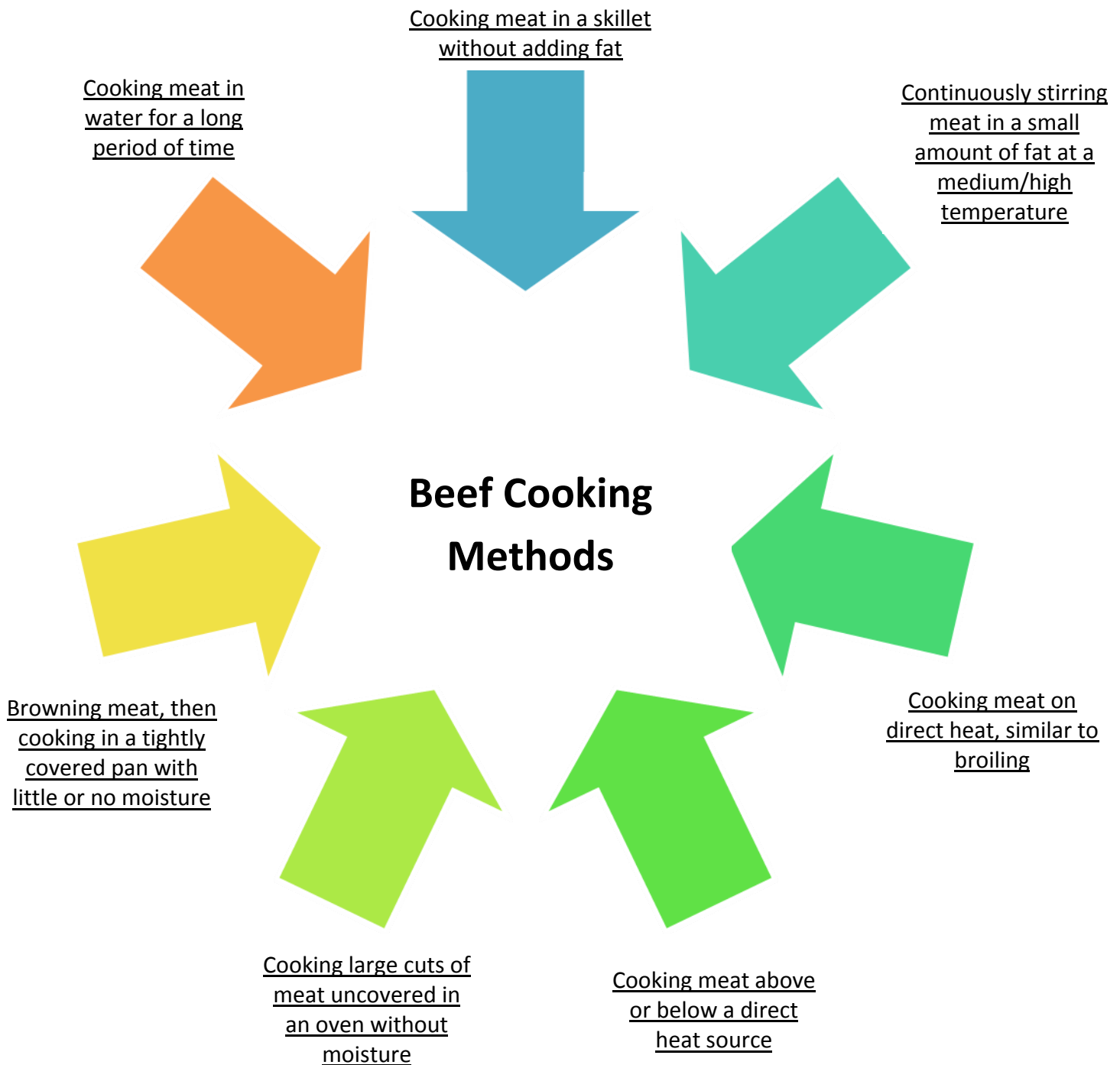


Name: _____

Date: _____

Using the words from the Word Bank below, match each cookery method with its appropriate description by writing the cookery method name in the corresponding arrow. Indicate whether the method is a moist or dry-heat method by placing an "M" or a "D" in the arrow as well. For each cooking method, list one cut of beef appropriate for that method.



Roast	Broil	Pan Broil	Stir-Fry
Braise	Grill	Cook in Liquid	

Beef Cooking Methods – Answer Key

Cooking meat in a skillet without adding fat

Pan Broil - D

Continuously stirring meat in a small amount of fat at a medium/high temperature

Stir-Fry - D

Beef Cooking Methods

Grill - D

Cooking meat over direct heat, similar to broiling

Broil - D

Cooking meat above or below a direct heat source

Roast - D

Cooking large cuts of meat uncovered in an oven without moisture

Braise - M

Browning meat, then cooking in a tightly covered pan with little or no moisture

Cook in Liquid - M

Cooking meat in water for a long period of time

M = Moist Heat Method

D = Dry Heat Method