

What is a Recipe?

A **recipe** is a set of directions that explains how to make a particular food product. A recipe lists ingredients and specifies the exact amount to use for each ingredient. A recipe also specifies the cooking utensils needed, the time and temperature needed, the steps to follow when preparing the food, and the number of portions the recipe will make. Often the equipment needed is not listed; however, context clues will help you decide the utensil to use. For example, to measure 1/4 cup of chopped onion, you would need a cutting board, paring knife, and a 1/4 cup dry measure. Cookbooks, newspapers, magazines, and the Internet are resources that publish recipes. Family recipes are fun to collect and share with friends.

Label the parts of a good recipe below:

Yield: 12 muffins

| | |
|---------------|----------------|
| 1 1/4 cups | Mashed bananas |
| 3 tablespoons | Vegetable oil |
| 1 | Large egg |
| 1 tablespoon | Sugar |
| 1/3 cup | Baking mix |
| 2 cups | Chopped nuts |

1. Heat oven to 400°F.
2. Grease bottoms only of 12 muffin cups with shortening, or line the pan with paper baking cups.
3. Beat bananas, oil, egg, and sugar in large bowl until well blended.
4. Stir in baking mix and nuts until baking mix is just moistened. (Batter will be lumpy.)
5. Divide batter evenly among muffin cups in the pan.
6. Bake 15 minutes or until golden brown. Cool muffins in pan 5 minutes; remove from pan to wire rack.

Create a recipe from the information below.

Look at the following measurements. Decide which ingredients should be used with each measurement given.

Measurements

1 cup

1 1/2 teaspoon

1/4 teaspoon

3 tablespoons

1/3 cup

Choice of Ingredients

flour

shortening

milk

salt

baking powder

What is a Recipe?

1. Write your recipe in the space provided. Use all of the measurements and ingredients given to you.

Name of your recipe:

Recipe Ingredients:

2. Write the directions for your recipe in complete sentences. Use the following key words:

measure dry

ingredients

400°F oven

mix together

Step 1:

Step 2:

Step 3:

Step 4:

Step 5:

Step 6:

What is a Recipe?

Complete a *Work Schedule* for the "What Is a Recipe?" lab.

List 5 additional utensils needed to make your recipe.

Name of worker: _____ Job to be completed: _____

Starting time: _____

_____ 1. Assemble ingredients needed: milk, shortening, salt, baking powder, flour.

_____ 2. Assemble utensils needed. Preheat oven to 400°F.

_____ 3. Measure flour, milk, shortening, salt, and baking powder.

_____ 4. Combine ingredients.

_____ 5. Bake.

Time to bake: _____

_____ 6. Wash utensils used.

_____ 7. Dry utensils and put them away.

_____ 8. Serve the food.

Time to serve: _____

_____ 9. Clear the table.

_____ 10. Wipe the table and counters.

_____ 11. Wash and rinse dishes for final cleanup.

_____ 12. Dry the dishes.

_____ 13. Wipe the sink dry, sweep, and sanitize work area.

Ending time: _____

What is a Recipe?

Lab Review: What Is a Recipe?

Directions: Answer all items in complete sentences.

1. Provide your own definition for a recipe.

2. A recipe is beneficial for several reasons.
 - a. List any problems you had when combining the ingredients in your recipe.

 - b. List any problems you had with kitchen equipment. Which utensils did you use, and why did you choose them?

 - c. List any mistakes you made when measuring the ingredients. Did you measure 3 tablespoons of baking powder or 1 1/2 teaspoons? Did you measure baking powder or baking soda? Did you measure 1 cup of flour or 1 3/4 cup of flour?

3. When is it necessary for families to use recipes as the main resource for preparing meals?

4. Is there a time when a family would not use a recipe? Give an example.

5. List two things you learned about recipes by completing this practice lab.

6. Provide an example of how recipes might change by the year 2025.

What is a Recipe?

7. Survey two people and ask them the following question: *“What do you think is the most important skill to have when a person is cooking?”*

Person #1 said:

Person #2 said:

Would you agree with your survey results? Why or why not?