

# 40

# KEY CULINARY TECHNIQUES & COOKING METHODS

## EXPLAINED



### •GRILLING•

Cooking over direct heat (food is exposed to flames and heat from coals beneath). This can be done over an open fire or a grill grate.



### •STEAMING•

Cooking with steam from hot liquid. Food does not come in direct contact with the liquid.



### •SEARING•

The surface of food is cooked at a high temperature (such as in direct contact with flames) until it achieves a brown, caramelized crust.



### •STEWING•

Food is cooked in a liquid with low heat and served in the gravy that is formed from the ingredients.



# The New Cooking With 4 Ingredients

**A Loxley**



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