COOKING PASSION SINCE 1877



# Our cooking techniques reference guide

## Ingredients

## Method



## Bake (Let's start easy)

### What is baking?

Baking is when you cook food in an oven, surrounded by dry heat. This is called roasting when applied to meat or poultry.



Baking recipes you can try:

- Classic vegetarian lasagne
- Oven baked spinach frittatas
- Chocolate cake



## Baste – What is basting?

Basting is when you moisten food for added flavour and to prevent drying out while cooking.

Recipes that include the basting technique:

- Pineapple glazed ham
- Roast turkey breast
- Lemon ginger lamb ribs



## Blanch – What is blanching?

Blanching is when you cook briefly in boiling water to seal in flavour and colour. You would usually use this technique for vegetables or fruit to prepare for freezing.



## Blind bake – What is blind baking?

**Blind baking** is when you bake a pie or pastry crust part-way, without the filling (often using weights such as pie weights or uncooked rice to stop it from bubbling up). Once cooled, you would then add the filling and bake the pie or pastry until done.

Fun fact: With the **NEFF Circo Therm®** oven feature, you can often skip the blind baking step as the oven directs the heat to help you crust cook through and avoid soggy bottoms.

Recipes that use blind baking:

- **Roasted pumpkin, feta and sage quiche**
- **Nectarine frangipane**
- **Apple pie**



## Braise – What is braising?

Braising is when you cook first by browning, then gently simmering a small amount of liquid over low heat in a covered pan until tender.

You can try out this technique with our **Asian braised chicken with mushrooms** recipe.



## Butterfly – What is butterflying?

**Butterflying** is when you split a food item nearly in half (usually meat or fish). When you are butterflying an item, you do not cut all the way through – you leave the two pieces slightly attached at one edge.

Recipes that use the butterfly technique:

- **Butterflied chicken with mango salsa**
- **Butterflied chicken with preserved lemon, garlic and thyme**



## Caramelise – What is caramelising?

Caramelising is when you heat sugar until it liquefies and becomes a syrup ranging in colour from golden to dark brown. While it relies on the sugars to caramelise, it is not unique to sweet foods, with many savoury dishes undergoing caramelisation too.

Recipes that feature caramelising:

- **Caramelised banana upside down cake**
- **Caramelised carrots and pine nuts**
- **Caramelised apple with vanilla sauce**



## Cream – What is creaming?

Creaming is when you vigorously beat/mix together ingredients, usually sugar and a fat, with a wooden spoon, electric whisk or food processor until the mixture is smooth and fluffy.

Recipes that include creaming:

- **Carrot cake roll with cream cheese filling**
- **Creamy whipped feta with garlic and herbs**
- **Chocolate roulade with fresh cream**



## Cure – What is curing?

Curing is when you preserve meats by drying and salting and/or smoking them.

You can try out the curing technique with our **rye seed crackers with gravlax salmon** recipe.



## Deep-fry – What is deep-frying?

Deep frying is when you cook by completely immersing food in hot fat, like oil.

You can try the deep fry technique with our **fish and chips** recipe.



## Dredge – What is dredging?

Dredging is when you cover or coat uncooked food, usually with a flour, cornmeal mixture or breadcrumbs.

Recipes that feature the dredging technique:

- **Crispy air fryer tofu and bok choy stir fry**
- **Crispy coconut chicken wings**



## Flambé – What is flambéing?

Flambéing is when you drizzle liquor over a food while it is cooking, so when the alcohol has warmed, you will ignite the food just before serving.

You can try the flambéing technique with our **camembert with caramelised apple** recipe.



## Glaze – What is glazing?

Glazing is when you coat foods with a glossy mixture, such as a jelly or sauce.

Glazing recipes you can try:

- **Beluga lentil salad with glazed carrots**
- **Lime and ginger glazed salmon with coriander rice**



## Knead – What is kneading?

Kneading is when you use your hands or a mixer to blend dough together to form a pliable mass.

Recipes that use the kneading technique:

- **Rustic baguette**
- **Hot cross buns**
- **Carrot cake cinnamon scrolls**



## Purée – What is puréeing?

Puréeing is when you **mash** or grind food until it's completely smooth, usually in a food processor, blender or sieve.

Recipes that use puréeing:

- **Slow cooked beef pie with pea mash**
- **Roast venison with sweet potato mash**



## Sauté – What is sautéing?

Sautéing is when you cook food in a small amount of fat over high heat.

Recipes the feature the sautéing technique:

- **Chilli con carne with avocado salsa**
- **Greek lamb pie**



## Sear – What is searing?

Searing is when you brown the surface of meat by quick-cooking over high heat to seal in the meat's juices.

Recipes that use the sear technique:

- **Sweet and sour pork fillet**



## Truss – What is trussing?

Trussing is when you tie up a whole piece of poultry with string or skewers so it holds its shape during cooking.

You can try the trussing technique with our **whole roast chicken and vegetables** recipe.

Now that you've levelled up your cooking skills, it's time to put those skills to the test in a NEFF kitchen. You can **book a free product demonstration** to see our new **Flex Design range** in person. Flex Design allows you to have a seamless combination with your favourite NEFF appliances, such as the **Slide & Hide® oven** and **induction cooktop** – perfect for food lovers and creators.

### About NEFF

NEFF is a German-engineered kitchen appliance brand, with a product range that includes ovens, cooktops, rangehoods, coffee machines and dishwashers designed to make life in the kitchen a daily pleasure. For

people who love to cook, NEFF gives you the tools to create meaningful connections, express your creativity and make memories. Because real life happens in the kitchen.




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## Notes

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