

**The Culinary Professional Study Guide**  
**Chapter 31: Basic Meat & Poultry Preparation**  
**Activity A: Reviewing Key Concepts**

/21

**Part 1: Proper Handling and Storage**

Read each statement and **HIGHLIGHT** the correct term or phrase to complete the sentence and make the statement true.

1. Fresh meat and poultry should be stored \_\_\_\_\_.  
below 30°F to 35°F [-1°C to 2°C]  
**at 30°F to 35°F [-1°C to 2°C]**  
above 30°F to 35°F [-1°C to 2°C]
2. Film-wrapped, vacuum-packed meats have a refrigerated shelf life of \_\_\_\_\_ when kept in their sealed bags.  
several days  
**several weeks**  
several months
3. Meat and poultry should be stored on a tray or sheet pan to keep them \_\_\_\_\_.  
**from dripping on other items**  
organized for quick location  
from warming
4. Never store raw meats or poultry \_\_\_\_\_ cooked or ready-to-eat items.  
below  
on the same level as  
**above**
5. Sanitize \_\_\_\_\_ food-contact surfaces when storing meats and poultry.  
major  
non-refrigerated  
**all**

**Part 2: Poultry Fabrication**

Read each statement and choose the correct term or phrase to complete the sentence and make the statement true.

6. To begin to spit poultry in half, place the bird on the cutting board with the \_\_\_\_\_ toward you and the tail up. After spitting in half, the bird's backbone \_\_\_\_\_.  
breast, remains with one portion  
breast, is cut away and removed  
back, remains with one portion  
**back, is cut away and removed**
7. To cut poultry halves into quarters, you need to find the natural separation between the \_\_\_\_\_ and cut along that line.  
leg and wing  
**breast and thigh**  
leg and thigh
8. Another term for preparing eight-cut portions of poultry is \_\_\_\_\_.  
double quarter  
**disjointed**

# Answer Key For Study Guide Professional Chef

**Food and Nutrition Information and  
Educational Materials Center (U.S.)**



## **Answer Key For Study Guide Professional Chef:**

The Professional Chef, 9e Study Guide The Culinary Institute of America (CIA), 2011-10-11 The bible for all chefs Paul Boccia Named one of the five favorite culinary books of this decade by Food Arts magazine The Professional Chef™ is the classic kitchen reference that many of America's top chefs have used to understand basic skills and standards for quality as well as develop a sense of how cooking works Now the ninth edition features an all new user friendly design that guides readers through each cooking technique starting with a basic formula outlining the method at a glance offering expert tips covering each method with beautiful step by step photography and finishing with recipes that use the basic techniques The new edition also offers a global perspective and includes essential information on nutrition food and kitchen safety equipment and product identification Basic recipe formulas illustrate fundamental techniques and guide chefs clearly through every step from mise en place to finished dishes Includes an entirely new chapter on plated desserts and new coverage of topics that range from sous vide cooking to barbecuing to seasonality Highlights quick reference pages for each major cooking technique or preparation guiding you with at a glance information answering basic questions and giving new insights with expert tips Features nearly 900 recipes and more than 800 gorgeous full color photographs Covering the full range of modern techniques and classic and contemporary recipes The Professional Chef Ninth Edition is the essential reference for every serious cook

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The Professional Chef The Culinary Institute of America (CIA), 2006-09-05 The Professional Chef is among the best selling titles in Wiley's cooking program and represents the cornerstone book in our publishing partnership with the CIA This is a multi million dollar project with high visibility high impact and broad opportunities The Study Guide is the only relevant study tool for the material in the latest edition of The Professional Chef Each chapter in the Study Guide focuses on one chapter in The Professional Chef and highlights the most important information through different study methods Students can study by reviewing the objectives suggested study lecture guide and or homework study questions for each chapter Homework study questions include defining key terms multiple choice fill in the blank matching true or false quizzes and short answer essay questions An answer key is included in the Instructor's Manual All the material included in the Study Guide will also be available on Wiley's Higher Education website for students and teachers

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