

# Study Guide

## Preparation Techniques

**Directions:** Read chapter 24, and answer the following questions. Later, you can use this study guide to review.

1. What are some of the tools you may need to measure ingredients accurately?

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2. Why is it necessary to check a liquid measurement at eye level?

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3. Why should you not pack or shake down flour after spooning it into a measuring cup?

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4. Explain how you would measure a heaping teaspoon of herbs and a pinch of salt.

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5. Describe three ways to measure solid fats, such as shortening or butter.

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6. Why is it more accurate to measure some foods by weight rather than by volume?

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7. What are two essential tools for safe cutting?

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8. Describe four techniques for cutting food.

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Chapter 24 Study Guide (continued)

9. What is the difference between slicing and slivering?

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10. Describe four ways to change the size and shape of food.

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11. What two techniques result in a smooth mixture?

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12. List six ways to mix or combine two or more ingredients.

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13. Describe how to cream two ingredients and how to fold one ingredient into another.

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14. What are four things that coating accomplishes?

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15. Describe how to bread a piece of meat.

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16. Define and explain when you would use the specialized techniques of caramelizing, deglazing, marinating, and reducing.

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**Activity 1****Preparation Techniques**

## Measuring Up

**Directions:** Using the measuring tools listed below, describe how you would accurately measure each of the following amounts of ingredients.

**Tools Available**

- Measuring spoon set:  $\frac{1}{4}$  tsp.,  $\frac{1}{2}$  tsp., 1 tsp., 1 Tbsp.
- Liquid measuring cup with following measurements:  $\frac{1}{4}$  cup,  $\frac{1}{3}$  cup,  $\frac{1}{2}$  cup,  $\frac{3}{4}$  cup, 1 cup, 2, 4, 6, and 8 ounces
- Dry measuring cups:  $\frac{1}{4}$  cup,  $\frac{1}{3}$  cup,  $\frac{1}{2}$  cup, 1 cup

**How would you measure...?**

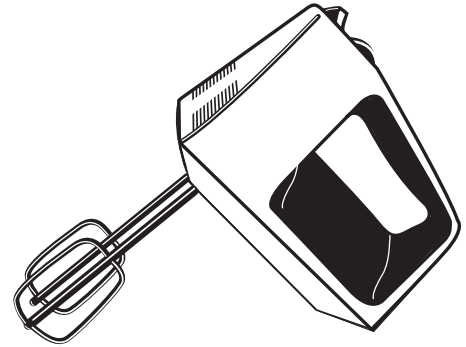
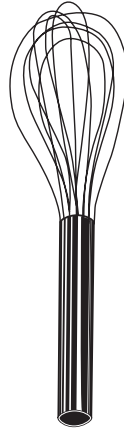
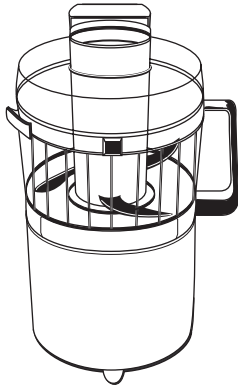
1.  $\frac{3}{4}$  cup sugar: \_\_\_\_\_  
\_\_\_\_\_
2.  $\frac{2}{3}$  cup bread crumbs: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. 4 ounces milk: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4.  $\frac{3}{4}$  teaspoon vanilla extract: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5.  $3\frac{1}{4}$  cup flour: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. 4 tablespoons butter: \_\_\_\_\_  
\_\_\_\_\_
7.  $\frac{1}{3}$  cup shortening: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8.  $\frac{1}{8}$  teaspoon cayenne pepper: \_\_\_\_\_  
\_\_\_\_\_

# Activity 2

## Preparation Techniques

### Mixing It Up

**Directions:** You are given several tools to use for combining the following ingredients. Choose the tool or tools that will be most helpful in accomplishing this task. Write the name of the tool on the lines next to the ingredients.



1. Folding beaten egg whites into cake batter: \_\_\_\_\_  
\_\_\_\_\_
2. Mashing potatoes: \_\_\_\_\_  
\_\_\_\_\_
3. Creaming butter and sugar: \_\_\_\_\_  
\_\_\_\_\_
4. Beating eggs: \_\_\_\_\_  
\_\_\_\_\_
5. Stirring cream of tomato soup: \_\_\_\_\_  
\_\_\_\_\_
6. Puréeing fresh raspberries: \_\_\_\_\_  
\_\_\_\_\_