

# 4-H Family and Consumer Sciences Skill-A-Thon

## Food and Cooking Booklet



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION



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## External Sources

<https://texas4-h.tamu.edu/events/fcs/>

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# Appliances



## Air Fryer

An appliance that uses superheated air to cook foods, giving results very similar to deep-frying or high-temperature roasting. This uses the same technology as convection ovens, but instead of blowing the air around a large rectangular box, it is blown around in a compact cylinder and the food sits in a perforated basket. The result is food with a crispy brown exterior and moist tender interior but without the oil and fat needed to deep-fry.



## Bread Machine

An appliance that turns raw ingredients into dough and then bakes it. It consists of a pan (or "tin"), at the bottom of which are one or more built-in paddles, mounted in the center of a small special purpose oven. This small oven is usually controlled by a simple built-in computer using settings input via a control panel.



### **Coffee Grinder**

This appliance is used to grind coffee beans into a proper size for brewing.



### **Countertop Mixer**

An electrical device on a stand that blends or stirs substances or ingredients by mechanical agitation of blades or beaters.



### **Crepe Pan**

A specialized pan used to make crepes. One style is flat-bottomed and 8-10 inches in diameter with short walls. Another style has a slight dome on one side allowing the pan to be dipped directly into the batter.



## Electric Kettle

This appliance uses electricity to power an integrated heating element to heat water.



## Electric Pressure Cooker

An appliance that consists of a container (inner pot or cooking pot), the electric heating element, and temperature/pressure sensors. Steam is allowed to build up inside the appliance which raises the pressure and temperature to cook food in a shorter amount of time. The heating process is controlled by the built-in microprocessor based on the readings of the pressure and temperature sensors.



## Electric Skillet

An appliance that is heated by plugging it into an outlet and is used to sauté and pan fry. The best ones provide an even heating surface.



## Food Processor

An appliance used to prepare foods consisting of a container in which food is cut, sliced, shredded, grated, blended, beaten, or liquidized.



## Hand Mixer

A hand-held device that blends or stirs substances or ingredients by mechanical agitation using a variety of blades or beaters.



## Rice Cooker

An appliance that consists of a heat source, a cooking bowl, and a thermostat. The thermostat measures the temperature of the cooking bowl and controls the heat for cooking.



## Slow Cooker

An appliance that maintains a relatively low temperature, used to cook foods over a long period of time.



## Sous Vide Immersion Circulator

This appliance is inserted into a pot of water that draws water from the pot, heats it up, then spits it back out while simultaneously heating and circulating the water.



## Toaster Oven

An appliance with a hinged door in the front that opens to allow food items to be placed on a rack, which has heat elements above and below the grilling area. It functions the same as a small-scale conventional oven.



### **Turkey Fryer**

An appliance used to deep fry large birds or steam food.



### **Vacuum Sealer**

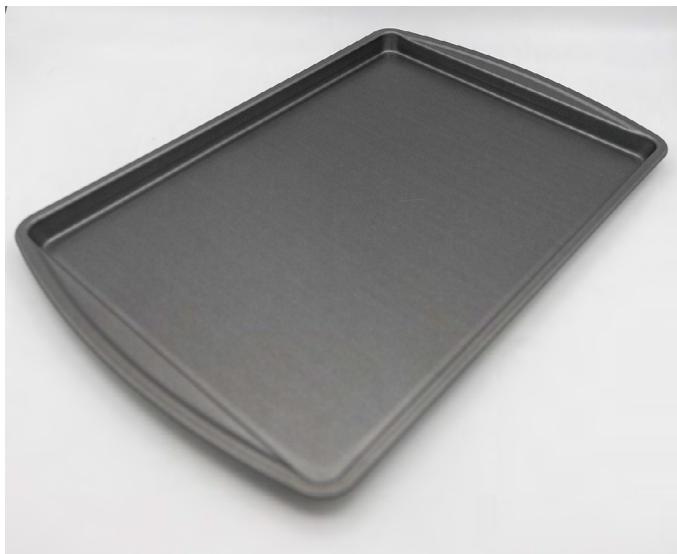
This appliance removes air from the space around food and then uses a heated bar to seal the bag.

