



Culinary Foundations I

Class 9: Culinary History ; Braising & Stewing

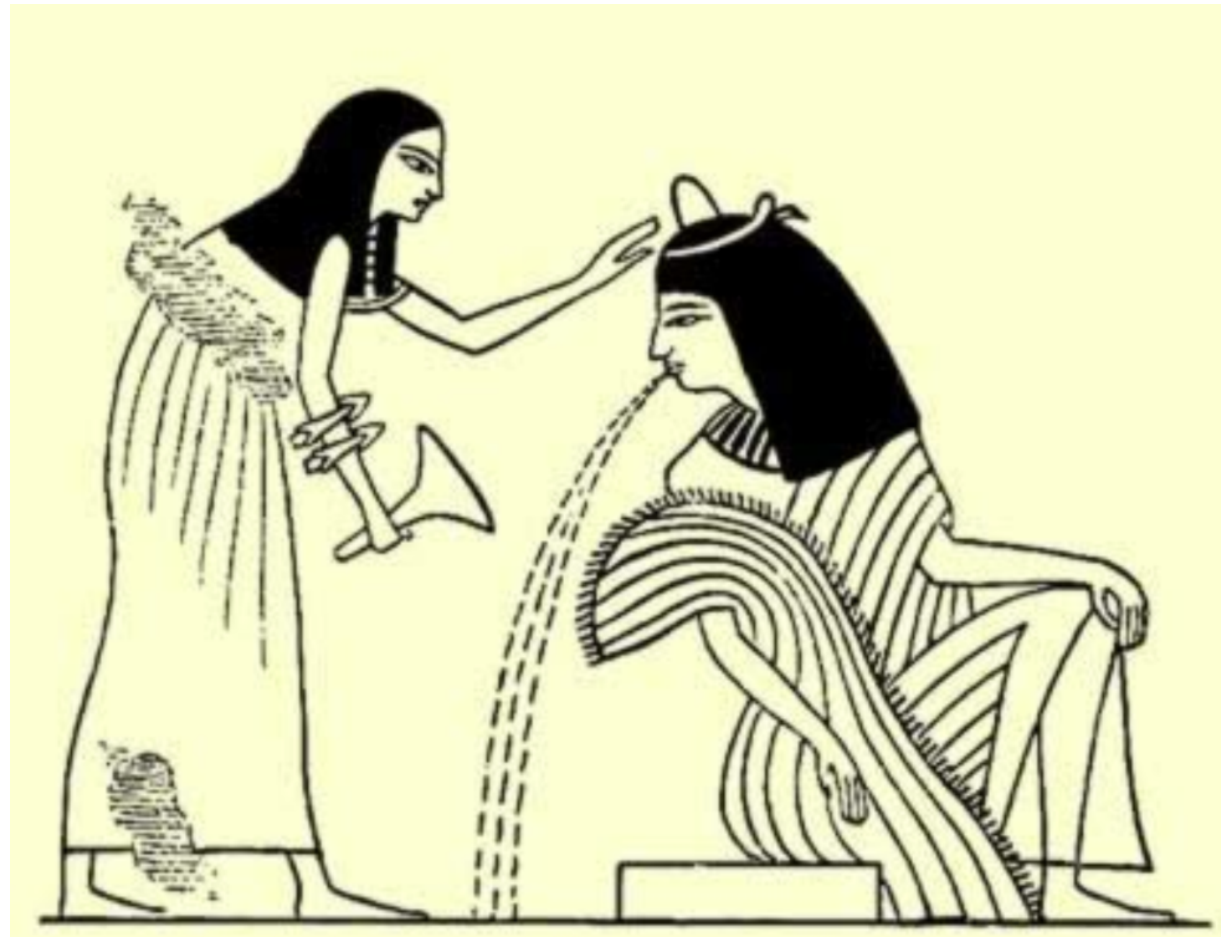
Prehistory



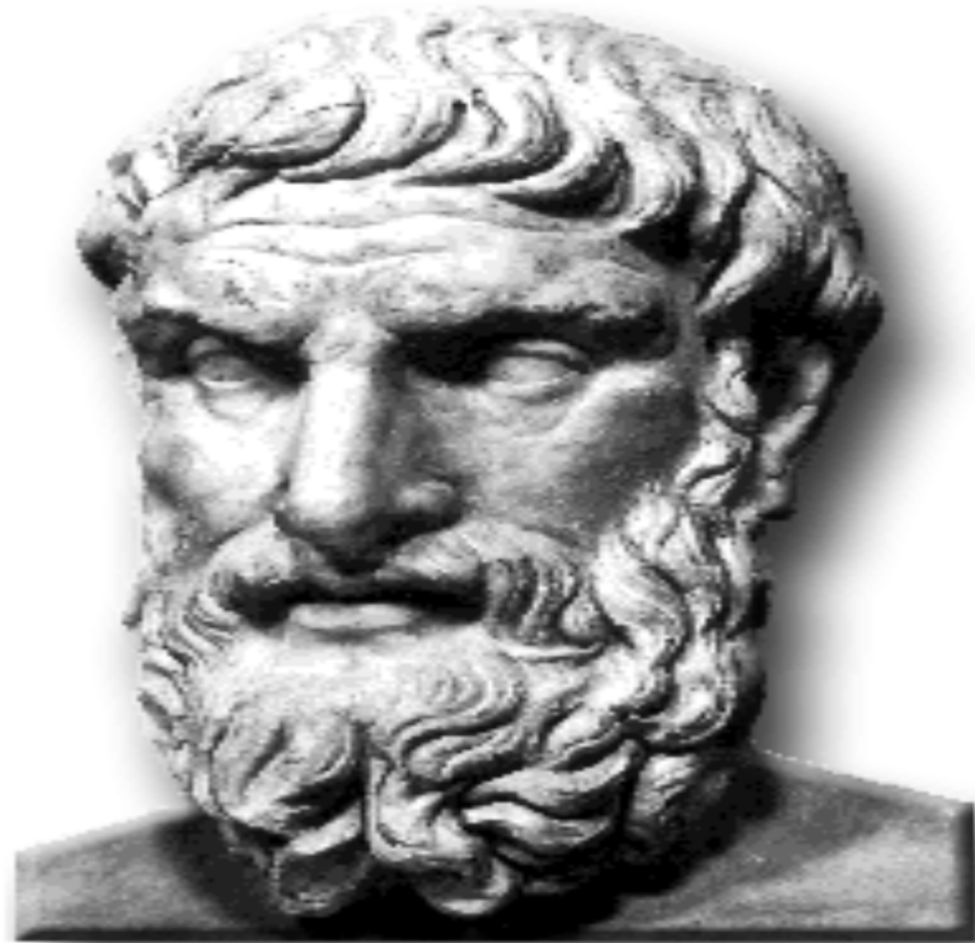
- ▶ 25,000 B.C. Homo sapiens use small pits lined with hot embers to cook food
- ▶ 12,000 B.C. Japanese begin to make clay cooking pots
- ▶ 5,000 B.C. Rice cultivation begins in China

Antiquity

- ▶ 1680 B.C. Leavened bread invented in Egypt
- ▶ And...Beer!



Ancient Greece & Rome



- ▶ Ancient Greeks rarely dine out, but did enjoy the social aspect of dining through banquets
- ▶ 301 B. C. Athenian philosopher Epicurus extols luxury and indulgence in food and drink, pleasure is the only good, achieved through restraint and balance.
- ▶ Epicurean = person with refined taste in food and wine

Ancient Greece & Rome



- ▶ 14 A.D. First known book of recipes *De Re Culinaris* (Of Culinary Matters) by Marcus Gavius Apicius
- ▶ Romans' desire for exotic food and spice, increased trade, stretched empire east and north

Roman Feast



Early Middle Ages (475-1000)

- ▶ A time of farming, feuding, feudalism
- ▶ Serfs had simple diet, food was bland and lacked variety.
- ▶ For the wealthy, food preparation and service began to be appreciated as an art.



The Renaissance

- ▶ 14th to the 17th Centuries, began in Italy and spread to France and Europe
- ▶ A cultural movement that was a revival of arts and learning

1533 Catherine de Medici

- ▶ Considered the birth of fine dining and a higher style of eating called *haute* (high) cuisine, a highly skilled system of food preparation.
- ▶ Haute cuisine was brought from Italy to France in 1533 by Catherine de Medici when she married King Henry II.
- ▶ Green beans, artichokes, spinach (Florentine), ice cream, even the fork.



“As they say in Italy, Italians were eating with a knife and fork when the French were still eating each other.”

Mario Batali

1650

- ▶ First coffeehouse
- ▶ Guilds organized in France
- ▶ Each guild controlled the production of its specialties
- ▶ Chaine de Rotissieres (roasters), Chaine de Traiteurs (caterers)
- ▶ Established many of the standards and traditions that exist today

1765 The First Restaurant

- ▶ In Paris, Monsieur Boulanger started serving a hot a soup of sheep' s feet simmered in white sauce he called *restaurers*, or a restorative of health.
- ▶ Sued by the Traiteurs who thought he was moving in on their action. The French government, needing more citizens employed dismissed the suit and the restaurant was born.
- ▶ (What was the first restaurant in the US?)

