

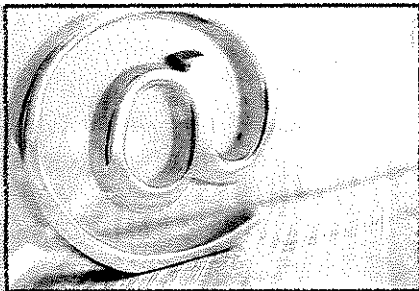
MEAT COOKERY

SPRINGBANK COMMUNITY HIGH SCHOOL



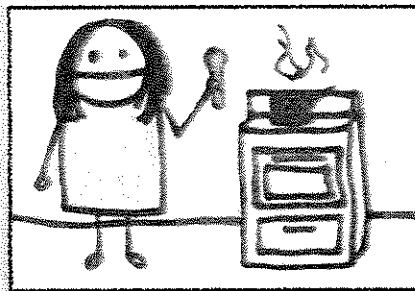
Name: _____

Due: _____



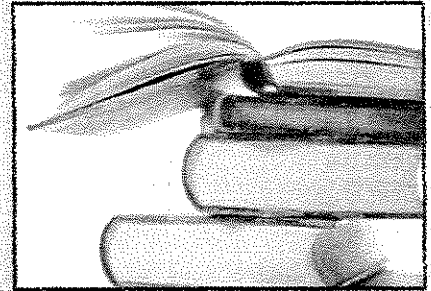
QUESTIONS?

EMAIL: sklatt@rnschools.ab.ca



MISSED A LAB?

See Ms. Klatt for an approved at home lab evaluation form for your parents.



IS YOUR WORKBOOK COMPLETE?

This workbook must be done in time to cook. Make sure you use your class-time.



- 4 – 1. *List the four types of meat.*

- 4 – 2. *Briefly describe who raises cattle and their main roles.*

 - 1.

 - 2.

- 4 – 3. *Briefly describe who processes cattle and their main roles.*

 - 1.

 - 2.

- 4 – 4. *Briefly describe what agencies inspect and grade meat in Canada and what they are checking for.*

 - 1.

 - 2.

- 1 – 5. *What can beef be used for if it does not pass inspection?*

- 2 – 6. *Why is fresh meat bright red?*

- 2 – 7. *If the meat is not bright red, is this a sign that the meat is not fresh? Explain.*

... from pasture to grocery store



From
Pasture to
Grocery
Store
(cont'd)

- 11 - 8. Fill in the following chart about beef grades:

| Grade | Age of Animal | Stamp Colour | Characteristics |
|-------|---------------|--------------|--|
| A | | RED | 1. 2. 3. |
| | YOUTHFUL | | 1. 2. 3. 4. |
| D & E | | | Used for ground beef or processed meat |

- 1 - 9. What is the difference between Grade AAA and Grade A beef?

- 3 - 10. Grade A beef is further classified according to its yield. What percentage of lean meat is available from these classes?

- Canada 1
- Canada 2
- Canada 3

- 4 - 11. What are two types of connective tissue? Explain what affects the amount of connective tissue in beef.



- 2 – 1. *Why is meat cooked?*
- 2 – 2. *Why does ground beef need to be cooked to 71°C?*
- 1.
 - 2.
- 2 – 3. *Describe in detail why meat should not be refrozen.*
- 3 – 4. *Name three ways to safely thaw meat.*
- 1.
 - 2.
 - 3.
- 2 – 5. *Which method of thawing meat is not a safe method? Why?*
- 4 – 6. *List 4 specific ways to reduce bacterial growth by chilling meat.*
- 1.
 - 2.
 - 3.
 - 4.

... food safety



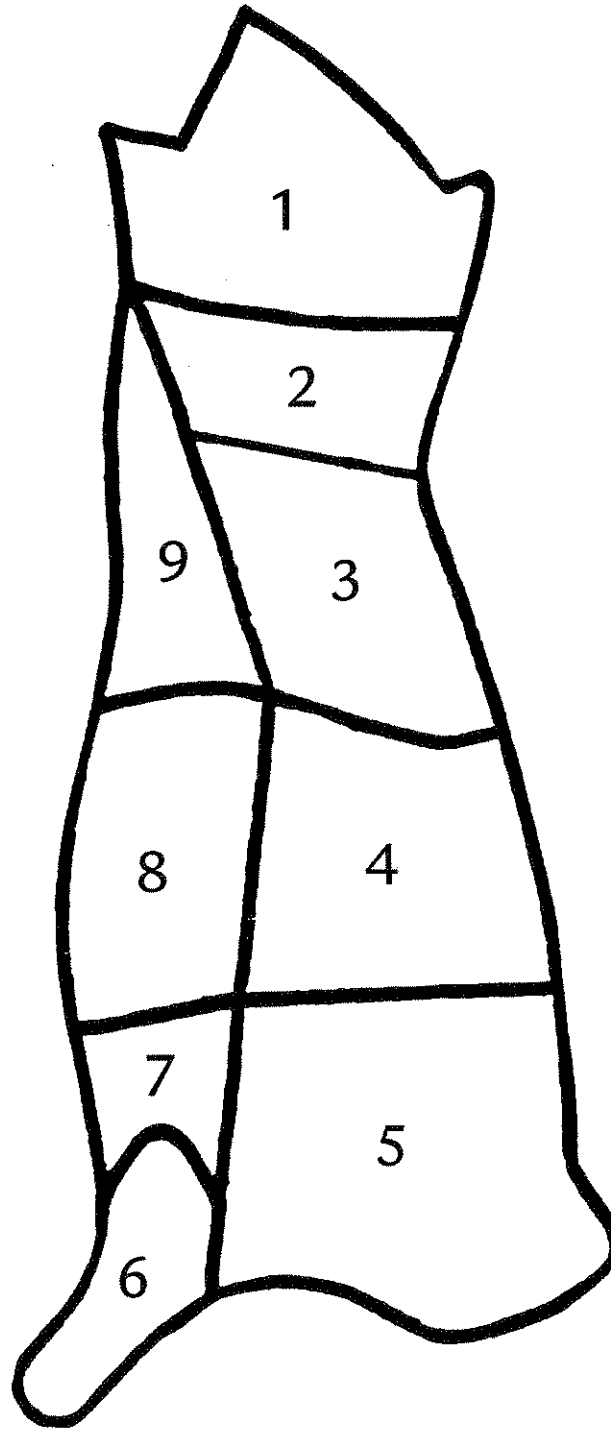
Food Safety
(cont'd)

