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## Right and modern methods of cooking to safeguard nutrients

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### Abstract

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. 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.

**Keywords:** Cooking methods, safeguard nutrient

### Introduction

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. Cooking is done both by people in their own dwellings and by professional cooks and chefs in restaurants and other food establishments. Cooking can also occur through chemical reactions without the presence of heat, most notably with ceviche, a traditional South American dish where fish is cooked with the acids in lemon or lime juice. Some anthropologists believe that cooking fires first developed around 250,000 years ago, although there is evidence for the controlled use of fire by Homo erectus beginning 400,000 years ago. There are many benefits to home cooking; it is cheaper and it is healthier. Home cooking introduces our children to good eating practices. It is also educational and will improve their knowledge of nutrition. Some modern cooks apply advanced scientific techniques to food preparation to further enhance the flavour of the dish served.

### Objectives

1. To study the socio-economic status of women.
2. To assess the adoption of right cooking methods to secure nutrients.
3. To suggest suitable modern methods of cooking to safeguard nutrients, and prepare recipes rich in both macro and micro-nutrients.

### 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 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.

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## Results

**Table 1:** Distribution of respondents according to their marital status

Marital status	Frequency	Per cent
Married	234	78.0
Un married	39	13.0
Widows	18	6.0
Divorce	9	3.0
Total	300	100.0

Women are typically household food managers, a role that uniquely ties them to food-insecurity dilemmas.

**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 is very important of human life but women's birth right for household cooking. Some techniques of cooking

methods are very useful to benefit of tasty and nutritious food. Generally Indian women prefer cooking to pressure cooker.

**Table 3:** Knowledge about modern cooking techniques

Cooking techniques	Yes	No	Mean Scores	Rank
Smoking/sizzles techniques	30 (10.0)	270 (90.0)	1.10	V
Emulsifying techniques	18 (6.0)	282 (94.0)	1.06	VI
Foams and foaming	80 (26.7)	220 (73.3)	1.27	III
Fluid gels techniques	45 (15.0)	255 (85.0)	1.15	IV
Freezing techniques	255 (85.0)	45 (15.0)	1.85	I
Gel and gelling	90 (30.0)	210 (70.0)	1.30	II
Infusing liquids and foods	-	300 (100.0)	1.00	VIII
Souse vide cooking technique	16 (5.3)	284 (94.7)	1.05	VII
Spherification techniques	-	300 (100.0)	1.00	VIII
Thickening technique	-	300 (100.0)	1.00	VIII

(Figures in parentheses denotes the percentage of respective values)

Many new and latest cooking techniques also which are used in world. By using these techniques food becomes more tasty, nutritive, colourful and appealing. These techniques are in use by five star hotels and many upper class women and home

scientists in their homes so these modern cooking techniques are only limited to some home scientists and high class educated women.

**Table 4:** Adoption of modern cooking methods

S. 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.

**Table 5:** Knowledge safe nutrient by modern cooking methods

S. No.	Cooking Techniques	Macronutrients			Micronutrients	
		Carbo.	Fat	Protein	Vitamins	Minerals
1.	Smoking/sizzler techniques	-	90 (30.0)	-	-	-
2.	Emulsifying technique	-	-	-	30 (10.0)	30 (10.0)
3.	Foams and foaming	-	-	30 (10.0)	-	-
4.	Fluid gels techniques	-	-	15 (5.0)	30 (10.0)	-
5.	Freezing techniques	-	-	-	30 (10.0)	-
6.	Gel and Gelling	-	-	-	60 (20.0)	60 (20.0)
7.	Infusing liquid and foods	-	-	-	15 (5.0)	18 (6.0)
8.	Souse vide cooking technique	-	-	-	9 (3.0)	6 (2.0)
9.	Spherification technique	-	-	-	-	30 (10.0)
10.	Thickening technique	18 (6.0)	-	-	-	-

(Figures in parentheses denotes the percentage of respective values)

Knowledge about fat a macronutrients in cooking techniques smoking/ sizzlers techniques whereas, 10 per cent of respondents were know about protein macronutrients safe in foams and foaming technique. 10.0 per cent of respondents were know about vitamins micronutrients safe in emulsifying techniques, fluid gels technique, freezing techniques and gel and gelling techniques while minerals micronutrients safe in emulsifying techniques and spherification techniques 20.0 per cent of respondents having knowledge about minerals micronutrients safe in gel and gelling techniques.

### Conclusion

Cooking is best method of hungry. Different methods of cooking are very useful and food safety in cooking include the preparation, handling and storage of food.

### Recommendation

1. Governments at all levels should fund community based food security projects through special grants programme.
2. Governments should mandate home economics and cooking education for the entire student population through provincial educational guidelines.

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