Culinary 1 · Unit 2 · Level 2 (modified)

Measuring & Baking Ingredients



TODAY'S PLAN

- 🔁 Last Time
- 🧰 Words to Know
- 🥄 Measuring
- 🧈 What Ingredients Do
- 🍪 Cookies & Creaming
- 👩‍🍳 Lab Preview
- ✅ Check & Wrap-Up

Last Time · 5 minutes

Last Time: Food Safety



1️⃣ How long do you **scrub** your hands? 🧼

2️⃣ What is the **Danger Zone**? 🌡️

3️⃣ Chicken must reach what **temperature**? 🍗

Answers: 20 seconds (ABC song) · 41°F to 135°F · 165°F.

Learn

Words to Know (1 of 2)



🧺 **Mise en place** (meez-ahn-plahs) = everything in its place. Set out all ingredients and tools before you cook.

🧈 **Creaming** = beat fat and sugar with a mixer until light and fluffy.

📜 **Parchment paper** = paper for the pan so cookies don't stick.

Learn

Words to Know (2 of 2)



⚙️ **Function** = the job an ingredient does.

🏗️ **Structure** = what holds the food together.

🫧 **Leavening agent** = makes gas so food rises.

📏 **Level** = scrape the top flat with a straight edge.

Learn

Measuring Tools

🥛 **Liquid measuring cup**: clear, with a spout and lines. For water, milk, oil.

🥣 **Dry measuring cups**: fill to the top. For flour, sugar.

🥄 **Measuring spoons**: ¼ tsp, ½ tsp, 1 tsp, 1 Tbsp.



Learn

Short Words in Recipes



tsp
teaspoon (small spoon)



Tbsp
tablespoon (big spoon)



c
cup



oz
ounce

Tip: Tbsp has a capital T. Big T = big spoon.

Learn

How Much Is That?

Spoons

3 tsp = 1 Tbsp

🥄🥄🥄 = 🥄

Cups

16 Tbsp = 1 cup

1 cup = 8 ounces

Learn

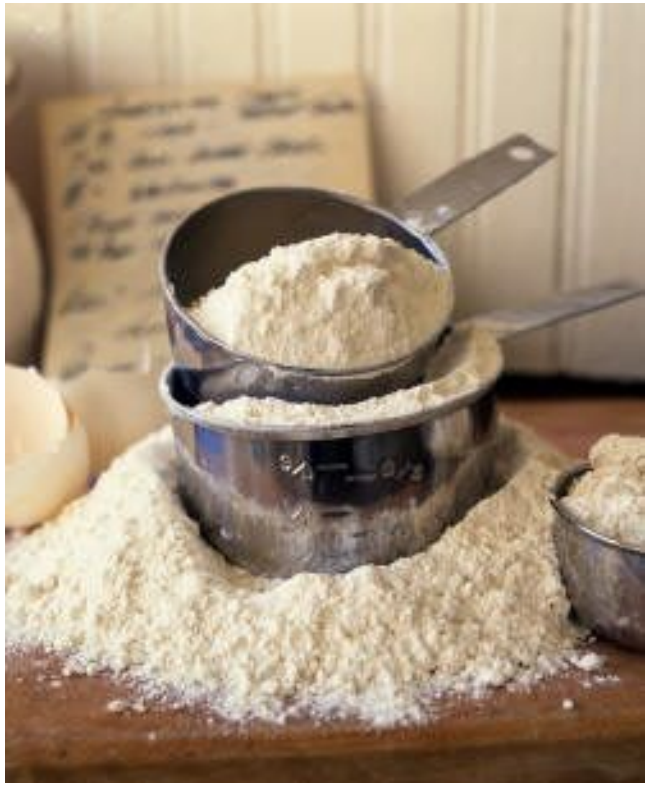
Measure Flour the Right Way

1️⃣ **Fluff** the flour with a spoon.

2️⃣ **Scoop** it into a dry measuring cup.

3️⃣ **Level** it: scrape the top flat with a knife.

👀 Liquids: set the cup on the counter. Read it at **eye level**.



🎬 Video

Video: How to Measure Ingredients

Scan to watch

Wilton Baking Series (the class video)

👂 Listen for: how to measure flour.

💬 Captions on

https://www.youtube.com/watch?v=VzVUH8Pocw8

🃏 Check 1 of 5



How many teaspoons are in 1 tablespoon?

Hold up 1, 2, or 3: 1️⃣ 2 2️⃣ 3 3️⃣ 6

✅ Answer · Card 1 of 5



3 teaspoons

3 tsp = 1 Tbsp. And 16 Tbsp = 1 cup.

Learn

Flour = Structure

🏗️ Flour **holds** baked food together.

🧬 **Gluten** is the protein in flour. Mixing makes it stronger.

🎂 **Cake flour** = least protein (soft). 🍞 **Bread flour** = most protein (chewy).

🍪 Cookies: use all-purpose flour.



Learn

Eggs and Leavening

🥚 **Eggs** add moisture, color, flavor, protein, and structure.

🫧 **Leavening agents** make gas, so food **rises** and gets light.

📋 Leavening: **baking soda, baking powder, yeast, air, steam**.



Learn

Fat and Sugar

🧈 **Fat** (butter, shortening, oil) makes food **tender** and adds flavor.

🍬 **Sugar** makes food **sweet**, tender, and **brown**.

🍞 Sugar is also food for yeast.



Learn

Liquids, Salt, and Flavorings



💧 **Liquids** (water, milk, juice) mix the ingredients together.

🧂 **Salt** adds flavor. It also controls yeast.

🌿 **Spices and flavorings** (cinnamon, vanilla, chocolate chips) add taste. Measure carefully!