# Cookware



## Baking Pan

A type of bakeware with sides that vary in deepness and used to cook such things as cakes.



## Baking Sheet

A type of bakeware that is a flat, shiny metal tray used for cooking such things as biscuits and cookies.



## Broiler Pan

A two-piece pan used to grill foods in the oven. The top part is a slatted grill that lets grease, fat, and oils drip into the deeper base section. The bottom pan is often used on its own for baking or roasting.



## Colander

A bowl-shaped kitchen tool with perforations for draining off liquids and rinsing food.



## Double Boiler

A pair of cooking pots, one fitting on top of and partly inside the other. Food cooks gently in the upper pot while water simmers in the lower pot.



## Dutch Oven

A heavy cooking pot with a tightly fitting lid that is good for braising or making soups and stews. They are often made of cast iron that can be used in the oven as well as on the stovetop.



### French Press

An appliance for making coffee where hot water is poured onto the coffee grounds. A rod with a filter is pressed down, keeping the solids at the bottom while the coffee is poured. It can also serve as a serving pot when finished.



### Frying Pan

A pan used for frying, searing, or browning foods with a long side handle and low sides that flare outward.



### Pastry Press

A kitchen tool that is used to hold dough so that it can be manually or electrically pushed from the tool onto a baking sheet or pan to create a desired shape. It typically has a variety of different tips that create many styles and shapes.



### **Pie Plate**

A type of bakeware that has a flat bottom and slanted sides. It is usually 1 ½ - 2 inches deep and 8-11 inches in diameter and can be made of a variety of materials.



### **Pressure Cooker**

A cooking vessel with a lid that locks on and prevents steam from escaping. As a result, the steam builds up pressure (about 12 to 15 pounds per square inch of pressure-psi) and the temperature inside the cooker increases to cook food at a higher temperature so they are finished sooner. Time and heat are regulated manually.



### **Roaster Pan**

A pan with deep sides used to cook large pieces of meat and poultry. It may come with a rack to keep food out of juices.



### **Round Cake Pan**

A type of bakeware used to make cake that is generally found in 8- or 9-inch diameters and are 1 ½ inches in depth.



## **Saucepan**

A deep pan with straight sides, a long side handle and a lid. Its surface area is generally small relative to its height which allows heat to be evenly distributed through the liquid in the pan.



## **Sauté Pan**

A pan that has a wide flat bottom and straight sides. This makes it easier to cook sauces and sear and braise meat.



## **Splatter Screen**

A kitchen tool made of fine-meshed wire that prevents hot grease and other hot materials from being splashed out of the pan as food is being cooked.



## **Springform Pan**

A type of bakeware that features sides which can be removed from the base. The base and the sides are separate pieces that are held together when the base is aligned with a groove that rings the bottom of the walls. The pan is then secured by a latch on the exterior wall. This tightens the 'belt' that becomes the walls of the pan and secures the base into the groove at the base of the walls.



### Steamer Basket

A metal, silicone, or bamboo container that sits inside a pan above the water level used for steaming.



### Tube Pan

A type of bakeware with a hollow tube in the middle. It is used for baking or molding foods in the shape of a ring.



### Wok

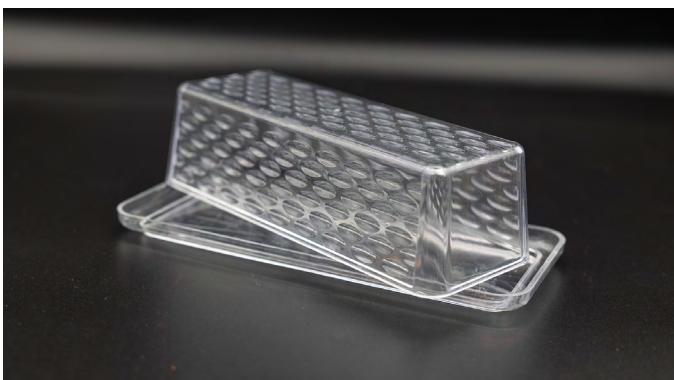
A pan that is shaped like a big, deep bowl. The shape works particularly well for stir frying; the bottom gets much hotter than the sides, and food can be cooked quickly.

