**FOOD STUDIES 9/10**  NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2017 TA\_\_\_\_ Set Block: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Learning Guide 11

Happy New Year! (Asian Stir-Fry Techniques and Cookery Principles)

In this unit you will learn how to make simple meals for yourself and your family, using lots of vegetables and meats where you can control the ingredients and the seasonings. The recipes suggested are guidelines and substitutions are encouraged when you are making these at home. At school, supplies will be purchased according to the recipe attached; if you are vegetarian options will be outlined during the demonstration class.

Big Ideas:

On completion of this learning guide you will be able to:

* Apply cooking principles to prepare healthy dishes and simple meals.
* Demonstrate safe techniques when using knives, the wok, rice cooker and stove/cooktop.
* Identify and explain the functions of nutrients in the Fruits and Vegetables category of the Canada Food Guide.
* Use the Canada Food Guide to plan a meal that is nutritionally balanced.
* Describe how to tenderize tough cuts of meat by using a moist heat method.

Resources:

* 1. Information provided during demonstration and in the LG package.
  2. FOOD FOR LIFE Textbook: pg. 62-203. Sign out from the THSS Library or use in-class.
  3. Internet tags: sweet and sour pork; nutrition; Canada Food Guide; stir-fry; Chinese New Year

Acvtivities:

YouTube “how to make a stir-fry”, “how to cook rice in a rice cooker”, how to make a cornstarch thickened sauce”; or attend a demonstration at THSS.

Practice your skills at school or at home making a vegetable or meat stir fry and rice.

Complete the attached charts and questions.

Before coming to the lab, review how to cook a stir fry by searching YouTube or Google for a video such as “Stir Fry Vegetables”, “how to cook rice” and note safety precautions around hot oil and wet vegetables! Sign up for lab space.

# Questions

## Knife Techniques

Draw and name the 7 knives shown on page 62-63 of your textbook, Food for Life. In your lab class, use two of these types of knives and practice the safety principles outlined by your teacher.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

## Nutritive Value of Vegetables

Complete the following chart using the information found in your textbook on page 162 or use an online source. Under the name of each nutrient, list a vegetable that is classed as and “excellent” source of that nutrient.

|  |  |  |
| --- | --- | --- |
| Excellent vegetable sources of  Vitamin A: | Good vegetable sources of Vitamin C: | Vegetables are also excellent sources of these nutrients: |
| 1. | 1. | 1. |
| 2. | 2. | 2. |
| 3. | 3. | 3. |
| One fruit high in Vit A: | One fruit high in Vit C: |  |

URL of source used if not textbook:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## **Meat Cookery**

**Read pg. 200-203 in Food for Life textbook, or visit Beef Information Center, summarize your reading by completing the following questions**

* 1. **Meats (and other protein foods) are often classed as tough, medium and tender cuts and therefore, each will have a different cooking technique. Find out which are generally in each category-complete the box below with as many protein sources as you can.**

|  |  |  |
| --- | --- | --- |
| **Tough** | **Medium** | **Tender** |
|  |  |  |

* 1. **What are the best cookery methods to use when cooking “tough” cuts of meat and why?**

|  |  |
| --- | --- |
| **Methods:** | **Why:** |

* 1. **What are the best cookery methods to use when cooking “tender” cuts of meat and why?**

|  |  |
| --- | --- |
| **Methods:** | **Why:** |

* 1. **Food costs are rising so knowing how to budget your meals, income and nutritional needs will help you eat well for the money you have! Explore the cost of food:**

Current Food Costs as of February 2020

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Name** | **Price at store A** | **Price at store B** | **Major nutrients in this vegetable** | **Flavour (strong or mild)** |
| **Celery-one bunch**  **Broccoli bunch/kg**  **Broccoli crowns/kg**  **Green pepper, 1**  **Bok choy/kg**  **Carrots/kg**  **Onion, yellow cooking/kg**  **Cauliflower/kg** |  |  |  |  |

Foods 10 LG 11 Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_TA\_\_\_

# VEGETABLE STIR FRY with RICE

DANGER!!!! Watch out when putting the wet veggies or meat into the HOT oil!!! Don’t toss them in, tip the pan so the oil goes to one side, then put the food in on the opposite side.

## LAB PLAN;

* 1. Start rice in rice cooker.
  2. Cut vegetables in various shapes. Arrange in piles on a plate.
  3. If using meat, cut into bite-sized pieces. Put on plate. Wash knife and board with hot soapy water immediately to prevent risk of cross-contamination.
  4. Begin to stir fry. Watch demo, take notes or see instructions below.

## How to cook Rice

Using a rice cooker: put the following into the pan, cover with lid and press the “cook” button. When the rice is cooked, the machine will switch to “warm” so you don’t have to worry about burning.

125ml rice 230ml water dash salt

As it cooks, rice absorbs the liquid and it expands. White rice will double in volume. It’s your choice to rinse the rice before cooking or not. It’s normal for the cooker to splatter on the counter.

### About Rice Choices

Brown rice is best because the nutrient content complements the chili, however, brown rice takes at least 45minutes to cook! Choose rice by time available. Follow cooking instructions on package.

White rice: triples in volume when cooked so determine how many will be eating the rice then calculate how much dry rice to cook. Add double the amount of water and a dash of salt. From start to finish it takes about 10-15 min to cook so calculate serving time and therefore, time to start the rice cooking. Follow cooking instructions shown on package.

## How to do Stir Fry

Before coming to the foods lab to cook, look up “how to cook a stir fry”, or watch the demonstration in class and take notes here:

Vegetables: May include carrot, celery, broccoli, bok choy, onion, cauliflower, fresh or frozen or:

Sauce ingredients: 125ml vegetable stock, 5ml cornstarch, 5ml soy sauce

Combine all of these sauce ingredients, stir well and leave beside the stove until vegetables are cooked to tender but crunchy state. Move veggies to perimeter of wok, add sauce to center, stir and cook until thickened.

## Sweet and Sour Pork

100g cubed pork, washed and dried.

50ml chopped onion

10ml oil

1. Heat wok on medium heat; add 10ml oil. Fry meat until golden brown; add onion and fry 2 min.
2. Add 75ml cold water and immediately put lid on and turn heat to low. Simmer until meat is tender.

Sauce:

In a 250ml glass measuring cup, combine all of the following ingredients:

25ml vinegar

25ml ketchup

15ml brown sugar

15ml soy sauce

75ml cold water or stock

15ml cornstarch

125ml diluted pineapple juice (50/50 with water)

Stir all of the above ingredients together and leave beside stove until meat is ready. Then, stir again and pour into meat mixture. Stir constantly until sauce is thickened, shiny and opaque. Then add remaining ingredients.

50ml pineapple tidbits

50ml chopped green pepper

Note: if sauce is too thick, add water until it is a good consistency. If sauce is too thin, turn to medium-low heat, stir and let evaporate. Serve over rice.