Learn

Ingredient Jobs

Ingredient	Its job (function)
🌾 Flour	Structure: holds it together
🧈 Fat	Tender + flavor
🍬 Sugar	Sweet + browning
🥚 Eggs	Moisture + structure
🫧 Baking soda / powder	Makes it rise
🧂 Salt	Flavor

🎬 Video

Video: Baking Ingredients

Scan to watch

FluffnPuff Pastry (the class video)

👂 Listen for: the job of flour, fat, and sugar.

💬 Captions on

https://www.youtube.com/watch?v=TuvImdGdXxE

🃏 Check 2 of 5



What does flour do in baked food?

Hold up 1, 2, or 3:

1️⃣ Gives structure

2️⃣ Makes it sweet

3️⃣ Makes it rise



Gives structure

Flour holds baked food together. Gluten is the protein in flour.

🃏 Check 3 of 5



Which ingredient makes food sweet and helps it turn brown?

Hold up 1, 2, or 3:

1️⃣ Salt

2️⃣ Flour

3️⃣ Sugar

✅ Answer · Card 3 of 5



Sugar

Sugar adds sweetness, makes food tender, and helps it brown.

Learn

5 Kinds of Cookies



🥄 **Drop**: scoop dough onto the pan. (Our chocolate chip cookies!)

🌀 **Rolled**: roll flat, cut shapes.

🟫 **Bar**: bake in a pan, cut into bars.

🌸 **Pressed**: push dough through a cookie press.

❄️ **Refrigerator**: chill a log of dough, slice, bake.

Learn

The Creaming Method: 5 Steps

1️⃣ **Beat** fat and sugar with a mixer.

2️⃣ **Add eggs** one at a time. Mix until smooth.

3️⃣ **Mix dry** ingredients in another bowl.

4️⃣ **Add dry to wet** a little at a time.

5️⃣ **Stir in** chocolate chips or add-ins.



🎬 Video

Video: Why Cream Butter and Sugar?

Scan to watch

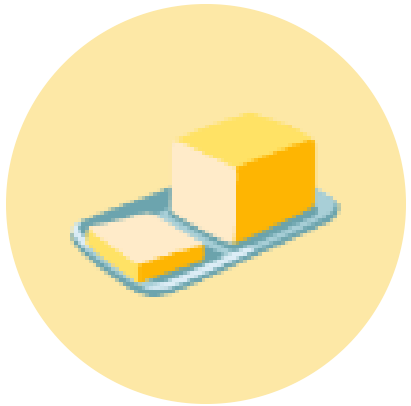
Serious Eats: Cookie Science (the class video)

👂 Listen for: what creaming adds to the dough.

💬 Captions on

https://www.youtube.com/watch?v=FyW-Zs8F0Tg

🃏 Check 4 of 5



You beat butter and sugar with a mixer until fluffy. What is it called?

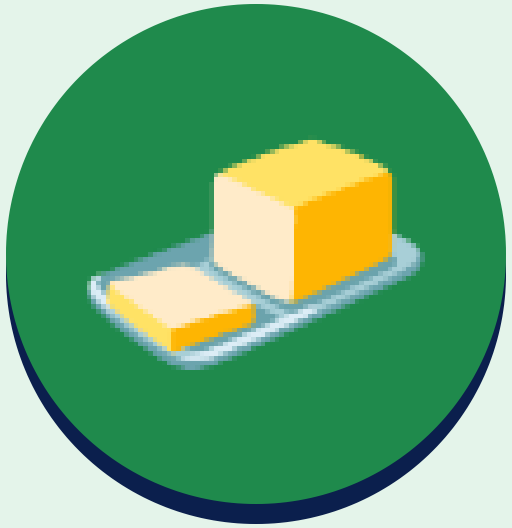
Hold up 1, 2, or 3:

1️⃣ Stirring

2️⃣ Creaming

3️⃣ Whipping

✅ Answer · Card 4 of 5



Creaming

Creaming is step 1 of the creaming method for cookies.

Learn

Baking Cookies

📜 Use a greased cookie sheet or **parchment paper**.

1️⃣ Bake **one pan at a time** on the middle rack.

🔥 **Warm pans** make cookies spread. Use a cool pan.

❄️ Cookie dough **freezes** well. Thaw it on the cookie sheet, then bake.



🃏 Check 5 of 5



Why should you use a cool cookie sheet?

Hold up 1, 2, or 3:

1️⃣ Warm pans make cookies spread

2️⃣ Cool pans bake faster

3️⃣ It doesn't matter

✅ Answer · Card 5 of 5



Warm pans = spread

Dough melts on a warm pan, so cookies get flat.

Lab

Lab Preview: Chocolate Chip Cookies

🧼 Wash hands. Apron on. Hair back.

🧺 **Mise en place**: set out every ingredient and tool.

🥄 Measure carefully. **Level** the flour.

🧈 **Cream** fat and sugar. Then follow the picture recipe card.

📸 Take your lab photos. 🧽 Clean up.

Bring to your station

- 🃏 Picture recipe card
- ✅ Checklist on the card
- 🙋 Ask a partner or para for help

Wrap-Up

Recap

🥄 Measure

- 3 tsp = 1 Tbsp
- 16 Tbsp = 1 cup
- Fluff, scoop, level

⚙️ Jobs

- Flour = structure
- Fat = tender
- Sugar = sweet + brown

🍪 Cookies

- Mise en place first
- Cream fat + sugar
- Cool pan, middle rack

Wrap-Up

Exit Ticket



1️⃣ 1 cup = ___ tablespoons.

2️⃣ What is the job of flour?

3️⃣ What does mise en place mean?

⭐ Measure carefully. Baking is science!