

# Cooking Techniques

## Fill-In-The-Blank

Select the correct term from the list below and write it in the blank space.

1. Deep-fat frying, pan-frying, sautéing and stir-frying are all stovetop, \_\_\_\_\_ methods of cooking that brown food using oil.
2. Simmering and boiling are different ways to describe the temperature of \_\_\_\_\_ when it's cooking food.
3. Over-steamed vegetables lose their firmness, color and \_\_\_\_\_.
4. \_\_\_\_\_ is achieved by first boiling and then "shocking" the food in ice water.
5. Deep-fat frying, pan-frying, sautéing and stir-frying are all stovetop, dry-heat methods of cooking that brown food using \_\_\_\_\_.
6. If an oven doesn't have a "preheat" button, a feature which tells you when the desired temperature has been reached, use an oven \_\_\_\_\_ to measure the temperature inside.
7. When \_\_\_\_\_ foods, be sure to only fill the fryer or pot halfway. The food needs room to float in the oil to cook properly, and the extra space helps provide some protection from burns if the oil splashes or boils over.
8. It only takes about 3-4 minutes to \_\_\_\_\_ vegetables, and they should remain crisp during the process.
9. The only way to really know if meat is done cooking, and to avoid food poisoning from uncooked \_\_\_\_\_, is to use a meat thermometer.
10. \_\_\_\_\_ cooks by direct exposure to radiant heat that comes from beneath food through open metal grates.

moist-heat	nutrients	braising	stir-fry	thermometer
Celsius	liquid	saturated fat	oil	stewing
bacteria	deep-fat frying	poaching	grilling	blanching

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## Matching Quiz

Match the words in the first column to the best available answer in the second column.

- |       |                                                                                                                       |                    |
|-------|-----------------------------------------------------------------------------------------------------------------------|--------------------|
| _____ | Requires a special pan called a wok and a small amount of hot oil.                                                    | 1) convection oven |
| _____ | Cooking food in a liquid heated just below a simmer, which allows food to remain tender and not lose its shape.       | 2) braising        |
| _____ | Cooks by transferring heat directly to the food.                                                                      | 3) overflowing     |
| _____ | Searing food so that a brown, caramelized crust forms on the surface, and then simmering in a small amount of liquid. | 4) conduction oven |
| _____ | Cooking by direct exposure to radiant heat from beneath the food through open metal grates.                           | 5) poaching        |
| _____ | Cooks with hot air that circulates with a fan.                                                                        | 6) stir-frying     |
| _____ | Blanching, boiling, poaching, simmering and steaming are all examples of this method of cooking.                      | 7) dry-heat        |
| _____ | This cooking technique is a combination method, combining moist-heat and dry-heat techniques.                         | 8) moist-heat      |
| _____ | Deep-fat frying, stir-frying, roasting, baking and broiling are all examples of this method of cooking.               | 9) stewing         |
| _____ | After putting a lid on a steaming pot, be sure to turn the burner down to prevent water from doing this.              | 10) grilling       |

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## Multiple Choice

Circle the best answer for each question.

<p>1. Dry-heat cooking techniques do not include:</p> <ul style="list-style-type: none"><li>a) Blanching</li><li>b) Stir-frying</li><li>c) Baking</li><li>d) Sautéing</li></ul>	<p>6. Braising is typically this combination of techniques:</p> <ul style="list-style-type: none"><li>a) Searing and simmering</li><li>b) Conduction and convection</li><li>c) Sautéing and stir-frying</li><li>d) Steaming and poaching</li></ul>
<p>2. Which one of these is NOT a safety tip?</p> <ul style="list-style-type: none"><li>a) Use oven mitts</li><li>b) Never leave boiling foods unattended</li><li>c) Only add water to a fryer when it's hot</li><li>a) Don't wear loose clothing near flames</li></ul>	<p>7. The boiling point of water at sea level is:</p> <ul style="list-style-type: none"><li>a) 325° to 375° F or 163° to 191° C</li><li>b) Exactly 212° F or 100° C</li><li>c) Approximately 32° F or 12° C</li><li>d) Around 350° F or 177° C</li></ul>
<p>3. Being prepared and organized in the kitchen is known as:</p> <ul style="list-style-type: none"><li>a) Microplaning</li><li>b) Mise en place</li><li>c) Mise en scene</li><li>d) Sautéing</li></ul>	<p>9. In French, sauté means to:</p> <ul style="list-style-type: none"><li>a) Broil</li><li>b) Jump</li><li>c) Burn</li><li>d) Stew</li></ul>
<p>4. To avoid accidentally knocking cooking pots off the stove, turn their handles:</p> <ul style="list-style-type: none"><li>a) Sideways</li><li>b) Toward the front of the stove</li><li>c) Outward</li><li>d) Inward</li></ul>	<p>9. To avoid food poisoning from uncooked bacteria, always use a:</p> <ul style="list-style-type: none"><li>e) Meat Thermometer</li><li>f) Non-stick pan</li><li>g) Single-use paper towel</li><li>h) Metal skewer</li></ul>
<p>5. Rapid, rolling bubbles are indicative of:</p> <ul style="list-style-type: none"><li>a) Poaching</li><li>b) Overflow</li><li>c) Boiling Liquids</li><li>d) Blanching</li></ul>	<p>10. The moist-heat technique cooks food with:</p> <ul style="list-style-type: none"><li>a) Liquid or steam, but without fat</li><li>b) Canola oil on the stove top</li><li>c) Saturated fat</li><li>d) A thermometer</li></ul>