



Culinary Institute
of America

Cooking Principles II

Day Three: Review of Moist
Heat Cooking, Combination
Cooking



Learning Objectives

- Identify and define moist-heat and combination cooking methods.
- Execute moist-heat and combination cooking methods.

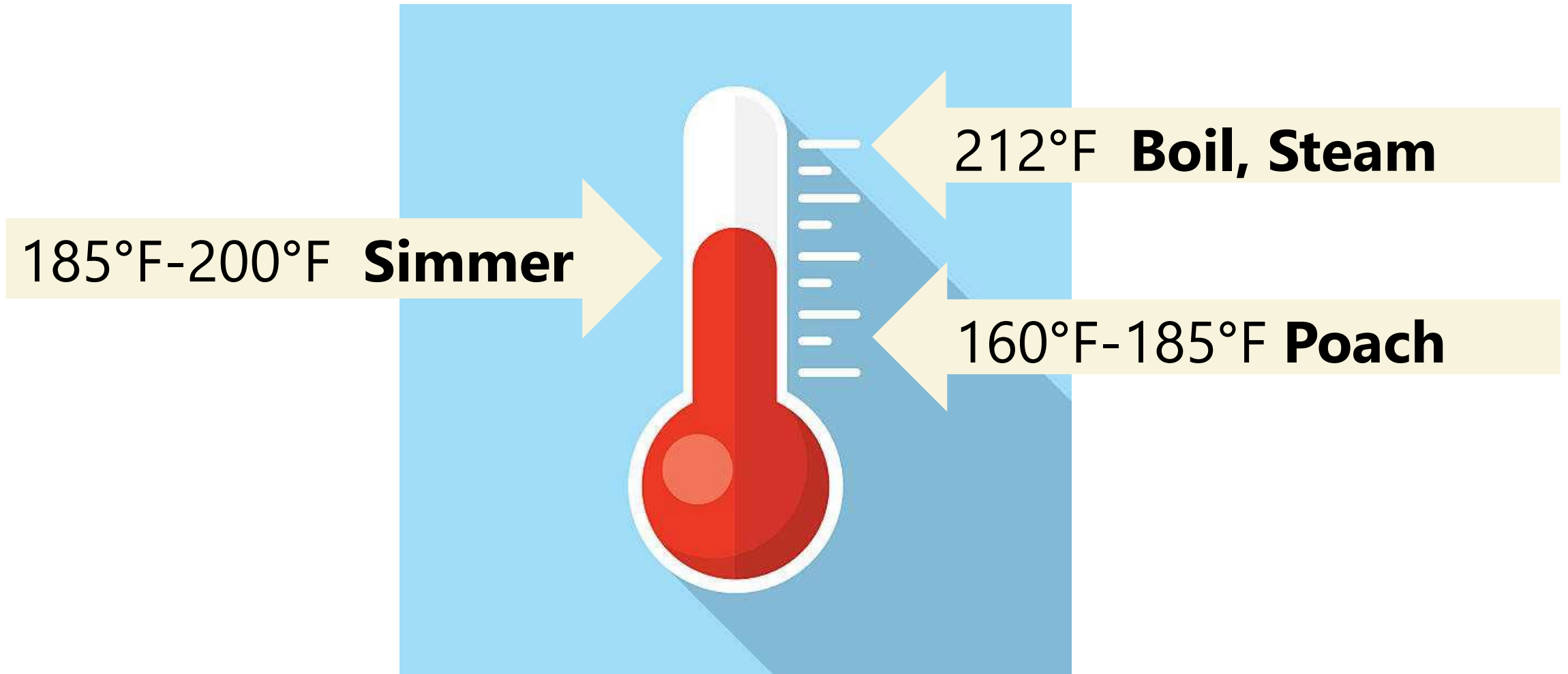
Moist Heat Cookery

- **Steam:** cook item in a vapor bath created by boiling liquid
- **Poach:** cook item gently in simmering liquid at 160°F to 185°F
- **Simmer:** maintain the temperature of a liquid just below boiling or to cook item immersed in liquid at 185°F to 200°F
- **Boil:** cook items by fully immersing in liquid at the boiling point of 212°F

Moist Heat Cookery

- Items have a distinctively different flavor, texture, and appearance than items cooked using dry-heat
- Generally subtly flavored
- Simple, straight-forward appeal
- Items require careful monitoring of cooking temperatures and times

Moist Heat Temperature



Shallow-Poaching: Method



1. Place butter in a sauteuse with aromatics in an even layer.
2. Add main item and poaching liquid.
3. Bring liquid to a simmer.
4. Cover sauteuse with buttered parchment.
5. Finish over direct heat or in oven.
6. Remove main item, moisten, keep warm.
7. Reduce cuisson and prepare sauce as desired.
8. Serve main item with sauce and appropriate garnish.

Deep-Poaching: Method

1. Heat cooking liquid to 165°F.
2. Add main item, using a rack if necessary (item must be fully submerged).
3. Finish food over direct heat or in oven.
4. Remove main item, moisten, and keep warm while preparing sauce or cool in liquid, as appropriate.
5. Cut or slice main item (if appropriate) and serve with appropriate sauce and garnish.



Steaming Method

1. Bring liquid to a boil or preheat steamer.
2. Add main item to steamer and arrange on a rack in a single layer.
3. Cover steamer.
4. Steam food to desired degree of doneness.
5. Serve food immediately with appropriate sauce and garnish.



Simmering



- Cooking food gently in liquid at a low, steady heat
- Less agitation-- just enough to allow flavors to mix
- Used for long, slow cooking processes-- less evaporation
- Tenderizes tough meat
- Revives dried grains and legumes
- Requires careful monitoring to maintain consistent simmer

Boiling



- High heat, quick cooking time
- Large, vigorous bubbles can disrupt/ damage delicate foods
- Extended boiling toughens and dries meats, breaks down vegetables
- Used for stronger, hearty foods like beans, pasta, or tough vegetables

Braising Meat: Method



- Pre-preparation
- Sear
- Remove meat; add mirepoix, tomatoes, and caramelize
- Add liquid, simmer gently
- Cover and braise at low temperature (DO NOT BOIL)
- Simmer until fork tender
- Slice and serve with finished sauce

Stewing: Method



- Pre-preparation
- Sear or blanch items
- Sweat or caramelize mirepoix
- Add liquid and simmer
- Cover tightly, stew until tender
- Taste the item in stages-- item is tender when little or no resistance to a fork or skewer is felt
- Adjust seasoning and consistency of sauce



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Any Questions?