

FOOD PREPARATION METHODS

CLASS; JSS2

INTRODUCTION: Foods must be properly cooked before they are eaten. Different foods require different cooking methods. The method of cooking can affect the nutritive value of a given food. The way food is served influences the ease with which it is eaten and the joy derived from eating it. It is therefore necessary that you understand how to prepare meals and also the best temperature to prepare each food item.

FOOD PREPARATION TERMS

1. **Blend:** stirring two or more ingredients together thoroughly.
2. **Cream:** use a spoon, beater, or mixer to combine ingredients until a soft and creamy result.
3. **Chop:** cutting food into small, irregular pieces, eg. onions
4. **Mince:** chopping food into pieces that are as small as possible, eg. minced meat.
5. **Dice:** cutting into evenly shaped pieces about 6mm on each side
6. **Grate:** rub food over a grater on the side with small holes, eg. grating cassava for garri or tapioca.
7. **Coat:** covering the surface of a food with a dry ingredient such as sugar, flour, dry bread crumbs, pepper.
8. **Garnish:** decorating a finished dish with a small food item.
9. **Grease:** rubbing lightly with a fat, or margarine.
10. **Seasoning:** adding seasoning to improve the flavour or taste of food.
11. **Puree:** mashing food until it is smooth, using pestle and mortar or hand blender.

REASONS FOR COOKING FOOD

1. It improves the taste of food.
2. Cooking makes food easier to eat.
3. It makes food more appetizing and palatable.
4. It makes food easier to digest.
5. Cooking improves the appearance of food.
6. Some foods keep longer when cooked
7. It makes food safe to eat. Cooking destroys many harmful micro-organism or germs in the food.

METHODS OF COOKING FOOD

There are different ways of cooking food. They include;

- a. Boiling
- b. Stewing
- c. Steaming
- d. Baking
- e. Frying
- f. Roasting and

g. Grilling

- a. **Boiling:** this is the process of cooking food in boiling water, until it is tender. Eg. yam, rice, beans, meat, plantain, etc.

Advantages of boiling

1. It is easy and quick method of cooking.
2. It makes food soft and easy to digest. It is therefore a suitable method for cooking food for children, invalids, convalescents and the aged.
3. Many foods can be cooked by boiling.

Disadvantages of boiling

Some food nutrients eg, water-soluble vitamins can be lost in the boiling water.

- b. **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.

Advantages of stewing

1. Food nutrients are conserved or retained in the stewing liquid.
2. Stewed foods are easily digested.
3. Flavours of foods are retained in stewing.

Disadvantages of stewing

1. It is a long and slow method of cooking.
2. It requires longer time than boiling.

- c. **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.

Advantages of steaming

1. Steamed foods are easily digested, steaming is therefore suitable for cooking for children, invalids, convalescents and the aged.
2. Nutrients are retained in the food.

Disadvantages of steaming

1. Steaming takes longer time than boiling. It therefore consumes more fuel.
2. Steamed food tends to lack flavor. They require seasoning.

- d. **Frying:** this is the method of cooking food in hot oil. Many foods can be cooked by frying, eg. fish, meat, yam, plantain, akara balls, fritters, etc.

Advantages of frying:

1. it is a quick method of cooking.
2. Fried foods are very tasty and flavoured.

Disadvantages of frying

1. Frying requires careful and constant attention.

2. Fried foods are less easily digested. Frying is therefore not suitable for cooking foods for invalids and convalescents or the aged.

Types of frying

- a. Shallow frying
- b. Sautening
- c. Deep fat frying
- d. Dry frying
- e. **Roasting:** this is the method of cooking food in dry heat by any of the following:
 1. By an open fire or over heated charcoal, e.g. roasted maize, plantain etc.
 2. In heated sand or ash, eg. roasted yams, potatoes, cocoyam etc.
 3. In an oven or enclosed space with hot fat or oil poured over the food, e.g. roast chicken or large piece of meat.
- f. **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.

Disadvantages of baking

- a. It requires attention.
- b. It requires careful temperature control

Points to consider in choosing a cooking method

1. Type of food being cooked.
2. Loss of nutrients.
3. Age and health of persons to eat the foods.
4. Facilities available for cooking
5. Time available.

HOME WORK

1. State the cooking method used in cooking the following foods
 - Sausage roll
 - Meat pie
 - Egg roll
 - Peanut burger
 - Scrambled egg.
 - Jolof rice

