

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

# Review

**Directions:** After watching the first segment of “*Kitchen Fundamentals*”, answer the following questions.

## Part 1

1. What are the primary materials used for making cutting boards? \_\_\_\_\_

\_\_\_\_\_

2. How can you keep your cutting board from sliding on the countertop? \_\_\_\_\_

\_\_\_\_\_

3. What does a French or chef’s knife look like? Draw the shape of a chef’s knife in the space below:

4. What is the “claw” or the “bear claw”? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. A medium dice is roughly \_\_\_\_\_ inch(es) in size, while a small dice is approximately \_\_\_\_\_ inch(es) in size.

6. What is a rough chop? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. How do you use a vegetable peeler to peel a carrot? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

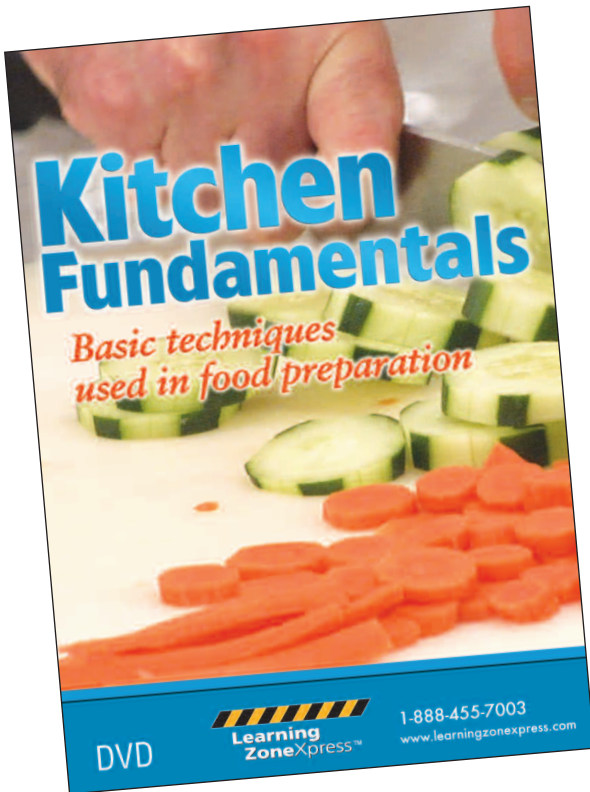
8. In the space below, draw the three cuts of carrots Chef Dave demonstrates:

9. What is a paring knife? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

10. How is a santoku knife different from a chef's knife? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

11. What types of food would you use a serrated knife to cut? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

12. How do you mince garlic? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## TEACHER'S KEY

# Review

**Directions:** After watching the first segment of “*Kitchen Fundamentals*”, answer the following questions.

## Answer Key – Part 1

1. What are the primary materials used for making cutting boards?

***Wood – is softer on knives, but harder to keep clean***

***Polypropylene – harder on knife-edges, typically used in commercial kitchens as they are easier to keep clean***

2. How can you keep your cutting board from sliding on the countertop?

***When using a cutting board on a countertop it generally slides around, making it dangerous. Try placing a damp towel down on the counter and then place the cutting board on top of the towel, which should keep the board from sliding.***

3. What does a French or chef’s knife look like? Draw the shape of a chef’s knife in the space below:



4. What is the “claw” or the “bear claw”?

***The claw or the bear claw is the method that you use to hold foods while cutting them with a knife. You tuck your fingers inward toward your palm and use your knuckles as a guide for cutting. It keeps fingertips safe from being cut.***

5. A medium dice is roughly  $\frac{1}{2}$  inch(es) in size, while a small dice is approximately  $\frac{1}{4}$  inch(es) in size.

6. What is a rough chop?

***Rough chop is cutting food into pieces of an undefined size.***

7. How do you use a vegetable peeler to peel a carrot?

***Cut ends off carrot. Place the end of the carrot on the cutting board and peel away from you using smooth, even strokes. Flip carrot and finish the other end.***

