

use the professional cooking textbook .pg 63 to 73 and 123 to 127 and 876.
to answer the questions.

PART 1: COOKING METHODS & MEDIUMS

List 4 ways professional cooks are making foods more healthful. Explain each.

1. Define each cooking method listed below and list 2 foods in short order cooking suitable for each method.
 - a. Poaching
 - b. Steaming
 - c. Sautéing
 - d. Grilling
 - e. Broiling
 - f. Deep frying

PART 2: FOOD PRESENTATION

1. Explain the phrase "The eye eats first." How does this affect the chef's job?

2. List 7 guidelines when plating food.

3. Define:
 - a. Garnish

 - b. "To garnish"

 - c. Garniture

4. List 5 simple garnishes that can be used on a plate.

Product analysis for: _____

<p>Product:</p> <p>Presented in appropriate manner (garnish, temperature)</p> <p>Describe the standard product.</p>	<p>Nutrition:</p> <p>This product belongs to: (circle all that apply)</p> <p>Grain Products Vegetables & Fruits Milk Products Meat & Alternates Other</p> <p>Major nutrients include: Function of nutrient:</p> <p>1. 2. 3.</p> <hr/> <p>This product is/is not nutritious because:</p> <hr/> <p>Ingredients: Function:</p> <p>Major ingredients:</p> <p>1. 2. 3.</p>
<p>What preparation techniques/skills/methods did you use/learn?</p>	

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<p>What preparation techniques/skills/methods did you use/learn?</p>	