

Frying

Foods are cooked by dipping them in hot oil. Fried foods are usually crispy and tasty.

! Frying has no health benefits. This method adds a lot of fats to foods which are bad for health.



! Oil at high temperatures destroys nutrients found in foods.

! Fries contain a lot of calories, promote weight gain and associated diseases.

We should not use this cooking method often!!!

2 Dry heat cooking

It consist of exposing the food to a high amount of heat without added water. It can be done in the oven, on embers, in ash, etc.

Examples are:

- Roasting
- Grilling

Roasting

This consists of exposing the food to high amounts of heat (oven, embers ...). It is ideal for cooking meats, fishes, etc.



This cooking method requires little fats. Roasted foods have a beautiful colour and are appetising. Roasting also enables the conservation of nutrients.

Grilling



Grilling consists of cooking food directly on embers or on a grill. This can be done with or without added fats.

The food has to be checked frequently to avoid excess charring of fats. Excess charring leads to the production of carcinogenic substances. There should be no fire on the embers.



WHICH COOKING METHOD SHOULD I CHOOSE ?

Some foods like fruits and vegetables can be eaten raw, but others need to be cooked before eating. It is better to eat food raw whenever possible because all the food's nutritional value is preserved.

Raw food items should be thoroughly washed with clean water before eaten.

DID YOU KNOW!?

When heated at high temperatures, all foods lose part of their vitamins. For example **vitamin C** is destroyed from 60°C and some **B class vitamins** from 90°C.

If the food has to be cooked, we can choose a cooking method that preserves most of its nutrients, especially vitamins and minerals which are essential for our health.

IMPORTANT!

I limit the use of fats, salt and sugar, no matter the cooking method I use.

There are two main methods of cooking:

- Moist heat cooking
- Dry heat cooking

1 Moist heat cooking

This consists of cooking food with a liquid, vapour and/or fats.

Examples are:

- Boiling
- Steaming
- Smothering
- Frying

🌸 Boiling

It consists of cooking the food in boiling water. We cook vegetables, tubers, meats, sauces, broths using this method. It is a simple cooking method which preserves most of the nutrients except water-soluble vitamins (**vitamins B and C**) which can be lost.



🌸 Steaming

It is an excellent cooking method which preserves all the nutrients, even water-soluble vitamins. It doesn't alter the texture, flavour and aroma of the food.

The food is placed on top of boiling water, and it is cooked by steam.

This can be done by putting a dish or pieces of wood at the bottom of the pot with the food placed on top.



🌸 Smothering

It is similar to cooking by steaming. It is done by heating the food in a well-closed pot with a gentle flame beneath. **The food is cooked by the steam emanating from the food.**



Dishes such as egusi pudding, koki, groundnut pudding, ndomba, etc. are cooked using this method.

! Cooking while food items are packaged in plastic bags is inappropriate!! It produces substances that are highly toxic to the body.

Prefer packaging in plant leaves.

These three cooking methods do not alter the flavour, aroma and texture of foods. We can preserve most nutrients in the food by using gentle flames during cooking.