8. In the space below, draw the three cuts of carrots Chef Dave demonstrates:

***Dicing:***



***Julienne:***



***Slicing:***



9. What is a paring knife?

***A paring knife is a small knife with a plain edge blade that is 2-4 inches long.***

10. How is a santoku knife different from a chef's knife?

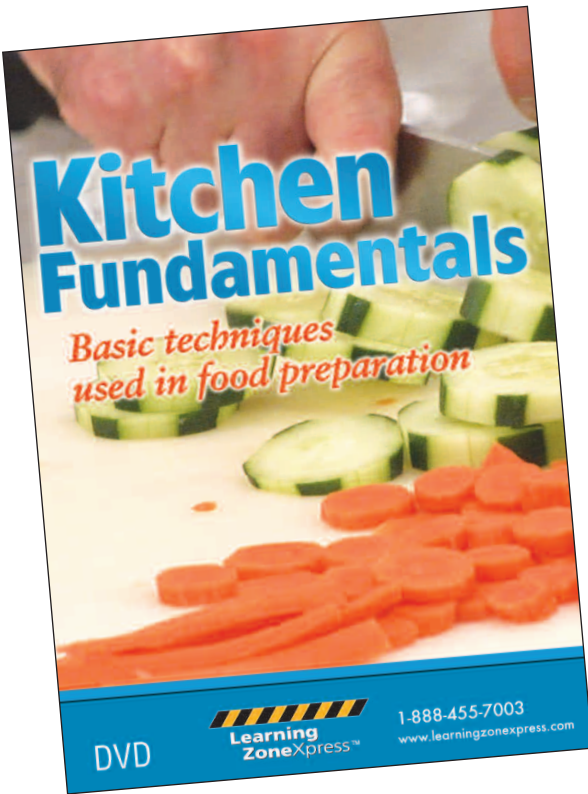
***A santoku knife is similar in shape as a chef's knife, but it has vented sides, which are small indentations that help prevent food from sticking.***

11. What types of food would you use a serrated knife to cut?

***Foods that are hard on the outside and soft on the inside, such as bread or tomatoes.***

12. How do you mince garlic?

***Peel the garlic using the side of the knife blade and remove the stem end. Rough chop the garlic and gather it up and run knife through it until it is finely chopped. Start mashing the garlic by pressing the knife into the garlic and pushing down. Add a little salt and run knife through until minced.***



Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## VIDEO WORKSHEET

# Review

**Directions:** After watching the second segment of “*Kitchen Fundamentals*”, answer the following questions.

## Part 2

1. What is the difference between shredding and grating? \_\_\_\_\_

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2. How do you measure dry ingredients, such as flour or sugar? \_\_\_\_\_

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3. What does it mean to sift flour? \_\_\_\_\_

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4. How should roll out dough? What are some foods that you use a rolling pin to make? \_\_\_\_\_

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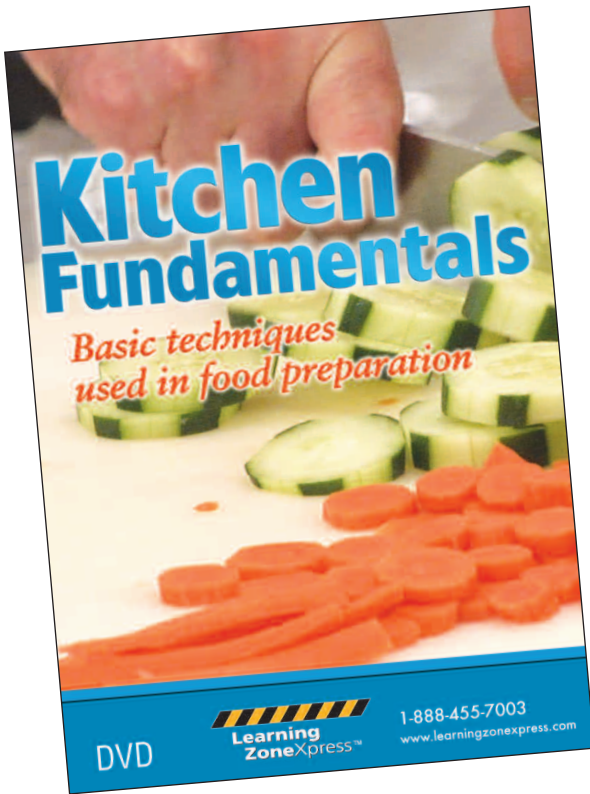
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5. What is broiling? What kinds of foods do you broil? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Why do professional chefs prefer a gas stovetop? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. How do you sauté a food? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. What is pan searing? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
9. What liquids can you use to deglaze a pan? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. Whenever removing a lid from a pot, always lift pointed \_\_\_\_\_ to avoid a steam burn.
11. How do you steam a vegetable on a stovetop? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
12. What is a simmer? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## TEACHER'S KEY

# Review

**Directions:** After watching the second segment of “*Kitchen Fundamentals*”, answer the following questions.

## Answer Key – Part 2

1. What is the difference between shredding and grating?

***The difference between shredding and grating is size. Shredded food is thought of as being larger, coarse threads, while grating creates a finer thread that can be as fine as powder.***

