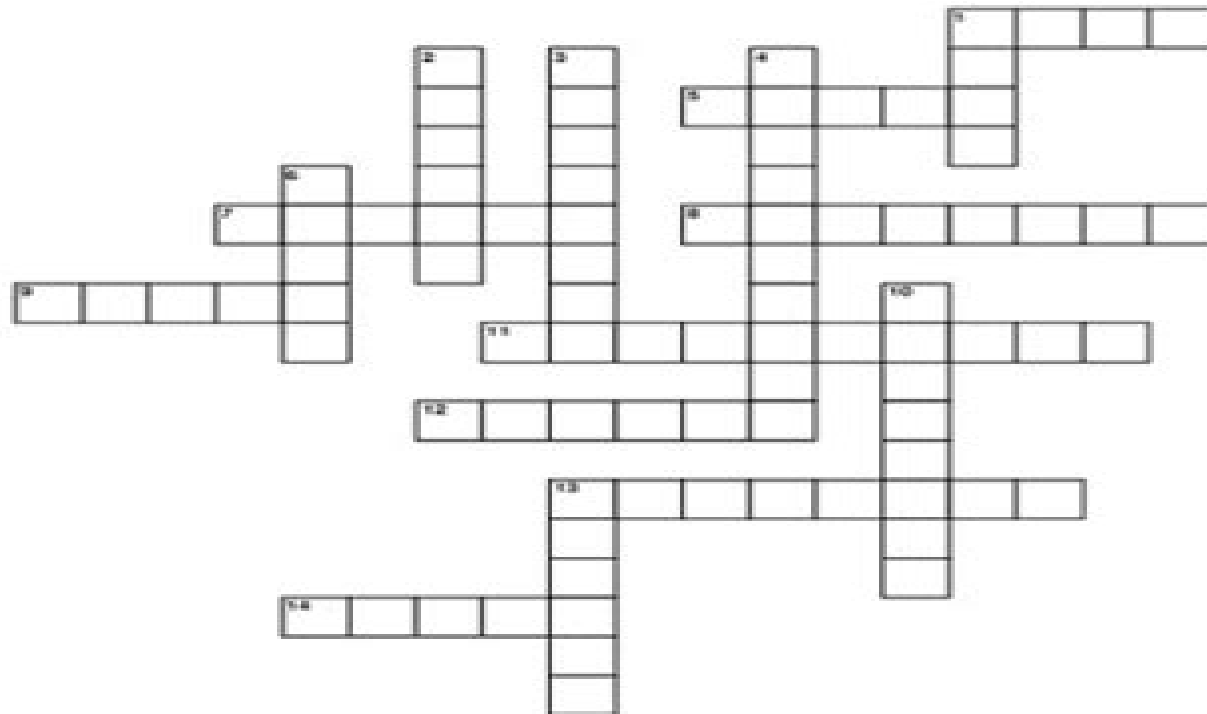


Food Preparation Methods



Across

- [1] What happens to water in a kettle
- [5] To aerate cream or egg whites until they thicken
- [7] Taking food to a very low temperature
- [8] What we do to make a smoothie
- [9] Making sure everything is cold
- [11] The best way of cooking fish
- [12] The latest trendy way to cook
- [13] Cooking in water and fat
- [14] Great for dipping eggs

Down

- [1] Cooking in dry heat in the oven
- [2] Gently cooking in water
- [3] To cook with bottom heat only
- [4] Cooking in a little oil
- [6] To cook with top heat only
- [10] The most nutritious way of cooking vegetables
- [13] A yellow spread used on toast

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