

THE WHIP UP DINNER EVERYDAY COOKING GUIDE

HOW TO TURN THE INGREDIENTS IN YOUR KITCHEN
INTO QUICK, SIMPLE WEEKDAY MEALS



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The Whip Up Dinner Everyday Cooking Guide

Choosing the correct cooking method for the ingredients you are using is MUCH more important than finding the right recipe. Recipes only tell you WHAT to cook, and most often neglect informing you HOW to cook. This guide is designed to give you the absolute bare-bones basics of cooking methods and combination of ingredients for the fastest cooking in your home.

My goal is to have you “cook like a chef at home”. Not just any chef in any home. This guide is a culmination of 15 years of improvised dinners in my own home. I want you to cook like only one chef in a specific home, me!

How do I cook delicious, nutritious, attractive meals every night without the stress of pre-planning and the frustration of recipes that don't work? It's really quite simple and intuitive once you master the five basic cooking methods outlined in this book.

Since I can repeat a Broiling, Roasting, Saute, Steaming or Poaching procedure in exactly the same way regardless of the ingredients, I'm free to choose any ingredients I want. With the strength of the basic methods behind me, I can now cook entirely from what is in my pantry.

My meal plans start within an hour of having finished all the actual cooking. I'm boasting that from concept to execution of every meal takes no more than an hour!

These are the questions I ask myself.

- 1) What type of flavor do I feel like eating tonight?
 - a. Ethnic – Italian, Indian, Asian, Hawaiian, French, German?
 - b. Texture – Heavy cream sauce or lightly cooked with salt and pepper?
 - c. Protein – Chicken, Beef, Pork, Shrimp, Tofu, Paneer or Vegetables?

- 2) What do I have on-hand to accomplish this?
 - a. Vegetables and Aromatics – Onions, garlic, broccoli, asparagus, carrots
 - b. Condiments – What sauces, soups, condiments do I have to add flavors quickly?
 - c. Seasonings – What herbs and spices will contribute to the flavor profile?

- 3) What cooking method would be best used to create this meal?
 - a. Saute' – For quickly cooked more tender items
 - b. Roasting – For larger, slowly cooked items
 - c. Steaming and Poaching – To retain moisture, color and nutrients
 - d. Broiling – For quick cooking under intense heat to caramelize sugars

The answers to which appear as the best “recipe” inspirations I've developed over 15 years of improvising.

[“Burn Your Recipes, Volumes 1, 2, and 3”](#) as well as the [WebCookingClasses.com](#) curriculum are referred to for additional information highlighted in BLUE.

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Seasoning Your Meals

Please don't over-think seasoning your meals. Too much emphasis is placed on the amount and combination of herbs and spices to use in cooking. The seasonings you choose will neither ruin nor exalt your meal to greatness.

Seasonings are meant to highlight the natural flavor of the ingredients you're using. Ideally, the fresher, more wholesome and flavorful the ingredients, the less seasoning you'll have to do. Generally, your taste-tolerance of salt and pepper are sufficient to make something taste even more like the actual product it is.

However, if you are trying to create a specific flavor profile to mimic a certain ethnic or cultural flavor, you'll need help from my spice "teams". These combinations of herbs and spices will change the flavor profile of any meal to remind you of that country or culture.

My Ethnic "Spice Teams"

Italian— Basil, Oregano, Garlic, Thyme
Mexican—Cumin, Coriander, Thyme, Chipotle
Indian—Curry Powder, Turmeric, Cloves, Allspice,
Asian—Ginger, Sesame, Wasabi, Garlic, Soy Sauce
Indonesian—Coconut, Peanut, Chili, Ginger, Garlic
Greek—Oregano, Mint, Garlic, Dill, Bay leaves
Spanish—Cocoa, Saffron, Thyme, Paprika
French—Tarragon, Rosemary, Marjoram, Sage
German—Parsley, Thyme, Chives, Cardamom, Anise

Measurements in Cooking

Measurements are tools of written recipes. The biggest detriment to quick and easy dinners is the time wasted referring to the cookbook and precisely measuring ingredients. Forget it! Again, a small difference in measurement won't destroy or create the success of your meal.

