



Culinary Institute  
of America

# Cooking Principles II

Day Two: Review of Dry Heat  
Cooking with and without Fats  
and Oils



# Learning Objectives

- Identify and define dry heat cooking methods.
- Explain the method for dry-heat cooking with and without fats and oils.

# Sauté Method



1. Prepare items for sautéing (MEP). Heat pan.
2. Add small amount of oil. Sear items presentation side down first. Turn once.
3. Finish larger items on stovetop with lid or in an oven uncovered.
  - Light meats - golden brown
  - Red meats - browned thoroughly
4. Remove items from the pan and reserve. Keep warm.

# Sauté Method (Sauce)



1. Degrease pan.
2. Deglaze with liquid.
3. Scrape fond.
4. Form sauce by thickening the liquid to nappé consistency.
5. Plate or pan. Serve sauce with main item.

[CIA Demo Video - Dry Sauté](#)

# Stir-Fry: Method



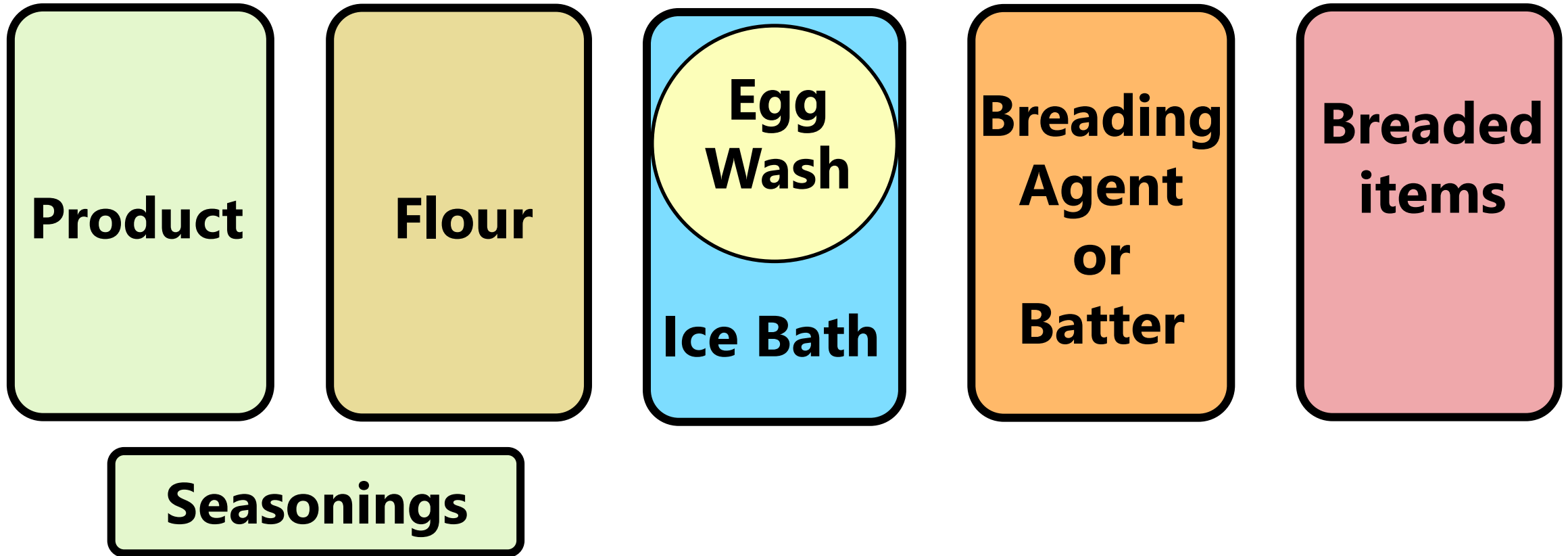
1. Heat oil in wok or large sauté pan.
2. Add flavorings.
3. Add main item.
4. Stir fry, keeping food in constant motion. Remove main item, set aside.
5. Add other ingredients in proper sequence.
6. Add liquid for sauce, then add thickener.
7. Return main item to wok. Heat thoroughly.
8. Serve immediately.

# Pan-Fry: Method

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



# Breading Method: Mise en Place



# Deep-Fat Frying: Method

1. Heat fat to proper temperature.
2. Fabricate and season items.
3. Organize ingredients in order of use.
4. Set potentially hazardous items over ice.
5. Mix batter (avoid overmixing), rest for 30 minutes.
6. Flour items, lightly covering all surfaces.
7. Coat items in batter, drain off excess.
8. Submerge into hot fat/ oil. Turn if necessary.
9. Cook to correct internal temperature.
10. Drain on absorbent material or rack.



