4-H FCS Skill-a-thon Foods and Cooking ID

The photos shown here are only one option of what an item may look like. Other options are available.

Revised January 2020

Appliances

Air fryer

It's a kitchen appliance that uses 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 a compact cylinder and the food sits in a perforated basket. This is much more efficient and creates an intense environment of heat from which the food cannot escape. The result is food with a crispy brown exterior and moist tender interior – results similar to deep-frying, but without all the oil and fat needed to deep-fry.

Blender — An electrical kitchen appliance used for mixing foods or batter

Bread Machine is a home appliance for turning raw ingredients into baked bread. It consists of a bread pan (or "tin"), at the bottom of which are one or more built-in paddles, mounted in the center of a small special-purpose oven. This small oven is usually controlled by a simple built-in computer using settings input via a control panel. Most bread machines have different

Electric Pressure Cooker

An **electric pressure cooker** consists of a pressure cooking container (a.k.a. inner pot or cooking pot), the electric heating element, and temperature / pressure sensors. The heating process is controlled by the built-in microprocessor based on the readings of the pressure and temperature sensors. This whole process forms a so called "closed loop control system" in control engineering terms.

Espresso machines pressurize and shoot near-boiling water through finely ground coffee beans packed into cakes. This method gives you a complex, aromatic, and caffeine-packed shot of coffee in under thirty seconds.

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

Ice Cream Maker — An appliance used to make ice cream which may involve a paddle used to mix ingredients while melting ice provides low temperatures.

Immersion blender—Is a hand-held *blender* that looks a lot like a wand. It has a long drive shaft that can be submerged in liquids. Best know for pureeing soups, *immersion blenders* can be used to make dressings, salsas, whipped cream, and more.

Countertop Mixer — An electrical device that blends or mixes substances or ingredients, especially by mechanical agitation.

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

Rice Cooker — A self-contained electrical appliance used primarily for cooking rice.

Electric Skillet - A skillet or frying pan that instead of being placed on the stove is heated by plugging it into an outlet. The best skillets provide an even heating surface, not always the case with stovetop cooking.

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

Tea Kettle - A metal or plastic vessel with a lid, spout, and handle, used for boiling water.

Toaster Oven — An electrical appliance that can be used as either a toaster or an oven

Turkey Fryer — An appliance used to deep fry turkeys or large birds.

Cookware

Baking Pan — A pan with sides that vary in deepness and are used to bake such things as cakes.

Baking Sheet — A flat, shiny metal tray used for cooking such 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 Boiler — 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 — An iron container with lid used for cooking stews or casseroles.

French Press—French press (also *press plunger pot*, *press coffee*, *coffee pusher*, *French Press*, *plunger pot)* is a glass container for making coffee. Hot water is poured onto the coffee grounds, a punch having a sieve is pushed down, keeping the solids at the bottom. It can also serve as a serving pot when the finished coffee is consumed quickly.

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.

Pastry Press — Any type of press used to shape or mold cookies.

Pie Plate — A plate used to serve pie.

Pressure Cooker - A **conventional or stovetop pressure** cooker is a cooking vessel with a lid that locks on 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. That means that we are able to cook foods inside a pressure cooker at higher temperatures, and they are therefore finished sooner – in about one third of the time it would take to cook on a regular stovetop. Time and heat are regulated manually.

Roaster Pan — A pan with deep sides used to cook roast.

Round Cake Pan
round cake pans are used to make layer cakes and are generally found in 8 or 9-inch diameters and are 1 ½ inches in depth.

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

Sauté Pan

A sauté pan has a wide flat bottom and vertical sides that generally go up much higher than a skillet's flared sides do. This makes it easier to cook sauces and sear and braise meat than a skillet

Splatter screen does what is says: *screens* splatters. You put it over the top of a frying pan to keep pops of oil from ending up all over your kitchen (or you, for that matter). It would be helpful when searing meat over very high heat or frying bacon.

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.

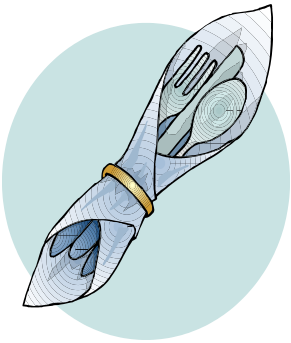
Steamer Basket — Metal basket that inserts into a pan. Used for steaming vegetables.

Tube Pan — A round pan with a hollow projection in the middle, used for baking or molding foods in the shape of a ring

Wok

A wok is shaped like a big, deep bowl, and while it's most common in South China, it's used all over Asia, and increasingly in the rest of the world as well. The shape of a wok works particularly well for stir frying; the bottom gets much hotter than the sides, and food can be cooked quickly. The word *wok* comes from Cantonese, and it was first used in English in the mid-20th century.

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.

