

# YOUNG CHEFS<sup>®</sup> ACADEMY



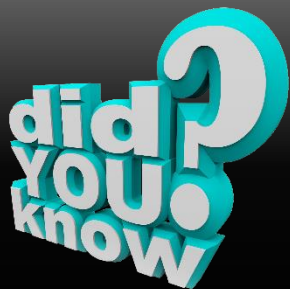
INSPIRING A **NEW GENERATION** OF CHEFS

## Month 1 ~ Measuring Common Ingredients!

There are a lot of factors involved with measuring, however, we will focus on fine-tuning the basics.

For the recipes this month, we will practice measuring both wet and dry ingredients to produce some yummy recipes ~ *Honey Almond Butter Cookies & Chocolate Cherry Pancakes with Cherry Syrup!*

Take a look at the material below and practice the skill focus. Then, visit <https://youngchefsacademy.com/ktokday> for recipes to really put each skill to the test!



Did you know? When measuring dry ingredients, such as flour, you should first get a heaping scoop. Then tap on the top so you can reduce the amount of air pockets. Then level off using the straight edge, such as the back of a butter knife!

### Let's Practice!

- Practice measuring the a variety of wet & dry ingredients! For example:
  - Water in a liquid measuring cup ~ be sure to check out the tips!
  - Flour using a measuring cup ~ make sure it's level
  - Water using measuring spoons

### **Before you get started on this month's recipes, be sure to...**

- Read through your recipe at least once before getting started!
- Mise en Place ~ Be sure to have everything you need (ingredients, equipment, prep items necessary,...)
- Don't be afraid to change a few things to make it your own! Keep in mind that this is a lot easier to do when cooking while baking is more precise.



### **Measuring Tip #1....**

### **Measuring Tip #3....**

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**Liquid ingredients** need to be measured at eye level. Using the liquid measuring cup, pour the liquid into the cup. Then bend over so you are on the same level with the measuring marks. The liquid should be right at the mark, not above or below.

When measuring sticky ingredients like honey or syrup, spray your measuring cup or spoon with non-stick cooking spray first.

When substituting Kosher salt for table salt, increase your measurement by  $\frac{1}{4}$

For example: 1 tsp. table salt = 1  $\frac{1}{4}$  tsp. Kosher salt

For **dry ingredients**, use a straight edge (like the back of a butter knife) to level off even with the top edge of the measuring spoon.



**HONEY ALMOND BUTTER COOKIE**

**CHOCOLATE CHERRY PANCAKES**

**CHERRY SYRUP**

Here's a sneak peek at just a few of the things our Young Chefs Academy students focused on last month during "Culinary Bootcamp!"

- Mise en Place like a professional chef!
- Creating a stock from scratch
- Balancing flavors to craft delicious results
- Cooking procedures for making a roux
- Braising, sauteeing, carmelizing, glazing and more!

Check out one of the recipes made after learning how to create the perfect roux:

[Meatball Fricassee](#)

*Simply Delicious!!*