# Dish and Tableware



## Bread Plate

Tableware that is five to six inches in diameter for individual servings.



## Butter Dish

Tableware with a cover used to store and serve butter.



## Butter Knife

A blunt knife that is used for serving pats of butter. It may have a triangular, pointed shape.



## Cake Platter

Tableware that is a large serving plate for desserts. The shape is often round and is characterized by having a large flat surface so that the item sits completely flat. It may be flat or raised on a pedestal.



### **Carafe**

A wide-mouthed glass bottle with a lip or spout for holding and serving coffee, water, or wine.



### **Charger**

A decorative base setting used during each dining course at weddings, banquets, or fine-dining establishments. Each course is served in a separate bowl or plate and placed on top of the decorative base. It is also known as a service plate or underplate.



### **Cheese Fork**

A short, two-pronged fork used for picking up cut pieces of cheese for plating. It can also be used to break up blocks of aged cheese into smaller chunks.



### **Gravy Boat**

Tableware used to serve gravies and sauces. They can have attached or detached underplates.



### **Meat Platter**

Tableware that is a large oval or oblong serving plate in a variety of sizes ranging from 12-20 inches long.



### **Parfait Cup**

Tableware that has a fluted cup designed for serving layered desserts, including ice cream sundaes, puddings, or mousse.



### **Salad Fork**

A small, broad fork, usually one of a set, for eating salad or dessert.



### **Tea Pot**

Tableware with a handle and spout for making and serving hot beverages.



### **Water Goblet**

Tableware that is a conically shaped glass with no handle, rising from a stem with a foot. They vary in style, shape, and decoration and are usually plain.

# Spices/Food



## Arborio

An Italian short-grain rice used in the classical preparation of risotto. It has a short, fat, slightly oval shape with a pearly white exterior.



## Basil

An Old-World aromatic annual herb (*Ocimum basilicum*) in the mint family, cultivated for its leaves. It is also called sweet basil. The leaves of this plant are used as a seasoning. It is native to warm regions, has aromatic foliage, and terminal clusters of small, usually white flowers.



## Bay Leaves

The leaf of the bay laurel or “true laurel.” *Laurus Nobilis* is a culinary herb often used to flavor soups, stews, braises, and pate in Mediterranean Cuisine.



## Bulgur

An edible cereal grain made from dried, cracked wheat that is partially cooked so that it can be prepared relatively quickly.



### Caraway Seeds

A versatile, aromatic spice with sharp notes of licorice and warm citrus. The ground version is more potent than the dried fruit.



### Cardamom

A spice consisting of whole or ground dried fruits, or seeds, of *Elettaria cardamomum*, a herbaceous perennial plant of the ginger family (Zingiberaceae). The seeds have a warm, slightly pungent, and highly aromatic flavor somewhat reminiscent of camphor.



### Chives

An Eurasian bulbous herb (*Allium schoenoprasum*) in the lily family, having clusters of usually pink to rose-violet flowers and cultivated for its long, slender, hollow leaves. The leaves of this plant are used as a seasoning with a flavor similar to onions.



### Cilantro

Parsley like herb that is used as a seasoning or garnish, usually in Mexican dishes and salsas, sometimes referred to as Mexican parsley.



## Cloves

The flower bud of this plant is used whole or ground as a spice. It comes from an evergreen tree (*Syzygium aromaticum*) native to the Moluccas and widely cultivated in warm regions for its aromatic dried flower buds.



## Couscous

A dish made from tiny granules of durum wheat. It is prepared by steaming until light and fluffy.



## Cumin

An annual Mediterranean herb (*Cuminum cyminum*) in the parsley family, having finely divided leaves and clusters of small white or pink flowers. The seed-like fruit of this plant is used for seasoning, as in curry and chili powders.



