



Culinary Institute  
of America

# Bistro Boot Camp

Day Two: Classic &  
Contemporary Bistro Dinner Fare:  
Cooking Fundamentals

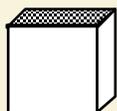
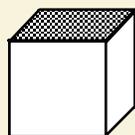


# Learning Objectives

- Describe various knife cuts.
- Define select dry-heat, moist-heat, and combination cooking techniques.
- Identify appropriate tools/equipment and ingredients that may be used for each method.
- Discuss the importance of temperature control and heat management in cooking.
- Explain the purpose of allowing meat and poultry items to rest.
- Discuss methods for preparing pasta and rice.
- Discuss and prepare classical and contemporary bistro-style dinner dishes.

# Vegetable Cuts

- Brunoise  $\frac{1}{8} \times \frac{1}{8} \times \frac{1}{8}$
- Small Dice  $\frac{1}{4} \times \frac{1}{4} \times \frac{1}{4}$
- Medium Dice  $\frac{1}{2} \times \frac{1}{2} \times \frac{1}{2}$
- Large Dice  $\frac{3}{4} \times \frac{3}{4} \times \frac{3}{4}$
- Julienne  $\frac{1}{8} \times \frac{1}{8} \times 2$
- Batonnette  $\frac{1}{4} \times \frac{1}{4} \times 2$
- Paysenne  $\frac{1}{2} \times \frac{1}{2} \times \frac{1}{8}$



# Key Preparations

- Sachet d'Épices
- Bouquet Garni
- Mirepoix
- Oignon Brulé
- Tomato Concassé



**White mirepoix**



**Mirepoix**

# Sautéing



- “To jump”
- Perfect mise en place
- Small amount of fat used
- Foods suitable for sautéing;
  - Meats: loin, rib, tenderloin, breast
  - Seafood
  - High-moisture/ Pre-cooked vegetables
- Needs high smoke points
  - Clarified butter
  - Neutral-flavored oil
  - Rendered fats

# Sautéing Method

1. Prepare food items for sautéing (MEP); heat pan
2. Add small amount of oil; sear presentation side down first; turn once
3. Finish larger items on stovetop with lid or in oven uncovered
  - Light meats: golden brown
  - Red meats: brown thoroughly
4. Remove items from the pan, reserve, warm



Sauteuse

Sautoir

# Pan-Frying



- Different flavor than sautéed because exterior crust is browned
- Sauces made/ served separately
- More fat than sautéing, stir frying
- Neutral fat/ oil
  - Oil should come  $\frac{1}{3}$  to  $\frac{1}{2}$  way up the side of item
  - Oil temperature = 325°F - 350°F
  - Drain excess fat

# Pan-Frying Method



1. Heat oil to appropriate temperature
2. Add main item (breaded or batter-coated) to pan in a single layer
3. Fry item on the first side until well browned
4. Turn and cook to desired doneness
5. Remove and finish in oven, if necessary
6. Drain on paper towels
7. Season and serve with sauce and garnish

# Deep Fry

- Completely submerged in fat
- Fat/ oil selections
- Neutral flavored with high smoke point
- 350°F
- Drain excess fat
- Cooked to order
- Served immediately



# Deep-Fry Method



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

# Grilling and Broiling

- Lightly charred exterior, moist interior, slight smoky flavor
- Characteristics: tender, intramuscular fat content (if possible)
- Suitable foods:
  - Meats
  - Seafood
  - Vegetables (tender, high moisture)
- 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 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



