Moist Cooking Methods

Unit: Preparing Foods

Problem Area: Food Preparation

Lesson: Moist Cooking Methods

Student Learning Objectives.

Instruction in this lesson should result in students achieving the following objectives:

1. **Differentiate between moist-heat cooking methods.**
2. **Analyze the characteristics of foods that benefit from specific moist-heat cooking methods.**

Resources.

The following resources may be useful in teaching this lesson:

"The Benefits of Using a Pressure Cooker," *missvickie.com*. Accessed Oct. 16, 2012. http://missvickie.com/library/benefits.html.

Culinary Institute of America DVD (2005). *Moist Heat Methods Volume 3: Steaming? Submersion Cooking? Braising? Stewing?*

Gisslen, Wayne. *Professional Cooking*, 7th ed. Wiley, 2010.

Labensky, Sarah R., Priscilla R. Martel, and Alan M. Hause. *On Cooking: A Textbook of Culinary Fundamentals*, 5th ed. Pearson Prentice Hall, 2010.

McGreal, Michael J. *Culinary Arts: Principles and Applications*, 2nd ed. American Technical, 2008.

"Moist Heat Cooking Methods," *About.com: Culinary Arts*. Accessed Oct. 16, 2012. http://culinaryarts.about.com/od/moistheatcooking/Moist_Heat_Cooking_Methods.htm.

Equipment, Tools, Supplies, and Facilities

- ✓ Overhead or PowerPoint projector
- ✓ Visual(s) from accompanying master(s)
- ✓ Copies of sample test, lab sheet(s), and/or other items designed for duplication
- ✓ Materials listed on duplicated items
- ✓ Computers with printers and Internet access
- ✓ Classroom resource and reference materials

Key Terms.

The following terms are presented in this lesson (shown in bold italics):

- blanching
- boiling
- braising
- collagen
- connective tissue
- dry-heat cooking methods
- elastin
- fricassée
- moist-heat cooking methods
- parboiling
- poaching
- pot-roasting
- simmering
- steaming
- stewing

Interest Approach.

Use an interest approach that will prepare the students for the lesson. Teachers often develop approaches for their unique class and student situations. A possible approach is included here.

> *Explain to students that the application of heat (moist or dry) can cook just about anything. Ask them why they think it is important to follow a certain method for specific foods. After they share their thoughts, conduct the following demonstration.*

> *Prepare three small pots filled about ⅔ full with boiling water. On hand, have a fresh egg in the shell, fresh broccoli, and a raw hamburger patty. Place all three in the pot(s) and let them cook covered for about 13 to 15 minutes. Do NOT explain where you are going with this demonstration; simply indicate that you need to cook these products for an upcoming activity (if students ask).*

> *During the cooking time, ask students if they enjoy any steamed foods. Then ask students to explain how foods are steamed. (If they cannot explain the process,*

explain it to them.) Next, ask if water is the only liquid that can be used to steam foods (it is not), and ask what foods might be good cooked in this manner. If nothing comes to mind, ask what benefits they can think of to eating steamed foods (e.g., fewer calories, less fat, more color, and crisper texture).

Open the pots and put the food on the display plate. Have everyone take a good look at the egg, the broccoli, and the burger. Ask who wants to try each food item. Crack the egg open. It will be cooked well, but it might have a green cast around the yolk if the boiling was too long at too high a temperature. The broccoli will be a "dead grayish color" and limp. The burger will be gray, over-cooked, and disgusting. Look for student reactions.

Finally, ask students the following: Is boiling a horrible cooking method? Was it simply executed poorly? Was the chosen food incorrect for boiling? How would the results differ with other methods such as poaching, blanching, and stewing?

CONTENT SUMMARY AND TEACHING STRATEGIES

Objective 1: Differentiate between moist-heat cooking methods.

Anticipated Problem: How are the moist-heat cooking methods differentiated?

I. Moist-heat cooking methods

A. ***Moist-heat cooking methods*** are techniques used with tougher cuts of meat and with sturdy root and fibrous vegetables to break down their tough connective tissue and fiber. Methods include blanching, parboiling, boiling, poaching, simmering, steaming, braising, stewing, fricasséeing, and pot-roasting.

