CHEF THOMAS KELLER

TEACHES COOKING TECHNIQUES II: MEATS, STOCKS, AND SAUCES

INTRODUCTION

"For me, the most important thing about cooking with any protein is making sure that we understand where our proteins come from. . .Being able to support those farmers, fisherman, gardeners, and foragers is something we truly need to embrace as a responsibility."

CHAPTER REVIEW

As a follow-up to Chef Keller's first MasterClass, which focused on vegetables, eggs, and pasta, this class is devoted to meat proteins—specifically, beef, duck, chicken, pork, and veal—and the techniques Chef Keller uses to prepare them. Sourcing ingredients is critical, so start with the finest quality meat and poultry available to you. You might spend a little extra on them, but, with proper execution, you'll get more delicious and nutritious results. Some of the recipes and techniques may be challenging at first, but nothing in this class is beyond your reach.

Throughout this class, Chef Keller refers to techniques he taught in his first MasterClass. We've included cooking methods from the first class in this workbook, but also recommend that you review the video lessons from his first MasterClass. In the kitchen, there is no such thing as being too prepared. So take your time. Be patient and persistent. Practice, practice, practice. And above all, have fun.

ABOUT THIS WORKBOOK

The MasterClass team has created this workbook as a supplement to Chef Keller's class. Each chapter is supported by a review of the key concepts Chef Keller teaches, and detailed recipes that correspond to Chef Keller's cooking demonstrations. Additionally, you can refer to the timelines after each chapter review for a quick overview of the order of operations for that preparation. In the video lessons, Chef Keller prepares a protein and often serves it with an accompaniment. We've structured this workbook to match—you'll find the technique for the protein first, and the accompaniments follow. Chef Keller encourages you throughout the class to cook according to your tastes, so do not feel bound by the accompaniments he offers.

INTRODUCTION

THE IMPORTANCE OF MISE EN PLACE

"Mise en place" means that you have everything in place prior to preparing a recipe. Chef Keller always has his tools, essential ingredients, and any necessary prepped components at the ready prior to initiating the recipe. As such, we've included a mise en place sidebar in each cooking chapter, which lists the ingredients and equipment you need in your work space to practice the technique you see on screen. For most recipes in this class, we recommend that you always include a cutting board, chef's knife, and bain-marie with spoons in your mise en place.

For Chef Keller, mise en place is about more than setting up your cooking space according to a checklist. It's a reflection of his core philosophies as a chef. Preparation is essential to success in the kitchen. Being prepared before you begin a recipe allows you to have space to learn as you cook. It allows you to handle the unexpected.

A NOTE ON YIELD, QUANTITIES, AND COOK TIMES

You'll notice that most mise en place and cooking methods do not specify a yield or offer prescriptive direction regarding quantities of ingredients. Exact quantities are only given when ratios of ingredients are of essential importance. Otherwise, Chef Keller encourages you to follow your own preferences for texture and flavor to create versions of these dishes that you and those you cook for will love. Regarding cooking times, Chef Keller emphasizes that time depends on the temperature of the meat going in and the thickness of the meat—both can have a profound effect on cooking times. To be certain about doneness, use a meat thermometer.