## Curry Powder

A powdered preparation of pungent ground spices and other ingredients, usually including turmeric and coriander; often associated with East Indian Cookery to flavor dishes of vegetables, onions, meat, or fish and often eaten with rice.



## Dill

An aromatic herb (*Anethum graveolens*) native to Eurasia, having finely dissected leaves and small yellow flowers clustered in umbels. The leaves or seeds of this plant are used as a seasoning.



## Fennel Seed

This comes from a flowering plant in the carrot family. It has an oval shape. Once dried, it takes on a greenish-brown color that fades to gray as the seeds age.



## Garbanzo Beans

A type of annual legume of the family Fabaceae, subfamily Faboideae, cultivated for its edible seeds. Its different types are variously known as gram or Bengal gram; chhola, chhana, chana, or channa; garbanzo or garbanzo bean; chickpea or Egyptian pea.



## Ginger

A plant (*Zingiber officinale*) of tropical Southeast Asia having yellowish green flowers and a pungent aromatic rhizome. The rhizome of this plant is often dried and powdered and used as a spice. It is also called gingerroot.



## Lemongrass

A long thick grass with leaves at the top and a solid portion several inches long at the root end. The lower portion is sliced or pounded and used in cooking. As a spice, it is preferred for its vibrant flavor, but is also sold in dried form. The dried spice is available in several forms: chopped in slices, cut and sifted, powdered, or as an oil that can be extracted from the plant.



## Licorice

This plant (*Glycyrrhiza glabra*) is used as a flavoring in confectionery, tobacco, beverages, and pharmaceuticals, and is marketed as a dietary supplement. It is a flowering plant of the bean family Fabaceae, from the root of which a sweet, aromatic flavoring is extracted. The plant is an herbaceous perennial legume native to West Asia, North Africa, and Southern Europe.



## Mace

An aromatic spice made from the dried, waxy, scarlet or yellowish covering that partly encloses the kernel of the nutmeg.



## Nutmeg

An evergreen tree (*Myristica fragrans*) native to the East Indies and cultivated for its spicy seeds. The hard, aromatic seed of this tree is used as a spice when grated or ground. It can be grayish to moderate brown.



## Oregano

A perennial Eurasian herb (*Origanum vulgare*) of the mint family having aromatic leaves. The leaves of this plant are used as a seasoning with meats and fowl and in stews, soups, and omelets.



## Parsley

A cultivated Eurasian herb (*Petroselinum crispum*) having flat or curled, alternately compound leaves. The leaves of this plant are used as a seasoning or garnish.



## Quinoa

A plant of the goosefoot family found in the Andes of South America, where it was widely cultivated for its edible starchy seeds prior to the introduction of Old World grains. The seed has a nutty flavor and is usually tan or yellow, though it comes in many colors: orange, red, pink, purple, and black.



## Rosemary

An aromatic evergreen Mediterranean shrub (*Rosmarinus officinalis*) having light blue or pink flowers and grayish-green leaves that are used in cooking and perfumery. The leaves of this plant are used as a seasoning.



## Saffron

This spice has threadlike red stigmas and originates from the flower saffron crocus. It is subtle and fragrant.



## Smoked Paprika

A mild powdered seasoning made from sweet red peppers which are smoked before they are ground into powder. It is dark reddish orange in color.



## Sumac

An essential spice in Middle Eastern cooking, it has a tangy, smoky, earthy and slightly sour flavor. It is red to a deeper berry color.



## Tarragon

An aromatic Eurasian herb (*Artemisia dracunculus*) having linear to lance-shaped leaves and small, whitish-green flower heads arranged in loose, spreading panicles. The leaves of this plant are used as a seasoning.



## Thyme

Any of several aromatic Eurasian herbs or low shrubs of the genus *Thymus*, especially *T. vulgaris*, of southern Europe. It has small, white to lilac flowers grouped in head-like clusters. The leaves of this plant are used as a seasoning.



