



Culinary Institute
of America

NMU – Day 2 Cooking Methods and Yield

George Shannon

May 10, 2023



Kitchen Responsibilities

- Set up your team's station, work neat and organized
- Keep stations clean
- Properly handle and store all food
 - When handling "ready-to-eat" food items...if you don't cook it, glove it!
 - Wash hands, cutting boards, knives, etc. when switching between meats and vegetables
- Clean as you go – this will help with cleaning at the end
- At end of class, kitchens need to be left clean!

Family Meal

- We will prepare, present, and eat our own food
- Each team will need to attractively plate and present your groups food
 - Each group will talk about the food they prepared
- The food will be presented family style either on platters or in chafing dishes.
- Be prepared to talk about your teams production after production
 - Did you learn a new trick today
 - Were there any challenges?
 - Would you be able to utilize any of this in your units?

Things to Remember

- Work Smarter not harder
- Mise en Place – gather everything you need
- Read the recipes completely before beginning
- Develop a plan as a Team and work towards the goal or service time
- Please leave all common pantry items on the common pantry
- Properly store any unused food product, we will be setting up trays for the next day after Family meal for the next day

Cooking Techniques for Production

- Roasting
- Infiernillo – “small inferno”
- Grilled
- Delta T
- “Sous Vide”

Technique: Roasting

- Cooked through contact with dry, heated air
- Full, rich flavor
- Browned exterior
 - Maillard reaction
 - Item Sometimes seared
- Moist Interior
- Pan Drippings

Roasting

- Characteristics of items to be roasted
 - Tender
 - Well marbled
 - Larger than single portion
- Foods suitable for roasting
 - Meats
 - Seafood
 - Vegetables

Determining Doneness

- **Internal Temperatures**

- Fish 145°F

- Poultry 165°F
(What about duck breast?)

- Pork 145°F

- Veal 140°F

- Beef 120°-140°F

- **Other Methods**

- Time

- Experience

- Finger pressure

Infiernillo – “small inferno” or “little hell”

- Traditionally two fires with a cooking level in between
- Primarily used for baking large pieces of meat, whole fish, poultry encased in salt
- Outdoors – use two steel plates supported by cinder blocks, rock, bricks, etc. separating plates by about 12 inches
- Indoors – when in a salt crust set oven at highest temperature or 500° F when possible.
- If outdoors the open fire adds some smokiness to the meat if not crusted.

Grilling

- High direct heat
- May involve smoke
- Tender items
- More expensive, more tender cuts
- Short cooking time

BBQ

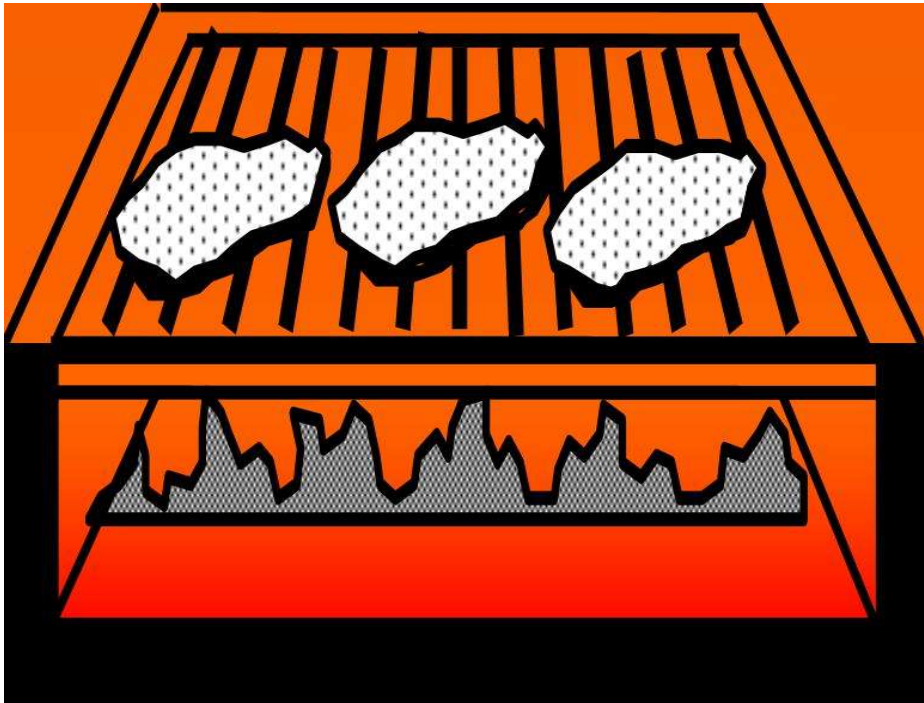
- Indirect Low n Slow heat: 225°F – 250°F
- Generally, involves smoke
- Less expensive, less tender items
- Longer cooking time

