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COOKING METHODS FOR MEAT, POULTRY, AND FISH

All cooking involves one or more methods of applying heat to foods in order to change them in ways we can control. We learned the definitions of the basic cooking methods in Chapter 6, and we looked at these methods in more detail in the discussion of cooking vegetables in Chapter 12. But the changes we look for in meats, poultry, and fish are different from those we look for in vegetables, so it is helpful to take another look at these techniques.

We begin with the dry-heat methods, then the dry-heat methods with fat, and finally the moist-heat methods. Each section in this chapter includes a general discussion, guidelines on how to evaluate the quality of products cooked by that method, and a detailed procedure. Each procedure is illustrated by a recipe using that technique.

The procedures outlined in this chapter are general ones, since they are used for so many different products. Be aware that they might be modified slightly in specific recipes. In Chapters 17, 19, and 21, we discuss some of the most important of these variations. In this chapter, we study the cooking methods in their most basic form. Review the procedures in this chapter as necessary as you prepare recipes later in the book.

Information in Chapters 16, 18, and 20 includes guidelines on how to select appropriate cooking methods for various meat cuts and poultry and seafood items.

AFTER READING THIS CHAPTER, YOU SHOULD BE ABLE TO

1. Explain the procedure for roasting and baking meats, poultry, and seafood, and evaluate foods cooked by this method.
2. Explain the procedure for barbecuing meats, poultry, and seafood, and evaluate foods cooked by this method.
3. Explain the procedure for grilling and broiling meats, poultry, and seafood, and evaluate foods cooked by this method.
4. Explain the procedure for sautéing meats, poultry, and seafood, and evaluate foods cooked by this method.
5. Explain the procedure for pan-frying meats, poultry, and seafood, and evaluate foods cooked by this method.
6. Explain the procedure for deep-frying meats, poultry, and seafood, and evaluate foods cooked by this method.
7. Explain the procedure for simmering and submersion-poaching meats, poultry, and seafood, and evaluate foods cooked by this method.
8. Explain the procedure for shallow-poaching meats, poultry, and seafood, and evaluate foods cooked by this method.
9. Explain the procedure for steaming meats, poultry, and seafood, and evaluate foods cooked by this method.
10. Explain the procedure for braising meats, poultry, and seafood, and evaluate foods cooked by this method.
11. Explain basic sous vide procedures, as they are applied to meats, poultry, and seafood.



ROASTING AND BAKING

To **roast** and to **bake** both mean to cook foods by surrounding them with hot, dry air, usually in an oven. Cooking on a spit in front of an open fire may also be considered roasting.

The term roasting usually applies to meats and poultry. The term **baking** usually applies to breads, pastries, vegetables, and fish. It is a more general term than roasting, although, in practice, there is little or no difference in actual technique, and the terms are often interchangeable (except for breads and pastries).

1. Cooking **uncovered** is essential to roasting. Covering holds in steam, changing the process from dry-heat to moist-heat cooking, such as braising or steaming.
2. Meat and poultry are usually roasted on a rack (or, in the case of rib roasts, on their own natural rack of bones). The rack prevents the meat from simmering in its own juices and fat. It also allows hot air to circulate around the product.
3. When roasting in a conventional oven, the cook should allow for uneven temperatures by occasionally changing the position of the product. The back of the oven is often hotter because heat is lost at the door.
4. A roast may be browned by another cooking method, such as pan-frying or broiling, before being placed in the oven. This technique is most useful for small poultry and small cuts of meat, which may not brown sufficiently in the oven due to their short roasting times.
5. **Rotisserie-roasting**, also called **spit-roasting**, is unlike oven-roasting in that radiant heat from electric or gas elements or an open fire, rather than hot air in a closed space, is the primary heat source. Nevertheless, spit roasting is considered the original roasting method. Before modern times, most roasts were cooked on a spit in front of an open fire.

Modern rotisserie equipment is discussed on page 47. Poultry or large cuts of meat are fixed on spits, in front of the heating elements. Electric motors turn the spits so that the items roast evenly on all sides. Drip pans catch fat and juices that drop from the meat. The items may be basted with drippings or seasoned liquids as they roast to flavor them and give them a good color.

In principle, roasting meats, poultry, and seafood is a simple procedure. The prepared item is placed in an oven at a selected temperature, and it is removed when done. What could be easier?

However, there are many variables, and chefs often disagree about proper roasting procedures, especially when it comes to the fine points. The following are some of the major variations in the basic roasting procedure.

SEASONING

Salt added to the surface of an item just before roasting penetrates only a fraction of an inch during cooking. The same is true of the flavors of herbs, spices, and aromatics. In the case of most poultry (except large turkeys and capons) and smaller cuts of meat, such as beef tenderloin and rack of lamb, the seasoned, browned skin or crust that forms during roasting is an important part of the flavor of the finished dish. Although opinions vary, many chefs advocate seasoning such roasts immediately before roasting so the salt doesn't have time to draw moisture to the surface, which inhibits browning. Alternatively, season well in advance so the salt has time to penetrate into the roast. Brining (p. 153) is another option for seasoning some roasts.

In the case of large roasts, such as beef ribs and steamship rounds, there is so little crust in proportion to meat that seasoning before roasting has little effect. Also, if the surface of the roast is mostly fat covering or bone, the seasoned fat and bones may not even be served, so the seasoning has little effect.

With roasts of any size, two alternatives to seasoning just before roasting are often used:

- Marinate the product or apply seasonings in advance, to give the time for flavors to penetrate. See pages 152–153 for a discussion of marinades and dry seasoning rubs. See also the discussion of brining on page 153. Brining is most suitable for pork and poultry. It is not often used for red meats.

- Serve the product with a flavorful sauce, gravy, or jus. The sauce serves as a seasoning and flavoring.

Another way to add flavor to roasts is to smoke-roast them. Commercial smoker ovens roast meats in the same way as conventional ovens, except they also have a smoke-generating unit that passes smoke through the oven chamber, flavoring foods as they cook. The flavor of wood smoke in cooked meats is so popular that some restaurants have even installed wood-burning hearth ovens to bake and roast meats, pizzas, and other items. The use of smoke is discussed in more detail in the next section on barbecuing.

Stovetop smoke-roasting is an alternative to smoker ovens. The procedure is explained on page 549. Examples of smoke-roasted fish and poultry can be found on pages 555 and 630.

TEMPERATURE

Low-Temperature Roasting

As we discuss on page 479, it was once thought that starting the roast at a high temperature “seals the pores” by searing the surface, thus keeping in more juices.

We now know this is not the case. Repeated tests have shown that *continuous roasting at a low temperature* gives a superior product with four distinct advantages:

1. Less shrinkage
2. More flavor, juiciness, and tenderness
3. More even doneness from outside to inside
4. Greater ease in carving

Low roasting temperatures generally range from 250° to 325°F (120° to 165°C), depending on two factors:

1. **The size of the item.** The larger the cut, the lower the temperature. This ensures the outer portion is not overcooked before the inside is done.
2. **The operation's production schedule.** Lower temperatures require longer roasting times, which may or may not be convenient for a particular operation.

Searing

If a well-browned, crusted surface is desired for flavor or for appearance, as when the roast is to be carved in the dining room, a roast may be started at high temperature (400°–450°F/200°–230°C) until it is browned. The temperature should then be lowered to the desired roasting temperature and the meat roasted until done, as for low-temperature roasting.

Alternatively, small roasts that may not brown adequately by the time they are done may be seared in a pan on the stove before being roasted. This is especially useful for small, whole roasted poultry.

High-Temperature Roasting

Very small items that are to be roasted rare may be cooked at a high temperature, from 375° to 450°F (190° to 230°C). The effect is similar to that of broiling: a well-browned, crusted exterior and a rare interior. The meat is in the oven for so short a time that shrinkage is minor. Examples of items that may be roasted at a high temperature are rack of lamb, beef tenderloin, squab, game birds, and breast of duck.

Whole duck roasted well done is often roasted at a high temperature, because its fat content gives some protection from drying. Great care must be taken to avoid overcooking, however.

Convection Ovens and Combi Ovens

If a convection oven is used for roasting, the temperature should be reduced about 50°F (25°–30°C). Many chefs prefer not to use convection ovens for large roasts because the drying effect of the forced air seems to cause greater shrinkage. On the other hand, convection ovens are effective in browning and are good for high-temperature roasting.

Combi ovens are capable of adding steam to the baking compartment, so it can be argued that cooking meat in combi mode is not true roasting because moist heat is used, at least for part of the cooking time. Nevertheless, combi ovens can give results similar to roasting, but in less time and with less weight loss and more moisture retention. See the variations following recipes on pages 424 and 498 for examples of adapting roasting recipes to the combi oven.

FAT SIDE UP OR FAT SIDE DOWN

Roasting meats fat side up provides continuous basting as the fat melts and runs down the sides. This method is preferred by perhaps the majority of chefs, although there is not complete agreement.

In this book, we use the fat-side-up method. In the classroom, you should be guided by the advice of your instructor.

BASTING

Basting is unnecessary if the meat has a natural fat covering and is roasted fat side up. For lean meats, barding has the same effect. **Barding** is covering the surface of the meat with a thin layer of fat, such as sliced pork fatback or bacon.

If a roast is basted by spooning pan drippings over it, use only the fat. Fat protects the surface of the roast from drying, while moisture washes away protective fat and allows drying. Juices used in basting will not soak into the meat.

Basting with drippings or juices may be used to increase the appetite appeal of the roast because it enhances browning. Gelatin and other solids dissolved in the juices are deposited on the surface of the meat, helping form a flavorful brown crust. This does not increase juiciness, however. Some cookbooks claim basting forms a waterproof coating that seals in juices, but this is not the case.

Basting sometimes produces more tender roasts for an unexpected reason: Frequent basting interrupts and slows the cooking. Every time the oven door is opened, the temperature in the oven drops considerably, so the roasting time is longer and more connective tissue breaks down. Thus, it is not the basting but the lower temperature that increases tenderness.

USE OF MIREPOIX

Mirepoix is often added during the last part of the roasting time to flavor the roast and to add extra flavor to the pan juices.

Many chefs feel, however, that mirepoix adds little flavor, if any, to the roast and that it is actually harmful because the moisture of the vegetables creates steam around the roast. Mirepoix can be more easily added when the gravy is being made. If no gravy or juice is to be served, mirepoix may not be needed at all.

The use of mirepoix is more important for poultry and white meats—veal and pork—which, because they are usually cooked well done, lose more juices and need a good gravy or jus to give them moistness and flavor.

GRAVY AND JUS

The general procedures for making pan gravy are given in Chapter 9 (p. 204). Read or review this section if necessary. The recipe for roast chicken in this chapter includes the procedure for making pan gravy. The procedure for making jus, given in Chapter 17 in the recipe for roast prime rib of beef au jus, is the same, except no roux or other thickening agents are used. In other words, use the methods for making pan gravy (p. 204), but eliminate steps 5 and 6 from Method 1 and step 3 from Method 2.

STANDARDS OF QUALITY FOR ROASTED ITEMS

1. The food should be cooked to the desired degree of doneness, as indicated by a thermometer inserted into the interior. Even foods cooked well done should have a moist interior, not overcooked and dry.
2. The surface of the food should be attractively browned. Red meats should be well browned. White meats should be a rich golden to golden-brown. Poultry should have a well-browned, crisp skin.
3. Gravy made from the pan drippings should have an attractive color, a full, rich flavor, and the correct texture. Unthickened jus should have body and not be watery, and thickened gravy should have a good nappé texture and not be thick and pasty.

BASIC PROCEDURE for Roasting

The following procedure applies primarily to meats and whole poultry. When fish and cut-up poultry items are baked, some variations in the procedure are applied. These variations are detailed in Chapters 19 and 21.

1. Collect all equipment and food supplies. Select roasting pans that have low sides (so moisture vapor does not collect around the roast) and that are just large enough to hold the roast. If pans are too large, drippings will spread out too thin and burn.
2. Prepare or trim the item for roasting. Heavy fat coverings on meat should be trimmed to about ½ inch (1 cm) thick.
3. If desired, season the item several hours ahead or the day before.
4. Preheat the oven to the desired temperature. Refer to the discussion of roasting temperatures above.
5. Optional step. Sear the meat under a broiler or in hot fat on the stove. This technique is useful for small items that may not brown enough during the roasting time.
6. Place the item on a rack in the roasting pan. In the case of meat cuts, the item should be fat side up. The rack holds the roast out of the drippings. Bones may be used if no rack is available. Bone-in rib roasts need no rack because the bones act as a natural rack.
7. Insert a meat thermometer (clean and sanitary) so the bulb is in the center of the meat, not touching bone or fat. (Omit this step if you are using an instant-read thermometer.)
8. Do not cover or add water to the pan. Roasting is a dry-heat cooking method.
9. Place the item in a preheated oven.
10. Roast to desired doneness, allowing for carryover cooking.
11. If desired, add mirepoix to the pan during the last half of the cooking period.
12. Remove the roast from the oven and let stand in a warm place 15 to 30 minutes. This allows the juices to be reabsorbed through the meat so less juice is lost when the meat is sliced. Also, resting the meat makes slicing easier.
13. If the roast must be held, place it in an oven or warmer set no higher than the desired internal temperature of the roast.
14. While the roast is resting, prepare jus or pan gravy from the drippings (following the procedure on p. 204). Mirepoix may be added to the drippings now if it was not added in step 8.
15. Slice the roast as close as possible to serving time. In almost all cases, slice the meat against the grain for tenderness.
16. Evaluate the finished product (see above).



