

## COOKING MEATS AND GAME

### *Multiple Choice*

1. To roast a whole inside round (top round) of beef you would
  - (a) place it in a covered roasting pan.
  - (b) place it in a roasting pan and cover it loosely with foil.
  - (c) place it on a rack over water in a roasting pan.
  - (d) place it on a rack in an uncovered roasting pan.
  - (e) none of the above.
  
2. To bard a beef tenderloin, you would
  - (a) tie on a thin layer of fat to cover the surface of the meat.
  - (b) baste the meat well with melted fat.
  - (c) start the meat at a high temperature, then finish roasting at a low temperature.
  - (d) roast the meat on a bed of mirepoix.
  
3. Which of the following club steaks requires the highest heat for broiling?
  - (a) A 1-inch (2.5-cm) thick steak, medium done.
  - (b) A 1-inch (2.5-cm) thick steak, rare.
  - (c) A  $\frac{3}{4}$ -inch (2-cm) thick steak, rare.
  - (d) A  $\frac{3}{4}$ -inch (2-cm) thick steak, well done.
  
4. Which of the following is not suitable to be cut into small pieces and sautéed?
  - (a) Leg of veal.
  - (b) Pork tenderloin.
  - (c) Lamb shank
  - (d) Beef loin.
  
5. To cook beef brisket, you would be most likely to
  - (a) roast it.
  - (b) broil it.
  - (c) pan-fry it.
  - (d) simmer it.
  - (e) boil it.
  
6. A stew cooked by simmering and served in a white sauce is a
  - (a) navarin.
  - (b) blanquette.
  - (c) fricassée.
  - (d) none of the above

7. Beef pot roast is cooked by
  - (a) braising.
  - (b) simmering.
  - (c) roasting.
  - (d) none of the above.
  
8. To make a beef pot roast you would use
  - (a) outside round (bottom round)
  - (b) chuck.
  - (c) brisket.
  - (d) all of the above.
  
9. The amount of braising liquid needed to prepare a beef pot roast depends on
  - (a) the amount of sauce needed.
  - (b) the size of the braising pot.
  - (c) whether or not the pot is covered.
  - (d) the amount of connective tissue in the meat.
  
10. Many chefs prefer not to use convection ovens for roasting because the oven can cause:
  - (a) the meat to dry out.
  - (b) the meat to shrink excessively.
  - (c) large roasts to brown too much.
  - (d) all of the above.
  - (e) none of the above.
  
11. If a meat thermometer shows the internal temperature of a beef roast to be 140° F (60°C), the meat is cooked
  - (a) well done.
  - (b) medium well done.
  - (c) medium.
  - (d) rare.
  
12. The usual thickening agent for jus lié is
  - (a) cornstarch or arrowroot.
  - (b) liaison.
  - (c) roux.
  - (d) none of the above; jus lié is not thickened.
  
13. Roast beef described on a menu as “au jus” means that the meat is
  - (a) served with jus lié
  - (b) served with unthickened juices.
  - (c) served with a thickened gravy
  - (d) served well done.
  
14. A menu item called “boiled beef” should be cooked by
  - (a) braising.
  - (b) boiling.
  - (c) simmering
  - (d) blanching

15. Which of the following is true about roasting?
- (a) It is a moist-heat method.
  - (b) It is essentially the same as baking.
  - (c) During roasting, meat is covered so that steam cannot escape.
  - (d) all of the above
16. Because seasonings (e.g., salt, herbs, and spices) added to the surface of meat just before roasting penetrate only a fraction of an inch during cooking, it is advisable to \_\_\_\_\_.
- (a) season the roast after cooking
  - (b) season several hours or a day in advance to give the seasonings time to penetrate
  - (c) not season the meat at all, but carefully season the gravy or juices to be served with the meat
  - (d) any of the above
17. Which of the following would not be the result of roasting a piece of beef at a low, rather than a high, temperature?
- (a) more shrinkage
  - (b) greater ease in carving
  - (c) more flavor, juiciness, and tenderness
  - (d) more even doneness from outside to inside
18. Starting a large roast at a high temperature (400°F to 450°F / 200°C to 230°C) will \_\_\_\_\_.
- (a) seal in its juices
  - (b) keep it from shrinking
  - (c) produce a well-browned, crusted surface
  - (d) all of the above
19. Which of the following statements is true about roasting in convection ovens.
- (a) Convection ovens are very effective for browning roasts.
  - (b) A convection oven should be set about 50°F (25°C) higher than a conventional oven.
  - (c) Conventional ovens are more efficient than convection ovens for high-temperature roasting.
  - (d) Most chefs believe that roasts cooked in convection ovens shrink less than those cooked in conventional ovens.
20. Why is roasting meat fat side up preferred by the majority of chefs?
- (a) The fat side of a roast is more attractive than the lean side.
  - (b) This is a healthier method because more of the fat is cooked out of the roast.
  - (c) Roasting fat side up provides continuous basting as the fat runs down the sides.
  - (d) all of the above
21. \_\_\_\_\_ can protect a roast from drying while cooking.
- (a) Basting
  - (b) Barding
  - (c) Cooking it fat side up
  - (d) all of the above

