

Handout 1.7: Recipe Reading Practice

Name: _____ Date: _____ Period: _____

Two recipes are printed here. They are the two choices for Lab 1. Read all of both before you write anything.

Part 1: Label the seven parts (Recipe A)

The seven parts of a recipe: title, yield, ingredients in order of use, equipment, steps, time, temperature. Write the number of each part in the box next to it on Recipe A. Then write the full word next to every abbreviation in the margin.

Recipe A: Mug Cake with Hand-Whipped Cream

[] Mug Cake with Hand-Whipped Cream

[] Makes 1 mug (serves 1 to 2). Our station makes 4 mugs; pairs share.

[] 5 min to mix, 90 sec to cook, 2 min to cool, 4 min to whip the cream

[] Microwave on high

[] Ingredients

- 3 Tbsp all-purpose flour _____ (full word)
- 3 Tbsp sugar
- 2 Tbsp unsweetened cocoa powder
- 1/4 tsp baking powder _____ (full word)
- pinch of salt
- 1 large egg, cracked into a bowl first
- 3 Tbsp milk
- 3 Tbsp vegetable oil
- 1/4 tsp vanilla extract
- 1/4 c heavy cream, cold _____ (full word)
- 1 Tbsp powdered sugar
- 1 Tbsp mini chocolate chips (optional)

[] Equipment: microwave-safe ceramic mug, small bowl, medium bowl (chilled), whisk, measuring spoons, dry measuring cups, spoon, folded paper towel

[] Steps

1. In the mug, stir together the flour, sugar, cocoa, baking powder, and salt. Scrape the bottom.
2. Add the egg, milk, oil, and vanilla. Stir 30 seconds until no dry spots show.

3. Microwave on high for 90 seconds. The top will look wet. Let it cool 2 minutes; it sets as it cools.
4. While it cools, pour the cold cream into the chilled bowl. Whisk hard for 3 to 4 minutes until soft peaks form. Add the powdered sugar and whisk 30 seconds more.
5. Spoon the cream on the cake. Add chips if you like. The mug is hot; hold it with the paper towel.

Questions on Recipe A

1. Which part tells you how many people it feeds? _____
2. Which ingredient do you use first? How do you know?

3. What does “preheat” mean, and why is there no preheat step in this recipe?

4. What is the temperature in this recipe? _____

Part 2: Mise en place list (Recipe B)

Recipe B: Scrambled Egg Tacos

Makes 8 tacos (serves 7 to 8). 10 min prep, 8 min cook. Stove, medium-low (eggs) and medium (vegetables).

Ingredients

- 8 large eggs
- pinch of salt and pepper
- 2 Tbsp butter
- 1/2 bag (8 oz) frozen pepper and onion blend
- 8 flour tortillas
- 1 c shredded cheese

Equipment: large bowl, whisk or fork, 2 skillets, 2 spatulas, measuring spoons, dry measuring cup, plate, damp paper towel, 8 plates, 8 forks

Steps

1. Wash your hands. Crack the eggs into the large bowl, one at a time, on a flat surface. Pick out any shell. Add salt and pepper. Beat with the whisk until no streaks of white show.
2. Skillet 1: put the butter in and turn the heat to medium-low. Let it melt all the way.
3. Skillet 2, at the same time: turn the heat to medium. Pour in the frozen vegetables. Stir every minute. They will sizzle and steam. Cook until soft, about 5 to 7 minutes.
4. Pour the eggs into skillet 1. Wait 30 seconds until the edges set. Push from the edges to the center with the spatula. Wait 20 seconds. Push again. Repeat until the eggs are cooked but still look a little wet, about 3 to 4 minutes. Take the skillet off the heat. Turn the burner off.



5. Stack the tortillas on a plate, cover with the damp paper towel, microwave 30 seconds.
6. Build each taco: eggs, then vegetables, then cheese. Serve right away.

Write the mise en place list for Recipe B: every ingredient measured into what, every tool out on the counter. Use the equipment list and the drawer map.

Ingredient	Measured into	Tool from the drawer map
8 eggs		
Salt and pepper		
2 Tbsp butter		
1/2 bag vegetables		
8 tortillas		
1 c cheese		

Tools out on the counter before any heat: _____

Part 3: Doubling and halving (fractions)

Show the work. The first row is done for you.

