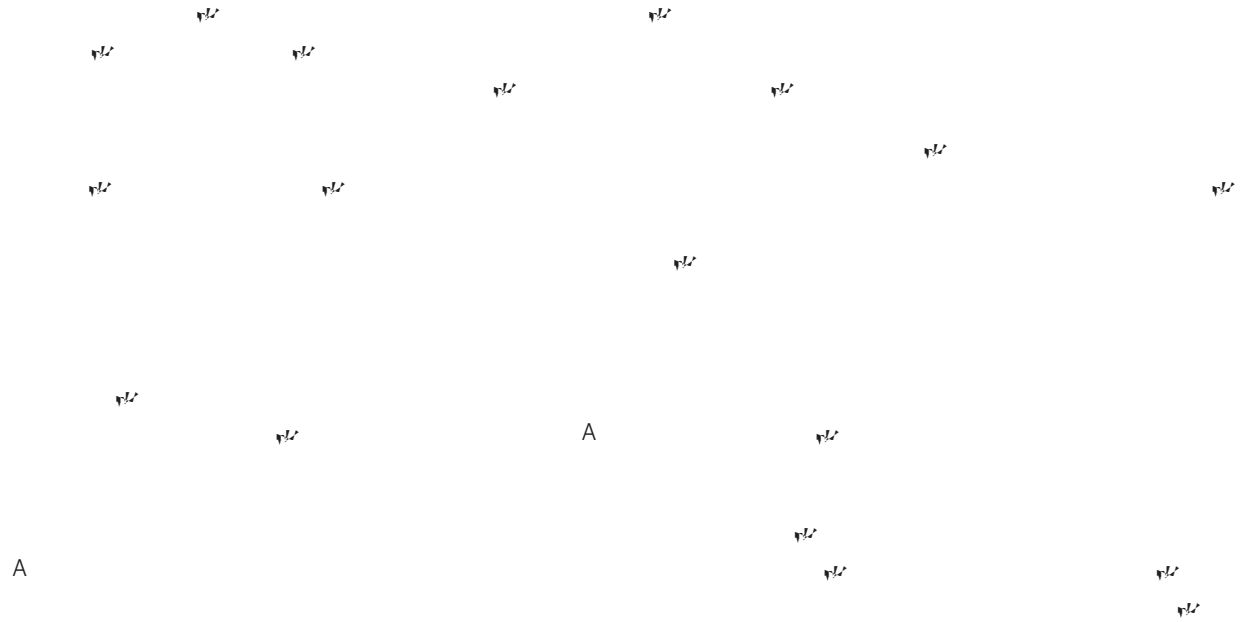




Culinary Institut

TECHNIQUE OF THE QUARTER: GRILLING AND BROILING



SELECTION OF INGREDIENTS

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✓✓

3. Evaluate the quality of the finished grilled or broiled food.

✓✓

✓✓

✓✓

✓✓

A

✓✓

✓✓

✓✓

✓✓

DETERMINING DONENESS

A

A

✓✓

RED MEATS

A

✓✓

✓✓

Touch

✓✓

✓✓

✓✓

Recognizing Doneness through Touch:

✓✓

✓✓

A

✓✓

Appearance

A

✓✓

Recognizing Doneness through Appearance:

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THE RECIPE CORNER: GRILLING & BROILING

1/2'

1/2'

1/2'

1/2'

1/2'

1/2'

1/2'

&

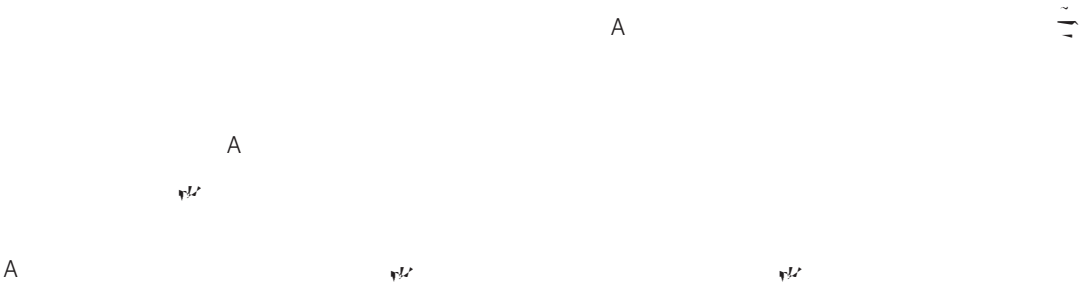
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BARBECUED CHICKEN BREAST WITH BLACK BEAN SAUCE

