extension.usu.edu

UtahStateUniversity
COOPERATIVE EXTENSION

KITCHEN BASICS

NEP
Nutrition Education Program

Department of
Workforce Services

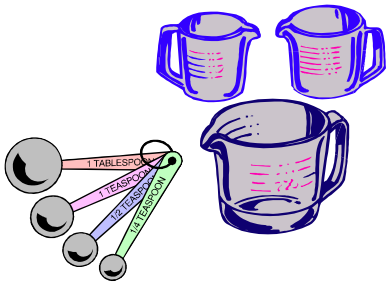
Utah's Job Connection

ABBREVIATIONS AND MEASUREMENTS

Many recipes use abbreviations for common terms like teaspoon, tablespoon or cup. Knowing these abbreviations can make following a recipe much easier!

T or tsp . . . . . teaspoon
T or tbsp . . . . . tablespoon
c. . . . . cup
pt . . . . . pint
qt . . . . . quart
oz. . . . . ounce

lb . . . . . .pound
doz . . . . . .dozen
min . . . . . minute
hr. . . . . hour
mod . . . . . moderate



MEASURING EQUIVALENTS

Sometimes it is helpful to know equivalent measures. If you are cutting a recipe in half or if you don't have the exact measuring cup or spoon available, you can figure amounts needed.

3 teaspoons = 1 tablespoon
4 tablespoons = 1/4 cup
5 l/3 tablespoons = 1/3 cup
8 tablespoons = ½ cup
12 tablespoons = 3/4 cup
16 tablespoons = 1 cup
16 ounces = 1 pound
1 gram = 0.035 ounces
1 ounce = 28.35 grams

2 tablespoons = 1 fluid ounce
1 cup = 8 fluid ounces
1 cup = ½ pint
2 cups = 1 pint
2 pints = 1 quart
4 quarts = 1 gallon
1 kilogram = 2.2 pounds
1000 grams = 1 kilogram
1 liter = 1.06 quarts

MEASURING

You have to follow a recipe carefully to prepare a food you'll enjoy making and serving. Measuring is so important to the success of a recipe. There are special utensils to use to help measure ingredients. It's easy to measure correctly if you use standard

Sugar

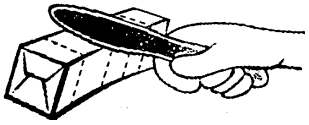
Spoon sugar into dry measuring cup higher than the top of the cup. Use the straight edge of a knife or a metal spatula to level off the top.

Flour

Lightly stir, then spoon into a measuring cup. Pile it higher than the top of the cup. Do not shake or tap the cup. Use the straight edge of a knife or spatula to level off the top.

Shortening

Pack firmly into a dry measuring cup with a rubber spatula. Level with the straight edge of a knife or metal spatula. Remove with a rubber spatula.

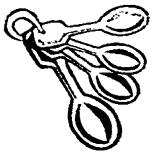


Margarine

Cut using measurement marks on the wrapper as a guide.

Brown sugar

Break up any lumps by squeezing or rolling. Spoon into a dry measuring cup. Pack it down firmly with the back of a spoon so it keeps the shape of the cup when turned over. Level with the straight edge of a spatula or knife.



Liquid extracts and juices

Pour the amount needed into the appropriate measuring spoon. Never measure over the mixing bowl or pan. Hold it over a small cup.

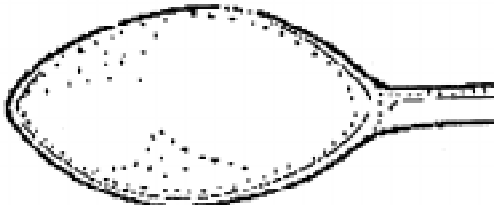
Liquids

Place the liquid measuring cup on a flat counter or table. Fill to the mark for the amount of liquid needed. Bend down to check that the bottom of the liquid line is at the mark for the amount needed. When doing this, the cook's eye should be level with the mark. Use measuring spoons to measure less than 1/4 cup. Remove sticky liquids like molasses, corn syrup, and oil with a rubber spatula.

