





Answer key: Cooking methods

Use the answer key to match each cooking method with its description and picture.

Cooking method	Description	Picture
<p>Broiling</p>	<p>Cooks food slowly and evenly in an oven.</p> <p>Often used to cook bread and casseroles.</p>	
<p>Baking</p>	<p>Simmers food in liquids like water or stock to cook it quickly.</p> <p>Often used to cook eggs, fish, and poultry.</p>	
<p>Poaching</p>	<p>Uses very high heat for a short amount of time. Crisps and browns the top of a food.</p> <p>Often used to cook fish, lean meats, and some vegetables.</p>	
<p>Microwaving</p>	<p>Uses steam in an airtight container to cook food.</p> <p>Often used to cook food like rice, stews, and soups very quickly.</p>	
<p>Pressure cooking</p>	<p>Heats food by making the water in the food move around quickly.</p> <p>Often used to cook, reheat, and defrost.</p>	

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Cooking method	Description	Picture
Roasting	<p>Cooks food slowly in an oven to crisp the top. Cooks evenly on all sides.</p> <p>Often used for vegetables and poultry.</p>	
Grilling	<p>Cooks food over a long period of time using low heat.</p> <p>Often used for soups, stews, and casseroles.</p>	
Slow cooking	<p>Cooks small or thin pieces of food quickly in very hot oil.</p> <p>Often used to cook vegetables, tofu, fish, or chicken.</p>	
Steaming	<p>Cooks food on a barbecue, griddle, or grill pan.</p> <p>Often used for lean cuts of meat, some vegetables or fruits, or tofu.</p>	
Stir-fry or sautéing	<p>Cooks food using the steam from boiling water.</p> <p>Often used to cook vegetables and fish.</p>	