METHODS OF COOKING FOOD

There are different ways of cooking food. The same food can be cooked by different methods. Each method can give the food a different taste, texture and appearance. These methods include boiling, stewing, steaming, frying, baking, roasting and grilling. Each method has both advantages and disadvantages.

Boiling: this is the process of cooking food in boiling water, until it is tender. Many foods can be boiled; e.g. yam, rice, beans, meat, plantain, etc.

Stewing: this is the method of cooking food slowly or at low heat in a small quantity of water, in a covered pot for a long time. It is commonly used for making soups. These soups may include tough meat and vegetables.

Steaming: this is the method of cooking food in the steam of boiling water. There is no direct contact between the food and the boiling water.

Frying: this is the method of cooking food in hot oil. Many foods can be cooked by frying, e.g.

fish, meat, yam, plantain, akara, fritters, etc. There are types of frying: shallow fat frying, sautéing, deep fat frying, and dry frying.

Roasting: this is a method of cooking food in dry heat by any of the following: an open fire or over heated charcoal; in heated sand or ash; or in an oven or enclosed space with hot fat or oil poured over the food.

Baking: this is a method of cooking food with dry heat in an enclosed space. The air within the enclosed space is heated up to the required temperature. The heated air cooks the food. Baking is done in ovens. Food cooked by baking inclues bread, cakes, biscuits, pastries, etc.