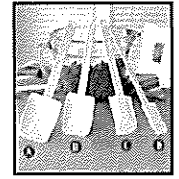




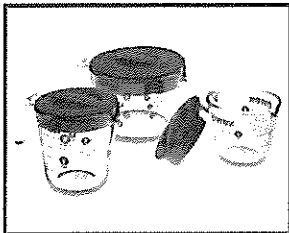
Tools and Equipment



Measuring Tools



Liquid Measuring Cup

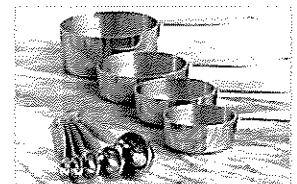


- Used to measure liquids ingredients.

Measuring Cups Measuring Spoons

Measuring Cups:
used to measure dry ingredients.

Measuring Spoons:
used to measure small amounts of dry or liquid ingredients.



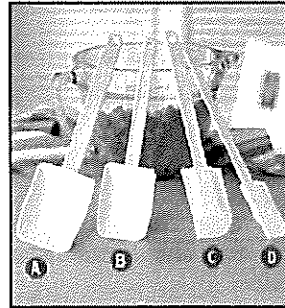
Straight Edge or Leveling Spatula

- To level off ingredients or spread frostings.

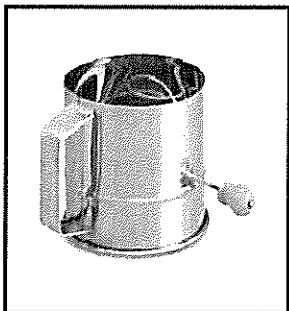


Rubber Scraper

- Used to scrape ingredients from bowls and jars.

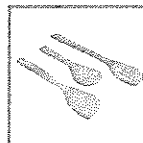
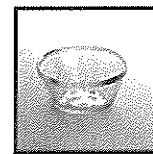
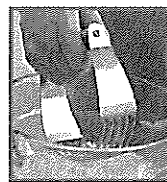


Sifter



1. Mix dry ingredients
2. Break up clumps
3. Add air to ingredients

Preparation Equipment



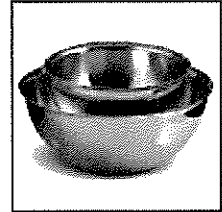
Electric Mixer



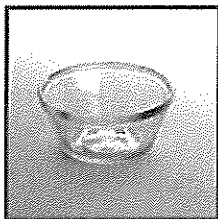
- Used to beat and mix ingredients for baked products.

Mixing Bowls

- Used to hold ingredients during food preparation.



Custard Cups



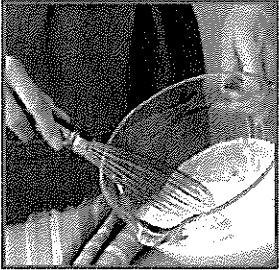
- To hold small amounts of ingredients during food preparation.

Pastry Blender



- Used to “cut in” or blend solid fats (butter or shortening) with dry ingredients.

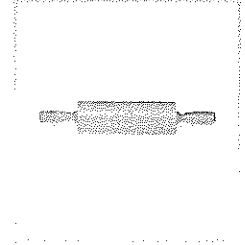
Wisk



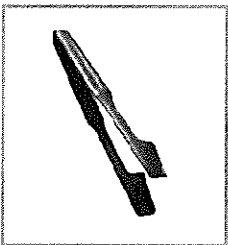
- Used to mix or beat eggs and sauces.

Rolling Pin

1. Roll out pastry dough
2. Break up cookies/crackers for crumbs

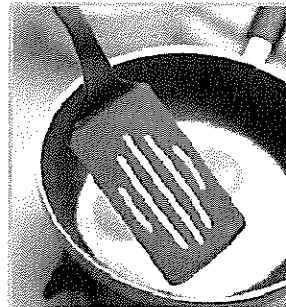


Tongs



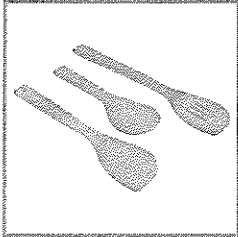
- Used to pick up large foods such as meat, hot dogs, corn on the cob...

Food Turner



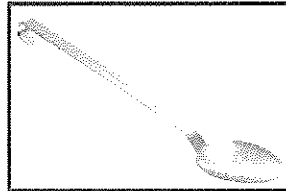
- To flip foods such as pancakes, eggs, hamburgers.

Wooden Spoons



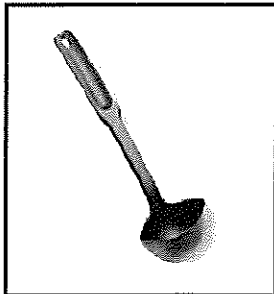
- Used to stir on the range.

Slotted Spoon



- Used to separate a solid from a liquid

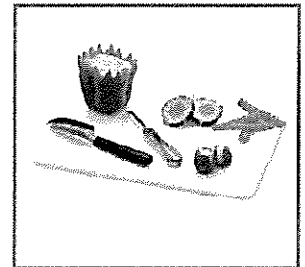
Ladle



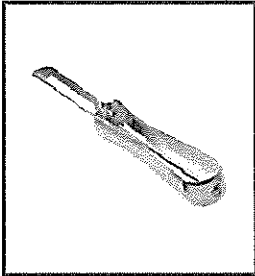
- Used to serve soups.

Cutting Board

- Used to cut foods on.
- Prevents the knife from slipping
- Prevents the counter from getting scratched

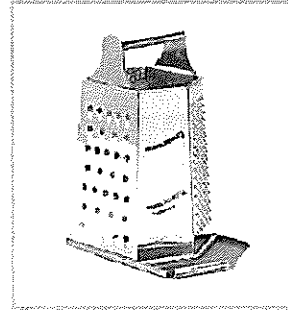


Peeler



- Used to remove the skin from fruits/vegetables.

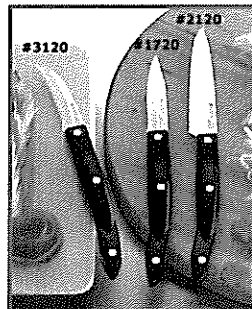
Grater



- Shreds cheese, chocolate, vegetables, etc...

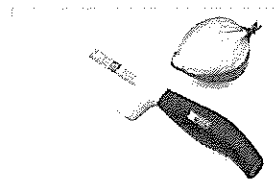
Paring Knife

- Used to remove the skin from fruits and vegetables.

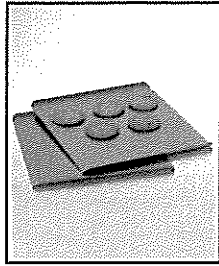


Chef Knife

- Used for chopping vegetables.

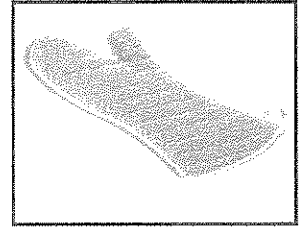


Range Equipment

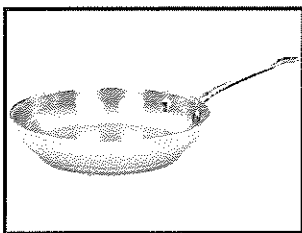


Pot Holders/Oven Mitt

- Protects hands from hot pots and pans.



Skillet



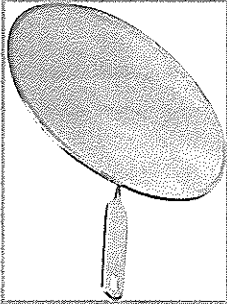
- Used to cook meat, bacon, vegetables, etc.

Omelet Pan

- A dark coated, pan used to cook eggs and omelets.



Splatter Screen

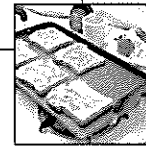


- Used to cover pans when cooking with grease (ex: bacon).

Griddle



- Used to make pancakes, grilled cheese, French toast...

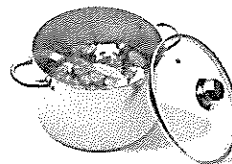


Sauce Pan

- Used to cook foods on the range: sauces, vegetables, pasta, etc.
- Small, medium, & large



Stock Pot



- A large sauce pan.
- Used to cook foods on the range.

Colander

- Used to drain liquids from solid foods (ex: spaghetti)



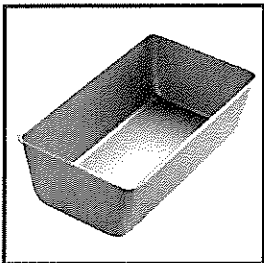
Cake Pan

- To bake cakes in
- Comes in various sizes and shapes.



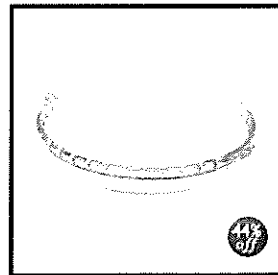
Loaf Pan

- To bake loaf breads in (ex: banana bread).

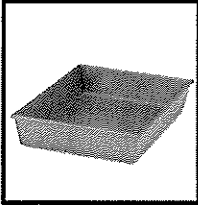


Pie Plate

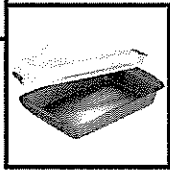
- To bake pies in; comes in glass or metal.



Baking Pans

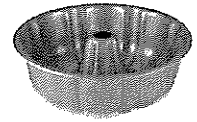


- To bake brownies coffee cakes, etc. in.
- Comes in glass or metal.
- 8x8, 9x9, 9x13



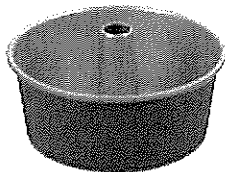
Bundt Pan

- To make some cakes and coffee cakes.



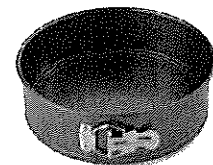
Tube Pan

- Used to make angel food cake.

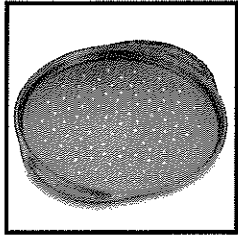


Spring Form Pan

- Used to make cheese cake.

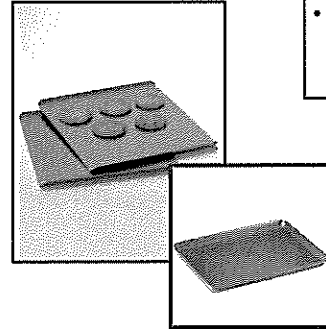


Pizza Pan



- To bake pizza on.

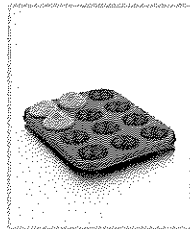
Cookie Sheet/Jelly Roll Pan



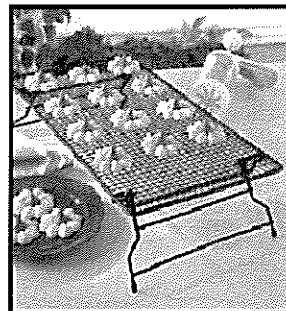
- Used to bake cookies on.

Muffin Tin

- Used to bake muffins and cupcakes in.



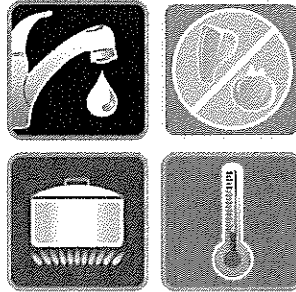
Cooling Rack



- Used when cooling hot pans or foods.
- Cookies, cakes, etc...

Food Safety and Lab Procedures

be food safe.



clean. separate.
cook. chill.

www.befoodsafe.org

Sanitation

- The protection of health by keeping area free from dirt or bacteria.



