



Culinary Foundations I

Class 5: MIDTERM EXAM; *Poaching; Salads & Vinaigrettes*

Poaching

- ▶ Moist Heat Method
- ▶ Convection of Heat via Liquid to Food
- ▶ Delicate Cooking
- ▶ Poaching Temperature 160°F to 180 °F
- ▶ Not Suitable for most Vegetables
- ▶ Commonly used for Chicken Breasts, Fish, Shrimp and fruit such as Pears

Poaching con' t.

▶ Two Types

- ▶ Submersion, item is completely covered
- ▶ Shallow Poaching, liquid comes up halfway the food' s sides
 - ▶ Food is covered by a parchment *cartouche*
 - ▶ Poaching liquid, the *cuisson* is reduced and finished in a sauce

Poaching con' t.

▶ Procedure

- ▶ Cut and Trim Food
- ▶ Bring Cooking Liquid to Temperature
 - ▶ Liquids can be, Stock, Court Bouillon, Water, Oil
 - ▶ Have enough liquid for submersion or shallow
 - ▶ Maintain poaching temperature...do not allow to boil
 - ▶ Remove food and make sauce as needed

Why Poach in Oil?

- ▶ Fish or chicken retain more of its juices than poaching in wine or broth.
- ▶ This is because cooking in oil is inherently more gentle than cooking in water.
- ▶ Absorbs very little oil.
 - ▶ In order for oil to penetrate the fish, moisture must exit first. But because oil and water repel each other, it's very difficult for moisture inside the fish to readily enter the oil. Hence, more of the juices stay in the fish.
 - ▶ In fact, oil-poached fish lost just 14 percent of its weight during cooking, while water-poached fillets lost 24 percent.

Why Food Cooks Slower in Oil than Water

- ▶ **Oil has $\frac{1}{2}$ the thermal Energy of Water.**
 - ▶ It takes more (double) energy to heat a volume of water vs. oil.
 - ▶ Therefore, water has twice the energy to transfer into food.



***Food Nerd Alert:**

Heat a pan of water and a pan of oil to 135°F. Now feel the difference. The water will feel **MUCH** hotter!

Classic Poached Dishes: *Whole Poached Salmon*



Classic Poached Dishes: *Poached Pears*



Classic Poached Dishes: *Poached Egg*



Classic Poached Dishes: *Butter Poached Lobster*



Salad Greens

- ▶ Green, red yellow & brown in color
- ▶ Leafy Vegetables
- ▶ Lettuces
- ▶ Chicory
- ▶ And Other Greens...

Mild Greens



Bold Greens



Bitter Greens



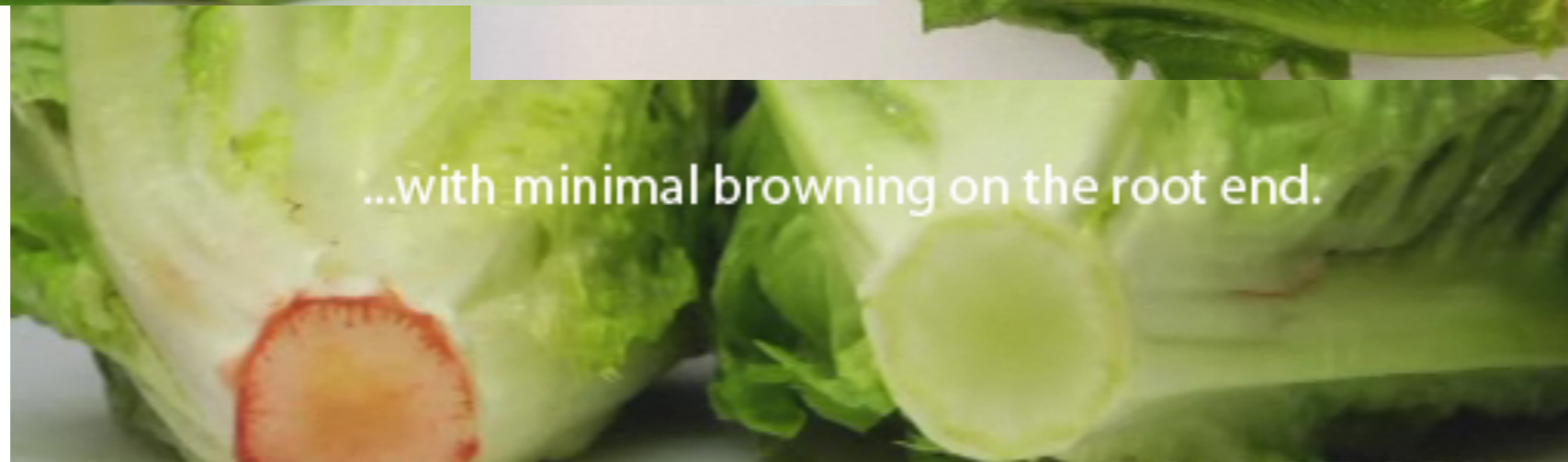
Freshness



Look for a heavy head.



