

# Kitchen Tools and Utensils

## Everything But the Kitchen Sink



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Compilation: Jennifer A. Smith

### Learning Seed Catalog and ISBN Numbers

DVD LS-1332-10-DVD ISBN 1-55740-558-1

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### Closed Captioning

This program is closed-captioned.

# Summary

In this program, explore the many tools and utensils used in the kitchen. But with so many options, how do you know which cup or spoon is right for the job? Or what the difference is between a masher and a ricer? Professional chef Christopher Koetke and his students demonstrate how to use common kitchen tools that scoop, stir, cut, and smash, as well as other miscellaneous utensils.

## What is a utensil?

Utensil comes from the Latin word *utensilis*, which means “useful.”

Kitchen utensils are the tools of cooking and baking. They’re usually made of temperature-resistant materials, such as metal, wood, or a high-grade plastic, like silicone. We employ utensils to prepare, handle, or serve food.

Before you touch a utensil, though, you need to **wash your hands!**

## To properly wash your hands:

- Use soap and hot water
- Wash your palms, the backs of your hands and between your fingers
- Twist your fingertips into your palm or use a brush to clean under your nails

**TIP:** Wash your hands for at least 30 seconds. One way to make sure you do this is to recite the alphabet or sing the Happy Birthday song.

## Utensils that Scoop and Stir

Spoon	Ladle	Slotted spoon	Spatula	Pasta spoon	Whisk
Measuring spoons		Measuring cups			

### **TIP: Wooden Spoon Care**

- Hand wash wooden spoons, as dishwashers can cause heat damage.
- Don't let wooden spoons soak in water too long or they may incur water damage.
- Dry wooden spoons as soon as they've been washed to prevent bacteria from taking hold.

### **TIP: Using an Ice Cream Scoop**

- For hard to scoop ice cream, dip the scoop in a cup of hot water before dishing it out.

### **TIP: Measuring Dry and Liquid Ingredients**

- Measure dry ingredients first. Putting a wet spoon into a container of dry ingredients makes a clumpy mess and a lot of what you are measuring will stick to the cup or spoon (and contaminate your ingredient).
- Never measure liquids over your bowl of ingredients. Extra spilled ingredients will alter (or ruin!) the taste of your dish.
- Get down to eye level when checking liquid measurements to make sure you've got the right amount.

## Utensils that Cut

Chopper	Kitchen shears	Peeler	Zester	Mandoline	Slicer	Grater
Pizza wheel	Cookie cutter	Can opener				

### **TIP: Kitchen Shears**

- Always wash shears after using them to cut meat. In fact, wash all utensils, cutting boards, and your hands before working with other food items.

### **TIP: Mandoline Safety**

- The blade on a mandoline is extremely sharp, so be safe and make sure your fingers don't get near it.
- Always use the holder that grabs on to the food to ensure safety.

### **TIP: Sharp Utensil Safety**

- Anti-cut gloves are a good way to protect your fingers when working with any sharp utensil.

## Utensils that Smash

Rolling pin    Meat tenderizer    Garlic press    Masher    Ricer    Juicer  
Nutcracker

### **TIP: Using a Rolling Pin**

- To keep the dough from sticking to your work area, dust the surface with flour.
- Rolling pins can also be used to make cracker crumbs. Place crackers in a plastic, sealable bag and roll away.

### **TIP: Using a Nutcracker**

- Use the least amount of pressure to avoid crushing the nut.
- Rotate the nut as you crack.

## Miscellaneous Utensils

Tongs    Turner    Fish Spatula    Colander    Sieve    Strainer  
Brush    Baster    Oven-safe thermometer    Instant-read thermometer

### **TIP: Using Tongs**

- Rest tongs next to hot pots or pans, never against them. Metal tongs conduct heat, wooden tongs burn, and plastic tongs melt!

### **TIP: Using a Sift or Sieve**

- Place a small amount of flour into a sieve and agitate it until all of the flour falls through.
- Other dry ingredients that often need sifting are cornstarch and powdered sugar.

### **TIP: Reading a Thermometer**

- Be aware of false readings. Heat is conducted faster in the area of the food that is in contact with the thermometer.
- Place the thermometer in an area of meat away from the bone.

### **TIP: Using an Instant-Read Thermometer**

- Do not use instant-read thermometers inside the oven.
- Use them to measure the temperature of food when you think it might be done.

# Kitchen Tools and Utensils

## Matching Quiz

Match the words in the first column to the best available answer in the second column.