Roast Chicken with Natural Gravy

PORTIONS: 8 PORTION SIZE: ¼ CHICKEN PLUS 2 FL OZ (60 ML) GRAVY

U.S.	METRIC	INGREDIENTS
2	2	Chickens, 3–3½ lb (1.4–1.6 kg) each
to taste	to taste	Salt
to taste	to taste	Pepper
as needed	as needed	Oil or butter
		Mirepoix:
2 oz	60 g	Onion, large dice
1 oz	30 g	Carrots, large dice
1 oz	30 g	Celery, large dice
1 qt	1 L	Strong chicken stock
⅔ oz (8 tsp)	20 g	Cornstarch or arrowroot
4 tsp	20 mL	Water or stock, cold
to taste	to taste	Salt
to taste	to taste	Pepper

Per serving: Calories, 350; Protein, 45 g; Fat, 17 g (45% cal.); Cholesterol, 105 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 140 mg.

- PROCEDURE**
1. Remove giblets from chickens. Check inside cavities to make sure they are well cleaned. Reserve giblets for other use.
 2. Season the insides of the chickens with salt and pepper.
 3. Truss the chickens (Fig. 18.3).
 4. Rub the outside of the chickens with oil or butter (butter promotes faster browning). Season the skin with salt and pepper, as it will be served with the meat.
 5. Place the mirepoix in a roasting pan. Place a rack over the mirepoix, and place the chickens breast up on the rack. (*Note:* If desired, the mirepoix may be added to the pan later in the roasting process.)
 6. Place the chickens in an oven preheated to 450°F (230°C). After 15 minutes (not longer), turn the heat down to 325°F (165°C).
 7. Baste with the fat in the pan from time to time. Continue roasting until a thermometer inserted in the thickest part of the thigh reads 165°F (74°C). Total cooking time is about 1½ hours.
 8. Remove the chickens from the roasting pan and hold them in a warm place for service.
 9. Set the roasting pan on the range over high heat and cook until all the moisture has cooked off (“clarify the fat”) and the mirepoix is well browned but not burned. Pour off the fat.
 10. Add the strong stock to deglaze the pan. Boil until the gravy is reduced by about one-third. Degrease carefully (Fig. 15.1).
 11. Stir the starch with the cold water or stock. Stir it into the gravy. Bring to a boil and simmer until thickened. The stock will reduce further.
 12. Strain into a bain-marie, using a china cap lined with cheesecloth. Season carefully with salt and pepper.
 13. Quarter the chickens, or carve them as shown in Figure 15.2. Serve a quarter-chicken with 2 oz (60 mL) gravy.

VARIATIONS

Roast Herbed Chicken

Place 3–4 parsley stems and a pinch each of tarragon and marjoram in the cavity of each bird. After turning the chicken breast-up in the roasting pan, rub the skin with chopped parsley, tarragon, and marjoram.

Roast Chicken with Gravy

Save 1½ oz (40 g) of the fat skimmed from the juices and make a blond roux with the fat and 1½ oz (40 g) bread flour. Beat the roux into the juices and simmer until thickened.

Roast Chicken with Cream Gravy

Prepare as in basic recipe, but use only 1 pt (500 mL) chicken stock. Boil until reduced by one-third and strain (step 10). Add 10 fl oz (300 mL) hot milk and thicken with 2½ oz (75 g) blond roux. Finish with 1½ fl oz (45 mL) heavy cream.

PROCEDURE VARIATION: COMBI OVEN

Substitute the following steps for steps 5, 6, and 7 in the main recipe:

5. Place the mirepoix in a roasting pan. Place a rack over the mirepoix, and place the chickens breast up on the rack.
6. Place the chickens in a combi-oven preheated to 325°F (163°C) in combi mode.
7. After 20 minutes (not longer), turn the heat up to 385°F (195°C) and increase to maximum browning level (reduce humidity to 0 percent). Continue roasting until chicken is finished, basting with the fat in the roasting pan. Total cooking time is about 50 minutes.

Roast Chicken with Natural Gravy, Whipped Potatoes, Glazed Root Vegetables, Roasted Garlic, Peas

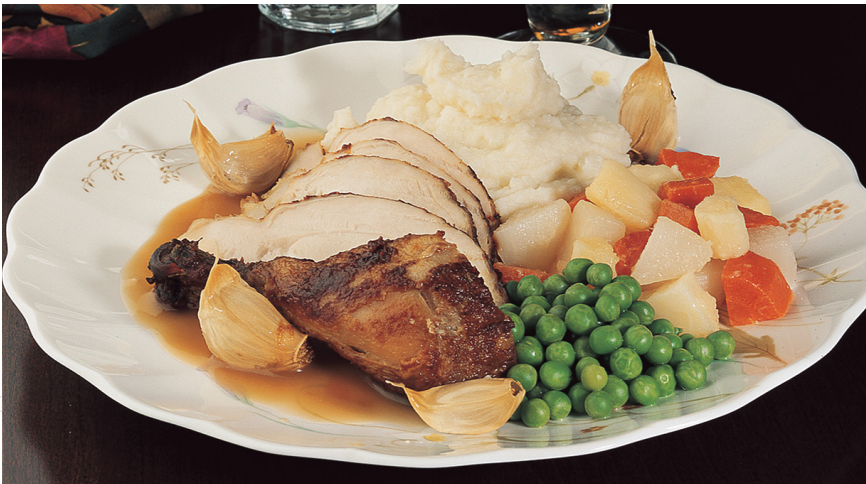


FIGURE 15.1 Preparing pan gravy.

(a) Remove the rack of cooked poultry from the roasting pan.



(b) If the mirepoix is not already browned, set it over a burner to brown it. Degrease the pan.



(c) Deglaze the pan with stock.



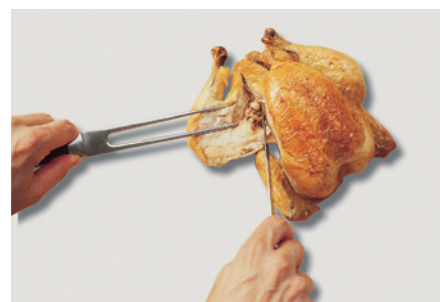
(d) Bring to a simmer and cook until reduced by about one-third. Stir in a starch slurry or a roux to thicken. Simmer until further reduced and the desired texture is reached.



(e) Strain the gravy.

FIGURE 15.2 Carving roast chicken.

(a) Place the chicken on a clean, sanitary cutting board. Cut through the skin between the leg and the breast sections.



(b) Pull the leg away from the body of the chicken with the fork. Using the knife, cut between the thigh bone and the hip to separate the leg completely.



(c) Hold the chicken steady by bracing the backbone with the fork. Cut through the breast between the two halves, just to one side of the keel bone.



(d) Pull the breast section away from the bone. With the knife, cut through the joint where the wing bone is attached to the body. Separate the breast and wing section completely from the carcass. Repeat steps (a) through (d) on the other side of the chicken.



(e) Cut the wings from the breast portions and cut the drumsticks apart from the thighs.

REGIONAL BARBECUE STYLES

Variations of barbecue are popular worldwide, and barbecue styles—in terms of the foods cooked, seasonings, sauces, and even the woods for the fire—vary considerably. Within North America, a great range of styles exist. In the United States, main styles can be divided into four regions, but even within these regions styles vary. The heartland of American barbecue is in the southern states, from the Atlantic coast to Texas. Canada, similarly, enjoys many barbecue styles across the country, and even within the same province.

For many people across the continent, the barbecue styles of **Kansas City** are what they think of when they think of barbecue. Both pork and beef are widely used, cooked with a dry rub. The sauces are thick, tomato-based, sweet, and spicy. Most of the barbecue sauces sold in supermarkets are of this style. Sauces are most often served at the table as an accompaniment, not applied during cooking. The barbecue sauces of St. Louis, on the opposite side of the state of Missouri, are usually milder and not as thick. Pork ribs are especially popular in St. Louis.

Further south, **Memphis** barbecue features mostly pork shoulder and pork ribs. Ribs are cooked “dry”—that is, with a spice rub and no sauce—and “wet”—basted with a sauce during and after cooking. The sauce is a tomato-based sauce but thinner than Kansas City sauce. Pork shoulder is shredded and served as “pulled pork” in sandwiches and other dishes.

Texas barbecues vary considerably across this large region, but beef is the most popular meat. In East Texas, pork shares the menu with beef. Both are cooked with hickory wood, and both are served chopped, with sweet, spicy, tomato-based sauce. In Central Texas, meats are cooked with a dry rub, and they are sliced rather than chopped for service. Sauce may be served on the side, but the flavor of the meat itself is considered most important. West Texas barbecue cooks use mesquite wood, which gives the meat a stronger, smokier flavor, and the dry rubs and sauces are enlivened with chiles and other spices.

Carolina barbecue is the best known of the barbecues of the Southeast. Even in this smaller area, however, styles vary. According to some experts, there are as many as five distinct styles in North and South Carolina. Pork is the most popular meat, and in the eastern part of the region, whole hogs are barbecued. The meat, whether the whole hog or just the shoulder, is usually served pulled or chopped. Sauces are usually thin, vinegar-based mixtures, although in the western part of the region, tomato may also be added. In parts of South Carolina, mustard is added to the vinegar-based sauce.

Barbecue styles popular in **Canada** developed in part from the cooking of the native peoples and in part from European and American practices. As in the United States, styles vary greatly across the country. Of particular note is the whole salmon cooked on cedar planks in British Columbia.

BARBECUING

As indicated in Chapter 6, to **barbecue** means to cook with dry heat created by the burning of hardwood or by the hot coals of this wood. According to this definition, barbecuing is a roasting technique, and we could treat it as a variation of the roasting procedure we have just discussed. However, barbecuing has become such an important cooking method in North America that we devote a separate section to it.

Original barbecue was done in a hole or pit dug in the ground. After a wood fire was built in the hole, the foods were placed inside and the hole covered to hold in the smoke and heat. We still use the term **pit** for some kinds of barbecue equipment.

Most barbecue equipment falls into three categories:

1. **Indirect cooking with a wood fire.** The wood is burned in a separate chamber, and the smoke and heat flow through the compartment holding the food. Foods should be placed on racks or suspended in the oven so that smoke can contact all surfaces. In this type of barbecue, cooking temperatures are usually maintained at around 200°–250°F (93°–120°C). This is an ideal temperature range for cooking tougher cuts of meat, such as beef brisket and pork shoulder, to tenderness over a period of hours.
2. **Indirect cooking with electric or gas heat.** In this equipment, the heat source is generally in the same compartment as the food, but thermostatic controls enable the cook to keep the temperature at the same low range, 200°–250°F (93°–120°C). The equipment also contains a means of heating hardwood chips to provide smoke. This type of unit is the most versatile for commercial food service. Although it doesn't fit the strict definition of barbecue, because the heat is not provided by a wood fire, the presence of wood smoke provides almost identical results, and the heat is more controllable.
3. **Direct cooking with a wood fire.** The food is placed directly above the wood coals. This is similar to a wood- or charcoal-burning grill, except that the unit is covered to hold in the heat and smoke, making it more like an oven. Cooking temperatures are higher than in an indirect-cooking unit, usually around 300°–350°F (150°–175°C). The higher heat gives results closer to standard roasting than to traditional slow-cook barbecue.

In addition to these three categories of equipment, the combi oven also needs mention. As discussed on page 45, some combi ovens with a smoke option are available. The combination of wood smoke with the controlled heat and humidity of combi ovens can produce tender, slow-cooked items in shorter times than conventional barbecue equipment.

Even if you have a combi oven without a smoke option, consider this equipment as a useful alternative to barbecue. Items such as pork shoulder and ribs, coated with a rub and cooked to tenderness in a combi, can have nearly all the eating qualities of barbecue except for the smoke flavor. Perhaps include natural smoke flavoring as an ingredient in the rub or in the accompanying barbecue sauce.

The long, slow cooking of barbecue is ideally suited for tougher cuts of meat, such as pork shoulder and beef brisket, which can become meltingly tender during the extended roasting period. Tender items, such as poultry and seafood, can also be barbecued, although of course cooking times are shorter, and the items do not have as much time to absorb the flavor of the wood smoke. Seafood is not as often cooked by barbecuing. When it is, the direct heat method (the third option described) is most often used.

