Chapter 15: Cooking Methods

Define these words:

Bake

Saute

Pan Fry

Deep Fry

Roast

Boil

Blanch

Parboil

Simmer

Steam

Braise

Stew

Graphic Organizer pg 375: Changes in cooked food: Fill out

Chapter 15.1 ppt

Re: Color Changes, Understand Chlorophyll, Flavenoids, Carotenoids and the Fruits and Vegetables that fall into those colors.

20 Minutes Remaining: Choose a different country or Culture and research the cooking techniques that are used in the traditional cooking of that country or culture.

Day 2: Dry Cooking Techniques- Outline Section.

Powerpoint 15.2- Notes

In Class Work/Homework:

Pretend you are writing an advice column for the Myers Park Hoofprint Newspaper. Ask and answer two questions as if a reader needs to know something about dry heat cooking techniques. Use what you know about Dry heat cooking to properly explain the problem and articulate the answer in a full page, handwritten and turned in at the end of the class period. If you don't turn it in, please take it home and work on it for homework.

Day 3: Mystery Basket: Sweet Potatoes

Dish Requirements: Must use a Dry heat cooking method. 55 minutes of cook time. Dish must be served on a square plate

Day 4: Dry heat cooking Lab

Students will rotate between three dry heat cooking stations

Station 1 will be properly searing beef using flank steak, cubed. Students will see the difference in doneness of steak for the longer they sear. Also, learn to Deglaze the pan used to sear the steak. Students will be able to eat the beef once they Saute it.

Station 2: Flipping bread in a pan. Learn to flip like a chef using a fluid, circular, quick movement and flip a piece of bread over and over.

Station 3: Saute Squash in intervals of 1.5 minutes. Students saute and taste every one and a half minutes, stopping at 4.5 minutes and documenting the color, Texture, size, and taste of the squash at the different intervals. Students should notice significant difference at each interval.

Lab should take 55 minutes, Cleanup takes 35.

Day 5: Knife Skills and Prep for Culinary 2 Lunch.