

Now You're Cooking!

Metric Recipes

Eating Healthy Foods



Basic Skills for Living
Manitoba Association of Home Economists
Winnipeg Branch

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** indicates that an alternative method of cooking is given in the written recipe.*

Instructors Explanation

Suggested Uses:

Using Now You're Cooking! Metric Recipes:

The recipes in this cookbook are provided in two forms - written and pictorial. The written recipe is immediately followed by its picture recipe. In the written recipe amounts are given in both metric and imperial measures. In the pictorial recipe, the amounts in this Cookbook are given in **metric measures**. If you are wanting imperial measures see **Now You're Cooking! Imperial Recipes** for the same pictorial recipes but in imperial measures.

- Laminate the recipe pages and have the learners check off each step with a washable marker as it is completed.
- Photocopy the recipes, cut the steps apart, and put them, in order, on a ring. The learners can turn over the paper as they have completed a step.
- Enlarge the recipes on a photocopier for learners who are visually impaired.
- Once a recipe has been made, take a photograph of it to attach it to the written recipe. Learners who have communication difficulties may find photos helpful when selecting menus.

When selecting recipes, find out what learners want to be able to cook. Consider their food preferences, how much they like to cook, and what kind of cooking facilities they have.

Some learners will be able to use the written recipes while others may need to use the pictures. In some cases, a learner may benefit from using the written recipe and having the picture recipe as a reminder.

In all cases, some instruction will need to be given. Start by talking the learners through the recipe step by step. This may be all of the teaching some learners will require.

Next, demonstrate each step of the recipe, help make it and then be available when the learners try to make it on their own. It may be necessary to help some learners make the same recipe several times before they are able to make it without help.

The learner must be able to work safely in the kitchen. Use these recipes to demonstrate safe food handling, proper use of equipment such as knives, kitchen safety including fire prevention, and methods of food preparation. Refer to the **Food Preparation** module for activities and information on these topics.

Every recipe begins with the instruction “**wash hands**”. This is included because personal hygiene and food safety are very important when learning to cook.

If a recipe makes a larger quantity than the learner will use at one time, the food should be chilled right away. Leftovers should be used up within 3 days or frozen for later use. For more information about freezing food, look in the **Food Preparation** module under Food Safety.

Instructors Explanation continued . . .

Some recipes rely on a change of colour as a test of when the food is properly cooked. This is very hard to show in the picture recipes. If the learner is using picture recipes only, explain carefully the tests for doneness especially for chicken and hamburger. These foods can cause sickness if they are not completely cooked before eating.

- chicken juices turn from pink to clear when the chicken is cooked.
- the centre of a hamburger turns from pink to brown when it is cooked.

Several recipes call for the fat to be spooned off after browning meat. Learners need a safe way to dispose of hot fat. One method is to spoon the fat into an unwanted can or jar and throw the jar or can in the garbage when the fat has cooled and solidified. Remember, **pouring fat down the drain can cause plumbing problems.**

Foil, waxed paper, and plastic wrap are mentioned as alternatives when pot lids or covered baking dishes are not available. They are expensive and should be used only when there is no other choice. This alternative is included so that a learner who does not have a pot with a lid or covered casserole dish can still make the recipe. Where possible encourage the learners to be environmentally friendly and use a lid, plate, or other reusable cover instead of these disposable items. **Remember, foil should never be used as a cover in the microwave.**

Common Metric to Imperial Equivalents:

Common Metric to Imperial Equivalents for Reference			
Measures, some weights and oven temperatures used in Now You're Cooking!			
Measures:		Weights used for some recipes:	
1 mL	=	1/4 tsp	45 g = 1 1/2 oz
2 mL	=	1/2 tsp	100 g = 3 oz
5 mL	=	1 tsp	225 g = 1/2 lb
15 mL	=	1 tbsp	500 g = 1 lb
25 mL	=	2 tbsp	1 kg = 2 lb
50 mL	=	1/4 c	1.5 kg = 3 lb
75 mL	=	1/3 c	
125 mL	=	1/2 c	Oven temperatures:
150 mL	=	2/3 c	150°C = 300°F
175 mL	=	3/4 c	160°C = 325°F
250 mL	=	1 c	180°C = 350°F
1000 mL	=	4 c	200°C = 400°F
			220°C = 425°F
			230°C = 450°F