



SOUPS, SALADS, CASSEROLES AND MEATS STUDY GUIDE

Name: _____ KEY _____

Period: _____

SOUPS

1. Types of Soups
 - a. Stock
 - i. Bouillon
 - ii. Consommé
 - b. Cream
 - i. Bisque
 - ii. Chowder
2. Base for Soups
 - a. Base for Stock - Mirepoix
 - i. French name for a combination of onions, carrots, and celery.
 - b. Base for Cream - Roux
 - i. A mixture of fat and flour used as a thickener.
3. Mother Sauces
 - a. Béchamel
 - b. Veloute
 - c. Espagnole
 - d. Tomato
 - e. Hollandaise
4. Different Parts of a Meal
 - a. Appetizer
 - b. Side
 - c. Main Course
 - d. Dessert
5. Serving Soup
 - a. Piping hot or icy cold
 - b. Size of soup dishes

SALADS

1. Types of Salads
 - a. Appetizer
 - b. Accompaniment
 - c. Main Dish
 - d. Dessert

2. Where would you use a....
 - a. Pasta Salad – Appetizer or Accompaniment
 - b. Gelatin Salad – Accompaniment or Dessert
 - c. Protein Salad – Main Dish
 - d. Vegetable Salad – Appetizer or Accompaniment
 - e. Fruit Salad – Appetizer, Accompaniment or Dessert

3. Nutrients in Salads
 - a. Vitamins and Minerals
 - b. Carbohydrates
 - c. Fats
 - d. Protein

4. Principles of Salad Making
 - a. Use fresh ingredients
 - b. Use a variety of color
 - c. Contrasts in texture
 - d. Ingredients should be well drained
 - e. Cut into convenient eating size
 - f. Break or tear lettuce pieces
 - g. Prepared right before serving
 - h. Apply dressing just before serving

5. Salad Dressings
 - a. Mayonnaise Based
 - b. Vinaigrette – 3 oils to 1 vinegar (3:1 ratio)

CASSEROLES

1. What is a casserole? A blend of cooked ingredients that are heated together to develop flavor.
2. Parts of a casserole
 - a. Base
 - i. Main texture and flavor
 - ii. Meat, poultry, fish or cheese
 - b. Extender
 - i. Thickens a dish
 - ii. Carbohydrates (potatoes or rice)
 - c. Binder
 - i. Holds the other ingredients together
 - ii. The sauce (Béchamel or Tomato)
3. Advantages of Making Casseroles
 - a. Easy to prepare
 - b. Saves time
 - c. Complete meal in a dish
 - d. Economical
 - e. Large variety can be made ahead and stored in refrigerator/freezer
 - f. Little supervision during baking
 - g. Serve in same dish baked in
 - h. Leftovers easy to use
4. Foods and Functions in Casseroles
 - a. Protein
 - i. Main ingredient
 - ii. Meat, fish, eggs, dried beans, cheese
 - b. Carbohydrates/Starch
 - i. Used as an extender
 - ii. Undercook the rice and pastas
 - c. Vegetables
 - i. Add contrast in color and texture
5. Casserole Toppings
 - a. Color
 - b. Variety in texture
 - c. Protects protein ingredients
 - d. Common toppings

MEATS

1. How many servings from the meat and beans group are needed everyday? 5 ½ oz.
2. What is the main nutrient found in meats? Protein
3. What are some other nutrients found in meats?
 - a. Iron
 - b. Copper
 - c. Phosphorus
 - d. Thiamin
 - e. Riboflavin
 - f. Niacin
 - g. Fat
4. Lean vs. Fatty Cuts of Meat
 - a. Trimming excess fat
 - i. Remove all skins
 - b. White meat vs. dark meat
 - ii. Light meat is leaner
 - c. Lean cooking methods
 - iii. Roast, Broil, Grill
5. Meat is graded according to:
 - a. Marbling
 - b. Age of animal
 - c. Texture and appearance
6. The different grades of meat are:
 - a. Prime
 - b. Choice
 - c. Select
7. Bone Affects Serving Size
 - a. ¼ lb. boneless – Ground beef
 - b. ½ lb. moderate bone – Round steak, most roasts, ham
 - c. 1 lb. large bone – turkey, pork spareribs, T-bone steak
8. Cooking Temperatures for Meats
 - a. Ground Meats – 155 degrees
 - b. Seafood, pork, beef, veal, lamb – 145 degrees
 - c. All Poultry – 165 degrees

9. Cooking Methods - Braising

- a. Brown meat on all sides
- b. Add small amount of liquid
- c. Cover pan
- d. Simmer over very low heat until tender
- e. Used for less tender meats
- f. Moist heat method

10. Cooking Methods – Slow Cooking

- a. Place meat in slow cooker
- b. Add liquid and cover
- c. Cook on low for several hours
- d. Used for less tender meats
- e. Moist heat method

11. Cooking Methods - Broiling

- a. To cook by direct heat
- b. Broiler pan in oven
- c. Used tender cuts of meats
- d. Dry heat method

12. Cooking Methods - Grilling

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

13. Cooking Methods - Roasting

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

14. Cooking Methods - Sauté

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