- 4 – 7. *What are four simple steps to keep in mind when handling meat?*
- 1.
 - 2.
 - 3.
 - 4.
- 1 – 8. *What is the lowest recommended internal temperature for cooked steaks or roasts?*
- 3 – 9. *Define the following:*
- a. *Danger zone:*
 - b. *Cross-contamination:*
 - c. *Foodborne illness:*
- 2 – 10. *How long can fresh steaks be stored:*
- a. *In the fridge:*
 - b. *In the freezer:*



Name the primal cuts of meat according to the numbers.

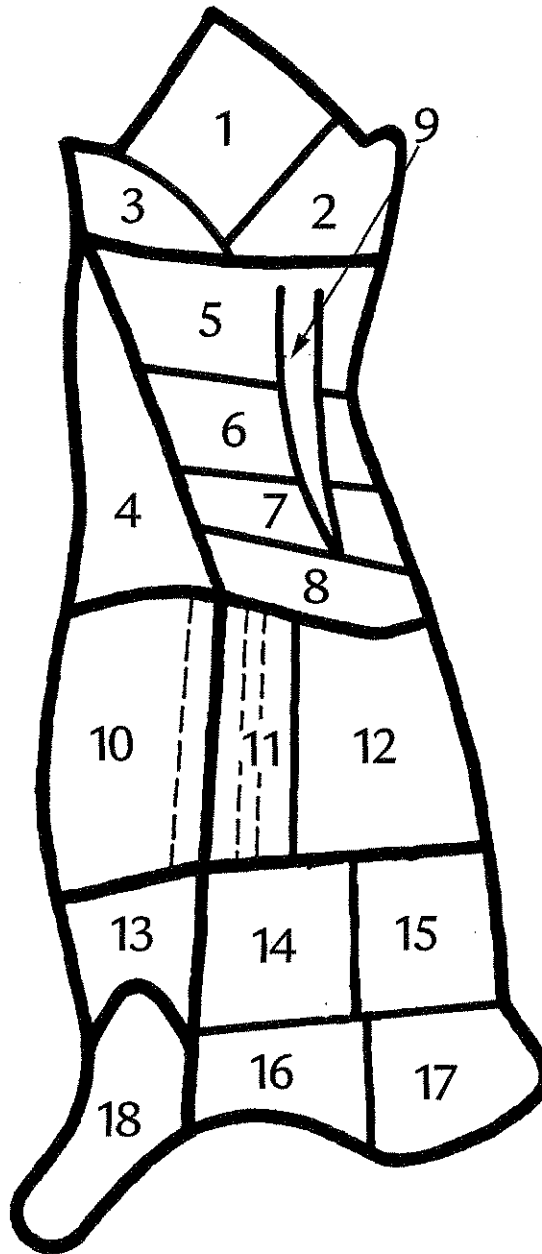
- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____





- 18 - 1. Name the retail cuts of meat according to the numbers.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____



- 9 - 2. Colour code the carcass.

- Red = Grilling or Premium Oven Roast (Least connective tissue)
- Yellow = Marinating or Oven Roast (Some connective tissue)
- Blue = Simmering or Pot Roast (Most connective tissue)



- 2 - 1. *What are the two main methods used to cook meat?*

- 2 - 2. *What types of beef cuts require a moist heat cooking method?*

- 3 - 3. *What is the difference between boiling, simmering and poaching?*

- 6 - 4. *List six dry heat cooking methods and explain why they are considered dry heat.*
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.

- 4 - 5. *List four tips for grilling steaks.*
 - 1.
 - 2.
 - 3.
 - 4.