Contamination vs. Cross-contamination

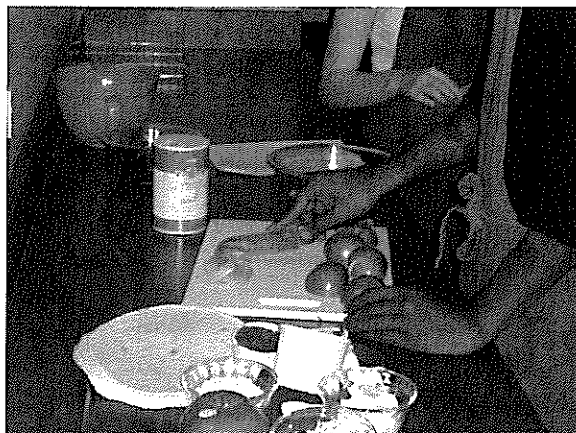
Cross-contamination

- When harmful substances are transferred from one surface or food to another

Contamination

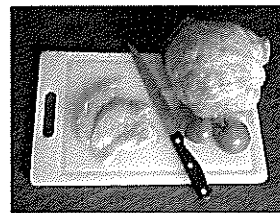
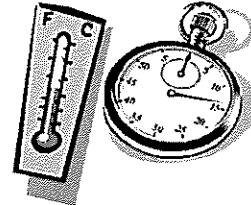
- The presence of harmful substances not originally present in the food

What is wrong here??



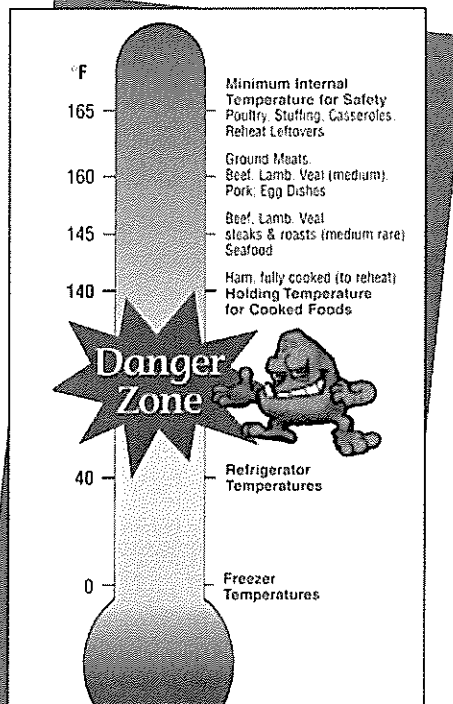
3 Main Ways Food Can Become Unsafe

- 1) Time-temperature abuse
- 2) Cross-contamination
- 3) Poor personal hygiene



Danger Zone

- 41-141 degrees
- Bacteria DOUBLES every 20 minutes



Physical Food Safety Hazard

- Most common, but least likely to cause illness
- Consists of foreign objects that accidentally get into food



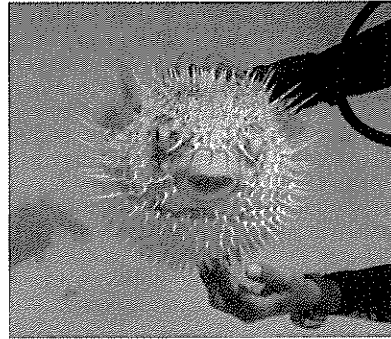
Chemical Food Safety Hazard

- Can include the following chemicals
 - Pesticides
 - Food additives
 - Preservatives
 - Cleaning supplies
 - Toxic metals that leach from cookware and equipment



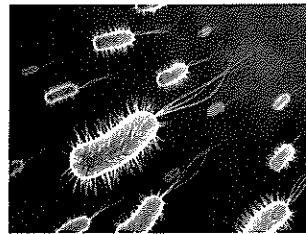
Biological Food Safety Hazards

- Causes 90% of food borne illness
- Includes bacteria, viruses, parasites and fungi
- Certain foods (plants, mushrooms and fish) can carry harmful toxins



Biological Food Safety Hazards continued.....

- Bacteria
 - Found everywhere
 - Reproduce by cellular division (double every 20 minutes)
 - Needs moisture, food, and the proper temperature to reproduce
 - ex. e. coli, salmonella



What happens when you sneeze?

- COVER YOUR MOUTH!
 - And then wash your hands anyway!



Cross!!!
No one wants
that in their
food!

Food Allergies

- 8 Most Common Food Allergies

Peanut
Tree Nut

- (walnut, almond, hazelnut, cashew, pistachio, etc.)

Milk

Egg

Wheat

Soy

Fish

Shellfish

- (shrimp, crab, lobster, clams, mussels, oysters, scallops, etc.)

- Nearly ANY food is capable of causing an allergic reaction!!!

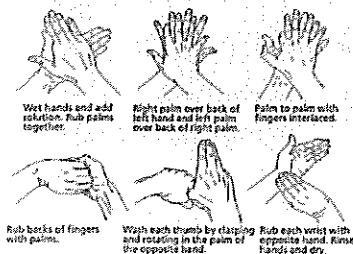
- Account for 90% of all food-allergic reactions in the U.S.



Hand Washing

- Wash frequently
 - After raw eggs, raw meat, sneezing, etc.
- Use hot water
- Clean towel for drying
- 20 seconds of washing
 - ABC's or Happy Birthday

HOW TO WASH YOUR HANDS



Lab Set Up: what you need to know!

Sanitation Supplies

- Located on the ledge in between kitchens.
 - Bleach, dish soap, hand soap
 - Sanitation Bucket
 - sanitation cloth (1)
 - wash cloth (1)
 - dish towel (2)
 - Garbage Bowl - collects garbage during lab

How to Sanitize

- Sanitation Bucket (red)
 - Fill 1/2 way with **HOT** water.
 - Add 1 cup of bleach.
 - Use a sanitation cloth clean your counters and surface areas.
 - Empty and refill as it gets cold.

Dish Washing

- Process
 - Scrape, rinse, wash, rinse, and dry
 - Soak as needed
 - This process helps to maintain clean water
- Hot Water!
- Keep the water clean!
 - Wash cleanest dishes first
 - Change water as needed
- Dry! Dry! Dry!
 - Use a clean towel
 - Air dry if possible - more sanitary
 - Moisture = bacteria



REMEMBER!

To prevent food from becoming unsafe you can:

Wash hands (not just once, but several times while handling food, and always after handling raw meats!)

Wear your hair net!

Roll sleeves up

Wear gloves if you have a cut/band-aid

Keep refrigerated food cold as long as possible

Sneeze into your elbow, then wash hands

Don't lick your fingers, touch your face, fix your hair, etc. while handling food

Abbreviations and Equivalents



Abbreviations:

Teaspoon	<u>t.</u> or <u>tsp.</u>
Tablespoon	<u>T.</u> or <u>Tbsp.</u>
Cup	<u>c.</u>
Pint	<u>pt.</u>
Gallon	<u>gal.</u>
Ounce	<u>oz.</u>
Pound	<u>lb.</u>
Package	<u>pkg.</u>
Weight	<u>wt.</u>

Equivalents:

A dash or to taste = 1/8 t. or a pinch

3 t. = 1 T.

16 T. = 1 c.

12 T. = 3/4 c.

8 T. = 1/2 c.

4 T. = 1/4 c.

2 T. = 1/8 c.

2 c. = 1 pt.

2 pt. = 1 qt.

Equivalents con't.

4 c. = 1 qt.

4 qt. = 1 gal.

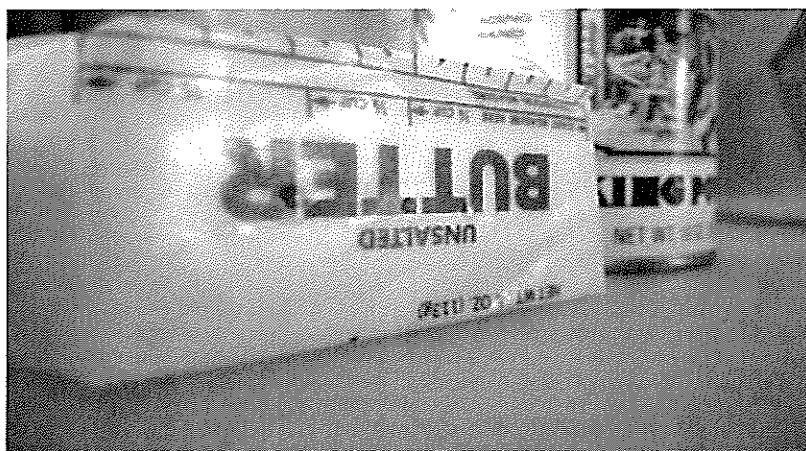
8 fl. oz. = 1 c.

1 lb. = 16 oz.

1 stick butter = 1/2 c. butter

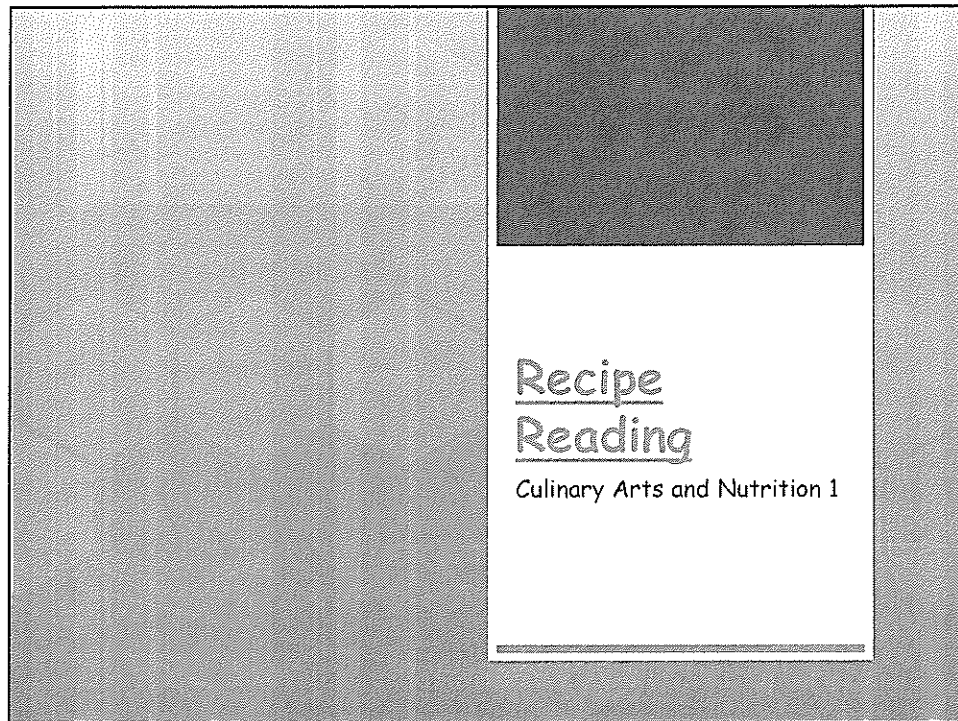
2 sticks butter = 1 c. butter

Using the picture on your sheet, shade in $\frac{1}{3}$ c. of butter:



Using the picture on your sheet, shade in $\frac{1}{2}$ c. of butter:








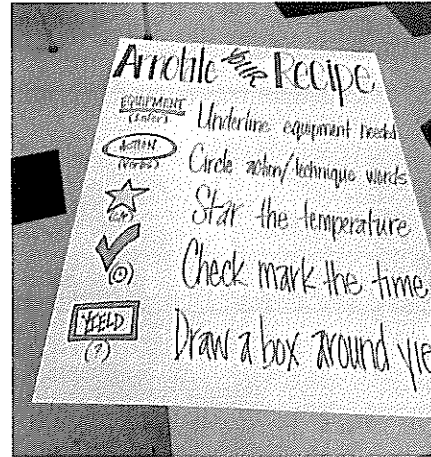
Course Book pg. 17

Parts of a Standard Recipe

- **Product Name:** the name of the recipe.
- **Yield:** the number of servings or portions the recipe produces.
- **Ingredient Quantity:** the measured portion of each ingredient.
- **Preparation Procedures:** the step by step directions to produce the recipe. This includes how you will prepare the food (ex: dice, sauté, boil, etc.)
- **Cooking Temperatures:** used for range tops and ovens. Preheating may be required.
- **Cooking Time:** how long the food product needs to be cooked for. This must be followed.

