

Basic Cooking Principles

Chapter 4

Heat and Food

Effects of Heat on Foods

- What is cooking?

Effects of Heat on Foods

- What is cooking?
 - Preparing food for eating by means of heat

Effects of Heat on Foods

- What is cooking?
 - Preparing food for eating by means of heat
- Three things a cook must learn to control in order to master cooking:
 - Salt, water, heat

Effects of Heat on Foods

- Foods =
 - Proteins
 - Carbohydrates
 - Fats
 - Fiber
 - Minerals, vitamins, pigments and flavor compounds