

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 by high heat. Common for steaks, chops, roasts. 2-3 minutes per side.



-STEWING-

Food is cooked in a liquid with heat. Good for soups, stews, braises. The ingredients are simmered in the liquid.



-BRAISING-

Food is cooked in a liquid at a high temperature. Good for roasts, stews, soups. The liquid is reduced and the food is browned.



-BASTING-

Meat is cooked in a liquid and the liquid is poured over the meat. Good for roasts, stews, soups. The liquid is reduced and the food is browned.



-BAKING-

Food is cooked in an oven. Good for breads, pastries, cakes, pies. The food is cooked in a dry heat.



-ROASTING-

Food is cooked in an oven. Good for meats, vegetables, fruits. The food is cooked in a dry heat.



-SAUTEING-

Food is cooked in a small amount of liquid. Good for vegetables, meats, seafood. The liquid is reduced and the food is browned.



-BLACKENING-

Food is cooked in a dry heat. Good for meats, vegetables, fruits. The food is cooked in a dry heat.



-SIMMERING-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-POACHING-

Food is cooked in a liquid at a low temperature. Good for meats, vegetables, fruits. The liquid is reduced and the food is browned.



-BOILING-

Food is cooked in a liquid at a high temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-BROILING-

Food is cooked with radiant heat. Good for meats, vegetables, fruits. The food is cooked in a dry heat.



-SCALDING-

Water is heated to a high temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-BLANCHING-

Food is cooked in a liquid at a high temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-FRYING-

Food is cooked in a hot fat or oil. Good for meats, vegetables, fruits. The food is cooked in a dry heat.



-DEEP FRYING-

Food is submerged in a hot fat or oil. Good for meats, vegetables, fruits. The food is cooked in a dry heat.



-TORCHING / FLAMBEING-

Food is cooked with a flame. Good for meats, vegetables, fruits. The food is cooked in a dry heat.



-JUGGING-

Food is cooked in a liquid at a high temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-SWEATING-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-STIR FRYING-

Food is cooked in a hot fat or oil. Good for meats, vegetables, fruits. The food is cooked in a dry heat.



-SMOKING-

Food is cooked in a dry heat. Good for meats, vegetables, fruits. The food is cooked in a dry heat.



-SAUTEING-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-SOUS-VIDE-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-KALUA-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-KHO-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-KARAAGE-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-ROBATA YAK-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-TEMPERING SPICES-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-VELVETING-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-HOT SAND FRYING-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-TEN VESSIC-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-SMOTHERING-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-TEN PAPILOTE-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-DUM PUKKI-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-CURING-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-PRESSURE FRYING-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-MICROWAVING-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.



-ENGINE COOKING-

Food is cooked in a liquid at a low temperature. Good for soups, stews, braises. The liquid is reduced and the food is browned.

Cooking Techniques Manual 2026 Guide

AW Rasmussen



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