



Glossary:

Cooking: Cooking is the process of producing safe and edible food by preparing and combining ingredients, and (in most cases) applying heat.

Frying: Frying is the cooking of food in oil or fat until characteristic crisp texture is attained.

Maillard Reaction: It is one of the most complex chemical reactions that occurs in the food and is responsible for generating flavour and colour in the food.

Caramelisation reaction: It is one of the most important types of browning processes in foods, during which molecules known as caramels (Caramelans, Caramelens and Caramelins) are generated.

Phytohemagglutinin: It is the potentially toxic chemical compound found in raw beans.

Antioxidants: Molecules that can slow down or prevent other molecules from undergoing reactions that can cause damage to human cells.

Protein denaturation: It refers to the change in the shape of a protein molecule (molecular conformation).

Caramelisation temperature: The temperature at which the sucrose in the food melts and starts to boil is known as caramelisation temperature. It is generally between 110 °C – 180 °C.

Grilling: Grilling is the cooking of food using a direct and dry heat. **Simmering:** Simmering is also a similar to boiling, except that the food is cooked in a liquid, which is held below boiling point.