Using the words from the Word Bank below, match each cookery method with its appropriate description by writing the cookery method name in the corresponding arrow. Indicate whether the method is a moist or dry-heat method by placing an “M” or a “D” in the arrow as well. For each cooking method, list one cut of beef appropriate for that method.

**Beef Cooking Methods**

- **Cooking meat in a skillet without adding fat**
- **Continuously stirring meat in a small amount of fat at a medium/high temperature**
- **Cooking large cuts of meat uncovered in an oven without moisture**
- **Cooking meat above or below a direct heat source**
- **Browning meat, then cooking in a tightly covered pan with little or no moisture**

<table>
<thead>
<tr>
<th>Roast</th>
<th>Broil</th>
<th>Pan Broil</th>
<th>Stir-Fry</th>
</tr>
</thead>
<tbody>
<tr>
<td>Braise</td>
<td>Grill</td>
<td>Cook in Liquid</td>
<td></td>
</tr>
</tbody>
</table>
Beef Cooking Methods – Answer Key

Cooking meat in a skillet without adding fat

Continuously stirring meat in a small amount of fat at a medium/high temperature

Cooking meat in water for a long period of time

Cooking large cuts of meat uncovered in an oven without moisture

Browning meat, then cooking in a tightly covered pan with little or no moisture

Cooking meat above or below a direct heat source

M = Moist Heat Method

D = Dry Heat Method