

# Making Food At Home

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## Cooking Methods:



Baking  
Braising  
Grilling  
Broiling  
Poaching  
Roasting  
Sautéing  
Steaming  
Stir- Frying



**Baking:** Put the food in an oven safe dish and place in the oven. The hot dry air from your oven will cook the food. This cooking method does not require a lot of added fat.

**Braising:** First brown the food in a skillet with a little oil (on the stovetop) to lock in the juices. Next, slowly cook the food, covered, in a small amount of liquid (water or broth) in the oven. The broth can make a flavorful, nutrient rich sauce.



**Broiling:** Place the food on a broiler rack in a pan (spray broiler rack with cooking spray before adding the food). Place the pan in the oven close to the heat element. Pre-heat the oven completely. This cooking method is good for cooking meats.



**Grilling:** Food can be grilled indoors or outdoors. When grilling outdoors, place the food on a grill rack right above a bed of charcoal embers or gas-heated rocks. Pre-heat the outdoor grill for about 15 minutes. To grill indoors, use an open indoor grill or a contact grill; follow manufactures directions for use.



**Poaching:** Gently simmer ingredients in water or in a broth, vinegar or juice until the food is cooked. This cooking method preserves flavor and moisture without the need for added fat. This cooking method is good for fish, eggs and chicken.

**Roasting:** Place the food on a baking rack in a pan. Place the pan uncovered in the middle of the oven. Basting the food periodically during cooking will help to keep the food from drying out.



**Sautéing:** First, heat a small amount of oil in a skillet. Next, add the food to the skillet, turning periodically to allow all sides to brown. Depending on the recipe, low-sodium broth, cooking spray or water can be used in place of oil. This cooking method is good for cooking small pieces of food.

**Steaming:** Place food in a steamer basket above a small amount of simmering liquid. Seasoning can be added to the liquid to add flavor to the food.



**Stir-frying:** First, heat a small amount of oil in a large skillet or wok. Next, add the foods to be cooked. Foods that require more cooking should be added first. This cooking method requires high heat and frequent stirring. This cooking method is good for small and thin pieces of food.