



12

LETS COOK

Let us observe the cooking process. Some foods are cooked in water, and others in oil. Yet, others are cooked on direct flame.

Why do we cook at all, if we can eat raw food? Yet, food must be cooked, due to some reasons. Can you think of some reasons for cooking food? Check to see if you can list all the reasons.



OBJECTIVES

After studying this lesson, you will be able to:

- Explain the reasons for cooking food and
- describe various methods used in cooking?

12.1 REASONS FOR COOKING

Cooked food is easy to digest - Take some wheat and try to eat it raw. Are you able to eat it? Now take some wheat dough and

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make a Roti. A roti is not only easy to eat but is also easy to digest, Isn't it?

Cooking enhances the taste of food - Try eating a raw potato or brinjal. How does it taste? Now try the potato, chopped into small pieces and sprinkle some salt and pepper on it. Do you notice any change from the raw form? Yes the colour, taste, texture and the flavour of the fried potato pieces would be much better than the raw form.

Cooking adds variety to food - Let us try and think of the various products which can be made with potatoes. Now let us write down some of them - pakora, potato curry, potato parantha, dum aloo, potato chaat the list is long, indeed.

Cooked food has a longer shelf life - Don't you think that the boiled milk, cooked sarson ka saag stay for a longer time? Oh! yes, definitely. Perishable commodities like vegetables and milk stay longer if cooked. But foods like dals, wheat, rice stay longer when not cooked.

Cooking makes our food safe - Due to the application of heat during cooking, micro-organisms are killed by the heat. This makes the food safe for human consumption.

**INTEXT QUESTIONS 12.1**

1. Tick (✓) for the true statements and (x) for the false statements :

- a) Cooking process kills the harmful micro-organisms.
- b) The flavour of carrots does not change on cooking
- c) Cooked spinach has more shelf life than raw spinach.
- d) The texture of potato does not change after cooking.

12.2 METHOD OF COOKING

Do you remember our friends : Ramu, Velu and Rahim? Let us see, what they are having for breakfast. Ramu is having gobi-pranathas, Velu Idli-sambhar, Rahim Samosas and Chutney. Idlis are steamed, samosas fried and pranathas roasted on a tawa. So cooking can be with-

- a) Moist heat - idli
- b) Dry heat - parantha
- c) Frying - Samosas

Why is cooking done by various methods? Cooking it done by various methods provides variety in the taste, flavour and texture.

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Now let us study the various methods of cooking in greater details.

These can be broadly classified as :

- i. Moist Heat Methods
- ii. Dry Heat Methods
- iii. Frying

I. MOIST HEAT

Food is cooked with water as the cooking medium. Let us list down the methods of cooking with moist heat :

- a) Boiling
- b) Steaming
- c) Pressure cooking

Can you recall two things which are boiled? Yes.

a) Boiling - Potato and rice are the two things which instantly come to one's mind. For boiling potatoes, we use plenty of water. After the potatoes are boiled, we discard the left-over water. For boiling rice, we use just sufficient amount of water, so that all of it is absorbed, when the rice is being cooked.

Points to be kept in mind -



- Use just sufficient amount of water to cover the food product. If excess water is discarded, we loss all the water soluble nutrients.
- Put the food to be cooked in boiling water.
- If it is covered with a lid the steam quickens the cooking process, and the water does not evaporate.
- Use the left over liquid, rich in water soluble nutrients, for making dals, curries, soups and for making dough.

b. Steaming - The food to be cooked is no in contact with the water, but is cooked in steam of the boiling liquid. Idli, dhokla and vegetables are some of the items which are cooked by steaming.

Points to be kept in mind -

- Steam will be formed only when the water boils.
- Use a light fitting lid, so that the steam is retained inside.

Advantages of Steaming -

- Food is light & easy to digest, therefore, it is recommended for patients and the aged.

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- Oil or ghee is not used.
- Food is not overcooked, as it is a slow method of cooking and food is not in direct contact with heat.

c. Pressure Cooking : Here the food is cooked in steam under pressure. For this we use a special device called a pressure cooker. The pressure cooker has a rubber gasket that seals the pan and its lid, thus, no steam escapes. Since the steam is under pressure, the temperature attained is much higher and the food is cooked much faster. The weight (whistle) controls the pressure built up inside the cooker. When the whistle blows, one should lower the flame. Thus, temperature is controlled in the cooker and food does not get burnt.

Advantages of Pressure Cooking -

- Quick method.
- Less water is used.
- Nutrients and flavour are retained.

II. DRY HEAT

Hot air is used as a medium of cooking here. This method is used in :



a) Baking

b) Roasting

a) Baking : Food is cooked in a tandoor or an oven. Heat generated from the fire rotates around the food in the form of hot air and this cooks the food. Some examples of baked products are - cakes, bread etc.

How to make an oven at home-

- Take an empty oil tin & cut its upper lid.
- Put a layer of mud and sand inside the tin.
- Now heat the tin on coal, gas or kerosene stove.
- Put food to be cooked in this pot tin and put the lid on it.
- Cook on slow fire.
- Do not open the cover of the oven very frequently as cold air enters to make the food hard and dry.
- A cooker put inside down on the flame can also be used as a Tandoor.

b) Roasting - Food to be cooked is in direct contact with heat - hot tawa, sand, fire. For example roti on tawa, brinjal in fire.



Sweet potato, paneer, potato etc. are some other foods which can be roasted.

III. FRYING

Hot oil is used as a medium for cooking here.

When we fry pakoras, puris or samosas, they are completely immersed in oil. This is called Deep Fat Frying. It is a quick method of cooking.

How do we fry a parantha, dosa or an egg. A small amount of oil is taken in a frying pan or tawa. This is called Shallow Fat Frying. More ghee is absorbed by this method or frying.

Points to be kept in mind -

- Always use oil which is hot for frying. Food when put in cold oil absorbs more oil or may get broken, like cutlets do, when put in cold oil making the oil dirty.
- Before frying, cover the food item to be fried with a layer of maida, suji, egg or besan. This helps to preserve the flavour and the taste of the food being cooked.
- Whatever oil is left after frying, should be strained and put in a closed utensil and used for cooking as usual.

Methods of Cooking

Moist Heat

Dry Heat

Frying

* Boiling

* Baking

* Shallow fat frying

* Steaming

* Roasting

* Deep fat frying

* Pressure cooking



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INTEXT QUESTIONS 12.2

Tick (✓) for the statements that are true for pressure cooking and (x) for the statements which are false for pressure cooking :

- a) Quick method
- b) No direct contact with water
- c) Less water is used
- d) No special equipment is needed for pressure cooking



WHAT HAVE YOU LEARNT

- Reason for cooking
- Various methods of cooking.



TERMINAL QUESTIONS

1. List down the different methods of cooking.

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2. For the following statements, tick (✓) for the true statements and (x) for the false statements.
- a) More oil is used in shallow frying as compared to deep fat frying.
 - b) You should always put the food to be fried in cold oil.
 - c) Frying is a quicker method of cooking than boiling or steaming.
 - d) We need no special device for pressure cooking.
 - e) Excess of water should be used for boiling.
 - f) In steaming, the food is always cooked by the steam of water.
 - g) Samosas and pakoras are examples of steamed food products.
 - h) Hot air is the medium of cooking for baking.