



MEAL PREPARATION, PART II

Planning and Preparing Meals

Lets Cook!

Plan ahead. During this unit you will prepare different recipes. The recipes are included in this unit as printable PDF files. You may wish to use them to make your own cookbook. Review the recipes before you begin so you can have the ingredients on hand when you are ready to prepare the food.



Planning Meals

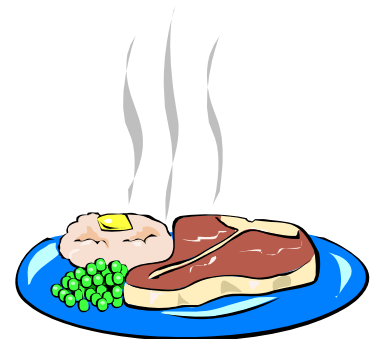
It is a good idea to plan meals in advance so you know you will have all the ingredients you need. Also planning meals ahead of time will give you time to make sure the meal will be nutritious, and is within your food budget. A **menu** is a list of foods included in the meal. To plan a menu, start with the main dish, also known as the **entrée**. Then you can think about **side dishes** that go with the entrée.

Plan meals in advance to make sure:

- You have the ingredients you'll need
- The meal is nutritious
- The meal is within your food budget

How to plan meals

- Start with the main dish (also known as the entrée)
- Add side dishes – like salad, vegetables, pasta



When planning meals, ask these questions:

- How many people will be eating?
- How much food should I prepare?
 - ✓ Remember, children need smaller servings than teenagers.
- What foods do family members like?
- Do family members have special diets?
- Do any family members have food allergies?
- What is the number of servings recommended in each area of MyPyramid?
- Will everyone eat at the same time or will some eat later?
 - ✓ If this is the case, the food must be kept warm for a period of time.
- Does the meal have a variety of colors, sizes or shapes, temperatures, flavors, and/or textures?
 - ✓ Meals with all white foods or all hot foods are boring. A variety in each area is more interesting.
- Do I have the equipment I need?
 - ✓ Often suggestions for making substitutions are printed in cookbooks. For example, if you are working with chocolate, and the recipe requires a double boiler, you can create your own by using two pans and setting the smaller inside the larger one. Put water in the outside pan, and then place the smaller pan with the chocolate inside it. The water serves as a buffer, and the chocolate does not scorch as easily as it would if you had the pan sitting directly on the burner.

Tips for planning and preparing meals

- When **time is limited**, plan meals that require little preparation or short cooking times.
- Consider your **food preparation skills**.
 - ✓ As a beginner, you should start with foods easy to prepare, like packaged food.
 - ✓ As you get better at cooking, try new and more complicated dishes.
- When cooking, **prepare extra portions**.
 - ✓ Freeze them for a time when you are busy.
 - ✓ Use at another meal as leftovers or part of another dish. Extra pot roast can be used for vegetable soup.
- **One dish meals** often save time.
- Collect recipes that can be prepared in **30 minutes or less**.
- **Share meal preparation** with family members so the person with extra time might get the meal started or cooked that day.



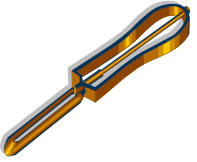


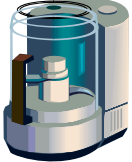
Preparing Foods

Preparing foods includes many different skills and tasks. Some of the common tasks are cutting, measuring, mixing, and cooking.



Cutting Foods

Cutting utensils include pizza cutters, knives, peelers, and kitchen shears. Small appliances that perform cutting tasks include blenders and food processors. Knives should match the task. Paring knives are small and often used to peel fruits and vegetables. Bread knives have serrated (saw tooth) edges. They are useful for cutting bread because the serrated edges do not mash the bread as much as a smooth knife.

					
Pizza Cutter	Paring Knife	Peeler	Kitchen Shears	Bread Knife	Food Processor

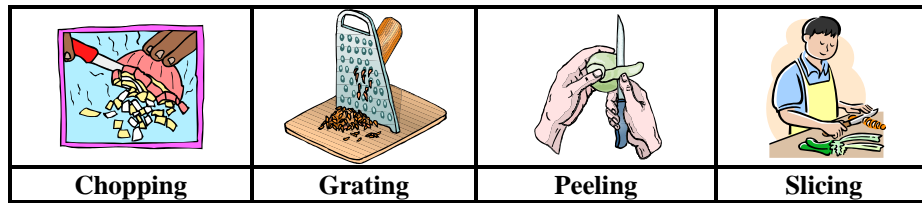
Cutting Tips

- ✓ Keep knife blades sharp
- ✓ Always use a cutting board to protect the counter, help prevent dulling the knife, and to keep the food from slipping.
- ✓ Always cut away from yourself.
- ✓ Never hold food in your hand when you are cutting.
- ✓ Hold food with your fingers tucked back when you are cutting.
- ✓ If you drop a knife, let it fall; it is not safe to try and catch it.
- ✓ When washing knives, do not place them in sudsy dish water. The suds keep you from seeing where the knife blade is and you may get cut.
- ✓ Buy knives with the blade riveted into the handle (tang); these blades are less likely to break when you apply pressure as you are cutting.

Several terms refer to cutting techniques. Each technique results in a different product.