The 1st Restaurant in the US

Delmonico's, New York
1827



Industrial Revolution

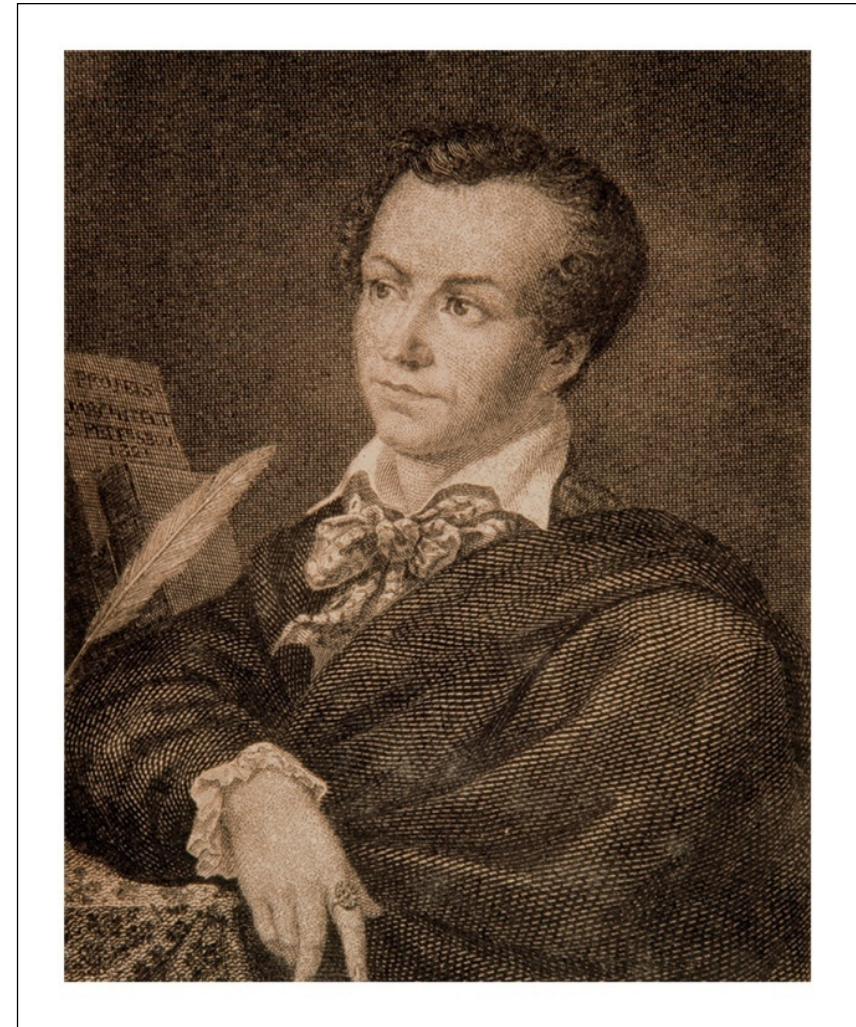


Science, Technology and Food

- ▶ 18th Century –A Scientific Revolution
- ▶ Positive effect on food handling and the health of everyone.
