

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 water. Good for dumplings, fish, vegetables. Direct contact with the liquid.



-SEARING-

The surface of food is cooked in a hot liquid or oil. Good for steaks, chops, roasts. 40 seconds or less with a brown, caramelized crust.



-STEWING-

Food is cooked in a liquid with the cooking liquid in a liquid with the ingredients in a liquid.



-BRAISING-

Food is cooked in a liquid with a high temperature. Good for roasts, stews, soups. The use of a braising pot.



-BASTING-

Meat is cooked in a liquid with the meat basting in a liquid. Good for roasts, stews, soups. The use of a basting brush.



-BAKING-

Food is cooked in an oven. Good for breads, pastries, cakes, pies. The use of an oven.



-ROASTING-

Food is cooked in an oven. Good for roasts, stews, soups. The use of an oven.



-SAUTEING-

Food is cooked in a liquid with a high temperature. Good for roasts, stews, soups. The use of a sauteing pan.



-BLACKENING-

Food is cooked in a liquid with a high temperature. Good for roasts, stews, soups. The use of a blackening pan.



-SIMMERING-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a simmering pot.



-POACHING-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a poaching pot.



-BOILING-

Food is cooked in a liquid with a high temperature. Good for soups, stews, soups. The use of a boiling pot.



-BROILING-

Food is cooked with radiation or direct heat. Good for roasts, stews, soups. The use of a broiling pan.



-SCALDING-

Food is cooked in a liquid with a high temperature. Good for soups, stews, soups. The use of a scalding pot.



-BLANCHING-

Food is cooked in a liquid with a high temperature. Good for soups, stews, soups. The use of a blanching pot.



-FRYING-

Food is cooked in a liquid with a high temperature. Good for soups, stews, soups. The use of a frying pan.



-DEEP FRYING-

Food is submerged in a liquid with a high temperature. Good for soups, stews, soups. The use of a deep frying pot.



-TORCHING / FLAMBEING-

Food is cooked with a flame. Good for soups, stews, soups. The use of a torching flame.



-JUGGING-

Food is cooked in a liquid with a high temperature. Good for soups, stews, soups. The use of a jugging pot.



-SWEATING-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a sweating pot.



-STIR FRYING-

Food is cooked in a liquid with a high temperature. Good for soups, stews, soups. The use of a stir frying pan.



-SMOKING-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a smoking pot.



-MEUNIERE-

Food is cooked in a liquid with a high temperature. Good for soups, stews, soups. The use of a meuniere pan.



-SOUS-VIDE-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a sous vide pot.



-KALUA-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a kalua pot.



-KHO-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a kho pot.



-KARAGE-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a karage pot.



-ROBATA YAKHI-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a robata yakhi pot.



-TEMPERING SPICES-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a tempering spices pot.



-VELVETTING-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a velvetting pot.



-HOT SAND FRYING-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a hot sand frying pot.



-TEN VESSIE-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a ten vessie pot.



-SMOTHERING-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a smothering pot.



-TEN PAPILLOTE-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a ten papillote pot.



-DUM PUKKI-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a dum pukki pot.



-CURING-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a curing pot.



-PRESSURE-FRYING-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a pressure frying pot.



-MICROWAVING-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of a microwaving pot.



-ENGINE COOKING-

Food is cooked in a liquid with a low temperature. Good for soups, stews, soups. The use of an engine cooking pot.

Cooking Techniques Manual 2026 Guide

Puja Mehta



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