Annotating Your Recipes

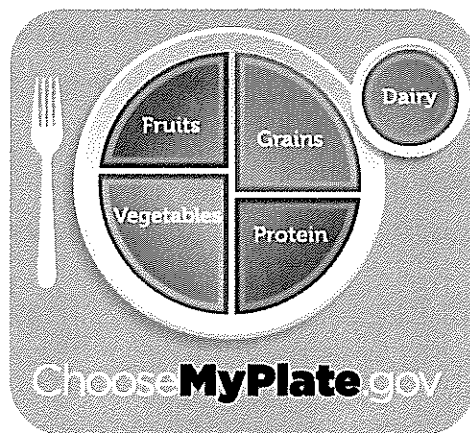
- **UNDERLINE**
 - Equipment
 - May need to infer based on terms and methods—write in if this is the case
 - i.e. stir = wooden spoon
- **CIRCLE**
 - Cooking Terms and Methods (verbs)
- **STAR** 
 - Temperature
- **CHECK MARK** 
 - Time
- **BOX** 
 - YIELD (if applicable)



The following steps are a guide to how to use a recipe effectively...

- 1 Read the recipe from top to bottom.
- 2 Make sure that you know all of the steps and cooking methods.
- 3 Wash your hands, put on your hair net, and apron before any food preparation begins.
- 4 Gather all the equipment needed.
- 5 Measure all of the ingredients.
- 6 Preheat the oven if necessary.
- 7 Prep all ingredients as directed in the recipe.
- 8 Cook the food product as directed.
- 9 Serve and Eat!

ChooseMyPlate.gov



When looking at the foods you eat regularly, where do they fit into MyPlate?

Food Groups



Grains Group

- Make at least half your grains whole
- Whole grains contain fiber which may reduce constipation.



Vegetable Group

- Vary your veggies
- Helps reduce blood cholesterol levels.



Fruit Group

- Focus on Fruits
- May reduce risk for heart disease.



Dairy Group

- Get your calcium-rich foods
- Improves bone health reduces the risk of osteoporosis.

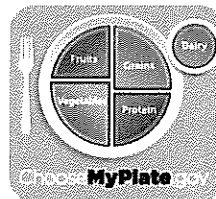


Protein Foods Group

- Go lean with protein
- Proteins function as building blocks for bones, muscles, cartilage, skin, and blood.

Related Topics:

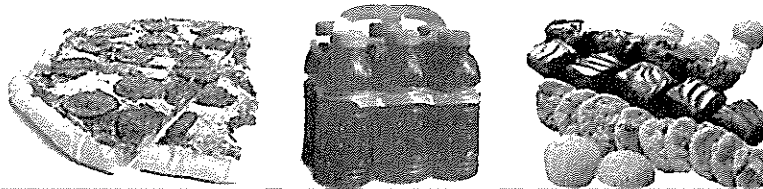
- Oils
- Empty Calories
- Physical Activity
- Recipes



<http://www.choosemyplate.gov/foodgroups/index.html>

Empty Calories

- ◆ Calories from solid fats and/or added sugars.
- ◆ They add calories to your body but little to no nutrients.
- ◆ Foods high in empty calories:
 - Cake, pizza, ice cream, soda, and cheese.



Some changes to make to improve healthy eating...

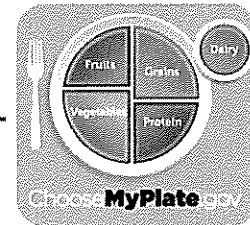
Food with some empty calories

- Sweetened applesauce (contains added sugars)
- Regular ground beef (contains solid fats)
- Fried chicken (contains solid fats from frying and skin)
- Sugar-sweetened cereals (contain added sugars)
- Whole milk (contains solid fats)

Food with few or no empty calories

- Unsweetened applesauce
- Extra lean ground beef (95% or more lean)
- Baked chicken breast without skin
- Unsweetened cereals
- Fat-free milk

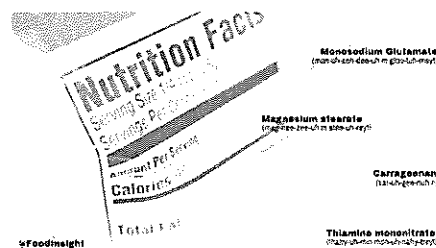
Other Important Info



- **Balancing Calories**
 - Enjoy your food, but eat less
 - Avoid oversized portions (restaurants)
- **Foods to Increase**
 - Make half your plate fruits & vegetables
 - Make at least half your grains whole grains
 - Switch to fat-free or low-fat (1%) milk
- **Foods to Reduce**
 - Compare sodium in foods like soup, bread, & frozen meals
 - Drink water instead of sugary drinks

Other Considerations...

- **Eat WHOLE foods**
 - Fruits, vegetables, oats, rice (preferably brown rice), corn tortillas
- **READ labels!**
 - "real fruit"
 - "whole grains"
 - "no high-fructose corn syrup"
- **Look for hidden sugars →**
 - At least 61 names for hidden sugars
- **Drink more WATER!**
 - Roughly ½ your body weight in water per day
- **Eat foods with 5 ingredients or fewer**
 - Make sure you can read and pronounce these (generally, NOT ALWAYS, means its "cleaner" or "healthier") →



61 Names for Sugar



- Agave nectar	- Confectioner's sugar	- Glucose	- Palm sugar
- Barbados sugar	- Corn sweetener	- Glucose solids	- Panocha
- Barley malt	- Corn syrup	- Golden sugar	- Powdered sugar
- Barley malt syrup	- Corn syrup solids	- Golden syrup	- Raw sugar
- Beet sugar	- Date sugar	- Grape sugar	- Refiner's syrup
- Brown sugar	- Dehydrated cane juice	- HFCS (High-Fructose Corn Syrup)	- Rice syrup
- Buttered syrup	- Demerara sugar	- Honey	- Saccharose
- Cane juice	- Dextrin	- Icing sugar	- Sorghum Syrup
- Cane juice crystals	- Dextrose	- Invert sugar	- Sucrose
- Cane sugar	- Evaporated cane juice	- Malt sugar	- Sugar (granulated)
- Caramel	- Free-flowing brown sugars	- Maltodextrin	- Sweet Sorghum
- Carob syrup	- Fructose	- Maltol	- Syrup
- Castor sugar	- Fruit juice	- Maltose	- Treacle
- Coconut palm sugar	- Fruit juice concentrate	- Mannose	- Turbinado sugar
- Coconut sugar		- Maple syrup	- Yellow sugar
		- Molasses	
		- Muscovado	



Let's Practice...

- ◊ For breakfast, Jason had an omelet with ham, cheese and vegetables, a glass of vitamin D milk, and white toast.
 - ◊ How could Jason make his meal healthier?
- ◊ For lunch, Andrea had a turkey sandwich on whole wheat bread. The sandwich had cheese, lettuce and mayonnaise on it. She also had French fries and a Diet Pepsi.
 - ◊ How could Andrea improve her meal?

Cooking Methods

Students in Culinary Arts & Nutrition 1 should be able to identify and perform the following...

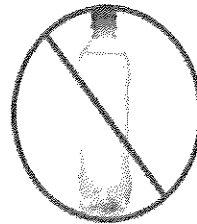
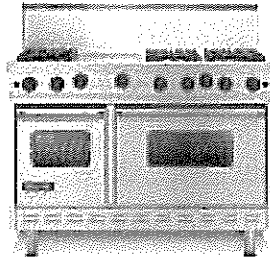
3 Cooking Methods

1. Dry Heat Cooking
 - bake
2. Moist-Heat Cooking
 - boil
 - simmer
 - steam
3. Cooking with fat
 - sauté



Dry-Heat Cooking

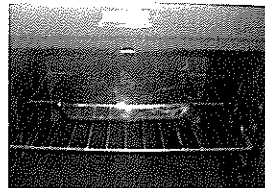
- Cooking food uncovered without added liquid or fat.



Dry Heat Cooking - Bake

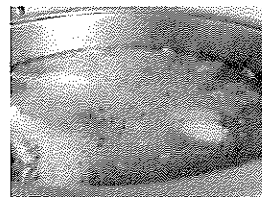
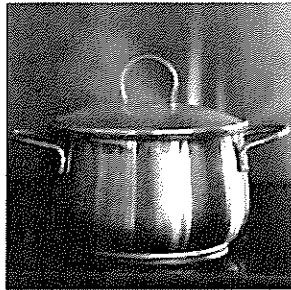
➤ Bake

- Cook food by surrounding items with hot, dry air in an oven.
- Placement of the food should be centered in the oven for even baking unless stated otherwise in the given recipe.
- Oven needs to be preheated to the required temperature.



Moist-Heat Cooking

- Cooking food in a type of liquid.
 - Water, stock, steam, etc.



Moist Heat Cooking - Boil

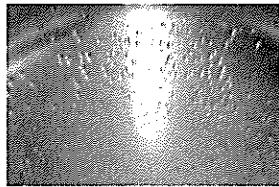
- Boil
 - Cook food submerged in a liquid that has reached the boiling point (212°F).
 - What it looks like:
 - Air bubbles continuously rise, break the surface, and escape as steam.
 - Sometimes referred to as a rolling boil.



Moist Heat Cooking - Simmer

➤ Simmer

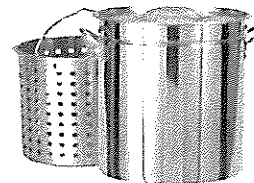
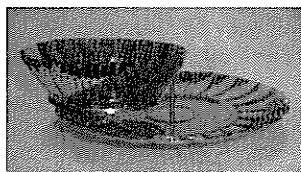
- Cook food completely submerged in a liquid below the boiling point (185°F - 205°F).
- What it looks like:
 - Air bubbles rise slowly and just barely break the surface



Moist Heat Cooking - Steam

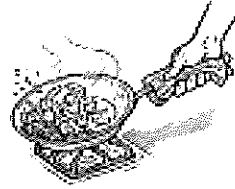
➤ Steam

- Cook food over, but not directly in, boiling liquid in a covered pot.
- What it looks like:
 - Steamer basket/insert suspends food above boiling liquid



Cooking with fat- Sauté

- Cooking with fat typically utilizes a dry heat source (stove/oven) with a type of fat.
 - Butter, oil, etc.
- Sauté
 - Cook quickly in small amounts of fat.
 - Fat must be hot when food is added to pan.



Knife Safety and Skills



CULINARY ARTS AND NUTRITION I

Cutting Boards



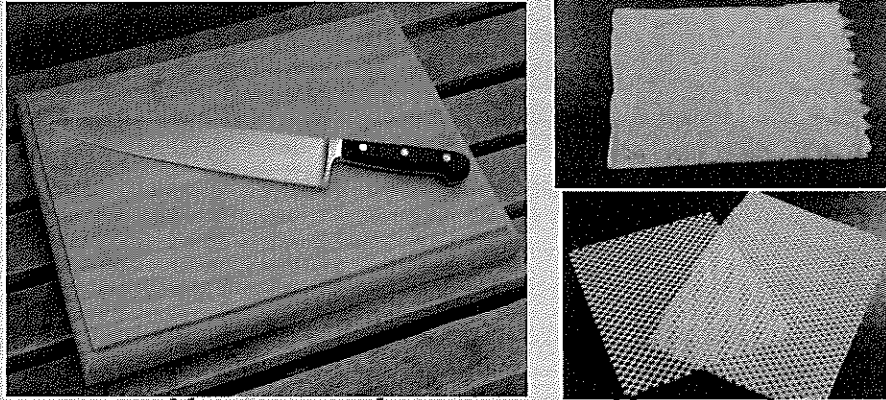
- **Types**

- Plastic/Polypropylene
- Wood
- Glass (Do NOT Use—easily breakable)

- **Replace when:**

- Deep cuts, grooves (bacteria-health concern)
- Warped (safety)

Setting Up Your Cutting Station



A rubber mat or a damp paper towel between the counter top and cutting board helps ensure a stable cutting surface

Our Cutting Boards

- **In your kitchen, you should have...**
 - **2 white**
 - Used for: produce (fruits and vegetables)
 - **1 red**
 - Used for: "meat" (anything meat/poultry related)
- **What should you do if you're missing a cutting board?**
 - Ask Mrs. S!

