

Sauté

Protein Sauté



1

Preheat pan until a drop of water dances and evaporates quickly.



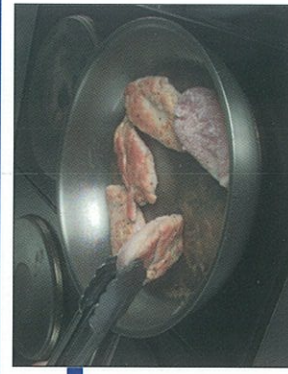
2

Add oil and heat to: 475°F (246°C) for red meats; 375°F (191°C) for white meats and fish.



3

Season and dredge main item according to recipe.



4

Add protein item and sear it to achieve proper color on both sides.



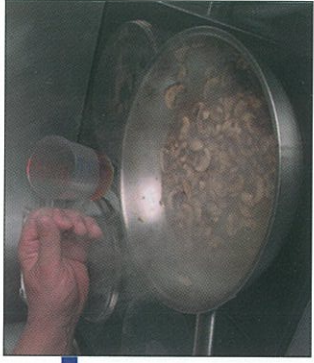
5

Pour off excess oil from pan.



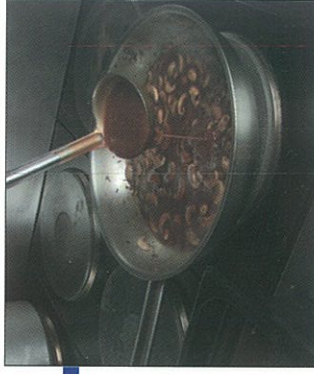
6

Reduce heat and add aromatics and other vegetables.



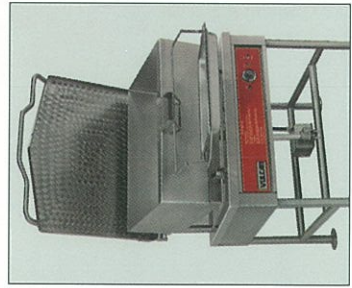
7

Deglaze the pan by adding a small amount of liquid and stirring to release the fond from the bottom.



8

Add sauce and any additional ingredients and heat thoroughly.



Tilt Skillet Method

The same method can be used in a tilt skillet for large batches.



- Hot foods at 140°F (60°C) or above.
- Cold foods at 40°F (4°C) or below.
- Use utensils or gloves when handling ready-to-eat foods.



- Use the proper size pan—overcrowding will cause food to steam.
- For volume cooking, sear meats, shingle in hotel pan and hold at 150°F (66°C).
- Start each sauté session with a clean pan.