

SAUTÉING AND PAN-FRYING

According to the basic definitions given in Chapter 6, the main differences between sautéing and pan-frying are the amount of fat used and the cooking time. **Sautéing** means cooking quickly in a small amount of fat. The product is often tossed or flipped in the pan over high heat. **Pan-frying** means cooking in a larger amount of fat, usually for a longer time at lower heat, and the product is not tossed or flipped. In practice, the two methods are similar, and the distinction between them is hard to draw. Pan-fried vegetables are often given a coating, such as breading, that gives the cooked vegetable a crisp exterior that makes an appealing contrast with the tender vegetable inside.

Both methods may be used for finish-cooking precooked or blanched vegetables as well as for completely cooking vegetables from the raw state. Sautéing in butter is especially popular for finishing precooked and chilled vegetables for service.

Stir-frying is a quick-cooking technique used in Asian cookery. In effect, it is similar to sautéing, except the pan is left stationary and the items being cooked are stirred and flipped in hot fat with spatulas or other tools. For the basic stir-frying procedure, see page 512. This is the general procedure for stir-frying all foods, including meats. To use the procedure for vegetables only, omit steps 4, 5, and 6. The basic procedure for vegetables is illustrated by the recipe on page 330.

PROCEDURE for Sautéing Vegetables

This method is used for precooked or blanched vegetables and for tender, small-cut vegetables that cook quickly.

1. Collect all equipment and food products.
2. Prepare vegetables as required.
3. Place sauté pan on high heat.
4. When the pan is hot, add a small amount of clarified butter, oil, or other fat, enough to coat the bottom of the pan. (Clarified butter is used because the milk solids in whole butter burn quickly at the high heat necessary for sautéing.)
5. As soon as the fat is hot, add the vegetable. Do not overload the pan, or the temperature will be lowered too much and the vegetables will simmer instead of sauté.
6. After the heat has recovered, flip the pan a few times to turn and toss the vegetables (Fig. 12.4). Let the pan set again over the heat.
7. Continue to flip the vegetables as often as necessary for them to cook or heat evenly and become coated with the cooking fat. (Don't flip more than necessary, however. Too

much flipping may break fragile vegetables. Also, the heat must have time to recover between flips.)

8. As soon as the vegetables are cooked, or heated through if precooked, remove from the pan. Evaluate the quality of the cooked vegetable (p. 281). Browning may or may not be desirable, depending on the vegetable and the particular preparation.



FIGURE 12.4 To flip foods in a sauté pan, give the handle a sharp twist upward with the wrist. Be sure to move the pan back far enough to catch the foods as they come down.

PROCEDURE for Pan-Frying Vegetables

Note: A griddle is often used for this procedure if only a small amount of fat is required.

1. Collect all equipment and food products.
2. Prepare vegetables as required. Preparation may include breading or dredging in flour.
3. Place a sauté pan or cast-iron skillet on moderately high heat. Add required amount of fat to the pan and let it heat.
4. Place prepared vegetables in the pan. Adjust the heat so the product cooks through with the desired amount of browning but without burning the outside.

5. Turn vegetables with a spatula and continue to cook until done.
6. Remove from pan. If necessary, drain on absorbent paper to eliminate excess fat.
7. Evaluate the quality of the cooked vegetable. In addition to the quality standards on page 281, pan-fried vegetables that have been breaded or given another coating have a crisp exterior that has been attractively browned but not charred.

Zucchini Sauté Provençale

PORTIONS: 12 PORTION SIZE: 3½ OZ (100 G)

U.S.	METRIC	INGREDIENTS
3 lb	1.35 kg	Zucchini
3 fl oz	90 mL	Olive oil
3 oz	90 g	Shallots or onions, minced
2–3	2–3	Garlic cloves, chopped
to taste	to taste	Chopped parsley
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Wash and trim the zucchini. Cut crosswise into thin slices.
2. Heat the oil in two or three sauté pans (or sauté in several batches—do not overload the pans). Add the shallot or onion and the garlic. Sauté until soft but not browned.
3. Add the zucchini and sauté until slightly browned but still somewhat crisp.
4. Add the parsley and toss to mix. Season to taste.

Per serving: Calories, 80; Protein, 1 g; Fat, 7 g (72% cal.); Cholesterol, 0 mg; Carbohydrates, 5 g; Fiber 1 g; Sodium, 5 mg.

VARIATIONS

Cut the zucchini into other shapes, but keep them small enough to cook quickly. Examples: bâtonnet, julienne, dice, and shredded on a coarse grater.

Shredded Zucchini with Shallots

Shred the zucchini on a coarse grater. Sauté with shallots as in basic recipe, but without browning. Omit the garlic and parsley.

Zucchini with Tomatoes

Sauté as in the basic recipe. When half cooked, add 1 lb 4 oz (600 g) drained, chopped, canned tomatoes or fresh tomatoes concassé (p. 290). Finish cooking. Season with oregano and basil.



Zucchini Sauté Provençale

Pan-Fried Eggplant with Tomato Sauce

PORTIONS: 12 PORTION SIZE: 4 OZ (120 G) EGGPLANT, 2 FL OZ (60 ML) SAUCE

U.S.	METRIC	INGREDIENTS
4 lb	1.9 kg	Eggplant
		Breading:
4 oz	125 g	Flour
1 tsp	5 mL	Salt
¼ tsp	1 mL	White pepper
10 fl oz	300 mL	Egg wash
12 oz	360 g	Bread crumbs
as needed	as needed	Oil for frying

PROCEDURE

1. Wash and trim eggplants. Pare if skins are tough. Cut crosswise into ¾-in. (1-cm) slices.
2. Hold in strongly salted cold water up to 30 minutes. (This step may be omitted, but it helps prevent darkening and eliminates some bitter flavors.)
3. Set up breading station, seasoning the flour with the salt and pepper.
4. Drain the eggplants and dry them well. Pass through Standard Breading Procedure (p. 154).
5. Heat ¼ in. (0.5 cm) oil in a heavy iron skillet or sauté pan. Pan-fry the breaded eggplant on both sides until browned. Remove from pan with slotted spatula and drain on absorbent paper.
6. Serve 2–3 slices per portion, depending on size. Nap each portion with 2 fl oz (60 mL) tomato sauce. Ladle the sauce in a band across the eggplant; do not cover completely.

1½ pt 750 mL Tomato sauce

Per serving: Calories, 260; Protein, 7 g; Fat, 13 g (44% cal.); Cholesterol, 70 mg; Carbohydrates, 30 g; Fiber, 4 g; Sodium, 490 mg.

VARIATIONS

Instead of Standard Breading Procedure, simply dredge slices in seasoned flour and pan-fry.

Pan-Fried Eggplant Creole

Use Creole sauce instead of tomato sauce.

Eggplant Parmigiana

Pan-fry as in the basic recipe. Top each fried slice with a thin slice of mozzarella cheese. Arrange in layers in a baking pan, covering each layer with tomato sauce and sprinkling with parmesan cheese. Bake 30 minutes at 350°F (175°C).

Stir-Fry of Asparagus, Green Beans, and Snow Peas



PORTIONS: 10 PORTION SIZE: 3½ OZ (105 G)

U.S.	METRIC	INGREDIENTS
12 oz	360 g	Asparagus, trimmed, lower ends peeled (p. 302)
12 oz	360 g	Green beans, trimmed
10 oz	300 g	Snow peas, trimmed
6 oz	180 g	Red bell pepper, 2-in. (5-cm) batonnet
1½ fl oz	45 mL	Vegetable oil
1 fl oz	30 mL	Soy sauce
1 tbsp	15 mL	Sesame oil
to taste	to taste	Salt
1 tbsp	15 mL	Sesame seeds, toasted (optional)

Per serving: Calories, 90; Protein, 3 g; Fat, 6 g (55% cal.); Cholesterol, 0 mg; Carbohydrates, 8 g; Fiber, 3 g; Sodium, 220 mg.

PROCEDURE

1. Blanch the asparagus and green beans separately in boiling salted water until they are about three-fourths cooked and still crisp.
2. Cut the asparagus and beans into 2-in. (5-cm) lengths.
3. Heat the oil in a sauté pan or wok over high heat. Add the snow peas and bell pepper and stir-fry.
4. As soon as the peas are hot and coated with oil, add the green beans. Continue to stir-fry another 20–30 seconds.
5. Add the asparagus. Stir-fry until all the vegetables are crisp-tender.
6. Add the soy sauce and toss to mix.
7. Add the sesame oil and toss quickly.
8. Add salt to taste.
9. Remove the vegetables from the pan or wok and serve immediately.
10. If desired, sprinkle each portion lightly with toasted sesame seeds.



