Dry-Heat Cooking Methods
Dry-Heat Cooking Methods

- Cooking techniques where the heat is transferred to food without using any moisture.
Dry-Heat Cooking Methods

- Food is cooked by direct heat, like a grill, or by indirect heat, like an oven.
- Some food may lose moisture and become dry.
- So food must be naturally tender or prepared by adding moisture.
Dry-Heat Cooking Methods

- Dry-Heat methods without fat are:
  - Broiling
  - Grilling
  - Roasting
  - Baking
  - Griddling
Dry-Heat Cooking Methods

- Cooking methods with fat:
  - Sautéing
  - Pan-frying
  - Stir-frying
  - Deep-frying
Roasting and Baking

- Techniques that cook food by surrounding the items with hot, dry air in the oven.
- As the outer layers of the food become heated, the food's natural juices, or moisture, turn to steam and are absorbed into the food.
Roasting and Baking

- Baking can be covered or uncovered. Foods that are uncovered like cookies or casseroles develop a golden brown color on top.

- Roasting will usually require longer cook times and is used with large cuts of meat, whole birds or fish. Foods should have a golden brown exterior and moist tender exterior.
Griddling

- Cooking a food on a hot, flat surface (a griddle) or a relatively dry, heavy-bottomed fry pan or cast iron skillet.

- The goal is to give the product an even, golden brown finish and slightly crisp exterior texture.
Griddling

- When cooking meats on a high heat griddle, the result is a high level of browning.

- A griddle is also used to make griddle cakes, or pancakes.
Breads

- Quick breads- can be prepared in a short amount of time. Includes biscuits, muffins, popovers, waffles and coffee cakes.

- Yeast breads- are leavened with gases from chemical reactions with yeast. They required more time and include bread, rolls, English muffins and raised doughnuts.
Breads

- Leavening agents produce gases in batters and doughs that make baked products rise and become light and porous.
- The three leavening agents are air, steam, and carbon dioxide.
Broiling

- A rapid cooking method that uses high heat from a source located above the food.
- Food becomes browned on the top.
- Examples: Tender cuts of meat, young poultry, fish, some fruits and vegetables
Broiling
Grilling

- A very simple method that is good for cooking smaller pieces of food

- Food is cooked on a rack above a heat source.

- No liquid is added, but you could add some oil during cooking for flavor
Grilling

- Grilled food has a high flavor outside and a moist inside.
- When grilling meats, the flavor is smokey and slightly charred because the fat and juices melt and drip into the heat source. Then burn and the smoke helps provided the charred flavor.
Grilling

- A crosshatching look is common from the grill rack the food sits on
- Special woods, such as mesquite, hickory or apple can be used as a heat source to give food flavor
- A marinade can also give a unique flavor and help make food moist
Dry-Heat Cooking with Fat & Oil

Sautéing, Stir-Fry, Pan Frying & Deep-Frying
Sautéing

- A method of cooking food rapidly in a small amount of fat over relatively high heat.
- The fat adds flavor
- Meat strips, chicken, fish and vegetables can be prepared this way.
Sautéing

- The goal is to cook food quickly to keep water and vitamin loss low, while gaining a high degree of color and flavor.

- The pan is heated first and just enough fat is added to coat the bottom of the pan.
Sautéing
Stir-Fry

- A cooking method very much like sautéing
- This is an Asian cooking style where sauce is usually created in the same pan after food has been sautéed
Stir-Fry

- A wok, a bowl-shaped pan, makes stir-frying easy
- A small amount of oil is used over high heat to cook bite size pieces. Usually meats and fresh vegetables
Meats & Poultry

Meat - The edible portion of mammals

Poultry - Any domesticated bird. Includes chicken, turkey, goose, and duck.
## Meat & Poultry

<table>
<thead>
<tr>
<th>Animal</th>
<th>Type</th>
<th>Description</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cattle</td>
<td>Beef</td>
<td>(over 12 months old)</td>
<td>hamburger, steak, roast</td>
</tr>
<tr>
<td></td>
<td>Veal</td>
<td>(less than three months)</td>
<td></td>
</tr>
<tr>
<td>Swine</td>
<td>Pork</td>
<td>(7 to 12 months old)</td>
<td>ham, bacon, sausage</td>
</tr>
<tr>
<td>Sheep</td>
<td>Lamb</td>
<td>(less than 1 year)</td>
<td>lamb chops</td>
</tr>
</tbody>
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Meat & Poultry

