



Culinary Institute
of America

Purée/ Cream Soups
Dry Heat Cookery
Potato Cookery



Learning Objectives

- Identify and describe the characteristics and standard ingredient formulas for purée and cream soups.
- Prepare a purée and/or cream soup and evaluate quality using established culinary criteria.
- Define preliminary preparation techniques for meats intended for roasting.
- Identify proper pan selection, size, and roasting setup.
- Describe methods for determining doneness of roasted items.
- Explain carryover cooking and resting, and their importance in the roasting process.
- Describe the pan-frying method and identify standard coatings used.
- Identify appropriate proteins, cuts, and vegetables suitable for pan-frying.
- Execute the standard breading procedure and pan-fry a pork cutlet or similar item.
- Prepare a variety of potato preparations and evaluate quality based on established standards.
- Prepare a variety of dishes using standardized recipes.

Purée Soup

- Falls into category of thick soups
- Puréed, not strained
- Main ingredient: thickener
 - Potato or starchy vegetable/legume
- Coarse consistency
- Nutritional benefits
 - Rich in vitamins and minerals
- Concentrated flavor



Key Characteristics



- **Temperature:** hot
- **Color:** reflective of main ingredient
- **Texture:** coarse, rustic
- **Aroma:** savory
- **Flavor:** savory hearty
- **Portion size:** 8 oz.
- **Garnish:** minced herbs or croutons

Cream Soup

- Contemporary cream soup based upon Sauce Velouté
- Main flavoring comes from a single ingredient
 - Non-starchy vegetables
- Mild protein
 - Lean chicken, fish, shellfish
- Pureed and strained
- Thickener: roux
- Velvety smooth consistency



Key Characteristics

- **Temperature:** served hot
- **Color:** pale creamy color of main ingredient, NOT BROWN!
- **Texture:**
 - Silky smooth
 - Thin nappé consistency (that of heavy cream)
 - Should not be floury or pasty
- **Aroma:** Pleasant of main ingredient
- **Flavor:** Rich flavor of main ingredient, with supporting aromatic/ finishing flavors



Roasting

- Indirect cooking method using dry heat in an oven
 - Pan or spit roasting can be used
- Commonly used for cooking large, multi-portion meat cuts that are naturally tender



