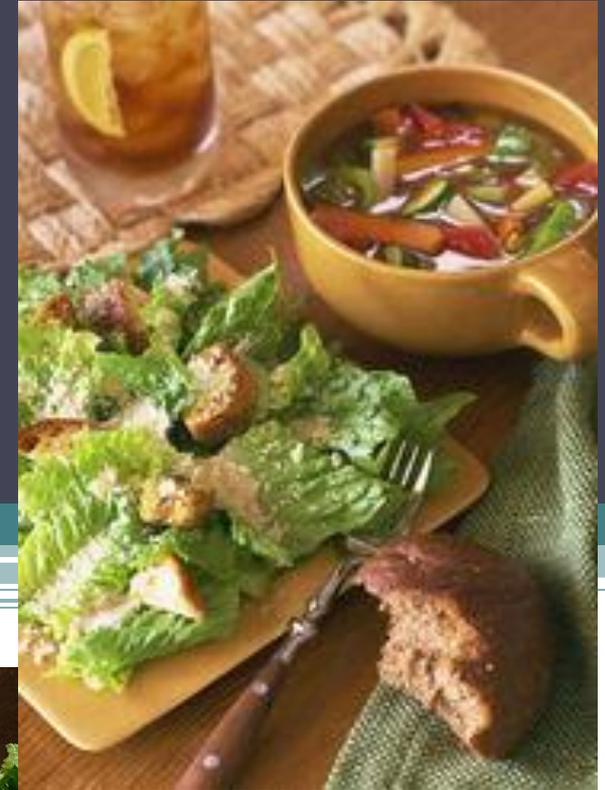


Soups, Salads, Casseroles and Meats



SOUPS



Types of Soups

- Stock
 - Bouillon
 - Consommé

- Cream
 - Bisque
 - Chowder



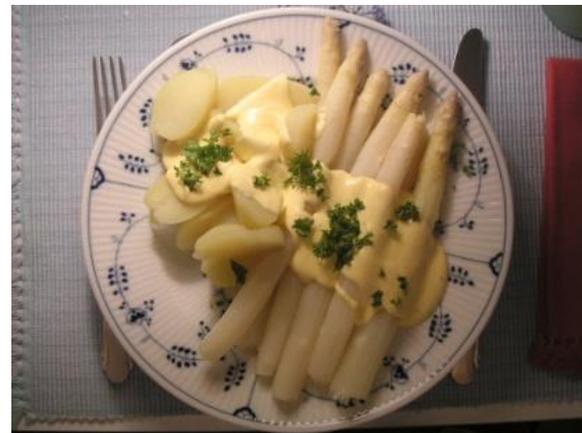
Base for Soups

- Base for Stock - Mirepoix
 - French name for a combination of onions, carrots, and celery.
- Base for Cream - Roux
 - A mixture of fat and flour used as a thickener.



Mother Sauces

- Béchamel
- Veloute
- Espagnole
- Tomato
- Hollandaise



Different Parts of a Meal

- Appetizer
- Side
- Main Course
- Dessert



Serving Soups

- Piping hot or icy cold
- Size of soup dishes



Preparation of Soups

- Stock Based Soup Lab
- Cream Based Soup Lab



SALADS



Types of Salads

- Appetizer
- Accompaniment
- Main Dish
- Dessert



Where would you use a...

- Pasta Salad
- Gelatin Salad
- Protein Salad
- Vegetable Salad
- Fruit Salad



Nutrients in Salads

- Vitamins and Minerals
- Carbohydrates
- Fats
- Protein



Principles of Salad Making

- Use fresh ingredients
- Use a variety of color
- Contrasts in texture



Principles of Salad Making

- Ingredients should be well drained
- Cut into convenient eating size
- Break or tear lettuce pieces
- Prepared right before serving
- Apply dressing just before serving



Salad Dressings

- Mayonnaise Based
- Vinaigrette
 - 3 oils to 1 vinegar (3:1 ratio)



Preparation of Salads

- Salad and Dressing Lab



CASSEROLES



What is a Casserole?

- A blend of cooked ingredients that are heated together to develop flavor.



