**Meat Cookery**

* Enjoyment of a meat eating experience is largely dependent on how it is cooked
* The most critical step for food safety is cooking

**General Safety**

* Rule of \_\_\_\_\_\_
* No more than \_\_\_\_\_\_ hours between \_\_\_\_\_\_ and \_\_\_\_\_\_
* Cook ground product to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ internal temperature

**Cooking Methods**

* Two methods
* Fast and Dry (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ temperatures)
* Slow and Moist (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ temperatures)

**Fast and Dry**

* Tender cuts
* Methods
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    - Meat directly exposed to heat source
    - Steaks and chops
* Grilling
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    - Thin cuts of meat, ground meat
    - Stir Frying
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    - Prime Rib
    - Uncovered, no water added
    - Larger, more tender cuts

**How to Cook a Steak**

* For tender juicy steaks
* Meat should be completely \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Season with dry rub \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ before grilling
* Flip \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (every 2 to 3 minutes
* End point temperature of meat is the most critical factor
* Rare=120˚F
* Medium Rare=135˚F
* Medium=145˚F
* Shouldn’t cook past \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for the best eating experience
* Remove steak from grill
* Hold for 10 to 15 minutes
* Temperature will rise 5˚F -30˚F while holding
  + Usually about \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Slow and Moist**

* Use for tougher cuts
* Methods
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    - Liquid is added
    - Pot Roast
  + Cooking in liquid
    - Stewing or simmering
  + \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    - Slow cooking over wood or wood coals

**What is Barbecue?**

* Barbecue is…
  + Meat cook in the dry heat of wood coals at temperatures of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for 3 to 24 hours
* Barbecue is not…
  + A sloppy joe, tavern, barbecue sauce, grilling
* Barbecue is…
  + Pork ribs
  + Pulled pork
  + Beef brisket

**Why?**

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Tough cuts have more collagen
* Collagen solubilizes (breaks down) over time at a temperature between 160˚F and 180 ˚F
* Turns tough unappetizing cuts into savory, juicy, flavorful foods