DRY-HEAT COOKING METHODS FOR MEATS - EXERCISE

Dry-heat cooking is the method used to roast, broil, grill, sauté and/or pan-fry foods. Dry-heat means heat is conducted by hot air, hot metal, radiation or hot fat. When cooking with dry-heat, no extra liquid is added to the food during preparation and the cooking item is seldom covered. Use the following words to fill in the blanks in the sentences below on roasting meat.

<table>
<thead>
<tr>
<th>fat side up</th>
<th>brown</th>
<th>dry</th>
<th>yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>self-baste</td>
<td>seared</td>
<td>juicy</td>
<td>quality</td>
</tr>
<tr>
<td>temperature</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Roasting Meat:

The goal of roasting with dry-heat is to have the surface of the meat _______________ without charring, while the centre of the cut remains ________________ and succulent.

To prevent the meat from becoming ________________ during the roasting process, the cut of meat is sometimes ________________ and is almost always place on the rack ________________ so it can ________________.

Dry roasting is a suitable cooking procedure only for fine or ________________ meats.

Timing and ________________ are very important to prevent shrinkage and loss of ________________.
ROASTING EQUIPMENT - EXERCISE

Dry-heat cooking is the method used to roast, broil, grill, sauté and/or pan-fry foods. Dry-heat means heat is conducted by hot air, hot metal, radiation or hot fat. When cooking with dry-heat, no extra liquid is added to the food during preparation and the cooking item is seldom covered. Use the following words to fill in the blanks in the sentences below on roasting equipment.

<table>
<thead>
<tr>
<th>dryness</th>
<th>shrinking</th>
<th>ovens</th>
</tr>
</thead>
<tbody>
<tr>
<td>hot air</td>
<td>fans</td>
<td></td>
</tr>
</tbody>
</table>

Roasting Equipment:

In commercial convection _______________, the hot air is moved mechanically by _______________.

Care must be taken as the movement of the _________________ in the oven can cause excessive _________________, overbrowning and _________________ in the cooked meat.
ROASTING MEAT IN THE OVEN

When roasting meat in the oven, the following points should be observed:

1. Bring meat to room temperature before roasting.

2. Season the meat lightly. Follow the guidelines of your school regarding pre-seasoning procedures.

3. Place roast fat side up on a rack in a suitable roasting pan to retain the fat and meat juices.

4. Insert a meat thermometer in the meat so that the probe is in the centre of the meat. The thermometer should not touch bone or fat.

5. Do not cover and do not add liquids.

6. Place pan in a preheated oven 135° to 220° Celsius (275° to 425° Fahrenheit).

7. Baste frequently with the melted fat only.

8. Add mirepoix to the roasting pan halfway through the cooking process.

9. Remove the roast from the oven when the thermometer registers 6-8° Celsius (10-15° Fahrenheit) below the degree of doneness. This will allow for the carry over cooking. Removing the roast from the oven does not halt the cooking process immediately. The heat that is contained inside the roast will continue to cook the roast. This is called carry over cooking.

10. Allow the meat to sit before carving. By waiting about ½ hour before carving, you allow the juices in the meat to be redistributed throughout the cut which reduces juice losses and dryness in the meat. Do not keep meat at room temperature longer than 2 hours.
ROASTING MEAT IN THE OVEN - ACTIVITY SET

1. What temperature should meat be at before roasting?

____________________________________________________________________

2. Why should a roast be placed fat side up on a rack in a roasting pan?

____________________________________________________________________

3. When inserting a meat thermometer, where should the probe be?

____________________________________________________________________

4. What is added to the roasting pan halfway through the cooking process?

____________________________________________________________________

5. Why is a roast removed from the oven a few degrees below the degree of doneness?

____________________________________________________________________

6. Why do you wait about ½ hour before carving the roast?

____________________________________________________________________

7. How long can a cooked roast be left at room temperature?

____________________________________________________________________
JUS & GRAVIES - ACTIVITY SET

Using the following vocabulary words, complete the sentences below by inserting the best possible word:

<table>
<thead>
<tr>
<th>cornstarch</th>
<th>mirepoix</th>
<th>gravy</th>
</tr>
</thead>
<tbody>
<tr>
<td>juice</td>
<td>cleaner</td>
<td>flavour</td>
</tr>
</tbody>
</table>

Roasted meat is served with its own ________________, called jus, or a ________________.

Gravies and jus must always be of the same ________________ as the meat that they accompany.

Jus refers to the natural juices of a meat that has been roasted with ________________ and seasonings. It is usually very lightly thickened with ________________ or arrowroot starch for a ________________ finished product and called jus lié.
JUS LIÉ

There are 7 steps for preparing jus lié:

1. Remove roast from pan and keep warm.

2. Place pan on top of the stove and reduce the meat juices until they stick on the bottom of the pan. This will provide a concentrated flavour, and a natural rich dark color. Do not burn the pan!