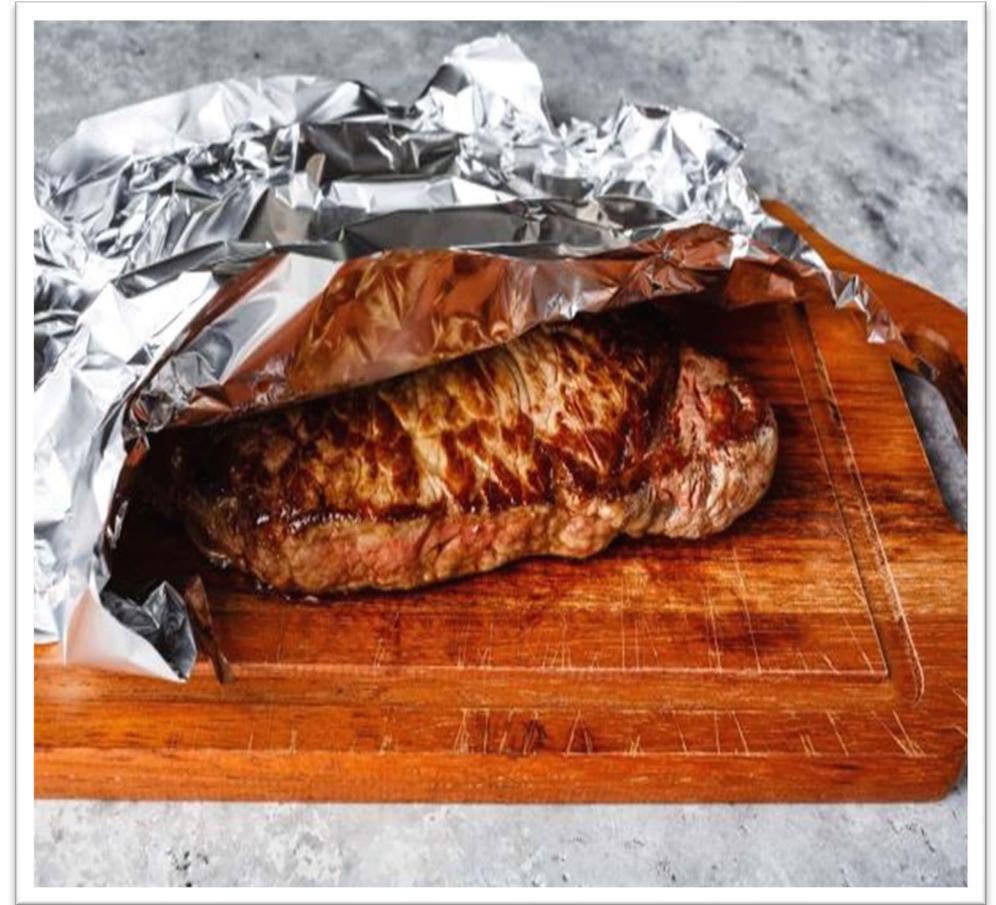
Suitable Items for Roasting

- Multi-portion
- Low activity/ tender protein
 - Well-marbled red meats: beef top round, rack of lamb
 - Whole poultry: chicken, turkey, duck, goose
 - Dressed fish: whole sea bass, branzino



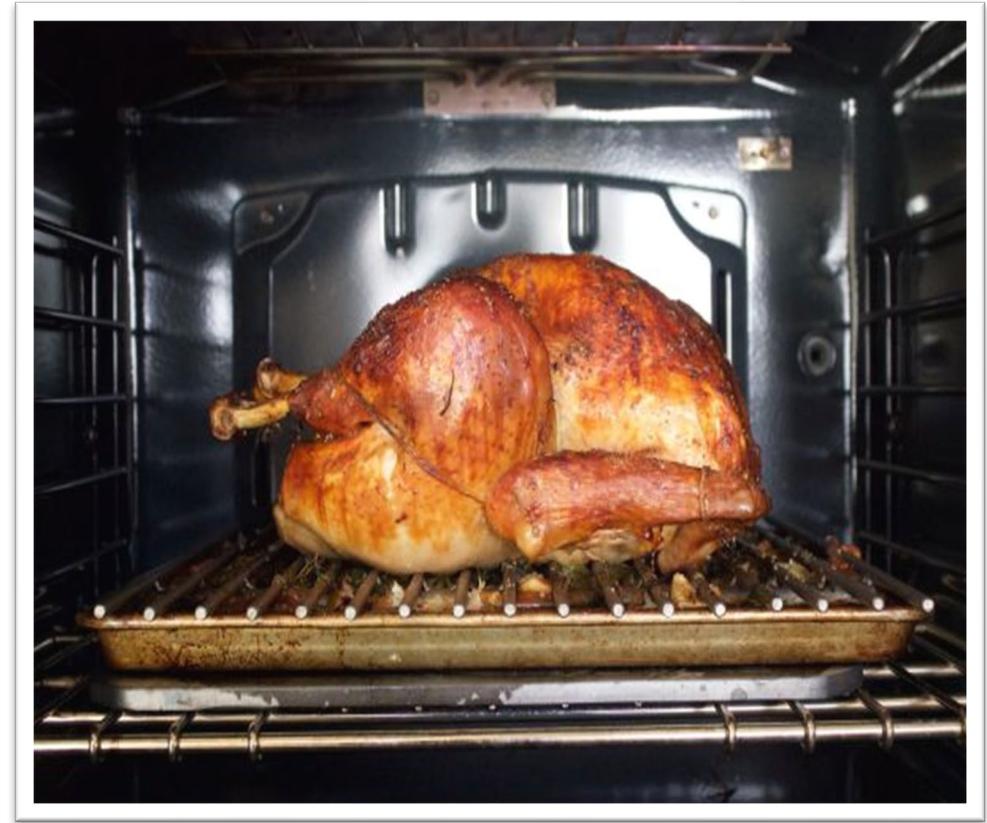
Resting and Carryover Cooking

- **Resting:** meat relaxes away from the main heat source
 - Allows juices to redistribute
 - Product becomes more uniformly moist
- **Carryover cooking:** residual heat from cooking causes the internal temperature to rise further after removal from heat source
 - Occurs at the same time as resting