2. How do you measure dry ingredients, such as flour or sugar?

***Fill dry measuring cups and level by scraping off excess with a knife.***

3. What does it mean to sift flour?

***Sifting flour aerates the flour by removing clump, which increases the volume that may have settled while in the packaging. You can use either a flour sifter or a mesh strainer.***

4. How should roll out dough? What are some foods that you use a rolling pin to make?

***To roll dough, roll away from the center using light, even strokes. You use a rolling pin to make piecrust, cut-out cookies, scones, and other pastries.***

5. What is broiling? What kinds of foods do you broil?

***Broiling is a dry heat method of cooking where the heat source is directly above the food (the opposite of grilling). You can broil tender cuts of meats, poultry, ham or fish.***

6. Why do professional chefs prefer a gas stovetop?

***Professional chefs prefer a gas stove because the heat is instant and the temperature is much easier to regulate.***

7. How do you sauté a food?

***Sautéing is cooking foods in a small amount of oil over high heat that is similar to stir-frying. Foods are tossed with a flip of the wrist or you can use a heatproof spatula.***

8. What is pan searing?

***Pan searing is similar to sautéing but it is using high heat and a little oil to brown the outside of meat.***

9. What liquids can you use to deglaze a pan?

***Water, stock, wine***

10. Whenever removing a lid from a pot, always lift pointed \_\_\_\_\_ ***away*** \_\_\_\_\_ to avoid a steam burn.

11. How do you steam a vegetable on a stovetop?

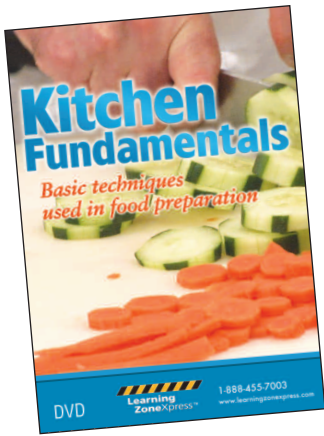
***Place a mesh basket steamer in a pot. Fill with water until just below the steamer basket. Place vegetables in basket, cover, and turn on heat. Cook until vegetables are tender.***

12. What is a simmer?

***A simmer is a slow boil.***







#3521

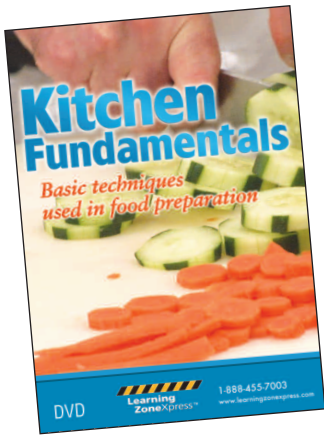
Match the cooking term listed on the right to the correct definition. Write the term's letter to the left of the correct term.

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## COMMON KITCHEN TERMS

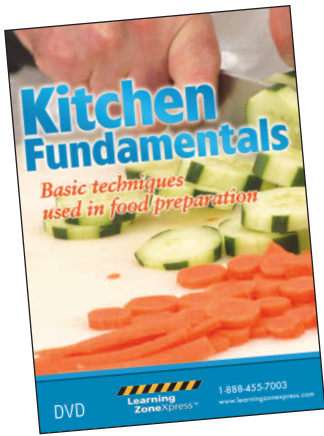
	Definition	Terms
	1. to cook in liquid at boiling temperature	A. bake
	2. to cut into 1/4 inch cubes	B. baste
	3. to cook by dry heat, usually in an oven	C. boil
	4. to cook meat or poultry by dry heat, usually in an oven	D. braise
	5. to moisten food while it's cooking to add flavor	E. broil
	6. to beat rapidly to incorporate air and increase volume	F. chop
	7. to cook in a closed pot with only enough water to generate steam	G. dice
	8. to cut into square, chunky pieces, roughly the same size	H. mince
	9. to cut or to chop into very fine pieces	I. roast
	10. to cook in liquid and simmer on the stove or in the oven	J. sauté
	11. to cook under direct heat in a boiler or over hot coals	K. simmer
	12. to cook in liquid just below the boiling point	L. slice
	13. to cook in a small amount of hot fat in a skillet	M. steam
	14. to cut into thin, broad pieces or slices, such as carrot rounds.	N. whip



