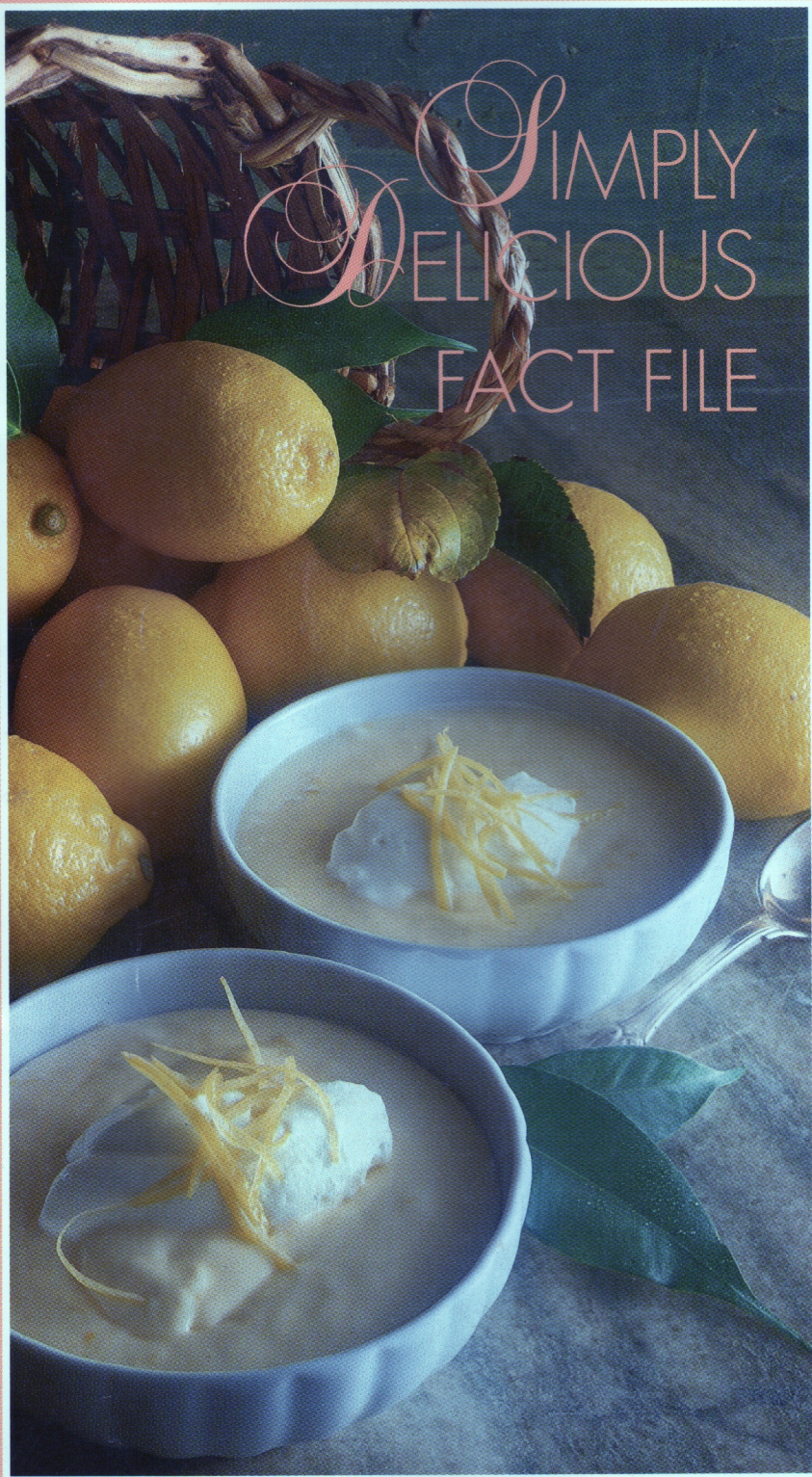


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TO THE COOK

Every aspiring chef has some cooking questions. This handy reference booklet contains the answers to many of these questions while it also provides some helpful hints and tips.

Inside, you will find sections about measurements, conversions, temperatures and food and wine substitutions as well as a collection of handy kitchen tips and short cuts in the kitchen.

