



Culinary Institute
of America

ProChef Level 1 Prep Class

Day 3

Moist Heat Cooking
Combination Heat Cooking Methods



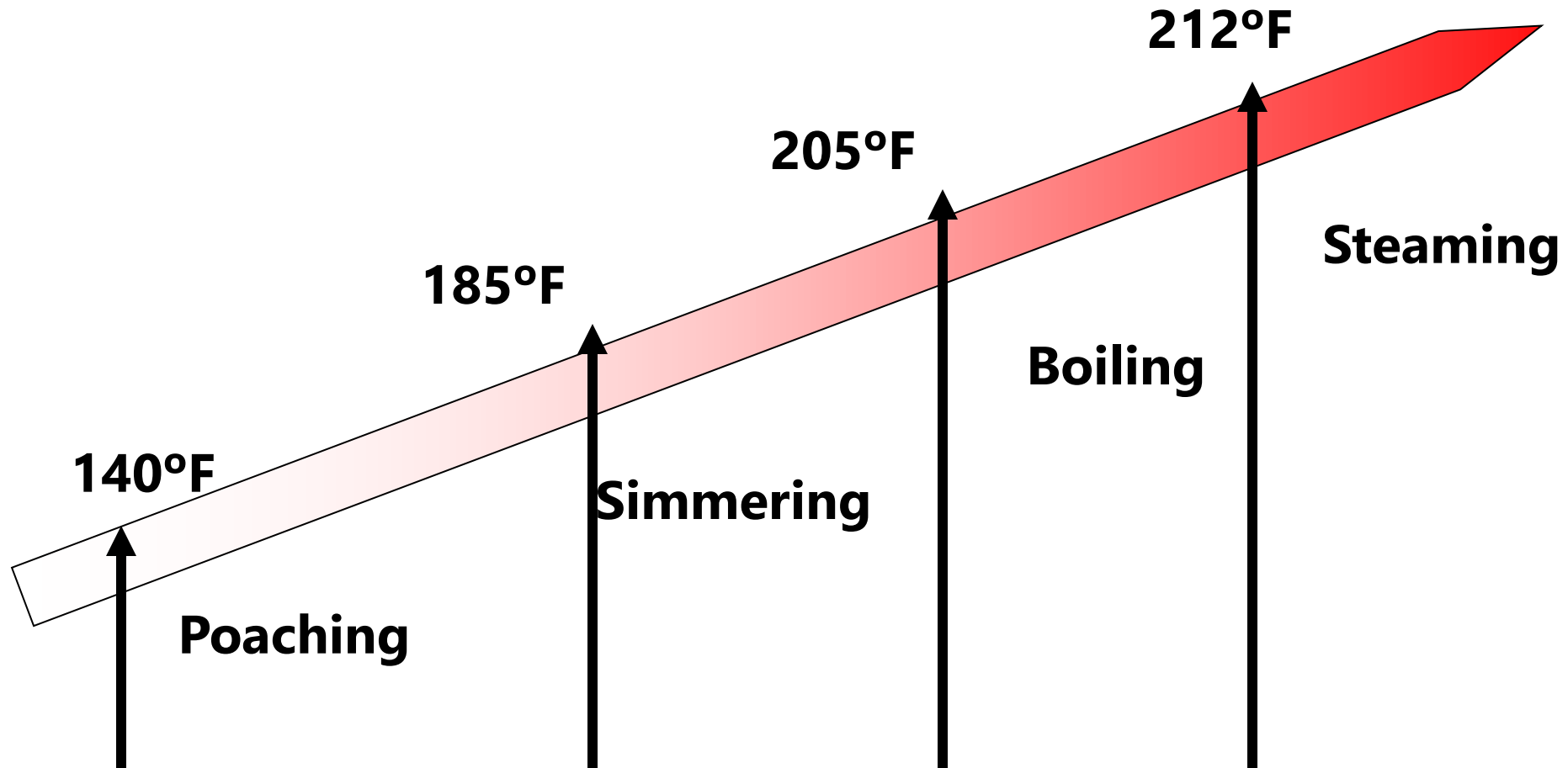
Learning Objectives

- 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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