



# Culinary Institute of America

## **CULINARY INSTITUTE OF THE PACIFIC CULINARY FOUNDATIONS: SKILLS, FLAVOR, & CREATIVITY**

### **SUPPLEMENTAL CHEF LECTURE NOTES**

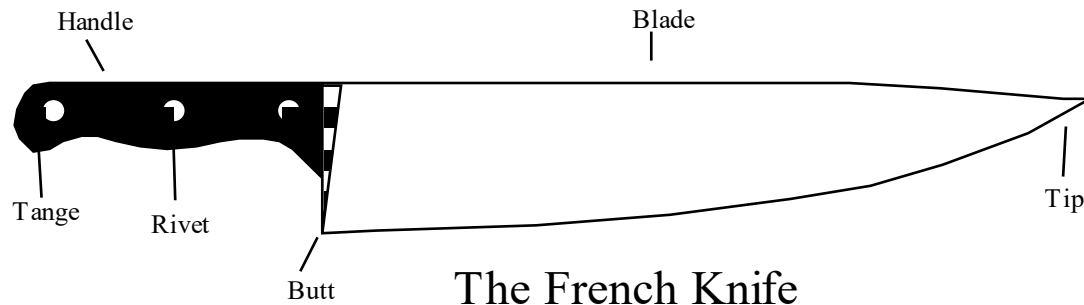


Culinary Institute of the Pacific, Diamond Head campus, Oahu, Hawai'i

# DAY ONE:

## BASIC CULINARY PREPARATIONS, KNIFE SKILLS, STOCKS

### PROPER KNIFE CARE AND HANDLING



The French Knife

### SAFETY RULES FOR KITCHEN CUTLERY

Always use a sharp knife. A sharp knife is safer than a dull knife because it requires less pressure while cutting.

Use the correct size and type of knife for the job.

- **French knife** - basic chopping and dicing
- **Boning knife** - removing bones from meats and poultry
- **Slicer** - slicing meats, poultry, and breads
- **Paring knife** - peeling fruits and vegetables

Hold the knife firmly in your hand and cut away from your body. Always use a cutting board.

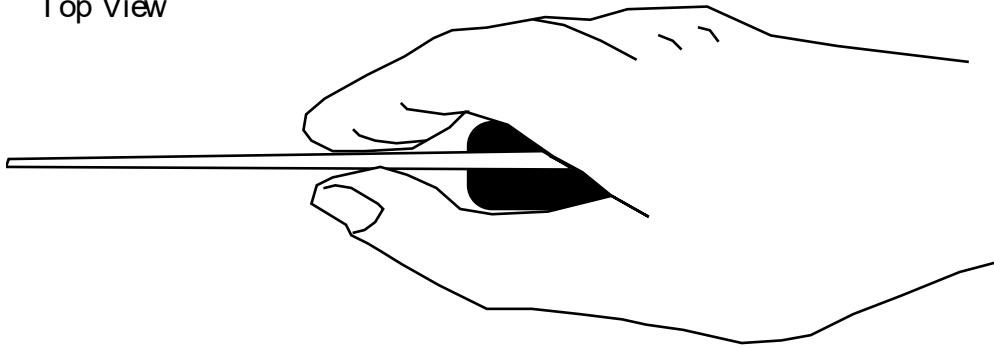
Always place knives on flat surfaces away from the edge of the table with the blade facing away from you. Never cover a knife with towels or other materials, keep it in sight of everyone.

Do not grab blindly for a knife: reach deliberately for the handle. If a knife falls off the table, do not grab for it.

When handing another person a knife point the handle toward them.

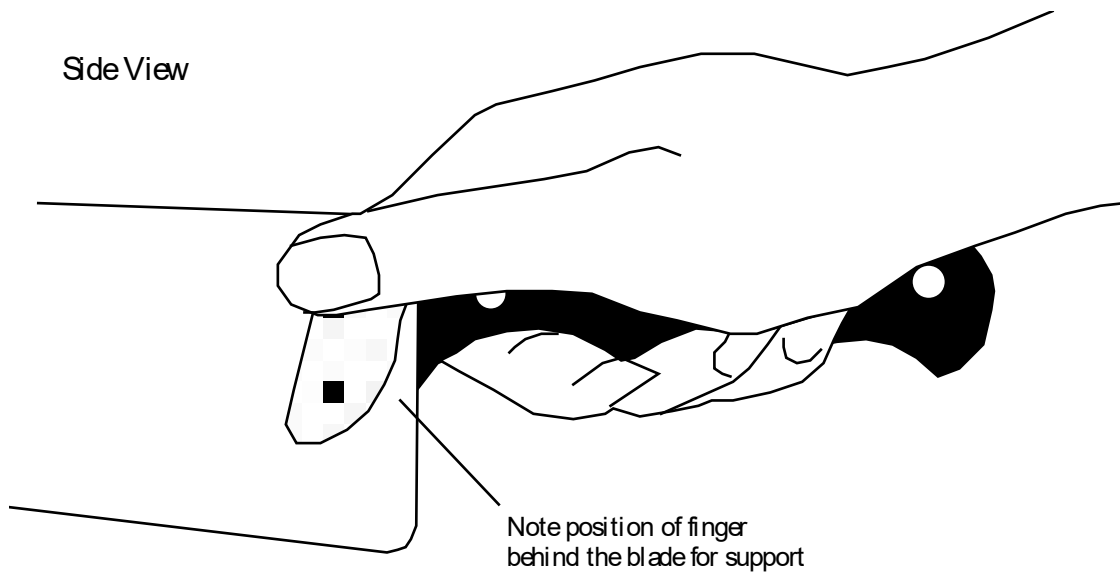
## HOW TO HOLD A KNIFE PROPERLY

Top View



Grasp the knife by the handle, allowing your thumb and index finger to rest on the blade for support.

Side View



Note position of finger  
behind the blade for support

## COMMONLY USED KNIFE CUTS

### Commonly Used Knife Cuts

**Brunoise**  $1/8 \times 1/8 \times 1/8''$



**Small Dice**  $1/4 \times 1/4 \times 1/4''$



**Medium Dice**  $1/3 \times 1/3 \times 1/3''$



**Large Dice**  $3/4 \times 3/4 \times 3/4''$



**Fine Julienne**  $1/16 \times 1/16 \times 1 - 2''$



**Julienne**  $1/8 \times 1/8 \times 1 - 2''$



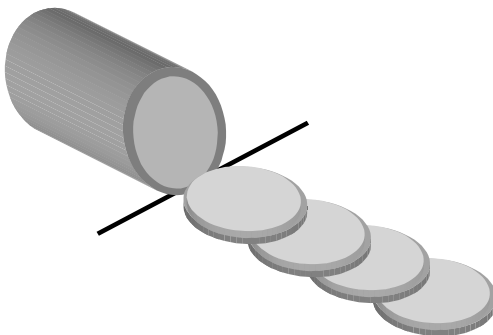
**Batonette**  $1/4 \times 1/4 \times 2''$



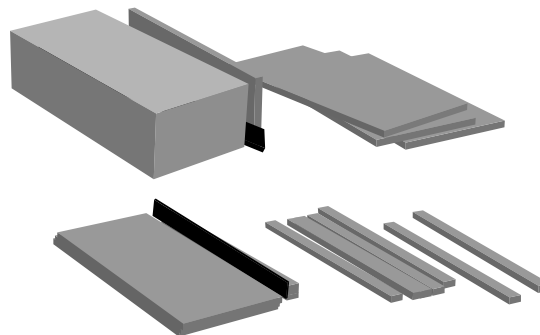
**Paysanne**  $1/2 \times 1/2 \times 1/8''$



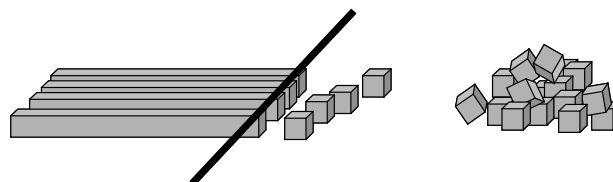
### Slicing



### Julienne



### Dicing

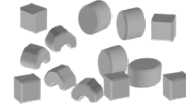


# Basic Culinary Preparations

## Mirepoix

A mixture of vegetables used to flavor stocks, sauces and other culinary preparations. The size of the vegetable is in relation to the cooking time of the product..

The ratio: 50% Onions, 25% Carrots, 25% Celery



## Bouquet Garni

A bunch of fresh herbs used for flavoring. Today's version also includes leek, carrot and celery.



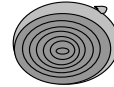
## Oignon Piqué (studded onion)

A combination of onion, bay leaf and cloves used for flavoring.



## Oignon Brûlé (charred onion)

Caramelized onion used for flavor and color.



## Sachet d'épice (spice bag)

A cloth bag containing spices and herbs used for flavoring.



## Chopped Shallots

Shallots, chopped or minced, used for flavoring in many preparations.



## Chopped or Mashed Garlic

Garlic, minced or mashed with salt, used for flavoring.



## Chopped Parsley

Parsley washed, stems removed, chopped very fine.



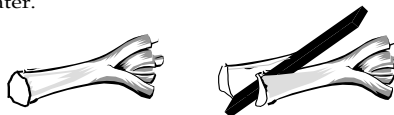
## Tomato Concassé

Remove stem, score skin, blanch 5-20 seconds in boiling water, shock in ice water. Remove skin, cut tomato in half, squeeze out seeds, coarse chop.

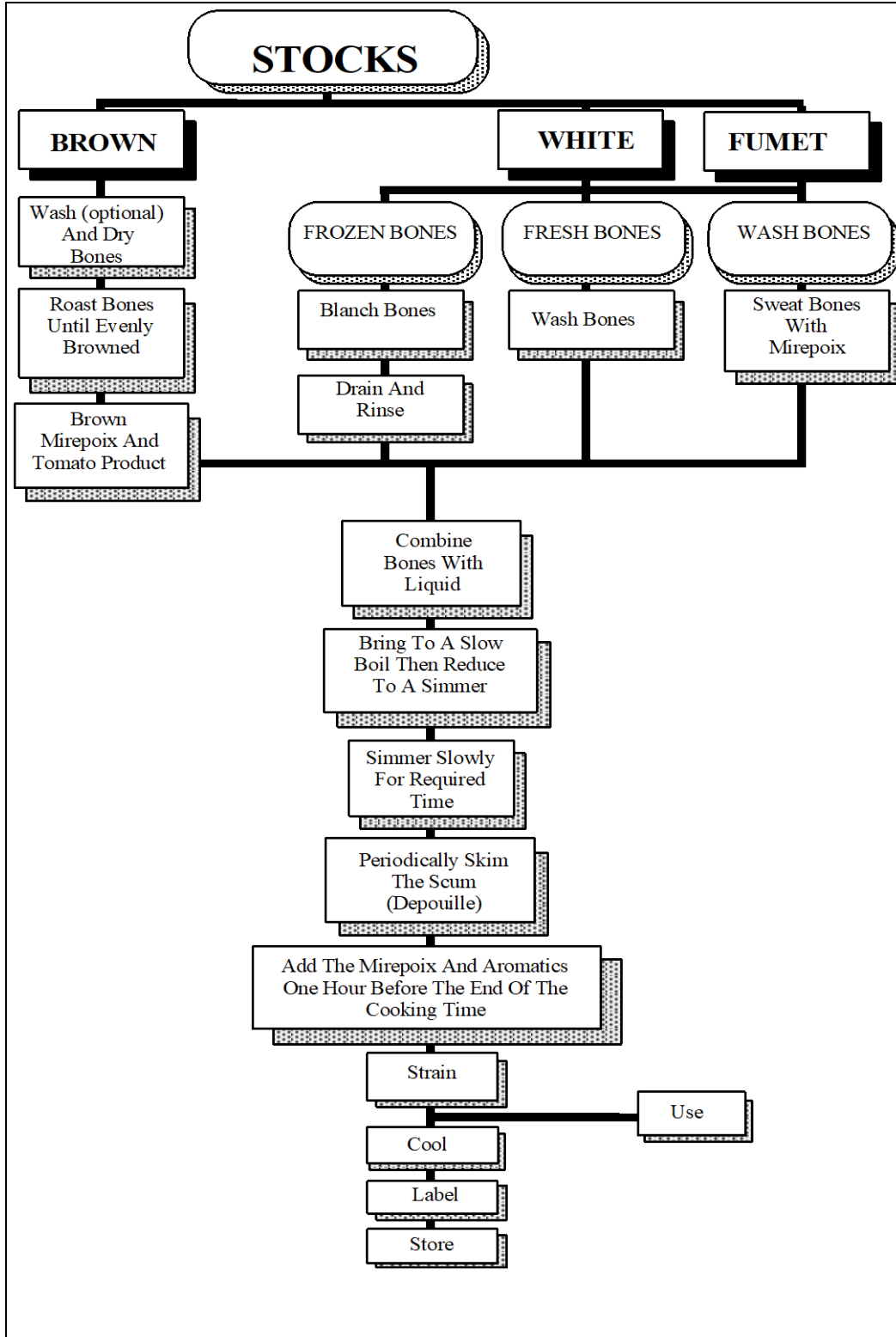


## Leeks

Trim tops and root of leek (do not remove too much root). Split lengthwise, soak in water, fan open, lift out of water.



**Diagram 1. Stock Production**



## **DRESSING**

The term dressing or salad dressing describes a cold or hot sauce that is used to coat or dress a salad. There are many styles of dressing: low-fat, no-fat, dairy-based, tofu-based, mayonnaise-based, and vinaigrette. This concept will allow you to create an endless variety of salad dressings that may be used in any number of dishes.

### **Vinaigrette**

Vinaigrette is a sauce made from oil and vinegar, usually with various flavorings, which can be served at various temperatures. The standard proportions are three parts oil to one part vinegar. Other acids, typically citrus juices, are sometimes substituted for the vinegar or part of the vinegar in some recipes. In addition to the oil and acid being in correct proportion, the vinaigrette can be seasoned simply by adding salt and pepper or it can be embellished with vegetable brunoise, purées, ginger, mustards, or any other number of seasonings and garnishes.

### **Emulsified Vinaigrette**

Emulsified vinaigrette is a cold sauce similar to a vinaigrette with the primary difference being that the oil and vinegar (acid) are emulsified, giving it a thicker, creamier, appearance.

Egg yolks, mustard, or glaze are often seen in emulsified vinaigrette recipes.

## **DAY TWO: DRY-HEAT COOKING METHODS: COOKING WITH FATS AND OILS**

### **SAUTÉING / STIR FRYING**

A method of quickly cooking foods in a small amount of fat that is at a high temperature. A sauce is typically made by deglazing the juices that were released during the cooking process. This technique does not have the tenderizing effect found in the moist-heat method; therefore, foods must be naturally tender.

#### **MAIN ITEM**

**Items to be sautéed are:**

- tender
- portion size or small pieces
- cooked to order

#### **SUITABLE FOODS TO BE SAUTÉED**

- beef, veal, pork, lamb, poultry, and game
- seafood
- high-moisture vegetables

- pre-cooked vegetables (low-moisture) and potatoes (as a means to finish or re-heat)

### **COOKING MEDIUMS**

Must be able to reach relatively high temperatures without breaking down or smoking and relatively small amounts of fat are used.

### **APPROPRIATE FATS AND OILS INCLUDE**

- clarified butter
- neutral-flavored oil (e.g. canola oil)
- rendered fats (bacon, goose fat, or lard)

### **LIQUIDS FOR DEGLAZING**

- wine
- stock
- cognac or liqueur
- fortified wine
- water

### **LIQUID BASE FOR THE SAUCE**

- jus lié of the appropriate flavor
- meat glaze
- vegetable coulis or purées

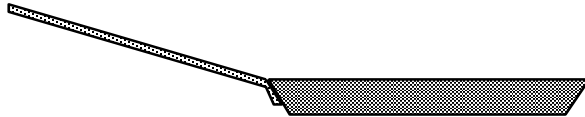
### **OPTIONAL COMPONENTS**

- aromatics to flavor the sauce
- finishing ingredients
- garnishing ingredients

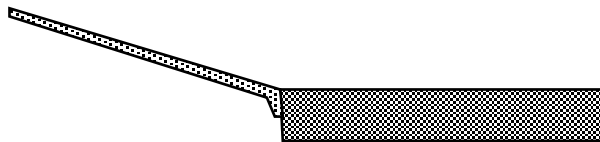
## EQUIPMENT

A shallow pan is used for sauté because it allows moisture to escape. If moisture is trapped in the pan it causes the food to steam, there will be no browning and meat will become tough.