RUBS AND MOPS

There is more to a traditional barbecue than long, low-temperature roasting with wood smoke. Blends of seasonings and flavorings applied before, during, and after cooking account for much of the popularity of barbecue.

Before cooking, foods are often coated with a rub and allowed to stand for several hours or overnight to absorb the flavors. A rub is a blend of herbs and spices, plus salt and sometimes sugar. The blend may be a *dry rub*, made of dried herbs and spices, or a *wet rub*, made of dried spices plus ingredients, like fresh garlic and chiles, that supply enough moisture to make a paste. An example of a dry rub can be found on page 429. For a wet rub, see the jerk recipe on page 564.

During cooking, the food is sometimes basted with a highly seasoned sauce called a mop. Mops usually contain vinegar or other acidic ingredients in addition to spices. Sugar is usually avoided in mops because it burns too easily.

After cooking, the food may be glazed with a barbecue sauce, or it may be served dry, with barbecue sauce on the side.

Seasonings and basting sauces are an important part of barbecue, as discussed in the Rubs and Mops sidebar. Regional traditions call for specific meats as well as different seasoning combinations and even different woods for producing smoke. More information on regional barbecue styles can be found in the sidebar. Various regional barbecue sauces can be found in Chapter 9.

STANDARDS OF QUALITY FOR BARBECUED ITEMS

1. Foods should be cooked to the correct degree of doneness. For most barbecued items, this means well done and extremely tender. Barbecued meats and poultry easily pull away from bone.
2. The interior of barbecued foods should have a moist texture and not be overcooked and dry.
3. The exterior of barbecued items should have an attractive, browned or reddish-brown color created by long cooking with smoke and by the spice rub (if used).
4. Meats and poultry cooked for extended periods with smoke have a detectable **smoke ring**, a red color that extends from the surface to about $\frac{1}{4}$ to $\frac{1}{2}$ inch (6–12 mm) into the interior, depending on how long the item was smoked (Fig. 15.3).
5. Barbecued foods should have a noticeably smoky flavor.



FIGURE 15.3 Smoke ring on pork shoulder.

BASIC PROCEDURE for Barbecuing

1. Collect all equipment and food supplies.
2. Prepare or trim the item. Heavy fat coverings on meat should be trimmed to about $\frac{1}{2}$ inch (1 cm) thick.
3. If using a rub, prepare the spice mixture. Coat the meat items evenly on all sides with the rub (Fig. 15.4). Cover and refrigerate for 24 hours.
4. Before cooking, remove the items to be barbecued from the refrigerator and let stand at room temperature for about 1 hour.
5. Select the desired hardwood (choices include hickory, mesquite, pecan, and fruit tree woods such as apple and cherry) and prepare it according to the instructions for your equipment.
6. Preheat the smoking equipment to the desired temperature (200°–250°F or 93°–120°C is a typical temperature range for low-temperature barbecuing).
7. Arrange the meats or other items on racks in the smoker. Allow enough space between items to permit the smoke to circulate well and contact all surface areas.
8. If a mop is used (see sidebar, p. 419), baste the items with the liquid at intervals during the cooking period. Note that a mop is not the same as a barbecue sauce. Unlike barbecue sauces, mops contain no sugar, which would burn too easily.
9. Barbecue until the items are tender. For items containing bones, the bones should easily pull free from the meat. Total time can range from a few hours for tender items to more than 10 or 12 hours for whole pork shoulder or beef brisket cooked at the low end of the temperature range.
10. Barbecue sauces may be used to glaze items such as spareribs and brisket. Apply the sauce to the items and return the meat to the smoker to dry out the sauce or, alternatively, place the ribs in a broiler or on a grill just long enough to lightly brown the sauce. Do not allow the sauce to burn.
11. Evaluate the finished product (p. 427).



FIGURE 15.4 Applying a dry rub to a rack of spareribs.



Barbecued Spareribs

YIELD: 7.5 LB (3.6 KG) PORTIONS: 10 PORTION SIZE: 12 OZ (360 G)

U.S.	METRIC	INGREDIENTS
9 lb	4.1 kg	Fresh pork spareribs
3 oz, or as needed	90 g, or as needed	Spice Rub I (below)
2½ pt (approx.)	1.2 L (approx.)	Barbecue Sauce (p. 219), Kansas City Barbecue Sauce (p. 220), or Chili Barbecue Sauce (p. 221)

PROCEDURE

1. Rub the ribs with the spice rub so they are completely coated with a thin layer.
2. Refrigerate overnight.
3. Preheat barbecue equipment to 200°F (93°C). Place the ribs on racks in the smoker with plenty of space between them.
4. Roast until the meat is tender and can be pulled away from the bones, approximately 4½ hours.
5. Remove the ribs from the smoker. Brush both sides of each rack with some of the barbecue sauce. Place on a grill or under a broiler just until the sauce is lightly browned. Turn the ribs over to brown the other side.
6. If desired, repeat step 5 with a second coating of barbecue sauce.
7. Serve in multirib portions, or cut into separate ribs for easier eating. Serve additional barbecue sauce in a small ramekin on the side.

Per serving: Calories, 730; Protein, 47 g; Fat, 54 g (68% cal.); Cholesterol, 190 mg; Carbohydrates, 11 g; Fiber, 2 g; Sodium, 1010 mg.

VARIATION

If barbecue equipment is not available, the ribs may be baked in a conventional oven at 300°F (150°C). Cooking time is approximately 2½ hours. In a combi oven, using 60 percent humidity, cooking time is about 1½ hours.



Barbecued Spareribs

Spice Rub I

YIELD: APPROX. 6 OZ (180 G)

U.S.	METRIC	INGREDIENTS
1½ oz	45 g	Paprika
1 oz	30 g	New Mexico chili powder
2 tbsp	30 mL	Dried oregano
2 tbsp	20 mL	Dried thyme
4 tsp	20 mL	Ground coriander
4 tsp	20 mL	Ground cumin
2 oz	60 g	Salt
2 tbsp	30 mL	Black pepper

PROCEDURE

1. Combine all ingredients and mix well.
2. Store in a tightly sealed container in a dark place.

Per 1 oz: Calories, 50; Protein, 2 g; Fat, 2 g (27% cal.); Cholesterol, 0 mg; Carbohydrates, 10 g; Fiber, 6 g; Sodium, 3720 mg.



KEY POINTS TO REVIEW

- What are the steps in the basic roasting procedure?
- What are the factors to consider when determining at what temperature to use when roasting?
- What standards can be used to evaluate the quality of roast items?
- What are the steps in the basic barbecuing procedure?
- What standards can be used to evaluate the quality of barbecued items?

BROILING AND GRILLING

To **broil** means to cook with radiant heat from above. To **grill** means to cook on an open grid over a heat source. Broiling and grilling are dry-heat cooking methods, which use very high heat to cook meat quickly. Properly broiled meats have a well-browned, flavorful crust on the outside, and the inside is cooked to the desired doneness and still juicy.

Broiling and grilling are especially well suited to tender meats cooked to the rare or medium-done stage. The intense heat browns the surface of the item quickly, and the item is removed from the heat before it is overcooked and dry.

Items cooked well done or medium-well—items such as pork, veal, poultry, and seafood—must be cooked using lower heat so that they have time to cook through before the surface becomes too charred. Be very careful not to let such foods overcook, because they can quickly dry out in the intense heat.

Many seafood items are too delicate to be placed directly on the grill bars. Put these items in hinged hand racks to protect them during cooking and keep them from breaking apart. To broil tender fish fillets, such as cod and sole, dip them in oil or melted butter, place them on heated sizzler platters, and place under the broiler. Cook without turning over.

TEMPERATURE CONTROL

The object of broiling is not just to cook the meat to the desired doneness but also to form a brown, flavorful, crusty surface.

The goal of the broiler cook is to create the right amount of browning—not too much or too little—by the time the inside is cooked to the desired doneness. The key to accomplishing this is to broil the item at the right temperature.

In general, the shorter the cooking time, the higher the temperature, or else the meat won't have time to brown. The longer the cooking time, the lower the temperature, or the meat will brown too much before the inside is done.

Cooking time depends on two factors:

1. The desired doneness
2. The thickness of the cut

For example, a well-done steak should be cooked at a lower heat than a rare one. A thin steak cooked rare must be broiled at a higher temperature than a thick one cooked rare.

To control the cooking temperatures on a grill, set different zones for different temperatures and grill meats in the appropriate area. Broilers can also be adjusted for different heat zones. In addition, the rack of a broiler is adjustable. Move it up (closer to the heat) for higher temperatures and down for lower temperatures.

SEASONING

As with roasting, chefs disagree on when to season. Some feel that meats should not be seasoned before broiling. This is because salt draws moisture to the surface and retards browning. Others feel that seasoning before broiling improves the taste of the meat because the seasonings become part of the brown crust rather than something sprinkled on afterward.

Generally, if you have a professional broiler that has been properly preheated, it is not difficult to brown meat that has been salted. Low-powered broilers such as those found in home kitchens, however, do not get as hot. In such cases, it is better to salt after broiling, not before.

One way around this problem is to serve the meat with a seasoned butter (p. 198). Another option is to marinate the meat in seasoned oil 30 minutes or more before broiling. Be sure to drain marinated meats well before placing them on the broiler.

STANDARDS OF QUALITY FOR BROILED AND GRILLED ITEMS

1. Foods should have a well-browned but not burned or excessively charred surface, showing noticeable grill marks.
2. The surface of the foods should look moist, not dried out.
3. Foods should be cooked to the correct degree of doneness. Even well-done items should not be overcooked and dried out or tough.
4. Food should have a crisp surface and moist interior.
5. Foods cooked on a grill should have a somewhat smoky, “chargrilled” flavor. This flavor is created by fats dripping onto the heat source and creating smoke. Foods from a wood-fired grill should have an even more noticeable smoky taste. Broiled foods, on the other hand, are cooked under, not over, the heat source, so lack this chargrilled flavor, but they should still have the flavor of well-browned foods.
6. If the food item was marinated or seasoned before grilling, the flavor of the seasonings should be in balance and not overpower the flavor of the meat, poultry, or seafood item.

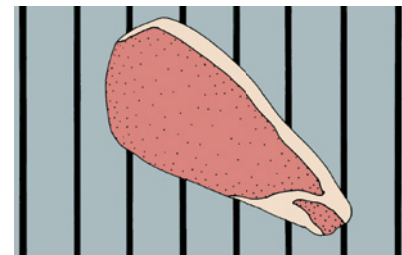
BASIC PROCEDURE for Broiling and Grilling

In a broiler, the heat source is above the food. In a grill, the heat is below the food. Except for this difference, the basic procedure is the same for both.

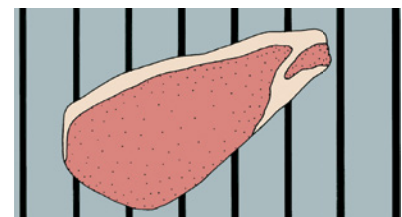
Make sure you understand how to test broiled meats for doneness (pp. 480–482) before starting.

1. Collect and prepare all equipment and food supplies. Trim excess fat from meats to avoid flare-ups that can char the meat too much and coat it with smoky residue. If necessary, score the fatty edges of thin cuts of meat to prevent curling. Meat, poultry, and some fish items may be marinated in advance to flavor them.
2. Preheat the broiler or grill.
3. Thoroughly clean the grill bars with a stiff brush. The equipment may be cleaned before preheating, but preheating burns away much of the encrusted food, and the remaining ash can then be brushed off.
4. Season the grill bars by brushing them lightly with oil. This can be done by rubbing them with a rolled cloth dipped in oil, using tongs to hold the cloth. Keep the grill brush and oiled cloth handy to repeat the cleaning and oiling process as necessary.
5. Brush the food with oil and season it, or, if it has been marinated, remove it from the marinade and let the excess drip off. (The oil helps prevent sticking and keeps the product moist. This step may be unnecessary for meats high in fat. Using too much oil can cause grease fires.)
6. Place the item on the broiler or grill. Cook until the item is about one-fourth done. To grill-mark the item, pick it up with tongs and rotate it about 90 degrees to give the surface a cross-hatch pattern (Fig. 15.5).
7. When about half done, turn the item over with tongs. Cook the second side until the item is cooked to the desired doneness.
8. Remove from the broiler or grill. Evaluate the finished product (see above).
9. Serve immediately.

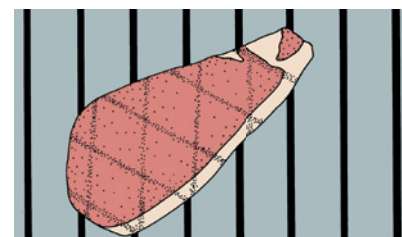
FIGURE 15.5 Grill-marking steaks.



(a) Place the meat on a preheated grill at an angle as shown.