1. For most moist-heat cooking processes, the cooking liquid does not exceed 180°F.
2. Moist-heat methods typically require the cook to frequently skim the scum from the surface of the hot liquid, especially during the early stages of cooking. Scum (brownish, gray material) floats to the top of the pot due to blood and other impurities being driven from the bones and flesh. Skimming ensures a clean tasting dish.
3. ***Dry-heat cooking methods*** are techniques used with tender cuts of meat and vegetables with little fiber and are the transfer of heat to food from above (broiling) or below (grilling) or from dry heat surrounding the food (e.g., roasting and deep frying).

a. Dry-heat cooking methods do not use liquid, but they may use fat or oil.

b. Dry-heat methods include sautéing, pan-frying, stir-frying, baking and roasting, broiling, deep fat frying, pan-broiling, and skewer cooking.

B. Partial moist-heat methods

1. ***Blanching*** is a partial moist-heat method similar to parboiling in which food is briefly covered in boiling water or fat to remove an outer skin or covering (e.g., an almond hull; tomato or peach skin). The process generally requires 10 seconds to 1 minute, depending on the food size and the goal of the blanching. In contrast, parblanching is placing food in a large amount of cold water, bringing the pot to a boil (uncovered), and simmering it for a specified amount of time.
   a. Heating of the food via blanching must be stopped immediately after removing the food from the liquid or fat. Food items removed from boiling water are immediately placed into an ice water bath to quickly cool the food and stop the cooking.
   b. Blanching is often accomplished in water, but a flavorful liquid of almost any type (e.g., stock, wine, or oil) could be used.
2. ***Parboiling*** (to **par**tially cook) is a technique that involves plunging food into rapidly boiling liquid for a very short amount of time to retain and set color, preserve nutrients, and firm foods (especially vegetables). If the food item is to continue cooking, cooking does not need to be halted, as in blanching.

C. Moist-heat methods

1. ***Boiling*** is cooking in a liquid that has reached 212°F (boiling point). Specifically, boiling water should be a full "rolling, churning" boil, with lots of breaking bubbles and clouds of steam, as opposed to a few clusters of bubbles rising in the liquid.
   a. Boiling is often accomplished in water, but a flavorful liquid of most any type could be used. Although the liquid for boiling does not have to be water, it would not be oil because as oil heats, it smokes and may begin to burn.
   b. Because liquid is denser than air, it is a better conductor of heat than air, making boiling a fast method of cooking. However, there is the potential to overcook some foods and to damage other foods by boiling. Also, when water is drained from boiled foods, the color and nutrients are apt to be lost.
2. ***Poaching*** is a delicate cooking method conducted in a small amount of barely simmering, calm liquid—140° to 200°F—and held there until the food is fully cooked. It is a type of simmering process.
   a. When held at the correct temperature, the poaching liquid will not bubble. Instead, the liquid shudders and may show bubbles at the bottom of the pan, but the bubbles do not rise.
   b. Delicate foods (e.g., raw fish and raw eggs) are fully submerged in a hot liquid (standard poaching) or are held just barely below the surface of a liquid that is about one inch deep (shallow poaching). Both types of poaching result in the same level of cooking, but the effect is the same. Again, the liquid does not have to be water, but it would never be oil.

