

40 KEY CULINARY TECHNIQUES & COOKING METHODS EXPLAINED



-GRILLING-

Cooking over direct heat. Good for steaks, burgers, kebabs. The use of grill marks.



-STEAMING-

Cooking with steam from hot liquid. Good for dumplings, fish, vegetables. Direct contact with the liquid.



-SEARING-

The surface of food is cooked in high heat for a short time. It is used to seal in juices, brown, caramelize 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. The use of a braising pot.



-BASTING-

Meat is cooked in a liquid. The liquid is poured over the meat. It is used to keep the meat moist. It is used to keep the meat moist.



-BAKING-

Food is cooked in an oven. It is used for breads, pastries, cakes, pies, etc.



-ROASTING-

Food is cooked in an oven. It is used for meats, vegetables, etc.



-SAUTEING-

Food is cooked in a small amount of liquid. It is used for meats, vegetables, etc.



-BLACKENING-

Food is cooked in a dry heat. It is used for meats, vegetables, etc.



-SIMMERING-

Food is cooked in a liquid. It is used for soups, stews, etc.



-POACHING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-BOILING-

Food is cooked in a liquid. It is used for soups, stews, etc.



-BROILING-

Food is cooked with radiant heat. It is used for meats, vegetables, etc.



-SCALDING-

Water is heated to a high temperature. It is used for blanching, etc.



-BLANCHING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-FRYING-

Food is cooked in a hot fat or oil. It is used for meats, vegetables, etc.



-DEEP FRYING-

Food is submerged in a hot fat or oil. It is used for meats, vegetables, etc.



-TORCHING / FLAMBEING-

Food is cooked with a flame. It is used for meats, vegetables, etc.



-JUGGING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-SWEATING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-STIR FRYING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-SMOKING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-MEUNIERE-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-SOUS-VIDE-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-KALUA-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-KHO-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-KARAGE-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-ROBATA YAKHI-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-TEMPERING SPICES-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-VELVETING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-HOT SAND FRYING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-TEN VESSIE-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-SMOTHERING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-TEN PAPILOTE-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-DUM PUKKI-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-CURING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-PRESSURE-FRYING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-MICROWAVING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.



-ENGINE COOKING-

Food is cooked in a liquid. It is used for meats, vegetables, etc.

Cooking Techniques Manual 2026 Guide

E Durkheim



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