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



Grains, Legumes, Potatoes

Types Rice

|  |  |
| --- | --- |
| Long Grain |  |
| Medium Grain |  |
| Short Grain |  |
| Whole Grain |  |
| Converted |  |

Rice Storage

|  |  |
| --- | --- |
| White Rice |  |
| Brown Rice |  |
| After Cooking |  |

Cooking Techniques

|  |  |
| --- | --- |
| Before Cooking |  |
| Yield |  |
| Boiling |  |
| Steaming |  |
| Braising or Pilaf |  |
| Risotto |  |
| Baked |  |

Pasta Ingredients

|  |  |
| --- | --- |
| Flour |  |
| Liquid |  |

How is pasta named? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How does the shape determine what sauce to use?

Cooking Pasta

|  |  |
| --- | --- |
| Technique |  |
| Al Dente |  |
| Undercooking |  |
| Yield |  |

Types of Grains

|  |  |
| --- | --- |
| Quinoa |  |
| Millet |  |
| Barley, Farro, Spelt |  |
| Corn |  |
| Hominy |  |

How to receive, store and handle potatoes

|  |  |
| --- | --- |
| Choosing potatoes |  |
| Storage |  |
| Before Use |  |
| After Cutting |  |

Types of Potatoes

|  |  |
| --- | --- |
| Starchy | ExampleUse |
| Waxy | ExampleUse |
| All-Purpose | ExampleUse |

What are the four types of Legumes?

|  |
| --- |
| 1 |
| 2 |
| 3 |
| 4 |

Tips for Storing and Cooking Legumes

|  |  |
| --- | --- |
| Purchasing |  |
| Prep for Dry Beans |  |
| Effects of Acid on Beans |  |
| Storage |  |