Parts of a Casserole

- Base
 - Main texture and flavor
 - Meat, poultry, fish or cheese
- Extender
 - Thickens a dish
 - Carbohydrates (potatoes or rice)
- Binder
 - Holds the other ingredients together
 - The sauce (Béchamel or Tomato)



Advantages of Making Casseroles

- Easy to prepare
- Saves time
- Complete meal in a dish
- Economical



Advantages of Making Casseroles

- Large variety can be made ahead and stored in refrigerator/freezer
- Little supervision during baking
- Serve in same dish baked in
- Leftovers easy to use



Foods and Functions in Casseroles

- Protein
 - Main Ingredient
 - Meat, fish, eggs, dried beans, cheese



Foods and Functions in Casseroles

- Carbohydrates/Starch
 - Used as an extender
 - Undercook rice and pastas



Foods and Functions in Casseroles

- Vegetables
 - Add contrast in color and texture



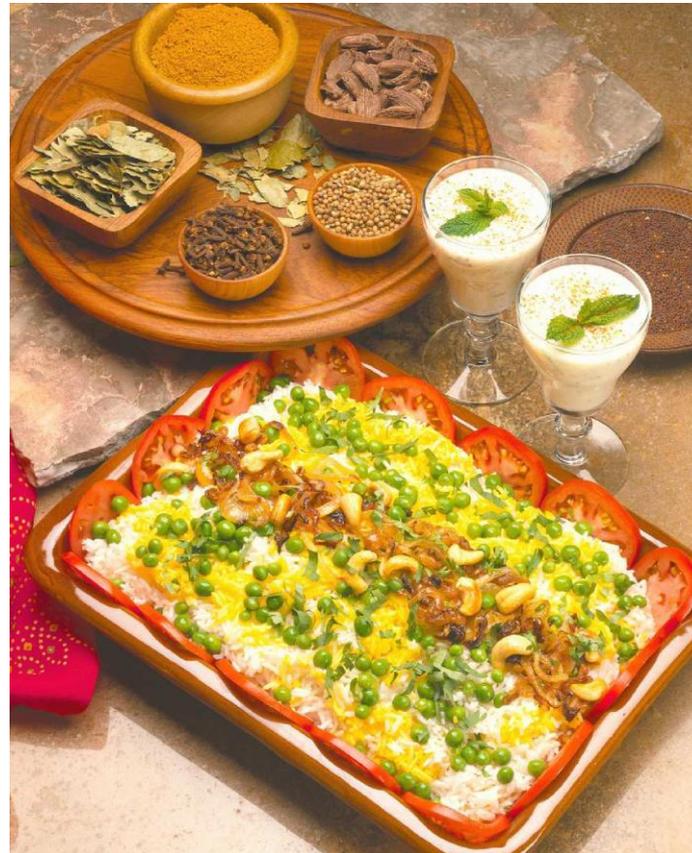
Toppings

- Color
- Variety in texture
- Protects protein ingredients
- Common toppings



Preparation of Casseroles

- Casserole Lab



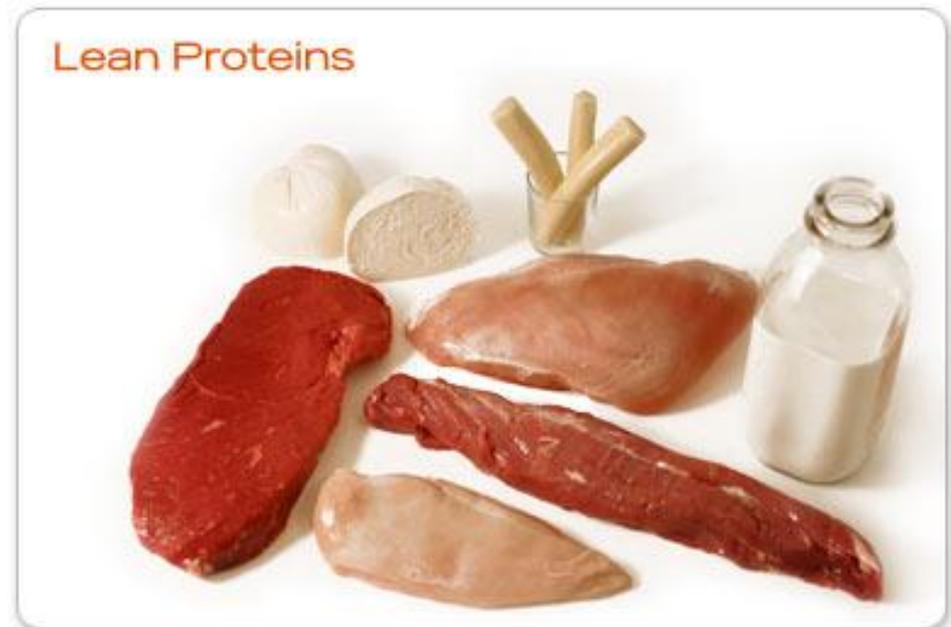
MEATS

Beef and Poultry



Nutrient Contributions

- 5 1/2 oz. everyday
- Main nutrient: Protein
- Other nutrients:
 - Iron
 - Copper
 - Phosphorus
 - Thiamin
 - Riboflavin
 - Niacin
 - Fat



Lean vs. Fatty Cuts of Meat

- Trimming excess fat
 - Remove all skins
- White meat vs. dark meat
 - Light meat is leaner
- Lean cooking methods
 - Roast, Broil, Grill



Inspection/Grading

- Graded according to:
 - Marbling
 - Age of animal
 - Texture and appearance
- Grades of Beef:
 - Prime
 - Choice
 - Select

Government Quality Grade



100
0



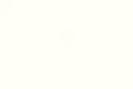
Moderately Abundant



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Slightly Abundant



