



Culinary Institute
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Dry-Heat Cooking without Fats & Oils Soups



Learning Objectives

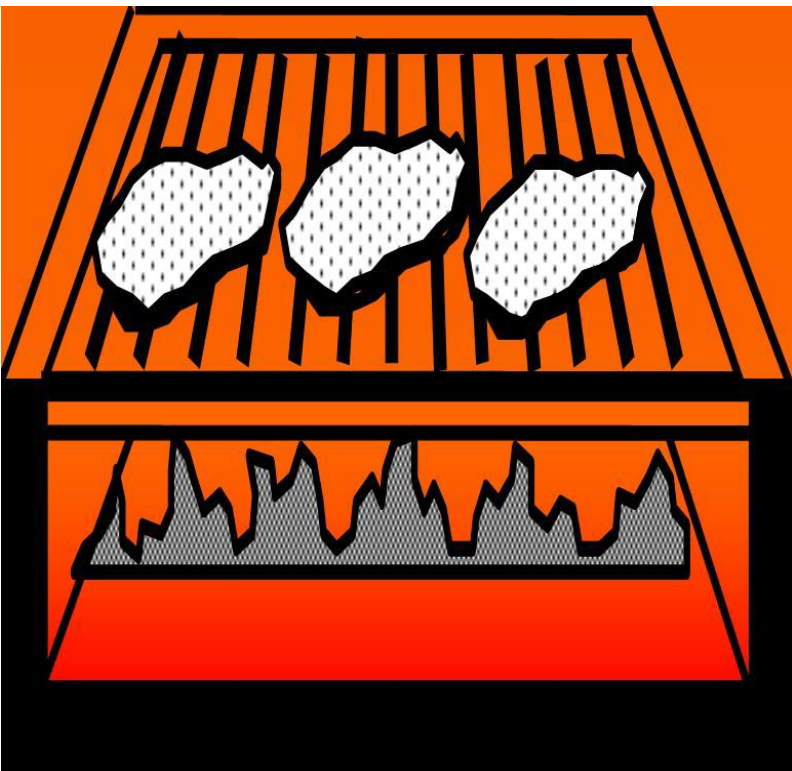
- Define and execute grilling, broiling, roasting, and baking techniques
- Identify appropriate tools/equipment and ingredients that may be used for each method
- Describe pre-preparation techniques
- List and apply various methods of checking doneness
- Explain the purpose of allowing cooked meat and poultry items to rest
- Identify various sauces that may accompany these items
- Discuss the major categories of soups and state key characteristics of each

Grilling and Broiling



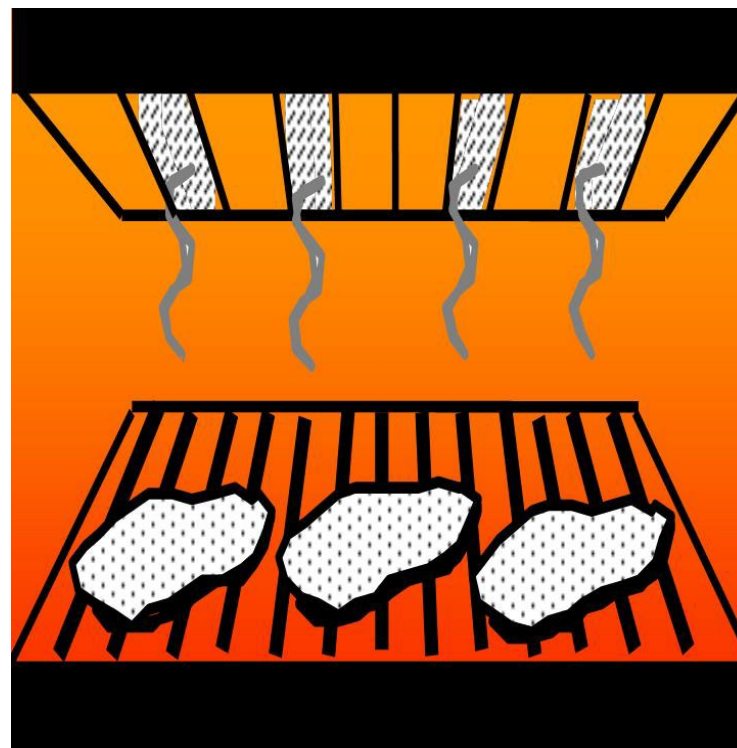
What's the difference?

