge.

- **Muffin pans** oblong pans with round depressions (Muffins, cupcakes).

- **Loaf pans** are deep, narrow, oblong pans (Breads).

- **Pie plates** are round with sloping sides.

- **Casseroles** are baking dishes with high sides.

- **Souffle** have high, steep sides.

- **Roasting pans** oval or oblong. Have high dome lids and racks or trivets.
Chapter 9 Review

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