

Meat and Egg Preparation

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

Types of Meats

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

Egg Composition

- 1. Shell: _____

- 2. White: _____

- 3. Yolk: _____

Egg Grades and Quality

- 1. USDA: _____
- 2. Grades: _____
- 3. Size: _____

Forms of Eggs

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

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Meat and Egg Preparation, continued

Cooking Breakfast Meats

1. Ham: _____

2. Bacon: _____

3. Sausage: _____

Cooking Eggs

1. Protein Coagulation: _____

2. Curdling: _____

3. Fried Eggs: _____

TYPE OF FRIED EGG	COOKING METHOD
Sunny-side up	
Basted	
Over-easy	
Over-medium	
Over-hard	

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Meat and Egg Preparation, continued

4. Poached Eggs: _____

5. Scrambled Eggs: _____

6. French Omelets: _____

7. American Omelets: _____

8. Soufflé Omelets: _____

9. Frittatas: _____

10. Quiche: _____

11. Shirred Eggs: _____

12. Simmered Eggs: _____

Plating Eggs

1. _____

2. _____

Breakfast Breads and Cereals

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

Breakfast Breads and Cereals

- 1. Ready-Made Breads: _____
- 2. Hot Cereals: _____
- 3. Cold Cereals: _____

Ready-made Breads

- 1. Pastries: _____
 - 2. Doughnuts: _____
 - 3. Quick Breads: _____
- _____

Preparing Pancakes and Waffles

- 1. _____

- 2. _____

- 3. _____

- 4. _____
- 5. _____

Preparing French Toast

- 1. _____
- 2. _____

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Breakfast Breads and Cereals, continued

3. _____

4. _____

Preparing Hot Cereals

1. _____

2. _____

3. _____

4. _____

5. _____

Preparing Cold Cereals

1. _____

2. _____