## Turmeric

A widely cultivated tropical plant (*Curcuma Domestica*) of India, having yellow flowers and an aromatic, somewhat fleshy rhizome. The powdered rhizome of this plant is used as a condiment and yellow dye.

# Utensils



## Apple Corer

A utensil that has a circular cutting edge that is forced down into the fruit, allowing it to remain whole. It is used to extract the center without cutting the fruit into sections.



## Basting Brush

A cooking utensil used to spread butter, oil or glaze on food. It is similar to a pastry brush, but used primarily when roasting or grilling meats. It is traditionally made with natural bristles or a plastic or nylon fiber similar to a paint brush, while modern versions may have silicone bristles.



## Bench Knife

A flat, rectangular piece of steel with a handle along one edge. Bakers use it to divide, portion, scoop or transfer hunks of dough.



### **Boning Knife**

A knife with a sharp point and a narrow blade. It is used to remove meat from the bones of poultry, meat, and fish.



### **Cake Icing Knife**

A knife with a flexible blade designed for the use of spreading a substance onto a flat surface, such as frosting. It is also known as a palette knife. It is an ideal tool for applying spreads onto sandwiches in mass quantities.



### **Candy Thermometer**

A long narrow utensil used to measure the temperature and stages of a cooking sugar solution.



### **Cheese Slicer**

Used to cut semi-hard to hard cheeses that produces thin, even slices.



### **Chef's Knife**

A large knife with a wide blade that is used for cutting and dicing. It is generally considered an all-purpose knife.



### **Chopper**

A compact utensil with blades that cuts food into small pieces. It may be electrical or manual.



### **Citrus Reamer**

A small utensil used to extract the juice from a lemon or other small fruit. It consists at one end of a convexly tapered conical blade with deep straight troughs running the length of the blade. The very tip of the blade is often a smooth spike. The other end is either a shallow dish or cylindrical handle. The blade is usually made of wood, plastic, or metal.



### **Cutting Board**

A flat board used to provide a clean surface on which to cut food while also protecting the countertop.



### Decorative Slicer, Ripple

A utensil used to cut food that leaves a rippled edge.



### Egg Separator

A spoon shaped utensil, which has a hole in the bottom and is used to separate the egg whites from the yolk.



### Egg Slicer

A utensil with a slatted, oval shaped hollow on the bottom and a hinged top consisting of fine steel wires. When the upper portion is brought down into the base it makes even slices or wedges.



### Fat Separator

A utensil that enables liquid grease to be gathered and removed from juices that come from roasted meats, stews, soups, and stocks. This will hold the contents and allow the grease to accumulate on the surface while the juices accumulate below. The juices can then be easily poured out of a spout attached to the bottom of the container so that the grease is all that remains.



### **Flour Sifter**

A utensil used to incorporate air into dry ingredients and eliminate clumps.



### **Garlic Press**

A utensil used to create a fine mince from a clove of garlic by squeezing.



### **Grater**

A utensil with sharp edged holes against which something is rubbed to reduce it to shreds. It is used to shred such things as cheese.



### **Ground Meat Chopper**

A utensil that is safe to use in non-stick cookware that breaks up meat while cooking.



### **Herb Scissors**

Utensil designed with five blades and is used to cut herbs. These stainless steel multi-bladed scissors quickly cut herbs into thin strips without tearing or bruising delicate leaves.



### **Instant Read Thermometer**

A utensil that consists of a stainless-steel stem that serves as a temperature probe which cannot remain in food during cooking. It can have either a dial or a digital readout.



### **Kitchen Fork**

A utensil with prongs used to lift or turn food.



### **Kitchen Scale**

A device that measures various ingredients by weight.



### **Ladle**

A large spoon with a deep bowl for scooping and serving soup and other liquids.



### **Liquid Measuring Cup**

Utensil that comes in clear plastic or glass with a 1/4" head space and a pouring spout so liquid can be measured or carried without spilling.



