



licence to cook

Cooking Tutorial 1



licence to cook

Cooking

Getting to grips : Tutorial 1

This tutorial is about becoming familiar with the cooking equipment, tools and ingredients.

You will study:

- * areas where you might be cooking;
- * basic tools and equipment;
- * using a knife safely to prepare fruit and vegetables;
- * basic techniques for preparing ingredients, such as peeling and grating;
- * using a cooker safely;
- * weighing and measuring ingredients.





Cooking

The cooking area : Your space

At home, you will cook in a kitchen. At school, you will probably cook in the food technology room. Both these cooking areas have similar layouts.

It is important to become familiar with this area.
Think about:

- * where basic equipment is stored;
- * where ingredients are stored;
- * how to use the cooker safely;
- * where and how washing is done;
- * where to put waste and rubbish.





Cooking

Preparing to cook : Get ready!

Read the recipe to see what you need before you start cooking.

Get out the equipment you need, so that you will:

- * be well organised;
- * have everything you need;
- * work smartly.





Cooking

Basic equipment : What are they called?

Basic equipment includes:

- * a basin;
- * a chopping board;
- * a cooling rack;
- * a colander;
- * a grater;
- * a mixing bowl;
- * a pastry brush;
- * a palette knife;
- * a measuring jug;
- * measuring spoons;
- * a sieve;
- * a spatula;
- * a wooden spoon;
- * a whisk;
- * a vegetable knife;
- * a vegetable peeler.





Cooking

Equipment : What is it used for?

It is important to know which equipment to use for different tasks. Recipes usually list the equipment you will need.

For example:

- * vegetable peeler - peeling carrots or potatoes;
- * grater - grating cheese;
- * garlic press - crushing garlic;
- * fork and basin - beating egg;
- * mixing bowl and wooden spoon - mixing cake mixture.





Cooking

Preparation : Ingredients

Many ingredients need to be washed, peeled, sliced, chopped or grated before you start cooking.

It is important to use a knife safely to avoid accidents. Select a knife which is the right size for your hand, and for the job to be done.

The main techniques for using a knife safely are the Bridge hold and Claw grip.





The bridge hold

Hold the top of the food with your thumb and fingers on either side. Place the knife in the opening and cut down, making sure you use the sharp edge of the knife. This is a safe method of cutting as your fingers are not in the path of the knife. If possible, make sure the food is flat side down so that it does not move.

The claw grip

Make one hand into a claw and rest it on the food. Place the knife next to your fingernails, and using these as a guide, cut down. Move your fingers back slightly and cut again.



Cooking

Preparation : Peeling and grating



Peeling

Some fruits can be peeled by hand, e.g. a banana or orange. However, some fruit and vegetables are peeled using a vegetable peeler, e.g. cooking apple or potato.

To use a vegetable peeler safely, run the peeler away from you along the vegetable. Turn the vegetable around and repeat. Place the peelings into a small bowl, plate or kitchen paper to keep your work area clean and clear.

Grating

Lots of different types of food can be grated, such as cheese, carrot and apple.

When grating, it is important that you use the full length of the grater and that you push down to steady the grater. Press the food against the sharp edge of the grater. Make sure that you don't grate your fingers!

Grate on a chopping board or plate - this makes it easier to gather up the grated food.



Cooking

The cooker : What is it used for?

A cooker is one of the most important pieces of equipment in the kitchen.

Cookers are usually fuelled by gas or electricity.

They have a:

- * hob;
- * grill;
- * oven.

It's important that you learn how to use the cooker safely at school and at home.





Cooking

The hob : What is it used for?

The hob is used to:

- * fry - onions or bacon;
- * boil - boiled egg or potatoes;
- * simmer – soup or sauces.

When using the hob you should:

- * turn saucepan or frying pan handles away from the edge of the cooker;
- * turn the heat down to avoid food burning or boiling over liquids.

'Boiling' means that the liquid is rapidly bubbling.

'Simmering' means that it is gently bubbling.





Cooking

The grill : What is it used for?



The grill is used to:

- * **toast foods, such as slices of bread, crumpets or bagels;**
- * **grill foods, such as sausages or bacon.**

When using the grill:

- * preheat it before you need it and allow extra time for electric grills;
- * be careful when handling the grill pan handle - it might be hot – use oven gloves to protect your hands;
- * use a fish slice or tongs to position, turn over or remove hot items;
- * watch the food under the grill carefully - it can easily burn.



Cooking

The oven : What is it used for?

The oven is used to:

- * **bake - flapjacks or muffins;**
- * **roast - beef or potatoes;**
- * **casserole - meat and/or vegetables slowly cooked in liquid.**

When using the oven you should:

- * pre-heat the oven at the start of cooking;
- * make sure that the shelves are in the right positions;
- * always place and remove foods using oven gloves;
- * try not to use it for just one dish as this is wasteful;
- * turn off the oven after use.





It is important to measure ingredients carefully so that your cooking will be successful.

Measuring spoons are useful for measuring small amounts of ingredients, such as herbs and spices.

There are 3 main measuring spoons:

- * 5ml spoon (or 1 teaspoon);
- * 10ml spoon (or 1 dessert spoon);
- * 15ml spoon (or 1 tablespoon).

If a level measure is needed, then a heaped measure will be more than you need.





Cooking

Weighing and measuring : Measuring jug

A measuring jug is used to measure liquids, such as water or milk.

The standard measurement is in Litres.

One Litre is 1,000 millilitres (ml).

Often a recipe will say 250ml or 500ml.
Some measuring jugs will also have traditional measurements too, such as 1 pint.

It is important that you follow the recipe and keep to one set of measurements.





Cooking

Weighing and measuring : Weighing scales

There are 3 main types of weighing scales.

Spring scales

- * Make sure the dial points to '0' before you start weighing.
- * Add the ingredient carefully until you reach the weight you need.

Digital scales

- * Make sure the display reads '0' before you start weighing.
- * You can use different containers to weigh and measure.

Balance scales

- * Place the weight you need on one side, and add the ingredients to the other side. The scales will 'balance' (like a see-saw) when the weight is reached.



licence to cook

Cooking

Summary : Important points to remember!



It is important to know your way around the cooking area and to work safely.

There are many different pieces of basic equipment, each of which has a special job.

Developing knife skills will help you in your future cooking.

The bridge hold and claw grip are safe cutting techniques.

There are 3 main parts to a cooker - the grill, hob and oven.

The cooker needs to be used safely to avoid accidents.

There are different ways to weigh and measure ingredients.



licence to cook

www.licencetocook.org.uk