Chapter 18 Cooking Guide Note Guide

1. Name the 3 types of Heat Energy
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ b.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ c.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Conduction energy is the \_\_\_\_\_\_\_\_\_\_\_\_\_ of heat.

1. \_\_\_\_\_\_\_\_\_\_\_ come into \_\_\_\_\_\_\_\_\_\_\_ contact
2. \_\_\_\_\_\_\_\_ transferred to \_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_ transferred \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Convection energy. Fill in the blanks.

1. \_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_ area to \_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ water or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ oven

4. Radiation has no \_\_\_\_\_\_\_\_\_\_\_ contact

1. Infrared heat has heat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to food and a \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and

it affects \_\_\_\_\_\_\_\_\_\_ of food so food \_\_\_\_\_\_\_\_\_\_\_\_\_.

5. Microwaves \_\_\_\_\_\_\_\_\_\_ water \_\_\_\_\_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_ with no \_\_\_\_\_\_\_\_\_\_\_

but can become \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_ or dried out.

6. Name the four dry-heat cooking methods without fat.

a.\_\_\_\_\_\_\_\_\_\_\_\_\_ b.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ c.\_\_\_\_\_\_\_\_\_\_\_\_\_\_ d.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Name the four dry-heat cooking methods using fat.

a.\_\_\_\_\_\_\_\_\_\_\_\_b.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_c.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_d.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

8. Broiling involves the following: Fill in blanks.

1. \_\_\_\_\_\_\_\_\_\_\_ cooking \_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_ heat
3. \_\_\_\_\_\_\_\_ source \_\_\_\_\_\_\_\_\_\_\_ food
4. food \_\_\_\_\_\_\_\_\_\_\_\_\_ on \_\_\_\_\_
5. Tender \_\_\_\_\_\_ of \_\_\_\_\_\_,young \_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_some \_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_

9. Fill in blanks to broiling food below.

Step 1: \_\_\_\_\_\_\_\_\_\_\_\_ broiler

Step 2: \_\_\_\_\_\_\_\_\_ broiler or item

Step 3:\_\_\_\_\_\_\_\_\_\_ item on \_\_\_\_\_\_\_\_\_-broiler \_\_\_\_\_\_\_\_\_\_\_

Step 4: \_\_\_\_\_\_\_\_\_item \_\_\_\_\_\_\_\_\_\_\_ from \_\_\_\_\_\_\_\_\_\_

Step 5: turn over \_\_\_\_\_\_\_\_\_\_\_ through \_\_\_\_\_\_\_\_\_\_\_ process

10. Grilling involves the following. Fill in blanks.

1. Simple \_\_\_\_\_\_-heat method
2. \_\_\_\_\_\_\_\_\_\_ pieces of food
3. \_\_\_\_\_\_\_\_\_ on \_\_\_\_\_\_ rack------\_\_\_\_\_\_\_\_\_ heat source
4. No \_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_ amounts of \_\_\_\_\_ or oil to \_\_\_\_\_\_ flavor
6. \_\_\_\_\_\_\_\_\_\_ flavored \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_ inside
7. \_\_\_\_\_\_\_\_\_\_\_, slightly \_\_\_\_\_\_\_ flavor
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. Special woods are \_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_ to add \_\_\_\_\_\_\_\_\_\_
10. Marinade adds unique \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_

11. Fill in the blanks for 6 steps of Grilling

Step 1: \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_ grill

Step 2:\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_ with oil

Step 3:place on \_\_\_\_\_\_\_\_\_

Step 4:turn \_\_\_\_\_\_\_ degrees

Step 5:\_\_\_\_\_\_ item over

Step 6:\_\_\_\_\_\_\_ to desired \_\_\_\_\_\_\_\_\_\_\_\_

12. Roasting involves the following. Fill in blanks.

1. \_\_\_\_\_\_,\_\_\_\_\_\_ air
2. outer \_\_\_\_\_\_\_\_ heat,\_\_\_\_\_\_\_\_\_\_ turn to \_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_ create natural \_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_, tender \_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_, some \_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_ cooking time
7. food \_\_\_\_\_\_\_\_\_\_\_ off of\_\_\_\_\_\_\_\_\_\_\_\_\_ pan
8. Basting-- adds \_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_
9. Golden-\_\_\_\_\_\_\_\_\_\_ exterior
10. \_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_ interior