Always cook with your eyes over measurements. Add ingredients slowly and in increments so you can watch the changes going on. Use common sense and basic estimations as to the proportion of ingredients in your dish. Use the ingredients you desire, but a Broccoli Stir-Fry shouldn't have twice as many carrots as broccoli. A liquid meant to deglaze a pan should be a small enough amount to eventually reduce and evaporate. A pan gravy shouldn't be made with so much liquid that it begins to look like a soup.

Use your eyes and use your heads, but forget those measuring cups. I've included basic measurements to show proportions in the following inspiration "recipes". The actual amount used is totally up to you, the chef.

<u>Effects of Heat on Food:</u>		
Temp F	Temp C	Stage
150-212f	66-100c	Gelatinization of Starches Starches absorb liquid and swell
160-185f	71-85c	Coagulation of Proteins Proteins stiffen and shrink
212f	100c	Evaporation of Moisture Liquid turns to gas
320-338f	160-170c	Caramelization of Sugars Sugars brown and become brittle

<u>Doneness Temperatures</u>		
For Beef:		
Temp F	Temp C	Stage
125-130f	51-55c	Very Rare
130-140f	55-60c	Rare
140-150f	60-65c	Medium
150-165f	65-74c	Well Done
165f	74c	Poultry, Pork, Fish, Game

Smoke Points of Fat by Type

Whole butter	260F / 127C degrees
Walnut Oil	359F / 182C degrees
Sunflower Oil	390F / 199C degrees
Butter, clarified	400F / 204C degrees
Canola Oil	425F / 218C degrees
Peanut Oil	425F / 218C degrees
Olive Oil	437F / 225C degrees
Safflower	450F / 232C degrees

Dry-Heat Cooking Methods

Dry-heat cooking methods use either conductive (direct) heat or convective (indirect) heat to cause changes in food products. Conductive heat will cook food items by applying direct flame or transfer of direct heat through a cooking vessel. Convective heat will cook food items by surrounding food items with heated air.

Broiling

“Burn Your Recipes” Volume 3



Broiling uses conductive heat applied from above the food item by electric element or flame. The proximity of the food to the heat source makes this one of the quickest, most intense applications of heat in the kitchen.

Procedure:

- 1) Pre-heat broiler to highest setting.
- 2) Pre-heat a broiler pan fitted with a rack to suspend the food above the pan
- 3) Place the food item on the rack and the rack directly under the heat source.
- 4) Control the amount of heat applied to the food item by raising or lowering the distance from the heat source.
- 5) Observe the coagulation of proteins and turn the food item when cooked 75% on one side
- 6) The item is finished when it reaches the desired internal temperature

Tips:

- 1) Be careful not to place the food item too close to the heat source. Surface sugars can caramelize before internal proteins coagulate. In other words, you can burn the outside before the inside is cooked.
- 2) DO NOT close the oven door, leave it ajar. A closed environment creates convective heat rather than conductive heat.
- 3) Preheat your broiler pan to give “grill marks” from the heated rack and reflect heat from the pan below the food item.
- 4) Use broiling only for tender or thin items that can cook quickly.
- 5) Captured drippings can be used in a sauce.

Broiled Stuffed Chicken

4 Chicken Thighs or boneless breasts
½ package Stove Top Stuffing Mix, prepared
½ can peaches or nectarines

- 1) Chop peaches or nectarines into small cubes
- 2) Combine peaches and stuffing mix
- 3) Place chicken skin-side down and fill with stuffing mix
- 4) Invert chicken, stuffing-side down, and place on hot broiler pan
- 5) Follow Broiler Procedure above

Broiled Black n Blue Fish

2 fish filets, flounder, tilapia, salmon, bluefish

Blackening spices:

Paprika, Cayenne, onion powder, white pepper, thyme, garlic powder, basil, salt
Fish, Vegetable or Chicken broth
Bleu Cheese crumbles

- 1) Combine Blackening Seasonings to make a rub
- 2) Place fish filets on a suspended rack of a broiler pan
- 3) Cover filets with blackening seasonings
- 4) Add broth to the bottom of the broiler pan
- 5) Broil fish until done
- 6) Top with bleu cheese crumbles and spoonful of pan drippings

