

# 4-H Foods & Nutrition Wednesday

## Week 4 Challenge

### Mixing Techniques

#### Mixing Terms

- Beat – make a smooth mixture with rapid, regular motion using a whisk, spoon, fork, or mixer
  - Use a rapid circular motion with the utensil or lift the food up and over with each stroke
  - Makes food light and fluffy by incorporating air
- Cream – make the food or mixture smooth and creamy with a spoon or mixer
  - When using a spoon, press the food against the sides of the bowl with the back of the spoon until food is soft and smooth
  - When using a mixer, beat ingredients until smooth and creamy
  - Let butter and cream cheese sit at room temperature until soft before creaming
- Fold – combine ingredients by using a gentle circular motion
  - With a scraper or spatula, cut down into the mixture, slide across the bottom of the bowl to bring some of the mixture up and over the surface
  - Repeat until completely blended
  - Use gentle motions to keep the mixture light and airy
- Stir – mix foods with a circular motion using a spoon, fork, or other utensil
- Toss – use forks or spoons to mix foods lightly with a lifting motion
  - Lift food and then let it drop gently back into the bowl

#### Mixing Quick Breads

1. Mix wet ingredients well (a whisk often works best for this)
2. Mix dry ingredients (assures that the salt and baking powder are evenly spread through the flour)
3. Combine wet and dry ingredients with minimal mixing (a few lumps may remain in your batter)

A recipe for Banana Cupcakes is included on the Geary County 4-H webpage at [https://www.geary.k-state.edu/4-h/virtual\\_foods\\_lessons.html](https://www.geary.k-state.edu/4-h/virtual_foods_lessons.html).

Questions to think about:

What do you think is the hardest and easiest mixing technique to use?

Why do you think it's important to use the correct mixing technique? What might happen if you use the wrong technique?

What are some examples of other situations when following directions exactly is important?



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