13. Fill in the blanks for the 6 steps of roasting meat.

Step 1: \_\_\_\_\_\_\_\_\_\_\_\_,\_\_\_\_\_\_\_\_\_\_ or marinate

Step 2:place on \_\_\_\_\_\_\_\_\_\_ in roasting \_\_\_\_\_\_\_

Step 3:\_\_\_\_\_\_\_\_\_\_\_\_ or covered

Step 4:\_\_\_\_\_\_\_\_\_ before carving

Step 5:\_\_\_\_\_\_\_\_\_\_ pan \_\_\_\_\_\_\_\_\_

Step 6:\_\_\_\_\_\_\_

14. Griddling involves the following:

1. Hot,\_\_\_\_\_\_\_ surface
2. Dry, \_\_\_\_\_\_\_\_\_\_\_\_\_-bottomed fry \_\_\_\_\_\_or \_\_\_\_\_\_-iron skillet
3. Even, \_\_\_\_\_\_\_\_\_\_-brown \_\_\_\_\_\_\_\_\_\_\_\_
4. Slightly \_\_\_\_\_\_\_\_\_\_ exterior
5. Steaks, \_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_ breasts
6. \_\_\_\_\_\_\_\_\_\_\_\_ cakes

15. Sauteing involves the following: Fill in blanks.

1. \_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_ food \_\_\_\_\_\_\_\_\_\_\_\_ with \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ loss \_\_\_\_\_\_

High \_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_

c. \_\_\_\_\_\_\_ amount of \_\_\_\_\_\_\_\_ adds \_\_\_\_\_\_\_\_\_\_\_\_

d.\_\_\_\_\_\_\_ heat

e. select \_\_\_\_\_ of meat, \_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_/\_\_\_\_\_\_\_\_\_\_

16. Fill in the steps for sauteing.

Step 1: \_\_\_\_\_\_\_ en \_\_\_\_\_\_

Step 2: \_\_\_\_\_\_ food into \_\_\_\_\_\_\_\_\_\_\_-sized \_\_\_\_\_\_\_\_

Step 3: select \_\_\_\_\_\_\_\_\_ pan

Step 4: \_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_ heat

Step 5: \_\_\_\_\_\_\_\_\_\_\_ fat

Step 6:\_\_\_\_\_\_\_\_\_\_\_ pan

Step 7: place \_\_\_\_\_\_ layer of \_\_\_\_\_\_

Step 8: \_\_\_\_\_\_\_\_\_\_\_ food

17. Fill in the blanks on Stir Frying below.

1. Related to \_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_-cooking
3. \_\_\_\_\_\_\_ heat
4. Little \_\_\_\_\_\_
5. \_\_\_\_\_\_\_ quickly
6. \_\_\_\_\_\_\_\_ created in pan
7. \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_-sized pieces
8. \_\_\_\_\_\_\_\_\_ bowl-shaped pan

18. Fill in blanks on pan frying below.

1. Cook in \_\_\_\_\_
2. \_\_\_\_\_\_-intense heat
3. \_\_\_\_\_\_\_ food with \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_ flour, or \_\_\_\_\_\_\_\_\_\_\_\_\_
4. Flavorful \_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_, brown crust
6. \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ retained
7. Beef \_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_ fillets

19. Fill in 7 steps below to stir frying.

Step 1: \_\_\_\_\_\_\_ en Place

Step 2: \_\_\_\_\_\_\_ small amount of \_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_ pan

Step 3: add \_\_\_\_\_\_\_\_ item

Step 4: \_\_\_\_\_\_ fry is constant \_\_\_\_\_\_\_\_\_\_\_\_

Step 5: add additional \_\_\_\_\_\_\_\_\_\_\_\_\_\_  
 Step 6:add \_\_\_\_\_\_\_\_ ingredients and \_\_\_\_\_\_\_\_\_\_\_

