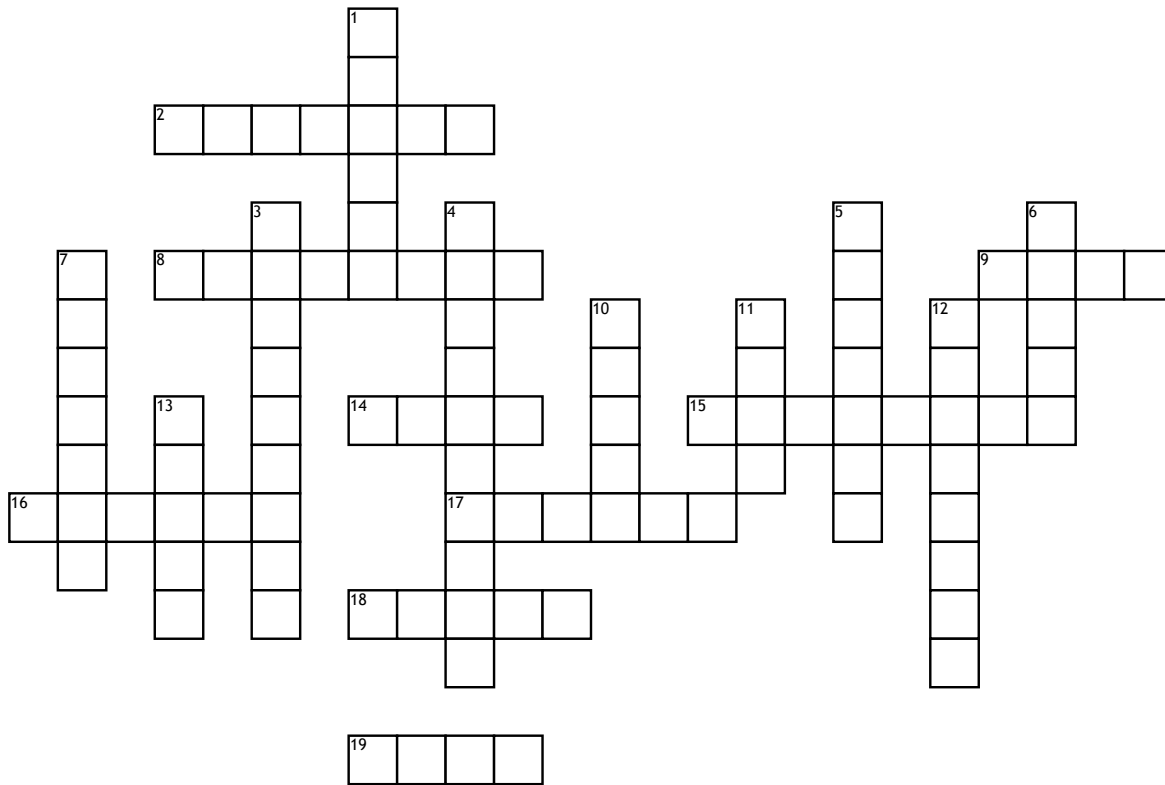


Name: _____

Date: _____

Who's got the meats?



Across

2. Based on marbling, maturity, and muscle conformation.
 8. Sear food. Add some liquid and cover pan to create a moist cooking environment.
 9. Sheep less than a year old
 14. Cattle more than one year old.
 15. One way to tenderize tough meats.
 16. Completely submerge food in hot fat or oil.
 17. Cooked to 165F

18. To cook food directly under heat source.

19. Meat from a pig.

Down

1. Meat that generally has more flavor and fat than the white meat in poultry.
 3. Cooked to 155F
 4. Based on safety and wholesomeness.
 5. Small pieces of food are seared then covered completely with a liquid and simmered.

6. Quickly cooking an item in a small amount of hot fat or oil, over moderate heat. 5

7. Any bird raised for food. ii

10. Cooked to 145F

11. Cattle usually one to three months old.

12. Cook with dry heat in a closed environment, usually in an oven. 2

13. To cook food directly above heat source.