

A PRIMER OF BASIC KITCHEN SKILLS



1. Rules For A Good Cook

Before You Cook

- If you have long hair, fasten it back.
- Wash your hands or use individually packaged moist towelettes (available at most drug stores).
- After washing your hands you may want to use plastic gloves.
- Read the recipe all the way through.
- If oven is to be used, preheat to temperature in the recipe.
- Get all the equipment and ingredients you will need. Wash ingredients as needed (i.e. fresh, fruit, fresh vegetables, raw poultry, etc.)

Now you are ready to begin. Follow the directions carefully.

As You Are Cooking



- Follow the recipe step by step.
- Try not to spill while you are measuring, mixing and stirring.
- Measure carefully. Use the right measuring spoon or cup.
- Keep the kitchen clean and neat as you work. Do things calmly and quietly.
- Cook as the recipe directs. Follow time and temperature instructions exactly.

Clean-Up Time

- Scrape, rinse, then wash all the dishes and put them away.
- Clean up table or counter.
- Store leftovers properly.
- Sweep the floor and wipe up any spills and splatters.
- Be sure you have turned off the stove and oven before leaving the kitchen.

2. Safety Is A Good Habit

- Keep your hands dry. Slippery, wet hands may cause you to drop something.
- If something spills on the floor, wipe it up at once. Someone may slip and fall.
- Use a potholder in each hand when you take hot pans or dishes from the oven.
- Turn pan handles away from edge of the stove so they cannot be bumped.
- When using the vegetable parer or knife, always cut away from yourself. Place foods to be cut on a cutting board. Cut down, onto the board; never toward your hand.
- Avoid contact with stinging steam. Tip lid away from you when you raise the cover to check contents of a hot pan.
- If food or grease should catch on fire, smother the flames with a lid, a cookie sheet, or foil. Never pick up or carry a pan of flaming grease.



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3. How To Measure

Liquids



- Place measuring cup on the table or counter.
- Pour the liquid slowly into the cup.
- Make sure the liquid is level with the mark on the cup. View from eye level rather than from the top. This will make the measure more accurate.

Dry Ingredients

- Put ingredients into measuring cup or spoon until it is slightly overflowing.
- Carefully level the ingredients by running the straight edge of a knife or spatula across the top of the spoon or cup.

4. Abbreviations

t or tsp	=	teaspoon
T or Tbsp	=	tablespoon
oz	=	ounce
c	=	cup
pt	=	pint
lb	=	pound
min	=	minute
sec	=	second
hr	=	hour

5. Measures and Equivalents

3 teaspoons	=	1 Tablespoon
16 Tablespoons	=	1 cup
8 ounces	=	1 cup
2 cups	=	1 pint
4 cups	=	1 quart
4 quarts	=	1 gallon
8 Tbsp	=	1 stick of butter
or ½ cup butter	=	1 stick of butter



Teacher Notes:

