

name: class: date:

Cooking Techniques



Cooking, an essential skill in _____ arts, involves various techniques that transform ingredients into delicious meals. One fundamental method is _____, a process of cooking food by dry heat, often in an oven. It's perfect for making bread, pastries, and cakes. Another popular technique is _____, where food is cooked in hot water. This method is ideal for pasta, vegetables, and eggs. _____ is another technique, which involves cooking food in oil or fat. It's commonly used for chicken, fish, and French fries. _____ involves cooking food on a grill, adding a unique flavor especially to meats and vegetables. On the other hand, _____ cooks food by steam heat, preserving nutrients and flavors, suitable for fish and vegetables. _____ is a quick cooking method using a small amount of oil or butter in a pan, great for stir-fry dishes. _____ involves cooking food in an oven or over a fire, ideal for meats and root vegetables. In _____, food is first browned, then cooked slowly in a small amount of liquid. This method is excellent for tougher cuts of meat. _____ involves cooking food gently in liquid at a low temperature, perfect for eggs and fish. Finally, _____ is a cooking technique where food is slowly cooked in liquid just below boiling, used for soups and stews. Each of these methods has its unique applications and can transform simple ingredients into _____ dishes.

baking

Sautéing

simmering

Roasting

Poaching

culinary

Frying

Grilling

braising

boiling

steaming

delicious