

VI. Cooking

- A. Heat skillet until a few drops of water sprinkled in the pan sizzle (be careful not to splash yourself with hot oil)
- B. Add pieces of meat to skillet in single layer, do not over crowd
- C. Wash your hands
- D. Let meat brown for about 2 minutes and then turn and repeat
- E. If using vegetables (onions, garlic, mushrooms, etc.)
 1. Remove meat to a plate, leaving oil in pan (warning it is not safe to eat yet and you will need to handle the plate as if it had raw meat on it.
 2. Add vegetable pan and sauté
- F. Deglaze the pan
- G. Return meat (if removed) and add remainder of seasons
- H. Simmer on reduced heat until done (check meat with thermometer or slice off a corner to check doness .

VII. Finishing--

- A. Add any remaining ingredients
- B. Season to taste
- C. Plate
- D. Garnish
- E. Serve
- F. Enjoy

Terms-

Marinate- Process of soaking foods in a seasoned, often acidic, liquid before cooking. **Marinade** is also used as term for this liquid.

Sauté – To cook over high heat in a small amount of fat in a sauté pan or skillet.

Deglaze – To add liquid to a pan in which foods have been sautéed or roasted in order to dissolve the caramelized juices stuck to the bottom of the pan. The purpose of deglazing is to make a quick sauce or gravy for a roast, steak, chop, or a piece of seafood fillet or steak. Add a few tablespoons of flavorful liquid, such as wine, broth, or, in a pinch, water, to the pan. Gently scrape the bottom of the pan with a wooden spoon to loosen the caramelized juices. You can use such a sauce as is, or you can turn it into something richer and more elaborate by adding reduced broth, swirling in a few pieces of butter, adding a little heavy cream, or thickening it with corn starch.

Simmer- To maintain the temperature of a liquid just below boiling.

Roasting- to create a golden brown crust on whatever it is we are roasting and, at the same time, make sure the meat, fish, or vegetable properly cooks in the center. When roasting, no liquid such as broth, wine, or water comes in contact with the food-- only hot air, or, if the roast is being basted, hot fat. Also to char over open flame then immediately place in sealed container to continue cooking.

Allium Vegetables- Garlic, Onions, Leeks, Chives, Shallots, and Scallions

Cacciatore- from Italian in the style of the hunter, refers to the preparation procedure as well as the ingredients typically used. When prepared, the key ingredient of Cacciatore is the meat, which is first sautéed and then cooked very slowly, the meat is combined with mushrooms, tomatoes, herbs, onions, wine, and other seasonings in order to enhance the flavors. The pan drippings are often used to make a Cacciatore sauce that is mixed in with the simmering ingredients.

Spreadsheet Cooking- Over 250 Entrees with a few Simple Preps



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I. What This Is

- A. A guide to preparing a wide variety of meals
 - 1. All use similar techniques to prepare
 - 2. By substituting just a few ingredients you can create many different entrees
- B. Utilizes a spreadsheet listing ingredients for some simple variations

II. What This Is Not

- A. Not a step-by-step set of recipes, but a general guide
- B. These recipes do not require exact ingredients, in-fact it is designed for you to experiment
 - 1. With ingredients you have on hand
 - 2. New ingredients you would like to try



V. Basic Techniques

- A. Wash, slice or chop all non-meat ingredients, put aside
- B. Prepare coating
 - 1. Use plastic bag
 - 2. Put in flour, cornmeal or bread crumbs
 - 3. Add seasonings
 - 4. Set aside
- C. Place skillet on stove add small amount of oil or butter
- D. Open, rinse and place meat on cutting board
- E. Safely dispose of meat packing
- F. Cut the meat
 - 1. Butterfly* chicken breast
 - a. Place on cutting board holding with hand palm down and fingers out of the way
 - b. Hold knife parallel to cutting board and carefully cut through middle- two options
 - i. two separate pieces- continue slicing all the way through
 - ii. one large flat piece, slice until uncut meat is as long as each side is thick. Unfold and pound slightly to flatten
 - 2. Slice and/or butterfly pork depending on the initial cut of meat selected
- G. Place cut meat into bag with four, close top and gently tumble until all meat is coated

H. Alternatively

- 1. Oven Fried
 - a. Dip in dressing, then in crushed Corn flakes
 - b. Brown, place on rack in cookie sheet and bake
- 2. Cacciatore
 - a. Marinate
 - b. Brown and then finish in slow cooker or oven
- 3. Mediterranean Grilled
 - a. Marinate then grill
 - b. Heat other ingredients in skillet with a little olive oil (or artichoke marinate) then add grilled meat and serve
- 4. Jerked
 - a. Marinate overnight in Jerk sauce
 - b. Grill basting with sauce
 - c. Finish grilling (discard any uncooked sauce)

** **Butterflying** is a cutting technique used by butchers to transform a thick, compact piece of meat into a thinner, larger one. The piece of meat to be cut is laid out flat on a cutting board and cut in half parallel to the board from one side almost all the way to the other. A small "hinge" is left at the one side, which is used to fold the meat out like a book. The resemblance of this unfolding motion to the wings of a butterfly is what gives this cut its name. The final result is a piece of meat with half the thickness and twice the surface area of the original piece. This technique is often used as an alternative to, or in conjunction with, pounding out the meat with a meat mallet to make it thinner.*



IV. Planning/Starting

- A. Choose Recipe Column
- B. Select type of meat you will use
- C. Make sure you have all ingredients
- D. Side dishes
 - 1. Prepare or get ready to be started ahead of main item
 - 2. Plan time when everything will be ready to serve at once



