

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