



Stage 5 food Technology: Food trends

Methods of cookery

Method of cookery	Description	Examples of food
Boiling		
Grilling		
Baking		
Shallow frying		
Stir fry		
Microwave		
Roasting		
Steaming		

Activity

1. Select a method of cookery and find an appropriate recipe that uses this method to prepare in class.
2. For teacher approval you must submit a recipe (ingredients and method) for one person and an equipment list.