Roasting: Method

1. Preheat oven.
2. Trim, tie, and season the main item.
3. Pan sear or oven sear as needed.
4. Roast at 425°F, elevated on a rack, to the desired doneness.
5. Add large cut mirepoix to the roast at the beginning of cooking.
6. Remove main item and rest, on a rack, for 15-30 minutes (varies per item).
7. Prepare a sauce from the drippings.



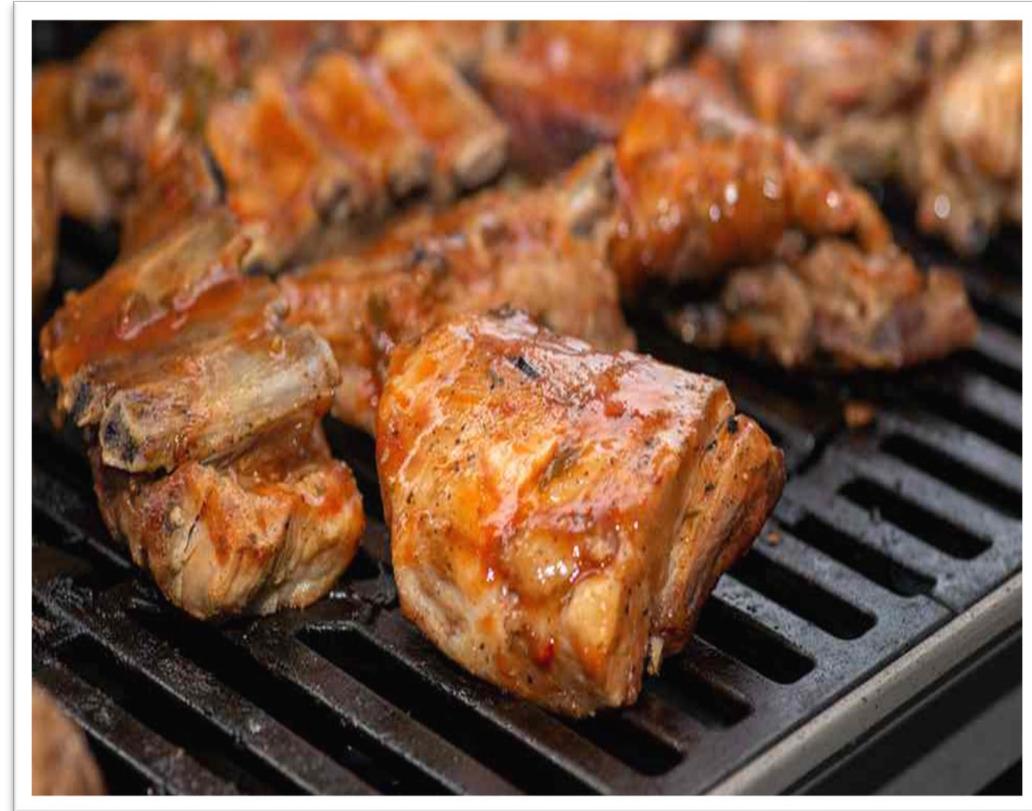
Flavor-Building Techniques

- Truss meats and poultry for even cooking, improved appearance, and ease of portioning
- Dry-season and sear to develop roasted flavor
- Lard or bard lean items to add fat and flavor
- Use mirepoix at a ratio of approximately 1 oz. per #
- Baste during roasting, especially poultry items
- Deglaze the pan drippings (*fond*) to create pan sauces such as pan gravy, au jus, or jus lié



Roasting Fundamentals

- Searing does not seal in juices
- Oven temperature varies based on the size of the roast
- Roast items elevated and uncovered
- Account for carryover cooking when roasting to proper internal temperature
- Resting time depends on the size of the roast
- Portion or carve against the grain



