Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FACS7- Pan Fry Notes Period \_\_\_\_\_\_\_

**How to Pan-Fry**

**Introduction:** Pan-frying is one method of cooking food. It is suitable for cooking many kinds of meat, fish, poultry, eggs and vegetables. Pan-frying makes food brown, crisp on the outside, and flavorful.

**Learning Goals:**

* Explain how to pan-fry.
* Demonstrate how to pan-fry using the recipe provided.

**Cooking Process:**

* **What does pan-fry mean?** Pan-fry means to cook in a small amount of fat, using a medium temperature, with or without a cover on the skillet.
* Pan-frying is used with tender or quick-cooking foods.
* The protein in meat is sensitive to heat. Therefore, temperature and/or the length of cooking time are important for flavorful, tender, tasty meat.
* Cook at a low to medium temperature.
* When pan-frying meat, the fat melts, the meat becomes juicy. When juice appears on the upper surface of the food, turn the food over and brown it on the other side.

**Tips of Success:**

* Be sure to check the internal temperature of the meat you are cooking to make sure it’s cooked through. For example a burger should reach a minimum of 165 degrees.