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Cooking over direct heat (food is exposed to flames and heat from coals beneath). This can be done over an open fire or a grill grate.



STEAMING

Cooking with steam from hot liquid. Food does not come in direct contact with the liquid.



SEARING

The surface of food is cooked at a high temperature (such as in direct contact with flames) until it achieves a brown, caramelized crust.



. STEMING.

Food is cooked in a liquid with low heat and served in the gravy that is formed from the ingredients.









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Food and Nutrition Information and Educational Materials Center (U.S.)

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