



UNIT VI METHODS OF COOKING

NOTES

Cooking often means transformation of raw food by the use of heat. It brings about chemical changes in food. Cooking makes food more palatable, free from microorganism, improves digestibility, increase variety & consumption etc.

Cooking techniques & ingredients vary widely across the world from grilling food over an open fire to using electronic stoves to baking in various types of ovens reflecting unique environment, economics, cultural, traditions & trends.

Method of cooking also depends on the skill levels of an individual.

SOME COMMON TYPES OF OVEN

Fire wood oven, smokeless *chula*, kerosene stove, gas stove, cow-dung gas or gober gas, electric stove.

SOME COMMON METHODS OF COOKING

Boiling, steaming, wet-teaming, dry-steaming, pressure cooking, pan broiling or roasting, stewing, deep fat frying, shallow fat frying, sautéing, grilling or broiling, baking, etc.

Boiling: It is cooking foods by putting them in water and boiling till the food is tender. Boiling point of water is 100°C.

Par boiling: It is a process widely used in the preparation of human consumption. By par boiling we mean steaming of unhusked rice after soaking.

Roasting or pan broiling: When food is cooked uncovered on heating metal or a frying pan e.g. groundnuts and *chapatis*.

Sauteing: This method involves cooking in just enough of oil to cover the base of the pan (greasing the pan) e.g. dosa.

Grilling or broiling: Grilling consists of placing the food below or above or in between a red hot surface.

Baking: Here the food gets cooked by hot air.

Wet steaming: Here the steam is in direct contact with the food e.g. idli.
