



Recipe Preparation Steps

1. Read the recipe to make sure you have all the food and equipment you need.
Be sure you have enough time to prepare the recipe.
2. Clear and clean a work area.
3. Set out all ingredients and equipment needed.
4. If necessary, heat the oven, then grease and flour pans.
5. Prepare the recipe. Pay special attention to measuring ingredients.

One of the skills needed to prepare food is measuring. Let's review some important points about measuring.

Measuring Liquid Ingredients

- ☛ Use a liquid measuring cup to measure water, oil, fluid milk, juices, and syrup.
- ☛ Measure liquid in marked, clear containers.
- ☛ Set measuring cup on a flat surface. Check at eye level to make sure the correct amount is measured.
- ☛ Do not measure any ingredients over the mixing bowl.

Measuring Dry Ingredients

- ☛ Measure dry ingredients in containers that allow you to level off the ingredients across the top edge.
- ☛ Use a dry measuring cup to measure ingredients like flour, sugar, cornmeal, dry milk, and solid shortening.
- ☛ Sift or fluff dry ingredients, like flour, with a fork before measuring.
- ☛ Spoon dry ingredients into a dry measuring cup. Level off ingredients with the flat edge of a knife.