**Sauteuse** - shallow pan with sloping sides



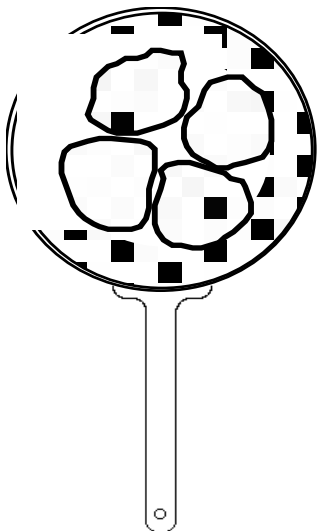
**Sautoir** - shallow pan with straight sides



## SELECTING PROPER PAN SIZE

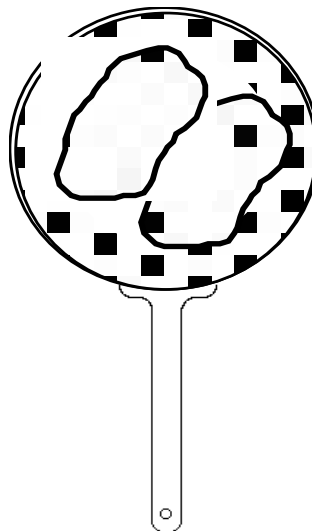
### Correct

The pan is full but there is sufficient space between the items to allow steam to escape and prevent toughening.



### Incorrect

The pan is overcrowded and the pieces are too large, trapping steam which will prevent the items from browning and cause the meat fibers to toughen.



## **BASIC PROCEDURE FOR SAUTÉING**

1. Prepare food items for sautéing (e.g. marinate, flour, etc.).
2. Sear items - show side first.
3. Finish larger items on stove top with lid or in an oven uncovered. Light meats are cooked golden brown and red meats are browned thoroughly.
4. Remove items from the pan and reserve, keeping warm.
5. Degrease the pan.
6. Deglaze with liquid (if you plan to make a sauce).
7. Form sauce by thickening the liquid.
8. Plate or pan and serve sauce over the main item.

## **NUTRITIONAL INFORMATION FOR SAUTÉED FOODS**

- Use a well-seasoned or nonstick pan so no fat is needed (dry sauté).
- Use herbs and spices for seasonings to reduce the amount of salt used.
- Serve with light, flavorful sauces, such as vegetable or fruit coulis.
- Use low fat/low calorie liquids to deglaze.
- Use arrowroot or cornstarch to thicken the sauce in place of a roux.

## **PAN FRYING**

A cooking method where food items are partially submerged in fat or oil at approximately (325°F.). Items cooked using this method are usually coated with a breading or batter (e.g., breading - croquette, batter - fish in egg batter). The amount of fat used should cover the bottom ¼ to 1/3 of the product. Pan fried items can be completely cooked during the frying process or finished in an oven.

### **MAIN ITEM**

#### **Items to be cooked by pan frying are**

- tender
- portion size or smaller

### **SUITABLE FOODS TO BE PAN-FRIED**

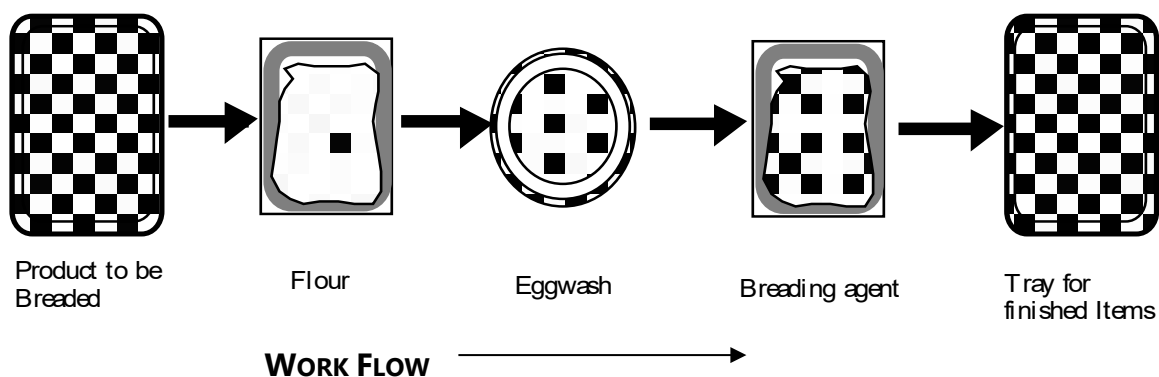
- veal
- chicken
- pork
- seafood
- vegetables/starches
- pre-prepared items (e.g. fritters)

## **STANDARD BREADING MISE EN PLACE**

- product

- flour
- egg wash
- breading agent
- empty pan for finished product

### MISE EN PLACE FOR STANDARD BREADING PROCEDURE



### COOKING MEDIUM

The fat or oil should be able to reach a high temperature without breaking down or smoking. Examples of appropriate fats and oils include

- clarified butter
- neutral flavored oil (safflower, corn, etc.)
- olive oil
- rendered fats

### OPTIONAL COMPONENTS

- fillings and stuffings
- sauce or condiments

### EQUIPMENT

- Tongs, kitchen fork, skimmer, spider
- Holding or finishing pans
- Setup to blot or drain items after frying
- Heated plates
- Sautoir

### PAN SELECTION

- Select a sautoir of an appropriate size.
- Cooking medium should come one-quarter to one-third the way up the sides of the food. The thinner the main item, the less oil is required.
- The pan and the cooking medium have reached the proper temperature when a faint haze or slight shimmer is noticeable.

### **BASIC PROCEDURE FOR PAN FRYING**

1. Heat the oil to appropriate temperature.
2. Add the main item (usually breaded or batter-coated) to the pan in a single layer.
3. Pan fry the food on the first side until it is well-browned.
4. Turn the item and cook it to the desired doneness.
5. Remove the main item and finish it in an oven, if necessary.
6. Drain the item on absorbent paper.
7. Season and serve with appropriate sauce and garnish.

