4-H FCS Skill-a-thon Foods and Cooking ID

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

Revised February 2025

Appliances

Air fryer

It's a kitchen appliance that uses superheated air to cook foods, giving results very similar to deep-frying or high-temperature roasting. Air fryers use 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. This is much more efficient and creates an intense environment of heat from which the food cannot escape. The result is food with a crispy brown exterior and moist tender interior – results similar to deep-frying, but without all the oil and fat needed to deep-fry.

Bread Machine is a home appliance for turning raw ingredients into baked bread. It consists of a bread 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. Most bread machines have different cycles for different kinds of dough.

Coffee Grinder

A device that is used to grind whole coffee beans into a suitable size for brewing. Manually operated coffee grinders require that a hand crank be turned in order to move blades that grind the coffee beans. Electric models are available that do the job more quickly and may be more convenient to use.

Crepe Pan

A flat or round-bottomed pan that is shaped to effectively cook a thin crêpe. A flat-bottomed pan may be 8 to 10 inches in diameter with short side walls. This pan is also the type commonly used for omelets.

Countertop Mixer

A countertop mixer with different attachments that blends ingredients, beats ingredients, beat dough or whip eggs. A handheld mixer can do many of the things a stand mixer can, but a stand mixer enables you to work hands free.

Electric Pressure Cooker

An **electric pressure cooker** consists of a pressure cooking container (a.k.a. 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”

Electric Kettle

An electric kettle plugs into an outlet and uses electricity to power an integrated heating element, rather than using a stovetop burner to heat water. Electric kettles come with a power base that uses electrical current to send heat energy directly into the kettle (though not all electric kettles have a separate base.

Electric Skillet - A skillet or frying pan that instead of being placed on the stove is heated by plugging it into an outlet. The best skillets provide an even heating surface, not always the case with stovetop cooking.

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

Hand Mixer — A hand held device that blends or mixes substances or ingredients, especially by mechanical agitation.

Rice Cooker — A self-contained electrical appliance used primarily for cooking rice.

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

Sous Vide Immersion Circulator

An immersion circulator is a device that you insert into a tub or pot of water. It draws water from the tub, heats it up to a precise temperature, then spits it back out, simultaneously heating and circulating the water.

Toaster Oven — An electrical appliance that can be used as either a toaster or an oven

Turkey Fryer — An appliance used to deep fry turkeys or large birds.

Vacuum Sealer

A vacuum sealer removes the air from the space around your food and then uses a heated seal bar to fuse the sides of the bag, preventing the air from leaking back into the bag. Exposure to air will spoil food or allow it to stale over time, so this process eliminates that threat.

Cookware

Baking Pan — A pan with sides that vary in deepness and are used to bake such things as cakes.

Baking Sheet — A flat, shiny metal tray used for cooking such things as biscuits and cookies.

Broiler Pan — A metal tray used to hold food while broiling under a grill.

Colander — A bowl-shaped kitchen utensil 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 lower pot.

Dutch Oven — An iron container with lid used for cooking stews or casseroles.

French Press—French press (also *press plunger pot*, *press coffee*, *coffee pusher*, *French Press*, *plunger pot)* is a glass container for making coffee. 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 the finished coffee is consumed quickly.

Frying Pan — A pan used for frying foods with a single long side handle, measured in inches and may have either straight or sloped sides.

Pastry Press — Any type of press used to shape or mold cookies.

Pie Plate — A plate used to serve pie.

Pressure Cooker - A **conventional or stovetop pressure** cooker is a cooking vessel with a lid that locks on and prevents steam from escaping. As a result, the steam builds up pressure in the pressure cooker – about 12 to 15 pounds per square inch of pressure (psi) – and the temperature inside the cooker increases. That means that we are able to cook foods inside a pressure cooker at higher temperatures, and they are therefore finished sooner – in about one third of the time it would take to cook on a regular stovetop. Time and heat are regulated manually.

Roaster Pan — A pan with deep sides used to cook roast.

Round Cake Pan
round cake pans are used to make layer cakes and are generally found in 8 or 9-inch diameters and are 1 ½ inches in depth.

