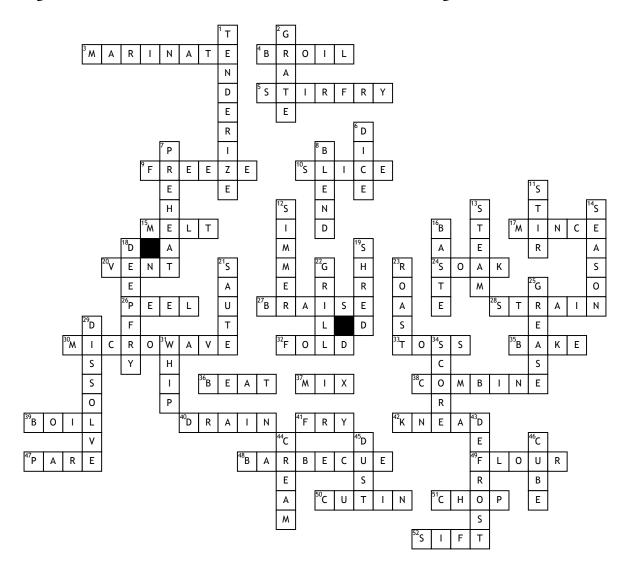
Name:	Date:	Period:

## Objective 2.03 Student Project Foods I



Across
3. To soak food in a cold, seasoned liquid, usually containing an acid, in order to add flavor to or tenderize the food.

- 4. To cook uncovered under a direct heat source
- ${\bf 5.}\ {\bf To}\ cook$  small pieces of food quickly over high heat in a small amount of fat while stirring constantly
- $\boldsymbol{9}.$  To lower a food's temperature to freezing or below by placing it in a freezer.
- 10. To cut food into large, thick or thin flat pieces with a slicing knife. Use a sawing motion while gently pressing the knife down.
- 15. To change food from a solid to a liquid by applying heat
- 17. To cut food into very fine, uneven pieces.
- ${\bf 20.}\ {\bf To}\ leave$  an opening in the covering of a food through which steam can
- ${\bf 24.}\ {\bf To}$  immerse food in a liquid for the purpose of wetting, softening, dissolving, or cleaning.
- **26.** To remove the outer layer/skin, by stripping or pulling off with your fingers or a knife.
- 27. To cook large pieces of meat or poultry slowly over low heat in a small amount of hot liquid in a tightly covered pan
- 28. To separate solid from liquid materials by pouring the mixture through a
- 30. To cook food in a microwave oven using little or no liquid
- 32. To blend a delicate mixture into a heavier one, using a rubber spatula, spoon, or wire whisk in a gentle up, down, and over motion so that the mixture stays light
- ${\bf 33.}$  To lightly mix ingredients by tumbling them with tongs or a large fork and spoon
- 35. To cook in an oven with dry, hot air

- ${\bf 36.}$  To thoroughly mix ingredients and incorporate air using a spoon, wire whisk, mixer, or food processor with an up-and-down and circular motion
- 37. To combine two or more ingredients into one mass by stirring or beating them
- 38. To blend or mix two or more ingredients
- $\bf 39. \ To \ cook \ food \ in \ hot \ liquid, \ 212 \ degrees fahrenheit, having bubbles that rise to and break on the surface of the liquid$
- $\bf 40.$  To remove liquid from a solid food by pouring off the liquid, putting the food through a colander, or drying with paper towels.
- 41. To cook food in a small amount of hot fat
- **42.** To work a ball of dough with the heels of the hands repeating press, fold, and turn motions until the dough is smooth and elastic
- **47.** To remove the stem and the very thin layer of peel of a fruit or vegetable with a paring knife or peeler.
- **48.** To roast slowly on a rack or spit over hot coals or some other direct heat source and baste with a spicy sauce
- 49. To sprinkle or coat a food with flour
- **50.** To combine flour and solid fat by cutting the fat into tiny pieces using a pastry blender, two forks or knives, or the hands
- 51. To cut food into small, uneven pieces.
- $\textbf{52.} \ \text{To reduce dry ingredients to finer particles, add air to dry ingredients, or combine dry ingredients by putting them through a sieve$

- 1. To make something easy to chew by applying a process or a substance that breaks down connective tissue or fiber.
- 2. To reduce food into small pieces by pressing and rubbing it against the "teeth" of a grater.
- 6. To cut food into small, equal size squares about 1/4 to 1/8 inch in size
- 7. To turn on an appliance or oven to a desired temperature about 5 10 minutes before the food is to be placed in it

- 8. To stir or mix ingredients until they are thoroughly combined and smooth
- 11. To mix using a spoon or wire whisk with a circular motion 12. To cook food in liquid that is just below the boiling point
- 13. To cook food in a pan using vapor produced by a boiling liquid
- 14. To increase the flavor of a food by adding herbs, spices, or other ingredients; to prepare a cooking utensil for cooking. (Ex. Cast iron skillet)
- 16. To pour or spoon pan juices, melted fat, or sauces over the surface of a food during cooking, using a baster, cup, or spoon, to keep the food moist and add flavor.
- **18.** To cook food by completely immersing in hot fat; also know as French frying
- 19. To cut or break food into long, thin strips by using a knife, fork, or
- 21. To lightly brown or cook food in a small amount of hot fat; also called pan-frying
- 22. To broil over hot coals or on a griddle
- 23. To cook meat, fish, or poultry uncovered in an oven with dry, hot air
- 25. To rub fat on the surface of a food or a cooking utensil.
- 29. To cause a solid food to turn into or become part of a liquid
- 31. To beat quickly and vigorously by hand, wire whisk, or mixer to incorporate air and to make a mixture light and fluffy
- **34.** To make small, straight, shallow cuts with a slicing knife in the surface of a food; often done to tenderize meat or to let sauces soak in.
- 43. To expose to warmth in order to free from a frozen state.
- 44. To beat solid fat and sugar with a wooden spoon or electric mixer until smooth, light, and creamy
- 45. To lightly sprinkle the surface of a food with crumbs, flour, or sugar.
- 46. To cut food into small, equal size squares about  $\frac{1}{2}$  inch in size.