Stir-Fry of Asparagus, Green Beans, and Snow Peas

Corn with Poblanos



PORTIONS: 12 PORTION SIZE: 3 OZ (90 G)

U.S.	METRIC	INGREDIENTS
12 oz	360 g	Poblano chiles
2 lb	900 g	Corn, fresh or frozen
1½ fl oz	45 mL	Olive oil
8 oz	240 g	Onion, chopped fine
1 tsp	5 mL	Dried oregano
to taste	to taste	Salt
to taste	to taste	Pepper

Per serving: Calories, 180; Protein, 6 g; Fat, 7 g (30% cal.); Cholesterol, 0 mg; Carbohydrates, 30 g; Fiber, 9 g; Sodium, 25 mg.

PROCEDURE

1. Roast and peel the chiles as illustrated on page 289. Remove and discard the stem, seeds, and inner membranes.
2. Cut the chiles into bâtonnet.
3. If the corn is frozen, drop into boiling water until thawed, then drain.
4. Heat the olive oil in a sauté pan over moderately high heat.
5. Add the onion and sauté until it is soft and beginning to brown.
6. Add the poblanos, corn, and oregano. Sauté until hot and well blended.
7. Add salt and pepper to taste.

VARIATIONS

Gratin of Corn and Poblanos

Prepare as in the basic recipe. Transfer to a gratin dish and cover with a generous layer of Monterey jack or similar mild cheese. Place under a salamander or broiler until the cheese is melted and lightly browned.

Corn and Poblanos in Cream

Prepare as in the basic recipe, but in step 6 add 12 fl oz (360 mL) heavy cream. Simmer until the cream is thickened and reduced by about one-third.

Corn with Poblanos



Stir-Fried Mixed Vegetables

PORTIONS: 16 PORTION SIZE: 4 OZ (125 G)

U. S.	METRIC	INGREDIENTS	PROCEDURE
1½ lb	750 g	Chinese cabbage	<ol style="list-style-type: none"> Cut off the root end of the cabbage and separate the leaves. Cut out the thick center ribs, then cut them crosswise into 2-in. (5-cm) chunks. Cut the thin, leafy parts into shreds. Soak the mushrooms in boiling water to cover. When soft, drain and squeeze dry, reserving the liquid. Discard the stems and cut the caps into julienne. Cut the bamboo shoots into thin slices. Cut the celery on the diagonal into thin slices. Cut the carrots into julienne. Drain the baby corn. Slice the scallions into shreds at a sharp angle. Heat the oil in a wok or large sauté pan. Add the garlic and cook about 15 seconds to flavor the oil, then remove and discard the garlic. Add the ginger and salt and let cook about 15 seconds. Add the cabbage ribs and stir-fry 1–2 minutes. Add the remaining vegetables, except the shredded cabbage leaves. Continue to stir-fry another 1–2 minutes. Add the shredded cabbage. Add the stock and soy sauce and continue to stir and cook until the vegetables are cooked but still crisp. Mix the cornstarch with the cold water, then stir it, a little at a time, into the vegetables to thicken the sauce. Do not add it all at once because you may not need it all. The sauce should not be too thick but, rather, the consistency of a light velouté sauce. Stir in the sesame oil and serve at once.
16	16	Dried black mushrooms	
6 oz	175 g	Bamboo shoots, drained	
4 oz	125 g	Celery	
4 oz	125 g	Carrots	
15-oz can	425-g can	Baby corn	
4	4	Scallions	
<hr/>			
2–3 fl oz	60–90 mL	Oil	
1	1	Garlic clove, crushed (optional)	
5 slices	5 slices	Fresh ginger root	
1 tsp	5 mL	Salt	
12 fl oz	350 mL	Water or chicken stock	
1 fl oz	30 mL	Soy sauce (optional)	
¼ cup	25 g (60 mL)	Cornstarch	
3 fl oz	100 mL	Water, cold	
1 tsp	5 mL	Sesame oil (optional)	

Per serving: Calories, 90; Protein, 2 g; Fat, 4 g, (36% cal.); Cholesterol, 0 mg; Carbohydrates, 14 g; Fiber, 3 g; Sodium, 165 mg.

VARIATIONS

This is a basic procedure for stir-fried vegetables. One or two vegetables, or any harmonious assortment, can be cooked using the same recipe, merely substituting different vegetable ingredients.

Mixed Vegetables with Thai Green Curry

PORTIONS: 10 PORTION SIZE: 4 OZ (120 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
8 oz	240 g	Carrots	<ol style="list-style-type: none"> 1. Peel and trim the carrots. Slice on a sharp diagonal into long, oval slices. Blanch in boiling salted water until crisp-tender. Refresh in ice water. 2. Trim the green beans and cut into 2-in. (5-cm) pieces. Blanch until crisp-tender. Refresh in ice water. 3. Trim the bok choy. Cut crosswise into ½-in. (1-cm) slices. 4. Trim and discard the stems from the shiitake mushrooms. Slice into narrow strips. 5. Trim the root ends and tops of the scallions, reserving the white and some of the green. Cut on a sharp diagonal into 1-in. (2.5-cm) lengths. 6. Trim the chiles, discarding the stems and seeds. Chop coarsely. 7. Heat the oil in a large sauté pan or wok over high heat. Add the scallions, chiles, and mushrooms. Stir-fry 30 seconds. 8. Add the bok choy. Stir-fry until the bok choy leaves are wilted. 9. Add the carrots and green beans and continue to stir-fry until all the vegetables are hot. 10. Add the green curry sauce and bring to a boil. Toss to mix the sauce with the vegetables. 11. Serve immediately.
8 oz	240 g	Green beans	
10 oz	300 g	Bok choy	
4 oz	120 g	Shiitake mushrooms	
4 oz	120 g	Scallions	
½ oz	15 g	Thai chiles or other small, fresh chiles	
1½ fl oz	45 mL	Oil	
1 pt	500 mL	Thai Green Curry Sauce (p. 216)	

Per serving: Calories, 170; Protein, 3 g; Fat, 16 g (77% cal.); Cholesterol, 0 mg; Carbohydrates, 8 g; Fiber, 2 g; Sodium, 340 mg.



Mixed Vegetables with Thai Green Curry

Brussels Sprouts with Walnuts

PORTIONS: 12 PORTION SIZE: 3½ OZ (100 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
3 lb	1.5 kg	Brussels sprouts	<ol style="list-style-type: none"> 1. Trim the bases of the sprouts and remove any damaged leaves. 2. Blanch the sprouts in a large quantity of boiling salted water until half to three-fourths cooked. 3. Drain and refresh the sprouts in ice water. Drain again. (If the sprouts are to be finished immediately, refreshing can be omitted.) 4. Cut the sprouts in half lengthwise.
2 oz	60 g	Butter	5. Heat the butter in a sauté pan large enough to hold the sprouts in a thin layer.
6 oz	180 g	Walnut pieces	6. Add the sprouts and the walnuts to the pan. Sauté until the sprouts are tender and lightly browned.
to taste	to taste	Salt	7. Add salt to taste.

Per serving: Calories, 183; Protein, 6 g; Fat, 15 g (65% cal.); Cholesterol, 10 mg; Carbohydrates, 12 g; Fiber, 5 g; Sodium, 60 mg.

VARIATION

For a vegan version of this recipe, substitute walnut oil for the butter.



Brussels Sprouts with Walnuts

SAUTÉING AND PAN-FRYING

The procedures for sautéing and pan-frying potatoes are basically the same as for other vegetables (p. 327).

There are many sautéed and pan-fried potato preparations. Some are made with raw potatoes, others with precooked or blanched potatoes. Many of these recipes are especially useful because they are excellent ways to utilize leftover boiled potatoes.

This group of recipes may be divided into two categories based on production technique.

1. Potatoes mixed or tossed while cooking.

The procedure for sautéing vegetables, page 327, is used for these preparations. The potatoes are cut into pieces or into small shapes and cooked in a small amount of fat. They are turned or tossed in the pan so they brown on all sides. This category includes rissolé, parisienne, noisette, château, and American fried or home-fried potatoes.

2. Potatoes cooked and served in compact cakes.

The procedure for pan-frying vegetables (p. 327) is the basic method used for these preparations. The potatoes are not mixed while cooking but are made into cakes, which are browned on both sides. This category includes hash browns and variations as well as potato pancakes and macaire potatoes (p. 362).



