

A Wiki Book Designed By Zach Marino

COOKING

The art, science, and craft of using heat to improve the palatability, digestibility, nutrition, or safety of food

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Text from Wikipedia

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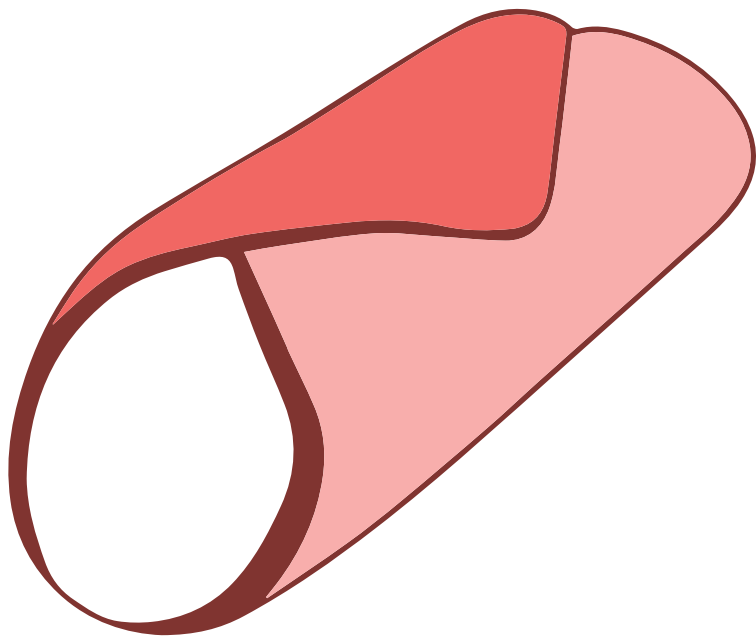




TABLE OF CONTENTS

History	6
Ingredients	8
Methods	10
Health & Safety	12
Home Cooking	14
Commerical Cooking	15



Cooking techniques and ingredients vary widely, from grilling food over an open fire to using electric stoves, to baking in various types of ovens, reflecting local conditions. Preparing food with heat or fire is an activity unique to humans. Archeological evidence of cooking fires from at least 300,000 years ago exists, but some estimate that humans started cooking up to 2 million years ago.

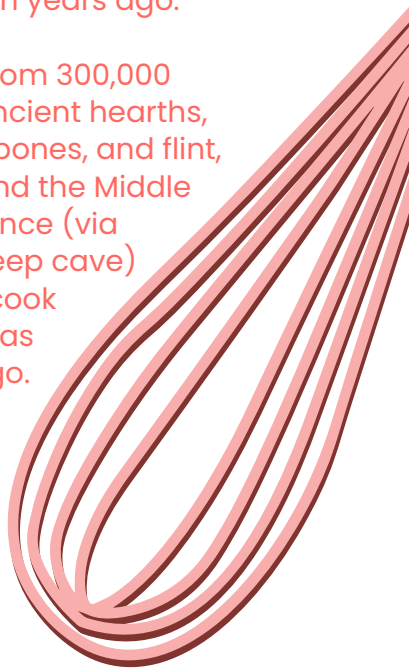


The expansion of agriculture, commerce, trade, and transportation between civilizations in different regions offered cooks many new ingredients. New inventions and technologies, such as the invention of pottery for holding and boiling of water, expanded cooking techniques. Some modern cooks apply advanced scientific techniques to food preparation to further enhance the flavor of the dish served.

HISTORY

Phylogenetic analysis suggests that early hominids may have adopted cooking 1.8 million to 2.3 million years ago. Re-analysis of burnt bone fragments and plant ashes from the Wonderwerk Cave in South Africa has provided evidence supporting control of fire by early humans by 1 million years ago.

Archaeological evidence from 300,000 years ago, in the form of ancient hearths, earth ovens, burnt animal bones, and flint, are found across Europe and the Middle East. The oldest likely evidence (via heated fish teeth from a deep cave) of controlled use of fire to cook food by archaic humans was dated to ~780,000 years ago. Anthropologists think that widespread cooking fires began about 250,000 years ago when hearths first appeared.





Communication between the Old World and the New World in the Columbian Exchange influenced the history of cooking. The movement of foods across the Atlantic from the New World, such as potatoes, tomatoes, pepper, and other foods had a profound effect on Old World cooking. The movement of foods across the Atlantic from the Old World, such as cattle, wheat, and rice similarly changed New World cooking.