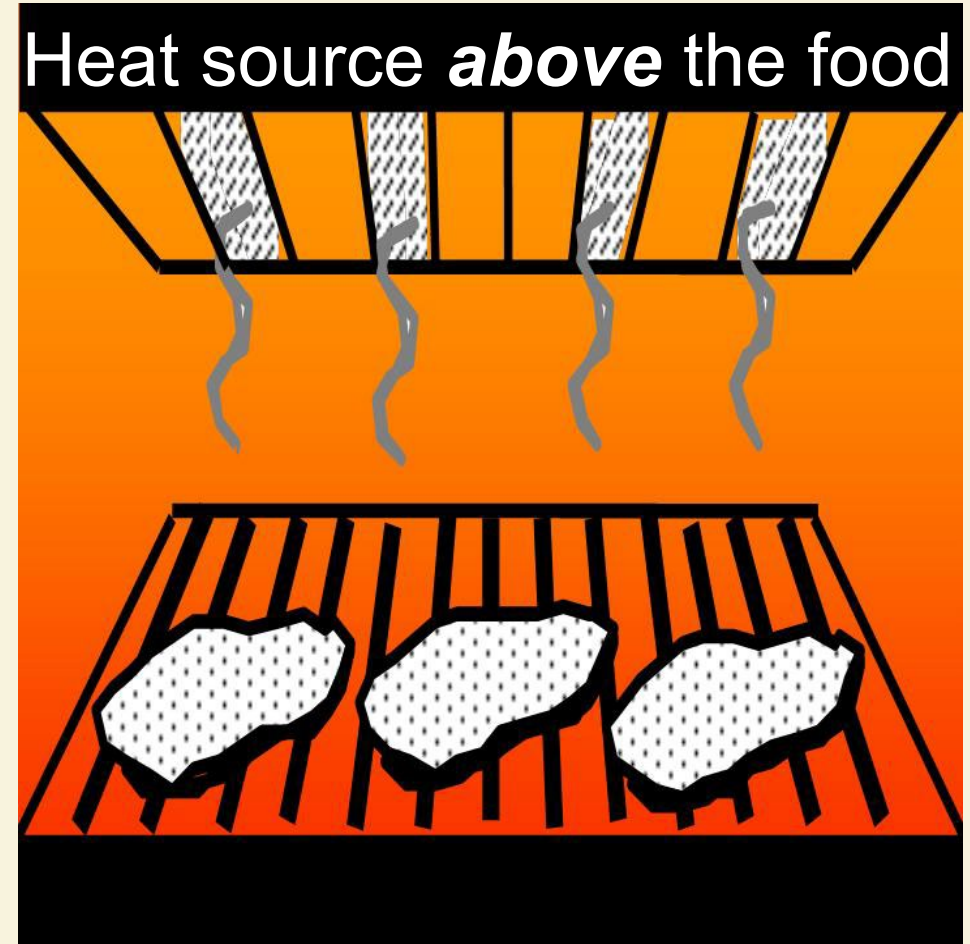
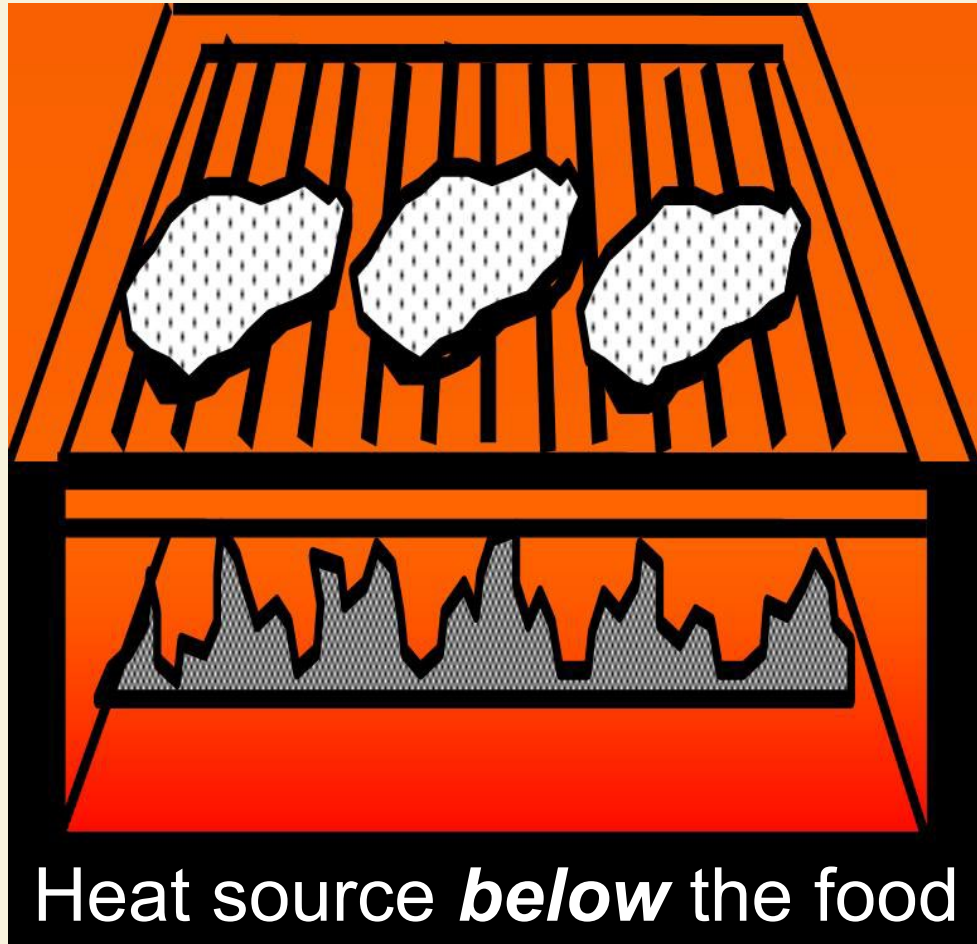
# Basket Method