Sauce Pan — A pan used to cook sauces on the stovetop with a long side handle and straight sides measured in quarts.

Sauté Pan

A sauté pan has a wide flat bottom and vertical sides that generally go up much higher than a skillet's flared sides do. This makes it easier to cook sauces and sear and braise meat than a skillet

Splatter screen does what is says: *screens* splatters. You put it over the top of a frying pan to keep pops of oil from ending up all over your kitchen (or you, for that matter). It would be helpful when searing meat over very high heat or frying bacon.

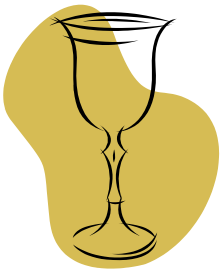
Springform pan is a type of bakeware that features sides that can be removed from the base. *Springform* refers to the construction style of this *pan*. The base and the sides are separate pieces that are held together when the base is aligned with a groove that rings the bottom of the walls.

Steamer Basket — Metal basket that inserts into a pan. Used for steaming vegetables.

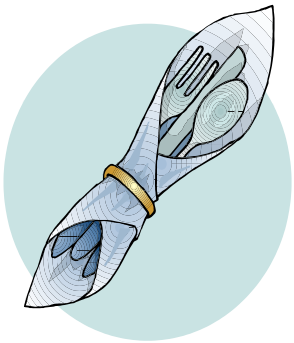
Tube Pan — A round pan with a hollow projection in the middle, used for baking or molding foods in the shape of a ring

Wok

A wok is shaped like a big, deep bowl, and while it's most common in South China, it's used all over Asia, and increasingly in the rest of the world as well. The shape of a wok works particularly well for stir frying; the bottom gets much hotter than the sides, and food can be cooked quickly. The word *wok* comes from Cantonese, and it was first used in English in the mid-20th century.



Dish And Tableware



Bread Plate — A small plate used to hold bread while eating

Butter Dish — A small dish with cover used to store and serve butter.

Butter Knife— blunt knife used for cutting or spreading butter or other similar spreads.

Cake Platter—A cake platter is a large serving plate for desserts. The shape is often round, but it may enough to hold virtually any shape and size of cake except maybe a bigger sheet cake. be square or rectangular. It's usually made large

Carafe — A glass or metal bottle, often with a flared lip, used for serving water or wine. A glass pot with a pouring spout used in making coffee.

Charger

A charger plate, also known as a service plate or underplate, is **a decorative base setting used during each dining course at weddings, banquets, or fine-dining establishments**. Each course is served in a separate bowl or plate and placed on top of the charger plate.

Cheese Fork

A cheese fork is helpful on a cheese board for **picking up cut pieces of cheese for plating**. It can also be used to break up blocks of aged cheese into smaller chunks as well.

Gravy Boat — An elongated dish or pitcher for serving gravy

Meat Platter — A large serving plate

Parfait Cup

Fluted cup designed to serve sundaes and parfaits.

Salad Fork

a small, broad fork, usually one of a set, for eating salad or dessert.

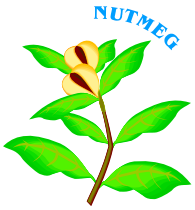
Water Goblet

A water goblet consists of a conically shaped glass with no handle, rising from a stem with a foot. Water goblets vary in style, shape and decoration, and are usually more plain than other types of goblets.

Tea Pot

A pot used for]

HERBS, SPICES & FOODS



Arborio

Arborio rice is an Italian short-grain rice. It is named after the town of Arborio in Italy. Arborio rice is a variety of short-grain rice used primarily in the classical preparation of risotto. Arborio rice is a short, fat, and slightly oval-shaped with a pearly white exterior. Arborio rice is high in amylopectin, a starch present in rice. It undergoes less milling than ordinary long-grain rice, and so retains more of its natural starch content, cooking releases this starch, giving you a firmer, chewier and creamier rice compared to other kinds of rice.

Basil — An Old World aromatic annual herb (*Ocimum basilicum*) in the mint family, cultivated for its leaves. Also called **sweet basil**. The leaves of this plant are used as a seasoning. Any of 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, and braises and pates in Mediterranean Cuisine.