 - ▶ The Discovery of Vitamins (1919)
 - ▶ Better, more efficient farming methods
 - ▶ Luis Pasteur discovers pasteurization
 - ▶ Nicolas Appert discovers canning

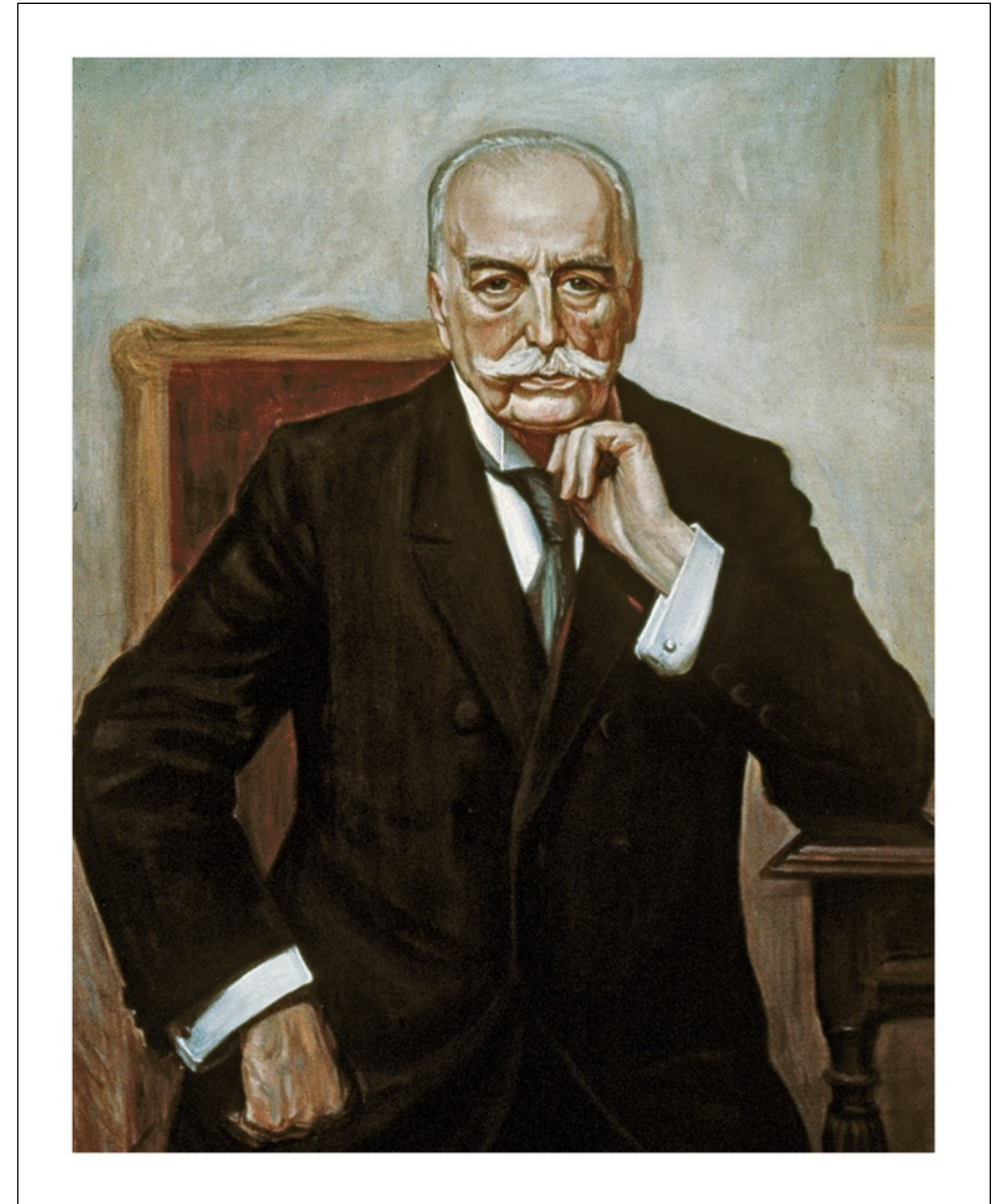
Marie-Antonin Careme (1783 – 1833)

- ▶ *Grand Cuisine*-intricate, rich, elaborate
- ▶ “King of Chefs, Chef of Kings”
- ▶ Chef to Prince de Talleyrand (became King George IV) and Tsar Alexander I of Russia, as well as Baron De Rothschild
- ▶ Goal was to achieve “lightness, grace, order”



Auguste Escoffier (1846 to 1935)

- ▶ Associated with *Classic Cuisine* – simplification of *Grande Cuisine*
- ▶ Refined preparation and presentation
- ▶ Never worked for royalty; focused on hotel dining including Place Vendome in Paris, the Savoy and Carlton in London
- ▶ Developed idea of 5 families of sauces
- ▶ Sought simplicity and balance



Escoffier, con' t.

- ▶ Highlights:
 - ▶ Canning / preserving food for army
 - ▶ Wrote 8 cookbooks including *Guide Culinaire* (Still in use today.)
 - ▶ Opened hotels worldwide with Cesar Ritz
 - ▶ The Brigade
 - ▶ Championed Professionalism

Classical Brigade System

Chef de Cuisine

Sous Chef

Chef de Partie

- ▶ Saucier
- ▶ Poissonier
- ▶ Grillardin
- ▶ Friturier
- ▶ Rotisseur
- ▶ Potager
- ▶ Legumier
- ▶ Entremetier
- ▶ Garde Manger
- ▶ Tournant
- ▶ Pâtissier
- ▶ Boulanger
- ▶ Confiseur
- ▶ Decorateur
- ▶ Demi-Chefs
- ▶ Commis

Modern Kitchen Brigade

Executive Chef

Executive Pastry Chef

▶ Executive Sous Chef

▶ Sous Chef

▶ Area Chef

▶ Line Cooks

▶ Pastry Chef

▶ Apprentices/Externs

Mid-20th Century

- ▶ *Nouvelle* (Fr. “New) Cuisine
- ▶ A Trend toward Lighter, More Naturally Flavored & Simpler Foods And...
- ▶ Away from many Classical Preparations and Seeking Innovative Combinations

20th Century & American Cuisine

▶ Food of Immigrants

- ▶ English and Northern Europeans
- ▶ Italian
- ▶ Chinese

▶ Food of Industrialization

- ▶ Foods of Convenience (ex. Cake Mixes)
- ▶ Technology (Microwaves, Electric Appliances)

New American Cuisine

- ▶ **1971 – Alice Waters**
 - ▶ *California Cuisine, Chez Panisse*
 - ▶ Emphasized High-Quality & Locally Grown
- ▶ **1980' s**
 - ▶ *Fusion Cuisine*
 - ▶ *A mixture of ethnic or regional ingredients and/or cooking methods*

Celebrity Chefs

- ▶ Julia Child
- ▶ Wolfgang Puck
- ▶ Emeril Lagasse

Braising and Stewing

‘A method of cooking food in a closed vessel with liquid at a low temperature and for a long time.’

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Braising and Stewing, Con' t.

▶ The Meat Matters

- ▶ Tough cuts of meat rich in collagen breakdown and tenderize the meat and create a sauce that is thick and rich.

▶ Slow Roast vs. Braise/Stew?

- ▶ The liquid in a braise or stew conducts heat much better than air. (Meat roasted at low temperatures never reaches a temperature sufficient to melt the collagen before the meat loses its moisture and dries out.)
- ▶ Yes, boiling or steaming the meat would work but wouldn't yield a flavorful sauce in the process.

