

# Following Recipes

## RESCUE RECIPES

When following recipes, you may notice words or phrases that are unfamiliar. Here is a list to help you get started.

### My list of abbreviations:

**t, tbs, tb, tbspn** = table spoon

**t or tspn** = tea spoon

**ml** = millilitre, how liquid is measured.

**kg** = kilogram, what large amounts of ingredients are weighed and measured in

**g** = grams, what smaller amounts of ingredients are weighed in

**hr** = hour, unit of time

**min** = minutes, unit of time

**°C** = degrees Centigrade, the temperature food is cooked in the oven

**°F** = degrees Fahrenheit, the temperature food is cooked in the oven

**Cream** = Mixing butter and sugar together leaving a light and fluffy mixture

**Zest** = The zest is the outer shiny coloured part of a citrus fruit. It is removed and used to flavour recipes

**Fold** = Folding ingredients is a way of gently joining ingredients together. Sometimes the ingredients are delicate and stirring them in is too hard

**Sift/sifting** = A way of breaking up any lumps in the flour

**Knead** = Is a baking term to mix and work a dough by folding, pressing, and stretching with the hands

**Rub/Rubbing in** = A baking method where you lightly mix the flour and marg/butter/fat using the fingertips

**Prove** = A period of time bread dough is left to rise before baking in the oven

### Older recipes may use:

**Lb** = pound, an older weight measurement

**Oz** = ounce, an older weight measurement

Ask a grown up about these.

