

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*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.*

Cooking meat in a skillet  
without adding fat

Cooking meat in  
water for a long  
period of time

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

## Beef Cooking Methods

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

Cooking meat on  
direct heat, similar to  
broiling

Cooking large cuts of  
meat uncovered in  
an oven without  
moisture

Cooking meat above  
or below a direct  
heat source

Roast

Broil

Pan Broil

Stir-Fry

Braise

Grill

Cook in Liquid

# Beef Cooking Methods – Answer Key

Cooking meat in a skillet without adding fat

Pan Broil - D

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

Stir-Fry - D

## Beef Cooking Methods

Grill - D

Cooking meat over direct heat, similar to broiling

Broil - D

Cooking meat above or below a direct heat source

Roast - D

Cooking large cuts of meat uncovered in an oven without moisture

Braise - M

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

Cook in Liquid - M

Cooking meat in water for a long period of time

**M = Moist Heat Method**

**D = Dry Heat Method**