Broiled Red River Crab Cakes

8 oz Crabmeat
4 oz small cocktail shrimp, cooked
1 egg
Fresh dill
Old Bay seasoning
Sweet Mustard
Worchestershire sauce
Panko or plain bread crumbs

- 1) Combine all ingredients except bread crumbs
- 2) Form into cakes
- 3) Roll in bread crumbs to give crunchy outside
- 4) Follow broiling procedure above

Broiled Italian Tomato

Large tomato, cut in ½ at the equator

Oregano

Basil

Garlic, minced or garlic powder

Olive oil

Parmesan cheese

Panko or plain bread crumbs

- 1) Top tomato halves with olive oil, garlic and seasonings.
- 2) Broil tomato halves until soft and skin starts to withdraw
- 3) Top with parmesan cheese and bread crumbs
- 4) Return to broiler to melt cheese

Broiled Vegetable Skewers

Marinade:

Balsamic vinegar

Brown sugar

Olive oil

Garlic, chopped

Thyme, salt and pepper

Vegetable suggestions:

(cut into consistent sized pieces to cook at the same pace)

Zucchini

Yellow Squash

Broccoli Florets

Cauliflower Florets

Onion

Red or Green Peppers

Mushroom Caps

- 1) Combine all ingredients for marinade.
- 2) Marinate all vegetables over night
- 3) Skewer vegetables, alternating the types
- 4) Follow broiling procedure above

Roasting and Baking

WebCookingClasses Week 1, 24, 30, 31, 32, 33, 34, 45, 46

“Burn Your Recipes” Volume 2 and 3

Chef Todd’s Holiday Cooking Success Course



Roasting and baking are terms that are used interchangeably, but most often incorrectly. While both refer to a convective cooking process where food items are heated with dry air in an enclosed environment, Roasting is reserved for meats and poultry while Baking is reserved for fish, vegetables, fruits, breads or pastries.



Heat is applied to the outside of food items and penetrates by conduction. The exterior of the food item dehydrates and then browns from caramelization.

Procedure:

- 1) Pre-heat oven to desired temperature
- 2) Place item to be roasted or baked in the oven pan appropriate for the food item
- 3) Turn the item 180 degrees mid-way through cooking
- 4) Item is finished when it reaches desired internal temperature.

Tips:

- 1) Don’t trust the temperature your oven tells you. Get an oven thermometer to be assured.
- 2) Use a pan appropriate for the item being cooked. Pans that are too small will affect the amount of heat reflected during the cooking process.
- 3) Basting is a myth! DO NOT open the oven door during the cooking process.
“Syringing” drippings back to the top of the meat is useless when letting 100 degrees of temperature escape from the oven each time the door is opened.
- 4) Items that are roasted or baked will dry out considerably. Consider having a sauce ready.
- 5) Always let roasted or baked items rest after removing from the oven to allow for carry-over cooking.

Chicken Puff Pies

1 sheet frozen puff pastry or phyllo dough
2 chicken breasts, cubed
Carrots, small dice
Onions, minced
Celery, small dice
Broccoli Florets
1 Can condensed Cream of Chicken Soup
Poultry Seasoning or Thyme, Rosemary, Sage

- 1) Combine all ingredients except pastry in mixing bowl
- 2) Transfer ingredients to oven proof casserole dish or pie tin
- 3) Top with phyllo dough or puff pastry
- 4) Follow baking procedure above

Seafood Tettrazzini

1 pound of your favorite seafood, shellfish or fin fish
Frozen mixed vegetables: Carrots, Celery, Onions, Peas, beans (your choice)
1 jar prepared Alfredo Sauce
1 pound angel hair pasta, cooked
Grated Parmesan Cheese

- 1) Combine all ingredients into oven-proof casserole dish
- 2) Top with parmesan cheese
- 3) Follow baking procedure above

Roast Beef Stroganoff Casserole

Beef roast or pork tenderloin, cubed
1 can beef gravy
Sour Cream
Onion, chopped
Garlic, minced
Mushrooms, sliced

