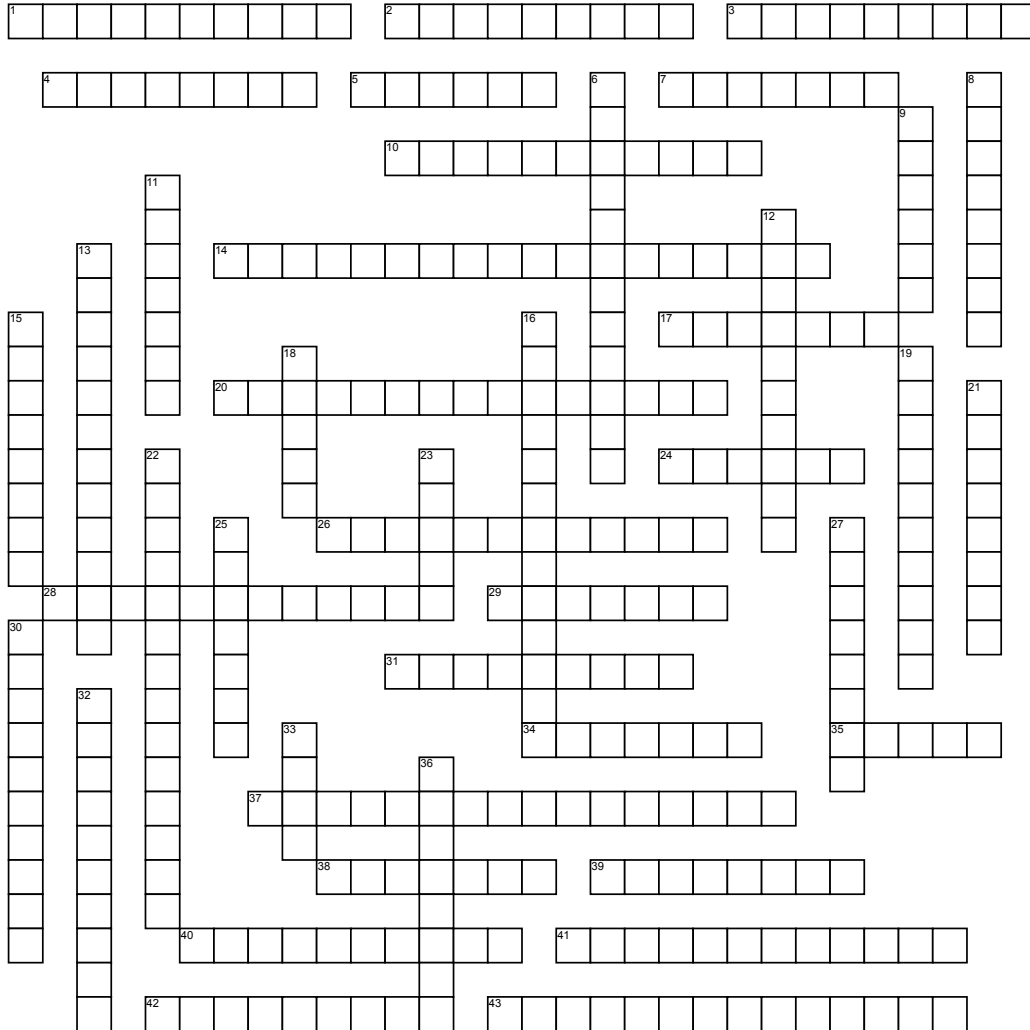


Chapter 5 Section 5.3



Across

- 1. more a variant of Braising
- 2. a heating process that does not require physical contact between the heat source and the food being cooked
- 3. a food preparation technique in which foods are cooked in hot liquids kept just below the boiling point of water
- 4. a type of moist-heat cooking technique that involves cooking by submerging food in a liquid, such as water, milk, stock or wine
- 5. a form of frying characterized by the use of minimal cooking oil or fat
- 7. a cooking method that uses dry heat where hot air envelops the food
- 10. a braised beef dish, typically made by browning a roast-sized piece of beef, then slow-cooking in or over liquid in a covered dish
- 14. a dry-heat cooking method that uses convection to transfer heat to a food submerged in hot fat, food to be deep-fried are usually first coated in batter or breading
- 17. arrangement and overall styling of food upon bringing it to the plate
- 20. moist-heat cooking method uses a sautoir or other shallow cooking vessel, heat is transferred by conduction from the pan, to the liquid, to the food
- 24. a method of cooking food that uses prolonged dry heat, normally in an oven, but also in hot ashes, or on hot stones
- 26. the length of time it takes a cooking medium, such as fat or water, to return to the desired cooking temperature after the food is submerged in it
- 28. radiation is the process where heat and light waves strike and penetrate your food

- 29. process of letting meat rest after cooking
- 31. a type of roulade and sometimes called a braciolo
- 34. an item or substance used as a decoration or embellishment accompanying a prepared food dish or drink
- 35. a classic Provençal (or more broadly, French) stew made with inexpensive beef braised in wine, vegetables, garlic, and herbes de Provence
- 37. the phenomenon that food retains heat and continues to cook even after being removed from the source of heat
- 38. The liquid used for shallow poaching is
- 39. a kind of food made of flour or meal that has been mixed with milk or water, made into a dough or batter
- 40. refers to the technique of partially cooking foods so that they can be finished later
- 41. an oil or fat is the temperature at which, under specific and defined conditions, it begins to produce a continuous bluish smoke that becomes clearly visible
- 42. is scalded in boiling water, removed after a brief, timed interval, and finally plunged into iced water or placed under cold running water
