# Adventures in Food and Nutrition! © 2012 Chapter 10: Recipes—Blueprints for Food

#### **Tools:**

Printer

- 8.5" x 11" paper
  - Scissors

### **Directions:**

- 1. Print
- 2. Fold paper in half vertically
- 3. Cut along dashed lines

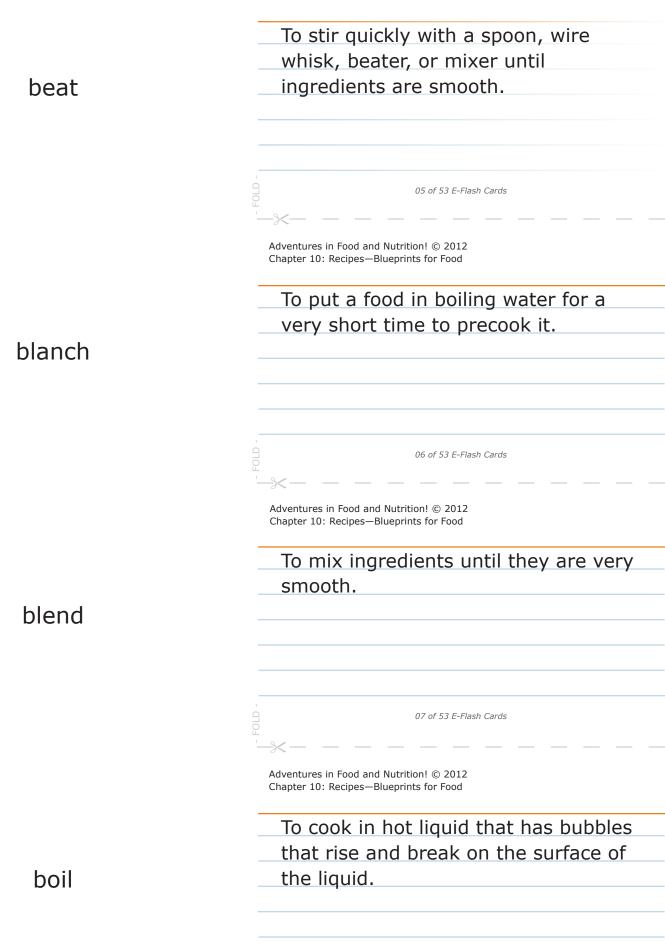


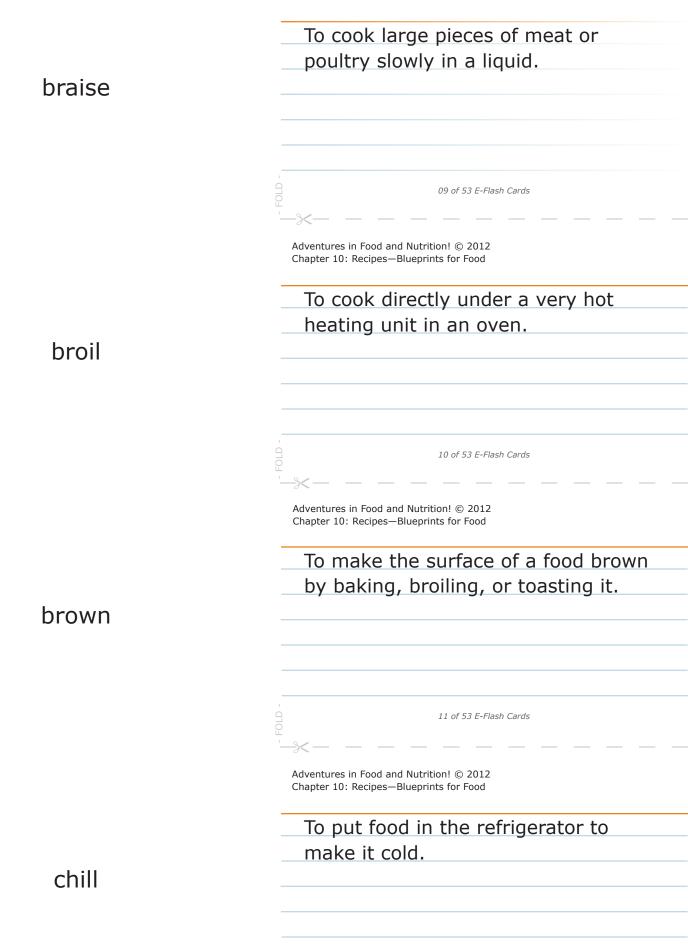
#### A shortened form of a word.