- 1) Combine gravy, sour cream, onion, garlic, and seasonings in mixing bowl.
- 2) Fold in sliced mushrooms
- 3) Add cubed beef or pork
- 4) Transfer ingredients to oven-proof casserole
- 5) Follow roasting procedure above

Shrimp Stuffed Flounder

2 flounder filets
1 cup small cocktail shrimp
Brie Cheese, softened
Garlic, minced
Dry dill
Panko or plain bread crumbs

- 1) Chop shrimp and combine with cheese, garlic, dill and crumbs to make a stuffing
- 2) Portion stuffing onto flounder filets
- 3) Roll or gather stuffed filets and place stuffing-side down on baking sheet
- 4) Follow baking procedure above

Easy Chicken Oscar

2 Chicken breasts, pounded thin or sliced lengthwise
½ cup Crabmeat
1 Tbsp Mayonnaise
2 tsp Dijon mustard
1 Tbsp Worcestershire sauce
Onion, fine mince
Asparagus spears
Sliced Swiss Cheese

- 1) Combine crabmeat, mayonnaise, mustard, onion and worchestershire sauce to make crabmeat stuffing.
- 2) Place chicken breast on baking sheet and top with crabmeat mixture
- 3) Top with asparagus spears
- 4) Top with Swiss Cheese Slices
- 5) Follow baking procedure above

Bowtie Turkey Broccoli Cheese Bake

½ pound ground turkey
1 can condensed broccoli cheese soup
Broccoli florets
Bowtie pasta, cooked
Shredded cheddar cheese

- 1) Brown turkey in sauté pan, drain excess fat.
- 2) Combine turkey, soup, broccoli and pasta in oven-proof casserole dish
- 3) Top with shredded cheese
- 4) Follow baking procedure above

Recount Chicken Casserole

2 chicken breasts, cubed
Baby Carrots, whole
Onion, diced
Garlic, minced
1 cup chicken broth
½ can small peas
½ cup dry rice, uncooked
Poultry seasoning or Thyme, Sage, Rosemary
½ cup shredded Swiss Cheese
2 Tbsp Heavy Cream or Milk

- 1) Combine all ingredients but Cheese and Cream in oven-proof baking dish
- 2) Cover with foil and bake until rice has absorbed all fluid
- 3) Top with cheese and cream
- 4) Bake uncovered until cheese melts

Taco Fish

2 fish filets, flounder, cod, snapper, tilapia
3 cups tortilla chips, ground into crumbs
Flour and egg for breading
1 cup chunky salsa
Shredded Mexican flavored cheese

- 1) Flour, egg, and roll fish filets in ground tortilla chips
- 2) Place on baking sheet
- 3) Bake until fish is done.
- 4) Top with warmed salsa and shredded cheese

Roast Beef

Oven-ready Rib Roast, Round Roast or Tenderloin

Salt and pepper

Garlic, chopped

Onions, chopped

Carrots, chopped

Celery, chopped

Beef broth

- 1) Season roast with salt and pepper
- 2) Add vegetables and broth to bottom of a roasting pan
- 3) Place roast on a rack above the liquid
- 4) Cook to desired finished internal temperature
- 5) Strain and thicken pan juices with roux or cornstarch slurry for gravy

Baked Butternut Squash Gratin

Butternut Squash, peeled, seeded and cut into small cubes

4 Tbsp butter, melted

2 Tbsp flour

Cinnamon

Brown Sugar

1 cup milk

Grated Swiss Cheese

- 1) Combine flour, cinnamon and brown sugar
- 2) Combine squash cubes and melted butter
- 3) Add flour mixture to squash cubes
- 4) Transfer mixture to oven-proof casserole
- 5) Add milk and grated cheese
- 6) Bake until sauce is thickened and squash is soft

Sautéing

[WebCookingClasses Week 2, 3, 18, 21, 28,](#)
[“Burn Your Recipes, Volume 3”](#)



Sauté uses a conductive method to transfer dry heat from the source to the bottom of a sauté pan, through to the food product being cooked. I consider sauté to be the “driving the car of cooking”. As opposed to roasting, sauté demands your constant attention and adjustment of the cooking process. If you can’t sauté, you are limiting the amount of items you can cook.

