Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_\_\_\_\_\_

ProStart 2 – Chapter 6

1. What does the term meat refer to? (352)

2. Who conducts inspections on meat? (352)

3. What does quality grade measure? (353)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What does yield grade measure? (353)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. Describe each type of grade. (353-354)

|  |  |
| --- | --- |
| Prime |  |
| Choice |  |
| Select |  |
| Good |  |
| Lower grades for beef |  |
| Lower grades for lamb |  |
| Lower grades for veal |  |

5. Because of cardiac health what changes were made to pork a few years ago? (354)

6. Describe the make-up of muscle tissue. Include information about the connective tissue. (355)

7. What are the two types of connective tissue and what happened when each is cooked? (355)

8. Where do the tenderest cuts of meat come from and what do they include? (355)

9. How long does meat age? (356)

10. How does it age and why? (356)

11. What happens if meat ages longer? (356)

12. What is fabrication? (357)

13. What are retail cuts? (357)

14. Define the following? (358-359)

|  |  |
| --- | --- |
| Butterflying |  |
| Medallions |  |
| Noisettes |  |
| Scallops |  |
| Emince |  |

15. What if offal meat? (359)

What are sweetbreads?

What is tripe?

16. What is game meat? (360)

17. Explain a few of the rules of kosher law. (360)

18. Explain the process of tenderizing meat (362-364)

|  |  |
| --- | --- |
| Mechanical tenderizing |  |
| Scoring |  |
| Grinding |  |
| Powdered tenderizers |  |
| Marinades |  |
| Cooking, stewing, braising |  |

19. Explain the following when choosing and purchasing meat: (364-365)

Cost:

Freshness:

Fat Content:

Marbling:

Equipment:

Vendors:

20. What temperature should fresh meat be delivered? (366) \_\_\_\_\_\_\_\_\_\_\_

21. To accept a delivery of meat it should meet the following criteria. (366)

|  |  |
| --- | --- |
| Color- Beef |  |
| Color – Lamb |  |
| Color- Pork |  |
| Texture |  |
| Odor |  |
| Packaging |  |

Reject meat for the following: (366-367)

|  |  |
| --- | --- |
| Color – Beef |  |
| Color – Lamb |  |
| Color – Pork |  |
| Texture |  |
| Odor |  |
| Packaging |  |
| Freezer Burn |  |

22. What are the two best cooking methods for tender meat? (368)

23. Describe the steps to roasting meat? (368-369)

24. What are the 4 dry cooking methods that use fat. (369)

1. 2.

3. 4.

25. What are the three methods of moist-heat cooking? (370)

1. 2. 3.

What cuts of meat are best for moist-heat cooking?

26. What type of cooking method is stewing and braising and what is the difference between each? (371)

27. How do you marinade? (371)

28. What is a dry marinade or spice rub? (371)

29. What does it mean to bard? (371)

30. What does each type of doneness look like and what temperature?

|  |  |
| --- | --- |
| Rare |  |
| Medium rare |  |
| Medium |  |
| Well done |  |

31. Why should you let meat rest and for how long? (372)

32. What is carryover cooking what does that mean you should do? (372)

33. What does juz mean? (373)

What does deglazing look like? (373)

34. What animals are included in poultry? (379)

35. What are the simple guidelines for choosing poultry? (380)

What does Grade A mean? What about Grades B & C?

36. Explain the difference between the following. (380-381)

|  |  |
| --- | --- |
| White Meat | Dark Meat |
|  |  |

39. When choosing poultry what do you look for? (382)

|  |  |
| --- | --- |
| Freshness |  |
| Form |  |
| Equipment |  |
| Vendors |  |
| Cost |  |

40. What is poultry fabrication?

41. To accept a delivery of poultry it should meet the following criteria. (385)

|  |  |
| --- | --- |
| Color |  |
| Texture |  |
| Odor |  |

Reject poultry for the following reasons. (385)

|  |  |
| --- | --- |
| Color |  |
| Texture |  |
| Odor |  |
| Freezer Burn |  |

42. What are the best dry-heat cooking techniques for poultry? (387)

43. What is trussing and what does it do? (387)

44. What temperature should poultry be cooked to? (388) \_\_\_\_\_\_\_\_\_\_\_\_\_

45. What are some dry cooking with fat and oil that work well for chicken? (388)

Which of these is the most traditional for chicken?

46. What are three methods of cooking chicken in moist heat? (389)

47. What types of poultry can be stuffed and what are the risks to stuffing? (390)

48. What factors is seafood graded on? (396)

|  |  |
| --- | --- |
| 1 | 5 |
| 2 | 6 |
| 3 | 7 |
| 4 | 8 |

49. What does each grade of seafood include? (396)

|  |  |
| --- | --- |
| Grade A |  |
| Grade B |  |
| Grade C |  |
| Below Standard |  |

50. Define fin fish (397)

Round fish (397)

Flatfish (397)

51. Define the following: (397)

|  |  |
| --- | --- |
| Shellfish |  |
| Crustaceans |  |
| Mollusks |  |
| Cephalopods |  |

52. Define the following: (399)

|  |  |
| --- | --- |
| Whole or round |  |
| Drawn |  |
| Dressed |  |
| Fish fillet |  |
| Butterfly fillet |  |
| Steak |  |

53. What are the 6 most common types of crabs? (400)

54. What are prawns and scampi? (400)

55. How do you fabricate the following? (401)

|  |  |
| --- | --- |
| Fin Fish | Shellfish |
|  |  |

56. To accept a delivery of fin fish it should meet the following criteria. (402)

|  |  |
| --- | --- |
| Color |  |
| Texture |  |
| Odor |  |
| Eyes |  |
| Packaging |  |

Reject fin fish for the following reasons. (402)

|  |  |
| --- | --- |
| Color |  |
| Texture |  |
| Odor |  |
| Eyes |  |

57. How should live shellfish be received? (403)

58. To accept a delivery of shellfish it should meet the following criteria. (403)

|  |  |
| --- | --- |
| Condition |  |
| Smell |  |
| Shells |  |

Reject fin fish for the following reasons. (403)

|  |  |
| --- | --- |
| Condition |  |
| Odor |  |
| Texture |  |
| Shells |  |
| Freezer burn |  |

59. Fish is highly perishable, how should you properly store it? (403-404)

Fin Fish:

Shellfish:

60. What is the best way to determine cooking technique for fish? (407)

61. Describe the following cooking techniques for seafood? (407-408)

|  |  |
| --- | --- |
| Dry-heat Cooking |  |
| Dry-heat with Fat & Oil |  |
| Moist-heat Cooking |  |
| Combination Cooking |  |

62. Define the following: 407-408

Court bouillon:

Fumet:

En papillote

Bouillabaisse

63. What are the four methods to determine doneness in fish? (409)

1. 3.

2. 4.

64. What is charcuterie? (415)

65. Define Garde manger? (416)

66. Describe each of the following: (416-417)

|  |  |
| --- | --- |
| Sausages: | Forcemeat: |
| 3 types of sausages: | Farce:  Pate:  Straight forcemeat:  Country Style forcemeat or pate de campagne  Mousseline |

Test Review Questions (425-426)

1. \_\_\_\_\_ 6. \_\_\_\_\_

2. \_\_\_\_\_ 7. \_\_\_\_\_

3. \_\_\_\_\_ 8. \_\_\_\_\_

4. \_\_\_\_\_ 9. \_\_\_\_\_

5. \_\_\_\_\_ 10. \_\_\_\_\_