



A Guide to Cooking Techniques

The illustrations and demonstrations of cooking techniques presented in this guide make it easier for children to follow recipes. Providing visual support stimulates learning in beginner cooks and makes learning to cook more enticing and enriching.

TeachNutrition

© Dairy Farmers of Canada, 2022. All rights reserved.

TABLE OF CONTENTS

HANDWASHING TECHNIQUE

MEASURING TECHNIQUES

Measuring dry ingredients
with a measuring cup

Measuring dry ingredients
with a measuring spoon

Measuring wet ingredients

Measuring liquid ingredients

MIXING TECHNIQUES

Mixing with
a metal spoon

Mixing with
a wooden spoon

Whisking

Scraping with a spatula

CUTTING TECHNIQUES

Cutting with a knife

Grating

Cutting herbs with scissors

Peeling a long vegetable
with a vegetable peeler

BASIC TECHNIQUES FOR PREPARING FOOD

Spreading a topping

Washing vegetables and fruits

Filling and rolling a tortilla

Cracking an egg

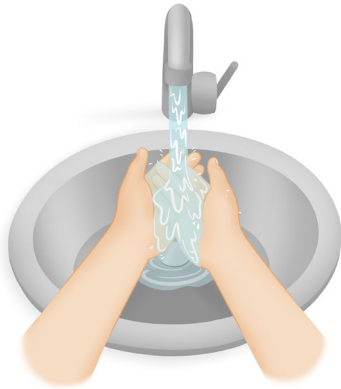
Dividing batter

Sliding cut food into a bowl

Squeezing citrus fruits

The illustrations of the cooking techniques presented in this guide are the result of a partnership between the Centre de services scolaire de Montréal, Les Ateliers cinq épices, and Dairy Farmers of Canada.

HANDWASHING TECHNIQUE



Wet hands with warm water.



Add soap.



Rub the palms of your hands together.



Rub between your fingers.



Rub fingertips and nails.



Rub the backs of your hands.



Rub your thumbs.



Rinse well with warm water.



Dry hands with paper towel.



With that same paper towel, turn off the tap.

Measuring dry ingredients with a measuring cup

1

Using a spoon, fill the appropriate measuring cup until the ingredient overflows. Do not pack it down with the spoon.



2

Run the back of a table knife along the top of the measuring cup to level off the ingredient.



3

This will ensure you have the correct amount of the ingredient.



4

This is what a properly filled cup should look like.



Measuring dry ingredients with a measuring spoon

1

Dip the appropriate measuring spoon into the dry ingredient to fill it. The ingredient should overflow.



2

Run the back of a table knife along the top of the measuring spoon to level off the ingredient.



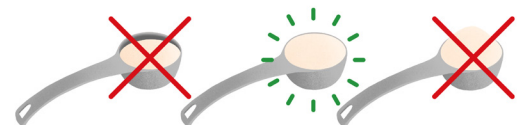
3

This will ensure you have the correct amount of the ingredient.



4

This is what a properly filled spoon should look like.



Measuring wet ingredients

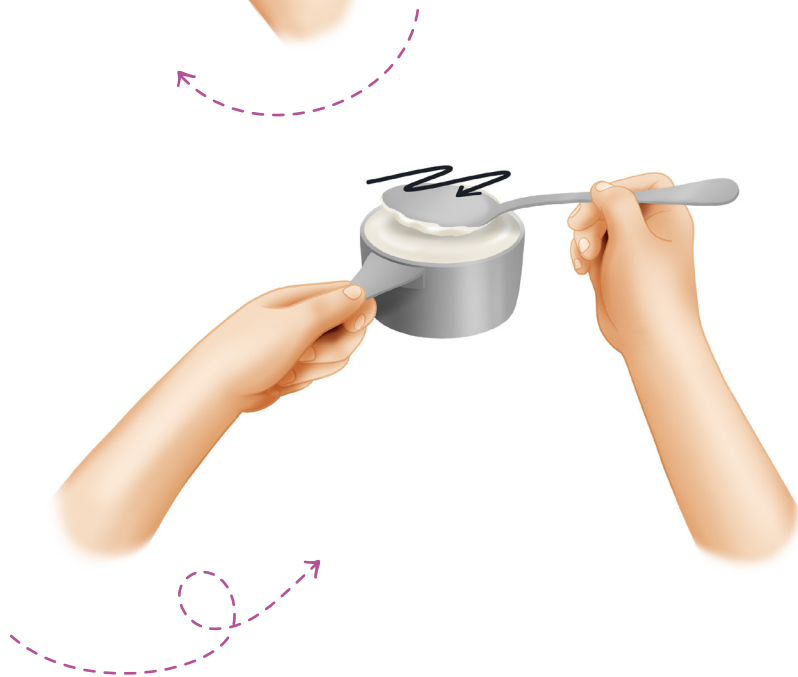
1

Using a spoon, fill the appropriate measuring cup to the brim.