Grilling vs. Broiling



Heat source ***below*** the food

Heat source ***above*** the food



Grilling and Broiling

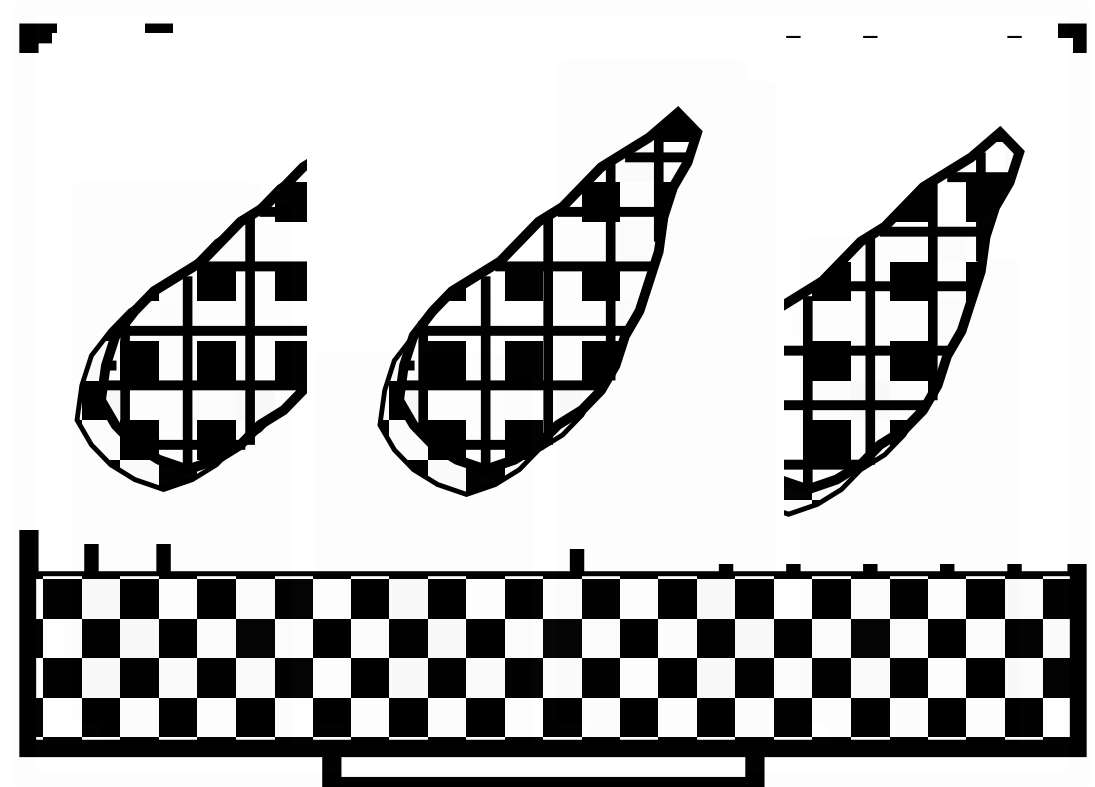
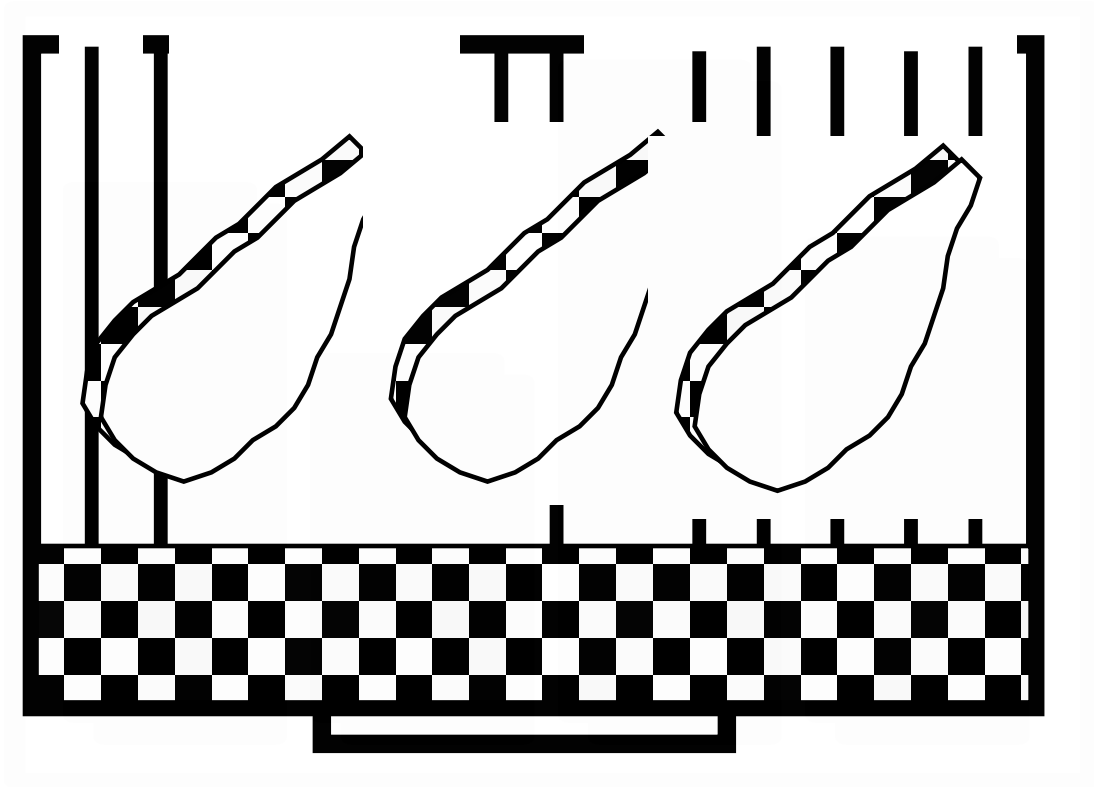
- Lightly charred exterior, moist interior, slightly smoky flavor
- Characteristics of items to be grilled/broiled
 - Tender
 - Have intramuscular fat content (if possible)
 - Portion size
- Foods suitable for grilling/broiling
 - Meats
 - Seafood
 - Vegetables (tender, high moisture content)
- Sauces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

