

Types of Cooking Methods



Boiling



Simmering



Steaming



Baking



Grilling



Broiling



Shallow frying



Pan-frying



Stewing



Poaching



Blanching



Roasting



Sautéing



Stir-frying



Deep-frying



Smoking



Sous vide



Pressure cooking

Cooking Techniques Manual Complete Workbook

JE Gale



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