Method

BLACK BEAN SAUCE

Method



BROILED FLANK STEAK WITH SALSA FRESCA

MARINADE

Method

1/2

1/2

NOTE: Flank steak may be paired with a variety of sauces such as Mushroom Sauce, Corn and Pepper Sauce, or Barbecue Sauce.

SALSA FRESCA

11

Method

A

12

BARBECUE SAUCE

Method

A

1/2

BROILED LAMB KEBABS WITH PIMIENTO BUTTER

MARINADE

-

Method

1/2"

1/2"

1/2"

A 1/2"

1/2"

1/2"

PIMIENTO BUTTER

Method

A

1/2

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BROILED SHRIMP WITH GARLIC

GRILLED CHICKEN WITH BASIL AND MOZZARELLA

•

MARINADE

Method

1/2

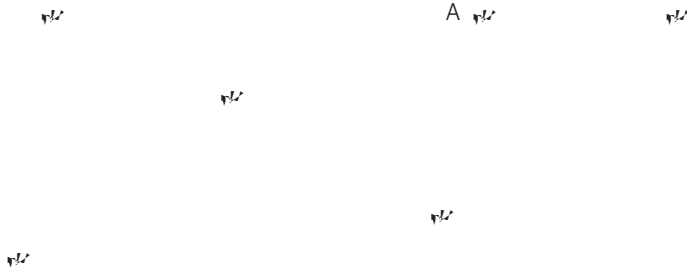
1/2

1/2

1/2

GRILLED SIRLOIN STEAK

Method



MAÎTRE D'HÔTEL BUTTER

Method

1/2 A 1/2 A 1/2 A

GRILLED TUNA WITH ROASTED PEPPER & BALSAMIC VINEGAR SAUCE

•

&

Method

A

✓

✓

✓

✓

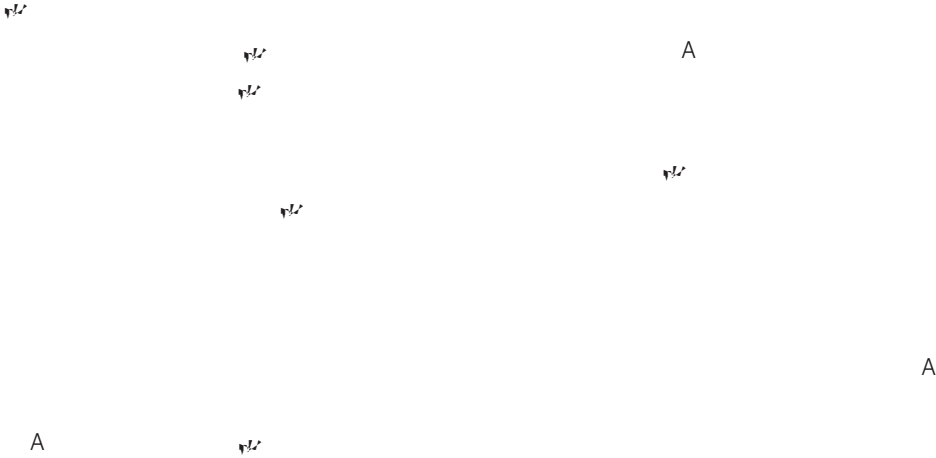
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GRILLED VEGETABLES PROVENÇAL-STYLE

Method



TEST YOUR GRILLING & BROILING KNOWLEDGE (ANSWER KEY)

True

✓

True

✓

False

✓

False

True

✓

✓

False

✓

True

A ✓

✓

A

A

✓

✓

✓

✓

A