

NM Southeast District 4-H Contest

Family and Consumer Sciences
Skill-a-thon

Foods & Cooking Identification Items
Photos & Definitions

Revised May 2021

Foods
And
Cooking ID

Appliances

Blender



- An electrical kitchen appliance used for mixing foods or batter.

Food Processor



- An appliance consisting of a container in which food is cut, sliced, shredded, grated, blended, beaten, or liquidized. Used to prepare foods.

Mixer, Countertop



- An electrical device that blends or mixes substances or ingredients, especially by mechanical agitation.

Mixer, Hand



- A hand held device that blends or mixes substances or ingredients, especially by mechanical agitation.

Slow Cooker



- An electrical cooker that maintains a relatively low temperature, used to cook foods over a long period of time.

Toaster



- A mechanical device used to toast bread, especially by exposure to electrically heated wire coils.

Toaster Oven



- An electrical appliance that can be used as either a toaster or an oven.

Waffle Iron



- An appliance having hinged indented plates that impress a grid pattern into waffle batter as it bakes.

Foods
And
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Cookware

Baking Pan



- A pan with sides that vary in deepness and are used to bake such things as cakes or brownies.

Baking Sheet



- A flat, shiny metal tray used for cooking things as biscuits and cookies.

Broiler Pan



- A metal tray used to hold food while broiling under a grill.

Colander



- A bowl-shaped kitchen utensil with perforations for draining off liquids and rinsing food.

Double Broiler



- A pair of cooking pots, one fitting on top of and partly inside the other. Food cooks gently in the upper pot while water simmers in lower pot.

Dutch Oven



- A metal (may be iron) container with lid used for cooking stews or casseroles.

Frying Pan



- A pan used for frying foods with a single long side handle, measured in inches and may have either straight or sloped sides.

Muffin Tin



- A tin consisting of holes in which batter is placed to make muffins.

Pie Plate



- A plate used to serve pie.

Roaster Pan



- A pan with deep sides used to cook roast.

Sauce Pan



- A pan used to cook sauces on the stovetop with a long side handle and straight sides measured in quarts.

Splatter Screen



- A tool that is placed on top of a pan to keep the cooking food from splattering onto the burners.

Steamer Basket



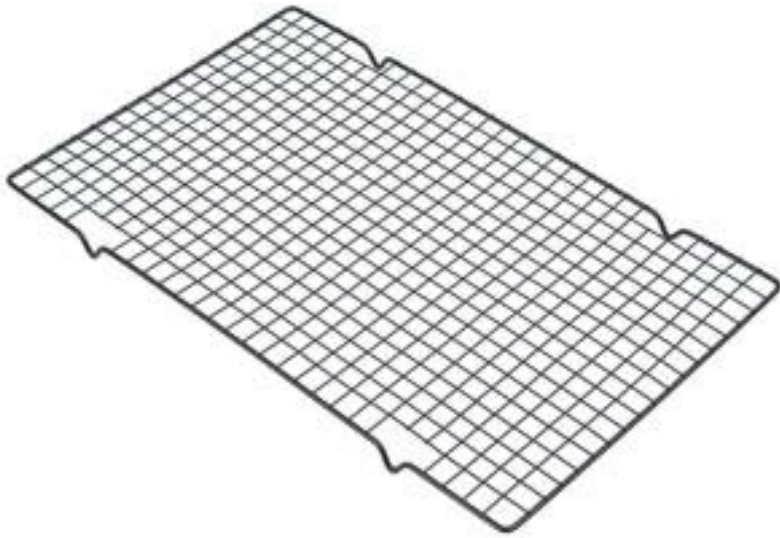
- Metal or silicone basket that inserts into a pan. Used for steaming vegetables.

Trivet



- A metal or wooden stand (may have short feet), used under a hot dish to protect a table.

Wire Cooling Rack



- A rack used to hold hot foods such as cakes, breads, and cookies for cooling.

Foods
And
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Dish and Tableware

Bread Plate



- A small plate used to hold bread while eating.

Butter Dish



- A small dish with cover used to store and serve butter.

Cream and Sugar Set



- A set used to hold and serve creamer and sugar at the table.

Gravy Boat



- An elongated dish or pitcher for serving gravy.

Juice Glass



- A small glass used for juices.

Meat Platter



- A large serving plate.

Napkin Ring



- A circular band used to hold a particular person's napkin.

Parfait Cup



- Fluted cup designed to serve sundaes or parfaits.

Pepper Mill



- A utensil for grinding peppercorns.

Saucer



- A small shallow dish having a slight circular depression in the center for holding a cup.

Tea Pot



- A container with a handle and spout for serving tea.

Foods
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Utensils

Apple corer



- This tool has a circular cutting edge that is forced down into the apple, allowing the apple to remain whole so it can then be easily sliced into sections for eating it out of hand or baking it whole with the outer skin. A tool used to extract the core from the apple without cutting the apple into sections and then individually cutting out each part of the core.

Can Opener, Hand



- A hand held device used for cutting cans open.

Chef's Knife



- A large knife with a wide blade, generally considered all-purpose knives that are used for cutting and dicing.

Chopper



- A utensil used to cut food into smaller pieces.