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Moderate

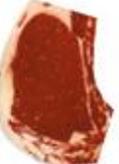


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Modest

100
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Small

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Slight

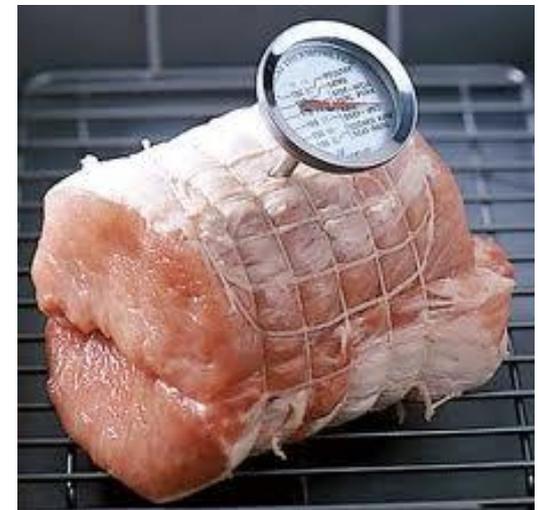
Bone Affects Serving Size

- 1/4 lb. boneless
 - Ground beef
- 1/2 lb. moderate bone
 - Round steak, most roasts, ham
- 1 lb. large bone
 - Turkey, pork spareribs, T-bone steak



Cooking Temperatures for Meats

- Ground Meats (pork, beef, veal, lamb)
 - 155° Internal temperature
- Seafood, pork, beef, veal, lamb
 - 145° Internal temperature
- All Poultry (whole or ground)
 - 165° Internal temperature



Cooking Methods

- Braising
 - Brown meat on all sides
 - Add small amount of liquid
 - Cover pan
 - Simmer over very low heat until tender
 - Used for less tender meats
 - Moist heat method



Cooking Methods

- Slow Cooking
 - Place meat in slow cooker
 - Add liquid and cover
 - Cook on low for several hours
 - Used for less tender meats
 - Moist heat method



Cooking Methods

- Broiling
 - To cook by direct heat
 - Broiler pan in oven
 - Used tender cuts of meats
 - Dry heat method



Cooking Methods

- Grilling
 - To cook by direct heat, usually a fire
 - Use a grill to cook meats
 - Used tender cuts of meats
 - Dry heat method



Cooking Methods

- Roasting
 - Place meat into oven.
 - Causes caramelization on the surface of the food which is considered a flavor enhancement.
 - Used tender cuts of meats
 - Dry heat method



Cooking Methods

- Sauté
 - Cooking meats in a small amount of fat over high heat.
 - Used tender cuts of meats
 - Dry heat method



Preparation of Meats

- Poultry Lab
- Beef Lab