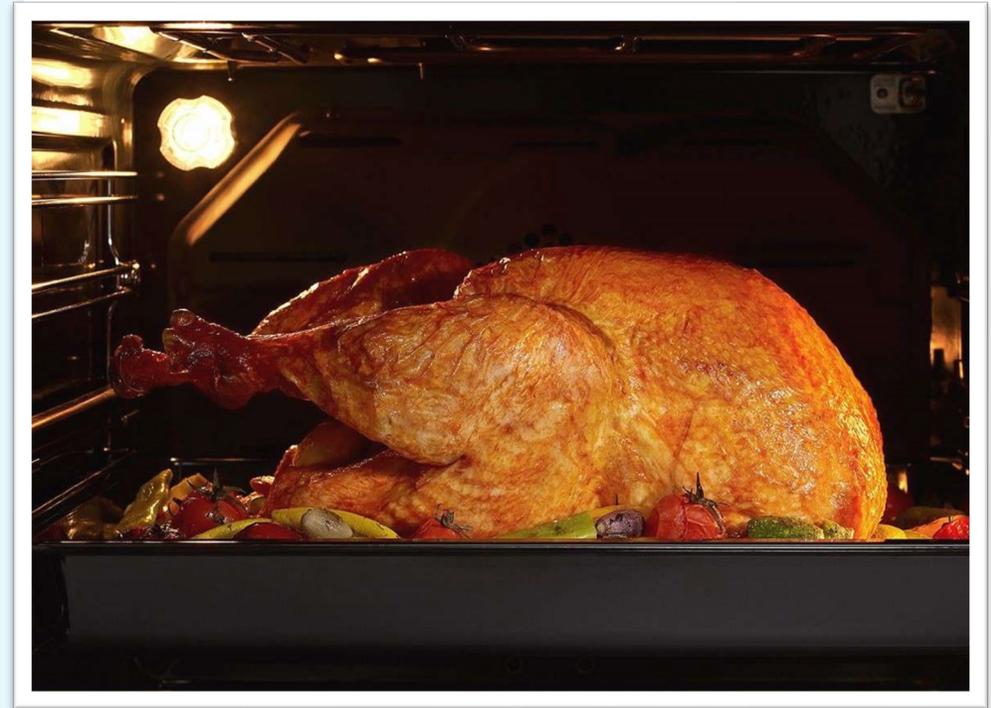
# Roasting



- Contact with dry, heated air
- Browning exterior (Maillard reaction)
- Moist interior
- Pan drippings foundation for sauces and gravies
- Characteristics: Tender, Well marbled
- Larger than single portion
- Foods suitable for roasting: Meat, seafood, vegetables