Cake Platter—A cake platter is a large serving plate for desserts. The shape is often round, but it may enough to hold virtually any shape and size of cake except maybe a bigger sheet cake. be square or rectangular. It's usually made large

Carafe — A glass or metal bottle, often with a flared lip, used for serving water or wine. A glass pot with a pouring spout used in making coffee.

Creamer 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

Grapefruit Spoon is a utensil usually similar in design to a teaspoon that tapers to a sharp edge or teeth, the intent of the front serration being to separate the flesh of a grapefruit from its rind.[1][2] Also called an **orange spoon**, **citrus spoon**, and **fruit spoon**,[3] it is used for other citrus fruits, as well as kiwifruit and melons.

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 and 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 pot used for Tea.

Water Goblet

A water goblet consists of a conically shaped glass with no handle, rising from a stem with a foot. Water goblets vary in style, shape and decoration, and are usually more plain than other types of goblets.

HERBS, SPICES & FOODS

Allspice — A spice used especially in baking, made from the dried, nearly ripe berries of this plant.

Anise — An annual, aromatic Mediterranean herb (*Pimpinella anisum*) in the parsley family, cultivated for its seed like fruits and the oil obtained from them and used to flavor foods, liqueurs, and candies. plant.

Basil — An Old World aromatic annual herb (*Ocimum basilicum*) in the mint family, cultivated for its leaves. Also called **sweet basil**. The leaves of this plant are used as a seasoning. Any of various plants in the genus *Ocimun*, native to warm regions, having aromatic foliage and terminal clusters of small, usually white flowers..

Bay Leaves — The leaf of the bay laurel or "true laurel", *Laurus nobilis*, is a culinary herb often used to flavor soups, stews, and braises and pates in Mediterranean Cuisine.

Bulgur

Bulgur wheat is a whole **wheat grain that has been cracked** and partially pre-cooked. In other words, bulgur wheat is cracked and pre-cooked wheat. There are two main kinds of bulgur wheat: Instant bulgur wheat, also called fine-grain bulgur is usually used in tabbouleh recipes. This type of bulgur cooks in less than 5 minutes. Medium grain and coarse grain varieties of bulgur wheat are also available.

Chives — A Eurasion bulbous herb (Allium schoenoprasum) in the lily family, having clusters of usually pink to rose-violet flowers and cultivated for its long, slender, hollow leaves. Often used in the plural. The leaves of this plant are used as a seasoning.

Chili Peppers

is the fruit of plants from the genus *Capsicum* which are members of the nightshade family, Solanaceae.[5] Chili peppers are widely used in many cuisines as a spice to add heat to dishes. The substances that give chili peppers their intensity when ingested or applied topically are capsaicin and related compounds known as capsaicinoids.

Cilantro— Parsley-like herb that is used as a seasoning or garnish, usually in Mexican dishes and salsas, sometimes referred to as Mexican parsley.

Cloves — The flower bud of this plant is used whole or ground as a spice. An evergreen tree (*Syzygium aromaticum*) native to the Moluccas and widely cultivated in warm regions for its aromatic dried flower buds.

Couscous

Couscous (pronounced "KOOS-koos") is a dish made from tiny granules of durum wheat. It is prepared by steaming them until they have a light, fluffy consistency. Couscous is closely related to pasta, as durum wheat, ground into semolina flour is the same type of wheat that is most commonly used for making pasta. Couscous originated in North Africa, where it is traditionally prepared as part of a meat or vegetable stew.

Cumin — An annual Mediterranean herb (*Cuminum cyminum*) in the parsley family, having finely divided leaves and clusters of small white or pink flowers. The seed like fruit of this plant is used for seasoning, as in curry and chili powders.

Curry powder is a spice mix originating from the Indian subcontinent.

Dill — An aromatic herb (*Anethum graveolens*) native to Eurasia, having finely dissected leaves and small yellow flowers clustered in umbels. The leaves or seeds of this plant are used as a seasoning.

Garlic - A strong-smelling pungent-tasting bulb, used as a flavoring in cooking and in herbal medicine.

Ginger— A plant (*Zingiber officinale*) of tropical Southeast Asia having yellowish-green flowers and a pungent aromatic rhizome. The rhizome of this plant is often dried and powdered and used as a spice. Also called **gingerroot**.

Jalapeno Peppers

is a medium-sized chili pepper pod type A mature jalapeño chili is (2–4 in) long and hangs down with a round, firm, smooth flesh of (1.0–1.5 in) wide. It can have a range of pungency. Commonly picked and consumed while still green, it is occasionally allowed to fully ripen and turn red, orange, or yellow. It is wider and generally milder than the similar Serrano pepper.

Lemongrass is a long thick grass with leaves at the top and a solid portion several inches long at the root end. The lower portion is sliced or pounded and used in cooking. As a spice, fresh lemon grass is preferred for its vibrant flavor, but is also sold in dried form. The dried spice is available in several forms: chopped in slices, cut and sifted, powdered, or as an oil can be extracted from the plant.

