

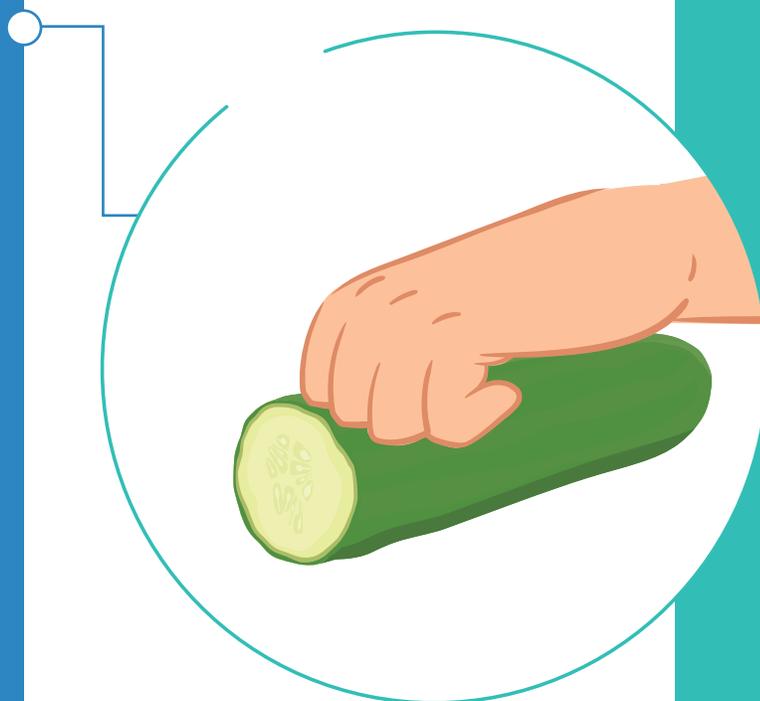
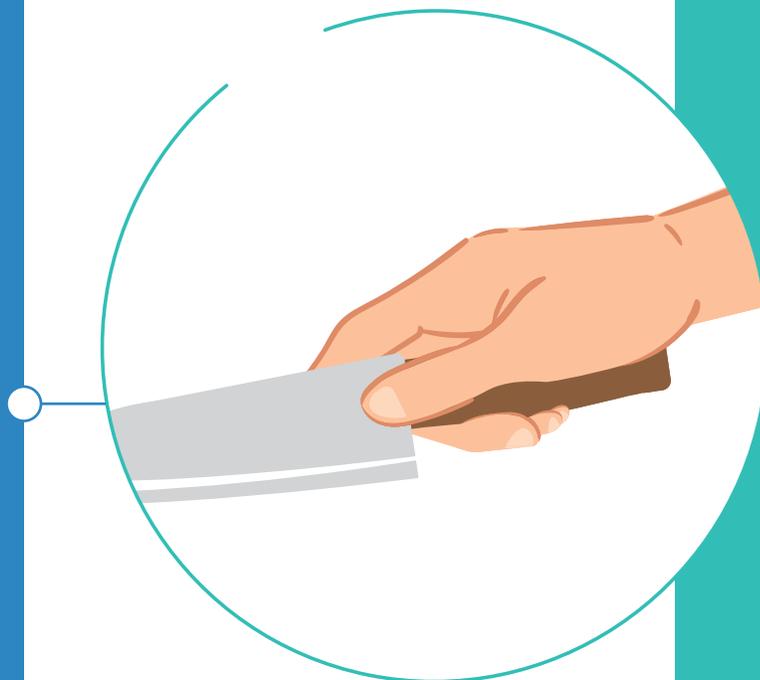
Learning New Ways to Cook

Understanding a variety of cooking methods can help you feel more confident in the kitchen. Using basic cooking skills can help you feel comfortable tackling any recipe.

Knife Skills

Learning how to hold and use a kitchen knife can help keep you safe while cooking. Follow along with this [video](#) to practice your knife skills.

- Take the knife in your preferred hand, blade side down. Position your hand so your palm is on the handle and your thumb and index finger grip opposite sides of the blade.
- Position your other hand in a “bear claw” so that your fingertips are curled under and your knuckles are on the food.
- Use a back and forth rocking motion to cut by engaging your arm and not your wrist.
- Tip: Keep your knife sharp by using a honing steel or by getting them professionally sharpened. Check your local grocery store’s butcher services to see if they sharpen knives.



Common Cooking Methods



BLANCH

Cooking food rapidly in boiling water, followed by submerging it in ice cold water to stop the cooking process

Tools Used:

- burner or stove top
- pot
- slotted spoon or tongs
- bowl

Great for:

- vegetables such as broccoli, green beans, and snap peas



Watch this [video](#) to learn how to blanch



BOIL

Cooking food in water or broth at a high temperature. Boiling liquids form large, continuous bubbles (a “rolling boil”)

Tools Used:

- burner or stove top
- pot
- lid
- heat resistant spoon

Great for:

- noodles / pastas
- soups / stews
- hard-cooked eggs



Watch this [video](#) to learn how to boil



CARAMELIZE

Cooking food slowly until it becomes brown and sweet

Tools Used:

- burner or stove top
- pan
- heat resistant spoon
- spatula or tongs

Great for:

- onions
- mushrooms



Watch this [video](#) to learn how to caramelize



GRILL

Cooking food on a rack over direct heat, using cooking equipment like a barbecue

Tools Used:

- barbecue or grill
- tongs

Great for:

- chicken / meat
- fish
- vegetables such as corn and squash, or fruits such as peaches and pineapple



Watch this [video](#) to learn how to grill.



PAN FRY

Cooking food in a small amount of fat like oil over medium heat

Tools Used:

- burner or stove top
- pan
- heat resistant spoon
- spatula or tongs

Great for:

- eggs
- chicken / meat
- fish
- tofu
- vegetables such as eggplant, squash, and bell peppers



Watch this [video](#) to learn how to pan fry



ROAST

Cooking using dry heat, usually in an oven. Coating food with a thin layer of oil creates moist, crisp, and flavorful food

Tools Used:

- oven or toaster oven
- oven mitts
- heat resistant dishes made of metal, stone, tempered glass, or ceramic

Great for:

- chicken
- fish
- meat
- vegetables such as potatoes, broccoli, and carrots



Watch this video to [learn](#) how to roast



SAUTÉ

Cooking food over medium-high heat using a thin layer of oil. Stir the ingredients continuously in the pan until cooked

Tools Used:

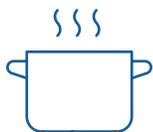
- burner or stove top
- pan
- heat resistant spoon
- spatula or tongs

Great for:

- chicken / meat
- tofu
- and vegetables such as asparagus, onions, and cabbage



Watch this [video](#) to learn how to sauté



SIMMER

Cooking food in water or broth at a low temperature so that tiny bubbles form

Tools Used:

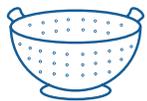
- burner or stove top
- pot
- lid
- heat resistant spoon

Great for:

- soups / stews



Watch this [video](#) to learn how to simmer



STEAM

Cooking food in a covered pan or pot over a small amount of boiling water using a steamer basket, rack, or colander

Tools Used:

- burner or stove top
- pot
- lid
- heat resistant colander or steamer basket

Great for:

- fish
- vegetables such as cauliflower and carrots



Watch this [video](#) to learn how to steam

Looking for recipes? Check out these [video](#) recipes to put these cooking methods to use!

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Adapted from University of Minnesota Extension. Cooking Terms Glossary. <https://reallifegoodfood.umn.edu/kitchen-skills-and-tips/cooking-terms-glossary>

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