

## Cooking methods

Match each cooking method with its description and picture.

Cooking method	Description	Picture
Broiling	<p>Cooks food slowly and evenly in an oven.</p> <p>Often used to cook bread and casseroles.</p>	
Baking	<p>Simmers food in liquids like water or stock to cook it quickly.</p> <p>Often used to cook eggs, fish, and poultry.</p>	
Poaching	<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>	
Microwaving	<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>	
Pressure cooking	<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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<p><b>Roasting</b></p>	<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>	
<p><b>Grilling</b></p>	<p>Cooks food over a long period of time using low heat.</p> <p>Often used for soups, stews, and casseroles.</p>	
<p><b>Slow cooking</b></p>	<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>	
<p><b>Steaming</b></p>	<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>	
<p><b>Stir-fry or sautéing</b></p>	<p>Cooks food using the steam from boiling water.</p> <p>Often used to cook vegetables and fish.</p>	