### **Mandolin Slicer**

A utensil used for cutting fruits and vegetables quickly by sliding them across a narrow surface with an angled blade positioned diagonally across the middle. It often has a variety of interchangeable blades that enable the user to make precise cuts.



## Measuring Cups

Utensils that are used to measure dry and solid ingredients. They usually come in a set of four nesting cups of various amounts.



## Measuring Spoons

Utensils that are used to measure small amounts of dry or liquid ingredients.



## Meat Tenderizer

Hammer or paddle type utensil that can be metal or wood and come in a variety of sizes and shapes. It is used to help soften the texture or break down connective tissue of the food.



## Meat Thermometer

A utensil used to measure the internal temperature of roasts, steaks, and other cooked foods. The degree of “doneness” correlates closely with the internal temperature, so that the reading indicates when it is cooked as desired.



### **Melon Baller**

A small bowl-shaped utensil used to cut round or oval shaped pieces. They are rigidly constructed with wood or metal handles and sharp edged with stainless steel bowls that come in several sizes, from about 1/4 inch to 1 inch.



### **Mezzaluna**

A knife consisting of a single or double curved blade with a handle on each end, which is rocked back and forth chopping the ingredients below with each movement. It is typically used for mincing herbs or garlic, but it can be used for chopping other things such as cheese or meat. Very large single blade versions are sometimes used for pizza.



### **Nut Chopper**

A utensil with blades that chops seeds into small pieces which fall into the bottom portion of the utensil.



### Nut Cracker

A tool designed to open nuts by cracking their shells. There are many designs, including levers, screws, and ratchets. The lever version is also used for cracking lobster and crab shells.



### Oil & Vinegar Bottles

Utensils made of glass with a capped stainless-steel pouring spout. They may be labeled and can sometimes be inserted into a caddy.



### Paring Knife

A thin bladed knife intended for coring and peeling fruit such as apples. It is mainly used for detailed and controlled cutting. It has a short, sturdy blade from 2 to 4 inches in length, with a straight or curved cutting edge



### Pasta Measurer

A utensil designed to accurately gauge the amount of uncooked pasta that will be needed for making from 1 to 4 servings. Typically, it is flat with 4 round openings spaced evenly over the surface.



### Pasta Server

A utensil which is used to hold long noodles enabling them to be easily removed from a pot of boiling water. The spoon shaped tool has protruding prongs that allow the noodles to be grasped, separated, and placed on a platter after they are removed from water.



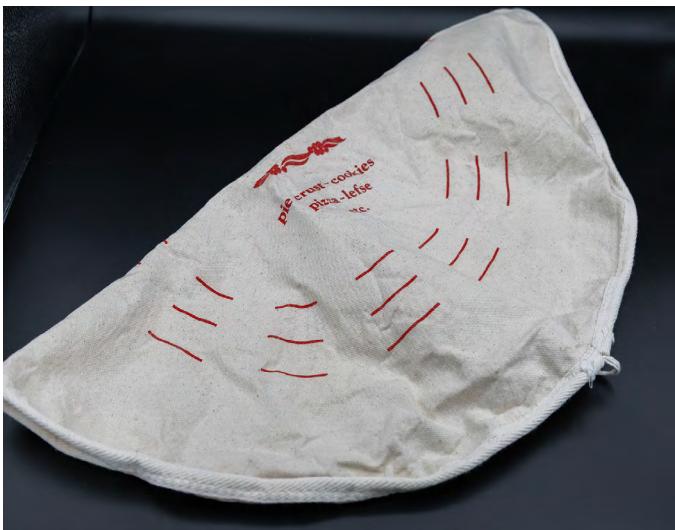
### Pastry Blender

A utensil used to mix shortening into flour to make dough. The tool is usually made of narrow metal strips or wires attached to a handle and is used by pressing down on the items to be mixed (known as "cutting in").



### Pastry Brush

A cooking utensil used to spread butter, oil or glaze on food. It is similar to a basting brush, but used primarily when baking. It is traditionally made with natural bristles or a plastic or nylon fiber similar to a paint brush, while modern versions may have silicone bristles.



