

7/8 FOOD
STAY AT HOME WORK
2021 - TERM 3 WEEK 8



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INSTRUCTIONS

Equipment

- ☐ Read through the information on *Equipment*.
- ☐ Use what you've read to answer the questions about *Equipment* and *Knives*.
- ☐ Go to your kitchen and see if you can find examples of the equipment mentioned as well as different types of knives used in your household.

As you've probably heard, your assessments have been placed on hold. If you want to continue working on our task you are welcome to, but there is no longer a requirement to complete this task from home.

In this booklet I have also included some recipes that you can make at home. Treat your family and keep practicing your skills!

Please contact me if you need any help at all.

2.1

Equipment

Lots of tools and equipment are found in the Food Technology Centre—some are large and some are quite small. You may find many of them in your own home as well. These pieces of equipment are required for you to store, prepare, process, cook and present food products. You need to know their uses so that you can select the most appropriate piece of equipment to do each task. Here, we have divided the equipment into the following categories:

- tools for preparing, processing and presenting; cooking; and measuring
- large appliances
- small appliances.

Let's explore all of these types of equipment.

Introduction to tools

Some of you may be very familiar with a range of tools in the Food Technology Centre; for others, they may be new. Some tools have a specific task, such as an apple corer to remove the core from an apple; other tools can be used for multiple tasks, such as a knife for cutting, chopping, slicing and removing the core from an apple.

Tools for preparing, processing and presenting

In this category, tools are used in food preparation to perform a range of tasks associated with preparing, processing and presenting, such as:

- | | |
|------------|------------|
| • cutting | • turning |
| • chopping | • rolling |
| • peeling | • sifting |
| • grating | • beating |
| • whisking | • mashing. |



Tools for preparing

Tools that help prepare ingredients include: knives, graters, peelers, sifters, skewers, forks, electric beaters, whisks, rolling pins, bowls and chopping boards. For example, a knife is used to chop herbs.

Tools for processing

Tools that help process ingredients include: graters, forks, rotary beaters, whisks and wooden spoons. For example, a whisk is used to whisk an egg.

Tools for presenting

Tools that help present food products include: a fork to make a pattern on the icing of a cake or to decorate pastry before cooking; a pipe and piping bag to decorate a cake with cream; a melon baller to make round balls from watermelon for a fruit salad.



Focus on knives

A knife is a tool used for preparing, processing and presenting food. It is a hand-held, sharp-edged tool consisting of two parts: a handle and a blade. There are a variety of knives and many may be found in the Food Technology Centre. Some knives have very specific uses, while others, such as the paring and Chef's knives, can be used for a variety of uses (see table below).

Holding knives

How to hold the knife depends on what is being cut; generally, however, when cutting food against a board or bone, you hold the knife with the blade between the thumb and forefinger. Use the other three fingers to grip the handle. The other hand will hold the food in a spider grip—that is, with bent fingers to guide the knife as you cut.

The tip of a large Chef's knife can be used to cut small food items, such as chilli and spring onions. Keep the tip of the knife in contact with the chopping board, and then move the knife forwards and angle down simultaneously to cut the food. The handle of the knife is angled upwards and the blade slides backwards to its original position once the cut is made. You will sometimes develop a rhythm and cut long items (such as spring onions) and herbs (such as chives and parsley) very quickly. The long knife blade enables this to happen.

