

# Re: why does this newsgroup have beasts

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*Source:* <http://sci.tech-archive.net/Archive/sci.electronics.design/2005-12/msg04381.html>

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- *From:* Jim Thompson <[To-Email-Use-The-Envelope-Icon@xxxxxxxxxxxxxxxxx](mailto:To-Email-Use-The-Envelope-Icon@xxxxxxxxxxxxxxxxx)>
  - *Date:* Sun, 25 Dec 2005 15:02:46 -0700
- 

On Sun, 25 Dec 2005 21:49:30 +0100, Paul Burrige  
<[pb@xx](mailto:pb@xx)> wrote:

>On Sun, 25 Dec 2005 18:06:26 GMT, Fred Bloggs <[nospam@xxxxxxxxxxx](mailto:nospam@xxxxxxxxxxx)>  
>wrote:

>  
>>I baked a 7 lb chicken with that stupid pop-button thing I wouldn't  
>>trust as far as I can spit- ignored it and went by more usual formula of  
>>20 minutes/lb at 350o- it came out perfectly as usual- bake it uncovered  
>>for last 30 minutes to crisp it up. For beef fillets the trick is you  
>>need to know your pan/skillet/stove and partially cover it. I can make  
>>anything come out perfectly and look char broiled to boot. You want to  
>>sear it up on high heat initially to seal in the juices and flavor, then  
>> turn it down, salt and pepper, cover with chopped shallots or garlic,  
>>and cook it through slowly. All this takes about 15 minutes on even a  
>>thick piece.

>  
>Good advice, but I don't think the initial high heat is intended to  
>seal in the flavour. It's more to do with sealing \*out\* the (external  
>cooking) fats and preventing the food from absorbing them.

I heard a popular chef (in the Phoenix area, Chef Jean Paul)  
interviewed on radio a few days ago.

He opined that the high heat cycle seals nothing, just adds taste from  
the seared fat.

I just had a demonstration that fat is where all the flavor is...

The wife decided to make her own beef broth for French onion soup.

Started with a chuck roast and slow-cooked till it was falling apart.

The resulting broth was magnificent as the soup base, and the (nearly  
falling apart) beef was delicious on sandwiches.

...Jim Thompson

—  
| James E. Thompson, P.E. | mens |

Re: why does this newsgroup have beasts

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"Winners never quit, quitters never win", Jack Bradley Budnik ~1956

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• **References:**

- ◆ ***why does this newsgroup have beasts***  
    ◇ From: theJackal
  - ◆ ***Re: why does this newsgroup have beasts***  
    ◇ From: Rick
  - ◆ ***Re: why does this newsgroup have beasts***  
    ◇ From: bill . sloman
  - ◆ ***Re: why does this newsgroup have beasts***  
    ◇ From: Paul Burrige
  - ◆ ***Re: why does this newsgroup have beasts***  
    ◇ From: John Larkin
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    ◇ From: Fred Bloggs
  - ◆ ***Re: why does this newsgroup have beasts***  
    ◇ From: Paul Burrige
- Prev by Date: ***Re: Ho ho ho, Merry...***
  - Next by Date: ***Re: Glad this isn't California***
  - Previous by thread: ***Re: why does this newsgroup have beasts***
  - Next by thread: ***Re: why does this newsgroup have beasts***
  - Index(es):
    - ◆ ***Date***
    - ◆ ***Thread***