

Technique Tip Sheet - Roasting 101

Roasting is cooking by surrounding food with dry, hot air in a closed environment (your oven). Smaller foods are roasted at a higher temperature so they brown nicely during their shorter cooking times. Larger foods are often seared first to seal in juices then placed in the oven to finish cooking. Roasted meats are cooked on a rack to allow juices to fall away from the meat. Roasting typically requires higher cooking temperatures, a key difference between roasting and most baking.

● Tips for Roasting Vegetables

Roasting brings out the natural sweetness in vegetables. To roast vegetables:

1. Cut veggies into even pieces and place on a baking sheet lined with foil.
2. Drizzle veggies with olive oil and sprinkle with a big pinch of salt.
3. Toss veggies until they're evenly coated and roast until fork-tender. (Cooking time will depend on the veggie.)

● Tips for Roasting Meats

1. Season meat generously with salt and pepper.
2. Sear large meats until evenly browned on all sides.
3. Place on a rack in a roasting pan in the oven and cook to desired doneness.

Carryover cooking will cause food to continue cooking once removed from the oven. Take them out of the oven when the temperature is 10-15° lower than your ideal temperature.

● Let it Rest

Resting is a simple, but crucial, step in cooking meats and poultry. It literally means leaving the food alone, or letting it rest, once it's cooked, to preserve the food's moisture.

● More Roasting Tips, Tools & Recipes

More on roasting & baking: <http://cookingclarified.com/2010/10/baking-vs-roasting/>

How to Roast Broccoli: <http://cookingclarified.com/2011/11/how-to-roast-broccoli/>

Roasting Pans: <http://cookingclarified.com/2011/01/roasting-pan/>