

Summary:

Cooking is an art. It does not come as a boon to all who taste dishes. Cooking is an ancient method since the invention of fire. It is to make a food consumable by heating raw ingredients in different methods. As food preparation is an important step in meeting the nutritional needs of any family, it has to be pleasing in appearance and tasty in order to be consumed with keeping nutritional values intact. By cooking in proper media and method, the food can be softened and made edible so that our digestive period is shortened and the gastro intestinal tract is less subjected to irritation and indigestion. Cooking methods vary from nature of food, raw materials and the requirements of the end product. The salient features of different methods, like moist heat method, Dry heat method, Combination of different methods, Microwave cooking and Solar Cooking are summarized in the text.