Chopsticks



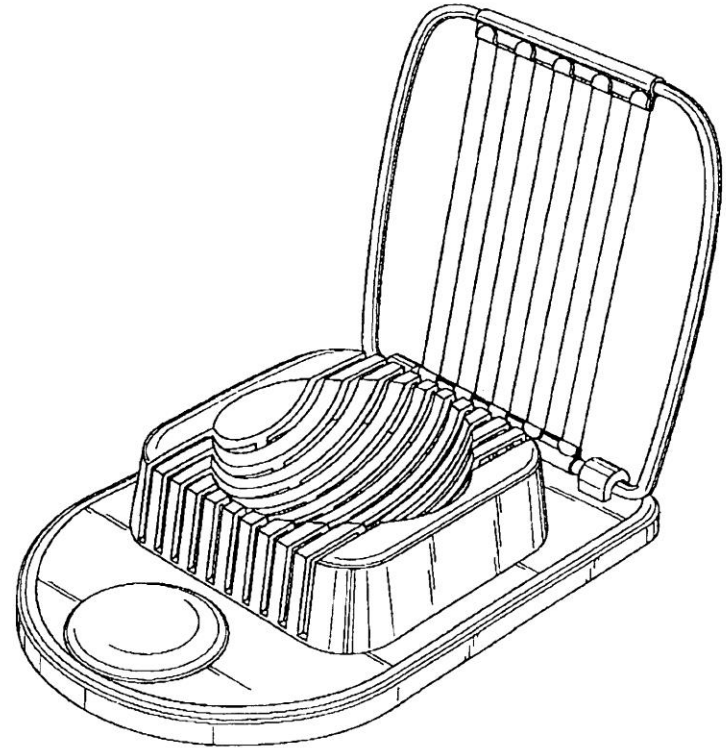
- A pair of slender sticks, held between the thumb and fingers and used as an eating utensil in Asian countries and in restaurants serving Asian food.

Egg Separator



- A spoon shaped utensil which has a hole in the bottom and is used to separate the white from the yolk of the egg.

Egg Slicer



- A kitchen tool with a slatted, egg-shaped hollow on the bottom and a hinged top consisting of 10 fine steel wires. When the upper portion is brought down onto a hard-cooked egg sitting in the base, it cuts the egg into even slices.

Fat Separator



- A glass or plastic container resembling a liquid measuring cup that is designed to allow liquid fat to be removed from juices after meat has been cooked.

Flour Sifter



- A utensil used to incorporate air into flour and other dry ingredients.

Garlic Press



- A press used for breaking down cloves finely, evenly, and quickly.

Grater



- A device with sharp edged holes against which something is rubbed to reduce it to shreds. Used to grate such things as cheese.

Kitchen Fork



- A utensil used to lift or turn small food.

Ice Cream Scoop



- A utensil used to remove ice cream from a carton or other container while forming the ice cream into a ball or oval shape. Ice-cream scoops come in several styles and sizes. Scoops come in many sizes, from tiny to large (about 1 to almost 3 inches in diameter.)

Liquid Measuring Cup



- Cup that comes in clear plastic or glass with a $\frac{1}{4}$ " headspace so liquid can be carried without spilling and a pouring spout.

Measuring Cups



- Cups that are used to measure dry and solid ingredients. They usually come in a set of four nesting cups: $\frac{1}{4}$ cup, $\frac{1}{3}$ cup, $\frac{1}{2}$ cup and 1 cup.

Measuring Spoons



- Spoons that are used to measure small amounts of dry or liquid ingredients.

Meat Tenderizer



- Hammer or paddle type utensil that comes in metal or wood and in a plethora of sizes and shapes. They can be large or small, have horizontal or vertical handles and be round-, square-, or mallet-shaped. Some have smooth surfaces while others are ridged.

Melon Baller



- A small bowl-shaped tool used to cut round- or oval-shaped pieces of melon. The best melon ballers are rigidly constructed with wood or metal handles and sharp-edged, stainless steel bowls, which come in several sizes, from about $\frac{1}{4}$ " to 1".

Mixing Bowl



- A large bowl made of pottery, glass, metal, or plastic and are used to mix ingredients and come in a variety of sizes.

Spaghetti Pasta Measurer



- Used for measuring portions of spaghetti noodles. It comes with several separate hole measurements.

Pasta Server



- A utensil used to serve pasta.

Pastry Blender



- A mixing utensil used to cut flour and shortening when making pastry.

Pastry Brush



- A small type brush used to spread butter or spices over food.

Pie/Cake Server



- A utensil, which has a triangular, shaped bottom with handle and is used to serve cake or pie.

Pizza Cutter



- A utensil consisting of a wheel with a sharpened blade used to cut pizza.

Potato Masher



- A tool used to crush food, usually after cooking it, so that it forms a soft mass.

Rolling Pin



- A cylinder that may or may not have small handles at either end used to roll dough for pie crusts, biscuits or cookies.

Rubber Spatula



- A flexible utensil used to remove food from spoons, side of bowls, and pans.

Scraper



- A plastic utensil used to scrape food from bowls, etc.

Skewer



- A long piece of wood or metal used for holding pieces of food, such as meat or vegetables, together during cooking.

Strainer



- A bowl type item with holes in it that is used to separate liquids from solid.

Thermometer, Candy



- A candy thermometer, also known as a sugar thermometer, is a thermometer used to measure the temperature and therefore the stage of a cooking sugar solution.

Thermometer, Meat



- A thermometer used to measure the internal temperature of meat, especially roasts and steaks, and other cooked foods. The degree of “doneness” of meat correlates closely with the internal temperature, so that a thermometer reading indicates when it is cooked as desired.

Tongs



- An instrument with two moveable arms that are joined at one end, used for picking up and holding things.

Turner



- A utensil used to lift foods such as biscuits and cookies from baking sheet.

Utility Knife



- A knife that has a long and narrow blade that is generally used for cutting.

Vegetable Peeler



- A utensil used to peel the skin from vegetables.

Whisk



- A utensil used to beat and blend ingredients or food, especially egg white mixtures.