_____	Scissors used to slice through poultry breastbones or cut foods.	1) measuring cups
_____	Often used to flatten and enlarge dough, or used to make cracker crumbs.	2) can opener
_____	A type of grater used to pull the peel off of citrus fruits.	3) kitchen shears
_____	These utensils are usually available in 1/4 cup, 1/3 cup, 1/2 cup and 1 cup.	4) tongs
_____	A kitchen tool that makes quick work of chopping nuts and vegetables.	5) sieve
_____	A grasping utensil used to grab, turn or move food while cooking.	6) rolling pin
_____	A tool used to open food cans.	7) colander
_____	A utensil used with flour or other dry ingredients for the purpose of sifting.	8) food chopper
_____	A utensil used for draining fruits, vegetables and pasta.	9) zester
_____	A utensil used to flatten meat and make it more tender.	10) meat tenderizer

# Kitchen Tools and Utensils

## Matching Quiz

<u>  3  </u>	Scissors used to slice through poultry breastbones or cut foods.	1) measuring cups
<u>  6  </u>	Often used to flatten and enlarge dough, or used to make cracker crumbs.	2) can opener
<u>  9  </u>	A type of grater used to pull the peel off of citrus fruits.	3) kitchen shears
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<u>  2  </u>	A tool used to open food cans.	7) colander
<u>  5  </u>	A utensil used with flour or other dry ingredients for the purpose of sifting.	8) food chopper
<u>  7  </u>	A utensil used for draining fruits, vegetables and pasta.	9) zester
<u> 10 </u>	A utensil used to flatten meat and make it more tender.	10) meat tenderizer

# Kitchen Tools and Utensils

## Multiple Choice

Circle the best answer for each question.

<p>1. Before touching any utensils, or food, you should wash your hands:</p> <ul style="list-style-type: none"> <li>a) With hot water</li> <li>b) For only 10 seconds</li> <li>c) A and B</li> <li>d) None of the above</li> </ul>	<p>6. This utensil can be used instead of a masher to prepare potatoes:</p> <ul style="list-style-type: none"> <li>a) Reamer</li> <li>b) Ricer</li> <li>c) Roller</li> <li>d) Ripper</li> </ul>
<p>2. Which one of these is NOT a standard measuring cup size?</p> <ul style="list-style-type: none"> <li>a) 1/4 cup</li> <li>b) 1/3 cup</li> <li>c) 1/2 cup</li> <li>d) 1 1/2 cup</li> </ul>	<p>7. This type of spoon has teeth to grab and hold food:</p> <ul style="list-style-type: none"> <li>a) Slotted spoon</li> <li>b) Wooden spoon</li> <li>c) Pasta spoon</li> <li>d) Ladle</li> </ul>
<p>3. A mandoline is used to:</p> <ul style="list-style-type: none"> <li>a) Make music</li> <li>b) Zest citrus fruits</li> <li>c) Stir or scoop food</li> <li>d) Slice food uniformly</li> </ul>	<p>9. It's best to wash wooden spoons by:</p> <ul style="list-style-type: none"> <li>a) Hand</li> <li>b) Using a dishwasher</li> <li>c) Letting them soak</li> <li>d) Licking them</li> </ul>
<p>4. Kitchen shears are used to:</p> <ul style="list-style-type: none"> <li>a) Slice through poultry breastbones</li> <li>b) Cut bacon to a desired length</li> <li>c) Snip herbs or small vegetables</li> <li>d) All of the above</li> </ul>	<p>9. A whisk is used to:</p> <ul style="list-style-type: none"> <li>a) Serve spaghetti or pasta</li> <li>b) Mix or add air to ingredients</li> <li>c) Measure liquid ingredients</li> <li>d) Grab or turn foods</li> </ul>
<p>5. Which of these tools is not used to cut foods?</p> <ul style="list-style-type: none"> <li>a) Sieve</li> <li>b) Zester</li> <li>c) Pizza wheel</li> <li>d) Peeler</li> </ul>	<p>10. Which utensil is used to measure temperature inside an oven?</p> <ul style="list-style-type: none"> <li>a) Instant-read thermometer</li> <li>b) Oven-safe thermometer</li> <li>c) A and B</li> <li>d) None of the above</li> </ul>



# Kitchen Tools and Utensils

## Multiple Choice Answer Key

<p>1. Before touching any utensils, or food, you should wash your hands:</p> <p>a) <b><u>With hot water</u></b>  b) For only 10 seconds  c) A and B  d) None of the above</p>	<p>6. This utensil can be used instead of a masher to prepare potatoes:</p> <p>a) Reamer  b) <b><u>Ricer</u></b>  c) Roller  d) Ripper</p>
<p>2. Which one of these is NOT a standard measuring cup size?</p> <p>a) 1/4 cup  b) 1/3 cup  c) 1/2 cup  d) <b><u>1 1/2 cup</u></b></p>	<p>7. This type of spoon has teeth to grab and hold food:</p> <p>a) Slotted spoon  b) Wooden spoon  c) <b><u>Pasta spoon</u></b>  d) Ladle</p>
<p>3. A mandoline is used to:</p> <p>a) Make music  b) Zest citrus fruits  c) Stir or scoop food  d) <b><u>Slice food uniformly</u></b></p>	<p>9. It's best to wash wooden spoons by:</p> <p>a) <b><u>Hand</u></b>  b) Using a dishwasher  c) Letting them soak  d) Licking them</p>
<p>4. Kitchen shears are used to:</p> <p>a) Slice through poultry breastbones  b) Cut bacon to a desired length  c) Snip herbs or small vegetables  d) <b><u>All of the above</u></b></p>	<p>9. A whisk is used to:</p> <p>a) Serve spaghetti or pasta  b) <b><u>Mix or add air to ingredients</u></b>  c) Measure liquid ingredients  d) Grab or turn foods</p>
<p>5. Which of these tools is not used to cut foods?</p> <p>a) <b><u>Sieve</u></b>  b) Zester  c) Pizza wheel  d) Peeler</p>	<p>10. Which utensil is used to measure temperature inside an oven?</p> <p>a) Instant-read thermometer  b) <b><u>Oven-safe thermometer</u></b>  c) A and B  d) None of the above</p>

