

# 40 KEY CULINARY TECHNIQUES & COOKING METHODS EXPLAINED



**-GRILLING-**

Cooking over direct heat. Good for steaks, burgers, kebabs. The use of grill marks.



**-STEAMING-**

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



**-SEARING-**

The surface of food is cooked in high temperature oil or fat. It is done in 30 seconds or less with a brown, caramelized crust.



**-STEWING-**

Food is cooked in a liquid with heat. The cooking is done from the ground that is formed from the ingredients.



**-BRAISING-**

Food is cooked in a liquid at a high temperature. The liquid is reduced to a thick sauce. The food is cooked in a liquid with a thick sauce. This is usually used for larger cuts of meat.



**-BASTING-**

Meat is cooked in a liquid. The liquid is reduced to a thick sauce. The food is cooked in a liquid with a thick sauce. This is usually used for larger cuts of meat.



**-BAKING-**

Food is cooked in an oven. The food is cooked in an oven. The food is cooked in an oven. The food is cooked in an oven.



**-ROASTING-**

Food is cooked in an oven. The food is cooked in an oven. The food is cooked in an oven. The food is cooked in an oven.



**-SAUTEING-**

Food is cooked in a pan. The food is cooked in a pan. The food is cooked in a pan. The food is cooked in a pan.



**-BLACKENING-**

Food is cooked in a pan. The food is cooked in a pan. The food is cooked in a pan. The food is cooked in a pan.



**-SIMMERING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-POACHING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-BOILING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



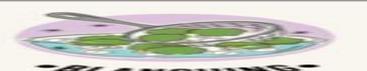
**-BROILING-**

Food is cooked with radiant heat. The food is cooked with radiant heat. The food is cooked with radiant heat. The food is cooked with radiant heat.



**-SCALDING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-BLANCHING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-FRYING-**

Food is cooked in a pan. The food is cooked in a pan. The food is cooked in a pan. The food is cooked in a pan.



**-DEEP FRYING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-TORCHING / FLAMBEING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-JUGGING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-SWEATING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-STIR FRYING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-SMOKING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-MEUNIERE-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-SOUS-VIDE-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-KALUA-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-KHO-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-KARAGE-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-ROBATA YAKHI-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-TEMPERING SPICES-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-VELVETING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-HOT SAND FRYING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-REN VESSIE-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-SMOTHERING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-EN PAPILLOTE-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-DUM PUKKI-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-CURING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-PRESSURE-FRYING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-MICROWAVING-**

Food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid. The food is cooked in a liquid.



**-ENGINE COOKING-**

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# Cooking Techniques Manual 2026 Guide

**Terry C. Jones**



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