

Glossary :

Cooking

To make a food consumable by heating raw ingredients in different methods.

Conduction

Transmission of heat in a body by thermal motion from warmer region to the cold, by thus spreading heat throughout the body.

Convection

Transference of heat within a fluid or gas caused by the tendency of warmer material to rise.

Radiation

Transfer of energy in rays in the form of electromagnetic waves, to spread out from a single point, either in a single direction or in all directions.

Stewing

A slow method of cooking by moist heat method, where the simmering of food is done in a pan with a tight fitting lid using small quantities of liquid to cover only half the food. Apple, meat along with roots, vegetables and legumes are usually stewed.

Steaming

A quick and efficient method of cooking food in steam generated from vigorously boiling water in a pan. In this method of cooking the food is placed in a container and is not in direct contact with the water or liquid. Idli, Custard and idppam are made by steaming.

Scorch

The over burning of food, which is useless for human consumption.

Poaching

It is a fast method of cooking tender foods in the minimum amount of liquid. Delicate foods such as eggs, poultry, fish and fruits are poached to keep the flavor of the food.

Blanching

A method of cooking tender fruits and vegetables by dipping them in boiling water depending on the texture of the food. This helps to remove the skin or peel without softening food.

Roasting

The most preferred method of cooking where the food is cooked in a heated metal or frying pan without covering it so that very little nutrient is lost and the flavor is not spoiled. Mainly poultry, beef, pork, and vegetables such as potatoes, pumpkins are roasted.

Grilling

The type of cooking food by exposing it to direct heat. Here the food is placed above or in between a red hot surface. Usually papads, corns, phulkas, chicken are grilled.

Toasting

A quick and easy method of dry heating where the food is kept between two heated elements to facilitate browning on both sides. Bread slices are cooked by toasting.

Baking

Cooking in ovens, by keeping the food uncovered in a container greased with fat coated paper. It is a favorite method to prepare weight loss diets as it reduces simple carbohydrates in the cuisine. Biscuits, cakes, pastries and meat are prepared by baking.

Sautéing

A method of cooking in which food is lightly tossed in little oil with covered lid and allowed to cook till tender in its own steam. Foods cooked by sautéing are generally vegetables which are used as side dishes in a menu.

Frying

The food to be cooked is brought into direct contact with larger amount of hot fat. Here the food is totally immersed in hot oil to lend a delicious flavor and attractive appearance to foods. It has high caloric value. Samosas, chips, omlettes, parathas are cooked by frying.

Braising

A combined method of roasting and stewing in a pan with a tight fitting lid to cook tougher cuts of meats and other food items. Uppuma, Cutlet, Vermicilli payasam are cooked in this form.

Microwave Oven

An electronic device used for cooking food faster than the conventional methods. It consists of a metal cabinet into which the magnetron is inserted. This cabinet is equipped with a metal fan that distributes the microwave throughout the cabinet so that the food placed will be heated by microwaves from all directions.

Magnetron

An electronic device used in microwave ovens which generates radiant energy of high frequency.

Solar Cooking

An environmental friendly method of cooking in a very simple technique that makes use of sun's UV rays or solar energy which is a non conventional source of energy.

Pasteurizing

The method to sterilize food by heating. This makes the food free from germ and slows microbial growth in food.