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Classic Braised Dishes: *Osso Buco*



Classic Braised Dishes: *Short Ribs*



Classic Braised Dishes: *Coq au Vin*



Classic Braised Dishes: *Lamb Shanks*

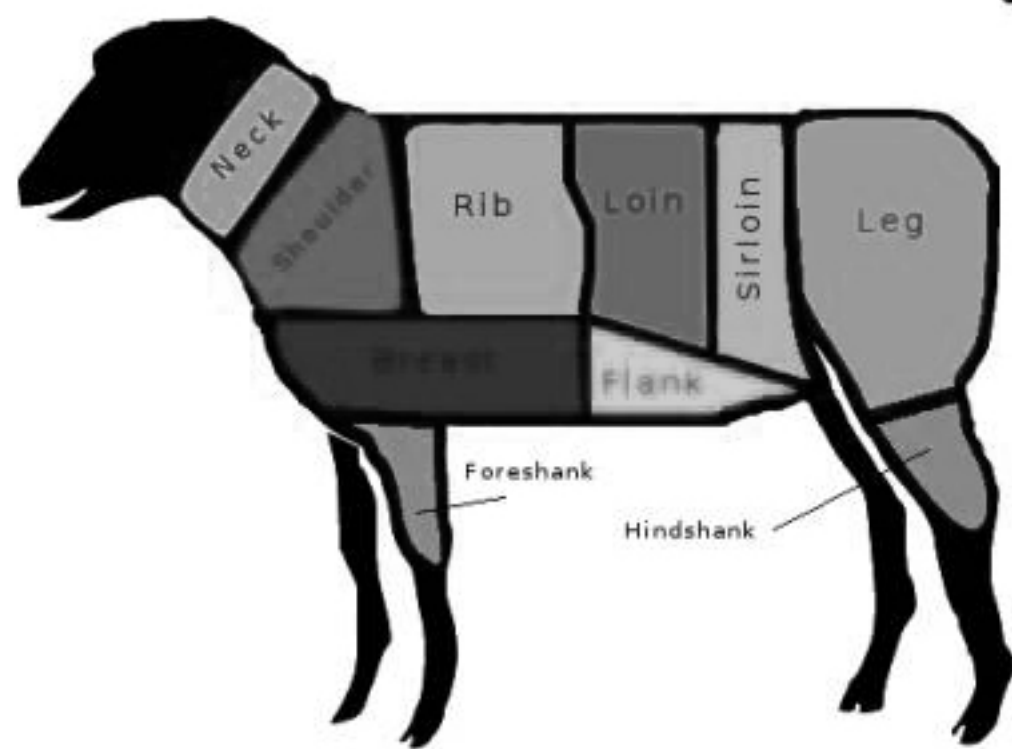
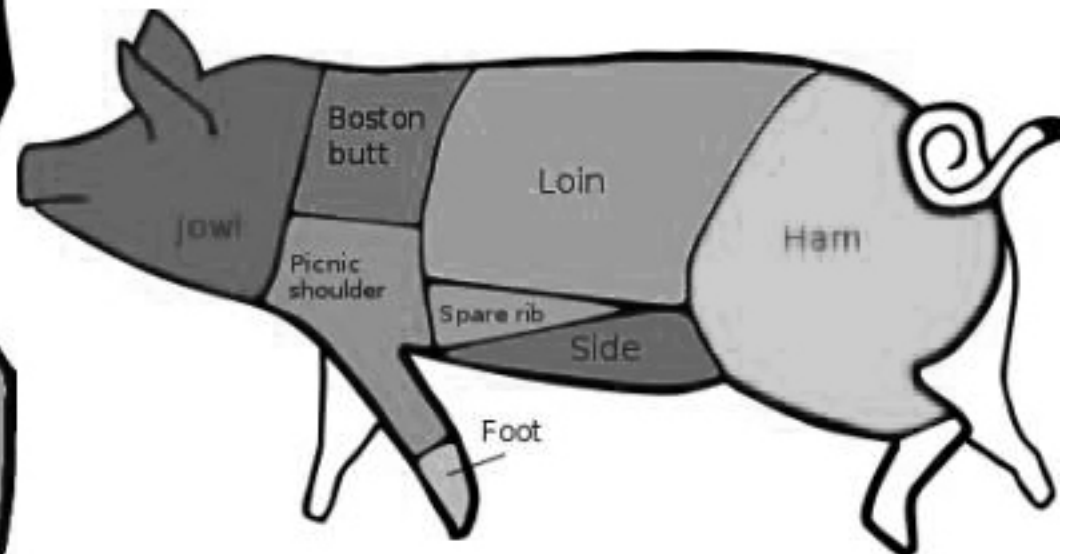
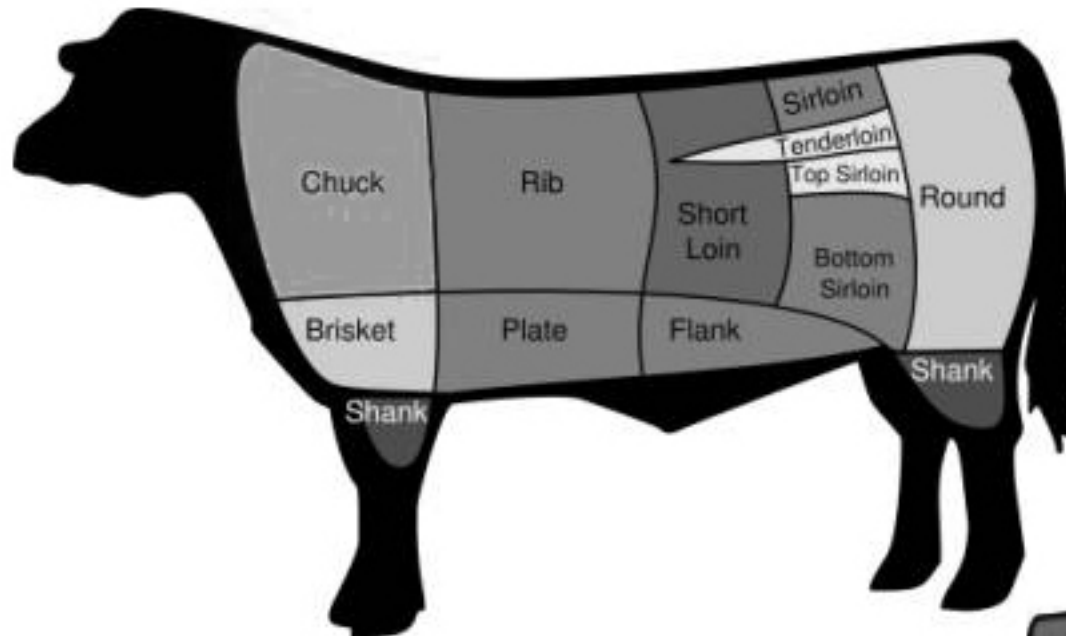


