

1. Drawn-This term refers to a whole fish that has its visceral (organs) removed. The fish still contains its head, fin, tail, and bones are still intact. Drawn fish can be prepared several different ways, such as baking, grilling, steaming, pan-frying, poaching, and stuffing. When cooking this type of fish it tends to be more flavorful and juicy than filets. The one other thing that needs to be noted is to be careful due to the bones in the fish.
2. Dressed-This term refers to fish, poultry, or game animals that have been cleaned and further prepared for cooking. A dressed fish has been scaled and gutted. This also means the head, tail, and fins have all been removed. Dressed poultry or game means they have been plucked or skinned, eviscerated, and cleaned. These proteins are ready for immediate use. This can save time in a busy kitchen where time is money.
3. Entomophagy-This term refers to eating insects as food. This is considered another form of protein. In many cultures around the world, insects are a traditional food source. Insects are prepared by roasting, frying, boiling, drying, grinding into flour, sauteing, and coating in chocolate. Insects are prepared very similar to meats or nuts.

4. Feathered Game-This term refers to wild birds that are hunted for food. These include pheasant, quail, grouse, and wild duck to name a few. They are non-domesticated birds. These have a typically stronger and more distinctive flavor. Typically these birds are leaner and can be tougher. These types of proteins are generally roasted or braised, so they can retain moisture. Dishes that involve these animals are often paired with fruits, wine, and rich sauces.
5. Flatfish-This term refers to a fish that is broad or flattened. It has a spread-out profile. This fish has both its eyes on one side. These fish live on the ocean floor. They have a delicate, mild-flavor and fine-textured flesh. Some examples are flounder, sole, halibut, and turbot. These types of fish are best used in pan-frying, poaching, and baking. These fish are usually served with a light sauce.
6. Frenching-This term refers to a technique where meat and bones are trimmed so part of the bone is left clean and exposed. This technique leaves a bare, polished-looking bone for presentation. This is commonly used with rack of lamb, veal chops, and chicken legs. This makes the presentation more elegant.
7. Furred Game-This term refers to wild mammals that are hunted for food. Instead of feathers, these animals have fur. A few examples

are rabbit, squirrel, and wild boar. These animals are very lean and flavorful. Cooking techniques include slow cooking, braising, and stewing. This is needed to tenderize the meat. These meats also pair well with rich sauce that comes from how they were cooked. These animals often have an earthy flavor due to their diet.

8. Gratin-This term means to top with a crusty layer. The key features of a gratin are a creamy sauce base, topped with breadcrumbs, cheese, or a combination of both. It is baked in a shallow pan, ending with a crunchy, browned topping. The creamy sauce is often mixed with potatoes, vegetables, or pasta. An example of a gratin is mac and cheese or scallop potatoes.
9. Spring Lamb-This term refers to a young lamb, generally 3-5 months in age. It is leaner and more tender than older lambs. It has a mild and delicate flavor. It has a slightly sweet flavor. The common cooking methods for cooking spring lamb include roasting, grilling, broiling, braising, sous-vide, and sauteing. Spring lamb is best paired with fresh herbs, garlic, or light sauces. Some of the main cuts of spring lamb are rack, leg, loin, shoulder, and chops.
10. Venison-This term refers to the meat of deer, but can also include elk and moose. It is a lean, slightly sweet, and flavorful meat. The

meat has a strong earthy flavor due to its diet. The different cuts include the loin, shoulder, shank, ribs, and haunch. The cooking methods of venison include roasting, grilling, braising, smoking, and curing. Depending on what is being cooked or produced from venison fat may need to be added. This helps to prevent dryness. Venison is also made into jerky. This is one way that many people have enjoyed venison.