Substitute Measuring Spoons

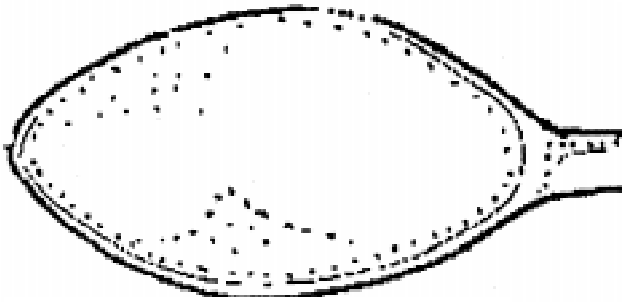
If you don't have standardized measuring tools, here are some ideas for using what spoons and containers you have on hand.

Put your spoon to each of these spoons. See which spoon is most like yours.



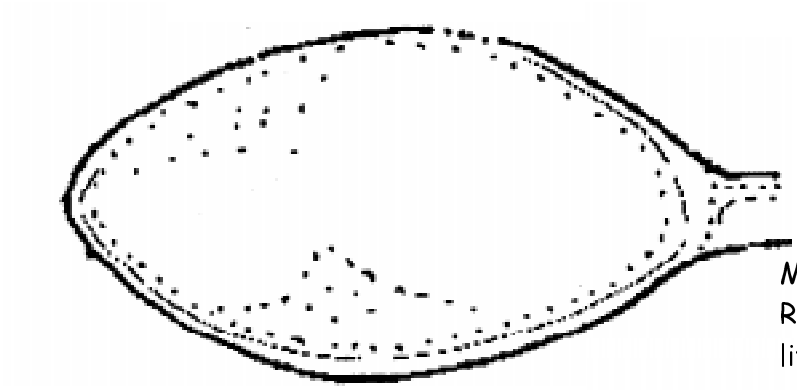
This spoon makes 1 teaspoon

Measure 1 teaspoon like this. Round this spoonful just a little. Don't heap it.



This spoon makes 1 tablespoon

Measure 1 tablespoon like this. Heap this spoonful as much as you can.



This spoon makes 1 tablespoon

Measure 1 tablespoon like this. Round this spoonful just a little. Don't heap it.

If your recipe calls for 1 tablespoon, you can use 3 teaspoons. They make the same amount.

SUBSTITUTE MEASURING UTENSILS

What Can You Use?

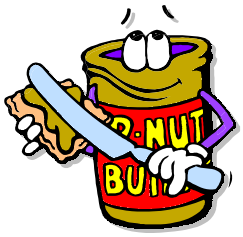
Sometimes standardized measuring cups and spoons are not available. Here are some ideas of items you may have around the house that can be used for measuring utensils.

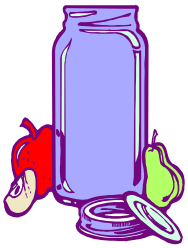
Pint jar

There are 2 cups in a pint. For 1 cup make a line halfway up on the jar. Use paint or fingernail polish.

Peanut Butter jar

Some peanut butter jars have 1 or 2 cups marked on them.





Canning jar

A quart jar could be divided into four equal parts to measure 1 cup at each mark.

Spaghetti Sauce jar

Some jars have cup measurements marked on them

Medicine cup

They usually have teaspoons or tablespoons marked on them.

Baby Bottle

They have ounces clearly marked. This is good for measuring liquids

Yogurt container

They usually come in 8 oz. size. This can be used to measure 1 cup.

Cream Cheese tub

1 8 oz. size can be used to measure 1 cup.

SUBSTITUTION OF INGREDIENTS

Have you ever been in the middle of making a recipe and discovered you didn't have one ingredient you needed to finish? Sometimes our best intentions don't always work out. There is help!

Below is a list of commonly used ingredients and some substitutions you could use in most recipes if you find yourself short.

