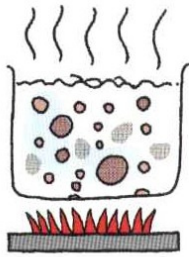


Cooking Methods

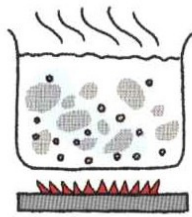
Restaurant customers often ask how a dish is prepared or cooked. Here are some of the main methods of cooking food.

Boiling



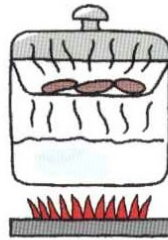
Food is cooked in deep boiling liquid [water, stock, wine etc.] in an open or covered saucepan.

Simmering



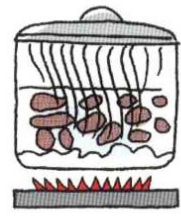
Like boiling, but the liquid is kept just below boiling point in an uncovered pot.

Steaming



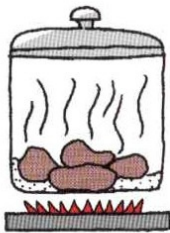
Food is placed on a container and cooked in the steam from boiling water in a covered pan or steamer.

Stewing



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

Braising



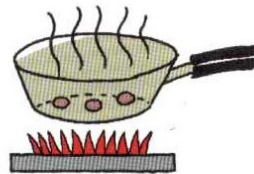
Pieces of food are first browned in a little fat, then cooked with some liquid in a closed pan.

Deep-frying



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

Sautéing



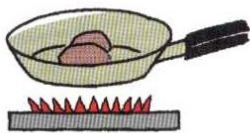
Cooking small or thin pieces of food in a little very hot oil or fat. The frying pan is shaken constantly to stop the food from burning.

Flambéing



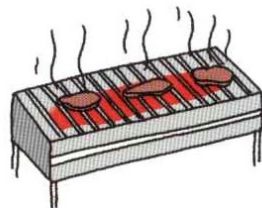
After frying, alcohol is added to the food in the frying pan and set on fire. This gives added flavour to the food.

Pan-frying



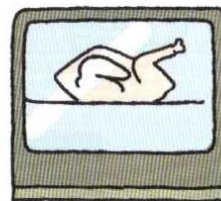
Frying food in a little oil or butter using a frying pan over moderate heat.

Broiling/grilling



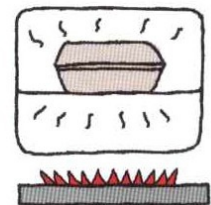
Cooking food like steak or fish, over or under open heat, e.g. under the oven grill, or on a barbecue or hot plate.

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.