3. Pour off all the fat to prevent greasy jus.

4. Deglaze pan with stock, and some wine if desired. Scrape all the brown particles from the bottom and simmer for 30 minutes.

5. Thicken very lightly with starch mixed with liquid.

6. Check seasoning and consistency.

7. Strain through cheesecloth or a china cap and hold for service.
Broiling is an efficient high heat cooking process that quickly sears the food on the outside and then allows the food to be cooked on the juices by its own heat source.

Some commercial broilers have the radiant heat source placed below the cooking surface, others have the heat source inside, and yet others can heat from above and below.
CHAR-BROILING MEATS

There are 6 steps for char-broiling meats:

1. Turn heat on the char-broiler to full and allow it to become very hot.
2. Prepare the meat and the recipe requires.
3. Brush char-broiler with wire brush and clean with oil.
4. Season and lightly oil the meat to be char-broiled. Place on the char broiler.
5. When the juices appear on surface of the meat, turn to cook and mark meat evenly on each side.
6. Use tongs to handle char-broiled food.
DETERMINING DONENESS FOR CHAR-BROILED MEATS

Method for determining degree of doneness:

The test for determining the degree of doneness for char-broiled meat is to apply light pressure with the fingers, tongs or spatula to the centre of the meat. The springier or softer the meat, the more rare it is. The firmer the flesh, the more the meat will be well-cooked.

This touch method of determining doneness takes practice and must be mastered in order to become a professional broiler cook.

Do not use a fork or needle to make a hole in a broiled piece of meat as this will allow the juices that have been so carefully sealed inside by the broiling process to escape.
DETERMINING DONENESS FOR CHAR-BROILED MEATS - ACTIVITY SET

1. In your own words, describe the test for determining the degree of doneness for char-broiled meats.

______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

2. If meat is springy or soft to the touch, how is the meat?

______________________________________________________________________

3. What does it take to become a professional broiler cook?

______________________________________________________________________

4. Why shouldn't you use a fork or needle to make a hole in a broiled piece of meat?

______________________________________________________________________
### GRIDDLING MEATS

Gridding is done on a solid cooking surface above a heat source. This piece of equipment is sometimes referred to as a flat top. Below please find the general procedures for gridding:

<table>
<thead>
<tr>
<th>Step</th>
<th>Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Collect all equipment and food supplies. For example, an offset spatula is needed for turning food.</td>
</tr>
<tr>
<td>2.</td>
<td>Prepare meats. This may include seasoning, breading or dredging with flour.</td>
</tr>
<tr>
<td>3.</td>
<td>Preheat grill and add fat to the hot surface. The amount depends on the item cooked. Breaded food items require more fat; steaks require only a very thin film of fat.</td>
</tr>
<tr>
<td>4.</td>
<td>Place the food on the griddle.</td>
</tr>
<tr>
<td>5.</td>
<td>Brown the meat on one side. Turn it with a spatula and brown the other side. Lager pieces may need to be finished at reduced heat or in an oven, after browning.</td>
</tr>
<tr>
<td>6.</td>
<td>Serve immediately, with appropriate sauce and/or garnish</td>
</tr>
</tbody>
</table>
SAUTÉING

Sautéing and pan-frying are similar. Sautéing is designed to cook small, tender cuts of food by using high heat and a small amount of fat. Below please find the general procedures for sautéing:

1. Assemble all the equipment and food.
2. Prepare meats as required. This may mean patting the meat dry and dredging in flour. Seasoning is usually done after browning.
3. Heat a small amount of fat in a sauté pan until very hot.
4. Add the meat to the pan. Do not overcrowd the pan as this will cause the temperature to drop and make the meat simmer rather than sauté.
5. Brown the meat on all sides, flipping or tossing it in the pan as necessary.
6. Season the meat and remove from pan. Drain excess fat if any. Deglaze the pan with stock, wine or other liquid to dissolve the browned bits of food sticking to the bottom. Finish the sauce according to the recipe.
PAN FRYING - EXERCISE

Using the following vocabulary words, complete the sentences below by inserting the best possible word:

<table>
<thead>
<tr>
<th>sauces</th>
<th>lower</th>
<th>irregularly</th>
<th>removed</th>
<th>to the side</th>
</tr>
</thead>
<tbody>
<tr>
<td>fat</td>
<td>flat</td>
<td>once</td>
<td>larger</td>
<td>browning</td>
</tr>
</tbody>
</table>

This procedure differs from sautéing because of the amount of ____________ used. Pan-frying is used for ______________ pieces of food, such as chops and chicken pieces and is usually done over _______________ heat.