- ✓ **Chopping** is cutting food into small pieces.
- ✓ **Mincing** is cutting into pieces as small as possible.
- ✓ **Grating** is cutting food into small pieces or shreds using a grater.

- ✓ **Peeling** or paring is taking skin off fruits or vegetables.
- ✓ **Slicing** is cutting food into strips or pieces.



Go to Questions 1-14.



Measuring Ingredients

If you want the foods you cook to look and taste good, you need to know how to measure ingredients correctly. Using too much or too little of an ingredient can ruin the dish you are preparing. Follow these tips for perfect measuring.

Use dry measuring cups for dry ingredients like flour or sugar and liquid measuring cups for liquids like water, oil or milk.



measuring cup

Dry Measuring Cups

The one cup mark is at the top of the cup. Level off whatever you are measuring by sliding the straight edge of a knife across the top.

Liquid Measuring Cups

There is a spout and a space above the 1 cup mark. Measurements are marked on the side of the cup.

Use **measuring spoons** to measure small amounts of both liquid and dry ingredients.



For liquids – pour the liquid into the spoon. Stop when the spoon is full.

For dry ingredients - dip the spoon into the ingredient and fill to more than full. Then level off by sliding the straight edge of a knife across the top.

Measuring Liquids (water, milk, oil, juice, etc.)



Set the cup on a level surface (like a counter or table) and pour in the liquid to be measured.

Read the mark at eye level. You will probably have to bend down to do this. Do not lift the cup up to your eyes because you won't get an accurate reading.

Measuring Flour



Sift flour onto a plate or a sheet of waxed paper.



Spoon flour **lightly** into measuring cup until it is overfull. Do **not** pack or shake down.



Level off by sliding the straight edge of a knife across the top.

Experiment - Sifting flour adds air to the flour. Most recipes call for sifted flour, even if they don't use the word 'sifted'.

Try this experiment.

1. Measure a cup of flour without sifting.
2. Then sift the flour you just measured and measure again.

You should have flour left over. This is how much **more** flour you would be adding to your recipe. Too much flour causes baked products to be tough.

Measuring Sugar

There are many different kinds of sugar, but the most common are white or granulated sugar, powdered or confectioner sugar, and brown sugar.



Measure **white sugar** by spooning into measuring cup until it is overfull. Level off by sliding the straight edge of a knife across the top.

Measure **powdered sugar** by spooning into measuring cup until it is overfull. Level off by sliding the straight edge of a knife across the top. If the powdered sugar is lumpy, you can sift it to get the lumps out.

<p>Measure brown sugar by packing it into a measuring cup.</p>	<p>Level off by sliding the straight edge of a knife across the top.</p>

Measuring Fat

(shortening, margarine, butter, peanut butter)

<p>Pack firmly into measuring cup. Be sure there are no air holes. Level off by sliding the straight edge of a knife across the top. Use a rubber scraper to scrape out the fat.</p>	<p>When measuring sticks of margarine or butter, cut on the correct line. One stick is ½ cup.</p>

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Measure **grated cheese, chopped nuts, shredded coconut** by spooning into measuring cup.

Measuring Tips

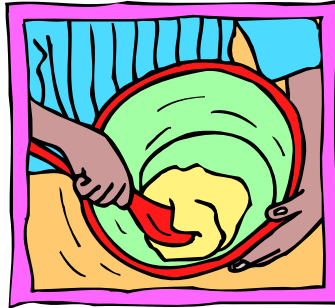
- If you need to measure $\frac{1}{4}$ cup of sugar, but you do not have any dry measuring cups, you could use a tablespoon. Since there are 16 tablespoons in 1 cup, you divide 16 by 4 and find that 4 tablespoons of sugar equal $\frac{1}{4}$ cup.

Measurement	Equivalent
1 tablespoon	3 teaspoons
1 cup	16 tablespoons
$\frac{1}{2}$ cup	8 tablespoon
1 cup	48 teaspoons
1 cup	8 fluid ounces
1 pint	2 cups
1 quart	2 pints or 4 cups
1 gallon	4 quarts, 8 pints, or 16 cups
1 pound	8 ounces

- Some recipes list ingredients by weight. You may have to use a kitchen scale to measure ingredients.
 - ✓ You place a piece of wax paper or plastic wrap on the scale.
 - ✓ Add food until it reaches the desired weight.
 - ✓ If it is necessary to measure the food on a plate or bowl, adjust the scale so it is set on zero when the bowl is on it. Then add enough of the needed ingredient until it reaches the desired weight.



Go to Questions 15-25.



Mixing

To mix your food you will need a bowl and a utensil or piece of small equipment to do the stirring. Spoons, whisks, hand beaters, pastry blenders, electric mixers, and food processors are all used when mixing food.

						
Mixing Bowls	Wooden Spoon	Whisk	Hand Beater	Pastry Blender	Electric Mixer	Rubber Scrapers

Mixing Tips

- Select a bowl which is the right size for the amount of ingredients you are using.
- To keep the mixing bowl from sliding around on the counter or table, place a damp towel underneath of it.
- Use a **rubber scraper** to get all of the batter mixture out of the bowl.
- When adding dry ingredients to liquid ingredients:
 - ✓ Add just a little bit at a time.
 - ✓ Stir until all the dry ingredients have disappeared and then add more dry ingredients.
 - ✓ Repeat until all of the ingredients have been added.