2

Use the back of the spoon to level off the ingredient in the measuring cup.



3

This will ensure the cup is filled correctly.



4

This is what a properly filled cup should look like.



Measuring liquid ingredients



1

Ensure your eyes are level with the measuring cup and locate the desired measurement with your finger.

2

Pour the liquid into the measuring cup until it reaches the desired measurement.



3

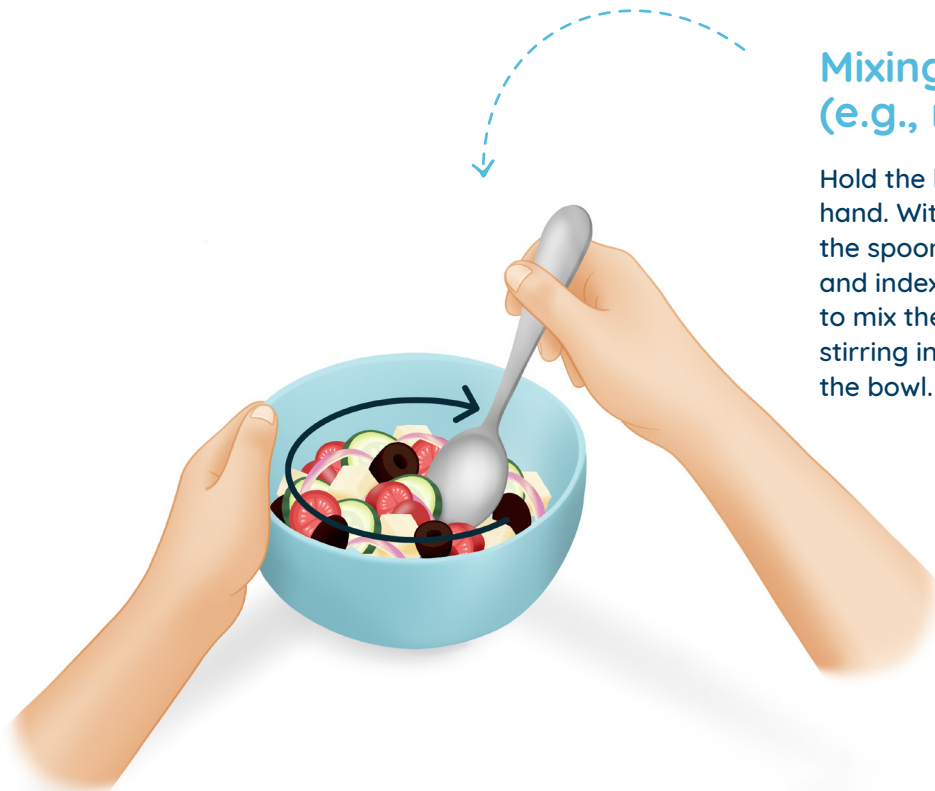
This will ensure the cup is filled correctly.



4

This is what a properly filled cup should look like.





Mixing with a small spoon (e.g., metal soup spoon)

Hold the bowl firmly with one hand. With the other hand, hold the spoon between your thumb and index finger. Use the spoon to mix the ingredients well by stirring in a circular motion in the bowl.

Mixing with a large spoon (e.g., wooden spoon)

Hold the bowl firmly with one hand. With the other hand, hold the spoon by wrapping your hand around it. Use the wooden spoon to mix the ingredients well by making large circles in the bowl.



