

INTRODUCTION OF KITCHEN AND AIMS & OBJECT OF COOKING

DEFINATION:

- **KITCHEN:** Kitchen is a specific place in a hotel where the chef is prepared different type of food according to guest order that is called Kitchen.
- **CHEF:** Chef is a Latin term means a professional and technical person who makes the different types of raw materials within a specific time of period.
- **PRODUCTION:** Production means produced anything using of raw materials within specific time of period and motion is profit.

Introduction:

Cooking is a "Chemical process". The medium of transfer of heat from its source could be water, air or oil. This will be dealt with in detail at a later stage. First let us understand why we need to 'cook' food. Cooking is the act of preparing food for eating by the application of heat. It encompasses a vast range of methods, tools and combinations of ingredients to alter the flavor or digestibility of food. It is the process of selecting, measuring and combining of ingredients in an ordered procedure in an effort to achieve the desired result. Factors affecting the final outcome include the variability of ingredients, ambient conditions, tools, and the skill of the individual doing the actual cooking.

Aim and object of cooking:-

1. Cooking helps to sterilize the food.
2. Cooking preserves food for a longer time.
3. Cooking helps to make food more digestible.
4. Cooking food is often split into simple substance.
5. Cooking retains, as far as possible, the nutritive and flavouring ingredients.
6. Cooking also increases the palatability of food dishes.
7. Cooking makes food more attractive in appearance and appetizing.
8. Cooking introduces variety.
9. Cooking helps to provide balance meal.

Advantages of cooking:

The following are the advantages of cooking:-

1. Cooking makes the food easy to chew.
2. Cooking softens the connective tissues in the meat and makes animal foods more digestible.
3. Cooking makes the complex foods split into simpler substances.
4. Cooking helps to kill harmful bacteria. It makes the food safe to eat.
5. Cooking preserves the food.
6. Cooking increases palatability. It improves taste and enhances the flavour.
7. A wide variety of dishes can be made by different methods of cooking v i z. boiling, frying, roasting, microwaving, baking, smoking, etc.
8. Cooking makes the dish more colorful. It develops new flavors in food.
9. Cooking makes the food to appreciable texture.
10. Cooking makes food more appetizing
11. Cooking provides balanced meal.
12. Cooking adds more nutritive value to food.

