

Cooking Confidently: Reading a Recipe

A recipe is your guide to cooking. It includes a list of everything you need (ingredients) and step-by-step instructions for how to prepare a food. Here are 5 important components to reading a recipe.

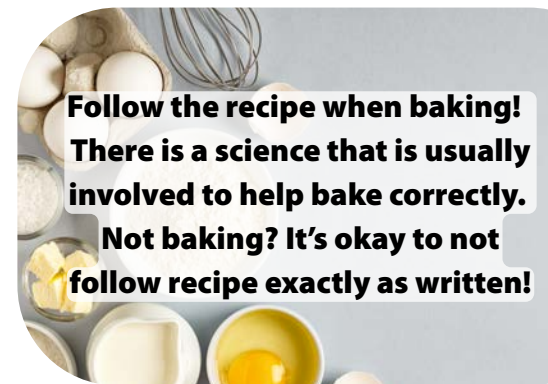


★ 1. Read the entire recipe once before you begin.

There may be hidden steps, specific ways to use ingredients, or need to let the recipe rest for a certain time before cooking.

★ 2. Review the ingredient list.

Check to make sure you have all the ingredients before you start! Ingredients are listed in the order in which they are used. If there is a word after a common (example: ½ cup walnuts, chopped) you *measure first* then chop. If it states ½ cup chopped walnuts you *chop first* then measure.



★ 3. Pay attention to details.

Make sure to allow butter to come to room temperature if it is stated. Some recipes have a step that requires refrigeration before the next step, so plan your time accordingly. And don't forget to preheat the oven!

★ 4. Cooking times are important.

Most recipes will provide a range for the cooking time or other instructions like 'until golden brown' or 'until internal temperature reaches 165F. Always set your timer for less than the time listed in the recipe. You can always add more if needed but can't reverse overcooking something!

★ 5. Make notes when cooking.

Did you make any substitutions to the ingredients? Was your cook time longer or shorter? Make sure to write those down so you can make the recipe again if it was great!

