



Culinary Institute
of America

Combination Cooking, Moist Heat Cooking, & Soups



Learning Objectives

- State the purpose of combination cooking methods.
- Identify appropriate foods for braising and stewing.
- Distinguish between braising and stewing.
- Execute basic braising and stewing techniques.
- Define moist-heat cooking methods.
- Demonstrate moist-heat and combination techniques.
- Differentiate between shallow and deep poaching.
- Explain the importance of temperature and heat control.
- Discuss the major categories of soups and state key characteristics of each.

Combination Cookery

Blends dry-heat and moist-heat cooking techniques in a single process

Why use it?

- Dry-heat builds flavor through Maillard reaction
- Moist-heat breaks down connective tissue, softens fibers
- Used to develop deep flavor and tender texture
- Ideal for hearty, slow cooked dishes with rich sauces

Best for:

- Less tender cuts of meat
- Fibrous vegetables and legumes

Common types:

- Braising
- Stewing

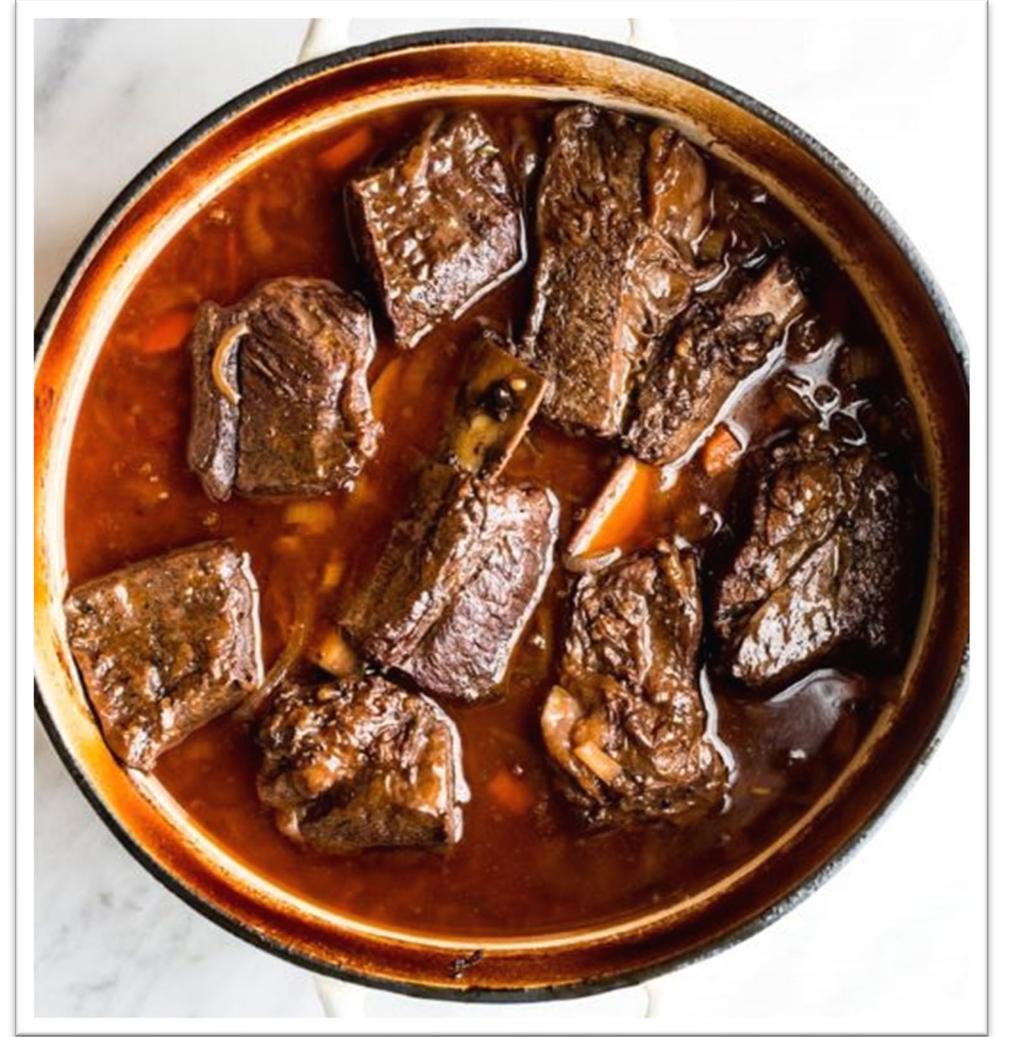
Braising

- Large items are seared using dry heat to brown, followed by slow cooking in a small amount of liquid

Key characteristics:

- Food is partially submerged in flavorful liquid
- Cooked covered at low temperatures
- Typically done in the oven or on the stovetop

Best for: tough meat, hardy vegetables



Stewing

Small, uniform items are first optionally seared/blanched, then fully submerged in liquid and simmered slowly until tender

