

Name: _____

Hour: _____

VIDEO WORKSHEET

Review:

After watching *Cooking Fundamentals*, answer the following questions.

1. What is blanching?

2. Define the word "sauté".

3. What does "al dente" mean when cooking pasta?

4. Béchamel is also sometimes called "white sauce." How is béchamel made?

5. How do you bake potatoes in the oven versus the microwave?

6. What is the difference between brown rice and white rice in terms of cooking time?

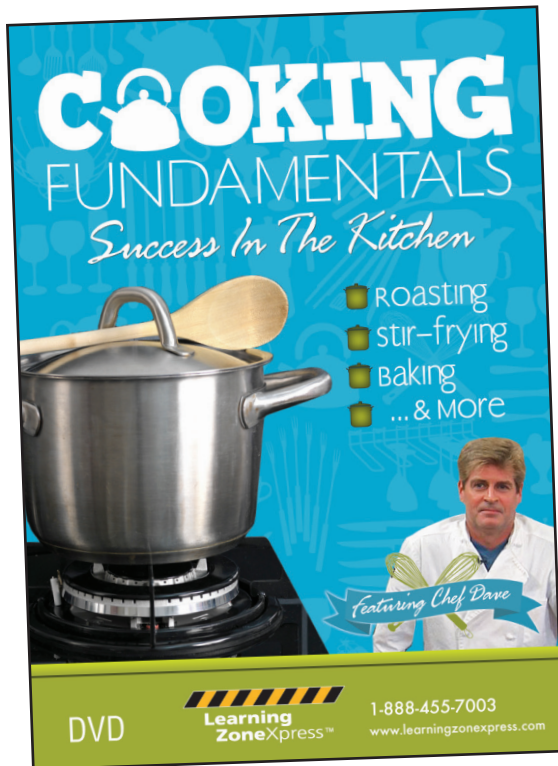
7. What is a cornstarch slurry? What is it used for?

8. Why should you lift the lid of a hot pan away from you?

9. Why is it important to stir slurries as you're adding it to a sauce?

10. Match the thickener with the recipe it is used:

- | | |
|----------------------|-------------------|
| A. Cornstarch slurry | 1. Alfredo sauce |
| B. Roux | 2. Teriyaki sauce |
| C. Flour slurry | 3. Pan gravy |



ANSWER KEY

Review:

After watching *Cooking Fundamentals*, answer the following questions.

1. What is blanching?

Blanching is a cooking process where a fruit or vegetable is briefly dropped into boiling water and removed to halt the cooking process.

2. Define the word “sauté”.

Sauté literally means “to jump” in French. Sautéing means to flip food around in a hot pan to cook the food quickly.

3. What does “al dente” mean when cooking pasta?

Al dente means firm to the bite. It's a way to test pasta to see if it is cooked properly. Pasta should be a bit firm, offering some resistance to the tooth, but still tender.

4. Béchamel is also sometimes called “white sauce.” How is béchamel made?

Béchamel is a type of sauce that is made by creating a roux, which is made by cooking equal parts butter and flour. Cream, half and half or milk is added to the roux to create a thickened white sauce.

5. How do you bake potatoes in the oven versus the microwave?

Potatoes baked in the oven can just be placed in a 325 degree oven for 60-90 minutes. Potatoes baked in the microwave need to have the skin pierced to release steam and prevent the potato from exploding.

6. What is the difference between brown rice and white rice in terms of cooking time?

Brown rice generally takes twice as long to cook as white rice. However, brown rice is a healthier choice than white rice because it is a whole grain.

7. What is a cornstarch slurry? What is it used for?

A cornstarch slurry is a mixture of cornstarch and water that is used to thicken sauces used for stir-fry and Asian dishes. It gives sauces an attractive transparent glaze.

8. Why should you lift the lid of a hot pan away from you?

You should lift the lid away from you so that you don't burn your wrist with the steam.

9. Why is it important to stir slurries as you're adding it to a sauce?

Whisking or stirring slurries helps prevent any lumps from forming and helps to incorporate the slurry evenly.

