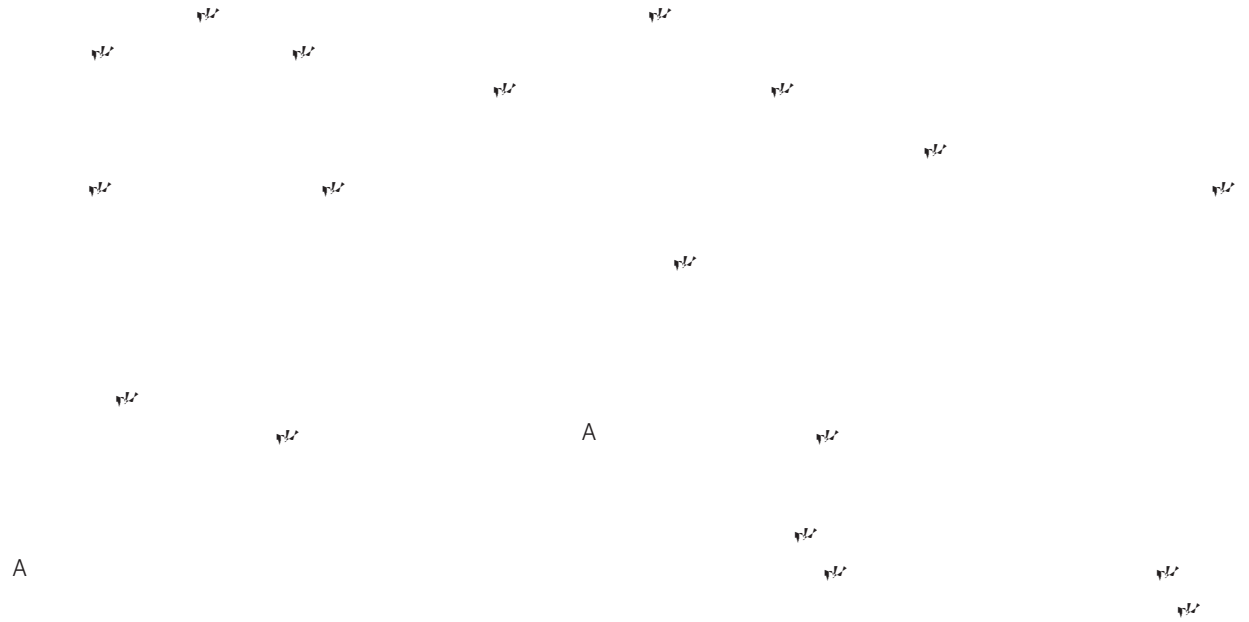




Culinary Institut

## 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'

&

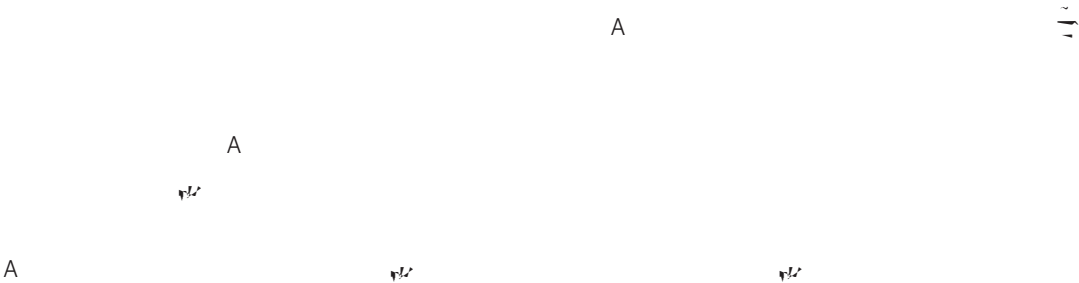
&

# 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

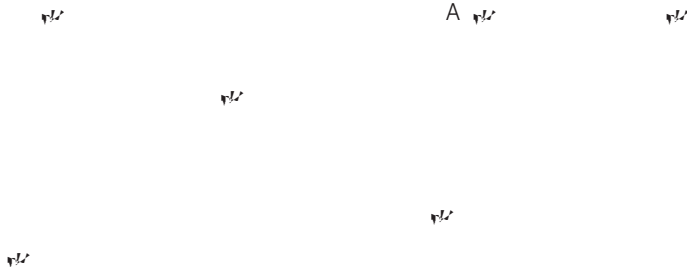






# GRILLED SIRLOIN STEAK

## 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

✓

✓

✓

✓

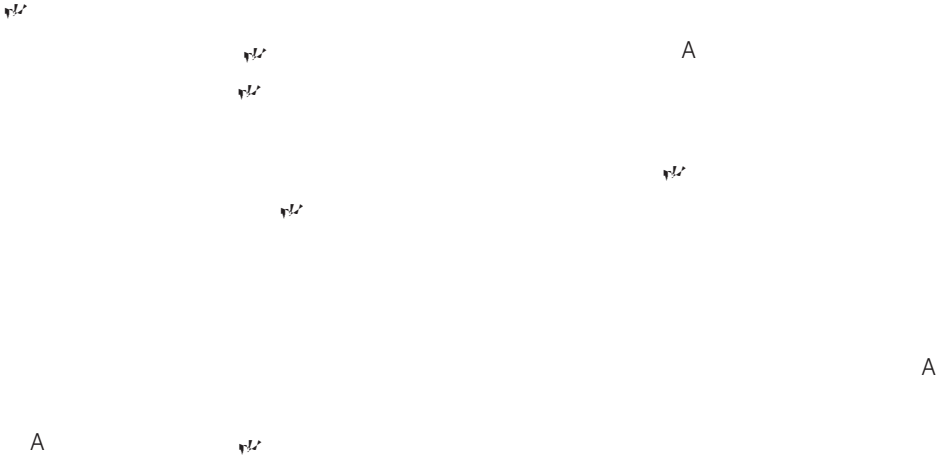
