

# 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. Direct contact with the liquid.



**-SEARING-**

The surface of food is cooked by high temperature. Usually in 30 seconds or less with a brown, caramelized crust.



**-STEWING-**

Food is cooked in a liquid with the cooking heat transferred from the liquid.



**-BRAISING-**

Food is cooked in a liquid at a high temperature. Usually a great method for tough cuts of meat.



**-BASTING-**

Meat is cooked in a liquid or the meat bastes in a liquid or sauce. Usually in a grill.



**-BAKING-**

Food is cooked by dry heat in an enclosed space. Usually in an oven.



**-ROASTING-**

Food is cooked in a dry heat. Usually in an oven.



**-SAUTEING-**

Food is cooked in a small amount of liquid. Usually in a pan.



**-BLACKENING-**

Food is cooked in a dry heat. Usually in a pan.



**-SIMMERING-**

Food is cooked in a liquid. Usually in a pot.



**-POACHING-**

Food is cooked in a liquid. Usually in a pot.



**-BOILING-**

Food is cooked in a liquid. Usually in a pot.



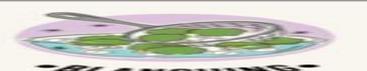
**-BROILING-**

Food is cooked with radiant heat. Usually in a grill.



**-SCALDING-**

Water is heated to a high temperature. Usually in a pot.



**-BLANCHING-**

Food is cooked in a liquid. Usually in a pot.



**-FRYING-**

Food is cooked in a hot fat or oil. Usually in a pan.



**-DEEP FRYING-**

Food is submerged in a hot fat or oil. Usually in a pot.



**-TORCHING / FLAMBEING-**

Food is cooked with a flame. Usually in a pan.



**-JUGGING-**

Food is cooked in a liquid. Usually in a pot.



**-SWEATING-**

Food is cooked in a liquid. Usually in a pot.



**-STIR FRYING-**

Food is cooked in a liquid. Usually in a pot.



**-SMOKING-**

Food is cooked in a liquid. Usually in a pot.



**-MEUNIERE-**

Food is cooked in a liquid. Usually in a pot.



**-SOUS-VIDE-**

Food is cooked in a liquid. Usually in a pot.



**-KALUA-**

Food is cooked in a liquid. Usually in a pot.



**-KHO-**

Food is cooked in a liquid. Usually in a pot.



**-KARAGE-**

Food is cooked in a liquid. Usually in a pot.



**-ROBATA YAKHI-**

Food is cooked in a liquid. Usually in a pot.



**-TEMPERING SPICES-**

Food is cooked in a liquid. Usually in a pot.



**-VELVETING-**

Food is cooked in a liquid. Usually in a pot.



**-HOT SAND FRYING-**

Food is cooked in a liquid. Usually in a pot.



**-TEN VESSIE-**

Food is cooked in a liquid. Usually in a pot.



**-SMOTHERING-**

Food is cooked in a liquid. Usually in a pot.



**-TEN PAPILLOTE-**

Food is cooked in a liquid. Usually in a pot.



**-DUM PUKKI-**

Food is cooked in a liquid. Usually in a pot.



**-CURING-**

Food is cooked in a liquid. Usually in a pot.



**-PRESSURE-FRYING-**

Food is cooked in a liquid. Usually in a pot.



**-MICROWAVING-**

Food is cooked in a liquid. Usually in a pot.

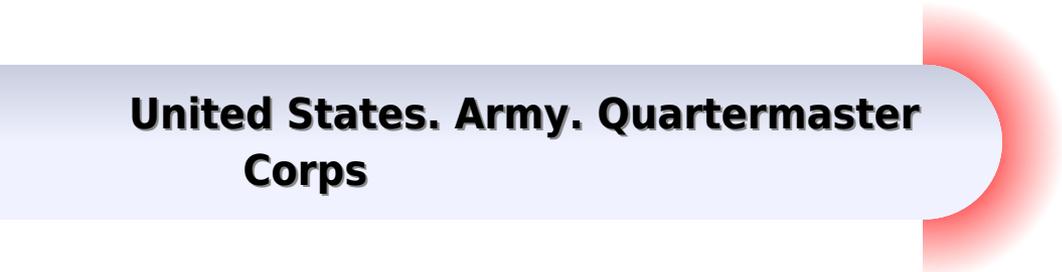


**-ENGINE COOKING-**

Food is cooked in a liquid. Usually in a pot.

# Cooking Techniques Manual 2026 Guide

**United States. Army. Quartermaster  
Corps**



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