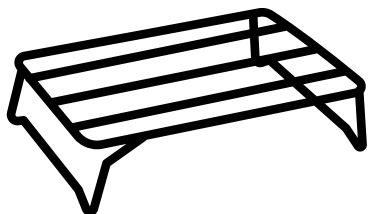


# FOODS & NUTRITION

## STIR UP SUCCESS WITH THE RIGHT

### COOKWARE STUDY GUIDE

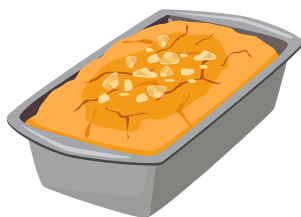
#### INTERMEDIATE & SENIOR DIVISION



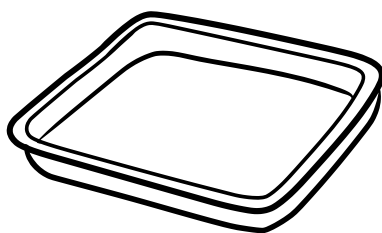
A **Wire Cooling Rack** is used to cool food after removing cakes, cookies, pies, etc. from an oven. Made of closely placed metal wires on short feet that allow air to circulate and cool food.



A **Pie Plate** is used to bake pies and quiches.



A **Bread or Loaf Pan** is used to bake quick breads like banana bread and pound cakes. Typically, a standard Loaf Pan measures 9 x 5 inches—a size otherwise referred to as a standard one-pound Loaf Pan. However, a Loaf Pan can come in many other sizes.



A **Casserole Dish** is used mainly for baking a combination of foods such as meats, vegetables, pasta, that are mixed together with some type of sauce.



A **Muffin Tin** is used mainly for baking a combination of foods such as meats, vegetables, pasta, that are mixed together with some type of sauce.



A **Slow Cooker** is an electrical cooker that maintains a relatively low temperature, used to cook foods over a long period of time such as roasts, soups, casseroles, etc.

# FOODS & NUTRITION

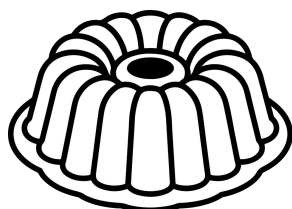
## STIR UP SUCCESS WITH THE RIGHT

### COOKWARE STUDY GUIDE

#### INTERMEDIATE & SENIOR DIVISION



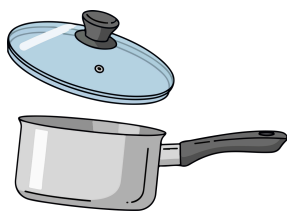
A **Cast Iron Skillet** is a durable and versatile piece of cookware made of iron and steel. Tolerates extreme heat, such as campfire, and can be used on stove top and in the oven.



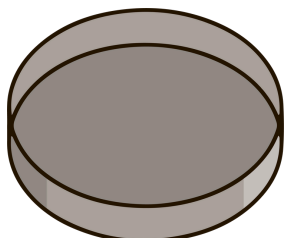
A **Bundt Cake** pan is a pan built for thick batters. Circular baking pan with distinctive fluted sides designed to ensure even baking y allowing heat to flow through the middle of the cake.



An **Electric Skillet** is skillet or frying pan that instead of being placed on the stove is heated by plugging it into an electrical outlet.



A **Sauce Pan** is a deep round pan with a long handle. Used to cook vegetables, sauces and hard-boiled dggs.



A **Round Cake Pan** is a round pan are used to make layer cakes and are generally found in 8 or 9-inch diameters and are 1 ½ inches in depth.



A **Baking/Cookie Sheet** is a flat, shiny metal tray used cooking such things as biscuits and cookies.

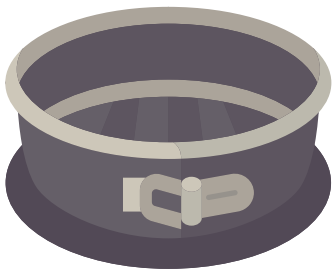
# FOODS & NUTRITION

## STIR UP SUCCESS WITH THE RIGHT COOKWARE STUDY GUIDE

### INTERMEDIATE & SENIOR DIVISION



A **Broiler Pan** is a two piece metal pan used to grill cuts of meat while broiling in an oven. The top part is a slatted grill that let's grease drip into the deeper base section. The botoom pan is often used on its own for baking/roasting.



A **Springform Pan** is a type of bakeware that features sides that can be removed from the base. Springform refers to the construction style of this pan. The base and the sides are separate pieces that are held together when the base is aligned with a groove that rings the bottom of the walls.



A **Stock Pot** is distinguished by its large size, deep sides, and a wide base, making it the ideal vessel for preparing large quantities of liquid-based dishes. It's specifically designed to simmer and boil efficiently, especially soups and stews.



A **Pressure Cooker** is a cooking vessel with a lid that locks and prevents steam from escaping. As a result, the steam builds up pressure in the pressure cooker – about 12 to 15 pounds per square inch of pressure (psi) – and the temperature inside the cooker increases. Time and heat are regulated manually.



A **Dutch Oven** is a a heavy cooking pot with a tightly fitting lid that is good for braising. Dutch oven are also used for making soups and stews. Dutch ovens can be used in the oven as well as on the stovetop.



A **Tube Pan** is a round metal pan with a hollow projection in the middle, used for baking angel food cakes and bundt cakes or molding foods in the shape of a ring like jello salads.

# FOODS & NUTRITION

## STIR UP SUCCESS WITH THE RIGHT

### COOKWARE STUDY GUIDE

#### INTERMEDIATE & SENIOR DIVISION



A **Double Boiler** is a pair of cooking pots, one fitting on top of and partly inside the other. Foods cook gently in the upper pot while water simmers in the lower pot.



A **Wok** is a large, deep, bowl-shaped pan used in East Asian cooking, specially for stir frying.



An **Air Fryer** is a kitchen appliance that used superheated air to cook foods, giving results very similar to deep-frying or high-temperature roasting. Air fryers use the same technology as convection ovens, but instead of blowing the air around a large rectangular box, it is blown around in compact cylinder and the food sits in a perforated basket.



A **Waffle Iron** is an appliance having hinged and indented part that impresses a grid pattern into waffle batter as it bakes.



A **Rice Cooker** A rice cooker is an automated kitchen appliance that cooks rice perfectly by heating it and then switching to a "keep warm" setting once the rice has absorbed all the water.