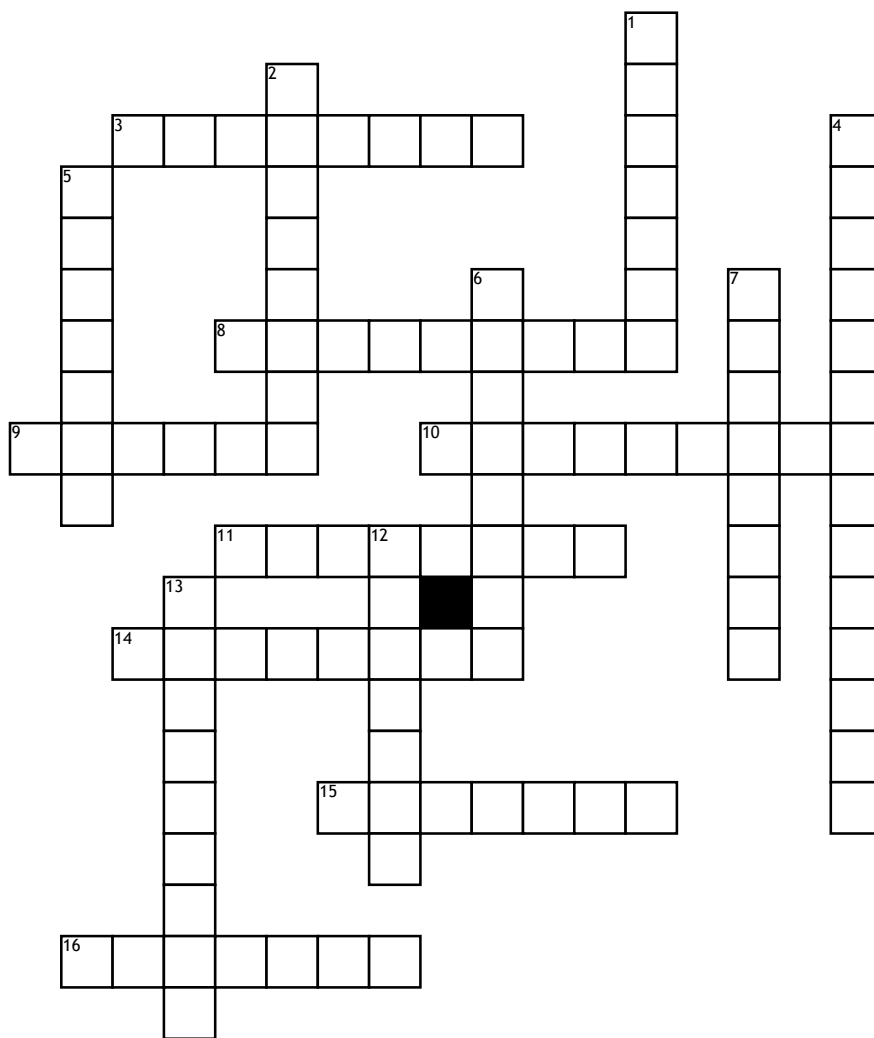


Name: _____ Date: _____ Period: _____

foods class



Across

3. method that requires moist heat that is created by boiling water which vaporizes into steam
 8. used to cook meat and poultry often in the form of poaching or braising in the oven or stove
 9. cooking your food in fat there's many variations of this
 10. food is part-cooked then immediately submerged in ice cold water to stop the cooking process
 11. high heat form of baking, where your food gets drier and browner on the outside by initial exposure to a temp over 500F

14. method that submerging food in liquid
 15. process where food is exposed to a source of high heat
 16. when meat is cooked at a high temp over dry heat

Down

1. immersion in water that has been heated to near its "boiling" point
 2. it's a dry heat method that uses a small amount of oil or fat in a shallow pan over relatively high heat
 4. dry heat, moist heat, and combination are three types of...

5. food is completely immersed in hot oil
 6. dry and very hot way of cooking, food is placed under an intense radiant heat
 7. first the food is sautéed or seared then simmered in liquid for a long period of time until tender
 12. you fry the food very quickly on high heat in an oil pan
 13. methods use water, liquid or steam to transfer heat to food

Word Bank

steaming	sautéing	moist heat	stir fry
searing	simmering	roasting	braising
grilling	blanching	frying	boiling
dry heat	deep fry	cooking methods	poaching