



Make fine cooking **second nature**™

Sauté Like a Pro with Infusion Culinary

Follow the simple steps below, and you can sauté like a professional cook! One of the most frequently used cooking methods, sauté is also easy, simple, and if done correctly, a healthy way to cook!

Equipment

- You need a pan large enough to contain the food to be sautéed in a single layer. Bigger is better, but make sure the pan is not too much wider than your largest burner or cooking element.
- The ultimate pan for sauté is, no surprise, a sauté pan. This pan has a flat bottom, plus straight sides about 2 to 3 inches tall. Next best is a fry pan. While skillets are great pans, they tend to be made of cast iron, which is pretty heavy for most sauté tasks!
- Material – best, safest, and most sturdy, is stainless steel sandwiched with aluminum (or copper if you can afford it). Please, do not use a non-stick pan. These cannot be used on high heat safely, plus you cannot make a pan sauce in a non-stick pan – more about this later.
- A nice solid wooden spoon, and a nice solid set of metal tongs.

Preparation – or Mise en Place

- All food items need to be washed, dried, and cut to cooking size. Proteins will cook more evenly if they are cut to an even thickness. Vegetables should be cut into fairly small, even sized pieces, with as much surface showing as possible.
- Measure all fats (oil, butter) and have ready next to stove or cook top.
- Measure all flavoring and/or seasoning ingredients and have ready next to stove or cook top.
- Have a plate or sheet pan, and if you can, a rack, ready to rest the protein.
- Precook any ingredients as directed by the recipe.



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Process

1. Make sure all of your mise is ready!
2. Season your ingredients (this will be an entire document on its own! – Coming Soon!).
3. Heat your pan to the appropriate temperature.
4. Now, add you fat and heat. In most cases, you want a small amount of fat, only enough to coat the surface of the pan
5. NOW, you can add food! If food does not sizzle (the effect of water in the food hitting fat) then you did not execute Steps 2 or 3 properly!
 - o In most cases, you will sauté the protein first. Do not shake the pan or move the protein around!
 - o You will then follow with firm or moist vegetables, such as carrots, mushrooms or zucchini. Shake the pan, stir with the spoon or tongs – keep it moving!
 - o You will then add the softer or acidic vegetables, such as tomatoes. Keep it moving!
 - o You will then follow with any flavorings, solid or liquid.
6. If you are making a pan sauce, now is the time (again, another separate document – Coming Soon!)
7. Serve and enjoy!

Sauté Dos, Don'ts, and Tips

- Always heat the pan 1st.
- Always heat the fat 2nd.
- NEVER add food to a cold pan!
- Never crowd your pan – 1 layer please.
- TIP: Not sure if it's time to flip that piece of chicken/steak/fish? Here's the secret. Assuming the steps above have been followed, your protein will be ready to flip when, and only when, it "moves" when you shake the pan. If you have to pry it up, it is not ready!
- TIP: An addendum to the previous rule – it does not apply if your protein has been coated in flour. If that is the case (i.e. for a Chicken Piccata) then flip when the color is golden.
- TIP: Mushrooms (and other water-logged foods such as zucchini) require you to alter the process. Heat the pan, heat the oil, add the vegetable, stir once to coat. Then – let it sit! Wait until the steam coming up from the pan is basically gone, THEN sauté, or move it around.