- Poultry contains high-quality proteins and is a good source of phosphorus, iron, thiamin, riboflavin and niacin.
- Turkey and chicken are lower in total fat, saturated fat and calories than many cuts of red meat.
Meat & Poultry
Pan-Frying

- To pan-fry food, cook it in an oil over less intense heat than sautéing or stir-fry.
- Many recipes call for coating the food with batter, seasoned flour or breading first.
Pan-Frying

- The oil should be deep enough to come up halfway on the sides of the food.
- The goal is to produce a flavorful exterior with a crisp, brown crust that helps retain the food’s juices and flavor.
- This method is best for naturally tender foods because it brings out the food’s distinct flavor and moistness.
Deep-Fry

- To deep-fry food, bread or batter it, immerse it in hot fat and fry until it is done.
- The outside develops a crispy coating and the inside stays moist and tender.
Deep-Fry

- As much as 35% of the flavor come from the oil, so always use good-quality oil.
- When an item ‘floats’, rises to the surface and appears golden brown, it’s done.
- Double check food with a thermometer to ensure doneness.
Vegetables

- Vegetables can be used in any menu to add color, flavor, texture, and nutrients to meals.
- Vegetables are excellent sources of many vitamins and minerals needed for good health.
- They can be bought fresh, frozen, canned, or dried.
- Cooking methods for vegetables are boiling, steaming, baking, frying, broiling, or microwave.
• Fruits can also be canned, frozen, and dried, to be added to meals to make them nutritious.
• Fruits are classified by their physical characteristics
• Berries - small juicy fruits with thin skins
• Drupes - have a skin covering a soft, fleshy fruit surrounding a single hard seed. Cherries, peaches
• Pomes - have a central seed containing core surrounding a thick layer of flesh. Apples and pears.
Fruits

- Citrus fruits - thick outer rind and their flesh is divided into segments. Oranges, grapefruits, lemons and limes
- Melons - large juicy fruits with thick skins and many seeds. Cantaloupe and watermelon
- Tropical fruits - grow in warm climates. Most common available in the US are avocados, banana, pineapple and kiwi.
Moist-Heat Cooking Methods
Moist-Heat Cooking Methods

- This is a technique that produces foods that are delicately flavored and moist
- The cooking methods are:
  - Simmering
  - Poaching
  - Blanching
  - Steaming
Simmering

- Cooking food in liquid at a temperature slightly below boiling.
  - The bubbles in a simmering liquid rise gently and just begin to break the surface.
- It cooks food gently and slowly.
- Meats, stocks, potatoes and turnips are food that are usually simmered.
Blanching

- This method partially cooks foods in boiling water, but then the food is removed so that it can be cooked and served later.
- Can be called par-cooking.
- Examples are green beans and homemade French Fries.
Poaching

- Cooking food in liquid that is at the between temperatures 160°F - 180°F
- There should be no air bubbles coming to the surface of the liquid
- Delicate foods, like eggs and fish, are poached
Steaming

- Cooking food by surrounding it in steam in a confined space, like a steamer basket over a pot of boiling water, covered by a lid.

- The direct contact with steam cooks the food.

- The boiling water can be flavored to enhance the food.
Steaming

- The heat surrounds the food evenly and keeps it moist
- No browning will occur
- Cooking time is longer than boiling or simmering would be.
Combination Cooking Methods
Combination Cooking Methods

- A method that uses dry-heat and moist-heat for cooking
- Used to cook foods that are less tender
- Braising & Stewing
Braising

- First sear the food in a small amount of hot oil.
- Then add liquid to come up half way on the food.
- Cover the pan with a lid and finish cooking slowly.
Braising

- Add seasoning and vegetable for flavor to your dish.
- The liquid can be an accompanying sauce.
- Primarily used for larger cuts of meat.
Stewing

- Similar to braising, but the main food, usually meat, is cut into bite-sized pieces
- Then blanched or seared
- Stewing requires more liquid when cooking, the food is covered completely with liquid while simmering
Dairy foods are essential for good health and you should include them in your diet daily. This includes milk, yogurt, cheese, butter, sour cream and ice cream.

Dairy products contain protein, riboflavin, phosphorus, and Vitamin A, as well as being your major source of calcium.

Dairy products can be enjoyed fresh, or in cooking and baking.