

Sauteing

Written by W.J.Pais

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Sauteing is a method of [cooking food](#) that uses a small amount of [fat](#) in a shallow [pan](#) over relatively high heat. Ingredients are usually cut into pieces or thinly sliced to facilitate fast cooking. Food that is sauteed is

[browned](#)

while preserving its

[texture](#)

,

[moisture](#)

and

[flavor](#)

. If meat, chicken, or fish is sauteed, the saute is often finished with a sauce made from the pan's residue

[sucs](#)

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Sauteing is often confused with [pan-frying](#), in which larger pieces of food (for example, chops or steaks) are cooked quickly, and flipped onto both sides. Some cooks make a distinction between the two based on the depth of the oil used, while others use the terms interchangeably.

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Sautéing differs from

[searing](#) in that

searing only cooks the surface of the food. Sautéing is also different from

[stir-fry](#)

in that all the ingredients in the pan are cooked at once, instead of serially in a small pool of oil.

[Olive oil](#) or [clarified butter](#) are commonly used for sautéing, but most fats will do. Regular [butter](#)

will produce more flavor but will burn at a lower

[temperature](#)

and more quickly than other fats due to the presence of

[milk](#)

solids, so

[clarified butter](#)

is more fit for this use.