If you don't have:	Substitute:
1 cup cake flour	1 cup minus 2 tablespoons all purpose flour
1 tablespoon cornstarch (for thickener)	2 tablespoons all purpose flour
1 teaspoon baking powder	1/4 teaspoon baking soda plus ½ cup buttermilk or sour milk (to replace ½ cup liquid called for.
1 package active dry yeast	1 cake compressed yeast
1 cup granulated sugar	1 cup packed brown sugar or 2 cups sifted powdered sugar
1 cup honey	1 1/4 cups granulated sugar plus 1/4 cup liquid
1 cup corn syrup	1 cup granulated sugar plus 1/4 cup liquid
1 square (1 oz.) unsweetened chocolate	3 tablespoons unsweetened cocoa powder plus 1 tablespoon butter or margarine
1 cup butter	1 cup margarine, or 7/8 to 1 cup shortening plus ½ teaspoon salt, or 7/8 cup lard plus ½ teaspoon salt
1 cup whipping cream, whipped	2 cups whipped dessert topping
1 cup heavy cream	1/3 cup butter plus about 3/4 cup milk
1 cup light cream	2 tablespoons butter plus 1 cup minus 2 tablespoons milk
1 cup sour milk or buttermilk	1 tablespoon lemon juice or vinegar plus enough whole milk to make 1 cup (let stand 5 minutes before using) or 1 cup whole milk plus 1 3/4 teaspoons cream of tar-tar
1 cup buttermilk	1 cup plain yogurt
1 cup whole milk	½ cup evaporated milk plus ½ cup water *or* 1 cup reconstituted nonfat dry milk (plus 2 teaspoons butter or margarine, if desired.
1 whole egg	2 egg yolks (for most uses)
2 cups tomato sauce	3/4 cup tomato paste plus 1 cup water
1 cup tomato juice	½ cup tomato sauce plus ½ cup water
1 clove garlic	1/8 teaspoon garlic powder or minced dried garlic
1 small onion	1 teaspoon onion powder *or* 1 tablespoon minced dried onion, rehydrated
1 teaspoon dry mustard	1 tablespoon prepared mustard
1 teaspoon finely shredded lemon peel	½ teaspoon lemon extract
1 cup light brown sugar	½ cup dark brown sugar plus ½ cup granulated sugar

HOW TO FOLLOW A RECIPE

A recipe is a set of directions for making a certain food or drink. A well-written recipe should include the following parts:

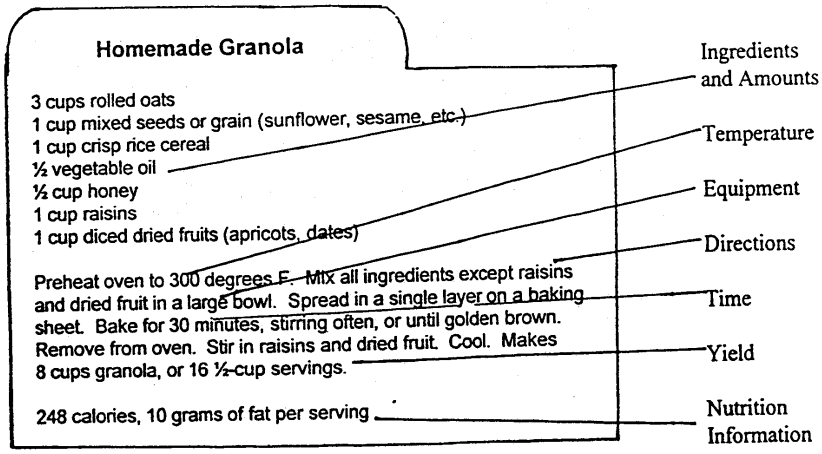
Ingredients and amounts: should be listed in the order that they are used.

Yield: the number of servings or amount the recipe makes.

Information about temperature, time, and equipment: pan size, oven temperature, and cooking time. Some recipes may include preparation time, too.