Step 7: \_\_\_\_\_\_\_\_\_\_ immediately

20. Fill in 8 steps below to pan frying.

Step 1:\_\_\_\_\_\_\_\_\_ en place

Step 2: fill \_\_\_\_ pan \_\_\_\_\_\_ full of \_\_\_\_\_ or fat

Step 3: heat to \_\_\_\_\_\_\_\_ F or \_\_\_\_\_\_\_ C

Step 4: \_\_\_\_\_\_\_ food item

Step 5: \_\_\_\_\_-fry \_\_\_\_\_\_ side

Step 6: \_\_\_\_\_\_\_ item over and cook to \_\_\_\_\_\_\_\_\_\_ doneness

Step 7: \_\_\_\_\_\_\_\_\_\_\_ on absorbent \_\_\_\_\_

Step 8: \_\_\_\_\_\_\_\_\_ and serve with \_\_\_\_\_\_\_\_ and garnish

21. Fill in blanks on deep frying.

1. \_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_ coat food
2. \_\_\_\_\_\_\_\_\_\_ in hot \_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_ coating
4. \_\_\_\_\_\_\_\_\_\_ is \_\_\_\_\_\_\_\_\_\_\_ and tender
5. Batter combines \_\_\_\_\_\_\_ and \_\_\_\_\_\_\_ ingredients.
6. Primary dry ingredient is \_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Liquid is \_\_\_\_\_\_\_\_\_\_, milk or \_\_\_\_\_\_\_
8. Binder is \_\_\_\_\_\_\_\_\_
9. Breading is \_\_\_\_\_\_\_\_\_ components as batter but not \_\_\_\_\_\_\_\_\_\_\_ together
10. food is naturally \_\_\_\_\_\_\_\_
11. \_\_\_\_\_\_\_\_\_\_ and shape cook \_\_\_\_\_\_\_\_\_\_\_
12. \_\_\_\_\_\_\_\_\_\_ flavor from \_\_\_\_\_\_\_\_
13. use good-\_\_\_\_\_\_\_\_\_\_\_\_ oil

22. Fill in blanks for the float method of deep frying below.

1. Items \_\_\_\_\_\_\_ to the \_\_\_\_\_\_\_\_\_
2. Golden \_\_\_\_\_\_\_\_
3. Check \_\_\_\_\_\_\_\_\_\_ temperature
4. Crust is \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_

23. Fill in blanks for the swimming method of deep frying below.

1. \_\_\_\_\_\_\_\_\_\_ drop to \_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_ to the surface
3. \_\_\_\_\_\_\_\_\_ over

24. Fill in blanks for the basket method of deep frying below.

1. Place in \_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_ into oil
3. \_\_\_\_\_\_\_ when done

25. Fill in blanks for the double-basket method of deep frying below.

1. \_\_\_\_\_\_\_\_\_\_\_ period of time
2. Place \_\_\_\_\_\_\_\_\_ on \_\_\_\_\_\_ of other \_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_ does not float to \_\_\_\_\_\_\_\_\_\_\_\_

27. Fill in blanks on deep frying tips below.

1. Recovery time is time \_\_\_\_\_\_\_\_ takes to \_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_ items means \_\_\_\_\_\_\_\_\_ recovery time
3. Smoking point is \_\_\_\_\_\_ and \_\_\_\_\_\_ smoke and fat \_\_\_\_\_\_\_\_\_\_ down
4. Oil has \_\_\_\_\_\_\_\_\_\_\_ flavor and \_\_\_\_\_\_\_\_\_
5. Use oil with a \_\_\_\_\_\_\_\_\_ smoking point of \_\_\_\_\_\_\_\_ F or \_\_\_\_\_\_\_\_\_\_ C

28. Fill in 5 steps below on standard breading procedure below.

Step 1: prepare \_\_\_\_\_\_\_\_\_\_\_\_ line

Step 2: \_\_\_\_\_\_ hand for \_\_\_\_\_\_ food and \_\_\_\_\_\_ hand for \_\_\_\_\_\_ food

Use flour, \_\_\_\_\_\_ wash, \_\_\_\_\_\_\_\_\_\_\_ and coat \_\_\_\_\_\_\_\_\_ product

Step 3: \_\_\_\_\_\_\_\_\_\_\_ items on \_\_\_\_\_\_\_\_\_\_ pan

Step 4: \_\_\_\_\_\_\_\_\_\_ in refrigerator or \_\_\_\_\_\_\_\_\_\_

Step 5: discard \_\_\_\_\_\_\_\_\_ flour, \_\_\_\_\_\_ wash, and \_\_\_\_\_\_\_\_\_\_