Knife Safety

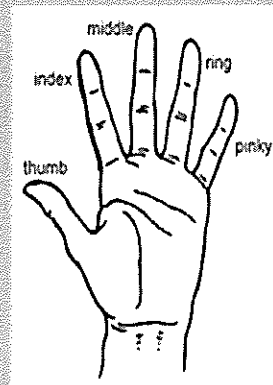


- **NO HORSEPLAY!!!**
 - Do not run, skip, joke, yell, etc. while using knives.
- **Wash them separately!**
 - Do NOT put knives in the bottom of the sink.
 - They cannot be seen and group members may cut themselves when they stick their hands in the soapy water.
 - Tell your manager when a knife is ready to be washed!
 - Dry with the blade facing AWAY from your palm!
- **Use the proper grip and hand position.**
 - This will decrease the risk of cuts.
 - This will be reviewed in a demo over the next two days.

Safety Tips



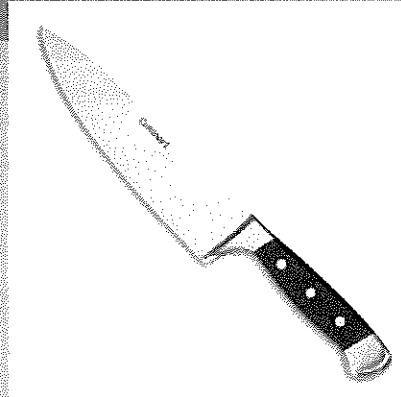
- **Proper Grip—thumb and index finger**
 - Better control of knife
 - Less strain on hands
- **Bear Claw with guide hand**
 - Protect fingers
 - Protect food!
- **Rolling Technique**
 - Less likely to cut yourself
 - Do NOT “chop!”



Types of Knives

Chef's Knife

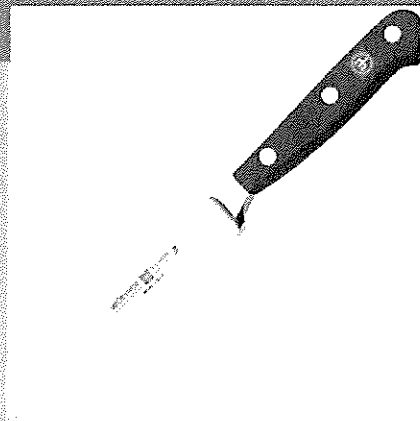
- Also known as the workhorse due to its many uses.
- Can be used for almost any cutting task.
 - Often for cutting larger items such as potatoes or onions.
 - Used for cutting/mincing garlic.
- Most common size in the home is 8 or 10 inches in length.



Types of Knives

Utility Knife

- Used to slice through small pieces of meat or fruit.
- Typically 4-6 inches in length.



Types of Knives

Paring Knife

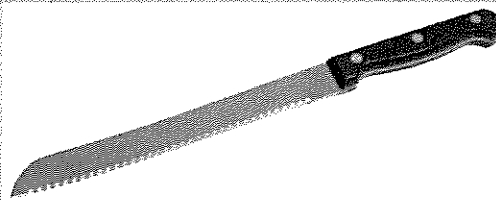
- **Used for peeling and slicing small fruits and vegetables.**
 - Peeling—carrots, apples, etc.
 - Cutting—bananas, strawberries, etc.
- **Also for removing stems, seeds, and brown spots.**
- **Typically 2-4 inches in length.**



Types of Knives

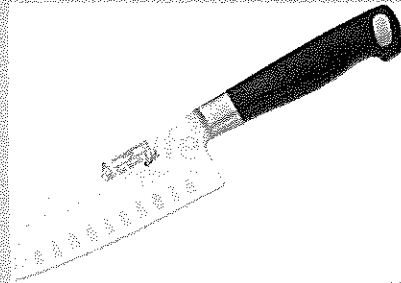
Serrated Knife

- **Used for cutting delicate/fragile food items without tearing, cutting, or bruising**
 - Bread, tomatoes
- **Vary in length**
- **Teeth or notches along the blade edge**

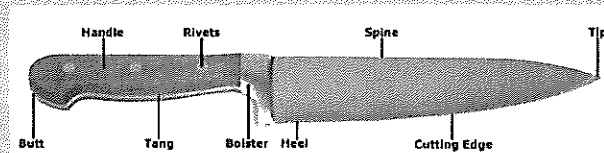


- **Santoku Knife**

- General-purpose kitchen knife
 - **Similar to Chef's knife**
- Blade is typically between 5 and 8 inches



Parts of Knife



- **When purchasing, look for:**

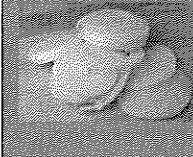
- Tang that goes all the way from the blade/bolster to the butt of the knife
- Quality Rivets
- A handle that is NOT wood (bacteria)

Knife Cuts



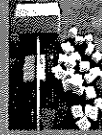
Slice

To cut food into large thin pieces.



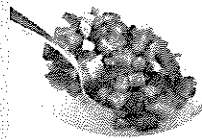
Cube

To cut food into square pieces.
Approximately 1/2 inch on all sides.



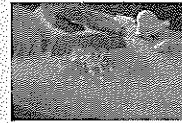
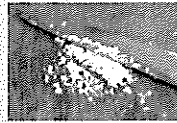
Dice

To cut food into small pieces.
Approximately 1/4 inch.



Mince

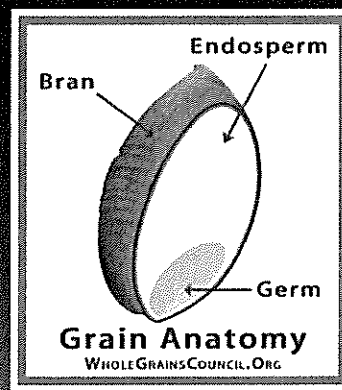
To chop finely.



Grains

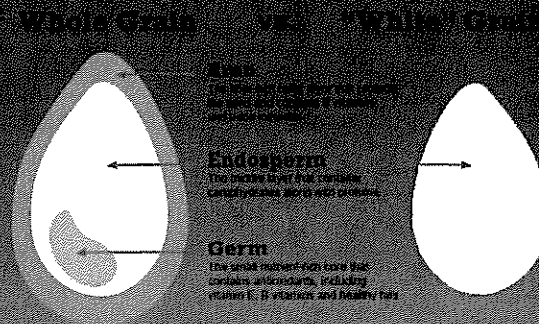
1. Name and describe the 3 main parts of a grain kernel. Draw a sketch of the grain kernel and label.

- Bran
 - Edible, outer layer of the kernel
- Endosperm
 - Largest part of the kernel
 - Made of proteins, starches
- Germ
 - Seed



2. Which of the three parts of a grain kernel are typically lost during processing?

- Bran and germ
- White flour and cereals



3. Name and describe 8 grain forms.

- **Wheat**
 - Wheat berries
 - Buckwheat
 - Bulgur
 - Couscous
 - Cracked wheat
 - Kasha
 - Quinoa
 - Spelt
 - Triticale
- **Rice**
 - Long-grain
 - Medium-grain
 - Short-grain
- **Corn**
- **Oats**
- **Other**
 - Amaranth
 - Barley
 - Millet
 - Rye
 - Teff
 - Wild rice

4. Why are whole grain products nutritious?

- Made of the entire grain kernel so they contain most of the original nutrients
- Removing the bran and germ (white flour, cereals, etc.) removes most of the vitamins, minerals, phytochemicals and dietary fiber.

5. What are some ways that grains can be combined with other foods to produce tasty dishes?

- Plain or topped with vegetables, seasonings, and sauces
 - Spaghetti
- Used in side dishes, casseroles, soups, and baked goods
- Added to soups and stews to thicken them
- Cooked and eaten as hot breakfast cereals
 - Oatmeal, pancakes, etc. with fruit
- Cooked into desserts by adding sweeteners or fruits
 - Raspberry/strawberry oat bars ☺

6. Why can dried pasta be stored in a cupboard while fresh pasta must be stored in the refrigerator?

- Dried pasta has been preserved so it can be stored in a cool, dry place
- Fresh pasta contains oil (and eggs) and will spoil at room temperature

7. If you buy wheat bread with a brown color, is it whole grain? Explain.

- Not necessarily.
- Unless the label lists whole wheat or another whole grain first, the bread is made mostly of white flours.
 - Pumpernickel bread is brown in color but made with white and rye flour then colored with caramel or molasses.

8. Why should whole-grain products be stored in the refrigerator?

- Whole grain products contain oil and can spoil at room temperature if not used quickly

9. What does al dente mean? What is its purpose?

- Firm to the bite
 - NOT soft and mushy
- To tell if pasta is cooked properly

10. Provide 2 tips to someone who is going to boil pasta.

- Choose a pot large enough so the water does not boil over
- Boil water first, then add pasta
 - If boiling stops, pasta sticks together
- Do not add oil
 - Prevents sauce from sticking to noodle
- Drain pasta immediately after cooking
- Do not rinse
 - Removes nutrients ☹
- Have pasta finish cooking when you are ready to serve

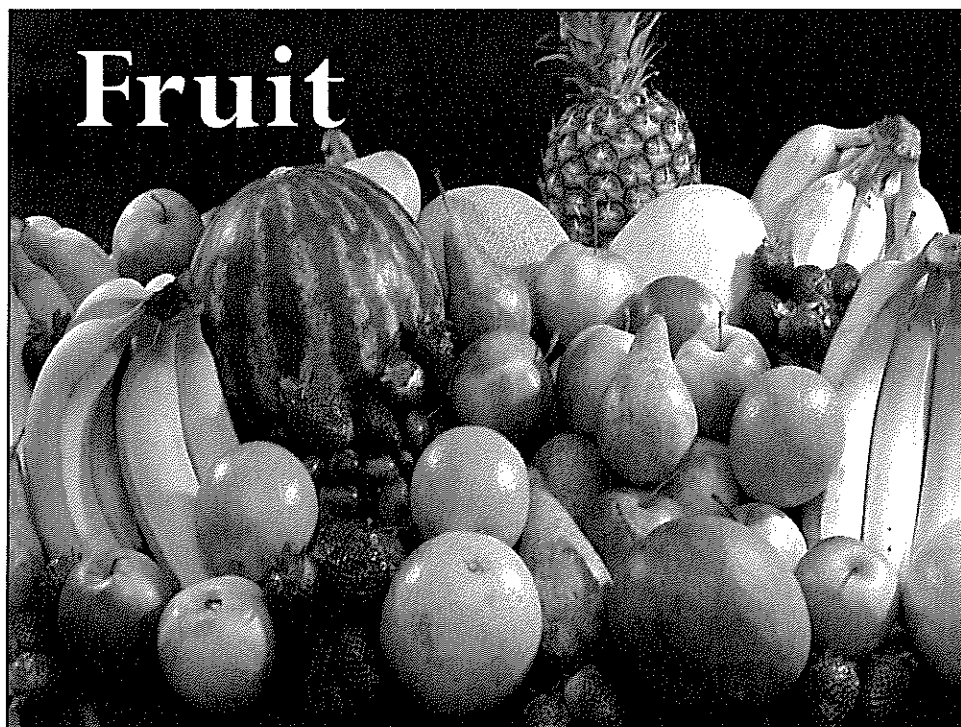
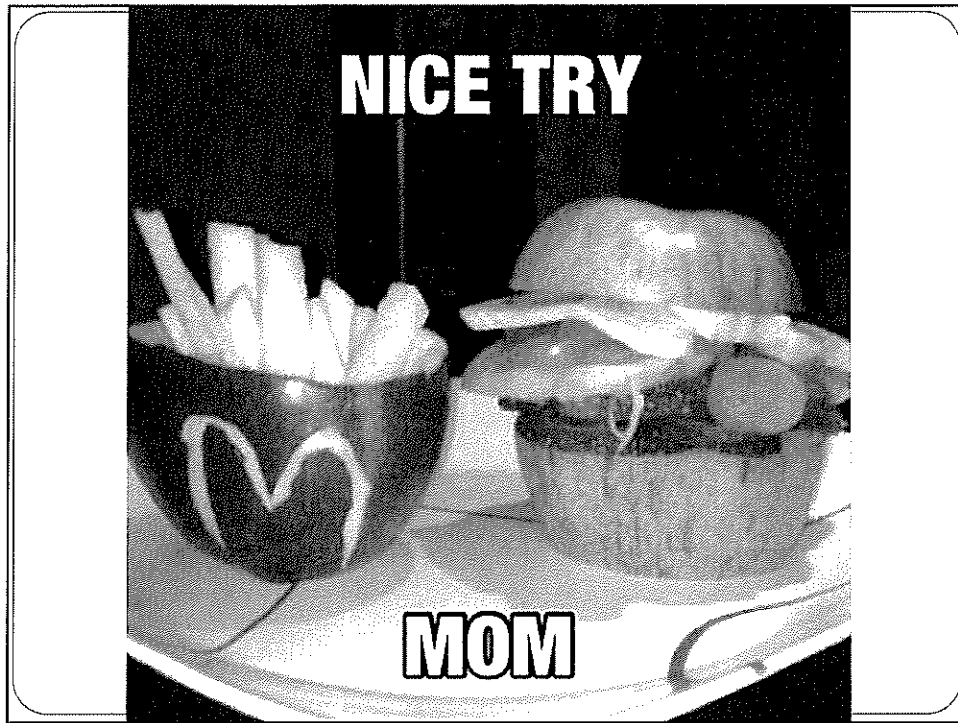
11. How do you cook rice (be specific)? Why should rice not be stirred?

