4-H CDM Skill-a-Thon
Foods & Cooking ID

The photos shown here are only one option of what an item may look like. Other options are available.

Revised November 2020

Appliances

Air Fryer - An appliance that uses superheated air to cook foods, giving results very similar to deep-frying or high-temperature roasting. This uses the same technology as convection ovens, but instead of blowing the air around a large rectangular box, it is blown around in a compact cylinder and the food sits in a perforated basket. The result is food with a crispy brown exterior and moist tender interior but without the oil and fat needed to deep-fry.

Blender - An appliance used for mixing foods or batter in food preparation for liquefying, chopping, or pureeing.

Bread Machine - An appliance that turns raw ingredients into dough and then bakes it. It consists of a pan (or "tin"), at the bottom of which are one or more built-in paddles, mounted in the center of a small special-purpose oven. This small oven is usually controlled by a simple built-in computer using settings input via a control panel.

Countertop Mixer - An electrical device on a stand that blends or stirs substances or ingredients by mechanical agitation of blades or beaters.

Electric Pressure Cooker - An appliance that consists of a container (inner pot or cooking pot), the electric heating element, and temperature/pressure sensors. The heating process is controlled by the built-in micro-processor based on the readings of the pressure and temperature sensors. This whole process forms a so called “closed loop control system” in control engineering terms.

Electric Skillet - An appliance that is heated by plugging it into an outlet. The best ones provide an even heating surface.

Expresso Machine - An appliance that pressurizes and shoots near-boiling water through finely ground coffee beans packed into cakes. This method gives a complex, aromatic, and caffeine-packed shot of coffee in under thirty seconds.

Food Processor - An appliance used to prepare foods consisting of a container in which food is cut, sliced, shredded, grated, blended, beaten, or liquidized.

Hand Mixer - A hand-held device that blends or stirs substances or ingredients by mechanical agitation using a variety of blades or beaters.

Ice Cream Maker - An appliance used to make frozen treats which has a paddle used to mix ingredients while melting ice provides low temperatures.

I**mmersion Blender** - An appliance with a long drive shaft used to blend ingredients or purée food in the container in which they are being prepared. It is used to purée soups and smoothies and emulsify sauces.

Rice Cooker - An appliance that consists of a heat source, a cooking bowl, and a thermostat. The thermostat measures the temperature of the cooking bowl and controls the heat for cooking.

Slow Cooker - An appliance that maintains a relatively low temperature, used to cook foods over a long period of time.

Tea Kettle - A metal or plastic vessel with a lid, spout, and handle, used for boiling water.

Toaster Oven - An appliance with a hinged door in the front that opens to allow food items to be placed on a rack, which has heat elements above and below the grilling area. It functions the same as a small-scale conventional oven.

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Turkey Fryer - An appliance used to deep fry large birds or steam food.

Cookware

Baking Pan - A type of bakeware with sides that vary in deepness and used to cook such things as cakes.

Baking Sheet - A type of bakeware that is a flat, shiny metal tray used for cooking such things as biscuits and cookies.

Broiler Pan - A two-piece pan used to grill foods in the oven. The top part is a slatted grill that lets grease, fat, and oils drip into the deeper base section. The bottom pan is often used on its own for baking or roasting.

Colander - A bowl-shaped kitchen tool with perforations for draining off liquids and rinsing food.

Double Boiler - A pair of cooking pots, one fitting on top of and partly inside the other. Food cooks gently in the upper pot while water simmers in the lower pot.

Dutch Oven - A heavy cooking pot with a tightly fitting lid that is good for braising or making soups and stews. They are often made of cast iron that can be used in the oven as well as on the stovetop.

French Press - An appliance for making coffee where hot water is poured onto the coffee grounds. A punch having a sieve is pushed down, keeping the solids at the bottom. It can also serve as a serving pot when finished.

Frying Pan - A pan used for frying, searing, or browning foods with a long side handle and low sides that flare outward.

Pastry Press - A kitchen tool that is used to hold specific amounts of dough so that it can be manually or electrically pushed from this tool onto a baking sheet or pan to create a desired shape. It typically has a variety of different tips that create many styles and shapes.

Pie Plate - A type of bakeware that has a flat bottom and slanted sides. It is usually 1 ½ - 2 inches deep and 8-11 inches in diameter and can be made of a variety of materials.

Pressure Cooker - A cooking vessel with a lid that locks on and prevents steam from escaping. As a result, the steam builds up pressure (about 12 to 15 pounds per square inch of pressure-psi) and the temperature inside the cooker increases to cook food at a higher temperature so they are finished sooner. Time and heat are regulated manually.