Whisking

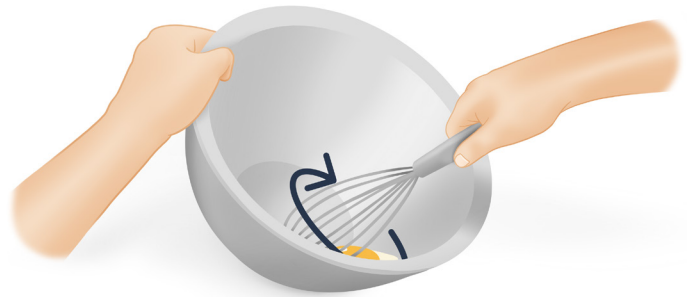
1

Put the bowl on a flat surface and hold it firmly with one hand. With the other hand, move the whisk back and forth lightly to start mixing the ingredient or mixture.



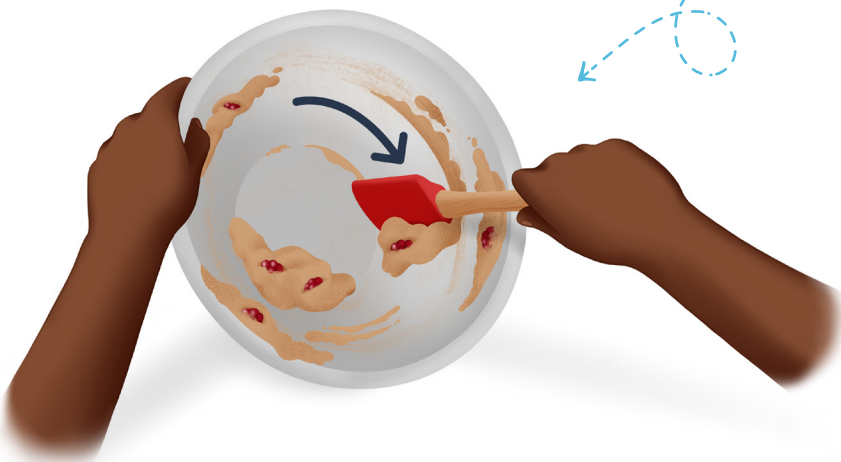
2

Tilt the bowl slightly and hold it firmly with one hand. With the other hand, move the whisk more quickly by making circles in the bowl until the ingredient or mixture is well mixed.

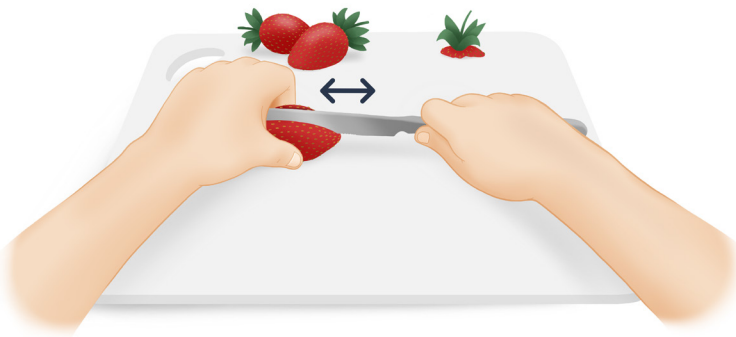


Scraping with a spatula

Tilt the bowl slightly and hold it firmly with one hand. With the other hand, scrape the sides of the bowl with the spatula.



CUTTING TECHNIQUES

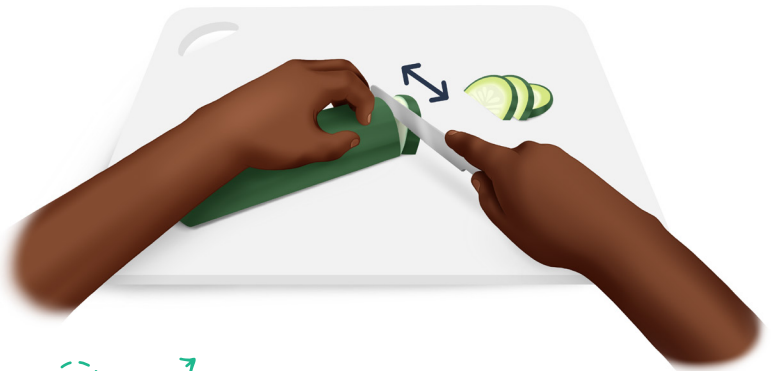


Cutting with a knife Technique A

With one hand, hold the food by placing your thumb on one side and your fingers on the other, creating a bridge over the food. With the other hand, move the knife back and forth along the food.

