

# Moist Heat Cooking -Less Tender Meat

## Summary

A meat lab using a less tender cut of beef in preparing a Green Pepper Steak over Rice by using a moist heat method of cooking.

## Main Core Tie

Dietetics and Nutrition 1

[Strand 5](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Small Groups

## Materials

Handouts:

Recipe for Green Pepper Steak over Rice

Lab Planning Sheet

Meat Quiz

Meat Crossword Puzzle

Ingredients needed for each unit to prepare lab:

2 tbs. soy sauce

1/2 clove garlic

2 tbs. oil

1/2 lb. round steak

1/2 green pepper

1/2 large onion

1 1/2 cups diced celery

1 tbs. cornstarch

2 tbs. cold water

1 tomato

1 1/3 cups rice

2 2/3 cups water

1 tsp. salt

1 tsp. butter

(I purchase the garlic in a jar found in the produce section at the store.

I cut the round steak into equal portions and wrap individually in wax paper prior to class)

## Background for Teachers

The teacher will need to know general information about meat. The difference between a tender and a less tender cut of meat and the proper method of cooking for each. How to prepare rice correctly.

Prepare and assemble both recipes to serve together as a meal.

## Student Prior Knowledge

The student will need to know how to read and follow the recipe in preparing a meal consisting of green pepper steak over rice according to the recipe directions.

### Intended Learning Outcomes

The student will plan, prepare and evaluate a meal consisting of green pepper steak over rice following the techniques and skills learned and acquired regarding meat cookery and cooking methods for a less tender cut of beef.

### Instructional Procedures

Hand out the Lab Planning Sheets and the Recipes for the Green Pepper Steak over Rice. (You may find it would be helpful and save time if you plan the class period before.) Read and go over the directions completely with the students.

Prior to class, have the ingredients on the supply table cut, prepared and labeled for each of the units to obtain.

Hand out to the students the Meat Crossword Puzzle to be worked on during the class if time is available. They will be given several class periods to work and complete the puzzle. Identify the due date. References: Classroom textbook, notes from lectures and study sheets.

Lab experience: Identify a time frame for the class to keep everyone on task to accomplish all that you need to do during the hour.

Identify the following steps:

Prepare the rice and let cook by steam for 20 - 25 minutes over low heat.

Mix marinade together consisting of the soy sauce, garlic and oil.

Cut up the round steak and pour marinade over the meat. Allow to sit for at least 1/2 hour together.

Cut and prepare vegetables and set aside.

Mix cornstarch and cold water together and set aside.

Meat Quiz: When the preparatory steps are completed, have the students sit back down at their table and hand out the meat quiz. Read and explain the quiz to the students. Allow enough time for the students to complete the quiz. Orally, correct the quiz. Have the students turn in their quizzes to be recorded and pass back to the students.

Lab experience cont.'d:

Students will need to quickly brown their meat thoroughly.

Add coarsely cut vegetables, cover and cook for 10 - 15 minutes.

Stir in cornstarch/cold water mixture and tomato. Cook 5 to 10 minutes longer until tender.

Set table. Serve Green Pepper Steak over Hot Rice.

Allow enough time to eat, evaluate and clean up thoroughly before leaving. Sanitize counters.

### Authors

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