

Cooking Methods

Kitchen

Dry heat against moist heat, and which cuts each one suits.

Dry heat — fast, browns

- Roast, grill, sear, fry, sauté
- Above 140°C, so the Maillard reaction runs
- Builds crust and deep flavour
- For tender cuts: steak, chicken breast, fish

Moist heat — slow, tenderises

- Braise, stew, poach, steam, boil
- At or below 100°C
- Dissolves collagen into gelatine
- For tough cuts: shin, shoulder, brisket

THE DIFFERENCE THAT MATTERS

Braising does both: sear first for flavour, then liquid and time for texture. That is why it suits the cheapest cuts.

Browning is not sealing — it adds flavour, and does not keep moisture in.