The amount of fat used depends on the food being cooked. Only a small amount is used for ______________ items, while as much as an inch or more may be used for _______________ shaped or thicker items. Most foods must be turned at least _______________ for even cooking.

Some larger foods may be _______________ from the pan and finished in the oven to prevent excessive surface _______________.

Items that are breaded before pan-frying are often served without _______________ or gravies. However, if a gravy is served with a breaded entrée, the gravy must be placed under the meat or _______________.
DRY-HEAT COOKING METHODS FOR POULTRY - EXERCISE

Poultry can be prepared using dry-heat cooking methods. Like meat, poultry can be roasted, grilled, broiled, sautéed and pan-fried. Poultry can also be deep-fried which is considered a dry-heat cooking method. Please complete the sentences below by inserting the most appropriate words.

The light meat is taken from the _________________ and _________________, and the dark meat from the ________________________ and ___________________________. Because white meat has less fat and connective tissue than dark meat, it cooks _________________ and can become dry and stringy if care is not taken during the ______________________________.

The older the poultry muscle, the _______________________ it will be. Consequently, cooking methods depend on the ________________________ of the bird when it was butchered.
POULTRY VOCABULARY

Vegetables are divided into categories. These categories are organized according to which part of the plant is eaten and or used.

<table>
<thead>
<tr>
<th>Term</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Frying Chickens</td>
<td>Very young chickens, usually six to eight weeks old. They are tender.</td>
</tr>
<tr>
<td>Roasting chickens</td>
<td>These are young chickens that can be from 10 weeks to six months old. They are very tender and are different from older fowl by the following:</td>
</tr>
<tr>
<td></td>
<td>• Underdeveloped breastbone or flexible cartilage tip</td>
</tr>
<tr>
<td></td>
<td>• Smooth white skin</td>
</tr>
<tr>
<td></td>
<td>• Pale white fat at the cavity opening</td>
</tr>
<tr>
<td>Capons</td>
<td>These are neutered male birds which are butch-ered when they reach between five and eight months in age. They have excellent flavour, and are very tender.</td>
</tr>
<tr>
<td>Free Range Poultry Products</td>
<td>These are allowed freedom of movement, and they can forage on a natural diet that includes insects, seeds and foliage. These products are gaining increasing popularity within the industry and are prized for their exceptionally fine flavour and texture. Like organically grown vegetables, they usually sell at a premium price.</td>
</tr>
</tbody>
</table>
ROASTING POULTRY - EXERCISE

There are 4 guidelines for roasting poultry. Fill in the blanks using the vocabulary below:

<table>
<thead>
<tr>
<th>moist</th>
<th>juicy product</th>
<th>skin</th>
<th>lower</th>
</tr>
</thead>
<tbody>
<tr>
<td>fat</td>
<td>cavity</td>
<td>before</td>
<td>brown</td>
</tr>
<tr>
<td>seasoned</td>
<td>basting</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. The inside of the ______________________ can be ____________________________.

2. The outside ______________ should be seasoned and oiled ______________ roasting begins as this helps to ______________ the skin and to keep the bird _______________.

3. ______________________ with ___________________ during the cooking process is essential for chickens and turkeys.

4. The oven should be preheated to 160 degrees Celsius (325 degrees Fahrenheit) or ______________________ if your production schedule will allow it. Low temperature roasting for chicken and turkey will result in a tender, ____________________________.
BROILING/GRILLING POULTRY - EXERCISE

Please complete the sentences below by inserting the most appropriate words.

<table>
<thead>
<tr>
<th>flame</th>
<th>larger</th>
<th>oil</th>
<th>skin side down</th>
</tr>
</thead>
<tbody>
<tr>
<td>young</td>
<td>lower</td>
<td>oven</td>
<td>preheated</td>
</tr>
</tbody>
</table>

Only tender _____________________ birds can be cooked by this method. The broiler should be _____________________ and set at a slightly _____________________ temperature than for meat.

Start grilling poultry pieces ________________________, taking care to remove excess _____________________ which will cause the broiler to _____________________ and burn the chicken. It is sometimes wise to mark _____________________ pieces of poultry on the grill and then finish the cooking process in the ______________________.
SAUTÉING POULTRY

As with broiling, only tender young birds can be cooked by this method. It is preferable to bone out the poultry as this will speed up the cooking time. If you use the following guidelines, you will be successful in sautéing poultry:

1. Assemble all equipment and food products.
2. Dust poultry to be sautéed with flour to prevent sticking in the pan and also to prevent moisture loss.
3. Heat a small amount of fat in the sauté pan until it is very hot. The food must be seared quickly or it will begin to simmer in its own juices.
4. The pan must not be overcrowded with food product as this will lower the temperature.
5. After the poultry has been sautéed, the pan is often deglazed with wine or stock and this liquid (with appropriate additions) will become an accompanying sauce.
Pan-frying is cooking in a moderate amount of ________________ over a moderate heat. It is

Similar to ______________________, the only difference being the amount of fat used.