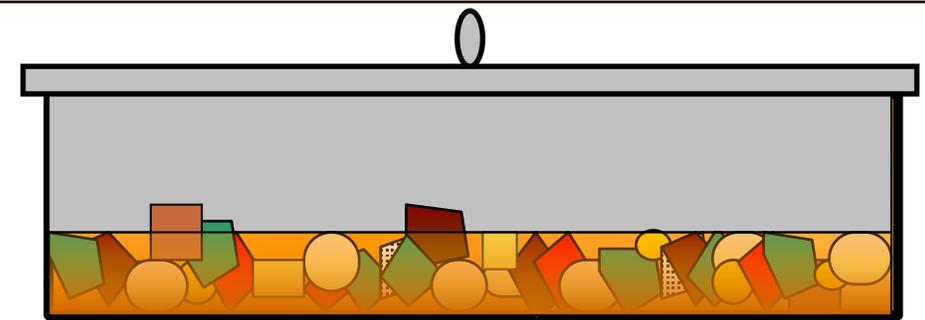
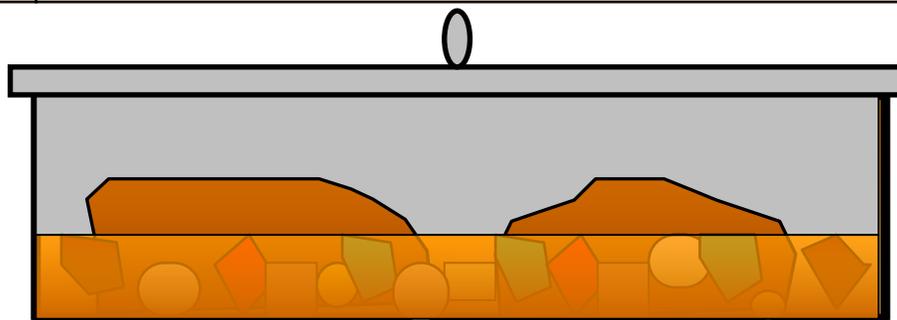
Key characteristics:

- Food is fully submerged in flavorful liquid
- Cooked covered at low temperatures
- Typically done on the stovetop
- Results in a thick, hearty sauce or gravy

Best for: tough cuts of meat, legumes, dense vegetables



	Braising	Stewing
Size	Large, multi-portion	Small, uniform, bite size pieces
Liquid	Covers $\frac{1}{3}$ to $\frac{1}{2}$ item or 3 to 4 oz. per portion	Fully covers item
Garnish	Cooked separately	Cooked with item or separately
Sauce	Strained, roux thickened	Not strained, roux thickened
Cooked	In oven (covered)	In oven (covered) or on range (uncovered)
Cooking Time	Longer	Shorter



Moist-Heat Cookery

Cooking methods that use water or steam to transfer heat and cook food gently

Key characteristics:

- Uses liquid or steam as the heat source
- Lower temperatures than dry-heat methods
- Promotes tenderness and moisture retention

Best for:

- Fish
- Eggs
- Grains
- Legumes
- Vegetables
- Tough meats

Common types:

- Poaching
- Steaming
- En papillote
- Boiling
- Simmering

Poaching

- Items are cooked in liquid at **160–180°F**
 - Can be shallow or deep poached

Key characteristics:

- No bubbling; surface may slightly shiver
- Preserves moisture, shape, texture
- Ideal for tender, delicate foods
- Limited additional oils and fats
- Short holding times

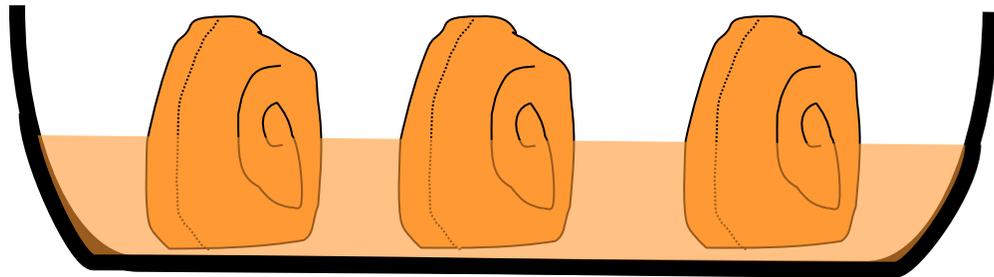
Common liquids: water, stock, court bouillon, milk, or wine with or without seasoning