Rissolé or Cocotte Potatoes

PORTIONS: 12 PORTIONS SIZE: 4 OZ (125 G)

U. S.	METRIC	INGREDIENTS	PROCEDURE
7 lb	3.5 kg	Potatoes (see <i>Note</i>)	<ol style="list-style-type: none"> 1. Peel and eye the potatoes and trim or tourné them into small oval shapes about 1½ in. (4 cm) long. (See Fig. 7.21 for technique.) 2. Place the potatoes in a saucepan, cover with unsalted water, and bring to a boil. Reduce heat and simmer 7–8 minutes, or until about three-fourths cooked. 3. Drain and turn out onto a sheet pan to steam dry. 4. Heat the clarified butter in a large sauté pan. Add the potatoes and sauté over moderate heat until golden brown and fully cooked. (Potatoes may also be browned in deep fat if speed of service is critical.) 5. Season with salt and pepper.
5 oz	150 g	Clarified butter	
to taste	to taste	Salt	
to taste	to taste	White pepper	

Per serving: Calories, 290; Protein, 4 g; Fat, 11g (34% cal.); Cholesterol, 30 mg; Carbohydrates, 45 g; Fiber, 4 g; Sodium, 125 mg.

Note: The quantity of potatoes needed varies, depending on how heavily they are trimmed. Save trimmings for purées or other uses.

VARIATIONS

Alternative Method: Potatoes may be sautéed without prior blanching. Sauté over low heat and keep covered during the first half or three-fourths of the cooking period so the potatoes cook fully without overbrowning. Potatoes cooked this way absorb more butter than those that are blanched first. Thus they are tastier, but they also are higher in calories.

Parisienne and Noisette Potatoes

Prepare as in basic recipe, but cut potatoes with a melon ball cutter. Parisienne potatoes are cut with a scoop slightly larger than 1 in. (about 3 cm). Noisette potatoes are smaller than 1 in. (about 2.5 cm). Blanch 3–5 minutes or cook from raw state.

Château Potatoes

Prepare as in basic recipe, but tourné the potatoes into larger ovals, about 2 in. (5 cm) long.

Potato Rods Rissolé

Cut potatoes into rod shapes, using a ½-in. (12-mm) brass tube (see photo of Beef tenderloin plate 3, p. 895). Prepare as in basic recipe.

Hash Brown Potatoes

PORTIONS: 12 PORTION SIZE: 4½ OZ (125 G)

U.S.	METRIC	INGREDIENTS
3 lb 12 oz	1.7 kg	Boiled potatoes, cooled and peeled
5 oz	140 g	Oil, clarified butter, or a mixture of oil and clarified butter
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Chop the potatoes into small pieces.
2. Ladle a thin layer of oil or butter into a well-seasoned 6-in. (15-cm) sauté pan and set it over high heat. A griddle may also be used for this preparation.
3. When the fat is hot, add 1 portion of potatoes and flatten them into a round cake. Shake the pan back and forth to keep the potatoes from sticking.
4. When the potatoes are well browned on the bottom, flip them over or turn them with an offset spatula. Try to keep the potato cake unbroken. Season with salt and pepper.
5. When the second side is done, tilt the pan to drain off any excess fat for reuse, holding the potatoes in the pan with the spatula. Slide the potatoes out of the sauté pan onto a plate.
6. Repeat with remaining portions.

Per serving: Calories, 180; Protein, 2 g; Fat, 7 g (35% cal.); Cholesterol, 0 mg; Carbohydrates, 27 g; Fiber, 2 g; Sodium, 5 mg.

VARIATIONS

Any of the following can be added to the potatoes to vary the flavor: chopped parsley, chives, bacon, hard-cooked egg, grated cheese, and garlic.

Rösti Potatoes

Shred boiled potatoes on the large holes of a hand grater, or use a machine. Prepare as in basic recipe. Potatoes should be very crisp on the

outside but soft inside. (These are often called hash brown potatoes but, strictly speaking, hash browns are made with chopped potatoes, as hash means “to chop.”)

Lyonnaise Hash Browns

Combine 10 oz (300 g) onion, chopped and sautéed in butter, with the chopped or shredded potatoes before pan-frying.

Lyonnaise Potatoes

PORTIONS: 12 PORTION SIZE: 4½ OZ (125 G)

U.S.	METRIC	INGREDIENTS
3 lb 4 oz	1.5 kg	Boiled potatoes, cooled and peeled
12 oz	350 g	Onions
4 oz	110 g	Clarified butter, vegetable oil, or mixture of oil and butter
to taste	to taste	Salt
to taste	to taste	White pepper

PROCEDURE

1. Cut the potatoes into slices about ¼ in. (0.5 cm) thick.
2. Peel the onions, cut in half lengthwise, and slice into julienne.
3. Heat half the fat in a sauté pan and sauté the onions until they are golden. Remove from the pan with a slotted spoon and set aside.
4. Put the rest of the fat into the pan. Set the pan on high heat and add the potatoes.
5. Sauté the potatoes, tossing them in the pan until well browned on all sides.
6. Add the onions and continue to sauté for another minute, or until onions and potatoes are well mixed and the flavors are blended.
7. Season to taste.

Per serving: Calories, 190; Protein, 2 g; Fat, 9 g (42% cal.); Cholesterol, 25 mg; Carbohydrates, 26 g; Fiber, 2 g; Sodium, 95 mg.

Note: This preparation may be made on a griddle instead of in a sauté pan.

VARIATIONS

Home Fries or American Fries

Prepare as in basic recipe, but omit onions.

Potatoes O'Brien

Cook 5 oz (150 g) diced bacon until crisp. Remove bacon from pan. Sauté 5 oz onion (150 g), cut in fine dice, and 5 oz (150 g) green bell pepper, cut in fine dice, in bacon fat. Sauté 3 lb 4 oz (1.5 kg) diced potatoes as in basic recipe and add vegetables. Add the crisp bacon and 2 oz (60 g) diced pimiento to finish, and season to taste.

Lyonnaise Potatoes



Potato Pancakes

PORTIONS: 10 PORTION SIZE: 2 PANCAKES, ABOUT 2 OZ (60 G) EACH

U. S.	METRIC	INGREDIENTS
3 lb	21.35 kg	Potatoes
8 oz	225 g	Onions
1	1	Lemons
3	3	Eggs
2 tbsp	30 mL	Chopped parsley (optional)
1 tsp	5 mL	Salt
¼ tsp	1 mL	White pepper
1 oz or more as needed	30 g or more as needed	Flour (see Note) Oil for pan-frying

PROCEDURE

1. Peel the potatoes and onions. Grate them together into a stainless-steel bowl. Juice the lemons, add the juice to the potatoes to prevent discoloration, and toss to mix.
2. Place the potatoes in a china cap and squeeze out the excess liquid. Hold the liquid and let the starch settle out. Drain the liquid from the starch.
3. Return the potatoes to a stainless-steel bowl and add the potato starch.
4. Beat in the eggs, parsley, salt, and pepper.
5. Stir in enough flour to bind the potato mixture. (If the batter is too thin, the pancakes will fall apart in the pan. Test-fry a little first, and add more flour if necessary.)
6. Pour about ¼ in. (½ cm) oil into a heavy iron skillet. Heat the oil over moderately high heat. The oil should reach about 325°F/160°C.
7. Measuring with a solid kitchen spoon, place portions of the batter in the pan to make individual pancakes.
8. Pan-fry, turning once, until golden brown on both sides.
9. Remove from the pan with a slotted spoon or spatula and drain briefly on absorbent paper.
10. *Alternative method:* Lightly brown in oil and place in one layer on a sheet pan. Finish in the oven (375°F/190°C) until brown and crisp.

Per serving: Calories, 220; Protein, 5 g; Fat, 10 g (40% cal.); Cholesterol, 65 mg; Carbohydrates, 29 g; Fiber, 3 g; Sodium, 260 mg.

Note: Matzoh meal or dried potato starch may be used instead of flour for binding the batter.

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Potatoes with Chickpeas and Chiles

Potatoes with Bacon and Onions



TERMS FOR REVIEW

waxy potatoes

all-purpose potatoes

solanine

russets

new potatoes

duchesse potatoes

QUESTIONS FOR DISCUSSION

1. True or false: French fries made from fresh potatoes are always better than French fries made from frozen, blanched potato strips. Explain.
2. If mature, starchy potatoes are best for puréeing (mashed, duchesse, etc.), then why doesn't everyone use russets or Idahos, which are the starchiest?
3. Why is it not a good idea to put parisienne potatoes on your menu unless you are also serving a puréed potato product?
4. Many of the potato recipes in this chapter do not indicate what type of potato to use. For those recipes, indicate whether you would select all-purpose, russet, or waxy potatoes.

