

Name: _____

Date: _____

Cooking Methods



PRESSURECOOKING

MICROWAVE

BARBEQUE

POACHING

STIRFRY

BRAISE

FRYING

SIMMER

GRILL

ROAST

SAUTE

STEAM

BAKE

BOIL

STEW

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