Bulgur

Bulgur wheat is a whole **wheat grain that has been cracked** and partially pre-cooked. In other words, bulgur wheat is cracked and pre-cooked wheat. There are two main kinds of bulgur wheat: Instant bulgur wheat, also called fine-grain bulgur is usually used in tabbouleh recipes. This type of bulgur cooks in less than 5 minutes. Medium grain and coarse grain varieties of bulgur wheat are also available.

Caraway Seeds

Caraway is a versatile, aromatic spice with sharp notes of licorice and warm citrus. Traditionally, caraway plays a starring role in sauteed cabbage, sauerkraut, and rye bread.

Caraway seeds are actually the dried fruit of the caraway plant. Nevertheless, they're commonly referred to as seeds in the culinary world. The ground version is more potent, so if a recipe calls for one teaspoon of whole caraway, you would substitute a scant 3/4 teaspoon of the ground version.

Cardamom, spice consisting of whole or ground dried fruits, or seeds, of Elettaria cardamomum, a herbaceous perennial plant of the ginger family (Zingiberaceae). The seeds have a warm, slightly pungent, and highly aromatic flavor somewhat reminiscent of camphor.

Chives — A 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. Often used in the plural. The leaves of this plant are used as a seasoning.

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. An evergreen tree (*Syzygium aromaticum*) native to the Moluccas and widely cultivated in warm regions for its aromatic dried flower buds.

Couscous

Couscous (pronounced "KOOS-koos") is a dish made from tiny granules of durum wheat. It is prepared by steaming them until they have a light, fluffy consistency. Couscous is closely related to pasta, as durum wheat, ground into semolina flour is the same type of wheat that is most commonly used for making pasta. Couscous originated in North Africa, where it is traditionally prepared as part of a meat or vegetable stew.

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 is a spice mix originating from the Indian subcontinent.

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.

Fennel is a flowering plant species in the carrot family. It is a hardy, perennial herb with yellow flowers and feathery leaves. It is indigenous to the shores of the Mediterranean but has become widely naturalized in many parts of the world, especially on dry soils near the sea coast and on riverbanks

GarbanzoBean/Chickpea

They are just two different names for one type of legume. Chickpea is derived from Latin and garbanzo is a Spanish word. The chickpea or chick pea is an annual legume of the family Fabaceae, subfamily Faboideae, cultivated for its edible seeds. Its different types are variously known as gram or Bengal gram; chhola, chhana, chana, or channa; garbanzo or garbanzo bean; or Egyptian pea.

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. Also called **gingerroot**.

Lemongrass is 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, fresh lemon grass 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 can be extracted from the plant.

Licorice

Licorice is used as a flavoring in confectionery, tobacco, beverages, and pharmaceuticals, and is marketed as a dietary supplement. licorice is the common name of Glycyrrhiza glabra, a flowering plant of the bean family Fabaceae, from the root of which a sweet, aromatic flavoring is extracted. The liquorice plant is an herbaceous perennial legume native to West Asia, North Africa, and Southern Europe.

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

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. A 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. Pungent leaves used as seasoning with meats and fowl and in stews and soups and omelets.

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.

Quinoa—Quinoa (kEEN-wah) is 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. Quinoa was once the staple food of the Incas and was known as "the mother grain" in ancient time, but it's actually a seed with a nutty flavor. It 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.

Saffron

Saffron is one of the most precious spices in the world. The thread-like red stigmas—and the yellow hue they impart—are quite literally the stuff of legend.

The spice originates from a flower called *crocus sativus*—commonly known as the "saffron crocus." Each flower produces only three threads (stigmas) of saffron, and it blooms for only one week each year. Saffron is extremely subtle and fragrant. The slightly sweet, luxurious tasteuse in your paella, buttery saffron rice, and special occasion desserts like saffron-rose water brittle.

Smoked Paprika

the main difference between smoked paprika and paprika is that smoked paprika is made from red peppers that are dried and smoked over an oak fire before they're ground instead of simply being dried and ground. This lends a strong smoky flavor to smoked paprika that isn't present in paprika.

