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 |  |

