



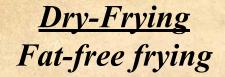


<u>Benefits</u>

Retains some vitamins

<u>Disadvantages</u>

Increases the fat content of foods



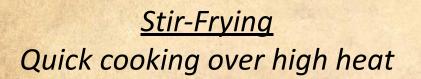




No fat added. Good retention of vitamins and minerals.

## <u>Disadvantages</u>

Only suitable for foods containing some natural fat

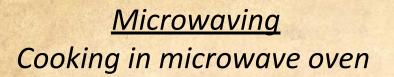






Crisp look and taste. Little fat is needed. minimal vitamin loss <u>Disadvantages</u>

High in salt if too much soya sauce is used





**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



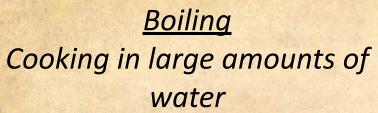
Grilling
Quick cooking with dry heat



No fat added. Vitamin and mineral loss to pan sediments

#### **Disadvantages**

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

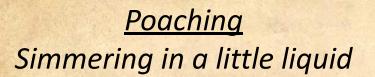




Improves texture of tough vegetables

<u>Disadvantages</u>

Some vitamin loss to liquid





Benefits
No added fat
Disadvantages
Some vitamin loss

## **Steaming**

Cooking over steam that is converted from a little water



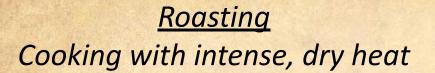


## **Benefits**

Preserves most nutrients and flavour

## <u>Disadvantages</u>

Need to watch cooking time carefully to prevent overcooking





Succulent meat; vegetables retain some vitamins <u>Disadvantages</u>

Vitamin loss. Fat added to meat with the basting

## <u>Pot-Roasting</u> Slow baking in a covered dish



<u>Benefits</u>
No added fat
<u>Disadvantages</u>
Some vitamin loss



# Pressure cooking Quick cooking at nigh temperature, minimal water



### Benefits

Most vitamins and minerals preserved

### <u>Disadvantages</u>

Timing difficult to control, which may cause overcooking