Step-by-step directions: should be clear and easy to follow.

Nutrition information: often includes the number of calories and the amount of fat and sodium for each serving of food. Not all recipes include this information.



Steps for Following a Recipe

- Read the whole recipe. Note ingredients, equipment, and utensils needed. Also note the time needed to prepare the recipe. If this is not stated on the recipe, estimate how long you think it will take.
- Decide what time you want to eat the food. Think about your time frame: What time do you need to start?
- If you make it ahead of time, how will you cool it down and then heat it again so it will be safe to eat?

- Are there some steps that you could do ahead of time, like chop onions or measure out ingredients?
- Clear a work area. Wash your hands thoroughly with warm water and soap for 20 seconds. Wipe off the work space with a clean towel dipped in hot, soapy water. You may also dip a cloth in a sink full of water with a tablespoon of bleach added for sanitizing.
- Gather your ingredients together. This part is much easier if you've planned ahead of time and purchased the ingredients that you need.
- Gather your equipment and utensils together. Make sure to choose liquid measuring cups for liquid ingredients, and dry measuring cups for dry ingredients.
- Measure your ingredients. Be as accurate as possible for best results. Follow the techniques in the Measuring Lesson.
- Follow the recipe instructions in the order given. For example, grease your pans and preheat your oven when the recipe tells you to, so you won't waste time waiting for the oven to heat.
- Enjoy your meal! If you had to change anything about the recipe, such as adjusting the cooking time or adding more seasonings, jot down those changes on the recipe for next time.

READING FOOD LABELS

Food Label General Information

You can learn many things about a food product by looking at its label:

- What food is in the container
- How much food is in the container
- Name and location of the company that manufactured the food
- What ingredients are in the food. The ingredients are listed from largest to smallest amount

Nutrition Label Information

Food labels are also sources of helpful nutrition information. Most food packages show a "Nutrition Facts" label like the one shown below. The information includes serving size, calories, nutrient amounts, and percent of Daily Values.

Serving Size

Near the top of the Nutrition Facts panel, you will see "Serving Size" and "Servings Per Container". This serving size is based on the amount of this food usually eaten at one time.

The rest of the information on the label is based on one serving. If you eat a larger or smaller serving than what is listed, you need to remember this when you are looking at the rest of the label. For example, if you eat twice as much as the serving size, you need to double the amount shown for calories and other nutrients.

Calories

This section of the Nutrition Facts label lists calories for one serving of the food.

Nutrition Facts

Serving Size	**1 cup (228g)**
Servings Per	**Container 2**

Amount per serving	
Calories 260	**Calories from Fat 120**
	% Daily Value
Total Fat 13g	20%
Saturated Fat 5g	25%
Cholesterol 30 mg	10%
Sodium 660 mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A	4%	• Vitamin C	• 2%
Calcium	15%	• Iron	• 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories		2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Total Carbohydrates		300 g	375 g

Calories per gram:
Fat 9 Carbohydrate 4 Protein

Nutrient Amounts and % Daily Value (DV) The Nutrition Facts label shows amounts for fat, cholesterol, sodium, carbohydrate, fiber, sugars, and protein contained in a serving of that food.

% DV is also shown on the label This is a specific amount that is recommended for good health, but you need to think about some nutrients a little differently.

Cholesterol and sodium DV: The recommended level is the same for everyone.

Fat, saturated fat, cholesterol and sodium DV: These are listed as a maximum amount. In other words, a healthy goal is to stay *under* 100% of the DV each day.

Total carbohydrate, fiber, vitamin A, vitamin C, calcium, and iron DV: These are listed as a minimum. In other words, a healthy goal is to try to take in *at least* 100% of the DV amount every day.

Labeling Language

You may notice many claims on food labels such as "reduced calories", "good source of fiber", etc. Here are some definitions commonly used on labels.

"Low-. . . "- The terms low-. . . or low in . . . can be used on food labels if the food could be eaten frequently without going over amounts recommended for that nutrient. This term is usually combined with fat, cholesterol, sodium, or calories.