### **ADDITIONAL PAN FRYING INFORMATION**

- Fat should be of correct amount and proper temperature (result is proper browning and crisp crust).
- Items should be cooked as close to serving time as possible.
- Separate sauces are typically used. (exception: southern fried chicken).
- Discard fat laden with burned food particles.

### **THINGS NOT TO DO**

- **Do Not** cook items ahead and hold (the coating becomes soggy and the product dries out).
- **Do Not** deglaze pan to make a sauce.

### **DEEP FRYING**

A cooking method where food items are completely submerged in hot fat or oil (350°F). The food item is almost always given a protective coating (breaded or batter dipped). Items cooked using this technique should be completely cooked when removed from the fryer. Two major methods of deep fat frying are commonly used - basket method and swimming method. The method used is dependent on the type of coating and the size of the products.

### **MAIN ITEM**

#### **Items to be deep-fat fried are**

- Tender
- Small pieces able to be completely cooked by the time the coating achieves the proper browning

### **SUITABLE FOODS FOR DEEP FAT FRYING**

- Vegetables
- White meat or poultry
- Seafood (light fleshed)
- Vegetables
- Potatoes
- Cheeses
- Cooked meat preparations

### **COATING**

- Standard breading

- Batter
- Tempura
- Flour

#### **COOKING MEDIUM**

- The fat or oil should be able to reach a high temperature without breaking down or smoking
- Neutral-flavored oil
- Rendered fats such as lard

#### **OPTIONAL COMPONENTS**

- Stuffing
- Sauce

#### **EQUIPMENT**

- Thermostatically controlled deep fat fryers
- Skimmer
- Draining racks and absorbent paper

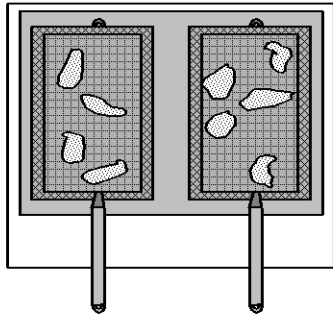
#### **ENEMIES OF FRYING FAT**

- High temperatures and prolonged heating
- Free fatty acids (bacon fat)
- Moisture
- Exposure to air
- Certain metals (i.e. Aluminum)
- Salt
- Food particles

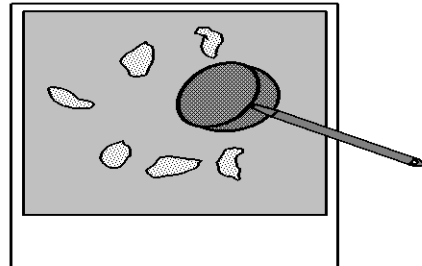
#### **INDICATIONS THAT FRYING FAT NEEDS CHANGING**

- Low smoking point
- Foaming
- Color
- Color of product is off, darkens quickly
- Product absorbs excess fat

## Basket Method    vs.    Swimming Method



**Basket Method** requires placing the food in fryer baskets then immersing the baskets in hot fat.



**Swimming Method** requires the product to be placed in the hot fat. The food will be agitated and removed with a spider.

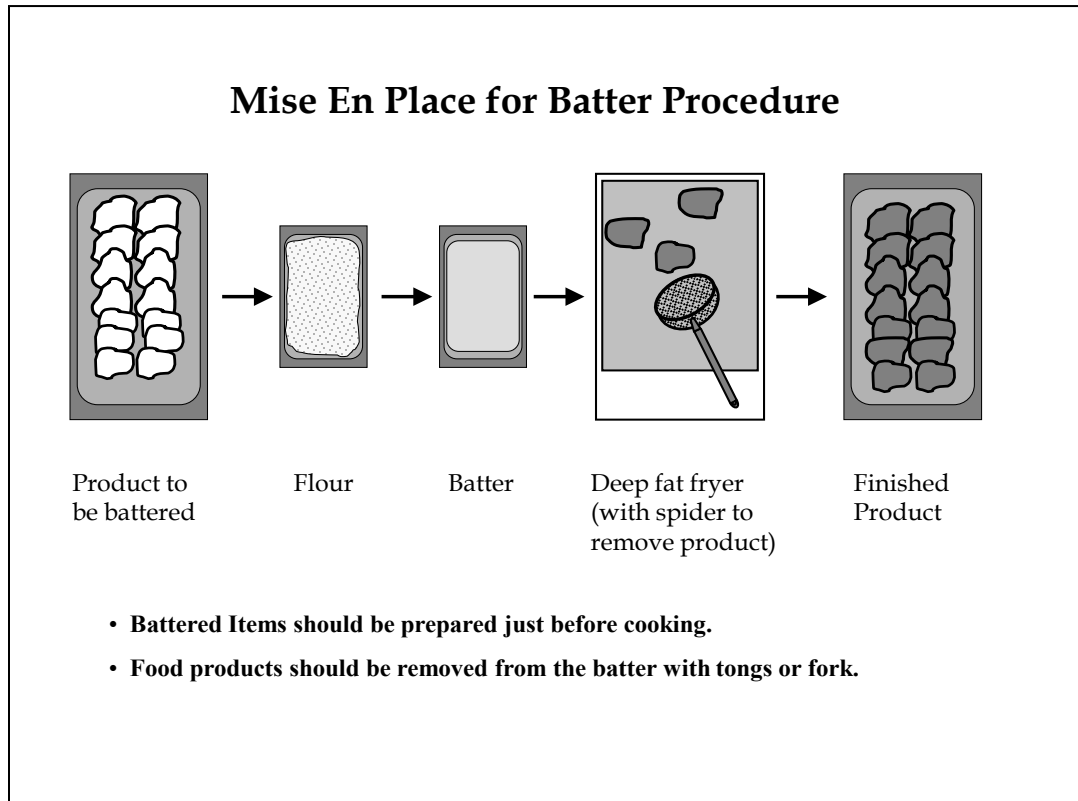
### DEEP FAT FRYING METHOD SELECTION

| ITEM                         | BASKET METHOD     | SWIMMING METHOD                   |
|------------------------------|-------------------|-----------------------------------|
| Breaded or other dry coating | Yes               | Optional<br>(basket is preferred) |
| Many small pieces            | Yes               | No                                |
| Battered items               | No                | Yes                               |
| Large items                  | Yes (if they fit) | Yes                               |

### BASIC PROCEDURE FOR DEEP FAT FRYING

1. Heat the fat to the proper temperature (350°F).
2. Coat products with desired coating (optional step).
3. Add the main item (usually breaded or batter-coated) to the hot fat, using the appropriate method.

