

# 40 KEY CULINARY TECHNIQUES & COOKING METHODS EXPLAINED



**-GRILLING-**

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



**-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. Simmering heat.



**-BRAISING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. Simmering heat.



**-BASTING-**

Meat is cooked in a liquid with heat. Good for meats, vegetables. Simmering heat.



**-BAKING-**

Food is cooked in an oven. Good for breads, pastries, casseroles. Dry heat.



**-ROASTING-**

Food is cooked in an oven. Good for meats, vegetables. Dry heat.



**-SAUTEING-**

Food is cooked in a pan with heat. Good for meats, vegetables. High heat.



**-BLACKENING-**

Food is cooked in a pan with heat. Good for meats, vegetables. High heat.



**-SIMMERING-**

Food is cooked in a liquid with heat. Good for soups, stews, braises. Simmering heat.



**-POACHING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. Simmering heat.



**-BOILING-**

Food is cooked in a liquid with heat. Good for soups, stews, braises. Boiling heat.



**-BROILING-**

Food is cooked with radiant heat. Good for meats, vegetables. High heat.



**-SCALDING-**

Water is heated to a high temperature. Good for pasta, grains. High heat.



**-BLANCHING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-FRYING-**

Food is cooked in a pan with heat. Good for meats, vegetables. High heat.



**-DEEP FRYING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-TORCHING / FLAMBEING-**

Food is cooked with a flame. Good for meats, vegetables. High heat.



**-JUGGING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-SWEATING-**

Food is cooked in a pan with heat. Good for meats, vegetables. High heat.



**-STIR FRYING-**

Food is cooked in a pan with heat. Good for meats, vegetables. High heat.



**-SMOKING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-MEUNIÈRE-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-SOUS-VIDE-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-KALUA-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-KHO-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-KARAAGE-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-ROBATA YAKI-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-TEMPERING SPICES-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-VELVETING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-HOT SAND FRYING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-TEN VESSIE-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-SMOTHERING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-TEN PAPILOTE-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-DUM PUKKI-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-CURING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-PRESSURE-FRYING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-MICROWAVING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.



**-ENGINE COOKING-**

Food is cooked in a liquid with heat. Good for meats, vegetables. High heat.

# Cooking Techniques Manual 2026 Guide

**Jessica J Manson**



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