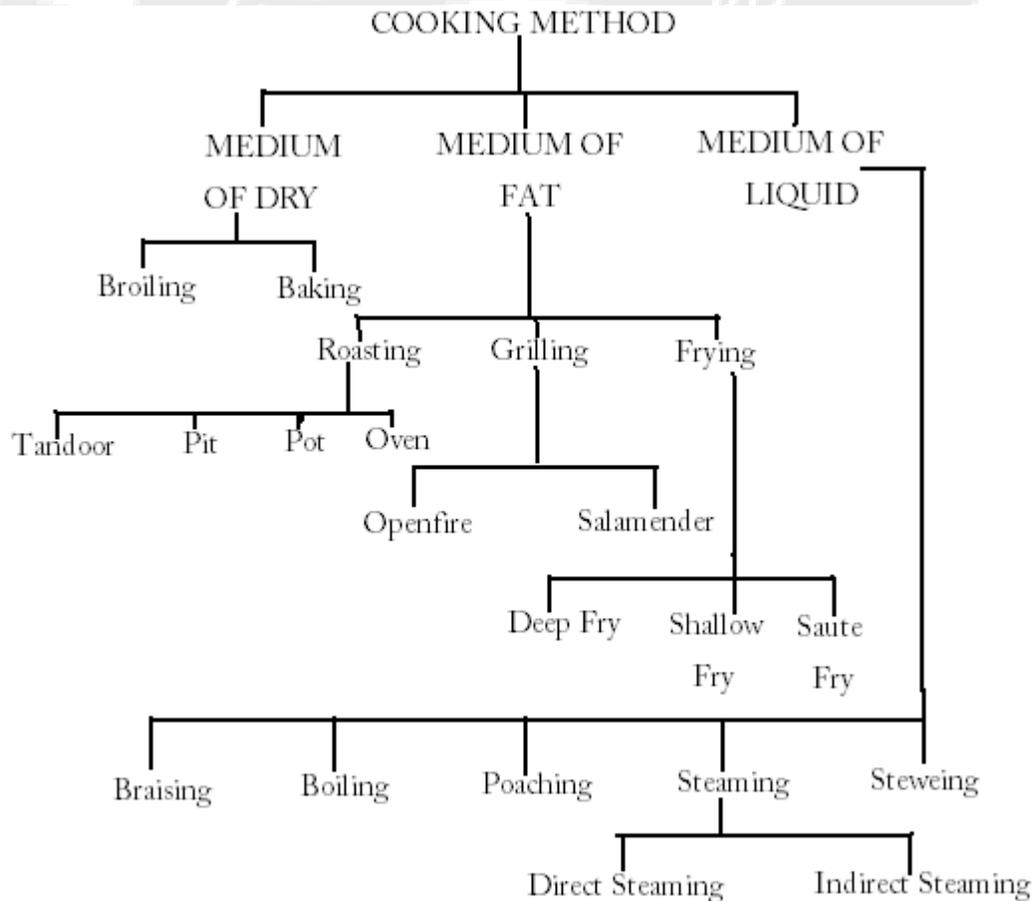


## COOKING METHODS:

### Introduction:

Cooking method is difference kinds of techniques which can be applicable for producing the different types of food dishes and it is also helped to preserve colour and get a texture. Enhance flavour and make the nutritional value.

Different cooking methods are suited to different kinds of foods. For example some meats are high in connective tissue and will be tough unless the tissue is broken down slowly by moist heat. There are many other factors to consider when choosing cooking methods for meats, fish and vegetables such as the flavor and appearance imparted by browning, the flavor imparted by fats, and firmness or delicacy of the product. The basic cooking methods are explained in detail.



## Medium of liquid:

1. **Boiling**:- Boiling is cooking food in boiling water, or other water-based liquids such as stock or milk. Boiling is cooking by immersing the food in a pan of liquid which must be kept boiling all the time. Liquid a number of bubbles should be seen in the surface. To boil means the heat of liquid in which food is cooked at 100°C or 212°F, Food should be boiled, and the vegetable are boiled at 100°C, and the blanching is used when food needed to be pre-cooked or partly cooked. Exam. Boil veg, blanching veg.

