



Helpful Hints from University of Illinois Extension

Cooking with kids

Claw and Saw: Stabilize the item you are cutting by clawing your fingertips against the item and your cutting surface. Then, with your dominant hand, cut the item in a saw-like motion using your knife.

Hands and Eyes: To stay safe, always keep your hands and eyes focused on your current task.

Low and Slow: Keep tools low to the table and work slowly to stay in control.

Wait to Taste: To avoid spreading germs, wait to taste any food until you're done cooking.

Great sources for recipes:

www.gardencityharvest.org

<https://www.foodhero.org/recipes/garden-vegetable-cakes>

<https://eat-move-save.extension.illinois.edu/eat/recipes/cucumber-dill-yogurt-dip-vegetables>

<https://eat-move-save.extension.illinois.edu/eat/recipes/zucchini-pineapple-bread>

<https://www.foodhero.org/recipes/corn-pancakes>

<https://www.foodhero.org/recipes/garden-vegetable-cakes>

Abbreviations

tsp or t = teaspoon

Tbsp or T = tablespoon

c. = cup

oz = ounce

fl. oz = fluid ounce
pt = pint
lb = pound
qt = quart
gal = gallon

Measuring Equivalents

3 teaspoons = 1 tablespoon
2 tablespoons = 1/8 cup
4 tablespoons = 1/4 cup
5 tablespoons + 1 teaspoon = 1/3 cup
16 tablespoons = 1 cup

2 cups = 1 pint
4 cups = 1 quart
4 quarts = 1 gallon
16 ounces = 1 pound

Substitutions and Equivalents

2 tablespoons shortening = 1 oz.
1 c. shortening = 1/2 lb.
1 lb. of butter = 2 cups
1 1/3 c. packed brown sugar = 1 c. granulated sugar
1 oz. chocolate = 1 square
4 Tbsp cocoa + 2 teaspoons butter = 1 oz of bitter chocolate
16 large marshmallows = 1/4 lb.
1 Tbsp cornstarch = 2 Tbsp for thickening
1 Tbsp vinegar or lemon juice + 1 c. milk = 1 c. sour milk
10 graham crackers = 1 c. fine crumbs
1 lemon = 3 to 4 Tbsp juice
1 orange = 6 to 8 Tbsp juice

Cooking Terms

Boil = To cook in liquid until bubbles of air rise rapidly and break at the surface
Braise = To brown meat in a small amount of fat, then cook slowly in a covered container with a small amount of liquid
Broil = To cook directly over or under heat
Roast = To bake in the oven
Sauté = To cook in a small amount of fat
Scald = To dip food in boiling water or to heat a liquid until bubbles form on the sides of pan

Simmer = To cook liquid below the boiling point so bubbles form slowly and break just below the surface

Steam = To cook in steam in a covered container

Cutting Terms

Chop = To cut into small pieces

Cut = To divide food with knife or shears

Cut in = To work fat into dry ingredients with a pastry blender or two knives with the least amount of blending

Dice = To cut into small cubes, about ¼ to ½ inch

Grate = To rub food against a grater to cut into smaller pieces

Grind = To put through food chopper or to reduce particles by crushing with a mortar

Julienne = To cut into uniform strips, usually ¼ by 2 inches

Knead = To mix using a pressing motion and also folding and stretching

Pare = To cut off outside covering of fruit or vegetable, using a paring knife

Slice = to cut into thin, flat pieces

Mixing Terms

Cream = To work one or more foods until soft and creamy

Fold = To turn over and over by sliding tool across bottom of mixing bowl

Spoon = To place in a container with the use of a spoon

Stir = To mix in a circular motion

Whip = To beat quickly to add air

Kitchen Tool Substitutes

Instead of...	Use this...
Biscuit/cookie cutters	Jar lids, glasses
Cutting board	Bottom side of cake pan
Measuring cup	Marked jar or baby bottle

Mixing bowls	Deep kettle or pan
Pie pan	Flat cake pan
Potato masher	Two forks
Pot holder	Folded towel
Roasting pan	Any pan or skillet that can be used in the oven with cover, or make cover with aluminum foil
Rolling pin	Smooth sided bottle or jar (fill with water to add weight)
Round cake pan	Square pan of same diameter
Soup ladle	Cup with handle or liquid measuring cup
Spatula	Two knives
Cookie sheet	Flat cake pan
Colander	Large strainer
Blancher or steamer	Large strainer placed inside a deep pan with a lid
Mixer	Egg beater, wire whip
Pastry blender	Two knives or spoons held side by side

Measuring

Measuring Liquid Ingredients

1. Place the measuring cup on a level surface while you are pouring the liquid into it.
2. Fill the measure to desired mark.
3. Read the measure at eye level.

Measuring Fats and Oils

Hydrogenated Shortening

A. Solid

1. Soften the fat enough to measure easily by allowing it to stand at room temperature ahead of time.
2. Spoon fat into a 1 cup fractional dry measure.
3. Pack fat tightly into measure to eliminate air spaces. Fill the measure higher than the rim.
4. Level off excess fat with the edge of a spatula.
5. Use a rubber spatula to remove all fat from measure.