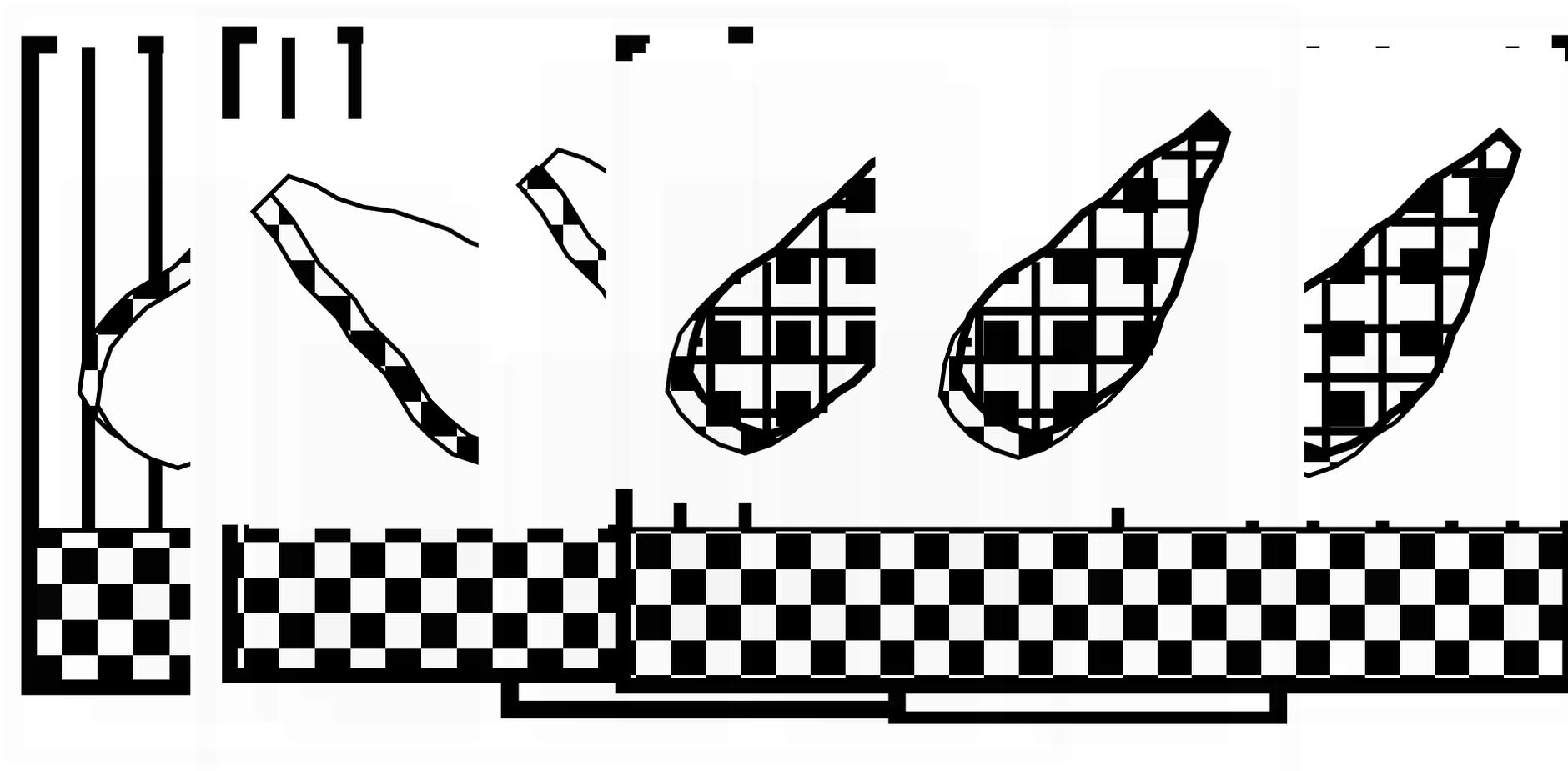
# Roasting Method

1. Preheat oven, items (stuff and/or marinate if desired) season
2. Sear (if necessary), roast item, uncovered, to desired internal temperature– allow for carryover cooking
3. Add mirepoix to pan for flavor during final hour, if desired
4. Let item rest before carving
5. Prepare pan gravy
6. Carve item across grain
7. Serve with gravy or sauce

