



Culinary Institute
of America

NRAEF Day 2

Dry Heat Cooking Methods
with Fat and Oils



Learning Objectives

- Identify, define, and explain the method for the various:
 - Dry-heat cooking methods with fats and oils
 - Dry-heat cooking methods without fats and oils

Sauté Method

1. Prepare food 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
 - Scrape fond
3. Form sauce by thickening the liquid
 - Nappé consistency
4. Plate or pan and serve sauce with main item



Stir-Fry Method

1. Heat oil in a wok or large sauté pan; add flavorings
2. Add main item
3. Stir fry, keeping food in constant motion; remove main item and set aside
4. Add additional ingredients in proper sequence
5. Add liquid for sauce, then add thickener
6. Add main item back into wok and heat thoroughly
7. Serve immediately



Standard Breading Mise en Place

- Product
- Flour
- Egg wash
- Breading agent
- Empty pan for finished item



Pan-Frying Method

- Heat oil to appropriate temperature
- Add main item (usually breaded or batter-coated) to pan in a single layer
- Pan-fry food on the first side until well browned
- Turn item and cook to the desired doneness
- Remove item and finish in oven, if necessary
- Drain item on paper towels
- Season and serve with appropriate sauce and garnish



Deep-Frying Method

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





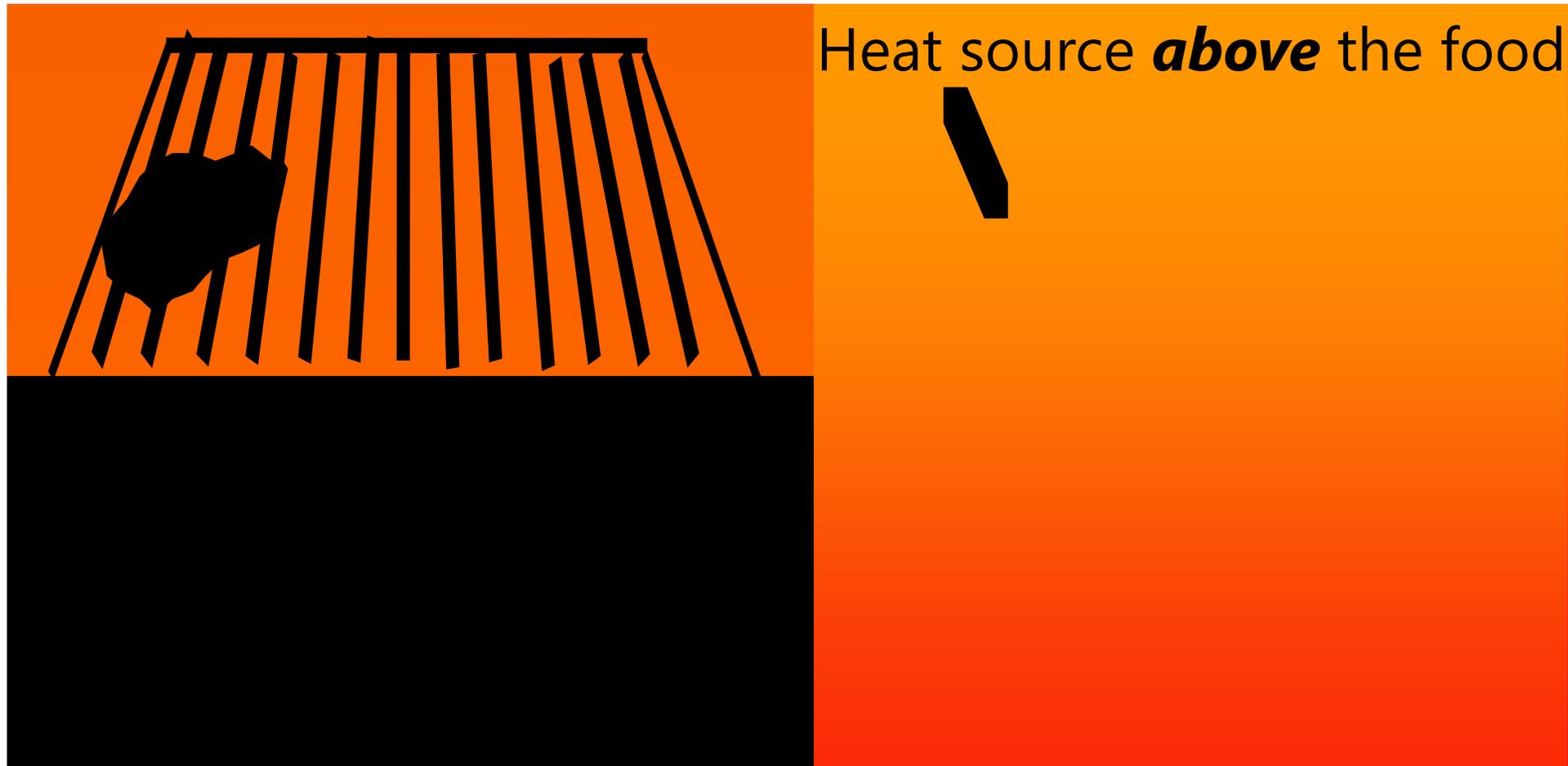
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Dry-Heat Cooking

