

# Cooking Methods — Dry Methods

Here are two more pages of cooking methods for you to sink your teeth into. These pages focus on the dry methods of cooking: baking, roasting, grilling and dry frying — is anyone else's stomach grumbling right now?

## Baking uses Dry Heat to Cook Food

- 1) Baking cooks food using dry heat, usually in an oven.
- 2) Lots of different types of food can be baked, including:
  - bread, pastries, cakes, pies and tarts
  - potatoes
  - whole fishes, like sea bass or salmon
- 3) Meat is also baked, e.g. in meatloaf or casseroles, although large pieces of meat are usually roasted (see next page).
- 4) Because hot air rises, the top of an oven is often hotter than the bottom — that's why food cooks quicker on the top shelf than on the bottom shelf.
- 5) Modern electric ovens are usually fan-assisted (or "convection ovens") — they have a fan inside that helps to circulate the hot air around the oven. They're much more useful because...

- food bakes more evenly because all parts of the oven are at a similar temperature.
- the oven heats up quicker and your food cooks quicker — so they use less energy.

Heat is transferred around an oven by radiation and convection, and through the food by conduction.



Baking food like fish or potatoes inside foil helps to keep the moisture in, making them nice and tasty.

- Advantages**
- A wide variety of food can be baked.
  - The outside of the food browns and crisps up, which looks and tastes nice.
  - It's quite healthy because no extra fat is added, and solid fats in the food often leave as the food is baked.

- Disadvantages**
- Baking food can take a long time.
  - Food can become dried out.
  - It uses a lot of energy as it requires the oven to be kept at a high temperature for a long time.

## Fat can Drip Off Food as It's Grilled

- 1) Grilling uses a dry heat at a higher temperature than baking or roasting to cook food.
- 2) As food is grilled, fats drip out of the food and the outside of the food becomes golden and crisp.
- 3) Barbecuing is similar to grilling, but heat radiates from hot coals and food is cooked at lower temperatures for longer.
- 4) You can grill many foods, such as: smaller bits of meat (like steaks and sausages), vegetables (like courgettes and aubergines) and cheeses (like halloumi or goats' cheese).

When grilling, heat is transferred to food through radiation (heat radiation from a grill, or hot coals when barbecuing) or conduction (if using a griddle pan).

In summer, we often grill food on a barbecue instead of "barbecuing" food in this slow way.



- Advantages**
- Food cooks quickly at a high temperature.
  - It's fairly healthy as no fat is added and fat from the food drips off when cooked.
  - Just like roasting and baking, the golden outside of the food looks and tastes nice, and can have a lovely crispy texture.
  - Grilling on a barbecue gives food a smoky flavour which is very popular.

- Disadvantages**
- The high heat used when grilling can make it hard to cook the food evenly.
  - It's easy to burn the food, or to end up with the outside cooked but the inside still raw — this could lead to food poisoning (see p.39).
  - Handling both raw and cooked meat on a barbecue might lead to cross-contamination (see p.38).

# Cooking Methods — Dry Methods

## Fat is Added to Food When it's Roasted

- 1) Like baking, roasting uses dry heat from an oven.
- 2) Roasting is usually done at a higher temperature than baking, so foods cook and brown more quickly.
- 3) Fat is often added to the outside of the food, e.g. potatoes or veg, to help it brown and stay moist. Fat can be added or the fat that has melted from the food (e.g. chicken) can be put back on top — this is called basting.
- 4) Common types of food that are roasted include: large cuts of meat (such as a leg of lamb, a cut of beef or a whole chicken), potatoes, vegetables (e.g. root vegetables, peppers and onions) and chestnuts (on an open fire...)

Heat is transferred around an oven by radiation and convection, and through the food by conduction.



- Advantages**
- Extra fat and a high temperature helps to brown and crisp the outside of food, which looks and tastes delicious.
  - The fat from roasted meat can be used to cook other food, e.g. potatoes or fried bread.
  - Roasted food can be tasty and moist.
  - Roasting can produce meat with a rare (undercooked) centre, which a lot of people like.

