



# Reading and Using Recipes

# Warm-Up High light anything you see wrong with this recipe

## What's wrong with this recipe?

### Eclairs

1/2 cup or so butter  
1 cup flour  
1 - 3 1/4 oz. pkg. vanilla pudding  
vanilla extract

smidge of salt  
4 eggs  
1 cup whipped cream

Preheat oven to 375 degrees F. Stew a cookie sheet. In a sauce pan shred 1 cup of water, butter and salt until mixture grinds. Reduce heat to low; vigorously sliver in flour until mixture forms a ball and leaves the side of pan. Let it cool a minute or two. Dice eggs into mixture until thoroughly toasted. Drop paste by 1/4 cupfuls onto cookie sheet. Steam each mound with knife into a 5 " x 3/4" rectangle, rounded edges. Scald for 40 minutes or until lightly barbecued. Grate a slit in the side of each shell and dice 10 minutes longer. Cool shells on wire rack. Prepare Jello pudding and sift in whipped cream and almond extract. Mince each shell and chop bottom of shells with filling. Replace tops and saute with chocolate frosting.

Refrigerate until served.

# So What is a Recipe?

- ▶ A set of directions for making food or beverage.



# Types of Recipe Formats

:

- **Standard form**
  - Ingredients listed first, in order of use, followed by step-by-step instructions.
- **Action form**
  - Instructions are given, followed by the ingredient and the amount of ingredient.
- **Narrative form**
  - Instructions, ingredients, and amounts of ingredients are given in paragraph form.

# Standard Form Recipe

## Fruit Salad

- 1 medium apple, chopped
- 1 medium orange, peeled, membrane removed, and sectioned
- 1 C green or red seedless grapes
- 1 medium lemon, washed
- 2 T grated, toasted coconut
- ½ c toasted, chopped pecans

### **Directions:**

1. Combine chopped apple, orange sections, grapes, coconut, and pecans in large bowl.
2. Using a fine grater, zest the yellow rind of the lemon on top of the fruit.
3. Cut the lemon in half and squeeze the juice into the bowl with the fruit.
4. Stir to mix zest and juice with the fruit.
5. Chill or serve at room temperature.

# Action Form Recipe

## Fruit Salad

- Chop:
  - 1 medium apple
- Peel, remove membrane, and section:
  - 1 medium orange
- Wash and remove from the stems:
  - 1 cup green or red seedless grapes
- Wash:
  - 1 medium lemon
- Finely grate:
  - the yellow rind of the lemon
- Place all fruit and grated rind in a large bowl.
- Toast:
  - 2T grated coconut and  $\frac{1}{4}$  c chopped pecans, cool, and add to the fruit bowl
- Cut:
  - the lemon in half and squeeze the juice into the bowl with the fruit
- Stir :
  - all ingredients in the bowl to mix zest and juice with the fruit
- Chill or serve at room temperature.

