

# nutri pro

Nestlé Professional Nutrition Magazine

## COOKING METHODS

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# Vitamin loss

## Nutrient-friendly cooking methods

	Food	Nutrition
Steaming	<ul style="list-style-type: none"> <li>vegetables, potatoes, fish</li> </ul>	<ul style="list-style-type: none"> <li>nutrient-friendly method</li> <li>minimal loss of vitamins</li> </ul>
Pressure cooking	<ul style="list-style-type: none"> <li>food (e.g. vegetables) for soups; hot pots</li> <li>vegetables (e.g. filled vegetables), fruits</li> <li>fish, meats (with more connective tissue)</li> </ul>	<ul style="list-style-type: none"> <li>comparable with steaming and stewing</li> <li>less cooking time</li> </ul>
Microwave cooking	<ul style="list-style-type: none"> <li>any kind of food but only in small quantities</li> </ul>	<ul style="list-style-type: none"> <li>minimal loss of vitamins and minerals</li> <li>short cooking time</li> </ul>



## Vitamin loss by different cooking methods

Cooking methods	Vitamin loss in % (C, B <sub>1</sub> , B <sub>2</sub> , B <sub>6</sub> )
Boiling	35–60
Poaching	Less than boiling
Steaming	10–25
Pressure cooking	5–10
Microwave cooking	5–25
Roasting	10–47
Stewing/Braising	10–12
Grilling	10–12
Baking	10–12
Frying	7–10





## Tips to prevent vitamin loss

### Tips to prevent vitamin loss:

- Whenever possible, wash vegetables whole and before peeling under running water.
- Peel thinly or cook with skin on.
- Cut into large pieces.
- Raw vegetables and fruit salads: add a little lemon juice or vinegar to slow down vitamin C loss.
- Serve immediately → keeping food warm causes vitamin C loss of 4–17% in one hour and 7–34% in two hours.

### General information:

#### Canned vegetables

- Never boil canned vegetables.
- Use the juice to cook the vegetables in, or add to soups or stocks.

#### Frozen vegetables

- Don't thaw them before cooking.
- Heat the water first, then add the vegetables.
- The best way to heat them is by steaming, pressure cooking or in the microwave (less vitamin loss).

