

# Reading a Recipe & Labeling

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# Organization of Recipes

- Cookbooks
  - Type of food
    - Categories: appetizers, main dishes, side dishes, dessert, breads, vegetables, meat (separated by kinds), eggs
- Create your own system
  - Time
  - Ingredients
  - Favoritism

# Ideas

- Order to read and organize
  - When selecting recipe-be aware of number of ingredients-is it worth buying a spice that will not be used again, how complicated is the recipe- methods and equipment needed
- Can double or half a recipe
- Websites that have simpler recipes
- Make pudding??
- How to clean everything up

# Reading A Recipe

- Some recipes are written in a blog style with lots of pictures and comments on why they are doing or using something. Look for a "jump to recipe" button to get to the list of ingredients and instructions in list form
- Know your abbreviations and fractions! Teaspoon and tablespoon both can be abbreviated with a t but one is a lower-case t and the other is an upper-case T.
- Place your electronic device inside a zip closed bag. It protects the device from spills and food but touch and navigating functions can be used
- Use a clip hanger to hold the recipe hung from a handle

# What are the abbreviations in cooking?

- Teaspoon: tsp. (t.)
- Tablespoon: Tbsp. (T.)
- Cup: C.
- Ounce: oz.
- Quart: qt.
- Pint: pt.
- Pound: lb.
- <https://cassiskitchen.com/other-cooking/what-are-the-abbreviations-for-cooking-measurements.html>

# Adjusting recipe

- Substitutions
  - Allrecipes.com [list](#)

# Picking the correct recipe

## Jello Instant Pudding

- Ingredients
  - Box of pudding mix
  - 2 c. cold milk

## The Pioneer Woman-Chocolate Pudding

- Ingredients
  - 2 Large Egg Yolks
  - 2 Tbsp. Cornstarch
  - 2 c. Whole Milk
  - ½ c. Sugar
  - ¼ c. Unsweetened Cocoa Powder
  - ¼ tsp. Salt
  - 2 tsp. Chocolate Extract (or Vanilla Extract)

## Jello Instant Pudding

- Directions
  - Beat pudding mix and milk with whisk 2 minutes.
  - Pudding will be soft-set in 5 min.
  - Makes 4 (½ cup) servings

## The Pioneer Woman-Chocolate Pudding

- Directions
  - Whisk the egg yolks for about 60 seconds until light yellow and increased in volume
  - Whisk in the cornstarch and about ¼ cup of the milk. Once smooth and incorporated, set aside.
  - Place sugar, cocoa, salt, and remaining milk in a saucepan, and bring to a scald over medium-high heat, between 180-190 degrees.
  - Remove the pan from the heat and while whisking constantly dribble the hot cocoa into the egg cornstarch mixture very gradually.
  - Pour everything back into the saucepan and cook over medium high heat, whisking constantly, until the pudding comes to a full boil.
  - Reduce the heat to a simmer and continue whisking for a couple minutes until the pudding is thickened
  - Remove the pudding from the heat and stir in the chocolate or vanilla extract.
  - Pour the pudding into a bowl and press plastic wrap directly on the surface of the pudding so a skin doesn't form
  - Refrigerate for an hour or two until chilled.



# Easy Recipe Sites

- Search Allrecipes ( <https://www.allrecipes.com/> )for
  - 5 ingredients or less recipes
  - Quick and Easy recipes
- Search by product company
  - Jello
  - Pillsbury

# Reducing a recipe (serving size)

Original	Half	One-third
1 cup	½ cup	1/3 cup
¾ cup	6 Tablespoons	¼ cup
2/3 cup	1/3 cup	3 tablespoons + 1½ teaspoon
½ cup	¼ cup	2 Tablespoons + 2 teaspoons
1/3 cup	2 Tablespoons + 2 teaspoons	1 Tablespoon + 1 & ¼ teaspoon
¼ cup	2 Tablespoons	1 Tablespoon + 1 teaspoon
1 Tablespoon	1 & ½ teaspoon	1 teaspoon
1 teaspoon	½ teaspoon	¼ teaspoon
½ teaspoon	¼ teaspoon	1/8 teaspoon
¼ teaspoon	1/8 teaspoon	dash

# Review measuring cups & spoons



- Puffy paint sealed with clear nail polish is great for making tactile marking
- Make sure you know the differences between 1 cup and the smaller cups (remembering your system).
- Spoons: one long means Table dots mean teaspoon.



