



## Essential Cooking Techniques

### Basic Knife Skills

<b>Dicing</b>	Cutting food into uniform cubes for even cooking.
<b>Mincing</b>	Chopping food into very fine pieces.
<b>Chopping</b>	Cutting food into roughly equal, bite-sized pieces.
<b>Julienning</b>	Cutting food into long, thin matchsticks.
<b>Brunoise</b>	Dicing julienned food into tiny (3mm) cubes.
<b>Chiffonade</b>	Rolling leafy greens and slicing thinly.

### Cooking Methods

<b>Sautéing</b>	Cooking food quickly in a small amount of fat over medium-high heat.
<b>Braising</b>	Searing food, then cooking it in liquid for a long period of time.
<b>Grilling</b>	Cooking food over direct heat from a grill.
<b>Roasting</b>	Cooking food in an oven with dry heat.
<b>Steaming</b>	Cooking food using steam.
<b>Poaching</b>	Cooking food gently in liquid just below boiling point.
<b>Deep Frying</b>	Cooking food submerged in hot oil.

### Sauce Basics

<b>Béchamel</b>	Milk-based sauce thickened with a white roux.
<b>Velouté</b>	Stock-based sauce thickened with a roux.
<b>Espagnole</b>	Brown stock-based sauce thickened with a brown roux.
<b>Tomato Sauce</b>	Tomato-based sauce.
<b>Hollandaise</b>	Emulsified sauce made with egg yolks, butter, and lemon juice.
<b>Mayonnaise</b>	Emulsified sauce made with egg yolks, oil, and vinegar or lemon juice.

## Essential Baking Techniques

### Mixing Methods

<b>Creaming Method</b>	Creaming together fat (butter) and sugar until light and fluffy.
<b>Rubbing Method</b>	Rubbing cold fat into flour to create a flaky texture.
<b>Foaming Method</b>	Incorporating air into eggs for a light and airy texture.
<b>Two-Stage Method</b>	Combining dry ingredients with softened fat, then adding liquids.
<b>One-Bowl Method</b>	Combining all ingredients in one bowl.

### Working with Yeast

<b>Proofing Yeast</b>	Dissolving yeast in warm water with sugar to check for viability.
<b>Kneading Dough</b>	Developing gluten in dough by stretching and folding.
<b>Bulk Fermentation</b>	Allowing dough to rise in a warm place.
<b>Shaping Dough</b>	Forming dough into desired shapes before baking.
<b>Proofing Shaped Dough</b>	Allowing shaped dough to rise again before baking.

### Working with Chocolate

<b>Tempering Chocolate</b>	Heating and cooling chocolate to specific temperatures to create a stable crystal structure for a glossy finish and snap.
<b>Melting Chocolate</b>	Melting chocolate gently to avoid seizing.
<b>Using Cocoa Powder</b>	Sifting cocoa powder to prevent lumps in batters.
<b>Storing Chocolate</b>	Storing chocolate in a cool, dry place away from strong odors.

## Ingredient Substitutions & Tips

### Common Substitutions

<b>Egg</b>	1/4 cup applesauce, mashed banana, or flaxseed meal mixed with water.
<b>Butter</b>	Margarine, shortening, coconut oil, or avocado oil.
<b>Milk</b>	Almond milk, soy milk, oat milk, or other plant-based milk.
<b>Sugar</b>	Honey, maple syrup, agave nectar, or stevia (adjust liquid accordingly).
<b>Flour</b>	Almond flour, oat flour, gluten-free flour blend.

### Baking Tips

Always preheat your oven to the correct temperature.
Use an oven thermometer to ensure accurate temperature.
Measure ingredients accurately, especially for baking.
Use room temperature ingredients for better emulsification.
Don't overmix batters; it can lead to tough baked goods.
Let baked goods cool completely before frosting or slicing.

### Cooking Tips

Taste as you go and adjust seasonings accordingly.
Use high-quality ingredients for best results.
Don't overcrowd the pan when sautéing or searing.
Let meat rest after cooking before slicing to retain juices.
Use a sharp knife for safer and more precise cutting.
Keep your knives sharp to prevent accidents.

## Essential Equipment

### Must-Have Cooking Tools

Chef's Knife: For chopping, slicing, and dicing.
Cutting Board: A stable surface for cutting.
Mixing Bowls: For combining ingredients.
Measuring Cups and Spoons: For accurate measurements.
Spatulas and Whisks: For mixing and stirring.
Pots and Pans: Various sizes for different cooking needs.

### Must-Have Baking Tools

Baking Sheets: For baking cookies, pastries, etc.
Cake Pans: For baking cakes.
Parchment Paper: Prevents sticking and makes cleanup easier.
Stand Mixer or Hand Mixer: For mixing batters and doughs.
Rolling Pin: For rolling out dough.
Wire Rack: For cooling baked goods.