



Cooking Basics

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“Cooking” defined

- *The practice or skill of preparing food by combining, mixing, and heating ingredients in various ways.*
 - Application of heat (dry vs. moist) over time
- While recipes tell us “**how**” to cook,
- Usually omit “**why**” we cook food in a particular way
 - Much more to cooking than heating food
 - Demands of specific food density / consistency
 - Desired results (different textures / presentation / flavors)

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Cooking methods

■ BSA's "methods" of cooking


- Baking
- Pan Frying
- Boiling
- Simmering
- Steaming
- Broiling / Grilling
- Microwaving
- Foil cooking & Dutch Oven*



Key concepts:

- how one applies heat to food over time
- none of these methods is necessarily complex
- just need the right tools for the desired meal, right?

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 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 submerging 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

Designed by Russell van Kraayenburg



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Baking & Pan Frying

- Cooking by **evenly distributed dry heat.**
 - One of the more versatile methods
 - Examples: Desserts, Breads, Meat, Veggies
 - Equip needed:
 - Oven
 - Baking sheet
- Cooking with **open pan using hot oil or fat**
 - Oil / fat serves as a lubricant for pan
 - Use a more medium heat, will dry out food
 - Examples: fried chicken, French fries, won tons
 - Equip needed:
 - Pan or skillet
 - Oil

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Boiling & Simmering

- Cooking by **immersing in boiling water or stock**
 - Most intense and destructive methods
 - Examples: Pasta, rice, eggs, vegetables
 - Equip needed:
 - Pot
 - H₂O
- Cooking heated food **just below the boiling point.**
 - Slow cooking method
 - Examples: stews, soups, sauces
 - Equip needed:
 - Pot or pan
 - H₂O or stock

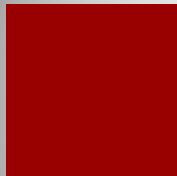
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Steaming & Broiling / Grilling

- Cooking gently by **steam from boiling water**.
 - Most delicate cooking method to retain ingredients or shape of food
- Examples: many Asian cuisines, veggies
- Equip needed:
 - Closed container
 - H₂O
- Cooking on a **metal framework over direct heat** (oven, open flame, coal)
 - Cooks hot & fast
 - Doesn't require a vessel to hold food
- Examples: Steaks, Hot dogs, Kabobs
- Equip needed:
 - Grill (gas v. charcoal)
 - What's a toaster?

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Microwaving

- Cooking by **electromagnetic energy**
 - Uniformly "excites" water molecules in the food
 - Quick and efficient
 - Popular for reheating previously cooked food
 - Risk of aluminum and ceramic absorbing energy
- Examples: almost everything
- Equip needed:
 - Microwave oven
 - Electrical power

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An interesting aside– Emotional cooking references



- Intense questioning or interrogation: **•Grilling**
- Stirring up strong emotions: **•Boiling**
- Extremely agitated or angry: **•Steaming**
- Becoming extremely hot in prolonged sun exposure or hot weather: **•Baking**
- To destroy or electrocute: **•Frying**
- State of suppressed anger or excitement: **•Simmering**

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Questions?



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