3. ***Simmering*** is cooking food in a liquid held just under the boiling point—140° to 185°F. Simmering liquids exhibit some motion. A few bubbles rise to the surface, but it is not a full rolling boil. It protects fragile foods and helps tenderize tough foods. It is one of the most important cooking techniques for a young cook to learn, as it is an important step in braising, fricasséeing, stewing, pot-roasting, and in making soups and sauces. Many foods can be simmered, but that does not mean they are being poached. Any food being held hot on a stove at low heat with moisture present (e.g., heating soup, stew, canned vegetables, potatoes, and pasta) would be simmered, not poached.
4. ***Steaming*** is a cooking process in which food items are placed above boiling water or other liquid (e.g., wine, stock, and herb-flavored water). It is the even and moist heat of the steam—not the simmering or boiling water—that allows food to retain its natural juices, nutrients, and color. For the steaming process to be the most effective, the water must be at a full rolling boil, and the cooking unit (pot or pan) should be fully enclosed to keep the steam trapped inside the pot or pan. Also, the water level should be about 1 inch below the level of the steamed food. Steaming uses less liquid than boiling. Steamer types include a perforated base placed over a pan that fits perfectly, a tiered steamer, a large bowl standing in a pan of boiling water that comes halfway up the side of the bowl, a compartment steamer (e.g., stainless steel or bamboo), and a pressure cooker.
    a. As fast as boiling cooks food, steaming is even faster because the temperature of steam is much higher than that of boiling water. Shorter cooking times save energy and keep more nutrients in the food rather than washing them out in boiling water.
    b. Steam is a requirement for cooking in a conventional floor-mounted steamer or pressure cooker, where steam is held in an airtight environment, pressure builds, and foods cook quickly.
    c. *NOTE*: It is necessary to lift the lid of a stovetop steamer away from the body or to stand to one side of a floor-mounted steamer in order to protect the hands and arms from scalding as a result of the steam.
5. ***Braising*** is a combination of roasting (dry-heat cooking) and steaming (moist-heat cooking) foods in a vegetable-seasoned liquid. The vegetables include the aromatics (carrots, celery, and onions) and may include mushrooms, parsley, and/or shallots. The small amount of liquid may be wine, stock, water, tomatoes, or the cooking liquid from the braised food or other foods that complement the braised food. Typically, large roasts or pieces of meat are braised, as compared to stew that typically utilizes bite-size chunks of meat.
    a. Before the braised food is placed in the oven, the mixture is brought to a boil on the stovetop. The very slow covered roasting, at about 300°F, supplies the braised food with steam for basting and a condensed and flavorful liquid for sauce.
    b. When the food is removed from the braising pan, the residue is deglazed, defatted, and prepared as a flavorful sauce. Braising is arguably the most flavorful of all the moist techniques and requires the preparer to be vigilant

about the details and process. Braised foods are sometimes prepared in a Dutch oven with a tight-fitting lid.

6. ***Pot-roasting*** is a cooking method for tougher cuts of meat that is a combination of frying and steaming and requires a heavy pan—a very similar technique to braising. The process is usually accomplished on the stovetop over a very gentle heat and usually results in less shrinkage than with other moist-heat methods.
7. ***Stewing*** is a method of slow cooking by moist heat in which small, bite-size pieces of meat, fish, or poultry are browned and then simmered with vegetables and a small amount of liquid to cover in a closed (or partially closed) pot. For meats, the food is browned on top of the stove before the vegetables and liquid are added. The liquid is brought just to a boil before being transferred to the oven. Stewing can be accomplished on the stovetop, in the oven, or in a slow cooker. There are exceptions to the use of the terms, such as a "stewed chicken" is still whole. ***Fricassée*** (frik eh' see) is a ragout (loosely defined as a type of "white stew") typically prepared from white meats or poultry and white sauce. The meat is lightly browned and then treated as a "white stew."
8. Other types of moist-heat cooking
   a. Wrap cooking (e.g., papaya, lettuce, cabbage, and grape leaves)
   b. Slow cooking (slow cooker)
   c. Clay cooking
   d. Foil cooking
   e. En papilotte (paper wrapped)
   f. En croute (pastry wrapped)

Teaching Strategy: *In addition to a lecture, use VM–A in a discussion.*

Objective 2: Analyze the characteristics of foods that benefit from specific moist-heat cooking methods.

Anticipated Problem: How do you match food characteristics with the best moist-heat cooking method?

II. Matching foods to moist-heat cooking methods

A. The cooking method used depends on:
   1. The natural tenderness of the meat (or vegetable)
   2. The amount and type of connective tissue
   3. The leanness of the meat
   4. The size and thickness of the meat

B. Blanching is a specific cooking method with very specific results, and only certain foods benefit from the process. The process involves quickly cooking in boiling water or steam followed by a cold bath to stop the cooking process.

