

Name _____

Date _____

FACS7 - Components of a Recipe



Period _____

Before you begin to cook, you need to understand the basics of reading and using recipes.

Recipe - set of instructions used to prepare a food product; a road map for preparing food.

COMPONENTS OF A RECIPE:

Recipe includes:

- Ingredients- listed in order of use.
- Directions- step-by-step instructions for preparing food including kind and size of pan/dish to use.
- Prep Time- amount of time it will take to assemble the recipe before cooking or baking.
- Cook Time- length of cooking time it takes to cook food.
- Yield- the number of servings the recipe will make.

How To Use a Recipe:

- Read all the directions thoroughly before beginning.
- Gather all needed equipment and ingredients.
- Preheat and/or complete other per-preparation steps.
- Follow directions step by step.

Directions: Look at the recipe below. Then answer the following questions.

Chocolate Chip Cookies

1 c butter, softened

2 ½ c flour

¾ c sugar

1 t baking soda

¾ brown sugar

½ t salt

2 eggs

1 c chopped nuts

1 t vanilla extract

2 c chocolate chips

Preheat oven to 375 F. Cream butter, sugar, and brown sugar until light and fluffy. Add eggs and vanilla extract and mix. Sift together flour, baking soda, and salt. Gradually add sifted dry ingredients to creamed mixture; blend well. Stir in nuts and chocolate chips. Drop dough by teaspoonfuls onto ungreased cookie sheets. Bake for 8/10 minutes, or until light brown. Makes about 6 dozen 2 ½ inch cookies.



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1. To what temperature should you preheat the oven? 375 F
2. Which ingredients are creamed together until light and fluffy?
butter/margarine, sugar, brown sugar
3. Which ingredients are sifted together?
flour, baking soda, salt
4. Which are added first, the eggs and vanilla or the nuts and chocolate chips?
eggs and vanilla
5. How much dough is dropped onto ungreased cookie sheets for each cookie?
by teaspoonsfuls
6. How long do you bake the cookies? 8-10 minutes
7. How many cookies does this recipe yield? about 6 dozen
8. About how much time do you think it would take you to prepare these cookies? 20 minutes or so
9. If you wanted to halve this recipe, how much flour would you need?
1 1/4 c flour
10. If you wanted to double this recipe, how much brown sugar would you need? 1 1/2 c brown sugar