



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

E Durkheim



Cooking Techniques Manual Reference:

Decoding **Cooking Techniques Manual Reference**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Cooking Techniques Manual Reference**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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