Best for : eggs, fish, poultry, fruit



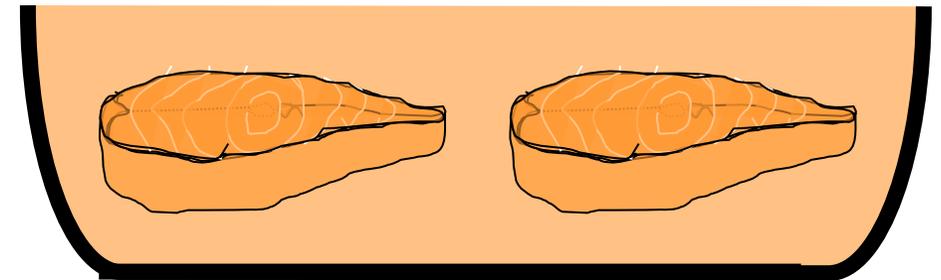
Shallow Poaching

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



Deep Poaching

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



Shallow-Poaching: Method

1. Layer butter and aromatics in sauteuse
2. Add main item and poaching liquid
3. Bring to a simmer
4. Cover with buttered parchment
5. Finish on stove or in oven
6. Remove item, moisten, and keep warm
7. Reduce cuisson and make sauce
8. Serve with sauce and garnish



Deep-Poaching: Method

1. Heat cooking liquid to 165°F
2. Add main item, use rack if needed (fully submerge)
3. Finish food over direct heat or in oven
4. Remove main item, moisten, and keep warm while preparing sauce or cool in liquid
5. Cut or slice main item
6. Serve with sauce and garnish

Note: myosin (protein) breaks down at 100°F and coagulates at 120°F



Steaming

- Items cooked by direct contact with steam at **212°F**, without being submerged in liquid

Key characteristics:

- Food retains shape, color, flavor, nutrients
- Gentle method, no agitation/breakage
- Covered tightly to trap steam
- Delicate interior, vivid exterior

Equipment: steamer baskets, combi ovens, bamboo steamers, steam jackets

Best for: vegetables, seafood, dumplings, grains, delicate proteins



Steaming en Papillote

- “In paper”
- Main item and accompaniments cooked in steam from natural juices
- A little liquid (often wine), lemon, herbs, and/or thinly sliced vegetables can also be added
- Item enclosed in parchment paper, foil, banana leaves, corn husks, etc.
- Dish often presented in wrapper
- Make this at your next Pulehu?



Boiling

- Items are cooked in liquid at **205°F+**
- High heat, quick cooking time
- Large, vigorous bubbles can disrupt/ damage delicate foods
- Extended boiling toughens and dries meats, breaks down vegetables
- Used for stronger, hearty foods like beans, pasta, or tough vegetables



Simmering

- Items are cooked in liquid at **180°F-210°F**

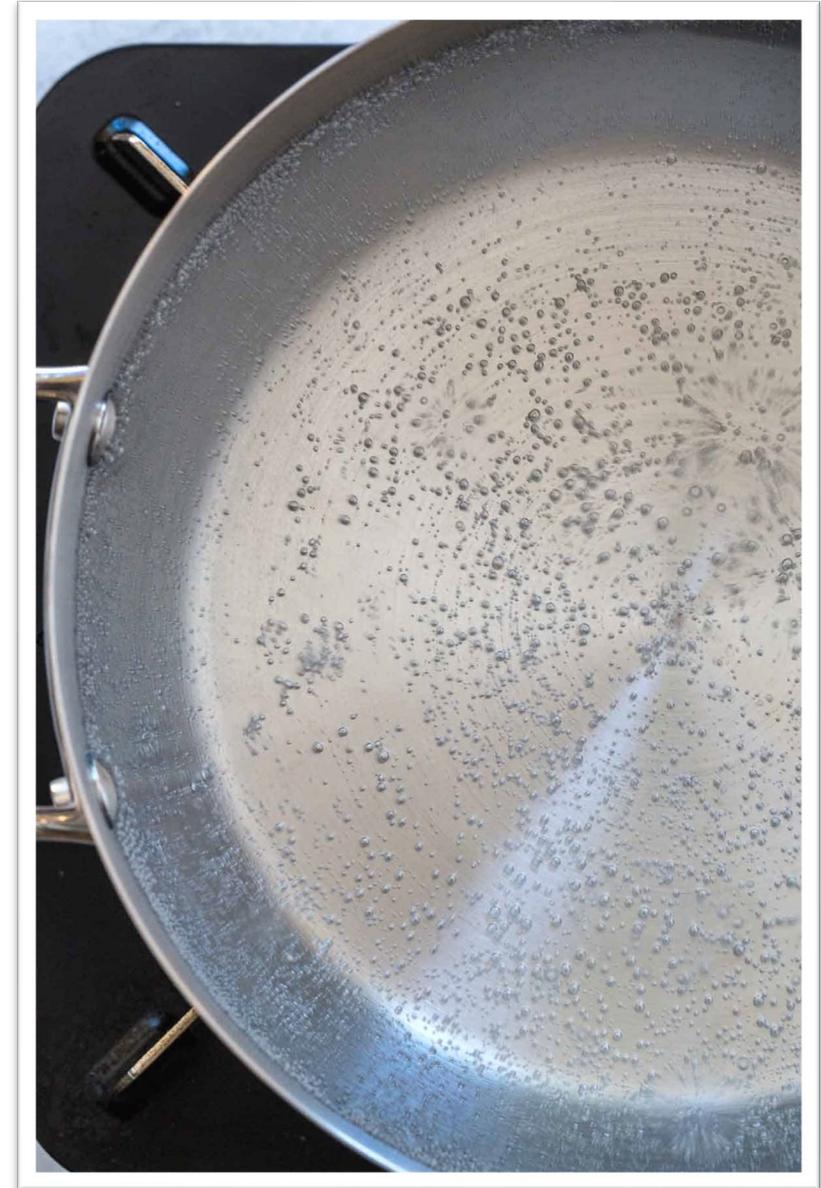
Key characteristics:

