

Determining Doneness by Touch

Rare: Form a loose fist and with your index finger of the other hand, touch the meaty area between the thumb and forefinger.

Medium: Tighten the fist and press in the same area.

Well-done: Press the area at the base of the thumb.



Lustrer

Similar to *luster*, its English equivalent, *lustrer* means just that: to give the product a shiny finish. Especially when grilling, the product can have a tendency to dry out during the cooking process. Thus, brushing it with some sort of fat not only makes the product look more attractive, it also prevents further drying. In fact, with other cooking processes such as *sauter* and *poêler*, brushing the product (fish, poultry, meat) with some fat will not only prevent it from drying, but will enhance the flavor.



the cooking process because a break in the outer crust will allow juices to escape and dry out the product. Doneness can be determined by using the finger test. In a classic Escoffier brigade, grilling is done by the *grillardin*, or in a small brigade by the *rôtisseur*.

The grilling process is categorized as follows:

Type: concentration because the product is seared to keep the natural juices within.

Humidity: dry because the product is cooked without the addition of aromates or liquids.

Color: brown (*à brun*) because the product will color as a result of its exposure to a direct heat source.

The Grilling Process

- Heat and clean the grill.
- Prepare the piece by drying and, if needed, tying with butcher's twine.
- Season or marinate in advance.
- Sear.

- Cook and mark (*quadriller*) the piece.
- Leave to rest.
- *Lustrer* with a cold composed butter or other fat or oil.

Service

Grilled foods are traditionally served with a hot emulsion sauce or cold compound butter. A sauce is served on the side, never on the meat, whereas butter is served on the meat or on the side. Meat and poultry are traditionally decorated with watercress, and fish with parsley.

Applications

Grilling is applied to:

- Small tender cuts of meat such as steaks, chops, cutlets, scallops, medallions
- Fish, whole or in pieces
- Vegetables (may be blanched first).

Variations

There are no variations for the grilling process, but a surface other than the traditional grill could be used, such as a flat stone or griddle. The heat source for grilling varies and includes natural gas, propane, electricity, or a charcoal or wood fire.

To Pan Roast (*Poêler*)



Poêler is considered a variation of roasting, but differs from the traditional roasting process in that after searing, the product is roasted covered, creating a moist cooking environment. Also, some aromatics, traditionally a *matignon* garnish (Classic Garnishes above), are added at the end of the cooking time to add additional moisture and flavors. *Poêler* combines the advantages of braising, which creates a tender, juicy product, with the flavor of roasting. During the cooking process, there is an exchange of flavors between the different elements, which are then fixed by the fat present in the meat. Cooking with a cover prevents the steam from escaping, thus



Classic Garnishes

Matignon

Like a *mirepoix*, the *matignon* is an aromatic preparation used to cook certain large pieces of meat or poultry. It is traditionally made up of carrots, onions, and celery that have been finely diced (*a brunoise* or *paysanne*), to which raw ham, cut in the same manner, is added along with some thyme and bay leaf. It is cooked in butter and finished with some Madeira. The *matignon* can be served with the product with which it was cooked.

What's in a word?

Poêler - There is no true English equivalent to the *poêler* cooking method, and it should not be confused with the verb *poêler*, which refers to the use of a specific type of frying pan, a *poêle*. The cooking method term *poêler* is more closely related to *sauter*.