

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. Commonly used for steaks, chops, and roasts. A brown, caramelized crust.



-STEWING-

Food is cooked in a liquid with heat. The cooking is done from the ground that is formed from the ingredients.



-BRAISING-

Food is cooked in a liquid at a high temperature. Often used for meats, vegetables, and grains. The liquid is reduced to a thick sauce.



-BASTING-

Meat is cooked in a liquid. The liquid is brushed over the meat. Often used for roasts and steaks. The liquid is reduced to a thick sauce.



-BAKING-

Food is cooked in an oven. Often used for breads, pastries, and meats. The heat is dry and even.



-ROASTING-

Food is cooked in an oven. Often used for meats, vegetables, and grains. The heat is dry and even.



-SAUTEING-

Food is cooked in a small amount of liquid. Often used for meats, vegetables, and grains. The liquid is reduced to a thick sauce.



-BLACKENING-

Food is cooked in a dry heat. Often used for meats, vegetables, and grains. The heat is dry and even.



-SIMMERING-

Food is cooked in a liquid at a low temperature. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-POACHING-

Food is cooked in a liquid at a low temperature. Often used for meats, vegetables, and grains. The liquid is reduced to a thick sauce.



-BOILING-

Food is cooked in a liquid at a high temperature. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



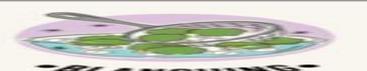
-BROILING-

Food is cooked with radiant heat. Often used for meats, vegetables, and grains. The heat is dry and even.



-SCALDING-

Water is heated to a high temperature. Often used for pasta, grains, and vegetables. The liquid is reduced to a thick sauce.



-BLANCHING-

Food is cooked in a liquid at a high temperature. Often used for meats, vegetables, and grains. The liquid is reduced to a thick sauce.



-FRYING-

Food is cooked in a hot fat or oil. Often used for meats, vegetables, and grains. The liquid is reduced to a thick sauce.



-DEEP FRYING-

Food is submerged in a hot fat or oil. Often used for meats, vegetables, and grains. The liquid is reduced to a thick sauce.



-TORCHING / FLAMBEING-

Food is covered with sugar and then set on fire. Often used for desserts. The liquid is reduced to a thick sauce.



-JUGGING-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-SWEATING-

Vegetables are cooked in a hot oil or butter. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-STIR FRYING-

Ingredients are fried in a small amount of hot oil. Often used for meats, vegetables, and grains. The liquid is reduced to a thick sauce.



-SMOKING-

Food is cooked in a dry heat. Often used for meats, vegetables, and grains. The heat is dry and even.



-MEUNIERE-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-SOUS-VIDE-

Food is cooked in a vacuum-sealed bag. Often used for meats, vegetables, and grains. The liquid is reduced to a thick sauce.



-KALUA-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-KHO-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-KARAGE-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-ROBATA YAKHI-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-TEMPERING SPICES-

Spices are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-VELVETING-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-HOT SAND FRYING-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-TEN VESSIE-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-SMOTHERING-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-TEN PAPILOTTE-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-DUM PUKKI-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-CURING-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-PRESSURE-FRYING-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-MICROWAVING-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.



-ENGINE COOKING-

Meats are cooked in a liquid. Often used for soups, stews, and sauces. The liquid is reduced to a thick sauce.

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Ying Liu



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