- Gentle bubbling, small consistent bubbles
- Gradual flavor development and tenderizing
- Less agitation than boiling, minimizing food breakage

Common uses:

- Stocks, soups, stews, sauces
- Braised dishes after initial searing
- Grains, legumes, and tougher proteins

Benefits: extracts flavor and preserves texture



Simmering Levels

	Heat	Visual Activity	Common Uses
Slow Simmer	Low (180°F–190°F)	Little activity: wisps of steam and stray bubbles	Stocks, Braises
Simmer	Medium-low (185°F–205°F)	Gentle, steady bubbling	Soups, Stews, Sauces, Braises
Rapid Simmer	Medium/ Medium-high (205°F–210°F)	More bubbling just below a boil	Reducing sauces

What is a Soup?

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

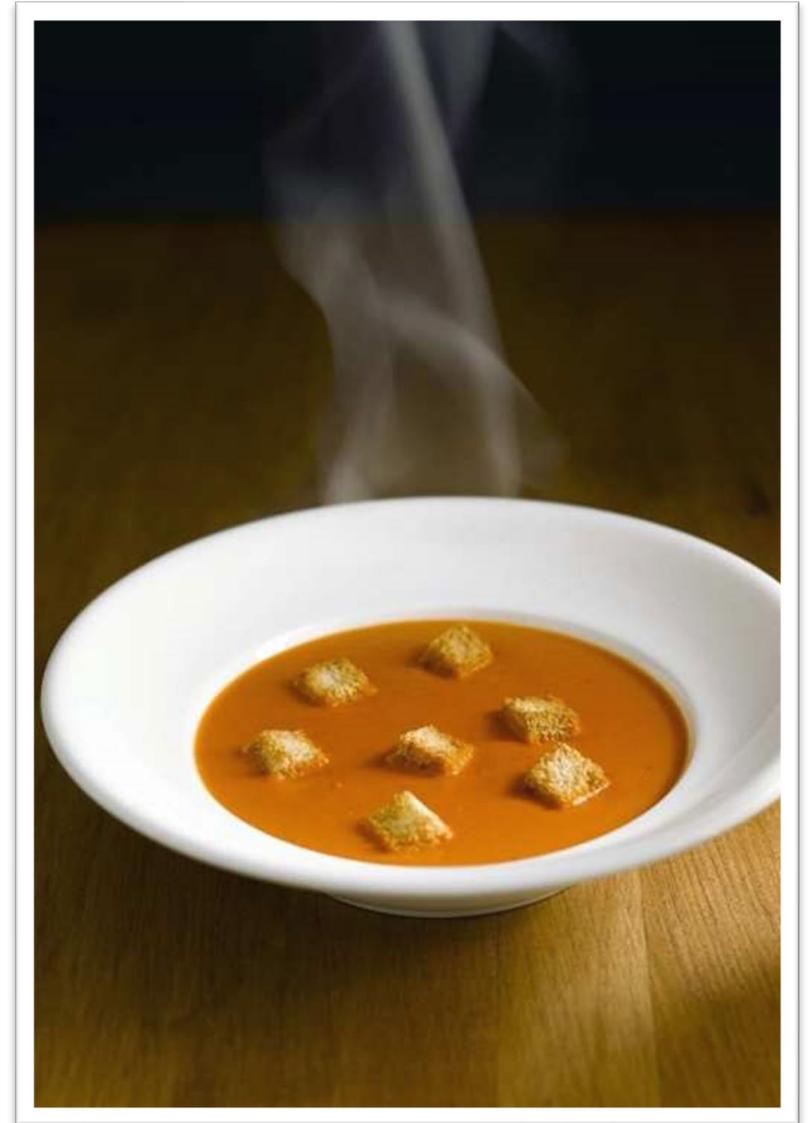
Varies in:

- Texture: smooth, chunky, brothy, or creamy
- Flavor: light, rich, spicy, savory, or sweet
- Consistency: thin and delicate to thick and hearty

