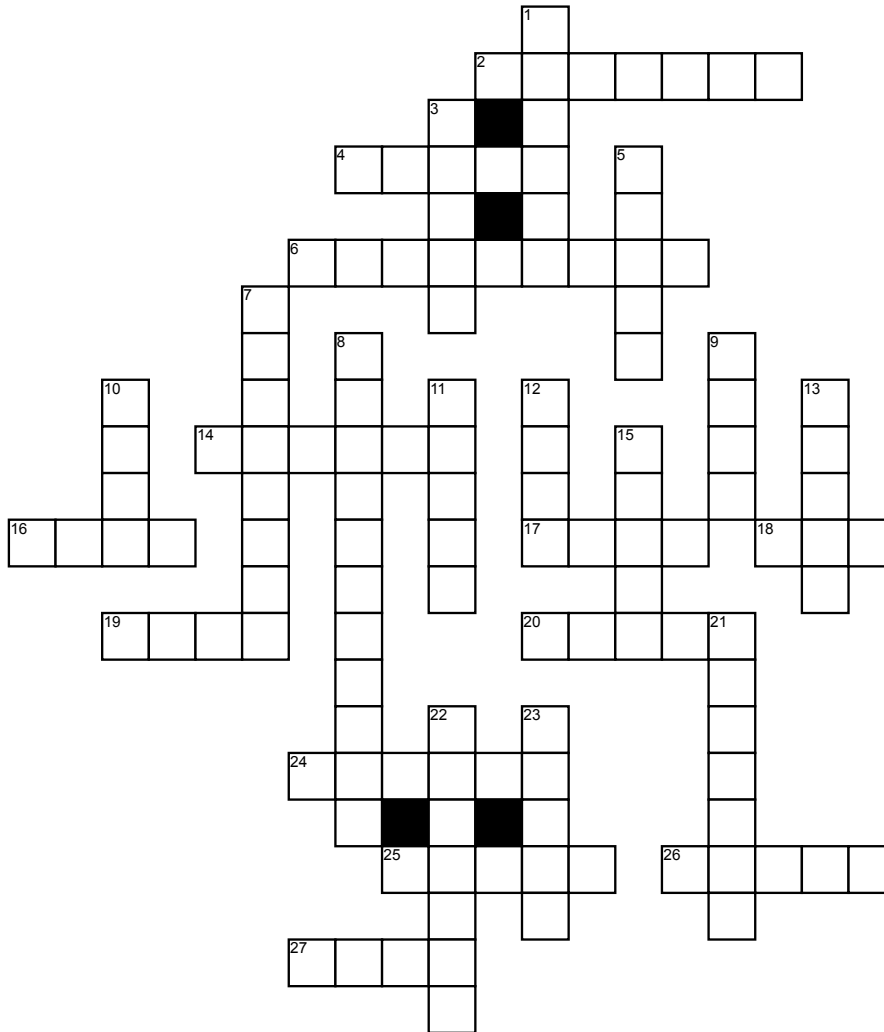


Cooking Methods



Across

2. Means "to the tooth" Pasta should be tender but firm to the bite
 4. Cook until surface of food changes color, usually in a small amount of fat over medium heat
 6. use water, liquid or steam to transfer heat to food.
 14. Cook in liquid just below the boiling point (bubbles form slowly and collapse below the surface)
 16. Cut vertically through mixture with a rubber scraper; next slide scraper across the bottom of the bowl, turning mixture over. Continue down-across-up-over motion while rotating the bowl ¼ turn with each series of strokes
 17. Mix the ingredients by using a light lift and drop method
 18. Combine in any way that distributes all ingredients evenly
 19. To cook using the direct, dry heat of an oven usually used to describe the cooking of cakes, desserts, casseroles, and bread
 20. The process of combining two or more ingredients together so that they lose their individual characteristics and become smooth and uniform

24. Let cold margarine or butter stand at room temperature until soft
 25. Technique of softening solid fat, into a smooth mass and then blending it with other ingredients, usually sugar
 26. Cook rapidly in small amount of fat, stirring occasionally
 27. Combine ingredients with a circular or figure-eight motion until of uniform consistency

Down

1. Plunged into boiling water for a brief time to preserve color, texture, and nutritional value or to remove skin from fruits and vegetables
 3. Cook meat uncovered on rack in shallow pan in oven without adding liquid
 5. Cook in hot liquid just below the boiling point
 7. Let food stand in a savory, usually acidic, liquid for several hours to tenderize and add flavor
 8. involves both dry- and moist-heat cooking.
 9. •Passing a dry ingredient such through a mesh bottom sieve. This process combines air with the ingredient, making it lighter and more uniform in texture
 10. Heat until bubbles rise continuously and break on the surface of the liquid

11. To Cook by exposing food to direct radiant heat from above
 12. Make mixture smooth with a rapid vigorous over-and-over motion using a spoon, hand beater, wire whisk or electric mixer
 13. Distribute solid fat in dry ingredients by cutting with a pastry blender with a rolling motion or cutting with two knives until particles are desired size
 15. Spoon or brush liquid over food during cooking to keep it moist and to add flavor
 21. involves the circulation of hot air or direct contact to fat to transfer heat. Most often, this promotes the caramelization of surface sugars in foods.
 22. A Chinese method of cooking uniform pieces of food in small amount of hot oil over high heat, stirring constantly
 23. To work dough into a uniform mixture by pressing, folding, and stretching

Word Bank

Broil	cut in	Moist-heat	Boil	Simmer	Brown	Roast
Knead	soften	Poach	Combination	stir	Fold	Al Dente
Sift	blanch	Stir-Fry	Cream	Toss	mix	Saute
Blend	Dry-heat	Bake	Beat	Baste	marinate	