



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



Cooking Techniques Manual Reference

JE Gale



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Unveiling the Energy of Verbal Art: An Psychological Sojourn through **Cooking Techniques Manual Reference**

In some sort of inundated with screens and the cacophony of instantaneous conversation, the profound energy and mental resonance of verbal art usually fade into obscurity, eclipsed by the constant assault of noise and distractions. However, located within the lyrical pages of **Cooking Techniques Manual Reference**, a captivating function of fictional splendor that pulses with raw emotions, lies an remarkable trip waiting to be embarked upon. Written by a virtuoso wordsmith, that magical opus instructions visitors on a mental odyssey, softly exposing the latent potential and profound influence embedded within the complicated internet of language. Within the heart-wrenching expanse of this evocative evaluation, we shall embark upon an introspective exploration of the book is main themes, dissect their charming writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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