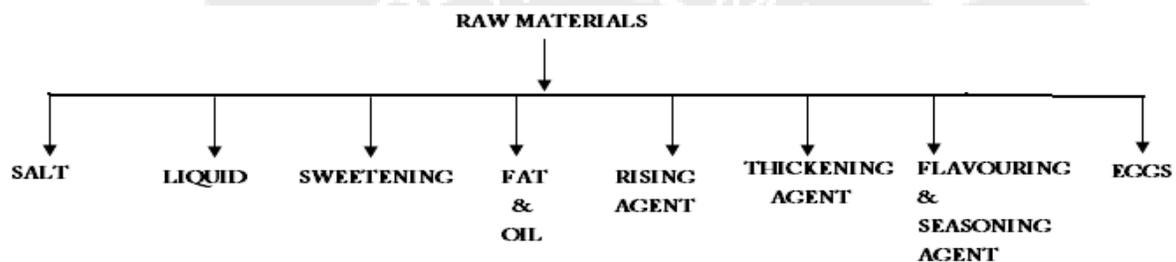


## RAW MATERIALS USE IN KITCHEN

The term "raw material" is used to denote material is in an unprocessed or minimally processed state.

### Characteristics of raw materials:-

For the preparation of food, tasty, colourful dishes it is essential to have a basic knowledge of the raw materials, their characteristics and the special part they play. Also it is helped to improve the quality and get standard end of the product. The materials are does classified according to the part they play in making up a dish. Given below are classifications of raw materials.



(1) **Salt**:- The other name for salt is sodium chloride (NaCl).

It is readily available in all parts of the world is a solid (Rock salt) or in a solution form (Sea salt).

Salt having a distensible taste transform an instant dish to a wonderful dish. It is used to be skill fully too much or to less which spoil the taste of the dishes.

The classification of salt is

- a) Table salt,
- b) Culinary/Freezing or crush salt (Basically used for cooking),
- c) Colliery salt, it is used for flavoring a certain dishes.

### Use of salt:-

- 1) Improve and enhance the flavor.
- 2) It has a physical effect on the gluten of flour and increases its strength power of flour in fermentation process.
- 3) Cauliflower, broccoli, when put in salted water the insect comes out from these ingredients.
- 4) In green vegetable it helps to returning the colour and enhances the taste.
- 5) It is also helped to preserving of ham, bacon, fish etc.

(2) **Liquid**:- Liquid is important as they are used for purpose of cooking, binding and coating etc. Milk, water, stock are the most commonly used

liquids, the ingredients helps to maintaining the right consistency. Water and milk are used for poaching and it is also used for make soups, sauce for curries and cubeb.

(3) **Sweetening**:- When sweetening is used with other foods it enhance the combined of flavor of the dishes. It also adds it own sweetness and is a vastly food product.

Sweetening is available in various form granulated, fine grinded, and powder and in a solution form.

A sugar varies in their sweetening quality and is available in the following forms- Granulated sugar, caster sugar, icing, cane sugar, milk sugar, honey and golden syrups.

(4) **Fat and oils**: Fat and oils are nutritionally useful and in same forms. Economical source of energy and give a very tasty to the dishes and they also contribute characteristics palatability and they increase the texture.

Fats are solid in ordinary temperature and melt when heated. Oils are liquid in ordinary temperature, only coconut oil solid format in the low temperature.

Various fats used in cooking are-

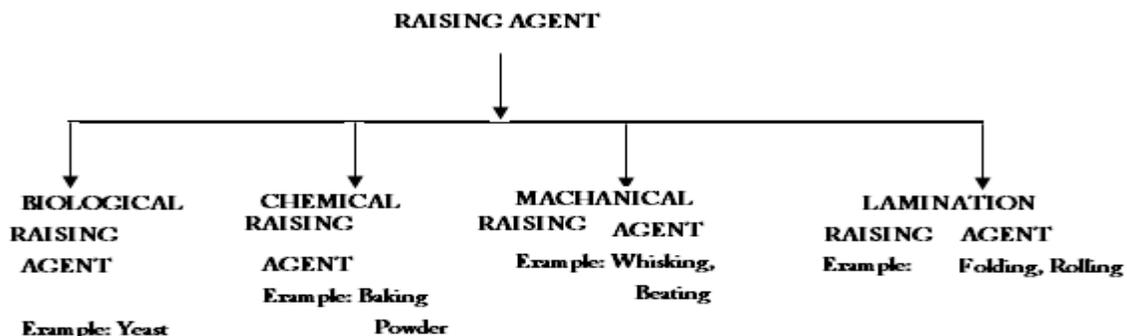
- 1) Lard (Pig's fat),
- 2) Suet (Fat around the kidney),
- 3) Dripping (Beef fat),
- 4) Butter, margarine, ghee, cocoa butter (Basically used in confectionary).

Oils are produced from coconut, palm, and sesame, and olive, pine nut, mastered and sunflower.

Fats and oils are used for various purposes. As example 1) spreads,

- 2) Salad dressing,
- 3) Frying medium and
- 4) Tempering.

(5) **Raising agent and leaving agent**:- Leaving is increasing the surface area of a dough or creating within a gas bubbles puffing up, the increasing the volume and making it light.



(6) **Thickening**:- Thickening agent body, consistency, and palatability when it is used. They improve the nutritional value also and it is also used for making a soup, sauce, gravies, curries, mousses and pudding also.

The thickening agent is starch, eggs, gelatin, coconut, curd, poppy seed, onion paste and Indian spice.

Classification of starch-

- 1) Cereal starch,
- 2) Root starch and
- 3) Instant starch.

(7) **Flavoring and seasoning**:- Spice and herbs give flavoring and seasoning to the dishes. To get affective rolls not only should be food place the eye. But should stimulate in the plate or dishes. The success of cooking largely depends upon the help we obtained from flavouring and seasoning. The spice we used for this purpose should be used sparingly, as well as with skill. All plate may not serve for highly spice food, yet majority of people demand that food be moderately flavour with the right consistency.

To use flavouring and seasoning rightly is a great accompaniment; the dish could be spoilt by being using the lots of spice and herbs. Seasoning should be bringing out the natural flavour of main ingredients and blend with them.

(8) **Eggs**:- Alternatives used in baking include other rising agents or binding materials. These products usually have added vitamins and minerals, as well as vegetable-based emulsifiers and thickeners such as xanthan gum or guar gum. These allow the product to maintain the nutrition and several culinary properties of real eggs, making possible foods such as Hollandaise sauce, custard, mayonnaise, and most baked goods with these substitutes.

#### **Importance of spice and herbs-----**

1. Help in digest,
2. Use for medicine purpose,
3. Enhance flavour,
4. Improve appearance,
5. Improve palatability,
6. Preservative.