



Culinary Institute
of America

Moist-Heat and Combination Cooking



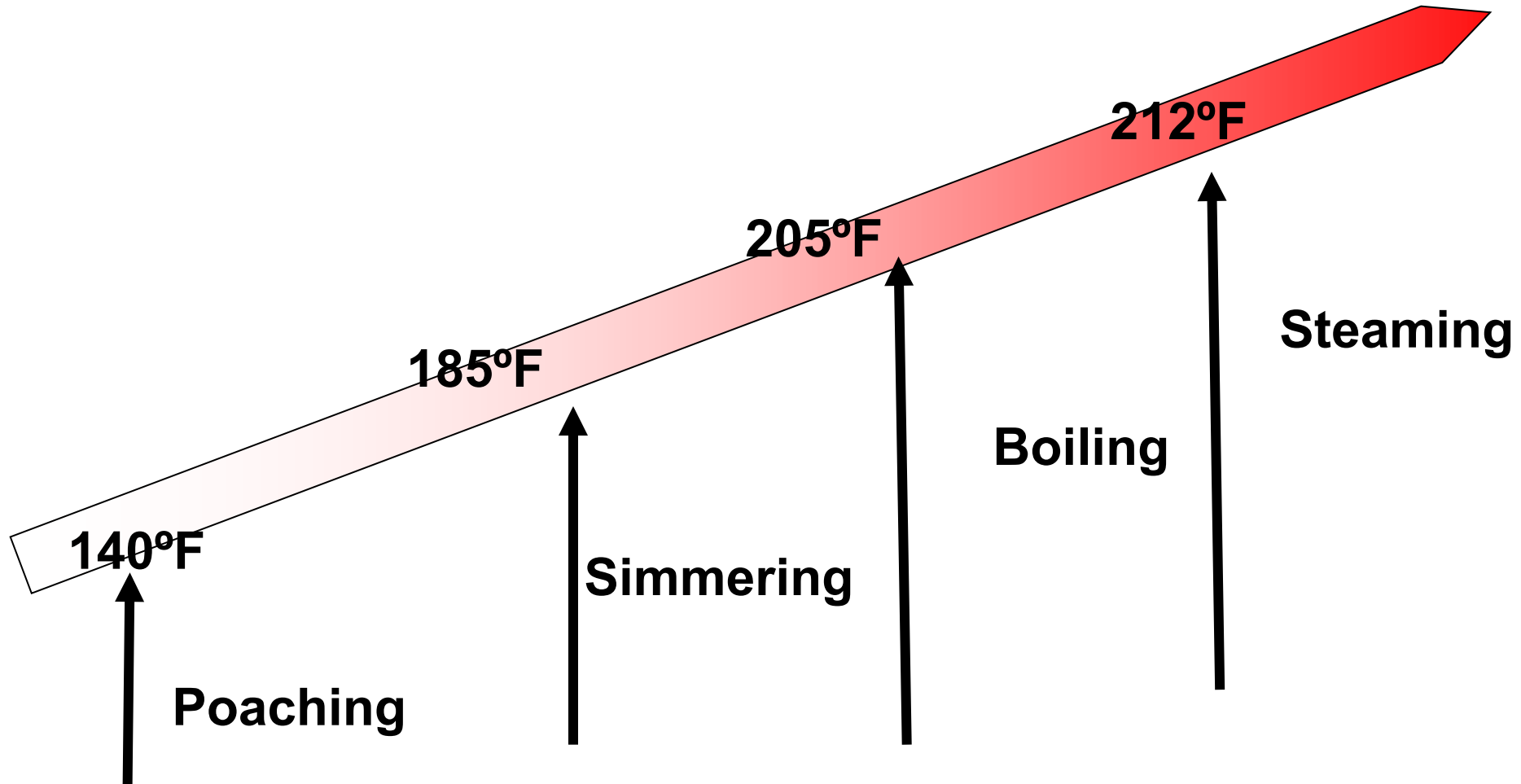
Learning Objectives

- Define and execute moist-heat and combination cooking techniques
- Identify appropriate tools/equipment and ingredients that may be used for each method
- Describe pre-preparation techniques
- Discuss the importance of temperature control and heat management when applying these methods
- Identify various sauces that may accompany these items

Moist-Heat Cookery

- Items have a distinctively different flavor, texture, and appearance than items cooked using dry-heat methods
- Generally, subtly flavored
- Simple, straight-forward appeal
- Requires careful monitoring of cooking temperatures and times

Temperature Control

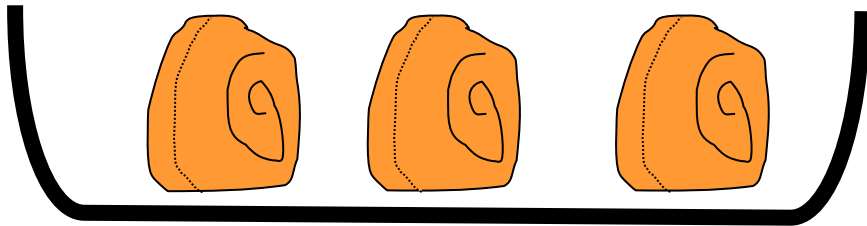


Poaching

- 140°F to 185°F
- Tiny bubbles at surface - no agitation
- Used for naturally tender items
- Very delicate flavors
- Limited additional oils and fats
- Sauce typically served with item
- Short holding times

