

The Three Principle Cooking Methods

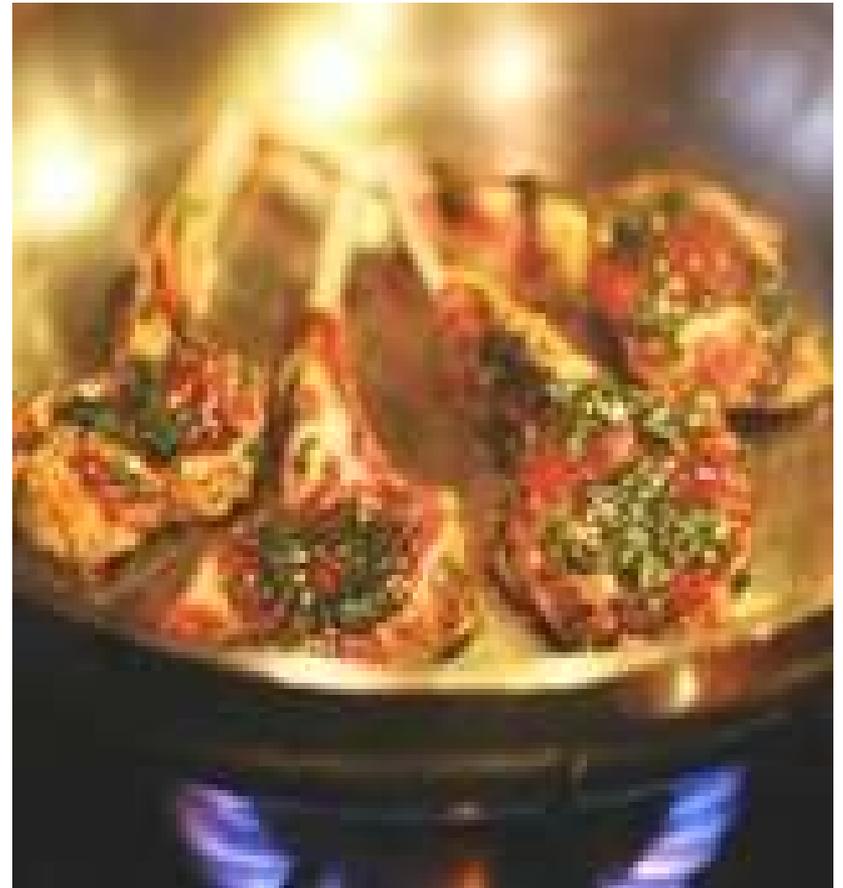
- Dry Heat
- Moist Heat
- Combination Method

The Dry Heat Cooking Method

- **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.*
- *Note that the browning of food can only be achieved through dry-heat cooking.*

Examples of dry-heat methods include:

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

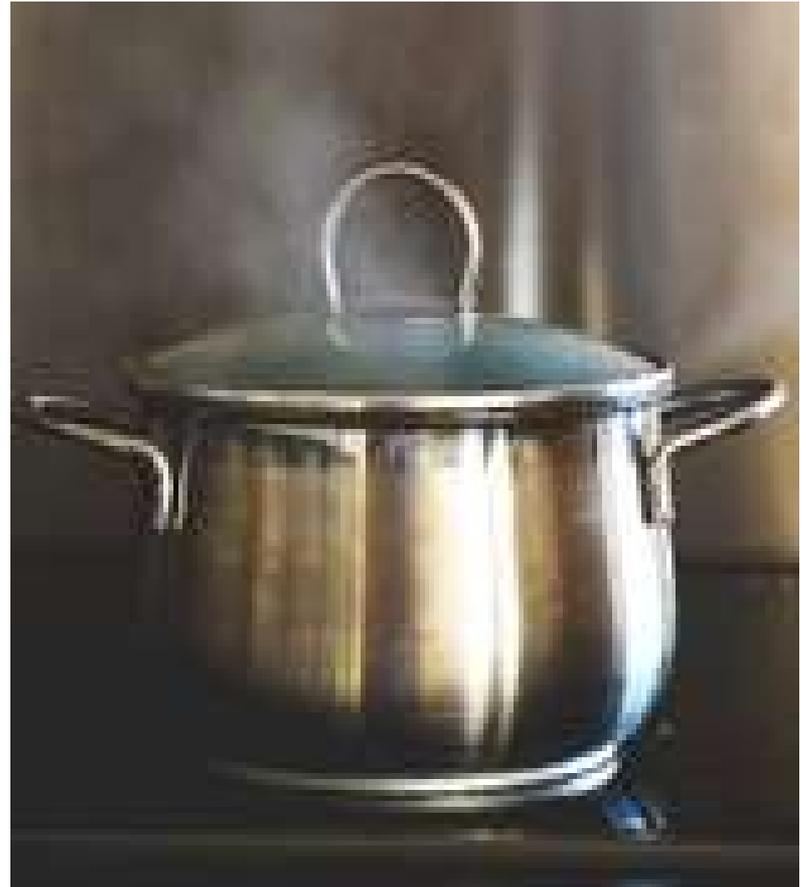


The Moist Heat Cooking Method

- 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 anywhere from 140°F to a maximum of 212°F because water doesn't get any hotter than that.

Examples of moist heat methods include:

- Poaching
- Simmering
- Boiling
- Steaming



The Combination Method

- **Combination cooking** methods *apply both dry heat and moist heat methods to the cooking of the food during the same recipe.*
- For example, the process of braising combines browning and simmering.
- *When **braising**, first the food is browned on all sides, usually in a small amount of fat.*
- *Next, liquid is added and then it is simmered.*

Examples of combination methods include:

- Braising
- Stewing



Review

- Define each of the three cooking methods.
- List some examples of Dry Heat cooking methods.
- List some examples of Moist Heat Cooking methods.
- List some examples of Combination cooking methods.