



# Advanced Meat Cookery

**This workbook belongs to:** \_\_\_\_\_

*Advanced Meats* will develop your understanding of the different types of meat available through a variety of cooking methods. You will roast, fry, stew and braise your way into a greater understand of the world of meat. Have fun and good luck!

**FOD3080 DUE:** \_\_\_\_\_

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# Assignment #1: Cuts of Beef

Name the primal cuts of meat according to the numbers.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

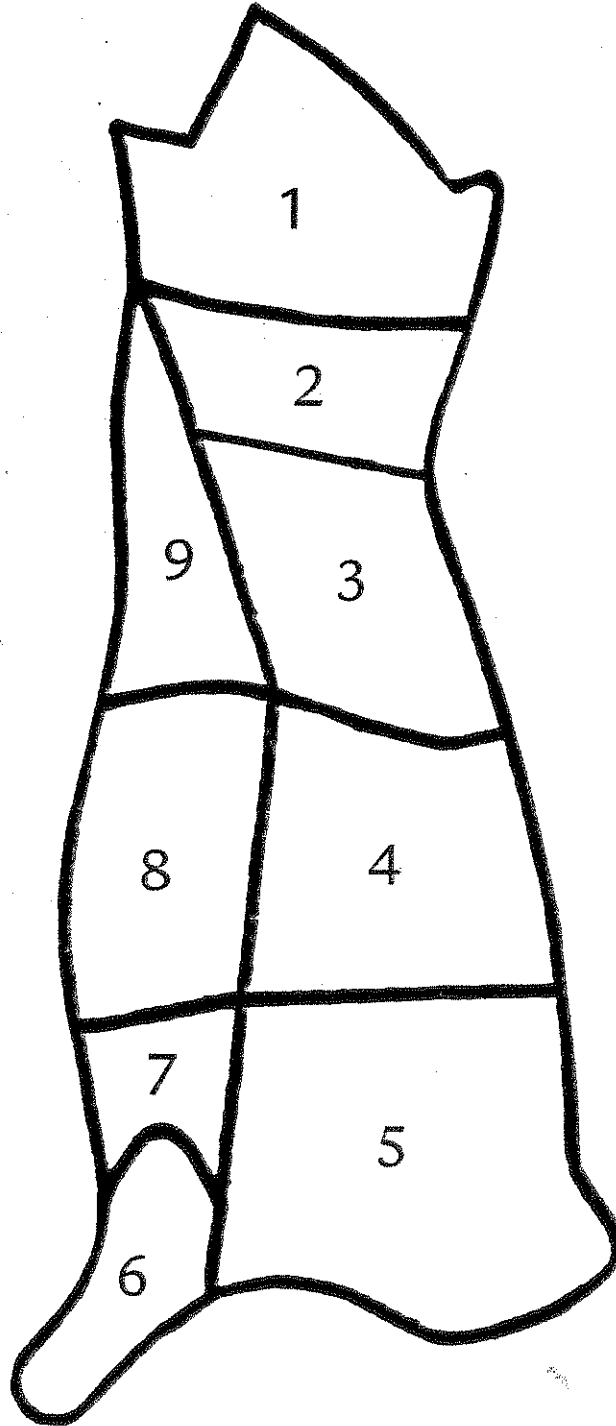
5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_







4. List 4 dry-heat cooking methods. Briefly describe each.

1.

2.

3.

4.

5. What are 3 ways to determine the doneness of a steak? Briefly describe each.

6. What temperature should ground beef reach to be considered cooked? Why?

7. List 4 changes that occur when meat is cooked.

## Assignment #4: Tenderizing

1. Define mechanical tenderizing. Give 2 examples.
2. Define chemical tenderizing. Give 2 examples.
3. What is the name of the 2 chemicals that can be used in marinades? What do they do to the meat?
4. What should be done to meat before submersing into a marinade? Why is this done?

## Assignment #5: Nutrition of Meat

1. According to the CFG, what is the size of one serving of meat and alternatives?
2. How many servings of meat and alternatives should someone your gender and age eat per day?
3. Where is iron found in our bodies?
4. What are the 2 different forms of iron? How is each form different?
5. List 3 vitamins found in beef. What are their functions in our bodies?
6. List 3 minerals found in beef. What are their functions in our bodies?
7. Why is fat important in our bodies?
8. How can the amount of fat be reduced in a recipe using ground beef?



## Assignment #6: Where's the Beef?

Using the *Canadian Beef Merchandising Guide* answer the questions listed below.

1. **Brisket**

Name of the Primal Cut

Preferred Cooking Methods

2. **Top Sirloin**

Name of the Primal Cut

Preferred Cooking Methods

3. **Cross Rib Roast**

Name of the Primal Cut

Preferred Cooking Methods

4. **Prime Rib**

Name of the Primal Cut

Preferred Cooking Methods

5. **Ground Beef**

Name of the Primal Cut

Preferred Cooking Methods

6. **Round Marinating Steak**

Name of the Primal Cut

Preferred Cooking Methods

7. What are the 4 different grades of beef used to determine the quality of the product? How is this determined?

8. What is the acronym used to remember the "goodness" found in beef? What does it stand for?

## **Assignment #7: Put Pork on Your Fork**

Go to <http://www.putporkonyourfork.com/> and answer the following questions below.

### **Virtual Meat Counter**

1. What are the 4 primal cuts of pork?
2. Pork tenderloin is a popular choice among chefs. List 2 points given on the site.
3. Looking at the pork loin center chop and the featured recipes, list 2 cooking methods used.

### **Preparing Pork : FAQ?**

1. What was the concern with undercooked or “pink” pork in the past?
2. Why isn't pork aged like beef?

### **Health, Nutrition and You: Pork, part of a healthy diet**

1. What are the leanest cuts of pork?
2. How can you keep the cuts of pork lean after you get them home?