

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

# Kitchen Fundamentals

1. When washing your hands, you must wash under your fingernails by \_\_\_\_\_  
\_\_\_\_\_
2. Restaurants don't usually use wooden cutting boards because \_\_\_\_\_  
\_\_\_\_\_
3. The most important thing about knives is that they are \_\_\_\_\_.
4. Serrated (or bread) knives are also use to cut \_\_\_\_\_, \_\_\_\_\_ and other \_\_\_\_\_.
5. Paring knives are used to cut \_\_\_\_\_ or \_\_\_\_\_.
6. Put your \_\_\_\_\_ on one side and your \_\_\_\_\_ on the other side of the knife and curl your fingers away from the blade.
7. \_\_\_\_\_ = to cut into thin, broad pieces, such as carrot rounds
8. \_\_\_\_\_ = to cut into square, chunky pieces, roughly the same size
9. When you dice, you need to cut food into \_\_\_\_\_.
10. \_\_\_\_\_ = to cut into 1/4 inch cubes
11. \_\_\_\_\_ = to chop or cut into very fine pieces
12. To cut bread, use a \_\_\_\_\_ knife.
13. When cutting bread, instead of a thousand little motions, make \_\_\_\_\_ motions for each slice, going forward and back.
14. When what you're grating is getting small, spread out your fingers and push with your \_\_\_\_\_.



15. Use a rubber \_\_\_\_\_ to get the last drop out of a container.
16. A \_\_\_\_\_ blends shortening into flour.
17. \_\_\_\_\_ = to put one or more dry ingredients into a fine sieve.
18. Sift first; then \_\_\_\_\_ flour.
19. \_\_\_\_\_ = to distribute solid shortening through dry ingredients.
20. \_\_\_\_\_ = to mix gently with a spoon in a rotary motion.
21. To make a pie crust light and fluffy, roll *lightly* with a \_\_\_\_\_.
22. \_\_\_\_\_ = to beat rapidly to incorporate air and increase volume.
23. To whip, one may use a \_\_\_\_\_, a \_\_\_\_\_ or an \_\_\_\_\_.
24. \_\_\_\_\_ occur when the peaks fall over on themselves.
25. \_\_\_\_\_ = to combine a delicate ingredient to a solid mixture.
26. The two basic operations of an oven are \_\_\_\_\_ and \_\_\_\_\_.
27. \_\_\_\_\_ = to cook by dry heat, usually in an oven.
28. \_\_\_\_\_ = to cook meat or poultry by dry heat, usually in an oven.
29. \_\_\_\_\_ = to moisten food while it's cooking to add flavor.
30. \_\_\_\_\_ = to cook under direct heat in a boiler or over hot coals.
31. Broiling is made for things that are naturally \_\_\_\_\_.
32. Electric stoves don't go on or off \_\_\_\_\_.
33. \_\_\_\_\_ = to cook in liquid at boiling temperature (212°)
34. \_\_\_\_\_ = to cook in liquid just below the boiling point

35. \_\_\_\_\_ = to cook in a closed pot with only enough water to generate steam
36. When steaming, open the lid \_\_\_\_\_.
37. \_\_\_\_\_ = to cook in liquid and simmer on the stove or in the oven
38. \_\_\_\_\_ = to cook in a small amount of hot fat in a skillet
39. When you use a non-stick pan, you don't have to use as much \_\_\_\_\_.
40. Microwaves are great for \_\_\_\_\_ food but not as good for cooking food.
41. Microwaves make food \_\_\_\_\_ even though the containers may be cool.
42. \_\_\_\_\_ = to combine a dry substance with a liquid so they merge
43. Don't put \_\_\_\_\_ in a microwave.
44. Don't run the microwave \_\_\_\_\_.
45. Liquids or foods with fat work very \_\_\_\_\_ in the microwave.
46. \_\_\_\_\_ in the microwave speeds up the heating time.
47. Remember to \_\_\_\_\_ a tightly covered container when microwaving.
48. Venting means to \_\_\_\_\_.
49. Basic Rules of Cooking:
- A. Wash \_\_\_\_\_.
  - B. Read the \_\_\_\_\_.
  - C. Remember \_\_\_\_\_.
  - D. Enjoy \_\_\_\_\_!

