











Healthy Cooking Methods



There are lots of healthy ways to cook food without sacrificing flavour!

<p>Boiling:</p>	<p>Cook in boiling water</p>	
<p>Braising:</p>	<p>Slow cooking in the oven, partially covered by liquid</p>	
<p>Grilling:</p>	<p>Cooking over a high, dry heat using a grill, grill pan, or griddle</p>	
<p>Microwaving:</p>	<p>Use a microwave oven</p>	
<p>Poaching:</p>	<p>Gently simmering food in liquid (e.g. water, stock, milk)</p>	
<p>Sautéing:</p>	<p>Cooking small pieces in a shallow pan over a relatively high heat</p>	
<p>Steaming:</p>	<p>Cooking by steam from boiling water</p>	
<p>Stir-frying:</p>	<p>Cooking in a wok, over high heat, stirring often</p>	



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These cooking methods can be healthy with a few modifications:

Baking:	Limit the amount of oil used wherever possible	
Barbecuing:	Avoid burning your food and try to limit the amount of oil used	
Basting:	Instead of using oil or drippings as a basting liquid, use a teaspoon of fruit juice, vegetable juice or fat-free vegetable broth	
Roasting:	Use a roasting rack to catch oil and fat and discard after cooking	
Stewing:	Avoid cooking with alcohol or other high energy liquids	