

Meat Cookery
Slides 124 - 148

#7

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23. What is the minimum internal temperature of a "medium rare" beef steak?

- 1
- A. 125°F
 - B. 130°F
 - C. 140°F
 - D. 160°F

2017

(CEV Meat Science & Food Safety slide #128)

4. Which of the following cuts would require a higher internal temperature to ensure killing of harmful bacteria?

- 2
- A. Ground beef
 - B. Plate steak
 - C. Ribeye steak
 - D. Top round steak

2016

(CEV Meat Science & Food Safety slide #127)

21. Which of the following is true or recommended for cooking refrigerated meat?

- 3
- A. Allow the meat to reach room temperature before cooking.
 - B. Cooking timetables are based on meat at room temperature.
 - C. Meat should be cooked at refrigerator temperature.
 - D. Partially frozen meat will cook faster.

2017

(CEV Meat Science & Food Safety slide #125)

9. Why is it advisable to let meat sit for at least three minutes after removing from heat?

- 4
- A. To allow freezer thaw
 - B. To allow temperature to "rest"
 - C. To ensure loss of juiciness
 - D. To prevent curability

2016

(CEV Meat Science & Food Safety slide #129)

5. What is the recommended minimum internal temperature for ground beef?

- 5
- a. 130 F
 - b. 140 F
 - c. 145 F
 - d. 160 F

2021

slide 129, 178, 193

10. It is recommended to let meat sit for at least three minutes after removing from heat to allow temperature to "rest" and prevent ___ loss.

- 6
- A. Blood
 - B. Heat
 - C. Juice
 - D. Nutrient

2014

(CEV Meat Science & Food Safety slide #129)

20. Deep fat frying meat is best completed when the fat is between ___ and ___.

- 7
- A. 140°F and 160°F
 - B. 250°F and 260°F
 - C. 300°F and 330°F
 - D. 350°F and 360°F
- 2014

(CEV Meat Science & Food Safety slide #136)

21. Grilling is the recommended cookery method for large cuts of meat.

- 8
- A. True
 - B. False
- 2014

(CEV Meat Science & Food Safety slides #137 & 140)

13. Generally, moist cooking methods should be used on the following meat cuts.

- 9
- A. Ground products
 - B. Higher quality cuts
 - C. Less tender cuts
 - D. More tender cuts
- 2014

(CEV Meat Science & Food Safety slide #131)

6. While trichinosis is extremely rare in the U.S., what is the minimum internal temperature required to kill *Trichinella spiralis* parasite in pork?

- 10
- a. 145 F
 - b. 160 F
 - c. 165 F
 - d. 180 F
- 2021 slide 130

21. When is it better to use a dry cooking method?

- 11
- A. For cuts with large amounts of connective tissue
 - B. For ground products
 - C. For less tender cuts
 - D. For lower quality cuts
- 2018

(CEV Meat Science & Food Safety slide #131)

25. Deep fat frying is best completed when fat is heated at the following temperatures.

- 12
- A. 150°F – 160°F
 - B. 250°F – 260°F
 - C. 350°F – 360°F
 - D. 450°F – 460°F
- 2017

(CEV Meat Science & Food Safety slide #136)

21. Which meat cookery method is recommended for thinner sliced meats?

- 13
- A. Broiling
 - B. Pan Frying
 - C. Roasting
 - D. Stewing
- 2016

(CEV Meat Science & Food Safety slide #139)

2. Which meat cookery method heats only the top surface from a gas flame or electric coil in an oven?

14

- A. Broiling
- B. Grilling
- C. Pan Broiling
- D. Roasting

2016

(CEV Meat Science & Food Safety slides #133 & #134)

14. Which meat cookery method is recommended for thinner sliced meats?

15

- A. Broiling
- B. Pan Frying
- C. Roasting
- D. Stewing

2017

(CEV Meat Science & Food Safety slide #139)

33. Which type of meat cookery uses heated air circulated around the meat by a fan?

16

- A. Convection Oven
- B. Grilling
- C. Microwave Oven
- D. Smoking

2018

(CEV Meat Science & Food Safety slide #135)

46. Pan broiling is recommended for steaks and chops more than 2 inches thick.

17

- A. True
- B. False

2018

(CEV Meat Science & Food Safety slide #138)

41. When freezing cooked meat, the packaging used should

18

- a. Be solid and prevent light from contacting the surface of the meat
- b. Be tightly attached to the surface of the meat to prevent moisture loss
- c. Allow moisture to penetrate and come in contact with the surface of the meat
- d. Be clear or transparent to allow light to contact the surface of the meat

2021

Slide 134

33. Which of these is NOT considered a dry cooking method?

19

- a. Broiling
- b. Braising
- c. Grilling
- d. Smoking

2019

(CEV Meat Science & Food Safety slide #133)

35. Which meat cookery method is recommended for thinner sliced meats?

20

- A. Broiling
- B. Pan Frying
- C. Roasting
- D. Stewing

2018

(CEV Meat Science & Food Safety slide #139)

21. Which is true of roasting as a meat cookery method?

- A. Roasting should be conducted in a deep pan while covering the meat.
- B. Roasting should be conducted in a deep pan without covering the meat.
- C. Roasting should be conducted in a shallow pan while covering the meat.
- D. Roasting should be conducted in a shallow pan without covering the meat.

(CEV Meat Science & Food Safety slide #140)

22. Which of the following cuts would be best suited for braising?

- a. Chuck shoulder pot roast
- b. Top loin steak
- c. Ribeye steak
- d. Tenderloin steak

(CEV Meat Science & Food Safety slide #148)

23. When smoking meats, two thermometers are recommended. One thermometer is used to measure the internal temperature of the meat. What should the other thermometer measure?

- A. The air temperature of the smoker
- B. The surface temperature of the meat
- C. The internal temperature of the meat taken at a second location
- D. The temperature outside of the smoker

(CEV Meat Science & Food Safety slide #142)

24. The following is a moist cooking method.

- A. Braising
- B. Broiling
- C. Grilling
- D. Stir frying

(CEV Meat Science & Food Safety slide #146)

17. Which form of meat cookery would be recommended for large cuts of meat?

- A. Pan Frying
- B. Roasting
- C. Stewing
- D. Stir Frying

(CEV Meat Science & Food Safety slide #140)

8. Which cooking method involves completely covering the meat with liquid and cooking extensively?

- A. Braising
- B. Roasting
- C. Stewing
- D. Stir Frying

(CEV Meat Science & Food Safety slide #148)

27. When microwave cooking frankfurters, avoid piercing casings to prevent the casings from splitting.

- A. True
- B. False

(CEV Meat Science & Food Safety slide #145)

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24. What is the temperature range cited for smoking meats?

28

- A. 107°F to 176°F
- B. 175°F to 220°F
- C. 225°F to 350°F
- D. 375°F to 450°F

2016

(CEV Meat Science & Food Safety slide #142)

15. What should be done to pre-cooked sausages (such as frankfurters) when using a microwave oven?

29

- A. Cut off the ends to allow expansion
- B. Keep the casings whole to preserve moisture
- C. Pierce the casings to vent steam
- D. Split the sausage in quarters to assure even cooking

2018

(CEV Meat Science & Food Safety slide #145)

11. Which meat cookery method is best recommended for large cuts?

30

- A. Deep fat frying
- B. Pan frying
- C. Roasting
- D. Stir frying

2014

(CEV Meat Science & Food Safety slide #140)

26. _____ is the method of cookery that involves completely covering the meat with liquid and cooking extensively.

31

- a. Pot Roasting
- b. Stewing
- c. Stir Frying
- d. Pan Broiling

2021

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