... cuts and cooking methods



Cuts and
Cooking
Methods
(cont'd)

6. List:
- 3 – 1. Three cuts of beef that should be grilled:
- 3 – 2. Three cuts of beef that should be marinated:
- 3 – 3. Three cuts of beef that should be simmered:
- 3 – 7. What are three ways you can determine if you have a medium rare steak?
- 1.
- 2.
- 3.
- 7 – 8. List at least six changes that occur when meat is cooked.
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



- 3 – 1. Explain what mechanical tenderizing is and list two examples.
- 6 – 2. What are the three main ingredients that can be used in a marinade? Explain the reasons for each ingredient.
- 2 – 3. Define the following:
- a. Proteolytic enzyme:

 - b. Scoring:
- 4 – 4. Give four beef buying tips.
- 1.
 - 2.
 - 3.
 - 4.
- 8 – 5. What are six pieces of information found on the packaging label for fresh meat? Which two pieces of information are voluntary?
- 1.
 - 2.
 - 3.
 - 4.
 - 5.
 - 6.



For the following retail cuts of beef:

1. Name the primal cut each retail cut comes from.
2. Identify whether a dry or moist cooking method is better.
3. Suggest a specific dry or moist cooking method. If possible, describe a different method than included with the retail name.



1. *Bottom blade pot roast*

Name of primal cut: _____

Cooking method: _____ Moist or _____ Dry

Specific cooking method you would use: _____

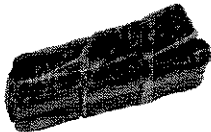


2. *Rib eye grilling steak*

Name of primal cut: _____

Cooking method: _____ Moist or _____ Dry

Specific cooking method you would use: _____

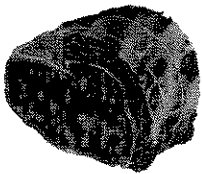


3. *Simmering short ribs*

Name of primal cut: _____

Cooking method: _____ Moist or _____ Dry

Specific cooking method you would use: _____



4. *Rib eye premium oven roast*

Name of primal cut: _____

Cooking method: _____ Moist or _____ Dry

Specific cooking method you would use: _____



5. *Inside round marinating steak*

Name of primal cut: _____

Cooking method: _____ Moist or _____ Dry

Specific cooking method you would use: _____

... where's the beef?



Where's the
Beef
(cont'd)



6. *Brisket pot roast*

Name of primal cut: _____

Cooking method: _____ Moist or _____ Dry

Specific cooking method you would use: _____

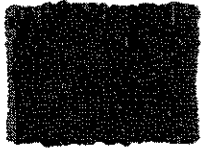


7. *Flank marinating steak*

Name of primal cut: _____

Cooking method: _____ Moist or _____ Dry

Specific cooking method you would use: _____



8. *Ground beef*

Name of primal cut: _____

Cooking method: _____ Moist or _____ Dry

Specific cooking method you would use: _____

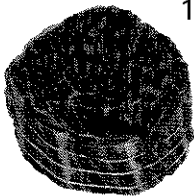


9. *Beef stir-fry Strips*

Name of Primal Cut: _____

Cooking method: _____ Moist or _____ Dry

Specific cooking method you would use: _____



10. *Cross rib pot roast*

Name of Primal Cut: _____

Cooking method: _____ Moist or _____ Dry

Specific cooking method you would use: _____



- 1 – 1. *According to Canada's Food Guide to Healthy Eating, how many servings of Meat and Alternatives do you need per day?*
- 3 – 2. *Give three examples of one serving of meat according to Canada's Food Guide to Healthy Eating.*
- 1 – 3. a. *List all the foods from the Meat and Alternatives food group you ate yesterday.*
- 1 – b. *Calculate the number of servings.*
- 1 – c. *Did you meet the minimum number of servings for Meats and Alternatives?*
- 2 – 4. *Why is it important to meet the minimum recommendations for all Food Groups described in Canada's Food Guide to Healthy Eating?*
- 6 – 5. *List three vitamins found in beef and their functions.*



Match the following:

- _____ Collagen
- _____ Canada 1
- _____ Marbling
- _____ Braising
- _____ Primal cut
- _____ Elastin
- _____ Prime
- _____ Roasting
- _____ Proteolytic Enzymes
- _____ Aging
- _____ Scoring
- _____ Broiling
- _____ Barbecue
- _____ Liver
- _____ Cross rib
- _____ Retail cut
- _____ Heme
- _____ Short ribs
- _____ Marinade
- _____ Rib Steak

1. The cut found on the shelf at the grocery store.
2. Fast-acting chemical tenderizer.
3. The beef with the most marbling.
4. The rib cut that can be grilled.
5. The connective tissue that softens with moisture or acid.
6. Classification of large meat cuts.
7. Fat integrated or flecked throughout the meat.
8. A carcass is held and tenderized.
9. A dry cooking method, also called grilling.
10. The tough connective tissue that cannot be softened with cooking.
11. The rib cut that should be simmered.
12. Type of iron easily absorbed by the body.
13. Moist cooking method.
14. The cut that is best served as a pot roast.
15. Yield of at least 59% for lean meat.
16. A variety meat.
17. Cutting slits in the surface of the meat to tenderize.
18. Chemical tenderizer.
19. A cooking method with top heat.
20. To cook uncovered in an oven.