

EASY FOOD

Tips n Tricks

Top 14 cooking terms



1

Stove top



Gas



Electric

2

Oven

For baking and
roasting



3

Sandwich press

For toasted
sandwiches,
wraps, grills,
pikelets,
eggs, steak,
chicken



4

Microwave

For quick
defrosting,
cooking and
reheating



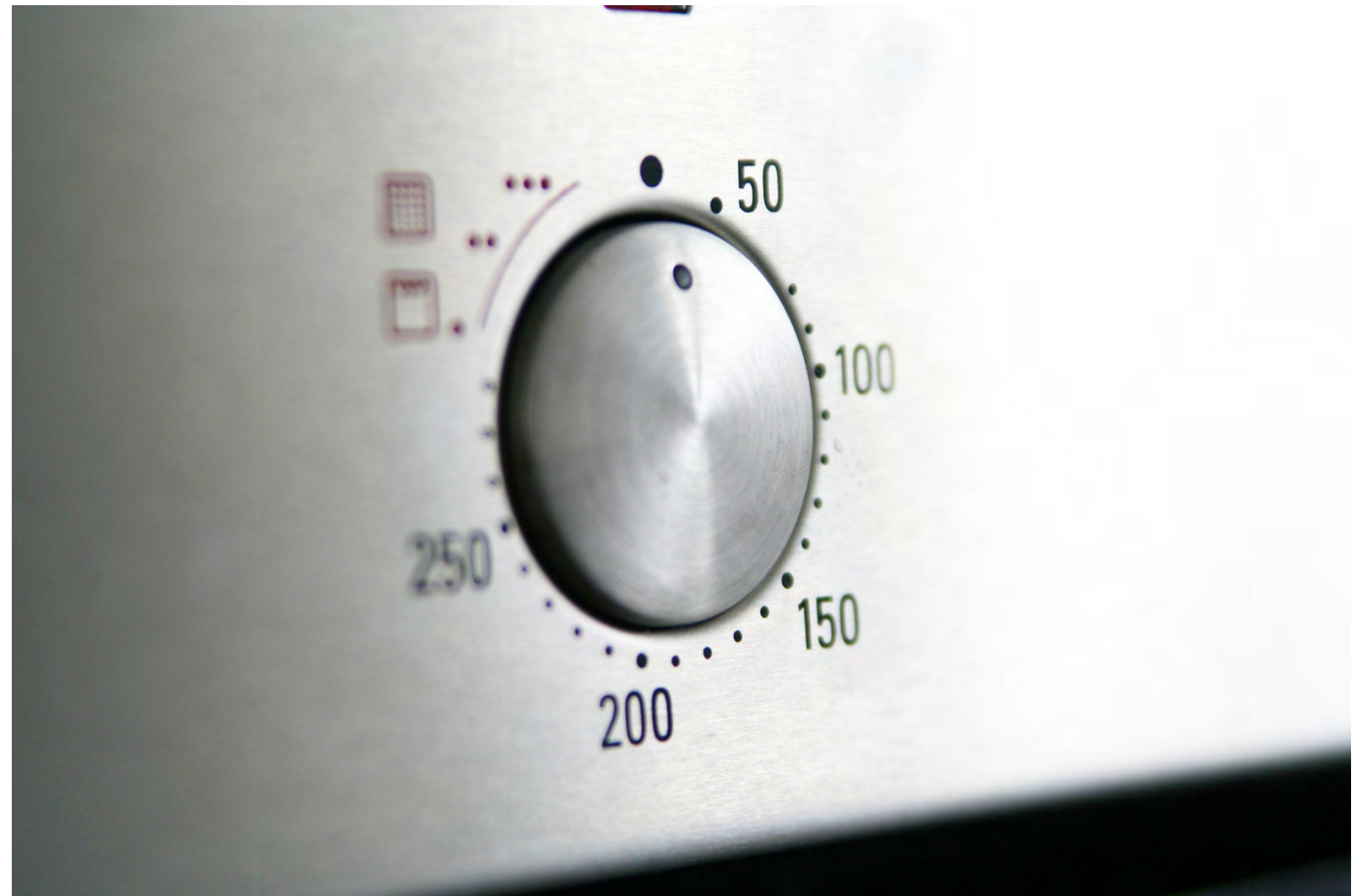
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Oven temperatures

LOW 130°C to 180°C

MEDIUM 180°C to 200°C

HIGH 200°C to 250°C



6

Gas stove temperatures



Blue flame:
low heat



Yellow flame:
medium heat



Red flame:
high heat

7

Bake

Cook in
an oven



8

Boil

Heat a liquid
until it bubbles

Faster bubbles
= hotter liquid



9

Simmer

Heat a liquid
until it just
starts to
bubble



10

Steam

Cook over
boiling water



11

Brown

Cook until
food is light
brown



12

Stir fry

Cook small
pieces of food
quickly over
high heat



13

Beat or mix

Combine ingredients, usually with a wooden spoon, whisk or beaters



14

Marinate

Soak ingredients
in a liquid before
cooking

TIP! Use a glass
or ceramic dish



For helpful resources visit:

www.healthier.qld.gov.au > Guides > Food > Cooking tips

www.livelighter.com.au > Tools and resources > Resources >
Healthy home cooking



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Health Promotion Illawarra Shoalhaven

ISLHD-HealthPromotion@health.nsw.gov.au

4221 6728



Health

Illawarra Shoalhaven
Local Health District