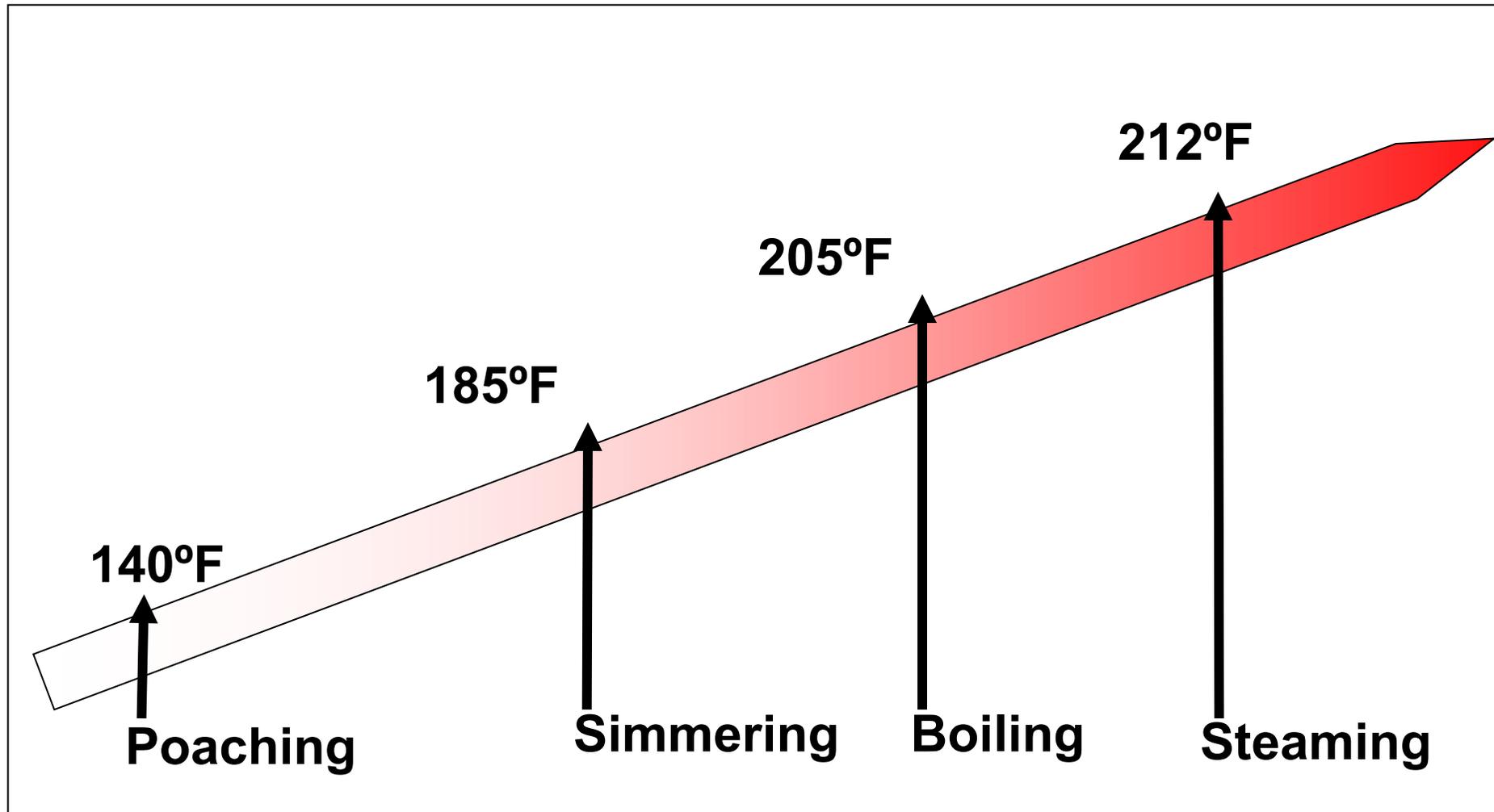




# How to Mark an Item



# Temperature Control



# Poaching

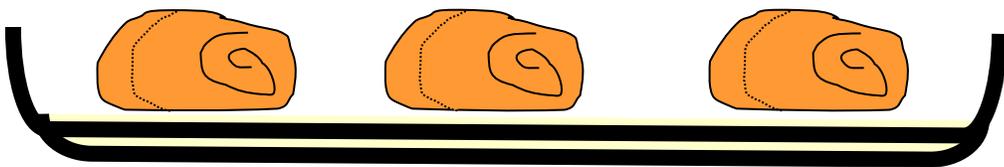


- 140°F to 185°F
- Used for naturally tender items
- Limited additional oils and fats
- Sauce typically served with item
- Short holding times
- Suitable foods: meat, fish, shellfish, fruits, vegetables, eggs
- Cooking medium
- Contributes flavor to food and sauce prepared from cooking liquid

