



HOME CHEF PRO

Session Six

Classic Cooking Techniques

Classes featured: Classic Cooking Techniques Overview, Classic Cooking Techniques—Sauté and Grill, Classic Cooking Techniques—Poaching, Classic Cooking Techniques—Roasting

Objectives

- Know how things like moisture, heat, and time impact the outcome of a cooking technique.
- Understand how to utilize the four identified classic cooking techniques.
- Practice sauté, poach, roast, and grill.

Skills spotlight

- Apply the accurate cooking technique to the appropriate product.

BEFORE YOU START: SESSION SIX

Equipment list

To help you keep pace with the chef, we recommend you have all the items from this list clean, ready, and within reach before class begins.

- 1 cutting board
- 1 chef knife
- 1 medium mixing bowl
- Tasting spoons
- Measuring cups and spoons
- 2 medium sauté pans
- 1 medium saucepan
- 1 sanitizer towel with sanitizer solution
(1 Tbsp of bleach mixed with 4 cups of water)
- 1 slotted spoon or mesh skimmer
- 1 roasting pan
- 1 small mixing bowl
- 1 pastry brush or dinner fork
- Grill or grill plate
- Tongs
- Spatula

Advanced prep list

Please complete the following items before class begins.

- Wash all produce items.
- Preheat oven to 350°F.
- Preheat grill or grill plate to low.

Shopping list

Produce	Dry	Meat
1 lb asparagus	Avocado oil	½ lb shrimp (peeled and deveined)
1 red bell pepper	Herbs of your choice (oregano, thyme, basil)	1 salmon filet per person (skin removed)
1 lime	Dijon mustard	
1 shallot	Small jar capers	
1 lemon	2 bay leaves	
4 cloves garlic	1 Tbsp peppercorns, whole	
1 large zucchini		

CULINARY EXERCISES

Sautéed Asparagus and Bell Pepper with Herbs and Lime	Grilled Zucchini	Poached Shrimp with Shallot, Lemon, and Garlic	Roasted Salmon with Dijon and Capers
Ingredients: Avocado oil Asparagus Bell pepper Oregano, thyme, basil Lime Salt, kosher	Ingredients: Zucchini Avocado oil Salt, kosher	Ingredients: Water Salt, kosher Shallot Lemon Garlic Shrimp, raw	Ingredients: Salmon Dijon or yellow mustard Capers Water
Notes:	Notes:	Notes:	Notes:



LECTURE SUPPLEMENTS

Classic cooking techniques defined

Grill: To cook on a grill or grate with high direct heat from below.

Fry: To cook fully submerged in hot fat.

Sauté: To cook with high heat in a pan with a small amount of fat.

Roast: To cook in a vented box or vessel.

Poach: To cook fully submerged in hot water.

Braise: To quickly sear the outside of a product with high heat in a dry environment, then finish cooking for an extended period of time with low heat in a moist environment.

Poeler: To cook in a moist environment for a long time and finish with a glaze.

	Grill	Fry	Sauté	Roast	Poach	Braise	Poeler
Heat	High	High	High	High/Low	Low	High/Low	High/Low
Moisture	Dry	Dry	Dry	Dry	Moist	Moist	Moist
Time	Short	Short	Short	Mid	Short/ Long	Long	Long
Tough/Tender	Tender	Tender	Tender	Mid	Tough/ Tender	Tough	Tough
Expansion/ Concentration*	C	C	C	C	C/E	E	E

***Expansion/Concentration:** During the applied cooking technique, either the existing food flavor is intensified (concentration) or food flavors blend (expansion).