1. The primary uses are:
   a. To ease skin and hull removal
   b. To enhance and set color prior to cooking or freezing
   c. To retain nutrients (that would typically be lost during boiling)
2. Delicate fruits with thin skins (e.g., tomatoes, grapes, peaches, and plums) and nuts with hulls (e.g., almonds and hazelnuts) are blanched to assist with the removal of the outer skin or hull without damaging the fruit or nut inside. Blanching is an especially useful technique when the use of knives or peelers is not a viable choice due to high waste of the flesh or nutmeat. Blanching causes the skin to separate a bit from the flesh. Fruits with thick skin are unaffected by blanching. If the fruit is firm enough to peel with tools, blanching is unnecessary.
3. Vegetables (e.g., broccoli, corn, carrots, and pea pods) benefit from blanching to make their colors "pop" to a vibrant hue. Restaurants and other foodservices blanch vegetables prior to service, which partially cooks them, to speed the process of serving them at mealtime. Professional chefs want vegetables to look their best. If the blanched vegetables were overcooked just prior to plating, the color would be gray; the texture would become mushy; and the nutrients would be depleted.
4. Freezing raw fruits and vegetables typically results in their colors darkening or appearing drab upon thawing. Yet blanching fruits and vegetables prior to freezing enhances and protects their strong, vibrant colors. The brief cooking process locks in the color but has no affect on the texture. Upon thawing, some produce will still be "mushy."
5. Blanching is not recommended for very delicate fruits and vegetables (e.g., alfalfa sprouts, bean sprouts, raspberries, and blackberries) because it does not enhance the color, texture, and nutrients of delicate produce.
6. Blanching in oil is common for starchy vegetables, such as potatoes that would be frozen and fried at a later date. Blanching in oil protects the color prior to freezing and assists with the crisping of the vegetable when it is fried at a later time. Remind students that blanching is a technique. However, when done in oil, it is not a moist cooking method; oil is considered a "dry" ingredient.
7. Some meat, especially poultry with liberal amounts of fat attached to the skin, benefits from blanching. For example, German and Chinese chefs blanch duck to partially separate the skin from the meat on the whole bird and to allow the fat to better drain during cooking. Blanching allows for a less greasy final product and much crispier skin.

C. Boiling is a technique that may be used with almost any food, but the results are not appropriate for all foods. Rather than adding color, boiling typically removes color from food. Boiling may remove nutrients, and overcooking is common,

leaving foods mushy. When applied appropriately, boiling is a great cooking method for many foods, with strong tenderizing properties.

1. Hard and fibrous vegetables (e.g., potatoes, yams, beets, carrots, corn, and turnips) are cooked quickly and uniformly. Eggs in the shell cook very well when placed in cold water, brought to a boil, removed (in the pan) from the heat, covered, and hard cooked for a specified amount of time.
2. Tough cuts of meat (e.g., corned beef brisket) have excellent results using a slow boiling cooking method. A key element is that the meat has a strong natural flavor that can hold up during boiling.
3. Meats for soups and stews benefit from slow boiling—chicken, other poultry, beef chuck roast pieces—where the desired result is for the meat to fall apart and for the liquid to be used in the final product.
4. Pasta, rice, and raw legumes (beans) all require boiling as a cooking method. Steaming could be used, but boiling provides better results because of the motion in the water. The starchy food does not stick together when boiled.
5. Boiling is used to cook firm fruits (e.g., cranberries, apples, and prunes) when the desired result is a fruit sauce or compote.
6. Boiling—more specifically parboiling—is a good choice for tough or fatty meats for a short period of time (20 or 30 minutes). Parboiling begins a cooking process that will include other methods. It begins to tenderize meats and shortens the time required for other cooking methods (grilling) and removes some of the fat.
7. Seafood, particularly crustaceans (e.g., shrimp, crab, and lobster) and mollusks (e.g., clams, mussels, and oysters) are well suited to boiling. Fish flesh is generally too delicate and would fall apart if boiled.

D. Poaching is a potentially appropriate cooking method for most foods; the downside is loss of color and nutrients (as in boiling). The poaching liquid does not "boil" (rapid movement), so delicate foods are successfully cooked without falling apart during cooking.

1. Poaching is an excellent cooking method choice for eggs and fish. These delicate foods hold up well in the gentle movement of the liquid and cook without the addition of fat. Instead, poached eggs and fish may be flavored with stock, wine, or other flavorful liquids.
2. Delicate fruits and vegetables (e.g., asparagus, bananas, oranges, and berries) do well with poaching. However, firmer types of produce (e.g., prunes, apples, and cauliflower) may be poached as desired.
3. Brief poaching is a great way to reconstitute or just macerate (soften by soaking in liquid) dried foods, such as prunes and raisins. It is also used to reconstitute and remove salt from beef jerky and dried salted fish.

