

# Chapter 17 Breakfast Cookery

## Section 17.1 Meat and Egg Preparation



### Note Taking

**Directions** As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> <li>breakfast meats: ham, bacon, sausage, hash, steak, and smoked salmon</li>   <li>cook bacon at low temperature to avoid shrinking</li>   <li>eggs must be cooked at moderate temperatures to avoid tough, rubbery and discolored products</li> </ul>	<p><b>BREAKFAST PROTEINS</b></p> <ul style="list-style-type: none"> <li>Selecting high-quality meat is the best way to ensure a quality breakfast protein food</li> </ul> <p><b>BREAKFAST MEAT COOKERY</b></p> <ul style="list-style-type: none"> <li>Most breakfast meat and egg dishes can be prepared quickly without much advance preparation</li> </ul> <p><b>EGG COOKERY</b></p> <ul style="list-style-type: none"> <li>Eggs must be cooked properly since undercooking poses a serious health threat, salmonella bacteria</li> </ul>
<p style="text-align: center;"><b>Summary</b></p> <p>Common protein breakfast foods include meats and eggs.</p>	

# Chapter 17 Breakfast Cookery

## Section 17.2 Breakfast Breads and Cereals



### Note Taking

**Directions** As you read, write notes, facts, and main ideas in the Note Taking column. Write key words and short phrases in the Cues column. Then summarize the section in the Summary box.

Cues	Note Taking
<ul style="list-style-type: none"> <li>• home fries: diced and sliced fried potatoes</li>   <li>• bagels, scones, doughnuts, muffins, croissants, and English muffins are examples of ready-made breads</li> </ul>	<p><b>QUICK-SERVICE BREAKFASTS</b></p> <ul style="list-style-type: none"> <li>• The standard breakfast menu includes eggs, meat, potatoes, breads, pancakes, waffles, cereals, fruit, and yogurt</li> </ul> <p><b>BREAKFAST BREADS AND CEREALS</b></p> <ul style="list-style-type: none"> <li>• Breads can be pancakes, toast, biscuits, muffins, French toast, and waffles</li> </ul>
<p style="text-align: center;"><b>Summary</b></p> <p>Some type of bread or cereal is usually found in a breakfast dish.</p>	