

Study Guide

Cooking Methods

Directions: Read chapter 25, and answer the following questions. Later, you can use this study guide to review.

1. Name the three main ways that heat is conducted from a source to food.

2. What is conduction? Give an example.

3. Describe convection.

4. What is radiation?

5. Explain what happens when heat is applied to food.

6. What factors, besides cooking method, affect the time it takes food to cook?

7. What are the three basic cooking methods?

8. Explain the benefits of moist-heat cooking.

Chapter 25 Study Guide (continued)

9. Why is boiling seldom used?

10. Describe how to simmer a food, and list some foods best suited to this technique.

11. What would be a benefit of poaching food?

12. What are the benefits of steaming food?

13. Why are nutrients preserved in a pressure cooker?

14. What type of food is best suited to braising, and how is it done?

15. How does cooking in fat differ from other moist-heat methods of cooking?

16. What is the difference between the smoking point of animal fats and vegetable fats?

17. Compare frying, sautéing, and pan-broiling.

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Chapter 25 Study Guide (continued)

18. Why must the temperature be monitored in deep-fat frying?

19. Describe the technique of stir-frying.

20. Explain the benefits of dry-heat cooking and the three ways to do it.

21. Explain why you receive a better result when you salt food after broiling, rather than before.

22. Why does broiling take a lot of attention?

23. How would you reduce the health risks associated with grilled food?

24. What containers are not suited for use in a microwave?

Chapter 25 Study Guide (continued)

25. Name three materials suitable for covering food in a microwave and the results obtained from each material.

26. How can an instant-read thermometer assist in microwave cooking?

Activity 1**Cooking Methods**

What's Cooking?

Directions: Listed below you will find a variety of cooking methods. You have some old recipe fragments and need to know how to cook the foods using these brief instructions. Decide which cooking method would work best for each recipe, and write it in the space provided. One method will not be used.

Braising	Boiling	Simmering	Steaming	Stir-frying
Broiling	Baking	Roasting	Sautéing	

1. Place the filled muffin pans in a preheated oven.

Cooking method: _____

2. Melt 2 tablespoons butter, add chopped onion, and cook until the onion is soft and golden.

Cooking method: _____

3. Cook the pasta in bubbling water.

Cooking method: _____

4. Place the duck uncovered on a rack in a shallow pan. Cook until crispy on the outside and tender on the inside.

Cooking method: _____

5. Place the peas in a basket, and set the basket in the saucepan above boiling water. Cover and cook until the peas are tender.

Cooking method: _____

6. Place the browned beef roast back into the Dutch oven. Add carrots and potatoes and enough broth to half-cover the roast. Bring to boil, turn down heat, cover, and cook until meat is fork-tender.

Cooking method: _____

7. When the oil is hot, stir in the ginger, garlic, chopped onion, and celery. Shake the pan a few times and cook until the vegetables are browned and tender, but firm.

Cooking method: _____

8. Place turkey burgers on the grid. Cook three inches from the heat source until they are quite brown.

Cooking method: _____