

VICTORIA UNIVERSITY
OF BANGLADESH

COMMERCIAL COOKERY

HM 509

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FINAL EXAM

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Question No :03

Describe about Broiling?

Answer to the question no: 03

BROILING

The entire goal of broiling is to control browning. Too much and you can overpower the flavor of your food. Too little, and it may be bland or not have enough flavor to contribute to the sauce.

Broiling, cooking by exposing food to direct radiant heat, either on a grill over live coals or below a gas burner or electric coil. Broiling differs from roasting and baking in that the food is turned during the process so as to cook one side at a time. Temperatures are higher for broiling than for roasting; the broil indicator of a household range is typically set around 550 °F (288 °C), whereas larger commercial appliances broil between 700 and 1,000 °F (371 and 538 °C).

Fish, fowl, and most red meats are suitable for broiling. Steaks, popularly broiled over coals, can also be broiled in skillet or in the oven set on a seasoned wooden plank. In preparation of the entrée known as the London broil, or London mixed grill, flank steaks and other meats are garnished with vinegar, oil, and minced garlic before being placed on a rack and oven-broiled.

HOW TO BROIL EFFECTIVELY

To broil, you want to follow a very specific cooking process. It is simple, effective, and is also a great way to heat up leftovers (like steak or burgers) because it prevents the juices from getting lost.

1. Line a baking sheet or broiling pan with aluminum foil that is lightly brushed with oil. This prevents the food from sticking to the foil. (Also, don't use parchment paper because it can burn that close to the intense direct heat.
2. Move the rack into the correct placement in the oven for what you are cooking. Remember, the closer it is to the heating element the foods, the faster the outside will brown. Try to keep the top of the food at least 3 inches from the heat.
3. Set the temperature. Older ovens usually just have a "high" or "low" setting, but more modern ones have something called "vari-broil". This lets you choose a temperature setting between 1-5 usually. This mostly just controls the speed at which your food broils. Let your oven heat for about 5 minutes before cooking.
4. Place the food on the baking sheet and broil until the outside of the cooked food is golden brown. Flip once halfway through to keep the cooking and browning even.

WHAT IS PAN-BROILING

Pan broiling is a dry-heat method that uses heat from below to achieve browning in a pan. If you're wondering how is this different from pan-frying, the answer lies in how you manage the released juices since they sit near the heat source.

In order to pan-broil correctly, you must regularly drain off or remove fat and juices that released from the food you are making. You don't want to cover the pan either because that will just put collected steam into the pan and add liquid.

Usually, pan-broiling is reserved for very thin cuts that you want to get a lovely browned crust without overcooking the inside. By pan-broiling them, you have a little more control (primarily since you can see exactly what is going on) over your food, making it easier to judge doneness.

Important NOTE: Keep in mind though, that oil near a heat source is a fire hazard, especially if there is too much of it or it has a low smoke point (like olive oil)! Make sure you have proper fire safety tools nearby and use great caution, just in case. Also, maybe open a window.

Question No :04

Describe about foods for roasting?

Answer to the question no: 04

Roasting

Roasting, cooking, primarily of meats but also of corn ears, potatoes, or other vegetables thus prepared, by exposure to dry radiant heat either over an open fire, within a reflecting-surface oven, or in some cases within surrounding hot embers, sand, or stones. The procedure is comparable to the baking of other foods.

Other examples of roasting include the processing of seeds used to make certain types of foods and beverages. For example, the process of coffee roasting begins with green coffee beans, which themselves have been processed and dried. Temperatures are raised progressively from about 180 to 250 °C (356 to 482 °F) and heated for anywhere from 7 to 20 minutes, depending on the type of roast, light or dark, desired. In cocoa processing, cocoa beans are roasted to develop flavour, reduce acidity and astringency, reduce moisture content, deepen colour, and facilitate shell removal.

Meats and most root and bulb vegetables can be roasted. Any piece of meat, especially red meat, that has been cooked in this fashion is called a roast. Meats and vegetables prepared in this way are described as "roasted", e.g., roasted chicken or roasted squash.