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 shrunken.
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 Saut eing

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 saut eed 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 saut e 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 saut e 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 saut e pan.
9. Optional step: Add any sauce ingredients to be saut eed, such as shallots or mushrooms, as indicated in the recipe. Saut e 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 Saut eing chicken.



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



(b) To prepare the sauce, saut e 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.



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
<hr/>		
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 Note)
3½ fl oz	100 mL	White wine
½ lb	240 g	Tomato concassé
4 fl oz	120 mL	Demi-glace
2 tsp	10 mL	Chopped parsley
to taste	to taste	Salt

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.

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 pan 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-glace. 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.)



Sautéed Chicken with Tomatoes and Mushrooms

SAUTÉING AND PAN-FRYING

This section includes recipes for both sautéed and pan-fried items. Review pages 432–434 for an explanation of the sautéing procedure, and pages 436–437 for the pan-frying procedure, as it is applied to meats, poultry, and seafood.

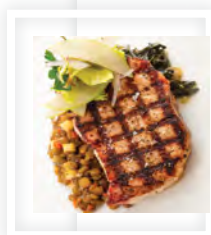
When you have become comfortable with the basic sautéing and pan-frying techniques, you will learn to adapt them and modify them as needed for different preparations. As you look at recipes for sautéing meats, poultry, and fish in this and later chapters, you will find recipes that seem to be slightly different from the basic procedures on page 434. For example, a few recipes appear to be sautés except that the pan is not deglazed to make a sauce. In such cases, you may be using steps 1–7 of the basic sautéing procedure and finishing the dish without a sauce or with a sauce prepared in advance. Be prepared for adaptations and variations of the basic sautéing and pan-frying methods.

STIR-FRYING

As is mentioned in Chapter 15, the technique of stir-frying, used for many Asian dishes, is similar in many ways to sautéing. A detailed procedure for stir-frying is given below. Several recipes in this chapter as well as in Chapters 19 and 21 illustrate how this procedure is put into practice.

BASIC PROCEDURE for Stir-Frying

1. Heat a wok or sauté pan over high heat until very hot.
2. Add a small quantity of oil and let it heat.
3. Add seasonings for flavoring the oil—one or more of the following: salt, garlic, ginger root, scallions.
4. If meat, poultry, or seafood items are part of the dish, add them at this point. As when sautéing, do not overload the pan. Leave the food pieces untouched for a few moments so they begin to brown properly. Then stir and toss them with a spatula so they sear and cook evenly.
5. If any liquid seasoning for the meat, such as soy sauce, is used, add it now, but only in small quantities, so the meat continues to fry and does not start to simmer or stew.
6. Remove the meat from the pan or leave it in, depending on the recipe. If a small quantity of quick-cooking vegetables is used, the meat can sometimes be left in the pan and the vegetables cooked with it. Otherwise, remove the meat when it is almost done and keep it on the side while cooking the vegetables.
7. Repeat steps 2 and 3 if necessary.
8. Add the vegetables to the pan and stir-fry. If more than one vegetable is used, add the longer-cooking ones first and the quicker-cooking ones last.
9. Some dishes are dry-fried, meaning prepared without liquid or sauce. In this case, simply return the meat item, if any, to the pan to reheat with the vegetables, then serve. Otherwise, proceed to the next step.
10. Add liquid ingredients, such as stock or water, and continue to cook and stir until the vegetables are almost cooked.
11. Add the meat item, which was removed in step 6, to the pan to reheat.
12. Optional but widely used step: Add a mixture of cornstarch and water to the pan and cook until lightly thickened.
13. Serve at once.



KEY POINTS TO REVIEW

- What kinds of sauces are appropriate for grilled meat items, and how should these sauces be served?
- What are the steps in the basic procedure for pan-broiling meats?
- What are the steps in the basic procedure for stir-frying meats?



Veal Scaloppine alla Marsala

PORTIONS: 10 PORTION SIZE: 4 OZ (125 G)

U. S.	METRIC	INGREDIENTS	PROCEDURE
2½ lb	1.25 kg	Small veal scaloppine: 20 pieces, 2 oz (60 g) each (see Fig. 16.15 for preparation of veal)	<ol style="list-style-type: none"> 1. Lightly flatten each piece of veal with a meat mallet. Do not pound hard, or you may tear the meat. 2. Dry the meat, season it with salt and pepper, and dredge it in flour. Shake off excess. (Do not do this step until immediately before cooking.) 3. Heat the oil in a large sauté pan until very hot. Add the veal and sauté over high heat just until lightly browned on both sides. (If necessary, sauté the meat in several batches.) 4. Remove the meat from the pan and drain the excess oil. 5. Add the Marsala to the pan and deglaze. 6. Add the stock and reduce over high heat by about half. 7. Add the pieces of butter and swirl the pan until they are melted and blended with the sauce. 8. Add the veal to the pan and bring just to the simmer. Turn the meat to coat it with the sauce. 9. Serve immediately, 2 pieces per portion, sprinkled with chopped parsley.
to taste	to taste	Salt	
to taste	to taste	White pepper	
for dredging	for dredging	Flour	
2 fl oz	60 mL	Oil	
4 fl oz	125 mL	Marsala wine	
8 fl oz	250 mL	Strong white stock, veal or chicken (see <i>Note</i>)	
2 oz	60 g	Butter, cut in pieces	
2 tbsp	30 mL	Chopped parsley	

Per serving: Calories, 360; Protein, 27 g; Fat, 26 g (65% cal.); Cholesterol, 115 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 120 mg.

Note: Brown stock may be used instead of white stock. However, the white stock makes a more delicate product without masking the flavor of the veal.

VARIATIONS

Veal Scaloppine with Sherry

Substitute sherry for the Marsala.

Veal Scaloppine à la Crème

Prepare as in basic recipe, but omit the wine. Deglaze the pan with the stock. Add 1 cup (250 mL) heavy cream and reduce until thickened. Omit the butter. Season the sauce with a few drops of lemon juice. Taste carefully for salt.

Veal Scaloppine with Lemon

Substitute 3 fl oz (90 mL) lemon juice for the 4 fl oz (125 mL) wine. After plating, top each piece of veal with 1 lemon slice and sprinkle with chopped parsley.

Veal Scaloppine with Mushrooms and Cream

Prepare as for Veal Scaloppine à la Crème, but sauté ½ lb (250 g) sliced mushrooms in butter in the sauté pan before deglazing.

Tournedos Vert-Pré

PORTIONS: 1 PORTION SIZE: 5–6 OZ (150–175 G)

U.S.	METRIC	INGREDIENTS
1 oz	30 g	Clarified butter
2	2	Tournedos (see <i>Note</i>), 2½–3 oz (75–90 g) each
2 slices	2 slices	Maître d’Hôtel Butter (p. 198)
as needed	as needed	Allumette Potatoes (p. 367)
as needed	as needed	Watercress

PROCEDURE

1. Heat the butter in a small sauté pan over moderately high heat.
2. Place the tournedos in the pan and cook until well browned on the bottom and about half cooked.
3. Turn the meat over and continue to cook until rare or medium done, according to customer’s request.
4. Place the tournedos on a hot dinner plate and top each with a slice of maître d’hôtel butter. Garnish the plate with a portion of allumette potatoes and a generous bunch of watercress. Serve immediately, while the butter is still melting.

Per serving: Calories, 640; Protein, 27 g; Fat, 59 g (83% cal.); Cholesterol, 185 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 410 mg.

Note: Tournedos (TOOR-nuh-doe; singular form: one tournedos) are small tenderloin steaks cut about 1½ in. (4 cm) thick. The same recipe may be used for fillet steaks, which are larger but thinner cuts from the tenderloin. See Figure 16.9 for cutting tenderloin.

VARIATIONS

Tournedos Béarnaise

Pan-fry tournedos as in basic recipe and serve with béarnaise sauce (p. 201).

Tournedos Bordelaise

Pan-fry as in basic recipe. Top each steak with 1 slice poached beef marrow and coat lightly with bordelaise sauce (p. 193).

Tournedos Chasseur

Pan-fry as in basic recipe. Plate the steaks and deglaze the sauté pan (drained of cooking fat) with ½ fl oz (15 mL) white wine. Add 2 fl oz (60 mL) chasseur sauce (p. 193), bring to a simmer, and pour around the tournedos.

