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### **how to cook for pdf**

Cooking Basics: Kitchen Equipment EAT SMART Expanded Food and Nutrition Program. 3 Starting with the Basics: Food, Equipment and Knowledge Cooking Basics: Measuring DO NOT MEASURE ANY INGREDIENTS OVER THE MIXING BOWL. One of the skills needed to prepare food is measuring. Let's review some important points about measuring.

### **EAT SMART - University of Tennessee Extension**

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Cooking 101: Quick and Easy Menus, Recipes and Tips for Singles and Couples: Cooking in Small Spaces Using a Microwave Oven (FN1618) Download PDF When deciding what to make for dinner, people usually consider taste, cost and convenience.

### **Cooking 101: Quick and Easy Menus, Recipes and Tips for**

1 Bake: Cook in an oven using dry heat. Bakers' dozen: For bakers, a dozen of an item means 13 pieces. Caramelized sugar or caramelize: To heat and melt sugar in a sauce pan until the sugar turns brown and is ready to be drizzled on pastries or other baked goods. Dough: A mixture of ingredients like butter, sugar and eggs. This is the base of many

**Baking 101 - University of the Pacific**

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