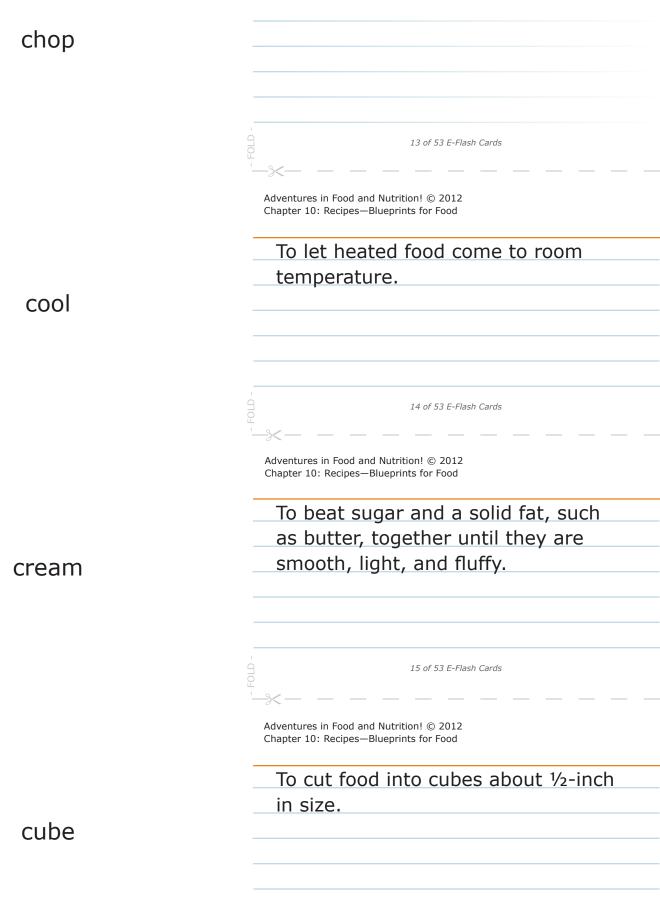
## FOLD

04 of 53 E-Flash Cards





#### To cut into small, uneven pieces.



FOLD -

16 of 53 E-Flash Cards

#### To combine solid fat, such as shortening, with a flour mixture by cutting the fat into tiny pieces with knives or a pastry blender.

17 of 53 E-Flash Cards

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To cook food by completely immersing it in hot fat. This is also called French frying.

18 of 53 E-Flash Cards

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To remove liquid from a food by pouring off the liquid or drying the food with paper towels.

19 of 53 E-Flash Cards

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To combine ingredients by sliding a spatula down through a mixture, gently lifting and turning the ingredients until the mixture is blended.

