



Culinary Institute
of America

Contemporary/ Derivative Sauces
Combination Heat Cookery
Tossed/ Composed Salads



Learning Objectives

- Explain contemporary sauces and their derivatives.
- Prepare a contemporary sauce and evaluate quality using established standards.
- Define and describe the braising and stewing methods of cooking.
- Identify appropriate proteins, specific cuts, and vegetables suitable for braising and stewing.
- Describe correct methods for determining doneness of foods cooked using combination-heat techniques.
- Identify the key components of and demonstrate proper techniques for preparing tossed and composed salads.
- Prepare a variety of dishes using standardized recipes.

Contemporary Sauces

- Contemporary sauces are not always derivatives from mother sauces
- May have origins in modern and haute cuisine
- Usually not roux-thickened
- Often utilize reduction, pure starches, or purée of main ingredient

Examples:

- Beurre Blanc
- Jus Lie
- Bearnaise
- Coulis/relishes



Braising & Stewing

- Combination heat (dry + moist) cooking methods
- First sear item to develop fond
- Simmer item in cooking liquid or sauce to release gelatin
 - Renders collagen into soluble gelatin
 - Gives a tender, melting quality



Suitable Items for Braising & Stewing

Protein

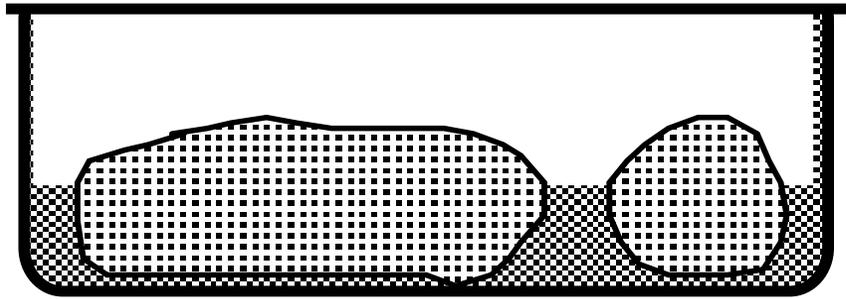
- High-activity, mature, less tender proteins with collagen connective tissue and marbling
- Cuts: shank, leg, short ribs, etc.
 - Can be large pieces (pot roast)
 - Small pieces (chicken leg or thigh)

Vegetables

- Firm, hearty, fibrous vegetables that require long, slow cooking
 - Onions, carrots, celery, potatoes



Braising vs. Stewing



Braising

- Single or multi-portion pieces
- Partially submerged in liquid
- Longer cook time
- Sauce is strained and reduced

Stewing

- 1-to-2-inch cubes
- Fully submerged in liquid
- Shorter cook time
- Served in sauce

Braising: Method

1. Sear item on all sides in hot fat.
2. Remove item and sweat mirepoix.
3. Return item and add liquid.
4. Bring to a simmer and cover.
5. Finish braising in the oven until fork tender.
6. Add sachet and garnishes as needed.
7. Remove item and hold warm with braising liquid.
8. Strain, reduce, season sauce and serve with sliced item.



Stewing: Method

1. Cut poultry or small game into 1–2 in. pieces.
2. Brown lightly in a pot to develop flavor.
3. Add aromatics and vegetables and sweat briefly.
4. Add liquid to fully cover ingredients.
5. Simmer gently on stove or in oven until meat and vegetables are tender.
6. Adjust seasoning and thicken if needed.
7. Serve hot in its sauce with appropriate garnish.



Tossed Salads

- Mixed with dressing, served right away to ensure peak freshness
- Every bite is the same
- More casual, very versatile
- **Examples:** Green salad, Chef's Salad, Greek salad



Composed Salads

- Made by carefully arranging items on a plate
- A “main item” is often set on a bed of greens
- The salad is garnished and dressed



Principles of Composed Salads

- Consider how well each of the elements combine
- Repetition of colors or flavors can be successful if they contribute to the overall dish, but can become too much
- All components of the plate should be capable of standing alone
- Should be arranged so the textures and colors are most attractive





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Any Questions?