

Study Guide

Directions: Answer each question with the information you learned in Chapter 21. Write your answers in complete sentences on the lines provided.

1. Describe what happens to food during the cooking process.

2. Define dry-heat cooking. What are four methods of dry-heat cooking?

3. What is roasting?

4. What is broiling, and how is it different from grilling?

5. What is unique about convection ovens?

6. What are the advantages of convection oven cooking?

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Chapter 21 Basic Cooking Techniques *Continued*

7. How is poaching different from simmering?

8. What is braising?

9. What are three kinds of fat you can use for cooking?

10. Why do you want to eat deep-fat fried foods only occasionally?

11. How is panfrying different from deep-fat frying?

12. What is sautéing?

13. List three guidelines for successful microwave cooking.

14. What are four guidelines you can follow to conserve nutrients when cooking?

15. What are five signs you can use as guidelines to help you recognize doneness of food?

Basic Cooking Techniques

Cooking Techniques

Directions: Look at the food choices listed below. Identify the cooking method that would be *best* suited to prepare each food choice. Then describe the cooking method and circle whether it is a dry-heat method, moist-heat method, or cooking with fat.

Food Choice	Cooking Method	Method Description	Is it a...(Circle one)
Hamburgers			Dry-heat method? Moist-heat method? Cooking with fat?
Eggs			Dry-heat method? Moist-heat method? Cooking with fat?
Pork chops			Dry-heat method? Moist-heat method? Cooking with fat?
Sautéed vegetables			Dry-heat method? Moist-heat method? Cooking with fat?
Full-sized turkey			Dry-heat method? Moist-heat method? Cooking with fat?
French fries			Dry-heat method? Moist-heat method? Cooking with fat?
Pasta for spaghetti			Dry-heat method? Moist-heat method? Cooking with fat?
Cookies			Dry-heat method? Moist-heat method? Cooking with fat?
Fresh broccoli			Dry-heat method? Moist-heat method? Cooking with fat?
Dry fruits			Dry-heat method? Moist-heat method? Cooking with fat?

Basic Cooking Techniques

CHAPTER

21

Cooking Properly, Saving Nutrients

Part I. Directions: Cooking foods properly, yet not overcooking, is a careful process. Identify a guideline that you can follow to avoid the cooking mistakes listed in the left column below. Write your answers in the space provided in the right column.

Cooking Mistake	Guideline to Follow To Avoid Mistake
Disposing of the liquid from baked chicken.	
Cooking in a large amount of water.	
Peeling potatoes before baking them.	
Cooking a casserole 20 minutes longer than the recipe instructs.	

Part II. Directions: You can apply various guidelines to help determine the doneness in different foods. Identify which guideline for doneness you would apply to each of the foods listed below. Write your answers in the space provided in the right column.

Food Choice	Guideline for Doneness
Pasta is done when tender but firm.	
Pudding that is not runny and not too stiff.	
Golden-brown waffles from the waffle iron.	
Fruity, sweet smell of muffins.	
Bacon that is crispy, not soft.	
Chicken that does not look pink in the middle.	
Leftovers heated to 165°F.	
Spaghetti sauce that is blended so that it is not chunky.	
Toasting bread.	