Mace — An aromatic spice made from the dried, waxy, scarlet or yellowish covering that partly encloses the kernel of the nutmeg.

Mustard — Any of various Eurasian plants of the genus *Brassica*, especially *B. nigra* and *B. juncea*, which are cultivated for their pungent seeds and edible leaves. A condiment made from the powdered seeds of certain of these plants.

Nutmeg — An evergreen tree (Myristica fragrans) native to the East Indies and cultivated for its spicy seeds. The hard, aromatic seed of this tree is used as a spice when grated or ground. A grayish to moderate brown.

Oregano — A perennial Eurasian herb (Origanum vulgare) of the mint family, having aromatic leaves. The leaves of this plant are used as a seasoning. Pungent leaves used as seasoning with meats and fowl and in stews and soups and omelets

Paprika — A mild powdered seasoning made from sweet red peppers. A dark to deep or vivid reddish orange.

Parsley

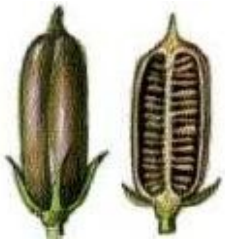
— A cultivated Eurasian herb (*Petroselinum crispum*) having flat or curled, alternately compound leaves. The leaves of this plant are used as a seasoning or garnish.

Poppy Seed — Any plant or species of the genus *Papaver*, herbs with showy polypetalous flowers and a milky juice. From one species (*Papaver somniferum*) opium is obtained, though all the species contain it to some extent; also, a flower of the plant.

Quinoa—Quinoa (kEEN-wah) is a plant of the goosefoot family found in the Andes of South America, where it was widely cultivated for its edible starchy seeds prior to the introduction of Old World grains. Quinoa was once the staple food of the Incas and was known as "the mother grain" in ancient time, but it's actually a seed with a nutty flavor. It is usually found in tan or yellow form — though it comes in many colors: orange, red, pink, purple and black.

Rosemary — An aromatic evergreen Mediterranean shrub (*Rosmarinus officinalis*) having light blue or pink flowers and grayish-
green

Sage — Any of various plants of the genus Salvia, especially *S. officinalis*, having aromatic grayish-green, opposite leaves. Also called **ramona**. The leaves of this plant are used as a seasoning.



Sesame Seed — Small oval seeds of the sesame plant.

Tarragon — An aromatic Eurasian herb (*Artemisia dracunculus*) having linear to lance-shaped leaves and small, whitish-green flower heads arranged in loose, spreading panicles. The leaves of this plant are used as a seasoning.

Thyme — Any of several aromatic Eurasian herbs or low shrubs of the genus Thymus, especially *T. vulgaris*, of southern Europe, having small, white to lilac flowers grouped in head like clusters. The leaves of this plant are used as a seasoning.

Turmeric — A widely cultivated tropical plant (Curcuma domestica) of India, having yellow flowers and an aromatic, somewhat fleshy rhizome. The powdered rhizome of this plant, used as a condiment and a yellow dye.

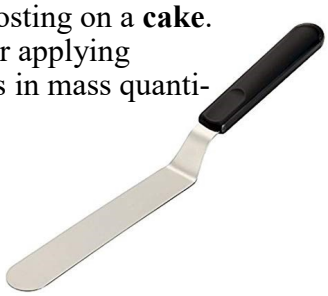
Utensils

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.

Apple Slicer — This professional-quality tool is pressed down over the apple to make eight uniform slices and remove the core.

Butter Knife— blunt knife used for cutting or spreading butter or other similar spreads.

Cake Icing Knife or palette knife is a kitchen utensil designed especially for the use of spreading a substance onto a flat surface, such as frosting on a **cake**. It is also an ideal tool for applying spreads onto sandwiches in mass quantities.



Cherry/Olive Pitter removable splatter shield keeps juices contained and directed downward. Large holder accommodates Bing **cherries**, and a recessed cup holds smaller varieties of **cherries** and **olives**. Comfortable non-slip handles absorb pressure while you squeeze.

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 made especially of wood or ivory, held between the thumb and fingers and used as an eating utensil in Asian countries and in restaurants serving Asian food.

Citrus Reamer- A citrus reamer a small kitchen utensil used to extract the juice from a lemon or other small citrus fruit. It consists at one end of a convexly tapered conical blade, with deep straight troughs running the length of the blade. The very tip of the blade is often a smooth spike. The other end is a cylindrical handle. The blade is usually made of wood, plastic, or metal.

Decorative Slicer, Ripple — A utensil used to cut food that leaves a rippled edge. 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.

Egg Timer — A small hourglass or clockwork timing device used to time the boiling of an egg, usually capable of timing intervals of three to five minutes.

