

Skill Using - CLB 5 - Reading Quiz

Instructions:

Read the text below and answer the questions that follow

When it came time for my first big cooking test in culinary school, everyone in my class wanted to get beef stew because it's really easy to prepare and hard to screw up. The only key is to build flavors as you go. Here's how.

Take a three-pound boneless chuck roast, trim off any fat or sinew, and cut the meat into one to one and a half inch chunks. Chuck is found between the neck and shoulder blade of the animal and because the cow uses this muscle to get around, it tends to be a little bit tough, so it benefits from moist heat cooking to become tender.

Once you've cut the meat toss it in 1/4 cup of flour seasoned with two teaspoons of salt and a teaspoon of pepper. Then grab a Dutch oven or large pot with a heavy bottom. Add three tablespoons of vegetable oil and heat it over a medium until the oil is simmering. Working in batches shake off any excess flour on the cubes of beef and add them to the pot in a single layer. Cook the beef flipping the pieces occasionally until they are browned all over - about four to five minutes. Make sure not to crowd the beef in the pot or else it will steam instead of brown and this is one of the keys to building rich flavor. You should be able to see the bottom of the pot in between the pieces of beef.

Transfer the brown beef to a plate and set it aside. Then add one diced onion to the pot. Season it with salt and pepper and cook it until it softens and the pieces are just starting to turn brown. This should take about five minutes.

Then stir in two tablespoons of tomato paste and cook until the raw tomato flavor has mellowed - about two minutes more - then sprinkle in one tablespoon of flour and cook for about one minute just to get out the raw flour taste. This last little bit of flour will help thicken the liquid in the pot into a really nice sauce.

By this time, you should have a thick crust forming on the bottom of your pot and that's what makes a really great stew. To lift all of that flavor off the bottom of the pot and into your sauce you need to deglaze it with some kind of liquid. My weapon of choice is red wine, but you can certainly use stock if you want to avoid alcohol. Add one cup, and, as it begins to boil, scrape up all those flavorful bits with your spoon.

Cook the wine until it begins to thicken - about three minutes - then return the meat to the pot with any juices that have accumulated on the plate. Add four cups of beef broth and tuck two bay leaves and four thyme sprigs into the liquid. Crank the heat up to high to get the liquid boiling. Turn it down to low and let it simmer for about an hour. Make sure to do this uncovered

so the liquid has a chance to reduce and concentrate all those great flavors. When the hour is up, cut three carrots three celery stalks and four Yukon potatoes into large dices and add them to the pot. Now you can put a lid on and let the stew simmer for another hour. This keeps the stew from drying out and creates that moist heat environment so the chuck roast becomes super tender. Just before you're ready to serve, stir in one cup of frozen peas and cook them until they are warmed through and don't forget to take out the bay leaves and thyme springs.

This beef stew is packed with flavorful vegetables and fork tender pieces of beef. The wine and tomato paste create a really rich sauce that's great served over egg noodles, rice, or just sopped up with a big hunk of crusty bread.

And that's the easiest way to make beef stew.

QUESTIONS

1. What meat does she use to make beef stew?
2. Why is the meat a little tough?
3. How much vegetable oil does she put into the pan?
4. Why shouldn't you **crowd** (*place things really close to others*) the meat in the pan?
5. What does the little flour in the pan do?
6. How do you get the flavour off the bottom of the pan?
7. After adding the ingredients into the pan how do you cook the soup?
8. What 4 vegetables does she add to the soup?
9. If I am having vegetarian guests coming, what can I use as a substitute for the meat?
10. The recipe serves four people, and it requires 3 pounds of meat. If I am having eight people in total for dinner, how much meat should I buy?

ANSWERS

1. What meat does she use to make beef stew?

Chuck roast

2. Why is the meat a little tough?

Because it is a muscle

3. How much vegetable oil does she put into the pan?

3 tablespoons

4. Why should you not crowd the meat in the pan?

Because it will steam

5. What does the little flour in the pan do?

It will thicken the sauce.

6. How do you get the flavor off the bottom of the pan?

You deglaze it with liquid

7. After adding the ingredients into the pan how do you cook the soup?

Simmer for an hour

8. What 4 vegetables does she add to the soup?

Carrots celery potatoes and peas

9. If I am having vegetarian guests coming, what can I use as a substitute for the meat?

Possible answers: No meat, tofu, lamb, pork, beans

10. The recipe serves four people, and it requires 3 pounds of meat. If I am having eight people in total for dinner, how much meat should I buy?

6 pounds