Cutting with a knife Technique B

With one hand, hold the food in place by curling your fingers until they form a C or look like the paw of an animal sticking its claws out. With the other hand, cut the food by pressing down and moving the knife back and forth, like a saw.



Grating

Hold the grater firmly with one hand. With the other hand, take the food you want to grate and apply pressure as you slide it down the grater. Bring the food back to the top of the grater and repeat this motion. Stop once your fingers are near the grater.



CUTTING TECHNIQUES



Cutting herbs with scissors (chopping)

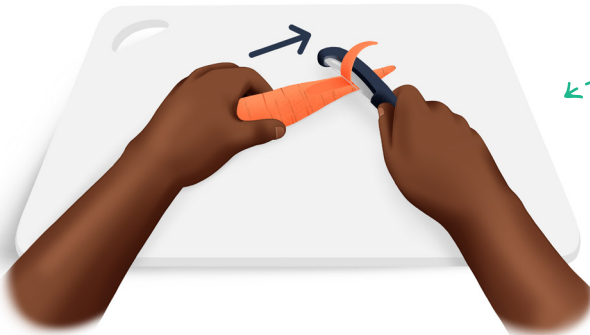
Technique A

Hold a bundle of fresh herbs over a small bowl with one hand. With the other hand, use scissors to cut the herbs to the desired size.

Cutting herbs with scissors (chopping)

Technique B

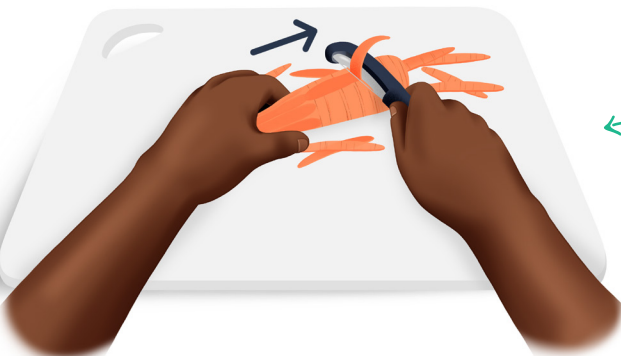
Place a bundle of fresh herbs in the bottom of a small glass and hold it firmly with one hand. With the other hand, put the scissors into the cup and cut the herbs to the desired size.



Peeling a long vegetable with a vegetable peeler

1

Firmly hold the vegetable flat on a cutting board with one hand. With the peeler in the other hand, press the blade onto the middle of the vegetable and slide it away from your hand to remove a strip of peel. Repeat until the first half of the vegetable is peeled.



2

Rotate the vegetable. Repeat the instructions from step 1 to peel the other half.

BASIC TECHNIQUES FOR PREPARING FOOD

Spreading a topping

With one hand, hold the tortilla firmly. With the other hand, take some of the topping with a table knife and place it on one end of the tortilla. Tilt the knife slightly and use it to spread the topping. Repeat until the topping covers the tortilla. This technique can also be used on flatbread or a slice of bread.



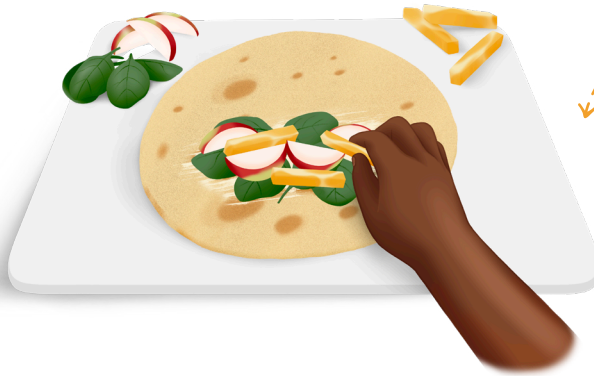
Washing vegetables and fruits

Rinse the vegetable or fruit under tap water by rubbing the entire surface with your fingers.



