Reading

You are going to read about two methods of cooking: **Sautéing**" and **Braising**"

1. Read each text and answer the questions. Use your dictionary to help with new words.

a How long does it take to prepare the dish?

b What foodstuffs can be cooked in this way?

c Should the meat be cut into pieces or cooked whole?

d Is the dish accompanied by a sauce? What kind of sauce? e What are the advantages of the cooking method?

### Sautéing

On menus and in recipe books the term ‘sauté’ is often applied to stews. This is not correct. It should be quite clear that the term means cooking quickly in a pan, in butter, oil or fat and not in liquid or sauce.

All sautés are minute dishes and should be cooked to order. This is a quick method of cooking, and it is applied to the tender cuts, such as a fillet, noisette or escalope. A sauté, therefore, is produced from quickly cooked tender meats.

To prepare a sauté cut the meat into neat strips about 2.5 cm*£*6 mm. Quickly toss the strips in hot butter or fat and seal to a golden brown. In most cases the meat should be slightly undercooked. Drain the fat carefully from the pan. Now add butter, toss the meat in melted butter and then remove it with a perforated spoon into the serving dish. Accompaniments for a sauté can be plain boiled rice, pilaf or pastas.

### Braising

Braising is a moist method of cooking. Prepared food is cooked in a covered pot (a braising pan or a casserole with a lid), with a quantity of stock or sauce, in an oven. This is a slow method of cooking, which lasts from 2 to 3 hours. It is applied to various foodstuffs: fresh butcher meats, pickled meats and offal, poultry and feathered game. The food to be braised is usually placed on a vegetable base and the liquid or sauce is added to about two-thirds the height of the meat. This rule does not apply when we braise small cuts of meat and offal such as chops, rump steaks and sliced ox liver, where food is covered with the cooking liquid or sauce to maintain even cooking. When the food is cooked it is portioned and served with the finished sauce or cooking liquid.

Braising has many advantages. It makes food tender and more digestible. Foods are cooked and served in their own juices, together with all the valuable nutrients. Braised foods are safer to eat: long cooking destroys bacteria which can cause food poisoning.

1. Compare information about the two methods of cooking.

a Braising is cooking food in a pot under cover in its own juices. b Sautés are usually prepared in advance.

c Braising larger joints of meat takes a lot of time.

d Sautéed meat is served together with the fat in which it was cooked. e Only tender kinds of meat can be sautéed.

f Sautés are garnished with braised vegetables.

1. In a similar way, explain the difference between: a) grilling, roasting and baking

b) poaching, boiling and blanching

### Roasting

Roasting is a dry heat method of cooking. Prepared food is cooked in an oven or on a spit. Spit roasting is the original and very old form of cooking: the food on a spit is slowly turned over a charcoal flre.

Basic techniques of roasting include:

Barding | covering the surface of the roast with slices of pork or bacon fat.

Brushing with oil and basting before and during cooking.

Larding | inserting strips of bacon or pork fat through °esh with special needles.

Placing in a roasting tray. Place a joint in the roasting tray with the fat top upwards. Never place a joint directly onto a roasting tray. Joints should be raised ofi the roasting plate by being placed onto a trivet or a bed of roots or bones.

Sear a joint by starting the cooking of the roast in a hot oven or by shallow-frying the meat. It is carried out to develop colour and °avour, especially with meat roasts.

Adjust the cooking temperature properly: the larger the item, the lower the cooking temperature. High temperature roasting should be avoided, as it increases shrinkage and weigh loss.

Resting. After cooking, remove the roast from the oven and leave it in a warm place for a certain period of time. This is to reduce the risk of being burned when portioning or carving the joint. The food is also easier to carve or portion after resting.

### Baking

Baking is a dry heat method of cooking. Prepared food or food products are cooked by the flow of heat in an oven.

There are different kinds of ovens, such as general purpose ovens, pastry ovens, convection ovens, baking ovens with steam injection, pizza ovens, etc.

Various commodities are suitable for baking and oven cooking. These are:

| Fruit (e.g., apples and pears)

| Potatoes

| Milk products and egg custard products

* Flour products (cakes, sponges, pasties, yeast goods, etc.)
* Vegetables (in vegetarian cuisine)
* Meat and vegetable hotpots (or casseroles)

**Methods of baking foods**

The simplest method of baking is baking fruit, vegetables and potatoes, which are cooked in an oven until tender.

Baking within a bain-marie (water bath). We place the item to be baked in the water bath. In this way low temperature can be maintained during cooking. It prevents the food from curdling or sticking to the bottom of the baking dish. This method is suitable for egg custards, some puddings, etc.

Baking °our products is a more complex form of cooking. Oven conditions include not only the correct temperature, but also the correct humidity. If the oven is too dry, we may get low-volume cakes, because the crust has formed too quickly. In each particular case of baking it is necessary to adjust oven temperature to the nature of the product to be baked.

The basic techniques of baking concern: traying up items (putting prepared items in lightly greased or lined with greaseproof paper tray or tins), marking (or notching) foods, gilding (brushing or coating items with egg wash so that a good colour develops on the surface), proving (the final fermentation of yeast goods after they have been placed on the baking tray, usually in a moist atmosphere to prevent developing a skin on the surface of the item), and cooling items on a cooling wire so as to prevent condensation and softening of the product.