

# Cooking Meat, Poultry and Fish

## Cooking Meat with Dry Heat



### Roasting

- A large piece of meat or poultry is often cooked by roasting.
- This would include tender cuts of beef like a rib or sirloin beef roast; just about any kind of pork, a ham or chicken and turkey.
- Roasting refers to a dry-heat way of cooking in the oven in an uncovered pan.

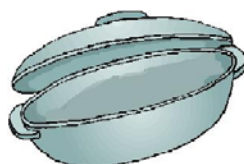


### Grilling

- This is another dry heat way of cooking meats that is done on the barbecue or in a broiler pan in the oven, or on a specially designed electric grill for indoor barbecuing.
- Meats roasted in the oven or on a grill are cooked when the juice runs clear when pricked with a fork.
- If you like your beefsteak or roast rare you should check it using a meat thermometer to make sure it has reached at least 140° F (60° C).
- Meats that are cooked to medium doneness should reach 160 ° F (71° C) on your thermometer. This should always be the temperature that pork, hamburger, lamb and veal are cooked to.
- Meats that are cooked well done should be 170 ° F (77° C).

## Cooking Meat with Moist Heat

- Less tender cuts of beef are cross rib, round, baron of beef, beef brisket, chuck, and pot roast.
- These need to be cooked with moisture in a covered pan for a long time, 2 hours or more.
- These need to be cooked at a low temperature such as 325° F (160° C).
- This will break down the tough tissue in the meat and make it tender.
- This will often give meat a better flavor.
- The ingredients you add to the meat will give a nice gravy or sauce.



## Marinating Meat

- You can make meats more tender by marinating them for 1-4 hours or even overnight, in the refrigerator.
- A marinade is a mixture that contains oil and an acid ingredient like vinegar, wine or lemon juice. Herbs and spices add flavor.
- Often meats that are marinated are grilled on the barbeque or on the broiler pan in your oven.
- They can be basted with the marinade while cooking for added flavor.
- The marinade must be heated to boiling before using to baste your meat while cooking.

## Cooking Meats High in Fat

- Meats that are high in fat are spareribs, sausages, short ribs, and lamb shanks.
- They can be simmered in water for a few minutes for sausages or about a half hour for other meats and then drained.
- A sauce can be added.
- They can then be grilled at low heat or baked in the oven in a covered pan.
- Sausages can be placed on a rack over a pan in the oven and baked. Or they can be lightly browned, fat drained and then baked in a covered casserole with your favorite sauce and vegetables.



## Cooking Fish

- Fish has little tough tissue and can be grilled on the barbecue, baked or poached in the oven or cooked in a skillet on top of the stove.
- Poaching in the oven means cooking in a covered pan or in foil with some liquid added.
- If you are cooking fish on top of the stove in a skillet, try to keep the amount of oil or fat you use to a minimum.
- In all cases, fish is usually cooked at medium to high heat for a short period of time.
- It is cooked when the flesh flakes, when you cut through it with a fork.

# Cooking Rice



## Long Grain White Rice

1. Combine 1 cup (250 mL) of white rice with 2 cups (500 mL) of water and  $\frac{1}{2}$  tsp (2 mL) of salt in a medium saucepan. Cover, bring to boil and then turn the heat down to simmer and cook for 15 minutes.
2. Turn the heat off and let stand covered for 10 minutes. DO NOT STIR at any time during this process.
3. This will make 3 cups (750 mL) of cooked rice.



## Regular Brown Rice

1. Combine 1 cup (250 mL) of brown rice with 2 cups (500 mL) of water. Simmer covered as with white rice, for about 45 minutes or until all the water is absorbed.
2. Turn the heat off and let stand covered for 10 minutes. DO NOT STIR at any time during this process.
3. This will make 3 cups (750 mL) of cooked rice.

## Cooking Pasta



1. Use medium to large saucepan. Add  $\frac{1}{2}$  tsp (2 mL) of salt to about 3 cups (750mL) of water. Bring to a boil and add 1 cup (250 mL) of pasta.
2. Boil uncovered until pasta is tender, but not so soft it is falling apart.
3. Drain using a large strainer.



- Cooked pasta should be used as soon as possible as it will become soft and sticky if allowed to sit too long.
- The average person will eat about 1 cup (250 mL) of cooked pasta.
- 8 oz (250 g) of uncooked small pasta like macaroni, penne and bow ties = 4 cups (1 L) of cooked pasta.
- 8 oz (250 g) or 1  $\frac{1}{2}$  inch (4 cm) diameter bunch of long pasta like spaghetti, linguine or fettuccine = 4 cups (1 L) of cooked pasta.