

Broiling is heat from the TOP only 450-500

Broiling is ideal for achieving a sear on thinner fish and meats that don't require a high internal temperature. Vegetables broil nicely as well since they can cook and crisp without getting soggy during a longer cook time. Many people use their broiler to get a crunchy layer on the top of already cooked, often cheesy, dishes.

Thin-cut meats: salmon, steak, chicken

Quick-cooking vegetables: asparagus, zucchini, peppers

Breads that need a quick toast

Cheesy dishes that could benefit from a brown, crunchy layer on top like pizza or macaroni and cheese

Baking is moderate heat from all directions. 200-275

Baking is ideal for food without a solid structure like doughs and batters. The lower temperatures help slowly build structure while retaining moisture. It's also great for thicker cuts of meat or casseroles that need to be cooked all the way through, but might be prone to drying out or burning at higher temps. Feel free to keep food covered or uncovered, depending on how much moisture you want surrounding the dish or how much crisping and browning you're looking for.

Baked goods: cookies, pies, cake, bread, etc.

Pasta dishes: lasagna, ziti, macaroni and cheese

Thicker-cut pieces of poultry or pork

Casseroles

Roasting is high heat from all directions. 400-450

Tougher, thicker foods are best for roasting because they can handle higher heats better. High heat also means you can easily get a flavorful brown, crispy exterior on food like fatty meats and potatoes. Roasted foods should usually be uncovered to achieve browning.

Whole cuts of meat on the bone: entire chickens and turkeys, pork or beef roasts, etc.

Thicker vegetables: Brussel sprouts, carrots, cauliflower or any root vegetable

Cut-up potatoes, including sweet potatoes

Sheet pan dinners with meat and vegetables