Kitchen 101
Cooking Methods

	Equip.	Temp.	Time	Uses/Characteristics
Dry Heat				
Bake/ Roast				Desserts, Breads, Meat, Vegetables. Evenly distributed, indirect heat
Broil/ Grill				Meat, Vegetables, Fruit. Direct heat – Cook, Char, Sear, Crust
Deep Fry				Desserts, Meat, Vegetables. Crispy – requires submersing in fat
Double Boiler				Chocolate, Custards, Sauces. For delicate ingredients
Pan Fry				Meat, Vegetables, Fruit. Even cooking – requires a little fat
Sauté				Meat, Vegetables, Fruit. Searing – requires a little fat
Sweat				Vegetables. Used to extract flavor from items.
Torch/ Flambé				Desserts, Meringues. Flame or lit alcohol to char/sear
Moist Heat				
Blanch				Vegetables, Fruit. Two steps: 1. Boil. 2. Dip in ice water
Boil				Pasta, Rice, Vegetables, Reducing. Rapid, large bubbles
Braise				Meat. Tenderizes & intensifies flavor
Poach				Meat, Vegetables, Fruit. Infuses flavor, keeps shape
Scald				Liquids, Milk, Custards. For heating delicate ingredients
Simmer				Liquids, Soups, Stocks, Reducing. Infrequent, small bubbles
Steam				Vegetables, Meat. Most gentle & retains nutrients

Reference Cooking Techniques Manual

Rosina Ehmann

Reference Cooking Techniques Manual:

Reviewing **Reference Cooking Techniques Manual**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Reference Cooking Techniques Manual**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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