**Cooking Methods**

Baked: cooked by dry, continuous heat in oven

Boiled: cooked in liquids at the boiling temperature of 212 F

Braised: browned in a small amount of fat and then cooked slowly in a

little liquid in a covered pan

Broiled: cooked by direct heat, either under the source of heat, as in a

broiler, or over the source of heat, as on a grill

Fried: cooked in hot fat

Pan-fried: cooked in a small amount of fat

Deep-fried: cooked while immersed in a large amount of fat

Grilled: cooked over direct heat, usually hot coals

Pan-broiled: cooked in a heavy frying pan over direct heat, using little or no

fat

Poached: simmered in enough liquid to cover the food

Roasted: cooked uncovered without water added, usually in oven

Sautéed: browned or cooked in a small amount of fat

Simmered: cooked gently in a liquid over low heat just below boiling point

Steamed: cooked in steam with or without pressure

Stewed: simmer slowly in enough liquid to cover the food