

QUIZBOWL



SENIOR QUIZBOWL

Cooking Pork

- What is the most popular cut from the loin?
 - A. Loin Roast
 - B. Chop**
 - C. Tenderloin
 - D. Country Style Ribs
- Roast, Tenderloin, and Chops should be cooked to what internal temperature?
 - A. 140°F
 - B. 140°C
 - C. 145°C
 - D. 145°F**
- What is the desired resting time for Pork?
 - A. 5 Minutes
 - B. 4 minutes
 - C. 3 /minutes**
 - D. 2 minutes
- Ground Pork should be cooked to?
 - A. 145°F
 - B. 150°F
 - C. 155°F
 - D. 160°F**
- What range of temperatures does bacteria grow in?
 - A. 40°F and 140°F**
 - B. 45°F and 145°F
 - C. 60°F and 155°F
 - D. 55°F and 160°F
- What is the best way to thaw frozen pork?
 - A. Let sit out on the counter over night
 - B. In the refrigerator in its wrapping**
 - C. Microwave
 - D. There is no need to thaw frozen pork
- What is the average serving size of pork?
 - A. 5 oz. of cooked meat
 - B. 6 oz. of cooked meat
 - C. 4 oz. of cooked meat
 - D. 3 oz. of cooked meat**
- True** or False. Any cuts from the loin, like pork chops and pork roast are leaner than skinless chicken thigh.
- What is the formula to calculate cost/serving?
 - A. Cost/serving = #of servings per pound/ cost per pound
 - B. Cost/serving = # of cooked ounces/ # of people
 - C. Cost/serving = Cost per pound/ # of servings per pound**
 - D. Cost/serving = # of servings per pound/ # of cooked ounces
- True or False. Tougher pieces of pork, such as a shoulder roast, are best if cooked quickly over a very hot flame.

False. Slow, wet cooking methods tend to tenderize tough cuts of meat.
- Name one of the two pure breeds that excel in meat quality characteristics.

Duroc or Berkshire
- When looking at a pork chop in a supermarket meat case, name one factor you would look for to evaluate muscle quality.

Correct answers include marbling, texture, color, wetness/dryness.
- What wholesale cut, when smoked and sliced is known as Canadian Bacon?

Loin
- Which is more valuable, lean meat or fat?

Lean meat
- Smoked boneless pork loin is sold in supermarkets as _____ .

Canadian bacon

