

Foods & Nutrition 2: Small Appliances Lab
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Standard 3: Select and explain the appropriate use and care of small appliances and equipment for specific product preparation and culinary applications.

- a. Food processor
- b. Immersion blender
- c. Internal temp thermometers/calibration
- d. Scale

Performance Objective #2: Consistently demonstrate proper mise en place and clean up.

Hummus with food processor

½ C garbanzo beans, drained
1 T olive oil
1 clove garlic

In a food processor, combine garbanzo beans, olive oil, and garlic. Blend until smooth.

What tasks can you perform with a food processor?

How do you care for a food processor?

Guacamole with immersion blender

1 garlic clove, peeled and smashed
½ ripe avocado
1 green onion
1 ½ t lime juice
Pinch kosher salt
Pinch cumin

Peel and pit the avocado. Cut into ¾-inch chunks. Trim the green onion and cut into ½ inch pieces. Put the garlic and green onion in a bowl. Pulse the immersion blender to chop the garlic and green onion. Add avocado, lime juice, cumin, and salt. Pulse 10 times to chop avocado, then process continuously until desired consistency is reached, stopping every 20-30 seconds to scrape the bowl.

What tasks can you perform with an immersion blender?

How do you care for an immersion blender?

Caramel Popcorn with popcorn maker

$\frac{1}{4}$ C popcorn kernels

$\frac{1}{4}$ C brown sugar

$\frac{1}{4}$ C butter

$\frac{1}{4}$ C corn syrup

Instructions:

1. Pop the popcorn.
2. Combine the brown sugar, butter, and corn syrup in a pan. Stir over medium heat until it boils.
3. Pour mixture over popcorn and stir until the popcorn is covered.

How do you use an internal temperature thermometer?

How do you calibrate an internal temperature thermometer?

Waffle iron treats

2.5 oz cake mix

1.75 oz water

0.5 oz vegetable oil

$\frac{1}{2}$ egg

Heat waffle iron. Mix together cake mix, water, vegetable oil, and egg until thoroughly combined. Spray waffle iron with cooking spray. For each waffle, pour batter onto center of hot waffle maker. Close lid. Bake until waffle iron says it's done. Carefully remove waffle.

Why should we use a scale?

How do you avoid weighing the bowl you're putting ingredients in?

How do you care for a scale?

Food Processor: A versatile kitchen appliance that can quickly and easily chop, slice, shred, grind, and puree almost any food. It is different than a blender because you can chop, grind and puree without adding additional liquid. It is also used to make piecrusts, bread and pasta dough. Grains, nuts and meats can be ground with this versatile piece of kitchen equipment. Blades of the food processor must be hand-washed carefully.

Immersion blender: An immersion blender, or stick blender is a kitchen appliance to blend ingredients or puree food in the container in which they are being prepared. It can quickly and easily chop, grind, and puree almost any food. Immersion blenders are often used to emulsify salad dressings and pureed sauces and soups. Immersion blenders are best used in deep bowls to avoid splashing. To clean, insert blender into warm soapy water and blend for 10 seconds. Then unplug the blender, and wash all parts carefully. Never immerse the top of the immersion blender in water.

Internal temperature thermometers/calibration: Internal thermometers are used to measure the temperature of food items. To use, insert thermometer into the thickest part of the food without touching bone or fat. Check the temperature and ensure that food reaches the appropriate temperature. To make sure the thermometer is reading temperature accurately, insert thermometer into a glass of ice. Check temperature. If it is 32°F, then it is OK. If not, use a wrench to adjust screw on the thermometer to 32. Then you know that it is calibrated correctly for measuring all foods.

Scale: Because weighted measure (grams, ounces) is much more accurate than volumetric measurements (cups, tablespoons, teaspoons), a scale should be used in recipe preparation whenever possible. More consistent results will occur with the use of a scale and recipes can be easily scaled to fit any number of servings. To avoid weighing the bowl you're putting ingredients in, you must "tare" the scale. First, turn the scale on. Place the bowl on the scale. Press the "tare" button. The scale should go back to zero after you press "tare." This allows you to accurately weigh your ingredients. Scales should never be submerged in water. Instead, wipe them off with a damp cloth.

Measuring activity with the scale:

1. Have each person in your group measure out one cup of flour the way they normally measure it. Weigh each person's cup of flour. What are the results?
2. Have each person measure out 1 cup of sugar the way you normally would, and compare the weights. What is the result?
3. Have each person measure one cup of brown sugar, loosely packed. What is its weight?
4. Have each person measure one cup of brown sugar, tightly packed. What is its weight?
5. Stir flour in the canister and then loosely spoon flour into measuring cup and level. What is the weight?
6. What did you learn about using a scale and weighing food today?