



Back-to-Basics

Common methods of cooking

Cooking is the application of heat in order to:

- Destroy bacteria or other micro-organisms and any parasites that may be present in raw food.
- Soften the muscular fibres in meat.
- Break down the starch grains in vegetables.
- Generally make food easier to digest

In cooking, there are some basic methods of cooking are

DRY HEAT: Dry heat is a direct application of heat without the addition of a liquid. There are four basic methods of cooking with dry heat



Baking: Is cooking by direct heat over coal, coke or charcoal or under a gas flame or electric element. In baking method of cooking, the food is cooked using convection heating. The food is put into an enclosed area where heat is then applied and the movement of heat within the confined space, acts on the food that make it get cooked. Its widely used in bakery product.



Broiling: is a dry-heat method of oven cooking meats and vegetables in which the food is exposed to direct, radiant heat from a gas or electric element at about 260-288°C. The food is placed in a special pan and set several inches below the heating element until the desired state of doneness is achieved. Because little or no fat is added, broiling is considered a good method of cookery for those who are counting calories.



Grilling: is cooking by direct heat over coal, coke or charcoal, or under a gas flame or electric element. The food and the juice inside the food cooks it. The flavour of the food is not lost and much of the nutrients are not lost either. Food is frequently turned over to prevent it from burning and to ensure that equal heating and cooking time is applied to both sides of the food.






Grilling is termed broiling In this case, the pan that holds the food is called a broiler pan, and heat transfer is by thermal convection.



Roasting: is cooking by dry heat in an oven. Meat or poultry to be roasted should be put into a baking tray basted with dripping and placed in a very hot oven for just sufficient time to seal the pores of the flesh and prevent the loss of nutritious juices during the subsequent cooking process. Cooking should then proceed at a lower temperature of about 180o C.

MOIST HEAT COOKING : Moist heat is the application of heat with the addition of water, milk, stock, etc. This method is generally used for the less tender cuts of meat, fruits and vegetables, and specifically for those items that require a softening process.



	<p>Blanching: is a cooking process wherein the food substance, usually a vegetable or fruit, is plunged into boiling water, removed after a brief, timed interval, and finally plunged into iced water or placed under cold running water to halt the cooking process. The meaning of blanching is "to whiten", but this is not always the purpose of blanching in cooking. Food is blanched to soften it, or to partly or fully cook it, or to remove a strong taste (for example of bacon, cabbage, or onions). When almonds or pistachios are blanched, the skin of the nuts becomes softened by blanching and is later removed.</p>
	<p>Boiling: is cooking in water or another liquid at a temperature of 100° C. there should be large bubbles breaking the surface and a large amount of movement in the liquid</p>
	<p>Poaching:To poach, the liquid should be between 71-82°C, the liquid will "shiver" slightly, but there should be no visible bubbling</p>
	<p>Simmering : is cooking in water or another liquid at a temperature within a few degrees of boiling point The temperature of the liquid is between 85-96°C, there should be small bubbles breaking the liquid's surface</p>
	<p>Steaming—In order to create steam, water has to be at 100°C or higher. When steaming the food is in contact with the steam only, if submerged in a liquid it is considered poaching, simmering or boiling.</p>



Fry cooking method:

Its kind of dry cooking method, in which oil is involve as a cooking medium.



Deep frying:

The food is entirely submerged in the cooking fat. Even colour and heat distributed. Huge increase in the amount of fat and energy in the fried food.



Pan frying:

A little like sautéing but with a little more fat.

Be sure the fat is hot before putting the food in or you will soak up too much fat. The hot fat will seal the outside of the food helping to reduce too much fat absorption.



Sautéing:

Dry heat cooking with the addition of a little fat.

Be sure not to over crowd the pan or you will end up stewing the meat. Cook in small single layer batches.



Stir frying:

This is the traditional Chinese way of cooking. Very little fat, high intense heat, tossing continually.

Combination cooking method

combination cooking method, both dry and moist cooking methods are used. This will be achieved by using a dry cooking method first, this will add color and some flavor to the food. Then you will be using some kind of moist cooking method to finish cooking. The methods that are considered combination cooking are Braising, stewing



Braising: is similar to simmering, and is a combination of roasting and stewing, it is used mainly for cooking inferior joints, poultry, offals and certain vegetables. Meat or poultry should be sealed quickly in a hot oven on a bed of roots. It should then be half covered with brown stock, covered with a lid and put back into the oven at a lower temperature about 180°C to raise. Meat cooked in this way retains its own juices and also absorbs the flavour of the vegetables with which it is cooked.



Stewing:

Stewing is done much the same way as braising. First part is the same but when you add the liquid you cover the food completely. The liquid is not strained out. The sauce is thickened and served with the food. The kind of food that can be stewed are the same but usually cut smaller.

Microwave cooking

This method involves cooking with electromagnet waves. You can cook with or without liquid. Generally microwaving is best use for reheating the food.



Training Notes:

Introduce <ul style="list-style-type: none">- Yourself, the task, what TM will learn and how testing is conducted
Demonstrate When To Start and Materials <ul style="list-style-type: none">- According to needs.- Materials: Cooking burners , heating element, utensils, food item.
Demonstrate Actions <ul style="list-style-type: none">- Explain why each step is performed in a certain way.- Explain what team members should notice when doing each step and any safety precautions
Demonstrate the Result and Task Standards <ul style="list-style-type: none">- Standard cuts of vegetable- Understand the basic cuts of vegetable
Practice <ul style="list-style-type: none">- Check for errors and remind TM to correct them immediately, Task performed independently of trainer and to standard



Test for knowledge

Q. What is dry method of cooking?

A. Direct applications of heat without any liquid.

Q. How many kind of dry cooking method?

A. mainly 3 kinds.

Q. What is baking?

A. cooking the food item, in close unit, or in charcoal or on metal element . its maore related with the bakery product..

Q. What is grilling?

A. Cook the food over coal, charcoal or under the gas faleme or electric element.

Q. What is roasting?

A. Cooking the food by dry heat in the oven, put in the baking tray basting for dripping and put in the oven for sufficient time and temperature min180°C.

What is moist heat cooking method?

A. its application of heat with addition of water, milk & stock etc.

Q. What is Boiling?

A. Cooking in water or another liquid at the temperature of 100°C

Q. What is Steaming?

A. Cooking the food at 100°C or higher. In this cooking food has not touch the water.

Q. What is simmering?

A. Cooking the food in the water for few degree of boiling point. Temp of water should be 85-96°C

Q. What is poaching?

A. To poach the food in liquid temp. should be 71-82°C.

Q. What is fry cooking method?

A. In this method food get cooked with dry heat in addition of oil.

Q. What is deep frying?

A. Food is entirely submerged in the cooking fat. Then get cooked.

Q. What is sauteing?

A. dry heat cooking in the addition of little oil.

Q. What is pan frying?

A. its like sautéing , but with little more fat.

Q. What is stir frying?

A. Its traditional Chinese way of cooking with little fat on intense high heat.

Q. What is combination cooking method?

A. Its combination of both dry heat and moist heat. Dry heat cooking has to done first.

Q. What is Braising?

A. Its combination of roasting and stewing, but cover the food with stock half only.

Q. What is Stewing?

A. Its like braising but cover the food completely with stock or liquid.

Q. What is Microwave cooking method?

A. Cooking the food in electromagnetic wave. Generally

Follow-up

- Task performed to standard in actual job conditions; observed by manager of dept.
- Dept. Quiz completed to 100% accuracy