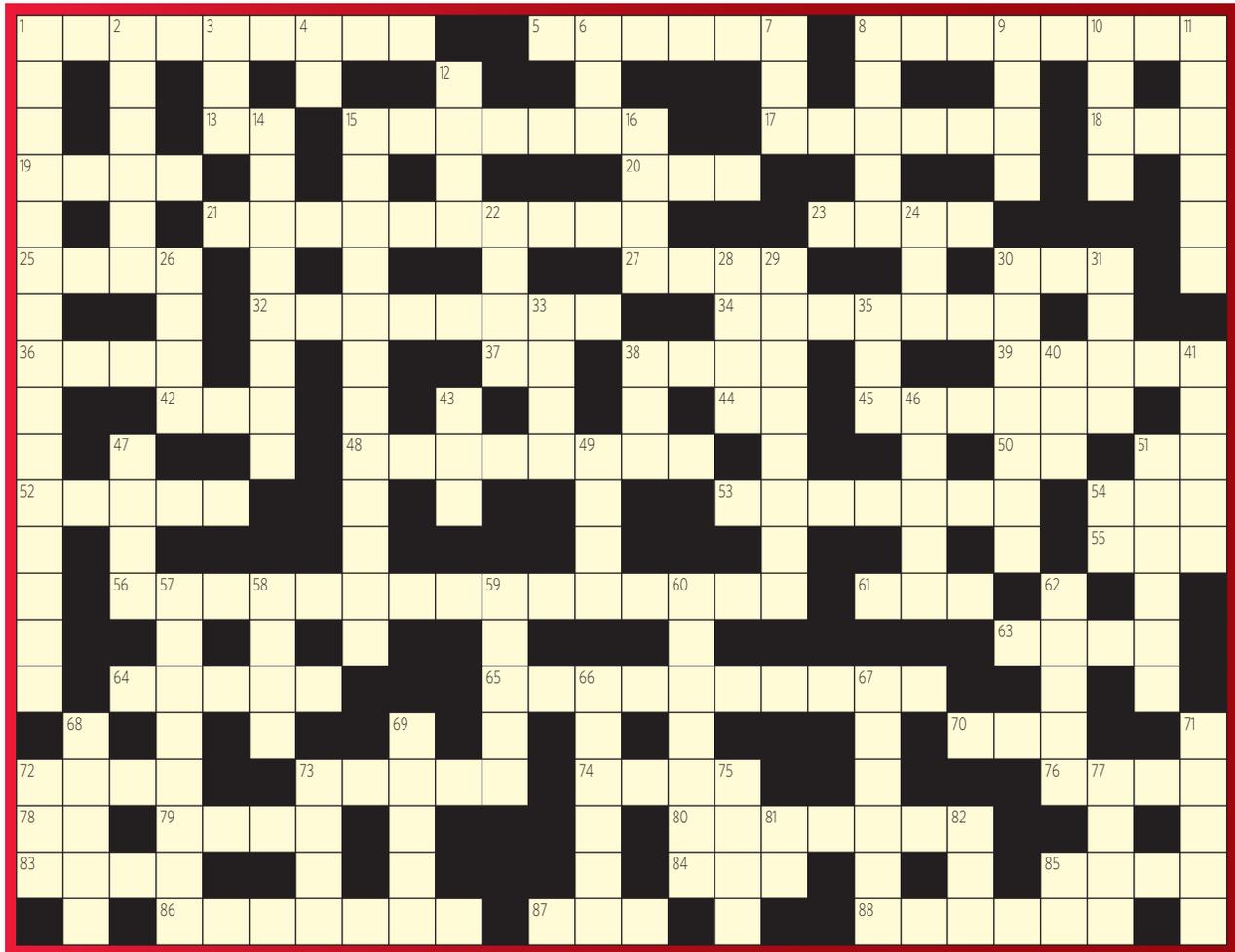


CROSSWORD PUZZLE



Across

- 1 This little oven is a big convenience.
- 5 Vitamin that contributes to healthy skin and good appetite.
- 8 When complete, these help build body tissues.
- 13 "Pound," abbreviation.
- 15 Beef cut used for corned beef.
- 17 Also called a wholesale cut.
- 18 Another term for "also."
- 19 From its head to its _____, a beef animal provides valuable by-products.
- 20 _____ a variety of foods for good health.
- 21 The arm and shoulder and the foot are examples of _____ (two words).
- 23 Moist or dry, it's essential to cookery.
- 25 Back of your foot.
- 27 At football games, it's fun to root for the home _____.
- 30 Droop.
- 32 An identification method that tells shoppers what's in a beef package.
- 34 Expresses the energy-producing value of foods.
- 36 Ground beef patties should never be eaten _____ (degree of doneness).
- 37 Ground beef should be stored in

