

# Basic Cooking Principles

## Chapter 4

### Heat and Food

#### Effects of Heat on Foods

- What is cooking?

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  - Preparing food for eating by means of heat

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- 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