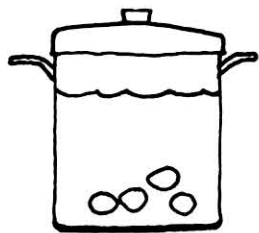


Dry cooking



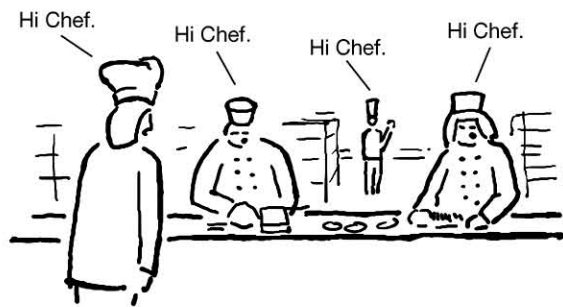
Moist cooking

There are only two ways to cook.

Dry cooking uses direct heat—radiation, convection, or oil. Methods include sautéing, panfrying, deep-frying, grilling, broiling, roasting, and baking. It produces browning or searing of the food's outside surface.

Moist cooking uses water, stock, or other liquid (other than oil) as a medium for transferring heat. Methods include blanching, boiling, simmering, poaching, and steaming. The foods are not browned and tend to be tender when done. For best heat transfer, the cooking vessel should be large enough for the food to be completely surrounded by the liquid or steam.

Dry and moist methods can be combined. In braising and stewing, a tougher cut of meat is seared with dry heat, and then simmered for several hours in liquid to tenderize.



Kitchen lingo

All day: total number of an item on one order, e.g., 2 burgers medium rare + 1 burger medium = 3 burgers all day.

Check the score: tell me the number of tickets that need to be prepared.

Dragging: not ready with the rest of the order, e.g., "the fries are dragging."

Down the Hudson: into the garbage disposal.

Drop: start cooking, e.g., "drop the fries."

Fire: start cooking, but with more urgency, e.g., "fire the burgers."

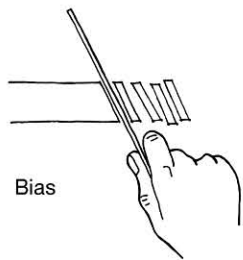
Get me a runner: get me someone to take this food to a table now.

In the weeds: running behind.

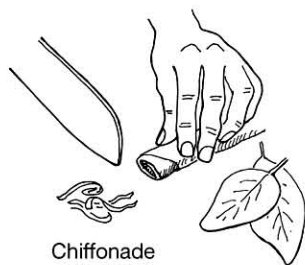
Make it cry: add onions.

The Man: the health inspector (whether male or female).

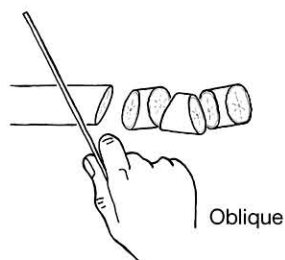
On a rail or on the fly: with extreme urgency, e.g., "get me two soups on the fly."



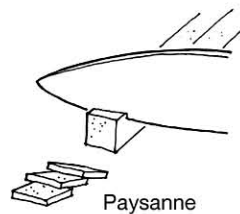
Bias



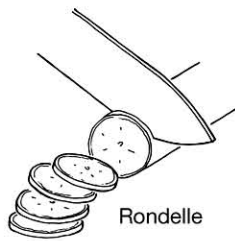
Chiffonade



Oblique



Paysanne



Rondelle



Tourné

Specialty knife cuts

Bias (BI-as) or **Asian**: a diagonal cut, often used for elongating slices of slender vegetables; greater surface area enables faster cooking.

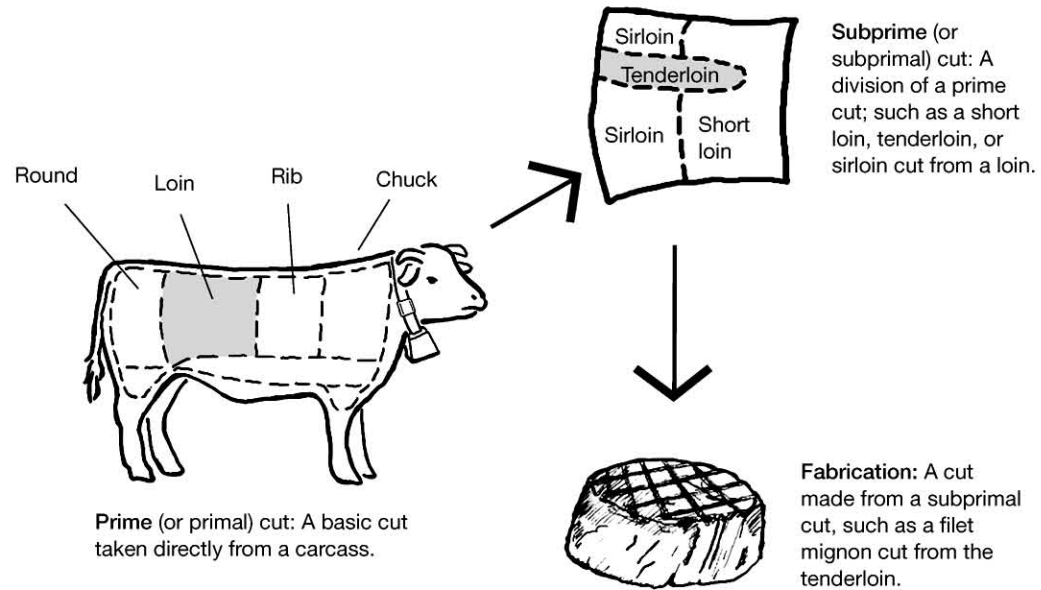
Chiffonade (chif-oh-NOD): a thin, shred-like cut used for leafy herbs and greens. The leaves are stacked, rolled into a cylinder, and thinly sliced.