(b) When the meat is about one-fourth done, turn the meat 60–90 degrees, as shown. Do not turn it over.



(c) When the steak is about half done, turn it over. The grill marks will appear as shown.



Broiled Strip Loin Steak Maître d'Hôtel

YIELD: 4 PORTION

U.S.	METRIC	INGREDIENTS	PROCEDURE
4	4	Strip loin steaks, boneless, 10–12 oz (300–350 g) each	1. Trim steaks as necessary, leaving a thin layer of fat on the edge.
to taste	to taste	Salt	2. Season the steaks to taste with salt and pepper. Brush lightly with oil.
to taste	to taste	Black pepper	3. Place the steaks on a preheated grill or broiler.
as needed	as needed	Vegetable oil	4. When the steak is about one-fourth done, turn it 60–90 degrees to grill-mark it (Fig. 15.5).
			5. When the steak is half done, turn it over and complete the cooking to the desired doneness. If turning with a fork, pierce the fat, not the meat, or juices will be lost.
2 oz	60 g	Maître d'Hôtel Butter (p. 198)	6. Remove the steaks from the broiler and immediately place on a hot plate. Top each steak with a ½-oz (15-g) slice of seasoned butter.

Per 8 ounces: Calories, 550; Protein, 60 g; Fat, 33 g (55% cal.); Cholesterol, 185 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 250 mg.

VARIATIONS

Other steaks may be cooked by the same method, including rib steak, rib-eye steak, tenderloin, club steak, porterhouse, T-bone, and sirloin. Chopped beef patties may also be prepared using this recipe.

Other seasoned butters and sauces make good accompaniments to broiled steaks, including:

Garlic Butter	Chasseur Sauce	Mushroom Sauce (brown)
Béarnaise Sauce	Anchovy Butter	Madeira Sauce
Bercy Sauce (brown)	Foyot Sauce	Bordelaise Sauce
Périgueux Sauce	Lyonnais Sauce	Choron Sauce
Marchand de Vin Sauce		

Broiled Lamb Chops

Prepare as for broiled steaks, using rib, loin, or shoulder chops.



Broiled Strip Loin Steak Maître d'Hôtel

SAUTÉING

To **sauté** is to cook quickly in a small amount of fat. If you review the general definitions of sautéing and pan-frying in Chapter 6, you will see the differences between these methods are largely a matter of degree. Sautéing uses high heat and a small amount of fat and is usually used for small pieces of food. Pan-frying uses moderate heat, a moderate amount of fat, and is usually employed for larger items, such as chops. But at what point does moderate heat become high heat and a small amount of fat become a moderate amount of fat? It is impossible to draw an exact dividing line between sautéing and pan-frying.

Nevertheless, there are important differences between these two basic cooking methods, and so we devote separate discussions to them. For the purposes of our discussion, consider the following important differences between sautéing and pan-frying:

- Pan-fried foods are generally larger and/or thicker than sautéed food. This means they need lower heat and a longer cooking time than sautéed foods in order to achieve doneness with the proper amount of browning.
- Sautéed foods are often finished with a sauce made by deglazing the sauté pan. Pan-fried foods are not.
- Pan-fried foods are often breaded or given another coating before cooking. Sautéed foods may be dredged in flour, but they are not breaded.

Each time you cook a piece of meat, poultry, or seafood, you must judge how much heat and how much fat to use to do the job best. This depends on the kind of food and the size of the pieces.

GUIDELINES for Sautéing Meats, Poultry, and Seafood

1. Use only tender cuts for sautéing.
2. Smaller or thinner pieces of meat require higher heat. The object is to brown or sear the meat in the time it takes to cook it to the desired doneness. Very small or thin pieces cook in just a few moments.
3. If large or thick items are browned over high heat, it may be necessary to finish them at lower heat or in an oven (uncovered) to avoid burning them.
4. Do not overload the pan, and do not turn or toss the food more than necessary. This will cause the temperature to drop too much, and the items will simmer in their juices rather than sauté.
5. Use clarified butter or oil or a mixture of the two for sautéing. Whole butter burns easily.
6. Dredging foods in flour promotes even browning and helps prevent sticking. Flour the items immediately before cooking, not in advance, or the flour will get pasty. Also, shake off excess flour before adding meat to the pan.

DEGLAZING THE PAN

A sauce made by deglazing the pan often accompanies sautéed meats. To **deglaze** means to swirl a liquid in a sauté or other pan to dissolve cooked particles of food remaining on the bottom. (Review discussions of deglazing in Chapter 9, pp. 183 and 186.) The deglazing liquid can be used to flavor a sauce in one of two ways:

1. **Combine the reduced deglazing liquid with a prepared sauce.** The deglazing liquid adds flavor and color to the sauce.
2. **Use the deglazing liquid to make a freshly prepared sauce.** Add stock or other liquids and other flavoring and thickening ingredients and finish the sauce as indicated in the recipe.

The procedure for making a sauce by deglazing is outlined in the general sautéing procedure in the Basic Sautéing Procedures on page 434.

STANDARDS OF QUALITY FOR SAUTÉED ITEMS

1. The item should be cooked to the desired degree of doneness. Items cooked well done should still be juicy, not overcooked and dry.
2. The surface of the food should be evenly browned, with no burned spots and no pale, unbrowned spots.
3. The item should retain its correct, natural shape and not be curled due to uneven cooking. It should appear plump and juicy, not shrunk.
4. The flavor of the seasonings should be balanced so that they enhance the flavor of the main item and not overpower it. The amount of salt added should be just enough, not too much.
5. The caramelized flavor of seared or browned foods should be well developed, but there should be no scorched or burned flavors.
6. All added ingredients should be cooked properly so that there are no raw flavors.
7. The sauce should be well seasoned and flavorful.
8. The sauce should be properly thickened (by added thickeners, by reduction, or both), neither too thin nor too thick.
9. There should be enough sauce so that each bite of the main item can be moistened with a little of the sauce.
10. The sauce should have an attractive and appropriate color.
11. Main item, garnish, and sauce should be served hot on a clean, hot plate.
12. All elements, including sauce, should be arranged on the plate in a neat, attractive fashion. The main item should be most prominent and not covered by other ingredients.

PRESENTATION SIDE

The side of a piece of meat, poultry, or fish that is browned first generally browns more attractively than the side that is browned second. This is because the juices that are forced upward to the surface while the first side is cooking tend to mar the appearance when the item is turned over and the second side is browned. Therefore, the most attractive side of a food item, known as the *presentation side*, should be browned first. For poultry pieces, this is usually the skin side. For fish fillets, the presentation side is usually the side that was against the backbone, not the side that had the skin on it.

After sautéing, the item is plated presentation side up.

BASIC PROCEDURE for Sautéing

1. Collect all equipment and food supplies. Select a pan large enough so that the food items can be placed in the pan in a single layer and not overlap.
2. Prepare food items as required. Meats, poultry and fish to be sautéed should be seasoned before cooking. If desired, they may also be dredged in flour. This should be done only at the last minute before cooking.
3. Place the sauté pan over high heat until the pan is hot.
4. Add just enough fat to the hot pan to cover the bottom with a thin coating.
5. Add the meat to the pan, presentation side down (see sidebar on p. 433). Do not overcrowd the pan.
6. For flat pieces of food, allow the items to sauté undisturbed until the first side is browned. Then turn over with tongs or spatula to brown the second side (Fig. 15.6). For small pieces of food (such as thin strips of meat or poultry or small items like shrimp), allow to cook undisturbed until the heat recovers and the bottoms of the foods are browned. Then toss or flip the pan to turn over the items. Toss only as often as necessary to brown all sides evenly.
7. Remove the items from the pan and keep warm. If necessary, transfer the food to the oven to finish cooking.
8. Drain excess fat, if any, from the sauté pan.
9. Optional step: Add any sauce ingredients to be sautéed, such as shallots or mushrooms, as indicated in the recipe. Sauté them as necessary.
10. Add liquid for deglazing, such as wine or stock. Simmer while swirling and scraping the pan to release food particles on the bottom so they can dissolve in the liquid. Reduce the liquid.
11. Add a prepared sauce or other sauce ingredients, and finish the sauce as indicated in the recipe.
12. Serve the meat with the sauce, or return the meat to the sauce in the pan to reheat briefly and coat it with the sauce. Do not let the meat cook in the sauce.
13. Plate the hot item with hot sauce on a hot plate. If any sauce drips onto the rim of the plate, wipe it clean with a clean, hot cloth dampened with hot water and rung out.
14. Evaluate the finished product (p. 433).

FIGURE 15.6 Sautéing chicken.



(a) After browning the first side of the chicken, turn each piece over to brown the second side.



(b) To prepare the sauce, sauté the ingredients, such as shallots.



(c) Deglaze the pan by adding liquid as called for in the recipe.



(d) Finish the sauce as indicated in the recipe.

STIR-FRYING

The Chinese technique of stir-frying is very much like sautéing, except that in sautéing, the food items are often tossed by flipping the pan, while in stir-frying, the pan is left stationary and the foods are tossed with spatulas or other tools. Although true Chinese stir-frying is done in a round-bottomed pan, called a *wok*, set over a special burner, you can use the same technique with a standard sauté pan.

A procedure for stir-frying can be found on page 512.



Sautéed Chicken with Tomatoes and Mushrooms

PORTIONS: 4 PORTION SIZE: 1/4 CHICKEN

U.S.	METRIC	INGREDIENTS
1	1	Chickens, about 2¾ lb (1.3 kg) each
to taste	to taste	Salt
to taste	to taste	Pepper
as needed	as needed	Vegetable oil
⅔ oz (4 tsp)	20 g	Butter
1½ oz	45 g	Shallots, chopped fine
1	1	Garlic clove, chopped fine
½ lb	240 g	Mushrooms, sliced or quartered (see <i>Note</i>)
3½ fl oz	100 mL	White wine
½ lb	240 g	Tomato concassé
4 fl oz	120 mL	Demi-glacé
2 tsp	10 mL	Chopped parsley
to taste	to taste	Salt

- PROCEDURE**
1. Cut the chicken into 8 pieces, as shown in Figure 18.5.
 2. Season the chicken lightly with salt and pepper.
 3. Pour about ⅛ in. (3 mm) oil into a sauté pans over moderate heat.
 4. Sauté the chicken pieces until they are cooked through. Regulate the heat so they brown well but do not scorch.
 5. Remove the chicken pieces from the sauté pans and keep them hot. (*Alternative method:* Brown the chicken pieces well in the sauté pans, transfer to a sheet pan or hotel pans, without crowding them, and finish cooking in a 375°F [190°C] oven.)
 6. Drain the oil from the sauté pans and discard. Add the butter to the pans over moderately high heat.
 7. Add the shallots, garlic, and mushrooms. Sauté until tender and lightly browned.
 8. Add the wine. Reduce by half.
 9. Stir in the tomatoes and demi-glacé. Return the mixture to a boil.
 10. Stir in the chopped parsley. Season to taste with salt.
 11. Spoon the tomato mixture onto plates and top with the chicken. (If the chicken has cooled, it can be reheated in the tomato mixture, but do not let it cook further.)

Per serving: Calories, 470; Protein, 72 g; Fat, 28 g (53% cal.); Cholesterol, 140 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 370 mg.

Note: Use white button mushrooms or a mixture of mushrooms, such as shiitake, portobello, and cremini.



Sautéed Chicken with Tomatoes and Mushrooms



KEY POINTS TO REVIEW

- What are the steps in the basic broiling and grilling procedures?
- What standards can be used to evaluate the quality of broiled and grilled items?
- What are the steps in the basic sautéing procedure?
- What standards can be used to evaluate the quality of sautéed items?

PAN-FRYING

Pan-frying is the second of three dry heat cooking methods using fat that we are discussing in this chapter. We just explained the technique of sautéing, which uses just enough fat to coat the bottom of the pan. Later we discuss deep-frying, in which food is completely submerged in hot fat. In terms of the amount of fat used, pan-frying lies between these two methods. To **pan-fry** is to cook foods in an uncovered pan in a moderate amount of fat, generally enough to come half to two-thirds up the sides of the food.

Pan-fried items are generally larger and thicker than sautéed items. Therefore, they must be cooked over lower heat for a longer time, so that the surface doesn't become too browned before the items are cooked to proper doneness.

Foods to be pan-fried are typically breaded, dredged in flour, or, less frequently, dipped in batter. Review the explanation of the Standard Breading Procedure in Chapter 7 (pp. 154–155).

