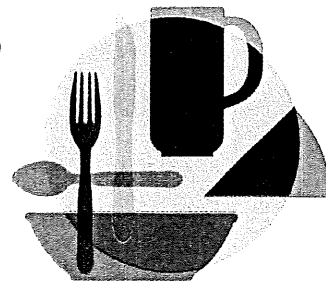


COOKING "How To" BASICS

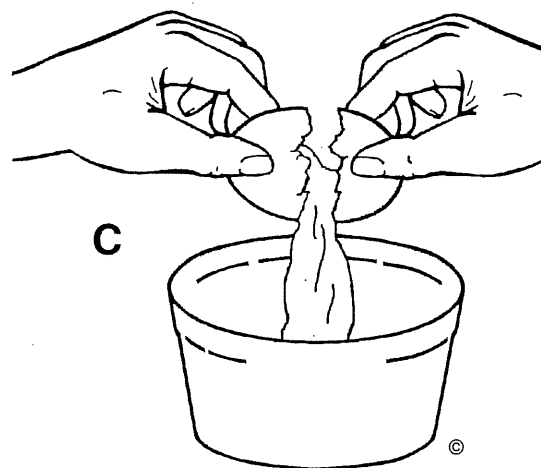
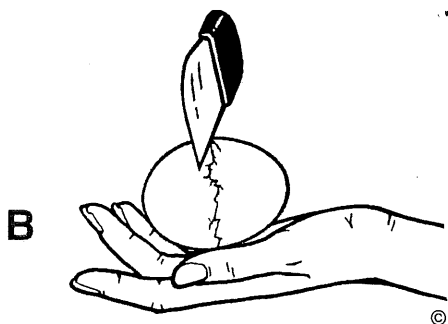
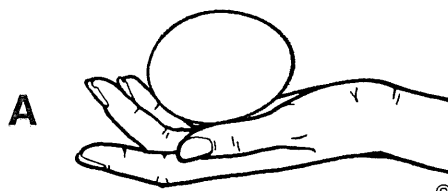


How to Follow a Recipe

1. Read the entire recipe first.
2. Wash and dry your hands.
3. Gather the ingredients for the recipe to be sure you have everything you need.
4. Gather the equipment you will need.
5. If needed, turn on the oven and set the temperature.
6. Prepare the pan, dish, or cookie sheet.
7. Follow the recipe step by step to measure, mix, and prepare the food.

How to Break an Egg

Hold the egg in one hand. Use the edge of a knife to lightly hit the egg and break the shell. Hold the egg over a small bowl and pull the shell apart. The egg will slide into the bowl. Check to see that the egg is good before you add it to your mixture. If the recipe calls for more than one egg, repeat this procedure.

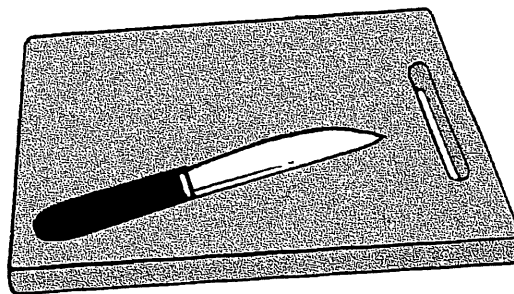


How to Use the Oven

Some recipes tell you to preheat the oven. Turn on the oven as you begin preparing the recipe so it is at the correct temperature when the food is placed in the oven. Before you turn on the oven, position oven racks in the center of the oven. Food placed on lower or upper racks will cook unevenly. Leave enough space between oven racks to allow baked foods to rise. Turn the thermostat to the temperature stated in the recipe. When oven is heated, place the food to be baked in the center of the oven. Once food is in the oven, open the door only when necessary to avoid losing heat. Test the food for doneness a few minutes before the end of the baking time because oven temperatures vary. Use a dry potholder or oven mitt to slide the rack forward and remove the food from the oven. Never reach into the hot oven because you may touch a hot surface and burn your hand or arm. Turn off the oven when you have finished baking. When the oven is cool, clean up any food that may have spilled in the oven.