Oblique (oh-BLEEK) or **Roll**: made in the manner of a bias cut, but the food is rolled a partial turn between each cut, producing an irregular "V" shape. Used for vegetables in stocks and roasting, as it maximizes surface area.

Paysanne (pie-ZAHN): a flat, square cut, about $1/2" \times 1/2" \times 1/8"$ thick. Used most often as a garnish.

Rondelle (ron-DELL): flat, round slices cut from vegetables or fruits, primarily used in soups, salads, and side components.

Tourné (tor-NAY): an aesthetic football- or barrel-shaped cut used for potatoes, carrots, and other root vegetables. $1-1/2"$ long \times $1/2"$ wide, with six or seven evenly spaced sections around and blunt ends. Tourné means *to turn* in French.



The primal (or prime) cuts of meat

A carcass is processed by quartering. It is split in half down the backbone, and then into forequarters and hindquarters. The quarters are then carved into the primal cuts sold to butchers, retailers, and restaurants, who create the smaller cuts found on shelves, menus, and plates. The primal cuts most used in restaurant service are:

Chuck: about 28% of carcass weight. A flavorful cut, but with many connective tissues, calling for moist or combination cooking. Not used as much as other prime cuts in food service. In veal and lamb, it is called shoulder; in pork, shoulder butt.

Rib: about 10% of carcass weight. Heavily marbled and very tender. Suited to dry or combination cooking. In veal, lamb, and pork, it is called rack.

Loin: short loin and sirloin together make up 15% of the carcass. Very tender; most of the popular and expensive cuts come from the loin. Excellent for roasting.

Round: 24% of carcass weight. Very flavorful, moderate connective tissues, best roasted/braised. Called leg in veal, lamb, and pork.

Fire extinguisher types

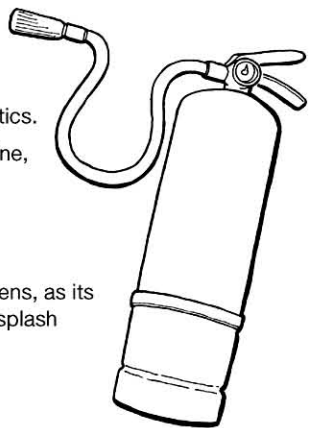
Class A: paper, wood, cardboard, some plastics.

Class B: combustible liquids including gasoline, kerosene, grease, and oil.

Class C: electrical fires.

Class D: combustible metals.

Class K: recommended for commercial kitchens, as its fine chemical mist prevents grease splash and fire reflash.

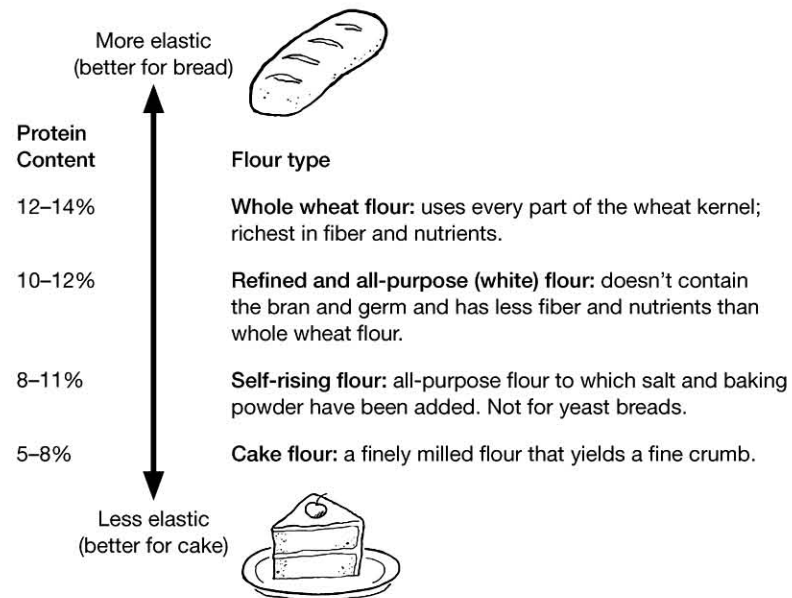


How to put out a grease fire

If a fire occurs in a stovetop pan, it usually can be smothered with a pan lid—preferably metal. Salt or baking soda can also be used for smothering, although a lot is required. A rag, blanket, or towel can be used to smother a non-greasy fire, but this should not be the first option.

The best tool is usually a dry chemical fire extinguisher. Blanket the fire with the fine spray mist. Clean up thoroughly afterward, as the chemicals will contaminate the kitchen.

Never pour water on a grease fire, as this will spatter the burning grease and increase the possibility of injury. And never carry a burning vessel to a “safer” place, as this will increase the chances of spreading the fire.



Select flour by protein content.

Protein content in wheat flour determines the amount of gluten and resulting elasticity. Bread dough needs the elastic gluten strands to trap yeast gasses, which give bread its desired chewiness and air pockets. In cakes, a lower gluten flour is needed for a finer, lighter crumb and minimal chewiness. Hard red wheat produces flour that is high in protein and gluten, while soft red wheat yields lower gluten flours.

Semolina flour (from durum wheat) is the exception to the protein-gluten rule, as it's high in protein but its gluten is not as elastic, making it perfect for pasta and couscous.