**Frying** is the cooking of food in fat. This takes several forms, from *deep-frying*, where the food is completely immersed in hot oil, to *sautéing* where food is cooked in a frying pan where there is only a thin coating of oil. Frying is the fastest way to cook, as it is the most efficient way to transfer heat into the food. Despite using liquid oil, frying is considered to be a dry cooking method as water is not used in the cooking process and ideally the cooking oil will not be absorbed by the food, thus no moisture is added by cooking.

From the method using the most oil to the least, the types of frying are:

* [Deep frying](https://en.wikibooks.org/wiki/Cookbook:Deep_frying) (also known as immersion frying)
* [Pan frying](https://en.wikibooks.org/wiki/Cookbook:Pan_frying)
* [Stir-frying](https://en.wikibooks.org/wiki/Cookbook:Stir-frying)
* [Sautéing](https://en.wikibooks.org/wiki/Cookbook:Saut%C3%A9ing)