

# MEAT COOKERY METHODS

Activity D

Name \_\_\_\_\_

Chapter 13

Date \_\_\_\_\_ Period \_\_\_\_\_

Match each of the following statements with the meat cookery method it describes by placing the correct letter in the space provided. Then answer the questions that follow.

- |   |                       |
|---|-----------------------|
| _____ 1. Place meat with the fat side up on a rack in a large shallow pan. Meat is cooked, uncovered, in a slow oven until it reaches the desired degree of doneness. | a. Pan-broiling.      |
| _____ 2. Meat is cooked using a direct flame or under a direct heating element.   | b. Roasting.          |
| _____ 3. Meat is cooked, uncovered, in a heavy skillet or grid-dle without using fat.   | c. Cooking in liquid. |
| _____ 4. Meat is cooked in a small amount of fat or cooked in deep fat.   | d. Broiling.          |
| _____ 5. Meat is browned slowly, and then it is cooked in a small amount of liquid over low heat.   | e. Braising.          |
| _____ 6. Meat is covered with water or stock. The kettle is covered, and the meat is allowed to simmer until it is tender.  | f. Frying.            |

1. What types of variety meats may be cooked by dry heat? \_\_\_\_\_  
\_\_\_\_\_
2. How should meat be thawed? \_\_\_\_\_  
\_\_\_\_\_
3. Why is it recommended that meat NOT be thawed on the kitchen counter? \_\_\_\_\_  
\_\_\_\_\_
4. When broiling frozen meats, why should you place the meat farther away from the heat source than you would place thawed meats? \_\_\_\_\_  
\_\_\_\_\_
5. A frozen roast would require approximately \_\_\_\_\_ percent more time to cook than a thawed roast.
6. Why should meats be covered when they are cooked in a microwave oven? \_\_\_\_\_  
\_\_\_\_\_
7. What type of meat cuts work best for microwave cooking? \_\_\_\_\_  
\_\_\_\_\_
8. What type of meat cuts will brown naturally in a microwave oven? \_\_\_\_\_  
\_\_\_\_\_