

# 40 KEY CULINARY TECHNIQUES & COOKING METHODS EXPLAINED



## •GRILLING•

Cooking over direct heat (food is exposed to flames and heat from coals beneath). This can be done over an open fire or a grill grate.



## •STEAMING•

Cooking with steam from hot liquid. Food does not come in direct contact with the liquid.



## •SEARING•

The surface of food is cooked at a high temperature (such as in direct contact with flames) until it achieves a brown, caramelized crust.



## •STEWING•

Food is cooked in a liquid with low heat and served in the gravy that is formed from the ingredients.



# Practice Workbook Cooking Techniques Manual

**LL Leslie**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, overlapping a red circular gradient that fades into the white background.

## **Practice Workbook Cooking Techniques Manual:**

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**The American Journal of Nursing** ,1921      Bulletin of the Brooklyn Public Library Brooklyn Public Library,1917

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