10. Match the thickener with the recipe it is used:

A. Cornstarch slurry	1. Alfredo sauce
B. Roux	2. Teriyaki sauce
C. Flour slurry	3. Pan gravy

Cooking Fundamentals Recipes

Pork Roast

Brine

- 2 quarts fresh apple cider
- ½ cup kosher salt
- ½ cup brown sugar
- 1-2 sprig of rosemary, thyme, and/or sage

Pour brine over pork roast and let marinate overnight in the refrigerator. Remove the pork roast from the brine (and dispose of the brine). Season with fresh ground pepper and a little salt. Place in a 325 degree oven and roast 18-20 minutes per pound or until the internal temperature reaches 160 degrees.

Chicken and Asparagus Fettuccine Alfredo

- 4 oz. chicken breast per serving
- 6 asparagus spears per serving

Cut chicken breast into thin strips and sauté until completely cooked. Blanch asparagus spears and add to the cooked chicken breast.

Béchamel Sauce

- 4 oz. butter (1 stick)
- 4 oz. flour
- 4 cups half and half (or whole milk)

Cook butter and flour together into a roux. Add half and half or whole milk to the roux while whisking constantly. Simmer until thickened to desired consistency.

For alfredo, add:

- 1 Tbsp minced garlic
- 2 cups shredded Parmesan cheese

To the chicken and asparagus, add the alfredo sauce. Serve over cooked fettuccine pasta.

Variation: Mac and Cheese

- To the basic béchamel sauce, add:
- 1 cup shredded smoked Gouda
- 1 cup shredded Cheddar

Mix with 6 cups cooked elbow macaroni. Place in baking dish and bake in a 325 degree oven for 30 minutes.



Cooking Fundamentals Recipes

Baked Potatoes

Bake in the oven at 325 for 60 – 90 minutes depending on size or pierce the skin and microwave potatoes 6-9 minutes (based on size).

Beef and Vegetable Stir-Fry with Rice

Rice

½ cup long grain white rice

1 cup water (cold)

Bring to a boil, cover and simmer 14-20 minutes. Will yield approximately 1 ½ cups cooked rice.

Teriyaki Sauce

1 cup soy sauce

1 cup sugar

1 tsp honey

1/8 tsp fresh ginger

Cornstarch slurry

Combine soy sauce and sugar in a saucepan. Add fresh ginger and honey and heat to a boil. Mix equal parts water and cornstarch to create a slurry. Slowly whisk slurry into sauce and bring to a rolling boil. Sauce is ready when clear and thickened.

Stir Fry

Beef sirloin steak

Canola oil

Sliced fresh mushrooms

Chopped bok choy (or celery)

Julienned red peppers

Snow peas or sugar snap peas

Cut steak into thin strips (about 4 oz. per serving). Stir-fry steak in 1 tablespoon of canola oil (or enough to coat the bottom of the pan) until done and tender. Remove steak from the pan.

Return pan or wok to the burner, add a little more oil and heat on high. To the pan, add the mushrooms, bok choy, red peppers, and snow peas. Stir-fry until vegetables are hot and tender crisp. Return the cooked steak to the pan and add teriyaki sauce.

Serve over rice.



Cooking Fundamentals Recipes

Pan Gravy

Dripping from the roast (about 2 cups)

Season to taste with salt and pepper. Thicken with a flour slurry (1/2 cup water mixed with 1/2 cup flour). Simmer until thickened to desired consistency.

Grilled Corn Salsa

12 oz whole kernel corn (fresh or frozen)

1/2 cup diced red pepper

1/2 cup cooked black beans

1/2 cup grape tomatoes (halved or quartered)

Salt, pepper, cumin, cayenne pepper, crushed red pepper flakes

Fresh cilantro

Pan grill the corn over high heat with a little cooking oil to give corn a “grilled” color. When the corn is lightly browned, remove it from the pan into a separate bowl. Place the pan back on the heat and sauté the red pepper, black beans and tomatoes. Once heated through, add the corn back to the pan. Season to taste with salt, pepper, cumin, cayenne pepper or crushed red pepper flakes. Remove from heat and garnish with fresh chopped cilantro.