- the refrigerator no longer than 1 _____ days.
- 38 Two of a kind.
- 39 To act in response to an event.
- 42 Another word for family "relatives."
- 44 Abbreviation for "decibel."
- 45 What's added by herbs and spices.
- 48 _____ beef in a frying pan adds good color.
- 50 Opposite of "out."
- 51 Spanish for "yes."
- 52 Heat methods used for less-tender cuts.
- 53 _____ steak comes from the loin.
- 54 Abbreviation for "et cetera."
- 55 Noah's _____.
- 56 A method that can shorten beef cooking time. (two words)
- 61 In _____ minutes you can cook a stir-fry beef meal.
- 63 Vegetable sometimes served with carrots.
- 64 The type of farm that produces milk.
- 65 The beef grade _____ contains less marbling than USDA Choice (two words).
- 70 Is beef an important source of iron?
- 72 Beef is one type.
- 73 Ribeye or T-bone _____.

- 74 What you see out a window.
- 76 The freezer can be used for long-_____ beef storage.
- 78 Two letters that follow hours of the morning.
- 79 Short for "information."
- 80 This should be done across the grain.
- 83 A vegetable that's also used in making a type of yellow bread.
- 84 Holds cookies.
- 85 Lima, navy, kidney, string or pinto.
- 86 Done to indicate beef cut quality.
- 87 Stir _____ can be a quick Chinese-style beef meal.
- 88 An old phrase is that "silence is _____."

Down

- 1 Best implement for measuring roasts' doneness (two words).
- 2 The USDA beef grade with less marbling than prime.
- 3 Adding a little bit of this to frying pans can prevent foods from sticking.
- 4 Beef _____ jus means "served with natural juices."
- 6 Added to picnic coolers, helps keep foods cold.
- 7 A short sleep.
- 8 USDA beef grade that

- contains the most marbling.
- 9 Kitchen show and _____ is a good way to learn recipes.
- 10 Spring turns _____ summer.
- 11 This flavorful type of beef should not be frozen for long periods of time.
- 12 Someone who does not tell the truth is a _____.
- 14 A dry heat cooking method used for tender steaks.
- 15 A dish cooked outside over an open fire, served with tangy sauce (two words).
- 16 Inspection is a federal _____ for beef wholesomeness.
- 22 A word that means "leave out."
- 24 Exposure to this changes beef's color from purplish to red.
- 26 A relative of the onion, this looks like a giant scallion.
- 28 Marinades contain a food _____ such as vinegar or citrus, to soften beef fibers and add flavor.
- 29 Flecks of fat throughout the lean.
- 30 To compare beef prices, determine cost per _____.
- 31 Another word for "equipment!"
- 33 Lunch time.
- 35 The opposite of "on"

- 38 A wide, shallow container used for frying meat.
- 40 Two or more eras.
- 41 A 3-ounce cooked serving of ground beef is about 3 inches wide and a half-inch _____.
- 43 A female beef animal.
- 46 A wrapping job that's not good for beef stored in the freezer.
- 47 A word meaning "soggy" or "wilted" when describing vegetables.
- 49 Beef can be prepared _____ many different ways (two words)!
- 51 Emotional pressure that can result from doing too much at one time.
- 54 Abbreviation for "each."
- 57 A dry heat method that uses a rack and open pan.
- 58 To separate into different categories.
- 59 Shoulder area of the beef animal.
- 60 Federal officials _____ beef for wholesomeness.
- 62 A sumptuous spread.
- 66 To eat entirely and with gusto.
- 67 A tenderizing process done by machines at meat counters,

- to break down beef's tough fibers.
- 68 Juice from this yellow citrus fruit can be used in marinades.
- 69 The number after six.
- 71 _____ acids are proteins' building blocks.
- 72 Short for macaroni.
- 73 Something that's been bought has been _____.
- 75 Another word for "delay" or "postpone."
- 77 In a microwave oven, uniformly-shaped foods help make cooking more _____.
- 81 Abbreviation for Registered Nurse.
- 82 What pudding and some pies must do.
- 85 Nutrients help people _____ active and alert.