

## **Frequently Asked Questions :**

### **1. What is cooking ?**

**Ans :** Cooking is a procedure to prepare a food by heating raw ingredients and made consumable, in different methods by keeping nutritional value intact. By this process the hard and fibrous raw ingredients are softened which helps to shorten our digestive period and the gastro intestinal tract is less subjected to irritation and yet keeping the nutritional value higher.

### **2. What are the main methods of Cooking**

**Ans :** The main methods of cooking are Moist Heat Method, Dry Heat Method, Combination of Cooking, Microwave Cooking and Solar Cooking.

### **3. What are the advantages and disadvantages of Moist Heat Cooking ?**

**Ans :** Advantages of Moist Heat Cooking : Moist heat refers to cooking with added liquid or steam. In moist heat cooking uniform cooking can be achieved. Good for therapeutic diets as they are less in fat and easily digested.

Disadvantages of Moist Heat Method : It takes more time for cooking which leads to fuel loss and wastage of nutrients. Water soluble pigments may be lost.

### **4. Define Stewing.**

**Ans :** Stewing refers to the simmering of food in a pan with a tight fitting lid using small quantities of liquid to cover only half the food. This is a slow method of cooking. It is a basic method of Chinese cooking. The liquid is brought to boiling point and the heat is reduced to maintain simmering temperatures ranging from 82<sup>0</sup> C-90<sup>0</sup>C. These dish can be kept for nearly a week as its flavor increases with

each reheating and loss of nutrients is avoided as water used for cooking is not discard.

**5. Describe how foods prepared by steaming can be a good diet**

**Ans :** For steaming the food has to be placed in a container and is not in direct contact with the water or liquid. As it is not immersed in water, loss of nutrients is minimal. Steamed foods are less in fat and are easily digested. Hence it is a good form of diet for all especially the infants, aged and for the therapeutic diets.

**6. What is blanching?**

**Ans :** Blanching is a process of cooking fruits and vegetables without making them tender. In this method, food is dipped in boiling water for 5 seconds to 2 minutes depending on the texture of food. This helps to remove the skin or peel without softening food. It can only be done by pouring enough boiling water on the food to immerse it for some time or subjecting foods to boiling point for short periods and then immediately immersing in cold water. This process causes the skin to become loose and can be peeled off easily.

**7. What is Dry Heat Method of cooking?**

**Ans :** Dry heat method of cooking refers to any cooking technique where the heat is transferred to the food item without using any moisture. Dry Heat cooking typically involves high temperature of about 300° F or hotter.

**8. Name the different types of Dry Heat method of cooking?**

The Dry Heat Cooking methods include :

- a. Roasting
- b. Grilling
- c. Toasting
- d. Baking
- e. Sautéing and
- f. Frying.

**9. Differentiate between Roasting and Grilling.**

**Ans :** Roasting is a method where food is cooked in a heated metal or frying pan without covering it. When heat is applied to the outer covering of the food, it seals it up thereby trapping all the juices inside the food.

Grilling is a method of cooking of food by exposing it to direct heat. In this method food is placed above or in between a red hot surface. The fat inside the food will drip into the fire.

**10. Validate the fact that Baking foods will be effective for weight loss diets.**

**Ans :** In baking method, the food gets cooked in an oven or oven like appliance by dry heat. The food is usually uncovered in a container greased with very less fat coated paper. As the fat content is lower compared to foods prepared using other techniques, and as no additional fat or oil is used, this is the best way to cook for low calorie diets. Baking reduces simple carbohydrates in the cuisine. This way of cooking helps decreasing the cholesterol in foods and hence this type of cooking is very effective for weight loss diets.

### **11. Explain Frying method of cooking**

**Ans :** In this method of cooking, the food to be cooked is brought into contact with larger amount of hot fat. When food is totally immersed in hot oil, it is called deep fat frying. Samosa, chips, pakoda are examples of deep fat fried foods. In shallow fat frying, only a little fat is used and the food is turned in order that both sides are browned. Example; Omlette, cutlets, parathas.

Frying requires keeping the oil at temperatures between 325°F and 400°F. Hotter than that the oil may start to smoke. If oil is any cooler it starts to seep into the food and make food greasy. After cooking, fried items should have very little oil on them, assuming they've been fried properly.

Frying lends a delicious flavor and attractive appearance to foods. It has high caloric value because fat is used as the cooking media.

### **12. Give a brief description on Microwave Cooking.**

**Ans :** Microwave cooking is the effective method of cooking which is faster than the conventional cooking. The fruits and vegetables cooked will retain more nutritional value as less water and a shorter cooking time are needed. The advantage of microwave cooking is that leftovers can be reheated without changing the flavor and texture of the product. The food should be kept in containers made of plastic, glass, or china ware which do not contain metallic substances. These containers are used because they transmit the microwaves which do not absorb or reflect them.

Microwaves are electromagnetic waves of radiant energy with wave length in range of  $250 \times 10^6$  to  $7.5 \times 10^9$  Angstroms.

A simple microwave oven consists of a metal cabinet into which a magnetron is inserted. The cabinet is equipped with a metal fan that distributes the microwave throughout the cabinet. Food placed in the oven is heated by microwaves from all directions. These waves make the water content inside the food particles to

vibrate, which in return make food particles rub against each other, thus producing heat energy and cooking the whole food.

**13. Justify how solar cooking is eco friendly ?**

**Ans :** Solar cooking is a technique that makes use of sun's UV rays or solar energy which is a non conventional source of energy. Solar cooking is eco friendly because It saves time, work and fuel. It is a smoke free type of cooking and thus wont release any unwanted smoke to nature. Each solar cooker in arid climates can save upto one ton of wood per year which indirectly supports deforestation. By using solar cookers the growing shortage of cooking fuels can be reduced to a maximum.

**14. List out the disadvantages of Solar cooking**

**Ans :** As Solar cooking requires sunlight, the process is difficult during winter months and rainy days. Cooking also takes a significantly longer time as compared to conventional methods. Users much schedule their cooking time and maximize the use of sunlight. Solar cookers are not as efficient at retaining heat as compared to conventional cooking devices. Factors such as wind, rain and snow can seriously hinder the operation of a solar cooker.. Even after the food is cooked, it will lose its warmth very quickly.

**15. How is solar cooking hazardous to health?**

**Ans :** If the appliance is not used properly, there is a risk of accidental injury or burns. Eyesight can also be damaged if the concentrated beams of sunlight are reflected back into the eyes from the solar cooker.