

# Methods of Cooking

Astha K. Patel



KEEP  
CALM  
AND  
LOVE  
COOKING



# Introduction

- **India is a country full of diverse cultures, religious and beliefs.**
- **The food consumed and the method of cooking varies from state to state.**
- **It depend on climate, geographical areas and cultural practices.**

## Definition of Cooking

- **The art of process by which food is prepared by applying direct or indirect heat is called cooking**

# Objective of cooking

- **Cooking sterilizes food**
- **Cooking softens the food**
- **Introduce variety**
- **Increase food consumption**
- **Increase availability of nutrients**

# Benefits of Cooking

## ➤ Increase Palatability & Digestibility

cooking increase palatability as it imparts flavor and aroma.

It also helps in blending of flavors and spices, which increase its appeal and appearance.

Cooking helps in the digestibility of food by converting raw food into simpler substances.

## ➤ Destroy Microorganism

Cooking destroy microorganism as the food is subjected to heat. This makes the food safe for consumption.

## ➤ Improve Appearance

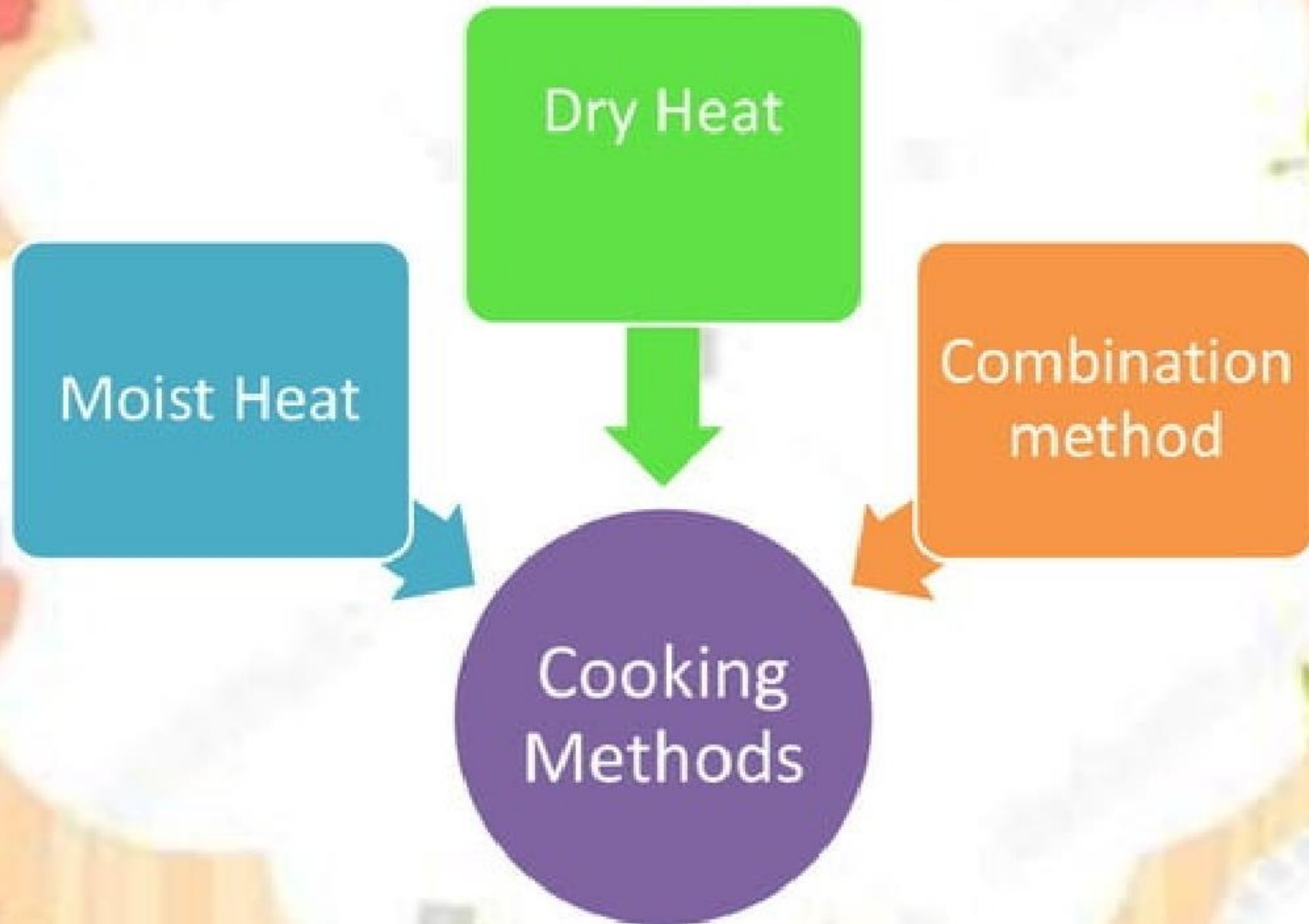
Cooking makes the food more appetizing by improving the appearance.

