

COOKING METHOD CATEGORIES

1. SHEET PAN SUPPERS
2. ONE-POT MEALS
3. INSTANT POT NIGHT
4. SLOW COOKER NIGHT
5. GRILLING NIGHT
6. BAKING NIGHT
7. SAUTÉ NIGHT
8. AIR FRYER NIGHT
9. PRESSURE COOKER NIGHT
10. NO-COOK NIGHT
11. SKILLET NIGHT
12. ROASTING NIGHT
13. STIR-FRY NIGHT
14. BLENDED MEALS (E.G., SOUPS OR SMOOTHIES)
15. MICROWAVE-FRIENDLY NIGHT
16. SOUS VIDE NIGHT
17. BROILING NIGHT
18. POACHING NIGHT
19. STEAMING NIGHT
20. WOK NIGHT
21. OVER THE FIRE NIGHT
22. STONE COOKING NIGHT
23. CAST IRON NIGHT
24. DUTCH OVEN NIGHT
25. OPEN FLAME NIGHT