MEASUREMENTS

For best results when cooking, it is essential to use the right measurements. This is especially true when baking, since correct proportions are required for all cakes, breads, pies and cookies.

You will need one set of measuring cups for DRY ingredients and another set for LIQUIDS.

- ◆ Dry measuring cups are available in glass, plastic or stainless steel and come in graduated nesting sets that include $\frac{1}{4}$ cup, $\frac{1}{3}$ cup, $\frac{1}{2}$ cup and 1 cup. Each measures to the rim so that you can level off the ingredients with the flat edge of a spatula or knife. For less than $\frac{1}{4}$ cup, use standard measuring spoons.
- ◆ Liquid measuring cups come in 1-, 2-, 4-, and 8-cup glass or clear plastic with a pouring spout. The cups are marked off with the measures. Purchase cups that have handles and that have the last marking below the rim. That way, measured liquids will not spill over the top. When measuring liquids, always check the measurements at eye level for accurate reading.
- ◆ Measuring spoons, available in plastic or stainless steel, are used to measure both dry and liquid ingredients. They usually come in sets of four that include $\frac{1}{4}$, $\frac{1}{2}$, 1 teaspoon and 1 tablespoon measures. Have two sets – one for wet ingredients, one for dry. A set of measuring spoons gives accurate measurements of small quantities. Kitchen or soup spoons are not the equivalent of measuring spoons. Generally most recipes indicate level measurements. Occasionally a recipe will indicate a heaping spoonful or scant measurement.

Tips for Measuring

- ◆ When measuring such ingredients as flour or granulated sugar, do not tap, shake or pack down the dry ingredient. Just lightly spoon it into the cup to overflowing, then level off the top with the edge of a knife or spatula. Many packages of flour state that sifting is not necessary. It is still best to stir it up before measuring as flour has a tendency to pack down.
- ◆ When combining baking powder, baking soda, spices and flour, sift them all together so ingredients are evenly distributed.
- ◆ Before measuring baking powder or baking soda, be sure to break up any lumps (press it through a wire strainer if you wish). Use a dry measuring spoon.
- ◆ Ingredients such as solid fats and brown sugar should be spooned into the measuring cup, then pressed down firmly, to eliminate pockets of space, and then leveled off for accurate measuring.

- ◆ When measuring bread crumbs or grated cheese, spoon lightly into measuring cup and level off; do not pack down.
- ◆ To measure honey, corn syrup and molasses, which stick to the cup, lightly oil the cup first. The honey will flow out easily with the aid of a rubber spatula.
- ◆ When measuring seasonings or flavorings such as hot pepper sauce or vanilla, don't measure directly over the dish you are preparing. If the bottle tilts too much, there might be the chance of too much liquid spilling into the dish accidentally.

Measures

$\frac{1}{8}$ tsp.

3 tsp.

$\frac{1}{3}$ cup

1 cup

2 cups

4 cups

4 quarts

1 oz.

16 oz.

Equivalents

Dash or pinch

1 Tbsp.

5 Tbsp. plus 1 tsp.

16 Tbsp.

1 pint

1 quart

1 gallon

2 Tbsp.

1 lb.

Metric Measures

1 tsp.

1 Tbsp.

1 cup

1 oz.

1 lb.