### Advantages of Boiling:

- 1) Cuts of meat and poultry can be made digestible.
- 2) It is appropriate for large-scale cookery.
- 3) Nutritious, well flavoured stock is produced.
- 4) It is safe and simple.
- 5) More color and nutritive value is retained when cooking green vegetables, provided boiling time is kept to the minimum.

### Disadvantages of Boiling:

- 1) There is a loss of soluble vitamins in the water.
- 2) Boiling water with the lid on wears out the pot.
- 3) It can be a slow method.
- 4) Foods may look unattractive.

2. **Poaching**:- Poaching is the process of cooking gently in water which is just the bellow of boiling point (93°-95°C). The liquid is held as close to boiling point but not boil. It is never allow boiling but should be just off the boil. This method of cooking is more applicable to foods which are more delicate and easy digest. Exam. Poach egg, poach fish.

### Various purpose of poaching:

- 1) Easy to digest.
- 2) A suitable tenderization and texture.
- 3) Safe to eat.

### Disadvantages of Poaching:

- 1) Poached foods may not appeal to everybody as they are bland in taste.
- 2) Food can be scorched if water evaporates due to careless monitoring.
- 3) Water soluble nutrients may be leached into the water.

3. **Steaming**:- Steaming is cooking by heat that is steam, and the steam is used as a direct purpose and indirect purpose. Indirect steaming is done when the food is placed in a closed pan which is surrounded by party of steam from fast boiling water or in a steamer. The food item could be protected with grease paper or cloth or aluminum foil to prevent water getting into the pudding.

In direct method the food directly exposed to the steam.

The advantage of steam:

- (1) Food cooked by this method is easily digested.
- (2) All flavour is kept in the food.

4. **Stewing**:- Stewing is the slow cooking method of the good. Different kinds of ingredients cut into and cooking in the minimum amount of liquid (water, stock, sauce). The food and liquid are served together.

Purpose of stewing:

Stewing is both economical and nutritional, cheaper cuts of meat and poultry which would be unsuitable for roasting and grilling can be made tender. And it is also produced and applicable for increasing the flavour, texture and eating quality.

Advantage:

- 1) The meat juices which comes from the meat during cooking and returned in which of the stewing.
- 2) Correct slow cooking result is very little evaporating.
- 3) Maintained the proper nutritional value and tenderization.
- 4) It is also control the labour.

5. **Braising**:- Braising is the method of cooking in an oven. Until roasting or baking the food is cooking in liquid in a cover pan (lid). It is the combination of stewing and pot-roasting.

Purpose:

- (1) To make a varieties of menu and easy to digest.
- (2) To make food very good tenderize, proper make palatability and safe for eat.
- (3) To produce enhance the flavour, texture and eating quality.

Methods of braising:

There are two types of braising method applicable in kitchen-

- (1) White Braising, and (2) Brown Braising.

Advantage:

- 1) To gather less expensive meat and poultry can be used.
- 2) Maximum flavour and nutritional value are returned.
- 3) Varieties of preparation made and give the individual flavour or individual dishes.

**Medium of Fat:**

1. **Roasting**:- Roasting is a cooking method that utilizes dry heat, whether an open flame, oven, or other heat source. In this cooking food is cooked by dry heat with the adding of fat or oil in an oven or spit. Radiation is the process of

cooking when using a spit after then oven roasting is a combination of convection and radiation.

Purpose:

The purpose of roasting is to cook so that is very good tender and easy to digest and it is also increase our mouth palatability and give variety of the menu and the dial.

Advantage:

- 1) Good quality meat and paltry is proper tender when Applying the roasting process.
- 2) Meat juices from the joint are used for giving and enhance the flavour.
- 3) Both energy and oven temperature can be control.

Under the roasting there are some other methods are used.