Tournedos Rossini

Pan-fry as in basic recipe. Set the tournedos on croûtons (rounds of bread cut the same size as the steaks and fried in butter until golden).

Top each steak with 1 slice pâté de foie gras (goose liver pâté) and 1 slice truffle (if available). Coat lightly with Madeira sauce (p. 193).



Tournedos Rossini; Beryn Potatoes; Braised Lettuce

Calf's Liver Lyonnaise

PORTIONS: 10 PORTION SIZE: 1 SLICE LIVER, 1½ OZ (50 G) ONION GARNISH

U. S.	METRIC	INGREDIENTS
2 lb	1 kg	Onions
3 oz	90 g	Butter
1 cup	250 mL	Demi-glace or strong brown stock
to taste	to taste	Salt
to taste	to taste	Pepper
10 slices	10 slices	Calf's liver, ½ in. (6 mm) thick, about 4 oz (125 g) each
as needed	as needed	Salt
as needed	as needed	Pepper
as needed	as needed	Flour
as needed	as needed	Clarified butter or oil

Per serving: Calories, 310; Protein, 24 g; Fat, 19 g (54% cal.); Cholesterol, 445 mg; Carbohydrates, 13 g; Fiber, 1 g; Sodium, 250 mg.

PROCEDURE

1. Peel and slice the onions.
2. Heat the butter in a sauté pan and add the onions. Sauté them over medium heat until tender and golden brown.
3. Add the demi-glace or stock and cook a few minutes, until the onions are nicely glazed. Season to taste.
4. Place in a bain-marie and keep warm for service.
5. Season the liver and dredge in flour. Shake off excess flour.
6. Pan-fry the liver in butter or oil over moderate heat until browned on both sides and slightly firm to the touch. Do not overcook or use high heat.
7. Serve each portion with 1½ oz (45 g) onion mixture.



Calf's Liver Lyonnaise

Thai Green Curry of Pork with Vegetables

PORTIONS: 12 PORTION SIZE: 7 OZ (200 G)

U. S.	METRIC	INGREDIENTS
2 fl oz	60 mL	Vegetable oil
2 lb	1 kg	Boneless pork loin, cut into thin slices
1 lb	500 g	Bok choy, cut into 1-in. (2.5-cm) pieces
10 oz	300 g	Yellow summer squash, sliced
8 oz	250 g	Green bell pepper, medium dice
6 oz	180 g	Shiitake mushrooms, sliced
1 tbsp	15 mL	Garlic, chopped
12	12	Scallions, sliced
18 fl oz	550 mL	Thai Green Curry Sauce (p. 216), hot

Per serving: Calories, 250; Protein, 18 g; Fat, 19 g (64% cal.); Cholesterol, 40 mg; Carbohydrates, 6 g; Fiber, 2 g; Sodium, 310 mg.

Note: This method of making a curry is designed for advance preparation and quick, last-minute cooking. A more traditional method is to make the sauce as an integral sauce. Stir-fry the meat and vegetables, add curry paste (see sauce recipe, p. 216), and cook until aromatic. Add the coconut milk, other liquids, flavorings, and any other ingredients indicated in the sauce recipe, and finish cooking.

PROCEDURE

1. Heat half the oil in a large sauté pan or wok.
2. Over high heat, stir-fry the pork just until it loses its pink color. Cook it in several batches if necessary. Remove from pan.
3. Add the rest of the oil to the pan.
4. With the pan still over high heat, add the bok choy, squash, peppers, mushrooms, garlic, and scallions. Stir-fry for a few minutes, keeping the vegetables crisp.
5. Return the pork to the pan and add the sauce. Simmer until the pork is cooked through.
6. Serve immediately with steamed rice.



Thai Green Curry of Pork with Vegetables

Stir-Fried Beef with Bell Peppers



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

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 lb 4 oz	600 g	Flank steak	<ol style="list-style-type: none"> 1. Cut the flank steak lengthwise (with the grain) into strips 2 in. (5 cm) wide. Then cut the strips crosswise into very thin slices. (This is easier if the meat is partially frozen.) 2. Toss the meat with the soy sauce, sherry, and cornstarch. Let marinate 30 minutes or longer. 3. Core and seed the peppers. Cut them into strips ¼ in. (6 mm) wide. 4. Have the ginger, garlic, and scallions ready in separate containers. 5. Stir-fry the beef in 2 or more batches, depending on the size of the pan or wok. Use a little of the oil for each batch, as needed. 6. As each batch of the beef is cooked, remove it from the pan and set it aside. 7. Heat additional oil in the pan and add the salt, ginger, garlic, and scallions. Stir-fry for a few seconds to develop flavor. 8. Add the peppers and stir-fry until lightly cooked but still crisp. 9. Add the stock and toss the vegetables a few times. 10. Return the meat to the pan. Toss the meat with the vegetables until it is hot and evenly combined with the peppers. Serve at once.
2 fl oz	60 mL	Soy sauce	
1 tbs	15 mL	Sherry or Shaoxing wine	
2½ tsp	12 mL	Cornstarch	
3	3	Bell peppers, 2 or 3 colors	
2 slices	2 slices	Fresh ginger root	
1	1	Garlic cloves, sliced	
1 oz	30 g	Scallion, sliced	
1½–2 fl oz	45–60 mL	Oil	
¼ tsp	1 mL	Salt	
1 fl oz	30 mL	Chicken stock	

Per serving: Calories, 180; Protein, 16 g; Fat, 11 g (54% cal.); Cholesterol, 35 mg; Carbohydrates, 5 g; Fiber, 1 g; Sodium, 525 mg.

VARIATIONS

Other vegetables may be used instead of the peppers, such as celery, broccoli, snow peas, green beans, asparagus, mushrooms, bok choy. Or use 2 or 3 fresh vegetables, plus water chestnuts and/or bamboo shoots.

Chicken or pork may be used instead of beef. If chicken is used, cut it into medium dice or bâtonnet. Also, reduce the quantity of soy sauce to avoid discoloring the light meat of the chicken.

CHINESE STIR-FRIES

Chinese restaurants in North America often finish stir-fried dishes by adding a quantity of commercially prepared sauce to the mixture. In traditional Chinese cooking, however, the sauce is more often made as part of the stir-frying procedure. Far less liquid is used, so the finished dish has much less sauce than the Chinese-style dishes that most North Americans are familiar with. The recipe included here is an example of this drier style of stir-frying.



Stir-Fried Beef with Bell Peppers

SAUTÉING, PAN-FRYING, AND DEEP-FRYING

Because chicken and turkey are lean, tender meats, cooking in fat is an appropriate and popular way to prepare them. The procedures for sautéing and pan-frying are explained in detail in Chapter 15 (pp. 432–434 and 436–437). Deep-frying procedures are explained on pages 438–439. For the stir-fried chicken recipe on page 574, it will be helpful to review the basic stir-frying procedure on page 512. Also, please note the guidelines below that apply particularly to poultry and game bird items.

Tender game birds and specialty poultry items may also be cooked by sautéing or pan-frying. For most game birds, only the breasts are usually cooked by these methods. The legs are small and have more connective tissue, so they require longer cooking. They are often braised or roasted until tender and served as garnish for the breast, either bone-in or as boneless meat.

For lean items, such as squab, partridge, and quail, the breasts are best if not cooked well done but rather kept somewhat pink inside, or even rare, to preserve moisture. Breast of pheasant and guinea may also be served with a little pink in the interior, although because this meat is so similar to the white meat of chicken, many customers may prefer it well done.

Dark red poultry, such as ostrich and emu steaks and breast of duck, are also lean and most often served medium to medium rare. Remember, however, that the minimum safe temperature for ostrich and emu is 155°F (68°C). Refer to page 30. Duck breasts present a special case for pan-frying because of the heavy layer of fat between the skin and the meat. Pan-fried duck breasts are started skin side down and cooked until much of the fat is rendered and the skin is crisp. This takes several minutes, or most of the cooking time. To finish, they are turned over and cooked skin side up for just a few moments, until they reach the desired doneness.

SAUTÉING

1. Boneless chicken breasts, thin slices of turkey breast, and other quick-cooking items are ideal for sautéing.
2. Larger items, such as bone-in chicken cut into eighths, must be cooked to lower heat if they are to cook to doneness by sautéing because they need longer cooking times. Such items are often browned by sautéing and then finished in the oven. Breasts of game birds, on the other hand, may be cooked rare or medium and can thus be easily cooked from start to finish on the stovetop.
3. In a classical chicken sauté, after pan is deglazed and the sauce is made, the chicken is sometimes reheated briefly in the sauce. If the chicken is allowed to cook for a longer time in the sauce, the dish becomes a braised item rather than a sauté. Recipes for this kind of preparation are included under Braising, page 585.

