

Method Conversions

Hamburger

air cooker	microwave
baked	microwave
boil	microwave
braised	microwave
browned (loose meat)	microwave
browned (patty form)	pan fried
casseroles	microwave
ceramic grill	grilled/bbq
char broiled	grilled/bbq
cooked in sauce/water	microwave
electric broiler	broiled
electric grill	grilled/bbq
electric over briquets	grilled/bbq
George Foreman grill	grilled/bbq
griddled	pan fried
grill pan	Pan fried
meat balls	microwave
meat loaf	microwave
par boil	microwave
pressure cooked	microwave
sautéed	microwave
simmer	microwave
skillet	pan fried
spaghetti meat sauce	microwave
steamed	microwave

Steak

air cooker	microwave
bake	microwave
boiled	microwave
braise	microwave
breaded-fried	pan fried just done
browned	pan fried
char-boiled	grilled/bbq
charbroiled	grilled/bbq
cooked in water/sauce	microwave
crock pot/slow cooker	microwave
electric skillet	Pan fried
farberware	grilled/bbq
frozen entree	microwave
George Foreman grill	grilled/bbq
grill pan	pan fried
jenn-aire	grilled/bbq
mixed dishes	microwave
pot roast	microwave
pressure cooked	microwave
restaurant	pan fried
rotisserie	broil
sautéed	microwave
skillet	pan fried
steamed	microwave
stew	microwave
stir fry	microwaved
table top grill	grilled/bbq

Pork

boiled	baked
braised	baked
breaded then fried	baked
convection oven	baked
crock pot	baked
deep fried	baked
electric grill	grilled/bbq
frozen entree	microwave
George foreman grill	grilled/bbq
in casseroles	baked
pre-cooked	baked
pressure cooker	baked
rotisserie	broiled
sautéed	microwave
shake and bake	baked
simmered	microwave
slow cooked	baked
smoked	baked
steamed	baked
stews, soups	baked
stir fry	microwaved
stove top grill	grilled/bbq
stuffed/breaded	microwave
toaster oven	baked

Sausage

baked	microwave
boiled	microwave
casserole	microwave
cooked in sauce	microwave
electric grill	pan fried
faberware	pan fried
fried and drained	pan fried
frozen sausage biscuit	microwave
George foreman	pan fried
griddle	pan fried
grill pan	Pan fried
grilled/barbecued	pan fried
heat rollers	microwave
on pizza	microwave
par boiled	microwave
poached	microwave
pre-cooked	microwave
restaurants	pan fried
simmered	microwave
smoked	microwave
steamed	microwave
stewed	microwave
stir fry	microwaved

Bacon

baked	microwave
electric baconer	pan fried
electric grill	pan fried
fast food	pan fried well done
griddle	pan fried
grilled/barbecued	pan fried
pre-cooked	Microwave just done
restaurant	pan fried
roasted	microwave
steamed	microwave
turkey bacon	chicken microwave

Chicken

air cooked	baked
boiled	stew
canned	baked
casserole	stew
chinese	baked
creamed	stew
crock pot	stew
curried	stew
electric grill	grilled/bbq
frozen entree	microwave
George Foreman grill	grilled/bbq
in casseroles, soup	stew
in salads	baked
indoor grill	grilled/bbq
lunch meat/deli	baked
mexican dishes	baked
mixed dishes	baked
oven fried	broiled well done
parboil	stew
poached	stew
pressure cooker	stew
roasted	baked
rotisserie	rotisserie
sautéed	baked
simmer	stew
skillet	pan fried
smoked	baked
spit	baked
steamed	stew
stir fry	microwaved
turkey burger/bacon/sausage	microwave

Fried Chicken

baked	baked
boiled	stew
cajun fr. turkey	deep fried
fast food	deep fried
frozen entree	deep fried
George Foreman grill	grilled/bbq
oven broiled	deep fried
oven fried	baked
oven roasted	broiled well done
Pam	pan fried
Pan fried/stewed in sauce	stew
poached	stew
pressure cooked	stew
pressure fried	deep fried
roasted	baked
sautéed	baked
shake and bake	deep fried
smothered	deep fried
steamed	stew
stir fry	microwaved