- 43. an amount of food served for one person; serving; helping

- 12. is understanding how much a serving size of food is and how many calories or how much food energy a serving contains
- 13. involves both dry- and moist-heat cooking
- 15. cooking by exposing food to direct radiant heat, either on a grill over live coals or below a gas burner or electric coil
- 16. refers to the use of ultra-low temperatures to freeze food fast
- 18. to cook food quickly in a minimal amount of fat over relatively high heat
- 19. the direct transfer of heat between adjacent molecules
- 21. a form of cooking that involves dry heat applied to the surface of food, commonly from above or below
- 22. a culinary process that employs sodium alginate and either calcium chloride or calcium gluconate lactate to shape a liquid into spheres
- 23. a moist-heat cooking method that uses convection to transfer heat from a hot liquid to the food submerged in it
- 25. a thin slice of fat or bacon secured to a roast of meat or poultry to prevent its drying out while cooking
- 27. a French term, meaning under vacuum
- 30. heated by a moving heat source such as hot air inside an oven that is circulated by a fan
- 32. the process of soaking foods in a seasoned, often acidic, liquid before cooking
- 33. a substance that is formed by trapping many gas bubbles in a liquid or solid
- 36. a cooking method that uses dry heat where hot air envelops the food

Down

- 6. Placing a second basket over the primary basket in deep frying in order to prevent the item being deep fried from floating to the top. Ensures even cooking.
- 8. a combination-cooking method that uses both wet and dry heats
- 9. thin dough that can be easily poured into a pan
- 11. food is submerged in hot fat, most commonly oil

Word Bank

- | | | | | | |
|----------------|----------------------|---------------|----------------|------------------|--------------|
| resting | poaching | par cooking | smoking point | pan fry | pot roasting |
| combo cooking | simmering | foam | garnish | portioning | batter |
| flash freezing | basket method | infrared heat | float | barding | plating |
| radiation | broiling | cuisson | breadding | roasting | marinating |
| saute | double basket method | paupiette | grilling | blanching | larding |
| braising | carry over cooking | recovery time | spherification | shallow poaching | baking |
| overportioning | convection | estouffade | conduction | daube | deep fry |
| sous vide | | | | | |