

Sautéing

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Sautéing is dry frying done on a flat frying pan with a little ghee, or oil. When the oil is sufficiently hot, the ingredients are placed on the fry pan. When one side is fried and turned brown, then it is turned to the other side, and fried. A flat ladle, called "kailato" is used to turn the ingredients, like fish, or meat to the other side.