



BSC SEM-1 CND METHODS OF COOKING

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INTRODUCTION TO COOKING METHODS

Definition of Cooking

Importance of Cooking Methods

Factors Influencing Choice of Method



CLASSIFICATION OF COOKING METHODS

- Moist Heat Methods
- Dry Heat Methods
- Modern Cooking Methods



MOIST HEAT METHODS

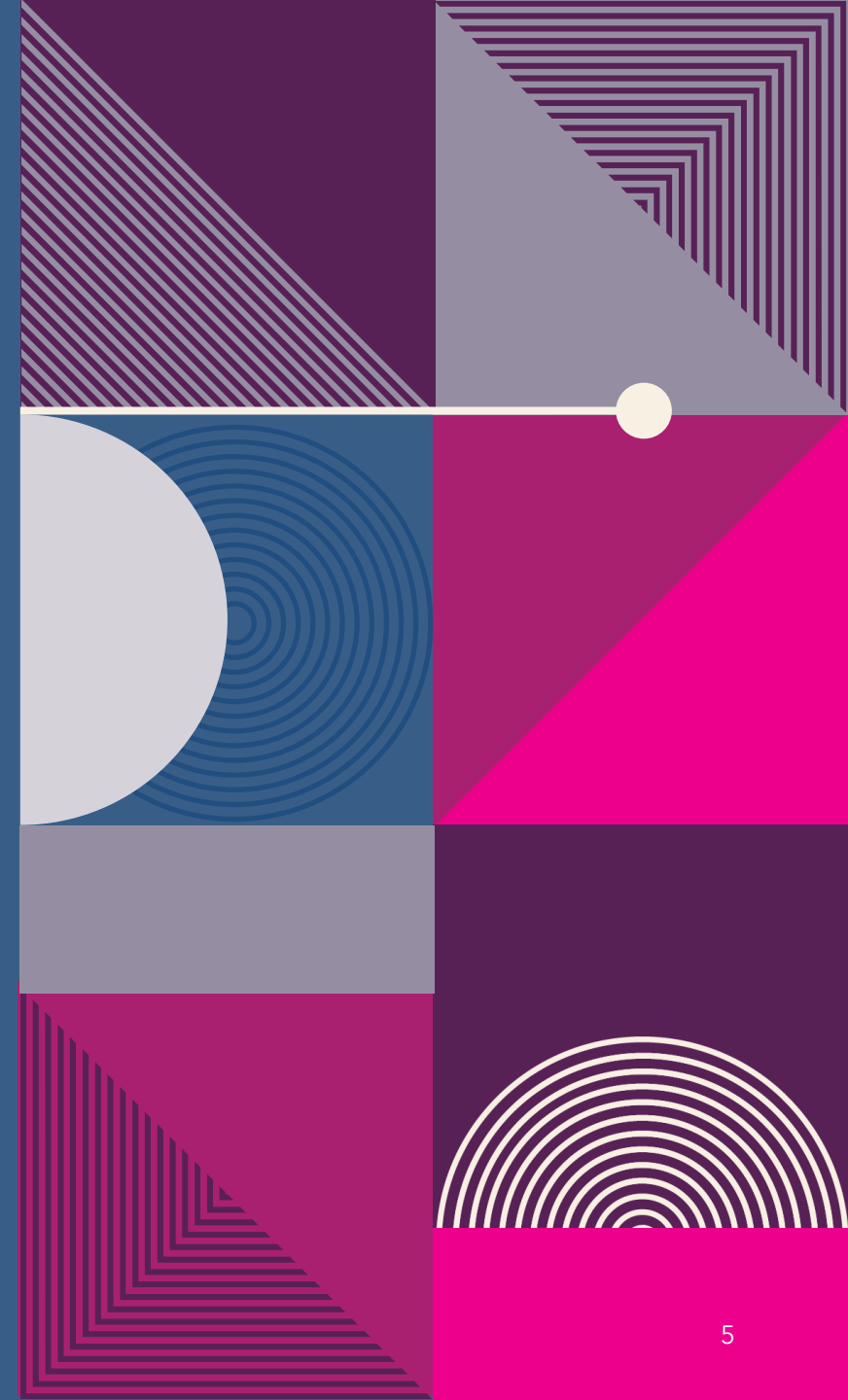
Overview of Moist Heat Methods

Heat conduction via water or steam

Examples: Boiling, Poaching, Steaming

BOILING

- Definition: Cooking food in boiling liquid
- Purpose: Enhance taste, texture, and digestibility
- Methods: Simmering, Starting with Cold Liquid





ADVANTAGES AND DISADVANTAGES OF BOILING

Advantages: Economical, nutritious stock, suitable for large-scale cooking

Disadvantages: Loss of nutrients, lack of flavor development



STEAMING

- Definition: Cooking food with steam
- Types: Atmospheric and High-Pressure Steaming
- Advantages: Retains nutrients, minimal texture change

STEWING

- Definition: Slow cooking with minimal liquid
- Types: White Blanquette, Fricassée, Brown Ragoût
- Advantages: Retains flavor and nutrients



BRAISING

- Definition: Combination of stewing and roasting
- Methods: Brown Braising, White Braising
- Purpose: Tenderizes food, enhances flavor

DRY HEAT METHODS

- Overview of Dry Heat Cooking
- Heat conduction without moisture
- Examples: Baking, Roasting, Grilling



BAKING

- Definition: Cooking food by dry heat in an oven
- Purpose: Enhance texture, create variety
- Principles: Pre-heating, even placement

ROASTING

- Definition: Cooking food over radiant heat
- Types: Oven Roasting, Spit Roasting, Tandoori Cooking

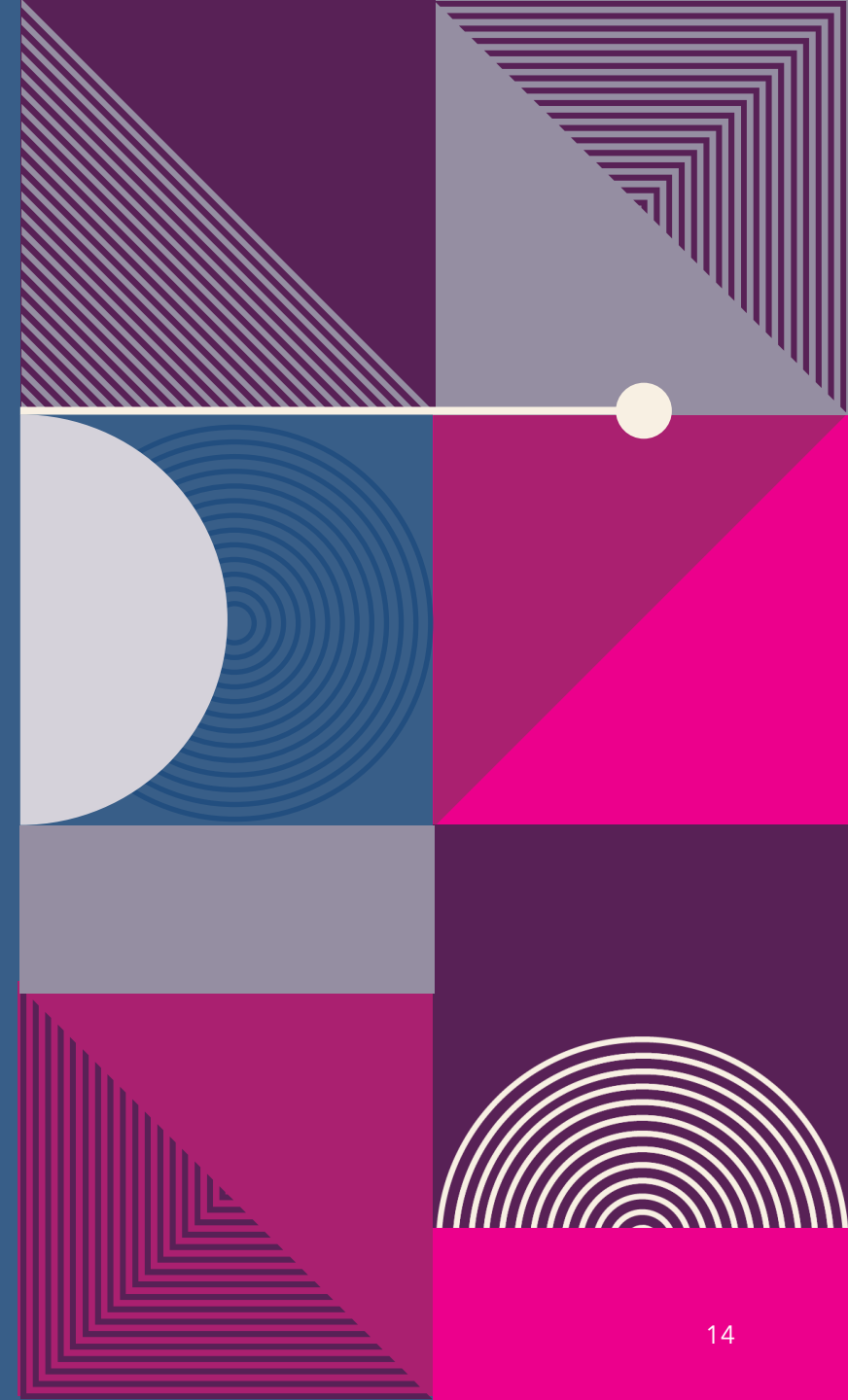


GRILLING

- Definition: Cooking food by radiant heat
- Types: Over Heat, Under Heat, Barbecuing
- Advantages: Fast, distinct flavor

FRYING

- Types: Shallow Frying, Deep Frying
- Principles: Pre-heating, even cooking





MODERN METHODS OF COOKING

- Paper Bag (En Papillote)
- Microwave Cooking
- Infrared Cooking



PAPER BAG COOKING (EN PAPILOTE)

- Definition: Cooking food sealed in oiled paper/foil
- Advantages: Retains flavor, minimal nutrient loss

MICROWAVE COOKING

- Definition: Cooking with microwave radiation
- Applications: Heating, thawing, primary cooking
- Tips: Timing, turning items for even cooking



INFRARED COOKING

- Definition: Cooking with infrared radiation
- Applications: Grilling, toasting
- Advantages: Efficient, fast



CONCLUSION

- Summary of Cooking Methods
- Importance of Choosing Appropriate Methods



THANK YOU

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