Different types of roasting

- Light Roast. Light roasts are light brown in color, with no oil on the surface and underdeveloped sweetness. ...
- Medium Roast. Medium brown in color, still no oil on the surface. ...
- Dark Roast. Dark brown, with oil shine, more bittersweet and less acidity.

Large meats and poultry. When you think roast, large cuts of meat—whole chickens or turkeys, ham, rib roast, beef tenderloin—probably come to mind. ...

Veggies. Roasting is also great for caramelizing vegetables.

Meat

Before the invention and widespread use of stoves, food was primarily cooked over open flames from a hearth. To roast meat, racks with skewers, or, if accessible, complicated gear arrangements, would be utilized to turn the piece. In the past, this method was often associated with the upper class and special occasions, rather than customary mealtimes, because it required freshly killed meat and close attention during cooking. It was easy to ruin the meat's taste with a smoky fire or negligence to rotate it at regular intervals. Thus, elite families, who were able to afford quality meat, appointed this task to servants or invested in technology like automatic turning devices. With further technological advances, cooking came to accommodate new opportunities. By the 1860s, working families were able to afford low-priced stove models that became sufficiently available. However, the key element of observation during roasting became difficult and dangerous to do with the coal oven. Hence, traditional roasting disappeared as kitchens became no longer equipped for this custom and soon thereafter, "baking" came to be "roasting".

Roasting can be applied to a wide variety of meat. In general, it works best for cooking whole chickens, turkey, and leaner cuts of lamb, pork, and beef. The aim is to highlight the flavor of the meat itself rather than a sauce or stew, as it is done in braising or other moist-heat methods. Many roasts are tied with string prior to roasting, often using the reef knot or the packer's knot. Tying holds them together during roasting, keeping any stuffing inside, and keeps the roast in a round profile, which promotes even cooking.

Red meats such as beef, lamb, and venison, and certain game birds are often roasted to be "medium rare" "rare", meaning that the center of the roast is still red. Roasting is a preferred method of cooking for most poultry, and certain cuts of beef, pork, or lamb. Although there is a growing fashion in some restaurants to serve "rose pork", temperature monitoring of the center of the roast is the only sure way to avoid foodborne disease.

In Britain, Ireland, and Australia, a roast of meat may be referred to as a *joint*, or a leg, if it is a leg.

Vegetables

Some vegetables, such as potatoes, carrots, eggplants/aubergines, zucchini/courgette, pumpkin, turnips, rutabagas/swede s, parsnips, cauliflower, asparagus, squash, peppers, yam and plantain lend themselves to roasting as well. Roasted chestnuts are also a popular snack in winter.

Fish

Roasting fish is done with whole fish, and will work well with snapper, or any medium-sized, whole round fish such as trout, ocean perch and black sea bass will work.

Some popular roasting food

- Roast Chicken with Apricot and Mint Stuffing.
- Roast Turkey with Cranberry Sauce.
- Roast Lamb with Garlic and Rosemary.
- Roast Leg of Ham.
- Tandoori Masala Roasted Chicken.
- Roast Pork Belly.
- Roast Beef in a Salt Crust.
- Roast Leg of Lamb.

Question No :02

Write down the best foods for grilling?

Answer to the question no: 02

Grilling involves cooking food on a rack over a heat source, usually a charcoal fire or ceramic briquettes heated by gas flames. Direct heat quickly sears the outside of food, producing distinctive robust, roasted—and sometimes pleasantly charred—flavors and a nice crust.

The words "barbecue" and "grilling" are often used interchangeably, although food experts argue that barbecue is a type of grilling, and that grilling involves the use of a higher level of heat to sear the food, while barbecuing is a slower process over a low heat.

Direct heat (when the fire is directly below the food) is best for relatively small, tender pieces of food that cook in 20 minutes or less. Indirect heat (when the fire is on either side of the food) is best for larger, tougher cuts of meat that require more than 20 minutes of cooking.

Virtually all cooking on gas and/or charcoal grills can be divided into three cooking methods: direct, indirect or combo. As the names imply, the difference between the methods is

determined by where the food is placed in relation to the fire. The DIRECT method cooks foods with the direct heat of the flame.

