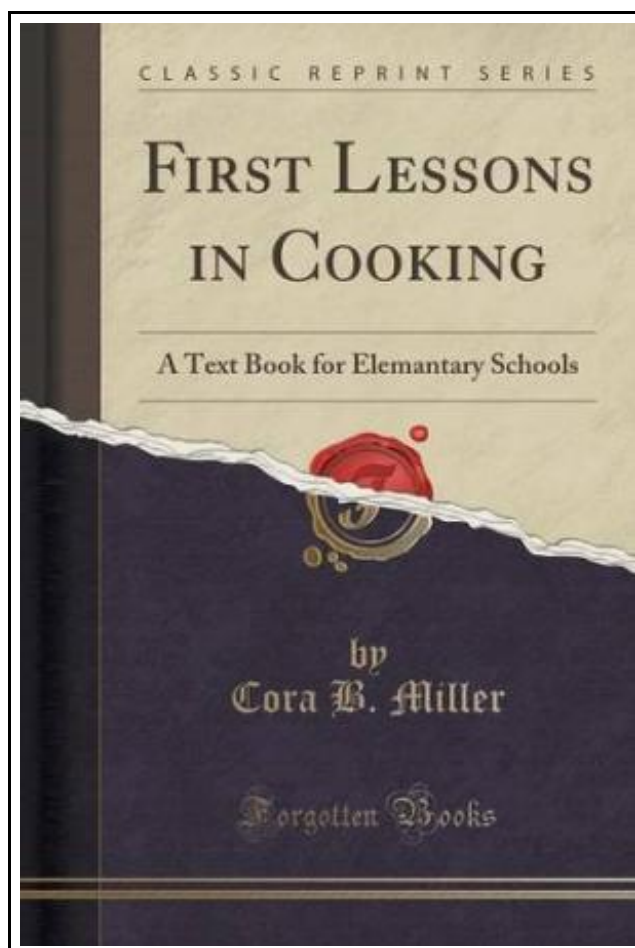


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Forgotten Books, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Excerpt from First Lessons in Cooking: A Text Book for Elementary Schools Reasons For Cooking Food Food is cooked (1) to make it more attractive; (2) to develop flavor; (3) to make it more palatable; (4) to make it more easily digested; (5) to kill germs. Methods Of Cooking Boiling - Cooking in boiling water. Baking - Cooking in oven by heated air and radiation. Broiling - Cooking before or over glowing coals or under gas. Pan Broiling - Cooking on very hot griddle with only sufficient fat to prevent sticking. Stewing - Cooking in water at temperature 160 to 180 F. Dry Steaming - Cooking in a double boiler. Steaming - Cooking in contact with steam. Frying - Cooking by immersion in deep fat. Sauteing - Cooking in small quantity of fat - often called frying. Braising - Combination of stewing and baking. Fricaseeing - Combination of sauteing and stewing. Application Of Heat In Cooking Success in cooking depends largely upon the regulation of the heat which is applied. No two stoves work exactly alike and it is necessary, therefore, to learn to regulate the one which is to be used. The parts of different stoves are practically the same and the principles of fire building the same. Coal And Wood Ranges The Parts of a Range 1. Fire box, in which the fire is built. 2. Grate, which is at the bottom of the fire box. This is often reversible so that either coal or wood may be used. The ashes pass through the grate into the ash pan. 3. Ash pan, which is below the fire box. 4. Dampers. These control the supply of...



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