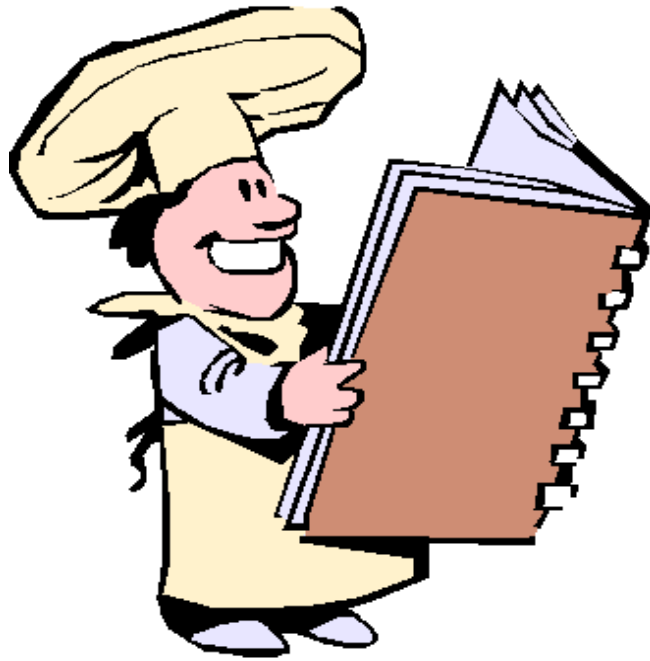


# Narrative Form Recipe

## Fruit Salad

Chop 1 medium apple, and place in a large bowl. Peel, remove the membrane, and section 1 medium orange. Add to the bowl with the chopped apple. Wash and remove from the stems 1 C green or red seedless grapes. Add to the bowl with the apple and orange. Toast 2 T of grated coconut in the oven, cool, then add to the fruit in the bowl. Toast  $\frac{1}{2}$  c chopped pecans, cool, then add to the fruit and coconut in the bowl. Wash 1 medium lemon. Finely grate the yellow rind of the lemon on top of the fruit. Cut the lemon in half and squeeze the juice into the bowl with the fruit, coconut, and pecans. Stir the fruit mixture. Chill or serve at room temperature.

# How to Use a Recipe



1. Read all directions.
2. Gather all needed equipment and ingredients.
3. Preheat and/or complete other pre-preparation steps.
4. Follow directions step by step.



# What does a recipe consist of?

Six parts of a recipe



# 1. Yield

- ▶ The yield tells the number and size of servings the recipe will make.

Why is this important?

Knowing the yield in advance helps one to know if more or less food is needed – whether or not to make more or less of the food.



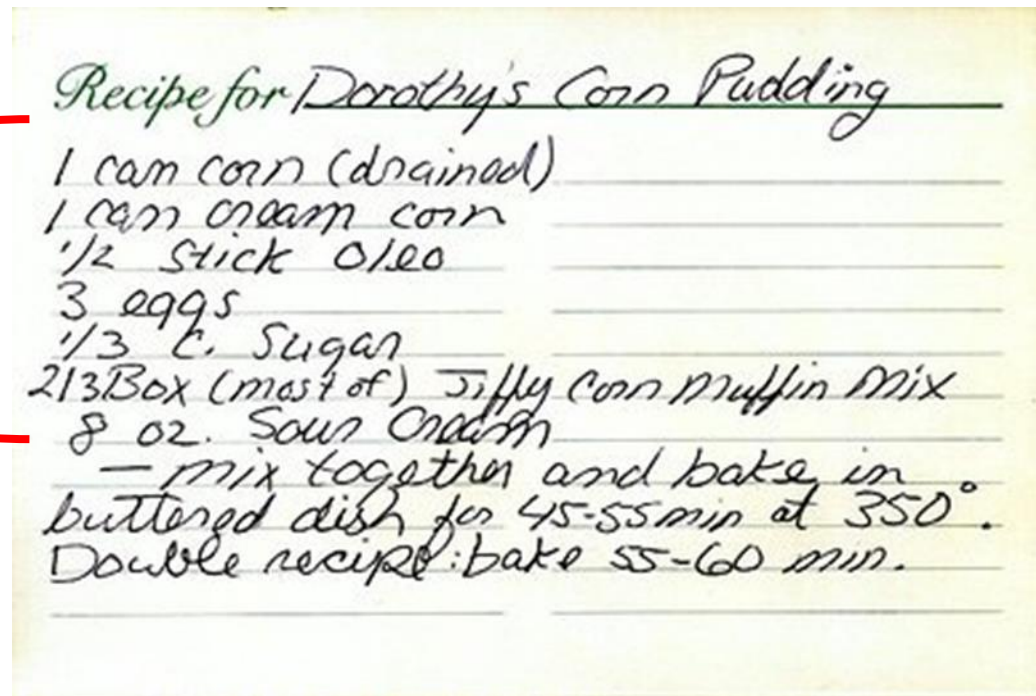
The image shows a recipe card template. On the left, there is a small illustration of a flour bag with a checkered bow and the word 'Flour' on its label. To the right of the illustration, the word 'Recipe' is followed by a horizontal line. Further right, the word 'Serves' is followed by a horizontal line. Below these, there are several more horizontal lines for writing. In the bottom right corner, the text 'Miss Country' is visible. A red arrow points from the word 'Yield' to the 'Serves' line.

**Yield**

## 2. List of Ingredients & Amounts

- ▶ Listed in the order they are used in the recipe.
- ▶ Listed in the exact amount as needed.
- ▶ Specific form of ingredient is also stated.

