

Culinary Essentials Chapter 13 Reading Guide

13.1

1. An exact set of instructions on how to use ingredients, equipment, and preparation and cooking techniques for a certain dish is called a _____.
2. You must carefully follow the specific directions to get a _____ quality, (free from variations) every time you prepare the dish. You will also end up with the same _____ of food every time you prepare the dish.
3. A set of written instructions used to consistently prepare a known quantity and quality of a certain food is a _____. Each standardized recipe goes through _____.
4. Parts of a recipe include the _____, the _____ (number of servings), the _____, the Ingredient _____, the preparation procedures, the _____, and the _____.
5. A _____ is a special type of recipe used in the bakeshop. It differs from regular recipes in the _____, the _____, and the _____.

13.2

6. To _____ a recipe means to adjust ingredient quantities up or down. Careful _____ helps give you a consistent quantity and quality each time a recipe is prepared.
7. Ingredients are measured by _____, _____, or by _____.
8. In commercial foodservice establishments, most ingredients are measured by _____, which tells how heavy a substance is.

9. The types of scales used in foodservice are _____ (also called a _____ scale), _____ (or spring), and _____.

10. A _____ measurement is a form of measurement expressed in cups, quarts, gallons, and fluid ounces. A volume measure should always be placed on a level surface.

11. The number of individual ingredient items that are used in a recipe is called the _____.

12. When you change a recipe to produce a new amount or yield, you are practicing _____.

13. The _____ is the number that comes from dividing the yield you want by the existing yield in a recipe. Remember that changing the amount of the yield may also change other factors in the recipe, such as the size of the cooking utensils or the cooking time.

14. The percentage of food that is lost during its storage and preparation is _____. This is often caused by moisture loss. The amount of shrinkage affects not only the cost of the ingredient, but also the portion sizes that are served to the customers.