

# 40 KEY CULINARY TECHNIQUES & COOKING METHODS EXPLAINED



**-GRILLING-**

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



**-STEAMING-**

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



**-SEARING-**

The surface of food is cooked by high heat. Commonly used for steaks, chops, and roasts. A brown, caramelized crust.



**-STEWING-**

Food is cooked in a liquid with liquid to cover it. Commonly used for soups, stews, and casseroles. The ingredients are simmered in the liquid.



**-BRAISING-**

Food is cooked in a liquid with a high ratio of liquid to food. Commonly used for soups, stews, and casseroles. The liquid is reduced during cooking.



**-BASTING-**

Meat is cooked in a liquid and the liquid is poured over the meat. Commonly used for roasts and steaks. The liquid is reduced during cooking.



**-BAKING-**

Food is cooked in an oven. Commonly used for breads, pastries, and casseroles. The food is cooked in a dry environment.



**-ROASTING-**

Food is cooked in an oven. Commonly used for meats, poultry, and vegetables. The food is cooked in a dry environment.



**-SAUTEING-**

Food is cooked in a small amount of liquid. Commonly used for vegetables, meats, and seafood. The liquid is reduced during cooking.



**-BLACKENING-**

Food is cooked in a dry environment. Commonly used for meats, poultry, and seafood. The food is cooked in a dry environment.



**-SIMMERING-**

Food is cooked in a liquid. Commonly used for soups, stews, and casseroles. The liquid is reduced during cooking.



**-POACHING-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-BOILING-**

Food is cooked in a liquid. Commonly used for soups, stews, and casseroles. The liquid is reduced during cooking.



**-BROILING-**

Food is cooked with radiant heat. Commonly used for meats, poultry, and seafood. The food is cooked in a dry environment.



**-SCALDING-**

Water is heated to a high temperature. Commonly used for pasta and vegetables. The liquid is reduced during cooking.



**-BLANCHING-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-FRYING-**

Food is cooked in a hot fat or oil. Commonly used for meats, poultry, and seafood. The fat is reduced during cooking.



**-DEEP FRYING-**

Food is submerged in a hot fat or oil. Commonly used for meats, poultry, and seafood. The fat is reduced during cooking.



**-TORCHING/FLAMBEING-**

Food is cooked with a flame. Commonly used for meats, poultry, and seafood. The food is cooked in a dry environment.



**-JUGGING-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-SWEATING-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-STIR FRYING-**

Food is cooked in a hot fat or oil. Commonly used for meats, poultry, and seafood. The fat is reduced during cooking.



**-SMOKING-**

Food is cooked in a dry environment. Commonly used for meats, poultry, and seafood. The food is cooked in a dry environment.



**-MEUNIERE-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-SOUS-VIDE-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-KALUA-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-KHO-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-KARAAGE-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-ROBATA-YAKI-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-TEMPERING SPICES-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-VELVETING-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-HOT SAND FRYING-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-TEN VESSIE-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-SMOTHERING-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-TEN PAPILOTE-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-DUM PUKKI-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-CURING-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-PRESSURE-FRYING-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-MICROWAVING-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.



**-ENGINE COOKING-**

Food is cooked in a liquid. Commonly used for meats, poultry, and seafood. The liquid is reduced during cooking.

# Cooking Techniques Manual 2026 Guide

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