

Guide to Good Food

Chapter 32: Asia—Terms and Definitions

beef stroganov. A popular Russian meat dish made with tender strips of beef, mushrooms, and a seasoned sour cream sauce.

borscht. Russian beet soup.

caste system. A social system in India that evolved from Hinduism and divided people into groups, or castes.

caviar. The processed, salted roe (eggs) of large fish, most often sturgeon.

chapatis. A flat bread that is common in India.

chasnidarth. A major cooking technique in Indian cuisine that resembles Chinese sweet and sour.

chopsticks. Chinese eating utensils.

congee. A thick porridge made from rice or barley often served for breakfast in China.

curry. A type of Indian stew.

dynasty. A chain of rulers with the same ancestry.

ghee. Indian clarified butter.

gohan. The Japanese word for meal, which means rice.

kaiseka. A delicate meal served after the Japanese tea ceremony.

kasha. A Russian staple food made of buckwheat or other grains that are fried and then simmered until tender.

korma. A major Indian cooking technique in which foods are braised, usually in yogurt.

kulich. A tall, cylindrical Russian yeast bread filled with fruits and nuts.

masala. A mixture of spices used to make Indian curry.

nihon-cha. Japanese term for green teas.

paskha. A rich cheesecake that is a popular Russian dessert.

schl. Russian cabbage soup.

soybean. A legume with seeds that are rich in protein and oil, which is used in many different forms in Japanese and Chinese cooking.

sukiyaki. A popular Japanese dish made of thinly sliced meat, bean curd, and vegetables cooked in a sauce.

tandoori. A simple Indian cooking technique, which requires a clay oven called a tandoor.

tofu. A mild-flavored, custardlike cake made from soybeans.

Guide To Good Food Chapter

Terry C. Jones



Guide To Good Food Chapter :

Guide to Good Food Velda L. Largen, Deborah L. Bence, 2000 Students and teachers in foods and nutrition classes give Guide to Good Food high ratings for its readability and visual appeal This revised edition features over 90 new illustrations and an increased emphasis on technology food safety and cultural influence on food choices The text covers all the topics you need to help students learn about food management and preparation It begins with basic measurements abbreviations and recipe terms and leads to more advanced skills and concepts It presents information on selecting storing preparing and serving foods while preserving their nutrients flavors textures and colors An extensive Foods of the World section introduces students to the culture and cuisine of over 30 countries featuring a new section on Canada and tabbed pages for ease of locating Career descriptions at the beginning of each chapter emphasize employment opportunities in the food industry Case studies help students recognize their need for SCANS foundation skills and competencies Recipes include step by step directions and nutritional analysis Food composition tables help students evaluate their food choices Objectives Vocabulary Terms Chapter Summaries Review Questions Basic Skills Activities and Thinking Skills Activities help students retain information *Guide to Good Food* Deborah L Bence, Renee Fortune Sigmon, 2024-01-17 The Workbook for Guide to Good Food is organized to follow the textbook on a chapter by chapter basis providing questions to help the student review the material presented in the chapter This supplement is a consumable resource designed with perforated pages so that a given chapter can be removed and turned in for grading or checking **Guide to Good Food** Deborah L. Bence, 2020-10-14 The Workbook for Guide to Good Food is organized to follow the textbook on a chapter by chapter basis providing questions to help the student review the material presented in the chapter This supplement is a consumable resource designed with perforated pages so that a given chapter can be removed and turned in for grading or checking **The Complete Idiot's Guide to Good Food from the Good Book** Leslie Bilderback, CMB, 2008-03-04 Holy is healthy Learn to transform the natural simple tasty foods mentioned in the Bible into superb easy to make dishes everything from appetizers to main courses side dishes and desserts Each meal features only those ingredients mentioned in scripture or the closest modern equivalent Including explanations about the Kosher rules found in Leviticus and Deuteronomy this guide will help you to eat healthily and deliciously the Biblical way Written by an expert master chef and baker Over 100 delicious recipes including nutritional components Dozens of scripture quotes and interesting historical food facts **The Goldbeck's Guide to Good Food** Nikki Goldbeck, David Goldbeck, 1988-10 **The Complete Idiot's Guide to Good Fat, Good Carb Meals** Jody Whipple, Jorj Morgan, 2005-06-07 Not all carbs and fats are created equal Emphasizing the benefits of a diet rich in complex carbohydrates monounsaturated fats and Omega 3 fatty acids this comprehensive guide offers readers more than 300 recipes that tantalize the taste buds from appetizers to desserts and everything in between The recipes are designed to help readers lose weight without feeling deprived or experiencing the cravings that so often come with low carb and low fat diets Diet books that

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