Roaster Pan - A pan with deep sides used to cook large pieces of meat and poultry. It may come with a rack to keep food out of juices.

Round Cake Pan - A type of bakeware used to make layers that are generally found in 8- or 9-inch diameters and are 1 ½ inches in depth.

Saucepan - A deep pan with straight sides, a long side handle, and a lid. Its surface area is generally small relative to its height which allows heat to be evenly distributed through the liquid in the pan.

Sauté Pan - A pan that has a wide flat bottom and straight sides. This makes it easier to cook sauces and sear and braise meat.

Splatter Screen - A kitchen tool made of fine-meshed wire that prevents hot grease and other hot materials from being splashed out of the pan as food is being cooked.

Springform Pan - A type of bakeware that features sides that can be removed from the base. The base and the sides are separate pieces that are held together when the base is aligned with a groove that rings the bottom of the walls. The pan is then secured by a latch on the exterior wall. This tightens the 'belt' that becomes the walls of the pan and secures the base into the groove at the base of the walls.

Steamer Basket - A metal, silicone, or bamboo container that sits inside a pan above the water level used for steaming.

Tube Pan - A type of bakeware with a hollow projection in the middle. It is used for baking or molding foods in the shape of a ring.

Wok – A pan that is shaped like a big, deep bowl. The shape works particularly well for stir frying; the bottom gets much hotter than the sides, and food can be cooked quickly.

Dish & Tableware

Bread Plate - Tableware that is five to six inches in diameter for individual servings.

Butter Dish - Tableware with a cover used to store and serve butter.

Cake Platter - Tableware that is a large serving plate for desserts. The shape is often round and is characterized by having a large flat surface so that the item sits completely flat. It may be flat or raised on a pedestal.

Carafe - A wide-mouthed glass bottle with a lip or spout for holding and serving coffee, water, or wine.

Creamer & Sugar Set - Tableware that consists of a matching pair of dishes; one with a spout, and the second with a cover.

Gravy Boat - Tableware used to serve gravies and sauces. They can have attached or detached underplates.

Grapefruit Spoon - Tableware similar in design to a teaspoon that tapers to a sharp edge or teeth, the intent of the serration being to separate the flesh of a fruit from its rind.

Meat Platter - Tableware that is a large oval or oblong serving plate in a variety of sizes ranging from 12-20 inches long.

Napkin Ring - Tableware that is a circular band used to hold an individual's napkin.

Parfait Cup - Tableware that has a fluted cup designed for serving layered desserts, including ice cream sundaes, puddings, or mousse.

Pepper Mill - Tableware that is used for grinding whole peppercorns.

Saucer - Tableware that is a small shallow dish having a slight circular depression in the center for holding a cup.

Tea Pot - Tableware with a handle and spout for making and serving hot beverages.

Water Goblet - Tableware that is a conically shaped glass with no handle, rising from a stem with a foot. They vary in style, shape, and decoration and are usually plain.

Herbs, Spices & Foods

Allspice - A spice that comes from the dried unripe fruit of Pimenta Dioica, a midcanopy tree, that can be used in baking and cooking. The berries are harvested when green and briefly fermented then sundried during which they turn a reddish brown.

Anise - An annual, aromatic Mediterranean herb (Pimpinella anisum) in the parsley family, cultivated for its seed-like fruits and the oil obtained from them is used to flavor foods, liqueurs, and candies.

Basil - An Old-World aromatic annual herb (Ocim basilicum) in the mint family, cultivated for its leaves. It is also called sweet basil. The leaves of this plant are used as a seasoning. Any of the various plants in the genus Ocimun, native to warm regions, having aromatic foliage and terminal clusters of small, usually white flowers.

Bay Leaves -The leaf of the bay laurel or "true laurel." Laurus Nobilis is a culinary herb often used to flavor soups, stews, braises, and pate' in Mediterranean Cuisine.

Bulgur - An edible cereal grain made from dried, cracked wheat that is partially cooked so that it can be prepared relatively quickly.

Chili Peppers – This is the fruit of plants from the genus Capsicum which are members of the nightshade family, Solanaceae. They are widely used in many cuisines as a spice to add heat to dishes. The substances that give them their intensity when ingested or applied topically are capsaicin and related compounds known as capsaicinoids.

Chives - An Eurasion bulbous herb (Allium schoenoprasum) in the lily family, having clusters of usually pink to rose-violet flowers and cultivated for its long, slender, hollow leaves. The leaves of this plant are used as a seasoning with a flavor similar to onions.

