

ACROSS

- 1 Beef should be stored at temperatures between 36 and 40 degrees in the _____.
 3 0 F. is the necessary temperature for _____ beef.
 5 Place 1" steaks _____ inches from broiler.
 7 A less tender steak from the chuck section.
 9 _____ heat methods are used for tender beef cuts.
 10 Flecks of fat throughout the lean.
 13 A dish appropriate for ground beef with not less than 77% lean is tamale _____.
 14 Helps the blood carry oxygen to and from the cells.
 16 This type of foil is appropriate for freezer wrap.
 21 An indication of quality of a beef carcass.
 22 Steaks broiled to 170 F. internal temperature.
 23 Help build body tissues.
 24 Third highest grade of beef.
 25 A form of panfrying used in Oriental cooking.
 27 A small amount of _____ is the difference between panbroiling and panfrying.
 28 Beef for stew and ground beef are often made from _____.
 29 A variation of broiling.
 33 A _____ cross cut is a retail cut from the

- lower forequarter of the beef c
 34 One of the B-vitamins.
 35 Highest USDA grade of be
 38 Best way to determine don
 roasts.
 40 A form of tenderizing that l
 muscle fiber.
 41 Mandatory by the USDA fo
 wholesomeness.
 42 Ground beef with not less 1
 is good for low-_____ diets.
 43 Beef that usually should no
 44 Number of servings per po
 round steak.

DOWN

- 2 A dry heat method using a
 open pan.
 3 Number of servings per po
 ground beef.
 4 A ground beef label says "I
 85% _____."
 6 A moist heat method using
 amount of liquid.
 7 A dry heat cooking method
 tender steaks.
 8 Press this out when wrappi
 freezer.
 11 Roasts that are good choi
 microwave cooking.