

Heating Things Up In America's Kitchens

(NAPSA)—America is turning up the heat on cooking. That's because home cooking enthusiasts are cooking more than ever, using high-heat cooking techniques such as stir-frying, sautéing and oven roasting to create their signature dishes.

When preparing to cook at higher temperatures, there are certain items that are essential for creating meals that really sizzle. Food and wine expert Ted Allen recommends kitchen essentials such as a razor-sharp 8" chef's knife and a sharpener to preserve its edge over time; a large, heavy stainless steel sauté pan; soft cutting boards in both wood and plastic; an instant-read digital thermometer to ensure that meats are thoroughly cooked; and tongs, preferably with silicone-based tips.

One important thing to remember when working with higher heats is to use a specially formulated no-stick cooking spray, such as PAM Professional™, that resists residue build-up on your cookware. Here are some tips for cooking with some of the most popular high-heat methods:

- **Stir-Frying**—Asian-inspired style of cooking where food is tossed and stirred in a large skillet or wok over high-heat. Recipes should be simple and colorful. Chop all ingredients into uniform size. Make sure to spray the pan with PAM Professional before heating the pan and adding ingredients. Never overcrowd the pan; cook in batches, if necessary. And season with a small amount of soy sauce or broth while stir-frying, if additional liquid is needed.

- **Sautéing**—Cooking quickly at medium-high-heat in an open pan, turning once. Use tender cuts of meat, such as beef, chicken or pork. A great combination: sauté food first for color and texture,



Dishes cooked at high-heat, such as these seared scallops, have their natural flavors sealed in with exquisite color and texture.

then finished in the oven.

- **Oven Roasting**—Cooking that usually involves beef, chicken or pork, roasted in the oven in dry heat at high temperatures. Bring food to room temperature before roasting to cook evenly. Roast meats in a rack over a drip pan to ensure good air circulation around meat. Spraying chicken and turkey with PAM Professional before roasting adds color and crisp texture to the skin. Spray a rimmed baking sheet to roast vegetables; spray the vegetables and toss with favorite herbs and spices.

For more high-heat cooking tips and recipe ideas, visit the PAM Web site at www.pam4you.com.

Seared Scallops on Mixed Greens with Citrus Vinaigrette *Makes 6 servings*

Vinaigrette:

- 3 Tbsp. fresh orange juice**
- 1 Tbsp. fresh lime juice**
- 1 Tbsp. seasoned rice vinegar**
- 1 tsp. minced garlic**
- 1 tsp. grated lemon peel**

- 1 tsp. grated orange peel**
- 2 tsp. Guldén's® Zesty Honey Mustard**
- ¼ cup olive oil**
- ¾ tsp. kosher salt**
- ¼ tsp. ground black pepper**

Finished Salad:

- 1½ pounds scallops (about 18 scallops), muscle tabs removed and patted dry**
- 1 tsp. kosher salt**
- ½ tsp. ground black pepper**
- PAM Professional No-Stick Cooking Spray**
- 7½ cups mixed greens (about 15 oz.)**
- 1 orange, segmented**

Prepare vinaigrette by whisking orange juice, lime juice, rice vinegar, garlic, lemon peel, orange peel and mustard together in medium bowl. Slowly add half of olive oil drop-by-drop to mustard mixture, while whisking constantly. Then add remaining oil in a slow steady stream. Season with ¾ teaspoon of salt and ¼ teaspoon of black pepper; set aside.

Season scallops with remaining salt and pepper. Spray 10-inch skillet with cooking spray. Heat over high heat until hot. Add half of scallops to pan (to avoid crowding) and sear 2-3 minutes on each side, or until scallops are opaque and firm to touch; internal temperature should be 145°F. Remove from pan, keep warm. Repeat with remaining scallops.

Toss salad greens with vinaigrette. Place equal amount of dressed greens on 6 dinner plates. Place 3 scallops on the side of each salad; garnish with orange segments. Serve immediately.