Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_

American Cooking Review of Basics

Ever read a recipe and have no idea what it was asking? In this episode of How to Adult Hank and Rachel explain the difference between baking powder and baking soda, separate the whites from the yolks of an egg, and define a bunch of tricky cooking terms.

<https://www.youtube.com/watch?v=HYRrVDlvpsk&feature=youtu.be>

1. What does cooking mean?
2. Baking powder and Baking soda allow baking products to \_\_\_\_\_\_\_\_\_\_ up.
3. The difference is that baking powder has an ingredients that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the chemical process to allow breads to rise.
4. Baking soda lacks that additional ingredient which is an \_\_\_\_\_\_\_\_\_\_\_\_.
5. Garlic: The \_\_\_\_\_\_\_\_\_\_\_\_\_ AND \_\_\_\_\_\_\_\_\_\_\_\_\_\_are the same thing.
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ milk are both milk with water taken out.
7. Condensed milk is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, evaporated is not.
8. 3 main ways to measure ingredients:
	1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. What is a scant of an ingredient:
10. What is a heaping of an ingredient:
11. Baking Blind: you pre-cook \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is exposing food to boiling water for a brief period then usually put in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ water bath.
13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a form of boiling when bubbles reach the surface but do not break.
14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is cooking a thing in a small layer of liquid in a pot with a snug lid, like pot roast.
15. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is cooking with dry heat on one side usually from the top of the oven.
16. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ makes a delicious pan sauce.
17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is indirect heat where the water in the bottom pot heats the food in the top pot.
18. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is also known as breading.
19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a French term for preparing to cook.
20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is good for delicate foods or eggs.
21. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is cooking over high heat with a little fat in a pan.
22. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is prepping flour by removing lumps.
23. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a method of cooking with ingredients in a vacuum seal submerged in hot water.
24. When you separate an egg, you are separating the \_\_\_\_\_\_\_\_\_\_\_\_\_ from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the egg.

<https://youtu.be/XkL5Ac8HzF0>

Kitchen Hygiene and Safety:

List what the cook does that is a sanitation or safety hazard

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.
13.
14.
15.

Essential Tools for Every Cook by Serious Cooks

<https://youtu.be/tbnPbDVbNHU>

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ knife
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ knife
3. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ board
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ iron skillet
5. A non stick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. A pot with a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ side is to use with a whisk
7. An enamel \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is versatile and heavy.
8. A glass \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is good for lasagna and macaroni and cheese.
9. Good baking sheets have a \_\_\_\_\_\_\_\_\_\_\_\_\_.
10. You should always have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in the kitchen.
11. The oven thermometer takes the temperature of the \_\_\_\_\_\_\_\_\_\_\_\_.
12. A good strainer is made of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ steel.
13. You need a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in kitchen to weigh ingredients.
14. \_\_\_\_\_\_\_\_\_\_\_\_\_ bowls comes in different sizes.