

Name: _____

Date: _____

Cooking methods

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| 1. Cook in the oven on a tray or in a tin e.g. bread, cakes | A. BBQ |
| 2. Cook over hot water in container with holes in the base e.g vegetables, suet pudding | B. Grilling |
| 3. Cook in the oven with added fat at high temperatures e.g potatoes, chicken | C. Baking |
| 4. Cook under heat on a rack e.g bacon, sausages | D. Stewing |
| 5. Cook a liquid in a pan over a low heat e.g gravy, custard | E. Deep frying |
| 6. Cook in a pan of hot water over a medium heat e.g vegetables, pasta | F. Steaming |
| 7. Cook in liquid in a lidded pot in the oven e.g beef, rice | G. Microwaving |
| 8. Cook in a low pan with a little oil over a medium heat e.g eggs, steak | H. Roasting |
| 9. Cook in deep fat at a high temperature e.g chips, battered fish | I. Poaching |
| 10. Cook on a rack over a flame e.g. burgers, chops | J. Braising |
| 11. Cook in a wok over high heat e.g chow mein, noodles | K. Simmering |
| 12. Cook in a shallow pan in gently moving hot liquid e.g eggs, fruit | L. Shallow frying |
| 13. Cook in a ridged pan with a little oil to get brown lines e.g steak, gammon | M. Boiling |
| 14. Cook in a non metal container using heat waves e.g. ready meals, baked beans | N. Griddling |
| 15. Cook with some liquid in a lidded pan over a low heat e.g curry, bolognese | O. Stir-frying |