



Culinary Institute
of America

Cooking Methods



Learning Objectives

- Demonstrate how to effectively set up your workstation and organize your mise en place
- Safely hold and handle a knife
- Identify appropriate tools/ equipment and ingredients that may be used for select cooking methods
- Discuss the importance of temperature control and heat management in cooking
- Explain the purpose of allowing meat and poultry items to rest
- Execute a variety of knife cuts and prepare a selection of dishes
- *Learn from each other and have fun!*

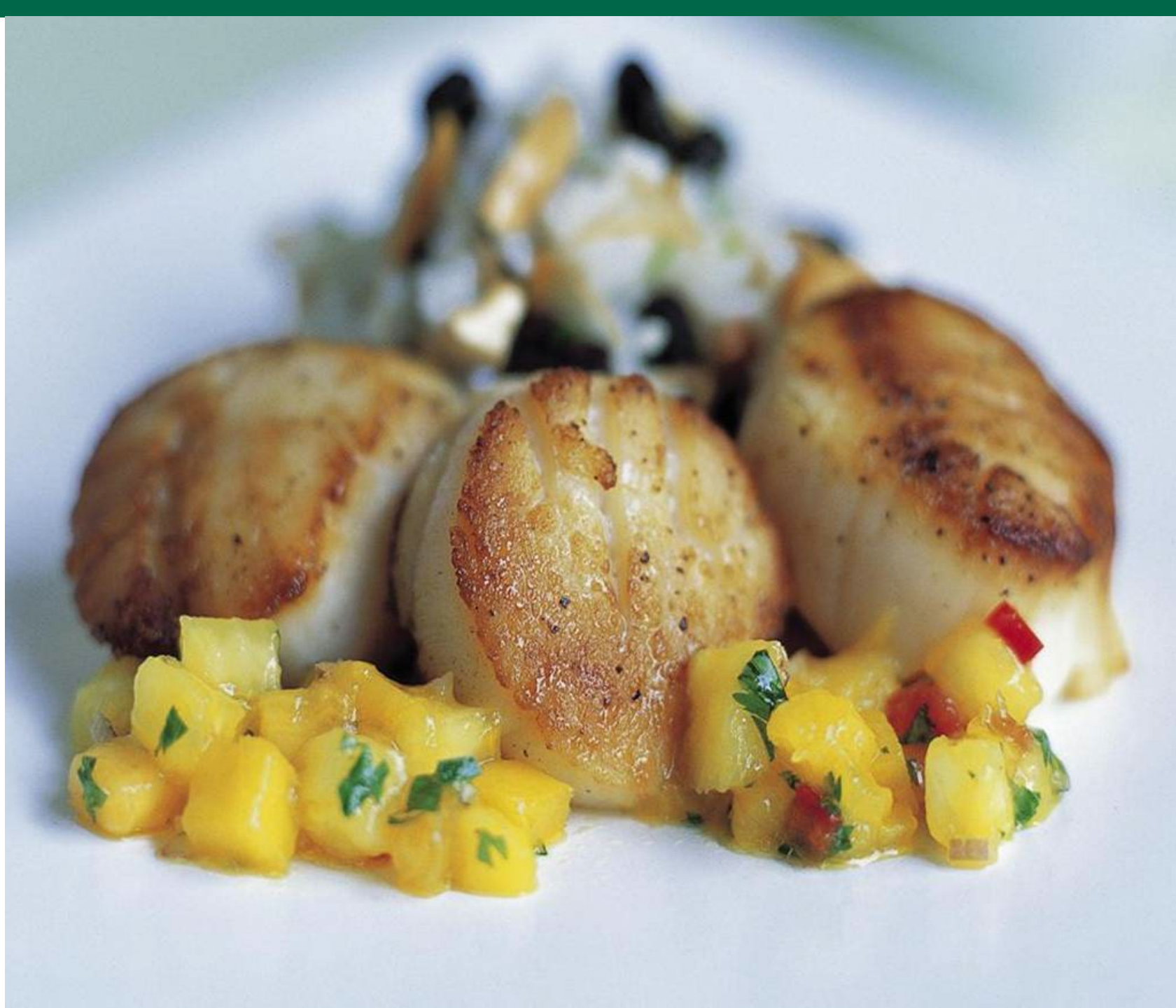
Key Terms

- Braise
- Combination Cooking Methods
- Broil
- Deep Fry
- Dry-Heat Methods
- Grill
- Mise en Place
- Moist-Heat Methods
- Roast
- Sauté
- Sauteuse
- Sautoir
- Stew

Dry-Heat Cooking Methods

Sauté

- “To jump”
- High heat
- Rapid technique
 - Perfect mise en place required
- Small amount of fat used
- Sauces generally made in the pan
- Characteristics of items to be sautéed
 - Tender
 - Portion size or small pieces
 - Cooked to order



Sauté

- **Foods suitable for sautéing**
 - Meats – loin, rib, tenderloin, breast
 - Seafood
 - High-moisture vegetables
 - Pre-cooked vegetables (to finish or re-heat)
- **Cooking mediums** – need high smoke points
 - Clarified butter
 - Neutral-flavored oil (i.e. vegetable oil)
 - Rendered fats



Sautéing Equipment



Sauteuse

Sautoir

Sauté Method

1. Prepare foods for sautéing (MEP). Heat pan.
2. Add small amount of oil. Sear items presentation side down first. Turn once.
3. Finish larger items on stovetop with lid or in oven uncovered
 - Light meats - golden brown
 - Red meats - browned thoroughly
4. Remove items from pan and reserve. Keep warm.



Deep Frying

- Item completely submerged in fat
- Fat/ oil selections
 - Should be neutral flavored with high smoke point
 - Oil temperature = 350°F
 - Items drained of excess fat
- Cooked to order
- Served immediately
- Sauce made and served separately



Deep-Frying Method



1. Heat fat to proper temperature (350°F).
2. Coat products with desired coating.
3. Add main item (usually breaded or batter-coated) to hot fat using appropriate method.
4. Turn items during frying.
5. Remove main item and finish cooking in an oven, if necessary.
6. Drain food on paper towels or rack.
7. Season and serve with appropriate sauce and garnish.