Without Fats & Oils



Grilling vs. Broiling



Grilling and Broiling Method

1. Season and/or marinate main item; brush with oil if necessary to prevent sticking
2. Place main item on the grill; use a hand grill for delicate foods such as fish
3. Rotate item 90° to produce crosshatch marks, if desired
4. Thoroughly clean and preheat grill; oil grids
5. Turn item over and continue cooking to desired doneness



Roasting Method

1. Preheat oven
2. Season items (stuff and/or marinate if desired)
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, if desired
7. Let item rest before carving
8. Prepare pan gravy
9. Carve item across grain
10. Serve with gravy or sauce



Sauces and Gravies

- Au jus
- Jus lié
- Pan gravy
- Thickeners for sauces/gravies
 - Flour mixed with drippings to form a roux
 - Slurries
 - Prepared roux

Determining Doneness

- **Required Internal Temperatures**

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





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Food Presentation Principles

Important Points to consider



Focal Point

- Point or area where eye is automatically drawn



Focal Point

- Point or area where eye is automatically drawn



Focal Point



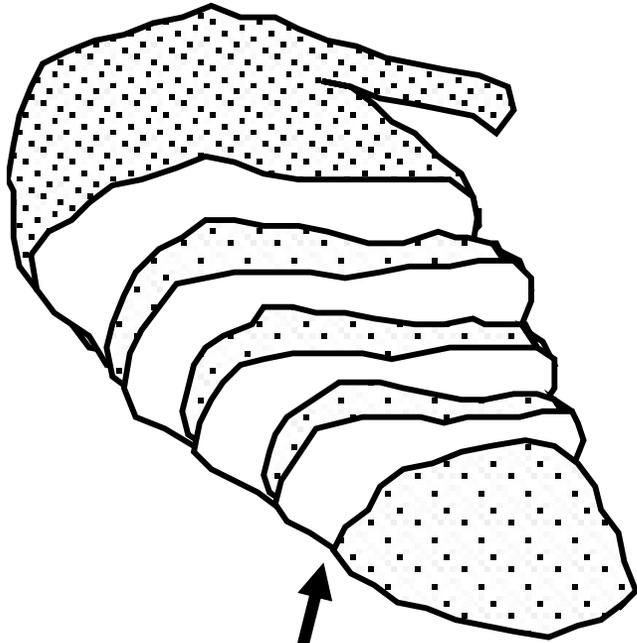
Point or area
where eye is
automatically
drawn

Flow

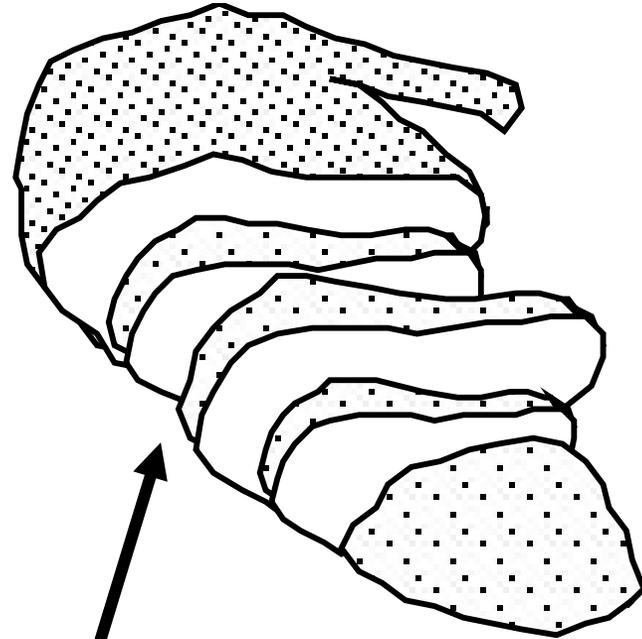
- Sense of movement on the plate
- Dictated by the balance, unity and focal point