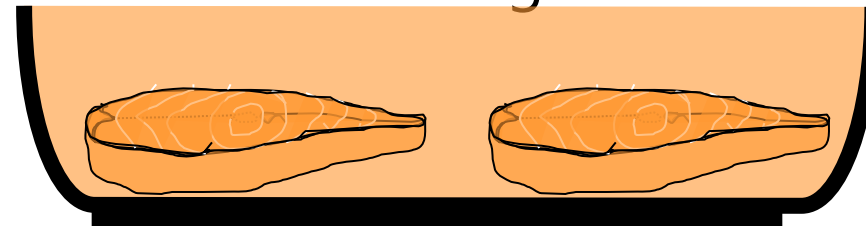
Shallow Poaching

- Less liquid used
- Combination of steam and acidic liquid with aromatics
- Lightly covered to trap steam
- Portion-size cuts
- Cuisson always used to make sauce
- Often cooked in oven



Deep Poaching

- Completely covered with liquid
- Portion size or larger cuts
- Cooking liquid not generally used for sauce
- NEVER covered
- Cooked on range



Shallow-Poaching Method



1. Butter sauteuse, very lightly
2. Add aromatics and seasoned main item in an even layer
3. Add poaching liquid ($\frac{1}{3}$ way up sides)
4. Bring liquid to between 165° - 175°F
5. Cover sauteuse with buttered parchment paper or lid
6. Finish over direct heat or in oven
7. Remove main item, moisten, and keep warm

Deep-Poaching Method



1. Heat cooking liquid (court bouillon) to 165°F
2. Add main item, using a rack if necessary (item must be fully submerged)
3. Finish food over direct heat or in oven - do not let liquid boil
4. Remove main item, moisten, and keep warm while preparing sauce or cool in liquid, as appropriate
5. Cut or slice main item (if appropriate) and serve with appropriate sauce and

Steaming

- 212°F+
- Gentle vapor bath
 - Main item never in direct contact with liquid
- Covered tightly during cooking
- Delicate flavor and texture
- Sauce made separately

En Papillote

- “In paper”
- Variation of steaming
- Main item and accompaniments cooked in steam from natural juices
- Item can be wrapped in parchment paper, foil, banana leaves, corn husks, etc.
- Dish often presented in wrapper

Other Moist-Heat Methods

- Boiling
 - 205°F+
 - Large bubbles breaking surface causing heavy, rolling, splashing agitation
 - Few foods truly “boiled”
 - Dried beans, grains, meals
 - Most items are simmered
- Simmering
 - 185°-205°F
 - Small bubbles at surface - minimal agitation
 - Tenderizing method
 - *Sturdy* vegetables, pastas, or legumes
 - *Tough* meat cuts

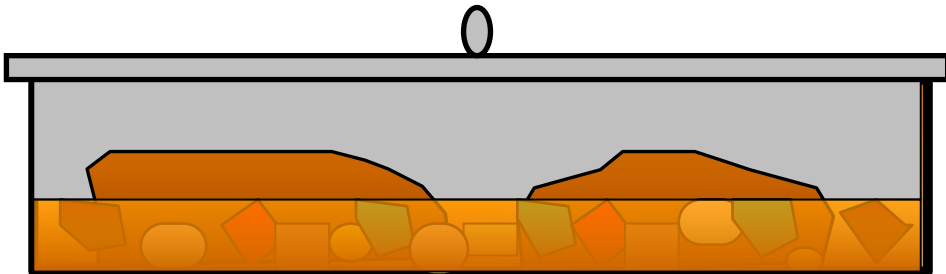


Braising and Stewing

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

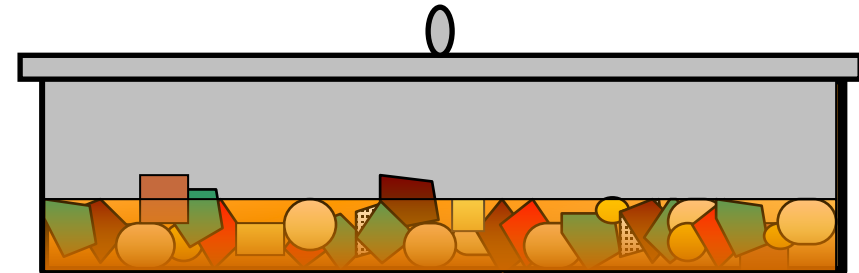
Braising

- Size: large, multi-portion
- Liquid: covers $\frac{1}{3}$ to $\frac{1}{2}$ item or 3 to 4 oz. per portion
- Garnish: cooked separately
- Sauce: strained, roux thickened
- Cooked: in oven



Stewing

- Size: small pieces
- Liquid: covers item
- Garnish: cooked with item or separately
- Sauce: not strained, roux thickened
- Cooked: in oven (covered) or on range (uncovered)





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Any Questions?