# Swimming Method



# Grilling vs. Broiling



# Grilling and Broiling: Method

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



# Roasting: Method



1. Preheat oven
2. Season items (stuff and/or marinate)
3. Sear (if necessary)
4. Elevate item in roasting pan
5. Roast item uncovered to desired internal temperature (allow for carryover cooking)
6. Add mirepoix to pan for flavor during final hour of roasting time
7. Let item rest before carving
8. Prepare pan gravy
9. Carve item across grain
10. Serve with gravy or sauce

# Determining Doneness

## Internal Temperatures

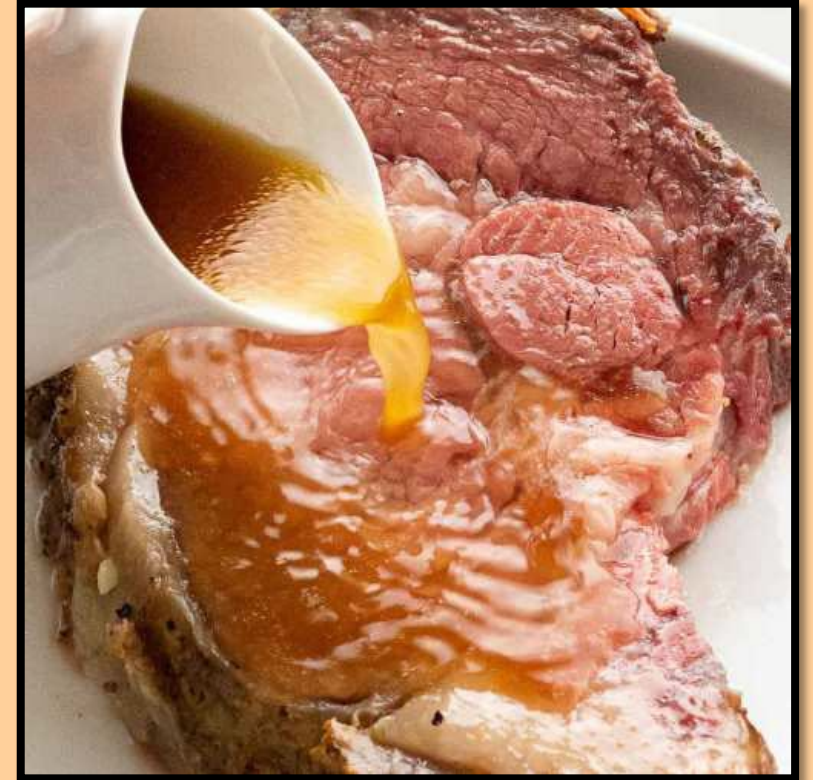
- Fish 145°F
- Poultry 165°F
- Pork 145°F
- Veal 140°F
- Beef 120°-140°F

## Other Methods

- Time
- Experience
- Finger pressure

# Sauces and Gravies

- Au jus
- Jus lié
- Pan gravy
- Thickeners for sauces/gravies
- Flour mixed with drippings to form a roux
- Slurries
- Prepared roux





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Any Questions?