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. _______________________________________

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