Basic Food Preparation & Cookery

Milk and Milk Products

Looking at Milk

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    - **NONFAT MILK SOLIDS:**
    - **MILK FAT**:
        - The more milk fat a product has the higher its calorie count.
        - Milk fat is lighter than other milk fluids and solids and separates and rises to the top as cream.
        - **HOMOGENIZED**:
- **PASTEURIZED**:
    - **RAW MILK:**
- FDA Labeling/Grading for Milk
    - Grade A

Kinds of Milk

Variety	Characteristics
Whole Milk	
Reduced-Fat Milk	
Low-Fat Milk	
Nonfat Milk	
Buttermilk	
Kefir	
Flavored Milk	• Has added flavors and sweeteners (Chocolate, Strawberry, and Vanilla)
Nonfat Dry Milk	

Variety	Characteristics
Evaporated Milk	• • Can be used as a cream substitute in beverages
Sweeten Condensed Milk	• • Used to make candies and deserts
Lactose Free or Reduced Lactose Milk	
Calcium Enriched Milk	

Cream
- Cream is the fatty part of whole milk.
- Fat content is regulated by federal standards.

Variety	Characteristics
Half and Half	
Light, Coffee or Table Cream	
Light Whipping Cream	
Heavy Whipping Cream	
Sour Cream	

Butter
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- Butter is graded for quality by the USDA
  - AA--
  - A--
  - B--
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- Whipped butter

Foods 1: Unit Notebook

Yogurt

- **YOGURT**:
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  - Flavored yogurts have sweeteners and flavorings added.

Frozen Dairy Desserts

- Ice Cream
- Frozen Yogurt
- Sherbet
- Sorbet

Cheese

How is Cheese Made?

- Cheese is a concentrated form of milk.
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  - **CURDS**:
  - **WHEY**:
- Made from cows, goats, sheep.
- Two categories:

Fresh Cheese

- **FRESH CHEESE:**
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- Examples: Cottage Cheese, Farmer's Cheese, Cream Cheese, Ricotta

Ripened Cheese

- **RIPENED CHEESE:**
  - Ages or rests for a minimum of 2 weeks.
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  - Categorized by texture.

Ripened Cheese: Textures

- Firm-
- Semisoft-
- Soft-
- Blue-Veined-

Specialty Cheese

- Speciality Cheese-
  - Some include: pimientos, olives or other foods.
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  - Examples: Blends (colby-jack)and American cheese

Buying Storing and Cooking with Dairy

Buying Diary

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  - Products with fruit, flavorings, and sugar typically cost more.
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  - Only buy what you can use in a short time.

Storing Dairy

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  - Dairy foods can pick up other flavors, so make sure containers are tightly closed.
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Cooking with Milk

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  - Heat turns milk solids and fat into tough rubbery skin.
- **SCORCHING:**
- **CURDLING**:
  - Also can happen when milk is added to hot foods.
- **TEMPERING:**
  - Pour a small amount of the hot/acidic mixture into the milk first stirring constantly, repeat as needed.
  - Slowly add the milk into the remaining mixture, stirring constantly.
  - If mixture curdles, beat it until smooth.
- **SCALDED MILK:**
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- **FOAM:**
  - Air is incorporated and proteins break down and foam thickens.
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Cooking with Yogurt

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- Used in dips, soups, sauces, salads and main dishes.
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- Yogurt curdles when overcooked.