"Reduced . . .", "Less . . ." or "Fewer . . ."-The food must have at least 25% less of something such as fat or calories than a comparable food. For example, reduced-fat cheddar cheese has 25% less fat than regular cheddar cheese.

"High in . . ."-One serving of the food provides at least 20% of the DV for a particular nutrient. For example, an orange juice label might state "High in vitamin C".

"Good source of . . ."-This means that one serving of the food contains 10-19% of the DV for a particular nutrient.

". . .-Free"-The food has that ingredient in an amount so small that it is not likely to affect your body. For example, fat-free means that the food has no fat or a very tiny amount of fat.

FOOD SAFETY

Cleanliness is one of the keys to food safety. Whenever you work with food, be sure to keep yourself and the kitchen clean.

Clean Habits for the Cook

- Wear clean clothes.
- Tie your hair back to keep it out of the food.
- Wash your hands for 20 seconds before starting to cook. Make sure nails are clean, too. Wear gloves if you have any sores on your hands, or bandage wounds tightly.
- Do not sneeze or cough into food.
- Wash your hands again if you use the bathroom, blow your nose, touch raw meat, change a diaper, go outside, or do anything else that may expose your hands to bacteria.

Clean Habits in the Kitchen

- Be sure that work areas and equipment are clean before you start preparing food. Wipe all surfaces with hot, soapy water and a clean washcloth or sponge.
- Keep pets out of the kitchen.
- Wash the tops of cans before opening them to keep dirt from getting into the food. Wash can openers after using.
- If you use a spoon to taste food, wash it after each use to avoid transferring bacteria from your mouth to the food.
- After cutting raw meat, be sure to wash the cutting board and knife with very hot, soapy water before you use them for other foods.

Keeping Food at the Right Temperature

- Cook food thoroughly.
- Do not taste foods containing raw meats or eggs. Wait until they are cooked.
- When you microwave food, make sure you rotate it or cook it long enough so that some parts aren't still undercooked.
- Do not leave food at room temperature for more than two hours (one hour if it is a hot day). Throw away any food that has been out longer than two hours.
- Put leftover food into the refrigerator immediately. You don't need to wait for it to cool down first. Put it into shallow containers that allow the food to cool faster than deep ones.
- When you reheat leftover food, make sure you heat it until it is hot, not just lukewarm.

Product Dating

Some food labels will show a date. The exact meaning of the date depends on the product and the wording on the label.

"Sell by" date. This date gives the last day the product should be in the store. It allows more time for storage at home, and is safe to use after that date. For example, dairy products and cold cuts are safe to eat for a few days after the "Sell by" date.

"Use by" date. The quality of the food will start to go down after this date, but will be safe to eat. For example, breads and rolls won't taste as fresh after the "use by" date, but will be safe to eat unless moldy.

Directions for Using the Food Product

Make sure you look at the food label to see if the food requires special handling. You may find special instructions such as "refrigerate after opening" or "Keep frozen". These instructions must be followed to make sure the food stays safe to eat.

USING A GROCERY LIST

Perhaps you've heard that it's a good idea to shop with a grocery list. Yet even when you make a list, you still forget to buy foods you need. Do some types of lists work better than others?

A good way to start is by making some type of list with similar items placed together. Grouping foods by category on your grocery list helps you remember food items and avoid a return trip to the store. Also, by grouping foods together, you're less likely to double back in the store for a food missed when in a particular section.

Keep your list in a central location where your family can add to it as needed.

Developing Your Master List

Here are some tips for developing a master list for ongoing use.

- Consider listing foods by categories based on the Food Guide Pyramid Food Groups. This helps assure that your meals include a mix of healthy foods.

- You might include "Fats, Oils and Sweets" as a category for candy, pop, jelly, etc. This provides a visual check for using this Food Guide Pyramid grouping in moderation.

