

◀ TAVERN ON THE POINT ▶

WELCOME

Cooking 101 – Baking



Baking is a method of [cooking](#) food that uses prolonged dry heat, normally in an [oven](#), but also in hot ashes, or on hot stones. The most common baked item is [bread](#) but many other types of foods are baked. Heat is gradually transferred "from the surface of cakes, cookies, and breads to their center. As heat travels through, it transforms batters and doughs into baked goods with a firm dry crust and a softer center. Baking can be combined with grilling to produce a hybrid [barbecue](#) variant by using both methods simultaneously, or one after [the other](#). [Baking is related to barbecuing because the concept of the masonry oven is similar to that of a smoke pit.](#)



Cooking 101 – Barbecue



Barbecuing techniques include smoking, roasting or baking, braising and grilling. The original technique is cooking using smoke at low temperatures and long cooking times (several hours). Baking uses an oven to convection cook with moderate temperatures for an average cooking time of about an hour. Braising combines direct, dry heat charbroiling on a ribbed surface with a broth-filled pot for moist heat. Grilling is done over direct, dry heat, usually over a hot fire for a few minutes.



Cooking 101 – Boiling



Boiling is the method of cooking food in boiling water or other water-based liquids such as stock or milk. Simmering is gentle boiling, while in poaching the cooking liquid moves but scarcely bubbles.



Cooking 101 – Braising



A combination-cooking method that uses both wet and dry heats: typically, the food is first seared at a high temperature, then finished in a covered pot at a lower temperature while sitting in some (variable) amount of liquid (which may also add flavor).



Cooking 101 – Browning



The process of partially cooking the surface of meat to help remove excessive fat and to give the meat a brown color crust and flavor through various browning reactions



Cooking 101 – Charbroiling



The term charbroiler is typically associated with commercial kitchen applications, though the construction and cooking process is nearly identical to light-duty residential products referred to as [grills](#). The terms **charbroiling**, **broiling**, [grilling](#) and **char-grilling** are often used interchangeably, though depending on the application and equipment involved there may be differences in how the food product is actually cooked. The Culinary Reference Guide identifies grilling as "the process used when an item is cooked on a grated surface to sear in the flavors and impart a degree of charring which gives the product a light charcoal smoke flavor."



Cooking 101 – DEEP FRYING



Deep frying (also referred to as **deep fat frying**) is a [cooking](#) method in which food is submerged in hot [fat](#), most commonly [oil](#), rather than the shallow oil used in conventional [frying](#), done in a [frying pan](#). Normally, a [deep fryer](#) or [chip pan](#) is used for this; industrially, a [pressure fryer](#) or [vacuum fryer](#) may be used. Deep frying may also be performed using oil that is heated in a pot. Deep frying is classified as hot-fat cooking method. Typically, deep frying foods cook quickly: all sides of a food are cooked simultaneously as oil has a high rate of heat conduction.



Cooking 101 – PAN FRYING



Pan frying is a form of [frying](#) characterized by the use of minimal [cooking oil](#) or [fat](#) (compared to [shallow frying](#) or [deep frying](#)); typically using just enough oil to lubricate the pan. In the case of a greasy food such as [bacon](#), no oil or fats may be needed. As a form of frying, pan frying relies on oil/fat as the heat transfer medium and on correct temperature and time to not overcook or burn the food. Pan frying can serve to retain the moisture in foods such as meats such as fish and seafood. Because of the partial coverage, the food is typically flipped at least once to ensure that both sides are cooked.



Cooking 101 – Puree



A **purée** (or **mash**) is cooked food, usually [vegetables](#) or [legumes](#), that has been ground, pressed, [blended](#) or [sieved](#) to the consistency of a creamy paste or liquid. Purées of specific foods are often known by specific names, e.g., [applesauce](#) or [hummus](#). The term is of [French](#) origin, where it meant in [Old French](#) (13th century) *purified* or *refined*.