Sumac

Tangy, smoky, earthy, and slightly sour, sumac is an essential spice in Middle Eastern cooking. With its deep red hue and fruity, citrusy flavor, sumac spice is the perfect way to add acidity and color to your meals! Sumac spice that is used in cooking is red, more like a deeper berry color. It comes from sumac berries, which are turned into a coarse powder, sifted. This deep red spice is the main flavor maker in some traditional Middle Eastern dishes

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. vulgaris*, of southern Europe, having 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, used as a condiment and a yellow dye.

Utensils

Apple Corer — This tool has a circular cutting edge that is forced down into the apple, allowing the apple to remain whole so it can then be easily sliced into sections for eating it out of hand or baking it whole with the outer skin. A tool used to extract the core from the apple without cutting the apple into sections and then individually cutting out each part of the core.

Basting Brush
A pastry brush, also known as a basting brush, is a cooking utensil used to spread butter, oil or glaze on food. Traditional pastry brushes are made with natural bristles or a plastic or nylon fiber similar to a paint brush, while modern kitchen brushes may have silicone bristles.

Bench Knife
A bench scraper, sometimes also called a bench knife, a dough scraper, or any number of other variations, is a flat, rectangular piece of steel with a handle along one edge. It's a sort of wide, dull knife that bakers use to divide, portion, scoop and transfer hunks of dough from one place to another.

Cake Icing Knife or palette knife is a kitchen utensil designed especially for the use of spreading a substance onto a flat surface, such as frosting on a **cake**. It is also an ideal tool for applying spreads onto sandwiches in mass quantities.

Candy Thermometer
A candy thermometer, also known as a sugar thermometer, is a thermometer used to measure the temperature and therefore the stage of a cooking sugar solution.

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

Cheese Slicer

A cheese slicer is used usually to cut semi-hard and hard cheeses like Edam cheese and brunost. It produces thin, even slices. There are different styles of cheese slicers, designed for cheeses of varying hardness.

Chopper

A utensil used to cut food into smaller pieces.

Citrus Reamer

A citrus reamer a small kitchen utensil used to extract the juice from a lemon or other small citrus 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.

Cutting Board

The kitchen cutting board is commonly used in preparing food; other types exist for cutting raw materials such as leather or plastic.

Decorative Slicer, Ripple

A utensil used to cut food that leaves a rippled edge. food.

Egg Separator —

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

Egg Slicer — A kitchen tool with a slatted , egg-shaped hollow on the bottom and a hinged top consisting of 10 fine steel wires. When the upper portion is brought down onto a hard-cooked egg sitting in the base, it cuts the egg into even slices.

Fat Separator - A cooking utensil that enables liquid fat to be gathered and removed from juices that are come from roasted meats, stews, soups and stocks. When fat cannot be easily skimmed, it can be poured into a separator which will hold the contents to allow the fat 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 fat is all that remains in the separator.

Flour Sifter — A utensil used to incorporate air into flour and other dry ingredients.

Garlic Press — A press used for extracting juice from garlic

Grater — A device with sharp edged holes against which something is rubbed to reduce it to shreds. Used to grate such things as cheese.

Ground Meat Chopper is a non-stick-safe tool to break up ground meat while cooking. The Ground Meat Chopper & Turner's three wide blades help you stir without getting meat stuck in between. Silicone edge is great for scraping and transferring food out of pans.

Herb Scissors - Herb scissors are designed with five blades and used to cut herbs. These multi-blade scissors quickly cuts herb into thin strips (sometimes called chiffonades). Stainless steel blades cut cleanly, without tearing or bruising delicate leaves.

Instant-read thermometer consists of a stainless steel stem that serves as a temperature probe, and either a dial or a digital readout. ... A meat **thermometer** is inserted into a piece of meat before roasting and is left in the roast during cooking.

Kitchen Fork

A utensil used to lift or turn small food.

Kitchen Scales

A kitchen scale is specifically designed to measure various ingredients that are used for preparing all sorts of dishes. It can quantify liquid, dry, chopped or mixed ingredients and give the accurate measurement. That way, you do not have to rely solely on kilograms or pounds.

