



Culinary Institute  
of America

# NRAEF Day 3

Moist Heat Cooking  
Combination Heat Cooking Methods



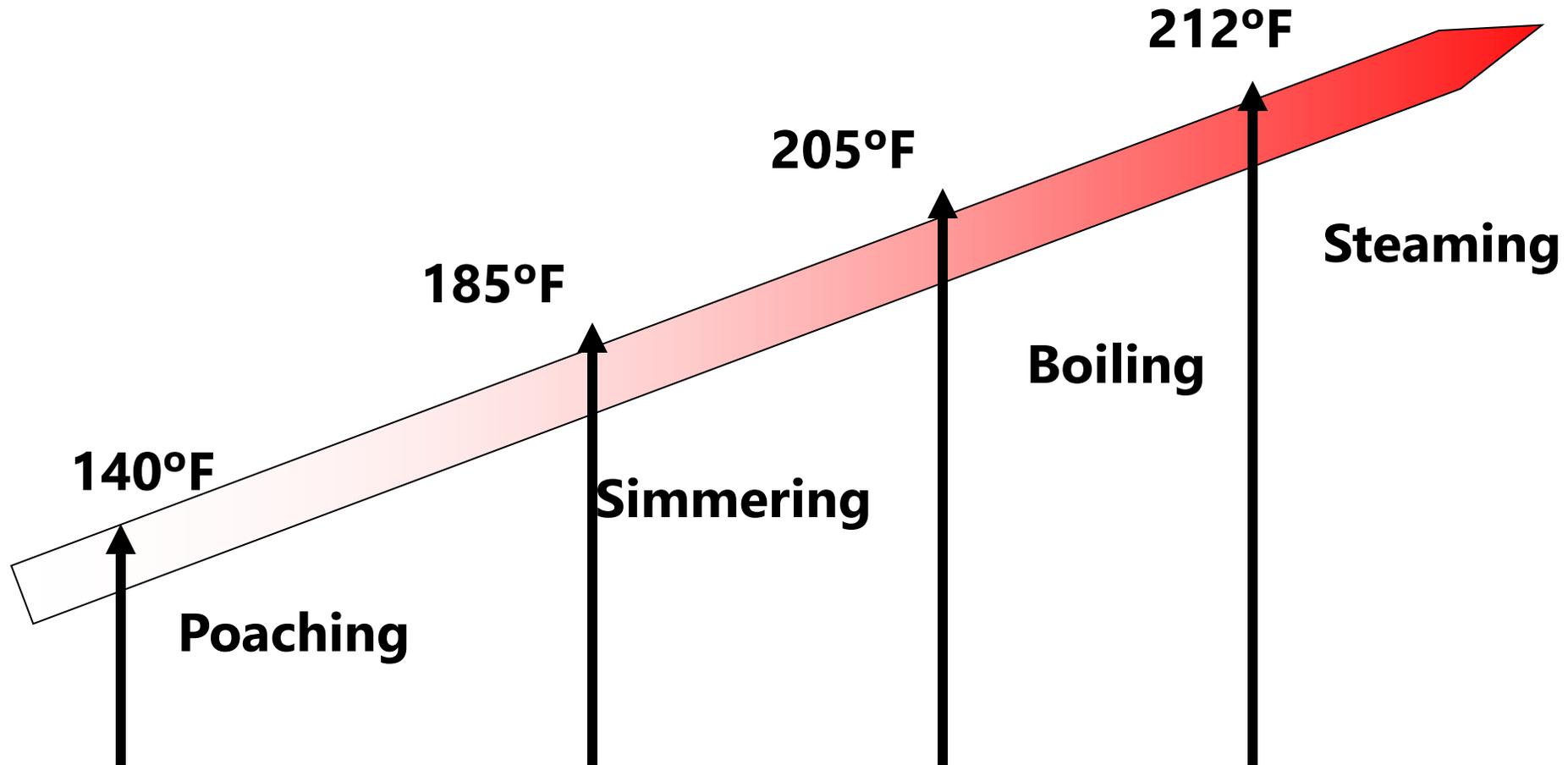
# Learning Objectives

- Identify, define, and explain the method for the various:
  - Moist-heat cooking methods
  - Combination cooking methods

# Moist-Heat Cookery

- Items have a distinctively different flavor, texture, and appearance than items cooked using dry-heat
- Generally subtly flavored
- Simple, straight-forward appeal
- Requires careful monitoring of cooking temperatures and times

# Temperature Control



# Shallow-Poaching Method

- Place butter in a sauteuse along with aromatics in an even layer
- Add main item and poaching liquid
- Bring liquid to a simmer
- Cover sauteuse with buttered parchment
- Finish over direct heat or in oven
- Remove main item, moisten, and keep warm
- Reduce cuisson and prepare sauce as desired
- Serve main item with sauce and appropriate garnish



# Deep-Poaching Method

- Heat cooking liquid to 165°F
- Add main item, using a rack if necessary (item must be fully submerged)
- Finish food over direct heat or in oven
- Remove main item, moisten, and keep warm while preparing sauce or cool in liquid, as appropriate
- Cut or slice main item (if appropriate) and serve with appropriate sauce and garnish



# Steaming Method

- Bring liquid to a boil or preheat steamer
- Add main item to steamer and arrange on a rack in a single layer
- Cover steamer
- Steam food to desired degree of doneness
- Serve food immediately with appropriate sauce and garnish



# Other Moist-Heat Methods

- Boiling

- 205°F+
- Few foods are truly “boiled”
  - Dried beans, grains, meals
- Most items are simmered

- Simmering

- 185°-205°F
- Tenderizing method
- *Sturdy* vegetables, pastas, or legumes
- *Tough* meat cuts

# Braising Meats

- Low and Slow Cooking
  - Less Tender Cuts of Meat
    - Shank, brisket, round, etc
- Often involves searing of the main item
- Finish Cooking in a flavorful liquid that becomes part of the dish
  - Sauce



# Stewing Meats



- Same as braising
- Main item in bite sized pieces
- Sauce commonly not strained
- Garnish often cooked and served as part of the stew

# Braising Vegetable



- Low and slow cooking for tough vegetables
  - Fennel, cabbage, leeks, etc
- Sometimes seared
- Cooking liquid is used as part of the sauce
- Cut in bite sized pieces before braising
  - Red Cabbage
- Cut into large pieces or left whole
  - Braised Fennel
  - Braised Endive

# Tenderization

- Meat
  - During slow cooking collagen hydrolyzes over time
    - Converted into water soluble gelatin
    - Rich sauces with strong body and flavor
- Vegetable
  - Slow cooking softens cellulose and hemi cellulose
  - Pectins from cell walls dissolve
  - Cells collapse
    - Tender vegetables



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