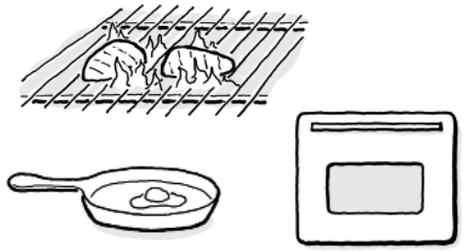
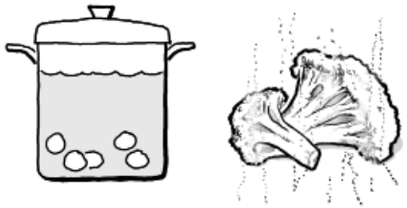


Dry cooking
direct heat or oil



Moist cooking
water-based

There are only two ways to cook.

Dry cooking directly exposes food to heat, using radiation, convection, or oil. Methods include sautéing, pan frying, deep frying, grilling, broiling, roasting, and baking. It produces browning or searing of the food's surface.

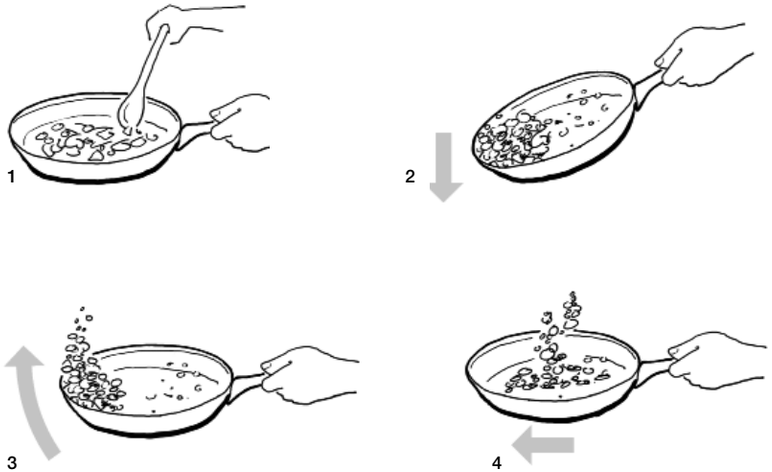
Moist cooking transfers heat to food via immersion in water or a water-based liquid, such as milk, wine, or vegetable stock. Methods include boiling, simmering, poaching, and steaming. Foods are not browned and tend to be tender when done.

In ***sous vide***, (soo veed, French for "under vacuum"), a food is sealed in plastic or glass and heated for a long time in hot water. This makes it an "in-between" method in which the water does not contact the food despite being the heating medium. In braising and stewing, dry and moist cooking are typically combined by first searing meat with dry heat, then simmering it at length in liquid.

Random hypothesis: the most universal texture preference is a crisp outside and tender inside.

In our primitive state, we were hunters and gatherers, acting on a natural impulse to seek, engage, conquer, and enjoy. Nature provided many of the foods we crave with barriers against our urges: the shell of a nut, the skin of a fruit, the hides of animals. These barriers increase our struggle but ultimately enhance our enjoyment.

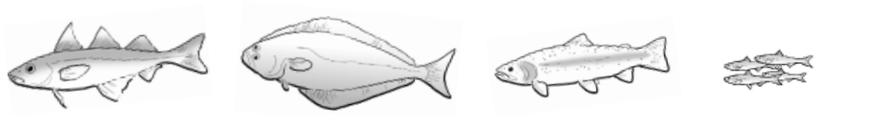
Our civilized engagement of food re-creates our natural state through a cultivated process of denial and reward. Whether we are baking bread, searing vegetables, browning a steak, or caramelizing the surface of crème brûlée, we are recreating and elevating our most primitive culinary desires.



How to do a pan flip

1. “Shimmy” the pan or nudge the food with a wooden spoon to make sure it isn’t sticking.
2. Lift the pan and tilt the far edge aggressively downward so the food slides away from you.
3. Just before the food slides out, quickly lift the far edge to direct the food upward and slightly back toward you. The food will become airborne.
4. Move the pan slightly away from you to catch the food in the center. Work on timing, so the completion of this step leads into the initial movement of another flip. But be careful not to remove the pan from the heat source for too long.

Novices should practice with a cold pan and a slice of toasted bread before risking injury or wasted food with a hot pan.