List of  
Ingredients  
& Amounts



### 3. Step By Step Directions for Mixing & Handling

- ▶ **Directions for how to prepare it.**
- ▶ **Steps are listed in the order they should be done.**

Numbered steps are easy to follow & help to prevent steps from being skipped. Some recipes are written in paragraph form, and should be read & followed VERY carefully.

#### Grandma's Potato Salad

##### Ingredients

- 4 large potatoes
- 1 small onion
- 3/4 C. Chopped Celery
- 2 hard boiled eggs, Chopped
- 2/3 Cup Mayonnaise
- 2 tsp. salt
- Pepper



##### Directions

1. Boil potatoes with skins on. When potatoes are tender drain & cool.
2. When cool, peel and slice into large bowl.
3. Add remaining ingredients. Mix all together.
4. Taste and add more salt if necessary.

DO NOT SKIMP on salt or mayonnaise!

## 4. Equipment (Container Size & Type)

**-Specific equipment such as a 8 x 8 square pan is sometimes listed.**

Most recipes do **not** state ALL the necessary equipment. It is important to use the stated specific equipment so the food will not overflow or overcook.

# Container Size

## BUTTERSCOTCH BROWNIES

Oven-350

Melt  $\frac{1}{4}$ C Shortening

Blend in 1 C. Light Brown Sugar. Let Cool.

Stir in 1 Egg

Blend in Sifted -  $3/4$  C Flour

1 t Baking Powder

$\frac{1}{2}$  t Salt

Add  $\frac{1}{2}$  t Vanilla

C Chocolate Chips

Grease an 8" square pan and Pour in batter and spread with spatula. Bake at 350 for 25 minutes. Cool and cut in squares and lift out to plate for serving.



# 5. Temperature & Time

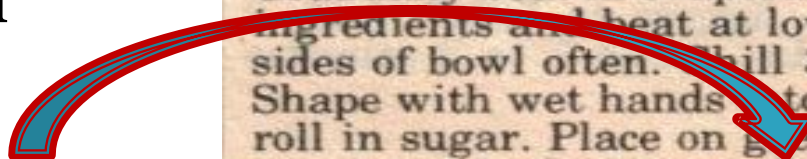
- Give you exact cooking temperatures and times and/or will tell you how to cook the food.

Oven temperatures may vary and times are for conventional ovens unless otherwise stated.

## Lemon Crinkles

- $\frac{3}{4}$  cup shortening
- $1\frac{1}{4}$  cups sugar
- 1 teaspoon salt
- 1 egg
- 2 teaspoons lemon extract or to taste
- $\frac{1}{4}$  cup evaporated milk
- $\frac{1}{4}$  teaspoon yellow food coloring
- 1 teaspoon baking powder
- $\frac{1}{4}$  teaspoon baking soda
- 2 cups sifted all purpose flour
- $\frac{1}{4}$  cup sugar (for rolling)

In mixing bowl cream shortening,  $1\frac{1}{4}$  cups sugar and salt; add egg, extract and yellow coloring, combining thoroughly. Gradually beat in evaporated milk. Add dry ingredients and beat at low speed, scraping sides of bowl often. Chill 30 to 60 minutes. Shape with wet hands into 1-inch balls and roll in sugar. Place on greased cookie sheet about two inches apart. Bake at  $350^{\circ}$  about 10 to 12 minutes or until cookies are golden brown. Remove immediately from baking sheet after baking. Makes about 6 dozen.





# 6.Nutrition Analysis (optional)

- Not necessary, but it is very useful when planning food to fit into a particular eating plan.

Some recipes include number of calories and/or grams per serving of various nutrients.

Nutritional Analysis			
<i>Per Serving Nutritional Information</i>			
Calories (kcal)	631	% Calories from Fat	16.11
Total Fat (g)	7.29	% Calories from Carbs	58.15
Saturated Fat (g)	2.43	% Calories from Protein	28.74
Monounsaturated Fat (g)	2.86	Vitamin C (mg)	17
Polyunsaturated Fat (g)	2.0	Vitamin A (iu)	1087
Cholesterol (mg)	64	Vitamin B6 (mg)	0.71
Dietary Fiber (g)	7.4	Thiamin B1 (mg)	0.81
Protein (g)	26.2	Riboflavin B2 (mg)	0.31
Sodium (mg)	958	Folacin (mcg)	180.4
Potassium (mg)	1281	Niacin (mg)	6.3
Calcium (mg)	113	Caffeine (mg)	0.0
Iron (mg)	6.4	Alcohol (g)	12.4
Zinc	5.2		

# Reading Ingredients

Now that you know what a recipe is: What about the way ingredients are listed!