# Poaching Tips

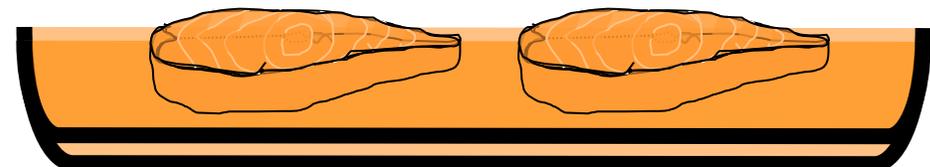
## Shallow Poaching

- 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, season in an even layer
3. Add poaching liquid  $\frac{1}{3}$  way up sides
4. Bring liquid to 165° - 175°F
5. Cover with buttered parchment paper/  
lid
6. Finish over direct heat or in oven
7. Remove main item, moisten, keep  
warm
8. Reduce caisson, prepare sauce
9. Serve with sauce, appropriate garnish

# Deep-Poaching Method

1. Heat cooking liquid (*court bouillon*) to 165°F
2. Add main item, if using a rack 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
5. Cut or slice (if appropriate) and serve with appropriate sauce and garnish



# Braising and Stewing

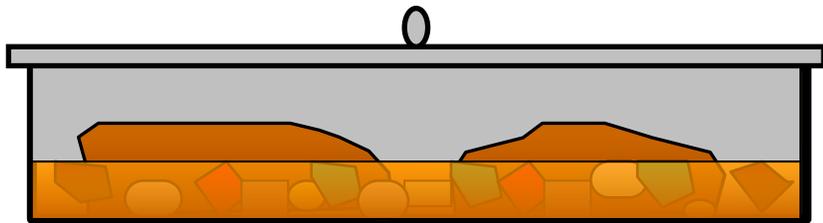


- Blend dry-heat and moist-heat cooking methods
- Tenderizing effect- foods cooked until tender
- Less tender cuts or mature animals
- Hearty “peasant” foods
- Less expensive cuts
- Highly exercised/ mature animals
- Covered cooking vessels

# Braising and Stewing

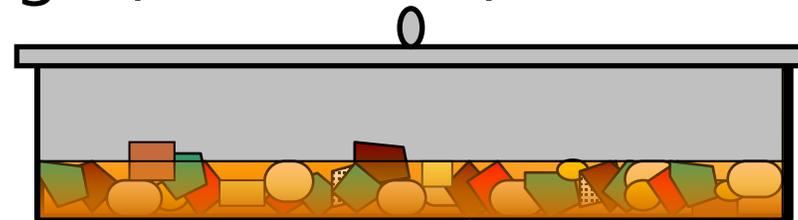
## Braising

- 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)



# Braising Method

1. Season or marinate main item; (optional - dredge in flour)
2. Sear on all sides in small amount of hot oil
3. Remove main item; set aside
4. Add mirepoix, caramelize; add tomato paste and pincé
5. Add liquid; stir to deglaze
6. Bring mixture to a simmer
7. Return main item to sauce
8. Cover and finish cooking until fork-tender; turn as needed



# Braising Method

7. Add aromatics/ garnishes
8. Remove; keep warm
9. Prepare sauce: strain, reduce, thicken
10. Serve with sauce and garnish
11. Slice or carve main item



# Stewing Method



1. Season/ marinate main item
2. Sear all sides in small amount of hot oil
3. Remove; set aside
4. Add mirepoix and caramelize; add tomato paste; pincé
5. Add liquid; stir to deglaze
6. Bring mixture to simmer; return main
7. Cover, finish cooking until fork-tender; stir
8. Add aromatics/ garnishes, adjust seasoning; consistency
9. Serve sauce with garnish