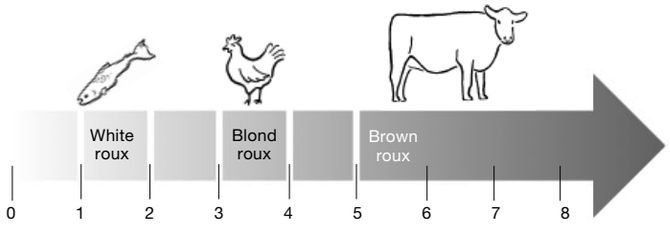
Very low-fat fish	Low-fat fish	Medium-fat fish	High-fat fish
< 2g	2–5g	5–10g	≥ 10g
usually lighter, flakier, milder		usually darker, firmer, more flavorful	
clams, cod, crab, **haddock,** lobster, mahi-mahi, scallops, shrimp, sole, tuna	**halibut,** mussels, ocean perch, oysters, tilapia; pink salmon	bluefish, catfish, **rainbow trout,** swordfish	herring, mackerel, **sardines;** Atlantic, Coho, sockeye, and Chinook salmon

Fat per 3 oz. in selected fish
(farm-raised counterparts may have more fat)

Fresh fish smells like the water it came from. Old fish smells like fish.

Fresh fish looks and smells clean and has a sweet, water-like scent. It should have no slime, cuts, or bruises, and the fins should be pliable. When selecting fish:

- Run your fingers across the scales. If they separate easily, it is not fresh.
- There should some tightness or resistance when you press gently on the fish.
- The eyes should be clear, shiny, and clean, and not sunken below the head.
- The gills should be bright pink or bright red, not dark red or gray.
- Check for “belly burn,” a dark reddish, bloodlike stain on the skin, which indicates that the viscera were left in the fish too long, resulting in bacteria growth.



Cooking time for roux, in minutes

How to thicken a stock, soup, or sauce

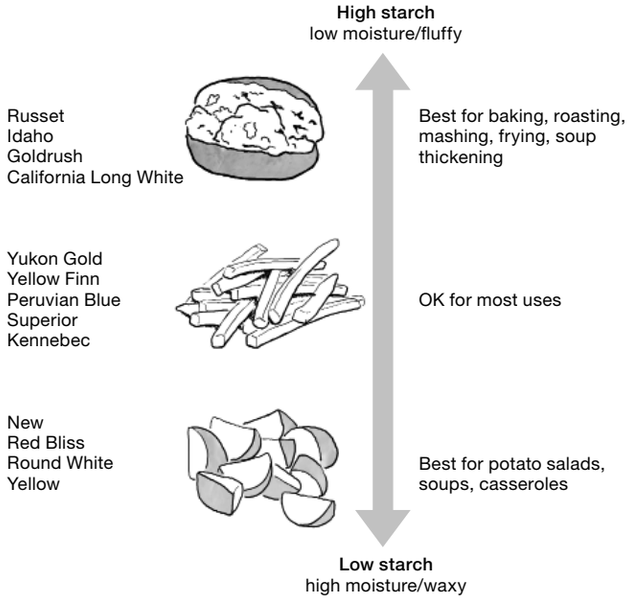
Reduction: Remove the pan lid and simmer until desired thickness is achieved. A preferred method for many cooks as it intensifies the native flavor of a dish.

Roux: Heat butter or other fat in a saucepan. Slowly add an equal weight of flour, stirring constantly to produce a paste. The longer the roux is heated, the darker and more flavorful it will be, although the less thickening power it will have.

Slurry: Mix a powdered product with cold water or stock until smooth, and slowly add to the sauce. Corn or potato starch are good for dairy-based, but not acidic (e.g., tomato), sauces, are gluten-free, and yield a mostly clear product. Kudzu and arrowroot powder freeze well and are good for acidic sauces. Wheat flour is fairly versatile, but will make a clear broth or sauce opaque.

Egg yolk: Suits dessert sauces and cream-based savory sauces. Requires tempering (slowly adding hot or warm sauce to the egg) so the egg doesn't scramble.

Gelatine: Good for both sweet and savory; entirely flavorless and crystal clear. Thickens more as it cools. May unfavorably alter texture in some instances.



Potatoes: more starch = fluffier; less starch = better shape

If you're making a stew, potato salad, or potatoes au gratin, you want shape retention. Choose a waxy, **low-starch potato**, as its naturally high moisture content keeps it from absorbing too much water during moist cooking, allowing it to hold its shape. Low-starch potatoes are often small and round with a smooth thin, waxy skin.

If you're baking, mashing, or deep-frying, you want fluffiness. Use **high-starch potatoes.** They aren't good for moist cooking because they absorb a lot of water, which can cause them to lose their shape. However, this makes them a good soup thickener.

All-purpose potatoes have medium starch. They are good for everything, although not exceptional for anything. **New potatoes** are any type of early or freshly harvested potatoes, whose sugars have not fully converted to starch. They perform in general like waxy potatoes.