

40 KEY CULINARY TECHNIQUES & COOKING METHODS EXPLAINED



-GRILLING-

Cooking over direct heat. Good for steaks, burgers, kebabs. The grill grate is used.



-STEAMING-

Cooking with steam from hot water. Good for dumplings, fish, vegetables. Direct contact with the liquid.



-SEARING-

The surface of food is cooked in a hot liquid or oil. Good for steaks, chops, roasts. High heat, short time.



-STEWING-

Food is cooked in a liquid with gentle heat. Good for soups, stews, braises. Long cooking time.



-BRAISING-

Food is cooked in a liquid with high heat to brown, then low heat to tenderize. Good for meats, vegetables. Long cooking time.



-BASTING-

Meat is cooked in a liquid or oil. The liquid is poured over the meat. Good for roasts, steaks. Adds flavor and moisture.



-BAKING-

Food is cooked in an oven. Good for breads, pastries, casseroles. Dry heat.



-ROASTING-

Food is cooked in an oven. High heat. Good for meats, vegetables. Dry heat.



-SAUTEING-

Food is cooked in a small amount of oil or fat. Good for meats, vegetables. High heat.



-BLACKENING-

Food is cooked in a hot oil. Good for meats, vegetables. High heat. Adds flavor.



-SIMMERING-

Food is cooked in a liquid. Good for soups, stews, braises. Low heat.



-POACHING-

Food is cooked in a liquid. Good for meats, vegetables. Low heat.



-BOILING-

Food is cooked in a liquid. Good for soups, stews, braises. High heat.



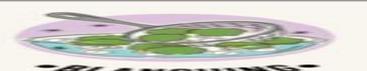
-BROILING-

Food is cooked with radiant heat. Good for meats, vegetables. High heat.



-SCALDING-

Water is heated to a high temperature. Good for pasta, vegetables. High heat.



-BLANCHING-

Food is cooked in a liquid. Good for meats, vegetables. High heat.



-FRYING-

Food is cooked in a hot fat or oil. Good for meats, vegetables. High heat.



-DEEP FRYING-

Food is submerged in a hot fat or oil. Good for meats, vegetables. High heat.



-TORCHING / FLAMBEING-

Food is covered with liquor and set on fire. Good for meats, vegetables. High heat.



-JUGGING-

Stewing with a small amount of liquid. Good for soups, stews, braises. Low heat.



-SWEATING-

Vegetables are cooked in a hot oil or butter. Good for meats, vegetables. High heat.



-STIR FRYING-

Ingredients are fried in a hot oil or butter. Good for meats, vegetables. High heat.



-SMOKING-

Food is cooked in a hot liquid. Good for soups, stews, braises. Low heat.



-MEUNIERE-

Meat is cooked in a hot liquid. Good for soups, stews, braises. Low heat.



-SOUS-VIDE-

Food is cooked in a vacuum-sealed bag. Good for meats, vegetables. Low heat.



-KALUA-

Hawaiian cooking method. Food is cooked in an underground oven. Good for meats, vegetables. Low heat.



-KHO-

Vietnamese cooking method. Food is cooked in a hot liquid. Good for soups, stews, braises. Low heat.



-KARAGE-

Japanese cooking method. Food is cooked in a hot liquid. Good for soups, stews, braises. Low heat.



-ROBATAYAKI-

Japanese cooking method. Food is cooked in a hot liquid. Good for soups, stews, braises. Low heat.



-TEMPERING SPICES-

Spices are heated in a hot liquid. Good for soups, stews, braises. Low heat.



-VELVETING-

Chinese cooking method. Food is cooked in a hot liquid. Good for soups, stews, braises. Low heat.



-HOT SAND FRYING-

Chinese cooking method. Food is cooked in a hot liquid. Good for soups, stews, braises. Low heat.



-TEN VESSIE-

Chinese cooking method. Food is cooked in a hot liquid. Good for soups, stews, braises. Low heat.



-SMOTHERING-

Food is cooked in a hot liquid. Good for soups, stews, braises. Low heat.



-TEN PAPILLOTE-

Food is cooked in a hot liquid. Good for soups, stews, braises. Low heat.



-DUM PUKKI-

Food is cooked in a hot liquid. Good for soups, stews, braises. Low heat.



-CURING-

Food is generally coated in a wet mixture of salt, sugar, and preservative over time.



-PRESSURE-FRYING-

A combination of deep cooking and high pressure cook. Good for soups, stews, braises. Low heat.



-MICROWAVING-

Food is cooked using radiation from microwaves. Good for soups, stews, braises. Low heat.



-ENGINE COOKING-

Food is cooked in a hot liquid. Good for soups, stews, braises. Low heat.

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H Kauffman



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