## drain

deep-fry

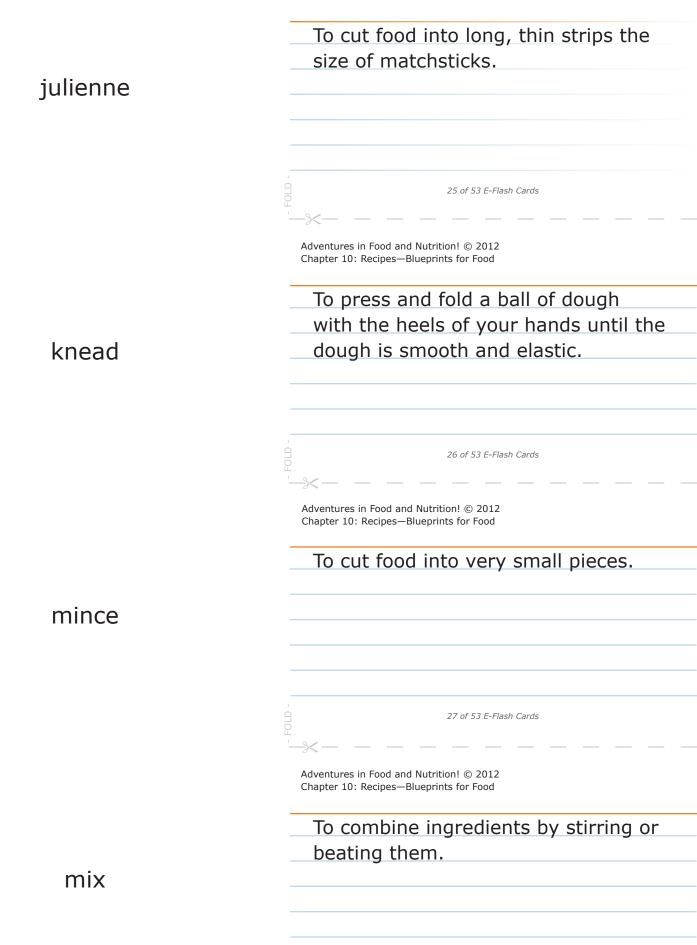
cut in

fold



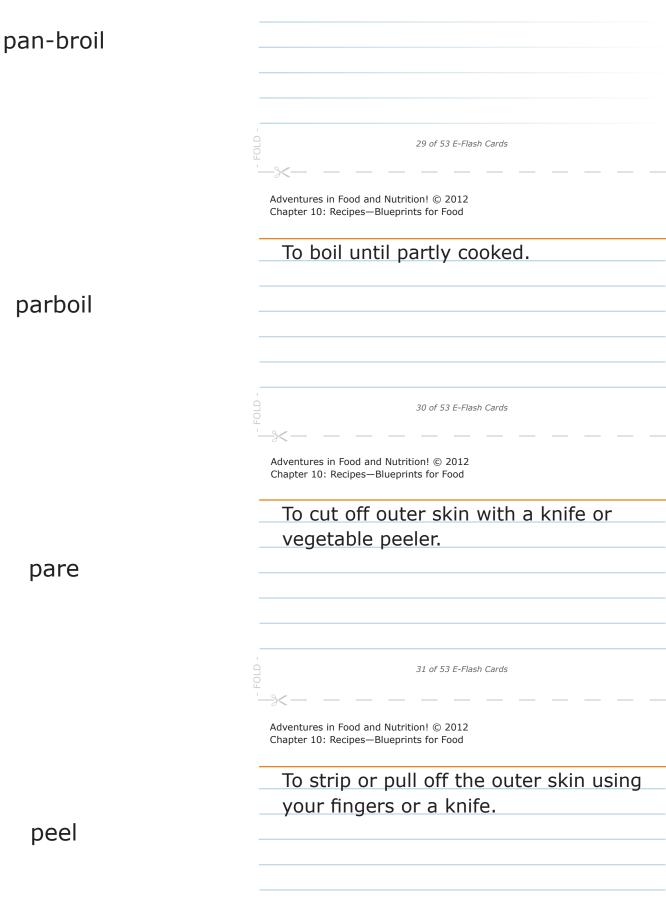
FOLD -

24 of 53 E-Flash Cards



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#### To cook meat in its own fat.



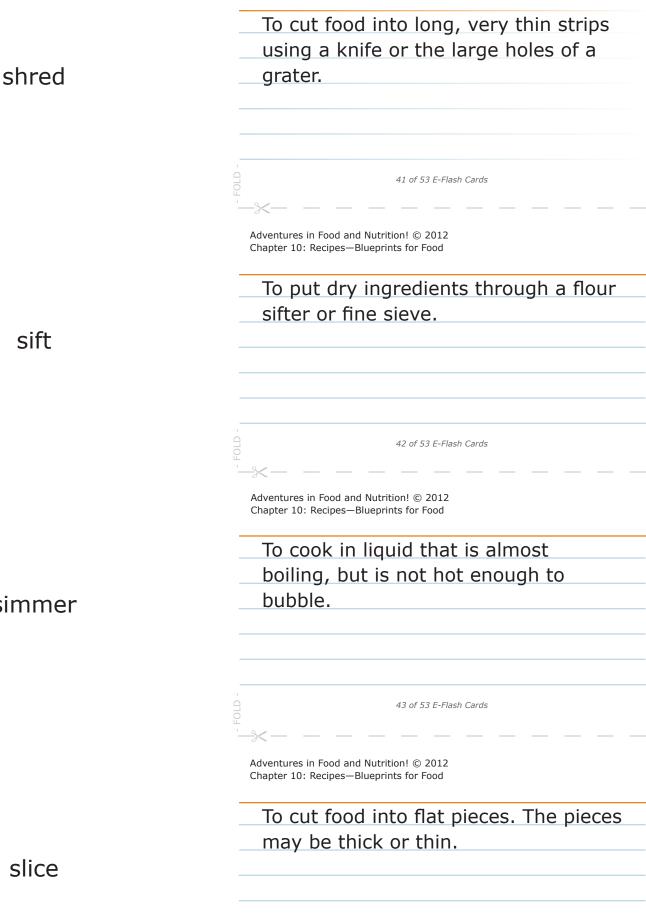
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To cook food gently in simmering liquid.
33 of 53 E-Flash Cards
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To heat an oven to the cooking temperature before putting food in the oven.
34 of 53 E-Flash Cards
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To grind or mash food until it
becomes smooth and liquid.
35 of 53 E-Flash Cards
Adventures in Food and Nutrition! © 2012 Chapter 10: Recipes—Blueprints for Food
A list of ingredients and directions for
preparing a food.



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# The number and size of portions a recipe will make. 53 of 53 E-Flash Cards Adventures in Food and Nutrition! $\ensuremath{\textcircled{O}}$ 2012 Chapter 10: Recipes—Blueprints for Food Adventures in Food and Nutrition! © 2012 Chapter 10: Recipes-Blueprints for Food Adventures in Food and Nutrition! © 2012 Chapter 10: Recipes—Blueprints for Food

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