# Preparing for Life and Career © 2013 Chapter 20: Preparing Foods

### **Tools:**

- Printer
- 8.5" x 11" paper
- Scissors

# **Directions:**

- 1. Print
- 2. Fold paper in half vertically
- 3. Cut along dashed lines

	To cook pasta until it has a slight resistance in the center when		
al dente	chewed.		
	01 of 22 E-Flash Cards		
	<u>'-</u> %		
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	The acidic juice in citrus fruits that		
1	prevent cut slices from browning.		
ascorbic acid			
	02 of 22 E-Flash Cards		
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	Mixture of ingredients that is liquid		
	enough to be poured into a pan.		
batter			
	03 of 22 E-Flash Cards		
	' <del>-</del>		
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	Gas bubbles.		
carbon dioxide			

	A lump of milk protein.		
curdle			
caraic			
	05 of 22 E-Flash Cards		
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	A stiff, thick mixture that cannot be poured.		
dough	· 		
	06 of 22 E-Flash Cards		
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	Kitchen tool used to prevent poached		
	eggs from separating.		
egg poacher			
	07 of 22 E-Flash Cards		
	· <del>*</del>		
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	A kitchen tool that allows the white		
	part of an egg to slide away as the		
egg separator	yolk remains in the cup.		

# gelatinization

The process of starches absorbing very hot liquid, making the product soft and thick.

09 of 22 E-Flash Cards

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Eggs cooked in the shell until both the white and yolk are firm.

hard-cooked eggs

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To work dough with your hands.

knead

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Product that produces carbon dioxide through a chemical reaction with other ingredients, causing the bread or cake to rise.

leavening agent

# rehydrated scalding shellfish

Dried foods that have been restored to their natural state by adding water before cooking.

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Heating to just below the boiling point.

14 of 22 E-Flash Cards

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Any fish that live inside shells.

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Eggs cooked in the shell until they have a firm white, but a runny yolk.

soft-cooked eggs

## starch

The complex carbohydrate portion of grain plants, such as wheat, corn, barley, oats, or rice.

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Frying quickly over high heat in a lightly oiled pan while stirring continuously.

stir-frying

18 of 22 E-Flash Cards

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To make tough meats softer by pounding, marinating, or adding powdered tenderizers to the meat.

tenderize

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Something that is clear enough to allow light to pass through, but is not transparent.

translucent

veg	etab	le	brι	ısh
	,			

yeast

Tool with stiff bristles on the end used to remove some dirt from vegetables.

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A single-celled organism in the fungi family that causes bread to rise.

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