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of America

Cooking Principles I

Day Two: Dry Heat Cookery:
Sautéing, Stir Frying



Learning Objectives

- List ingredients, liquids, and thickeners that may be used for each cooking method.
- Identify the types and amounts of fats appropriate for each method.
- Identify appropriate tools/equipment used for each method.
- Define and execute sautéing and stir-frying methods.
- Discuss options for more healthful sautéing.

Key Terms

- Beurre Manié
- Deglaze
- Fond
- Liaison
- Reductions
- Roux
- Sauté
- Sauteuse
- Sautoir
- Stir-Fry
- Thickening Agent
- Wok

Sauté

- “To jump”
 - High heat
 - Rapid technique
 - Perfect mise en place required
- Small amount of fat
- Sauces usually made in pan by:
 - Deglazing the pan
 - Reducing sauce to “nappé”



Sauté Ingredients



- Characteristics of items to be sautéed
 - Tender
 - Portion size or small pieces
 - Cooked to order
- Foods suitable for sautéing
 - Meats: loin, rib, tenderloin, breast
 - Seafood
 - High-moisture vegetables
 - Pre-cooked vegetables (finish or re-heat)
 - Firm fruits

Sauté Ingredients

Liquids for deglazing

- Wine
- Stock
- Cognac or liqueur
- Fortified wine
- Water

Liquid base for the sauce

- Jus lié of the appropriate flavor
- Meat glaze
- Vegetable coulis or purées

Fats and Oils for Sautéing

High smoking point

- Clarified butter
- Neutral-flavored oil (i.e. vegetable oil)
- Rendered fats



Thickening Agents



- Reductions
- Beurre manié
- Roux
 - White, Pale, Brown, Dark
- Pure starches
 - Cornstarch
 - Arrowroot
- Liaisons
- Grains
- Vegetables

Sauté Equipment



Sauteuse

Sautoir

Sauté Method



1. Prepare items 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 an oven uncovered.
 - Light meats - golden brown
 - Red meats - browned thoroughly
4. Remove items from the pan and reserve. Keep warm.

Sauté Method (Sauce)



1. Degrease pan.
2. Deglaze with liquid.
3. Scrape fond.
4. Form sauce by thickening the liquid to nappé consistency.
5. Plate or pan. Serve sauce with main item.

[CIA Demo Video - Dry Sauté](#)

Sauté: Quality Standards

Exterior

- Proper color based on product
 - Red Meat – deep brown
 - White Meat – golden brown

Interior

- Tender
- Moist

A More Healthful Sauté

- Use a well seasoned or nonstick pan so no fat is needed (dry sauté).
- Use herbs and spices for seasonings to reduce salt used.
- Serve with light, flavorful sauces such as vegetable or fruit coulis.
- Use low fat/ low calorie liquids to deglaze.
- Use arrowroot or cornstarch to thicken sauce in place of roux.

Stir Fry

- Similar to sautéing
- Items cooked over very high heat
- Uses very little fat
- Usually done in a wok
- Food constantly kept moving
- Sauces usually made in the pan



Stir-Fry Ingredients

- Characteristics of items to be stir-fried
 - Tender
 - Portion size or small pieces
 - Cooked to order
- Foods suitable for stir-frying
 - Beef, veal, pork, lamb, and poultry
 - Seafood
 - High-moisture vegetables
 - Par-cooked vegetables and potatoes (as a means to finish or re-heat)

Stir-Fry Ingredients



- **Liquids for sauce**
 - Fortified wine
 - Soy sauce
 - Meat glaze
 - Other liquids
- **Thickening agents**
 - Arrowroot
 - Cornstarch
 - Rice flour

Fats and Oils for Stir-Frying

- Needs very high smoking point
- Peanut oil preferred
 - Flavor
 - High smoke point



Stir-Fry Equipment: Wok



- Efficient use of heat
- One size used to cook various amounts of foods
- One vessel to execute most cooking techniques
- Made of many materials, usually spun steel
- Must be seasoned and maintained
- Sauté pan can be used, but must work in small batches

Stir-fry Equipment



Spatula

- Used in dominant hand to push/scoop food

Ladle

- Used in opposite hand to catch/transfer food

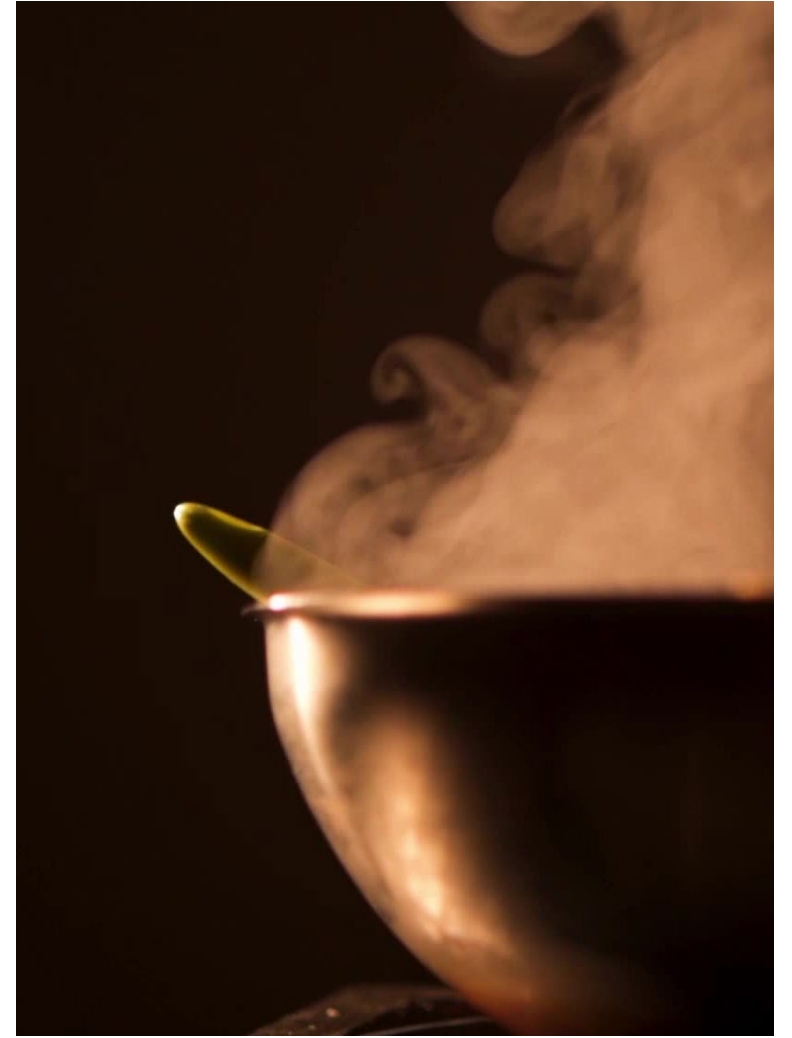
Chopsticks

- Extra long (18"). Often used to deep-fry foods.



Stir-Fry Method

1. Heat oil in wok or large sauté pan.
2. Add flavorings.
3. Add main item.
4. Stir fry, keeping food in constant motion. Remove main item, set aside.
5. Add other ingredients in proper sequence.
6. Add liquid for sauce, then add thickener.
7. Return main item to wok. Heat thoroughly.
8. Serve immediately.



Stir-Fry: Quality Standards

- Proper color based on product
 - Red meat – deep brown
 - White meat – golden brown
- Exterior:
 - Uniformly sized pieces
 - Proper amount of sauce: not dry, but not “swimming” in sauce
- Interior:
 - Tender
 - Moist

Sauté and Stir-Fry: Tips

Sauté

- Don't overcrowd pan
- Use naturally tender ingredients
- Use fond for sauce

Stir-Fry

- Work in batches
- Use bite-size pieces
- Use high heat
- Keep items constantly moving
- Make only enough sauce to just coat ingredients



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Any Questions?