Sauté uses high temperatures to cook quickly in a small amount of fat. “Sauter” in French means “to jump”, referring to using the sloped sides of the sauteuse to toss foods, or the jumping of heated items in the pan.



Procedure:

- 1) Preheat sauté pan on the stove top until droplets of water boil and evaporate immediately.
- 2) Add a SMALL amount of fat to the pan, swirling the pan to cover the bottom.
- 3) Heat the fat to just below the smoke point. Observe the fat changing from perfectly smooth in the pan to streaky. This is the indicator of reaching the smoke point.
- 4) Add your food item to the pan, “show” side down.
- 5) If cut into pieces, toss to cook evenly. If one large piece use tongs to turn the item.
- 6) Turn the item when cooked 75% on the first side. (observe coagulation of proteins)
- 7) Either remove the food item to a plate, or leave in the pan to create a sauce.
- 8) Add vegetables or aromatics to the pan, sautéing in the “fond” or pan drippings.
- 9) Deglaze the pan with a cold liquid, releasing the fond, and dropping the temperature of the pan.
- 10) Reduce the sauce to half its original volume.
- 11) Add condiments, flavorings, seasonings to the pan sauce.
- 12) If removed, return the food item to be cooked in a moist convective process.
- 13) Item is finished when it reaches the desired internal temperature.

Tips:

- 1) Pre-heat the pan. The most common mistake is starting sauté with a cold pan.
- 2) Food items for sauté should be as DRY as possible before cooking. The combination of fat and water will create splattering, and the food will be steamed instead of sautéed.
- 3) Control the heat. The sauté pan should be hot enough to create conduction of heat into the item being cooked, but not so hot that the surface burns before the middle cooks.
- 4) Consider cutting larger items into smaller pieces for the intense heat of sauté so they cook more quickly and evenly.
- 5) Do not crowd foods in the sauté pan. Cook in batches if necessary.
- 6) Use pans without a non-stick surface to promote the development of fond, the basis to the flavor in your pan sauce.
- 7) Always match deglazing liquids to the flavor profile of the dish you’re creating.
- 8) Stir-Fry is the Asian cousin of French sauté, using the same method in a Wok.
- 9)

Todd's Jambalaya Saute'

2 Tbsp Butter
Onion, small dice
Garlic, minced
Red and Green Pepper, small dice
1 Tbsp Flour
Beef Broth
Tomato Paste
Tabasco or hot sauce
Canned tomatoes, small dice
Shrimp, Crayfish, Sausage, Chicken (your choice)

- 1) Saute onion, garlic and peppers in butter
- 2) Add fish or chicken you've chosen (or all 4)
- 3) Add flour to create a roux
- 4) Add beef broth to create a thickened sauce
- 5) Allow sauce to thicken to desired consistency
- 6) Add tomato paste, diced tomatoes and hot sauce
- 7) Cover pan and allow all items to cook through

Orange/Soy Pork with Apples

2 boneless pork chops
Olive Oil
1 cup Orange Juice
2 Tbsp Soy Sauce
Garlic, minced
1 Granny Smith Apple, peeled and sliced
Cornstarch slurry

- 1) Brown pork chops in olive oil on both sides, remove from pan
- 2) Saute sliced apples in same pan
- 3) Deglaze pan with orange juice
- 4) Add soy sauce and garlic
- 5) Add cornstarch slurry in increments until sauce is desired thickness
- 6) Return pork to pan
- 7) Simmer gently until pork is done
- 8) Plate pork chops and spoon apple/orange sauce on top

Veal Rochester Saute'

2 Veal or Chicken Cutlets, pounded to ¼" thickness

1 cup Flour

1 Egg beaten

1 cup Grated dry Parmesan Cheese

¼ cup Heavy Cream or milk

¼ cup Chicken broth

2 Tbsp Sherry

Lemon

Butter

- 1) Complete a breading procedure by dredging cutlets in flour, egg, then parmesan Cheese.
- 2) Melt butter in sauté pan
- 3) Brown cutlets on both sides in butter, remove to a plate
- 4) Deglaze pan with Chicken Stock, reduce to ½ liquid
- 5) Add heavy cream, lemon. Return cutlets to the pan
- 6) Reduce the pan sauce at a very soft simmer to desired thickness
- 7) Plate the cutlets, pour sauce over top

White Tuna White Pasta Saute'

2 cans of tuna in water, 6oz each

½ cup Clam juice (bottled)

Butter

Minced Garlic

¼ cup Heavy Cream or Milk

Grated Parmesan Cheese

Oregano, Basil, Parsley

Cooked pasta spirals, penne, ruffles, your choice.

