

# 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

**Jianjun Gao**



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