- Bring cooking liquid to a boil.
 - Milk, juice, or broth
- Add rice.
- Cover.
- Bring to a boil again.
- Reduce heat to gentle simmer.
- Keep pan covered.
- Stir as little as possible.
 - Stirring scrapes off the starch and makes rice sticky.

▪ VIDEO: Making Rice on the Stove

Benefits of Whole Grains (using whole wheat flour, etc.)

- Fiber
- Prevents heart disease and high cholesterol
- Reduces constipation
- Helps with weight management

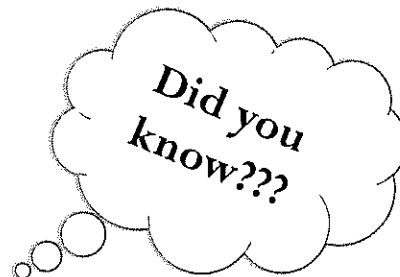


Definition

- Fruit
 - The part of a plant that holds the seeds
 - They are colorful, flavorful, and easy to prepare!

Categories

- Pomes
 - Apple, pear
- Drupes
 - Peach, apricot, avocado, cherry
- Berries
 - Strawberry, blueberry, raspberry, grape
- Melons
 - Watermelon, cantaloupe, Crenshaw
- Citrus
 - Lemon, lime, grapefruit
- Tropical
 - Banana, pineapple, kiwi, fig



**Fruits are often organized by category in the grocery store.

Nutrients

- Dietary fiber
- Carbohydrates
- Vitamin C
- Potassium
- Beta carotene

- Fat free
- Low in calories
- Low in sodium
- Great snacks!

Selecting and Buying

Mature Fruit

- Reached its full size and color
- Not ready to eat
- Any MATURE fruit needs to be stored at room temperature

Ripe Fruit

- Has reached its peak of flavor
- Tender and pleasant aroma
- Ready to eat!
- Most RIPE fruits can be stored in the refrigerator

Selecting and Buying: what to look for

- Condition (kitchen 1)
- Denseness (kitchen 2)
- Color (kitchen 3)
- Aroma (kitchen 4)
- Size (kitchen 5)
- Shape (kitchen 6)

See page 438
in your
textbook.

Fruit Purchasing

Fruit Forms

- Fresh
- Frozen
- Canned
- Dried

Summer Fruits

- Include berries, grapes, plums, melons, and peaches.
- Delicious when eaten raw
- Popular baked

Winter Fruits

- Include apples and citrus fruits

Tropical Fruits

- Are named for the climatic conditions of where they are grown.
- Include figs, dates, star fruit, pomegranates, and bananas

Storage

- The best option is away from vegetables
 - Some fruits emit a gas that can cause vegetables to spoil
- Don't wash before storing, wait until it will be used
- Use the refrigerator bin when available—keeps the humidity down
- Avoid tightly closed bags – builds up moisture = bacteria and spoilage

Preparing

Cleaning

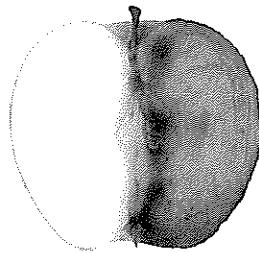
- Should be the first step in preparing fruit.
- Use cold water and a gentle touch to avoid bruising the fruit.
- Fragile berries should be lightly rinsed to avoid damage.

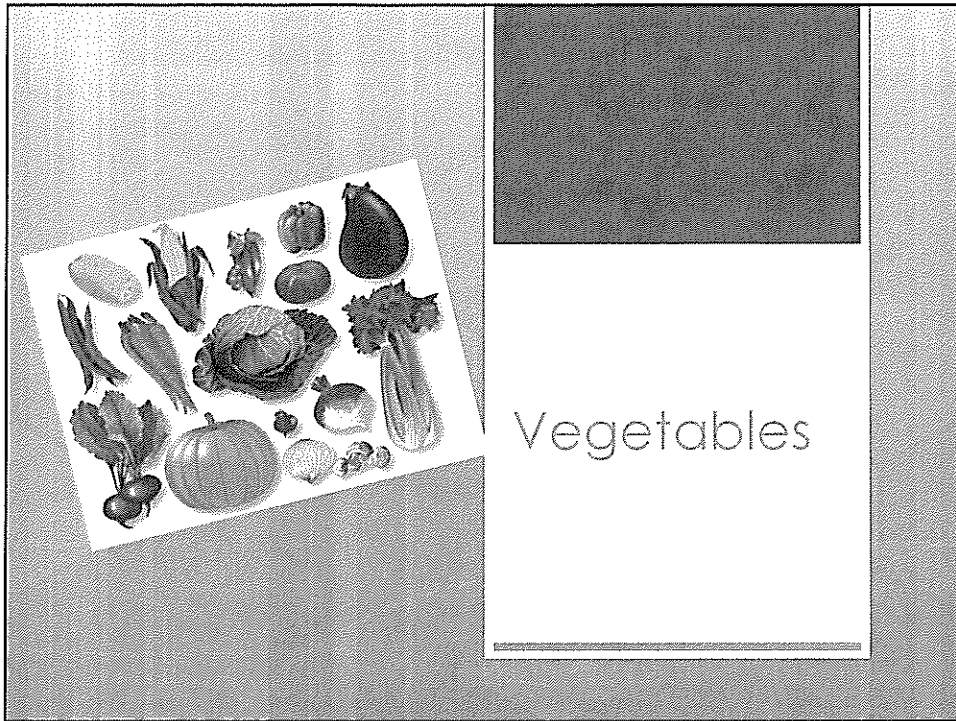
Preparing

- Remove
 - Skins
 - Cores, pits, and seeds
 - Stems
 - Bruises and imperfections

Enzymatic Browning

- Occurs when oxygen comes in contact with the flesh of the fruit
- To prevent this coat the fruit with some sort of acid once the fruit is cut
 - Lemon juice, lime juice, pineapple juice, etc.

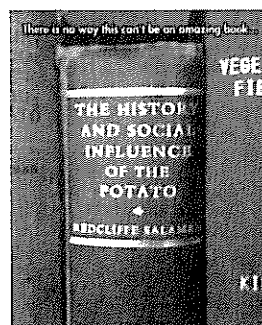




- What is long white or green and comes in the spring?
 - Asparagus!
- What is the only vegetable that will make you cry?
 - Onion!
- I am a crunchy vegetable with a lot of vitamin C. Kids think I look like a tree!
 - Broccoli!
- What did the father tomato say to the baby tomato whilst on a family walk?
 - Ketchup!

Vegetables come from different parts of plants...

- Seeds
- Flowers
- Fruits
- Leaves
- Roots
- Bulbs
- Stems
- Tubers



See page 450 in your text book.

Definition

- Edible portions of a given plant.
- Nutrient Content
 - Fiber
 - Carbohydrates
 - Vitamins
 - Antioxidants

Purchasing

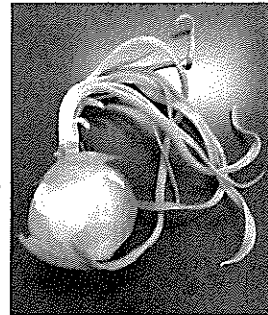
- Options
 - Fresh, frozen, canned, and dried

When shopping look for:

- Condition
- Color and Texture
- Size
- Shape
- Ripeness

Storing

- Most vegetables can be stored in the refrigerator in a plastic bag, air tight container, or crisper.
- There are exceptions to this:
 - Onions – cool/dry place
 - Potatoes – cool/dark/dry place



Don't put onions and potatoes together because onions absorb moisture from the potatoes and onions cause the potatoes to sprout faster.

Cleaning and Preparing

Cleaning

- Run under water that is a little warmer than the vegetable
 - This will remove any dirt on the outside
 - Wash before peeling...why?
- Some vegetables have layers that need to be pulled back to ensure proper washing
 - Ex: celery and lettuce

Preparing

- Remove when needed
 - Skins
 - Seeds
 - Stems
 - Bruises and imperfections

Cooking and Eating

- Vegetables can be cooked or eaten raw.
- Cooking Options
 - Examples?

Dairy and Béchamel

Culinary Arts and Nutrition

Nutrients in Dairy Products

- Nutrients
 - Protein
 - Calcium
 - Vitamin D
 - Magnesium
- Daily Recommendation
 - 3 c. per day
 - Glass of milk
 - Cheese stick
 - E.g. yogurt

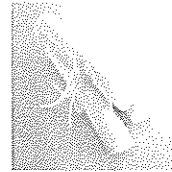
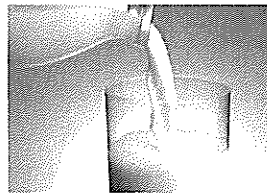
WARNING!

Some dairy products are high in saturated fat and sodium! Be careful when choosing dairy sources!



Healthy Sources

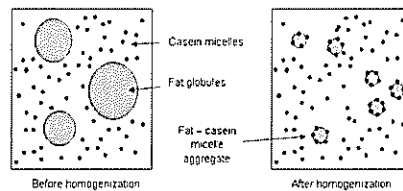
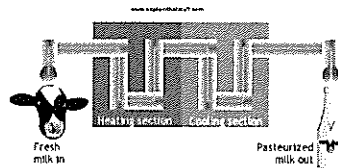
- Yogurt (regular and Greek)
- Cheese (moderation)
- Milk (non fat)
- Cottage Cheese



Treatment of Milk

- Pasteurization

- Heat treatment that has taken place to kill harmful enzymes and bacteria



- Homogenization

- Milk has been processed so the fat breaks into small particles and distributed equally.