- 1) Saute garlic in butter
- 2) Add tuna and clam juice, reduce liquid ½
- 3) Add Heavy Cream or Milk and Parmesan Cheese
- 4) Reduce to desired thickness
- 5) Add seasonings and toss with pasta

Super-Quick Hawaiian Chicken Saute

2 Boneless Chicken Breasts
Sesame Oil
¼ cup Coconut flavored Rum
1 can diced pineapple in natural juice
1 carrot, shredded
1 onion, small dice
Toasted coconut
Toasted Macadamia nuts

- 1) Heat sesame oil in sauté pan
- 2) Brown chicken breasts on both sides, remove from pan
- 3) Add onion and carrot to pan, sauté until onion sweats
- 4) Deglaze pan with rum
- 5) Reduce liquid until almost dry
- 6) Add canned pineapple and juice
- 7) Return chicken to pan, cook under soft simmer until done
- 8) Garnish with coconut and mac nuts

Chicken Marsala Saute'

2 Chicken breasts, cubed
2 Tbsp Flour
Butter
Onion or shallot, diced
Mushrooms, sliced
1 cup Beef broth
¼ cup Marsala wine

- 1) Dredge chicken cubes in flour
- 2) Saute onion and shallot in melted butter
- 3) Add dredged chicken, sauté until brown
- 4) Deglaze pan with marsala wine.
- 5) Reduce until almost dry
- 6) Add beef broth and mushrooms
- 7) Simmer gently until sauce thickens and chicken is cooked

Shrimp Thai-Fry

1 pound shrimp, peeled and deveined, tail off

Sesame Oil

½ cup Coconut milk

¼ cup Peanut butter

1 Tbsp Brown sugar

1 tsp Red pepper flakes

½ tsp Curry powder

Carrots, Shredded

Bean Sprouts

- 1) Heat sesame oil in sauté pan until just before it smokes
- 2) Saute shrimp in sesame oil
- 3) Deglaze pan with coconut milk
- 4) Add peanut butter, brown sugar, red pepper flakes, curry powder and carrots.
- 5) Simmer shrimp in sauce until shrimp are done and sauce is desired thickness
- 6) Garnish with bean sprouts

Turkey Pasta Carbonara

½ pound of turkey bacon, cut into ½ inch strips (or regular bacon)

2 Tbsp Flour

Onion, small dice

Garlic, small dice

1 can small peas, drained

1 can diced tomatoes

1 cup Chicken broth

Butter

- 1) Cook turkey bacon in sauté pan until crispy and fat is rendered. If cooking regular bacon, drain excess fat first, using only what's left in the pan.
- 2) Add onion to bacon
- 3) Add garlic to bacon
- 4) Add flour to create a roux
- 5) Add chicken broth to create the sauce
- 6) Add peas and tomatoes
- 7) Simmer gently until sauce is desired consistency
- 8) Add 1 Tbsp butter at the very end
- 9) Serve over pasta

Chicken Fricassee

Bone-in Chicken pieces, leg, wing, thigh
Salt and pepper
2 Tbsp Butter
Onion, small dice
2 Tbsp Flour
¼ cup White wine
1 cup Chicken broth
½ cup Heavy cream or milk

- 1) Season the chicken with salt and pepper
- 2) Saute the chicken in butter without browning.
- 3) Add the onions and sauté until they sweat
- 4) Sprinkle flour over the chicken and onions and stir to make a roux
- 5) Deglaze the pan with white wine.
- 6) Add the chicken stock
- 7) Cover pan and gently simmer to desired internal temperature