Some of the mixing terms used in recipes are defined for you.

- **Stir** means to slowly mix in the ingredients with a spoon or wire whisk.
- **Cut in** means mix fat into dry ingredients, usually with a pastry blender.
- **Cream** means to combine ingredients until they are soft and creamy, usually with an electric mixer.
- **Fold** means you combine ingredients by gently running a rubber spatula down, through, and up - again and again until mixed.



Go to Questions 26-34.

Cooking Methods

The three most common methods for cooking food are summarized below.

1. The **moist heat method** uses water or steam to cook food. Moist heat is used for food such as rice because food becomes tender as it absorbs water. Moist heat also helps food become more flavorful, such as in soups and stews.

Moist heat methods include:

- **Pressure cooking** – a pressure cooker seals and cooks food in steam under pressure to “speed up” the cooking process.
- **Boiling** – cooking food so bubbles rapidly rise to the surface and break; some nutrients are lost in the water during the boiling process.
- **Poaching** – cooking whole foods in a small amount of simmering water; eggs are often cooked in this fashion.
- **Stewing** – cutting food in small pieces and cooking in liquid.
- **Steaming** – cooking food **over** hot water, but only the steam touches it; food loses fewer nutrients than in the boiling process.
- **Braising** – browning food and adding a small amount of liquid until it is cooked.

2. The **dry heat method** does not use water, and food is cooked uncovered. The food is brown and crisp on the outside and moist on the inside.

Dry heat methods include:

- **Roasting and baking** – cooking food in the oven in an uncovered pan. Baking usually refers to cakes and cookies, while roasting refers to meats.
- **Broiling** – cooking food directly over or under a heat source. The heat may be either above (broiling in the oven) or below the food (gas/charcoal grill). A broiler pan is used in the oven to allow juices and fats to drip away from the food. The door to the oven is kept slightly open during broiling.



3. **Cooking in fat** – using fats, such as oil, shortening, or butter, to cook the food; nonstick cooking spray may replace the fats.

Cooking with fats includes:

- **Sautéing or pan frying** – cooking food in small amounts of fat over a medium heat.
- **Deep-fat frying** – cooking foods in enough fat to completely cover the food.
- **Stir-frying** – cooking food quickly in a small amount of fat at a high temperature.

Let's review the chart for each method of cooking, as well as the characteristics and the types of cooking associated with each method.

METHOD	CHARACTERISTICS	TYPES
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Moist Heat	<ul style="list-style-type: none"> • Uses water or steam • Cooked covered • Makes food tender • Develops flavor • Takes time 	<p>Pressure cooking – seals and cooks food in steam under pressure to “speed up” the cooking process.</p> <p>Boiling – cooking food so bubbles rapidly rise to the surface and break.</p> <p>Poaching – cooking whole foods in a small amount of simmering water; eggs are often cooked in this fashion.</p> <p>Stewing – cutting food in small pieces and cooking it in liquid.</p> <p>Steaming – cooking food over hot water, but only the steam touches it; food loses fewer nutrients than in the boiling process.</p> <p>Braising – browning food and adding a small amount of liquid until it is cooked.</p>
Dry Heat	<ul style="list-style-type: none"> • No liquid • Cooked uncovered • Food is brown on outside and moist on the inside • Takes less time 	<p>Roasting and baking – cooking food in the oven in an uncovered pan. Baking usually refers to cakes and cookies, while roasting refers to meats.</p> <p>Broiling and grilling – cooking food directly under or over heat. Broiling is usually done in the oven with the door open slightly and grilling is done on a gas, electric or charcoal grill</p>
Cooking in Fat	<ul style="list-style-type: none"> • Uses oil, shortening, butter, or nonstick spray 	<p>Sautéing or pan frying – cooking food in small amounts of fat over a medium heat.</p> <p>Deep-fat frying – cooking foods in enough fat to completely cover the food.</p> <p>Stir-frying – cooking food quickly in a small amount of fat at a high temperature.</p>



Go to Questions 35-51.

Preparing Fruits & Vegetables

- Fresh fruits and vegetables should be washed under cool running water before you serve them.
- Some fruits turn a dark color after they have been cut. You can prevent this by sprinkling the fruit with “fruit fresh,” soaking it in lemon juice, wrapping it in plastic, or placing it in an airtight container.
- Potatoes should be scrubbed with a vegetable brush.
- Salad greens should be washed under cool running water and then drained.

- Tear lettuce into bite size pieces; cutting with a knife causes lettuce to bruise and turn brown.
- To prevent lettuce or other greens from wilting, add dressing **just before** you serve the salad.

Cooking Fresh Vegetables

To prevent loss of nutrients:

- Cook whole when ever possible – peeling and cutting cause loss of nutrients.
- Use a small amount of water.
- Use a lid.
- Cook only until fork-tender (easily cut with a fork). Don't overcook.

