Basic Cooking Methods

What the words mean

Method	What it is
Boil	cook in water with big, rolling bubbles
Simmer	cook in water with small, gentle bubbles
Steam	cook above boiling water, not in it
Saute	cook quickly in a little hot oil, stirring
Stir-fry	cook small pieces very fast in a hot pan, stirring all the time
Roast	cook in a hot oven (about 200 °C / 400 °F) so food browns
Bake	cook with dry heat in the oven, often at a lower temperature
Blanch	dip briefly in boiling water, then in cold water
Grill	cook over or under direct high heat
Season	add salt, pepper, herbs or spices to improve taste

Tip: Taste as you cook. Add salt a little at a time.

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