# Glossary of Terms

<b>Baster</b>	A utensil used to spread liquid or juice on meats or other foods.
<b>Box grater</b>	A utensil with various blades on each side used to shred or slice food or zest fruits.
<b>Brush</b>	A utensil used to apply egg washes on pastries, or sauces and glazes on meats.
<b>Can opener</b>	A tool used to open food cans.
<b>Colander</b>	A utensil used for washing or draining vegetables, fruits, pastas, and other foods.
<b>Cookie cutter</b>	A shaped cutter that is often used when making cookies or pastries.
<b>Fish Spatula</b>	A special spatula used to flip or move fish or other delicate food items.
<b>Food chopper</b>	A kitchen tool that makes quick work of chopping nuts and vegetables.
<b>Garlic press</b>	A utensil used to create minced garlic.
<b>Instant-Read Thermometer</b>	A utensil used to instantly measure the temperature of food.
<b>Juicer</b>	A utensil used to draw out juice from fruits.
<b>Kitchen shears</b>	Scissors used to cut food. Often used to cut through poultry breastbones, cutbacon to a desired length, or snip herbs or other small veggies.
<b>Ladle</b>	A utensil used to serve soups and other liquids like sauces and gravy.
<b>Liquid measuring cups</b>	Cups used to measure liquid ingredients - measurements are shown on the sides in fluid ounces as well as fractions of a cup, and milliliters.
<b>Mandoline</b>	A tool used to create uniform slices as a food item slides along the surface and is cut by the blade.
<b>Masher</b>	A utensil used to smash foods, often potatoes.
<b>Measuring cups</b>	Cups used to measure dry ingredients. Standard U.S. measuring cups include: ¼ cup, ⅓ cup, ½ cup and 1 cup; a Metric set includes 50 mL, 125 mL, and 250mL.
<b>Measuring spoons</b>	Spoons used to accurately measure ingredients when following a recipe. Standard U.S. measuring spoons include: 1/8 teaspoon, ¼ teaspoon, ½ teaspoon, 1 teaspoon and 1 tablespoon; a Metric set includes 2.5 mL, 5.0 mL, 10 mL and 15 mL. Sometimes small measurements of “a pinch” or “a dash” are included.
<b>Meat tenderizer</b>	A utensil used to make a piece of meat thinner as well as more tender.
<b>Nutcracker</b>	A utensil used to crack the hard shells of nuts.
<b>Oven-safe Thermometer</b>	A utensil used to measure the temperature of food. This type of thermometer is safe for use in the oven.
<b>Pasta spoon</b>	A utensil used to serve dishes with noodles. The ends of the spoon work as teeth to grab and hold the pasta.

<b>Peeler</b>	A utensil used to remove the skins or peels of fruits and vegetables.
<b>Pizza wheel</b>	A utensil used to cut pizza or rolled pastries and other types of dough.
<b>Ricer</b>	A utensil used to smash foods into a noodle-like consistency, often potatoes.
<b>Rolling pin</b>	A utensil used to flatten and enlarge dough while making pastries.
<b>Scoop</b>	A specialized spoon used to serve or portion out food. Often used to create melon balls, measure cookie dough or serve ice cream.
<b>Sieve</b>	A utensil used to break up clumps and give more volume to dry ingredients.
<b>Slicer</b>	A utensil used to create thin, uniform slices of soft foods, like hard-boiled eggs.
<b>Slotted spoon</b>	A utensil used to help drain foods that are in liquids.
<b>Spatula</b>	A utensil used for scraping a bowl, spreading, or mixing.
<b>Spoon</b>	A utensil used to help evenly distribute heat through a dish by constantly moving it around.
<b>Strainer</b>	A utensil used to strain liquids or sift dry ingredients.
<b>Tongs</b>	A grasping utensil used to grab, turn or move food while cooking.
<b>Turner</b>	A utensil used to transfer hot, flat foods such as cookies.
<b>Whisk</b>	A utensil used to mix or add air to liquids.
<b>Zester</b>	A type of grater used to pull the peel off of citrus fruits such as lemons, oranges, and limes. The zest is added to recipes for a more intense flavor.

# Additional Resources

## Online

Cooking Glossary

<http://www.international-gourmet.net/glossary.htm>

Culinate

<http://www.culinate.com/>

The Reluctant Gourmet

<http://www.reluctantgourmet.com/drawer.htm>

Wikipedia

[http://en.wikipedia.org/wiki/List\\_of\\_food\\_preparation\\_utensils](http://en.wikipedia.org/wiki/List_of_food_preparation_utensils)