BASIC TECHNIQUES FOR PREPARING FOOD

Filling and rolling a tortilla

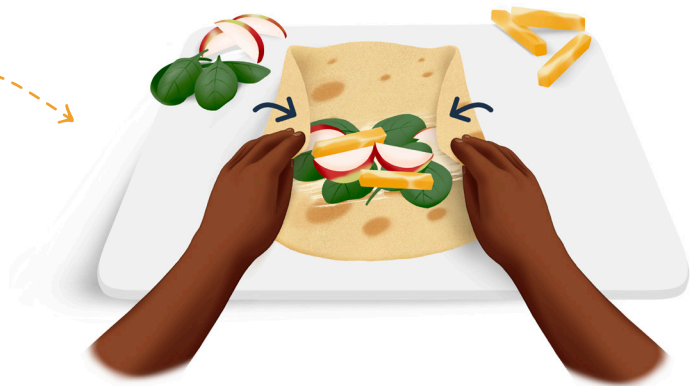


1

Place the filling horizontally on the lower half of the tortilla.

2

Fold the edges toward the centre. The edges should cover the filling without touching each other. Hold the folded sides down with your hands.

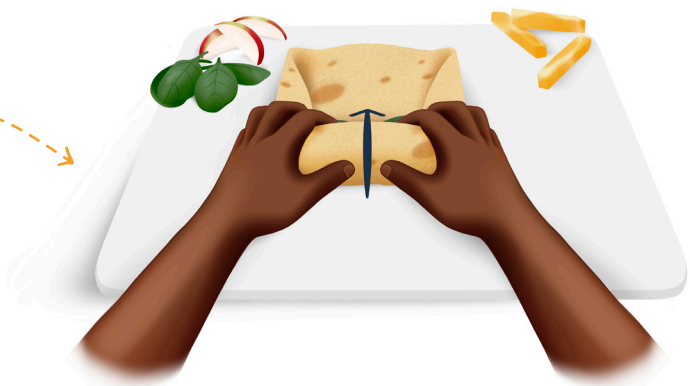


3

Fold the bottom of the tortilla over the filling and the two sides you already folded. Hold tightly with your hands.

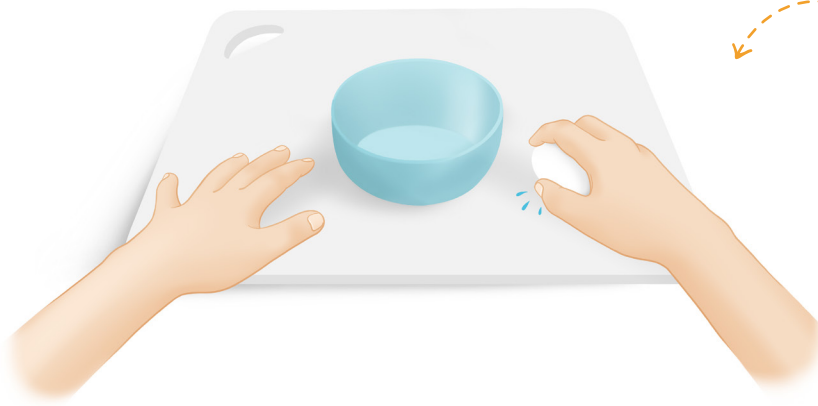
4

Starting at the bottom, roll the tortilla upward, pressing the filling into the roll.



BASIC TECHNIQUES FOR PREPARING FOOD

Cracking an egg

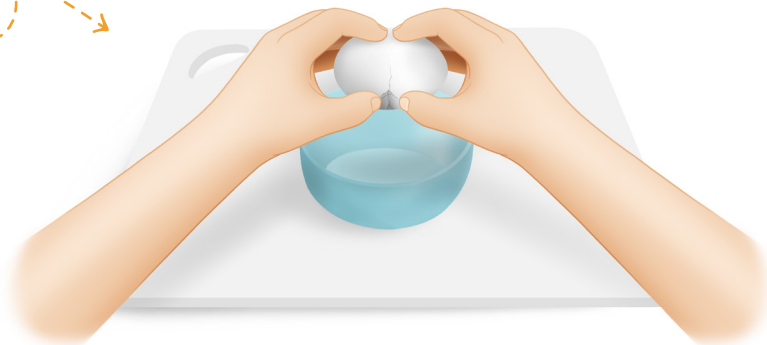


1

Use a clean, flat surface. Hold the egg in one hand and tap it gently but firmly on the surface so it cracks.

2

Over a small bowl, gently push your thumbs into the cracked shell.