In the seventeenth and eighteenth centuries, food was a classic marker of identity in Europe. In the nineteenth-century “Age of Nationalism” cuisine became a defining symbol of national identity.

The Industrial Revolution brought mass-production, mass-marketing, and standardization of food. Factories processed, preserved, canned, and packaged a wide variety of foods, and processed cereals quickly became a defining feature of the American breakfast. In the 1920s, freezing methods, cafeterias, and fast food restaurants emerged.

Most ingredients in cooking are derived from living organisms. Cooks also use water and minerals such as salt, and wine or spirits. Cooking involves a manipulation of the properties of these ingredients.

Carbohydrates

Includes the common sugar, sucrose, a disaccharide, and such simple sugars as glucose and fructose, and starches from sources such as cereal flour and potato. An emulsion of starch with fat or water can provide thickening to the dish.

INGREDIENTS

Fats

Includes vegetable oils, animal products like butter and lard, as well as fats from grains like and flax oils. Used in baked goods and to coat pans or griddles. Often used to conduct high heat to other ingredients, such as in frying.

Proteins

Edible animal and plant material that contains substantial amounts of protein. When heated proteins become denatured and change texture. This causes the material to become softer or more friable.

Water

Edible animal and plant material that contains substantial amounts of protein. When heated proteins become denatured and change texture. This causes the material to become softer or more friable.

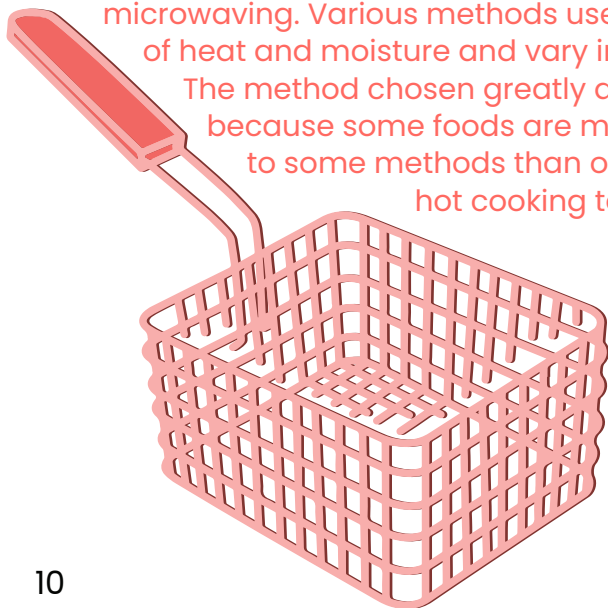
Vitamins and Minerals

Required for normal metabolism; and what the body cannot manufacture itself must come from external sources. Vitamins come from several sources including fresh fruit and vegetables, liver, cereal bran, bread, and fish liver oil.

METHODS

There are many methods of cooking, most of which have been known since antiquity. These include baking, roasting, frying, grilling, barbecuing, smoking, boiling, steaming and braising. A more recent innovation is microwaving. Various methods use differing levels of heat and moisture and vary in cooking time.

The method chosen greatly affects the result because some foods are more appropriate to some methods than others. Some major hot cooking techniques include:



Barbecuing – A term used with significant regional and national variations to describe various cooking methods that use live fire and smoke to cook the food.

Baking – A method of preparing food that uses dry heat, typically in an oven, but can also be done in hot ashes, or on hot stones.

Simmering – A cooking method in which food is cooked in hot liquids kept just below the boiling point of water (lower than 100 °C or 212 °F) and above poaching temperature (higher than 71–80 °C or 160–176 °F).

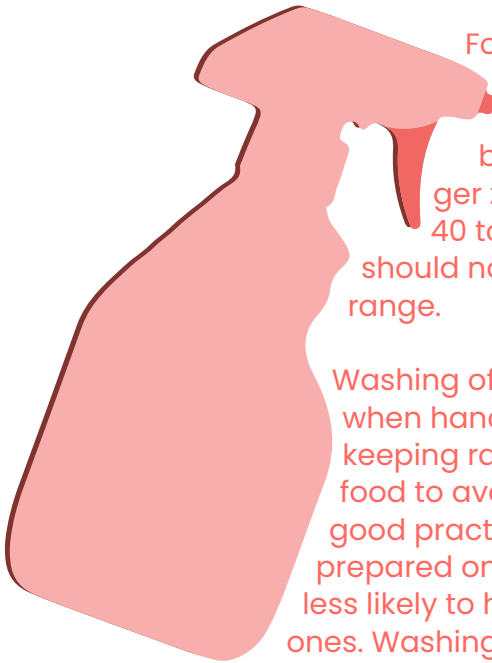
Deep Frying – a cooking method in which food is submerged in hot fat, traditionally lard but today most commonly oil.

