

B2

What are some common cooking techniques?

Answer: _____

Why is it important to measure ingredients accurately when cooking?

Answer: _____

What are some common ingredients used in baking?

Answer: _____

How do you make a basic tomato sauce?

Answer: _____

What is the difference between sautéing and frying?

Answer: _____

What are some popular spices used in Indian cuisine?

Answer: _____

How do you properly season a cast iron skillet?

Answer: _____

What are some vegetarian alternatives for meat in cooking?

Answer: _____

What is the purpose of resting meat before slicing it?

Answer: _____

How do you properly whisk egg whites to stiff peaks?

Answer: _____

Answers

What are some common cooking techniques?

Answer: Common cooking techniques include grilling, baking, sautéing, and frying.

Why is it important to measure ingredients accurately when cooking?

Answer: Accurate measurements ensure that the recipe turns out as intended and has the right balance of flavors.

What are some common ingredients used in baking?

Answer: Common baking ingredients include flour, sugar, butter, eggs, and baking powder/soda.

How do you make a basic tomato sauce?

Answer: To make a basic tomato sauce, sauté onions and garlic in olive oil, then add canned tomatoes and simmer for 30 minutes.

What is the difference between sautéing and frying?

Answer: Sautéing is cooking quickly in a small amount of oil, while frying involves submerging food in a larger amount of oil.

What are some popular spices used in Indian cuisine?

Answer: Popular spices in Indian cuisine include cumin, turmeric, coriander, cardamom, and mustard seeds.

How do you properly season a cast iron skillet?

Answer: To season a cast iron skillet, coat it with a thin layer of oil and bake it in the oven at a high temperature for 1 hour.

What are some vegetarian alternatives for meat in cooking?

Answer: Vegetarian alternatives for meat include tofu, tempeh, seitan, mushrooms, and legumes.

What is the purpose of resting meat before slicing it?

Answer: Resting meat allows the juices to redistribute, resulting in a more tender and flavorful final product.

How do you properly whisk egg whites to stiff peaks?

Answer: To whisk egg whites to stiff peaks, start with clean, dry utensils, beat at high speed until they form a firm, peaked structure.