 Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Culinary Arts

**Ch. 19 MEAT COOKERY Study Guide**

Refer to pages 320-333 in the “Guide to Good Food” textbook.

**Nutrition Values**

1. How many ounces of protein do most teens need each day? \_\_\_\_\_\_\_\_\_\_\_\_\_ oz.
2. Meats contain proteins essential for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Meats are also good sources of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. Ground meats are generally higher in fat. When selecting ground meat, choose at least \_\_\_\_\_\_\_\_\_% lean.
5. Choosing lean cuts such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sections of beef and the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ sections of pork.
6. Use cooking methods such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and nonstick pans when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to eliminate the need for added fat during cooking. Trim the fat from the surface of chilled meat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
7. The carcass of meat is first cut into smaller pieces called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cuts and then cut into even smaller pieces called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cuts which are sold at the grocery store.
8. The difference between “Ground Beef” and “Hamburger” is ground beef contains only \_\_\_\_\_\_\_\_\_\_\_\_\_ originally attached to the meat before grinding.



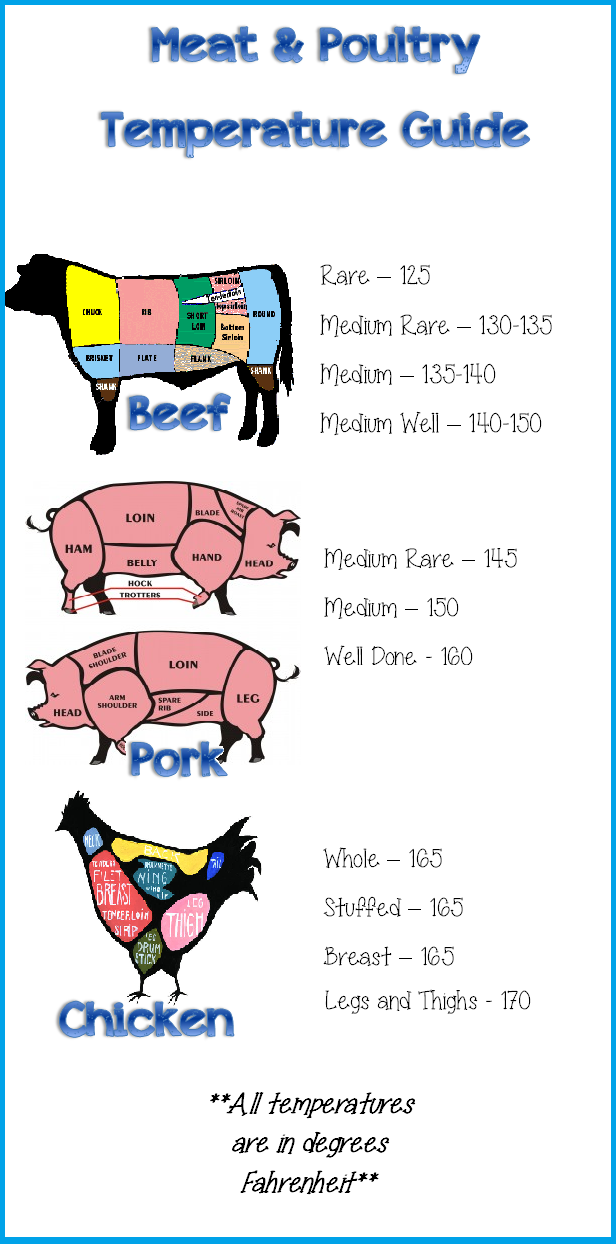
**Reading a Meat Label**

1. What is the wholesale cut from which this piece

of meat comes from? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is the name of the retail cut? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How much does this piece of meat weigh? \_\_\_\_\_\_\_\_\_\_\_\_\_ lbs.
3. What is the unit price of this meat? $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lb.
4. How much would you have to pay for this package of

meat? $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meat Preparation & Cooking**

1. The suggested time frames during which different types of

meats can be refrigerated is between \_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_ days.

1. Meat consists of connective tissues called

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. Describe the tenderizing method to break down connective tissue:
2. Pounding/Grinding

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Slicing/Cubing

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Commercial Meat Tenderizer

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Marinade

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. The safety guidelines regarding the use of a marinade with

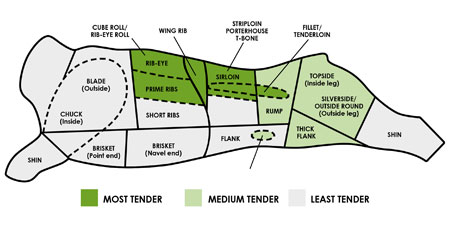
raw meat, suggest you keep marinade \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, discard

after use, or boil for 1 minute before using on cooked meat.

**Meat 101**

1. \_\_\_\_\_\_\_ Meat obtained from mature cattle over 12 months of age. A. meat
2. \_\_\_\_\_\_\_ The meat of sheep less than one year old. B. pork
3. \_\_\_\_\_\_\_ The edible portion of mammals. C. veal
4. \_\_\_\_\_\_\_ The meat of swine. D. beef
5. \_\_\_\_\_ The meat of cattle less than three months of age. E. lamb



1. \_\_\_\_\_ Edible parts of animals other than muscle, such as liver & heart. A. Prime
2. \_\_\_\_\_ Flecks of fat found throughout the lean muscles of meat. B. Choice
3. \_\_\_\_\_ More internal fat, and is more tender and juicier than select. C. Marbling
4. \_\_\_\_\_ Less marbling, fairly tender, but may lack juiciness and flavor. D. Variety Meats
5. \_\_\_\_\_ Abundant flecks of fat within the lean meat and sold in restaurants. E. Select
6. \_\_\_\_\_ Doesn’t allow animal to

be given grow hormones

& antibiotics. A. Grass Fed

1. \_\_\_\_\_ Cattle confined in feed lots

and eat mostly grain. B. Grain Fed

1. \_\_\_\_\_ Cattle spend a majority of

their lives eating grass on

pastures. C. Organic

1. \_\_\_\_\_ Broil, Grill, Roast D. Moist
2. \_\_\_\_\_ Braise, Stew E. Dry

