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

Cooking Methods Assessment

**Today’s Skills:**

I can identify and demonstrate dry and moist heat cooking methods.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Moist, Dry, or Combination** | **Definition** | **Example of the cooking method** |
| Baking/Roasting |  |  |  |
| Blanching |  |  |  |
| Boiling |  |  |  |
| Braising |  |  |  |
| Broil |  |  |  |
| Deep Fat Frying |  |  |  |
| Grilling |  |  |  |
| Pan Frying |  |  |  |
| Poaching |  |  |  |
| Sauté/Stir-frying |  |  |  |
| Simmering |  |  |  |
| Steaming |  |  |  |
| Stewing |  |  |  |

Total:\_\_\_\_/39

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

Cooking Methods Assessment

**Today’s Skills:**

I can identify and demonstrate dry and moist heat cooking methods.

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Moist, Dry, or Combination** | **Definition** | **Example of the cooking method** |
| Baking/Roasting | Dry | Cook with dry heat in a closed environment, usually in an oven. | Baked Potato, Roasted Vegetables, Turkey |
| Blanching | Moist | Partially cooking by boiling and immediately cooling. | Tomatoes, Peaches, Pears |
| Boiling | Moist | Cooking in liquid at boiling point. (Not oil) | Potatoes, pasta, eggs |
| Braising | Combination | Sear food. Add some liquid and cover pan to create a moist cooking environment. | Meat, roast, pork chops, vegetables |
| Broil | Dry | To cook food directly under heat source. | Open face cheese sandwich, to brown foods, marshmallows, meringue |
| Deep Fat Frying | Dry | Completely submerge food in hot fat or oil. | French fries, corn dogs, funnel cakes, churros, donuts |
| Grilling | Dry | To cook food directly above heat source. | Hamburgers, steak, vegetables, hot dogs, pineapples |
| Pan Frying | Dry | Cooking in a moderate amount of hot fat or oil. | Pork chops, steak, hamburger, fried chicken |
| Poaching | Moist | Cooking in a flavorful liquid in a temperature just below simmering. | Pears, eggs, fruit |
| Sauté/Stir-frying | Dry | Quickly cooking an item in a small amount of hot fat or oil, over moderate heat. | Stir-fry, ham, vegetables, snow peas, onions, mushrooms, garlic, mire poix |
| Simmering | Moist | Cooking in liquid just below the boiling point. | Spaghetti sauce, pudding, soups, rice, béchamel, |
| Steaming | Moist | Cooking food in closed environment with steam. | Vegetables, dumplings, pot stickers |
| Stewing | Combination | Small pieces of food are seared then covered completely with a liquid and simmered. | Chili, Soup, Stew, beef |

Total:\_\_\_\_/39