4. Turn the items during frying, if necessary.
5. Remove the main item and finish it in an oven, if necessary.
6. Blot the food with absorbent paper toweling.
7. Season and serve it with appropriate sauce and garnish.



#### **ADDITIONAL DEEP FRYING INFORMATION**

- Fat must be hot or food absorbs excess grease.
- Fat should be skimmed frequently to remove food particles.
- Fat should be strained daily.
- Use stainless steel tools.
- The type of fat used for frying will influence the flavor of the food.
- Turn down heat when fryer is not in heavy use.
- Cover the fryer when not in use and keep it clean.

#### **TYPES OF COATINGS FOR DEEP FAT FRYING**

- Francaise: flour
- Anglaise: flour, egg wash, bread crumbs
- Batters: plain or beer

#### **THING NOT TO DO**

- **Do Not** salt foods over the fryer (causes fat breakdown).

- **Do Not** overload the baskets with food items (lowers fat temperature, slows recovery time).
- **Do Not** fry uncoated meats such as bacon, sausage (adds free fatty acids).
- **Do Not** use fat that has broken down or is excessively dark (poor quality product results).

# **DAY THREE:**

## **DRY-HEAT COOKING METHODS: COOKING WITHOUT FATS AND OILS**

### **GRILLING AND BROILING**

Grilling and broiling use dry heat cooking without fats and oils. These are quick techniques and utilize portion-sized or small pieces of meat, poultry, or fish.

#### **MAIN ITEM**

**Items to be broiled or grilled should be**

- tender
- have intermuscular fat content (if possible)
- individual portions

#### **Suitable main items include**

- meats (beef, veal, pork, and chicken)
- seafood
- vegetables (tender, high moisture content)

#### **MARINADE**

Originally, marinades were intended to both preserve and tenderize tough meats. In contemporary kitchens, marinades are more often used to add flavor to naturally tender meats, fish, and vegetables. The three components of marinades are oils, acids, and aromatics. Oils are used primarily to protect and preserve foods, either as they marinate or during cooking. Acids, such as vinegar, yogurt, wine, and citrus juices, change the food's texture.

Liquid marinades are used to soak foods before or after cooking. Marinades made from oils and acids are typically used to add flavor and some moisture to foods. A dry marinade is a mixture of salt, crushed or chopped herbs, spices and occasionally other aromatics, such as citrus zest. In some cases, the marinade is mixed with oil to make a paste. The marinade is rubbed over the food—usually meats and fish—and the coated item is then allowed to stand, under refrigeration, to absorb the marinade's flavors.

#### **REASONS FOR USING MARINADES**

- preserve foods
- flavor foods
- tenderize foods

#### **COMPONENTS**

- **Acid:** (vinegar, citrus juices, wines) tenderize, preserve, flavor

- **Aromatics:** (herbs and spices) flavor
- **Oil:** preserve, flavor, and protect
- **Salt:** preserve and flavor
- **Vegetables:** flavor

## Equipment

**Broiler** - Heat source radiates heat from above. Limited conduction from the heat of the grids

### Types of broilers

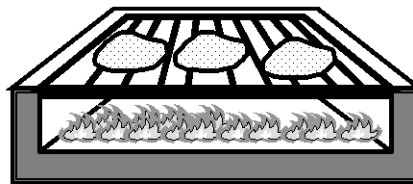
- conventional gas
- electric



**Grill** - Heat source radiates from below. Conduction and radiation of heat.

### Types of grills

- gas
- charcoal
- hardwood



## BASIC PROCEDURE FOR GRILLING AND BROILING

1. Thoroughly clean and preheat the grill.
2. Season the main item; marinate or brush it with oil if necessary to prevent sticking.
3. Place the main item on the grill; use a hand grill for delicate foods, such as fish.
4. Turn the item 90°F to produce crosshatch marks, if desired.
5. Turn the item to complete cooking to the desired doneness.

## **ADDITIONAL GRILLING AND BROILING INFORMATION**

- Thin items are cooked at high heat as quickly as possible.
- Medium thick items are started on high heat and can be finished on a cooler area of the broiler.
- Thick items are started on high heat and can be finished on a sizzle platter in the oven.
- Foods should be broiled at the last possible moment.
- Keep the broiler clean at all times.

### **THINGS NOT TO DO**

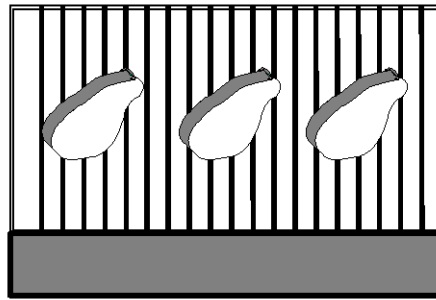
**Do Not** pierce meat with a fork during cooking.

