

The 10 Basic Cooking Methods

| Cooking Method | Media | Outcome | Description |
|----------------|------------------------------------|--|--|
| Poaching | Liquid Water, Oil | No browning, low to moderate concentration, succulent texture | Gentle cooking, fully submerged in liquid, generally below 100 °C (212 °F) but over 55 °C (131 °F). Poaching liquid varies, but is generally vegetable or animal stock and sometimes butter or other aromatic oil. Cooking continues until meat has reached the desired internal temperature, usually 55 °C to 65 °C (149 °F). |
| Braising | Air, Vaporized Water, Liquid Water | Light to no browning, low to moderate concentration, succulent to fall apart texture | A moist cooking method in which the meat is partially submerged in liquid and allowed to gently simmer for moderate to long duration. Braising liquid varies, but is generally a highly concentrated and well-seasoned vegetable or animal stock. Cooking continues until meat has reached the desired texture, from succulent to fall apart tender. |
| Steaming | Vaporized Water | No browning, moderate concentration, succulent texture | A moist cooking method in which saturated steam is used to gently cook. Meat is suspended above boiling water in closed but not sealed vessel. Cooking continues until meat has reached the desired internal temperature, usually 55 °C to 65 °C (149 °F). Requires the highest quality ingredients. |
| Roasting | Air | Moderate browning, moderate to high concentration, succulent to fall apart texture | A dry cooking method in which heated air and radiant heat cook the meat at high temperatures, generally between 250 °C (482 °F) and 400 °C (752 °F). Cooking may be done in two stages, the first with very high heat to ensure adequate browning. Continued cooking may be done at a relatively lower heat to ensure heat tenderization. Cooking continues until meat has reached the desired texture, from succulent to fall apart tender. Intermediate or long brining is highly recommended. |
| Pan roasting | Air, Metal | Moderate to heavy browning, moderate to high concentration, succulent to fall apart texture | A dry cooking method in which a pan is heated moderately, at about 150 °C (302 °F), and meat is cooked slowly on the stove, with frequent turning. A small amount of oil may be used to prevent sticking. Cooking continues until meat has reached the desired texture, from succulent to fall apart tender. Intermediate to long brining is highly recommended. |
| Pan frying | Oil, Metal | Heavy browning, moderate to high concentration, succulent texture | Cooking partially submerged in fat, generally between 150 °C (302 °F) to 225 °C (437 °F), depending on the type of fat used (fat should remain below smoke point). Meat is turned frequently. Cooking continues until browning has fully developed and the internal temperature of the meat has reached around 65 °C. Any form of brining is highly recommended. |
| Deep frying | Oil | Heavy browning, moderate to high concentration, succulent texture | Cooking suspended and fully submerged in oil, generally between 150 °C (302 °F) to 225 °C (437 °F), depending on the type of oil used (oil should remain below smoke point). Meat is generally left undisturbed while cooking. Cooking continues until browning has fully developed and the internal temperature of the meat has reached around 65 °C. Any form of brining is highly recommended. |
| Sautéing | Oil | Moderate browning, moderate concentration, succulent or firm texture | Cooking in a thin layer of oil, heated to its smoke point. Meat is generally sliced into bite sized pieces for quick cooking and tossed frequently. Cooking continues until meat is appropriately browned. |
| Pan searing | Metal | Heavy browning with some charring, moderate to high concentration, succulent or firm texture | Cooking in pan heated to extremely high temperature, with a thin layer of oil included just before the meat is added. Temperature varies, but is at least 250 °C but safely below the flash point of the oil used. Cooking continues until a thick, well-browned crust is formed with some charring and the meat is at a desired doneness level. Turning is generally infrequent. |
| Grilling | Air, Metal | Heavy browning with charring, moderate to high concentration, succulent or firm texture | A method of cooking by intense heat, at least 300 °C (572 °F) but may be in excess of 750 °C (1,382 °F). Cooking is done by heated air and the radiant heat of a naked flame or extreme heated metal. Cooking may be done in two stages, the first with very high heat to ensure an adequate crust. Continued cooking may be done at a relatively lower heat to ensure desired doneness. Turning is generally infrequent. Any form of brining is recommended. |