

# Skills for Living

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# Chapter 15

## Buying, Storing, and Preparing Foods

- In this chapter, you will learn



# Topic 15-1

## Meat, Poultry, Fish, and Alternates

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- In this topic, you will learn how to select, store, and prepare protein foods to get the most for your money, as well as
  - ❖ **Buying meat, poultry, fish, and alternates**
  - ❖ **Storing meat, poultry, fish, and alternates**
  - ❖ **Preparing meat, poultry, fish, and alternates**



# Meat, Poultry, Fish, and Alternates

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## **Objectives for Topic 15-1**

After studying this topic, you will be able to

- list factors to consider when buying meat, poultry, fish, and alternates
- use proper storage methods for meat, poultry, fish, and alternates
- describe cooking methods used to prepare meat, poultry, fish, and alternates

# Topic 15-1 Terms

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❖ meat

❖ poultry

❖ finfish

❖ shellfish

❖ meat analog

# Buying Meat, Poultry, Fish, and Alternates



- Meat, poultry, and fish are the most costly protein foods
- Eggs, dry beans, and nuts are protein alternates



# Meat

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- ***Meat*** is the edible portion of animals, including muscles and organs
- Meat is inspected by the USDA and may be graded *prime, choice, or select*
- The location of the meat in the animal determines the tenderness
- The most tender cuts of meat are the most expensive

# Poultry

- *Poultry* describes any domesticated bird raised for meat and/or eggs
- Poultry must be federally inspected for wholesomeness and may be graded
- Choose birds with
  - ❖ clean, blemish-free skin
  - ❖ meaty breasts and legs
  - ❖ no sign of thawing or freezer burn



# Fish

■ *Finfish* are fish with fins and backbones

- ❖ cod
- ❖ flounder
- ❖ halibut
- ❖ salmon
- ❖ snapper

■ *Shellfish* have shells instead of backbones

- ❖ clams
- ❖ crab
- ❖ lobster
- ❖ mussels
- ❖ shrimp

# Eggs

- Recipes are usually based on large eggs
- Eggshell color has nothing to do with the quality of the egg
- The USDA grades eggs based on
  - ❖ interior quality
  - ❖ condition and appearance of the shell



# Plant-Based Meat Alternates

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■ *Legumes* are seeds that grow in the pods of some vegetable plants

- ❖ beans
- ❖ lentils
- ❖ peas
- ❖ peanuts

■ *Meat analogs* are plant-based protein products made to resemble meat

- ❖ bacon bits
- ❖ soyburgers



# Storing Meat, Poultry, Fish, and Alternates

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- Protein foods are perishable and expensive, so proper storage is important
- Improper storage can lead to
  - ❖ flavor loss
  - ❖ nutrient loss
  - ❖ spoilage
  - ❖ foodborne illness

# Storing Meat, Poultry, Fish, and Alternates

Food	Storage	Use Within
Meat	keep in the original wrapping in the coldest part of the refrigerator	3 - 4 days (freeze for longer storage)
Poultry	keep in the original wrapping in the coldest part of the refrigerator	1 - 2 days (freeze for longer storage)
Fish	wrap tightly in foil or plastic wrap and refrigerate	1 - 2 days (freeze for longer storage)

# Storing Meat, Poultry, Fish, and Alternates

Food	Storage	Use Within
Eggs	keep in original carton and refrigerate; keep away from foods with strong odors	four weeks
Legumes	store unopened packages in a cool, dry, place; after opening, transfer to an airtight container	check date on package
Nuts	store in refrigerator	a few months (freeze for longer storage)



# Did You Know...

- The length of time fish can be frozen depends on the fat content
- Fat fish should be frozen no longer than three months, while lean fish can be stored in a frozen state for up to six months



# Preparing Meat, Poultry, Fish, and Alternates

- Choosing the right cooking method for the type of protein food is the key to successful preparation
  - ❖ Dry heat methods
  - ❖ Moist heat methods



# Meat

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- Cooking meat at high temperatures causes meat to shrink and become dry and tough
- Tender cuts can be cooked using dry heat methods
- Less tender cuts should be cooked using moist heat methods
- Use a meat thermometer to judge doneness



# Poultry

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- Most poultry sold is young and tender
- Overcooked poultry becomes dry and flavorless
- Use a thermometer to judge doneness

# Fish

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- Fish should only be cooked for a short time
- Moist heat and dry heat methods can be used
- Overcooked fish becomes dry and tough
  - ❖ Finfish is done when the flesh flakes easily when pressed with a fork
  - ❖ Cook shellfish for short times at moderate temperatures

# Eggs

- Undercooked eggs may contain bacteria
- Overcooked eggs become tough and rubbery
- Eggs can be cooked many ways, and also used as a
  - ❖ thickening agent
  - ❖ leavening agent
  - ❖ glaze
  - ❖ coating
  - ❖ binder
  - ❖ garnish





# Legumes

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- Legumes should be tender, but not mushy
- Dried beans should be soaked before cooking
- Cooked beans can be combined with other ingredients to make other dishes

# Did You Know...

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- Salt toughens dried beans
  - ❖ Therefore, you should only add salt after they are cooked

# Summary for Topic 15-1

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- Recognizing traits of high-quality protein products will help you make the best choices for your meals
- Properly stored protein products will retain quality and flavor until they are prepared
- A variety of preparation techniques can be used on most protein foods