

Core Culinary Arts Teaching Kitchen: Class Descriptions

Principles of Cooking Series:

Braising:

Braising is a slow, flavorful cooking method that combines both dry and moist heat to transform tough cuts of meat and hearty vegetables into tender, deeply savory dishes.

Deep Fry:

Deep frying is a cooking method where food is completely submerged in hot fat or oil, typically between 325°F to 375°F (163°C to 190°C), to cook it quickly and evenly.

En Papillote:

En papillote (French for “in parchment”) is a delicate, aromatic cooking method where food is sealed in a pouch—typically made of parchment paper or foil—and baked. The pouch traps steam, allowing the ingredients to gently cook in their own juices while infusing flavors from herbs, spices, and aromatics.

Grilling & Broiling:

Grilling and broiling are both dry heat cooking methods that use intense, direct heat to cook food quickly and create a flavorful, browned exterior. Though they’re similar in effect, they differ in heat source location and typical usage.

Moist Heat Cooking:

Moist heat cooking is a method that uses water, steam, or other liquids to transfer heat to food. It’s ideal for tenderizing tough cuts of meat, cooking delicate proteins, and developing deep flavors in dishes that benefit from slow, gentle heat.

Pan Fry:

Pan frying is a versatile cooking method that uses moderate heat and a small amount of fat to cook food in a shallow pan. It’s perfect for achieving a golden, crispy exterior while keeping the inside tender and juicy.

Roasting:

Roasting is a dry heat cooking method that uses hot air—typically in an oven—to cook food evenly and develop rich, caramelized flavors. It’s perfect for transforming raw ingredients into golden, crispy, and deeply savory dishes.

Saute:

Sautéing is a quick and flavorful cooking method that uses a small amount of fat and high heat to cook food rapidly in a shallow pan. The word “sauté” comes from the French verb sauter, meaning “to jump”—a nod to how ingredients often move or “jump” in the pan during cooking.

Searing:

Searing is a high-heat cooking technique used to create a flavorful, caramelized crust on the surface of food—especially meats—while locking in juices and enhancing overall taste.

Stewing:

Stewing is a comforting, slow-cooking method that gently simmers ingredients in a flavorful liquid until everything becomes tender, rich, and deeply infused with taste. It's perfect for transforming humble ingredients into hearty, satisfying meals.

Stir Fry:

Stir-frying is a fast-paced, high-heat cooking method that originated in Chinese cuisine and has become a global favorite for its speed, flavor, and versatility. It involves cooking bite-sized ingredients quickly in a small amount of oil while constantly stirring or tossing them in a hot pan—typically a wok.

Baking 101 Classes:

Cookies:

Using a basic cookie dough recipe, learn how to make a few different flavor options.

Breakfast Pastry:

Learn how to make two different types of breakfast breads great to have for a snack or with coffee!

Crisp:

Make a simple yet delicious apple crisp perfect for the fall season.

Italian Dessert:

Learn how to make a decadent Italian dessert from scratch.

Holiday Dessert:

Are you ready for the Holiday season? Let's bake something that you can take to your next party.