E. Simmering foods in their own juices, or in a broth, allows flavors to develop and deepen and allows meats to tenderize. Soups, stews, and sauces (e.g., marinara) all benefit from continued cooking at low temperatures just under the boiling point for specific periods of time.

F. Steaming is a great way to cook without adding fat, and the quick cooking speed reduces nutritional loss.
   1. Virtually all vegetables, fish, and seafood are steamed with great results. Tender vegetables are steamed with care to avoid overcooking. The same is true of dim sum dumplings that are commonly steamed with care in Asian cuisine.
   2. Beef, lamb, pork, and poultry may be steamed. However, the color of the final product is not appetizing, and the texture of the meat surface may be equally unappealing. Yet for meats that have been browned first, steaming or pressure cooking is a great way to cook tough cuts of meat (e.g., brisket and ribs). They come out fork tender after pressure cooking.
   3. Rice, legumes, grains, and potatoes may be steamed, but the food pieces may stick together in this cooking method. Restaurants that steam vegetables often create one layer of food to eliminate sticking.
   4. Typically, fruit is not steamed.

G. Braising and stewing are similar, but they are not exactly the same. Braising involves large cuts of meat in enough liquid to partially cover it. In contrast, stewing involves small cuts of meat in uniform pieces that are totally immersed in liquid.
   1. Although, with care, any food could be braised or stewed, these techniques are best utilized with tougher cuts of meat: briskets, ribs, chuck roasts, and older chickens and ducks. These meats are high in fat and ***connective tissue*** (a substance that forms the walls of long muscles and binds them into bundles; it forms tendons and ligaments).
   2. Connective tissue is quite tough. For the purposes of this lesson, it is composed of collagen or elastin.
      a. ***Collagen*** (white connective tissue) is an insoluble fibrous protein contained in connective tissue. Collagen breaks down into gelatin and water when cooked by moist heat. The breakdown of collagen helps tenderize meat and adds considerable flavor to it. Braising and stewing are the perfect cooking methods to use this type of connective tissue to an advantage.
      b. ***Elastin*** (yellow connective tissue) is a protein similar to collagen that is exceptionally tough and fibrous. Elastin does not break down during regular or moist, slow cooking. It remains stringy and tough. Therefore, elastin needs to be physically removed and discarded or pounded and cubed (as for cube steak and ground meat) prior to cooking and/or serving.
   3. Because braising and stewing methods incorporate searing (quick, hot cooking that adds flavor and caramelization through browning) and slow simmering in a flavorful liquid, these methods are not limited to tough meats. They are used successfully with many cuts of meats and poultry, though seldom (if ever) with fish and seafood, which would fall apart or become tough and rubbery.
   4. Hard root vegetables (e.g., potatoes, turnips, and parsnips) and softer but more fibrous vegetables (e.g., celery and cabbage) have wonderful results when braised or stewed. Naturally, they do not cook as long as tough meats.

Teaching Strategy: *In addition to lecture, use VM–B through VM–E in a discussion. Also, assign LS–A and LS–B.*

- **Review/Summary.** Use the student learning objectives to summarize the lesson. Questions at the ends of chapters in the textbook may be used in the Review/Summary.

- **Application.** Use the included visual master(s) and lab sheet(s) to apply the information presented in the lesson.

- **Evaluation.** Evaluation should focus on student achievement of the objectives for the lesson. Various techniques can be used, such as student performance on the application activities. A sample written test is provided.

- **Answers to Sample Test:**

Part One: Multiple Choice

1. b
2. c
3. d
4. a
5. b
6. d

Part Two: True/False

1. T
2. T
3. T
4. T
5. F
6. F
7. T

Part Three: Completion

1. blanching
2. collagen
3. tenderize
4. stewing
5. rolling boil (or rolling, churning boil)
6. parboiling
7. fricassée

Sample Test

Name _____

Moist Cooking Methods

Part One: Multiple Choice

Instructions: **Circle the letter of the correct answer.**

1. Food cooked over boiling water is _____.

   a. boiling
   b. steaming
   c. poaching
   d. braising

2. One main difference between braising and stewing is _____.

   a. the temperature of the liquid
   b. that one is done on the stovetop and one is done in the oven
   c. the size of the food
   d. that one is done in water and one is done in stock

