Chapter 6: Meat, Fish, Poultry & Eggs
Food Explorations Lab I: The Building Blocks
Lab I: The Building Blocks

Getting started... What to Expect in Lab I
Lab I: The Building Blocks

Bead = Amino Acid

Example Protein Strand

Fold Ends
Food Explorations Lab II: Synthesizing Muscles
Lab II: Synthesizing Muscles

Example of the constructed arm
Lab II: Synthesizing Muscles

SIMPLE MODEL OF HUMAN ARM

- Bicep Origin
- Scapula
- Triceps Origin
- Humerus
- Biceps
- Triceps
- Bicep Insertion
- Radius
- Ulna
- Tricep Insertion
Food Explorations
Lab III:
Foam Formulations
Breaking an egg and separating the white from the yolk.
Separate egg yolk from white using an egg separator.
Lab III: Foam Formulations

Getting Started... What to Expect in Lab III - Part A
Lab III: Foam Formulations

Getting started... What to Expect in Lab III – Part B.
Whisk the egg white until it becomes foamy (i.e. foam on a recently poured carbonated drink). This is the “no peaks” stage.
Lab III: Foam Formulations

No Peaks: Liquidy
Soft Peaks: Beat until egg whites form peaks that bend slightly at the tips. The foam should be shiny and moist.
Lab III: Foam Formulations

Soft Peak: Folds
Lab III: Foam Formulations

*Stiff Peaks*: Beat the egg white until the foam no longer slips when the bowl is tilted.
Lab III: Foam Formulations

Stiff Peak: Stands
**Lab III: Foam Formulations**

**Overbeaten**: Beat the egg white until the foam begins to break down and become grainy. Liquid may begin to drain from the foam.
Lab III: Foam Formulations
Lab III: Foam Formulations

Sugar Treatment
Lab III: Foam Formulations

Fat Treatment
Lab III: Foam Formulations

Acid Treatment
Lab III: Foam Formulations

Salt Treatment
Lab III: Foam Formulations (Foam Emulsions)

Using a rubber spatula, push the egg white foam into a funnel.
Lab III: Foam Formulations (Foam Emulsions)

Foam Leakage
(Sugar Treatment)
Deviled Eggs

Omelet
Lab III: Foam Formulations

Quiche

Fried Egg
Lab III: Foam Formulations

Poached Eggs

Lemon Meringue Pie