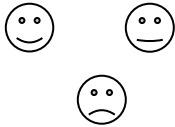


# Curry worksheet

Test and evaluate your finished curry.

Rating: (Circle) 	Likes/ Dislikes	Improvements
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## Handling raw meat

This curry uses raw meat in it's recipe. It is important to select, store, cook and serve meat safely. Complete the sentences below to explain some of the most important points.

- Check \_\_\_\_\_ dates before buying meat in the shops
- Put meat in \_\_\_\_\_ or freezer as soon as possible when you get it home
- Store raw meat at the \_\_\_\_\_ of the fridge to stop juices dripping onto other food.
- Use a separate chopping board, usually \_\_\_\_\_ in colour to prepare raw meat to prevent bacteria from the raw meat getting onto other food.
- \_\_\_\_\_ hands and \_\_\_\_\_ after handling raw meat.

Suggest 4 different vegetables that could be added to curry.

**Describe how they would be prepared.**

- 1
- 2
- 3
- 4

What would be your top tips for preparing chilli?

When you buy red meat, there is a wide range of choice. Some of the cheaper cuts eg stewing steak can be quite tough unless they are cooked for 2-3 hours in a sauce (eg a curry sauce). Some tender cuts eg fillet steak is very expensive but cooks quickly. Some meat is reared free range whilst others is from animals kept indoors. Some animals are fed only organic food. Which of the following would you choose for a beef curry and why?

Stewing steak

Minced beef

Fillet steak

Free range/ organic stewing steak