# Determining Doneness

## Internal Temperatures:

Fish/ Pork 145°F

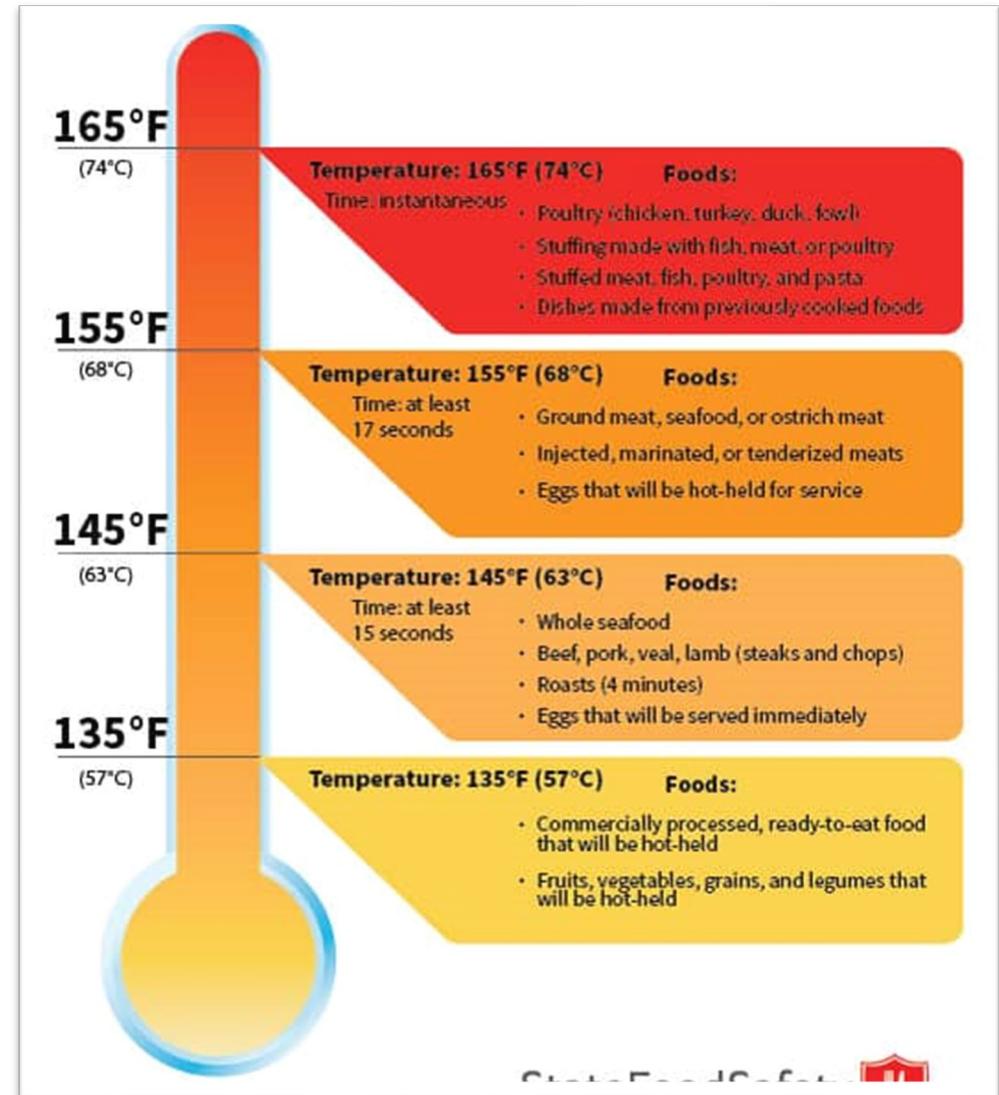
Poultry 165°F

Veal 140°F

Beef 120°F-140°F

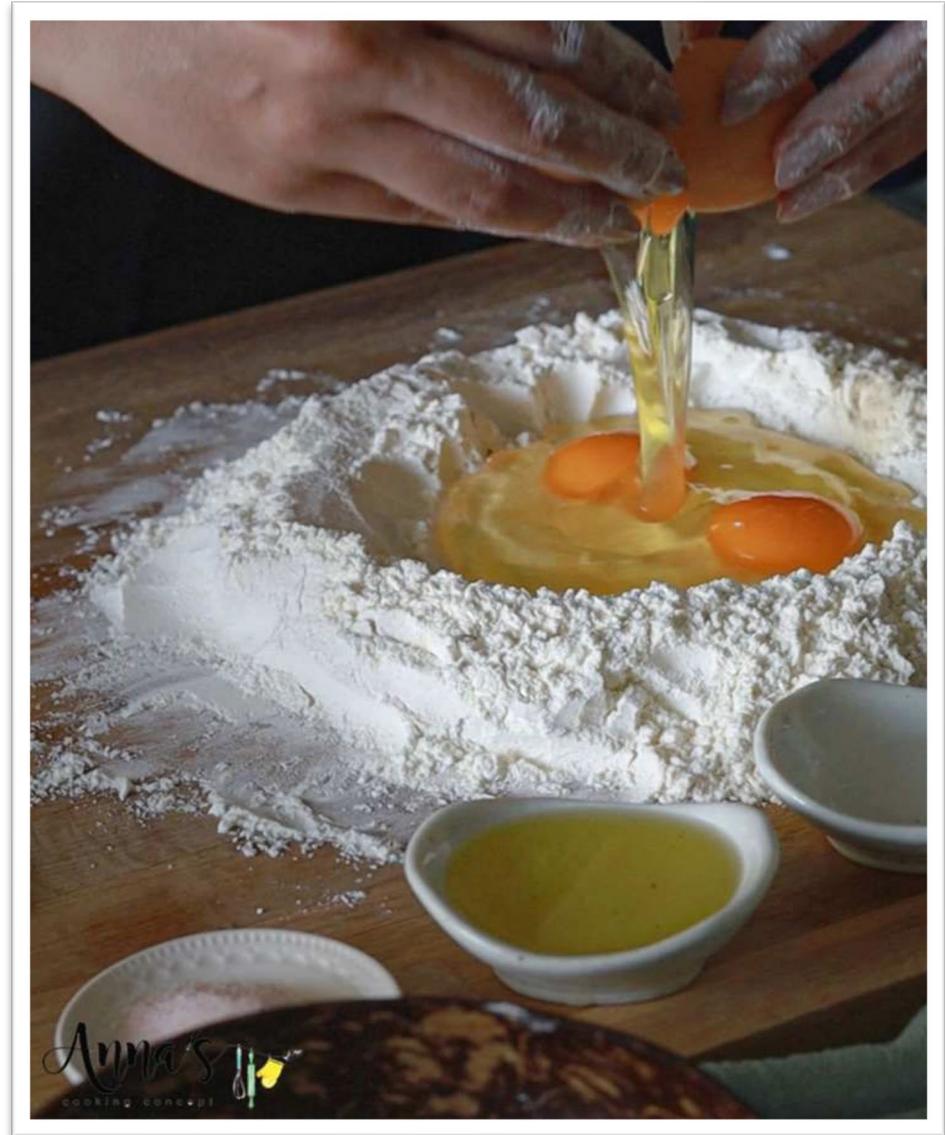
## Other Methods:

- Time/Experience
- Finger pressure



# Basic Pasta Ratio

- 1 lb. Flour
- 4 Eggs
- 1 Tbsp. Oil (optional)
- 1 tsp. Salt
- Flour: high protein variety such as bread, durum, or semolina
- Specific ratio of a mixture of flours
- Some pastas will use more eggs or add water to produce a softer dough



# Pasta Cooking Method

1. Cook pasta in a large amount of boiling salted water, using at least 4 quarts of water and 1 - 2 Tbsp. salt for every lb. of pasta
2. Stir occasionally to keep pieces separated
3. Cook *al dente* or a little less if pasta is being held (should be slightly chewy and firm but with no taste of raw flour) - times vary depending on whether pasta is fresh or dried and shape
4. Drain, toss with sauce, and serve
5. If not used immediately, transfer to a holding container, cover, refrigerate until ready to serve. Reheat in simmering water.
6. To store: lightly coat with oil, spread in a single layer on a sheet pan, refrigerate until completely cooled)



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Any Questions?