

Meat Basics

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

Nutritional Composition of Meat

1. Water = _____
2. Protein = _____
3. Fat = _____
4. Shrinkage: _____
5. Marbling: _____
6. Fat Cap: _____
7. Barding: _____
8. Larding: _____

Structure of Meat

1. Muscle Fibers: _____
2. Connective Tissue: _____
3. Collagen: _____
4. Elastin: _____
5. Bones: _____

Purchasing Forms

1. Primal Cuts: _____
2. Fabricated Cuts: _____

Meat Inspection and Grading

1. Inspection: _____
2. Quality Grades: _____
3. Yield Grades: _____

Meat Handling and Storage

1. Fresh Meat: _____
2. Frozen Meat: _____

Meat Cuts

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

Primal Cuts of Pork

1. _____

3. _____

2. _____

4. _____

Primal Cuts of Lamb

1. _____

4. _____

2. _____

5. _____

3. _____

Primal Cuts of Veal

1. _____

4. _____

2. _____

5. _____

3. _____

Primal Cuts of Beef

1. _____

4. _____

2. _____

5. _____

3. _____

Processing Pork and Beef

1. Curing: _____

2. Smoking (pork): _____

3. Aging (beef): _____

3. Irradiation: _____

Principles of Cooking Meat

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

High-Heat and Low-Heat Cooking

1. High-Heat: _____

Warning— _____

2. Low-Heat: _____

Warning— _____

Determining Doneness

1. _____

4. _____

2. _____

5. _____

3. _____

6. _____

Taking Internal Temperature

1. _____

2. _____

3. _____

4. _____

Roasting Meats

1. Roasting: _____

2. _____

3. _____

4. _____

5. Barding: _____

(Continued on next page)

Principles of Cooking Meat, continued

6. Seasoning:

- a) _____
- b) _____
- c) _____
- d) _____

7. Sauces and Gravies: _____

Broiling and Grilling Meats

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Sautéing and Pan-Frying Meats

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Braising and Stewing Meats

- 1. _____
- 2. _____
- 3. _____
- 4. _____

Color of Cooked Meat

- 1. Rare: _____
- 2. Medium Rare: _____
- 3. Medium: _____
- 4. Medium Well: _____
- 5. Well Done: _____