Marinades, Brines, and Rubs

- Marinades
 - Contain oils, acids, and aromatics
 - Why use marinades?
 - Flavor
 - Moisture
 - Color
- Brines
 - Comprised of water, salt, sugar, and aromatics
 - Add moisture to naturally dry meats
- Rubs (dry or wet)
 - Dry
 - Mixture of salt, sugar, herbs, spices, etc
 - Wet
 - Dry rub mixed with a little oil, vinegar, wine, citrus juice, etc to form a paste



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

Sauces and Gravies

- Au jus
- Jus lié
- Pan gravy
- Thickeners for sauces/gravies
 - Flour mixed with drippings to form a roux
 - Slurries
 - Prepared roux

Determining Doneness

- Internal Temperatures

- Fish 145°F
- Poultry 165°F
(What about duck breast?)
- Pork 145°F
- Veal 140°F
- Beef 120°-140°F

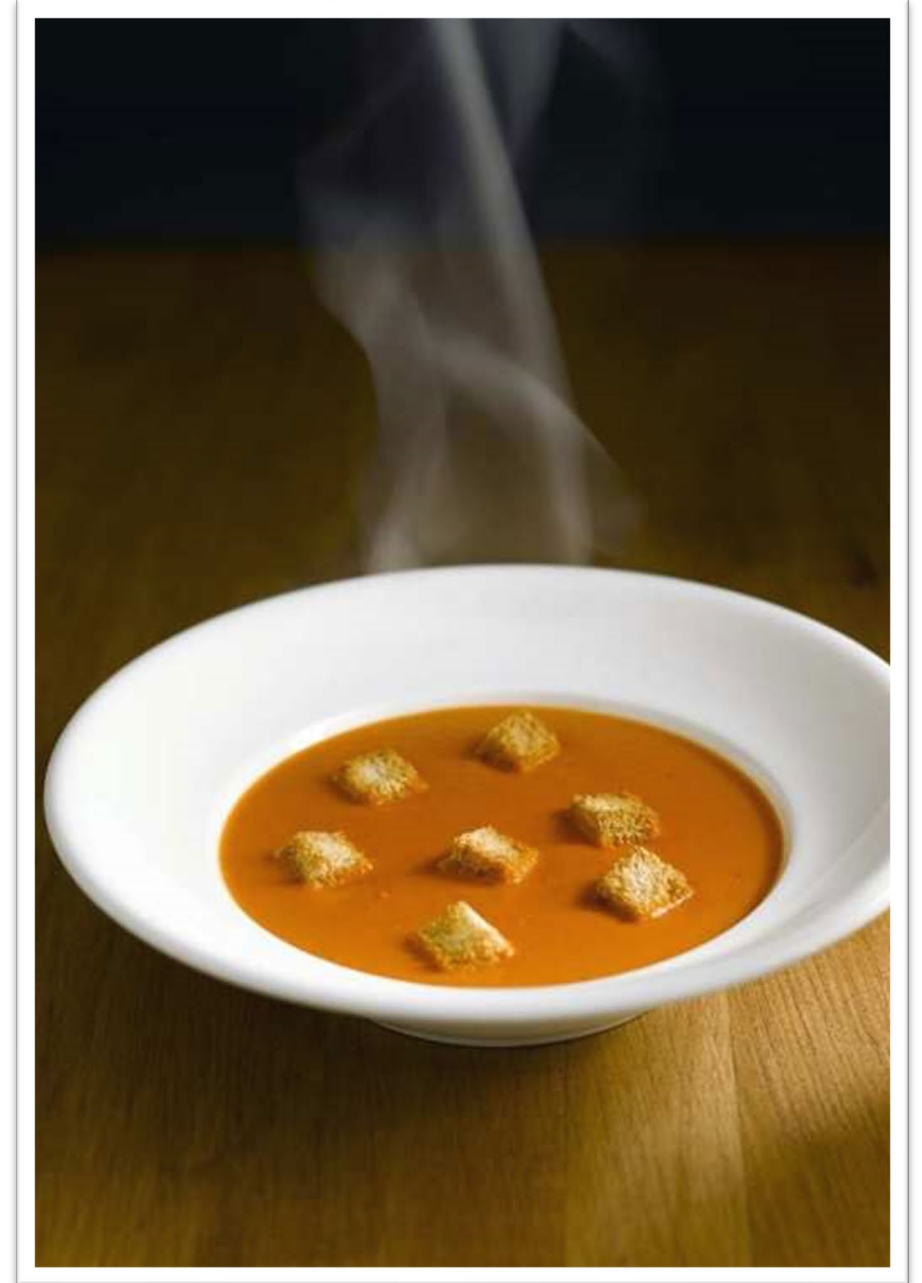
- Other Methods

- Time
- Experience
- Finger pressure



What is a Soup?

A soup can be any combination of vegetables, meat, or fish cooked in a liquid



Soup Categories

Thick

- Cream soup
- Chowder
- Purée soup
- Bisque

Clear

- Broth
- Consommé
- Hearty broth

Other

- Specialty soups
- Cold soups

Clear Soups



- Based on stocks or broth
- Garnish may be cooked in soup or cooked separately
- Examples of clear soups
 - Consommé
 - Broth
 - Clear vegetable
 - Specialty
 - Cold

Cream Soups



- Main flavoring often a single ingredient
 - i.e. Broccoli, asparagus, chicken, mushroom
- **Thickeners:** roux, flour, potatoes, pureed main ingredient
- **Liquid:** stock, broth, velouté, bechamel
- Finished with heated heavy cream/ tempered liaison

Cream Soups



- **Flavor profile:** rich, balanced