Common uses: Appetizer, main course, or palate cleanser

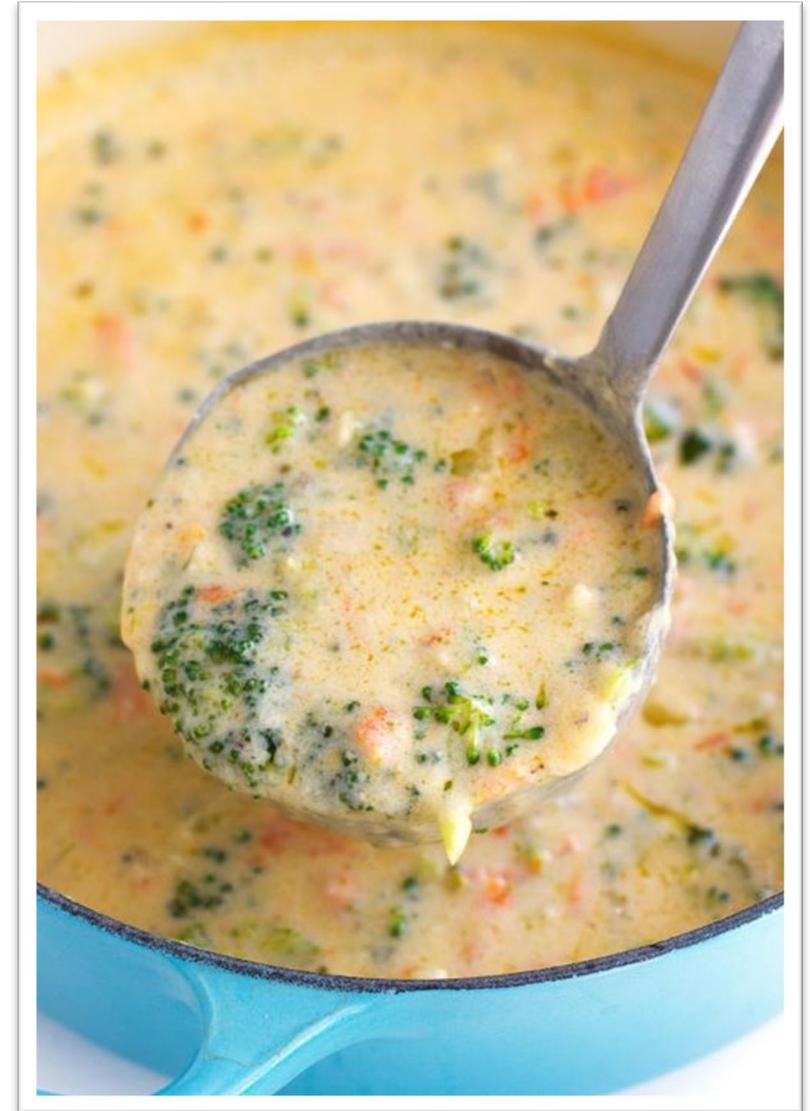
There are 4 main categories:

- Thick, clear, specialty, cold



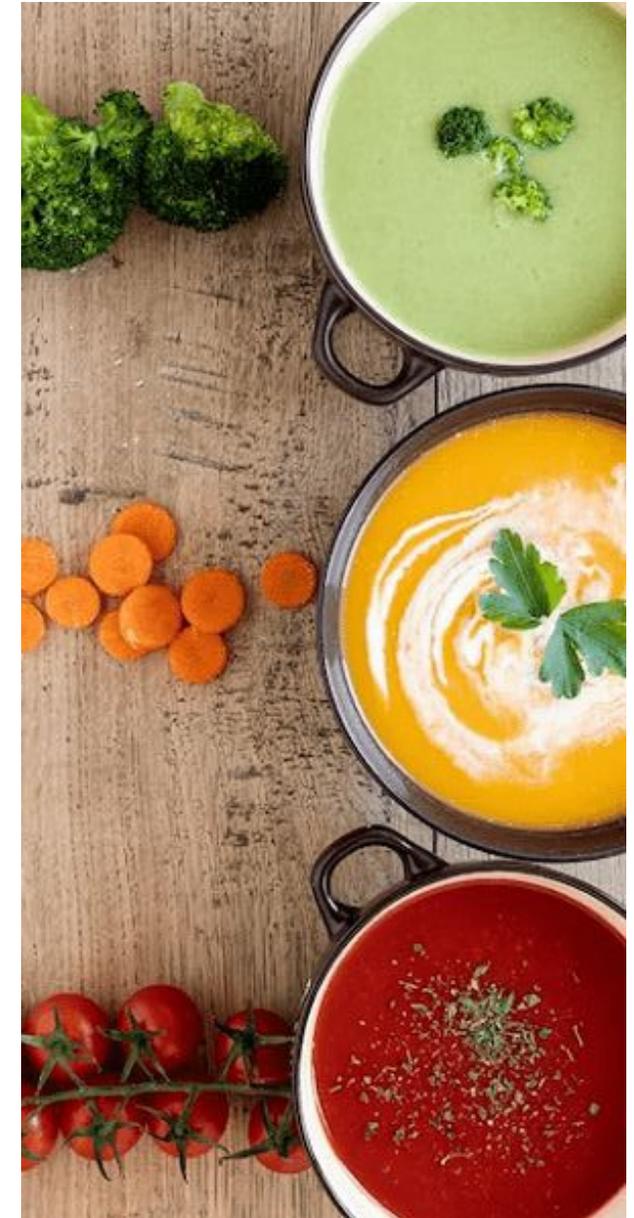
Thick Soups

- Soups with a dense consistency, created by blending, puréeing, or adding thickeners
- Thickened using ingredients like roux, cream, puréed vegetables, or starches
- Have a rich, hearty texture and more body than clear soups
- Typically smooth but can also contain chunks of ingredients
- **Common types:** cream, purée, bisque, chowder



