

“Importance of right cooking method in secure nutrition”

Rajani Sahi*, Trupti Singh** and Neelma Kunwar

*Research Scholar MUIT, Lucknow

**HOD, R.B.S. College, Agra

***Professor, C.S. Azad University of Agriculture & Technology, Kanpur

Abstract

Heat is often applied to food during the process. Cooking covers both the necessity to eat and the desire for variety in what is eaten. A combination of taste, sight and nutrition requirements come together in subtle ways to make each meal different. Each culture has developed its own methods and techniques for preparing their food, creating unique and rich recipes that have now been shared throughout the world. However, the obsession with the art of cooking is one thing all cultures share.

Key words : Right Cooking Method, Secure Nutrition

Introduction

Session with the art of cooking is one thing all cultures share. For some, the basic recipe will help to hold over hunger and is the best that can be done. For others, food is more than just a meal, it's an art form something that is to be enjoyed - Jim Catanich. The act of preparing food for human consumption is known as cooking. The cooking process involves using a variety of methods and tools to prepare a set of ingredients so that they are digestible and have flavour. The process uses a form of scientific method and so the quantities of different ingredients and the conditions in which the food is prepared influence the resulting product.

Secure nutrition by cooking method

Bhuno, Dum, Baghar, Balchao (Pickling), Zammin doze, Dhunaanar (Smoke Seasoning), Tawa Cooking, Handi cooking, Talna (Frying), Ubalna (Boiling),

Galavat, Loab/Rogan, Gunana/Guthna (Kneading), Fetna (Beating), Baste, Bind, Dry heat Cookery Methods, Baking, Steaming, Grilling, Roasting, Boiling, Stewing, Frying, Shallow frying, Deep frying, Barbequing, Basting,

Methodology

The study was conducted in Gorakhpur district. Total 20 wards were selected in the study area. 15 women were selected from each ward. Thus total 300 women were selected for the study purpose. Dependent and independent variables were used such as age, education, income, nutrient, adoption, cooking methods etc. The statistical tools were used such as weighted mean, rank, Cr etc.

Results

Table 1 Distribution of respondents as per occupation

Occupation	Frequency	Per cent
House wife	180	60.0
Service	90	30.0
Business	30	10.0
Total	300	100.0

The physical environment, which can be defined as where she lives and her workplace, can be conducive to a healthy lifestyle or a barrier. Physical proximity to healthy food choices and preventive services is directly related to socio-economic status.

Table 2 Mean scores of respondents about cooking methods

S. No.	Cooking Methods	Yes	No	Mean Scores	Rank
1.	Baking	32 (10.7)	268 (89.3)	1.11	V
2.	Steaming	124 (41.3)	176 (58.7)	1.41	II
3.	Grilling	108 (36.0)	192 (64.0)	1.36	III

4.	Roasting	62 (20.7)	238 (79.3)	1.21	IV
5.	Pressure cooking	300 (100.0)	-	2.00	I
6.	Boiling	300 (100.0)	-	2.00	I
7.	Stewing	32 (10.7)	268 (89.3)	1.11	V
8.	Deep frying	300 (100.0)	-	2.00	I
9.	Shallow frying	18 (6.0)	282 (94.0)	1.06	VI
10.	Any other	8 (2.7)	292 (97.3)	1.03	VIII

(Figures in parentheses denotes the percentage of respective values)

Cooking or cookery is the art, technology and craft of preparing food for consumption with the use of heat. Cooking techniques and ingredients vary widely across the world, from grilling food over an open fire to using electric stoves, to baking in various types of ovens, reflecting unique environmental, economic and cultural traditions and trends. The ways or types of cooking also depend on the skill and type of training an individual cook has.

Table 3 Knowledge of respondents about different cooking methods

Knowledge about Cooking method	Yes	No	Mean Scores	Rank
Open pan boiling	10 (3.3)	290 (96.7)	1.03	III
Pressure Cooking	-	300 (100.0)	1.00	IV
Frying	184 (61.3)	116 (38.7)	1.61	I
Baking	64 (21.3)	236 (78.7)	1.21	II

(Figures in parentheses denotes the percentage of respective values)

Baking method was only used by educated women who have undergone proper training or are trained in using baking equipments such as micro-wave, ovens, OTGs etc.

Table 4 Adoption of cooking methods

Cooking methods	Yes	No	Mean Scores	Rank
Boiling	300 (100.0)	-	2.00	I
Baking	30 (10.0)	270 (90.0)	1.10	II
Frying	300 (100.0)	-	2.00	I
Pressure cooking	300 (100.0)	-	2.00	I
Any other	15 (5.0)	285 (95.0)	1.05	III

Boiling is also used in cooking. Foods suitable for boiling include vegetables, starchy foods such as rice, noodles and potatoes, eggs, meats, sauces, stocks and soups. As a cooking method it is simple and suitable for large scale cookery. Baking can also be used to prepare various other foods such as pizzas, baked potatoes, apples, baked beans some casseroles and pasta dishes. Pressure cooking helps retain the quality of the foods cook with by preparing them quickly and with very little water. Generally Indian women are used frying method in cooking because according to Indian taste advantages of frying method such as speed of cooking, improved taste of food, more tenderness of food, make great appetizers and desserts. Steaming is one of the best cooking methods for maximizing taste and colour, while retaining the most nutrients in vegetables and fish.

Table 5 Adoption of modern cooking methods

Sl.No.	Cooking techniques	Adoption	Non-adoption
1.	Smoking/sizzler techniques	15 (5.0)	285 (95.0)
2.	Emulsifying technique	6 (2.0)	294 (98.0)
3.	Foams and foaming	30 (10.0)	270 (90.0)
4.	Fluid gels techniques	15 (5.0)	285 (95.0)
5.	Freezing techniques	75 (25.0)	225 (75.0)
6.	Gel and gelling	30 (1.0)	270 (90.0)
7.	Infusing liquid and foods	-	300 (100.0)

8.	Souse vide cooking technique	6 (2.0)	294 (98.0)
9.	Spherification technique	-	300 (100.0)
10.	Thickening technique	-	300 (100.0)

(Figures in parentheses denotes the percentage of respective values)

Mostly these techniques are used by the five star hotels. Only 2 per cent women were using the emulsifying techniques in preparing foods.

Conclusion

The cooking method chooses affect the nutritional value of the foods one serve. The long exposure to heat reduces the overall vitamin content of foods, but increases the availability of some antioxidant photochemical. In addition, cooking methods that require added fats or oils tend to add a lot of calories to a meal. Here is a look at several different cooking methods and how they affect the nutrient content of the food. While the amount of nutrient loss is high in most cooking methods using liquids, they don't require the use of any extra fats, so none of these methods would increase the calorie content of foods. Steaming is often the best of these methods because it also keeps most of the nutrients intact.

Recommendations

1. **The bigger the better when chopping vegetables** because fewer vitamins are destroyed because less of the vegetable's surface area is exposed to air.
2. **Consider the time and temperature.** Put simply, the longer the cooking time and the higher the temperature, the more nutrients are lost because of the fact that many vitamins are sensitive to heat and air exposure (specifically vitamin C, the B vitamins and folate).

3. **Love that cover.** When cooking, always cover your pot to hold in the steam and heat to help reduce cooking time. Don't let that heat get away by leaving your pot uncovered.

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