



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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Cooking Techniques Manual Reference:

The book delves into Cooking Techniques Manual Reference. Cooking Techniques Manual Reference is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Cooking Techniques Manual Reference, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Cooking Techniques Manual Reference
 - Chapter 2: Essential Elements of Cooking Techniques Manual Reference
 - Chapter 3: Cooking Techniques Manual Reference in Everyday Life
 - Chapter 4: Cooking Techniques Manual Reference in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Cooking Techniques Manual Reference. The first chapter will explore what Cooking Techniques Manual Reference is, why Cooking Techniques Manual Reference is vital, and how to effectively learn about Cooking Techniques Manual Reference.
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This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Cooking Techniques Manual Reference.

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