

Further Reading

Methods of cooking.

Cooking is preparation of food by application of heat.

1. Dry methods of cooking –Baking, Roasting
2. Moist methods of cooking—Boiling, steaming, stewing, frying
3. Combined method of cooking -Braising

1. BOILING

Boiling method is cooking food in water that is boiling.

Rice

Procedure of cooking rice

1. Wash rice
2. Measure rice and water{ratio is 1:2}
3. Boil water
4. Stir and cover with a lid
5. Let it cook.

2. STEWING

Stewing is cooking food in a measured amount of water.

Meat

Procedure for cooking meat using the stewing method.

1. Cut meat into equal pieces
2. Brown meat before adding liquid to seal juices
3. Stir the food to prevent sticking
4. Ensure the lid is tightly fitting to avoid evaporation
5. Once the food has been brought to boil, heat should be reduced
6. Check the seasoning before serving
7. Serve with the liquid

3. FRYING

Frying is cooking in hot oil.

Shallow frying {chapati}

1. Roll the dough
2. Flatten the dough
3. Heat the oil to the correct temperature
4. Lower food gently to avoid splashing the oil
5. Cook both sides.
6. Serve hot

4. BAKING

Baking is cooking food in an enclosed space called oven

1. Gather all the ingredients
2. Cream sugar and butter together in baking bowl
3. Combine flour and baking powder in separate bowls
4. Pour the mixture (batter) in prepared cake pan
5. Bake in the preheated oven
6. Remove from oven and cool completely
7. Serve