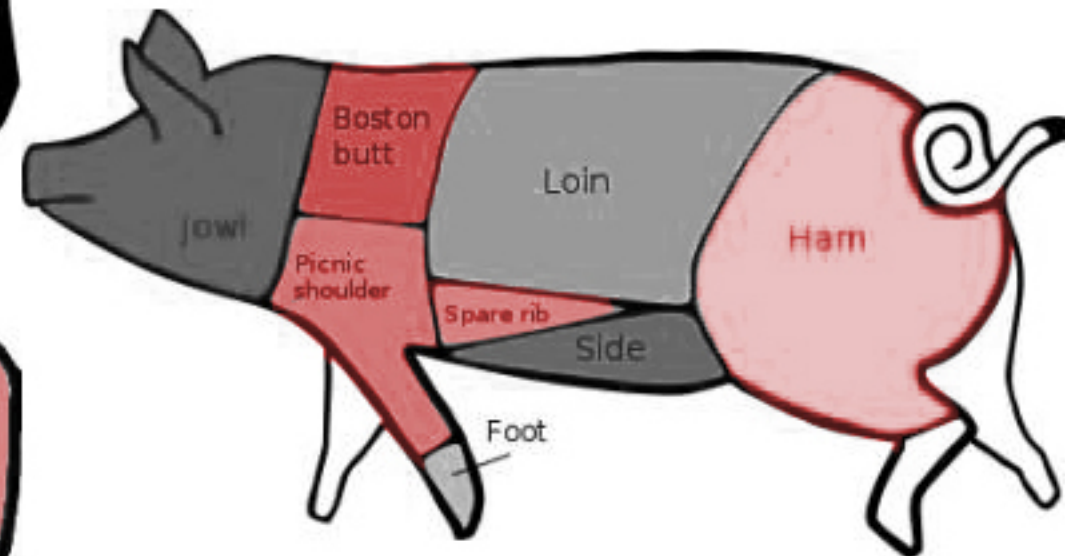
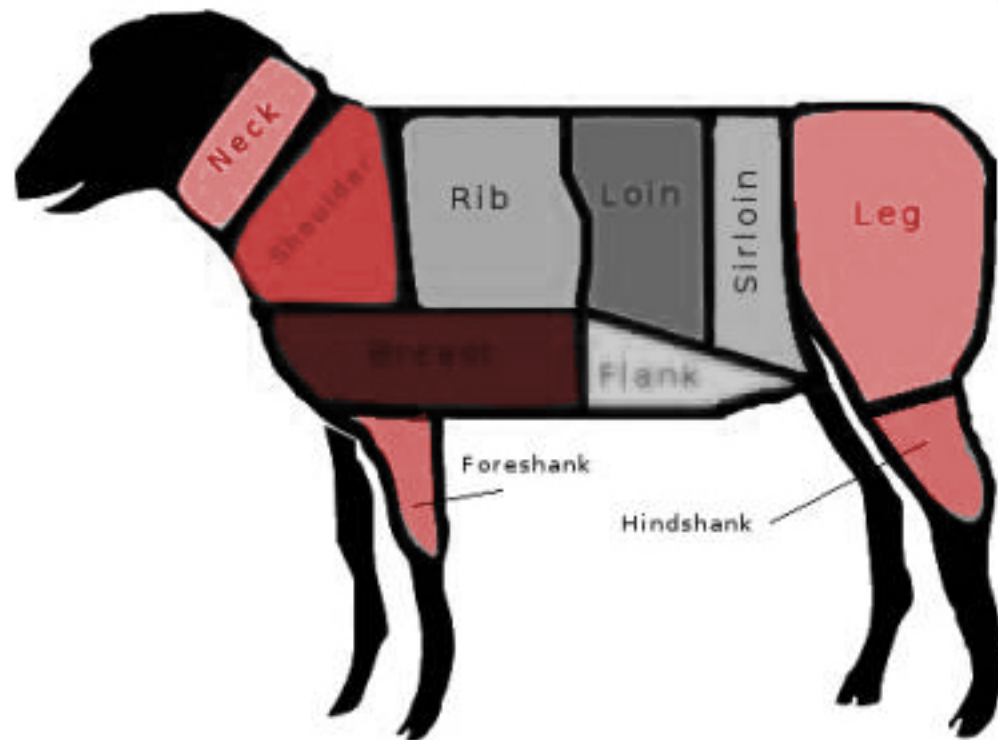
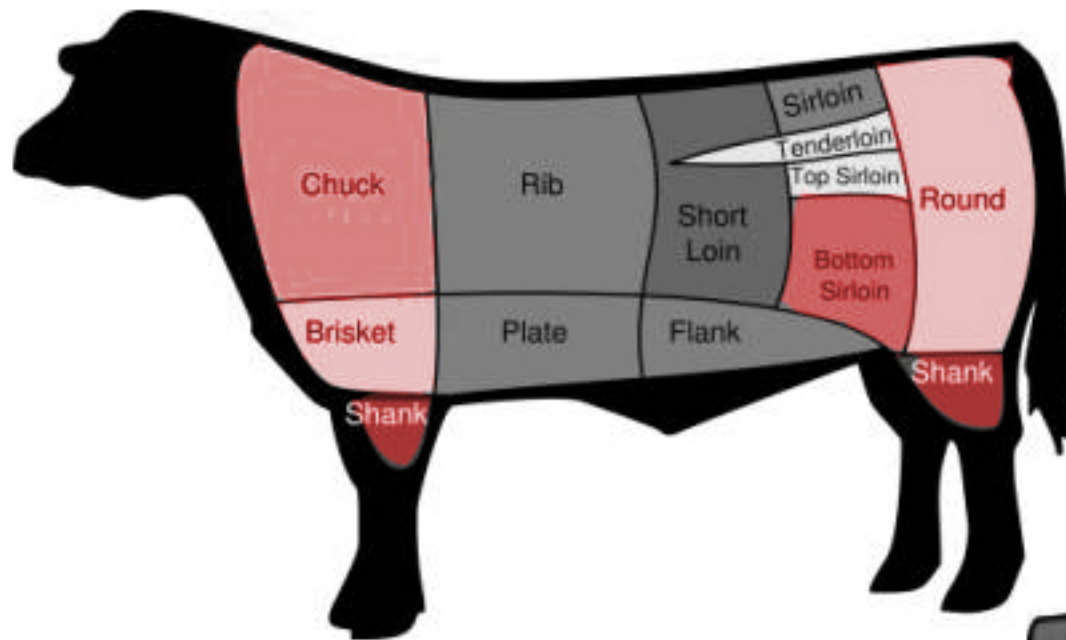
Braising and Stewing