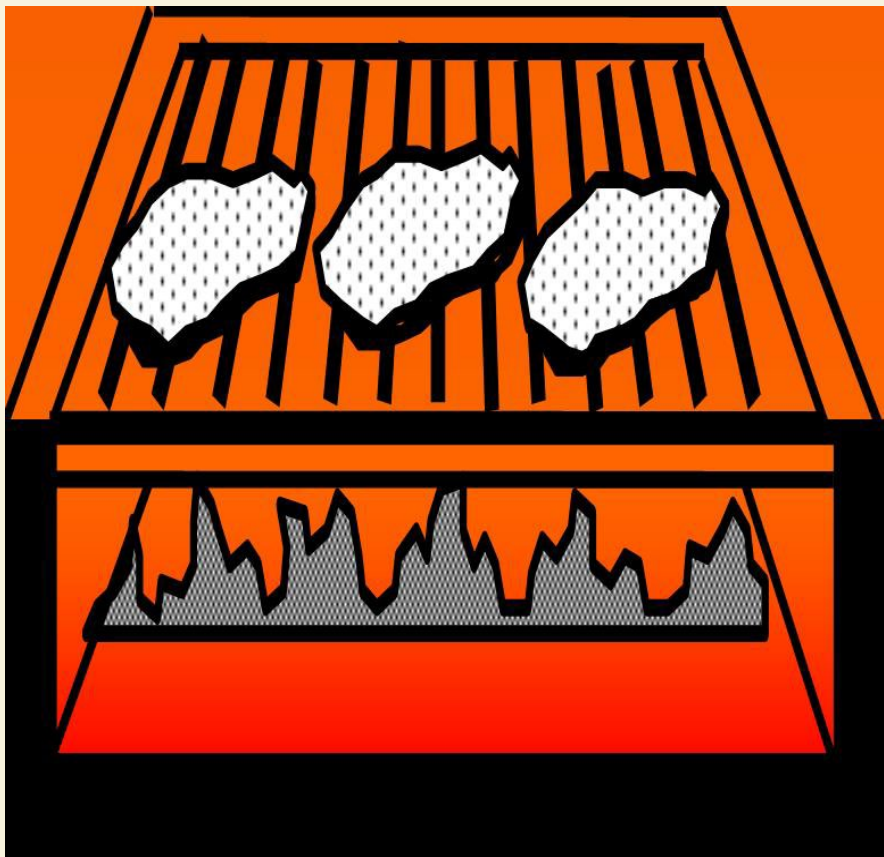
Grilling vs. Broiling



What's
the
difference?