- Some people like to arrange the categories in their list around the order in which foods are found in the store. Their master list may include such headings as "canned goods"," frozen foods", "fresh produce" and so on.

- The best way to develop this type of list is to go up and down the aisles of your store and record headings that describe your food purchases. Use the informational signs located in each aisle as a guideline.

- Be aware that stores change where they place foods. Also, this type of listing works best if you shop mainly at one store.

- Add some type of catch-all grouping for condiments, staples and other food items that don't fit anywhere else.

- Include categories for non-food items that you purchase at the grocery store such as health and beauty aids and household supplies. Examples may include shampoo, dish detergent or toilet paper.

- If there are foods and other items that you must have every week, give yourself a reminder by making them a permanent part of your master list. For example, if you always like to have some carrots in the house, write carrots under your **Vegetable** heading. Then, if you need carrots that week, circle that item.

- Sometimes you may wish to wait until you're at the store before deciding what specific foods to buy within a category. For example, you may wish to look at the types of fresh fruits or check out meat specials before deciding on your purchase. To assure that you get enough food for your meals, simply write how many items you need from that group. For example, if you need meat for 7 meals, write "7 meats".

- "Play" with your master list for at least a month to find what works best for you.

Suggested Category Headings

Here are some sample category headings for a master list and an example of one possible "must have" item you might include under each. Use these examples as a guideline in creating your own list.

Bread, Cereal, Rice and Pasta: Bread
Vegetables: Carrots
Fruits: Orange juice
Milk, Yogurt and Cheese: Milk
Meat, Poultry, Fish, Dry Beans, Eggs and Nuts: Eggs
Fats, Oils and Sweets: Olive oil
Staples, Condiments and Miscellaneous Foods (spices, baking powder, etc.)
Mustard
Health and Beauty Products: Toothpaste
Household Items (laundry soap, light bulbs, etc.): Coffee filters

FOODS TO KEEP ON HAND

A well stocked pantry provides a variety of staple items. Having basic foods on hand makes it easy to prepare basic recipes. Stock items that store well and in quantities you will use. Remember, though, nothing keeps forever!

The following chart includes food you may wish to stock in your pantry. Only by experience will you learn which foods are important for you to keep in stock and which ones you can happily live without.

Product	Shelf Life	How to Store
Flour-all purpose	6-8 months	Airtight container
Sugar		
brown	4 months	Airtight container
powdered	18 months	Airtight container
granulated	2 years	Cover tightly
Shortening	8 months	Store in cool, dark place tightly closed
Vegetable oil		
unopened	several months	Store in cool, dark place
opened	1-3 months	Cool, dark, tightly closed
Dry milk	3-6 months	Keep in a cool, dry place
Rice		
brown	6 months	Keep tightly covered
white	1-2 years	Keep tightly covered
Pasta		
spaghetti, macaroni	1-2 years	Airtight container
egg noodles	5 months	Airtight container
Oatmeal	6 months	Airtight container
Bouillon cubes	2 years	Keep dry, covered
Vinegar		
unopened	2 years	Keep tightly covered
opened	12 months	Keep tightly covered
Yeast, dry	expiration date on pkg.	Freeze to extend shelf life
Baking powder	18 months	Keep dry and covered
Baking soda	2 years	Keep dry and covered
Spices, cinnamon, cloves, Italian seasoning, nutmeg, basil, oregano	6 months	Airtight, dry, dark, cool
Cream of tartar	6 months	Airtight, dry, dark, cool
Vanilla	1 year	Keep tightly closed
Maple flavoring	1 year	Keep tightly closed
Minced onion, dried	6 months	Store in airtight container
Minced garlic/garlic powder	6 months	Store in airtight container away from heat and sunlight
Salt	2 years	Tightly closed container
Pepper	6 months	Tightly closed container
Catsup		
unopened	12 months	Airtight container
opened	1 month	Refrigerate
Mustard		
unopened	2 years	Airtight container
opened	6-8 months	Refrigerate
Worcestershire sauce	3 months	Refrigerate