- Disadvantages**
- Roasted food isn't always that healthy, as extra fat is often added.
  - Just like baking, it takes a long time to roast food and uses a lot of energy.

Only certain types of meat (e.g. beef steak) can be served rare because of the dangers of food poisoning and parasites (see page 38).

## Dry Frying Does Not Use Added Fat

- 1) Dry frying means cooking food in a pan without fat or oil.
- 2) You can dry fry foods that contain natural fat, e.g. minced meats, and bacon. As the food heats up, the fats inside the food melt into the pan and begin to cook the food.
- 3) Nuts, seeds and spices can also be cooked in this way, although this method is usually called "dry roasting". This helps to release oils and bring out more flavour in the food.
- 4) Using a medium heat is important at the start of cooking to allow the fats to melt without burning the food — when the fat melts, the temperature can be increased as the fat starts to fry the food.



When dry frying, heat is transferred by conduction (from the cooker to the pan and also through the food).

- Advantages**
- No extra fats or oils are added, making this method healthier than other frying methods.
  - Dry roasting can be used to give a more distinct aroma to nuts, seeds and spices.

- Disadvantages**
- It takes longer than other frying methods to cook meat thoroughly, because lower temperatures are needed at the start.
  - It can only be used for a small range of food types compared to other cooking methods.

## Time for a break — my brain is fried after all these methods...

Ahhh, there's nothing quite like the smell of baking wafting through the house... Apparently, a good way to remember something is to associate it with a smell. So get cooking and revising — perfect.

Q1 Give one similarity and one difference between roasting and baking. [2 marks]

Q2 Why is grilling vegetables considered healthier than roasting them? [1 mark]



Name :-

Due date :-

1<sup>st</sup> Read the fact sheet

2<sup>nd</sup> Answer the question

### Cooking Methods — Dry Methods

1 Baking, roasting, grilling and dry frying are all dry methods of cooking.

Which **one** of the following statements is **true**?  
Circle the correct answer.

- A Roasting uses lower temperatures than baking.
- B Baking a potato is more healthy than roasting it.
- C Dry frying uses higher temperatures than roasting.
- D Grilling sausages takes more time than baking them.

[1 mark]

2 Gas ovens can be used to bake food.

a) Which methods of heat transfer are used when baking?

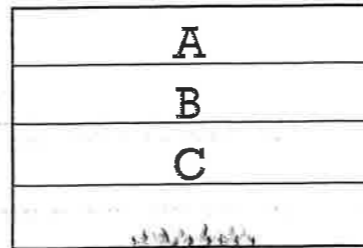
.....  
[1 mark]

b) i) Which shelf in the gas oven on the right will be the hottest?

.....  
[1 mark]

ii) Give a reason for your answer to part i).

.....  
[1 mark]



c) Give **two** advantages of using a fan-assisted oven rather than a gas oven.

1. ....

2. ....  
[2 marks]

3 Grilling food is recommended as being a 'healthier' way to cook fatty foods such as sausages and other meats.

a) Explain why grilling is a healthier method than roasting.

.....  
[2 marks]

b) Give **one** drawback of grilling food.

.....  
[1 mark]

4 Lexie is using minced beef to make spaghetti Bolognese. The recipe suggests she 'dry fries' the minced beef.

a) Which method of heat transfer is used when dry frying?

.....  
[1 mark]

b) Explain why minced beef is suitable for 'dry frying'.

.....  
[2 marks]

c) Why should Lexie use a medium heat when starting to dry fry the minced beef?

.....  
[1 mark]

5 An extract from instructions for roasting a turkey is shown below:

- Place the turkey into the pre-heated oven.
- Add any other basting liquids you choose, e.g. stock / wine / honey, to the roasting pan.
- Baste the turkey all over every 30 minutes.

a) Give **one** benefit and **one** drawback of roasting.

Benefit: .....

Drawback: .....

.....  
[2 marks]

b) Describe what you would do to baste the turkey.

.....  
[1 mark]

c) Explain how basting affects the texture and colour of the turkey.

.....  
[2 marks]

Score:  / 18