Kitchen Shears The main uses for kitchen shears are the most obvious ones: snipping herbs, cutting open food packaging, and breaking down poultry. These are the types of things I mostly use my shears for, and for good reason: their primary purpose is as a pair of shears!

Ladle

A ladle is a large spoon with a deep bowl for scooping and serving soup and other liquids. If you make clam chowder, it might be messy to serve it without using a ladle.

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

Mandolin Slicer—is a cooking utensil used for slicing and for cutting juliennes; with suitable attachments, it can make crinkle-cuts.

Measuring Cups

Cups that are used to measure dry and solid ingredients. They usually come in a set of four nesting cups: 1/4 cup, 1/3 cup, 1/2 cup, and 1 cup

Measuring Spoons

Spoons that are used to measure small amounts of dry or liquid ingredients

Meat Tenderizer

Hammer or paddle type utensil that comes in metal or wood and in a plethora of sizes and shapes. They can be large or small, have horizontal or vertical handles and be round-, square-, or mallet-shaped. Some have smooth surfaces while others are ridged.

Meat Thermometer

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

Melon Baller

A small bowl-shaped tool used to cut round– or oval-shaped pieces of melon. The best melon ballers are rigidly constructed with wood or metal handles and sharp-edged, stainless steel bowls, which come in several sizes, from about 1/4” to 1”

Mezzaluna

A *mezzaluna* [ˌmɛddzaˈluːna]) is a knife consisting of a single or double [1] 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.

Nut Chopper

A device with blades that chops nuts into small pieces.

Nut Cracker

Nutcracker is a tool designed **to open nuts by cracking their shells**. There are many designs, including levers, screws, and ratchets. The lever version is also used for cracking lobster and crab shells.

Oil & Vinegar Bottles

Makes using oils and vinegars easy to use in cooking and as dressings.

Paring Knife

A knife that is smaller and shorter with fairly narrow blades, generally used for delicate jobs.

Pasta Measurer

A utensil used to measure pasta.

Pasta Server

A utensil used to serve pasta.

Pastry Blender

A mixing utensil used to cut flour and shortening when making pastry and biscuits.

Pastry Brush

A pastry brush, also known as a basting brush, is a cooking utensil used **to spread butter, oil or glaze on food**. Traditional pastry brushes are made with natural bristles or a plastic or nylon fiber similar to a paint brush, while modern kitchen brushes may have silicone bristles.

Pastry Cloth

Usually made of durable cotton canvas, a pastry cloth makes an excellent work surface for **rolling out pie crusts, biscuits, cookies, and other doughs**. Rubbing a little flour into the cloth prevents sticking without adding excess flour to the dough, keeping the pastry light and flaky.

Pie Bird

Pie birds are hollow ceramic baking tools that vent pies while they're baking. These quaint funnels collect moisture from bubbling pie filling and send it up through the beaks as hot steam. This prevents the filling from overflowing.

Pie/Cake Server — A utensil, which has a triangular, shaped bottom with handle and is used to serve cake or pie.

Potato Masher
A tool 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

Scraper — A plastic utensil used to scrape food from bowls, etc.

Shrimp Deveiner
Depending on the design, this handy little gadget that works like a knife or scissors can save shellfish lovers a ton of time in the kitchen. The best shrimp deveiner can peel, remove the vein, and butterfly the shrimp for a beautiful presentation all in one easy motion

Silicone Baking Sheets

A silicone baking mat is a non-stick baking surface made from high-quality, food-grade silicone. This surface comes in several shapes and sizes to fit various types of baking pans. ... Instead of lining your sheet pan with foil, you can use the baking mat to cook savory foods such as baked salmon or chicken breasts.

Slicing Knife — A knife with long narrow flexible blades that may or may not be serrated

Spiralizer - A spiralizer is a a kitchen device used to cut vegetables into long ribbons or strips resembling noodles or spaghetti. It may be handheld or counter top.

Strainer — A bowl type item with holes in it that is used to separate liquids from solid food.

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

Utility Knife — A knife that has a long and narrow blade that is generally used for cutting

Whisk
A utensil used to beat and blend ingredients or food, especially egg white mixtures.

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