- Fat would separate with out this process

Types of Milk

- Whole
- Reduced Fat
- Fat Free
- Buttermilk
- Kefir
- Flavored
- Evaporated
- Sweetened Condensed
- Lactose Free



Types of Cheese

Fresh Cheese

- Has not been ripened or aged
- High perishable
- Mild flavors
- Examples include:
 - Cottage cheese
 - Farmer's cheese
 - Cream cheese
 - Ricotta

Ripened Cheese

- Also called aged cheese
- Agents have been added:
 - Bacteria
 - Mould
 - Vein
- Have very distinctive flavors
- Grouped by texture:
 - Firm
 - Semisoft
 - Soft
 - Blue-veined

Cooking

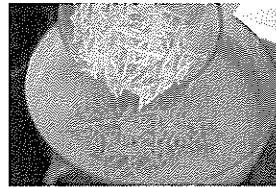
Milk

- Sensitive to heat
 - Use medium temperatures
 - Short amounts of time
 - Stir frequently to avoid scorching and overheating
 - If skin develops over the top - stir back into milk



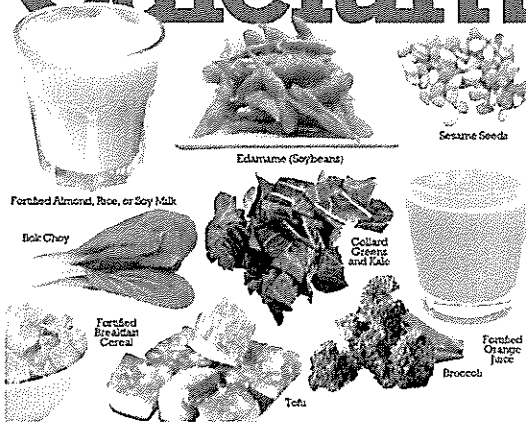
Cheese

- Cook with care!
- Cheese can over cook easily becoming tough and rubbery
 - Low temperatures
 - Short time frames
 - Small pieces



FYI

You don't need dairy to get
Calcium

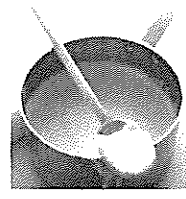
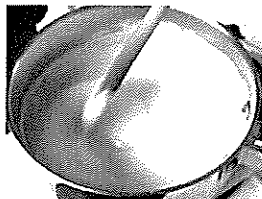


Béchamel



What is a Béchamel?

- Also called white sauce, it frequently forms the base for other sauces, and is called by the French a mother sauce.
- A roux is a combination of butter and flour.
 - When milk is added to the roux and cooked for a few minutes, it becomes béchamel sauce.



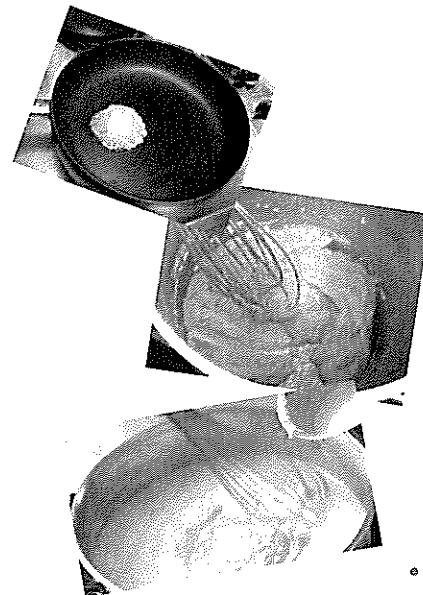
Ratios to Use

Type	Liquid	Flour	Fat	Salt	Uses
Thin	1 cup	1 T.	1 T.	¼ t.	Soups
Medium	1 cup	2 T.	2 T.	¼ t.	Sauces, gravy
Thick	1 cup	3 T.	3 T.	¼ t.	Soufflés
Very thick	1 cup	4 T.	4 T.	½ t.	Croquettes

Preparing a Béchamel

1. Melt fat in saucepan or skillet
2. Add flour and salt. Blend until smooth
3. Remove from heat
4. Add milk in **small** portions and blend thoroughly after each addition until all milk has been added
5. Place over direct heat. Stir constantly, bring to a boil for 1 minute or until the sauce thickens

**After the sauce is thickened, other ingredients such as cheese are added to form a soup, sauce, gravy, etc.



Eggs

Hard-Boiled Egg "demo"

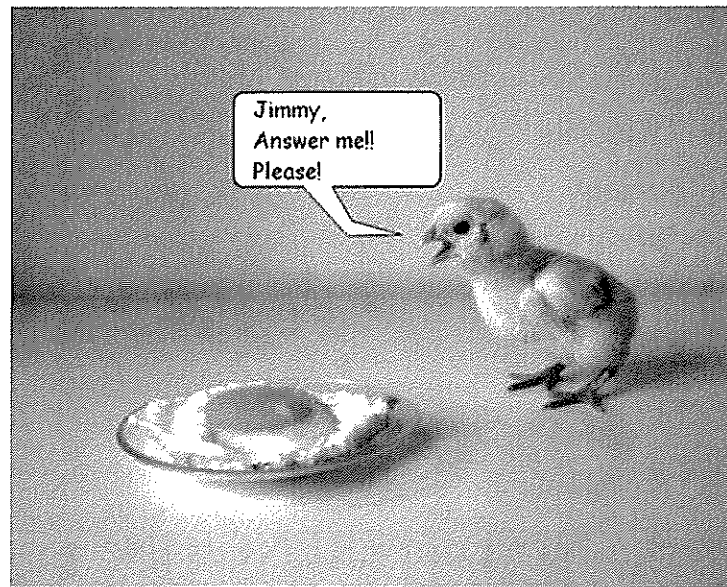
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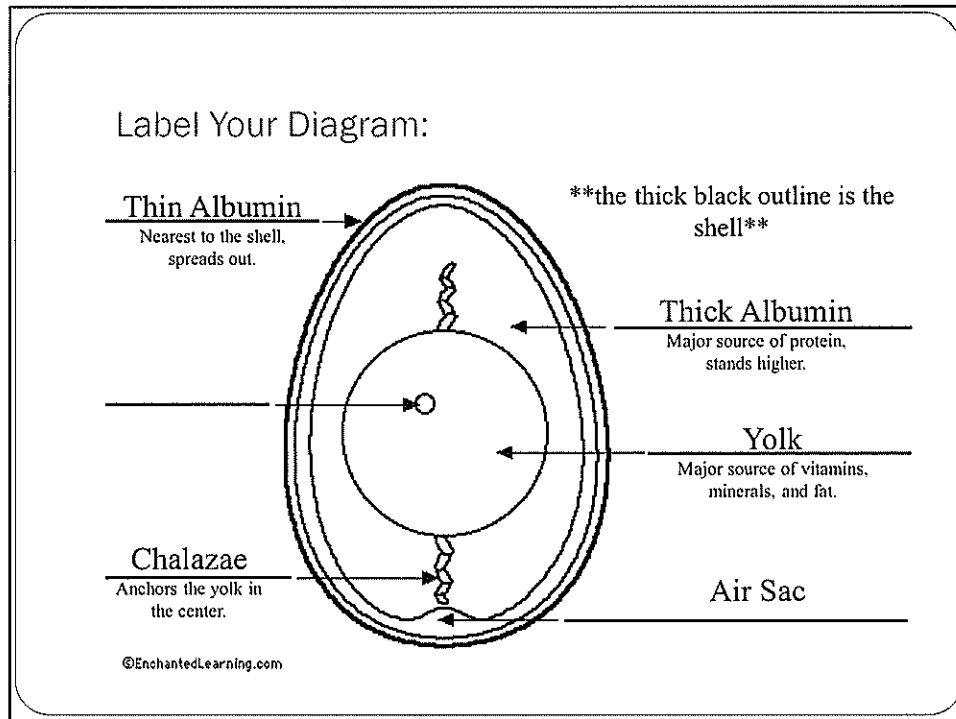
Lab Prep

LAB: Wednesday (tomorrow) & Thursday

Wednesday: Overnight Baked French Toast; discuss omelet

Thursday: Heat Toast; Make Omelets; Eat





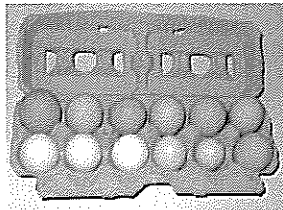
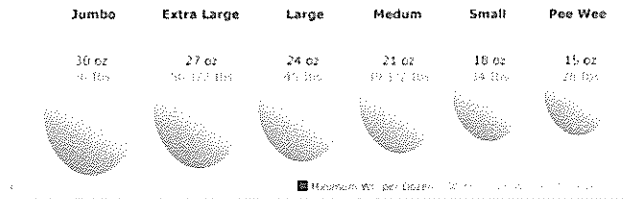
Grades

- AA—Most common in stores
- A—Thicker white, used when appearance is important
 - Deviled eggs
 - Over easy eggs (eggs with a dipping yolk)
- B—Used when appearance isn't important
 - Omelets
 - Scrambled eggs

NO DIFFERENCE IN
NUTRITIONAL VALUE!

Sizes:

Jumbo, Extra Large, Large, Medium, Small, Pee Wee



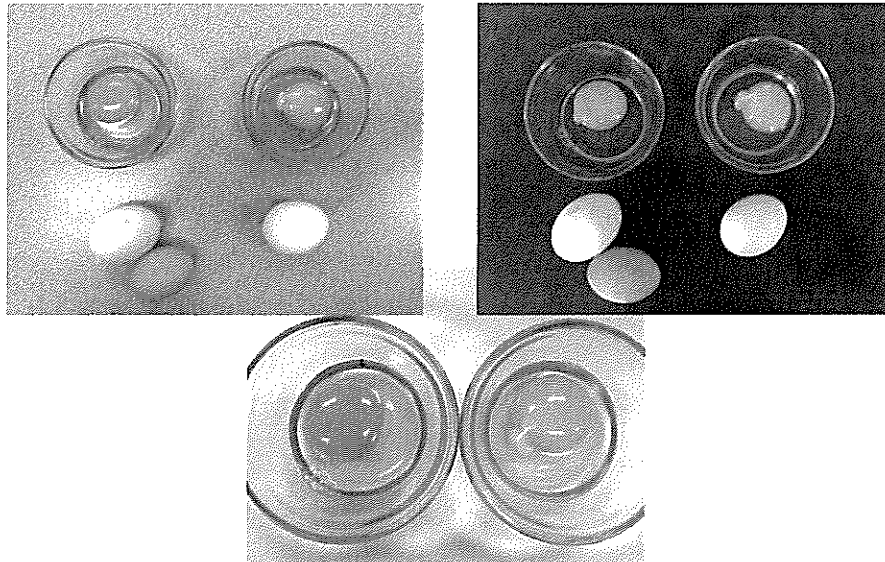
L to R:
 Back Row: Delaware, Dominique, Buff Rock,
 Americana, Blue Giant, Partridge Cochin,
 Front Row:
 Black Polish, Silver Polish, Gold Polish,
 Silkie, Bantam Cochin, Silver Laced Wyandotte

• Large and Extra large are most common.

• Size is determined by minimum weight of a dozen eggs.

