**Food Service Occupations 2 Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Unit 10: Beef, Veal, Pork and Lamb Hour:\_\_\_\_\_**

***Matching: Pick the best definition for each kind of cow***

1. Steer
2. Heifer
3. Cow
4. Stag
5. Bull
   1. Sexually mature and uncastrated; meat is never used in the commercial kitchen
   2. Castrated male calf; high quality beef and high yield.
   3. Young female that has not birthed a calf; high quality beef but lower yield than steers
   4. Male that is castrated after it is sexually mature; poor quality and not normally used in a commercial kitchen.
   5. Female that has birthed at least one calf; poor quality and yield
6. **T/F** Pork is the most popular meat, since it is consumed more than any other meat in the US

***Put the following categories in the correct order for beef grading, starting with the “best”:***

* 1. Cutter and canner
  2. Standard
  3. Commercial
  4. Prime
  5. Utility

ab. Choice

ac. Select (good)

1. “BEST”
2. “WORST”
3. What is a wholesale or primal cut?
   1. Other edible pieces of the animal that are not primal cuts
   2. Piece of meat that is ready to cook, as it is cut for food service use
   3. Pieces of meat that you would find in the supermarket
   4. Half or ¼ of the carcass
   5. Large pieces of the animal that are then cut into smaller, edible pieces to cook.
4. What is a fabricated cut?
   1. Other edible pieces of the animal that are not primal cuts
   2. Piece of meat that is ready to cook, as it is cut for food service use
   3. Pieces of meat that you would find in the supermarket
   4. Half or ¼ of the carcass
   5. Large pieces of the animal that are then cut into smaller, edible pieces to cook.
5. What is a retail cut?
   1. Other edible pieces of the animal that are not primal cuts
   2. Piece of meat that is ready to cook, as it is cut for food service use
   3. Pieces of meat that you would find in the supermarket
   4. Half or ¼ of the carcass
   5. Large pieces of the animal that are then cut into smaller, edible pieces to cook.
6. What is a side or quarter cut?
   1. Other edible pieces of the animal that are not primal cuts
   2. Piece of meat that is ready to cook, as it is cut for food service use
   3. Pieces of meat that you would find in the supermarket
   4. Half or ¼ of the carcass
   5. Large pieces of the animal that are then cut into smaller, edible pieces to cook.
7. What is a variety meat?
   1. Other edible pieces of the animal that are not primal cuts
   2. Piece of meat that is ready to cook, as it is cut for food service use
   3. Pieces of meat that you would find in the supermarket
   4. Half or ¼ of the carcass
   5. Large pieces of the animal that are then cut into smaller, edible pieces to cook.
8. Pick the correct definition of “Green” meat.
   1. Meat held for a period of time under controlled conditions for the purpose of tenderizing and developing more flavor
   2. Animal was mostly fed on grass
   3. Animal was mostly fed on grain
   4. Meat that has just been slaughtered, before it is hung to relax
9. Pick the correct definition of aging.
   1. Meat held for a period of time under controlled conditions for the purpose of tenderizing and developing more flavor
   2. Animal was mostly fed on grass
   3. Animal was mostly fed on grain
   4. Meat that has just been slaughtered, before it is hung to relax
10. Pick the correct definition of Grain fed.
    1. Meat held for a period of time under controlled conditions for the purpose of tenderizing and developing more flavor
    2. Animal was mostly fed on grass
    3. Animal was mostly fed on grain
    4. Meat that has just been slaughtered, before it is hung to relax
11. Pick the correct definition of grass fed.
    1. Meat held for a period of time under controlled conditions for the purpose of tenderizing and developing more flavor
    2. Animal was mostly fed on grass
    3. Animal was mostly fed on grain
    4. Meat that has just been slaughtered, before it is hung to relax
12. What is the difference between veal and beef?
    1. Veal comes from a young, milk fed beef calf, while beef comes from Steers, Heifers and Stags.
    2. There is no difference between the two, they are both young beef calves
    3. Beef is from a younger calf than veal
    4. None of the above
13. **T/F** Pork is the second most consumed meat.
14. **T/F** 2/3 of pork is sold either cured and/or smoked.
15. What is the correct order for grading pork, with the highest grade being listed first:
    1. Young sows, old sows, male hogs castrated when young
    2. Male hogs castrated when young, young sows, old sows
    3. Male hogs castrated when young, old sows, young sows
    4. Pork is not graded
16. What is the correct definition for smoking?
    1. Smoked loin of pork that is not cured
    2. Baby pig, sold whole
    3. Low temperature cooking in a smoker with wood
    4. Salting of an item to preserve the meat
17. What is the correct definition for Canadian bacon?
    1. Smoked loin of pork that is not cured
    2. Baby pig, sold whole
    3. Low temperature cooking in a smoker with wood
    4. Salting of an item to preserve the meat
18. What is the correct definition for curing?
    1. Smoked loin of pork that is not cured
    2. Baby pig, sold whole
    3. Low temperature cooking in a smoker with wood
    4. Salting of an item to preserve the meat
19. What is the correct definition for suckling pig?
    1. Smoked loin of pork that is not cured
    2. Baby pig, sold whole
    3. Low temperature cooking in a smoker with wood
    4. Salting of an item to preserve the meat
20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ comes from immature sheep (about 1 year old), both male and female, but \_\_\_\_\_\_\_\_\_\_ comes from sheep that are at least 20 months old.
    1. Genuine spring lamb, spring lamb
    2. Mutton, lamb
    3. Spring lamb, yearling lamb,
    4. Lamb, mutton
21. One commercial cut for lamb is the saddle. Which definition below would be considered the saddle piece?
    1. Ready to cook, cut for food service
    2. Leg, loin, rack, breast, shank, shoulder
    3. Entire carcass
    4. Cut between the ribs, instead of down the spine
22. When a piece of meat is “Frenched”, what does that mean in the culinary industry?
    1. The fat and meat are removed from the end of the rib bones
    2. The rack is formed into a circle
    3. The cut is made on the bias
    4. It is cooked in a traditional French manner
23. Why do we marinate meats?
    1. To add flavor to a meat that lacks in flavor
    2. To break down the meat in order to tenderize it
    3. To make it easier to chew and digest
    4. All of the above
24. A tough piece of meat like a beef shoulder should be cooked in what manner?
    1. Low temperature and a long period of time, possibly with liquid
    2. High temperature and quickly, such as on a grill
    3. High temperature and a long period of time, such as in a very hot oven
    4. None of the above
25. A tender piece of meat like a porterhouse steak should be cooked in what manner?
    1. Low temperature and a long period of time, possibly with liquid
    2. High temperature and quickly, such as on a grill
    3. High temperature and a long period of time, such as in a very hot oven
    4. None of the above