



By Chef Linda

How to Sauté without Oil

Sauteing without oil is not difficult, but there are 3 rules to follow.

1. The temperature for the pan is medium to high heat.
2. Keep everything moving rapidly.
3. Let the vegetables and pan caramelize, then deglaze the pan to capture the flavor.

Steps for Success in starting a No Oil Dish

1. Heat the pan on a medium to high heat. To test if it is ready use the mercury ball method.
2. When the pan is hot, drop 1/8 teaspoon water in it. If the water hits the pan and steams, the pan is not hot enough. Wait 20 seconds and drop some water in it again. If the water sputters, bubbles and evaporates it is still not hot enough. Keep repeating the test every 20 seconds.
3. The pan is ready when the 1/8 teaspoon of water is dropped in the pan and it forms what looks like a mercury ball, then it is a perfect temperature to dry sauté.
4. *If the water hits the pan and immediately disperses into many little balls, the pan may be too hot. Remove from the heat for a minute or two and then start testing it again.
5. When the pan is ready, add the food product. The key now is to keep the product moving rapidly around the pan.
6. Allow the product to brown a bit, also the pan will begin to brown- do not let it scorch!
7. Once the product and pan are browned add the deglazing liquid of choice.
8. Stir everything together and let most of the liquid evaporate.
9. Proceed to the next step of the recipe.

When dry sauteing it is important to have your mis en place prepared.

Once the pan is at the proper temperature everything will happen quickly so be ready.

For the deglazing liquid you can use water, wine, stock, juice, or vinegar.