**A. Pit Roasting:**

- (1) Skill and technique can be displayed to the customer.
- (2) Continental basting with the meat juice for applicable.
- (3) The flavour is dependable by the use of different types of wood, charcoal etc.

**B. Pot Roasting:**

Pot roasting is cooking on bed of root vegetable in a cover pan known as pot roasting. This method returns flavour of all ingredients.

Method:- Place the food like meat, paltry on a bed of root vegetable and herbs coat generally using of butter or oil cover with a lid and cooked in an oven.

**C. Tandoor:**

Tandoory cooking's by dry heat in a clay oven for tan door. Although the heat surface is at the base of oven. The oven heat is evenly distributed because of the clay which is control the heat evenly.

Advantage:

- 1) The digested flavour of tandoory cooked food comes from both the marinate and cooking.
- 2) Maintaining the tenderize and also at the colour and flavour of food.
- 3) Colour change may be dispending on the use of spices, a red colouring agent is used in some marinating time and also adding of onion, ginger garlic paste, herbs, spice and oil, lemon juice, ought and sometime used wine also.

**D. Oven Roasting:**

The food cooking in a roasting tray in a oven with the adding of fat or oil and first class meat, paltry and certain vegetable are used.

2. **Grilling:-** This is a first method of cooking by the use of radiant heat.

Purpose:

- (1) To make the food an easily digestible, palatable and safe to eat.
- (2) To utilize the speed of the cooking process to produce a perfect flavour, colour and texture.
- (3) To make varieties of the menu and it is very famous for festival purpose.

Advantage:

- (1) Different varieties of menu are prepared and controlled the diet and also it is increase the specific flavour of the dishes.
- (2) Speed and grilling food to be quickly cooked according to the order.

### 3. **Frying**:-

#### A. **Shallow Frying**:

Shallow frying is the cooking up food in a small quantity of pre-heated fat or oil in a shallow pan that is called shallow frying.

Method:- There are three methods of frying using a little amount of and fat-

- a) Sauté,
- b) Stir frying,
- c) Griddle.

Those are applied to small cuts of fish, meat and paltry and also small whole pieces of eggs. Pan cakes and certain vegetable are cooked by this method.

a) **Sauté**: Standard cuts of meat and paltry are cooked in a sauté or fry pan, sauté is also when cooking potato, onion when they cut into slices or pieces and tossed in a fry pan (Sauté means to jump or toss the vegetable).

b) **Stir Frying**: Vegetable, Chicken can be fast fried in wok or fry pan in a little bit of fat or oil medium.

Advantage:- Stir frying is quick method of cooking for prime (small) cuts of meat and paltry suitable. Fat and oil can be reached to high temperature but not in burning stage in that time added the raw ingredients for stir frying. The food is in direct contact with the fat or oil medium and cooking in high flame (temperature) rapidly.

c) **Griddle**: Food can be cooked on a griddle (a solid, thick, metal plate) slice onion are placed on a lightly oil pre-heated griddle and turned frequently during cooking.

B. **Deep Fry**: It is a quick method of fry and a popular method for Indian cosine. The holding temperature range for deep fry is 110c. The size and the shape of the food to be fried should be uniform. Exam. Dram stick, fish finger, cutleek etc.

#### **Medium of Dry:**

Dry-heat methods are those in which the heat is conducted without moisture that is by hot air, hot metal radiation.

1. **Broiling**:- Cooking by direct heat from a gas flame, electric wire or coal. Usually used for tender cuts of meat and the temperature are high enough to sear the surface. Broiling is similar to grilling but uses a heat source.

2. **Baking**:- It is primarily used for the preparation of bread, cakes, pastries and pies, tarts, etc. The baking process does not add any fat to the product.

Advantages of Baking:

- 1) Baking gives a unique baked flavour.
- 2) Foods become light and fluffy- cakes, bread, crossaint.
- 3) Uniform and bulk cooking can be achieved. Eg. bun, bread, cookies, pastries.
- 4) Flavour and texture are improved.
- 5) Variety of dishes can be made in this process.

