



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

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