

What method of heat transference is used when sautéing?

What are the “important points” that need to be considered when sautéing?

What temperature range is used when sautéing?

Which cooking mediums are best used when sautéing?

What does the term to “reduce” mean when sautéing?

What is a Tourneidos?

What is “stir frying”?

GRILLING

Define the term grilling.

Which food items are most suitable for grilling?