**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PROSTART FRMCA CHAPTER 3 – EGGS AND DAIRY PRODUCTS**

1. DEFINE THE FOLLOWING TERMS RELATED TO MILK:

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| PASTEURIZATION |  |
| HOMOGENIZATION |  |

1. WHAT DO WE CALL THE MEDICAL CONDITION WHEN PEOPLE HAVE AN ALLERGIC REACTION TO DAIRY PRODUCTS AND HAVE SYMPTOMS SUCH AS STOMACH PAIN, GAS AND BLOATING?
2. WHAT 3 QUALITIES DO “MILK FATS” BRING TO A DISH?

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1. WHICH TYPE OF MILK HAS 60% OF ITS WATER REMOVED AND HAS 6.5% FAT CONTENT?
2. WHICH TYPE OF MILK HAS THE LEAST FAT AND CALORIES?
3. WHICH TYPE OF MILK HAS A THICK TEXTURE, IS TANGY AND ACIDIC IN TASTE?
4. **FIVE BONUS POINTS:** IF YOUR RECIPE CALLS FOR BUTTERMILK AND ALL YOU HAVE IS WHOLE MILK, WHAT CAN YOU DO TO MAKE A SUBSTITUTE FOR THAT BUTTERMILK?
5. WHAT TYPE OF MILK IS SWEET AND HAS 60% OF WATER REMOVED?
6. WHICH TYPE OF MILK HAS A LONG SHELF LIFE AND DOES NOT NEED TO BE REFIGERATED?
7. NAME FOUR TYPES OF “PLANT BASED MILK”

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1. WHICH “PLANT BASED MILK” IS HIGHEST IN PROTEIN, HAS A NUTTY FLAVOR AND RICH TEXTURE?
2. WHICH ONE HAS THE HIGHER FAT CONTENT? (CIRCLE YOUR ANSWER)

 

1. COMPLETE THE FOLLOWING TABLE FOR SELECTED TYPES OF CREAM:

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| TYPE OF CREAM | FAT CONTENT | CAHRACTERISTICS |
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1. WHAT IS THE MINIMAL AMOUNT OF FAT NEEDED IN CREAM TO BE ABLE TO HOLD WHIPPED PEAKS?
2. HOW ARE “CULTURED DAIRY PRODUCTS” MADE?
3. WHAT “GRADE” SHOULD ALL DAIRY AND CULTURED PRODUCTS HAVE?
4. WHICH GOVERNMENT AGENCY GIVES THIS GRADE TO MILK AND DAIRY PRODUCTS?
5. ALL DAIRY PRODUCTS NEED TO BE STORED AT OR BELOW WHAT TEMPERATURE?
6. WHAT ARE “PROBIOTICS”?
7. WHAT ARE THE 2 BEST “QUALITY GRADES” FOR BUTTER?

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1. WHAT IS THE MINIMAL AMOUNT OF FAT NEEDED FOR A PRODUCT TO BE CALLED “BUTTER”?
2. WHAT IS THE DIFFERENCE BETWEEN “SWEET” AND “EUROPEAN STYLE” BUTTERS?
3. WHAT IS MEANT BY THE “SMOKE POINT”?
4. WHAT TWO THINGS ARE REMOVED FORM “CLARIFIED BUTTER”?

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1. WHAT ARE 4 TYPES OF “BUTTER SUBSTITUTES”:

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1. WHEN IT COMES TO MARGARINE, WHAT PERCENTAGE OF THE CALORIES MUST COME FROM FAT?
2. WHAT ARE THE 3 BASIC COMPONENTS THAT MAKE UP CHEESE:

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1. COMPLETE THE FOLLOWING TABLE FOR TYPES OF CHEESE:

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| UNRIPENED CHEESES | RIPENED CHEESES |
| DEFINITION: | DEFINITION: |
| EXAMPLES OF: | EXAMPLES OF: |

1. HOW DO DAIRIES MAKE CHEESE?
2. HOW ARE “PROCESSED CHEESES” MADE?
3. WHAT IS THE BEST TEMPERATURE RANGE TO STORE FRESH CHEESE?
4. COMPLETE THE FOLLOWING TABLE FOR VARIETIES OF CHEESE:

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| --- | --- | --- |
| VARIETY | CHARACTERISTICS | EXAMPLES |
| VERY HARD  RIPENED CHEESE |  |  |
| FIRM  RIPENED |  |  |
| BLUE VEINED  MOLD RIPENED |  |  |
| PASTA FILATA |  |  |
| SEMI SOFT  RIPENED |  |  |

1. LABEL THE FOUR BASIC PARTS OF THIS EGG:
2. WHICH PART OF THE EGG CONTAINS ALL OF THE FAT?
3. WHAT PURPOSE DOES THE “CHALAZAE” SERVE FOR THE EGG?
4. WHAT ARE THE BEST “QUALITY GRADES” FOR FRESH EGGS?
5. HOW ARE THE “MARKET SIZE” FOR EGGS DETERMINED?
6. COMPLETE THE TABLE FOR EGG SIZES:

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| EGG SIZE | WEIGHT OF EACH EGG | WEIGHT FOR A DOZEN EGGS |
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1. HOW MANY EGGS DO WE GET IN A “DOZEN”?
2. WHAT ARE THE FIVE COMMON MARKET FORMS OF EGGS AVAILABLE?

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1. WHICH MARKET FORM OF EGGS WOULD BE BEST USED FOR SCRAMBLED EGGS, OR FRENCH TOAST?
2. FRESH EGGS DO NOT HAVE TO BE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ BUT THE FOLLOWING FORMS OF EGGS MUST BE:

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1. WHY WOULD A HARD-BOILED EGG HAVE A GREEN YOLK?
2. TELL ME THE COOKING TIMES FOR:

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| --- | --- | --- | --- |
| CODDLED EGGS | SOFT-COOKED EGGS | MEDIUM COOKED | HARD BOILED |

1. HOW ARE “SHIRRED EGG” DISHES PREPARED?
2. NAME 2 DISHES THAT USE “POACHED EGGS”:

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1. WWHEN PREPARING SCRAMBLED EGGS, WHAT ARE YOU DOING TO THE EGGS WHILE THEY ARE COOKING?
2. WHAT IS A “BASTED EGG”?
3. DESCRIBE HOW YOU WOULD COOK AN “OVER EASY EGG”:
4. EGGS THAT ARE COOKED AND SERVED IMMEDIATELY MUST REACH WHAT MINIMAL INTERNAL COOKED TEMPERATURE?

WHAT ABOUT EGGS THAT ARE GOING TO BE HELD FOR A FEW MINUTES? \_\_\_\_\_\_\_\_\_\_

1. WHAT MAKES A “FRITATTA” SO DIFFERENT FROM AN “OMELET”?
2. WHAT MAKES “SOUFFLES” POPUP AND BE PUFFY WHEN PROPERLY BAKED?
3. WHAT IS THE DEFINITION OF A “QUICHE”?
4. WHAT DOES IT MEAN TO “POOL EGGS”?