Move over burgers, chicken tops the list of favorite grilling foods.

Grill-Worthy Veggies

- Sweet peppers (6-8 minutes each side)
- Onions (5-7 minutes each side)
- Zucchini and other summer squash (5 minutes each side)
- Corn (25 minutes)
- Portabella mushrooms (7-10 minutes per side)
- Romaine lettuce hearts (3 minutes per side)

Just about any fruits can go on the grill as long as they are fairly firm and not overripe. Peaches, melons, pineapple, pears, avocado, tomatoes, bananas, and figs are just some of the fresh fruits that will hold their shape over the coals.

Easy, Tasty Grilled Foods

- Put a Pizza on the Grill. The grill's intense heat is a lot like a restaurant pizza oven.
- Skewered Fish.
- Grill-Worthy Veggies.
- Grill Fruit for a Delicious Dessert.
- Kebabs for Kids.
- Better Burgers.
- Fish That Can Take the Heat.
- Slimmed-Down Dogs.

10 Great Recipes for the Grill

- Basic Burgers.
- Grilled Salmon Kabobs.
- Beef Kabobs.
- Baby Back Ribs With Coffee Spice Rub.
- Grilled Eggplant Halves With Herbs.
- Grilled Salmon With Maple Mustard Glaze.
- Grilled Pork Kabobs.
- Chicken Satay.

Question No :01

How to cook Biryaini write it by yourself?

Answer to the question no: 01

Chicken Biryani is a delicious chicken curry dish cooked with rice. There are various versions of Biryani, some vegetarian, and some with various meats, including chicken, beef, lamb, goat, shrimp or fish. This is a very popular dish in India, but is also made in various forms across the Indian subcontinent, including Afghanistan, Pakistan, and Bangladesh.

Ingredients

- 1 tablespoon ghee – or vegetable oil
- 1 ½ pounds boneless – skinless chicken breasts, cut into 1" cubes
- 1 medium yellow onion – chopped
- 1 jalapeno pepper – seeded and minced
- 3 Tablespoons prepared ginger paste
- 2 teaspoons garam masala
- 1 teaspoon cumin
- 1 teaspoon turmeric
- 1 ½ teaspoons salt
- 1 tablespoon minced garlic
- 2 large tomatoes – chopped
- ½ cup golden raisins
- 1 cup uncooked basmati rice
- 2 ¼ cups low-sodium chicken broth*
- ¼ cup chopped fresh cilantro leaves
- ¼ cup sliced unsalted almonds
- 1 lime – cut into wedges

Chicken Biryaini recipe

Assemble the ingredients, for the exact amounts see the recipe card below.

In this quick biryani recipe, chicken breasts are diced into small pieces before hitting the pan, which cuts down cooking time. Using chicken breasts instead of thighs makes this an easy to eat, boneless chicken biryani!

Heat the oil over medium-high heat in a large nonstick skillet or frying pan. Once the oil is shimmering, add the chicken pieces and let them cook, undisturbed, for 3-5 minutes until golden brown.

Turn the chicken pieces and add the onion, jalapeno, ginger, garam masala, cumin, turmeric, and salt. Sauté for 3 minutes, or until the onions have softened.

Add the garlic, tomatoes, and raisins to the pan. Stir well, then add the rice and broth.

Allow the liquid to come to a boil, then cover the pan and turn the heat down to medium-low. Cook the rice for 15 minutes. Turn off the heat and fluff the rice with a fork. Re-cover the pan, and allow the rice to continue to steam for another 10 minutes.

Garnish with cilantro leaves and almond slices.

Serve the Biryani straight out of the pan, accompanied by lime wedges for squeezing.

Recipe tips

Since rice is a main ingredient, using basmati rice is key to a high quality biryani.

I love using fresh ginger root whenever possible, but I don't always have a good chunk of it on hand. Dried or powdered ginger does a poor job of replicating the spicy and fragrant taste of fresh ginger, so I like to keep a tube of prepared ginger paste in the door of my refrigerator.