Pan Gravy

- Main ingredients: pan drippings, flour, stock/broth for thickening
 - Can include wine, herbs, spices for more depth of flavor
- Incorporates fond and rendered fat for a rich flavor
- Should be smooth, rich, and have a nappé consistency
- Can be made from various types of meat



Pan Gravy: Method

1. Caramelize mirepoix until golden; clarify the fat.
2. Determine proper amount of fat needed and discard any excess.
3. Add flour to mirepoix. Cook into a roux.
4. Deglaze with hot stock to remove fond.
5. Simmer 20 to 25 minutes to cook out the proteins in the flour and thicken the sauce.
6. Strain and season.
7. Hold hot and covered to prevent a skin from forming.



Pan Frying

- Creates a richly textured crust and a moist flavorful interior
- Item is cooked more by the oil's heat than by direct contact with the pan
- Hot oil seals the food's coated surface and locks in the natural juices
- Sauce is made separately due to lack of released juices and minimal oil used



Pan Frying: Method

1. Trim items; bread or batter as appropriate.
2. Heat pan and add items in a single layer.
3. Pan-fry presentation side until well browned.
4. Turn and cook to desired doneness.
5. Remove from pan and finish in the oven if needed.
6. Drain on paper towels.
7. Season and serve with an appropriate sauce.
 - To preserve the crisp exterior, place sauce on side or underneath.



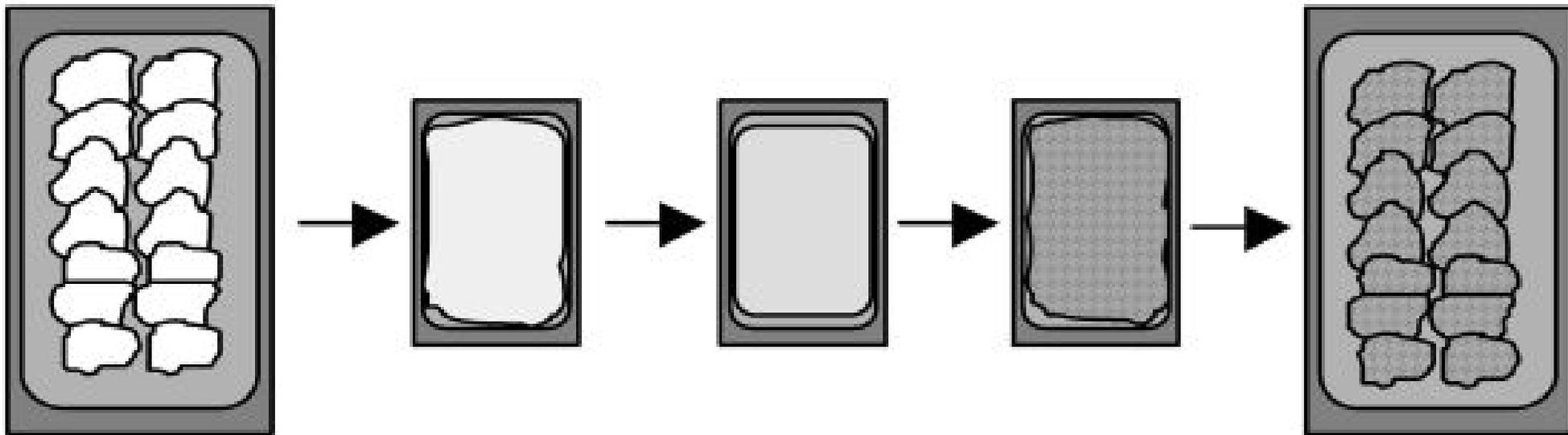
Coatings, Breading, and Batters for Pan Frying

- French style: dredge in flour only
- English style: standard breading procedure
 - Mie De Pain: fresh white breadcrumbs with no crust
 - Chapelure: dry breadcrumbs
 - Panko: Japanese white flaked crumb
- Orly: batter
 - Yeast, beer, tempura, etc.