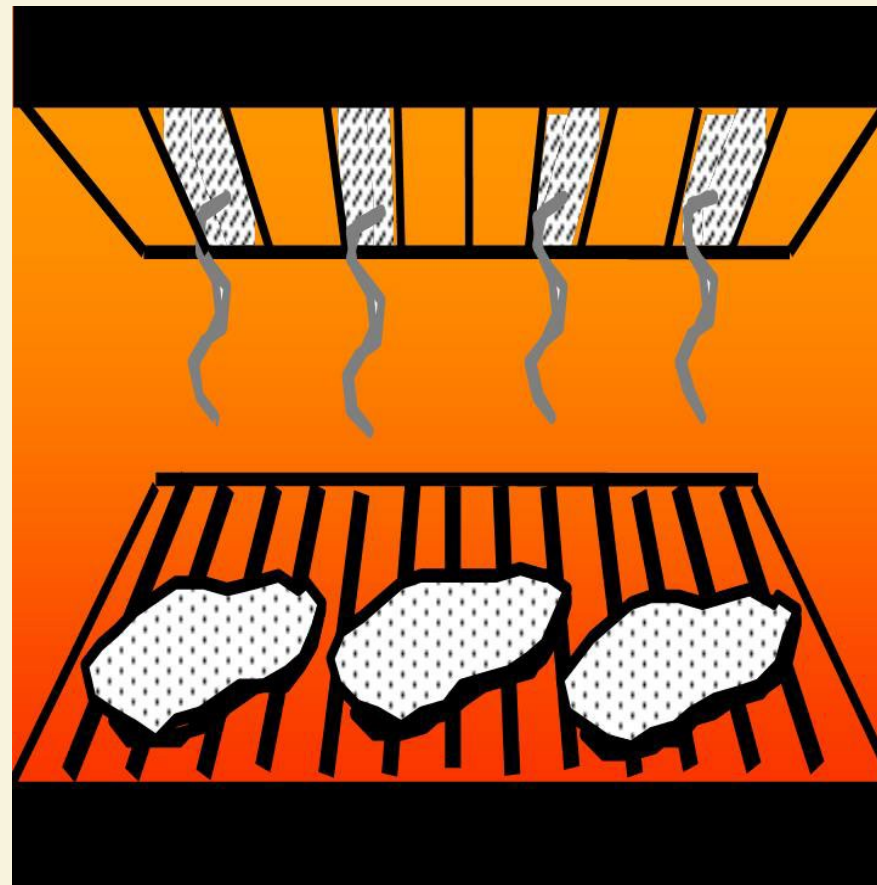


Grilling vs. Broiling



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

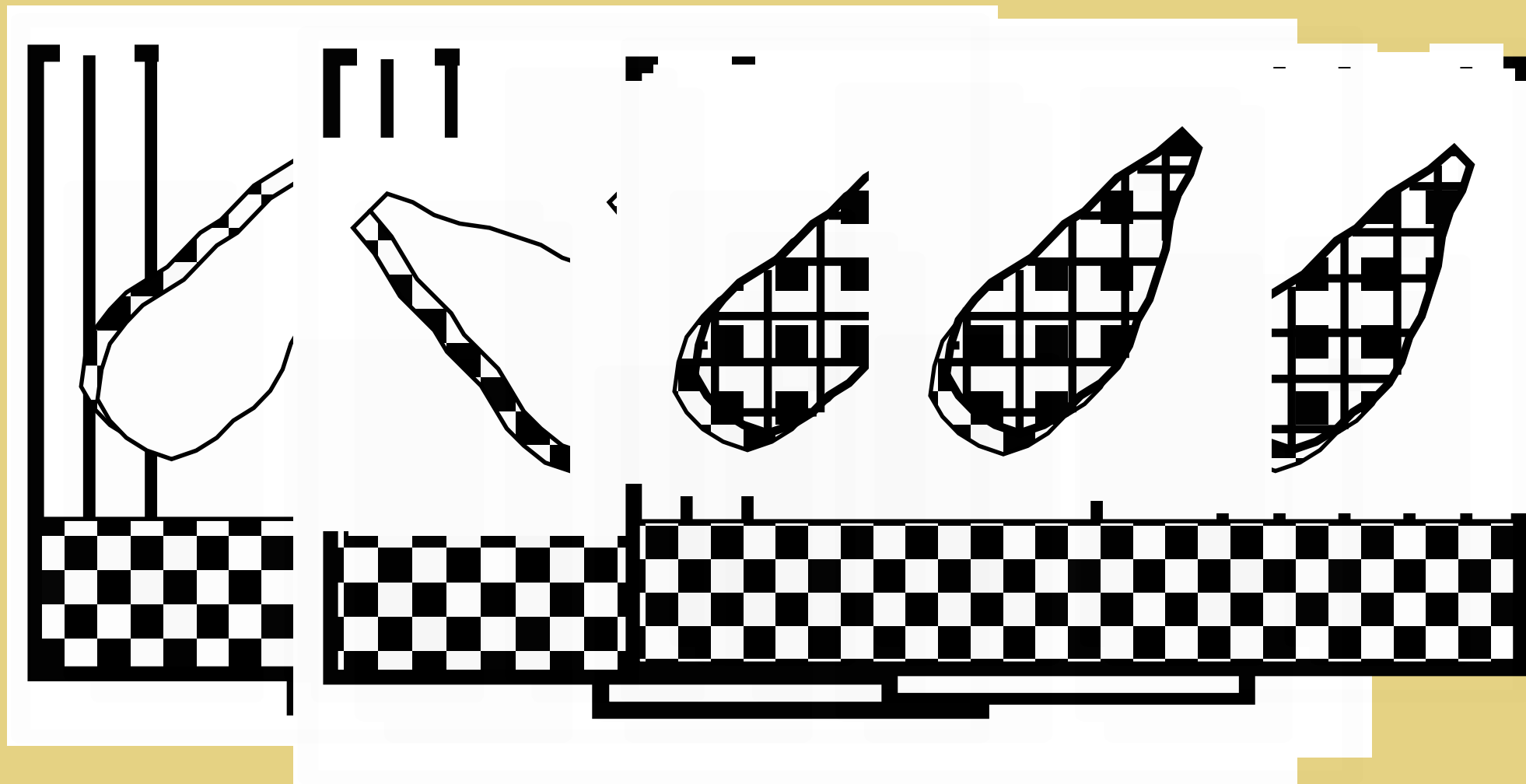
Grilling Method

1. Thoroughly clean and preheat grill. Oil grids.
2. Season and/ or marinate main item. Brush with oil if necessary to prevent sticking.
3. Place main item on the grill. Use a hand grill for delicate foods such as fish.
4. Rotate item 90° to produce crosshatch marks, if desired.
5. Turn item over and continue cooking to desired doneness. Finish cooking in oven, if necessary.





