

Good
Food
Happier
People
♡

Everything HERBAL
by Cheryl Jabz

Good
Cooking
Builds
Brighter
Days
♡

Bubbie's COOKING CLASS

Sauté, Simmer, Boil & Sear

Different Techniques ♡ Better Meals ♡ Brighter Days

SAUTÉ

Cook quickly in a small amount of fat over medium-high heat.



Creates a lightly browned, flavorful finish while keeping food tender and vibrant.

WHEN TO USE IT:

- ✓ Vegetables
- ✓ Thin cuts of meat
- ✓ Seafood
- ✓ Quick, everyday meals

Quick Cooking
Big Flavor
♡

SIMMER

Cook gently in liquid just below the boiling point (about 180–205°F).



Slow, gentle bubbles meld flavors and make foods tender.

WHEN TO USE IT:

- ✓ Soups
- ✓ Stews
- ✓ Sauces
- ✓ Beans and grains
- ✓ Tougher cuts of meat

Low and Slow
Brings Out the Best
♡

BOIL

Cook in vigorously bubbling water (about 212°F).



Fast, high heat cooks food quickly.

WHEN TO USE IT:

- ✓ Pasta
- ✓ Rice
- ✓ Potatoes
- ✓ Eggs
- ✓ Fresh or frozen vegetables

Simple & Reliable
♡

SEAR

Cook over high heat to develop a rich, golden-brown crust on the outside.



High heat creates caramelization, locking in flavor and adding a beautiful crust.

WHEN TO USE IT:

- ✓ Steaks and chops
- ✓ Chicken
- ✓ Fish
- ✓ Burgers
- ✓ Roasts (before finishing in the oven or by simmering)

A Golden Crust
Means Great Flavor
♡

Different Methods. Delicious Results.
That's Bubbie's Way! ♡

www.EverythingHerbalByCherylJabz.com

Herbs for the Body ♡ Peace for the Soul ♡ Live Well Naturally Every Day. ♡

Simple
Ingredients
Extraordinary
Meals
♡

Stir
Season
Smile
Repeat
♡

Good
Food
Brings
People
Together
♡

Cook
Learn
Share
Enjoy
♡