|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Cooking Methods

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| T | M | M | A | H | **T** | **S** | **A** | **O** | **R** | H | N | G | Q | I | B | I |
| U | W | T | E | A | B | Q | I | F | A | L | B | Q | B | P | E | C |
| B | M | W | C | S | Q | W | O | A | O | H | D | C | S | B | Q | R |
| K | **H** | E | F | **Y** | **R** | **F** | **R** | **I** | **T** | **S** | V | C | T | H | L | F |
| R | B | **C** | **G** | **N** | **I** | **W** | **E** | **T** | **S** | N | A | Y | K | Y | K | W |
| K | P | Q | **A** | T | S | **F** | O | H | J | B | S | V | I | C | F | J |
| Z | D | O | I | **O** | O | **R** | J | **E** | **T** | **U** | **A** | **S** | W | A | T | **M** |
| E | D | Q | H | U | **P** | **Y** | I | **M** | U | B | H | R | C | B | **I** | L |
| Z | D | C | L | V | I | D | **A** | E | **G** | B | X | M | F | **C** | P | V |
| D | I | J | L | K | Q | **E** | J | R | **R** | J | S | O | **R** | X | L | P |
| C | N | Q | Y | C | **T** | E | T | A | **I** | E | W | **O** | V | H | D | M |
| P | E | R | F | **S** | O | G | K | R | **L** | **T** | **W** | Y | L | G | M | G |
| M | **E** | Z | M | Y | C | N | Z | Q | **L** | **A** | **A** | K | T | O | U | **L** |
| Z | **K** | U | Y | R | Y | S | G | J | **V** | F | Q | **E** | M | H | F | **I** |
| I | **A** | N | M | E | R | X | G | **E** | X | T | M | O | **H** | H | D | **O** |
| R | **B** | N | A | W | K | S | W | V | B | K | V | Y | D | **E** | Q | **B** |
| S | V | H | N | G | Q | C | X | R | C | P | V | M | W | X | **R** | V |

   saute       stir-fry       stewing       poach       bake       reheat       steam       grill       fry       roast       boil       microwave