Cooking 101 – Roasting



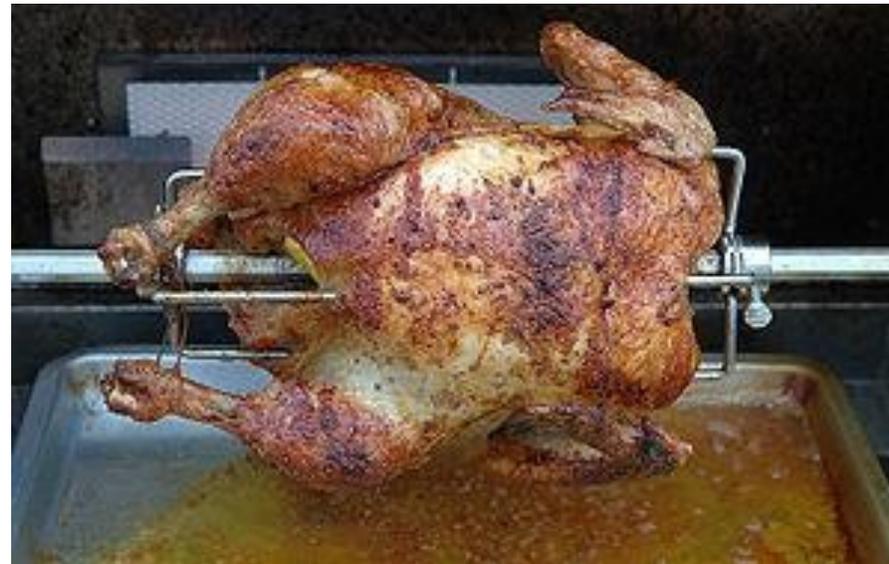
Roasting is a cooking method that uses dry heat where hot air envelops the food, cooking it evenly on all sides with temperatures of at least 150 °C (~300 °F) from an open flame, [oven](#), or other heat source. Roasting can enhance [flavor](#) through caramelization and [Maillard browning](#) on the surface of the food. Roasting uses indirect, diffused heat (as in an oven), and is suitable for slower cooking of meat in a larger, whole piece. [Meats](#) and most [root and bulb vegetables](#) can be roasted. Any piece of meat, especially [red meat](#), that has been cooked in this fashion is called a **roast**. Meats and vegetables prepared in this way are described as "roasted", e.g., roasted [chicken](#) or roasted [squash](#).



Cooking 101 –Rotisserie



Rotisserie is a style of [roasting](#) where meat is [skewered](#) on a **spit**– a long solid rod used to hold food while it is being cooked over a fire in a [fireplace](#) or [over a campfire](#), or roasted in an [oven](#). This method is generally used for cooking large joints of meat or entire animals, such as [pigs](#) or [turkeys](#). The rotation cooks the meat evenly in its own juices and allows easy access for continuous self-[basting](#).



Cooking 101 – Sautéing



To **sauté** is to **cook** food quickly in a minimal amount of fat over relatively high heat. All the ingredients are heated at once, and cooked quickly. To facilitate this, the ingredients are rapidly moved around in the pan, either by the use of a utensil, or by repeatedly jerking the pan itself. A sauté pan must be large enough to hold all of the food in one layer, so steam can escape, which keeps the ingredients from [stewing](#) and promotes the development of [fond](#). Most pans sold specifically as sauté pans have a wide flat base and low sides, to maximize the surface area available for heating. The low sides allow quick evaporation and escape of steam. While [skillets](#) typically have flared or rounded sides, sauté pans typically have straight, vertical sides. This keeps the ingredients from escaping as the pan is jerked or stirred



Cooking 101 – Searing



Searing (or **pan searing**) is a technique used in [grilling](#), [baking](#), [braising](#), [roasting](#), [sautéing](#), etc., in which the surface of the [food](#) (usually [meat](#), [poultry](#) or [fish](#)) is [cooked](#) at high temperature until a [caramelized](#) crust forms. Similar techniques, [browning](#) and [blackening](#), are typically used to sear all sides of a particular piece of meat, fish, poultry, etc. before finishing it in the oven. To obtain the desired brown or black crust, the meat surface must exceed 150 °C (300 °F), so searing requires the meat surface be free of water, which boils at around 100 °C (212 °F).



Cooking 101 – Steaming



Steaming works by boiling water continuously, causing it to vaporize into steam; the steam then carries heat to the nearby food, thus cooking the food. The food is kept separate from the boiling water but has direct contact with the steam, resulting in a moist texture to the food. This differs from [double boiling](#), in which food is not directly exposed to steam, or [pressure cooking](#), which uses a sealed vessel.