PAN-FRYING

1. Pan-fried chicken is usually breaded or floured before cooking for even browning and crispness.
2. About ¼ inch (½ cm) or more of fat is needed in the pan to pan-fry chicken.
3. The side that will face up on the plate should be browned first for best appearance. This is called the *presentation side*. For chicken pieces, it is usually the skin side.
4. After browning on all sides over moderately high heat, lower the heat so the chicken cooks to doneness without overbrowning. Pan-fried chicken takes 30–45 minutes to cook.



Pan-Fried Chicken

PORTIONS: 12
24

PORTION SIZE: ½ CHICKEN
¼ CHICKEN

U.S.	METRIC	INGREDIENTS
6	6	Chickens, 2½ lb (1.1 kg) each
8 oz	225 g	Flour
2½ tsp	12 mL	Salt
½ tsp	2 mL	White pepper
as needed	as needed	Oil

PROCEDURE

1. Cut chickens into 8 pieces, as shown in Figure 18.5.
2. Place the flour in a small hotel pan and season with salt and pepper.
3. Pour about ¼ in. (6 mm) oil into enough heavy iron skillets to hold all the chicken pieces in a single layer. Heat over moderately high heat.
4. Dredge the chicken pieces in the seasoned flour and shake off excess.
5. Place the pieces skin side down in the hot oil. Let the pieces fall away from you to avoid splashing hot oil on yourself.
6. Fry the chicken until golden brown on the bottom. Turn the pieces with tongs and brown the other side.
7. Lower the heat slightly to avoid overbrowning. Continue to cook the chickens, turning once or twice more, until cooked through. Breast meat cooks faster than leg meat—remove it when it is done. Total cooking time will be 20–40 minutes, depending on the size of the chickens and the temperature of the fat.
8. Remove the chicken from the pan and drain well. Place on hot dinner plates or hold for service in counter pans. Do not cover pans or hold too long, or chicken will lose its crispness.

Per ½ chicken: Calories, 820; Protein, 75 g; Fat, 51 g (57% cal.); Cholesterol, 235 mg; Carbohydrates, 11 g; Fiber, 0 g; Sodium, 580 mg.

VARIATIONS

For slightly crustier, browner chicken, dip in milk before dredging in flour.

Alternative Method, Quantity Service: Brown chickens in hot oil as in basic recipe. Place on sheet pans or in baking pans skin side up, and finish cooking in a 350°F (175°C) oven.

Country-Style Fried Chicken

Fry chickens as in basic recipe. For 12 portions: Pour all but 2 oz (60 g) fat from the pans. Add 2 oz (60 g) flour and make a blond roux. Stir in 2½ pt (1.2 L) milk and bring to a boil. Stir constantly as the gravy thickens. Simmer a few minutes to eliminate all raw starch taste, and season with salt and white pepper. Adjust the consistency with stock, water, or additional milk if necessary. Strain. Serve the chicken with gravy and mashed potatoes.

Garlic Fried Chicken

PORTIONS: 4
8

PORTION SIZE: ½ CHICKEN
¼ CHICKEN

U.S.	METRIC	INGREDIENTS	PROCEDURE
2	2	Chickens, 2½ lb (1.1 kg) each	1. Cut the chickens into 8 pieces as shown in Figure 18.5.
6–8 cloves	6–8 cloves	Garlic, chopped fine	2. Combine the garlic, milk, salt, white pepper, and lemon juice in a nonreactive container large enough to hold the chicken. (The milk will curdle slightly because of the lemon juice.)
12 fl oz	360 mL	Milk	3. Add the chicken pieces and turn them in the mixture so that they are all coated.
2 tsp	10 mL	Coarse salt	4. Cover tightly and let marinate in the refrigerator 48 hours.
¼ tsp	1 mL	White pepper	5. Place the flour in a small hotel pan.
1 fl oz	30 mL	Lemon juice	6. Remove the chicken from the marinade and, a few pieces at a time, dredge well with the flour to coat them completely.
4 oz, or as needed	120 g, or as needed	Flour	7. Pour about ¼ in. (6 mm) oil in enough heavy iron skillets to hold all the chicken pieces in a single layer. Heat over moderately high heat.
as needed	as needed	Oil	8. Place the pieces skin side down in the hot oil. Let the pieces fall away from you to avoid splashing hot oil on yourself.
			9. Fry the chicken until golden brown on the bottom. Turn the pieces with tongs and brown the other side.
			10. Lower the heat slightly to avoid overbrowning. Continue to cook the chickens, turning once or twice more, until cooked through. Breast meat cooks faster than leg meat—remove it when it is done. Total cooking time will be 20–40 minutes, depending on the size of the chickens and the temperature of the fat.
			11. Remove the chicken from the pan and drain well. Place on hot dinner plates or hold for service in counter pans. Do not cover pans or hold too long, or chicken will lose its crispness.

Per serving: Calories, 430; Protein, 40 g; Fat, 21 g (44% cal.); Cholesterol, 150 mg; Carbohydrates, 16 g; Fiber, <1 g; Sodium, 560 mg.

VARIATION

Buttermilk Fried Chicken: Substitute buttermilk for the regular milk in the basic recipe, and omit the lemon juice.



Pan-frying chicken



Sautéed Boneless Breast of Chicken with Mushroom Sauce

PORTIONS: 10 PORTION SIZE: 1 CHICKEN BREAST, ABOUT 4 OZ (125 G), 2 FL OZ (60 ML) SAUCE

U. S.	METRIC	INGREDIENTS	PROCEDURE
2 oz	60 g	Clarified butter	<ol style="list-style-type: none"> 1. Add enough clarified butter to a sauté pan to just cover the bottom with a thin film. Place on the range over moderate heat. 2. While the pan is heating, season the chicken breasts and dredge in flour. Shake off excess flour. 3. Place the breasts in the hot pan, presentation side (that is, the side that had the skin) down. 4. Sauté over moderate heat until lightly browned and about half cooked. The heat must be regulated so the chicken doesn't brown too fast. 5. Turn the chicken over and complete the cooking. 6. Remove the chicken from the pan and place on hot dinner plates for service. Keep warm. 7. Add the mushrooms to the pan and sauté briefly. After a few seconds, before the mushrooms start to darken, add the lemon juice. Toss the mushrooms in the pan as they sauté. 8. Add the suprême sauce to the pan and simmer a few minutes, or until reduced to the proper consistency. (The juices from the mushrooms will dilute the sauce.) 9. Ladle 2 fl oz (60 mL) sauce over each portion and serve immediately.
10	10	Boneless, skinless chicken breasts from 5 chickens, 3½ lb (1.6 kg) each	
to taste	to taste	Salt	
to taste	to taste	White pepper	
2 oz	60 g	Flour for dredging	
10 oz	300 g	White mushrooms, sliced	
1 fl oz	30 mL	Lemon juice	
2½ cups	600 mL	Suprême Sauce (p. 189), hot	

Per serving: Calories, 360; Protein, 36 g; Fat, 20 g (51% cal.); Cholesterol, 145 mg; Carbohydrates, 8 g; Fiber, 1 g; Sodium, 200 mg.

VARIATIONS

Alternative (Quick) Method: Sauté the chicken as in basic recipe. Plate and ladle 2 fl oz (60 mL) prepared Mushroom Sauce (p. 190, made with suprême sauce as a base) over each portion.

Other sauces based on chicken stock may be used in place of mushroom sauce to serve with sautéed chicken breasts, including suprême, aurora, Hungarian, and ivory (p. 190).



Sautéed Chicken Breast with Ivory Sauce, squash purée, and mixed vegetables

SAUTÉING AND PAN-FRYING

As in meat and poultry cookery, the exact distinction between sautéing and pan-frying fish is impossible to draw. For many purposes, the two terms are used interchangeably. For example, many fish preparations that do not involve deglazing the pan are commonly referred to as sautéed. In many ways, they seem more like pan-fried items, except that only a small amount of fat is used. You should review the basic procedures in Chapter 15 (pp. 432–437), but be aware that there are many variations on these procedures.

