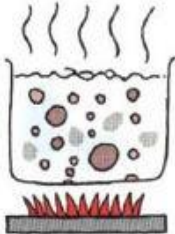


# Cooking methods and the different ways to cook food vocabulary

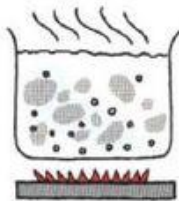
## Cooking methods vocabulary

**Boiling**



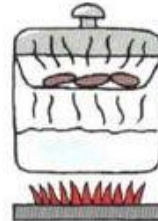
Food is cooked in deep boiling liquid [water, stock, wine etc.] in an open or covered saucepan.

**Simmering**



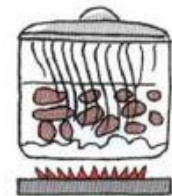
Like boiling, but the liquid is kept just below boiling point in an uncovered pot.

**Steaming**



Food is placed on a container and cooked in the steam from boiling water in a covered pan or steamer.

**Stewing**



Cooking food in its own juices with a little additional liquid, in a covered pan, at simmering point.

**Braising**



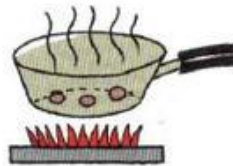
Pieces of food are first browned in a little fat, then cooked with some liquid in a closed pan.

**Deep-frying**



Frying pieces of food in a deep pot or fryer with plenty of hot oil or fat.

**Sautéing**



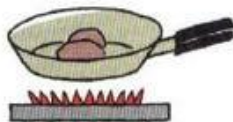
Cooking small or thin pieces of food in a little very hot oil or fat. The frying pan is shaken constantly to stop the food from burning.

**Flambéing**



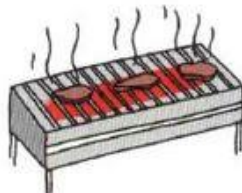
After frying, alcohol is added to the food in the frying pan and set on fire. This gives added flavour to the food.

**Pan-frying**



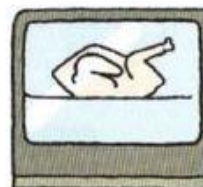
Frying food in a little oil or butter using a frying pan over moderate heat.

**Broiling/grilling**



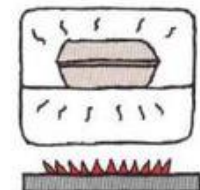
Cooking food like steak or fish, over or under open heat, e.g. under the oven grill, or on a barbecue or hot plate.

**Roasting**



Cooking food like meat or poultry with some fat in a hot oven [between 200-240 degrees centigrade].

**Baking**



Cooking food like cakes, pies, bread etc. in a closed oven at a temperature of between 120-240°C.

## **Different ways to cook food list**

**Boiling, simmering, steaming, stewing, braising, deep-frying, sautéing, flambéing, pan-frying, broiling / grilling, roasting, baking**