

Recipe Binder: Cooking Techniques

Directions:

Develop a chapter for your recipe binder which includes recipes utilizing the different cooking techniques detailed in the presentation.

1. Locate a recipe which uses one or more of each of the following cooking techniques: (there should be at least one recipe per cooking techniques)
 - barding
 - larding
 - marinating
 - broiling
 - grilling
 - roasting
 - baking
 - sautéing
 - pan-frying
 - stir-frying
 - deep-frying
 - poaching
 - simmering
 - boiling
 - blanching
 - steaming
 - braising
 - stewing
2. Each recipe should be labeled with the type of cooking technique which is used.