22. The difference between jus and pan gravy is that jus \_\_\_\_\_.
- (a) is not thickened
  - (b) contains more fat than pan gravy
  - (c) is from beef and pan gravy is from chicken or pork
  - (d) both a and b
23. Which of the following is true in regard to broiling and grilling?
- (a) Both are moist-heat methods.
  - (b) They use relatively low heat and cook meats slowly.
  - (c) The best broiled and grilled meats are cooked to the rare or medium-done stage.
  - (d) Broiling and grilling are recommended for lower-quality, less tender, and leaner meats.
24. Temperature control is crucial when broiling and grilling meats. Which of the following statements provides good advice for a person who is learning how to broil meats properly?
- (a) The shorter the cooking time, the higher the temperature must be.
  - (b) Cooking time depends on the desired doneness of the product and the thickness of the cut.
  - (c) The goal of the broiler cook is to create the right amount of browning—not too much or too little—by the time the inside is cooked to the desired doneness.
  - (d) all of the above
25. There are several guidelines for sautéing, pan-frying, and griddling meats. Which of the following is not one of them?
- (a) Use only tender cuts of meats for sautéing.
  - (b) Do not flip or toss the meat more than necessary.
  - (c) Use whole butter because of its excellent resistance to burning.
  - (d) Smaller or thinner pieces of meat require higher heat than larger or thicker pieces.
26. Some chefs believe that salting meat before it is broiled is not a good idea because salt \_\_\_\_\_.
- (a) strengthens elastin and makes meat tougher
  - (b) produces a tough, brown crust on broiled meats
  - (c) draws moisture to the surface and retards browning
  - (d) changes flavor once it is subjected to the heat of the broiler
27. When preparing a sauce for grilled or broiled meats, you will \_\_\_\_\_.
- (a) deglaze the pan
  - (b) prepare it in advance
  - (c) avoid the use of salsas and relishes
  - (d) all of the above
28. If Chef Dunn wants to cook a very thin steak to the rare stage, then she should use a \_\_\_\_\_.
- (a) wok
  - (b) charcoal grill
  - (c) convection oven
  - (d) heavy iron skillet

29. Which of the following did Chef Thomas write on the blackboard as he was explaining sautéing?
- (a) high heat
  - (b) small pieces of food
  - (c) small amount of fat
  - (d) all of the above
30. When sautéing, it is important to use \_\_\_\_\_.
- (a) only whole butter
  - (b) only tender cuts of meat
  - (c) higher heat for larger items
  - (d) more fat when cooking small or flat items
31. Deglazing liquid can be \_\_\_\_\_.
- (a) added to an already prepared sauce
  - (b) used to make a freshly prepared sauce
  - (c) both a and b
  - (d) neither a nor b
32. Which of the following statements is true about simmering?
- (a) It is the same as braising
  - (b) It is often used with less tender cuts of meat.
  - (c) It is a frequently used cooking method for meats.
  - (d) It produces more flavorful products than browning with dry heat.
33. Ham, corned beef, tongue, and beef brisket are often cooked by \_\_\_\_\_.
- (a) roasting
  - (b) dry heat
  - (c) pan frying
  - (d) simmering
34. A stew \_\_\_\_\_.
- (a) contains small pieces of meat
  - (b) is either braised or simmered
  - (c) is served in a sauce or gravy made of its cooking liquid
  - (d) all of the above
35. Which of the following is a basic procedure for simmering meats?
- (a) Cover the meat completely with water.
  - (b) Start fresh meats in cold water and cured meats in boiling water.
  - (c) Boil the meat for at least 20 minutes to tenderize it before you begin to simmer it.
  - (d) Discard the cooking liquid immediately after the product is done so that it does not become waterlogged and tasteless.
36. Braising \_\_\_\_\_.
- (a) always involves the process of swissing
  - (b) is a combination of dry-heat and moist-heat cooking methods
  - (c) takes place when meat is simmered in a flavorful liquid and then browned
  - (d) both b and c

37. When browning meat during the braising process, it is a good idea to \_\_\_\_\_.
- (a) dry the meat thoroughly before browning it
  - (b) make sure the meat is wet so that it does not dry out during the braising process
  - (c) salt the surface of the meat thoroughly because salt speeds up the browning process
  - (d) avoid marinating the meat before it is browned because marinated meat blocks seasonings from penetrating meat
38. The sauce produced by braising meat can be thickened by \_\_\_\_\_.
- (a) reducing it
  - (b) adding a prepared sauce, such as demi-glaze or velouté
  - (c) thickening it with roux, beurre manié, or another thickening agent
  - (d) all of the above

*True/False*

39. Roasts should be carved as soon as they are removed from the oven, to avoid excessive cooling.
40. For braised meats, the liquid may be thickened either before or after the meat is cooked.
41. Searing meats at high heat before cooking seals the pores to keep in the juices and prevent shrinkage.
42. The main advantage of using mirepoix when roasting meats is to add flavor to the gravy.
43. If a large roast must be held, it should be placed in a 200°F (95°C) oven to keep it hot for service.
44. Brown roux is used to thicken brown gravy.
45. Roast meats are usually sliced with the grain for maximum tenderness.
46. Broiled steaks and chops should never be seasoned until after they are cooked.
47. If a batch of swiss steaks is taking too long to cook so that they will not be ready on time, the best thing to do is to turn up the heat so that they cook faster.
48. High heat is necessary for sautéing small cuts of meat.
49. To prepare Veal Scaloppine, you brown the meat over high heat, deglaze the pan to make a sauce, then simmer the meat in the sauce until tender.
50. When small pieces of meat are sautéed, they should be flipped in the pan as often as possible so that they cook on all sides.
51. Pork chops and Swiss steaks are two examples of meats that may be cooked by pan-frying.
52. Marinating in a seasoned liquid can be done only for meats to be cooked by a moist-heat method