3. Blanching _____.

   a. fully cooks foods
   b. is only done in water
   c. is a useful technique when making a chuck roast
   d. enhances colors in vegetables

4. Elastin _____.

   a. does not tenderize during braising
   b. adds flavor to meat during cooking
   c. results in “fall off the bone” tender meats when braised
   d. is best tenderized by steaming

5. Of the following foods, the one best suited for poaching is _____.

   a. bacon
   b. salmon
   c. pork butt roast
   d. raspberries

6. The cooking method commonly used to loosen the skin of fruits and some vegetables and meats is _____.

   a. braising
   b. simmering
   c. poaching
   d. blanching

Part Two: True/False

Instructions: **Write *T* for true or *F* for false.**

_____1. Parboiling removes some fat from foods before the food continues to cook in a different method.
_____2. Boiling tends to "wash away" vegetable nutrients.
_____3. Tough cuts of meat are more flavorful and tender when braised than when poached.
_____4. Boiling and poaching are both methods used to cook eggs.
_____5. Fruit is never boiled.
_____6. Steaming is the best way to cook pasta and legumes (beans).
_____7. Boiling is conducted at a lower temperature than steaming.

Part Three: Completion

Instructions: **Provide the word or words to complete the following statements.**

1. The moist cooking method that is often followed by placing the cooked food into cold water or an ice bath to stop the cooking is _____.

2. The type of connective tissue that breaks down during slow moist cooking is _____.

3. Simmering foods in their own juices, or in a broth, allows flavors to develop and deepen and for meats to _____.

4. The moist cooking method that begins by searing small pieces of food, followed by slowly cooking in a flavorful liquid in a covered pan, is _____.

5. Boiling water described as having lots of breaking bubbles and clouds of steam as opposed to a few clusters of bubbles rising in the liquid is a _____.

6. Plunging food into rapidly boiling liquid for a very short amount of time to retain and set color, preserve nutrients, and firm foods (especially vegetables) is called _____.

7. A "white stew" is a _____.

MOIST-HEAT COOKING METHODS

Boiling requires food to be dropped into a liquid at a rolling boil. Note the large bubbles and the live steam.

Blanching requires food to be quickly exposed to boiling liquid. For example, blanched broccoli is then placed in cold water with ice cubes to stop the cooking process and to retain the nutrients and color.

Poached pears are typically submerged in the cooking liquid and are often served in clarified sweet syrup. In this case, the syrup was spiced with whole star anise and vanilla bean.

Shallow poaching cooks food to a firm state in a very small amount of liquid.

Simmering is accomplished on a stovetop with the hot liquid maintained at just below the boiling point. It is one of the most used cooking techniques. Mastering this technique helps you complete stocks, soups, stews, sauces, and dessert preparations.

FOODS MATCHED TO BRAISING AND STEWING

Lamb shanks (or the lower portion of the leg) are succulent but tough. No cooking technique works quite as well as braising to turn this tough raw shank into this tender cooked version.

FOODS MATCHED TO POACHING AND STEAMING

These vibrantly colored vegetables were steamed to preserve their color, flavor, texture, and nutrients. Poached salmon is “just cooked through” and flakes easily. The poached eggs are perfectly cooked and are served on wholegrain bread.

FOODS MATCHED TO BOILING

Here is a basket of Louisiana Blue Crabs, with seasonings, ready to be plunged into boiling water. After boiling, the Blue Crabs turn a bright pink and are decorated with aromatic vegetable seasonings.

FOODS MATCHED TO BLANCHING

Green and white asparagus spears are tied together to facilitate easy removal from the blanching liquid. These blanched asparagus

spears retain their color and texture even with the addition of a French gribriche sauce (a cold mayonnaise-based egg sauce that uses hard-cooked eggs, capers, cornichons, Dijon mustard, olive oil, and herbs, such as chervil and tarragon).

Blanching helps set the color of vegetables to be frozen, as in these mixed frozen vegetables. It also enhances the crispness and color of vegetables when they are cooked, as in these French fries (pommes de terre).

LS–A

Name _____

Identify Moist-Heat Cooking Methods

Purpose

The purpose of this activity is to practice identifying moist cooking methods based on the clues provided.

