

# 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 ground meat or vegetables. The ingredients are simmered from the beginning.



**-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. The meat is basted with a liquid. Usually in a grill or a broiler.



**-BAKING-**

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



**-ROASTING-**

Food is cooked in a dry environment. Usually in an oven. Usually in a spit.



**-SAUTEING-**

Food is cooked in a liquid. Usually in a sauteing pan. Usually in a sauteing pan.



**-BLACKENING-**

Food is cooked in a liquid. Usually in a blackening pan. Usually in a blackening pan.



**-SIMMERING-**

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



**-POACHING-**

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



**-BOILING-**

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



**-BROILING-**

Food is cooked with radiant heat. Usually in a broiling pan. Usually in a broiling pan.



**-SCALDING-**

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



**-BLANCHING-**

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



**-FRYING-**

Food is cooked in a liquid. Usually in a frying pan. Usually in a frying pan.



**-DEEP FRYING-**

Food is submerged in a liquid. Usually in a deep frying pot. Usually in a deep frying pot.



**-TORCHING / FLAMBEING-**

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



**-JUGGING-**

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



**-SWEATING-**

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



**-STIR FRYING-**

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



**-SMOKING-**

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



**-MEUNIERE-**

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



**-SOUS-VIDE-**

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



**-KALUA-**

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



**-KHO-**

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



**-KARAGE-**

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



**-ROBATA YAKHI-**

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



**-TEMPERING SPICES-**

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



**-VELVETING-**

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



**-HOT SAND FRYING-**

Food is cooked in a liquid. Usually in a hot sand frying pot. Usually in a hot sand frying pot.



**-TEN VESSIE-**

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



**-SMOTHERING-**

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



**-TEN PAPILOTE-**

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



**-DUM PUKKI-**

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



**-CURING-**

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



**-PRESSURE-FRYING-**

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



**-MICROWAVING-**

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



**-ENGINE COOKING-**

Food is cooked in a liquid. Usually in an engine cooking pot. Usually in an engine cooking pot.

# Cooking Techniques Manual 2026 Guide

**H Kauffman**



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