29. Fill in blanks on deep frying below.

1. Heat \_\_\_\_\_ or \_\_\_\_\_\_\_ to \_\_\_\_\_\_\_ F to \_\_\_\_\_\_\_\_ F or \_\_\_\_\_\_\_ C to \_\_\_\_\_\_\_ C
2. Add \_\_\_\_\_\_ item
3. \_\_\_\_\_\_\_\_ item if necessary
4. \_\_\_\_\_\_\_\_\_ in oven if necessary
5. Place on \_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_ or absorbent \_\_\_\_\_\_\_\_ towel
6. \_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_ with sauce and \_\_\_\_\_\_\_\_\_\_\_\_

30. Fill in blanks on moist heat cooking methods below.

1. Delicately \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_ food
2. \_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_
4. Shallow \_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_

31. Fill in blanks on simmering below.

1. Completely \_\_\_\_\_\_\_\_\_\_\_ food in \_\_\_\_\_\_\_\_\_\_\_\_\_
2. Constant \_\_\_\_\_\_\_\_\_\_\_\_ temperature of \_\_\_\_\_\_ F to \_\_\_\_\_ F or \_\_\_\_\_ C to \_\_\_\_\_ C
3. Well-\_\_\_\_\_\_\_\_\_\_\_\_ liquid
4. \_\_\_\_\_\_\_-tender cuts of \_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_ gently rise and \_\_\_\_\_\_\_\_\_ surface
6. Do not \_\_\_\_\_\_\_\_\_ since food will then be \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_ meat

32. Fill in blanks on poaching below.

1. Temperature should be between \_\_\_\_\_\_\_ F to \_\_\_\_\_\_ F or \_\_\_\_\_\_ C to \_\_\_\_\_\_ C.
2. The liquid should have \_\_\_\_\_\_\_\_\_ motion, no \_\_\_\_\_\_ bubbles \_\_\_\_\_\_\_\_\_\_\_.
3. Well-\_\_\_\_\_\_\_\_\_\_\_ liquid
4. \_\_\_\_\_\_\_\_\_\_ food, \_\_\_\_\_\_\_\_\_\_\_\_\_ or seafood

33. Fill in blanks on shallow poaching below.

1. \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ bath.
2. \_\_\_\_\_\_\_\_\_\_\_- sized or \_\_\_\_\_\_\_\_\_\_\_ pieces
3. \_\_\_\_\_\_\_\_\_\_\_\_\_ covered by \_\_\_\_\_\_\_\_\_\_\_
4. Acid is \_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_ juice
5. \_\_\_\_\_\_\_\_\_\_\_ cooks food
6. \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_
7. Fragile \_\_\_\_\_\_\_\_\_
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are long, thin slices of \_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_
9. \_\_\_\_\_\_\_\_\_ with filling
10. \_\_\_\_\_\_\_\_\_\_\_ is \_\_\_\_\_\_\_\_\_\_\_\_ as sauce base

34. Fill in 9 steps to shallow poaching below:

Step 1: Heat \_\_\_\_\_\_\_\_\_\_ in sauce pan

Step 2:add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Step 3: add \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ liquid

Step 4: bring \_\_\_\_\_\_\_\_\_ to proper \_\_\_\_\_\_\_\_\_\_\_\_

Step 5: \_\_\_\_\_\_\_\_\_\_ saucepan

Step 6: \_\_\_\_\_\_\_\_\_\_ food in saucepan by \_\_\_\_\_\_\_ heat or \_\_\_\_\_\_\_

Step 7: \_\_\_\_\_\_\_\_\_\_ food from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ pan

Step 8: \_\_\_\_\_\_\_\_\_\_ poaching \_\_\_\_\_\_\_\_\_\_\_ and prepare \_\_\_\_\_\_\_\_\_

Step 9: plate and \_\_\_\_\_\_\_\_\_\_\_

35. Fill in blanks about blanching below.

1. Variation of \_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is partially cook food and \_\_\_\_\_\_\_\_\_\_\_\_ later
3. Pre-prepare \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Two step process of \_\_\_\_\_\_\_\_\_\_\_\_\_ and bright \_\_\_\_\_\_\_\_\_\_
5. Shocking is \_\_\_\_\_\_\_\_\_\_into ice bath which halts the \_\_\_\_\_\_\_\_\_\_\_\_ process.

