Unit 5: Mastering cooking methods

Content Area: **Language Arts Literacy**
Course(s): **Culinary Arts**
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Enduring Understandings

The cooking technique, the temperature, and the cooking time affect a food's nutritive value, texture, color, aroma, and flavor.

Knowledge of heat transfer methods and cooking methods helps improve the texture and flavor of foods.

Combination cooking methods enhance the flavor of food by producing a flavor liquid during the cooking process.

It is important to select and apply the correct principles of cooking

to each specific food type.

Lifelong learning increases knowledge and can improve the quality of life.

Essential Questions

How can understanding heat transfer processes help you use appliances to cook food?

How does choice of cooking method affect the finished food product?

How does an understanding of meat cuts help you choose cooking methods and produce a desirable meat product?

How does the application of scientific

principles affect the final food product?

How does the selection of moist heat and/or

dry heat methods affect cooking chemistry?

How does planning a schedule before beginning food preparation experiences improve work efficiency and final product outcomes?

Content

Cooking method

Dry heat method

Moist heat method

Combination methods

Frying

Deep Frying

Heat transfer

Radiation

Convection

Conduction

Maillard Reaction

Skills

Name and describe the dry heat cooking methods and when they would most likely be utilized.

Name and describe the moist heat cooking methods and when they would most likely be utilized.

Explain how food texture can be affected by exposure to heat during cooking.

Explain how heat is transferred by conduction, convection and radiation.

Explain why frying is not a moist heat cooking method

Describe what changes occur in food when exposed to heat during cooking.

Practice selecting cooking methods to achieve desired results.

Explain how cooking method affects a foods nutritive value, texture, color, aroma and flavor.

Identify the importance of selecting and applying the correct principles of cooking

to each specific food source.

Resources

Food for Today

Guide to Good Food

Culinary Essentials

Cooks Illustrated

America's Test Kitchen

Standards

1.2	Demonstrate transferable knowledge, attitudes, and technical and employability skills in school, community and workplace settings.
1.2.4	Demonstrate teamwork skills in school, community and workplace settings and with diverse populations.
8.2	Demonstrate food safety and sanitation procedures.

8.2.7	Demonstrate safe food handling and preparation techniques that prevent cross contamination from potentially hazardous foods and food groups.
8.5	Demonstrate professional food preparation methods and techniques for all menu categories to produce a variety of food products that meet customer needs.
8.5.1	Demonstrate professional skills in safe handling of knives, tools, and equipment.
8.5.2	Demonstrate professional skill for a variety of cooking methods including roasting, broiling, smoking, grilling, sautéing, pan frying, deep frying, braising, stewing, poaching, steaming, and baking using professional equipment and current technologies.
8.5.3	Demonstrate knowledge of portion control and proper scaling and measurement techniques.
8.5.4	Apply the fundamentals of time, temperature, and cooking methods to cooking, cooling, reheating, and holding of a variety of foods.
8.5.7	Prepare various fruits, vegetables, starches, legumes, dairy products, fats, and oils using safe handling and professional preparation techniques.
8.5.14	Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, and utilize herbs and spices to enhance flavor.