

Different Cooking Techniques Research

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Introduction

The revolution in cooking has resulted in a huge evolution of cooking techniques. Cooking has been practiced throughout history since ancient times. Previously, an ancient man consumed only raw food; nevertheless, once, a piece of flesh fell into the fire and was roasted (Harold 6). The man ate the portion and declared it delicious. Thus, the cooking process began and evolved. Cooking food is critical because it facilitates digestion, enhances the appearance, flavor, color, texture. In addition, cooking adds taste of the food diversity to the meal, thus the food stays fresher and lasts longer.

Cooking also requires an understanding of products and equipment and the ability to plan and organize meal preparation within time limits. Not to mention that traditional cooking techniques are more superior and healthier than newer ones such as microwave cooking (Harold 4). There are numerous cooking techniques such as boiling and steaming, the majority of which date back to ancient. Microwaving is a more recent innovation (Harold 784). Various methods employ varying degrees of heat and moisture and require varying amounts of time to cook. The method used significantly impacts the overall result, as certain foods are more suited to certain processes than others.

Cooking Techniques

Cooking is the art of preparing food for consumption, most typically by the use of heat. Cooking techniques and ingredients vary significantly across the globe, reflecting distinct climatic zones, economic conditions, cultural traditions, and trends (Harold 777). Cooking techniques also vary according to an individual's skill level and type of training. Conduction, convection, and radiation all contribute to the transfer of heat to the food during cooking (Harold 782). The method of cooking is determined by the way heat is applied to the meal. Certain foods, such as leafy greens such as spinach and fenugreek, contain high moisture. These foods are prepared in a way that takes advantage of this moisture. However, rice, wheat, and pulses have a low moisture content; they are cooked with more water (moisture) (Mwale et al. 1056). There are additional methods of cooking that do not require any water; in fact, these methods

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