Cilantro - Parsley like herb that is used as a seasoning or garnish, usually in Mexican dishes and salsas, sometimes referred to as Mexican parsley.

Cloves - The flower bud of this plant is used whole or ground as a spice. It comes from an evergreen tree (Syzygium aromaticum) native to the Moluccas and widely cultivated in warm regions for its aromatic dried flower buds.

Couscous - Tiny pasta made from coarsely ground wheat or barley that is moistened and tossed with fine wheat flour until if forms tiny, round balls.

Cumin - An annual Mediterranean herb (Cuminum cyminum) in the parsley family, having finely divided leaves and clusters of small white or pink flowers. The seed-like fruit of this plant is used for seasoning, as in curry and chili powders.

Curry Powder - A powdered preparation of pungent ground spices and other ingredients, usually including turmeric and coriander; often associated with East Indian Cookery to flavor dishes of vegetables, onions, meat, or fish and often eaten with rice.

Dill - An aromatic herb (Anethum graveolens) native to Eurasia, having finely dissected leaves and small yellow flowers clustered in umbels. The leaves or seeds of this plant are used as a seasoning.

Garlic - A strong smelling pungent tasting bulb, used as a flavoring in cooking and in herbal medicine.

Ginger - A plant (Zingiber officinale) of tropical Southeast Asia having yellowish green flowers and a pungent aromatic rhizome. The rhizome of this plant is often dried and powdered and used as a spice. It is also called gingerroot.

Jalapeno Peppers - A medium-sized chili pepper pod type. At maturity it is 2–4 inches long and hangs down with a round, firm, smooth flesh that is 1–1.5 inches wide. It can have a range of pungency. It is commonly picked and consumed while still green but is occasionally allowed to fully ripen and turn red, orange, or yellow.

Lemongrass - A long thick grass with leaves at the top and a solid portion several inches long at the root end. The lower portion is sliced or pounded and used in cooking. As a spice, it is preferred for its vibrant flavor, but is also sold in dried form. The dried spice is available in several forms: chopped in slices, cut and sifted, powdered, or as an oil that can be extracted from the plant.

Mace - An aromatic spice made from the dried, waxy, scarlet or yellowish covering that partly encloses the kernel of the nutmeg.

Mustard - Any of various Eurasian plants of the genus Brassica, especially B. nigra and B. juncea, which are cultivated for their pungent seeds and edible leaves. A condiment that can be made from the powdered seeds of certain varieties of these plants.

Nutmeg - An evergreen tree (Myristica fragrans) native to the East Indies and cultivated for its spicy seeds. The hard, aromatic seed of this tree is used as a spice when grated or ground. It can be grayish to moderate brown.

Oregano - A perennial Eurasian herb (Origanum vulgare*)* of the mint family having aromatic leaves. The leaves of this plant are used as a seasoning with meats and fowl and in stews, soups, and omelets.

Paprika - A mild powdered seasoning made from sweet red peppers. It is dark reddish orange in color.

Parsley - A cultivated Eurasian herb (Petroselinum crispum) having flat or curled, alternately compound leaves. The leaves of this plant are used as a seasoning or garnish.

Poppy Seed - Any plant or species of the genus Papaver, herbs with showy polypetalous flowers and a milky juice. From one species (Papaver somniferum) opium is obtained, though all species contain some. These seeds are used as a topping or filling for baked goods.

Quinoa - A plant of the goosefoot family found in the Andes of South America, where it was widely cultivated for its edible starchy seeds prior to the introduction of Old World grains. The seed has a nutty flavor and is usually found in tan or yellow form though it comes in many colors: orange, red, pink, purple, and black.

Rosemary - An aromatic evergreen Mediterranean shrub (Rosmarinus officinalis) having light blue or pink flowers and grayish-green leaves that are used in cooking and perfumery. The leaves of this plant are used as a seasoning.

Sage - Any of various plants of the genus Salvia, especially S. officinalis, having aromatic grayish-green, opposite leaves. It is also called ramona. The leaves of this plant are used as a seasoning.

Sesame Seed - Small oval seeds of the flowering plant in the genus Sesamum, also called benne. It is widely naturalized in tropical regions around the world and is cultivated for its edible seeds, which grow in pods or "buns".

Tarragon - An aromatic Eurasian herb (Artemisia dracunculus) having linear to lance-shaped leaves and small, whitish-green flower heads arranged in loose, spreading panicles. The leaves of this plant are used as a seasoning.