Methods of Cooking Fresh Vegetables

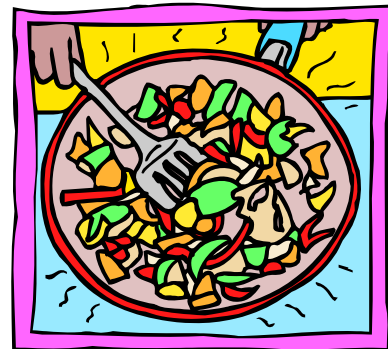
- **Boiling**- place 1-inch of water in a saucepan; heat to boiling; add vegetables; cover and cook on medium until fork-tender
- **Steaming** – place ½ inch of water in a saucepan; add vegetables to steamer basket and place in saucepan; cover; heat to boiling; reduce heat to low; cook until fork-tender
- **Stir-frying** - cooking quickly in a small amount of fat
- **Baking** – preheat oven; place vegetables in baking pan or directly on baking rack; cook until fork-tender (poke potatoes with the tines of a fork **before baking** to prevent the potato from exploding in the oven)
- **Microwaving** – place a small amount of water in a microwave safe dish; add vegetables; cover and cook until fork-tender; drain

Cooking Frozen Vegetables

- Frozen vegetables are partially cooked
- Follow package directions

Cooking Canned Vegetables

- Canned vegetables are completely cooked
- Heat the vegetables until hot
- Drain and serve



Lets Cook!

Prepare one of the recipes below.

- Tossed Salad
- Strawberry Julius

Be ready to answer questions about what you prepared. Print a copy of the recipes by clicking on the Recipe Card below. This document will be a PDF File which you can print and file in your cookbook..



Go to Questions 52-60.

Preparing Pasta and Grain Products

Grain products, such as rice and breakfast cereals, absorb all the moisture they are cooked in and do not lose nutrients.

Cooking Pasta (macaroni, spaghetti and noodles)

- Read the directions on the box.
- Pasta doubles in size during cooking. 8 ounces of uncooked pasta = 16 ounces of cooked pasta.
- Use 2 quarts of water for every 8 ounces of pasta.
- Bring water to a boil.
- Add pasta slowly.
- Do not use a lid.
- Stir occasionally during cooking.
- Pasta is ready to eat when it is softened but still firm.
- When done, carefully pour pasta and hot water into a colander to drain.
- To help prevent loss of nutrients, do not rinse the pasta.
- Over-cooking pasta destroys the texture and nutritive value.



Cooking Rice (brown, white, long grain and instant)

- Read the directions on the box.
- Rice triples in size during cooking. 8 ounces of uncooked rice = 24 ounces of cooked rice
- Do not stir during cooking.
- Use a lid.



Making Quick Breads

- Quick breads include items such as muffins, biscuits, pancakes, coffee cake and nut breads.
- Do not over-mix the batter.
- Usually fast to make.



Lets Cook!

Prepare one of the recipes below.

- Biscuit Pizza
- Spanish Rice

Be ready to answer questions about what you prepared. Print a copy of the recipes by clicking on the Recipe Card below. This document will be a PDF File which you can print and file in your cookbook.



Go to Questions 61-72.

Preparing Dairy Products and Eggs

Cooking Milk, Cheese and Eggs

- Use a low temperature and short cooking times to prevent toughness.
- Cut or grate cheese to shorten the cooking time.
- Never eat raw eggs.
- Cook eggs until both the yolk and white are firm, not runny.
- Eggs can be poached, fried, simmered in the shell (soft or hard-cooked), scrambled, baked or made into omelets.
- If a recipe calls for an egg to be separated, you remove the yolk from the white.
- An egg separator can be used for this task.
 - ✓ Place the egg separator across the top of a small bowl. Crack the egg and pour it into the center of the egg separator. The yolk will stay in the center section, and the egg white will drain into the bowl.
- If no egg separator is available you can achieve the same results by:



- ✓ Pouring the egg back and forth between the two egg shell halves. Do this over an empty bowl.

Lets Cook!

Prepare the recipe below.

- Macaroni and Cheese

Be ready to answer questions about what you prepared. Print a copy of the recipe by clicking on the Recipe Card below. This document will be a PDF File which you can print and file in your cookbook.



Go to Questions 73-80.

Preparing Meat, Fish and Poultry

- Cook meat, fish, and poultry at a medium temperature to prevent toughness.
- Moist heat helps tenderize meat and poultry.
- Dry heat methods are only for tender meat cuts and young tender poultry.
- Cook meat, fish, and poultry to the right degree of doneness to be sure it is safe to eat (refer to a meat doneness charts found in recipe books).
- Use a meat thermometer, which indicates the internal temperature of meat while it is cooking.
- When inserting the thermometer, be sure it is **not against the bone** or you will not have an accurate reading.
- Cook fish 8-10 minutes per inch of thickness.
- Fish is done when you can flake it easily with a fork.
- Always cook poultry until well done.
- If a recipe calls for breading a food such as chicken or fish, cover the food item with a thin layer of flour, cornmeal, or crumbs before cooking it. You can roll the food in the coating or place the food and the coating in a plastic bag; seal the bag and shake it to coat the food.

Lets Cook!

Prepare the recipe below.

- Barbecued Chicken Wings

Be ready to answer questions about what you prepared. Print a copy of the recipe by clicking on the Recipe Card below. This document will be a PDF File which you can print and file in your cookbook.



Now answer questions 81-91.



