Research the different cooking methods below using your iPad.

Write down an explanation of each method and give an example of a food cooked in this way.

* Moist-heat cooking methods

– Boiling:

**E.G. -** Cooking foods in a liquid at a temperature of about 100° C. Eggs can be cooked using this method. Oil is not necessary however some nutrients are destroyed at this temperature such as Vit C.

– Poaching:

– Steaming:

– Stewing:

– Microwave cooking:

* Dry-heat cooking methods

– Roasting:

– Sautéing:

– Grilling:

– Baking:

* Fry-cooking methods

– Deep-frying:

– Pan-frying:

– Stir-frying:

Using the knowledge you have gained design a 3 course meal where each course demonstrates a different cooking method.



**Starter:**

**Method Used:**

**Main:**

**Method Used:**

**Dessert:**

**Method Used:**