

# 40 KEY CULINARY TECHNIQUES & COOKING METHODS EXPLAINED



## •GRILLING•

Cooking over direct heat (food is exposed to flames and heat from coals beneath). This can be done over an open fire or a grill grate.



## •STEAMING•

Cooking with steam from hot liquid. Food does not come in direct contact with the liquid.



## •SEARING•

The surface of food is cooked at a high temperature (such as in direct contact with flames) until it achieves a brown, caramelized crust.



## •STEWING•

Food is cooked in a liquid with low heat and served in the gravy that is formed from the ingredients.



# Cooking Techniques Manual Practice Workbook

**H Kauffman**



## **Cooking Techniques Manual Practice Workbook:**

Delve into the emotional tapestry woven by Emotional Journey with in **Cooking Techniques Manual Practice Workbook** . This ebook, available for download in a PDF format ( Download in PDF: \*), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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