Pan-frying is a popular form of cooking ________________________________ chicken pieces that are
not ______________________ out. Care must be taken to ensure the chicken is properly
________________________ without excessive surface _________________________. The pieces
may be ______________________ in the oven in an ______________________ pan.
DEEP FRYING POULTRY - EXERCISE

Correctly deep-fried poultry has a golden brown crust that is crisp and has absorbed very little fat. Poultry is dipped in bread crumbs or batter before frying.

There are 10 guidelines for roasting poultry. Fill in the blanks using the vocabulary below:

<table>
<thead>
<tr>
<th>temperature</th>
<th>immediately</th>
<th>excess</th>
<th>cleaned</th>
</tr>
</thead>
<tbody>
<tr>
<td>salt</td>
<td>overload</td>
<td>high</td>
<td>evenly</td>
</tr>
<tr>
<td>immersed</td>
<td>recipe</td>
<td>breading</td>
<td></td>
</tr>
</tbody>
</table>

1. Use good quality fat with a ______________________ smoke point.

2. Use good equipment that has been thoroughly ______________________.

3. Fry at the correct __________________________, 160° to 175° C (325° to 350°F).

4. Prepare the poultry to the specific ________________________.

5. Shake off excessive ________________________ material.

6. Do not ______________________ the basket.

7. Lower the poultry pieces into the fat; make sure they are completely _________________ in the fat.

8. Allow to brown ____________________, and turn if necessary.

9. Lift out of the fat and allow the _________________ fat to drain off.

10. Never ______________________ the food over the fat.

11. Drain the product well and serve _________________________.
A pressure deep fat fryer operates similarly to a ________________________.

The tight fitting __________________ of a pressure fryer traps the ____________________
given off by the frying foods and builds up pressure in the fryer.

The trapped steam raises the ________________________ of the food in the fryer so
that foods cook more ____________________ even though the fat temperatures may
be __________________ than found in a regular fryer. Pressure deep fat fryers are
used in __________________________ deep-fried chicken operations.

**Note:** Breaded deep-fried products should not be ________________________ or placed
on a steam table as this will cause their crust to lose ________________________.
**MOIST-HEAT COOKING METHODS FOR MEAT AND POULTRY - EXERCISE**

Please complete the sentences below by inserting the most appropriate words.

<table>
<thead>
<tr>
<th>stock</th>
<th>water</th>
<th>heat</th>
<th>sauce</th>
</tr>
</thead>
</table>

Moist-heat cooking refers to methods where _______________ is transferred to the food product by way of a liquid such as a ________________________, a ________________________, or the steam from a liquid. In some instances, such as blanching, ________________________ is used as the liquid.
## Moist-Heat Cooking for Meats

<table>
<thead>
<tr>
<th>Term</th>
<th>Method</th>
<th>Uses/Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simmering</td>
<td>The temperature of the liquid is only high enough to cause the slightest movement of bubbles bursting on the surface (not boiling).</td>
<td>For curing meats such as hams and corned beef.</td>
</tr>
<tr>
<td>Blanching</td>
<td>Meat is placed in cold water, the water is brought to a boil, the meat is then simmered for a short time and then refreshed with cold water.</td>
<td>Kidney Used to cleanse the meat of salt, blood, strong flavours and other impurities.</td>
</tr>
</tbody>
</table>
MOIST-HEAT COOKING METHODS FOR MEAT – TERMS/DEFINITIONS/EXAMPLES - EXERCISE

Identify the correct term to the methods described below. Provide an example and why the particular method is used for each example.

