

## Essential Cooking Techniques

### Basic Knife Skills

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

### Cooking Methods

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

### Sauce Basics

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

## Essential Baking Techniques

### Mixing Methods

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

### Working with Yeast

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

### Working with Chocolate

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

## Ingredient Substitutions & Tips

### Common Substitutions

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