

boiling, poaching, stewing

H Y G N I T S A O R T O P N S O G
C O N D U C T I O N F S V W N G V
E M K I R E G E N E R A T I O N O
T N G Y J V H K G N I H C A O P K
M O N E G G S A D J B B T R A P M
O I I C S W B E J G T O V C L D W
S T S E K T H T U S M P A H F V A
I A I A X A E S F A J R D V N L T
M I A M M S W W T K T N F Y Q X E
M D R W S G P O I O L H W A T E R
E A B O T X E W U N W I L V M Y V
R R U T Q S Y C K N G S M O O S A
I P L K O Q H G Q L G A Z M I T P
N K C H E E S E E S B L D H M O O
G C O N V E C T I O N M A Y C C U
X S H V N B M D H X U O R F U K R
G H K G J W I N E N M N M V S U I

regeneration	potroasting	watervapour	conduction	convection
radiation	simmering	cartouche	tomatoes	poaching
braising	stewing	cheese	salmon	water
stock	steak	milk	wine	eggs
soup	roux	ham		