

Food And Cooking

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

slow cooked
poached
simmer
grill
milk

microwaved
steamed
stewed
baked

par boiled
braise
boiled
fried

roasted
blanch
broil
sear