**T.L.E Reviewer**

**Kitchen Tools**

1. **Measuring and Weighing**

* **Measuring Cup, Nested (Dry)** – Available 1/2, 1/3 and 1/4.
* **Measuring Spoons** – Available in 1tbps and 1tsp.
* **Dietic Scale** – Used to measure the weight of ingredients in grams.
* **Thermometer** - Used to measure a temperature.

1. **Tools and Aids for Cutting, Slicing, Chopping, Pairing, and Pounding Ingredients**

* **Citrus** **Knife** – Used for fruits.
* **Butcher** **Knife** – Used for meat and poultry.
* **Pairing/Paring** **Knife** – Used for removing skin of fruits and vegetables.
* **Kitchen Shears** – Used to cut food and herbs.
* **Grater** – Used to grate, shred, slice, separate.
* **Mortar and Pestle** – Used to crush and pound ingredients to paste or powder.
* **Cleaver Knife** – Used for crushing and mincing meat or poultry.
* **Chopping Board** – Wooden or plastic board that is color coded.
* **Boning Knife** – Used to separate meat from bones.
* **Peeler** – Used to remove skin from fruits.
* **Meat Tenderizer** – Used to even out and break down tough cuts in meat.

1. **Tools for Mixing, Straining, and Rolling**

* **Egg Beater (Whisk)** – Used for mixing.
* **Scraper** – Used for scraping food and is made out of rubber.
* **Rolling Pin** – Used to shape and flatten dough.
* **Colander** – Used to strain pasta and vegetables.
* **Funnel** – Makes pouring liquids easier.

1. **Tools for Holding Lifting, and Scooping**

* **Soup Ladle** – Used for serving soups, stews or liquids.
* **Flippers/Turners** – Used for flipping food in a pan.

**Kitchen Equipment**

1. **Major Kitchen Equipment – Basic kitchen equipment**

* **Range** – Has a stove on top for cooking, and oven below for baking.
* **Refrigerator** – Used for storing raw and cooked foods at a controlled temperature.
* **Oven** – An enclosed chamber with a thermostat.
* **Freezer** – Upright chest type storage for storing meat.
* **Microwave Oven** – Kind of oven that uses a *“microwave”* for cooking and heating*.*
* **Blender** – Used to grind, whip, and blend ingredients.

1. **Auxiliary Tools**

* Tools that have special purposes.
* Electric blender, rice cooker, espresso machine, etc.

**Cleaning and Sanitizing Procedure**

1. **Washing** – Pre-washing activities include cleaning all tools and equipment from clinging dirt, leftover, and other substances.
2. **Sanitizing** – Done by pouring hot water on tools and/or equipment.
3. **Drying** – Done by drying the tools on the racks.

**Measurements**

**Unit of Measurements:**

|  |  |
| --- | --- |
| **Unit of Measurement** | **Abbreviations/Symbols** |
| 1. **Cup** | C. or c. |
| 1. **Tablespoon** | T. or Tbsp. |
| 1. **Teaspoon** | t. or Tsp. |
| 1. **Gram** | g. |
| 1. **Kilogram** | Kg. |
| 1. **Hour** | Hr. |
| 1. **Minute** | Min |
| 1. **Fahrenheit** | °F |
| 1. **Celsius** | °C |
| 1. **Quart** | Qt. |
| 1. **Ounce/Fluid Ounce** | Oz. or fl. oz |
| 1. **Pint** | Pt. |
| 1. **Gallon** | Gt. |
| 1. **Pounds** | lbs. |

**Terms:**

* **Substitution** – Act of putting one place of the other.
* **Weight** – Quantity of something that has a specified amount.
* **Measurement** – Size of dimension of something.
* **Conversion** – Change in nature or form.

**Conversion of Temperature:**

**Fahrenheit to Celsius:**

**Celsius to Fahrenheit:**

**Calculating the Cost of Production (Not Included in Exam)**

* Refers to money spent to produce a product.
* **Product Cost** – Cost of item.
* **Selling Price** – Amount a buyer pays for a product.
* **Markup** – Amount added to the original cost.

**Formulas:**

**Peso Markup:**

**Markup Percentage:**