Strand 7 – Cooking Techniques, Seasoning & Flavorings

Define Cooking:

Dry Heat

|  |  |
| --- | --- |
| Define |  |
| Techniques |  |

Moist Heat

|  |  |
| --- | --- |
| Define |  |
| Negative |  |
| Techniques |  |

Combination

|  |  |
| --- | --- |
| Define |  |
| Positives |  |
| Techniques |  |

Flavor

|  |  |
| --- | --- |
| Definition |  |
| Tastes |  |
| Chinese |  |
| Umami |  |

Seasoning

|  |  |
| --- | --- |
| Definition |  |
| Examples |  |

Define Flavoring:

|  |  |
| --- | --- |
| Herbs |  |
| Dry |  |
| Fresh |  |
| Storage |  |

|  |  |
| --- | --- |
| Spices |  |
| Form |  |
| Storage |  |
| Most Common |  |

|  |  |
| --- | --- |
| Vinegars |  |
| Wine Vinegar |  |
| Cider Vinegar |  |
| Rice Wine Vinegar |  |
| Balsamic Vinegar |  |

|  |  |
| --- | --- |
| Condiments |  |
| Common  |  |

|  |  |
| --- | --- |
| Extracts |  |
| Onions |  |
| Lemons |  |
| Nuts |  |