BASIC PROCEDURE for Pan-Frying

1. Collect all equipment and food supplies. Select a heavy pan, such as a cast-iron skillet or heavy sautoir that is large enough to hold the food items in one layer without touching.
2. If foods are to be breaded, set up a breading station as explained on page 155.
3. Prepare meats, poultry, or seafood items as required. Trim off fat and silverskin from meats. Preparation may include breading, dredging with flour, or coating in batter. (Breading may be done in advance, but do not dredge or batter until just before cooking.)
4. Heat a moderate amount of fat in a sauté pan or skillet until hot. The fat should be about 350°F (175°C), or hot enough to start to brown a piece of bread in about 45 seconds.
5. Add the food items to the pan. Be careful when placing the food in the pan to avoid splashing hot fat. Do not overcrowd the pan (Fig. 15.7).
6. Brown the items on one side. Turn with tongs or a slotted spatula and brown the other side. Larger pieces may need to be finished at reduced heat after browning. If required, they may be removed from the fat, placed on sheet pans or sizzler platters, and finish cooking, uncovered, in the oven.
7. Drain the items on clean paper or cloth towels to absorb fat. Evaluate the finished product (p. 437).
8. Serve immediately.



FIGURE 15.7 Pan-frying breaded veal cutlets.

STANDARDS OF QUALITY FOR PAN-FRIED ITEMS

1. Breaded and battered foods should have a crust that is uniformly golden or golden-brown and crisp. Foods dredged in flour should also have an attractively browned surface. Degree of browning depends on cooking time. Thin items cooked for a short time will not be as browned as thicker items.
2. Foods should be cooked to the correct degree of doneness. The interior should be juicy, not overcooked and dry.
3. Foods should be well drained of frying oil and should not be greasy or heavy.
4. Foods should be served hot.
5. Any sauce or garnish served with the item should enhance it both in terms of flavor and color. Sauce should not cover or destroy the crisp surface of the fried item.



Breaded Veal Cutlets

PORTIONS: 8 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
2 lb	1 kg	Veal cutlets (scaloppine): 24 pieces, 4 oz (125 g) each (See Figure 16.15 for preparation of veal.)
to taste	to taste	Salt
to taste	to taste	Pepper
		Standard Breading Procedure (see Note):
2 oz	60 g	Flour
2	2	Eggs
4 fl oz	125 mL	Milk
12 oz	375 g	Bread crumbs, dry or fresh
as needed	as needed	Oil or clarified butter, or a mixture of oil and clarified butter
4 oz	125 g	Butter

Per serving: Calories, 550; Protein, 31 g; Fat, 38 g (63% cal.); Cholesterol, 165 mg; Carbohydrates, 19 g; Fiber, 1 g; Sodium, 380 mg.

Note: Quantities given for breading materials are only guidelines. You may need more or less, depending on the shapes of the meat pieces, the care used in breading, and other factors. In any case, you will need enough so even the last piece to be breaded can be coated easily and completely.

VARIATIONS

Veal Cutlet Sauté Gruyère

Top each cooked cutlet with 1 or 2 thin slices of tomato and 1 slice of Gruyère cheese. Pass under a broiler to melt cheese. Serve with tomato sauce placed under the cutlet or in a ribbon (cordon) around the cutlet.

Schnitzel à la Holstein

Top each portion with a fried egg and 4 anchovy fillets placed around the edge of the egg.

Veal Cutlet Viennese-Style (Wiener Schnitzel)

Top each cutlet with 1 peeled lemon slice and 1 anchovy fillet rolled around a caper. Garnish the plate with chopped hard-cooked egg white, sieved egg yolk, and chopped parsley.

Veal Parmigiana

Top each cutlet with 2 fl oz (60 mL) tomato sauce, 1 slice of mozzarella cheese, and 2 tbsp (30 mL) parmesan cheese. Pass under a broiler to melt cheese.

PROCEDURE

1. Lightly flatten each piece of veal with a meat mallet. Do not pound too hard, or you may tear the meat.
2. Season the meat with salt and pepper and pass through Standard Breading Procedure (p. 155).
3. Heat about ¼ in. (5 mm) oil or butter in a large sauté pan or cast-iron skillet. Place the cutlets in the pan and pan-fry until golden brown. Turn and brown the other side. Remove from the pan and place on hot plates.
4. Heat the butter in a small saucepan or sauté pan until lightly browned. Pour ½ oz (15 g) brown butter over each portion.



Breaded Veal Cutlet with arugula and shaved parmesan salad and roasted grape tomatoes

Veal Cordon Bleu

Use 2 thin 2-oz (60-g) cutlets per portion. Sandwich 1 thin slice ham and 1 thin slice of Swiss cheese between 2 cutlets. Pound edges lightly to seal. Bread and fry as in basic recipe.

Breaded Pork Cutlets

Cutlets from pork leg or loin may be breaded and pan-fried like veal. They must be cooked well done.

DEEP-FRYING

To **deep-fry** means to cook a food submerged in hot fat. Commercial deep-fryers are equipped with thermostats to control the temperature of the fat, and with baskets to lower food into the fat and to remove and drain them when fried. Deep-frying can also be done in a pot on the stove-top. In this case, it is necessary to use an appropriate thermometer to ensure correct cooking temperature.

The guidelines and procedures in this section apply primarily to poultry and seafood items. Although it is possible to deep-fry meats, it is done less frequently than for poultry and fish. (Breaded veal and pork cutlets may be an exception, but they are more often pan-fried than deep-fried.) Deep-fried vegetable and potato items are discussed in Chapters 12 and 13.

Poultry and fish items are almost always breaded or dipped in batter before frying. This forms a protective coating between food and fat and helps give the product crispness, color, and flavor. Obviously, the quality of the breading or batter affects the quality of the finished product (Chapter 7, pp. 154–155).

Breaded items may be placed in frying baskets and lowered into the hot fat. Battered items, by contrast, must be dropped by hand into the hot fat, because the raw batter would stick to the baskets. For example, to fry shrimp in batter, hold the shrimp by the tail, dip in batter, then lower into the hot fat, holding the tail for a few moments until a crust forms on the batter. If the item is dropped too soon, it will sink and stick to the bottom of the fryer.

GUIDELINES for Deep-Frying Seafood, Poultry, and Meat

1. Review the general deep-frying guidelines on page 345.
2. Select tender foods for deep-frying. Tougher items are not suitable for deep-frying, because of the short cooking times.
3. Fry at proper temperatures. Most poultry and seafood items are fried at 325°–375°F (165°–190°C). Excessive greasiness in fried foods is usually caused by frying at too low a temperature.
4. Season foods before applying a coating of breading or batter.
5. Breaded items may be placed in frying baskets and lowered into the hot fat (the *basket method*). Battered items, on the other hand, are fried without baskets, using the *swimming method*. The items must be dropped by hand into the hot fat, because the raw batter would stick to the baskets. Lower the battered item into the fat, holding it for a moment until a crust starts to form on the batter. If the item is dropped too soon, it will sink and stick to the bottom of the fryer.
6. Have clean, paper-lined pans at the fry station to receive foods that have just been fried, to drain off excess fat.
7. Fry poultry and seafood items in separate fryers if possible, so that fish flavors aren't transferred to other fried foods.

BASIC PROCEDURE for Deep-Frying

1. Collect all equipment and food supplies
2. Heat the fat to the proper temperature. If you are not using a thermostatically controlled deep-fryer, check the temperature of the fat with an appropriate thermometer.
3. Season the food items and coat with the desired coating (breading or batter).
4. Add the food to the hot fat, using either the basket method or the swimming method, whichever is appropriate.
5. If necessary, turn the food items as they cook so that they brown evenly on all sides.
6. Remove the food from the fat and place on clean paper to drain.
7. Evaluate the finished product (see below).
8. Serve immediately, while the food is hot.

STANDARDS OF QUALITY FOR DEEP-FRIED FOODS

High quality in a deep-fried product is characterized by the following properties:

- Minimal fat absorption
- Minimal moisture loss (that is, not overcooked)
- Attractive golden color
- Crisp surface or coating
- No off-flavors imparted by the frying fat

 Fish and Chips

PORTIONS: 12 PORTION SIZE: 8 OZ (240 G) FISH, 6 OZ (180 G) FRENCH FRIES

U. S.	METRIC	INGREDIENTS	PROCEDURE
		Batter (see Note):	
7½ oz	225 g	Flour	1. Mix together the flour, salt, and pepper in a bowl.
½ tsp	2 mL	Salt	2. Gradually beat in the beer to make a smooth batter. This step must be done just before cooking, or the batter will lose its carbonation. The carbonation from the beer provides leavening.
¼ tsp	1 mL	White pepper	
12 fl oz	360 mL	Beer	
12	12	Cod fillets, 8 oz (240 g) each	3. Dredge the fillets in flour. Shake off excess.
as needed	as needed	Flour for dredging	4. One at a time, dip the fillets in the batter and then drop into a deep fryer heated to 350°F (175°C). Fry until golden.
4½ lb	2.2 kg	French Fries (p. 367)	5. Drain on absorbent paper.
24 fl oz	7200 mL	Rémoulade Sauce (p. 222) or Tartar Sauce (p. 222)	6. Serve with French fries on plates or in paper-lined baskets. Serve each portion with 2 fl oz (60 mL) rémoulade or tartar sauce in a cup.

Per serving: Calories, 1040; Protein, 46 g; Fat 72 g (62% cal.); Cholesterol, 130 mg; Carbohydrates, 50 g; Fiber, 3 g; Sodium, 970 mg.

Note: The quantity of batter needed varies greatly, depending on the fish. Thin fillets need more batter per unit of weight of fish because there is more surface area per unit of weight.

VARIATIONS

Substitute club soda for the beer in the batter.
Instead of the cod, use another lean, white fish, such as haddock, flounder, halibut, sole, or snapper.

Fisherman's Platter

Instead of using only one type of fish, use a variety of fish and seafood.
For example: two kinds of fish fillets plus squid rings and shrimp.



Fish and Chips



KEY POINTS TO REVIEW

- What are the steps in the basic pan-frying procedure?
- What standards can be used to evaluate the quality of pan-fried items?
- What are the steps in the basic deep-frying procedure?
- What standards can be used to evaluate the quality of deep-fried items?

SIMMERING AND SUBMERSION POACHING

To **simmer** and to **poach** both involve cooking foods submerged in water or in a seasoned or flavored liquid. The two methods are almost identical except for temperature. The two methods can be summarized as follows:

Simmering

- Cooking liquid is bubbling gently at a temperature of about 185° to 200°F (85° to 93°C).
- Used primarily to tenderize tougher meats and poultry by long, slow cooking. Also used to cook some shellfish items, such as lobster.

Poaching

- Cooking liquid is not bubbling but is barely moving, at a temperature of about 160° to 185°F (71° to 85°C).
- Used primarily for cooking seafood and some tender cuts of poultry and meat, to retain moisture and develop a light, subtle flavor.

A third cooking method in which foods are cooked submerged in a liquid is **boiling** at a temperature of 212°F (100°C). Boiling is a common cooking method for vegetables and starches but not for protein foods such as meat, poultry, and fish. The high temperature toughens the proteins, and the rapid bubbling breaks up delicate foods. Some traditional recipe names, such as “Boiled Beef,” are misleading, because meat should not be boiled.

Much of the reason for the popularity of roasted, grilled, and fried meats and poultry is due to the kind of flavor produced by browning with dry heat. Simmered meats lack this flavor component. However, simmering is used effectively for less tender cuts for which browning is not desired or not appropriate. Popular examples of simmered meats are cured products such as ham and corned beef, fresh or cured tongue, fresh beef brisket, white stews such as veal blanquette, and flavorful mature poultry items such as stewing hen or fowl.

LIQUIDS AND FLAVORING INGREDIENTS FOR SIMMERED AND POACHED FOODS

Simmering Less Tender Meats and Poultry

- **For fresh meats and poultry**, use enough liquid to cover the meat completely, but don’t use too much, as flavors will be diluted. Water is the main cooking liquid, but other liquids, such as wine, can be added to flavor the meat. Add herbs, spices, and a generous amount of mirepoix to give a good flavor to the meat.
- **For cured meats**, especially those that are heavily salted or smoked, use a generous amount of water to help draw excess salt or smoky flavor from the meat. In some cases, such as country hams, the water may even have to be changed during cooking to remove salt from the meat. Heavily seasoned cured meats, such as corned beef, are often simmered in pure, unseasoned water, but milder cured meats may be simmered with mirepoix and herbs. Do not add salt, however, because cured meats already contain a great deal of salt.

Poaching Tender Meats and Poultry

Use a flavorful stock appropriate to the item, such as chicken stock for fowl and beef stock for beef tenderloin. Add appropriate herbs, spices, and mirepoix or other aromatics.

Poaching Fish and Seafood

Fish is usually poached in court bouillon, fish stock or fumet, or wine. **Court bouillon** (kooor bwée yohn) may be defined as water containing seasonings, herbs, and usually an acid, used for cooking fish. The name means “short broth” in French, so called because it is made quickly, unlike stocks.

Court bouillon is discussed in more detail in Chapter 21 (p. 648).

