



Cooking with the Vagabond Epicurean Minimalist Gourmet

Section 2

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Cooking Oils

Oil	Smoke Point
Butter	325
Clarified butter	450
Extra Virgin Olive Oil	350
Virgin Olive Oil	375
Pure Olive Oil	390
Vegetable Oil	360
Canola Oil	400
Soybean Oil	450
Specialty Oils	Flavor
Infused Oils	Flavor



Thickening Agents

- Roux
- Water Roux, AKA Cowboy Roux
- Cornstarch
- Tomato Paste
- Egg Yolks
- Tapioca
- Potato Starch





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Cooking Liquids

- Water
- Stock
- Broth
- Bouillon
- Wine
- Liquor
- Beer
- Save the Flavor



Gourmet Slicing & Dicing



Cooking Techniques

The Gourmet Way

Boiling
Parboil
Blanch
Poach
Steam
Roast
Searing
Fry
Pan fry
Sauté
Stir-fry



Slow Cooker & Grilling

**Slow cooker
Grilling**