## ➤ Changes consistency

Cooked food is softer and easily digestible. It makes chewing easier, especially for children's and elderly.

➤ Ensure Balanced diet - helps to combine various food groups which help the person to get a balanced diet.

# Methods of Cooking





## **Moist Heat**

1. Boiling
2. Stewing
3. Steaming
4. Pressure cooking
5. Poaching
6. Blanching

## **Dry Heat**

1. Roasting
2. Grilling
3. Toasting
4. Baking
5. Frying
6. Sautéing

## **Combina tion**

1. Braising
2. Micro Wave cooking
3. Solar cooking

# Boiling method

- **Cooking food in water at a temperature a 100 C is called Boiling.**
- **This method helps the food become tender and easily digestible.**
- **Rice, daal, roots & Tubers and vegetable likes beans cooked by this method.**





ASTHA K. PATEL

## Advantages

- **Simple method and uniform cooking is achieved.**
- **Easily digestible**
- **Not require any special skill & utensil.**

## Disadvantages

- **Loss of water soluble vitamins**
- **Vegetables when boiled lose their color.**

## Stewing

- **A slow method of cooking in pan with a tight fitting lid is called stewing.**
- **The food that is to be stewed is covered with just enough water to retain the flavor.**
- **It is cooked in low heat for longer period of time.**
- **Potatoes, legumes and meat are cooked by this method.**

## Advantages

- Gives a distinct taste and flavor to the food.
- Vitamins are retained as it is cooked in less amount of water.

## Disadvantages

- Slow method of cooking
- Need constant attention
- Increased consumption of fuel.

# Steaming



- **It is healthy method of cooking, as the food is cooked in steam generated by boiling water.**
- **The food to be steamed is placed in special utensil and it does not come in direct contact with heat or water.**
- **Idlis, idiyappam ( Rice Noodles) & vegetables are cooked by steaming.**



ASTHA K. PATEL



## Advantages

- **Food is soft, light & fluffy & hence easy to digest.**
- **Healthy method of cooking as no oil is used.**
- **No loss of nutrients**
- **It is ideal for children & elderly.**

## Disadvantages

- **All foods cant be cooked by this method.**
- **Special utensils are required.**

# Pressure Cooking

- **It is a method where steam under pressure is used to cook the food thoroughly in shorted span of time.**
- **In this method, the temperature of boiling water is raised above 100 c.**
- **In India this method is used extensively.**
- **Rice,daal,roots &tubers usually cooked by this method.**



## Advantages

- **Fuel & time are saved**
- **Faster method**
- **No loss of Nutrient**
- **No loss of Flavor.**

## Disadvantages

- **Special utensils are required.**
- **Safety methods, use & care of Pressure cooker should be known.**

# Poaching

- **Cooking in low heat & minimum amount of liquid is called poaching**
- **Healthy method of cooking where temperature is maintained below 100 C**
- **Eggs , fish and Poultry are cooked by this method.**



## Advantages

- **No oil is added & hence it is healthy**
- **Easily digestible**

## Disadvantages

- **Food can easily be burnt if constant attention is not given.**
- **Less appealing in taste as the food is bland.**



ASTHA K. PATEL



## Advantages

- **Helps to Increase digestibility**
- **Texture of the vegetables is maintained.**

## Disadvantages

- **Nutrients loss if water is discarded.**

# Roasting

- **The food is roasted in an open pan without adding any oil.**
- **Ground nuts & spices are generally roasted for brining out the flavor in them and to grind it into a powder.**



## Advantages

➤ Increase the flavour, & spices when roasted and powdered and give aroma to food.