### **Pastry Cloth**

A durable cotton canvas which can be used for rolling out pie crusts, biscuits and cookies.



### **Pie Bird**

A hollow ceramic tool shaped like a bird that is placed in the center of pies to prevent bubbling over.



### **Pie/Cake Server**

A utensil which has a triangular shaped bottom with a handle used for serving.



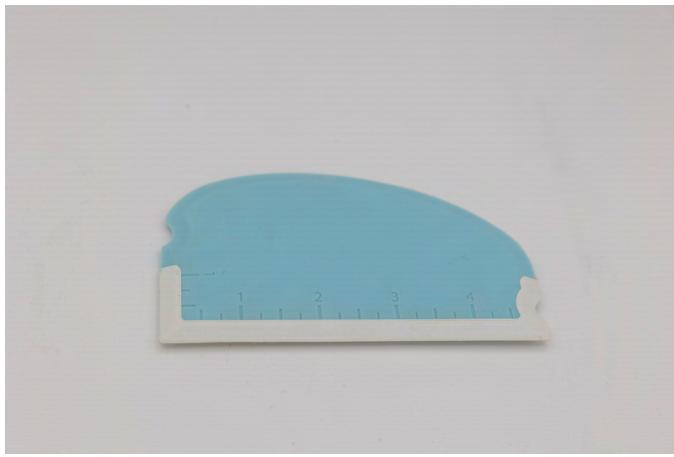
### **Potato Masher**

A utensil used to crush food, usually after cooking it, so that it forms a soft mass.



### **Rubber Spatula**

A flexible utensil used to remove food from spoons, side of bowls, and pans.



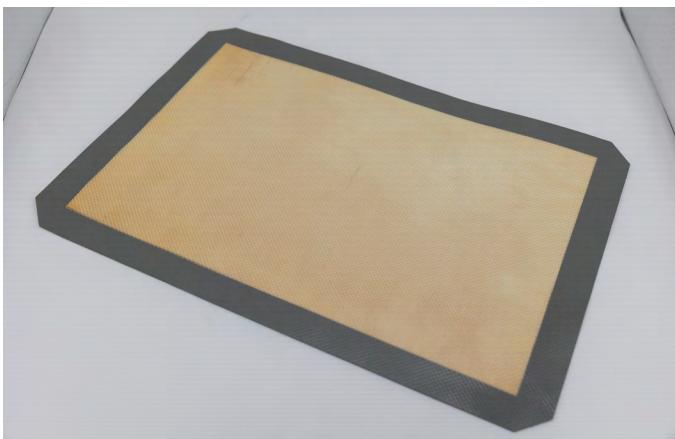
### **Scraper**

A stiff plastic utensil used to remove food from bowls and other surfaces.



### **Shrimp Deveiner**

A utensil with tapered, pointed end used to peel, devein, and butterfly shrimp in one easy motion.



### **Silicone Baking Sheet**

A reusable non-stick baking surface made from high-quality, food-grade synthetic polymer. This surface comes in several shapes and sizes to fit various types of baking pans. It is often used as a replacement for parchment paper or aluminum foil.



### **Slicing Knife**

A knife with a long, narrow flexible blade that may or may not be serrated. It is used to cut thin slices of food.



### **Spiralizer**

A utensil used to cut vegetables into long ribbons or strips resembling noodles or spaghetti. It may be a handheld or countertop model.



### **Strainer**

A utensil shaped like a bowl made with wire mesh used to separate liquids from solid food.



### **Turner**

A utensil with a long handle and a broad flat edge, used for lifting and turning fried foods, biscuits, or cookies.



### **Utility Knife**

A small lightweight knife, which usually has a blade that is 4 to 7 inches long and is used for miscellaneous light cutting. This utensil can cut food items that are too large for a paring knife but too small for a chef's knife, such as cucumbers and apples.



### **Whisk**

A handheld utensil consisting of several looped or bent wires used to beat and blend ingredients or food, especially eggs and egg mixtures. The mixing portion may be made of stainless steel or wire coated with silicone or rubber.