STANDARDS OF QUALITY FOR SIMMERED AND POACHED ITEMS

1. Foods should be cooked to the correct degree of doneness:
 - Poached tender poultry items and whole fish should be fully cooked but still moist and tender, not overcooked or dry.
 - Poached meats should be cooked to the correct degree of doneness.
 - Tougher meat and poultry items should be cooked until fork-tender but still moist.
2. Flavoring ingredients in the poaching liquid should enhance the flavor of the main item, not cover it up or conflict with it.
3. After cooking, the item should be well drained. Poaching liquid should not be transferred to the plate.
4. Poached items should be served hot, on hot plates.
5. Sauces should enhance the flavor of the item, not cover it up. Most poached items have a fairly delicate flavor, so in most cases they should not be served with strongly flavored sauces.

BASIC PROCEDURES for Simmering and Poaching

1. Collect all equipment and food supplies.
2. Prepare meat, poultry, or seafood for cooking. This may include cutting, trimming, tying, or blanching.
3. Prepare the cooking liquid:
 - Review the discussion of cooking liquids above.
 - For fresh meats and poultry, start with boiling, seasoned liquid.
 - For cured and smoked meats, start with cold, unsalted liquid to help draw out some of the salt from the meats.
 - For seafood: Start shellfish, small fish, and portion cuts in hot liquid. Start large, whole fish in cold liquid to cook more evenly and to avoid sudden contractions that would split the skin and spoil the appearance.
 - In all cases, use enough liquid to cover the food completely.
4. Place the meat in the cooking liquid and return (or bring) to a simmer (Fig. 15.8).
5. Reduce heat to maintain the proper simmering or poaching temperature. Do not allow the liquid to boil after the food has been added. Skim the surface, if necessary.
6. Cook until the food is done, skimming as necessary.
 - Simmered meat and poultry are cooked until the meat is tender, skimming as necessary. To test for doneness, insert a kitchen fork into the meat. The meat is tender if the fork slides out easily. This is called fork-tender.
 - Poached tender poultry items should be fully cooked. Tender meats should be cooked to the desired degree of doneness. Both can be tested with an instant-read thermometer. Cooked poultry items should feel firm to the touch and the flesh should be opaque throughout.
 - Fish should feel firm to the touch and the flesh should be opaque. Crustacean shells should have turned bright red or pink. Clams, oysters, and mussels should be open.
7. If the food is to be served hot, remove from the liquid and serve immediately. If it is to be served cold or to be reheated later, cool it in its cooking liquid to retain moistness. Cool rapidly in a cold-water bath, as for stocks.
8. Evaluate the finished product (see above).



FIGURE 15.8 Simmering beef brisket.



Simmered Fresh Beef Brisket

PORTIONS: 8 PORTION SIZE: 6 OZ (180 G)

U.S.	METRIC	INGREDIENTS
5 lb	2.4 kg	Fresh beef brisket, well trimmed
		Mirepoix:
4 oz	125 g	Onion, coarsely chopped
2 oz	60 g	Carrot, coarsely chopped
2 oz	60 g	Celery, coarsely chopped
1	1	Garlic cloves
1	1	Bay leaf
¼ tsp	1 mL	Peppercorns
1	1	Whole cloves
6	6	Parsley stems
to taste	to taste	Salt

PROCEDURE

1. Place beef in a stockpot with enough boiling water to cover. Return the water to a boil, reduce heat to a simmer, and skim the scum carefully.
2. Add the mirepoix and seasonings.
3. Simmer until the meat is tender when tested with a fork.
4. Transfer the meat to a steam-table pan and add enough of the broth to barely cover (to keep the meat moist), or cool the meat with some of the broth in a cold-water bath and refrigerate.
5. To serve, cut the meat into thin slices across the grain. Slice at an angle to make the slices broader. Serve each portion with Horseradish Sauce (p. 190), prepared horseradish, or mustard and with boiled vegetables, such as carrots, potatoes, or turnips.
6. Strain the broth and save for soups or sauces. If desired, use some of the broth to make horseradish sauce to accompany the meat.

Per serving: Calories, 280; Protein, 35 g; Fat, 15 g (49% cal.); Cholesterol, 110 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 90 mg.

VARIATIONS

Beef tongue (fresh, cured, or smoked), beef shank, various cuts of beef chuck, beef short ribs, fresh or smoked ham, pork shoulder, and lamb shoulder or leg may be cooked using the same method.

Simmered Pork Shoulder with Cabbage

Cook fresh or smoked pork shoulder or pork butt as in basic recipe. Cut 1 lb 10 oz (780 g) cabbage (for 8 portions) into wedges and simmer in some of the pork broth. Serve each portion of meat with a cabbage wedge. For 8 portions, 6 oz (180 g) each, use about 7½ lb (3.6 kg) bone-in, skin-on shoulder.

SIMMERED STEWS

The term **stewing** means cooking small pieces of meat by simmering or braising (a composite method that includes both browning and simmering). Stews cooked by braising are covered in the next section. See also the discussion of stewing and braising on pages 448–450.

One difference between stews and many other simmered meats is that stews are served in a sauce or gravy made of the cooking liquid.



Simmered Beef Brisket with vegetables, Horseradish Sauce, and deep-fried julienne of fresh horseradish



Simmered Pork Shoulder with Risotto, Pesto, and Spinach alla Romana

SHALLOW POACHING

The **shallow-poaching** method is used primarily for fish, but it is also sometimes used for chicken breasts. The procedure is based on one of the great dishes of classical cuisine: sole or other white fish poached in fumet and white wine. If well prepared, it can be one of the most exquisite dishes on the menu.

This method of preparation is best for lean, delicate white fish, such as sole, halibut, turbot, haddock, cod, pike, and perch. It is also used for salmon and trout. The fish is always served with a sauce made from the **cuisson**—that is, the poaching liquid.

The procedure and recipe given here are for fillets of sole au vin blanc (in white wine). This is the basic preparation, and most other classical poached fish recipes are variations on it. Many of the variations involve only different garnishes.

For a recipe that uses the shallow-poaching method to prepare chicken breasts, see page 578.

Because of the delicacy of flavors, this preparation requires good-quality fish or poultry item and well-made stock. If wine is used, it should have a good flavor. A cheap, bad-tasting wine will spoil the dish.

The basic classical procedure is detailed in this section. Using this procedure as a pattern, the technique of shallow poaching can also be used for other fish preparations, substituting other liquids for the fumet, wine, velouté, and cream.

CUISSON

The basic meaning of the French word *cuisson* is “cooking.” If you order a steak in a restaurant in Paris and are asked how you would like the *cuisson*, you are being asked whether you would like the meat cooked rare, medium, or well done.

In the context of poaching or simmering foods, *cuisson* refers to the cooking liquid, which may be used as the base of a sauce. This term is commonly used in restaurant kitchens on both sides of the Atlantic.

STANDARDS OF QUALITY FOR SHALLOW-POACHED ITEMS

1. Items should be cooked just to doneness and be moist and tender.
2. The sauce should have a light, nappé texture and not be heavy or pasty. Its color should be attractive and appropriate to the ingredients. Sauces based on velouté are typically ivory in color.
3. The sauce should have a refreshing flavor from the acids in the poaching liquid (usually wine) and complement the flavor of the food item.

BASIC PROCEDURE for Shallow Poaching

1. Collect all equipment and food supplies. Select a pan just large enough to hold the fish portions in a single layer. This will enable you to use a minimum amount of poaching liquid. Also, use a pan with low, sloping sides. This makes it easier to remove fragile cooked fish from the pan.
2. Butter the bottom of the pan and sprinkle with chopped shallots or other aromatics.
3. Arrange the portions of fish or poultry in the pan in a single layer. Season them lightly.
4. Add enough cooking liquid (usually stock and white wine) to cover the items no more than about halfway. Use no more liquid than necessary so the flavor will be more concentrated and less reduction will be required later. (Also, keep in mind that the food items will release additional liquid as they cook.)
5. Cover the items with a piece of buttered parchment or other paper and cover the pan with a lid. The paper holds in the steam to cook the top of the fish. It is sometimes omitted if the pan has a tight lid, but it does help the fish cook more evenly. (Some chefs like to cut a vent hole in the center of the parchment, but this is not necessary, because the steam can easily vent from around the edges.)
6. Bring the liquid just to a simmer and finish poaching in the oven at moderate heat. Thin fish fillets will cook in just a few minutes. Poaching may be done on top of the range, but the oven provides more even, gentle heat from both top and bottom.
7. Carefully remove the cooked items from the pan to a clean, hot dish and ladle a little of the cooking liquid over them to help keep them moist. Cover and keep warm.
8. Reduce the *cuisson* over high heat to about one-fourth its volume. (If more liquid drains from the cooked items during this time, drain and add it to the *cuisson* while it is reducing.)
9. Finish the sauce as indicated in the recipe. For example, add fish velouté and heavy cream and bring to a boil. Adjust seasoning with salt, white pepper, and lemon juice.
10. Strain the sauce.
11. Evaluate the finished product (see above).
12. Arrange the fish or poultry on plates for service, coat with the sauce, and serve immediately.

VARIATIONS in Sauce Production



Using a prepared velouté makes the sauce production very quick, and the procedure can easily be used for cooking to order.

An alternative method may be used if no velouté is available or if a large quantity of fish is being poached for banquet service:

- 1. Use a larger quantity of fumet and wine for cooking the fish and reduce it by only about half, depending on the amount of sauce needed.
- 2. Thicken the liquid with roux or beurre manié and simmer until no raw starch taste remains.
- 3. Finish the preparation as in the basic method.

Another popular method uses no starch thickener. Instead, the reduced poaching liquid is lightly bound with heavy cream or raw butter (monter au beurre).

- To bind the sauce with cream, add about 2 oz (60 mL) heavy cream per portion to the reduced cooking liquid and continue to reduce until the sauce is lightly thickened.

- To bind with butter, whip raw butter into the reduced cooking liquid as for monter au beurre (p. 183) Use about ½ oz (15 g) butter or more per portion. If you use a larger quantity of butter, you are essentially making beurre blanc (p. 197).

A further variation is known as **à la nage** (ah la nahzh), which means “swimming.” To serve poached seafood à la nage, reduce the cooking liquid only slightly, season, and strain it carefully. If desired, enrich the liquid with a very small quantity of butter. Serve the seafood with the liquid in a soup plate or other plate deep enough to hold the juices.

The procedure of shallow poaching in wine and stock or fumet can be adapted to other preparations. Use other liquids as directed in the recipe. To finish the sauce, reduce the cuisson and, instead of finishing the sauce with velouté and cream, finish it as directed in the individual recipe.



Sole Vin Blanc (Poached Fillets of Sole in White Wine Sauce)

PORTIONS: 8 PORTION SIZE: 4 OZ (125 G) FISH, 2 FL OZ (60 ML) SAUCE

U.S.	METRIC	INGREDIENTS	PROCEDURE
16	16	Sole fillets, 2 oz (60 g) each	1. Fold the fillets in half or roll them up, starting with the large end (Fig. 15.9). Be sure the skin side of the fillet is on the inside of the fold or the roll (called paupiette). 2. Butter the inside of a shallow pan or pans just large enough to hold the fish in a single layer. Sprinkle with the shallots. Lay the fillets on top of the shallots in a single layer. 3. Pour the wine into the pan and add enough stock to cover the fish halfway. 4. Butter a piece of parchment or waxed paper cut the same size as the pan. Cover the fish closely with it, buttered side down (Fig. 15.10). Cover the pan. 5. Set the pan on the range and bring just barely to a simmer. Do not boil. 6. Place the pan in an oven heated to 350°F (175°C) and cook the fish until it is just barely done, about 5 minutes. 7. Remove the fish to a holding dish, moisten with a little of the cooking liquid, cover, and keep warm.
1 oz	30 g	Butter	
1 oz	30 g	Shallots, fine dice	
3½ fl oz	100 mL	White wine	
7 fl oz or as needed	200 mL or as needed	Fish stock	
1 pt	500 mL	Fish Velouté (p. 188)	
1	1	Egg yolks	
2½ fl oz	75 mL	Heavy cream	8. Reduce the poaching liquid over high heat to about one-fourth its volume. If more liquid collects under the fish as it stands, add this to the rest. 9. Add the velouté and bring to a simmer. Reduce to about 10 fl oz (300 mL). 10. Beat the egg yolk, then mix in the cream to make a liaison. 11. Whip in a little of the hot velouté to temper the liaison. Stir the tempered liaison into the sauce. 12. Swirl in the raw butter (monter au beurre). Season to taste with salt, pepper, and a few drops of lemon juice if necessary. 13. To serve, place 2 fillets on a dinner plate and coat with 2 fl oz (60 mL) sauce.
4 tsp	20 g	Butter	
to taste	to taste	Salt	
to taste	to taste	White pepper	
as needed	as needed	Lemon juice	

Per serving: Calories, 260; Protein, 25 g, Fat, 14 g (51% cal.); Cholesterol, 125 mg; Carbohydrates, 4 g; Fiber 0 g; Sodium, 190 mg.