Microwave Cooking: How Microwave Ovens Cook Food

In conventional ovens, food is surrounded by heat. When food is cooked on the top of the range, heat is transferred from the burner to a pan to food. In the microwave oven, heat is produced **inside** the food. Microwaves cause the molecules in the food to move around creating friction, which heats and cooks the food. Microwaves only go about 2 ½ to 3 inches into the food. Heat continues through the food by conduction (passes the heat from one section to another). For this reason, food becomes warmer at the surface than in the center.

Characteristics of Microwaves

A microwave is a short, high-frequency radio wave made by a magnetron tube. A stirrer blade or fan in the top of the microwave oven distributes microwaves throughout the oven and through the cooking dish and to the food. Microwaves are attracted to fat, water and sugar molecules; therefore they are attracted to food. They are reflected by metal which means they will not pass through it. Microwaves pass through glass, paper, ceramic, plastic, wood and straw.

Power vs. Temperature

When cooking with a conventional range, a temperature setting is selected (such as high, medium or low). With a microwave oven there are power settings. Almost all microwaves have at least two settings, full power (100%) and defrost (30%). Many offer power settings ranging from 10% to 100%. When a power setting 100% is selected microwaves are produced 100% of the time the microwave is on. When a less than full power level is selected, the oven turns on and off only producing microwaves part of the time. This allows for more even cooking.

For example: You can see the difference by comparing a pound of ground beef defrosted on full power to one that has been defrosted on low power.

- At high power the meat will start to cook on the outside by the time the center is defrosted.
- At the lower power setting, fewer or no areas will have begun to cook by the time the meat is defrosted.

What power settings are called depends on the brand of microwave oven. Some examples are WARM, DEFROST, SIMMER, BAKE, REHEAT, HIGH, and LOW, or MEDIUM-LOW, MEDIUM, MEDIUM HIGH, and HIGH.

Caution: Using the high power setting for some foods may result in tough, dry food with a rubbery texture. Foods high in protein are better if cooked on lower power settings.

Microwave Cooking Techniques

Moving food for even cooking

Because microwaves enter food unevenly, it is important to stir or move food during cooking so the food will cook evenly. Arranging foods in the microwave in a circle with thicker parts to the outside will help foods to cook evenly. Most microwaves come with turntables that keep the food moving.

Standing time

Because microwave ovens cook food through the vibrations of molecules and conduction of heat toward the center, many foods continue to cook after they are removed from the oven. When a recipe includes a period of “standing time” it means that the food is not completely cooked when removed from the microwave, but will continue to cook during the standing time.

Browning of foods

Because heat is produced differently in the microwave than by conventional methods, foods do not brown in the same way. In order for there to be some surface browning:

- The food must contain a **good deal of fat** (such as bacon)
- The food must **cook for longer than 15 minutes** (such as a roast)
- **Browning agents** (sauces) need to be used
- Use **special browning dishes** (when preheated act as a grill)

Covering

The following is a list of reasons for covering foods while cooking in the microwave oven:

- To keep foods moist
- To retain (keep) steam for faster cooking
- To prevent spattering
- In some cases, to absorb (soak up) extra moisture so foods don't get soggy

Good covers for foods in microwave ovens are:

- **Paper towels or napkins**; wrapping bread in paper towels keeps it from getting soggy.
- **Waxed paper** allows some steam to escape while keeping in moisture.
- Dishes with **lids**.
- **Microwave-safe plastic wrap** can be used.

Caution: Because plastic wrap forms a tight seal; always **pierce the top of the plastic wrap** or **turn back one corner** to prevent the build-up of steam.

Cooking times

Microwaves cook food quickly. How long food is cooked depends on several different things.

- **Foods high in water, fat, and sugar** heat quickly.
- **Denser** foods (roast) take longer to cook in the microwave oven.
- It takes longer to cook **a large amount of food**.
- **Unevenly shaped foods** cook unevenly. If food has thinner and thicker sections, place the thinner sections toward the center of the oven and the thicker parts toward the outside. Placing them like the spokes of a bike wheel helps.
- **Starting temperature** - Refrigerated or frozen foods take more time to cook than those starting at room temperature.
- **Keep the microwave oven clean.** Food splashed on the sides, top, and bottom of the oven will increase cooking times.

Additional cooking tips

- Season food after microwaving because salt attracts microwaves.
- Pasta products are not often cooked in microwave ovens because they take as long to cook in microwaves as they do on stovetops. Pasta products need time to absorb water so they soften.
- Breads can be baked in microwaves, but they will not brown well.
- Eggs can not be cooked in the shell in microwaves because they will explode.

Microwave Cookware

Microwaves pass through **glass, plastic, ceramic, wood, paper, and straw** so they can be as microwave cookware. There are a few cautions, however. Once microwave cooking begins in the food, heat is transferred from the food to the cookware. Therefore, materials like soft plastic and Styrofoam may melt when used for long cooking periods. When buying cookware, look for labels which state the utensils are “microwave safe” or “suitable for the microwave”.

Metal – Generally, metal utensils should not be used in the microwave. Use of metals can cause **arcing** (a sparking, which can ruin the oven and/or cause a fire). Some metals can be used safely, however, if directions are carefully followed. Aluminum foil can be used for shielding (using small strips of foil to cover certain areas to prevent overcooking).

Caution: The foil should not come close to, or touch the walls of the oven and there should be more food not covered than covered.

