

40 KEY CULINARY TECHNIQUES & COOKING METHODS EXPLAINED



-GRILLING-

Cooking over direct heat. Good for steaks, burgers, kebabs. The use of grill marks.



-STEAMING-

Cooking with steam from hot liquid. Direct contact with the liquid.



-SEARING-

The surface of food is cooked by high temperature. Usually in 30 seconds or less with a brown, caramelized crust.



-STEWING-

Food is cooked in a liquid with ground meat or vegetables. The ingredients are simmered from the beginning.



-BRAISING-

Food is cooked in a liquid at a high temperature. Usually a great method for tough cuts of meat.



-BASTING-

Meat is cooked in a liquid or the meat bastes in a liquid or sauce. Usually in a grill.



-BAKING-

Food is cooked by dry heat in an enclosed space. Usually in an oven.



-ROASTING-

Food is cooked in a dry heat. Usually in an oven.



-SAUTEING-

Food is cooked in a small amount of liquid. Usually in a pan.



-BLACKENING-

Food is cooked in a dry heat. Usually in a pan.



-SIMMERING-

Food is cooked in a liquid. Usually in a pot.



-POACHING-

Food is cooked in a liquid. Usually in a pot.



-BOILING-

Food is cooked in a liquid. Usually in a pot.



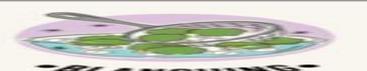
-BROILING-

Food is cooked with radiant heat. Usually in a broiler.



-SCALDING-

Water is heated to a high temperature. Usually in a pot.



-BLANCHING-

Food is cooked in a liquid. Usually in a pot.



-FRYING-

Food is cooked in a hot fat or oil. Usually in a pan.



-DEEP FRYING-

Food is submerged in a hot fat or oil. Usually in a pot.



**-TORCHING-
FLAMBEING-**

Food is cooked with a flame. Usually in a pan.



-JUGGING-

Food is cooked in a liquid. Usually in a pot.



-SWEATING-

Food is cooked in a liquid. Usually in a pan.



-STIR FRYING-

Food is cooked in a liquid. Usually in a pan.



-SMOKING-

Food is cooked in a liquid. Usually in a pot.



-MEUNIERE-

Food is cooked in a liquid. Usually in a pot.



-SOUS-VIDE-

Food is cooked in a liquid. Usually in a pot.



-KALUA-

Food is cooked in a liquid. Usually in a pot.



-KHO-

Food is cooked in a liquid. Usually in a pot.



-KARAGE-

Food is cooked in a liquid. Usually in a pot.



-ROBATAYAKI-

Food is cooked in a liquid. Usually in a pot.



-TEMPERING SPICES-

Food is cooked in a liquid. Usually in a pot.



-VELVETING-

Food is cooked in a liquid. Usually in a pot.



-HOT SAND FRYING-

Food is cooked in a liquid. Usually in a pot.



-REN VESSIE-

Food is cooked in a liquid. Usually in a pot.



-SMOTHERING-

Food is cooked in a liquid. Usually in a pot.



-EN PAPILLOTE-

Food is cooked in a liquid. Usually in a pot.



-DUM PUKKI-

Food is cooked in a liquid. Usually in a pot.



-CURING-

Food is cooked in a liquid. Usually in a pot.



-PRESSURE-FRYING-

Food is cooked in a liquid. Usually in a pot.



-MICROWAVING-

Food is cooked in a liquid. Usually in a pot.



-ENGINE COOKING-

Food is cooked in a liquid. Usually in a pot.

Cooking Techniques Manual 2026 Guide

**Food and Nutrition Information and
Educational Materials Center (U.S.)**



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