Paupiettes of Sole Vin Blanc,
Sautéed Swiss Chard with
Green Grapes, Fennel Purée,
boiled Parisienne potatoes

VARIATIONS

Any lean white fish may be poached using this recipe or any of the variations below. For example:

Halibut	Cod	Perch	Haddock
Turbot	Pike	Scallops	

For a sauce that is lower in fat, omit the liaison and the final monter au beurre. Finish the sauce with the desired amount of heavy cream, 6–12 fl oz (175–350 mL).

À la Carte Service, Fast Method: Poach fish as in the basic recipe. Plate the fish as soon as it is cooked. Coat it with a pre-prepared white wine sauce. The poaching liquid may be reused throughout the service period and then used to make velouté for the next day's sauce. Other sauces based on fish velouté or béchamel may be used instead of white sauce:

Bercy	Normandy	Nantua
Herb	Mushroom	Mornay

Glazed Poached Fish

Prepare as in the basic recipe. Immediately before serving, fold 1 pt (500 mL) hollandaise and 8 fl oz (250 mL) heavy cream, whipped, into the sauce. Coat the fish and brown it quickly under the salamander.

Poached Fish Bonne Femme

Add 1½ lb (700 g) sliced mushrooms to the shallots in the poaching pan. Poach as in the basic recipe. Omit egg yolks. Do not strain the sauce.

Poached Fish Dugléré

Add 1½ lb (400 g) tomato concassé (p. 290) and 4 tbsp (60 mL) chopped parsley to the pan when poaching the fish. Poach as in the basic recipe. Omit liaison, but stir 5 oz (150 g) raw butter into the sauce before serving. Do not strain.

Poached Fish Mornay

Strain the reduced poaching liquid (after step 8) and add a little of it to a thick Mornay Sauce for Glazing (p. 188), just enough to thin it to the desired consistency. Coat the fish with the sauce and brown under the salamander or broiler.

Note: Scallops are often prepared à la Mornay and served in scallop shells with a duchesse potato border. The dish is called Coquille St. Jacques Mornay. (St. Jacques is the French term for “scallop,” and coquille means “shell.”)

Poached Fish Florentine

Prepare like Poached Fish Mornay, but place the cooked fish on beds of cooked, buttered spinach before coating with sauce.

Sole Paupiettes with Seafood Mousseline

Before rolling, spread the fillets with a thin layer of seafood mousseline (p. 875).

Seafood à la Nage

Double the quantity of fish stock. Omit the velouté, liaison, and final butter. After poaching, reduce the cooking liquid only slightly. Season carefully and strain. Serve the seafood with the broth.

FIGURE 15.9 Rolling and folding sole fillets.



(a) To make paupiettes, or rolled fillets of sole, lay the fillets on the work surface skin side up. Starting at the large end, roll tightly. As the fish cooks, the connective tissues on the skin side shrink and keep the roll tight. If you roll the fillet skin side out, it unrolls as it cooks.



(b) If the fillets are to be poached flat or folded, first make a series of very shallow cuts in the skin side as shown. This helps keep the tissues from shrinking and deforming the fillet. Fold so the flesh side is out (skin side on the inside).



FIGURE 15.10 When shallow-poaching fish, cover the fish with a piece of buttered parchment. (Parchment has been folded back to show the fish.)



KEY POINTS TO REVIEW

- What are the steps in the basic simmering and submersion-poaching procedures?
- What standards can be used to evaluate the quality of simmered and poached items?
- What are the steps in the basic shallow-poaching procedure?
- What standards can be used to evaluate the quality of shallow-poached items?

STEAMING

To **steam** is to cook foods by putting them in direct contact with steam. Steaming is a popular method for cooking vegetables, as discussed on pages 312–313. In Western cuisines, it is less often used for meats, poultry, and fish, although it is more common in some Asian cuisines (as in the Chinese recipe in this section). This cooking method is best suited to foods that are naturally tender. It is not usually appropriate for foods that must be tenderized by long, slow cooking.

Small items, such as small whole fish, shellfish, small chicken breasts, and small meat items such as Pearl Balls are the best choices for steaming. These cook in a short time in a steamer. Monitor the cooking time carefully so that they don't overcook.

Quantity steaming is most easily done in compartment steamers. Individual portions can be steamed on a rack over simmering liquid in a covered pot. This method gives you the opportunity to use liquids other than plain water to create steam. Adding spices, aromatics, wine, and similar ingredients can give a subtle flavoring to the steamed item. The effect is slight, however, so this technique is best used when steaming mild-flavored foods.

STANDARDS OF QUALITY FOR STEAMED ITEMS

1. Items should be cooked just to doneness and be moist and tender. Flesh appears opaque rather than translucent. Clam and oyster shells are open and the edges of the flesh are curled. Shrimp and lobster shells are pink or red.
2. Items appear plump, not shrunken, and the surface is free of coagulated albumen. Steaming too long can shrink and toughen protein items.
3. Items should have a good natural color. Short cooking times and lack of contact with cooking liquids help preserve color.
4. Flavors should be delicate. If any aromatics were used in steaming, their flavor should be subtle and not overpowering.

BASIC PROCEDURE for Steaming

1. Collect all equipment and food supplies.
2. Prepare the seafood, poultry, or meat items for cooking. Trim as needed.
3. If using a compartment steamer, preheat the unit. If using a rack over a boiling liquid, select a pan large enough to hold the items without crowding, so steam can circulate. Add the liquid and bring to a boil.
4. Place the food in the unit. Cover or close the steamer.
5. Steam to the correct doneness. Observe written cooking times, but check the items for doneness early, as overcooking can happen very quickly.
6. Remove the items from the steamer rack. Evaluate the finished product.
7. Serve hot, on hot plates, with appropriate sauce, garnish, and accompaniments.

Pearl Balls

YIELD: ABOUT 20 PIECES

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 cup	250 mL	Glutinous rice (also called sweet rice)	1. Wash the rice in several changes of cold water. Drain. Add enough fresh water to cover by 1 in. (2.5 cm). Let soak at least 30 minutes.
1½ tbsp	22 mL	Cornstarch	2. Mix together the cornstarch and water.
1 tbsp	15 mL	Water, cold	3. Combine all ingredients except the glutinous rice and mix together.
1 lb	450 g	Ground pork	4. Form the meat mixture into small meatballs, about 1 oz (30 g) each.
2	2	Scallions, minced	5. Drain the rice. Roll the balls in the rice so they are well coated.
4	4	Water chestnuts, minced	6. Line a rack or perforated steamer pan with cheesecloth. Arrange the meatballs in the pan, allowing about ½ in. (1–2 cm) between them.
1 tsp	5 mL	Minced fresh ginger root	7. Steam 30–45 minutes, or until the rice is translucent and the pork is done.
1	1	Eggs, beaten	
1 tbsp	15 mL	Soy sauce	
1 tbsp	15 mL	Sherry or Shaoxing wine	
1 tsp	5 mL	Sugar	
¾ tsp	3 mL	Salt	

Per 1 piece: Calories, 70; Protein, 5 g; Fat, 3.5 g (49% cal.); Cholesterol, 25 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 145 mg.

VARIATIONS

Fried Pork Balls

Omit the rice coating and cook the meatballs by deep-frying them.

Wontons

The pork mixture can be used for wonton filling. Put a small spoonful of meat in the center of a wonton skin. Moisten the edges of the skin with beaten egg, and then fold the skin in half to make a triangle (or, if you are using round wonton skins, a semicircle) enclosing the filling. Moisten one of the two corners (on the folded edge) with egg, then twist the wonton to bring the two corners together. Press the corners together to seal. Makes 60 or more wontons, depending on size. Wontons can be cooked by simmering, steaming, or deep-frying. They are often served in chicken broth as wonton soup.



Pearl Balls

BRAISING

Braising is a combination of dry-heat and moist-heat cooking methods. To **braise** meats and poultry, first brown or sear them in fat or in a hot oven, then simmer in a flavorful liquid until tender.

The popularity of properly braised items is due to the flavor imparted by the browning and by the sauce made from the braising liquid. Clearly, the quality of a braised meat depends greatly on the quality of the stock the meat is cooked in. Other liquids used in braising include wine, marinades, tomato products, and, occasionally, water.

Note that this cooking method applies primarily to meat and poultry. So-called **braised fish** is actually cooked by a variation of the baking or roasting method. This procedure is discussed on page 626.

BRAISES AND STEWS

- A **braise** consists of large pieces of food, at least portion-size, cooked by the braising method—first dry heat, then moist heat.
- A **stew** consists of small pieces of food, bite-sized or slightly larger, cooked either by the braising method—first dry heat, then moist heat—or by the simmering method—moist heat only.

TYPES OF BRAISED MEAT AND POULTRY DISHES

1. **Large cuts.** A large cut of meat braised whole, sliced, and served with a sauce or gravy is sometimes called a **pot roast**.
2. **Individual portion cuts.** Meats and poultry may be cut into portion sizes before braising instead of afterward. When portion cuts of beef round are braised in a brown sauce, the process is sometimes called **swissing**, and the product is called **Swiss steak**.

Other braised portion-cut meats include short ribs, lamb shanks, and pork chops. Cut-up chicken is often cooked by braising.

3. **Stews.** Stews are made of meats and poultry cut into small pieces or cubes. Most stews are made by braising, but some are cooked by simmering only, without first browning or searing the meat.

Stews are usually made with enough liquid or gravy to cover the meat completely while cooking. However, so-called dry stews are braised in their own juices or in a very little added liquid.

Brown stews are made by browning the meat thoroughly before simmering. A **fricassée** (free kah say) is a white stew made by cooking white meat in fat over low heat without letting it brown, then adding liquid (p. 585). Compare this to a **blanquette** (blawn ket), which is a white stew made by simmering the meat in stock without first cooking it in fat. The cooking method for blanquettes, therefore, is simmering rather than braising.

Note: This use of the term **fricassée** is its traditional or classical usage. Today the word is used for many kinds of stews.

Many other dishes can be classified as braised stews, even if we don't normally think of them that way. Chili, for example, is a braised dish made of finely cut or ground beef or pork. Even meat sauce for spaghetti (p. 405) is actually a braised meat or a stew.

Many chefs prefer to use the term **braising** only for large cuts of meat, and they use the term **stewing** for small cuts (see sidebar). However, the basic cooking method—using first dry heat, then moist heat—is the same for both large and small cuts.

GUIDELINES for Braising Meats and Poultry

The basic principle of braising is a combination of searing or browning and then simmering. This process accomplishes two things: it cooks the meat, and it produces a sauce. (You will use some of your sauce-making techniques when you braise meats.)

Before giving basic procedures that apply to most popular braised meats, we discuss factors that affect the quality of the finished product.

1. Seasoning.

The meat may be seasoned before browning, or it may receive its seasonings from the cooking liquid while braising. But remember that salt on the surface of meat retards browning. Also, herbs may burn in the high heat necessary for browning.

Marinating the meat for several hours or even several days before browning is an effective way to season meat because the seasonings have time to penetrate it. The marinade is often included as part of the braising liquid.

2. Browning.

Dry the meat thoroughly before browning. Small pieces for stew may be dredged in flour for better browning. In general, red meats are well browned; white meats and poultry are browned less heavily, usually until they are golden.

3. Amount of braising liquid.

The amount of liquid to be added depends on the type of preparation and on the amount of sauce required for serving. Do not use more liquid than necessary, or the flavors will be less rich and less concentrated.

Pot roasts usually require about 2 oz (60 mL) sauce per portion, and this determines the amount of liquid needed. The size of the braising pot used should allow the liquid to cover the meat by one-third to two-thirds. The top portion of the meat not covered by liquid is cooked with the aid of the steam held in the covered pot.

Stews usually require enough liquid to cover the meat.

Some items are braised with no added liquid. They are browned, then covered, and the item cooks in its own moisture, which is trapped by the pan lid. Pork chops are frequently cooked in this way. If roasted, sautéed, or pan-fried items are covered during cooking, they become, in effect, braised items.

4. Vegetable garnish.

Vegetables to be served with the meat may be cooked along with the meat or cooked separately and added before service.

If the first method is used, the vegetables should be added just long enough before the end of cooking for them to be cooked through but not overcooked.

5. Stovetop or oven.

Braising may be done on the range or in the oven. Oven-braising has three major advantages:

- Uniform cooking. The heat strikes the braising pot on all sides, not just the bottom.
- Less attention required. Foods braise at a low, steady temperature without having to be checked constantly.
- Range space is free for other purposes.

6. Adjusting the sauce.

Braising liquids may be thickened by a roux either before cooking (Method 2) or after cooking (Method 1). In some preparations, the liquid is left unthickened or is naturally thick, such as tomato sauce.

