



General Cooking Methods

Liquid Based Cooking Methods

Poach, simmer, boil, blanch - There tends to be some confusion on the difference between these 4 different cooking methods, here's the difference

Boil means to cook in a liquid that is bubbling rapidly
Water boils at 212 degrees F

Simmer means to cook in a liquid that is bubbling gently
Water simmers at temperatures between 185 – 205 degrees F

Poach means to cook in a small amount of water that is hot but not boiling
Water temperature range is between 160 – 180 degrees F

Blanch means to partially cook a food briefly, blanching helps to loosen the skin off certain vegetables, destroy certain bacteria, and to help set the color of the food

Heat Based Cooking Methods

Roast to cook with hot dry air in an oven in front of a fire, or on a spit. In order to roast correctly the meat being roasted must remain uncovered otherwise steam builds up in the pan and you are now steaming; contrary to popular belief.

Bake very general term and is used to describe cooking breads and pastries however the terms are interchangeable

Broil to cook from a heat source located above the food; food should only be turned over once

Grilling cooking food above an open heat source, either charcoal, propane, or electric heat element

Griddle cooking on a solid surface on top of a heat source perfect for cooking breakfast items

Sauté cooking food quickly in a little bit of fat such as butter or olive oil usually done in a pan on top of a stove. The pan must be preheated before adding any food to get it nice and hot and it is also important not to overcrowd the pan when sautéing this lowers the temperature and then the food begins to simmer

Frying means to cook in a fat such as oil while using a generous amount of fat

Deep Frying means to submerge a food product in oil or other fat while not overcrowding. If you fried foods are too greasy your fat was not hot enough. The best temperature for deep frying is between 350 and 375 degrees F