Cooking with Cheese

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  - Fat separates into globules of grease.
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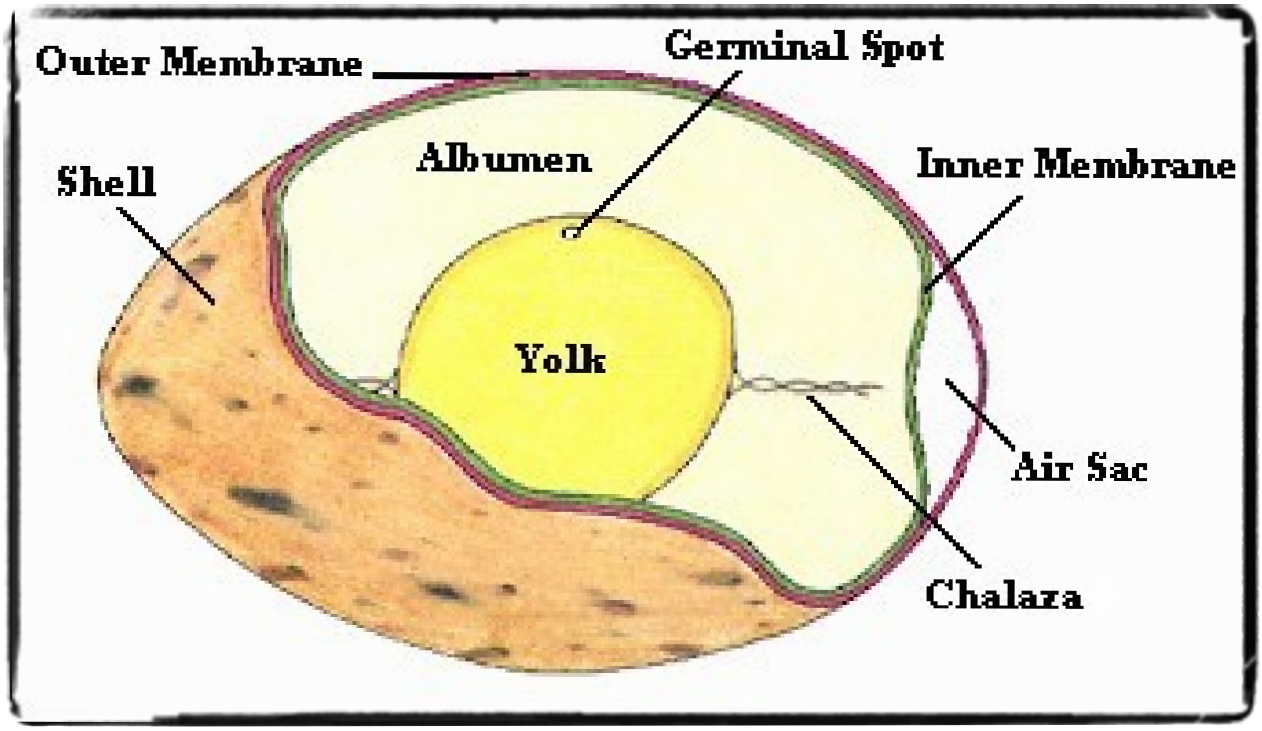
  - Grate, shred, cut into small pieces.

Eggs

The Structure of Eggs



- **OUTER SHELL:**
  - Color of shell is determined by the bread of the hen
- **AIR CELL:**
  - As an egg ages, this pocket gets larger
- **ALBUMEN:**
  - Gets thinner as the egg ages.
- **YOLK:**
  - Gets flatter as the egg ages.
- **CHALAZE:**
  - Thicker the twist = fresher egg.

Nutrients in Eggs

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- Yolks contain more vitamins and minerals than the white.
- Yolks naturally contain vitamin D.
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Selecting and Storing Eggs

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- Inspect at the store.

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- Sold by grade and size standards by the USDA.
- **GRADE**:
  - All grades have the same nutritional value.
  - AA and A =
    - Most often sold in stores.
  - B =
- **EGG SIZE:**
  - Sizes in the carton will vary slightly.
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  - The price depends on the size.
- **EGG STORAGE:**
  - Do not wash! (removes the protective coating that prevents bacteria from getting inside the shell)
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Egg Science
- BINDER
  - Heat causes proteins to unwind and join loosely with other proteins.
  - **COAGULATE:**
  - Overheating causes proteins to tighten and push out water (dry out)
  - Food examples: meatballs, custards
- **EMULSIFIER:**
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  - Protein has amino acids that are linked.
  - One end of the amino acid bonds with water and the other with oil.
- LEAVENING AGENT
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  - Beating them breaks down the protein, continue beating thickens the foam.

Egg Cookery

Preparing Eggs for Cooking
- Cracking the Shell
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- Separating Eggs (only part of the egg)
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Beating Egg Whites: Rules
- 1.
- 2.
- 3.
- 4.
- 5.

Foods 1: Unit Notebook

Foam, Soft and Stiff Peaks

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- Whites can be beat to a foam or to peaks.
- **FOAM:**
- **SOFT PEAKS:**
- **STIFF PEAKS:**
  - Over beating will turn them into dry, hard, lumpy and fall-apart masses.

Folding in Beaten Egg Whites

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- Turn the bowl and repeat just until the whites are incorporated.

Cooking with Eggs

- Cooked in the Shell:
- Poaching:
- Frying:
- Scrambled:
- Baked:
- **OMLET**:
- **CUSTARD:**
  - **Soft custard**:
    - Example:
  - **Baked custard:**
    - Example: **QUICHE:**
- **MERINGUE:**
  - Soft meringue:
  - Hard Meringue:
- **WEEP:**
- **BEADING:**

Meat: Makeup, Types and Cuts

Make Up of Meat

- **MEAT:**
- 3 main parts:
  - 1.
  - 2.
  - 3.

Nutrients in Meat

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- Minerals: Iron, zinc and phosphorus, thiamin, riboflavin, niacin.
- Vitamins B6 and B12.
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Popular Types of Meat

- Four most common types of meat sold in the US are _____
  - Beef =
  - Veal =
  - Lamb =
  - Pork =

Cuts of Meat

- **CUT**:
- **WHOLESALE CUT:**
- **RETAIL CUT:**
  - Example: wholesale cut = chuck, retail cuts = blade, short ribs and arm roast

Meat Label

- The price label on a meat package identifies the cut.
  - 1.
  - 2.
  - 3.
- Weight
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Inspection and Grading of Meat

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  - Voluntary, paid for by meat industry.