...firm outer leaves, no wilting or bruising



...with minimal browning on the root end.

Wash, Refresh & Dry



Boston vs. Iceberg

▶ Softer, buttery

▶ Crisp, holds well



Leaf Lettuce vs. Romaine

- ▶ Does not ship well
- ▶ Red & green types
- ▶ Crisp, holds well
- ▶ Holds up heavy dressings



Baby Lettuces

- ▶ Or “Mesclun” from Fr. “mescla” to mix.
- ▶ Immature varieties of various lettuces
- ▶ Orig. Provence
- ▶ Delicate



Micro Greens

- ▶ Smaller than Baby Lettuces
- ▶ Includes, kale, lettuce , spinach, carrot, etc
- ▶ V. Fragile...Expensive
- ▶ Garnish



Chicory & Bitter Greens

- ▶ Most Slightly Bitter
- ▶ Hearty and can be cooked, grilled or braise



Belgian Endive

- ▶ Shoot of Chicory Root
- ▶ Also a purple-tipped var.
- ▶ Grown shaded
- ▶ Very Bitter when Green



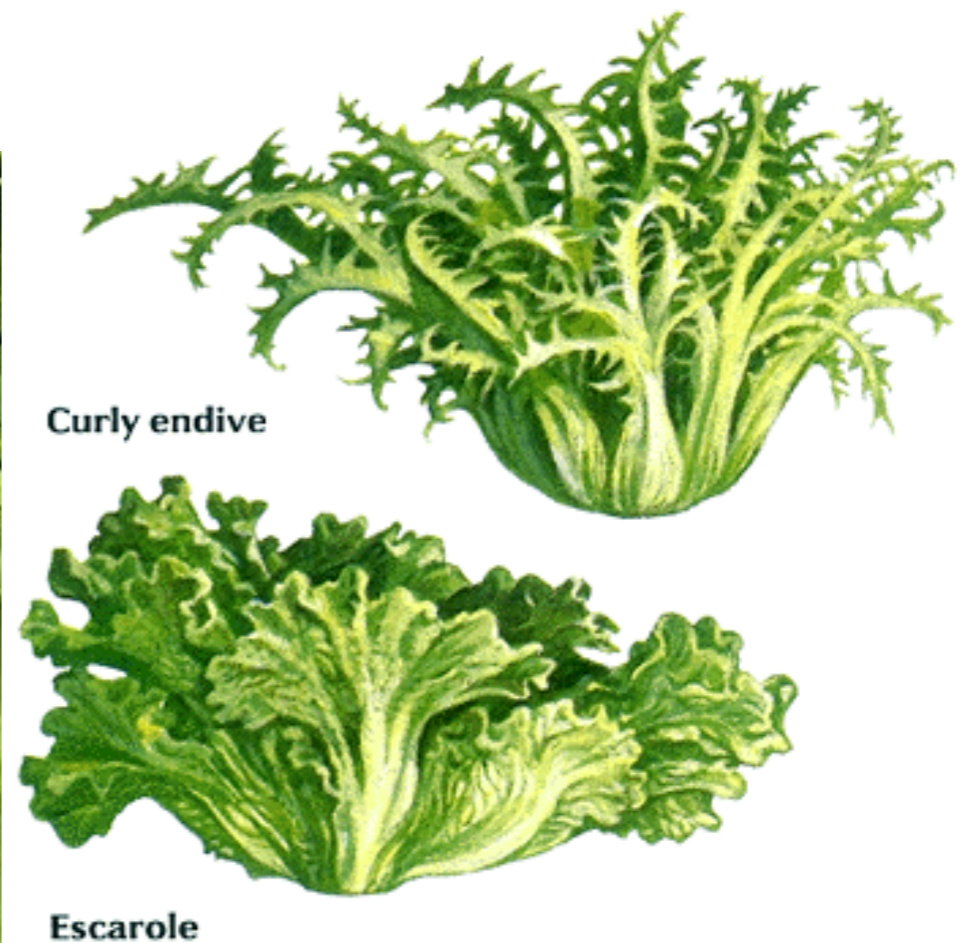
Curly Endive (Frisée)

