

Points received _____

Name _____

Period _____

Understanding A Recipe

A recipe is a formula to follow to get the results expected in cooking. This involves proper measuring of the various ingredients and the proper mixing and blending. Proper amount of heat must be applied for a given time period. Its very important that steps be followed precisely. If mistakes are made, surely they will show up in the results.

One of the first things the home economics students should learn to do is measure correctly.

Measuring

1. When a recipe calls for a cup, a tablespoon or a teaspoon of any ingredients, how is it measured? Is it a heaping measure or a level measure?
2. Explain exactly how you would proceed to measure a level cup of flour.
3. Why is it necessary to sift the flour before measuring?
4. Does sugar have to be sifted before measuring? Explain why or why not.
5. How would you measure brown sugar, as different from white crystal sugar. Explain why.