Thyme - Any of several aromatic Eurasian herbs or low shrubs of the genus Thymus, especially T. bulgaris, of southern Europe. It has small, white to lilac flowers grouped in head-like clusters. The leaves of this plant are used as a seasoning.

Turmeric - A widely cultivated tropical plant (Curcuma Domestica) of India, having yellow flowers and an aromatic, somewhat fleshy rhizome. The powdered rhizome of this plant is used as a condiment and a yellow dye.

Utensils

Apple Corer - A utensil that has a circular cutting edge that is forced down into the fruit, allowing it to remain whole. It is used to extract the center without cutting the fruit into sections.

Apple Slicer - A utensil that is pressed down over the fruit to make eight uniform slices and remove the center.

Butter Knife - A knife that has a sharp pointed triangular shaped blade and is used for serving pats of butter.

Cake Icing Knife - A knife with a flexible blade designed for the use of spreading a substance onto a flat surface, such as frosting. It is also known as a palette knife. It is an ideal tool for applying spreads onto sandwiches in mass quantities.

Candy Thermometer - A long narrow utensil used to measure the temperature and stages of a cooking sugar solution.

Chef's Knife - A large knife with a wide blade, generally considered all-purpose that is used for cutting and dicing.

Cherry/Olive Pitter - A utensil used to remove the seed from a small fruit. It has a comfortable nonslip handle and removable splatter shield that keeps juices contained and directed downward.

Chopper - A utensil with a spring-loaded mechanism with blades that cuts food into small pieces.

Chopsticks - A pair of slender sticks made of wood or ivory, held between the thumb and fingers and used as an eating utensil.

Citrus Reamer - A small utensil used to extract the juice from a lemon or other small fruit. It consists at one end of a convexly tapered conical blade with deep straight troughs running the length of the blade. The very tip of the blade is often a smooth spike. The other end is a cylindrical handle. The blade is usually made of wood, plastic, or metal.

Decorative Slicer, Ripple - A utensil used to cut food that leaves a rippled edge.

Egg Separator - A spoon shaped utensil, which has a hole in the bottom and is used to separate the white from the yolk.

Egg Slicer - A utensil with a slatted, oval shaped hollow on the bottom and a hinged top consisting of 10 fine steel wires. When the upper portion is brought down into the base it makes even slices or wedges.

Egg Timer - A small hourglass or clock timing device used to time boiling, usually capable of timing intervals of three to five minutes.

Fat Separator - A utensil that enables liquid grease to be gathered and removed from juices that come from roasted meats, stews, soups, and stocks. This will hold the contents and allow the grease to accumulate on the surface while the juices accumulate below. The juices can then be easily poured out of a spout attached to the bottom of the container so that the grease is all that remains.

Flour Sifter - A utensil used to incorporate air into dry ingredients.

Garlic Press - A utensil used for extracting juice from a bulb (that separates into cloves) by squeezing.

Grater - A utensil with sharp edged holes against which something is rubbed to reduce it to shreds. It is used to shred such things as cheese.

Ground Meat Chopper - A utensil that is safe to use in non-stick cookware that breaks up meat while cooking. Its wide blades help you stir without getting meat stuck in between them. Silicone edge could be used for scraping and transferring food out of pans.

Herb Scissors - Utensil designed with five blades and is used to cut herbs. The stainless steel multiblades quickly cut them into thin strips without tearing or bruising delicate leaves.

Instant Read Thermometer - A utensil that consists of a stainless-steel stem that serves as an instant read temperature probe that cannot remain in food during cooking. It can have either a dial or a digital readout.

Kitchen Fork - A utensil used to lift or turn small food.

Liquid Measuring Cup -Utensil that comes in clear plastic or glass with a 1/4” headspace and a pouring spout so liquid can be measured or carried without spilling.

Mandolin Slicer - A utensil used for cutting fruits and vegetables. It has a variety of adjustable blades that enable it to make precise cuts in firm fruits and vegetables, such as apples, melons, carrots, cucumbers, eggplants, onions, potatoes, sweet peppers, zucchini, and other foods.

Measuring Cups - Utensils that are used to measure dry and solid ingredients. They usually come in a set of four nesting cups of various amounts.

Measuring Spoons - Utensils that are used to measure small amounts of dry or liquid ingredients.

Meat Tenderizer - Hammer or paddle type utensil that can be metal or wood and come in a variety of sizes and shapes. It is used to help soften the texture or break down connective tissue of the food.

Meat Thermometer - A utensil used to measure the internal temperature of roasts, steaks, and other cooked foods. The degree of "doneness" correlates closely with the internal temperature, so that the reading indicates when it is cooked as desired.