Standard Breading Procedure

Mise En Place for Standard Breading Procedure



Product
to be
breaded

Flour

Eggwash

Breading

Finished
Product

Breading



- Items may be breaded ahead of service and cooking
- Breaded items should not be held for extended periods
 - Breading will absorb moisture from the item and become wet and soggy
- For large events, items can be breaded and frozen
- Frozen items should be cooked directly from the frozen state without thawing

Pan Frying Prep Tips

- Items fry best when they are uniform thickness
- Hold pre-breaded items in a single layer on half sheet tray or rack
 - If soggy, recoat to dry before frying
- Best pan is cast iron (Griswold); if unavailable, use a sautoir
- Fat amount preheated should not reach more than half-way up the item once placed in the pan
- For multiple portions, set up a bain-marie and cheesecloth-lined chinois to strain loose breadcrumbs from the hot fat



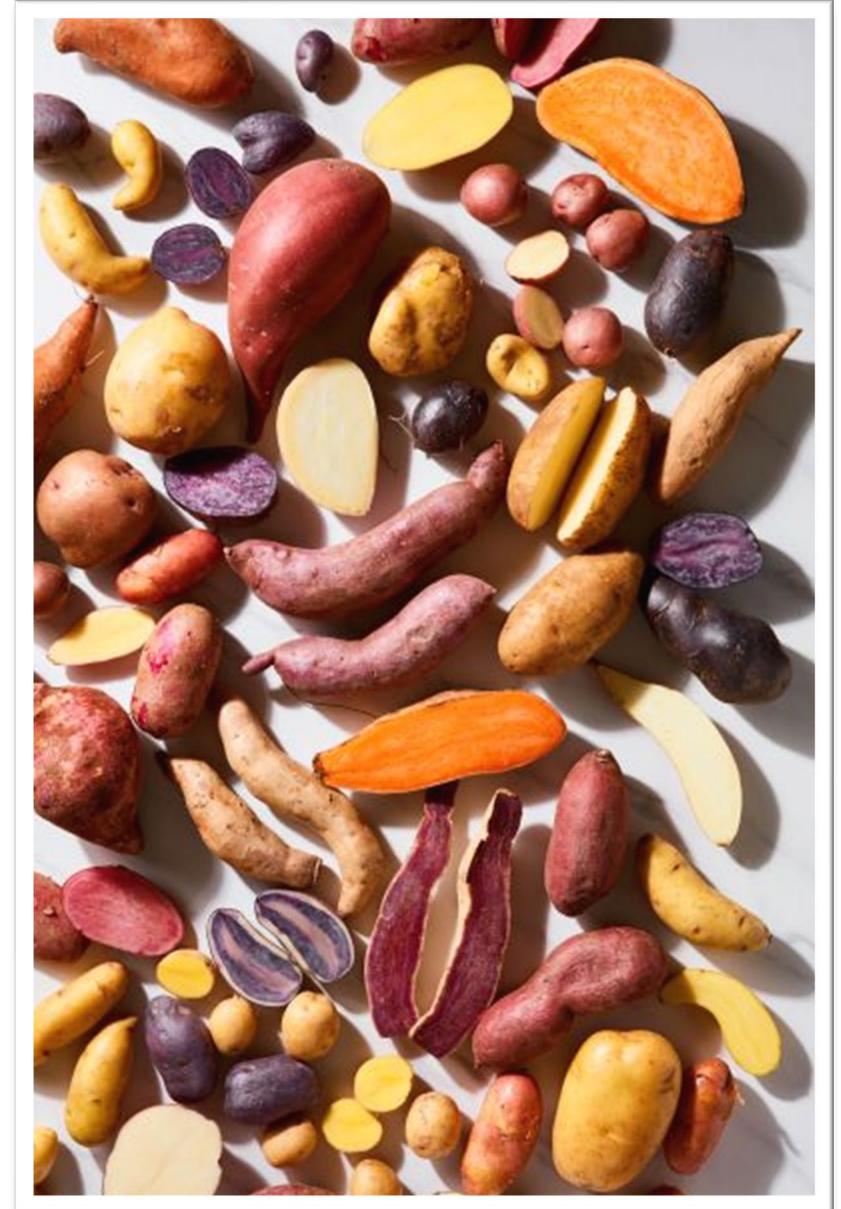
Pan Frying Method Tips

- Moderate the heat at a constant temperature so the coating doesn't burn
- Should be golden brown, crispy outside with little to no fat absorption
- Should be tender, cooked to desired doneness, and juicy in the middle
- Discard fat after multiple uses and replace with clean fat
- Hold the cooked item on a rack and/or blot on paper towels



