

CRUNCH TIME

Cooking Methods



INGREDIENTS:

- 1 Saucepan of boiling water
- 1 Saucepan of simmering water
- 1 Saucepan of hot water

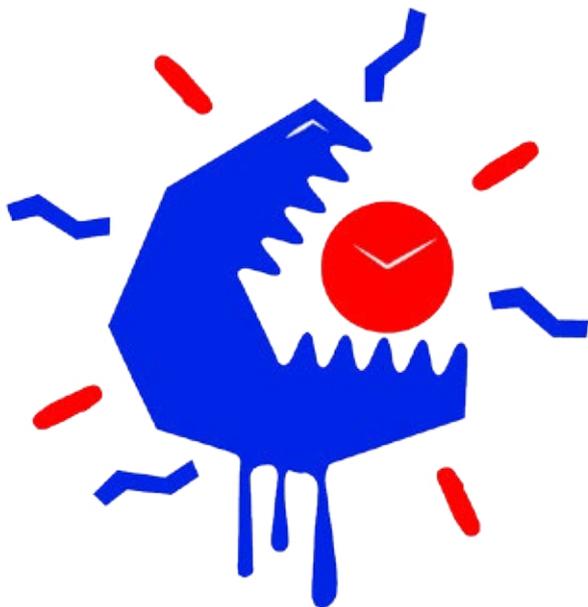
EQUIPMENT:

- 3 saucepans
- Steamer that fits on top of saucepan
- Casserole dish with lid
- Roasting rack sitting in roasting pan
- Oven tray
- Oven mitts
- Grill plate
- Fry pan



METHOD:

1. When cooking, there are two types of heating methods: Moist-Heat and Dry-Heat. Moist-Heat Methods include poaching, simmering and boiling. They all mean cooking a food in water. The temperature of the liquid determines the method
2. To boil means to cook in a liquid that is bubbling rapidly at 100°C.
3. To simmer means to cook in a liquid that is bubbling gently at around 85°C to 96°C
4. To poach means to cook in a liquid that is hot but not actually bubbling at about 71°C to 82°C
5. To steam means to cook foods by exposing them directly to steam. A steamer sits over a saucepan of boiling water at 100°C. It carries much more heat than boiling water and cooks foods very rapidly (Place steamer over the saucepan of boiling water)
6. To braise means to cook covered in a small amount of liquid. In almost all cases, the liquid is served with the product as a sauce. Braising can be done on the stove or in the oven
7. Dry-Heat. To roast and to bake both mean to cook foods by surrounding them with hot, dry air, usually in an oven. The term roasting usually applies to meats and poultry. The term baking usually applies to breads, pastries, vegetables and fish
8. Meat is usually roasted on a rack. Allows hot air to circulate around it.
9. To grill means the heat source comes from the bottom and usually involves an open flame, but can also be done with a grill pan on the stovetop.
10. Dry-Heat Method using fat. To saute means to cook quickly in a small amount of fat. Preheat pan before adding the food to be sauteed.
11. Pan-fry means to cook in a moderate amount of fat in a pan over moderate heat. Pan-frying is similar to sauteing except that more fat is used and the cooking time is longer



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