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