In any case, the sauce may require further adjustment of its consistency by

- Reducing
- Thickening with roux, beurre manié, or other thickening agent
- The addition of a prepared sauce, such as demi-glace or velouté

STANDARDS OF QUALITY FOR BRAISED ITEMS

1. Braised items should be fork-tender. The interior should be juicy.
2. Although tender, braised foods should maintain their shape and not be falling apart.
3. Braised foods should have a well-developed, concentrated flavor due to long cooking in flavorful liquids. Thin flavor may be caused by insufficient cooking or cooking at the wrong temperature, so liquids didn't have time to reduce and concentrate.
4. Braised foods should have an attractive color developed from proper browning or searing at the beginning of the cooking process and from long cooking in concentrated liquids.

BASIC PROCEDURES for Braising

METHOD 1: BRAISING IN UNTHICKENED LIQUID

1. Collect all equipment and food supplies.
2. Cut or trim the meat as required. Dry it thoroughly. For stews, the meat may be dredged with flour.
3. Brown the meat thoroughly on all sides in a heavy pan with a small amount of fat, or in an oven.
4. Remove the meat from the pan and brown mirepoix in the fat left in the pan.
5. Return the meat to the pan and add the required amount of liquid.
6. Add a sachet or other seasonings and flavorings.
7. Bring the liquid to a simmer, cover the pot tightly, and simmer in the oven or on top of the range until the meat is tender.
Oven braising provides more uniform heat. Temperatures of 250° to 300°F (120° to 150°C) are sufficient to maintain a simmer. Do not let boil.
8. Remove the meat from the pan and keep it warm.
9. Prepare a sauce or gravy from the braising liquid. This usually includes the following:
 - Skim fat.
 - Prepare a brown roux with this fat or with another fat if desired.
 - Thicken the braising liquid with the roux. Simmer until the roux is cooked thoroughly.
 - Strain and adjust seasonings.
10. Combine the meat (sliced or whole) with the sauce.
11. Evaluate the finished product (p. 449).

METHOD 2: BRAISING IN THICKENED LIQUID

1. Collect all equipment and food supplies.
2. Prepare the meat for cooking, as required.
3. Brown the meat thoroughly in a heavy pan with fat or in a hot oven (Fig. 15.11).
4. Remove the meat from the pan (if required) and brown mirepoix in remaining fat.
5. Add flour to make a roux. Brown the roux.
6. Add stock to make a thickened sauce. Add seasonings and flavorings.
7. Return the meat to the pan. Cover and simmer in the oven or on the range until the meat is tender.
8. Adjust the sauce as necessary (strain, season, reduce, dilute, etc.).
9. Evaluate the finished product (p. 449).

FIGURE 15.11 Preparing braised meats (Method 2).



(a) Brown the meat well in a heavy pan.



(b) Remove the meat from the pan. Add the mirepoix to the pan and brown well.



(c) Add flour to the mirepoix. Stir to combine the flour with the fat and brown the roux.



(d) Add stock to the pan and whip to combine with the roux. Add seasonings and flavorings and return the meat to the pan. For portion cuts, there should be just enough liquid to cover the meat.



Braised Short Ribs

PORTIONS: 12 PORTION SIZE: 10 OZ (300 G) MEAT WITH BONE, 2 FL OZ (60 ML) SAUCE

U.S.	METRIC	INGREDIENTS	PROCEDURE
12	12	Short rib sections, 10 oz (300 g) each	1. Dry the meat so it will brown more easily.
4 oz	125 mL	Oil	2. Heat the oil in a heavy brazier until very hot. Brown the meat well on both sides. Remove it and set aside.
5 oz	150 g	Onion, medium dice	3. Add the onion, celery, and carrot to the fat in the pan and sauté until browned.
2½ oz	75 g	Celery, medium dice	4. Stir in the bread flour to make a roux. Cook until the roux is browned.
2½ oz	75 g	Carrot, medium dice	5. Stir in the stock and tomato purée and simmer until the sauce thickens. Add the bay leaves and season to taste with salt and pepper.
2½ oz	75 g	Bread flour	6. Return the short ribs to the pan. Cover and braise in the oven at 300°F (150°C) until tender, about 2 hours.
2½ pt	1.25 L	Brown stock	7. Transfer the short ribs to a hotel pan for service.
2½ oz	75 mL	Tomato purée	8. Strain the sauce (optional). Degrease. Adjust the seasoning and consistency and pour over the short ribs.
1	1	Bay leaves	
to taste	to taste	Salt	
to taste	to taste	Pepper	

Per serving: Calories, 299; Protein, 29 g; Fat, 17 g (52% cal.); Cholesterol, 55 mg; Carbohydrates, 6 g; Fiber, 0 g; Sodium, 70 mg.

VARIATIONS

Short ribs and the variations that follow may be braised in a prepared brown sauce or espagnole instead of a specially made sauce. Omit steps 4, 5, and 6.

If desired, use 8 oz (250 g) chopped canned tomatoes instead of the purée. Alternatively, use 1 oz (30 g) tomato paste; add the paste to the browned mirepoix and continue to brown until the paste turns a rusty brown color.

Swiss Steak

Instead of the short ribs, use beef round steaks, about 5–6 oz (150–180 g) per portion. Omit celery and carrot if desired.

Swiss Steaks in Tomato Sauce

Reduce flour to 1¼ oz (38 g). For braising liquid, use 1 pt 4 fl oz (625 mL) brown stock, 1 lb 4 oz (625 g) chopped canned tomatoes with their juice, and 10 oz (300 g) tomato purée. Season with bay leaf, oregano, and basil. After removing cooked steaks, reduce sauce to desired consistency. Do not strain. Garnish each portion with chopped parsley.

Swiss Steaks with Sour Cream

Prepare as in the basic Swiss Steak recipe, above. When steaks are cooked, finish the sauce with 8 oz (250 g) sour cream, 1¼ fl oz (37 mL) Worcestershire sauce, and 1 tbsp (15 g) prepared mustard.

Swiss Steaks in Red Wine Sauce

Prepare as in the basic Swiss Steak recipe, above, but add 8 fl oz (250 mL) dry red wine to the braising liquid.

Braised Oxtails

Allow 1 lb (500 g) oxtails per portion. Cut into sections at joints.

Braised Lamb Shanks

Allow 1 lamb shank per portion. Add chopped garlic to mirepoix if desired.



Braised Short Rib, Grits with Cheddar Cheese, broccolini, and two onion preparations

SOUS VIDE COOKING

Sous vide cooking, introduced on page 7, is such a new science that chefs are only beginning to explore its possibilities. Techniques will surely evolve and change in years to come.

Some of the main applications of sous vide cooking as it is practiced today are detailed in the sidebar. Please note temperature ranges are approximate. Immersion circulators (p. 52) are extremely accurate, and chefs may specify temperatures to within a fraction of a degree to get the precise results they want. Although not as precise as immersion circulators, combi ovens (p. 45) are also used for some sous vide cooking.

Tender Meats and Poultry

Tender meats and poultry are usually cooked in a water bath heated to the exact doneness temperature desired. The lamb loin described above is a typical example. Cooking temperatures usually range from 140° to 149°F (60°–65°C), although higher or lower temperatures are also used, and cooking times may range from 20 to 60 minutes, or sometimes longer.

Remember that if the cooking temperature is within the food danger zone (p. 17), cooking time must be counted as part of the four-hour rule (p. 26). For this reason, tender meats and poultry are almost always finished and served immediately after cooking and not chilled and stored for later use.

Tough Meats

Tough meats can be cooked to tenderness, while retaining more moisture than if they were braised or simmered. Cooking temperatures range from 149° to 158°F (65°–70°C). These temperatures are much lower than usual braising temperatures, but they are high enough to break down connective tissue. At the higher end of this range, meats become falling-apart tender, while at the lower end they retain more of their shape and have a firmer texture while still being tender and juicy.

Because it takes time to break down connective tissue, often 12 to 48 hours, tough meats are usually cooked to doneness, then immediately chilled and refrigerated for later use.

Because of the long cooking times, avoid cooking temperatures below 149°F (65°C). Higher temperatures provide more safety from bacterial growth.

Fish and Seafood

Fish are naturally tender and have even more delicate connective tissue than tender meats. Cooking procedures are similar to those for tender meats, but often with even lower temperatures and/or shorter cooking times. Typical cooking temperatures may range from 122° to 140°C (50°–60°C), or sometimes higher, with cooking times as short as 10 to 15 minutes. Use only the freshest, cleanest fish, and finish and serve it immediately after cooking.

Shellfish such as lobster and shrimp can be toughened by the higher heat of traditional cooking techniques, so sous vide cooking can be a benefit. Cooking temperature for these items is typically around 140°F (60°C).

TEMPERATURE PROBES FOR SOUS VIDE

To measure the interior temperature of an item cooked sous vide, it is necessary to insert a probe into the food without puncturing the bag in a way that would let air in. To do this, use a needle probe especially designed for sous vide, and stick a piece of *closed-cell foam tape* to the bag in a spot where you want to insert the probe. You can then safely insert the probe through the tape and bag and into the meat.



BASIC PROCEDURES for Sous Vide Cooking

1. Collect all equipment and food supplies.
2. Prepare and season the food items. Preparation may include searing or grill-marking. Chill all food items.
3. Place the food items in appropriate plastic bags designed for vacuum sealing. Add any flavoring ingredients indicated in the recipe. If more than one item is in a bag, space the items so that they are not touching.
4. Using a chamber-type vacuum machine, evacuate the air from the bag, using the correct pressure setting for that item, and seal the bag.
5. Chill the bag briefly.
6. Completely submerge the bag in a controlled water bath kept at the correct cooking temperature for that item (using an immersion circulator, Figure 15.12), and cook for the desired time or until the interior of the food reaches the correct temperature (see Temperature Probes for Sous Vide sidebar).
7. If the food is to be served as soon as it is cooked (typically for foods with short cooking times), remove the items from the bag, finish as directed in the recipe, and serve immediately. If the item is to be stored for later use, proceed to step 8.
8. For items to be stored, remove the bag from the water bath and immediately place it in an ice bath to chill it quickly (the ice bath should be at least 50 percent ice to be most effective). The items must be chilled so that their interior temperature reaches 37.4°F (3°C) in 2 hours or less.
9. Remove from the ice bath, label correctly (product name, time and date of processing, and date to be discarded), and either freeze or store in a refrigerator at 37.4°F (3°C) or lower.
10. To serve, reheat in an immersion circulator until the interior temperature reaches the desired level. Remove from the bag and finish as desired. Serve at once.



FIGURE 15.12 Immersion circulator



Beef Short Ribs Sous Vide with Bordelaise Sauce

PORTIONS: 1 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
5 oz	150 g	Beef short ribs, boneless, in one piece	1. Review the guidelines for safe sous vide cooking on page 123.
to taste	to taste	Salt	2. Season the meat with salt and pepper. Place the meat in a plastic bag appropriate for sous vide cooking and seal it under vacuum.
to taste	to taste	Pepper	3. Place the sealed meat in a hot bain-marie heated with an immersion circulator to 158°F (70°C) and cook 20 hours. At the end of cooking time, the interior of the meat should be 158°F (70°C).
			4. If the meat is not to be finished and served immediately, chill it as quickly as possible in an ice bain-marie or blast cooler. The interior of the meat must reach 37°F (3°C) or colder in less than 90 minutes.
as needed	as needed	Oil	5. For finishing and serving, rewarm the meat, still sealed in its plastic bag, in a warm bain-marie at 140°F (60°C).
1 fl oz	30 mL	Bordelaise Sauce (p. 193; omit the marrow garnish)	6. Open the bag and remove the meat.
			7. Heat a thin film of oil in a sauté pan. Brown the meat lightly on top and bottom.
			8. Serve the meat with the sauce around it.

Per serving: Calories, 290; Protein, 21 g; Fat, 22 g (3% cal.); Cholesterol, 70 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 60 mg.

VARIATION

PROCEDURE VARIATION: COMBI OVEN

If an immersion circulator is not available, cook in a combi oven in steam mode at 158°F (70°C) for 18–20 hours.



Beef Short Ribs Sous Vide with Bordelaise Sauce



KEY POINTS TO REVIEW

- What are the steps in the basic steaming procedure?
- What standards can be used to evaluate the quality of steamed items?
- What are the steps in the basic braising procedure?
- What is the difference between braises and stews?
- What standards can be used to evaluate the quality of braised items?
- What are the steps in the basic sous vide cooking procedures?



TERMS FOR REVIEW

roast

bake

barbecue

broil

grill

sauté

deglaze

pan-fry

deep-fry

simmer

poach

court bouillon

stewing

shallow-poaching

cuisson

à la nage

steam

braise

pot roast

fricassée

blanquette

sous vide

QUESTIONS FOR DISCUSSION

1. List four advantages of roasting at a low temperature.
2. What is the purpose of basting?
3. Which steaks require the highest broiler temperature, thick ones or thin ones? steaks to be cooked rare or steaks to be cooked well done?
4. Why is it important not to overload the pan when sautéing foods?
5. What is meant by the term *presentation side*?
6. What is the difference between simmering and submersion poaching?