

COOKING METHOD TERMS

BOIL — Food is in pot with liquid covering it. Large bubbles will appear on the surface. Food is cooked until tender, then drained.

BAKE — Food is cooked in an oven using dry heat for a specified amount of time.

BRAISE — Protein or vegetables are browned on each side and then cooked “low and slow” in the oven until tender and cooked through.

BROIL — Food is cooked under high, direct, dry heat in an oven.

DEEP FRY — Food is cooked submerged under hot oil and results in a crispy outside.

SAUTE — Food is cooked in a thin layer of oil or butter in a skillet on the stove over medium-high heat.

ROAST — Protein or vegetables are cooked in an oven for a specified amount of time.

PAN FRY — Food is cooked in a skillet with oil or butter covering half the food. It results in a quick crispy outside.

SEAR — Food is cooked in a skillet on stove briefly on high heat to get a cooked outside. Food is then usually placed in the oven afterwards to finish cooking.

SIMMER — Food is in pot with liquid covering it and is cooked over low heat, small bubbles will appear on the surface and continue throughout the cooking.

STEAM — Food is cooked by hot air put off by boiling liquid until tender.

STEW — Food is cut into large pieces and cooked in liquid on the stove for long periods of time until done. Stews usually combine protein and vegetables.

GRILL — Food is cooked on a grate over an open flame.



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