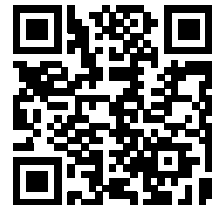


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# Sautéing Simplified



Sautéing is a cooking \_\_\_\_\_ that involves cooking food quickly in a small amount of fat over relatively high \_\_\_\_\_. The word "sauté" comes from the French word meaning "to jump," referring to the way food might \_\_\_\_\_ or toss in the pan due to the high heat. This method is ideal for cooking tender \_\_\_\_\_ of meat, vegetables, or small pieces of food that cook quickly.

The \_\_\_\_\_ to successful sautéing is to use a pan that is large enough to allow the food to \_\_\_\_\_ in a single layer without overcrowding, which can cause the food to steam instead of sauté. The most commonly used fats are \_\_\_\_\_ and butter, both of which add flavor and assist in the cooking process.

Before adding the \_\_\_\_\_ to the pan, it is important to heat the pan and the fat until it is hot but not \_\_\_\_\_. This ensures that the food begins to cook as soon as it touches the pan, creating a \_\_\_\_\_, golden exterior. The food should be moved around the pan regularly, either by stirring or \_\_\_\_\_, to ensure even cooking and to prevent it from sticking or burning.

Sautéing is not only quick and easy but also enhances the \_\_\_\_\_ of the food, making it a popular cooking method in many cuisines around the world. It allows ingredients to \_\_\_\_\_ and develop rich, complex flavors that cannot be achieved through \_\_\_\_\_ or steaming.

When sautéing, it is also common to deglaze the pan with \_\_\_\_\_, stock, or another liquid to create a sauce that can be served with the \_\_\_\_\_. This step, while optional, adds an additional layer of \_\_\_\_\_ to the final dish.

In summary, sautéing is a versatile and efficient cooking technique that is perfect for \_\_\_\_\_ delicious meals in a short amount of time. With just a pan, some \_\_\_\_\_, and a bit of technique, anyone can master the art of sautéing.

wine   crisp   cuts   dish   smoking   jump   cook   brown   fat   creating   heat  
technique   flavor   boiling   food   oil   tossing   flavor   key