



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
	Saute				Meat, Vegetables, Fruit Searing - requires a little fat
	Sweat				Vegetables Used to extract flavor from items.
Torch/ Flambe				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

**Thirumalaisamy P.
Velavancorresponding**



Reference Cooking Techniques Manual:

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fall prevention simple tips to prevent falls mayo clinic - Nov 07 2022

web feb 3 2022 physical activity can go a long way toward fall prevention with your health care provider s ok consider activities such as walking water workouts or tai chi a gentle exercise that involves slow and graceful dance like movements these activities reduce the risk of falls by improving strength balance coordination and flexibility