Smoking – The process of flavoring, browning, cooking, or preserving food by exposing it to smoke from burning or smoldering material, most often wood.

Cooking can prevent many foodborne illnesses that would otherwise occur if the food is eaten raw. When heat is used in the preparation of food, it can kill or inactivate harmful organisms, such as bacteria and viruses, as well as various parasites such as tapeworms and *Toxoplasma gondii*. Food poisoning and other illness from uncooked or poorly prepared food may be caused by bacteria. Bacteria, viruses and parasites may be introduced through salad and meat that is uncooked or done rare, and unboiled water.

The sterilizing effect of cooking depends on temperature, cooking time, and technique used. Some food spoilage bacteria can form spores that survive boiling, which then germinate and regrow after the food has cooled. This makes it unsafe to reheat cooked food more than once.





Food safety depends on the safe preparation, handling, and storage of food. Food spoilage bacteria proliferate in the “Danger zone” temperature range from 40 to 140 °F (4 to 60 °C), food therefore should not be stored in this temperature range.

Washing of hands and surfaces, especially when handling different meats, and keeping raw food separate from cooked food to avoid cross-contamination, are good practices in food preparation. Foods prepared on plastic cutting boards may be less likely to harbor bacteria than wooden ones. Washing and disinfecting cutting boards, especially after use with raw meat, poultry, or seafood, reduces the risk of contamination.

HOME COOKING

Home cooking has traditionally been a process carried out informally in a home or around a communal fire, and can be enjoyed by all members of the family.

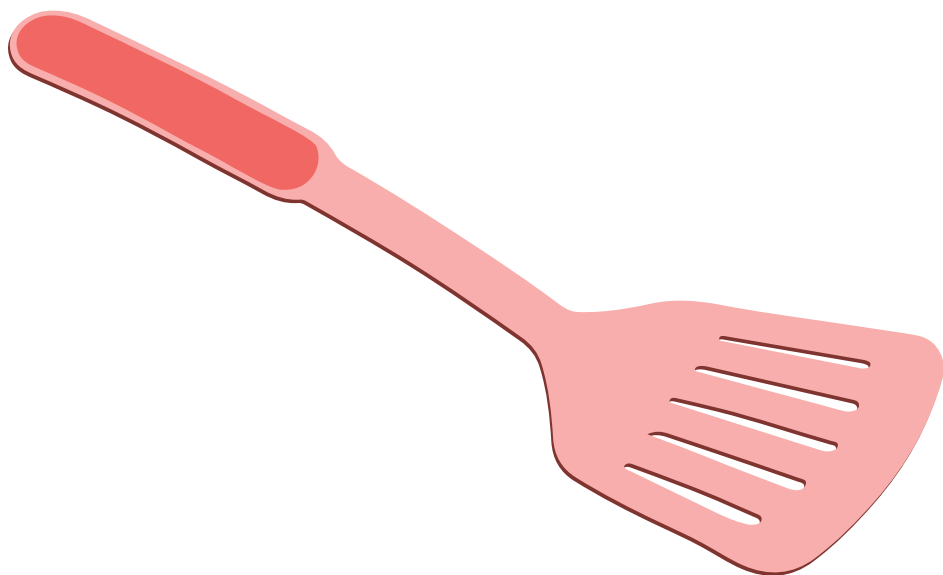
“Home-cooking” may be associated with comfort food, and some commercially produced foods and restaurant meals are presented through advertising or packaging as having been “home-cooked”, regardless of their actual origin. This trend began in the 1920s and is attributed to people in urban areas of the U.S. wanting homestyle food even though their schedules and smaller kitchens made cooking harder.



Bakeries were one of the earliest forms of cooking outside the home. In the present day, factory food preparation has become common, with many “ready-to-eat” as well as “ready-to-cook” foods being prepared and cooked in factories

The nutritional value of including more commercially prepared foods has been found to be inferior to home-made foods. Home-cooked meals tend to be healthier with fewer calories, and less saturated fat, cholesterol and sodium. The ingredients are also directly sourced, so there is control over taste, and nutritional value.





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This book is binded using
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Poppins Regular

Display type uses Brim
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