Dry and Moist Cooking Methods (Key)

Identify the cooking techniques for each type of method.

Dry Cooking Methods

- Baking
- Broiling
- Deep frying
- Grilling
- Roasting
- Sautéing

Moist Cooking Methods

- Boiling
- Poaching
- Simmering
- Steaming

Combination cooking includes _____braising and stewing _____

Which of these cooking techniques is the unhealthiest? _____Deep frying _____

It can destroy heat-sensitive vitamins and add calories and fat.