Cream Soups

- Main flavoring often a single ingredient
- Usually based on a light stock combined with dairy
- Finished with heated heavy cream/tempered liaison
- **Thickeners:** roux, flour, potatoes, pureed main ingredient
- **Base:** stock, broth, velouté, bechamel
- **Flavor:** rich, balanced, no raw starch flavor
- **Texture:** smooth, velvety, heavy cream consistency
- **Garnish:** fresh herbs, croutons, shredded cheese, toasted seeds, swirl of sour cream



Popular Cream Soups



Cream of Mushroom



Cream of Chicken



Cream of Pea and Broccoli

Puréed Soups

- Main ingredient generally puréed starchy vegetables or legumes
- **Base:** stock, broth, no thickeners
- Cured pork product often added for flavor
- Can be finished with heavy cream
- **Flavor:** robust, no raw starch flavor
- **Texture:** not strained, coarse, thick, heavy cream consistency, no separation
- **Appearance:** rustic
- **Garnish:** fresh herbs, croutons, small dice of meat or vegetable



Popular Puréed Soups



Lentil Soup



Split Pea Soup



Potato Leek Soup

Traditional Bisque

- Crustacean based
- **Base:** shellfish shells are simmered to create a rich stock
- **Thickeners:** rice (traditionally), rice flour, bread, roux
- Puréed and finished with cream and sherry
- **Flavor:** rich, deeply savory, and subtly sweet
- **Texture:** velvety, consistency of cream soup
- **Garnish:** dice of main ingredient, herbed croutons, chives, or a swirl of cream



Modern Bisque

- Today, “bisque” is also used to describe any puréed, creamy soup, even those made without seafood

Key features:

- Silky, puréed texture
- Cream or dairy-enriched
- Vegetable-based
- Typically uses vegetable or chicken stock in place of seafood stock