Caution: Dishes that are not microwave safe may melt or shatter in the microwave. Always check to be sure they are safe. To do this:

- Put ½ cup water in the container and put it in the oven on high power for 1 minute.
- Check to see if the water is hot.
 - ✓ If the water is hot and the dish is not, it is good to use.
 - ✓ If the dish is hot and water is not, do not use it because the dish is absorbing the microwaves and it may crack.

Microwave Safety

Microwave ovens must be thoroughly tested and meet the standards of several regulation agencies (Federal Communications Commission, Underwriters Laboratory, Department of Health, Education and Welfare, and U.S. Food and Drug Administration). Therefore, they can be considered safe to use. Following certain safety measures will help to ensure safe microwave cooking.

Exposure to microwave energy

- Do not tamper with safety interlocks.
- Do not operate the oven if it is damaged (door bent, hinges and latches broken, door seal cracked).
- Do not allow grease to build up around door seal.
- Microwave ovens must be grounded with a three-prong plug. Do not use extension cords.

Cooking precautions

- Steam builds up quickly during microwave cooking, so **use care when removing coverings**. Always open the edge away from you to allow the steam to escape and prevent you from getting burned.
- Although direct heat is not produced in the microwave; the food can get very hot and transfer that heat to the cooking utensil. **Pot holders should be used when removing hot dishes from the microwave.**
- Foods covered with skin or sealed in plastic should be **pierced with a fork** or make slits with a knife. This prevents steam from building up inside the food and possibly causing it to explode.

When Using a Microwave

DO use the correct power setting	DO NOT use dishes with metal trims
DO remove covers carefully	DO NOT use soft plastic cups or dishes
DO use pot holders on hot dishes	DO NOT turn on if empty
DO wipe up spills right away	DO NOT use to fry foods
DO follow directions carefully	DO NOT cook an egg in a shell
DO move food by stirring, turning, or rotating	DO NOT cook popcorn that is not made for the microwave

Advantages and Disadvantages of Microwave Cooking

Advantages	Disadvantages
<ul style="list-style-type: none"> • Fast • Easy to clean – spatters can be easily wiped off • Does not require special installation and can be plugged into any standard electric outlet • Cost less to run than a conventional range • Leftovers taste better reheated in the microwave compared to conventional methods • Defrosts food quickly • Less loss of nutrients during cooking • Is cool – does not heat up the kitchen • Energy efficient 	<ul style="list-style-type: none"> • Does not brown foods the same way conventional cooking does • Can not fry foods in the microwave • Eggs can not be cooked in the shell (will burst) • Does not work as efficiently when cooking large quantities of food • Causes loss of counter space in some kitchens • Cannot use metal cookware • Can not be used for canning

Lets Cook!

Prepare the recipe below.

- Scrambled Eggs

Be ready to answer questions about what you prepared. Print a copy of the recipe by clicking on the Recipe Card below. This document will be a PDF File which you can print and file in your cookbook.



Go to Questions 92-115.

Lets Cook! Prepare one of the recipes below.

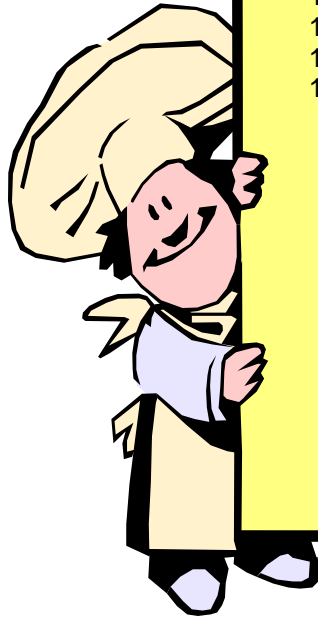
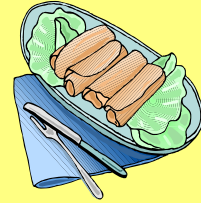
Be ready to answer questions about what you prepared. This document will be a PDF File which you can print and file in your cookbook.



BREAKFAST BURRITO

1 Egg
1 flour tortilla
1 T. shredded cheese
1 tsp. Salsa

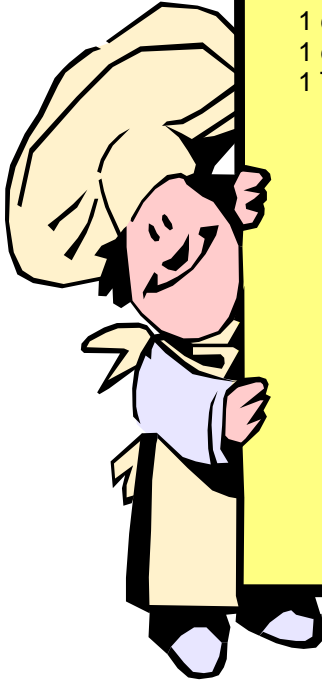
1. Crack an egg in a small bowl.
2. Beat egg with a fork.
3. Fry egg in about $\frac{1}{2}$ T. margarine.
4. Wrap tortilla in waxed paper and microwave approximately 15-20 seconds.
5. Place tortilla on cutting board. Place cheese in center of tortilla.
6. Scoop egg onto cheese and spoon salsa over egg.
7. Gently fold edge of tortilla over fillings and roll up.
8. Cut in $\frac{1}{2}$ with a butter knife.