Techniques: Grilling and Broiling



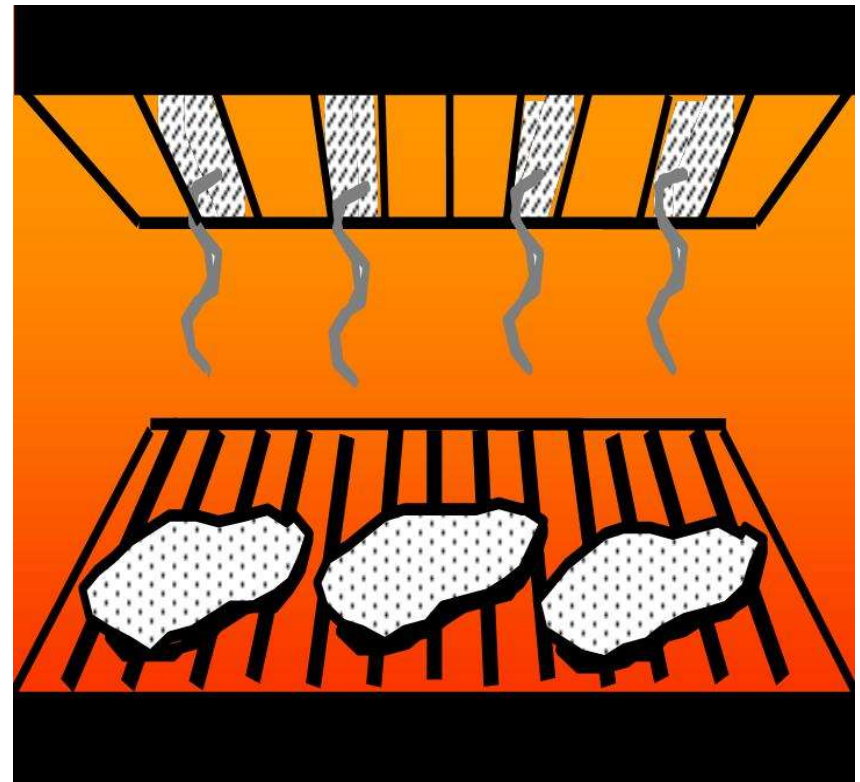
What's the difference?

Grilling vs. Broiling



Heat source *below* the food

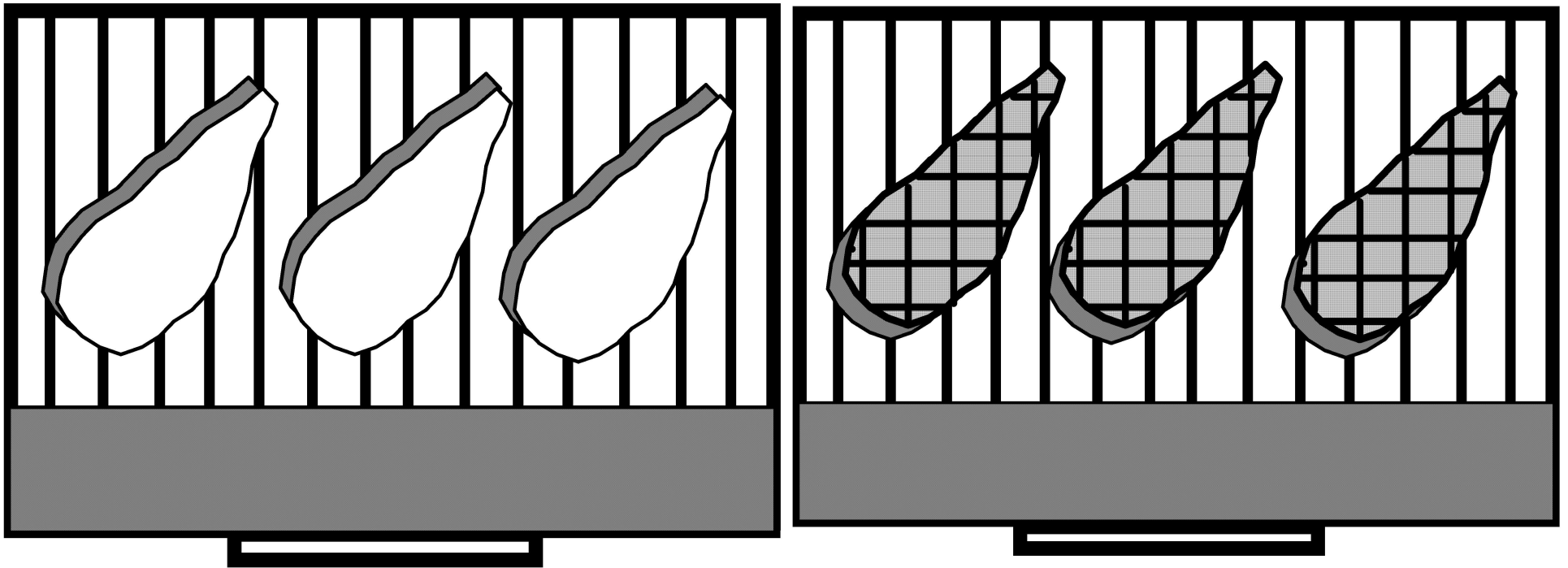
Heat source *above* the food



Grilling and Broiling

- Lightly charred exterior, moist interior, slightly smoky flavor
- Characteristics of items to be grilled/broiled
 - Tender
 - Have intramuscular fat content (if possible)
 - Portion size
- Foods suitable for grilling/broiling
 - Meats
 - Seafood
 - Vegetables (tender, high moisture content)
- Sauces are made separately; very versatile

How to Mark an Item



Delta-T

- What is it?
- The difference between two measured temperatures
 - One is the internal temperature – probe
 - One is the external or oven temperature – oven thermostat
- Oven temperature rises as internal temperature rises
- Usually set for a 100° F difference, can be other.
- Found on newer equipment and sous vide using a special probe

Sous Vide

- Popular in European Kitchens
- Requires special variance to prepare food due to vacuum packaging
- Traditionally uses a hot water bath heated by a circulator to the desired temperature
- Modern ovens and other devises offer this as a cooking option
- Usually requires a sear after reaching the proper doneness

Yield Exercise – What do you lose?

- Weigh the Pork Loin after trimming and before cooking
- Cook according to the method assigned to your group
- Allow to rest after reaching 145° F internal temperature
- Weigh pork loin before slicing to serve and record weight
- Compare results when we discuss production after lunch



Culinary Institute
of America

Any question?...let's
cook!