Objective

Label each moist cooking method based on class notes and clues.

Materials

- writing utensil
- paper
- cookbooks and reference books
- computer with Internet access, optional

Procedure

1. Work independently.
2. Use the clues to identify the type of moist-heat cooking method being described. Write your response in the space provided. Some clues *may* have more than one response. Read the clue carefully, and add more than one answer when necessary.

   a. Begins by searing or browning food:

   b. Brightens and sets colors of vegetables, but does not fully cook the food:

c. Raw foods are fully cooked very gently in just a very small bit of water:

d. It does not have to use water; it could use most any liquid:

e. Foods can easily overcook using this method:

f. It is recommended to have cold water or an ice bath nearby when using this method to quickly stop the cooking:

g. Cooks fast and removes few nutrients:

h. A good cooking method to tenderize tough meat:

i. Eggs, seafood, and vegetables can be cooked using this method:

j. Veal shank is typically cooked using this method:

k. Tomatoes peel easily after using this technique:

l. Pasta could be cooked this way, but the pasta may stick together:

m. An effective way to tenderize a tough, older chicken (especially if using the chicken for soup):

n. This method begins to cook ribs and remove some of the fat:

o. Hard root vegetables cook up very nicely using this method:

3. Compare your completed lab sheet with three other classmates.
4. Participate in a class discussion of the appropriate cooking method(s) suggested by each clue.
5. Turn in your completed lab sheet to your instructor.

Identify Moist-Heat Cooking Methods

2. a. Braising and/or stewing
   b. Blanching
   c. Shallow poaching
   d. Steaming, boiling, braising, stewing, blanching, poaching, simmering, and parboiling
   e. Boiling (NOTE: Students could make an argument that steaming, simmering, braising, and stewing could also be included. They would be right, but boiling is the most common culprit when foods are overcooked.)
   f. Blanching
   g. Steaming
   h. Stewing, braising, and boiling
   i. Steaming, boiling, and poaching
   j. Braising
   k. Blanching
   l. Steaming
   m. Boiling
   n. Parboiling
   o. Boiling, steaming, braising, and stewing

LS–B

Name _____

Moist Cooking Methods Mini-Analysis Project

Purpose

The purpose of this activity is to analyze recipes and to demonstrate your mastery of moist-heat cooking by supplying alternate cooking methods.

Objectives

1. Analyze recipes to identify moist cooking methods.
2. Supply alternate cooking methods with a supporting rationale.

Materials

- paper
- writing utensil
- computer with Internet access and word processing
- textbook
- cookbooks
- relevant magazines
- copy machine, optional

Procedure

1. Work independently.
2. Use your class notes, textbook, magazines, cookbooks, the Internet, etc. to select three recipes that use different moist-heat cooking methods. Read the recipes carefully.

3. Write your paper in the “first person” (“I”). Take a point of view, and defend it. Do not include the recipe. Identifying the cooking method called for in the recipe and then addressing the required points shown below for each recipe is what matters. Organize your paper so each recipe you have selected is addressed individually: the first recipe, the second, and the third.

4. Your assignment is to write a two- to three-page paper:

    a. Keyed, no handwriting
    b. Double-spaced
    c. 12-point Arial or Calibri font
    d. Grammar, spelling, and proper sentence structure are required. Be sure to include your name on your paper.

5. Your paper will address the following for each recipe:

    a. Title: Moist Cooking Methods Mini-Analysis Project
    b. Your name(s)
    c. Recipe source
    d. Recipe name
    e. Identify the moist cooking method used.
    f. Write a rationale, based on what you have learned in this lesson, to explain why that particular cooking method was used for that recipe.
    g. List one other moist cooking method that could be substituted in each recipe, along with your explanation of why your choice would be a viable replacement for the method called for in the recipe. If you believe no substitute is possible, say so and explain why.
    h. List one other moist cooking method that could NOT be substituted in that recipe, along with your explanation of why it would not work in the chosen recipe. If you believe all moist cooking methods would work in the recipe, say so and explain why.

6. Print your paper.

7. Discuss your recipes and moist heat alternatives with three classmates.

8. Participate in a class discussion of at least one of your recipe alternatives.

9. Turn in your completed paper to your instructor.