

# In the Kitchen - Cookery Method Demonstration

## Directions:

*Mise en place* the recipe for one of the recipes included and prepare the dish. Each recipe is an example of either a dry-heat, moist-heat or combination-heat cookery method.

## Dry-Heat Cookery Method: Roasting

### Roasted Vegetables (makes 12 servings)

#### Ingredients:

- 1 small butternut squash, cubed
- 2 red bell peppers, seeded and diced
- 1 sweet potato, peeled and cubed
- 3 Yukon Gold potatoes, cubed
- 1 red onion, quartered
- 1 tablespoon chopped fresh thyme
- 2 tablespoons chopped fresh rosemary
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- salt and freshly ground pepper

#### Preparation:

1. Preheat oven to 475°F (245°C).
2. In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces and add them to the mixture.
3. In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt and pepper. Toss with vegetables until they are coated. Spread evenly on a large roasting pan.
4. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes or until vegetables are cooked through and browned.

#### Source:

<http://allrecipes.com/Recipe/Roasted-Vegetables>

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## Moist-Heat Cookery Method: Poaching

### Poached Eggs (makes 4)

#### Ingredients:

- 4 eggs, at room temperature
- 2 teaspoons white vinegar
- thickly sliced bread, toasted and buttered and chopped chives, to serve

#### Preparation:

1. Working with 1 egg at a time, crack an egg on to a saucer. Fill a wide saucepan with water until approximately 1/2 inch deep. Add vinegar and 1 teaspoon salt. Bring to boil over medium-high heat. Reduce heat to low-medium— water should be just simmering, with small bubbles rising from the base of pan and small ripples across the top of the water.
2. Fill a bowl with cold water and set aside. Using a wooden spoon or whisk, stir simmering water in one direction to create a whirlpool (this will help to give your poached eggs a unique shape).
3. Slide egg from saucer into center of whirlpool, as close to water as possible. Cook for 2 to 3 minutes for a semi-soft yolk or 3 to 4 minutes for a firm-set yolk, without stirring.
4. Using a slotted spoon, transfer egg to the bowl of cold water (this stops the cooking process). Remove and drain on a plate lined with paper towels. During and between cooking eggs, use the slotted spoon to skim any foam from water surface. Repeat with remaining eggs. To reheat eggs, bring a clean pan of water to a boil then remove from heat. Add eggs. Stand, covered, for 1 minute. Remove and drain on a plate lined with paper towels.
5. Serve eggs on toast, sprinkled with chives and seasoned to taste with salt and pepper.

#### Source:

<http://www.taste.com.au/recipes/8820/basic+poached+eggs>

# In the Kitchen - Cookery Method Demonstration

## Combination-Heat Cookery Method: Braising

### Braised Green Beans & Summer Vegetables (makes 6, 1 cup servings)

#### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1 small onion, halved and sliced
- 1 tablespoon finely chopped fresh oregano or 1 teaspoon dried oregano
- 1/2 cup reduced-sodium chicken broth
- 1 pound green beans, trimmed
- 1 medium summer squash or zucchini, large diced
- 1 cup halved cherry tomatoes or grape tomatoes
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/4 cup finely shredded Parmesan cheese

#### Preparation:

1. Heat oil in a large skillet over medium heat. Add onion and oregano and cook, stirring until softened and beginning to brown, about 2 minutes.
2. Add broth and bring to a boil.
3. Add green beans, reduce heat to a simmer, cover and cook for 10 minutes, stirring once or twice.
4. Add summer squash (zucchini) and tomatoes and continue cooking until the vegetables are tender, 8 to 10 minutes more.
5. Season with salt and pepper.
6. Serve sprinkled with Parmesan cheese.

#### Source:

[http://www.eatingwell.com/recipes/braised\\_green\\_beans\\_summer\\_vegetables.html](http://www.eatingwell.com/recipes/braised_green_beans_summer_vegetables.html)