

# Kitchen Utensils

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# Typical utensils



# Zester/Grater

- Grate: To scrape against the small holes of a grater, making thin little pieces
- Zest: similar to grating, except typically the pieces of food are smaller and called zest



# Slicer

- Used to cut up hard boiled eggs
- Could also be used for small fruits like strawberries



# Pizza cutter

- Special tool for cutting homemade pizza
- Also can be used to cut other foods like quesadillas

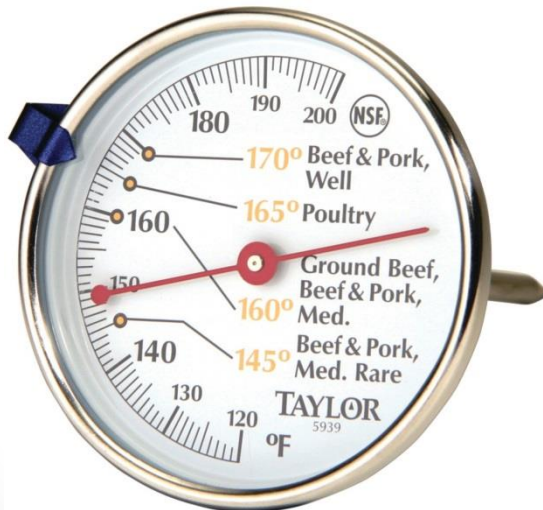




# Thermometer



- Used to check temperature on foods to test if they are done
- Typically used for meats and fishes



# Minimum Temperatures to cook food (from USDA)

Product	Minimum Internal Temperature
<b>All Poultry</b> (breasts, whole bird, legs, thighs, and wings, ground poultry, and stuffing)	165 °F (73.9 °C)
<b>Eggs</b>	160 °F (71.1 °C)
<b>Fish &amp; Shellfish</b>	145 °F (62.8 °C)
<b>Leftovers</b>	165 °F (73.9 °C)
<b>Casseroles</b>	165 °F (73.9 °C)

Product	Minimum Internal Temperature & Rest Time
<b>Beef, Pork, Veal &amp; Lamb</b> Steaks, chops, roasts	145 °F (62.8 °C) and allow to rest for at least 3 minutes
<b>Ground meats</b>	160 °F (71.1 °C)
<b>Ham</b> , fresh or smoked (uncooked)	145 °F (62.8 °C) and allow to rest for at least 3 minutes
<b>Fully Cooked Ham</b> (to reheat)	Reheat cooked hams packaged in USDA-inspected plants to 140 °F (60 °C) and all others to 165 °F (73.9 °C).

# Juicer

- Used to extract the juices of citrus fruits for smoothies, drinks, and recipes





# Steamer basket

- Steam: To cook food using the heat from boiling water without putting the food directly in the water—usually done with a device called a steamer (a silver bowl with holes that folds to fit many different pans)



# Garlic press

- Used to mince fresh cloves of garlic



# Pastry brush/blender



- Pastry brush: used to spread mixtures like glaze or melted butter over food
- Pastry blender: used to combine food into one mixture such as blending flour and butter together



# Melon baller

- Used to scoop out round balls of melons such as watermelon or cantaloupe
- Typically used when making fruit salad



# Baster

- Used to baste meats such as turkey with butter or juices
- Baste: liquids are used to moisten or flavor food



# Spiralizer

- Used to turn vegetables into long strands or short spirals
- <https://www.youtube.com/watch?v=Gg2UpyanG7s>





# Zucchini

- A type of summer squash
- Lots of potassium and fiber
- What part of MyPlate?
- Zucchini plant:

