



SNS COLLEGE OF TECHNOLOGY

An Autonomous Institution Coimbatore – 35

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DEPARTMENT OF FOOD TECHNOLOGY

METHODS OF COOKING





INTRODUCTION



METHODS OF COOKING

Different cooking methods are suited to different kinds of foods. For example, some meats are high in connective tissue and are tough unless this tissue is broken down slowly by moist heat. Other meats are low in connective tissue and naturally tender. They are at their best and juiciest when cooked with dry heat to a rare or medium-done stage.

Many other factors must be considered when choosing cooking methods for meats, fish, and vegetables, such as the flavour and appearance imparted by browning, the flavour imparted by fats, and the firmness or delicacy of the product.



Cooking methods are classified as:

1. MOIST HEAT METHODS OF COOKING:

Moist-heat methods are those in which the heat is conducted to the food product by water or water-based liquids such as stock and sauces, or by steam. Following are the moist heat method of cooking:

- Boiling
- Poaching
- Steaming
- Stewing
- Braising



- 1. Boiling:** Boiling is cooking of prepared food in a liquid at boiling point. The liquid be water, courtbouillon, milk or stock.

The Purpose of Boiling Food Is:

- Pleasant taste & agreeable flavour
- Suitable texture
- Easy to digest and safe to eat.

There is Two Way of Boiling:

1. Place food in boiling liquid, re-boil and then reduce heat. (Simmering)
2. Cover the food with cold liquid, boil and then reduce the heat



2. Poaching: Poaching is the cooking of food in the required amount of liquid at just below boiling point.

Purpose of Poaching:

- Easy to digest
- To get suitable tender texture
- Pleasant to eat as appropriate sauce is made from cooking liquid

Two Ways of Poaching:

- Shallow poaching
- Deep poaching



3.Steaming: Steaming is the cooking of prepared foods by steam (moist heat) under varying degree of pressure.

Purpose of Steaming

- Easy to digest
- To get edible texture
- Pleasant to taste
- Retain maximum nutrition

Methods of Steaming

1. Atmospheric or Low pressure steaming

- DIRECT - Cooking food in steamer of a pan of boiling water
- INDIRECT - Between two plates over a pan of boiling water

2. High pressure steaming

- There is a equipment built such that it does not allows steam to escape, therefore pressure of steam is built up, thus increasing the temperature and reducing the cooking time.



4.Stewing: Stewing is the slow cooking of food cut into pieces and cooked in the minimum amount of cooking liquid, the food and the liquid are served together

- A tight-fitting lid must be used during cooking to retain the juices and flavour.
- The temperature is held at simmering point over an extended period.

5.Braising: Braising is a method of cooking in the oven; unlike roasting or baking, the food is cooked in liquid in covered pan, casserole or cocotte. This is combination of stewing and pot roasting.

Purpose of Braising

- To give variety to menu and diet
- Food becomes tender, palatable, digestible & safe to eat
- To produce and enhance flavour, texture, and eating quality of food



Methods of Braising

There are two methods of Braising

1. Brown Braising
2. 2. White Braising

DRY HEAT METHODS OF COOKING

Dry-heat methods are those in which the heat is conducted without moisture-that is, by hot air, hot metal, radiation, or hot fat. We usually divide dry-heat methods into two categories: without fat and with fat. Dry heat methods of cooking are as under:

1. Baking
2. Roasting
3. Grilling



- 1. Baking:** Baking is cooking of food by dry heat in an oven in which the action of dry heat is modified by steam.

Purpose of Baking

- To make food palatable, digestible and safe to eat
- To create eye-appeal through colour and texture
- To produce an enjoyable eating quality
- To lend variety in the menu card

Methods of baking

Dry Baking

- In this method when food is placed in pre-heated oven, steam arises from water content of food, this steam combines with the dry heat of the oven is used to cook food.



- Using this method Cakes, Pastry, Baked jacket potatoes etc. are prepared.

Baking With Increased Humidity

In this method while baking the humidity of oven is increased by placing a bowl of water or injecting steam thus increasing water content in food which improves eating quality of the food. This is used to bake bread.

Baking With Heat Modification

In this method food is placed in container. Food items such as egg custard is baked in this way, this prevents the over cooking of food.

2.Roasting: Roasting is to cook food over a source of radiant heat such as on spit, open fire or oven. Now the term roasting is also used to describe cooking of food in an oven with the addition of fat or oil.



Methods Of Roasting

- The marinated food (marinating may be done 20Min to 2 Hr. in advance depending upon the type of food) such as meat, fish & poultry is placed vertically inside the oven.
- Naan etc are slapped on the wall of the tandoor
- The temperature of tandoor is 3750C or 7000 F.

3. Grilling: This is a fast method of cooking by radiant heat and is also known as "Broiling". This is of following four types.

- Over heat
- Under heat
- Between heat
- Barbecuing



Over Heat: Food is cooked over hot grill bars. Grill bars are pre-heated and brushed with oil otherwise food will stick to the bars. The cooking time will depend upon the thickness of food and temperature of grill bars.

Under Heat: The source of heat to cook the food, is over the food (salamander)

Between the Heat: This is grilling the food in between electrically heated grill bars or plates. This method is used for small cuts of meat

Barbecuing: This is grilling of food on pre-heated, greased bars over fierce heat (gas, Charcoal or wood) when solid fuel is used care should be taken that food is placed on bars when flame and smoke dies out. Food is marinated and brushed with barbecue sauce during cooking



THANK YOU