**Do Not** cook foods ahead of time (items overcook and dry out).

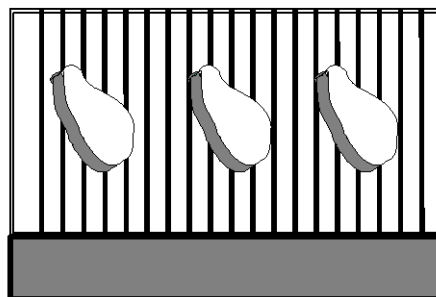
**Note:** Pancake-type griddles are not normally used for the above method; there is no place for the excess fat to run off. If the griddle is used, it must be kept as clean as possible to prevent fat buildup and smoking.

## How to Mark a Steak

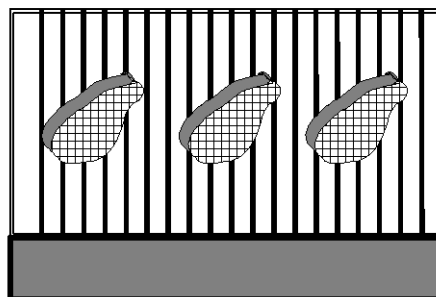
1. Place steaks on grids of preheated broiler or grill.
2. Cook until grill marks are well defined.



3. Turn steak at a 45 degree angle.
4. Cook until grill marks are well defined.



5. Turn steaks over.
6. Continue to cook to guest's specifications.



### NUTRITION TIPS

- Cooking food on a grill allows rendering fats to drip from foods
- Flavor foods with low fat marinades
- Vary woods used for grilling to add unique flavors
- Use herbs and spices for seasonings
- Serve with simple, flavorful accompaniments

# ROASTING

## GENERAL INFORMATION

Roasting is cooking by dry heat while basting frequently with fat. This method is suitable for cuts of meats, poultry, and some seafood items that are larger than a single portion.

### Main Item

#### Items to be roasted should be

- Tender
- Well-marbled

**Note:** If the meat has insufficient fat, it can be barded or larded.

#### Suitable foods that are roasted

- Beef
- Veal
- Lamb
- Pork
- Game (furred and feathered)
- Poultry (land and water)
- Seafood (specific types)
- Vegetables

#### Thickeners for gravy or jus lié

- Flour to mix with the fat released by the food
- Arrowroot or cornstarch diluted in cold liquid
- Prepared roux

#### Optional components

- Stuffing or filling
- Caul fat or fatback for barding
- Additional aromatics
- Garnish or finishing ingredients

## BASIC PROCEDURE FOR ROASTING

1. Season, stuff, and marinate the main item, and sear it over direct heat or in a hot oven if desired.

2. Elevate the item in a roasting pan so that hot air can reach all sides.
3. Roast the item uncovered until the desired internal temperature is reached. Be sure to allow for carryover cooking.
4. Add the mirepoix to the roasting pan for pan gravy during the final half hour of roasting time, if desired.
5. Let the roasted item rest before carving.
6. Prepare the pan gravy in the roasting pan.
7. Carve the main item and serve it with the appropriate gravy or sauce.

## **ADDITIONAL ROASTING INFORMATION**

- Meat that renders a lot of fat should be placed on a rack to prevent contact with the fats and juices.
- The temperature of the oven must be regulated to suit the kind of meat being roasted and its size.
- The type of roasting pan will vary according to the amount of meat or poultry to be roasted, its size, whether or not a rack is used and the spacing of the oven shelves.
- All roasts should have a resting period before carving.
- All roasts should be sliced across the grain.
- Baste the roast with fat drippings that collect in the pan.

### **THINGS NOT TO DO:**

**DO NOT** pierce the roast when turning or removing from the oven (loss of juices results).

**DO NOT** cover the roast during cooking (it causes steaming and toughens fibers).

**DO NOT** use higher heat than necessary during roasting (causes excessive shrinkage and drying).

**DO NOT** add liquid during roasting.

## TEMPERATURES FOR ROASTING MEATS

| Temperature                                 | Items cooked by this method                                                  | Comments                                                                                                                                                                                              |
|---------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>High Heat</b><br><b>375° - 475°F</b>     | Feathered game<br>Domestic poultry<br>Water fowl<br>Smaller cuts of red meat | <ul style="list-style-type: none"> <li>•Excessive caramelization, shrinkage and drying</li> <li>•Renders fat and crisps skin in water fowl</li> <li>•Good for small cuts that cook quickly</li> </ul> |
| <b>Moderate Heat</b><br><b>325° - 350°F</b> | Meats<br>Poultry<br>Game                                                     | <ul style="list-style-type: none"> <li>•Good caramelization</li> <li>•Less shrinkage and crusting than high heat</li> </ul>                                                                           |
| <b>Low Heat</b><br><b>275° - 300°F</b>      | Red meats<br>Feathered game<br>Domestic poultry<br>Water fowl                | <ul style="list-style-type: none"> <li>•Better yields on larger cuts</li> <li>•Good for conventional ovens</li> </ul>                                                                                 |
| <b>Controlled Heat</b><br><b>200°F</b>      | Larger cuts of red meat<br>White meat<br>Domestic poultry                    | <ul style="list-style-type: none"> <li>•Best method for high yields</li> <li>•Jus or drippings not obtainable at this low temperature</li> <li>•Very little caramelization</li> </ul>                 |

## TESTING ROASTED ITEMS FOR DONENESS

| Item                                    | What to Check                                                                | Pro/Con                                                                                                                                                                               |
|-----------------------------------------|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Fork (2-tined)</b>                   | Color of juices in poultry                                                   | <ul style="list-style-type: none"> <li>•Punctures meat</li> <li>•Loss of juices</li> </ul>                                                                                            |
| <b>Skewer</b>                           | Resistance and temperature with other meats                                  | <ul style="list-style-type: none"> <li>•Not accurate</li> </ul>                                                                                                                       |
| <b>Bi-therm Thermometer</b>             | Temperature of desired doneness                                              | <ul style="list-style-type: none"> <li>•Inexpensive</li> <li>•Accurate</li> <li>•The best and most consistent method</li> </ul>                                                       |
| <b>Time/Temperature to Weight Ratio</b> | Follow chart to determine how long at what temperature                       | <ul style="list-style-type: none"> <li>•Inaccurate</li> <li>•The shape of the meat will affect the cooking time</li> <li>•Good for an estimate on approximate cooking time</li> </ul> |
| <b>Touch</b>                            | Resistance of fibers in the meat<br><br>As the meat cooks the fibers tighten | <ul style="list-style-type: none"> <li>•Inaccurate, the shape of the meat will affect the cooking time</li> <li>•Good for an estimate on approximate cooking time</li> </ul>          |
| <b>Experience</b>                       | All of the above                                                             | <ul style="list-style-type: none"> <li>•Helps to control variables</li> </ul>                                                                                                         |