#3521

## COMMON KITCHEN TERMS ANSWER KEY

Definition		Terms
<b>C</b>	1. to cook in liquid at boiling temperature	A. bake
<b>G</b>	2. to cut into 1/4 inch cubes	B. baste
<b>A</b>	3. to cook by dry heat, usually in an oven	C. boil
<b>I</b>	4. to cook meat or poultry by dry heat, usually in an oven	D. braise
<b>B</b>	5. to moisten food while it's cooking to add flavor	E. broil
<b>N</b>	6. to beat rapidly to incorporate air and increase volume	F. chop
<b>M</b>	7. to cook in a closed pot with only enough water to generate steam	G. dice
<b>F</b>	8. to cut into square, chunky pieces, roughly the same size	H. mince
<b>H</b>	9. to cut or to chop into very fine pieces	I. roast
<b>D</b>	10. to cook in liquid and simmer on the stove or in the oven	J. sauté
<b>E</b>	11. to cook under direct heat in a boiler or over hot coals	K. simmer
<b>K</b>	12. to cook in liquid just below the boiling point	L. slice
<b>J</b>	13. to cook in a small amount of hot fat in a skillet	M. steam
<b>L</b>	14. to cut into thin, broad pieces or slices, such as carrot rounds.	N. whip



#3521

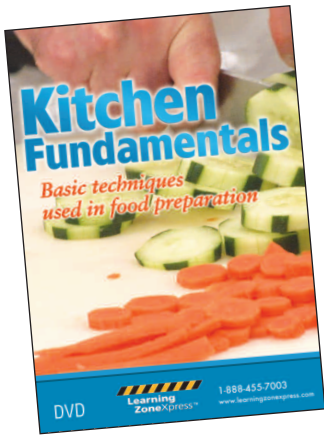
Write in the correct cooking term for each definition given.

Name: \_\_\_\_\_

Hour: \_\_\_\_\_

## COMMON COOKING TERMS

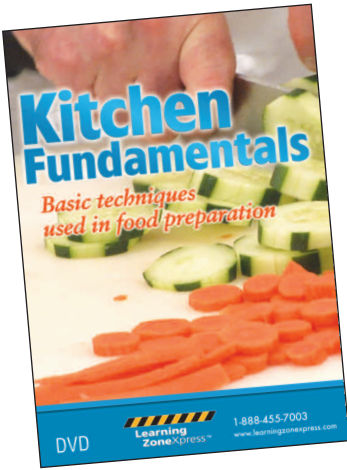
Terms	Definition
	1. to cook meat or poultry by dry heat, usually in an oven
	2. to moisten food while it's cooking to add flavor
	3. to cook in a small amount of hot fat in a skillet
	4. to cook in liquid at boiling temperature
	5. to beat rapidly to incorporate air and increase volume
	6. to cook in liquid just below the boiling point
	7. to cut into 1/4 inch cubes
	9. to cook in a closed pot with only enough water to generate steam
	10. to cut into square, chunky pieces, roughly the same size
	11. to cook by dry heat, usually in an oven
	12. to cut into thin, broad pieces, such as carrot rounds
	13. to cook in liquid and simmer on the stove or in the oven
	13. to cut or to chop into very fine pieces
	14. to cook under direct heat in a broiler or over hot coals



#3521

## COMMON COOKING TERMS ANSWER KEY

Terms	Definition
<b>roast</b>	1. to cook meat or poultry by dry heat, usually in an oven
<b>baste</b>	2. to moisten food while it's cooking to add flavor
<b>sauté</b>	3. to cook in a small amount of hot fat in a skillet
<b>boil</b>	4. to cook in liquid at boiling temperature
<b>whip</b>	5. to beat rapidly to incorporate air and increase volume
<b>simmer</b>	6. to cook in liquid just below the boiling point
<b>dice</b>	7. to cut into 1/4 inch cubes
<b>steam</b>	9. to cook in a closed pot with only enough water to generate steam
<b>chop</b>	10. to cut into square, chunky pieces, roughly the same size
<b>bake</b>	11. to cook by dry heat, usually in an oven
<b>slice</b>	12. to cut into thin, broad pieces, such as carrot rounds
<b>braise</b>	13. to cook in liquid and simmer on the stove or in the oven
<b>mince</b>	13. to cut or to chop into very fine pieces
<b>broil</b>	14. to cook under direct heat in a broiler or over hot coals



# RECIPE

## Quick & Easy Meatloaf

- 1 lb lean ground beef
- 1 egg
- 1 cup panko (Japanese) bread crumbs
- 1 T. Worcestershire sauce
- 1 tsp. fresh ground pepper
- 1 T. kosher salt
- 1 cup sautéed onions

Preheat oven to 350° F. Place ground beef in a mixing bowl. In a cup, crack egg and lightly beat with a fork. Add beaten egg to the ground beef. Add panko breadcrumbs, Worcestershire sauce, pepper, salt, and sautéed onions. Mix by hand until combined and form into a loaf. Set loaf into roasting pan sprayed with nonstick spray and bake for 1 hour.