



STRATFORD
CHEFS
SCHOOL

Where the
Best Chefs
Train SINCE 1983

SCS Cooking Fundamentals | 12 Class Series

Week 1: Boiling

The series begins with boiling; a safe and simple method of cooking with a self-regulating temperature. Liquid is boiling when it is rolling vigorously, and bubbles break frequently on its surface. Water, the most widely used liquid for this method of cooking, boils at 100°C (212°F). In practice, there are slow, medium and fast boils. It is necessary to adjust the level of the boil to suit the food being cooked — if boiled too hard the ingredients may deteriorate; if boiled too low, foodstuffs may stick to the pot.

From pasta to risotto, salads to soup, learn a variety of recipes dedicated to the method of boiling.

Recipes:

- Spaghetti with Meat Balls
- Soup au Pistou
- Classic Niçoise Salad
- Vegetables a la Greque
- Rice pudding with Earl Grey and coconut
- Intro to Duck Butchery

Week 2: Poaching & Sous Vide

Whereas boiling involves immersing foods in an active, sputtering liquid, poaching requires a gentler approach. The temperature of the cooking liquid is much lower: it does not bubble but trembles and shivers delicately; a welcome bath for fragile foods. This refined method is more challenging to master than boiling as it requires more attention to the regulation of temperature and movement.

Recipes:

- Sous Vide Eggs Benedict with Hollandaise
- Sous Vide Duck Breast with Confit Duck Leg, Crisp Potato and Hazelnut Cream
- Gnocchi Parisienne with Pea Puree and Brown Butter Croutons
- Poached Pear with Crème Anglaise, Hazelnut Cake and Garnishes

Week 3: Pan-Frying

Pan frying is a dry-heat method of cooking that relies on oil or fat as the heat transfer medium, and on correct temperature and time to not overcook or burn the food. Pan-frying differs from sautéing in several important ways. Pan frying takes place at lower heat and longer cooking time. Although both involve cooking portion-size items of food over relatively high heat, pan-frying requires more fat because the food is not moved very much. The results should be an attractive crisp textured food with a moist interior.

Recipes:

- Crepes Cake, Blueberry Jam, and Chantilly
- Gyoza Pot-stickers with Chili-soy Sauce
- Fish Tacos with House Tortillas and pineapple salsa
- Scallop Beurre Blanc with creamed Brussels sprouts

Week 4: Sautéing & Knife Sharpening

Since both sautéing and pan-frying are done in a pan, people often confuse the two, but there are distinguishing features. Sautéing is a much more vigorous and involved technique than pan-frying because it uses less fat. Sautéing uses smaller cut portions cooked over a higher heat. Its name comes from the French sauté, meaning “to jump”. This refers to the idea that foods cooked this way are often tossed as they cook to prevent sticking and scorching.

Recipes:

- Tarte Flambe with Caramelized Onions
- Spaghetti Carbonara
- Shrimp Scampi with Spiralized Vegetables and Lemon Cous-Cous
- Chicken Piccata with butter noodles
- Sauteed Mushroom in mini phyllo cups with crispy Shallot

Week 5: Stir-Frying

Stir-frying involves only a short cooking time, and a great deal of precision and finesse on the cook's part. Because a spoon and set of chopsticks are the only utensils permitted at a Chinese table, it is crucial that items to be stir-fried are of uniform size. If the pieces are not of similar size, cooking will be uneven and the finished results substandard. To further complicate advance preparations, there are strong customs and traditions dictating the ways in which certain ingredients must be cut and/or cooked.

Recipes:

- Stir-Fried Beef and Broccoli with sticky rice
- Sweet and Sour Pork
- Vermicelli with BBQ Pork
- Mushroom Fried Rice

Week 6: Deep-Frying and Fermentation

The aroma and succulence of deep-fried foods are enticing; no other cooking method can duplicate the unique taste and texture deep-frying imparts to food. This dry-heat method involves rapidly cooking food by submerging it in hot fat, most commonly oil, yielding a crunchy golden-brown surface and tender interior. The quality of deep-fried foods depends largely on the fat used and its temperature.

Recipes:

- Fish & Chips with Tartare Sauce and Preserved Lemon
- Chicken Taquitos and Sauerkraut
- Fried Chicken Sandwich and full sour Pickles
- Tempura Vegetables with House Ponzu and Kimchi

Week 7: Braising & Stewing

The primary differences between a braise and a stew are the size of the item cooked and the amount of liquid used. While braises generally involve larger cuts of meat (whole joints), stewing meat is normally cut into smaller pieces. Stews require more liquid than braises, unlike braises the items in a stew should be completely submerged by liquid. In addition, stews are normally cooked on top of the stove, uncovered, while braises are cooked in an oven in a covered vessel.

Recipes:

- Beef Bourguignon
- Chicken Thigh Cassoulet and Potato Pave
- Paella
- Pozole Soup and Puff Pastry

Week 8: Roasting & Baking

Roasting is the most primitive cooking method, having been discovered by the time of the Neanderthals, but of all cooking methods, roasting is the only one to claim its own course in classic menu structure. The roast is given pride of place in the “triad” of meats that form the core of French haute cuisine meals. Although what we consider to be roasting now mostly occurs in enclosed ovens, roasting is distinct from baking because a certain degree of frying, due to rendered fat, occurs during roasting. This frying effect does not occur in baking. Additionally, in baking, a cooking vessel is invariably used. It can be edible (pastry crust), or inedible vessel (pan, foil, or mould).

Recipes:

- Leek and Bread Pudding
- Beef Wellington with Demiglace and Potato Pave
- Empanadas with Sauce Romesco
- Bone Marrow with Parsley Salad and Grilled Sourdough

Week 9: Steaming

Steaming is one of the most nutritionally sound methods in a cook's repertoire since it is relatively fast, preserves nutrients, and requires no fat. Steaming is a method best-suited to cooking delicate items like fish, grains and vegetables. Dumplings also require steaming; baking them would result in an altogether different result, and boiling would damage them. Ingredients must be of the highest quality since steaming will only accentuate any hint of food staleness or age. Steaming is an efficient method in terms of time, energy and space.

Recipes:

- Steamed Salmon Rilette with Plantain Chip
- Mussels Meunière
- Pork Carnitas Tamales with Pickled Shallots and Crema
- Bao Bun two ways

Week 10: Grilling

Grilling is often considered the "perfect" cooking method for the nutritionally minded chef. Items suited to it are generally lean and, like steaming, do not require the addition of fat. Since grilling is a fast method, meats are usually prime cuts; cooking time will not be long enough to break down connective tissue. Because the cooking period is very short, there is very little opportunity to introduce flavour; marinating can help solve this. Delicate items often benefit from basting with oil or fat to add flavour and moisture, and to prevent sticking.

Recipes:

- Yakitori Skewers with Sushi Rice and Spiralized Cucumber
- Grilled Steak with Sauce Béarnaise and French Fries
- Grilled Salmon with Ratatouille, Cous-Cous and Fennel
- Grilled Chicken Flat Bread with Tzatkiki

Week 11: Salt Curing & Ceviche

Recipes:

- Seafood Ceviche with a trio of "chips"
- Duck Prosciutto Caesar Salad
- Steak Tartare with Rye Cracker
- Bahn Mi with Chicken Liver Mousse and Pickles

Week 12: Group Dinner