**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