- No raw starch flavor
- **Texture:** velvety, heavy cream consistency
- Appropriate garnish
 - Size and shape
 - Flavor and texture

Clear Specialty and Cold Soups

Specialty

- International
 - Dashi
 - Petite Marmite
 - Minestrone
- Regional
 - Tortilla Soup
 - Amish-Style Chicken and Corn Soup

Cold

- Made from:
 - Rich, full-bodied broth or juice
 - Infusions
 - Essences
 - Well-strained purées
- Gelatin can be added for a unique texture



Puréed Soups



- Similar to cream soups
- Main ingredients
 - Generally starchy vegetables: Legumes, potatoes, sweet potatoes
 - No thickeners-- main ingredient is puréed
- Generally not strained
- Coarse texture
- More rustic appearance
- Cured pork product often added for flavor

Puréed Soups

- Thicker and coarser than cream soups
- Rustic
- Commonly not strained
- Based on
 - Dried legumes
 - Starchy vegetable
- Includes pork product

- May be finished with
 - Milk
 - Cream
- Garnish
 - Croutons
 - Small dice of appropriate meat or vegetable

Puréed Soups: Quality Characteristics

- Robust flavor
- Appropriate thickness
- Slightly coarse texture
- Consistency of heavy cream





Bisques

- Traditionally based on crustaceans
- Similar characteristics of cream soups
- Thickening agents
 - Rice (classically)
 - Roux
- Often finished with Sherry and garnished with diced meat of the main ingredient



Bisque: Traditional

- Crustacean based
 - i.e. Lobster for Lobster Bisque
- Thickener
 - Rice, Rice flour, Bread
- Shells pulverized
- Consistency of cream soup
- Finishing ingredients
 - Cream
 - Sherry
- Garnish
 - Dice of main ingredient



