



# 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



# Cooking Techniques Manual Reference

**Jiyuan Zhang**



**Cooking Techniques Manual Reference:**

## Unveiling the Magic of Words: A Report on "**Cooking Techniques Manual Reference**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Cooking Techniques Manual Reference**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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