

MODULE-12

BASIC PREPARATORY PROCEDURES OF MEAT-2: COOKING

12.1. Cooking methods in the culinary arts are divided into two categories:

Dry heat cooking: roasting, broiling or sautéing.

Moist heat cooking: braising, steaming or poaching.

Because every cooking method uses either dry heat or moist heat (or sometimes both), classifying them this way ensures that every known method falls into one category or the other.

12.2 Dry Heat Cooking

Dry heat cooking refers to any cooking technique where the heat is transferred to the food item without using any moisture. Dry-heat cooking typically involves high heat, with temperatures of 300°F or hotter.

Baking or roasting in an oven is a dry heat method because it uses hot air to conduct the heat. Pan-searing a steak is considered dry-heat cooking because the heat transfer takes place through the hot metal of the pan. Note that the browning of food (including the process by which meat is browned, called the Maillard reaction) can only be achieved through dry-heat cooking. Examples of dry-heat methods include:

- Roasting & Baking
- Grilling & Broiling
- Sautéing & Pan-Frying
- Deep-Frying

12.3. Moist Heat Cooking

Moist heat cooking methods include any techniques that involve cooking with moisture — whether it's steam, water, stock, wine or some other liquid. Cooking temperatures are much lower, anywhere from 140°F to a maximum of 212°F, because water doesn't get any hotter than that. Examples of moist-heat cooking methods include:

- Poaching, Simmering & Boiling
- Steaming
- Braising & Stewing

12.3.1. Roasting:

Roasting works well for large cuts of beef, pork or lamb such as roasts, ribs, leg of lamb or pork loins. Depending on size you can brown the meat in a pan before roasting by seasoning with salt/pepper & oil. After browning place the meat in a roasting pan and make sure the fat side is turned up. The oven should be pre heated up to 450°C. If you have not browned the meat beforehand than roast at 450 degree at for approximately 20 min. Then turn the temperature down to 325 degree. Roasting time and temperature will vary based on the type and size of the meat entree being cooked.

12.3.2. Grilling

Grilling is often used for burgers, winers and sausages, steaks, ribs and loin. There are electric indoor grills as well as charcoal or gas outdoor grill. Grilling can also be used to create kabobs or to grill vegetables, including baking potatoes. You can grill over direct heat or indirect heat, depending on the size of the meat and desired tenderness. Grilling should be done carefully as to note char the meat on the outside. This can ruin the flavour of and cause the meat to be extremely tough.

12.3.3. Broiling

The terms grilling and broiling are often used interchangeably when it comes to using a charcoal grill. But oven broiling is different because the oven is temperature controlled. You can broil steaks,

burgers and ham ect. Using a broiling pan and by turning your oven temperature to the broil settings or to a different desired temperature. While cooking, the broiler pan allows grease to drip through cracks into a bottom pan. It's a fast, healthy way to cook meat. Consider moving the oven rack to the bottom slots if possible to prevent the splashing of grease or by a special a special broiler appliance if you prefer this over using your oven.

12.3.4. Pan-fry or stir fry

Pan frying is the method of using a frying pan to cook meat. You can add oil to some meats or simply fry the meats own fat (particularly burgers). For thicker cuts of meats, cook on medium to medium high heat for longer periods of time to ensure doneness in the mild sections of the meat. Cover the pan to trap the steam and promote through cooking. Stir frying uses a pan as well, but involves cooking small cuts of meats along with vegetables and sauces to create a delicious dish. It is often associated with oriental dishes, but can be used to create a number of creative entrees.

12.3.5. Stewing

In stewing, small chunks of meat in a pot or slow cooker along with vegetables and seasonings to create various soups and stews. This is accomplished by boiling and then simmering on lower heat. To create desired stew flavour, add stocks, water, wine, herbs and flour etc.

The methods mentioned above are classified as dry heat or moist heat.

Dry heat includes: broiling or grilling and roasting, which surrounds the meat with very hot, dry air.

Moist heat uses lower temperature with added water, soup or sauce.

Microwave can be used for some meats, such as bacon, sausages, hot dogs and precooked items. It is not recommended for larger cuts of meat because it cooks the meat rapidly and does not tenderize the meat.

Suggested readings:

1. Danilo Alfero, Culinary Arts Guide, About .com Culinary Arts