36. Fill in the steps below to blanching

Step 1: bring \_\_\_\_\_\_\_\_\_\_\_\_ to a \_\_\_\_\_\_\_\_

Step 2: \_\_\_\_\_\_\_\_\_\_ item in \_\_\_\_\_\_\_\_\_\_\_\_ water

Step 3: \_\_\_\_\_\_ for a short time

Step 4: \_\_\_\_\_\_\_\_\_\_ item and place in \_\_\_\_\_\_\_\_ bath

Step 5: \_\_\_\_\_\_\_\_\_\_\_

37. Fill in blanks on steaming below.

a. \_\_\_\_\_\_\_\_\_ food by \_\_\_\_\_\_\_\_\_\_\_\

b. \_\_\_\_\_\_\_\_\_\_ basket, \_\_\_\_\_\_\_\_\_ cabinet,\_\_\_\_\_\_\_\_\_\_-oven

c. \_\_\_\_\_\_\_\_\_\_ items with care

38. Fill in blanks below on steaming without pressure.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ basket using \_\_\_\_\_\_\_\_\_\_ water
2. \_\_\_\_\_\_\_\_\_\_\_\_ food to \_\_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_\_\_ F or \_\_\_\_\_\_\_\_ C

39. Fill in blanks below on steaming with pressure.

1. \_\_\_\_\_\_\_\_\_\_\_\_ steam \_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_-oven
3. \_\_\_\_\_\_\_\_\_\_ contact with steam
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is higher
5. Cooks \_\_\_\_\_\_\_\_\_\_\_

40. Fill in blanks below on steaming.

1. \_\_\_\_\_\_\_\_\_\_\_\_ flavor using \_\_\_\_\_\_\_\_\_\_\_ instead of water
2. \_\_\_\_\_\_\_\_\_\_\_ food
3. \_\_\_\_\_\_\_\_\_\_ pieces
4. \_\_\_\_\_\_\_\_\_\_ above liquid
5. Do not remove \_\_\_\_\_\_\_- slows \_\_\_\_\_\_\_\_\_\_\_ process
6. Food keeps \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ value
7. No \_\_\_\_\_\_\_\_\_\_\_\_\_ calories from fat or oil
8. Mild, \_\_\_\_\_\_\_\_\_ flavor
9. Fresher \_\_\_\_\_\_\_, color and \_\_\_\_\_\_\_\_\_\_\_\_
10. \_\_\_\_\_\_\_\_\_\_ time is longer

41. Fill in steps below to steaming food on top of the range below.

Step 1: Bring to a \_\_\_\_\_\_\_

Step 2: Add \_\_\_\_\_\_ item \_\_\_\_\_\_\_\_ layer on the \_\_\_\_\_\_\_\_

Step 3: \_\_\_\_\_\_\_\_\_\_\_ pot

Step 4: \_\_\_\_\_\_\_\_\_\_ to correct doneness

Step 5: serve \_\_\_\_\_\_\_\_\_\_\_\_\_\_ appropriate \_\_\_\_\_\_\_\_\_\_\_\_ and garnish

42. Fill in blanks on combination-cooking methods.

1. \_\_\_\_\_\_\_ and \_\_\_\_\_\_\_-heat cooking
2. \_\_\_\_\_\_\_\_\_ tender food
3. \_\_\_\_\_\_\_\_\_\_\_\_\_ large cuts of meat
4. \_\_\_\_\_\_\_\_\_\_\_\_ is small pieces of food

43. Fill in blanks on braising foods below.

1. \_\_\_\_\_\_\_\_\_\_ in hot oil
2. Partially \_\_\_\_\_\_\_ with \_\_\_\_\_\_\_\_\_
3. Cover \_\_\_\_\_\_\_\_\_\_\_
4. Finish \_\_\_\_\_\_\_\_\_\_ on \_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_ top
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ adds \_\_\_\_\_\_\_\_\_\_ and flavor
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at end of cooking process
7. Long,\_\_\_\_\_\_\_\_\_ cooking
8. Tough, \_\_\_\_\_\_\_\_\_\_ tissue \_\_\_\_\_\_\_\_\_ tender
9. Few \_\_\_\_\_\_\_\_ are lost
10. Pot \_\_\_\_\_\_\_\_\_ and American term for \_\_\_\_\_\_\_\_\_\_\_\_\_\_

