

# 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 poured over the meat. Often used for roasts. The liquid is reduced to a thick sauce.



**-BAKING-**

Food is cooked in an oven. Often used for breads, pastries, and casseroles. 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 vegetables, meats, and seafood. 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. The liquid is kept at a low temperature. Often used for soups, stews, and sauces.



**-POACHING-**

Food is cooked in a liquid. The liquid is kept at a low temperature. Often used for eggs, fish, and poultry.



**-BOILING-**

Food is cooked in a liquid. The liquid is kept at a high temperature. Often used for pasta, vegetables, and grains.



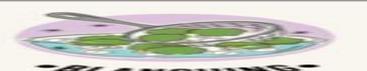
**-BROILING-**

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



**-SCALDING-**

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



**-BLANCHING-**

Food is cooked in a liquid. The liquid is kept at a high temperature. Often used for vegetables, meats, and seafood.



**-FRYING-**

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



**-DEEP FRYING-**

Food is submerged in a hot fat or oil. Often used for french fries, chicken, and fish. The fat is reduced to a thick sauce.



**-TORCHING/FLAMBEING-**

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



**-JUGGING-**

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



**-SWEATING-**

Food is cooked in a liquid. The liquid is kept at a low temperature. Often used for vegetables, meats, and seafood.



**-STIR FRYING-**

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



**-SMOKING-**

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



**-MEUNIERE-**

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



**-SOUS-VIDE-**

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



**-KALUA-**

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



**-KHO-**

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



**-KARAAGE-**

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



**-ROBATA-YAKI-**

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



**-TEMPERING SPICES-**

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



**-VELVETING-**

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



**-HOT SAND FRYING-**

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



**-TEN VESSIE-**

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



**-SMOTHERING-**

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



**-TEN PAPILOTE-**

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



**-DUM PUKKI-**

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



**-CURING-**

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



**-PRESSURE-FRYING-**

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



**-MICROWAVING-**

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



**-ENGINE COOKING-**

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

# Cooking Techniques Manual 2026 Guide

**JE Gale**



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