5 milliliters

15 milliliters

240 milliliters

28 grams

454 grams

YIELDS AND EQUIVALENTS

1 cup (7 oz.) brown rice	equals	4 cups cooked
1 cup (8 oz.) white rice	equals	3 cups cooked
1 cup (5 oz.) small macaroni	equals	2 cups cooked
4 oz. spaghetti	equals	4 cups cooked
2 oz. Cheddar, Jack or Swiss cheese	equals	1 cup lightly packed shredded cheese
1½ to 2½ oz. hard cheese	equals	½ cup grated cheese such as Parmesan or Romano
1 slice soft bread	equals	½ cup bread crumbs
28 soda crackers	equal	1 cup crumbs
15 square graham crackers	equal	1 cup crumbs
28 vanilla wafers	equal	1 cup crumbs
1 lb. granulated sugar	equals	2⅓ cups
1 lb. brown sugar	equals	2⅓ cups, firmly packed
1 lb. powdered sugar	equals	3¾ cups, unsifted
1 square chocolate	equals	1 oz. or 5 Tbsp. grated
6 squares semi-sweet chocolate	equal	1 cup (6 oz.) semi-sweet chocolate chips
1 lb. all-purpose flour	equals	4 cups
1 lb. whole grain flour	equals	3½ cups
1 cup cake flour	equals	1 cup less 2 Tbsp. all-purpose flour
1 stick butter	equals	4 oz. or ½ cup or 8 Tbsp.
1 can (15 oz.) sweetened condensed milk	equals	1¾ cups
1 small can (6 oz.) sweetened condensed milk	equals	¾ cup
1 pkg. (3 oz.) cream cheese	equals	6 Tbsp.
1 cup whipping cream	equals	2 cups whipped
1 large onion	equals	¾ to 1 cup chopped
3 medium tomatoes	equal	1 lb.
1 envelope unflavored gelatin	equals	1 Tbsp.
2 large eggs or 3 medium eggs	equal	½ cup

Since eggs come in different sizes, recipes sometimes measure them by the cupful.

TEMPERATURES

Correct temperature is crucial for successful cooking. You can avoid failures when baking bread or cakes, when roasting meat or poultry, when deep-frying or when making fudge or other candy.

Thermometers are important measuring tools, and different types are available for specific uses, varying in scale and degree intervals. The Fahrenheit scale is standard in the United States. The Celsius scale is standard in Europe and Canada.

Oven temperatures

Most ovens nowadays have a thermostat to control the oven temperature. If your oven does not have a thermostat, invest in an oven thermometer.

The chart below indicates what the various oven temperatures mean.

250°F to 275°F	Very slow	130°C to 135°C
300°F to 325°F	Slow	150°C to 155°C
350°F to 375°F	Moderate	175°C to 190°C
400°F to 425°F	Hot	200°C to 225°C
450°F to 475°F	Very hot	230°C to 250°C
500°F and over	Extremely hot	260°C and over

Deep Frying

The average temperature used when deep frying is 355°F to 375°F, depending on size, texture and type of food being prepared. Heat the oil gradually to desired temperature. Clip the thermometer to the side of the pan. For accuracy, do not let the bulb of the thermometer touch the bottom of the pan. Always follow the recipe exactly.

Candy Cooking

Choose a deep, straight-sided pan with a heavy bottom. Clip the thermometer to the side of the pan. The tip of the thermometer should be submerged in the mixture but it should not touch the bottom of the pan. Cook the mixture to the recommended temperature, watching carefully after it reaches 220°F, as it rises rapidly.

Candy Tests

230°F to 234°F	Thread stage	250°F to 266°F	Hard ball
234°F to 240°F	Soft ball	270°F to 290°F	Soft crack
244°F to 248°F	Firm ball	300°F to 310°F	Hard crack

To determine the thickness of the mixture, drop a small amount in a glass of cold water.

SHORT CUTS IN THE KITCHEN

Even the most experienced cook looks for short cuts to reduce the amount of time spent in the kitchen. Here are some timesaving tips.

- ◆ To quickly slice small firm mushrooms, use an egg slicer.
- ◆ Before slicing meat, cheese, boneless chicken or turkey breast, place in the freezer for about 20 minutes. This makes the meat or cheese firm and easier to slice.
- ◆ Before squeezing the juice from oranges, lemons or grapefruit, first grate the peel. If it is not used in the recipe, pack the grated peel in small containers or aluminum foil packages and freeze for later use.
- ◆ To quickly flour meat, poultry or fish, combine flour and seasonings in a plastic bag. Add a small amount of fish or meat. Close and shake the bag. The pieces will be evenly coated without a mess.
- ◆ Leftover hard cheese and end pieces may be grated and packed airtight. Store in the freezer for later use.
- ◆ To make lemons, limes and oranges juicier, place them in a colander and run hot tap water over them for a few minutes. Remove and roll them gently on the counter for a couple of seconds, pressing with your hand.
- ◆ Use the microwave oven when melting chocolate or butter, softening cream cheese, scalding milk and dissolving gelatin.

