

# Types of Cooking Methods



Boiling



Simmering



Steaming



Poaching



Blanching



Roasting



Baking



Grilling



Broiling



Sautéing



Stir-frying



Deep-frying



Shallow frying



Pan-frying



Stewing



Smoking



Sous vide



Pressure cooking

# Cooking Techniques Manual 2025 Edition

**RJ Shavelson**



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