“HANDWICHES”

1 loaf (1 pound) frozen bread dough, thawed
2 ½ cups chopped ham
1 c. shredded cheese
1 egg yolk
1 T. water

1. Allow dough to rise according to package directions.
 2. Punch down: divide into 10 equal pieces. Roll each piece into 5-inch circle.
 3. Place about ¼ cup ham & 2 T. cheese on each circle; pressing filling to flatten.
 4. Mix egg yolk & water; brush on edges of circles.
 5. Fold into semicircles & pinch edges to seal.
 6. Brush tops with egg yolk mixture.
 7. Place on greased baking sheet.
 8. Bake at 375 for 15-20 minutes or until golden brown.
 9. Serve warm or cold. If desired, you may freeze.
- Yield: 10 sandwiches



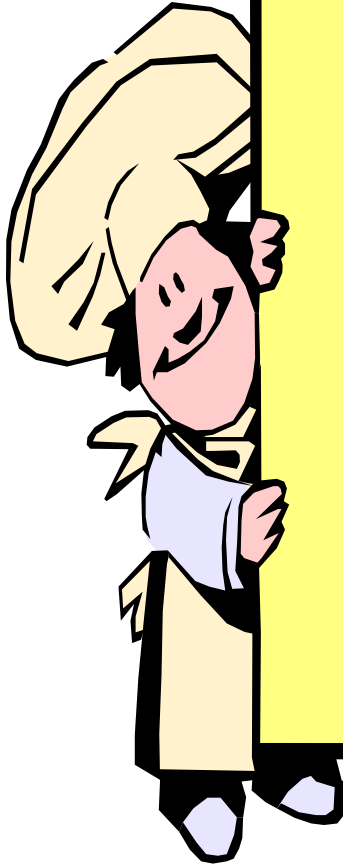
SNICKERDOODLE PAN COOKIES

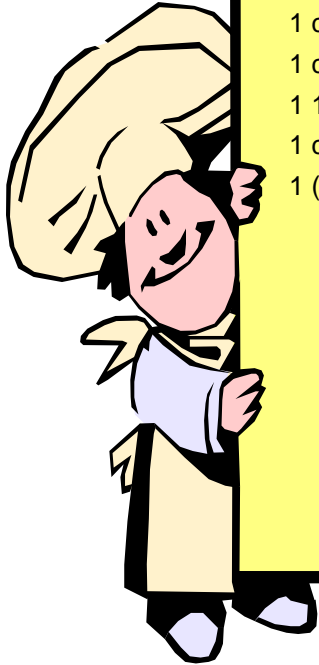
$\frac{3}{4}$ cup sugar
 $\frac{3}{4}$ cup margarine, softened
1 egg
1 teaspoon vanilla
 $1\frac{1}{2}$ cups flour
 $\frac{1}{2}$ teaspoon cream of tartar
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{4}$ teaspoon baking soda

Topping:

1 tablespoon sugar
1 teaspoon cinnamon

1. Turn mixer on medium speed; beat together sugar, margarine, egg, and vanilla until creamy.
2. Reduce speed and mix in flour, cream of tartar, cinnamon, salt, and baking soda.
3. Spread batter into a greased 15 x 10 x 1 inch jelly roll pan.
4. Combine topping ingredients and sprinkle onto batter.
5. Bake 375° F for 11-13 minutes.
6. Cut into 2-inch squares, cut squares diagonally into triangles.
7. Makes about 3 dozen bars.





SEVEN LAYER COOKIES

- 1/2 cup unsalted butter
- 1 1/2 cups graham cracker crumbs
- 1 cup semisweet chocolate chips
- 1 cup butterscotch chips
- 1 1/3 cups shredded coconut
- 1 cup chopped walnuts
- 1 (14 ounce) can sweetened condensed milk

1. Preheat oven to 350 degrees F.
2. Place butter in 13 x 9 inch pan and melt in oven. Swirl to coat bottom and sides of pan with butter.
3. Spread crumbs evenly over bottom of pan. Layer chocolate chips, butterscotch chips, and nuts over crumbs. Pour condensed milk over nuts. Sprinkle coconut over condensed milk.

Bake until edges are golden brown, about 25 minutes.
Let cool.

Cheese 'N Herb Sticks

¼ cup grated Parmesan cheese
½ teaspoon dried basil leaves, crushed
¼ teaspoon garlic salt
11-oz. Pillsbury Refrigerated Soft Breadsticks
1 egg, beaten

Heat the oven to 350°F. Grease a large cookie sheet. In small bowl, combine cheese, basil and garlic salt. Unroll dough and separate into strips. Twist strips; place 1" apart on greased cookie sheet. Brush with beaten egg; sprinkle with cheese mixture.

