## **Cooking Instructions**

- Heat
- Boil
- Bake
- Fry
- Deglaze
- Chop
- Stir
- Decant
- Broil
- Simmer
- Sous Vide
- Grill
- Smash
- Mince
- Julienne
- Crack
- Strain
- Hold
- Temper
- Double Boil
- Crust
- Render