Caring for knives

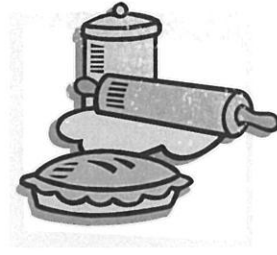
Knives do not require much care to last a long time, but they still need to be looked after:

- Store knives so that the blade is protected; for example, in a plastic sleeve or knife block. An inexpensive knife holder may be created from two pieces of cardboard taped together or a piece of cardboard folded into a V shape that is twice the width of the blade.
- Make sure you always use a chopping board when chopping to protect both the bench and the blade.
- After use, clean, dry and store knives immediately. Never leave a knife in a sink of soapy water. The point of the knife blade should be held and the handle should be washed first. Then hold the handle and wash the blade with warm water. The blade and handle should be dried thoroughly to avoid rust and tarnish. Do not wash knives in a dishwasher.
- Always keep knives sharp. It is more dangerous to cut with a dull knife than a sharp one.
- Carry knives carefully by holding the knife close to your body by the knife's handle and pointing the blade to the ground.
- Pass a knife by placing the knife on the bench for your classmate to carefully pick up.

TYPE	USES
Paring knife	Preparing vegetables
Chef's knife	Also known as a French knife, used for chopping and slicing foods
Carving knife.	Carving large cooked meats, such as chicken and ham
Serrated (or bread) knife	Slicing bread
Filleting knife	Preparing fish (boning and skinning)
Boning knife	Removing bones from chicken, meat and fish
Turning knife	Making fruit or vegetable decorations; peeling
Cheese knife	Slicing cheese from a platter
Meat cleaver	Chopping large pieces of meat and bones



EQUIPMENT



Introduction to tools

Some tools have a specific task, such as an _____ to _____
for multiple tasks such as a _____ for _____.

Tools are used in food preparation to perform a range of tasks such as:

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-
-
-
-

Tools for preparing include:

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Tools for processing include:

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Tools for presenting include:

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Knives

Name the two parts of a knife.

Holding knives

List five points on how to correctly hold a knife:

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-
-
-
-



Types of knives

Match the type of knife with its uses.

Paring knife	Slicing cheese from a platter
Chef's knife	Removing bones from chicken, meat and fish
Carving knife	Preparing vegetables
Serrated (or bread) knife	Slicing bread
Filleting knife	Chopping large pieces of meat and bones
Boning knife	Carving large cooked meats, such as chicken and ham
Turning knife	Making fruit or vegetable decorations; peeling
Cheese knife	Also known as a French knife, used for chopping and slicing foods
Meat cleaver	Preparing fish (boning and skinning)

Caring for knives

Come up with seven points on knife safety and caring for knives.

