Cooking methods

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

   oven       roasting       baking       stir frying       poaching       simmering       mircowave       braising       blanching       saute       stewing       boiling       hob       grill       radiation       conduction       convection       frying