

### Boiling



Food is cooked in deep boiling liquid [water, stock, wine etc.] in an open or covered saucepan.

### Simmering



Like boiling, but the liquid is kept just below boiling point in an uncovered pot.

### Steaming



Food is placed on a container and cooked in the steam from boiling water in a covered pan or steamer.

### Stewing



Cooking food in its own juices with a little additional liquid, in a covered pan, at simmering point.

### Braising



Pieces of food are first browned in a little fat, then cooked with some liquid in a closed pan.

### Deep-frying



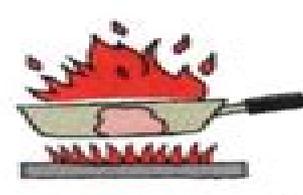
Frying pieces of food in a deep pot or fryer with plenty of hot oil or fat.

### Sautéing



Cooking small or thin pieces of food in a little very hot oil or fat. The frying pan is shaken constantly to stop the food from burning.

### Flambéing



After frying, alcohol is added to the food in the frying pan and set on fire. This gives added flavour to the food.

### Pan-frying



Frying food in a little oil or butter using a frying pan over moderate heat.

### Broiling/grilling



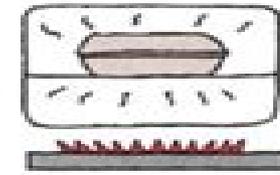
Cooking food like steak or fish, over or under open heat, e.g. under the oven grill, or on a barbecue or hot plate.

### Roasting



Cooking food like meat or poultry with some fat in a hot oven [between 200-240 degrees centigrade].

### Baking



Cooking food like cakes, pies, bread etc. in a closed oven at a temperature of between 120-240°C.

# Framework Cooking Techniques Manual

**United States. Office of Personnel  
Management**



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