

Foods and Nutrition II – Distance Learning Weeks 3,4 and 5

Foods and Nutrition II Week 3

Cuisinart Cooking School Episode 2 - use your search engine to find the site and answer the question.
Email back the completed document.

Fruits

1. How do you determine if a pineapple is ripe?
2. List the steps for cutting a pineapple.
3. Is the core of the pineapple edible?
4. Explain how the chef cuts the red pepper to avoid waste.
5. What two cuts did the chef use while cutting the red pepper? (hint: first video vocabulary)
6. Name the third ingredient.

Juicing Benefits

7. Why core the apple and peel the oranges and grapefruit?
8. After watching the juicing segment, what is the benefit of juicing whole fruit compared to drinking just the juice?

Vegetables

9. Write out the recipe for roasting butternut squash and whole tomatoes.
10. Why does Chef like cast iron cookware?
11. Blanching potatoes need to start in _____ water.
12. Why do you over-season the water when blanching?
13. When blanching in boiling water give two reasons why a cold-water bath is necessary.
14. Grilling and sautéing: why did Chef combine butter and olive oil in the pan?
15. "Season every _____ as you go." Explain what this quote means.

Herbs & Spices

16. Lavender, rosemary, thyme, lemon thyme are good for _____.
17. Which herbs are meant to be used fresh?
18. Herb salt recipe. Write below.
19. Pesto – what are the main ingredients and how did the Chef recommend using the pesto?
20. According to the video where do we get spices?
21. Toasting does what to spices?
22. Do ground spices last longer than whole spices?
23. Where does the vanilla bean come from?

Foods and Nutrition II - Week 4 - Meat and Poultry

Poultry

1. What is the first thing Chef talked about?
2. Roasting defined –
3. What kind of chicken is Chef making?
4. What is the cavity of the chicken and what does he put inside of the cavity?
5. After Chef finishes with the chicken what does he do and why?
6. He roasts the chicken for _____ at _____ degrees.

Breaking down a Chicken

7. Where do you start when cutting a whole chicken?
8. What does he separate the leg into?
9. Define braising.
10. What is the name of the recipe Chef is making in the slow cooker?
11. The cutting board that had the raw chicken needs to be washed with what, according to Chef?
12. Browning the chicken develops _____.
13. Explain the difference between slow cooking and braising?

Meats

14. Why is it important to let meat rest after taking it out of the oven?
15. What are the positives of grinding your own hamburger?
16. Why use coarse salt on steak or other large meats?
17. What type of steak was used to make the pepper steak recipe?
18. What was the final ingredient for the pan sauce?

F & N Cuisinart Cooking School Episode 4 – Week 5 Distance Learning

Fish

1. Define remoulade
2. List the ingredients that Chef used in his remoulade.
3. When deep-fat-frying the fish, what temperature was the oil heat?
4. Two important techniques were shown when deep-fat-frying the fish, list them.
5. What herb was laid on the grill and covered with the salmon?
6. Before cooking the shallots, what did Chef do to them?
7. How does Chef describe the taste of brown butter?
8. What is the reason for keeping space around the food while cooking proteins?
9. When cooking scallops, what does Chef say about how to know when they are ready to take off the heat?
10. After turning the salmon, what was poured over the top.

Seafood

11. List the ingredient in Chef's shrimp marinade.
12. What ingredients begin to cook the shrimp because of their acidity?
13. Crab cakes: what is used as a binder in this recipe? What is used to add texture to the crab cakes?
14. What happens to shrimp when it becomes over-cooked?

Shellfish

15. Mussels: Chef recommends not cooking open shelled mussels. How did he demonstrate closing a mussel?
16. What ingredients did Chef put in the pan before adding the mussels?
17. Unopened shells...what do you do with these?
18. What ingredient was added to the broth to make a rich sauce?
19. How did Chef eat the mussel?