How to Use a Cutting Board and Knife

Many fruits and vegetables need to be trimmed or peeled before using. To trim or cut the food, hold food firmly on the cutting board with one hand. Keep your fingers curled back away from the knife blade while you cut. When cutting round foods such as onions or apples, you first need to create a flat surface. Start by cutting down the middle of the food and place the flat side on the board before chopping. Cut each half into four or five slices. Hold the slices together and cut across them in the size pieces you need. To avoid spreading germs: wash, rinse, and sanitize the cutting board after each use — especially when cutting meat, poultry, or seafood. To sanitize the cutting board, dilute one tablespoon of bleach in a gallon of water and use as the final rinse.

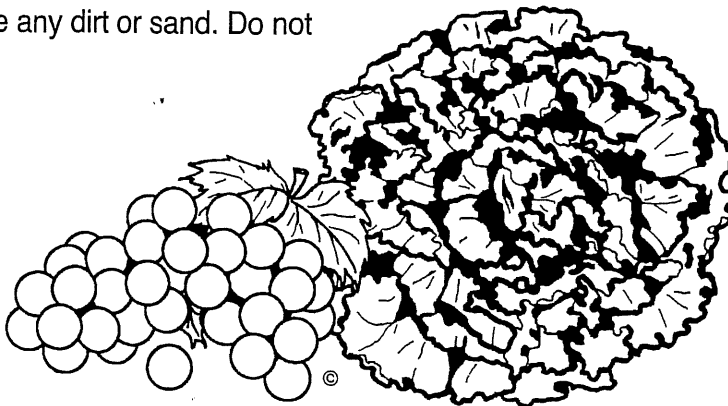


How to Prepare a Pan

Lightly coat the pan with a small amount of cooking spray. Or use a paper towel or a piece of waxed paper to spread a small amount of cooking oil or fat over the bottom and sides of the pan. Do not coat the sides of the pan when baking a cake because cake batters need to cling to the sides of the pan while baking.

How to Wash Fruits and Vegetables

All fruits and vegetables should be washed under cool, running water to remove any dirt or sand. Do not use soap.



● Grandma's Apple Cake

Yield: 16 servings

This cake is more like a coffeecake and has a coarse texture. It's great when apples are in season!

Ingredients

4 cups apples, peeled and diced
 2 cups sugar
 1/2 cup vegetable oil
 2 eggs, beaten
 2 cups flour
 2 teaspoons baking soda
 2 teaspoons cinnamon
 1/2 teaspoon salt
 2 teaspoons vanilla
 1 cup nuts, chopped
 Whipped topping, if desired

Equipment

Knife
 Cutting board
 Large and small mixing bowls
 9" x 13" baking pan
 Nonstick cooking spray
 Measuring cups and spoons
 Mixing spoon
 Toothpick or cake tester
 Cooling rack

Order of Work

1. Place peeled and diced apples in large mixing bowl and pour sugar over apples. Stir and let mixture stand 30 minutes.
2. Preheat oven to 350 degrees F. Lightly coat baking pan with nonstick cooking spray.
3. Add oil and eggs to apples and mix until well combined.
4. In small mixing bowl, mix flour, baking soda, cinnamon, and salt.
5. Add dry ingredients to apple mixture and mix just until dry ingredients are combined. Add vanilla and nuts; stir.
6. Pour batter into prepared pan. Bake for 30 to 40 minutes, until a toothpick or metal cake tester inserted in the center of the cake comes out clean. Place baking pan on cooling rack.
7. Serve cake with whipped topping if desired.

Nutrition Facts per Serving: 254 calories, 13 g fat, 239 mg sodium, 35 g carbohydrates, 2 g fiber, 3 g protein, 14 mg calcium