Potatoes

- Potato varieties differ in starch, moisture content, skin color, flesh color, and shape
- All potatoes contain starch
- The texture of cooked potatoes is directly related to their starch content
- Potatoes with high starch and low moisture cells separate, becoming mealy
- Potatoes with high moisture and less starch cells cohere, becoming waxy



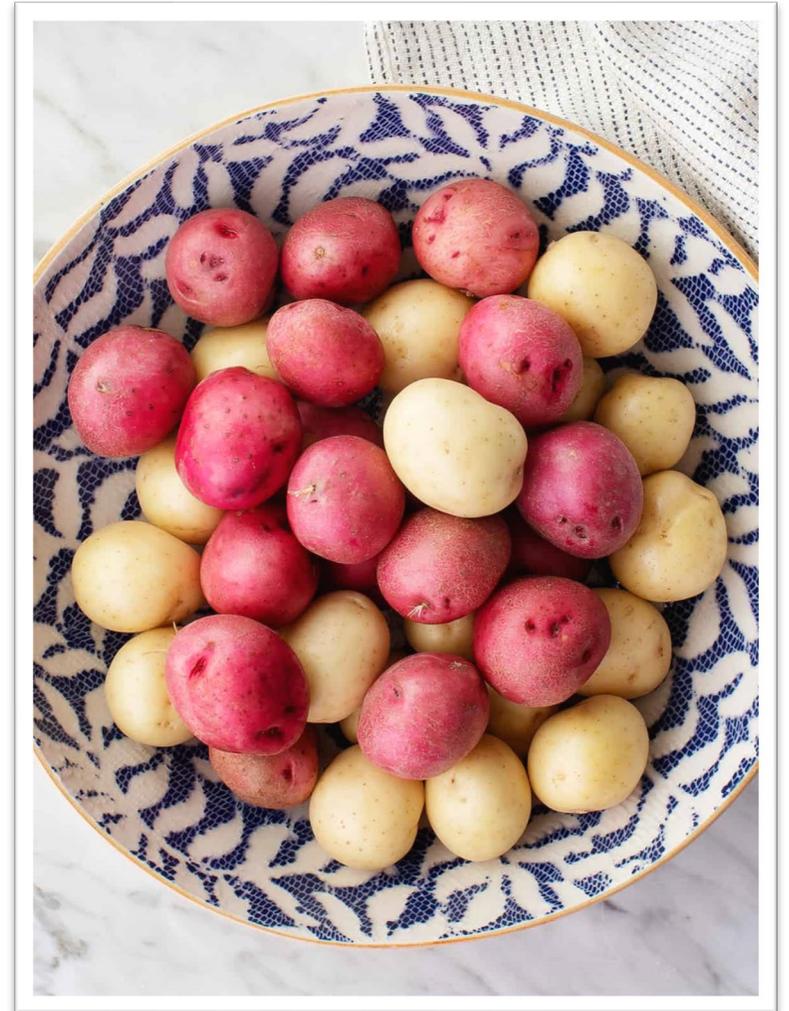
High Starch, Low Moisture, Mealy Potatoes

- **Types:** russets, blue/ purple varieties, Russian/ banana fingerlings
- Fine, dry, fluffy texture when cooked
- Suitable for fried potatoes and in baked and mashed potato products



Low Starch, High Moisture, Waxy Potatoes

- **Types:** new potatoes, common U.S. red and white skin varieties
- Harvested in late spring and early summer
- These potatoes have a naturally sweet, fresh flavor
- Best suited for steaming, boiling or salad applications
- Work well for soups and stews where you want the potato to retain its shape and have a slightly firm texture





Culinary Institute
of America

Any Questions?