Shrimp and Asparagus Stir Fry

8 ounces Shrimp, peeled and deveined
Asparagus tips
Shitake mushrooms, sliced
Sesame oil
Garlic, chopped
Red pepper Flakes
Soy Sauce
Vegetable broth
Cornstarch slurry

- 1) Heat sesame oil in wok or sauté pan until very hot
- 2) Saute shrimp until they just turn pink
- 3) Add Garlic, sauté
- 4) Add shitake mushrooms and red pepper flakes, sauté
- 5) Add vegetable broth and bring to a soft simmer
- 6) Make a slurry from cornstarch and soy sauce
- 7) Add cornstarch slurry to simmering sauté pan in increments to thicken

Moist Cooking Methods

Moist cooking methods use water, broth, wine, or any other flavorful liquid to impart heat in a convective, indirect method.

Poaching

[WebCookingClasses Week 5, 7, 18](#)
[“Burn Your Recipes” Volume 3](#)



Poaching is a convective moist heat cooking method that imparts heat and flavor through the liquid medium. Poaching uses the lowest temperatures of all moist cooking methods, between 160F and 180F (71C-82C).

Correct poaching liquid has little motion and no bubbles. Items can be fully submerged, or only partially submerged but covered with parchment paper to retain heat.

Procedure:

- 1) Bring a flavorful liquid to a full boil in an appropriate pan to accommodate your food item.
- 2) Place the food item directly into the liquid, or lower the item on a rack into the liquid.
- 3) The cold item should stop the full boil, but adjust the heat to retain the soft motion of a true poach.
- 4) Turn the item over if necessary.
- 5) The food item is finished when it reaches the desired internal temperature.

Tips:

- 1) Poaching is most often used for meats, poultry, fish, or eggs and not dried pastas or rice.
- 2) Use only tender items to poach as cooking times will be short and items will not tenderize.
- 3) The flavor of the poaching liquid will strongly affect the flavor of the poached item, choose a poaching liquid carefully.
- 4) Controlling the temperature and motion of the poaching liquid is most critical. If the liquid begins to simmer or boil, the agitation will toughen or break up the item.
- 5) Poaching liquid can be thickened for a pan sauce.

Poached Garlic Chicken

2 boneless chicken breasts, pounded or split lengthwise

Chicken broth

Whole Garlic Cloves

½ onion, chopped

1 carrot, shredded

Feta Cheese

- 1) Bring chicken broth, onion, garlic, carrot to a simmer.
- 2) Add Chicken, poach until completely cooked
- 3) Remove chicken from pan and increase heat to reduce sauce by ½
- 4) Add Feta Cheese to pan sauce, stirring to melt
- 5) Either: Serve pan sauce as-is, or puree sauce in a blender to make it smooth.

Poached Fish Florentine

1 pound Your favorite shellfish or fin fish, cubed

2 Tbsp Butter

2 Tbsp Flour

½ cup Milk

Garlic Cloves, Crushed

½ onion, whole

1 package frozen chopped spinach

- 1) Melt butter in sauté pan
- 2) Add flour to create roux
- 3) Add milk to make a white sauce
- 4) Simmer garlic cloves and ½ onion in white sauce
- 5) Add package of frozen spinach
- 6) Add cubed fish
- 7) Poach until fish is done

Pears Poached in Red Wine

2 Pears

Red Wine

Black peppercorns

Vanilla bean or extract

Sugar

Orange zest

- 1) Peel and core pears
- 2) Combine the remaining ingredients in sauce pan
- 3) Poach pears until tender, remove from pan
- 4) Reduce sauce to desired consistency, strain and pour over pears

Poached Mole Chicken with Black Beans

Olive oil
½ cup white rice
1 cup chicken broth
½ onion, chopped
Red and Green Peppers, chopped
1 can black beans
½ can diced tomatoes
2 chicken breast, cut into cubes
Cumin, coriander, cilantro, salt and pepper
Mole seasoning or cocoa powder

- 1) Heat olive oil in sauce pan.
- 2) Saute dry rice in olive oil to coat grains
- 3) Add onion and peppers
- 4) Add cubed chicken
- 5) Add black beans
- 6) Add tomatoes and seasonings
- 7) Poach chicken until rice absorbs all liquid