Recipe A, scaled to 4 mugs (times 4) for a station of 7:

Ingredient	1 mug	Times 4
Flour	3 Tbsp	12 Tbsp = $3/4$ c
Sugar	3 Tbsp	
Cocoa	2 Tbsp	
Baking powder	$1/4$ tsp	
Egg	1	
Milk	3 Tbsp	
Oil	3 Tbsp	
Vanilla	$1/4$ tsp	
Heavy cream	$1/4$ c	
Powdered sugar	1 Tbsp	

Recipe B, halved (for 4 people instead of 8):

Ingredient	8 tacos	Halved
Eggs	8	
Butter	2 Tbsp	
Vegetables	1/2 bag (8 oz)	
Tortillas	8	
Cheese	1 c	

Which line was the hardest to scale, and what spoon or cup would you use for it?

Grade 8 stretch: scale Recipe B to 7 people. Which ingredients cannot be split evenly? What would you do? _____

Part 4: What could go wrong?

Read each card. Find the line in the recipe that warns against it. Predict what happens.
Sentence starter: "If you , **the** will ____."

Card	The mistake	The recipe line that warns you (quote or step number)	What would happen
1	Skipped the 2-minute cooling on the mug cake		
2	Made the mug cake in a skillet instead of a mug		
3	Packed the flour into the tablespoon		
4	Poured the eggs into skillet 1 on high heat		
5	Forgot the tortillas until the eggs were done		
6	Put the batter in a metal bowl and microwaved it		

Which Lab 1 recipe did our class choose? _____ The one thing I will watch for:



Teacher key

Part 1. Title (Mug Cake with Hand-Whipped Cream); yield (Makes 1 mug); time (5 min to mix...); temperature (Microwave on high); ingredients; equipment; steps. Abbreviations: Tbsp tablespoon; tsp teaspoon; c cup. Questions: 1 the yield. 2 flour; it is first in the ingredient list and first in step 1. 3 preheat means heat the oven before the food goes in; a microwave has no preheat because it heats the food, not the box. 4 microwave on high (accept “high”).

Part 2. Eggs into the large bowl (whisk); salt and pepper, a pinch each, measuring spoons or fingers; butter, 2 Tbsp, measuring spoon, into skillet 1 (or on a small plate); vegetables, half the bag, into a bowl or straight to skillet 2 at cook time; tortillas stacked on a plate under a damp paper towel; cheese, 1 c, dry measuring cup into a bowl. Tools out: large bowl, whisk, 2 skillets, 2 spatulas, measuring spoons, dry cup, plate, paper towel, 8 plates, 8 forks.

Part 3. Recipe A times 4: sugar 12 Tbsp = $\frac{3}{4}$ c; cocoa 8 Tbsp = $\frac{1}{2}$ c; baking powder 1 tsp; 4 eggs; milk 12 Tbsp = $\frac{3}{4}$ c; oil 12 Tbsp = $\frac{3}{4}$ c; vanilla 1 tsp; cream 1 c (we use $\frac{1}{2}$ c per station because 4 mugs share, accept 1 c as the math answer); powdered sugar 4 Tbsp = $\frac{1}{4}$ c. Recipe B halved: 4 eggs; 1 Tbsp butter; $\frac{1}{4}$ bag (4 oz); 4 tortillas; $\frac{1}{2}$ c cheese. Hardest line: usually baking powder ($\frac{1}{4}$ tsp times 4 = 1 tsp) or the cream. Stretch: 7 people from 8 servings is $\frac{7}{8}$ of everything; eggs become 7, tortillas 7, butter about $1\frac{3}{4}$ Tbsp (round to 2), cheese $\frac{7}{8}$ c (round to 1 c), vegetables cannot be split by taco so keep $\frac{1}{2}$ bag. The point is that you round to what you can measure and to whole eggs.

Part 4. 1 Step 3, “Let it cool 2 minutes; it sets as it cools”: the cake is soft and wet in the middle and the mug burns your hand. 2 Equipment line, “microwave-safe ceramic mug”: a skillet is metal and cannot go in the microwave, and a thin layer of batter would dry out. 3 The technique from Lesson 1.6 (no line in the recipe says it, which is the point; recipes assume you measure right): too much flour, a dry, heavy cake. 4 Step 2, “medium-low”: eggs on high go rubbery and brown on the bottom in seconds. 5 Step 5 comes before step 6 for a reason: cold tortillas, or eggs that go cold while you wait 30 seconds. 6 Equipment and step 3, “ceramic mug” and “microwave”: metal sparks in a microwave.