**Moist-Heat Cooking for Meats**

<table>
<thead>
<tr>
<th>Term</th>
<th>Method</th>
<th>Uses/Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moist-Heat Cooking</td>
<td>The temperature of the liquid is only high enough to cause the slightest movement of bubbles bursting on the surface (not boiling).</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Meat is placed in cold water, the water is brought to a boil, the meat is then simmered for a short time and then refreshed with cold water.</td>
<td></td>
</tr>
<tr>
<td>Term</td>
<td>Method</td>
<td>Uses/Example</td>
</tr>
<tr>
<td>-----------</td>
<td>------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Poaching</td>
<td>A gentle and protective method of cooking a liquid such as stock with sometimes added herbs and wine. Only a small amount of liquid is used.</td>
<td>For the very tender and delicate flesh from the breasts of young poultry products. This method is used to retain flavour, texture and nutrients.</td>
</tr>
<tr>
<td>Simmering</td>
<td>The temperature of the liquid is only high enough to cause the slightest movement of bubbles bursting on the surface (not boiling).</td>
<td>For older, less tender poultry like “Boiling Fowl” or “Stewing Hens” These birds have normally have a fully developed breast-bone with no cartilage; rough, thick, bumpy skin; and excessive yellow fat at the cavity opening.</td>
</tr>
<tr>
<td>Blanching</td>
<td>Poultry is placed in cold water, the water is brought to a boil, then simmered for a short time and then refreshed with cold water.</td>
<td>Method is done before another cooking method to cut down on the cooking time. Chicken pieces which are to be grilled or cooked on a BBQ.</td>
</tr>
</tbody>
</table>
MOIST-HEAT COOKING METHODS FOR POULTRY – TERMS/DEFINITIONS/EXAMPLES - EXERCISE

Identify the correct term to the methods described below. Provide an example and why the particular method is used for each example.

**Moist-Heat Cooking for Poultry**

<table>
<thead>
<tr>
<th>Term</th>
<th>Method</th>
<th>Uses/Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>A gentle and protective method of cooking a liquid such as stock with sometimes added herbs and wine. Only a small amount of liquid is used.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>The temperature of the liquid is only high enough to cause the slightest movement of bubbles bursting on the surface (not boiling).</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Poultry is placed in cold water, the water is brought to a boil, then simmered for a short time and then refreshed with cold water.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Combination cooking occurs when two or more methods of cooking food are combined in order to make less tender meat more digestible and tasty. The most common products are cooked by a combination of heat methods are those which are not of the highest quality or most tender. The initial browning or searing of the food, the addition of cooked liquid (such as stock), and the prolonged gentle cooking process, all contribute to making combination heat cooking one of the most satisfying and creative cooking techniques.

The most common combination cooking methods are braising, stewing, and pot roasting. In meat cooking, the terms braising and stewing are used to distinguish the size of the meat being cooked. That is, individual portion sizes (for example, Swiss steaks) are braised while meats cut into cubes that are bite-sized (stewing beef) are stewed.
### COMBINATION COOKING METHODS FOR MEAT AND POULTRY – TERMS/DEFINITIONS - STUDY SHEET

<table>
<thead>
<tr>
<th>Cooking Method</th>
<th>Definition</th>
</tr>
</thead>
</table>
| **Braising**   | Occurs when browned meat, vegetables and stock with seasonings are placed in a pot and simmered slowly.  

The product can be cooked in the oven or on the stove top.  

It is important to cook the product at an even heat as the liquid and the slow cooking break down the connective tissue in the meat to provide a tasty nutritious sauce and a very tender cooked product. |
| **Stewing**    | Process of cooking food in a liquid that barely covers the items.  

The food is cut into bit size pieces so that several small pieces are needed to make up one individual portion.  

The meat is combined with neatly cut vegetables and simmered in a liquid with a bouquet garni.  

They may be thickened or unthickened depending on the recipe.  

Some are thickened with potatoes rather than a traditional roux (Irish). |
| **Pot Roasting** | The cut of meat is often browned in a pot (dry heat method) before being cooked by a heated liquid (moist heat method).  

Used to cook large pieces of less tender cuts of meat. The amount of liquid should not come higher than two-thirds of the way up the meat. |
## COMBINATION COOKING METHODS FOR MEAT AND POULTRY – TERMS/DEFINITIONS - EXERCISE

<table>
<thead>
<tr>
<th>Cooking Method</th>
<th>Definition</th>
</tr>
</thead>
</table>
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The product can be cooked in the oven or on the stove top.  
It is important to cook the product at an even heat as the liquid and the slow cooking break down the connective tissue in the meat to provide a tasty nutritious sauce and a very tender cooked product. |
|                | Process of cooking food in a liquid that barely covers the items.  
The food is cut into bit size pieces so that several small pieces are needed to make up one individual portion.  
The meat is combined with neatly cut vegetables and simmered in a liquid with a bouquet garni.  
They may be thickened or unthickened depending on the recipe.  
Some are thickened with potatoes rather than a traditional roux (Irish). |
|                | The cut of meat is often browned in a pot (dry heat method) before being cooked by a heated liquid (moist heat method).  
Used to cook large pieces of less tender cuts of meat. The amount of liquid should not come higher than two-thirds of the way up the meat. |
## COMBINATION HEAT COOKING REFERENCE CHART