• Most recipes use Large

Farm Fresh vs. Store Bought



Nutrients

● Protein

- B₁₂
- Vitamins A and D
- Iron
- Riboflavin

Egg Yolks ☹ : saturated fat and cholesterol

15. Six eggs cracked into a pan, and all of them had double yolks.

Now that's a rare and hearty breakfast! Now, if only you could find a packaging error that gives you double hash browns



Storing Eggs

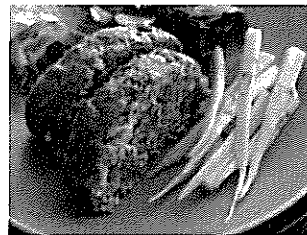
- Refrigerate immediately – in carton
 - Store them in the BACK of the refrigerator
 - It is coldest here—helps keep eggs fresh
- Throw away any cracked or dirty eggs
- Do not wash – it removes the protective coating that prevents bacteria from getting inside the shell
- Eggs stay fresh for up to 4 weeks if stored properly

Egg Science

- **Coagulation**
 - Becomes firm
 - Changing from a liquid state to a semisolid or solid state
 - Helps bind and thicken
- **Emulsifiers**
 - Hold together 2 ingredients that normally wouldn't stay mixed
 - Oil and water
- **Foams**
 - When you beat egg whites, a foam forms
 - Air is incorporated into the mixture
 - Continued beating thickens the foam
 - Adds volume and lightness to baked products

Using Eggs:

- Adds richness and flavor
- Binds ingredients together
- Can be used for thickness
- Help baking products rise
(when beaten)

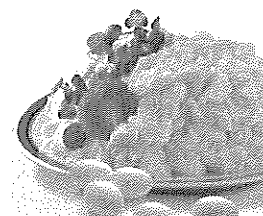
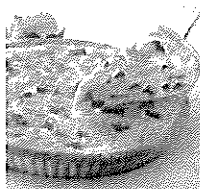


Preparation:

Fried



Baked



Poached



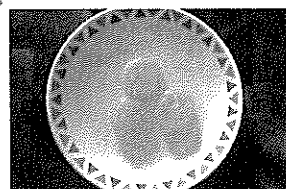
Scrambled

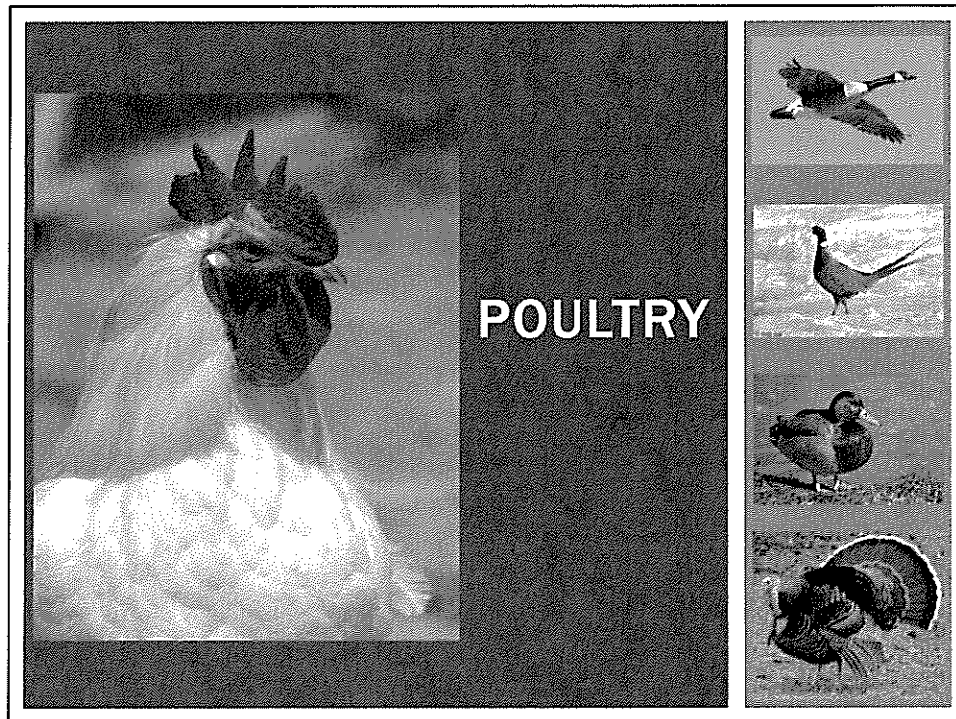


Omelet

Soufflé/Quiche


Cuipo (newer trend)






TYPES OF POULTRY

- Chicken—"Most popular poultry in the U.S."
- Turkey
- Duck
- Goose
- Pheasant
- Others??



- Turducken!!



- Poultry has a MILD FLAVOR

HEALTH INFO

■ Nutrients:

- PROTEIN
- Vitamins B6 and B12
- Calcium
- Niacin
- Phosphorus
- Iron

■ Relatively low in fat

- Most fat is under skin
(removing skin takes away some fat → healthier)

LIGHT VS. DARK MEAT

Light Meat

- Less exercised part of bird
 - Leaner
 - Milder flavor

Dark Meat

- More exercised part of bird
- Contains more fat (flavor)

PURCHASING OPTIONS— FORMS OF POULTRY

<ul style="list-style-type: none"> ▪ U.S. Department of Agriculture <ul style="list-style-type: none"> ▪ Grades and inspects poultry (eggs) ▪ Grade A <ul style="list-style-type: none"> ▪ Most commonly found in supermarkets ▪ Giblets—Edible poultry organs <ul style="list-style-type: none"> ▪ Liver, heart, gizzard ▪ Often removed, bagged and replaced in the bird for purchase (Turkeys on Thanksgiving) 	<p style="text-align: center;">Parts</p> <p>Processing adds to cost Halves, quarters, or parts Bone-in/Boneless</p> <p style="text-align: center;">Ground Poultry</p> <p>Can substitute for ground beef</p> <p style="text-align: center;">Processed Poultry</p> <p>Turkey bacon and ham</p> <p style="text-align: center;">Convenience Forms</p> <p>Canned, frozen precooked (chicken strips), deli meat</p>
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COOKING METHODS

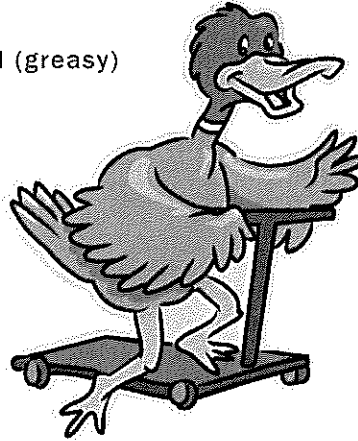
- The AGE of the bird determines the tenderness and the type of cooking method selected
 - Younger Bird
 - More tender → Dry heat cooking method
 - Older Bird
 - Tougher → Moist Heat Cooking Method

Dry Heat Cooking Methods	Moist Heat Cooking Methods
Bake	Boll/Simmer
Roast	Braise (dry + moist)
Grill*	

**All poultry needs to be cooked to an internal temperature of
AT LEAST 165 °F to reduce risk of Salmonella.

DUCK AND GOOSE

- Usually young birds
 - Tender
- Best roasted because of fat level (greasy)



ADDITIONAL INFO COOKING & STORING INFO

- Keep refrigerated to prevent bacteria growth
 - Use within 1-2 days of placing in refrigerator OR freeze
 - Moisture and warmer temperatures = Bacteria
- Cooking Methods
 - Broil, Grill, Roast, Fry, Braise, Slow-Cook, Microwave
- Cook until **WELL DONE**
 - No pink meat (should be whitish in color)
 - Juices run clear
 - Internal temperature is at least 165°
- Internal cooking temperatures for different parts:
 - 180 degrees—whole poultry, thighs, legs, wings
 - 170 degrees—chicken & turkey breasts
 - 165 degrees—stuffing & ground turkey

MEAT
Beef and Pork

POWDER AND TABLE OV...
PROCESSED IN...
COOKING INSTRUCTIONS
Pan fry slowly on low-medium heat until bacon renders and is cooked to your desired crispness.
If you really don't know how to cook bacon, please contact your elected officials and complain about our education system. Every American should know how to cook bacon... Seriously.

Servings Per Container
Amount Per Serving
Calories 290

Nutrition Facts
Saturated Fat 10g
Trans Fat 0g
Cholesterol 30mg
Sodium 410mg
Total Carbohydrate 1g
Dietary Fiber 0g
Sugars 1g
Protein 5g

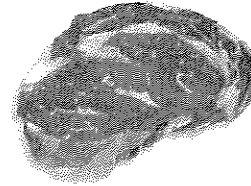
% Daily Value
Calcium 0%

TYPES OF MEAT...

- You will have experience with:
 - Pork: pigs < one year old
 - Beef: cattle > one year old
- Variety Meats: edible organs and extremities of meat
- Veal
- Lamb

COMPOSITION OF MEAT

- Muscle Tissue
- Connective Tissue
- Fat



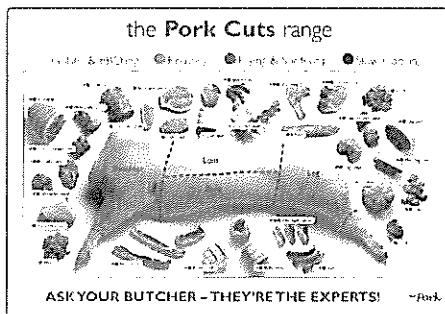
*Meat is edible muscle of the animal.

- The toughest cuts of meat are found in the parts of the animal where the muscles are worked the most.



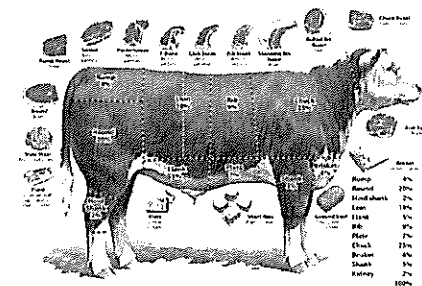
CUTS OF MEAT

- **Wholesale Cut:**
Large cuts that are sold to supermarkets



- **Retail Cut:**
Supermarket divided, smaller cuts you buy at the store.

- Comes from the wholesale cut



Graphic: USDA Food and Nutrition Programs. www.nutrition.gov. 1/01

NUTRIENT COMPARISON

	Beef – 4 oz. portion	Pork – 4 oz. portion
Fat <small>*choose lean meats when possible</small>	11g (4.5g saturated)	4.5g (1.5g saturated)
Protein	24g	22g
Carbohydrates	0g	1g
Calories	200	140

*Both are a good source of iron and zinc.

GROUND BEEF
80/20

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*	KEEP
Total Fat 23g		85%	Total Carb. 0g	0%	REFRIGERATED COOK TO A MINIMUM OF 160°F INTERNAL TEMPERATURE. COLOR IS NOT AN ACCURATE INDICATOR OF FINAL COOKED TEMPERATURE.	
Serving Size 4 oz. (112g)		Sat Fat 9g	45%	Fiber 0g		0%
Serving Fat Content 14g		Cholest. 80mg	28%	Sugars 0g		
Calories 200		Sodium 70mg	3%	Protein 20g		38%
Calories from Fat 200		*Percent Daily Values (DV) are based on a diet of 2000 calories.				Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 10%

GROUND BEEF
85/15

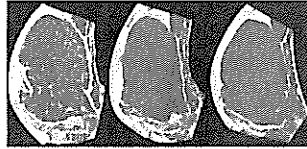
Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*	KEEP
Total Fat 15g		24%	Total Carb. 0g	0%	REFRIGERATED COOK TO A MINIMUM OF 160°F INTERNAL TEMPERATURE. COLOR IS NOT AN ACCURATE INDICATOR OF FINAL COOKED TEMPERATURE.	
Serving Size 4 oz. (112g)		Sat Fat 7g	35%	Fiber 0g		0%
Serving Fat Content 10g		Cholest. 70mg	23%	Sugars 0g		
Calories 150		Sodium 75mg	3%	Protein 22g		42%
Calories from Fat 150		*Percent Daily Values (DV) are based on a diet of 2000 calories.				Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 10%

GROUND BEEF
90/10

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*	KEEP
Total Fat 11g		17%	Total Carb. 0g	0%	REFRIGERATED COOK TO A MINIMUM OF 160°F INTERNAL TEMPERATURE. COLOR IS NOT AN ACCURATE INDICATOR OF FINAL COOKED TEMPERATURE.	
Serving Size 4 oz. (112g)		Sat Fat 4.5g	22%	Fiber 0g		0%
Serving Fat Content 7g		Cholest. 70mg	23%	Sugars 0g		
Calories 100		Sodium 70mg	3%	Protein 21g		41%
Calories from Fat 100		*Percent Daily Values (DV) are based on a diet of 2000 calories.				Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 10%

GRADES OF MEAT - BEEF

Marbling: small white flecks of fat within the muscle tissue



USDA PRIME USDA CHOICE USDA SELECT

*Pork is not graded by the USDA as it comes from younger animals that have been bred and fed to produce more uniformly tender meat.