Fat Separator - A cooking utensil that enables liquid fat to be gathered and removed from juices that are come from roasted meats, stews, soups and stocks. When fat cannot be easily skimmed, it can be poured into a separator which will hold the contents to allow the fat to accumulate on the surface while the juices accumulate below. The juices can then be easily poured out of a spout attached to the bottom of the container so that the fat is all that remains in the separator.

Flour Sifter — A utensil used to incorporate air into flour and other dry ingredients.

Garlic Press — A press used for extracting juice from garlic

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

Ground Meat Chopper is a non-stick-safe tool to break up ground meat while cooking. The Ground Meat Chopper & Turner's three wide blades help you stir without getting meat stuck in between. Silicone edge is great for scraping and transferring food out of pans.

Herb Scissors - Herb scissors are designed with five blades and used to cut herbs. These multi-blade scissors quickly cuts herb into thin strips (sometimes called chiffonades). Stainless steel blades cut cleanly, without tearing or bruising delicate leaves.

Instant-read thermometer consists of a stainless steel stem that serves as a temperature probe, and either a dial or a digital readout. ... A meat **thermometer** is inserted into a piece of meat before roasting and is left in the roast during cooking.

Kitchen Fork — A utensil used to lift or turn small food.

Liquid Measuring Cup — Cup that come in clear plastic or glass with a 1/4" headspace so liquid can be carried without spilling and a pouring spout..

Mandolin Slicer—is a cooking utensil used for slicing and for cutting julienne; with suitable attachments, it can make crinkle-cuts.

Measuring Cups — Cups that are used to measure dry and solid ingredients. They usually come in a set of four nesting cups: 1/4 cup, 1/3 cup, 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 1/4” to 1”

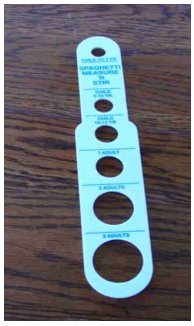
Mezzaluna - A *mezzaluna* [ˌmɛddzaˈluːna]) is a knife consisting of a single or double [1] curved blade with a handle on each end, which is rocked back and forth chopping the ingredients below with each movement. It is typically used for mincing herbs or garlic, but it can be used for chopping other things such as cheese or meat. Very large single blade versions are sometimes used for pizza.

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.

Molcajete - A **molcajete** is a stone tool, the traditional Mexican version of the mortar and pestle, similar to the South American batan, used for grinding various food products. Molcajetes are used to crush and grind spices and to prepare salsas and guacamole Tradition carved out of a single block of vesicular basalt.

Nut Chopper — A device with blades that chops nuts into small pieces.

Paring Knife — A knife that is smaller and shorter with fairly narrow blades, generally used for delicate jobs.



Pasta Measurer — A utensil used to measure pasta

Pasta Server — A utensil used to serve pasta.

Pastry Blender — A mixing utensil used to cut flour and shortening when making pastry and biscuits.

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.

Pineapple Corer
removes only the core of the pineapple.

Potato Masher — A tool used to crush food, usually after cooking it, so that it forms a soft mass

Oil & Vinegar Bottle
It is ideal for your favorite olive **oils and** specialty vinegars. **Use** them for food preparation or directly on your table. Made of glass with a capped stainless steel pouring spout. **Bottles** feature "**Oil**" and "**Vinegar**" stainless steel labels on each respective **bottle** and inserted into a handy caddy.

Rubber Spatula — A flexible utensil used to remove food from spoons, side of bowls, and pans

Salad spinner, also known as a **salad tosser**, is a kitchen tool used to wash and remove excess water from salad greens. It uses centrifugal force to separate the water from the leaves, enabling salad dressing to stick to the leaves without dilution. Salad spinners are usually made from plastic and include an outer bowl with an inner removable colander or strainer basket. bowl.

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

Silicone Baking Sheets

A silicone baking mat is a non-stick baking surface made from high-quality, food-grade silicone. This surface comes in several shapes and sizes to fit various types of baking pans. ... Instead of lining your sheet pan with foil, you can use the baking mat to cook savory foods such as baked salmon or chicken breasts.

Slicing Knife — A knife with long narrow flexible blades that may or may not be serrated

Spiralizer - A spiralizer is a a kitchen device used to cut vegetables into long ribbons or strips resembling noodles or spaghetti. It may be handheld or counter top.

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

Meat Thermometer - 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.

Candy Thermometer- 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.

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

Turner — is a kitchen utensil with a long handle and a broad flat edge, used for lifting and turning fried foods, biscuits or cookies.

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

Watermelon slicer that cuts pieces neatly and evenly in one motion, even pulling the slice out for you. It's like a knife and tongs combined into one stainless steel tool—you can cut, lift, and serve while keeping your hands clean. All of that **watermelon** juice stays contained inside the rind.

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

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