

APPENDIX C
Cooking Protocols

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Note: All food items were weighed before and after cooking.

1. Oven Dirtying

Food Cooked	Mass (g)	Food Description
Cherry Pie Filling	30	Oregon Fruit Products / Pitted Bing Cherries in Heavy Syrup / 16 oz Can
Tomato Puree	30	Contadina Tomato Puree 15 oz Can
Vegetable Oil	30	Crisco Pure Vegetable Oil / 1 gal

Combine first two ingredients and apply to bottom of oven. Apply oil evenly to sides and top of oven with one paper towel. Turn oven on the 350 °F for one hour to bake onto surface.

2. Oven Cleaning

Food Cooked	Mass (g)	Food Description
None		

Turn oven self clean feature on for 4 hours.

3. Wok Stir Fry

Food Cooked	Mass (g)	Food Description
Chicken	580	Foster Farms / Boneless Skinless Chicken Breasts / California Grown Fresh
Vegetables	435	Green Giant / Create a Meal! / Stir Fry Teriyaki / Broccoli, sugar snap peas, water chestnuts, red peppers
Oil	65	Planters Peanut Oil

Cut up chicken breasts into 1-inch pieces. Place wok on burner and set to high for 1 minute. Add approximately $\frac{1}{4}$ of the oil to the wok and place half of vegetables in the wok. Cook for 3 minutes, stirring constantly. Remove cooked vegetables from wok. Repeat with more oil and rest of vegetables. Add more oil to pan and half of the cut up chicken. Cook for 3 minutes, stirring constantly. Remove cooked chicken from wok. Repeat with more oil and rest of chicken.

4. Bacon

Food Cooked	Mass (g)	Food Description
Bacon	975	Roger Wilco Platter Bacon / Extra Lean

a. Gas / Electric Directions

Place 12-inch skillet on burner and set to medium-high. Place ½ pound of bacon as separated strips in pan and cook for 10 minutes. Turn bacon over and cook for an additional two minutes. Remove cooked bacon from pan and repeat with ½ pound of bacon, leaving oil from 1st batch in the pan.

b. Microwave Directions

Line a 9-in x 13-in Pyrex baking dish with paper towels. Place 6 slices (approximately ½ pound) of bacon in dish and cover with more paper towels. Microwave on high for 15 minutes; rotate 90° every 3 minutes. Repeat with an additional 6 slices of bacon.

5. Tortillas

Food Cooked	Mass (g)	Food Description
Tortillas	765	La Tortilla Factory / White corn tortillas / Santa Rosa California
Oil	1075	Crisco Pure Vegetable Oil / 1 gal

Place 12-inch skillet on burner and set to medium-high. Add oil to pan and heat for 10 minutes. Add one tortilla at a time to the oil and cook for 2 minutes. Remove from pan and repeat with rest of tortillas.

6. French Fries

Food Cooked	Mass (g)	Food Description
French Fries	1825	Special Value / Steak Cut French Fries 32 oz
Oil	3045	Crisco Pure Vegetable Oil / 1 gal

Place cast iron pot on stove and set burner on high. Add 1 gallon of oil to pot and heat for 40 minutes or until oil temperature reaches 190 °C. Add 2 pounds of French fries to basket and cook for 6 minutes. Allow oil to reheat to 190 °C and repeat with rest of French fries.

7. Broil Fish

Food Cooked	Mass (g)	Food Description
Fish	1010	Atlantic Salmon Steaks / Albertson's
Oil	30	Star Olive Oil / Extra Virgin

Place one salmon steak in center of a 9-in x 13-in Pyrex baking dish. Cover steak with 15 grams of olive oil. Heat broiler for 5 minutes on broil setting and place dish in oven on the highest rack directly beneath the broiler. Close oven door. Cook for 5 minutes, remove from oven and turn steak over. Place in oven broiler for an additional 5 minutes. Remove from oven.

8. Lasagna

Food Cooked	Mass (g)	Food Description
Lasagna	1165	Michael Angelo's / The Art of Italian Cuisine / Lasagna with meat sauce

a. Gas / Electric Directions

Turn oven on to 375 °F and pre-heat the oven for 30 minutes. Remove lasagna from freezer and open one corner of package. Place in oven and cook 1.5 hours.

b. Microwave Directions

Remove lasagna from freezer and open one corner of package. Place in oven cook for 11 minutes on high. Open oven and turn lasagna 90°. Cook for an additional 11 minutes or until hot.

9. Popcorn

Food Cooked	Mass (g)	Food Description
Popcorn	220	Orville Redenbacher's Movie Theatre Butter / 6 - 3.5 oz bags

Remove cellophane from package and place in center of microwave. Microwave on high for 4 minutes.

10. Pork Roast

Food Cooked	Mass (g)	Food Description
Pork Roast	2405	Albertson's Center Cut Pork Loin Rib Roast

Turn oven on to 275 °F and pre-heat the oven for 30 minutes. Place pork roast fat side up in the center of a 9-in x 13-in Pyrex baking dish. Place in center of oven and cook uncovered for 2.5 hours.

11. Ground Beef

Food Cooked	Mass (g)	Food Description
Ground Beef	915	Albertson's / less than 30% fat

Place 12-inch skillet on burner and set to medium-high. Pre-heat the pan for one minute. Crumble 2 pounds of ground beef into pan and stir. Continue to cook ground beef for 20 minutes stirring every 5 minutes.

12. Full Meal

Food Cooked	Mass (g)	Food Description
Potatoes	1475	Russet Bakers / Albertson's

Squash and Onion	2555	Yellow squash with yellow onion / Albertson's
Fried Chicken	2130	Foster Farms / whole chicken cut-up / Dixie Fry Original Recipe / Naturally Seasoned Coating Mix
Oil for Chicken	3390	Crisco Pure Vegetable Oil / 1 gal
Broccoli	2935	Ocean Mist / Albertson's / Code # 4060
Gravy	255	Albertson's Brown Gravy Mix
Biscuits	405	Bridgford Fast-N-Easy / 6 Ranch Style Buttermilk Biscuits / Frozen Package

Turn oven on to 400 ° F and pre-heat the oven for 30 minutes. Pierce potatoes with knife several times and place in 9-in x13-in Pyrex baking dish. Place potatoes in oven for 1 hour 50 minutes. Heat oil in cast iron pot on high for 35 minutes. Pour breading into a large plastic bag and coat pieces of chicken. Cook ½ of chicken in oil for 20 minutes. Repeat with other ½ chicken. Slice yellow squash and onion and place into 4-quart steamer. Cover with water and bring to boil. Simmer for 50 minutes. Cut broccoli florets from the stem and place in to 4-quart steamer. Cover with water and bring to boil. Simmer for 50 minutes. To prepare gravy mix, put 1 cup of water and gravy mix into 4-quart saucepan and bring to boil, simmer for 1minute. During final 25 minutes of potato cooking, remove biscuits from freezer and remove plastic packaging. Place next to potatoes in oven and cook for 25 minutes. All food cooking should be timed to finish at the same time.