How to Mark an Item



Roasting

- Cooked through contact with dry, heated air
- Full, rich flavor
- Browning exterior
 - Maillard reaction
 - Items sometimes seared
- Moist interior
- Pan drippings foundation for sauces and gravies



Roasting

Characteristics of items to be roasted:

- Tender
- Well marbled
- Larger than single portion

Foods suitable for roasting:

- Meats
- Seafood
- Vegetables

Roasting Method

1. Preheat oven.
2. Season items. Stuff/ marinate, if desired.
3. Sear, if necessary.
4. Elevate item in roasting pan.
5. Roast, uncovered, to desired internal temperature. Allow for carryover cooking.
6. Add mirepoix to pan for flavor during final hour of roasting time, if desired.
7. Let item rest before carving.
8. Prepare pan gravy.
9. Carve item across grain.
10. Serve with gravy or sauce.



Sauces and Gravies

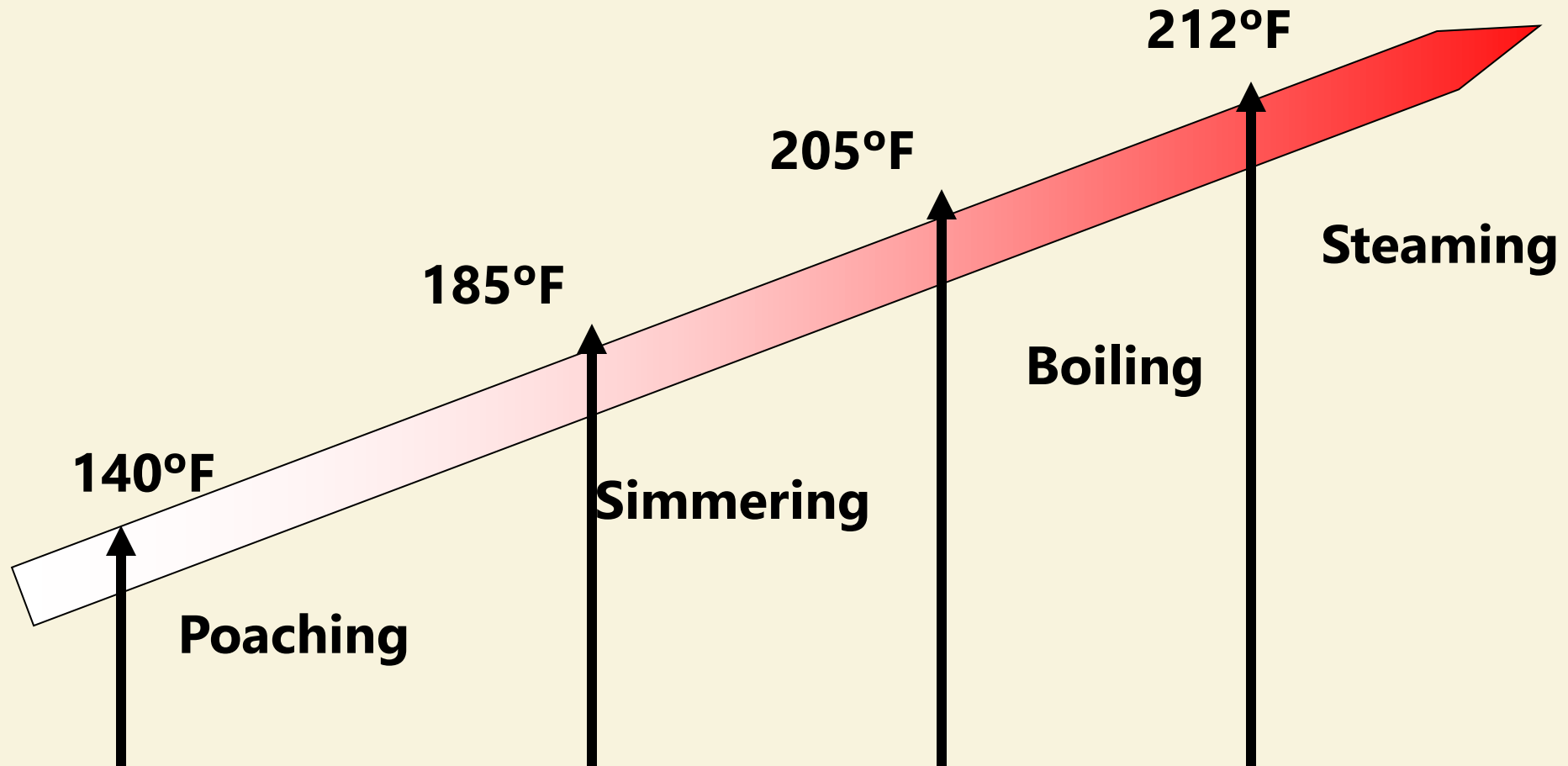
- Au jus
- Jus lié
- Pan gravy

Thickeners for sauces/gravies:

- Flour mixed with drippings to form a roux
- Slurries
- Prepared roux



Temperature Control



Combination Cooking Methods

Braising and Stewing

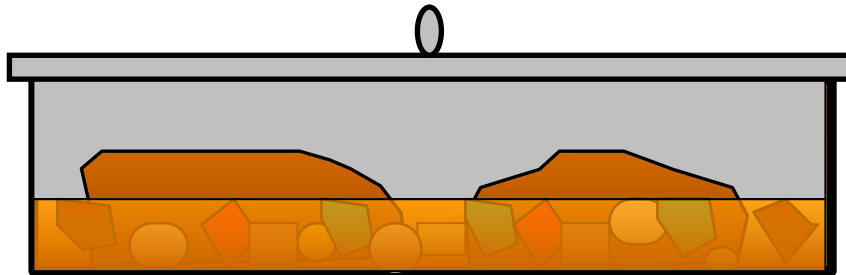


- Combination methods
 - Blend dry-heat and moist-heat
- Tenderizing effect - foods cooked until tender