FOOD SUBSTITUTIONS

It is always best to use the exact ingredients called for in a recipe. However, if you are in the midst of cooking and find out that you do not have the exact ingredient, there are some possible substitutions. Check the following list for emergency substitutions, but remember, the recipe result may vary.

If you don't have

- ◆ 1 cup cake flour
- ◆ 1 Tbsp. cornstarch (for thickening)
- ◆ 1 cup whole milk
- ◆ 1 cup sour milk or buttermilk
- ◆ 1 oz. unsweetened chocolate
- ◆ 1 Tbsp. prepared mustard
- ◆ 1 clove garlic

you may substitute

- ◆ 1 cup less 2 Tbsp. all-purpose flour
- ◆ 2 Tbsp. all-purpose flour
- ◆ $\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water
or $\frac{3}{4}$ cup nonfat milk plus $\frac{1}{4}$ cup butter
or 1 cup reconstituted nonfat dry milk plus 1 Tbsp. butter
- ◆ 1 cup whole milk plus 1 Tbsp. vinegar or lemon juice
or 1 cup plain yogurt
- ◆ 3 Tbsp. unsweetened cocoa plus 1 Tbsp. butter or vegetable shortening
- ◆ 1 tsp. dry mustard
- ◆ 1 tsp. garlic salt, but reduce salt in recipe by $\frac{1}{2}$ tsp.

WINE SUBSTITUTIONS

Although any alcoholic beverage loses its alcohol content when cooked – only the aroma remains – there are cooks who like to eliminate this ingredient from the recipes. For these cooks, there are some substitutions that can be made, but the flavor of the dish will be slightly different. Exact equivalents cannot be provided since amounts vary according to recipe type and personal preference.

No substitution for the alcohol in flambéed dishes is possible. For these recipes, the alcohol is crucial to fuel the flames.

For stews, soups, sauces and marinades, non-alcoholic substitutions may be used. Depending on the recipe, chicken or beef broth, tomato juice or water may be used to replace the wine. Adding 1 to 2 tablespoons rice vinegar or red or white wine vinegar or lemon juice would perk up the flavor. Apple cider, grape juice, fresh lime, lemon or orange will accentuate the flavor of the dish.

Liqueurs and brandies are flavored with fruit, spices, herbs or seeds. If you would like to make a substitution for liqueur or flavored brandy, it is helpful to know the characteristic flavor of some of the most commonly used ones.

Name

Anisette
Amaretto
Calvados
Cointreau, Curacao, Grand Marnier
Creme de Cacao
Creme de Cassis
Creme de Menthe
Kahlua
Kirsch

Flavored with

anise seeds
almonds
apples
oranges and orange rind
cocoa and vanilla beans
black currants
peppermint
coffee and cocoa
cherry

HANDY KITCHEN HINTS

A few dependable kitchen hints can ease frustration, prevent problems and save time, energy and money. Here are a few hints to make your cooking time more efficient and enjoyable.

- ◆ To easily measure honey, molasses or syrup, dip spoon or cup in oil or hot water before measuring.
- ◆ To keep a cake fresher longer, place half an apple into the cake tin.
- ◆ Butter the rim of the saucepan when you cook rice or macaroni so water won't boil over.
- ◆ To remove garlic or onion odor from your hands, rub them with lemon juice or vinegar and rinse in cold water.
- ◆ To make uniform meatballs, use an ice cream scoop, dipped in cold water.
- ◆ If you have added too much salt to a soup or sauce, add $\frac{1}{2}$ peeled potato and cook it with the soup or sauce for at least 5 minutes. Remove the potato and discard.
- ◆ If a pie crust is getting too brown while baking, cover the edge of the pie with strips of aluminum foil.
- ◆ To quickly mince parsley, form into a tight bunch. Cut on a board with a sharp knife, or cut with kitchen shears.
- ◆ Do not keep chocolate in the refrigerator. Best storing temperature is between 60°F and 70°F.
- ◆ Baking powder loses its potency upon standing. Always store in an airtight container or in a box with a tight-fitting lid.
- ◆ To test baking powder for potency, add $\frac{1}{2}$ teaspoon baking powder to $\frac{1}{2}$ cup very hot tap water. If the mixture does not bubble and fizz, the baking powder is ineffective and should be discarded.