## DEGREES OF DONENESS FOR MEATS AND POULTRY

| Item             | Desired Degree of Doneness | Temperature to remove item from oven |
|------------------|----------------------------|--------------------------------------|
| <b>Red Meats</b> | Rare                       | 125°F                                |
|                  | Medium                     | 135°F                                |
|                  | Well done                  | 145°F                                |
| <b>Pork</b>      | Well done                  | 165°F                                |
| <b>Veal</b>      | Medium well                | 140°F                                |
| <b>Poultry</b>   | Well done                  | 160°F (thigh)                        |
| <b>Fish</b>      | Well done                  | 140°F                                |

### NUTRITION TIPS

- Flavor foods with marinades
- Use herbs and spices for seasonings
- Serve with jus or jus lié
- Trim excess surplus fat before cooking
- Roast meats on a rack

# **DAY FOUR:**

## **MOIST-HEAT AND COMBINATION COOKING METHODS**

### **BRAISING AND STEWING**

The combination methods – braising and stewing – are so known because foods are usually given a preliminary preparation step, such as the initial searing of pot roast or blanching of veal for a blanquette. A properly prepared braise or stew has a complexity and flavor concentration that is simply not possible with other cooking techniques. The dish's finished consistency should be smooth, suave and meltingly tender because of the slow cooking needed to soften the main item's tough connective tissues. Braising and stewing are frequently regarded as "peasant" techniques, often associated with regional or home-style cooking.

The successful execution of these techniques depends, as do all cookery methods, on the proper choice of main ingredients and careful attention to proper technique throughout each step of preparation and service. Contemporary renditions of classic dishes, such as a navarin made with lobster instead of mutton, are clear examples that no cooking technique need become outmoded.

### **BRAISING**

Braising is a method of cooking that involves dry and moist heat. The meat is seared before simmering slowly in liquid with mirepoix and aromatics.

Items To Be Cooked by Braising Are:

- Less tender
- More muscular
- Mature
- Large pieces

Suitable Food Products for Braising:

- Beef
- Veal

- Lamb
- Pork
- Poultry
- Game (feathered and furred)
- Organ meats
- Vegetables
- Liquid
- Well-flavored stock
- Appropriate jus
- Aromatics
- Sachet d'épices or bouquet garni

Optional Components:

- Pork product
- Other vegetables
- Garnishes
- Thickener
- Tomatoes

## EQUIPMENT

**In braising, the following are required:**

- Brazier with tight fitting lid
- Prepared main item (larded, tied, seasoned or marinated)
- Correct size pan for the amount of main item to be braised
- Correct amount of liquid

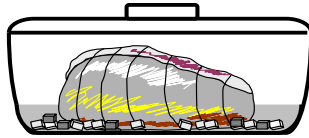
### STANDARD RATIO OF INGREDIENTS FOR BRAISING

Main Item      1 lb.

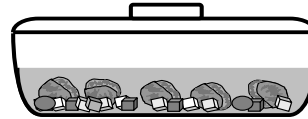
Mirepoix      1 oz.

Liquid      1 pt.

## Comparison of Braising and Stewing



### Braising



### Stewing

|                         |                                      |                                |
|-------------------------|--------------------------------------|--------------------------------|
| <b>Size of Meat</b>     | Large, multi-portion                 | Small pieces                   |
| <b>Amount of Liquid</b> | Covers one-half to one-third of meat | Covers meat                    |
| <b>Garnish</b>          | Cooked separately                    | Cooked with meat or separately |
| <b>Sauce</b>            | Strained                             | Not strained                   |
| <b>Cooking</b>          | In oven                              | In oven or on top of the range |

## BASIC PROCEDURE FOR BRAISING

1. Sear the main item on all sides in hot oil.
2. Remove the main item.
3. Add the mirepoix and sweat.
4. Add the roux, if it is being used.
5. Return the main item to the bed of mirepoix in the pot.
6. Add the liquid. Bring it to a simmer over direct heat.
7. Cover; finish the item in an oven until it is fork-tender.
8. Add the sachet d'épices or bouquet garni and garnishes at the appropriate times.
9. Remove the main item and keep it warm.
10. To prepare the sauce: Strain, reduce, thicken, and garnish it as desired.
11. Slice or carve the main item and serve it with a sauce and an appropriate garnish.

## ADDITIONAL BRAISING INFORMATION

- Searing adds flavor and color.
- Use the correct size cooking vessel in relation to the amount of meat.
- Larding is advisable on cuts with insufficient marbling.

- Where suitable, marination contributes to tenderizing and flavor.
- Check for doneness by resistance to a fork or skewer, not by temperature.
- To thicken the stock for braised items you can do one of the following
  - Deglaze and add brown sauce (thin).
  - Add flour to fat and mirepoix, then add brown stock.
  - After cooking in stock, reduce liquid and thicken.

#### **THINGS NOT TO DO**

- **Do Not** allow liquid to boil during cooking (it causes meat to shrink excessively).
- **Do Not** use too much liquid (it weakens the flavor of the sauce).