

# Cooking for Health

All of these cooking methods are low-fat, healthy ways to prepare your meals.

## Bake

Baking is cooking food in an oven with dry heat. Use a thermometer to check the accuracy of the temperature settings for best results.



## Boil

“Bringing to a boil” means heating a liquid until large bubbles break the surface (212°F for water at sea level) or cooking food in a boiling liquid. A “full rolling boil” is one that cannot be stopped by stirring.

## Blanch

This technique involves plunging food (usually vegetables and fruits) into boiling water briefly, then into cold water to heighten and set color and flavor before freezing.



## Braise (“brāz”)

Meat or vegetables are first browned in fat, then cooked, tightly covered, in a small amount of liquid at low heat for a lengthy period of time. The long, slow cooking develops flavor and tenderizes foods by gently breaking down their fibers.

## Broil

You can cook food directly under or above the heat source using an oven and placing your food directly under the gas or electric heat source. You can also grill directly over the heat source.

## Grill

This is preparing food over hot coals or other heat source. The term barbecue is often used synonymously with “grill.” Make sure food doesn’t char, which can introduce a carcinogen to your food. Remove from the grill when internal temperature reaches 160 for beef or 170 degrees for chicken.

## Parboil

Partially cooking food by boiling it briefly in water is a time-saving technique that lessens the cooking time for dense foods such as carrots and other fibrous vegetables.

## Poach

Poaching is cooking food gently in liquid just below the boiling point (the liquid’s surface is “quivering”). Meats and poultry are usually simmered in stock, fish in broth, and eggs in lightly salted water, often with a little vinegar added.



## Roast

When you do it right, roasting food in your oven yields a well-browned exterior and a moist interior. Roasting requires reasonably tender pieces of meat or poultry. Tougher pieces of meat need moist cooking methods, such as braising.

## Sauté; Sautéed; Sautéing (saw-TAY, soh-TAY)

Cooking food quickly in a small amount of oil in a skillet or sauté pan over direct heat retains freshness and flavor.



## Simmer

This is a gentle method for cooking food in liquid at a temperature (about 185°F) low enough that tiny bubbles just begin to break the surface.

## Steam

This healthy method involves placing food on a rack or in a special steamer basket over boiling or simmering water in a covered pan. Steaming does a better job than boiling or poaching of retaining a food's flavor, shape, texture, and many of its vitamins and minerals.

## Stew

Food that is barely covered with liquid and simmered slowly for a long period in a tightly covered pot can yield tender texture and rich flavorful blends of ingredients.



## Stir-fry

This Asian method is fast and healthy, and involves quickly cooking small pieces of food in a wok or large pan over very high heat while constantly and briskly stirring.