HEAT TRANSFERENCE IN COOKING

Why we cook food

We cook food for a variety of reasons including the following:

- To make it safe for eating,
- To stop food from decaying,
- To destroy harmful toxins in food,
- So that the food can be easily and properly digested,
- To make food look more attractive and appealing,
- To develop the flavour in the food,
- To provide variety in the diet—e.g. different textures.

Notwithstanding, not all foods must be cooked before they are eaten. Examples are pineapples, orange, etc.

Methods of Heat Transference

Heat is a type of energy and when it is applied to food, the food changes in state. There are three (3) different types of heat transference:

- Conduction (boiling water in a pot)
- Convection (steaming some vegetables)
- Radiation (grilling a piece of toast)

The method of cooking chosen to cook foods will depend on the following:

- The food which is to be cooked.
- Facilities which are available.
- The amount of time available.
- Individual needs, for example, someone on a low fat diet would not want fried food.
- Skill of the cook.