

# cooking for wellness

by *sodexo*\*



HEALTHY COOKING TECHNIQUES • FRESH INGREDIENTS • TOTAL WELL BEING

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**COOKING DEMONSTRATION:**  
Healthy Ingredients  
Healthy Cooking Techniques

### POACHING

poaching (verb) is a cooking technique that requires the food to be submerged in a hot stock or liquid. The liquid is kept below a boil to allow for a slow cooking process (180-190°F). The liquid should be well seasoned to impart flavor to the food. This is a moist cooking method for more delicate items that aren't break apart if overcooked.

**Technique Summary:**

1. Pre poaching liquid with aromatics and bring up to simmer but not boiling.
2. Add items to be poaching liquid, try to submerge.
3. If difficult, liquid does not cover item.
4. If difficult, use steam break bottom cover.
5. If desired, use some of the poaching liquid as part of the sauce.

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"Cooking for Wellness"  
Learn a different  
healthy cooking technique  
from our Health Care  
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Healthy Cooking Techniques...  
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wellness  
& you!

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