What is Basting?

Basting is a method where you use a liquid to moisten food, particularly meat, while you are cooking it. This liquid could be anything from pan dripping, to melted fat or any other liquid. Doing this keeps the meat or other food moist and can improve the color or flavor of the food which you are cooking.

How to Baste?

It is actually quite simple you can use which ever tool you may have in your kitchen ranging from a simple spoon to a baster. You then simply scoop up which ever liquid you are choosing to use and pour it over the top of the meat, etc., during the cooking process to ensure a great result with both color and flavour.