

Demonstrate knowledge of culinary products, terms, and food preparation methods



Unit standard
18497

Version
9

Credits
8

Level
3

Edition
1

Part 4

Question 58: Culinary service terms

Describe the following Culinary service terms:

- A selection of ready-to-eat food arranged on tables or serving areas, where diners can choose what food they want, and serve themselves.
- Menu with items priced separately from which customers choose what dishes they want, and they are prepared to order.
- A menu with a set number of courses, with a limited choice of dishes for each course, offered at a set price.
- French for 'of the day'.
- A hot water bath into which other containers are placed to warm or gently cook the food in them.

A la carte	
Bain marie	
Buffet	
Table d'hôte	
Du jour	

Question 59 : sorting cooking methods into wet or dry methods

Boiling

Baking

Stir-frying

Grilling
 Poaching
 Deep frying
 Stewing
 Roasting
 Braising
 Steaming
 Sous-vide
 Shallow frying

Wet method	
Dry method	

Question 60 : choose the correct descriptions of sous-vide

- ☐ A steamer is used to cook the food.
- ☐ Food is cooked in a vacuum-sealed plastic pouch.
- ☐ When the food is cooked it is quickly cooled and held in its pouch until it is reheated for service.
- ☐ Food is immersed in a pot of water.
- ☐ The container of food may be heated in an oven or stove top.
- ☐ A dry heat is used to cook food.
- ☐ Small pieces are cooked in hot fat or oil in a pan.

Question 61 : complete the description of braising

pot or dish

oven

slowly

partly covered in liquid

stock

Braising is when food is _____ (for example, _____) in a covered _____ that is put in the _____ . The food is cooked _____ .

Question 62 : sorting descriptions of deep drying into true or false

- Food is put in a shallow layer of hot oil or fat. A low temperature is used.
- Food is immersed in hot fat or oil.
- Food is cooked slowly.
- Food is moved continuously to cook it.
- The cooking temperature is between 175° and 195°. Food is cooked quickly.
- Cooked food is crispy.

True	
False	

Question 63 : choosing the correct description of baking

- ☐ Food is cooked in an oven, using a dry heat. The heat transfers from the hot air and the dish or tray to the food.
- ☐ Food is cooked in an oven, using a dry heat. It is basted with fat or oil during cooking to prevent it from drying out.
- ☐ Food is cooked with a heat source above or below it, using a dry heat.
- ☐ Food is cooked in a covered pot or dish that is put in the oven. It is partly covered with liquid and is cooked slowly.
- ☐ Food is cooked in boiling liquid.

Questions 64, 65, & 66

Questions 64, 65, & 66: describe the following cooking methods **and** indicating if it is a **wet or a dry cooking** method:

- shallow frying:
 -
- stir frying:
 -
- grilling:
 -
- poaching:
 -
- roasting:
 -
- steaming:
 -
- stewing:
 -

Questions 67, 68, & 69: Common cuts of beef

Questions 70, 71, & 72: Common cuts of lamb

Questions 73, 74, & 75: Common cuts of pork

Questions 76, 77, & 78: Common cuts of venison

Judgement

Name **three** cuts of beef, lamb, pork, and venison:

- named a part of the animal the cut came from
- described **at least one** feature of the cut
- described **at least one** suitable cooking method. (2.4)

Q: 67 - 69 :3 Common cuts of beef:

Name of cut:

Part of the animal this cut is from:

Feature of the cut:

Suitable cooking method and a reason why this cooking method is suitable:

Name of cut:

Part of the animal this cut is from:

Feature of the cut:

Suitable cooking method and a reason why this cooking method is suitable:

Name of cut:

Part of the animal this cut is from:

Feature of the cut:

Suitable cooking method and a reason why this cooking method is suitable:

Q: 70 - 72 :3 Common cuts of lamb:

Name of cut:

Part of the animal this cut is from:

Feature of the cut:

Suitable cooking method and a reason why this cooking method is suitable:

Name of cut:

Part of the animal this cut is from:

Feature of the cut:

Suitable cooking method and a reason why this cooking method is suitable:

Name of cut:

Part of the animal this cut is from:

Feature of the cut:

Suitable cooking method and a reason why this cooking method is suitable:

Q: 73 - 75 :3 Common cuts of Pork:

Name of cut:

Part of the animal this cut is from:

Feature of the cut:

Suitable cooking method and a reason why this cooking method is suitable:

Name of cut:

Part of the animal this cut is from:

Feature of the cut:

Suitable cooking method and a reason why this cooking method is suitable:

Name of cut:
Part of the animal this cut is from:
Feature of the cut:
Suitable cooking method and a reason why this cooking method is suitable:

Q: 76 - 78 :3 Common cuts of Venison:

Name of cut:
Part of the animal this cut is from:
Feature of the cut:
Suitable cooking method and a reason why this cooking method is suitable:

Name of cut:
Part of the animal this cut is from:
Feature of the cut:
Suitable cooking method and a reason why this cooking method is suitable:

Name of cut:
Part of the animal this cut is from:
Feature of the cut:
Suitable cooking method and a reason why this cooking method is suitable:

Questions 79, 80, & 81: Common cuts of poultry

Questions 82, 83, 84: Common cuts of fish

Describe **three** cuts of poultry and **three** cuts of fish correctly:

- described **at least one** feature of the cut
- described **at least one** suitable cooking method

Q: 79 - 81 :3 Common cuts of :poultry

Name of cut:
Feature of the cut:
Suitable cooking method and a reason why this cooking method is suitable:

Name of cut:
Feature of the cut:
Suitable cooking method and a reason why this cooking method is suitable:

Name of cut:
Feature of the cut:
Suitable cooking method and a reason why this cooking method is suitable:

Q: 82 - 84 : 3 Common cuts of : fish

Name of cut:
Feature of the cut:
Suitable cooking method and a reason why this cooking method is suitable:

Name of cut:
Feature of the cut:
Suitable cooking method and a reason why this cooking method is suitable:

Name of cut:
Feature of the cut:
Suitable cooking method and a reason why this cooking method is suitable: