



Culinary Institute
of America

Cooking Principles I

Day Three: Dry-Heat Cookery:
Grilling, Broiling, Roasting



Learning Objectives

- Identify the appropriate equipment used for each method.
- List the ingredients appropriate for each method.
- Describe pre-preparation techniques.
- Define and execute grilling, broiling, and roasting techniques.
- List and apply various methods of checking doneness.
- Explain the purpose of allowing meat and poultry to rest.
- Identify various sauces that may accompany these items.

Key Terms

- Bake
- Barding
- Baste
- Brine
- Broil
- Caramelization
- Carryover Cooking
- Grill
- Jus
- Jus Lié
- Larding
- Maillard Reaction
- Marinade
- Mark
- Pan Gravy
- Rack
- Resting
- Roast
- Rub
- Spit-Roasting/
Rotisserie

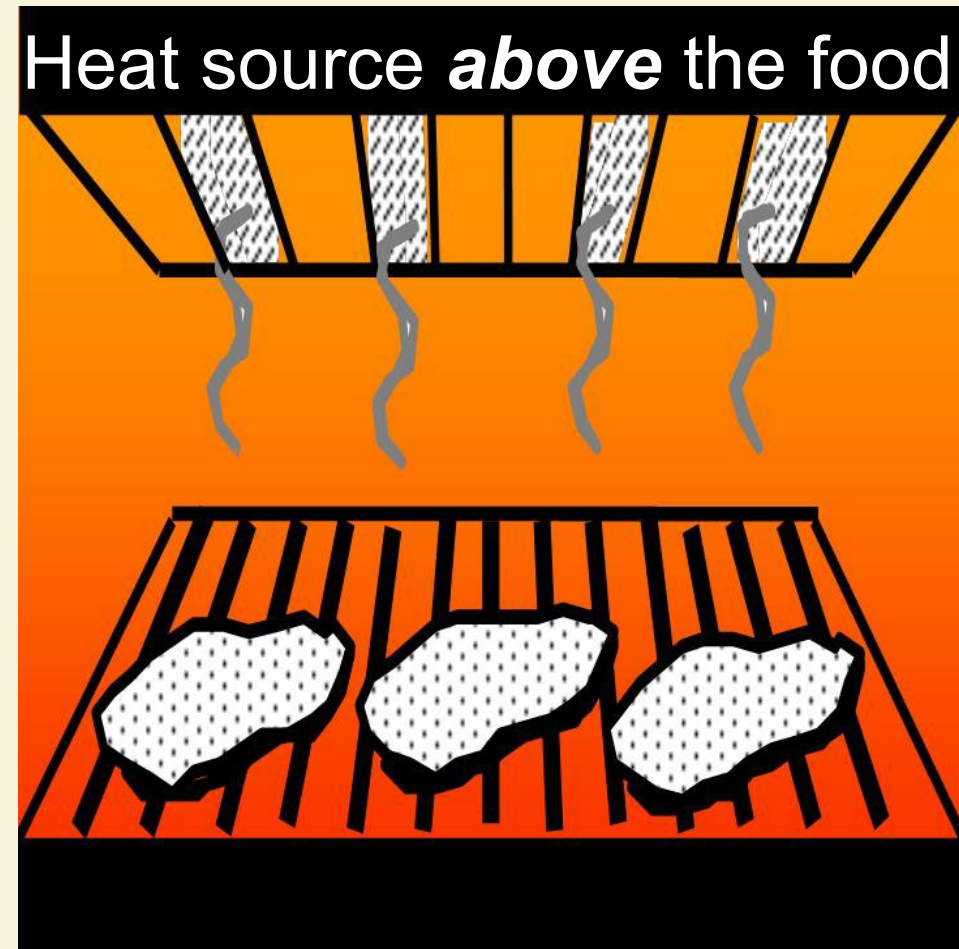
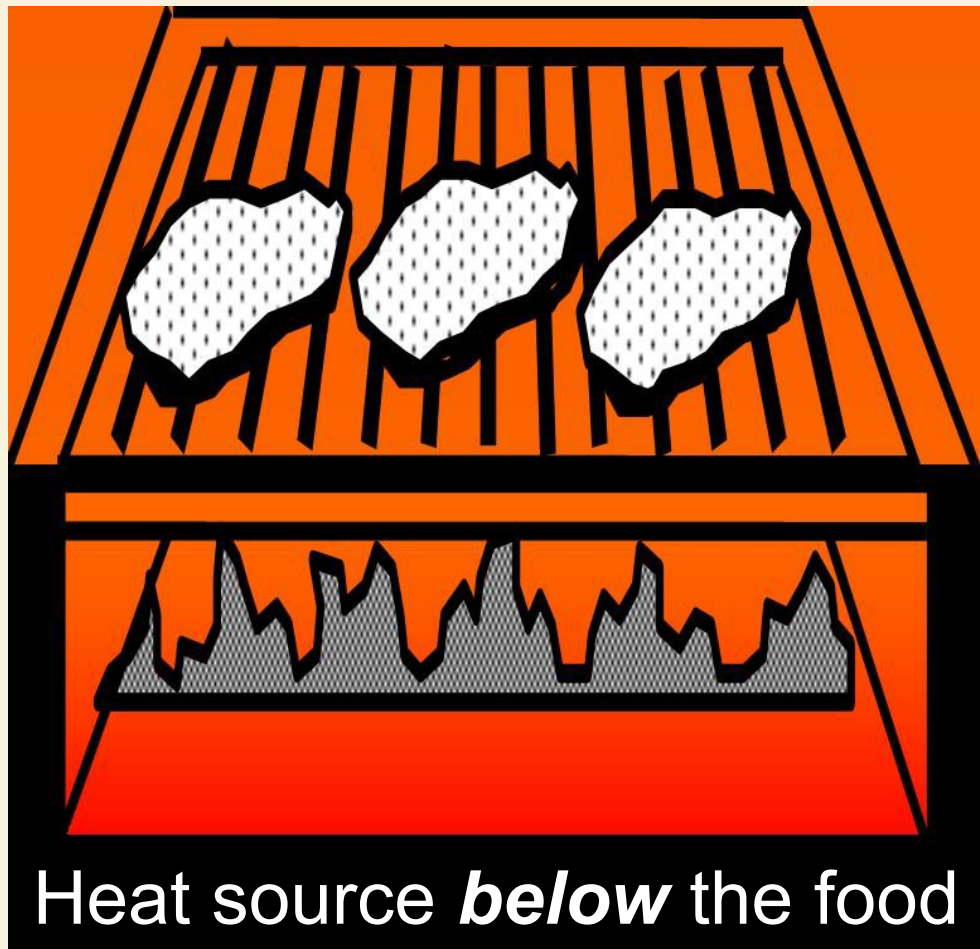
Grilling and Broiling



- Direct, high heat from either above or below
- Lightly charred exterior, moist interior
- Slightly smoky flavor
- Sauces made separately, very versatile



Grilling vs. Broiling



Grilling and Broiling: Equipment

- Grill
- Broiler
- Tongs
- Spatula
- Sheet pans
- Grill brush



Grilling and Broiling: Ingredients



- Characteristics
 - Tender
 - Have intramuscular fat content
 - Portion size
- Suitable Foods
 - Meats
 - Seafood
 - Vegetables (tender, high moisture content)

Grilling and Broiling: Marinades

Marinade

- oils
- acids
- aromatics

Uses:

- Flavor
- Moisture
- Color
- Preserve
- Tenderize



Grilling and Broiling: Brines



- Adds moisture to naturally dry meats
- Comprised of:
 - Water
 - Salt
 - Sugar
 - Aromatics

Grilling and Broiling: Rubs

Dry

- Mixture of salt, sugar, herbs, spices, etc....

Wet

- Dry rub mixed with liquid to form a paste
- oil, vinegar, wine, citrus juice, etc....

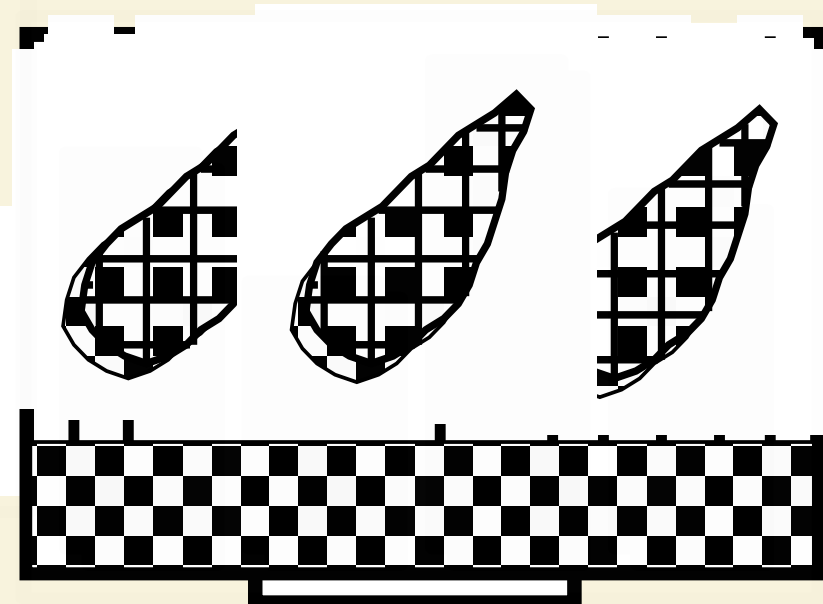
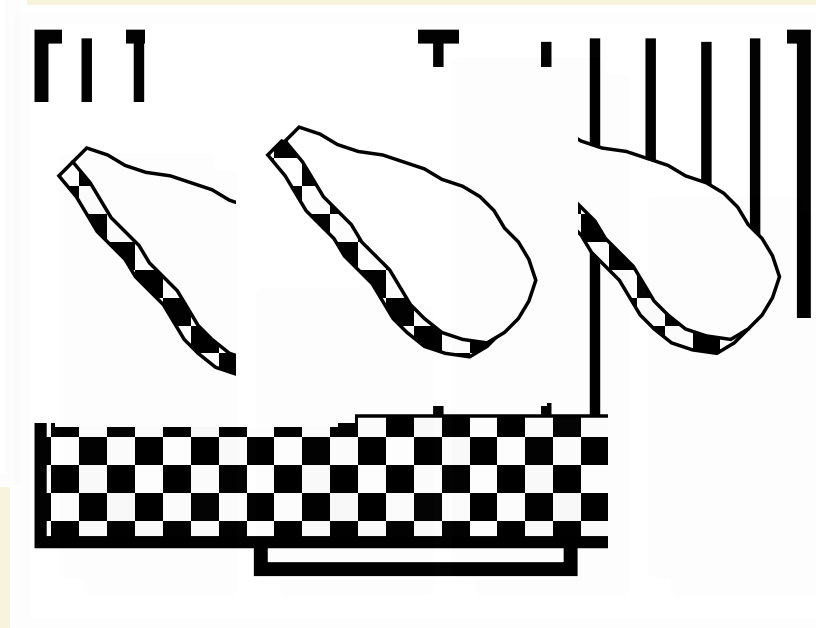
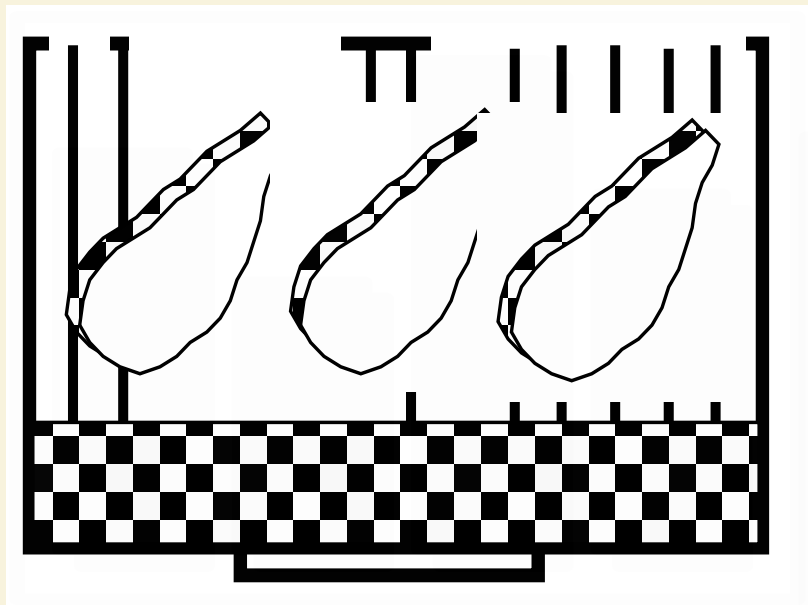


Grilling and Broiling: Method

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 degrees to produce crosshatch marks, if desired.
5. Turn item over and continue cooking to desired doneness.



How to Mark an Item



[CIA Demo Video - Grill Marks](#)

Grilling and Broiling: Tips



- Cook thin items quickly at high heat.
- Start medium-thick items at high heat, finish on cooler area of the grill/ broiler.
- Start thick items on high heat, finish on a sizzle platter in the oven.
- Grilled/ broil foods at the last possible moment.
- Keep grill/ broiler clean at all times.
- Never pierce items after cooking.

