Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_

CULINARY PRINCIPLES (PAGE 6):

It is VERY important to know the basic principles of cooking meats. These principles explain why a recipe works.

Cooking Meat and Poultry:

* Changes its \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Changes its \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Changes the way it \_\_\_\_\_\_\_\_\_\_\_\_\_ and
* Kills any \_\_\_\_\_\_\_\_\_\_\_\_\_ that might be in the \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_

CHECK FOR DONENESS: The only way to be sure a meat or poultry product is cooked until done is to use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to test the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the product. Meat, Poultry and Fish should be cooked until the internal temperature reaches \_\_\_\_\_\_\_\_\_\_.

Cooking always causes \_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ and results in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Overcooking a meat, poultry, or fish dish will cause:

* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be less than the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
* The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to be lost.
* The meat to be \_\_\_\_\_\_\_\_\_\_\_ because the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ has been changed; or
* The meat, poultry, or fish product to be \_\_\_\_\_\_\_\_\_\_\_\_.

To obtain a tender product, it is best to cook \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at a constant \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

A rule of thumb is to cook meat and poultry in a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ at \_\_\_\_\_\_\_\_\_.

To make meat or poultry tender, several things can be done to change the connective tissue.

* Cook the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ heat (add liquid and cook slowly).
* Break up the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in some other mechanical way (example is ground beef).
* Add a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Marinating meat and poultry can help to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as well as add flavor.

All meat, poultry and fish has some fat. Here are some suggestions for reducing the fat when cooking meat and poultry: (page 6-7)



Where does the color in meat come from?

When it is exposed to air, what happens to the color?

What color indicates spoiled meat?

Cooking techniques for cooking meat, poultry and fish are organized into two categories:



Definition of dry cooking methods:

These dry methods include: name (5)



Dry Heat techniques can be used to cook:



Definition of moist cooking methods:

These dry methods include: name (3)



Braising and stewing are combinations of a dry heat and moist heat technique.

The first step is the \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ technique called \_\_\_\_\_\_\_\_\_\_\_\_\_\_ which provides \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_. Then the liquid and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are added and the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is simmered until done.

Page 8: Marinating:

A marinade, the liquid for soaking the meat or poultry, usually has 3 parts.



The marinade should never be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Page 9: Roasting or baking is cooking meat, poultry or fish in the oven without liquid and without a cover on the cooking vessel.

What are the 6 steps of the dry heat method of Roasting or Baking:















Examples of recipes that include this culinary technique: (listed on right side of page 9):



Page 10: Sauteing is using high heat and a small amount of fat to cook meat, poultry, and fish rapidly. Searing and stir-frying are also a sautéing technique.

What are the 6 steps of the dry heat method of Sauteing:















Examples of recipes that include this culinary technique: (listed on right side of page 10):



Page 11: Braising and stewing are a combination of dry-heat and moist-heat cooking used for less tender cuts of meat. Braising is used for large cuts of meat. The same technique is called stewing when used for bite-sized pieces of meat, poultry or fish.

What are the 7 steps of the method of Braising and Stewing:





















Examples of recipes that include this culinary technique: (listed on right side of page 11):