3

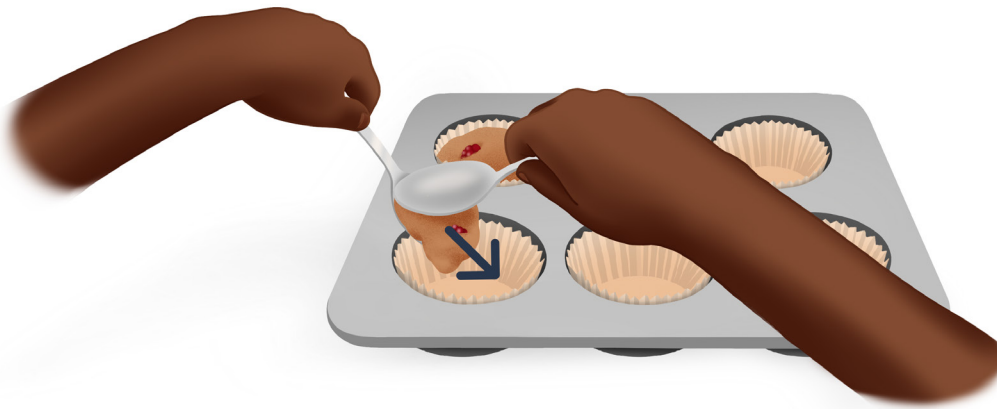
With your thumbs, separate the eggshell in two by pulling each half outwards. Tip the egg into the bowl.



BASIC TECHNIQUES FOR PREPARING FOOD

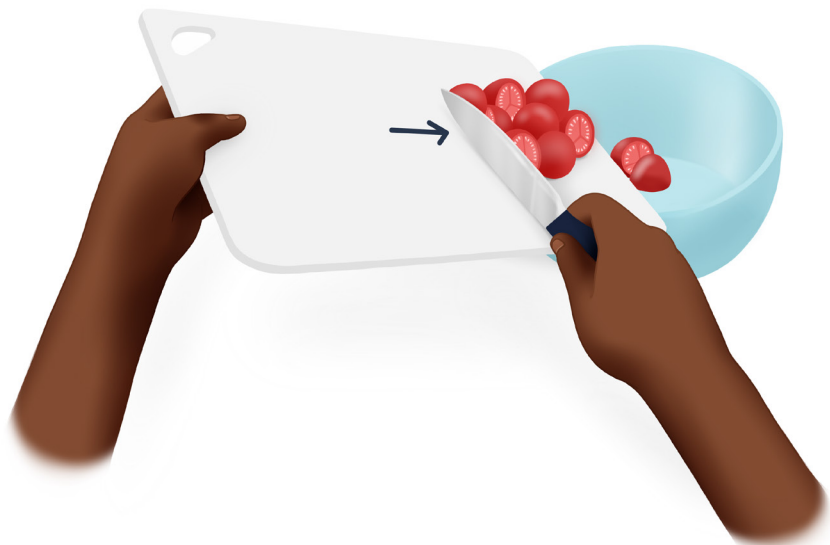
Dividing batter

Hold a metal spoon in each hand. Scoop some batter with one of the spoons. Use the back of the other spoon to push the batter off the first spoon into a muffin pan or onto a baking sheet.



Sliding cut food into a bowl

Hold one end of the cutting board firmly with one hand and lift it over a bowl. With the other hand, use the back of a knife to slide the cut pieces into the bowl.



BASIC TECHNIQUES FOR PREPARING FOOD

Squeezing citrus fruits

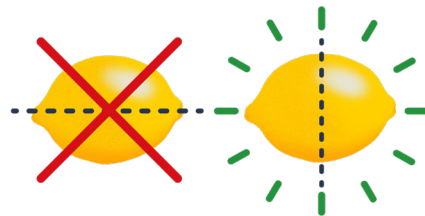


1

Hold one end of the fruit firmly with one hand. With the other hand, slide a paring knife back and forth into the fruit, pressing down like a saw.

2

This is how to cut citrus fruits correctly: in the middle, across the width of the fruit.



3

Hold the juicer firmly with one hand. With the other hand, press the middle of one half of the fruit onto the juicer.

4

Push the fruit down while squeezing the sides with your fingers and the palm of your hand. Keep pressing and squeezing as you rotate the fruit from left to right and then from right to left. Repeat until there is no more juice left in the fruit.