* Some solid shortening comes in sticks (similar to margarine). This shortening can be measured using the above method, or sliced into tablespoons according to the markings on the package.

B. Solid (melted)

1. Measure 1 cup fractional measure of hydrogenated shortening.
2. Remove hydrogenated shortening and melt in saucepan.
3. Pour liquid fat into 1 cup liquid measure.

C. Liquid Oil

1. Pour 8 oz. oil into 1 cup liquid measure.
2. Read the measure at eye level.

Measuring Dry Ingredients

- Some dry ingredients such as brown sugar should be pressed into the measuring cup. Other ingredients you do not press.
- Some recipes will require flour to be sifted. To sift flour:
 - When the recipe calls for sifted flour, sift the flour before you measure it- even if the flour is labeled presifted. Pile the sifted flour lightly into the cup until the flour runs over the top. Do not shake or tap the cup because this causes the flour to pack. Then level off the excess with a straight edged knife. Do your sifting by measuring on a piece of paper or an empty pan so that you can put the extra flour back into the container.

Measuring Flour:

A. Dipped

1. Dip dry measuring cup into flour bin until the cup overflows.
2. Level flour with the edge of a spatula

B. Sifted, spooned:

1. Dip dry measuring cup into the flour bin until the cup overflows and pour into a sifter.
2. Sift onto waxed paper.
3. Spoon the flour gently into a dry measuring cup.
4. Level flour with the edge of a spatula.

C. Stirred, spooned:

1. Stir flour in the flour bin with a spoon.
2. Spoon flour gently into a dry measuring cup.
3. Level flour with the edge of a spatula.

Measuring sugar:

Granulated (white):

1. Spoon sugar into 1 cup fractional dry measure.
2. Level sugar with edge of a spatula.

Confectioner's (powdered):

A. Unsifted:

1. Repeat steps for granulated using confectioner's sugar instead.

B. Sifted:

1. Spoon sugar into dry measuring cup until it overflows.
2. Sift sugar onto waxed paper.
3. Spoon sugar gently into measuring cup.
4. Level sugar with the edge of a spatula.

Brown Sugar

A. Unpacked:

1. Spoon brown sugar gently into dry measuring cup.
2. Level sugar with edge of spatula.

B. Packed:

1. Spoon brown sugar into dry measuring cup.
2. Press sugar down with a rubber spatula.
3. Repeat until cup is filled.
4. Level with edge of spatula.

Measuring Other Foods

Baking Powder:

1. Stir the powder in the container to break up any lumps before measuring.
2. Dip dry measuring spoon into powder until spoon overflows.
3. Level off excess powder using the edge of a knife or a spatula.

Salt and spices:

1. Dip dry measuring spoon into container (only if container is large enough), or shake the salt or spice into the spoon until the spoon overflows. Catch excess on a paper towel.
2. Level off excess salt or spice using the edge of a knife or a spatula.

Liquid Vanilla and Other Flavorings:

1. Hold measuring spoon over a small cup. Do not hold spoon over mixing bowl.
2. Pour flavoring into spoon until spoon is full.

Cocoa:

1. Stir cocoa to break up any lumps.
2. Dip measuring spoon into cocoa. Take out a heaping measure.
3. Level off excess.

Chocolate:

1. Chocolate is marked or packed in 1 oz amounts. (Except chocolate chips which are measured in a measuring cup.)
2. Recipes always state chocolate in ounces, except chocolate chips.
3. If the recipe calls for chocolate and you do not have it, you can use 3 Tbsp cocoa and 2 tsp shortening for 1 oz. of unsweetened chocolate. If you need sweetened chocolate, add 3 T sugar also.

Safety and Sanitation

The Cook is clean

- Make it a habit to scrub your hands with soap and warm water before you work with food. Remember to wash both sides and in between fingers. Wash for at least 20 seconds then dry well with a paper towel.
- Make sure that your hair is tied back so it doesn't get in your food.
- Keep your clothing clean by wearing a clean apron or tying a clean kitchen towel around you before starting to cook.

- Cover your nose and mouth with a tissue if you have to sneeze or cough. Be sure to wash your hands before continuing to cook.
- Use a separate spoon for tasting food. Never put a spoon that has been used for tasting back in the food.

The Working Space and Cooking Equipment Are Clean

- Make cooking as easy as you can by keeping your workspace orderly and clean.
- Be sure every piece of equipment is spotlessly clean. Dirty equipment can make food unsafe because the germs on the equipment will get into the food. Sometimes equipment that is not thoroughly clean will cause a cooking failure.
- Use plenty of hot sudsy water when you wash dishes, pots, and pans. DO use clean towels and sponges. Dirty ones only spread dirt and germs.
- Use a separate cloth or a mop to wipe up spills on the floor. Don't use the dish cloth or towel.
- Use one cloth for wiping the counters and a different cloth for washing the dishes.