Grading Meat

- Pork is not graded because the meat is more uniform or consistent in quality.
- Lamb, veal and beef are graded the same.

    - Exception: Good veal and lamb = select beef.
- **PRIME**:
- **CHOICE**:
- **SELECT**:
    - Most often sold in supermarkets.

Meat Tenderness
- Depends on two things: muscle movement and marbling
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Tenderizing Meat
- **Mechanical** methods:

- **Chemical** methods:

    - Marinades should contain an acid if you want them to tenderize the meat.

Ground Meats
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- Less tender cuts of meat along with trimmings are often ground together to create hamburger or ground beef.
- Ground beef is available in different amounts of fat.
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- Prepackaged or ground to order.
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Other Meats
- **VARIETY MEATS:**
    - Examples: liver, pigs feet, heart, etc.
- **PROCESSED MEATS:**
    - Examples: bacon, sausage, cold cuts.
- **COLD CUTS:**
    - Example: ham, turkey, salami.

Meat: Buying, Storing and Cooking

Buying Meat

- Buy only the amount you need.
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- Always compare the cost per serving of different cuts.

Lean Cuts

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- All VEAL (except ground veal)
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Storing Meat

- Refrigerator.
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- Use variety meats within 1 day, ground meats with in 2 days.
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  - Freeze for longer storage.
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  - If opened, use with in a few days.

Cooking Meat

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- Carefully control cooking temperatures.
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Steps for Preparing Meat for Cooking

- Read instructions!
- Thaw safely.
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- Marinate (optional)
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Testing for Doneness

- **DONENESS:**
- Hard to judge visually.
- Use a meat thermometer.
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  - Insert horizontally when appropriate.
- 3 basic stages of doneness for fresh cuts:
  - 1.

    - 2.
    - 3.
- Cooking time depends on the cooking method and the cut of the meat.
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Broiling Meat

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- Use tender cuts (steaks, chops).
- Make slashes though the fat to avoid the meat from curling.
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- Thicker cuts should be placed further away.

Grilling Meat

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- Preheat the grill surface, clean grill surface.
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- Rest time.

Roasting Meat

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Frying Meat

- Think pieces of tender meat should be fried a small amount of fat (if desired)
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- Turn occasionally so both sides brown.
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- Rest.

Pan-Broiling Meat

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- Use a nonstick skillet or use a bit of fat in a medium heat setting.
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- Turn occasionally, and pour off fat as it accumulates.
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Braising Meat

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- Brown meat on all sides using a bit of fat to prevent sticking.
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Other Ways to Cook Meat

- Use less tender cuts.
    - **Pressure-cooking**:
    - **Slow-cooking**:

Poultry: Nutrients, types and Forms

Poultry Basics

- **POULTRY:**
- American's eat more poultry than any other meat.
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Nutrients Found in Poultry

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- Most of the fat in chicken is in the skin. (can remove)

Types of Poultry

- Four basic common kinds:
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Forms of Poultry

- Poultry is sold in many different types.
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- Cut up birds cost more than a whole bird.
- ***Poultry Parts***
  - Parts include:
  - Breast and thighs are sold in several ways including:
    - **CUTLET:**
- Ground Poultry
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  - Can be used as a substitute to ground beef or pork.
- ***Giblets*** (pronounced jib-letz):
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  - Usually included in a package stuffed inside of the cavity of the whole bird.
  - Liver and gizzards are also sold separately.
- Processed & Convenience Forms
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Poultry: Buying, Storing and Cooking

Selecting Poultry

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- DO NOT buy poultry that has tiny feathers, bruised meat, torn skin or comes in a leaky or smelly package.
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    - Look for the USDA logo.
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Storing and Thawing Poultry

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- To thaw leave it in its original packaging and place in a rimmed baking sheet.

How to Cook Poultry

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    - It will be come tough and rubbery if over cooked or at to high of a temp.
- Poultry carries salmonella bacteria, USE CAUTION!

Preparing Poultry for Cooking

- Whole bird=remove giblets from the cavity (inside of the bird).
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Testing for Doneness

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- Use an instant read thermometer.
- The meat will be tender and the juices will run clear.

Broiling Poultry

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- Turn and **<u>BASTE</u>** (pour or brush liquid on top)
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Grilling Poultry

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- Grill chicken over moderate heat until browned and crisp.
- In the last 2 minutes of cooking, add a sauce if desired.

Roasting Poultry

- Usually use whole birds.

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- **TRUSS:** hold the roast together by either tying or by using skewers.
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Frying Poultry

- *Pan Frying-*
  - Place chicken pieces with skin side down, and fry uncovered.
- *Deep Frying-*
- *Oven-Frying-*
  - Drizzle with butter and bake uncovered at about 350*

Braising Poultry

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- Also adds tons of flavor.
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Fish and Shell Fish