A classic method for sautéing fish is called **à la meunière** (mun yair). In this preparation, the product is dredged in flour and sautéed in clarified butter or oil. It is then plated and sprinkled with lemon juice and chopped parsley, and freshly prepared hot brown butter (beurre noisette) is poured over it. When the hot butter hits the lemon juice, it creates a froth. The fish should then be served at once. The basic procedure for sautéing à la meunière is given below.

Other pan-fried or sautéed fish preparations may call for Standard Breading Procedure (p. 155) or for dredging the fish with a product other than flour, such as cornmeal. Also, a variety of garnishes may be used.

The procedures and variations just described apply to most popular sautéed and pan-fried fish recipes. In general, because most types of fin fish are so delicate, especially if filleted, they do not lend themselves to a great many sautéing variations. Rather, variety is created with accompaniments, sauces, and garnishes. On the other hand, firm shellfish, like shrimp and scallops, are easy to sauté, and there is a greater variety of recipes for them.

GUIDELINES for Sautéing and Pan-Frying Fish and Shellfish

- Lean fish are especially well suited to sautéing because the cooking method supplies fat the fish lack.
Fat fish may also be sautéed, as long as you take care not to get them too greasy.
- Sautéed fish is usually given a coating of flour, breading, or other starchy product before sautéing. This forms a crust that browns attractively, enhances the flavor, and helps hold the fish together and prevent sticking.
- Fish may be soaked in milk briefly before dredging in flour. This helps the flour form a good crust.
- Clarified butter and oil are the preferred fats for sautéing and pan-frying. Whole butter is likely to burn, unless the fish items are very small.
- Use a minimum of fat. About $\frac{1}{8}$ inch (3 mm), or enough to cover the bottom of the pan, is enough.
- Observe the guidelines for the basic sautéing procedure (p. 433). In particular, be sure the pan is hot before adding the fish to it. After the item has begun to cook, adjust the heat as necessary. Small items, such as shrimp and scallops, are sautéed over high heat. Larger items, such as whole fish or thick steaks, require lower heat to cook evenly.
- Very large fish may be browned in fat and then finished in the oven, uncovered.
- Brown the most attractive side—the presentation side—first. For fillets, this is usually the flesh side or the side against the bone, not the skin side.
- Handle fish carefully during and after cooking to avoid breaking the fish or the crisp crust.
- Sauté or fry to order and serve immediately.

PROCEDURE for Cooking Fish à la Meunière

- Collect all equipment and food supplies.
- Heat a small amount of clarified butter in a sauté pan.
- Season the fish and dredge in flour. Shake off excess.
- Place the fish in the pan, presentation side down.
- Sauté the fish, turning once with a spatula, until both sides are brown and the fish is just cooked through.
- Remove the fish from the pan with a spatula and place on a serving plate, presentation side up.
- Sprinkle the fish with lemon juice and chopped parsley.
- Heat some raw butter in the sauté pan until it turns light brown. Pour it over the fish immediately.
- Serve at once.

PROCEDURE VARIATION

Instead of sprinkling the lemon juice and parsley on the fish, deglaze the pan with lemon juice after the butter turns brown in step 8. Be careful, as the hot butter may spatter when the lemon juice hits it. Then add the parsley to the lemon butter. Pour this mixture over the fish.



Fillets of Sole Meunière

PORTIONS: 10 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
20	20	Sole fillets, 2 oz (60 g) each
to taste	to taste	Salt
to taste	to taste	White pepper
3 oz	90 g	Flour
6 oz	175 g	Clarified butter or oil, or a mixture of butter and oil

1 fl oz	30 mL	Lemon juice
¼ cup	60 mL	Chopped parsley
5 oz	150 g	Butter
20	20	Slices of peeled lemon

Per serving: Calories, 370; Protein, 20 g; Fat, 29 g (71% cal.); Cholesterol, 130 mg; Carbohydrates, 7 g; Fiber, 0 g; Sodium, 370 mg.

PROCEDURE

1. Have all ingredients ready, but do not season and flour the fish until immediately before cooking.
2. Unless you are cooking to order, use as many sauté pans as necessary to hold all the fillets, or cook them in several batches. Place the sauté pans over medium heat so they will be ready as soon as the fish is floured.
3. Season the fillets with salt and pepper. Place the clarified butter in the hot pans to heat. Dredge the fish in flour and shake off excess. Place the fish in the pans flesh side (presentation side) down.
4. Sauté until lightly browned. Turn over with a spatula and brown the other side. Be careful not to break the fillets when turning.
5. Remove the fillets from the pan with a spatula, being careful not to break them. Plate the fish on hot dinner plates.
6. Sprinkle the fish with lemon juice and chopped parsley.
7. Heat the butter in small saucepan or sauté pan until it turns light brown (beurre noisette).
8. Pour the hot butter over the fish.
9. Quickly place a lemon slice on top of each fillet and serve immediately.

VARIATIONS

Other white fish fillets, as well as shellfish such as scallops and shrimp, may be cooked by the same procedure.

Placing the fish in milk before dredging in flour helps form an attractive, well-browned crust. However, the fish must be drained well before flouring or the flour coating might become heavy and pasty.

Fillets of Fish Doré

Sauté the fish as in the basic recipe, but serve without the lemon juice, chopped parsley, and beurre noisette. Garnish the plate with lemon and parsley sprig. (Doré means “golden.”)

Trout Meunière

Prepare whole, drawn trout as in the basic recipe. Dip the fish in milk before dredging in flour to form a better crust.

Fish Sauté Amandine

Prepare as in the basic recipe. Brown sliced almonds in the butter used for garnishing. Omit garnish of lemon slices, and garnish plate with lemon wedges.

Fish Sauté Grenobloise

Prepare as in the basic recipe. Garnish the fish with capers and diced, peeled lemon sections in addition to the chopped parsley before pouring on the brown butter.

Sautéed Soft-Shell Crabs

Prepare as in the basic recipe. Serve 2 per portion. Chopped parsley and lemon slices may be omitted.



Scallops Meunière

Spicy Shrimp or Scallop Sauté

PORTIONS: 10 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
1 tsp	5 mL	Paprika
¼ tsp	1 mL	Cayenne
¼ tsp	1 mL	Black pepper
¼ tsp	2 mL	White pepper
¼ tsp	1 mL	Dried thyme
¼ tsp	1 mL	Dried basil
¼ tsp	1 mL	Dried oregano
½ tsp	2 mL	Salt
2½ lb	1.25 kg	Peeled, deveined shrimp or scallops
6 oz	175 g	Onion, sliced
1	1	Garlic clove, chopped
as needed	as needed	Clarified butter

PROCEDURE

1. Mix together the spices, herbs, and salt.
2. If the shrimp or scallops are wet, dry them with paper towels. If you are using sea scallops and they are large, cut them into halves or quarters.
3. Toss the shrimp or scallops with the dry seasonings.
4. Sauté the onion and garlic in a little clarified butter until they are tender and only lightly browned. Remove them from the pan and set them aside.
5. Add a little more butter to the pan and sauté the seafood just until it is cooked.
6. Return the onion and garlic to the pan and toss to combine. Serve immediately, accompanied by white rice.

Per serving: Calories, 160; Protein, 18 g; Fat, 9 g (50% cal.); Cholesterol, 185 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 390 mg.

VARIATION

For spicy fish fillets, season fish well with the dry seasoning mix in the basic recipe. Then dredge them in flour and sauté as for meunière.

Escalope of Salmon with Red Wine Sauce

PORTIONS: 12 PORTION SIZE: 4 OZ (120 G) SALMON, 1½ FL OZ (45 ML) SAUCE

U.S.	METRIC	INGREDIENTS
4 lb (approx.)	2 kg (approx.)	Salmon fillet (see <i>Note</i>)
as needed	as needed	Clarified butter
18 fl oz	540 mL	Beurre Rouge for Fish (p. 198)

PROCEDURE

1. Following the procedure in Figure 20.5, cut twelve 4-oz (120 g) escalopes from the fillet.
2. Heat a thin film of oil over high heat in as many sauté pans as needed to hold the salmon.
3. Sauté the salmon escalopes about 1–2 minutes per side. Remove and drain briefly on paper towels to absorb excess butter.
4. Plate the salmon. Spoon 1½ fl oz (45 mL) of sauce around each escalope.

Per serving: Calories, 590; Protein, 36 g; Fat, 46 g (71% cal.); Cholesterol, 200 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 390 mg.

Note: The weight given for the salmon includes skin, which is discarded after the escalopes are cut. If you are using skinless fillets, the weight needed is less.

VARIATION

Escalope of Salmon with Herb Cream

In place of the beurre rouge, serve the fish with Herbed Cream Sauce (p. 211).