- ▶ **Combination Methods**
 - ▶ Dry when meat is seared
 - ▶ Wet when cooked
 - ▶ Larger, portion sizes pieces
- ▶ **Searing Does Not “Seal” in Juices**
 - ▶ Starts Cooking Process
 - ▶ Adds Color
 - ▶ Adds Flavor
- ▶ **Generally, Low (180°-190°F) and Slow Cooking (1-3 hours)**

Braising and Stewing Con' t.

- ▶ **For Tougher Cuts of Meat** *“Close to the hoof or horn”*
 - ▶ Slow cooking releases collagen that melts into gelatin
 - ▶ Gelatin = Silky Texture and Thickness to Braising Liquid
- ▶ **Long Braises for Tough Cuts of Meat**
- ▶ **Short Braises for Vegetable and More Tender Cuts of Meat**





Muscles (in red) with higher amounts of collagen best for moist low temp cooking.

Cooking Vessels



Cocotte



Dutch Oven

Cooking Vessels, Con' t.



Skillet with Lid



Rondeau

Cooking Vessels, Con' t.



Doufeu

Braiser or Bistro Pan



No lids in a Commercial Kitchen



No lids in a Commercial Kitchen



Braising & Stewing Stages

1. The Main Ingredient
2. The Correct Cooking Vessel
3. Browning*
4. Fat = Flavor
5. The Aromatics
6. The Braising & Stewing Liquid
7. Deglazing and Reducing (for Braises)
8. In the Oven or On top of the Stove
9. Enrichments
10. Finishing

The Main Ingredient

- **The Best Foods for Long Braises**
 - Tough Cuts: Shoulder, Neck, Breast, & Leg Muscles
- **The Best Foods for Short Braises**
 - Vegetables
 - Poultry, *Especially Dark Meat*

The Correct Cooking Vessel

- The Correct Size
- Heavy
- With a Tight-Fitting Lid or Parchment Cartouche



Browning

- The surface of the food should be dry.
- Use just enough oil or fat to coat the bottom of the pan.
- Give the food plenty of space.
- Be patient.
- Don't walk away, and don't set the heat too high.
- After browning, evaluate the success.
- Alternatives: Broiler, Skillet, Grill
- *No Browning for White Braises*



Fat = Flavor

- Brown in a fat with a high smoke point
- Avoid Extra-Virgin Olive Oil & Butter
- Bacon, Pancetta, Lard, Duck Fat, Etc.



The Aromatics

- Mirepoix, French
- Battuto, Italian (Onions, Carrots, Celery Leaves, Parsley, and Garlic)
- Sofrito, Spanish (Onions, Celery, Carrots, Garlic, Parsley and Sometimes Tomatoes)
- Soffrito, (Italian)
- Chinese (“Mirepoix”) Ginger, Garlic, Chiles, & Scallions
- Trinity, Cajun (Onions, Celery, & Green Bell Pepper)

The Braising Liquid

- Water
- Stock
- Dry White or Red Wine
- Vinegar
- Vermouth
- Cider
- Beer
- Sake
- Brandy
- Sweet Wines
- Rum
- Tomato Juice



Deglazing and Reducing

- Deglazing, adding a liquid to capture the drippings (sucs or fond) in the pan
- Water, Stock, Wine, etc.
- Reducing refers to simmering the deglazing liquid to concentrate the flavors and thicken the liquid.

In the Oven or On top of the Stove

- **On Top of the Stove**
 - Best for Shallow or Short Braises
 - Good for Monitoring the Braise
 - May burn easier
 - Use a Heat Diffuser to Prevent Scorching
- **In the Oven**
 - Best for Long Braises
 - Low Even Cooking
 - Harder to Monitor

Enrichments

- Spice Rubs and Herb Pastes
- Dredging
- Meaty Enrichments

Finishing

- Defat (Degrassier)
- Strain
- Thicken by Reduction, a Roux or Slurry or Puree of Mirepoix
- Finish with:
 - Butter “*beurre monté*”
 - Cream
 - Fresh Herbs
 - Liquor
 - Horseradish
 - Honey

Braising/Stewing Procedure

- ▶ Cut and trim food
- ▶ Heat a small amount of oil
- ▶ Sear meat on all sides (except for white stews)
 - ▶ Use care not to over-cook smaller stew meat
- ▶ Add other ingredients, sauté
- ▶ Add flour or roux, if used
- ▶ Add cooking liquid to partially cover for a braise, cover completely for a stew
- ▶ Add aromatics & seasonings

Remove Silverskin



Braising/Stewing Procedure, con' t.

- ▶ Cover and simmer, low and slow
- ▶ When cooked, braising liquid may be degreased, strained and thickened for a sauce.
- ▶ Meats are cooked when “Fork Tender”
- ▶ Rest the braise for 10 minutes before serving



Examples of Stews

- ▶ **Blanquette**
 - ▶ A white stew of chicken or veal, finished with a liaison egg yolks and cream
- ▶ **Fricassée**
 - ▶ A white stew of veal, poultry or rabbit
- ▶ **Bouillabaisse**
 - ▶ Mediterranean Fish Stew
- ▶ **Goulash**
 - ▶ Hungarian meat stew with paprika and potatoes or dumplings
- ▶ **Navarin**
 - ▶ Lamb or mutton stew with turnips
- ▶ **Ragout**

Blanquette de Veau



Fricassée



Bouillabaisse



Goulash



Navarin



Class 9 Lab

Mise en Place

Knife Skills

Stewing/Braising Procedure

Beef Bourguignon Pot Pie (Stewing)

Braised Beef Short Ribs

Braised Celery

Carrots Vichy

Celery Root Puree

Practice Salmon Salad Nicoise as Time Permits



For Class 10: Final Exam & Practical

- ▶ **Written Exam (1 Hour)**
 - ▶ No Lecture
 - ▶ Use Lecture Time to Complete Final Written Exam
 - ▶ Online...Quia
 - ▶ You'll have 1 hour and 1 chance
- ▶ **Practical Exam (2 ½ Hours)**
 - ▶ Arrive Early
 - ▶ Remember Proper Sanitation
 - ▶ Establish Your Mise En Place
 - ▶ You'll have 2 ½ hours to complete the knife skills and present your Salmon Nicoise