

Terminology – Kitchen,Cooking,Food preparation

What is the kitchen ?



A kitchen is a room or part of a room used for cooking and food preparation. In the West,a modern residential kitchen typically equipped with a stove, a sink with hot and cold running water, a refrigerator and kitchen cabinet arranged according to a modular design. Many households have a microwave oven, a dishwasher and other electric

appliances. The main function of a kitchen is cooking or preparing food but it may also used for dining and entertaining.

What is the cooking ?

Cooking is the process of preparing food by applying heat. Cooks select and combine ingredient using a wide range of tools and methods. In the process, the flavor, texture,appearance,and chemical properties of the ingredients can change. Cooking techniques and ingredients vary widely across the world, reflecting unique environmental,economic,and cultural traditions. Cook themselves also vary widely in the skill and training.

What is the food preparation ?

Food preparation is the act of preparing foodstuffs for consumption. Many types of food preparation involve heating the food ingredients,however,other types of preparation involve chemical,biological,or mechanical means.

- 1.Heating techniques – cooking
- 2.Chemical techniques - brining,ceviche,drying,fermentation,marinating,pickling,salting, smoking,souring,sprouting,sugaring.
- 3.Mechanical techniques – chopping,dicing,grinding,julienning,kneading,mincing,peelling, shaving,blending,beating,grating,mixing.