Grilling and Broiling: Quality Standards

- Appropriately smoky flavor
- Marinades should support, not mask, the product's natural flavor
- Lightly charred exterior
- Moist interior



Roasting



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

Roasting: Ingredients

Characteristics:

- Tender
- Well marbled
- Larger than single portion

Suitable foods:

- Meats
- Seafood
- Vegetables



Roasting: Equipment



- Roasting pan
- Roasting rack
- Thermometer
- Oven



Roasting: Method



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

Roasting: Tips



- Regulate oven temperature to suit item.
- Don't use higher oven temperatures than necessary.
- Don't cover while roasting as this will steam the item.
- Baste roasted meats with fat drippings that collect in pan.
- Avoid piercing roasted items.
- Rest roasted meats before carving to allow juices to redistribute.

Roasting: Quality Standards

- Full, rich, deep flavor
- Golden-brown exterior
- Crisp skin (if left on)
- Moist, tender interior



Roasting: Sauces and Gravies

- Au jus
- Jus lié
- Pan gravy
- Thickeners:
 - Flour mixed with drippings to form a roux
 - Slurries
 - Prepared roux



Kitchen Daily - Pan Gravy

Baking

- Used in relation to cooking of breads, cakes, pastries, etc
- Also associated with portion size foods cooked using “roasting” technique
 - Roasted garlic
 - Baked stuffed pork chops
 - Baked potatoes



Determining Doneness

Internal Temperatures

- Fish 145°F
- Poultry 165°F
- Pork 145°F
- Veal 140°F
- Beef 120°-140°F

Other Methods

- Time
- Experience
- Finger pressure



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Any Questions?