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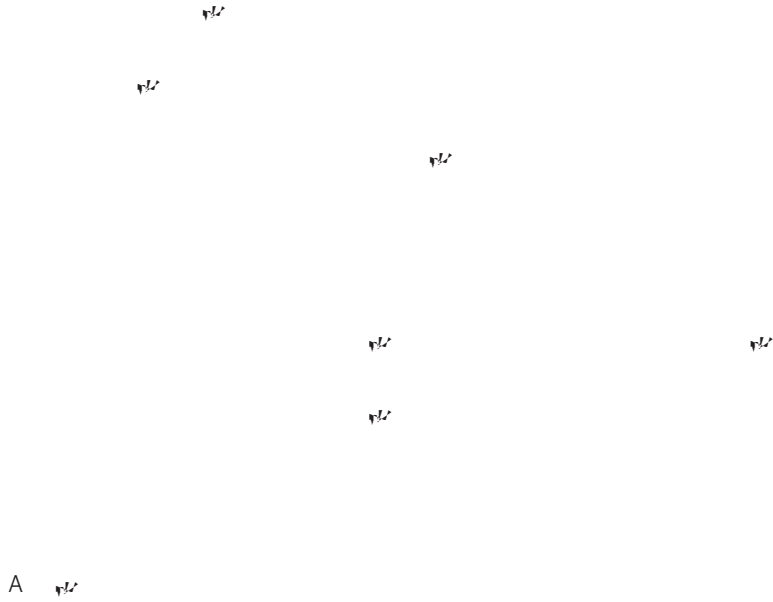
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# GRILLED VEGETABLES PROVENÇAL-STYLE

## Method



# TEST YOUR GRILLING & BROILING KNOWLEDGE



# TEST YOUR GRILLING & BROILING KNOWLEDGE (ANSWER KEY)

True

✓

True

✓

False

✓

False

True

✓

✓

False

✓

True

A ✓

✓

A

A

✓

✓

✓

✓

A