














































COOKING METHODS

Dry Heat

| | EQUIP. | TEMP. | TIME | USES/CHARACTERISTICS |
|------------------|---|---|---|---|
| Bake/ Roast |  |  |  | <i>Desserts, Breads, Meat, Vegetables</i> <i>Evenly distributed, indirect heat</i> |
| Broil/Grill |  |  |  | <i>Meat, Vegetables, Fruits</i> <i>Direct heat - Cook, Char, Sear, Crust</i> |
| Deep Fry |  |  |  | <i>Desserts, Meat, Vegetables</i> <i>Crispy - Requires submersing in fat</i> |
| Double Boiler |  |  |  | <i>Chocolate, Custards, Sauces</i> <i>For delicate ingredients</i> |
| Pan Fry |  |  |  | <i>Meat, Vegetables, Fruits</i> <i>Even cooking - requires a little fat</i> |
| Sauté |  |  |  | <i>Meat, Vegetables, Fruits</i> <i>Searing - requires a little fat</i> |
| Sweat |  |  |  | <i>Vegetables</i> <i>Used to extract flavor from items</i> |
| Torch/ Flambe |  |  |  | <i>Desserts, Meringues</i> <i>Flame or lit alcohol to char/sear</i> |

COOKING METHODS

Moist Heat

| | EQUIP. | TEMP. | TIME | USES/CHARACTERISTICS |
|--------|---|---|---|--|
| Blanch |  |  |  | <i>Vegetables, Fruit</i> Two step: 1. Boil, 2. Dip in ice water |
| Boil |  |  |  | <i>Pasta, Rice, Vegetables, Reducing</i> Rapid, Large bubbles |
| Braise |  |  |  | <i>Meat</i> Tenderizes & intensifies flavor |
| Poach |  |  |  | <i>Meat, Vegetables, Fruit</i> Infuses flavor, keep shape |
| Scald |  |  |  | <i>Liquids, Milk, Custards</i> For heating delicate ingredients |
| Simmer |  |  |  | <i>Liquids, Soups, Stocks, Reducing</i> Infrequent, small bubbles |
| Steam |  |  |  | <i>Vegetables, Meat</i> Most gentle & retains nutrients |