Does it matter! Who wants to volunteer?

➤ What's the difference between:

☐ 1/2 cup flour, sifted

☐ 1/2 cup sifted flour

Know your terms!

➤ Chopped, Minced, Diced,  
Sliced, Sifted, etc.



# Can You Read a Recipe?

Part A – Read the recipe, and answer the questions on the next slide.

## *Blonde Brownies*

- 2 c all-purpose flour
  - 2 t baking powder
  - $\frac{1}{4}$  t salt
  - $\frac{1}{2}$  c butter or margarine
  - 2 c brown sugar
  - 2 eggs
  - 1 t vanilla
  - 1 c chopped nuts, optional
  - Grease a 12x9x2-inch baking pan. Combine flour, baking powder, and salt; set aside. Melt butter; remove from heat. Stir in sugar. Add eggs and vanilla; stir until combined. Stir dry ingredients and nuts into sugar mixture. Spread in pan. Bake in a 350° oven for 20 to 25 minutes.
- Makes 48 brownies.

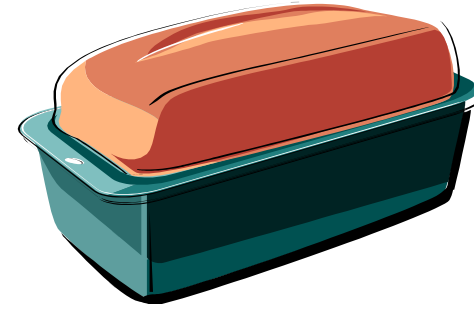


# Can You Read a Recipe?



## Part A Questions:

1. What utensils or small kitchen equipment will be needed?
2. At what temperature should the food be baked?
3. How long does the food bake?
4. How many servings will this recipe make?



# Can You Read a Recipe?

- ▶ **Part B – Read the recipe, and follow the instructions that follow.**

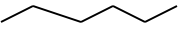

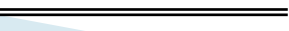
## *Banana Nut Bread*

- 1  $\frac{3}{4}$  c all-purpose flour
  - 1  $\frac{1}{4}$  t baking powder
  - $\frac{1}{2}$  t baking soda
  - $\frac{3}{4}$  t salt
  - $\frac{2}{3}$  c sugar
  - $\frac{1}{3}$  c shortening
  - 2 eggs
  - 1 T milk
  - 1 c mashed ripe bananas
  - $\frac{1}{4}$  c chopped nuts
- Stir together flour, baking powder, baking soda, and salt. Set aside.
  - In a mixer bowl, beat sugar and shortening with electric mixer until light. Scrape the sides of bowl often. Add eggs, one at a time, and the milk, beating until smooth after each addition. Fold in nuts.
  - Turn batter into a lightly greased 8x4x2-inch loaf pan. Bake in a 350° oven for 60 to 65 minutes or until a wooden pick inserted near the center comes out clean. Cool in pan 10 minutes. Remove from pan; cool. For easier slicing, wrap and store overnight. Makes 1 loaf.

# Can You Read a Recipe?



## Part B Instructions:

1. Place parentheses ( ) around each ingredient of this recipe.
2. Place brackets [ ] around the amount needed for each ingredient.
3. Underline the temperature needed to bake this banana bread.
4. Circle the instructions for this recipe.
5. Place a square around the ingredients listed in order of use.
6. Place a zigzag line under the pan size. 
7. Place a curvy line under the amount this recipe makes. 
8. Place a double line under the time it takes to prepare. 



# Answer the following questions based on the power point notes.

1. What advantages do you see for each of the formats?
  2. What disadvantages do you see for each of the formats?
  3. When might you use each of the three formats?
  4. Which format do you think is the easiest to follow? Why?
  5. Which format do you think is the most difficult to follow? Why?
  6. Why is it important to understand cooking terms in a recipe? (Bake vs. Saute)
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