



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 |



Reference Cooking Techniques Manual

Camilla Rothe



Reference Cooking Techniques Manual:

Manuals Combined: U.S. Marine Corps Basic Reconnaissance Course (BRC) References , Over 5 300 total pages MARINE RECON Reconnaissance units are the commander s eyes and ears on the battlefield They are task organized as a highly trained six man team capable of conducting specific missions behind enemy lines Employed as part of the Marine Air Ground Task Force reconnaissance teams provide timely information to the supported commander to shape and influence the battlefield The varying types of missions a Reconnaissance team conduct depends on how deep in the battle space they are operating Division Reconnaissance units support the close and distant battlespace while Force Reconnaissance units conduct deep reconnaissance in support of a landing force Common missions include but are not limited to Plan coordinate and conduct amphibious ground reconnaissance and surveillance to observe identify and report enemy activity and collect other information of military significance Conduct specialized surveying to include underwater reconnaissance and or demolitions beach permeability and topography routes bridges structures urban rural areas helicopter landing zones LZ parachute drop zones DZ aircraft forward operating sites and mechanized reconnaissance missions When properly task organized with other forces equipment or personnel assist in specialized engineer radio and other special reconnaissance missions Infiltrate mission areas by necessary means to include surface subsurface and airborne operations Conduct Initial Terminal Guidance ITG for helicopters landing craft parachutists air delivery and re supply Designate and engage selected targets with organic weapons and force fires to support battlespace shaping This includes designation and terminal guidance of precision guided munitions Conduct post strike reconnaissance to determine and report battle damage assessment on a specified target or area Conduct limited scale raids and ambushes Just a SAMPLE of the included publications BASIC RECONNAISSANCE COURSE PREPARATION GUIDE RECONNAISSANCE RECON TRAINING AND READINESS T R MANUAL RECONNAISSANCE REPORTS GUIDE GROUND RECONNAISSANCE OPERATIONS GROUND COMBAT OPERATIONS Supporting Arms Observer Spotter and Controller DEEP AIR SUPPORT SCOUTING AND PATROLLING Civil Affairs Tactics Techniques and Procedures MAGTF Intelligence Production and Analysis Counterintelligence Close Air Support Military Operations on Urbanized Terrain MOUT Convoy Operations Handbook TRAINING SUPPORT PACKAGE FOR CONVOY SURVIVABILITY Convoy Operations Battle Book Tactics Techniques and Procedures for Training Planning and Executing Convoy Operations Urban Attacks **Manual of Revegetation Techniques** Stephen G. Long,1984 **Professional Cooking for Canadian Chefs** Wayne Gisslen,Mary Ellen Griffin,Le Cordon Bleu,2006 Wayne Gisslen s Professional Cooking for Canadian Chefs has helped train hundreds of thousands of professional chefs with clear in depth instruction on the critical cooking theories and techniques successful chefs need to meet the demands of the professional kitchen Now with 1 200 recipes and more information than ever before this beautifully revised and updated edition helps culinary students and aspiring chefs gain the tools and confidence they need to succeed as they build their careers in the field today Miss

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