Beef is graded by the USDA according to:

- Amount of marbling
- Age of the animal
- Texture and appearance of the meat.
- **Prime:** Higher priced, Sold to fine restaurants, Greatest marbling, Tender, Flavorful
- **Choice:** Most common, Less \$, Less marbling
- **Select:** Least marbling, Not as tender

PURCHASING

Pork

- Cuts with a small amount of fat over the outside
- Meat that is firm
- Grayish pink in color
- Small amount of marbling
- Weight

Beef

- Red in color
- Marbling
- Fat content
- Weight

MEAT LABELING

meat
rainbow foods
HOPKINS, MN 55343

Barcode: 201841502931

Retail Cut → **GROUND ROUND 85%** ← Wholesale Cut

1LB PAK

Net Wt/Ct	Unit Price	Sell By
1.13 lb	\$2.59/lb	Feb 08, 01
		Total Price
		\$2.93

Safe Handling

SAFE HANDLING INSTRUCTIONS
THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

- KEEP REFRIGERATED OR FROZEN. THAW IN REFRIGERATOR OR MICROWAVE.
- KEEP RAW MEAT AND POULTRY SEPARATE FROM OTHER FOODS.
- WASH WORKING SURFACES (INCLUDING CUTTING BOARDS), UTENSILS, AND HANDS AFTER TOUCHING RAW MEAT OR POULTRY.
- COOK THOROUGHLY.
- KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

LABEL THE COMPONENTS OF THIS MEAT LABEL. WHAT COOKING METHOD WOULD YOU USE AND WHY?

PLV NO. 002338
STORE 33
PRICE: \$ 14.92

2.49 LBS NET WT/CT	\$ 5.99/LB UNIT PRICE	4.16.12 SELL BY
--------------------	-----------------------	-----------------

BONELESS CHUCK ROAST
USDA CHOICE BEEF CHUCK
U.S.

SAFE HANDLING INSTRUCTIONS
THIS PRODUCT WAS PREPARED FROM INSPECTED AND PASSED MEAT AND/OR POULTRY. SOME FOOD PRODUCTS MAY CONTAIN BACTERIA THAT COULD CAUSE ILLNESS IF THE PRODUCT IS MISHANDLED OR COOKED IMPROPERLY. FOR YOUR PROTECTION, FOLLOW THESE SAFE HANDLING INSTRUCTIONS.

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- KEEP HOT FOODS HOT. REFRIGERATE LEFTOVERS IMMEDIATELY OR DISCARD.

RALPH'S GROCERY CO. • LOS ANGELES, CA 90054

Barcode: 201966 014920

Ralph's

MEAT MATH

- Weight x Price Per Pound = Total Cost
- 1.5 lbs. x \$1.00 per pound = \$1.50

COOKING METHODS LESS TENDER CUTS

- Less tender cuts (*arm/shoulder*)
 - * need to be tenderized
 - before the cooking process by marinating.
 - during the cooking process by using a moist heat cooking method – simmering, stewing, and sauté
- Moist Heat Purpose
 - * breaks down collagen making the meat tender

COOKING METHODS

TENDER CUTS

- Tender cuts primarily come from the center of the animal (*ribs/loin/belly*)
- Due to the tenderness of the meat dry heat cooking methods can be used
 - Grilling and Roasting
 - Shortens cooking time



INTERNAL TEMPERATURE

Beef

- 165° F

Pork

- 145° -- 160° F
- Followed by a 3 minute rest



BAKING BASICS

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www.CartoonStock.com



"Okay, Grandma made her pie from scratch.
Let's all pretend it's as good as the frozen kind."

THE BAKING PROCESS

- Choose oven temperature
 - Always preheat the oven (unless otherwise noted in the recipe)
- Choose and prepare the pans
 - Grease and flour, spray with cooking spray or line with parchment paper



Opening the oven to check on your food like



**KEEP IT
CLOSED!!!!**

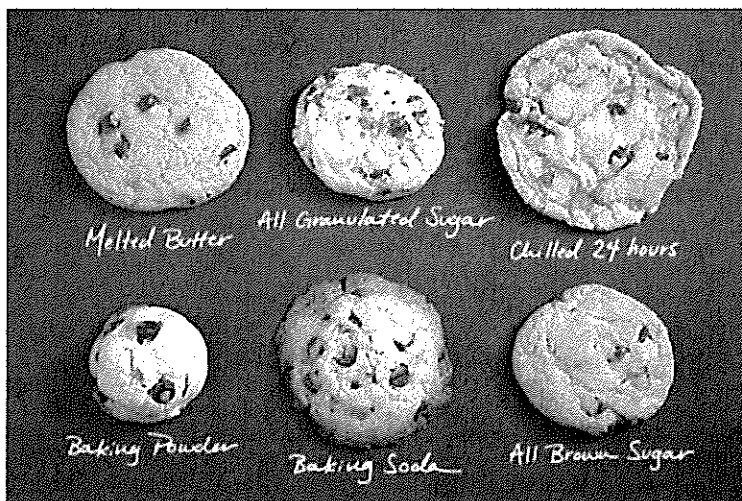
INGREDIENT FUNCTIONS

- **Flour**
 - Structure (GLUTEN)
- **Leavening Agents**
 - Chemical reaction that makes baked products rise
- **Liquid**
 - Chemical Reaction and moisture
- **Fats**
 - **Solid Fats:** butter, margarine, shortening, lard
 - Add volume by trapping air
 - **Oils:** corn, canola, olive, vegetable
 - Add moistness and density, rather than volume
- **Eggs**
 - Flavor, binding, richness, sets structure, volume
- **Sweeteners/Flavorings**



BAKING INGREDIENTS

WHY INGREDIENTS MATTER



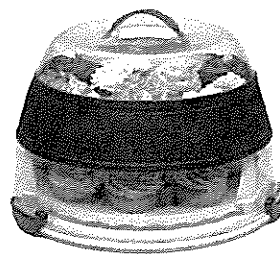
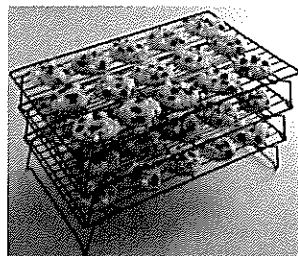
TYPES OF BATTERS & DOUGHS

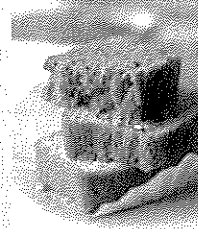
- Pour batters: equal amounts of liquid and flour
 - Creates a thin and flowing pour
 - Cakes, pancakes, waffles
- Drop batters: Twice as much flour as liquid
 - Dropped by spoonfuls onto pan
 - Quick breads, cookies
- Soft dough: One part liquid to 3 parts flour
 - Sticky but moldable
 - Yeast breads, rolled biscuits
- Stiff dough: One part liquid to 6-8 parts flour
 - Easiest to handle
 - Pie crusts, some rolled cookies



STORAGE

- Cool completely before storing - WHY?
- Keep in a sealed container at room temperature





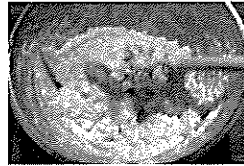
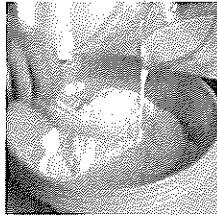
QUICK BREADS

QUICK BREADS

- Are leavened by agents that allow immediate baking
 - Agents such as - air, steam, baking soda, baking powder
- Most quick bread are made by one of two different mixing methods:
 - Muffin Method or Biscuit Method

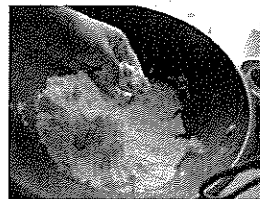
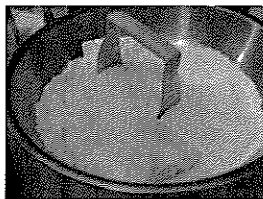
MUFFIN METHOD OF MIXING

- Lightly mixing liquid ingredients into dry ingredients, creating a product with a course yet tender texture.
- **AVOID OVERMIXING!!!**
 - Baked products can become chewy or have tunnels inside and peaks on top

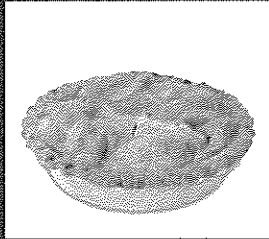


BISCUIT METHOD OF MIXING

- Solid fat is added to the dry ingredients before the liquids are lightly mixed in.
- Kneading: work dough with hands to combine ingredients and develop gluten
- Biscuits are either rolled or dropped



Pie!



Flaky and Flavorful!!

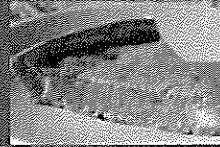
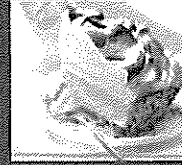
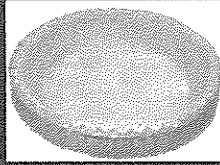
Mini Apple Pie ☺

Definition of Pie

- A pie is a flaky crust filled with either a sweet or savory mixture.
- The sweet pies are filled with fruit, custard, or cream and are served as a dessert.
- The savory pies are filled with meat or a custard and vegetable mixture and are generally served as a main dish.

Types of Pie Crusts

- Pie shell
 - Baked separately
 - Filled later
 - Prick crust
 - Examples – lemon, cream
- Single Crust
 - Bottom crust and filling baked together
 - Examples – pecan, pumpkin
- Double Crust
 - Bottom crust is baked alone
 - Filling and top crust baked together
 - Examples – fruit pies (APPLE)

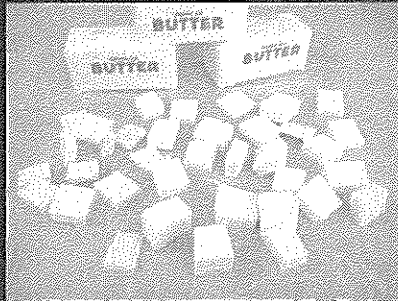


Main Ingredients and Functions

- Flour
 - Structure
- Salt
 - Flavor (helps to bring out sweetness)
- Fat
 - Tenderness
- Liquid
 - Hold together
 - Moisture

Critical Factor...

- Chilled butter/shortening is best
- Bigger pieces = flakier crust



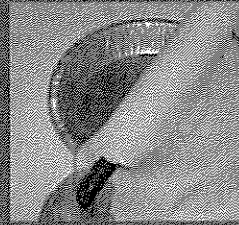
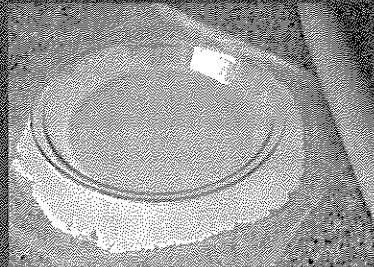
Cutting In

- To combine dry ingredients with solid fat ingredients
- Use a pastry blender (or 2 butter knives) until the ingredients resemble coarse corn meal/sand



Rolling Your Pastry Dough!

- Always begin rolling from the **CENTER** to the **OUTER** edge, **LIFTING** it up at the edge.
- It should be at least 1" – 2" larger than the inverted pie plate.
- Stretching the dough will cause the dough to **SHRINK**.

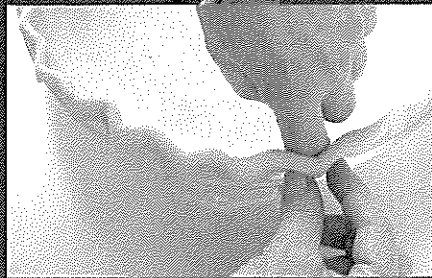


What if my pie crust tears or cracks?!?!

1. Moisten with little water, press dough over it.
2. Sprinkle with little flour and continue rolling out.
3. Roll out dough between pieces of wax paper to prevent damage to crust.

Finishing the Edges of Your Pie Crust

- Fluting – crimping the edge to prevent spillage and for beauty



Rolling Out Pie Dough – Mini Video Review

Tips for Baking



- Place cookie sheet under pie tins/pans to catch drips
 - Keeps your oven clean ☺
- Place strips of tin foil around edge to prevent **EXCESSIVE BROWNING**
- Double Crust: Vent the top (holes) to allow steam to escape

Creative TOP Crusts

**Remember to leave some sort of VENT (hole) to allow steam to escape