Bake at 350°F for 15 to 18 minutes or until golden brown. Makes 8 breadsticks



Farmhouse Barbecue Muffins

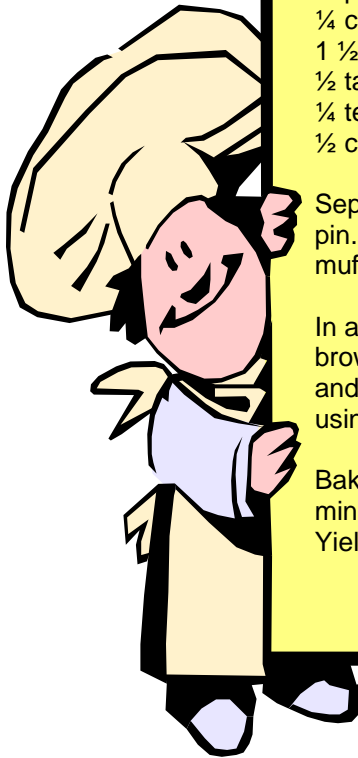
½ 10 ounce refrigerated buttermilk biscuit tube
½ pound ground beef
¼ cup ketchup
1 ½ tablespoons brown sugar
½ tablespoon cider vinegar
¼ teaspoon chili powder
½ cup (2 ounces) shredded cheddar cheese



Separate dough into 5 biscuits; flatten into 5-inch circles with a rolling pin. Press each circle into the bottom and up the sides of a greased muffin cup; set aside.

In a skillet, brown ground beef; drain. In a small bowl, mix ketchup, brown sugar, vinegar and chili powder; stir until smooth. Add to meat and mix well. Divide the meat mixture among biscuit-lined muffin cups, using about ¼ cup for each. Sprinkle with cheese.

Bake at 375°F for 18-20 minutes or until golden brown. Cool for 5 minutes before removing from tin and serving.
Yield: 5 servings.



Rolled Sugar Cookies

½ cup butter or margarine, softened
1 cup sugar
1 egg
¼ cup milk
½ teaspoon vanilla
2 ¼ cups all-purpose flour
2 tsp. baking powder
2-teaspoon ground mace/nutmeg (optional)

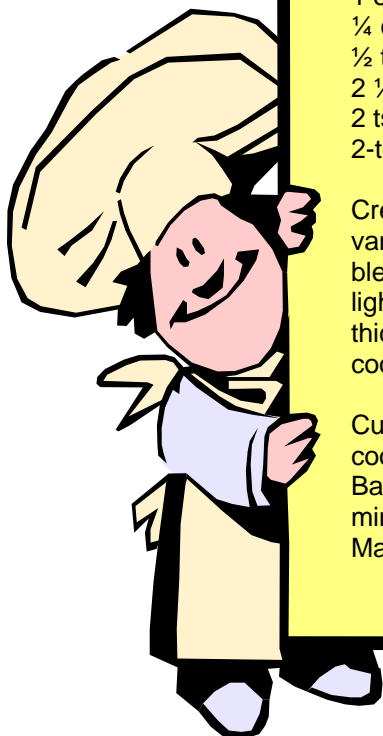


Cream butter and sugar together in a mixing bowl. Add egg, milk, and vanilla; beat well. Stir flour with baking powder, mace, and ½ teaspoon salt; blend into creamed mixture. Divide in half. Cover and chill 1 hour. On lightly floured surface, use a rolling pin to roll each half the dough to 1/8-inch thickness for thin cookies, or ¼-inch thickness for thick cookies. (Thin cookies are crisper than thick ones.)

Cut the dough into desired shapes with cookie cutters. Place on ungreased cookie sheets.

Bake thin cookies at 375° for 7 to 8 minutes; bake thick cookies for 10 to 12 minutes.

Makes 4 to 4 ½ dozen thin cookies or 3 dozen thick cookies.



Pepperoni Roll

1 egg
2 cups of cheese (mozzarella &/or cheddar)
1 T. parmesan cheese
Pepperoni
1 loaf of frozen bread dough

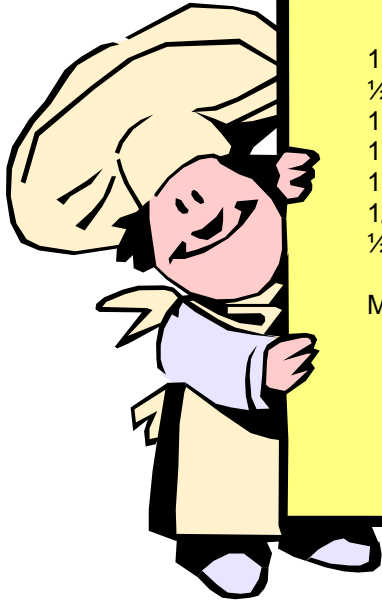


Follow directions on the package to thaw frozen bread, but do not allow it to rise. Mix egg and parmesan cheese; set it aside. Use a rolling pin to roll the dough out into a large rectangle.

Use a pastry brush to spread some of the egg mixture over the entire dough rectangle. (If you do not have a pastry brush, use a piece of silverware or spatula to spread the egg/cheese mixture.) Place pepperoni in 3 rows down the center of the dough. Sprinkle with cheese. Fold both sides of the dough into the center, pinch to seal. Seal the ends of the dough. Place on a cookie sheet which has been sprayed with vegetable spray. Brush with a small amount of the egg/cheese mixture.

Bake at 350°F. for 20-25 minutes.





Orange Julius



1 regular size can of orange juice concentrate
½ banana (optional)
10-12 ice cubes
1 cup cold water
1 cup milk
1/3 cup sugar (or more to your taste)
½ teaspoon vanilla

Mix ingredients in a blender until smooth and well blended.



Now answer questions 116-119.

