

# ***METHODS OF COOKING***

*Deep-Frying*  
*Quick cooking in boiling fat*



*Benefits*

Retains some vitamins

*Disadvantages*

Increases the fat content of foods

## Dry-Frying *Fat-free frying*



### Benefits

No fat added. Good retention of vitamins and minerals.

### Disadvantages

Only suitable for foods containing some natural fat

## Stir-Frying

*Quick cooking over high heat*



### Benefits

Crisp look and taste. Little fat is needed. minimal vitamin loss

### Disadvantages

High in salt if too much soya sauce is used

Microwaving  
*Cooking in microwave oven*



Benefits

Minimal vitamin loss

Disadvantages

Uneven cooking with "cold" and "hot" spots in food

## Braising and Stewing

*Slow cooking in liquid over several hours*



### Benefits

Improves flavour and texture of tough cuts of meat

### Disadvantages

Vitamins leach into liquid but retention in stewing is better than in roasting

## Grilling

*Quick cooking with dry heat*



### Benefits

No fat added. Vitamin and mineral loss to pan sediments

### Disadvantages

Charcoal or open-flame grilling of meats may induce the formation of carcinogens

## Boiling

*Cooking in large amounts of water*



### Benefits

Improves texture of tough vegetables

### Disadvantages

Some vitamin loss to liquid



## Poaching

*Simmering in a little liquid*



### Benefits

No added fat

### Disadvantages

Some vitamin loss

## Steaming

*Cooking over steam that is converted from a little water*



### Benefits

Preserves most nutrients and flavour

### Disadvantages

Need to watch cooking time carefully to prevent overcooking

## Roasting

*Cooking with intense, dry heat*



### Benefits

Succulent meat; vegetables retain some vitamins

### Disadvantages

Vitamin loss. Fat added to meat with the basting

## Pot-Roasting

*Slow baking in a covered dish*



### Benefits

No added fat

### Disadvantages

Some vitamin loss

*Pressure cooking*  
*Quick cooking at high temperature,  
minimal water*



*Benefits*

Most vitamins and minerals preserved

*Disadvantages*

Timing difficult to control, which may cause overcooking