Poached Sole of Paris

2 Sole or other white fish filet
Butter
Shallots, minced
Mushrooms, sliced
White wine
Fish, chicken or vegetable broth
Parsley, chopped

- 1) Melt butter in sauté pan
- 2) Saute shallots and mushrooms quickly, then place fish filets over them
- 3) Add wine and broth
- 4) Bring the liquid to a very soft simmer
- 5) Turn the fish when cooked 75%
- 6) Remove the fish to a plate when finished
- 7) Reduce sauce to desired consistency, spoon over fish

Steaming

WebCookingClasses Week 6

“Burn Your Recipes” Volume 3



Steaming uses moist heat in a convective indirect method to cook foods. The food item is suspended above the boiling liquid similarly to the way items are cooked indirectly through smoking.

Steaming is the highest heat of all moist cooking methods, as water will turn to steam at temperatures above 212F or 100C, at sea level.

Procedure:

- 1) Place a small amount of water or flavorful liquid in the bottom of a stock pot, sauce pan, or steamer pan.
- 2) Assure the pan will accommodate a rack to suspend the food well above the boiling liquid and a lid that will fit tightly.
- 3) Heat the liquid to a full boil.
- 4) Once a moderate amount of steam is visible, lower the food item into the steaming pan on the rack or in the basket appropriate.
- 5) Reduce the heat to a soft simmer.
- 6) Place the lid on the vessel to create a closed convective environment.
- 7) The item is finished when it reaches the desired internal temperature, or the desired texture of steamed vegetables.

Tips:

- 1) Allow a considerable amount of steam to accumulate before adding the food item. The goal is to use moist heat, and before steam appears your pan is more like a dry heat oven.
- 2) Use only the most tender items to steam, as the quick indirect method will not tenderize items.
- 3) Do not let the food item touch the simmering liquid. Assure it is positioned as far above the liquid as possible to be cooked indirectly rather than directly. If the item touches the liquid, you're now poaching not steaming.
- 4) Steaming liquid can be thickened for pan sauce.

Steamed Flounder Pinwheels

2 flounder filets or other white fin fish
4 ounces Cocktail shrimp
2 Tbsp Mayonnaise
1 Tbsp Dijon mustard
2 Tbsp Worcestershire sauce
Panko or plain bread crumbs

- 1) Gently pound fish filets to consistent 1/4 inch thickness
- 2) Chop shrimp finely and combine with other ingredients.
- 3) Place stuffing on top of each filet
- 4) Roll the filets into a “tube” with stuffing in the middle.
- 5) Refrigerate for 1 hour to set.
- 6) Slice stuffed filets to reveal pinwheel shape
- 7) Follow steaming procedure above

Broccoli Almondine

Broccoli florets
Butter
Almonds

- 1) Steam broccoli florets until slightly soft
- 2) Heat butter in sauté pan and lightly toast almonds
- 3) Add broccoli to sauté pan to combine flavors

Steamed Salmon with Lemon and Olive Oil

2 Salmon filets
Juice of 1 lemon
2 Tbsp Olive Oil
Dill
½ tsp Dijon mustard
Salt and pepper

- 1) Combine all ingredients, except salmon, to make a dressing. Or, use your favorite bottled dressing
- 2) Steam salmon using the procedure above and top with dressing.

Steamed Shrimp Dumplings

10 Wonton wrappers
1 egg beaten
Carrot, julienne
Onion, julienne
Ginger, minced
Garlic, minced
Cocktail shrimp, minced
Soy sauce

- 1) Combine vegetables and chopped shrimp with soy sauce, set aside
- 2) Brush the edges of a wonton wrapper with beaten egg
- 3) Place a small portion of the filling on the wrapper.
- 4) Seal all edges by pressing together
- 5) Steam dumplings as per procedure above

Steamed Brussels Sprouts in Walnut Brown Butter

Brussels Sprouts
Butter
Walnuts

- 1) Steam Brussels Sprouts until slightly tender
- 2) Heat butter in very hot sauté pan until it starts to turn brown
- 3) Add walnuts and Brussels Sprouts to pan, tossing or stirring quickly