Sequencing



Notice each slice is in order and evenly spaced



Slices are out of sequence

Turkey Breast Sliced in Sequence



Plate and Platter Garnishes%

- Add Color, Texture, Taste and Interest
- Harmonize with Items
- Should NOT Distract from the Focus
- **Avoid Non-Functional Garnishes!!!**
 - Wedge or Slice of Orange or Lemon
 - Sprig of Parsley or Watercress
 - Tomato Roses and Apple Birds
 - Paper or Foil Frills

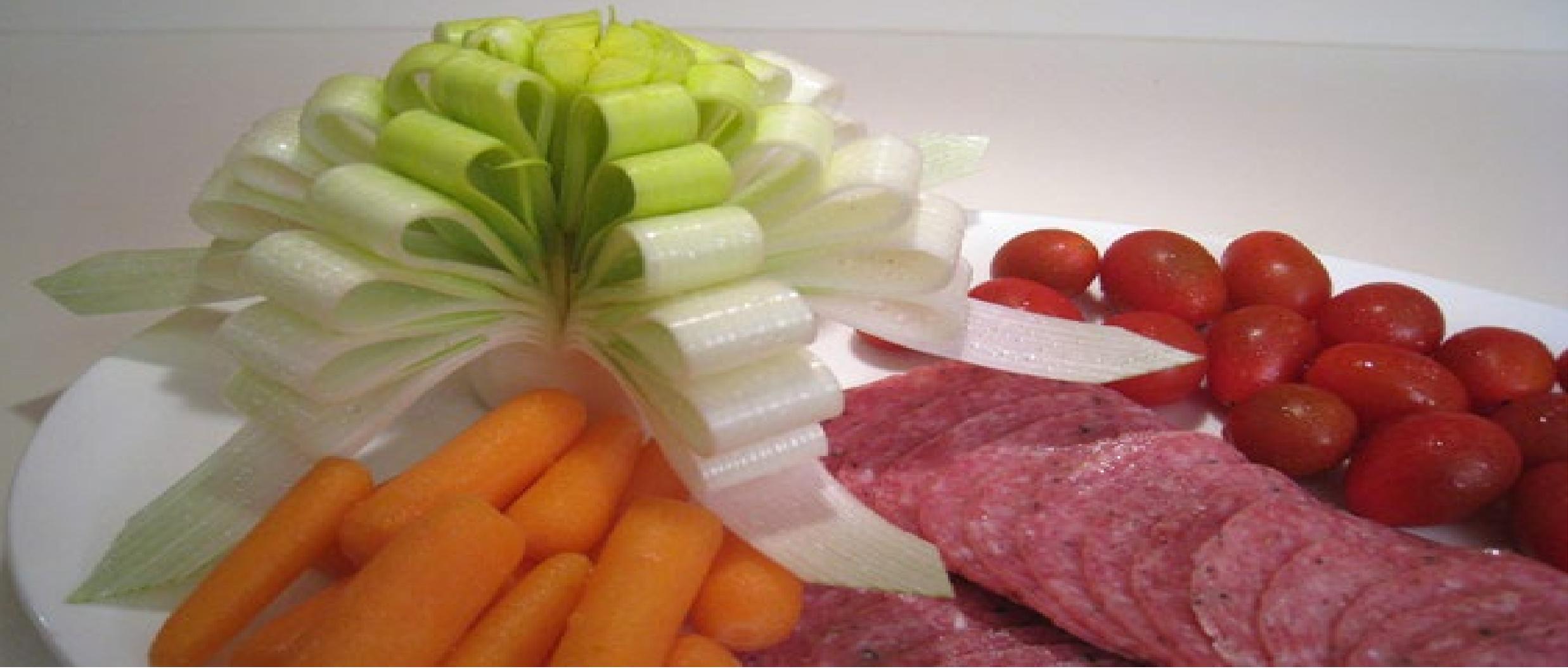
Note: Everything served Should be edible and support the overall theme on the plate

Non- Functional Garnishes

- Non-functional
 - Non-edible plants
 - paper or foil frills or booties
- Non-palatable
 - Resinous herb sprigs
 - Carved veg. and fruits
 - Citrus crowns, wedges, flowers



Non-Functional Garnishes



Functional Garnish



Height

- Use the natural shape of food to provide varied but not extreme height. This will enhance the flow.



Don't poke your eye out!



Simple Plate (Duck Confit)



Simple but elegant



What do you think?





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