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

Poultry, Meat, Seafood Notes

What is fabrication? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Poultry Preparation

|  |  |
| --- | --- |
| Types |  |
| Cooking Methods |  |
| Cooking Temperature |  |

Inspection and Grading

|  |  |
| --- | --- |
| Inspection |  |
| Grading |  |
| Beef Grades |  |
|  |
|  |

Cuts of Meat

|  |  |
| --- | --- |
| Tender Cuts | Come from:Beef:Veal:Pork:Lamb: |
| Less Tender Cuts | Come from:Beef:Veal:Park:Lamb: |
| Retail Cuts |  |

Cooking Methods

|  |  |
| --- | --- |
| Dry Heat | Cuts of meat:Examples: |
| Moist Heat | Cuts of meat:Examples: |
| Combination | Cuts of meat:Braising: |

Tenderizing Methods

|  |  |
| --- | --- |
| Mechanical |  |
| Chemical |  |
| Cooking |  |

Cooking Temperatures

Ground pork, beef, veal or lamb: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

While pork, beef, veal or lamb (steaks or roasts): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Finfish or Fish | Categories:How raised:Round:Flat: |
| Shellfish | Crustaceans:Mollusks (Cephalopods, Bivalves, Gastropods)Cephalopods:Bivalves:Gastropods: |

Fish Fabrication Vocabulary

|  |  |
| --- | --- |
| Drawn |  |
| Dressed |  |
| Pan Dressed |  |
| Fillet |  |
| Steak |  |

Cooking Fish

|  |  |
| --- | --- |
| Fin fish | Techniques:Temperature |
| Shellfish | Shrimp:Lobster & Crab:Bivalves in shell: (purchase closed)Overcooking:Sashimi: |

Vegetarian Protein Options

|  |  |
| --- | --- |
| Complementary Protein |  |
| Plant Sources for Protein |  |

