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	_____ _____ _____ _____ _____ _____	_____ _____ _____ _____ _____ _____

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 _____	_____ _____ _____ _____ _____ _____	• 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)

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