Melon Baller - A small bowl-shaped utensil used to cut round or oval shaped pieces. They are rigidly constructed with wood or metal handles and sharp edged with stainless steel bowls that come in several sizes, from about 1/4 inch to 1 inch.

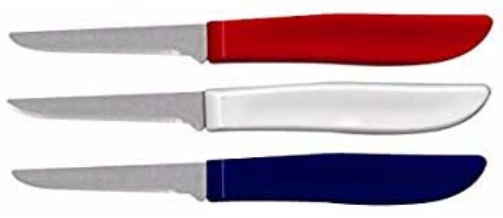
Mezzaluna - A knife consisting of a single or double curved blade with a handle on each end, which is rocked back and forth chopping the ingredients below with each movement. It is typically used for mincing herbs or garlic, but it can be used for chopping other things such as cheese or meat. Very large single blade versions are sometimes used for pizza.

Mixing Bowl - A large utensil made of pottery, glass, metal, or plastic used to combine ingredients and come in a variety of sizes.

Molcajete - A stone utensil, the traditional Mexican version of the mortar and pestle, used for grinding food products. They are used to crush and grind spices and to prepare salsas and guacamole.

Nut Chopper - A utensil with blades that chops seeds into small pieces which fall into the bottom portion of the utensil.

Oil & Vinegar Bottles - Utensils made of glass with a capped stainless-steel pouring spout. Each is labelled and can be inserted into a caddy.



Paring Knife - A thin bladed knife intended for coring and peeling fruit such as apples. It is mainly used for detailed & controlled cutting. It has a short, sturdy blade from 2 to 4 inches in length, with a straight or curved cutting edge.

Pasta Measurer - A utensil designed to accurately gauge the amount of uncooked pasta that will be needed for making from 1 to 4 servings. Typically, it is flat with 4 round openings spaced evenly over the surface.

Pasta Server - A utensil which is used to hold the long noodles enabling them to be easily removed from a pot of boiling water. The spoon shaped tool has protruding prongs that allow the noodles to be grasped, separated, and placed on a platter after they are removed from water.

Pastry Blender - A utensil used to mix shortening into flour in order to make dough. The tool is usually made of narrow metal strips or wires attached to a handle and is used by pressing down on the items to be mixed (known as "cutting in").

Pastry Brush - A utensil used to apply a thin liquid (egg wash, cream, melted butter, water) over food.

Pie/Cake Server - A utensil which has a triangular shaped bottom with a handle used for serving.

Pineapple Corer - Utensil used to remove the center of the pineapple.

Potato Masher - A utensil used to crush food, usually after cooking it, so that it forms a soft mass.

Rubber Spatula - A flexible utensil used to remove food from spoons, side of bowls, and pans.

Salad Spinner - A utensil used to wash and remove excess water from greens. It uses centrifugal force to separate the water from the leaves. This is necessary in order to keep the greens from going limp and enable dressing and oil to stick to the leaves.

Scraper - A stiff plastic utensil used to remove food from bowls and other surfaces.

Silicone Baking Sheet - A reusable non-stick baking surface made from high-quality, food-grade synthetic polymer. This surface comes in several shapes and sizes to fit various types of baking pans. You can use the mat to cook savory foods such as baked salmon or chicken breasts.

Slicing Knife - A knife with long, narrow flexible blade that may or may not be serrated. It is used to cut thinner slices of food.

Spiralizer - A utensil used to cut vegetables into long ribbons or strips resembling noodles or spaghetti. It may be a handheld or countertop model.

Strainer - A small bowl type utensil with wire mesh used to separate liquids from solid food.

Tongs - A utensil with two movable arms that are joined at one end, used for picking up and holding food.

Turner - A utensil with a long handle and a broad flat edge, used for lifting and turning fried foods, biscuits, or cookies.

Utility Knife - A small lightweight knife, which usually has a blade that is 4 to 7 inches long and is used for miscellaneous light cutting. This utensil can cut food items that are too large for a paring knife but too small for a chef's knife, such as cucumbers, larger apples, smaller squash, and other mid-sized items.

Vegetable Peeler - A utensil used to remove the layers of flesh from vegetables and firm fruits, such as apples, by removing thin narrow shavings.

Watermelon Slicer - A utensil for cutting and removing a fleshy part of a melon surrounded by a rind. This design allows sections to be cut and the wire slices the fleshy part from the rind.

Whisk - A utensil used to beat and blend ingredients or food, especially eggs and egg mixtures. The mixing portion may be looped or another configuration and be made of stainless steel or wire coated with silicone or rubber.