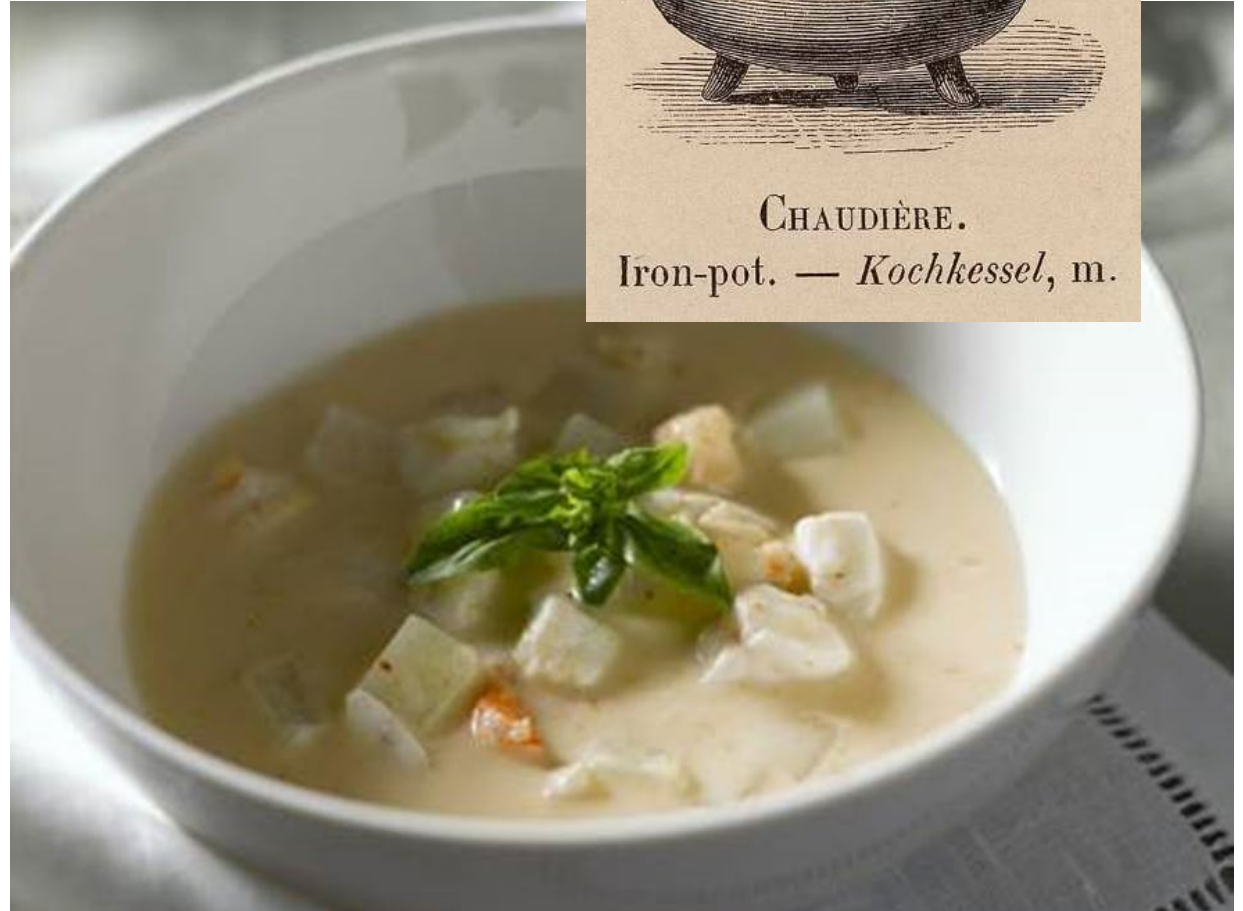
Chowders



- Proteins and/or vegetable based
- Creamy or clear
- Pork product often added for flavor
- Generally contains onions and potatoes
- Heavy on the garnish
- Hearty soups

Chowder: Classical

- Chaudière
 - French fisherman's stew pot
- Made from:
 - Seafood
 - i.e., Clams for Clam Chowder
 - Pork product
 - Potatoes and onions
 - Thickeners give texture
 - i.e., potatoes, flour
- Heavy on garnish
- Hearty



Chowder: Contemporary



- Any thick, rich, and chunky soup
- “Hearty broth” style
 - Manhattan Clam Chowder
- Vegetable based
 - Corn Chowder



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Any Questions?