III. Before We Get Started- Safety-

A. Knife Safety

1. Always choose the right type of knife for the job
2. Make sure your knives are sharp
3. Always cut with the blade of the knife angled away from you
4. Always use a cutting board
5. If you should happen to drop a knife, don't try to catch it. Step back alertly and wait until the knife comes to a complete rest before picking it up
6. Keep your mind focused on the job when using a knife
7. Learn proper safe "grips" for holding item being cut
 - a. Curl your fingers under/tuck them in when you are holding whatever you are cutting.
 - b. Place your hand flat on surface of item when butterflying
 - c. Do not attempt to hold very small items
 - d. Make sure knife tip always remains in contact with cutting board when chopping or dicing items

B. Food Safety

1. Personal
 - a. Always wash hands thoroughly
 - i. Before starting
 - ii. After bathroom breaks
 - iii. After sneezing, touching mouth, etc.
 - iv. After handling uncooked meats or fish
2. Bacterial contamination (especially important for Chicken)
 - a. Storing
 - b. Preparing-
 - a) Cross contamination of cutting boards, knives and other utensils-- If it is not to be cooked cut first or use separate cutting board/knives
 - b) Make sure proper internal temperature is reached during cooking
 - c. Serving
 - i. Keep hots hot
 - ii. Keep colds cold
 - d. Storing
 - i. Discard items that have not been held at proper temp during serving
 - ii. Store at cold temperature and re-heat thoroughly

Name	Piccata	Rosemary	Scaloppini	Marsala	Oven Fried	Paprikash	Balsamic Glaze	Buffalo	Cacciatore	Mediterranean Grilled	Jerked
Meat(s)	Chicken or Pork	Chicken or Pork	Veal or Chicken	Chicken	Chicken, City Chicken or Pork	Chicken or Beef	Chicken or Pork	Chicken	Chicken, Pork, Beef or Wild Game	Chicken or Fish	Pork, Chicken or Fish
Technique	Saute	Saute	Saute	Saute	Brown & Bake	Brown & Simmer	Sautéed or Grilled	Brown & Simmer	Brown and Slow Cook	Grilled or Broiled	Grilled or Broiled
Breading / Marinade	Flour	Flour	Flour	Flour	Dip in Italian Salad Dressing then Chrushed Cornflakes	Flour		Hot Sauce	Vinegar Marinade (Balsamic or Apple Cider)	Balsamic or Red Vinegar Marinade	Jerk Marinade-Apple Cider Vinegar, Allspice, Ginger (prefreably fresh, but powdered OK) Nutmeg, Cinnamon, Garlic, Green Onions, Hot Pepper Flakes or Sauce, Oil & Brown Sugar
Seasoning	Black Pepper (Fresh Ground)	Black Pepper (Fresh Ground)	Black Pepper (Fresh Ground)	Black Pepper (Fresh Ground)		Paprika (Hungarian)	Black Pepper (Fresh Ground)	Paprika	Black Pepper (Fresh Ground)	Black Pepper (Fresh Ground)	
	Pinch Sage	Pinch Sage		Pinch of Sage & Rosemary	Paprika	Pinch Sage	Pinch of Sage & Rosemary	Garlic Powder	Basil and/or Italian Seasons	Basil and/or Italian Seasons	
Oil	Olive Oil and/or Butter	Olive Oil and/or Butter	Olive Oil and/or Butter	Olive Oil and/or Butter	Oil	Butter and/or Oil	Olive Oil and/or Butter	Butter	Olive Oil		
Allium , Herbs, Fruits & Vegetables	Garlic	Garlic	Garlic	Onions or Shallots		Onions	Onions or Shallots	Optional-Cilantro	Onions	Roasted Peppers	
	Capers	Rosemary	Optional Mushrooms	Garlic		Garlic	Garlic	Melt Butter-whisk in Hot Sauce and then Water with Corn Starch	Garlic, Green Bell Pepper & Celery	Marinate Artichoke Hearts	
	Lemon	Lemon		Mushrooms		Opt- Cooked Carrots	Mushrooms		Mushrooms		
Deglaze / Liquid / Sauce / Topping	White Wine, Club Soda, Lemon flavored soda or Water	White Wine, Club Soda, Lemon flavored soda or Water	White Wine, Club Soda, Lemon flavored soda or Water	Marsala Wine or Sweet Grape Juice diluted with Broth or water	Optional- BBQ, Hot or other Sauces for Dipping	Sour Cream	Balsamic Vinegar Dressing		Chopped tomatoes (Fresh or canned plum)	Use marinate from Artichokes and/or Roasted Peppers or Olive Oil & Balsamic Vinger	Baste with marinate while cooking
							Honey				
Optional-	Cilantro or Parsley	Cilantro or Parsley				Cilantro or Parsley	Cilantro or Parsley	Roasted Jalapeño	Calamatta Olives, Eggplant, Zucchini	Calamatta Olives, Eggplant, Zucchini	
Starchs / Serve Withs	Pasta with Olive Oil (Optional Toasted Pine Nuts, Almonds Egg Plant, Zucchini, Mushrooms)	Pasta with Olive Oil (Optional Toasted Pine Nuts, Almonds Egg Plant, Zucchini, Mushrooms)	Pasta with Olive Oil (Optional Toasted Pine Nuts, Almonds Egg Plant, Zucchini, Mushrooms)	Pasta or Noodles	Mashed Potaotes or Oven Baked French Fries	Pasta or Noodles	Rice with optional Toasted Almonds	Celery Sticks	Pasta or Noodles	Couscous	Fried Potatoes
	Rice (or Risotto)	Rice (or Risotto)	Rice (or Risotto)	Rice (or Risotto)							
	Roasted Potatoes	Roasted Potatoes	Roasted Potatoes	Roasted Potatoes							
	Polenta	Polenta	Polenta	Polenta							
								Blue Cheese Dressing (Chunky)		Rice Pilaf	Rice
										Rice with optional Toasted Almonds	