




Healthy Cooking



Ronald McDonald House Charities®
Greater Western Sydney

Cooking doesn't always need fats & oils.

Here's **8 Healthy Cooking Methods** available to you in the **family kitchens**

 about method



Ingredients great in cooking method



approx. cooking time

No Cooking Oil



Steaming

retain the food's natural flavours, nutrients & texture

Green Vegetables, Seafood, Dumplings, Rice, Grains, Poultry, Tofu, Eggs

3 - 10 mins



Boiling

submerging food in boiling water or other liquids until it's fully cooked

Pasta, Eggs, Root Vegetables, Seafood, Noodles, Dried Beans/ lentils, Soup

5 - 10 mins



Poaching

gently simmering food in a liquid, typically water, broth, or milk.

Eggs, White Fish & Seafood, Chicken Breast, Pears, Quince, Apples, Apricot

3 - 15 mins



Raw

Why cook? Many foods can be enjoyed fresh when properly handled.

Fruits, Vegetables, Nuts, Seeds, Herbs, Sushi, Oysters, Salads

Approx. Prep Time

Little Cooking Oil



Stir-frying/Sautéing

Quick-cooking method, ensure hot, good-quality clean pan before adding ingredients.

Thin-Cut Proteins (Chicken, Beef, Pork, Tofu, Prawns, Fish fillet), Vegetables, Sauces, Fresh Herbs, Noodles, Eggs

5 - 10 mins



Stewing/Braising

Slow, moist cooking for tougher meat cuts & heart ingredients.

Beef, Pork, Lamb, Poultry, Root Vegetables, Legumes, Beans, Herbs, Tomato, Whole Fish, Mushroom

30 mins - 2 hrs+



Roasting/Baking

Dry-heat method great all-rounder, make sure oven is preheat.

Whole Chicken or Poultry, Beef & Lamb (Joints), Root Vegetables, Potato, Herbs, Fruits, Breads, Pastry, Nuts

30mins - 2 hrs+



Grilling

Spring & Summer calls for outdoor smoky flavours & charred textures

Meat Steaks/ Mince, Chicken Thigh/ Wings, Fish Steaks/ Whole, Capsicum, Mushroom, Eggplant, Pineapple, Banana, Flat breads, Pizza, Haloumi

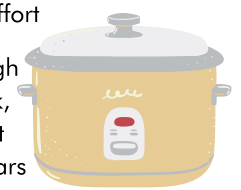
5 - 20 mins +



Winter & Autumn means comforting, flavourful dishes with minimal effort

Stews, Soups, Casseroles, Tough Meat Cuts (Chicken, Beef, Pork, Turkey), Beans, Legumes, Root Vegetables, Seafood, Apples, Pears

1.5-3 hrs +



Slow Cooker

Have any great recipes to share? Send them thru to programs.gws@rmhc.org.au