<table>
<thead>
<tr>
<th>Cooking Technique</th>
<th>Products Used</th>
<th>General Procedure</th>
<th>Varieties of Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Braising (meats)</td>
<td>Roasts or Portion cuts of less</td>
<td>Sear product, prepare and add the cooking liquid, cover pot and simmer until tender</td>
<td>Swiss steaks, Braised short ribs, Osso bucco, Braised roasts</td>
</tr>
<tr>
<td>Brown</td>
<td>tender cuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stewing (meats)</td>
<td>Small boneless pieces of less</td>
<td>Sear product, prepare and add the cooking liquid, cover pot and simmer until tender</td>
<td>Beef stew, Beef Bourguignon, Hungarian Goulash</td>
</tr>
<tr>
<td>Brown</td>
<td>tender cuts</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Braising (poultry)</td>
<td>Portion cut chicken pieces</td>
<td>Brown product, prepare cooking liquid, cover and simmer until tender.</td>
<td>Coq au Vin, Curry Chicken, Chicken Cacciatore</td>
</tr>
<tr>
<td>Stewing (poultry)</td>
<td>Portion cut chicken pieces</td>
<td>2 methods (sauté or blanching)</td>
<td></td>
</tr>
<tr>
<td>Fricassee (Sauté</td>
<td>8 – cut chicken pieces or boneless</td>
<td>Saute product without browning, add vegetables, liquids or sauces, cover, simmer</td>
<td>Chicken fricassee, Veal fricassee</td>
</tr>
<tr>
<td>method)</td>
<td>pieces of veal</td>
<td>until tender.</td>
<td></td>
</tr>
<tr>
<td>Blanquette (blanching method)</td>
<td>8 – cut chicken pieces or boneless pieces of veal, boneless lamb</td>
<td>Blanch product to remove impurities, simmer product in stock with vegetables until tender. Thicken, cover and simmer until flavours are developed.</td>
<td>Blanquette of veal, Blanquette of chicken Irish lamb stew*</td>
</tr>
</tbody>
</table>

*Irish lamb stew is thickened with potatoes not roux*
DRY-HEAT COOKING METHODS FOR MEATS - ANSWERS

Dry-heat cooking is the method used to roast, broil, grill, sauté and/or pan-fry foods. Dry-heat means heat is conducted by hot air, hot metal, radiation or hot fat. When cooking with dry-heat, no extra liquid is added to the food during preparation and the cooking item is seldom covered. Use the following words to fill in the blanks in the sentences below on roasting meat.

<table>
<thead>
<tr>
<th>fat side up</th>
<th>brown</th>
<th>dry</th>
<th>yield</th>
</tr>
</thead>
<tbody>
<tr>
<td>self-baste</td>
<td>seared</td>
<td>juicy</td>
<td>quality</td>
</tr>
<tr>
<td>temperature</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Roasting Meat:

The goal of roasting with dry-heat is to have the surface of the meat __________ brown without charring, while the centre of the cut remains __________ juicy and succulent.

To prevent the meat from becoming __________ dry during the roasting process, the cut of meat is sometimes __________ seared and is almost always place on the rack __________ fat side up so it can __________ self-baste.

Dry roasting is a suitable cooking procedure only for fine or __________ quality meats.

Timing and __________ temperature are very important to prevent shrinkage and loss of __________ yield.
Dry-heat cooking is the method used to roast, broil, grill, sauté and/or pan-fry foods. Dry-heat means heat is conducted by hot air, hot metal, radiation or hot fat. When cooking with dry-heat, no extra liquid is added to the food during preparation and the cooking item is seldom covered. Use the following words to fill in the blanks in the sentences below on roasting equipment.

<table>
<thead>
<tr>
<th>dryness</th>
<th>shrinking</th>
<th>ovens</th>
</tr>
</thead>
<tbody>
<tr>
<td>hot air</td>
<td>fans</td>
<td></td>
</tr>
</tbody>
</table>

Roasting Equipment:

In commercial convection _____ ovens, the hot air is moved mechanically by _____ fans.

Care must be taken as the movement of the ____ hot air ____ in the oven can cause excessive ____ shrinking ____ , overbrowning and ____ dryness ____ in the cooked meat.
ROASTING MEAT IN THE OVEN - ACTIVITY SET - ANSWERS

1. What temperature should meat be at before roasting?
   
   Room temperature

2. Why should a roast be placed fat side up on a rack in a roasting pan?
   
   To retain the fat and meat juices

3. When inserting a meat thermometer, where should the probe be?
   
   In the centre of the meat (not touching bone or fat)

4. What is added to the roasting pan halfway through the cooking process?
   
   Mirepoix

5. Why is a roast removed from the oven a few degrees below the degree of doneness?
   
   To allow to carry over cooking

6. Why do you wait about ½ hour before carving the roast?
   
   To allow the juices in the meat to be redistributed through the cut (reduces juice loss and dryness)