# Label or not Label

- Inspect before you purchase kitchen appliances- Does it have knob controls versus digital display, can you use a device such as Alexa to program and so what you want. Simpler is better. The more controls and features there are, there is more to learn how to use, label, etc. May need to learn controls, their uses and sequence. Labels may not be necessary because controls don't move or may need a target to match knob to level of power, etc. Motto of "keep it simple" is good advice. Know what features you have to have or want.
- Oven
- Microwave
- Handheld mixer-specific speeds
- Blender

# Labeling Options

- Visual
  - Print labels using bold writing. Cards without lines will be easier to see. Be specific and use as few words as possible. Use the size of print that is best for you.
- Tactile
  - Can be made using: puff paint, craft glue, raised dots of any material, sandpaper, fingernail polish, duct tape, pipe cleaners, straws, craft sticks, foam stickers, magnets, rubber bands , Bump Dots (<https://www.maxiaids.com/search?q=bump+dots>) etc.
- Auditory
  - i.d. mate, bar code apps, [PenFriend](#), [VOXCOM III](#)

# Labeling Options Continued

- Purposeful selection-buy different shaped containers for like items such as condiments or cans with pop lids to distinguish between two items and maybe eliminating need for labeling
- Organization
  - Use a basket or other container in the refrigerator that holds your food or snacks for ease of location
  - Alphabetize spices or rows of canned good for ease of location, use of tactile rods or dividers to prevent mixing items from their designated row
- There are no hard and fast rules. It is just important to develop a system that works for you. And those in the same household.

# Food labeling options

- Frozen-use double bags
- Laminate (glare?) contact paper or use plastic divider cards or plastic from milk jugs
- Cards-can be used as a grocery list later to remind you , attach using a rubber band, tie or elastic strap, even ponytail holders through hole punched in card. Use reinforcement stickers to reinforce holes.
- Labels attached to magnets
- Shape or letter foam stickers (can find at Dollar stores)
- Penfriend labeling device
- Throw away any soiled card. Keep them easy so they can be remade easily.

# Items used for the following Labeling Food Options

- [Artskills](#) Permanent markers with both thin and thick side markers
- [Sharpie Paint Pens](#)
- Index cards: [3x5](#) & [4x6](#) sizes with [various colors](#) and no lines if possible.
- Plastic purple and yellow [folders](#)
- [Single hole punch](#) with [hole reinforcers](#)





## Options for Labeling Food

### Double Bagging:

The product (Ben's Original Ready Rice) is inside a smaller quart bag while the card identifying what is inside is in the larger gallon size bag.

This will keep the card from getting soiled and needed to be thrown away.



# Options for Labeling Food

## Simplifying Name:

Your card supply would not be manageable if each variety is labeled. Generic can be good if it is specific,

