



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

Wayne Gisslen



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Food Operations Reference Manual United States. Navy Department. Bureau of Supplies and Accounts,1964

Team Nutrition Connections ,1995 **Walford's Guide to Reference Material** Marilyn Mullay,Priscilla

Schlicke,1996 The Complete Idiot's Guide to Girlfriend Getaways Lisa Kasanicky,2009 Women Walford's Concise

Guide to Reference Material Albert John Walford,1992 This is a shortened version of the three volume Walford s Guide to Reference Material 5th edition Volume 1 Science and Technology 1989 Volume 2 Social and historical sciences philosophy and religion 1990 and Volume 3 Generalia language and literature the arts 1991 There are more than 3 000 entries forming an updated compilation of what are considered to be the basic items in the main volumes plus some more recent material up to April 1992 *Walford's Guide to Reference Material: Science and technology* Albert John Walford,Library

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Congress. House. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, Food and Drug

Administration, and Related Agencies,1999 Professional Cooking for Canadian Chefs Wayne Gisslen,Mary Ellen Griffin,Le Cordon Bleu,2006 Wayne Gisslen s Professional Cooking for Canadian Chefs has helped train hundreds of thousands of professional chefs with clear in depth instruction on the critical cooking theories and techniques successful chefs need to meet the demands of the professional kitchen Now with 1 200 recipes and more information than ever before this beautifully revised and updated edition helps culinary students and aspiring chefs gain the tools and confidence they need to succeed as they build their careers in the field today **Professional Cooking, EMEA Edition** Wayne Gisslen,2019-01-07 The Ninth

Edition of Professional Cooking reflects the changing nature of our understanding of cooking and related fields such as food

safety nutrition and dietary practices as well as new thinking about how best to teach this material What has not changed is the core material that focuses on the essentials the comprehensive understanding of ingredients and basic cooking techniques that are the foundation of success in the kitchen and the development of manual skills to apply this knowledge

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