 - Less tender cuts/ mature animals
- Hearty "peasant" foods
 - Less expensive cuts
- Comfort foods
- Covered cooking vessels



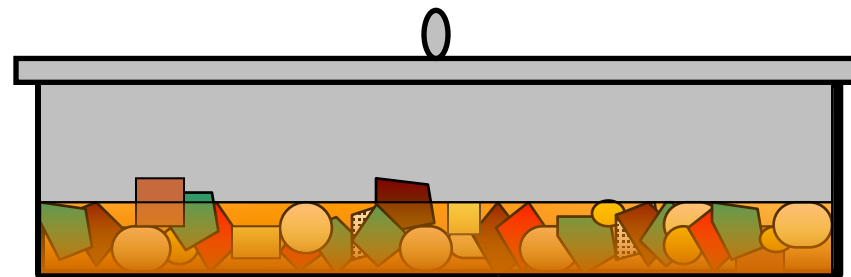
Braising

- Size: large, multi-portion
- Liquid: covers $\frac{1}{3}$ to $\frac{1}{2}$ item
- Garnish: cooked separately
- Sauce: strained
- Cooked: in oven



Stewing

- Size: small pieces
- Liquid: covers item
- Garnish: cooked with item or separately
- Sauce: not strained
- Cooked: oven or range



Braising and Stewing Method

1. Season or marinate main item.
2. Sear main item on all sides in hot oil.
3. Remove main item. Set aside.
4. Add mirepoix and caramelize. Add tomato paste and pinc .
5. Add liquid. Stir to deglaze.
6. Bring mixture to simmer.
7. Return main item to sauce.
8. Cover and finish cooking until fork-tender.
9. Add aromatics/ garnishes when appropriate.



Braising and Stewing Method

10. Remove main item. Keep warm.
11. To prepare sauce, strain, reduce, thicken, and garnish as desired.
12. Slice or carve main item.
13. Serve with sauce and garnish.

*For stewing: follow method through step 9. Correct flavor and consistency as needed.



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



Culinary Institute
of America

Any Questions?