

How Cooking Alters Food

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Cooking Techniques

1. Dry Cooking Techniques: _____

2. Moist Cooking Techniques: _____

3. Combination Cooking Techniques: _____

How Cooking Alters Food

1. Nutritive Value: _____

2. Texture: _____

3. Color: _____

4. Aroma: _____

5. Flavor: _____

Dry Cooking Techniques

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Baking and Roasting

1. Baking: _____
2. Carryover Cooking: _____
3. Roasting: _____
4. Searing: _____

Sautéing and Stir-Frying

1. Sautéing: _____
2. To Sauté:
 - a) _____
 - b) _____
 - c) _____
 - d) _____
3. Stir-Frying _____
4. To Stir-Fry:
 - a) _____
 - b) _____
 - c) _____
 - d) _____

Pan-Frying and Deep-Frying

1. Dredging: _____
2. Breading: _____
3. Batter: _____

Grilling and Broiling

1. Grilling: _____
2. Crosshatch Markings: _____
3. Using a Griddle: _____
4. Broiling: _____

Moist Cooking Techniques

Directions: Fill in the blanks as you read the section in the textbook or listen to lectures and view demonstrations.

Moist Cooking Techniques

1. Boiling: _____

2. Blanching: _____

3. Parboiling: _____

4. Simmering: _____

5. Poaching: _____

6. Steaming: _____

Combination Cooking Techniques

1. Braising: _____

2. The Braising Process:

a) _____

b) _____

c) _____

d) _____

3. Stewing: _____

4. The Stewing Process:

a) _____

b) _____

c) _____

d) _____