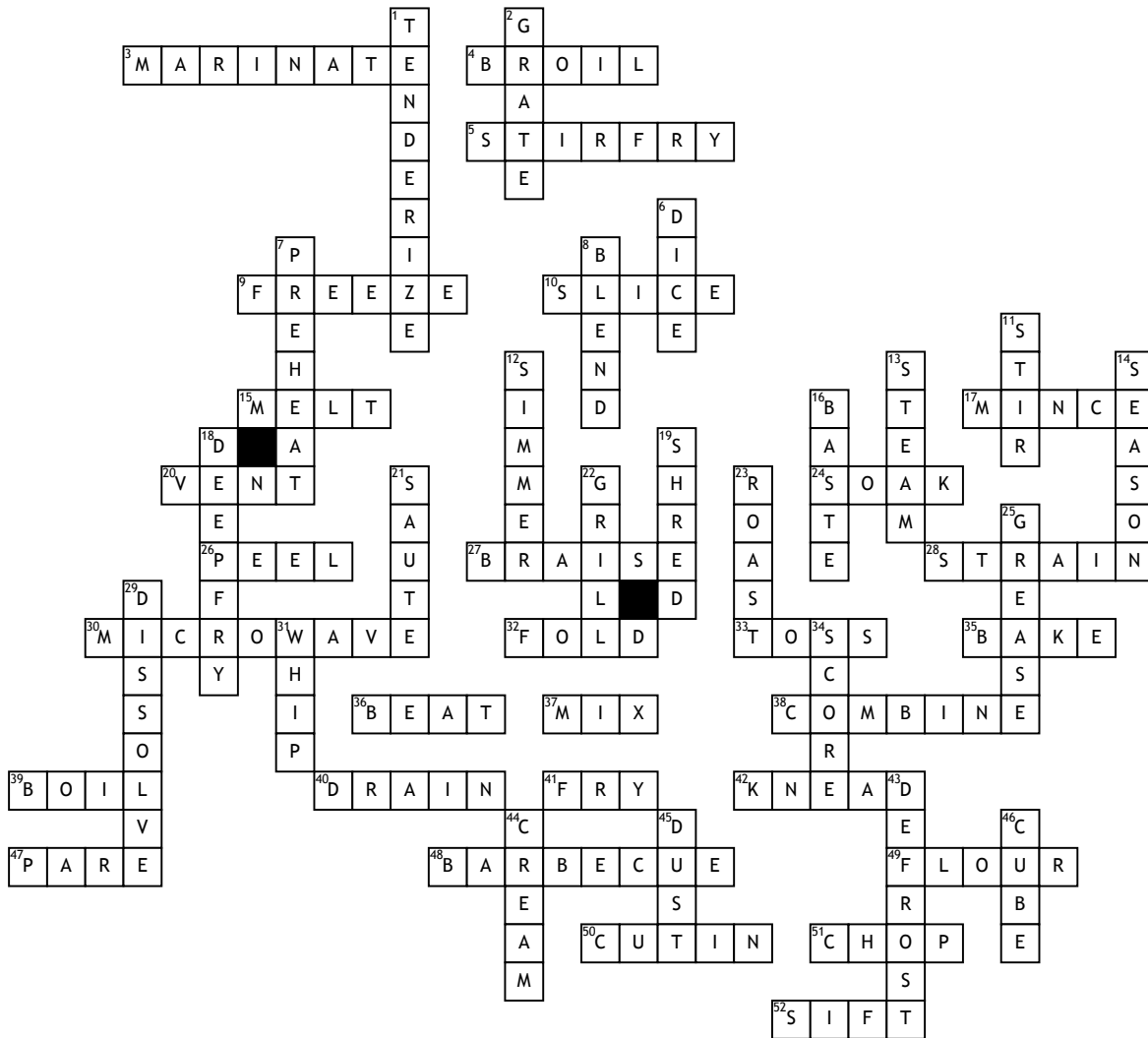


Objective 2.03 Student Project Foods I



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
5. To cook small pieces of food quickly over high heat in a small amount of fat while stirring constantly
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.
20. To leave an opening in the covering of a food through which steam can escape.
24. 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 strainer or sieve.
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
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

Down

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 known as French frying
19. To cut or break food into long, thin strips by using a knife, fork, or grater.
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 1/2 inch in size.