The Food Is Clean

- Wash fresh fruits and vegetables in plenty of water before using them. Do not use soap. Remember to wash fruits and vegetables with peels, too, such as bananas, cucumbers and oranges. The germs from the peel can get on the fruit when you cut into it.
- Use a vegetable brush to remove dirt from foods such as carrots, celery, and potatoes.
- Cut off and throw away parts of fruits or vegetables that are spoiled. Do not use meats, dairy products or breads that are spoiled or molded.
- Rinse off or use a damp cloth to wipe off the tops of cans, boxes, or bottles before you open them.
- Follow exactly any directions given in a recipe for cleaning food.
- Look for any clues that indicate that food is not safe to eat. Check the color-does it look right? Check the odor-does it smell right? Check the appearance-do you notice anything unusual about the way it looks? If any of these clues make you think that food is spoiled, ask an experienced cook if the food is safe to eat. Never taste food you suspect is spoiled.

Keep Food At the Appropriate Temperature

- Keeping food at the appropriate temperature means to keep hot foods HOT and cold foods COLD.
- Keeping food at the appropriate temperature range does not allow bacteria to grow.
- Food can become contaminated with bacteria if not kept in the appropriate temperature range.
- When food is left in the "Danger Zone", 41-135 degrees, the temperature is ideal for bacteria to grow which can cause food poisoning.
- Most of the bacteria causing food poisoning can be controlled by refrigeration and cooking.
- Since bacteria are everywhere, the longer food sits out the more time bacteria has to grow. Never leave food out more than 2 hours.
- When cooked food is left out unheated, the possibility of bacterial growth is greater, since the food quickly drops to room temperature where food poisoners thrive.

Kitchen Safety

To Prevent Burns:

- Use hot pads or a mitt when handling hot dishes and pans.
- Avoid using tools with metal handles when cooking food on top of the stove, as metal becomes hot quickly. Wood and plastic do not become hot readily; therefore, they are wise choices for handles for cooking equipment used on top of the stove.
- Use a fork, turner, spoon, or tongs to lift foods that are too hot to handle.
- Do not turn on surface burners until you are ready to heat the food. Be sure to turn off burner as soon as you are finished using it. Double check that all burners are turned off when you are through cooking.
- Place the pan on the burner so that the pan handle is toward the center or the rear of the stove. This helps to prevent hitting the handle and causing the food to spill.
- Don't fill cooking utensils over 2/3 full. This will help prevent boiling over or spilling.
- Remove covers from hot foods by tilting the lid away from you so that the steam will not rise in your face.
- Remember that microwaved dishes and foods can get hot enough to burn you.

To Prevent Cuts:

- If a knife starts to fall, jump back. Don't try to catch the knife; you may cut yourself.
- Keep knives sharp. A dull knife requires more force to cut.
- A cutting board is an important piece of equipment. Use it. You will avoid cutting yourself and cutting into the counter or table top.
- As soon as you have finished using knives or scissors, wash them and put them away.
- Wash knives and scissors separately, not allowing them to lie in filled sinks.

To Prevent Falls:

- Wipe up immediately anything you spill.
- Be sure your shoes will not cause you to slip or trip.
- Keep kitchen work pathways free from clutter.
- Use a step stool if you must reach for a high object. If you do not have a step stool, ask someone who is taller to get the object for you.

Table Manners

- After sitting down at the table, spread the napkin across your lap.
- Use first the fork or spoon furthest away from the plate. If you are not sure whether to use a fork or a spoon, follow the lead of the host or hostess.
- Try not to use your own silverware when filling your plate from the serving dish-use the one provided in the serving dish.
- Break, rather than cut rolls and bread into small pieces.
- Butter one piece of roll or bread at a time and place it on appropriate plate.
- Cut one bite of food (for example, meat) at a time. Do not cut all of your food into pieces at once, before you begin eating.
- Keep arms and elbows off of the table.
- Chew with your lips closed. Do not talk with food in your mouth.
- Avoid unpleasant or gross conversation during meals.
- Eat all of the food on a fork or a spoon at one time.
- Dip the spoon into the bowl away from you.
- Sit up straight and keep both feet on the floor.
- When food is too hot to eat, wait until it cools down to eat it. Do not blow on the food to cool it faster.
- After using your knife place it across the top end of your plate, blade towards you, instead of putting it back on the table.
- Wait until everyone at the table has been served before you begin to eat.

- Think about others at the table. Offer food to others before serving yourself.
- When you want more food, ask for it with a "please pass". Avoid reaching across the table or in front of someone to get something.
- If you do not care for a food being offered, simply say, "No, thank you". Never tell your host or hostess that you don't like something. NEVER say things like "yuck" or "gross".
- When finished eating, place your fork and knife next to each other across the center of your plate. Put your napkin to the right of your plate on the table, or in the center of your plate to be removed. (Do not place it on the plate if the plate is very dirty or has sauce or gravy on it.)

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