



Culinary Institute
of America

Cooking Principles I

Day Five: Combination Cooking
Methods, Braising, Stewing



Learning Objectives

- List the purposes for using combination cooking methods.
- Identify appropriate items for braising and stewing.
- Differentiate between braising and stewing.
- Select appropriate equipment for braising and stewing.
- Execute the basic cooking methods for braising and stewing.

Key Terms

- Brazier
- Braise
- Dry Heat
- Fork tender
- Moist Heat
- Steam Jacketed Kettle
- Stew
- Tenderize
- Tilting Skillet

Combination Cooking Techniques

Dry Heat

- Sear main item (Maillard reaction)
- Improves color and flavor

Moist Heat

- Soften muscle tissue
- Provides body for finished sauce
- Breaks down connective tissue into gelatin



Braising and Stewing

- Tenderizing methods
- Hearty “peasant” foods
- Covered cooking vessels



Braising and Stewing

Equipment

- Brazier with a tight-fitting lid
- Tilting skillet
- Steam jacketed kettle

Braising Ratio

- Main item 1 lb.
- Mirepoix 1 oz.
- Liquid 1 pt.



Braising and Stewing: Ingredients

Less tender cuts

- Highly exercised, mature animals
- Less expensive cuts

Suitable foods:

- Beef, veal, lamb, pork
- Poultry
- Game (feathered and furred)
- Organ meats
- Vegetables



Braising and Stewing: Ingredients



■ Liquids

- Well-flavored stock
- Appropriate jus

■ Aromatics

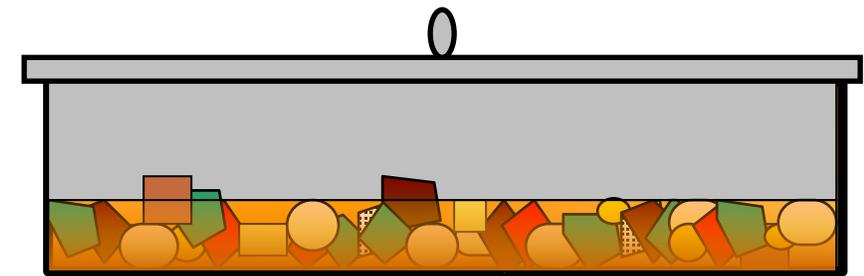
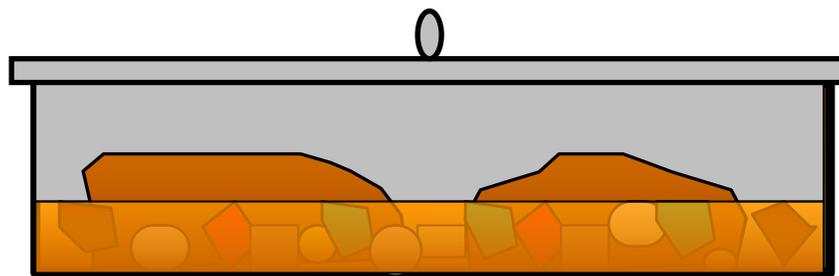
- Sachet d'épices
- Bouquet garni

■ Optional

- Pork product
- Tomatoes, vegetables
- Thickeners
- Garnishes

Braising vs. Stewing

| | Braising | Stewing |
|----------------|---|--|
| Size | large, multi-portion | small pieces |
| Liquid | covers $\frac{1}{3}$ to $\frac{1}{2}$ item or 3 to 4 oz. per portion | covers item |
| Garnish | cooked separately | cooked with item or separately |
| Sauce | strained, roux thickened | not strained, roux thickened |
| Cooked | in oven | in oven (covered) or on range (uncovered) |



Braising

- French: “live coals”
- Meat is seared in fat over high heat to develop flavor and a brown, outer crust; Vegetables are sautéed
- Item partially covered with liquid, simmered in a covered pot at just above 200°F
- For tougher meat cuts, fibrous vegetables
- Braising liquid can be reduced and thickened with a roux to create a sauce



Braising Meat: Method



- Pre-preparation
- Sear
- Remove meat; add mirepoix, tomatoes, and caramelize
- Add liquid, simmer gently
- Cover and braise at low temperature (DO NOT BOIL)
- Simmer until fork tender
- Slice and serve with finished sauce

Stewing

- Similar to braise in almost every way except:
 - Smaller pieces used (bite size)
 - Liquid covers main item completely
 - Shorter cooking time



Stewing: Method



- Pre-preparation
- Sear or blanch items
- Sweat or caramelize mirepoix
- Add liquid and simmer
- Cover tightly, stew until tender
- Taste the item in stages-- item is tender when little or no resistance to a fork or skewer is felt
- Adjust seasoning and consistency of sauce

Stewing and Braising: Equipment

- Brazier
- Tilting Skillet
- Steam Jacket Kettle



Braising and Stewing: Tips

- Use correct size cooking vessel in relation to amount of meat.
- Larding advisable on cuts with insufficient marbling.
- Marinating can help tenderize and contributes to flavor.
- Check doneness by resistance to fork or skewer, not temp.
- Do not allow liquid to boil during cooking (Causes meat to shrink excessively).
- Do not use too much liquid (weakens flavor of sauce).

Braising and Stewing: Quality Standards

- Intense flavor
- Full-bodied, deep sauce
- Deep color exterior
- Moist, fork-tender interior
- Soft, almost melting texture



Plating/ Panning



Plating

- Consider using soup plate
- Shingling in same direction and toward guest
- Appropriate amount of sauce

Panning

- Hold over moist heat
- Shingle uniformly
- Include appropriate amount of sauce



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Any Questions?