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Bruschetta

Serves 2

Preparation time: 15 minutes

Cooking time: 10–15 minutes

Ingredients

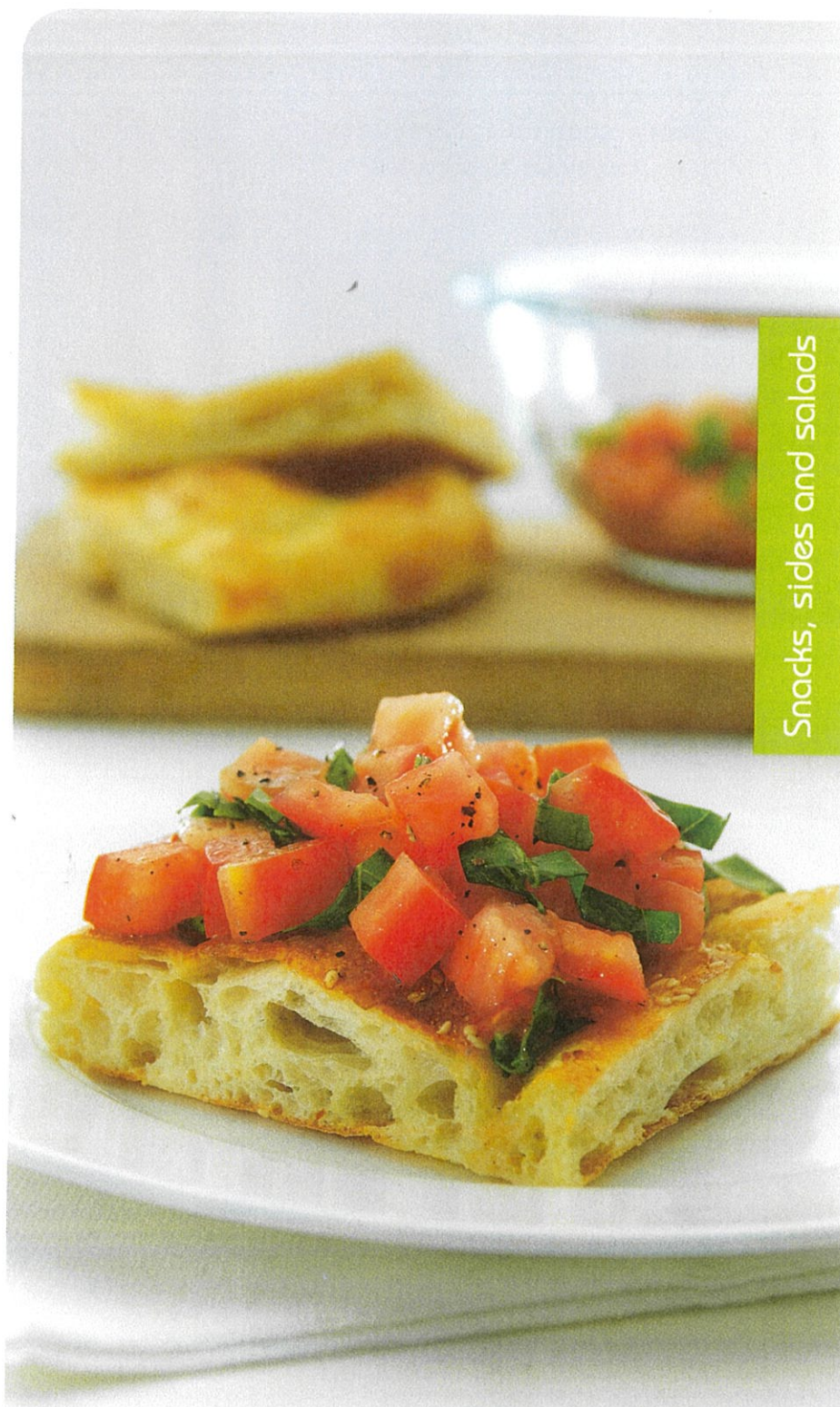
- 2 Turkish rolls
- 2 tablespoons olive oil
- 1 clove garlic, crushed
- 2 large ripe tomatoes, diced
- Black pepper
- 1 tablespoon fresh basil, finely chopped

Method

- 1 Preheat oven to 180°C.
- 2 Cut the Turkish rolls in half, lengthwise.
- 3 Combine 1 tablespoon of oil and garlic and brush both sides of the Turkish bread with the mixture.
- 4 Place the bread on a tray, with the cut side facing upwards.
- 5 Cook until golden (about 10 to 15 minutes).
- 6 Transfer to a cake cooler.
- 7 Place the tomato, remaining oil, pepper and basil in a bowl and gently toss to combine.
- 8 Place the tomato mixture on bread pieces and serve.

Design options

Investigate other ingredients you could use and design a topping for the bruschetta.
Investigate other breads that could be used instead of Turkish bread.



Macaroni Waldorf salad

Serves 2

Preparation time: 20 minutes

Cooking time: 15 minutes

Ingredients

- ½ cup macaroni
- 1 red apple, diced
- 1 stalk celery, chopped
- 2 tablespoons walnuts, chopped
- 75 grams seedless grapes
- ¼ cup low-fat mayonnaise

Method

- 1 Place the macaroni into a saucepan of boiling water. Cook according to the directions on the packet or until al dente (just tender).
- 2 Drain macaroni and allow to cool.
- 3 Add apple, celery, walnuts and grapes.
- 4 Add mayonnaise and stir gently until combined.
- 5 Serve.

Design options

Omit walnuts if you are serving this salad to someone with nut allergies.