

Year 7: Cooking Methods

Name: _____

Research the different cooking methods below using recipe books or the internet.

Write down an explanation of each method and give an example of a food cooked in this way.

- Moist-heat cooking methods

- Boiling:

E.G. - Cooking foods in a liquid at a temperature of about 100° C. Pasta can be cooked using this method.

- Poaching:

- Steaming:

- Stewing:

- Microwave cooking:

- Dry-heat cooking methods

- Roasting:

- Sautéing:

- Grilling:

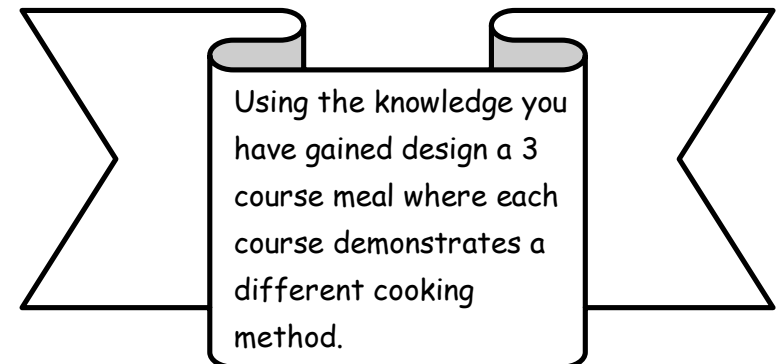
- Baking:

- Fry-cooking methods

- Deep-frying:

- Pan-frying:

- Stir-frying:





Menu

Starter:

E.G. Starter: Butternut Squash Soup.
Methods: Roasting, Boiling and Frying.

Dessert:

Main:

Methods Used:

Methods Used:

Methods Used: