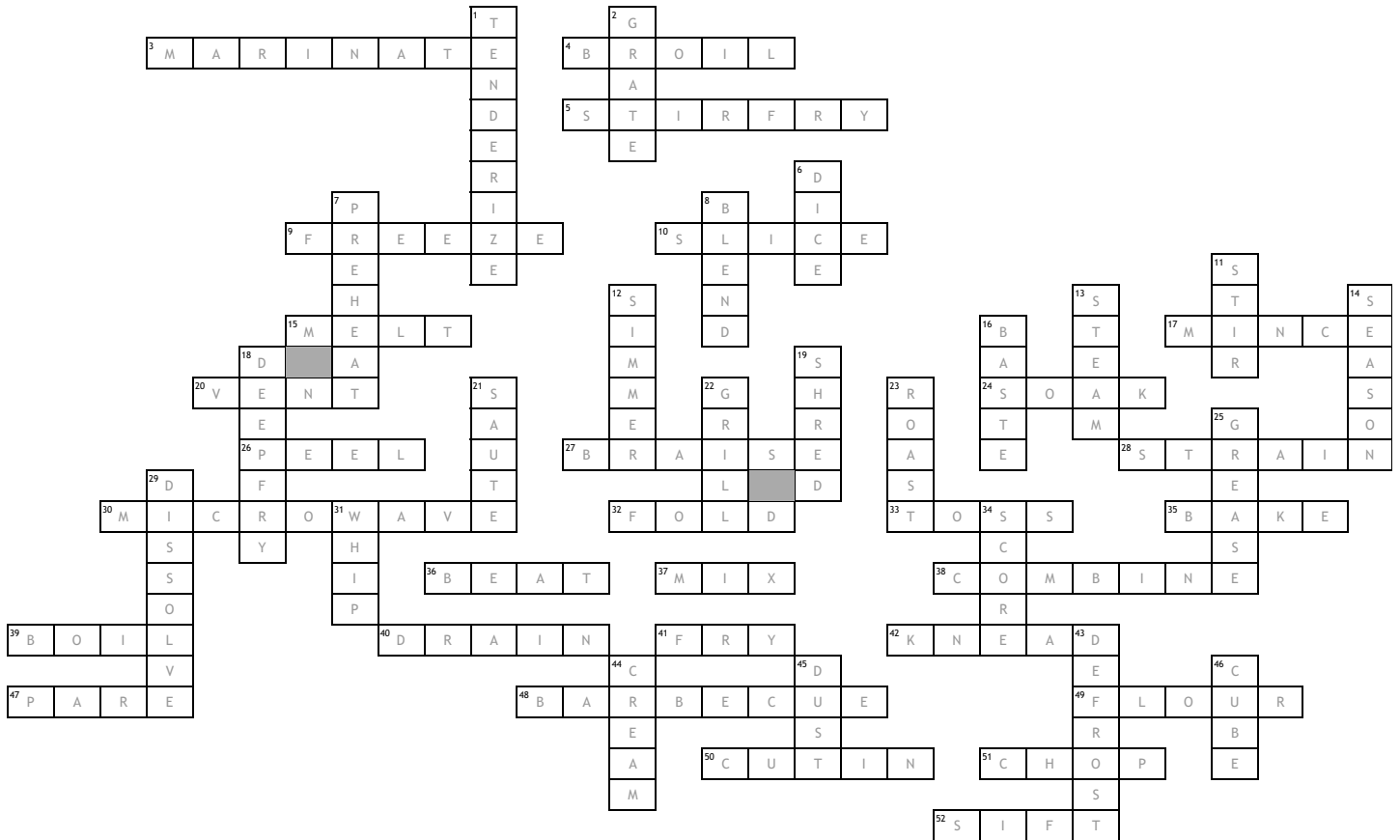


# Objective 2.03 Student Project Foods I



## 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
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
39. To cook food in hot liquid, 212 degrees fahrenheit, having bubbles that rise to and break on the surface of the liquid
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.

## 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 know 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.

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.
52. To reduce dry ingredients to finer particles, add air to dry ingredients, or combine dry ingredients by putting them through a sieve