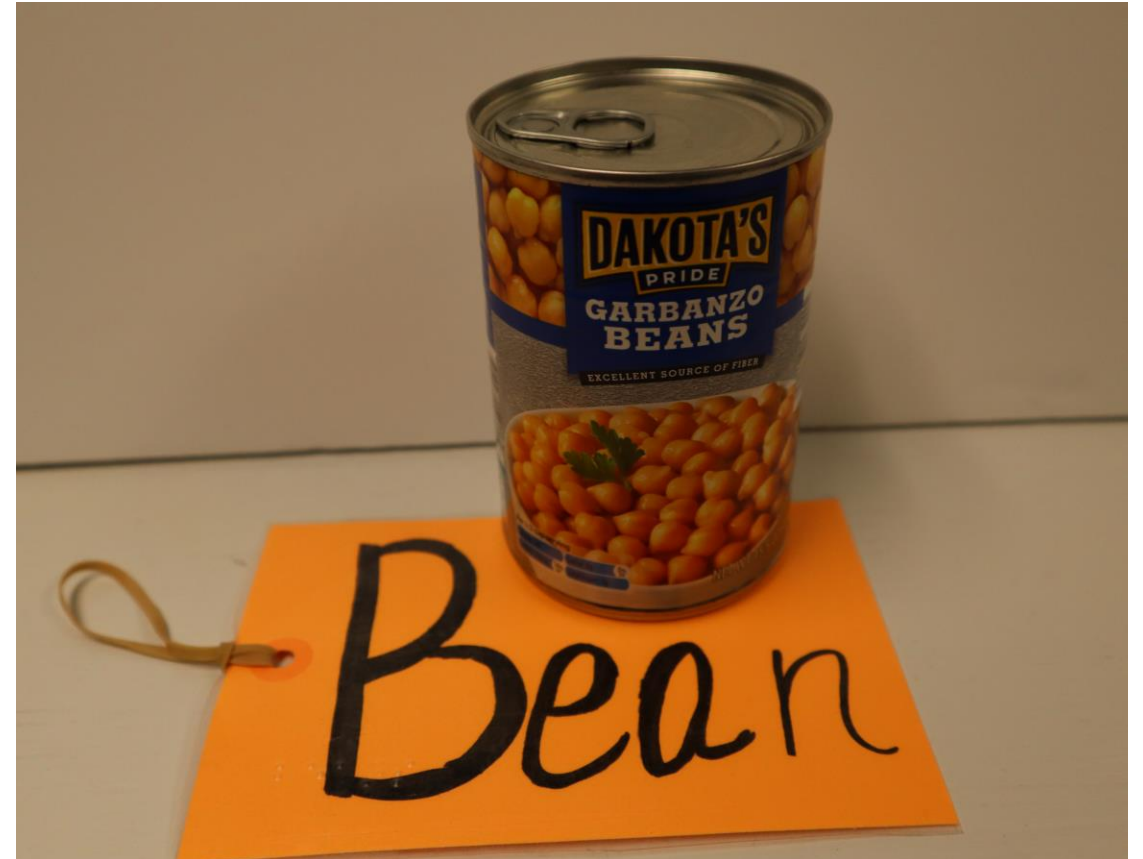


# Options for Labeling Food

Don't be too generic:

If you opened this can of beans and expected Green and could be very disappointed that it is Garboanzo Beans

Also note that font size and thickness is individualized on how you need it.



# Options for Labeling Food

Use of colors:

One soup (Gumbo) is a heat and eat type soup. The other (Cream of Celery) is typically added to a dish



# Options for Labeling Food

Exploring other food options:

Trying something new can be exciting. But again, making a card for each individual item can be time and storage consuming. Adding a removeable option (bump dot, textured tape, color) to your basic card gives you the option to try new things.



# Options for Labeling Food

## Magnets:

- Puffy Paint or hot glue can create a raised texture on magnets.
- The letters FP was put on this can to indicated that it was a Fruit and Pineapples. Please note that this could be confused with Peaches so make sure you understand your label or make sure that Pineapples and peaches are not put on the same shelf or side of the shelf.
- S can be for sweet, spicy, or sour. Think of alternatives such as h for spicy or a combination of two letters.
- Magnets will not stick to pop tops on cans. Magnets can be put on the opposite side of the can from the pop top (bottom).



# Options for Labeling Food

## Zip Lock bag & Tape:

Writing on the bag can be difficult to see. Getting textured tape that is not glossy will be easy to write on with a marker/paint pen. Braille label can also be put on the tape as a landmark to find it on larger bags.



# Activity Challenge-Beginner Level

- Determine one item you use that needs labeling. Label it and share a picture of it!
- Find and make a simple recipe such as the pudding recipe. It doesn't even have to be a recipe-write out the steps needed to make your favorite snack for your own recipe such as how to make a sandwich. Send the recipe to the instructors.



# Labeling a Can

- Have the student write the contents of a can on an index card in an accessible format. If desired cut or bend a corner for easier orientation when reusing the card
  - Have the student wrap the card around the can and secure it with a rubber band.
    - To ensure independence in finding items in the kitchen, label your cans of food. Would it be helpful to add additional information to the card? Examples: expiration dates, serving size, cooking directions
  - (Quick & Easy ECC)

# Labeling Frozen Food

- Have the student write the contents and cooking directions from a package of frozen food on an index card
- Put the frozen food package inside a re-sealable zipper freezer bag. Remove the air from the bag.
- Put this package inside a second resealable zipper freezer bag. Insert the index card between the two bags and seal the outer bag.
  - The use of two bags keeps the index card dry
- (Quick & Easy ECC)

# Activity Challenge-Intermediate Level

- Explore food items in your kitchen. Determine items that can be labeled to make you more independent. Determine what kind of labels you want to use. Send in a picture once you have labeled them.
- Find a recipe that uses 3-5 ingredients with 3-5 steps in the instructions. Make it and send in a review of how it tasted, how you might change something to fit your preferences or send in a photo.