44. Fill in 8 steps below on braising.

Step 1: \_\_\_\_\_\_\_\_\_\_\_ pan and oil

Step 2: \_\_\_\_\_\_\_\_ meat

Step 3: Add \_\_\_\_\_\_\_\_\_\_\_ and tomato and \_\_\_\_\_\_\_\_ mixture

Step 4: \_\_\_\_\_\_\_\_\_ pan

Step 5: Add \_\_\_\_\_\_\_\_\_\_\_ amount of liquid

Step 6: cover and \_\_\_\_\_\_\_\_

Step 7: \_\_\_\_\_\_\_\_ for proper \_\_\_\_\_\_\_\_\_\_\_

Step 8: place over \_\_\_\_\_\_\_\_\_\_\_ heat to \_\_\_\_\_\_\_\_\_ sauce

45. Fill in blanks on stewing.

1. Similar to \_\_\_\_\_\_\_\_\_\_\_
2. Pre-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ different
3. Cut into \_\_\_\_\_\_-size pieces
4. \_\_\_\_\_\_\_\_\_ or blanch
5. Cook in \_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_ completely with \_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_ pot

46. Fill in 9 steps to stewing below.

Step 1: cut into \_\_\_\_\_\_\_\_\_\_\_\_ -sized pieces

Step 2: heat \_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_ all sides

Step 3: \_\_\_\_\_\_\_\_\_\_ other ingredients

Step 4: Add \_\_\_\_\_\_\_ or thickening \_\_\_\_\_\_\_\_\_

Step 5. Add \_\_\_\_\_\_\_\_\_ stir to \_\_\_\_\_\_\_\_\_\_\_ lumps to cover item \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Step 6: bring to \_\_\_\_\_\_\_\_\_\_\_ and cover \_\_\_\_\_\_\_\_\_\_\_\_\_

Step 7: \_\_\_\_\_\_\_\_\_\_ items and \_\_\_\_\_\_\_\_\_ properly

Step 8: return \_\_\_\_\_\_\_\_\_\_to \_\_\_\_\_\_\_\_\_\_ and thicken

Step 9: \_\_\_\_\_\_\_\_ items and serve

47. Fill in blanks below for Sous Vide cooking

1. \_\_\_\_\_\_\_\_\_\_\_\_ for a long time
2. “Under \_\_\_\_\_\_\_\_\_\_”
3. \_\_\_\_\_\_\_\_\_\_\_\_ plastic bags
4. \_\_\_\_\_\_\_\_\_ water
5. \_\_\_\_\_\_\_\_\_\_\_\_\_ heating -- exact \_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_ flavor \_\_\_\_\_\_\_\_\_\_\_\_\_ in with food

48. Fill in blanks about microwave cooking below.

1. \_\_\_\_\_\_\_\_\_ protein --tough
2. No \_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_ cookware no \_\_\_\_\_\_\_\_\_\_\_\_\_
4. Never use brown \_\_\_\_\_\_\_\_\_\_\_\_ bags or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ,\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_

49. Fill in blanks below on determining doneness.

1. Desired \_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_ internal temperature
3. \_\_\_\_\_\_\_\_\_\_ temperature for \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_ quantities
4. Never \_\_\_\_\_\_\_\_\_\_---- \_\_\_\_\_\_\_\_\_\_\_ cooking time
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_cooking------ continued \_\_\_\_\_\_\_\_\_\_\_after \_\_\_\_\_\_\_\_ from \_\_\_\_\_\_

source

50. Matching

1. 165 F or 74 C for 15 seconds \_\_\_\_\_\_hot held fruit, vegetables,grains & legumes
2. 155 F or 68 C for 15 seconds \_\_\_\_\_\_commercially processed ready-to-eat food
3. 145 F or 68 C for 15 seconds \_\_\_\_\_\_ground meat & seafood,injected meat,shell eggs
4. 145 F or 68 C for 4 minutes \_\_\_\_\_\_ poultry,stuffed meat & seafood,turkey,duck
5. 135 F or 57 C \_\_\_\_\_\_steaks/chops of pork,beef,veal & lamb
6. 135 f or 57 C \_\_\_\_\_\_ roasts of pork,beef,veal and lamb

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