Popular Bisques



Tomato Bisque



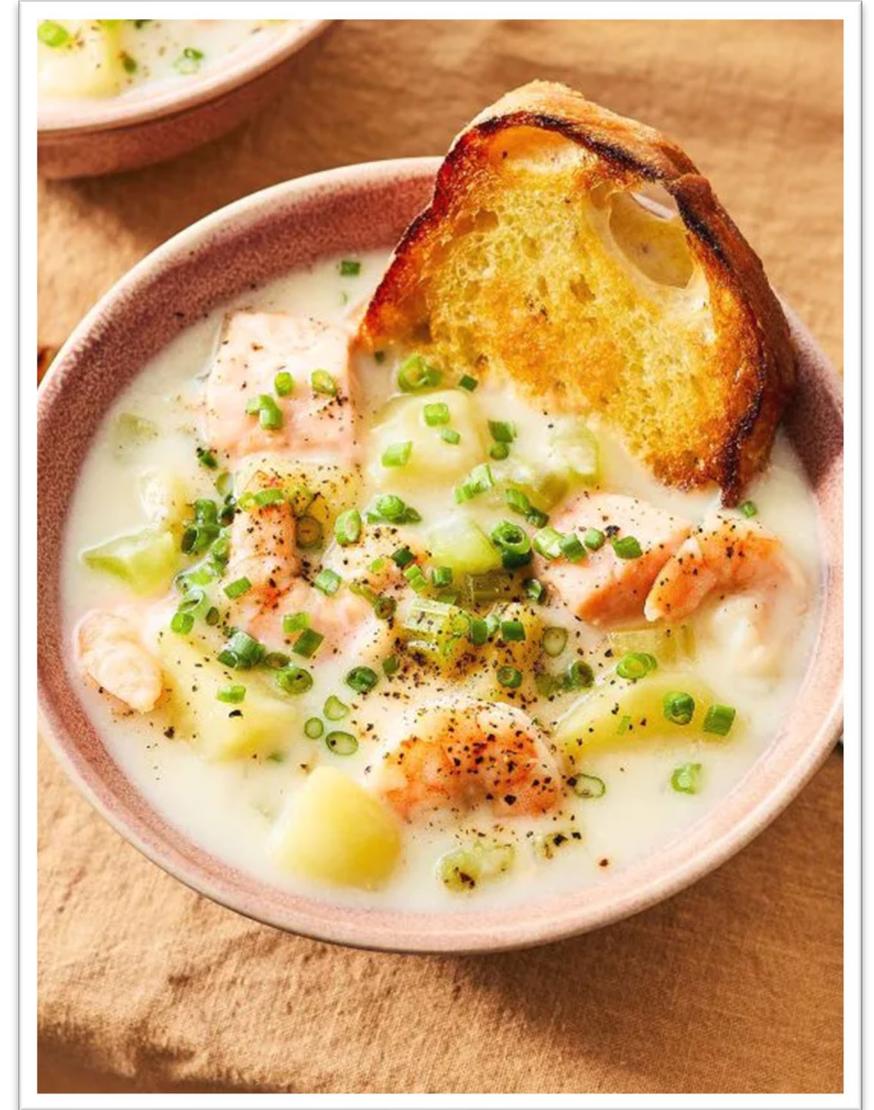
Lobster Bisque



Shrimp Bisque

Traditional Chowder

- **Original:** *Chaudière* (fisherman's stew pot)
- **Core ingredients:** seafood, pork product, potatoes, onions
- **Base:** clam broth, milk, cream
- **Thickeners:** potatoes, flour, or crumbled crackers
- **Texture:** thick, chunky, hearty
 - Can be creamy or clear based on regional style
- **Garnish:** heavily with herbs, bacon, oyster crackers



Modern Chowder

- Any thick, hearty, and chunky soup
 - No longer limited to seafood
- Encompass different proteins, vegetables combinations
- Regional/global influences on style/ingredients
- **Bases:** creamy, brothy, or tomato-based
- **Flavor:** bold
- **Texture:** rich
- Can be dairy-free, gluten-free, or plant-forward



Clear Soups

- Light, transparent soups made without thickeners
- **Base:** stock or broth
- Ingredients can be simmered for flavor and strained out
- After straining, garnish may be cooked in soup or cooked separately and added
 - Should be soft, bite-sized, evenly dispersed
- Many global variations
- **Flavor:** delicate, light body, flavorful
- **Texture:** thin, watery, light mouthfeel
- **Common types:** broth, consommé, clear vegetable



Broth

A flavorful liquid made by simmering meat, bones, vegetables, and aromatics in water

Common ingredients: meat and/or bones, mirepoix, herbs, spices

Key characteristics:

- Lightly seasoned
- May be clear or slightly cloudy
- Served on its own or used as a base for soups and sauces

Uses:

- Light starter or sipping broth
- Base for soups, sauces, risottos
- Cooking liquid for grains, legumes, or vegetables

Differences from stock:

- Includes meat (not just bones)
- Typically seasoned
- Ready to serve as a soup, unlike unseasoned stock

Popular Broths



Chicken Broth



Beef Broth



Vegetable Broth

Consommé

- A broth that is perfectly transparent, free of impurities, and rich in concentrated flavor
- Clarified using **clearmeat**: egg whites, mirepoix, lean ground meat, and acid like tomato

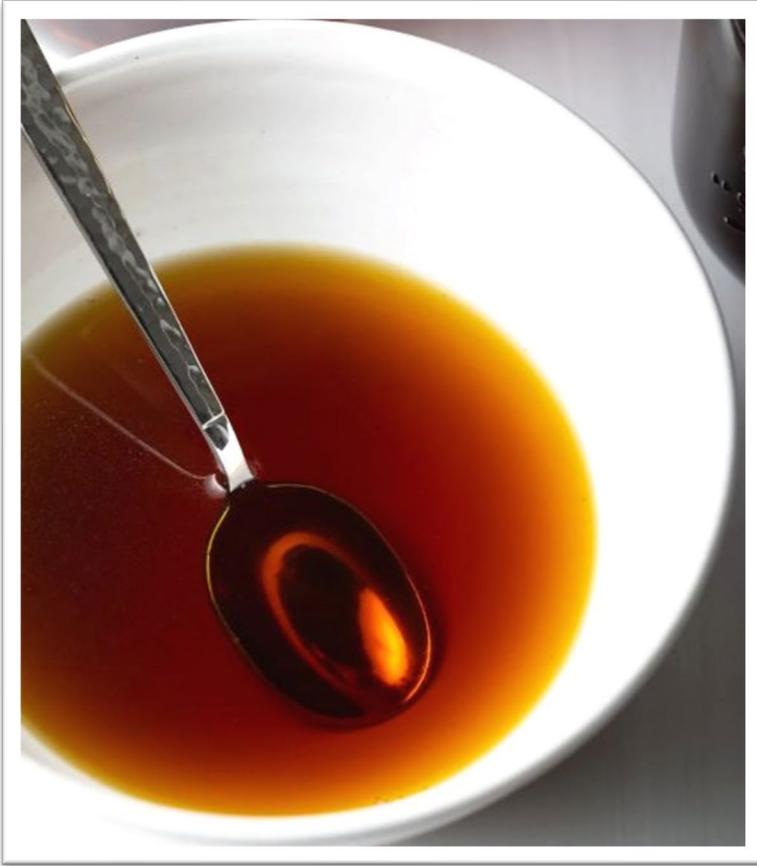
Clarification process:

- Cold stock is mixed with clearmeat
- As it simmers, the proteins coagulate, forming a raft that traps impurities
- The clear broth is gently ladled off

Garnishes: small brunoise vegetables, herbs, or delicate proteins



Popular Consommés



Beef Consommé



Chicken Consommé



Shrimp Consommé

Clear Vegetable Soup

A light, broth-based soup featuring vegetables in a clear, seasoned liquid, without dairy or thickening agents

Common ingredients:

- Vegetables
- Fresh herbs
- Occasionally noodles, grains, legumes

Characteristics:

- Crystal clear or lightly tinted broth
- Clean, delicate flavor
- Light and refreshing; often served as a starter

Cooking tips:

- Cut vegetables uniformly for even cooking and presentation
- Simmer gently to preserve clarity and texture

Popular Clear Vegetable Soups



Cabbage Soup



Mixed Vegetable Soup



**Vegetable-
Noodle Soup**

Cold Soups

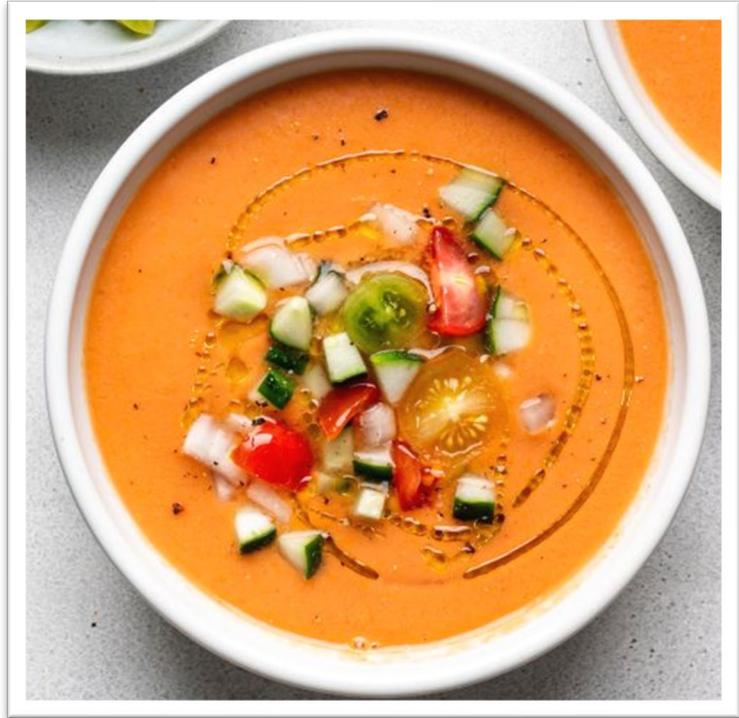
- Often prepared with fresh or lightly cooked ingredients
- Can be savory or sweet
- Designed to be refreshing and flavorful

Key Characteristics

- Served cold (never reheated)
- Often blended, strained, or well-puréed
- Emphasize freshness and seasonal ingredients
- Texture may be smooth or lightly chunky
- Often enhanced using infusions and essences for layered flavor



Popular Cold Soups



Gazpacho



Fruit Soups



Vichyssoise

Specialty Soups

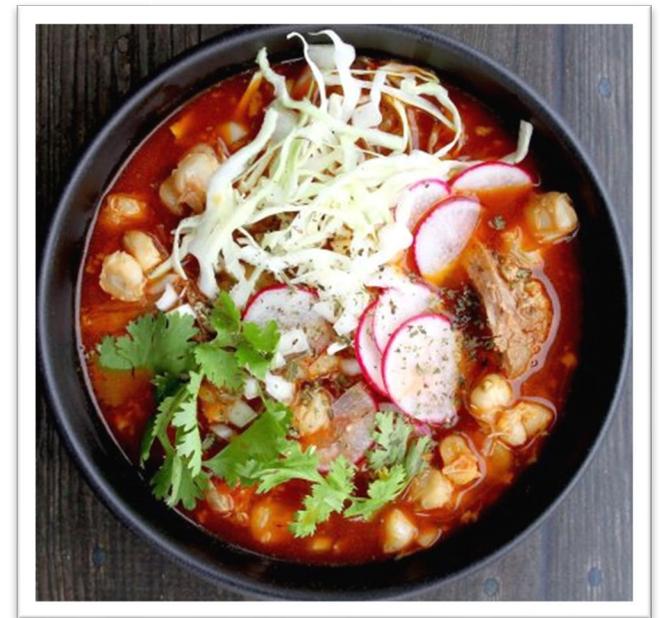
- Soups that are deeply rooted in global/regional tradition, cultural identity, or ceremonial use
- Often feature unique ingredients, preparation methods, or symbolic meaning



Miso Soup



Tom Yum



Pozole



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Any Questions?