**Foods and Nutrition**

**6.1 Cooking Techniques/Enhancing Flavor**

1. Cooking Techniques
   1. Dry cooking: Uses a metal and the radiation of hot air, oil, or fat to transfer heat
      1. Uses no moisture, moisture from food evaporates
      2. Examples: baking, roasting, sautéing and stir frying, frying, pan-frying, deep-frying, grilling, broiling
   2. Moist cooking: uses liquid to create heat energy needed to cook food
      1. Examples: boiling, blanching, parboiling, simmering, poaching
   3. Combination cooking: uses both moist and dry methods
      1. Examples: braising, stewing, cooking in liquid
2. Enhancing Flavor
   1. Seasonings – ingredients that enhance, without changing the natural flavor of food, such as salt and pepper
      1. Salt – most commonly used seasoning; heightens flavor of foods
         1. Types: table salt, rock, sea, kosher
      2. Pepper – most widely used spice; forms used are ground, whole, and cracked
         1. Types: black, white, green peppercorns, red (cayenne)
   2. Flavor enhancers increase the way you perceive the food’s flavor without changing the actual flavor, such as MSG
      1. MSG – monosodium glutamate – comes from seaweed and intensifies the natural flavor of food
         1. Many are allergic or sensitive to MSG
   3. Flavorings – ingredients that change the natural flavor of foods, such as extracts
      1. Extracts - concentrated flavorings such as lemon, vanilla, almond, coconut, etc.
   4. Onions
      1. Many varieties: purple, white, yellow, scallions, leeks, shallots, chives, garlic
   5. Herbs/spices – parts of plants used to enhance flavor of food
   6. When to season and add flavor
      1. Added at different times depending on the dish – read directions
      2. Remember to taste foods before adding seasonings or flavorings

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**6.2 Herbs**

1. Herbs -Leaves and stems of plants grown in mild climates
2. Used fresh or dried (fresh herbs are half as strong as dried herbs)
3. Herbs
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_tender, leafy stems, mild licorice-like flavor, used in soups, tomato sauce, salads, pizza, vegetables, chicken, pesto
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_comes from evergreen bay laurel tree, used in soups, stews, vegetables, meats, remove before eating
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_From coriander plant, bright green leaves, long stems, distinct odor, unique flavor, used in sauces and salsas
   4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_feathery-leaved herb, strong flavor associated with pickles, used in soups, salads, breads, and fish dishes
   5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_member of mint family with warm, mild flavor used in soups, stews, sauces, and meat dishes
   6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_used in sauces, pastries, tea, chocolate
   7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_slightly bitter, used in soups, sauces, tomato dishes, pizza, meat
   8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_soothing effect on taste buds, used in soups, sauces, and garnishes
   9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_evergreen shrub with needlelike leaves, strong flavor, used in soups and poultry
   10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_member of mint family, used in soups, stews, stuffing, sausage
   11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_shrub of mint family, sharp and spicy flavor, used in meats and poultry, and soups
4. Using Herbs
   1. Cold foods: add several hours before serving
   2. Hot foods: add fresh herbs at the end of cooking time; add dried herbs at the beginning of cooking time
   3. Sachet: place herbs in cheesecloth, tie with twine and attach to pot handle
   4. Bouquet garni: tie fresh herbs and vegetables in bundle
5. Storing Herbs
   1. Fresh: wrap loosely in a damp cloth and refrigerate
   2. Dried: airtight containers in cook, dark, dry place

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**6.3 Spices**

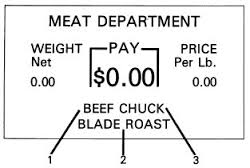
1. Spices – obtained from bark, buds, fruit, roots, seeds, or stems of plants and trees
   1. Used in dried form and available whole or ground
2. Spices
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_dried unripe berry of pimiento tree, combines flavors of nutmeg, clove, cinnamon, used in pickles, meats, fish, sausages, desserts
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_thin dried inner bark of evergreen tree of laurel family, has spicy and warm flavor, used in meats, desserts, sweet potatoes
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_tiny seed with strong celery flavor, used in sauces, dressings, and pickling
   4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_dried and ground blend of cumin, garlic, onion, and chili peppers, used in meat and egg dishes
   5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_from hot red peppers that are ground into powder , strong flavor, used in meat dishes
   6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_dried, ripened fruit of an herb in the parsley family, used in chili, and Mexican dishes
   7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_slightly sharp taste, used in soups and fish dishes
   8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_from tall, hardy plant in parsley family, used in pickling and sausages and tomato sauces
   9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_yellow spice from crocus plant, sweet scent but bitter taste, most expensive spice in world, used in Spanish and Italian dishes
   10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_smooth, woody vine that climbs tre trunks to produce grapelike cluster of small berries
   11. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_small, round, smooth seeds of watercress family, tangy flavor, used in dressings and sauces
   12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_kernel of fruit or seed of evergreen nutmeg tree, dried and removed from shell, sweet, warm, and spicy flavor, used in baked goods and meat dishes
   13. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_from dried, ripe, red sweet peppers, used in soups and meat dishes
   14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_underground stem of plant form Asia, used in baked goods and Asian meat dishes
3. Using Spices
   1. Whole spices: need more cooking time than ground spices
   2. Cold food: add any form to cold food several hours before serving
4. Storing spices
   1. Store in airtight containers away from direct sunlight, in cool and dry place 50-70 degrees

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**6.4 Beef**

1. Nutrients in Beef
   1. High in protein; contains the vitamins riboflavin, niacin, and B12; contains minerals iron and zinc
   2. A 3 oz. portion of lean ground beef contains 235 calories, 23% of total fat, 28% of saturated fat you should have a day based on a 2000 calorie diet
2. When buying beef consider:
   1. Wholesomeness - Safety of food
   2. Meat inspection
   3. Quality - Tenderness, juiciness, and flavor
      1. Determined by:
         1. Appearance – color, amount of marbling and seam fat, and the fat cover
         2. Lean (meat) – bright cherry red
         3. Marbling – small flecks of fat throughout the lean (improves meat flavor and juiciness)
         4. Fat cover – thin layer of fat covering the exterior of most beef cuts (prevents drying out and helps retain juices, should be 1/8” or less)
   4. Grade of beef(Best) (average) (lowest)

1. Storage of Beef
   1. Refrigerate for up to 4 days after purchasing
   2. Freeze for 6-12 months
   3. Defrosting –
      1. thaw in fridge, 4-7 hours per pound
      2. thaw in microwave
      3. do NOT let sit out at room temperature to thaw
2. Purchasing Beef
   1. Parts of a Meat label
      1. 1. Type of meat – beef, pork, lamb, veal
      2. 2. Retail cut – top round steak, blade roast, short ribs, etc.
      3. 3. Wholesale cut – round, chuck rib, loin, etc.



1. Tenderizing Beef
   1. Marinades -seasoned liquid mixture that add flavor and tenderize (contains acidic ingredient such as vinegar, wine, citrus or tomato juices; naturally tenderizing liquids include papaya, ginger, and pineapple)
   2. Pounding – hitting meat with a meat mallet breaks down connective tissue
   3. Cubing – done by a machine and breaks down fiber structure
   4. Commercial tenderizers – contain enzymes to break down connective tissue
2. Beef Cuts
   1. Less tender cuts
      1. are near the front moveable parts of the animal
      2. need moist cooking
      3. chuck, flank, short plate, brisket, foreshank
   2. tender cuts
      1. are where there is little movement
      2. use dry cooking
      3. rib, short loin, sirloin, round