

Wet Methods of cookery- Poaching

- **Definition**

- Poaching is classified as a wet method of cookery where food is cooked in just enough water or cooking liquid to cover it, and is kept just below the boil. This is called a slow simmer.
- You can poach on the stove top or in the oven. Remember to keep the water at the correct temperature, 93°C to 95°C. This is to ensure the poached food does not break up.



Wet methods of cookery- Steaming

- **Definition**

- Steaming is classified as a wet method of cookery where food is cooked in a moist heat environment. The food itself is not cooked by any other heat source except for the surrounding steam or water vapour.



Wet methods of cookery- Braising

- **Definition**

- Braising is a wet method of cookery where the food is cooked in liquid in a covered pan or casserole container in an oven. It is considered a slow cooking method increases flavour and tenderises food. The liquid used for braising also becomes part of the sauce.



Wet methods of cookery- Stewing

- **Definition**

- Stewing is classified as a wet method of cookery where food cut into pieces is cooked slowly in the minimum amount of liquid to keep it moist, and is served together (food and liquid).



Wet methods of cookery- Deep frying

- **Definition**

- Deep frying is the cooking of food immersed in hot oil.
- The food being cooked is generally coated creating a steam effect



Dry Methods of cookery- Roasting

- **Definition**

- This is a dry cooking method where food is cooked with dry heat in an oven, or on a rotating spit. Moisture is provided by the addition of fat or oil which is brushed over the food.



Dry Methods of cookery- Roasting

- When spit roasting, the food is cooked by the heat radiating out from the flames (or heated elements) to cook the food. When you oven roast, the food is cooked by the convection of heat through the dish and the air space in the oven



Dry methods of cookery- Baking

- **Definition**
- This is a dry method of cookery where food has been cooked in an oven in dry heat without the addition of fat.
- Baking creates visual appeal, and produces a flavoursome texture.



Dry methods of cookery- Baking

- Delicate liquid-based foods, such as creme caramel or other baked egg custards, are cooked 'au bain marie' (water bath) which spreads heat more evenly and stops food overheating and breaking



Dry methods of cookery- Grilling

- **Definition**
- This is known as a fast method of cooking using radiant heat that is also known as broiling.



Dry methods of cookery- Shallow frying

- **Definition**
- Shallow frying is a dry method of cookery where food is cooked using a small amount of hot oil or fat in a shallow pan.
- **Stir frying**
- Fast frying strips of meat, chicken or vegetables in a wok or frying with a minimum of oil.



Dry methods of cookery- Shallow frying

- **Sautéing**
- A term used to describe shallow frying of tender meat cuts, poultry and seafood



Dry methods of cookery- Shallow frying

- **Sweating**
- Slowly extracting moisture from products to increase flavour
- Examples -
- Garlic
- Onions
- Vegetables



What other Methods of Cookery can you name ?

Kitchen Equipment

- The French term '**mise en place**' means to have everything in place, including equipment preparation.
- A lot of equipment requires certain procedures to prepare them for use.
- If there is any uncertainty about preparing these items for use, you should ask your Chef or follow the manufacturer's instructions.

Kitchen Equipment

- Kitchen equipment is specifically designed to store, prepare, cook, clean and serve food.

Kitchen Equipment

- Food equipment is classified according to use, i.e. utensils, mechanical equipment and large fixed equipment.
- The type of equipment depends on the needs of the establishment & the type of Menu to be prepared for.

Purchasing considerations should include

- Kitchen layout
- Product design
- Durability
- Performance
- Finish
- Size
- Cost
- Usefulness



Correct equipment can-

- Reduce preparation time
- Conserve energy
- Increase safety
- Increase productivity
- Generate labour savings
- ACHIEVE BETTER RESULTS

Small equipment can include-

- Items for measuring
- Storage containers
- Moulds, tins etc
- Crockery
- Knives and tools
- Saucepans



Small equipment can include-

- Baking pans
- Fry pans
- Stock pots
- Graters
- Strainers
- Thermometers



Large Equipment can include-

- Combi-steamers
- Deep fryers
- Dishwashers
- Brat pans
- Cool rooms
- Freezers



Large Equipment can include-

- Grills
- Char grills
- Ovens
- Ranges
- Stock pots
- Bain Marie



Cleaning and maintaining kitchen equipment

- Loosen food particles by soaking, scraping and pre-rinsing.
- Wash equipment by using hot water with a cleaning agent (detergent), scrubbing or scouring and jet spraying.
- Rinse with hot water to remove soil and detergent residue.



Cleaning and maintaining kitchen equipment

- Sanitise by using a chemical sanitiser or immersing in boiling water.
- Dishwasher's final rinse cycle is above 80°C which eliminates all airborne bacteria.
- Drying equipment can be achieved by using clean kitchen cloths, air drying and heat drying methods.



Electrical Equipment

- Check equipment before use.
- Never put hands close to live electricity or the moving parts of the unit.
- Switch equipment off after use.
- Switch equipment off and remove power plugs prior to cleaning.
- Do not use electrical equipment in wet areas.

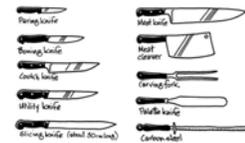
Caring for your Knives

- Carry with the point facing down, and close to the body.
- Wash the knife carefully, paying attention to where the handle joins the blade as food may stick in this area.
- Never soak knives in water or place in a dishwasher.
- Dry thoroughly with the blade pointing away from your hand.



Caring for your Knives

- Always wash and wipe the knife dry before use.
- Never leave knives in a sink with water.
- Never put wooden-handled knives through a dishwasher.
- Place clean knives in a wrap protector and /or tool box.



Cleaning is Everyone's Responsibility