- ▶ Also a Chicory



Escarole

▶ Also a Chicory



Radicchio

- ▶ Looks like a small red cabbage
- ▶ Braised or grilled
- ▶ Used in Cold Salads
- ▶ As a base for cold salads



Arugula or “Rocket”

- ▶ Cabbage Family
- ▶ Similar To Dandelion Greens
- ▶ Spicy and Peppery
- ▶ Use small (tender) leaves



Dandelion Greens

- ▶ Yes, the weed
- ▶ Use fresh or cooked
- ▶ Use small leaves, tender and less bitter



Mâche or Lamb's Lettuce

- ▶ Very Tender & Delicate
- ▶ Slightly nutty flavor
- ▶ Pair with other delicate greens and light vinaigrette



Sorrel

- ▶ Tart & Lemony
- ▶ Similar To Spinach
- ▶ Salads, soups, sauces and purées



Spinach

- ▶ Flat-Leaf and
- ▶ Curly or “Savoy” for cooking



Sprouts

- ▶ Not Salad Greens but...
- ▶ Baby alfalfa, mung bean, daikon or mustard plants
- ▶ Daikon and Mustard can be peppery



Edible Flowers

- ▶ Edible...pesticide free
- ▶ Edible and for Garnish
- ▶ Nasturtiums, calendulas, pansies, cucumber flowers, & Squash blossoms
- ▶ Use only “edible” flowers



Fresh Herbs

- ▶ Basil
- ▶ Thyme
- ▶ Tarragon
- ▶ Oregano
- ▶ Dill
- ▶ Cilantro
- ▶ Marjoram
- ▶ Mint
- ▶ Savory



Nutrition: Greens

- ▶ No Fat
- ▶ Low Calorie
- ▶ High in Vitamins A, C, Iron & Fiber
- ▶ Dressings tend to make most salads high in fat and calories



Purchasing & Storage

- ▶ Most packed in Cases of 24 heads
- ▶ Precut & Prewashed also
 - ▶ More expensive
 - ▶ Saves labor costs
- ▶ Store between 34°F and 38°F (Other veg at 40°F-50°F)
- ▶ Do Not Cut or Wash in Advance
- ▶ Do Not store with tomatoes, apples or fruits)



To Tear or Cut?

- ▶ Tearing looks better and holds better
- ▶ Cutting saves time (and labor)
- ▶ Chefs use small scissors for small greens
- ▶ Remove tough ribs/stems from romaine, spinach, etc.

Washing

- ▶ All Greens should be washed.
- ▶ Washed Greens should be dried completely.



Vinaigrette Dressings

- ▶ Classic 3:1 Ratio Oil to Vinegar, temporary Emulsion.
- ▶ Can Vary with flavored oils or Acid Strength
- ▶ Juices and replace some or all vinegar
- ▶ Olive Oil and Red Wine Vine.
- ▶ Nut Oils with White Wine or Sherry Vine
- ▶ Neutral Oils, Canola, Grapeseed, corn, safflower
- ▶ Use Herbs, Spices, Shallots, Garlic, Mustard, Sugar and /or Honey
- ▶ Pair bolder vinaigrettes with bolder greens

Other Dressings

▶ Mayonnaise-Based Dressings

- ▶ Mayo as a base
- ▶ May include buttermilk, sour cream, vinegar, fruit juice, vegetables, tomato paste, garlic, onions, herbs, cheese, anchovies boiled eggs

▶ Emulsified Vinaigrettes

- ▶ A standard vinaigrette with whole eggs as an emulsifier

Types of Salads

- ▶ Green Tossed Salad
- ▶ Green Composed Salad
- ▶ Bound Salads
- ▶ Vegetable Salads
- ▶ Fruit Salads
- ▶ Marinated (à la grecque)



Parts of a Composed salad.

- ▶ **Base**
 - ▶ Leaves that line the plate
- ▶ **Body**
 - ▶ Main Item
- ▶ **Garnish**
- ▶ **Dressing**



Confit of Salmon Salad with Mustard Vinaigrette



Class 5 Lab

Mise en Place

Mid-Term Exam – Knife Skills: *1 Hour*

Mid-Term Exam – Omelet w/ Skillet Potatoes: *1 Hour*

Shallow/Submerged Poaching Procedure

Vinaigrette Procedure

Salad Preparation

Confit of Salmon Salad with Mustard Vinaigrette

Poached Salmon with an Herb & Caper Vinaigrette