7. How long can a cooked roast be left at room temperature?
   
   No longer then 2 hours
JUS & GRAVIES - ACTIVITY SET - ANSWERS

Using the following vocabulary words, complete the sentences below by inserting the best possible word:

<table>
<thead>
<tr>
<th>cornstarch</th>
<th>mirepoix</th>
<th>gravy</th>
</tr>
</thead>
<tbody>
<tr>
<td>juice</td>
<td>cleaner</td>
<td>flavour</td>
</tr>
</tbody>
</table>

Roasted meat is served with its own ____________, called jus, or a ____________.

Gravies and jus must always be of the same ____________ as the meat that they accompany.

Jus refers to the natural juices of a meat that has been roasted with ____________ and seasonings. It is usually very lightly thickened with ____________ or arrowroot starch for a ____________ finished product and called jus lié.
## BROILING MEAT - ACTIVITY SET - ANSWERS

Using the following vocabulary words, complete the sentences below by inserting the best possible word:

<table>
<thead>
<tr>
<th>heat source</th>
<th>inside</th>
<th>broilers</th>
<th>sears</th>
<th>above</th>
<th>juices</th>
</tr>
</thead>
</table>

Broiling is an efficient high heat cooking process that quickly **sears** the food on the outside and then allows the food to be cooked on the **inside** by its own **juices**.

Some commercial **ovens** have the radiant **heat source** placed below the cooking surface, others have the heat source **above**, and yet others can heat from above and below.
1. In your own words, describe the test for determining the degree of doneness for char-broiled meats.

   Apply light pressure with fingers, tongs or a spatula and press lightly on the centre of the meat.

2. If meat is springy or soft to the touch, how is the meat?

   The meat will be rarer.

3. What does it take to become a professional broiler cook?

   Practice

4. Why shouldn’t you use a fork or needle to make a hole in a broiled piece of meat?

   Because the hole will let the juices escape.
This procedure differs from sautéing because of the amount of ____________ used. Pan-frying is used for ____________ pieces of food, such as chops and chicken pieces and is usually done over ____________ heat.

The amount of fat used depends on the food being cooked. Only a small amount is used for ____________ items, while as much as an inch or more may be used for ____________ shaped or thicker items. Most foods must be turned at least ____________ for even cooking. Some larger foods may be ____________ from the pan and finished in the oven to prevent excessive surface ____________.

Items that are breaded before pan-frying are often served without ____________ or gravies. However, if a gravy is served with a breaded entrée, the gravy must be placed under the meat or ____________.
The light meat is taken from the _____________ and _________________, and the dark meat from the _______________ and ______________________. Because white meat has less fat and connective tissue than dark meat, it cooks __________ and can become dry and stringy if care is not taken during the _______________.

The older the poultry muscle, the ____________ it will be. Consequently, cooking methods depend on the ______________ of the bird when it was butchered.

**Dry-Heat Cooking Methods for Poultry - Answers**

<table>
<thead>
<tr>
<th>age</th>
<th>breast</th>
<th>drumsticks</th>
<th>tougher</th>
<th>faster</th>
<th>thighs</th>
<th>wings</th>
<th>cooking process</th>
</tr>
</thead>
</table>

Poultry can be prepared using dry-heat cooking methods. Like meat, poultry can be roasted, grilled, broiled, sautéed and pan-fried. Poultry can also be deep-fried which is considered a dry-heat cooking method. Please complete the sentences below by inserting the most appropriate words.
ROASTING POULTRY - ANSWERS

There are 4 guidelines for roasting poultry. Fill in the blanks using the vocabulary below:

<table>
<thead>
<tr>
<th>moist</th>
<th>juicy product</th>
<th>skin</th>
<th>lower</th>
</tr>
</thead>
<tbody>
<tr>
<td>fat</td>
<td>cavity</td>
<td></td>
<td></td>
</tr>
<tr>
<td>seasoned</td>
<td>basting</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

1. The inside of the _______________ can be ________________ 
2. The outside _______________ should be seasoned and oiled _______________ roasting begins as this helps to _______________ the skin and to keep the bird _______________.
3. _______________ with _______________ during the cooking process is essential for chickens and turkeys.
4. The oven should be preheated to 160 degrees Celsius (325 degrees Fahrenheit) or _______________ if your production schedule will allow it. Low temperature roasting for chicken and turkey will result in a tender, _______________.

Vocabulary:
cavity, seasoned, before, brown, moist, basting, fat, lower, juicy product
BROILING/GRILLING POULTRY - ANSWERS

Please complete the sentences below by inserting the most appropriate words.

