

**Baking** – *This is defined as the cooking of a product that has been placed on a pan or dish in a heated closed environment.* Very few meat items are actually baked; most protein items that are baked are pre-portioned, coated, or even partially cooked convenience foods. The standard baking oven temperature is 350°. When using convection ovens the common temperature to use is 325°.

**Quick Start → Baking**

Prepare ingredients → Pan the Item → Season or apply topping → Place in Oven →  
Check Temp ↔ Remove when doneness is achieved → Plate → Serve.

**Mise en Place Needed**

- Item to be baked
- Seasonings- salt, pepper, spices (see blends on pages 42-44)
- Baking Pan or Dish
- Calibrated Thermometer- Degrees of doneness are listed on pages 11, 15.
- Utensil to remove item from pan.

**Items that may be baked**

- ◆ Meats, Poultry, and Seafood - Pre-portioned items that are coated with breadcrumbs, or encased in dough – refer to manufacturers' specifications.
- ◆ Baked Chicken – The chicken is quartered then seasoned with various spices. The quarters are arranged on the baking sheet and cooked to an internal temperature of 165°. The metal pan can cause the chicken to caramelize on the bottom while the direct oven heat evenly cooks the other sides. The pan may be deglazed for gravy.
- ◆ Baked Fish – The fish should be sliced into 5 – 6 oz portions. It should be coated with melted butter or olive oil. Seasoning is applied. Citrus juice or wine is drizzled over the fish. The fish is baked until it reaches an internal temperature of 140°.
- ◆ Meatloaf – Placed in a loaf pan or directly on a sheet pan to sear in flavor. When brown, the loaf is topped with brown or tomato sauce and cooked to an internal temperature of 165°.

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- ◆ Bacon Strips – Placed on a parchment lined sheet pans and cooked until brown and crispy. This method allows for even cooking. Reserve the leftover rendered fat for home fries or other applications.
- ◆ Macaroni and Cheese – Elbow macaroni is cooked and combined with cheese sauce then placed in a baking dish or casserole. It is then topped with shredded cheese and the item is baked until golden brown or until the internal temperature reaches 170°.
- ◆ Breads and Pastries – Baked on parchment lined pans or placed directly on the hearth of stone ovens. Caramelization occurs all around the item.
- ◆ Potatoes – Use russet potatoes which have been washed, dried, coated with oil and kosher salt and bake until tender to the touch. An average baked potato will take 1 hour at 350 °
- ◆ Vegetables – Winter squash may be sliced then placed in a baking dish and topped with brown sugar or honey and butter with sweet spices such as cinnamon. Eggplant parmesan. Breaded and fried slices of eggplant are layered with parmesan cheese and tomato sauce. The casserole is then topped with shredded mozzarella cheese and baked covered until golden brown. The internal temperature usually reaches 180°.
- ◆ Casseroles- Cassoulet, as an example, contains cured duck, beans, and sausage flavored with garlic tomato and herbs. Baked until all items are tender then topped with a crumb mixture and baked again to for a crisp crust.

**PRECAUTIONS** – When removing items from an oven make sure that you use dry towels or potholders and then remove the item from the oven using both protected hands. Use caution when moving a hot pan. Be careful to not splash yourself or others with the contents.

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