



# Cooking Methods

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**Roasting:** To cook food in dry heat with the aid of fat either in the oven or rotisserie.

**Sauté:** To cook food in a preheated pan or griddle with minimum amount of fat.

**Braising:** To cook food in a closed container with liquid in the oven or on top of the stove.

**Poaching:** To cook food in a liquid at a temperature below boiling point approx. 160 F.

**Simmering:** To cook food in a liquid at a temperature just below boiling approx. 180 F.

**Boiling:** To cook in a liquid at 212 F.

**Deep Frying:** To cook food in preheated fat or oil totally immersed.

**Pan Frying:** To cook food in preheated fat or oil partially immersed.

**Grilling:** To cook food from heat below.

**Broiling:** To cook food from heat from above.

**Stewing:** To cook small pieces of food at below simmering point with liquid.