<table>
<thead>
<tr>
<th>flame</th>
<th>larger</th>
<th>oil</th>
<th>skin side down</th>
</tr>
</thead>
<tbody>
<tr>
<td>young</td>
<td>lower</td>
<td>oven</td>
<td>preheated</td>
</tr>
</tbody>
</table>

Only tender __________ young birds can be cooked by this method. The broiler should be
________________________ preheated and set at a slightly __________ lower temperature than
for meat.

Start grilling poultry pieces __________ skin side down, taking care to remove excess
________________________ oil which will cause the broiler to __________ flame and burn the
chicken. It is sometimes wise to mark __________ larger pieces of poultry on the grill and
then finish the cooking process in the __________ oven.
Pan-frying is cooking in a moderate amount of **fat** over a moderate heat. It is similar to **sautéing**, the only difference being the amount of fat used.

Pan-frying is a popular form of cooking **breaded** chicken pieces that are not **boned** out. Care must be taken to ensure the chicken is properly **cooked** without excessive surface **browning**. The pieces may be **finished** in the oven in an **uncovered** pan.
DEEP FRYING POULTRY - ANSWERS

Correctly deep-fried poultry has a golden brown crust that is crisp and has absorbed very little fat. Poultry is dipped in bread crumbs or batter before frying.

There are 10 guidelines for roasting poultry. Fill in the blanks using the vocabulary below:

<table>
<thead>
<tr>
<th>temperature</th>
<th>immediately</th>
<th>excess</th>
<th>cleaned</th>
</tr>
</thead>
<tbody>
<tr>
<td>salt</td>
<td>overload</td>
<td>high</td>
<td>evenly</td>
</tr>
<tr>
<td>immersed</td>
<td>recipe</td>
<td>breading</td>
<td></td>
</tr>
</tbody>
</table>

1. Use good quality fat with a [high] smoke point.

2. Use good equipment that has been thoroughly [cleaned] cleaned.

3. Fry at the correct [temperature] temperature, 160° to 175° C (325° to 350°F).

4. Prepare the poultry to the specific [recipe] recipe.

5. Shake off excessive [breading] breading material.

6. Do not [overload] overload the basket.

7. Lower the poultry pieces into the fat; make sure they are completely [immersed] immersed in the fat.

8. Allow to brown [evenly] evenly, and turn if necessary.

9. Lift out of the fat and allow the [excess] excess fat to drain off.

10. Never [salt] salt the food over the fat.

11. Drain the product well and serve [immediately] immediately.
PRESSURE DEEP FAT FRYING - ANSWERS

Please complete the sentences below by inserting the most appropriate words.

<table>
<thead>
<tr>
<th>temperature</th>
<th>lower</th>
<th>steam</th>
<th>crispness</th>
</tr>
</thead>
<tbody>
<tr>
<td>pressure cooker</td>
<td>quickly</td>
<td>covered</td>
<td>take out</td>
</tr>
</tbody>
</table>

A pressure deep fat fryer operates similarly to a **pressure cooker**.

The tight fitting **cover** of a pressure fryer traps the **steam** given off by the frying foods and builds up pressure in the fryer.

The trapped steam raises the **temperature** of the food in the fryer so that foods cook more **quickly** even though the fat temperatures may be **lower** than found in a regular fryer. Pressure deep fat fryers are used in **take out** deep-fried chicken operations.

**Note:** Breaded deep-fried products should not be **covered** or placed on a steam table as this will cause their crust to lose **crispness**.
Please complete the sentences below by inserting the most appropriate words.

<table>
<thead>
<tr>
<th>stock</th>
<th>water</th>
<th>heat</th>
<th>sauce</th>
</tr>
</thead>
</table>

Moist-heat cooking refers to methods where ___________ **heat** ___________ is transferred to the food product by way of a liquid such as a ___________ **stock** ___________, a ___________ **sauce** ____________, or the steam from a liquid. In some instances, such as blanching, ___________ **water** ____________ is used as the liquid.
Combination cooking occurs when two or more methods of cooking food are combined in order to make less tender cuts more digestible and tasty. The most common products cooked by a combination of heat methods are those which are not of the highest quality or most tender. The initial browning or searing of the food, the addition of liquid (such as stock), and the prolonged gentle cooking process, all contribute to making combination heat cooking one of the most satisfying and creative cooking techniques.

The most common combination cooking methods are braising, stewing, and pot roasting. In meat cooking, the terms braising and stewing are used to distinguish the size of the meat being cooked. That is, individual portion sizes (for example, Swiss steaks) are braised while meats cut into cubes that are bite-sized (stewing beef) are stewed.