

Moist Methods of Cooking

Worksheet



Name: _____

Date: _____

Grade: _____

Complete the table Below by filling the blanks on the line (_____):

Write definitions in **YOUR OWN WORDS**.

Points: ()

Method of Cooking	Definition	Suitable foods
 _____	Is a common method cooking where the liquid (water) is heated to boiling point and heat is then lowered until the liquid is bubbling evenly and rapidly.	• Vegetables • Meat; lamb, beef, oxtail, pork, ham • Pasta • Cereals • _____
 _____	_____ _____ _____ _____ _____ _____	• Eggs • Fish • _____
 Steaming _____	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____

		• Beef: brisket, flank, topside • Lamb, mutton or veal: loin, neck breast • Rabbit • Poultry: Chicken joints or whole small bird

(8)

1. States TWO advantages and disadvantages of the following:

A. Boiling

B. Steaming

C. Poaching

D. Braising

(4)

