

Culinary Arts 2 Study Guide

Meat

1. What is the meat of swine called?
2. When meat is cooked, the fat, water, and other volatile substances retained in pan drippings are called _____.
3. Large cut of meat shipped to the retail grocery store are called _____.
4. Meat of cattle over 12 months of age is called _____.
5. The meat of sheep less than one year old is called _____.
6. The meat of cattle less than three months of age is called _____.
7. Small cut of meat sold to consumers in retail stores is called _____.
8. Edible parts of animals other than muscle are called _____.
9. The top quality grade of beef found in supermarkets usually called _____.
10. A yellowish connective tissue that cannot be softened by cooking is called _____.
11. What are some clues to meat tenderness (how can you tell if meat is tender)?
12. What can affect the cooking time of meat?

True/False

13. A connective tissue in protein that can be softened by cooking is called collagen.
14. Veal is the smallest animal used for meat.
15. All meat and meat products shipped across state lines must be federally inspected.
16. Muscles that are exercised the least are most tender.
17. Boneless meat will serve more people per pound than meat with bones.

Eggs

18. What is beading?
19. What is Candling?
20. What is coagulum?
21. What is a custard?

22. What are egg foams?
23. What is emulsion?
24. What is a meringue?
25. What are poached eggs?
26. What is an omelet?
27. What is a soufflé?
28. Give an example of a permanent emulsion.
29. Give an example of a temporary emulsion.
30. Egg whites that have reached full volume and have peaks that bend at the tips have been beaten to what stage?
31. What ingredient can inhibit the formation of an egg white foam?

True/False

32. Most shoppers buy medium-sized eggs.
33. Eggs of any size can be Grade AA.
34. The color of an egg shell is a sign of quality.
35. Eggs should be stored small end up.
36. Hard-cooked and Hard-boiled eggs are the same.
37. Eggs can be scrambled, poached, and cooked in the shell in a microwave oven.

Dairy

Define:

38. Curd:
39. Fortified milk:
40. Gelatin:
41. Homogenization:
42. Hydrate:
43. Milk solids:

44. Pasteurization:

45. Process cheese:

46. Slurry:

47. Scorching:

48. Whey:

49. Milk that is heated to a higher temperature than regular pasteurized milk to increase its shelf life is _____.

50. Cured cheese, cheese that have been flavored, and that have been stored uncovered for a period of time is an example of _____.

51. Whole milk that has had some of the water removed and a sweetener added is called _____.

52. What ingredients would you use to make a white sauce?

53. A rich, milk-based soup in which light cream often replaces all or part of the milk is a _____.

True/False

54. Yogurt and buttermilk are cultured milk products.

55. Stirring or beating milk during heating will help prevent scum formation.

56. A roux is a cooked fat and flour mixture used as the thickening agent in a white sauce.

57. Ripened cheeses are ready for marketing as soon as the whey has been removed.

Cakes, Pies, and Candies

Describe what the following do for baked goods.

58. Cream of tartar:

59. Eggs:

60. Extract:

61. Fat:

62. Flour:

63. Foam:

64. Leavening agents:

65. Liquid:

66. Sugar:

67. Which fat is not used in cakes?

68. Crumbly pastry is the result of _____.

69. What are some examples of crystalline candies?

70. What are some examples of interfering agents used in candy making?

True/False:

71. Un-shortened cakes contain no fat.

72. Cream of tartar is used in angel food cakes to stabilize the egg white proteins, improve the color of the egg whites, and make the cake grain finer.

73. Cake pans for un-shortened cakes should be greased and floured.

74. The four basic kinds of pies are fruit, cream, custard and chiffon.

75. Oil-based pastry is tender and flaky.

76. Too much flour can make a cake tough.

77. Fudge, fondant, and divinity are non-crystalline candies.

Regional Foods

78. What are staple foods and ingredients of New England.

79. What are staple foods and ingredients of Mid-Atlantic.

80. What are staple foods and ingredients of the South.

81. What are staple foods and ingredients of the Midwest.

82. What are staple foods and ingredients of the West and Southwest.

83. What are staple foods and ingredients of the Pacific Coast.

84. What are staple foods and ingredients of the Hawaiian Islands.

International Foods

85. What are groups of people immigrated to Mexico.

86. What are Mexico's main agricultural crops?

87. Mexican cuisine contains many types of what food product?

88. What are staple foods and ingredients of Canada.

89. What is Kasha and why is it important to Russia?

90. What cooking method is used in China and describe the equipment used.

91. What are staple foods and ingredients of Germany.

92. What are French crepes.

93. What are staple foods and ingredients of Italy.

94. What are staple foods and ingredients of Spain.

95. What sweetener is the main ingredient of Greek desserts.

96. What are the basic ingredients in the foods of Japan.

97. What are appetizers called in Spain.

98. What food is skewered on a stick and served in the Middle East.

99. What unleavened bread is served in the Middle East.

100. What are staple foods and agricultural products of China.