Escalope of Salmon with Red Wine Sauce

Crab Cakes with Roasted Pepper Rémoulade

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

U. S.	METRIC	INGREDIENTS
1½ lb	720 g	Crabmeat
2 oz	60 g	Fresh bread crumbs
3 oz	90 g	Mayonnaise
2	2	Eggs, beaten
1 tsp	5 mL	Prepared mustard
1 tsp	5 mL	Worcestershire sauce
1 tsp	5 mL	Salt
¼ tsp	1 mL	White pepper
1½ tbsp	22 mL	Chopped parsley
4	4	Scallions, chopped fine
as needed	as needed	Clarified butter, for cooking
1½ oz	45 g	Roasted red bell peppers, peeled, cored, and seeded (Fig. 11.14)
8 fl oz	240 mL	Rémoulade Sauce (p. 222)
8	8	Lemon wedges

PROCEDURE

1. Pick over the crabmeat to remove any bits of shell.
2. Mix together the bread crumbs, mayonnaise, eggs, mustard, Worcestershire sauce, salt, pepper, parsley, and scallions. Fold in the crabmeat.
3. Form by hand into round cakes. For each portion, allow 1 large cake, about 4 oz (125 g), or 2 small cakes, about 2 oz (60 g) each (see Note).
4. Pan-fry the cakes in butter until browned on both sides and cooked through.
5. Cut the roasted peppers into brunoise. Mix into the rémoulade.
6. Serve each crab cake with 1 fl oz (30 mL) sauce and 1 lemon wedge.

Per serving: Calories, 440; Protein, 21 g; Fat, 36 g (72% cal.); Cholesterol, 145 mg; Carbohydrates, 7 g; Fiber, 0 g; Sodium, 1070 mg.

Note: This mixture has very little bread filler, so it may be some what difficult to handle. If desired, add more bread crumbs to make a firmer mixture that will pack more easily into cakes. The texture of the crabmeat may also affect the texture of the cakes and the quantity of bread crumbs needed.

Cornmeal-Crusted Soft-Shell Crabs

PORTIONS: 10 PORTION SIZE: 1 CRAB

U. S.	METRIC	INGREDIENTS
10	10	Soft-shell crabs
8 oz	250 mL	Milk
5 oz	150 g	Cornmeal
4 fl oz	125 mL	Oil
6 oz	175 g	Butter
to taste	to taste	Salt
5 fl oz	150 mL	Rémoulade Sauce (p. 222)

PROCEDURE

1. Clean the crabs as shown in Figure 20.17.
2. Dip the crabs in milk. Drain, then dredge in cornmeal. Discard leftover milk.
3. Heat the oil and butter in enough sauté pans to hold the crabs in a single layer (or pan-fry in separate batches). Place the crabs in the pan upside down and cook over moderate heat until lightly browned. Salt lightly to taste while the crabs are cooking. Turn over and brown the other side. Remove from the pan and drain a few seconds on paper towels to remove excess fat.
4. Serve each crab with 1 tbsp (15 mL) rémoulade sauce.

Per serving: Calories, 420; Protein, 16 g; Fat, 27 g (57% cal.); Cholesterol, 120 mg; Carbohydrates, 30 g; Fiber, 2 g; Sodium, 500 mg.

Cornmeal-Crusted Soft-Shell Crab on a bed of sautéed Swiss chard, with corn, roasted cherry tomatoes, Corn Purée, and sautéed polenta squares



Peppered Haddock with Garlic Mashed Potatoes and Parsley Sauce

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G) PLUS GARNISH

U.S.	METRIC	INGREDIENTS	PROCEDURE
10 fl oz	300 mL	Olive oil	<ol style="list-style-type: none"> 1. Prepare the sauce: Combine the oil, lemon juice, chopped parsley, and salt in a blender. Process until the parsley is puréed.
1 fl oz	30 mL	Lemon juice	
½ cup	125 mL	Chopped parsley	
½ tsp	2 mL	Salt	
3 lb 12 oz	1.8 kg	Haddock fillets, cut into 5-oz (150-g) portions	
2 tbsp	30 mL	Crushed black peppercorns	<ol style="list-style-type: none"> 2. Coat the fish fillets evenly with a light sprinkling of crushed peppercorns. Season with salt. 3. Heat the olive oil in as many sauté pans as necessary to hold the fish in a single layer. 4. Place the fish in the pans, presentation side down, and sauté over moderate heat until lightly browned and about half cooked. Turn over and finish the cooking. 5. Place a 3-oz (90-g) portion of potatoes in the center of each plate. Top with the fish fillet. Drizzle about 1 fl oz (30 mL) sauce in a circle around the fish.
1 tsp	5 mL	Salt	
2 fl oz	60 mL	Olive oil	
2 lb 4 oz	1.1 kg	Garlic Mashed Potatoes (p. 359)	

Per serving: Calories, 480; Protein, 28 g; Fat, 33 g (62% cal.); Cholesterol, 95 mg; Carbohydrates, 17 g; Fiber, 2 g; Sodium, 420 mg.

VARIATIONS

Other firm-fleshed white fish, such as cod, sea bass, striped bass, red snapper, or grouper, may be substituted.

Peppered Haddock with Purée of Flageolet Beans

Substitute Purée of Flageolet Beans with Garlic (p. 381) for the potatoes.



Peppered Haddock with Garlic Mashed Potatoes, Parsley Sauce, and fried parsley

Shrimp and Cucumber in Thai Red Curry

PORTIONS: 12 PORTION SIZE: 6 OZ (180 G)

U. S.	METRIC	INGREDIENTS
2 fl oz	60 mL	Vegetable oil
2½ lb	1.2 kg	Shrimp, medium to large, peeled and deveined
12 oz	375 g	Cucumber, peeled, seeded, medium dice
18 fl oz	550 mL	Thai Red Curry Sauce (p. 216)

PROCEDURE

1. Heat the oil in a sauté pan or wok over high heat.
2. Add the shrimp and stir-fry until well seared.
3. Add the cucumber and stir-fry 1 minute.
4. Add the curry sauce. Cook a few minutes longer, or until the shrimp are completely cooked.
5. Serve with rice.

Per serving: Calories, 200; Protein, 17 g; Fat, 16 g (65% cal.); Cholesterol, 140 mg; Carbohydrates, 2 g; Fiber, 2 g; Sodium, 450 mg.

Note: This method of making a curry is designed for advance preparation and quick, last-minute cooking. A more traditional method is to make the sauce as an integral sauce. Stir-fry the shrimp, add curry paste (see sauce recipe, p. 216), and cook until aromatic. Add the coconut milk, other liquids, flavorings, and any other ingredients indicated in the sauce recipe, and finish cooking.



Shrimp and Cucumber in Thai Red Curry

Skate with Caper Butter

PORTIONS: 12 PORTION SIZE: 4 OZ (125 G)

U. S.	METRIC	INGREDIENTS
12	12	Skate fillets, 4 oz (125 g) each
to taste	to taste	Salt
to taste	to taste	White pepper
3 fl oz	90 mL	Vegetable oil
3 fl oz	90 mL	Clarified butter
as needed	as needed	Flour
1 oz	30 g	Shallots, chopped fine
6 fl oz	180 mL	White wine
1 fl oz	30 mL	Lemon juice
12 tbsp	180 mL	Capers, drained
12 oz	360 g	Butter, cut into small pieces
to taste	to taste	Salt

PROCEDURE

1. Season the fillets with salt and white pepper.
2. Heat the oil and clarified butter in a sauté pan over moderate heat.
3. Dredge the fillets in flour and shake off excess.
4. Sauté the fish, browning it lightly on both sides, until done.
5. Place the fillets on hot dinner plates.
6. Drain the butter and oil from the sauté pan, leaving a thin film on the bottom.
7. Add the shallots and sauté just until they are soft.
8. Add the wine. Reduce until about 1 fl oz (30 mL) remains.
9. Add the lemon juice and capers.
10. Whip in the raw butter as for making beurre blanc (p. 197).
11. Season the caper butter to taste with salt.
12. Pour the butter over the fish fillets.

Per serving: Calories, 450; Protein, 2 g; Fat, 37 g (90% cal.); Cholesterol, 115 mg; Carbohydrates, 5 g; Fiber, 0 g; Sodium, 510 mg.

VARIATION

For a different kind of caper butter, plate the sautéed skate and top each portion with 1 tbsp (15 mL) capers. Pour hot beurre noisette over the fish, using 1–2 tbsp (15–30 mL) butter per portion.