

# POACHING & SIMMERING



## SUBMERGED COOKING 101

### Poaching

A cooking technique typically used for delicate food in which the item is completely submerged in water between 160°F (66°C) and 185°F (85°C).

### Simmering

A cooking method gentler than boiling, in which food is cooked at a temperature slightly below boiling—around 185-200°F (85-93°C) at Sea Level.

### Proper Technique



1

#### Bring cooking liquid to appropriate temperature.

- For poaching, aromatics can be added to water to enhance flavor.



3

Potatoes are done when the skin is easily pierced with a fork or knife.



2

#### Add potatoes to hot cooking liquid and submerge completely.

- If the food floats, place a rack gently on top of it.
- If the item is large and requires more cook time, cooking may continue in the oven for more doneness (for poaching only).



4

If serving immediately, prepare the final product before plating and serving.

- To hold, product may be cooled in cooking liquid, then reheated in liquid again when needed.

### Applications

Small, delicate potatoes, such as fingerlings, petites, and marbles.



Potato pieces that have been elegantly cut, such as tournes.



Potatoes in which flavor is intended to be imparted, for example, garlic herb and lemon.