➤ Quick & healthy method

## Disadvantages

- Food can be easily scorched if not roasted evenly
- Need constant attention.

# Grilling

- **It is a healthy method of cooking and good alternative method without adding much oil or butter.**
- **In this method, the food to be cooked is placed on or between red hot surfaces.**
- **meat chicken, vegetables and corn are cooked by this method.**
- **Barbequing, which is a popular cooking method in the west during summer, is form of grilling.**



# GRILLED SANDWICH

## Advantages

- **Healthy method.**
- **Little use of oil**
- **Enhance flavor**
- **Improve texture & taste.**

## Disadvantages

- **Requires constant attention.**

# Toasting

- **In this food is kept between two heated elements to roast evenly on both side.**
- **Ex. Bread**
- **It can also be done on an open nonstick pan where it is toasted first on one side and then on other side.**





## Advantages

- **Quick method.**
- **Enhance flavor**
- **Enhance texture**

## Disadvantages

- **Requires constant attention.**
- **Food can be easily burnt.**

# Baking

- **Food is cooked in oven by applying dry heat.**
- **The temperature can be varied from 120-450 C.**
- **The food usually cooked by this method are cakes, biscuits, meat & bread.**



## Advantages

- **Food is light & fluffy.**
- **Little use of oil, not very greasy**
- **Unique flavor, texture & aroma.**

## Disadvantages

- **Special equipment is Required.**
- **Special skills are necessary to use this method.**

# Sautéing

- **This is method widely used in India as many Indian dishes are prepared by this method.**
- **Food likes vegetables ate usually tossed in few tea spoons of oil and kept covered in low heat to be cooked till tender.**
- **The base required for many Indian side dishes are usually sautéed first**
- **Ex. Ginger garlic paste, onions, tomatoes etc.**



## Advantages

- **Simple method of cooking**
- **Little use of oil**

## Disadvantages

- **Requires constant attention.**

# Frying

- There are 2 methods

1. Shallow fat frying – food is to be cooked is fried in larger amounts of oil compared to sautéing but less than deep frying.

Ex.- Cutlets, Parathas etc

2. Deep fat frying – food to be cooked is immersed in hot oil.

Ex.- samosa, pakodas, chips, etc.





## Advantages

- **Quick method.**
- **Enhance flavor**
- **Enhance texture**
- **Enhance appearance**

## Disadvantages

- **To much oil is absorbed**
- **Unhealthy**
- **Repeated use of the same oil poses a health hazards**

# Braising

- **This is combination method of roasting and stewing in a pan covered with a tight fitting lid.**
- **Ex.- Pulao are cooked by this methods where spices are added to the rice and allowed boil and simmer in low heat.**
- **Upma is also a dish where both roasting and boiling are done**



# Microwave Cooking

- **Microwave are electromagnetic waves with a wavelength in the range 0.001-0.3 m.**
- **In this method, food is cooked in microwave oven that uses electromagnetic wave to cook or heat food quickly.**
- **Food should be kept in containers usually made of special plastic , glass or ceramic.**

- **Only these materials are microwave safe as they do not absorb the EM waves.**



## Advantages

- **Quick method.**
- **Short cooking time**
- **Wastage is minimized.**

## Disadvantages

- **Special utensils are required.**
- **Food does not get cooked evenly.**

# Solar cooking

- It is very simple technique that makes use of sunlight or solar energy.
- Solar cooker is consist of well insulated box, which is painted black on inside and outside covered with one or more transparent covers.
- The purpose of transparent covers is to trap heat inside the solar cooker.



- These covers allow the radiation from sun to come inside box, but do not allow the heat to come out of the box.
- Because of this temperature upto 140 degree Celsius can be obtained which is adequate for cooking.



# Advantages

- Simple technique
- Cost effective
- Original flavours of food is retained
- No danger of burning
- Saves fuel
- No require constant attention
- More items can be cooked at one time

# Disadvantages

- Solar cookers is required
- Slow cooking
- Not used in absence of sun light, in rainy season, late evening & night.