

Chapter 15 Cooking Techniques

Section 15.1 How Cooking Alters Food



Note Taking

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> • dry cooking technique: uses oil, fat, radiation of hot air, or metal to transfer heat; no moisture is used • coagulate: to change from a liquid or semiliquid to a drier, solid state 	<p>COOKING TECHNIQUES</p> <ul style="list-style-type: none"> • Cooking involves heating the food in a number of different processes <p>CHANGES IN COOKED FOOD</p> <ul style="list-style-type: none"> • A food's nutritive value, texture, color, aroma, flavor, and appearance change during cooking
<p style="text-align: center;">Summary</p> <p>Cooking is heating food to change it in some way.</p>	

Chapter 15 Cooking Techniques

Section 15.2 Dry Cooking Techniques



Note Taking

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> bake: to use dry heat in a closed environment, such as an oven 	<p>DRY COOKING</p> <ul style="list-style-type: none"> Dry cooking techniques include baking, roasting, sautéing, stir-frying, pan-frying, deep-frying, grilling, and broiling
<p style="text-align: center;">Summary</p> <p>Dry cooking causes moisture in food to evaporate into the air.</p>	

Chapter 15 Cooking Techniques

Section 15.3 Moist Cooking Techniques



Note Taking

Directions As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> convection: when the liquid closest to the bottom of the pan is heated and rises to the top and the cooler liquid descends to the bottom, creating a circular motion that keeps the food moving braising: a long, slow cooking process when meat is first seared and the pan deglazed before the moist cooking method is used 	<p>COOKING IN LIQUID</p> <ul style="list-style-type: none"> Moist cooking involves heating food in a liquid other than fat <p>COMBINATION COOKING</p> <ul style="list-style-type: none"> Combination cooking combines dry and moist heat methods
<p style="text-align: center;">Summary</p> <p>Moist cooking involves heating food in a liquid.</p>	