

Victoria University of Bangladesh

Mid-Term Test
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Ans to the Q. No - 01

Main Methods of Extinguishing
a fire are -

- Cooling

One of the most common methods of extinguishing a fire is by cooling with water. This process depends on cooling the fuel to a point where it does not produce sufficient vapour to burn, with the reduction in temperature dependent on the application of an adequate flow of water to establish a negative heat balance.

For example, if the rate at which heat is generated by combustion is lower than the rate at which

it is lost from the burning material, burning will not continue.

- Starving -

Starving the fire from its fuel source is a different approach. When fire runs out of flammable materials, it will eventually burn out itself.

For example, a bonfire in the open when it is not in contact with any other wood or dry grass will ultimately lose its blaze. In a gas fire, it will immediately extinguish if the gas supply is cut off. The same method is applied to your gas stove or bunsen burner.

• Smothering -

The third approach or method involves the last element in the triangle, oxygen. Smothering is a technique where oxygen is removed from the equation.

An example of this is using a fire blanket in a frying pan blaze to reduce the oxygen level below 16%. Covering a candle with a glass is also an example. The fire burns out all the oxygen inside the glass creating a vacuum.

Ans to the Q. No - 3

Steaming —

Steaming is a method of cooking that requires moist heat. The heat is created by boiling water which vaporizes into steam. The steam brings heat to the food and cooks it. Unlike boiling the food is separate from the water and only comes into direct contact with the steam. Once the water reaches about 100 degrees Fahrenheit, the steaming process begins. Water boils at 212 degrees Fahrenheit so the highest temperature the food cooks in at 212 degrees.

Steam cooking can also be done through the use of high pressure. However this type of cooking requires specialized equipment. The simple pot and basket method works just fine for most recipes.

Braising -

Braising, the cooking of meat or vegetables by heating them slowly with oil and moisture in a tightly sealed vessel. Braising differs from stewing, in which the food is immersed in liquid, and from covered roasting, in which no liquid is added. Braising is a combination of covered roasting and steaming.

The food to be braised is first browned in a small amount of fat in an open pan, and then it is cooked further with the pan covered; meats are frequently braised over a bed of vegetables. A small amount of liquid may be added after browning is completed. The term *fricasséeing* may be applied to the making of a stew by braising small pieces of poultry, rabbit or veal. The braising of a large piece of meat is sometimes called *pot-roasting*.

Ans to the Q. NO - 4

Dry heat cooking —

Dry heat cooking refers to any cooking technique where the heat is transferred to the food item without using any moisture. Dry heat cooking typically involves high heat, with temperatures of 300 F or hotter. Baking or roasting in an oven is a dry heat method because it uses hot air to conduct the heat. Dry heat cooking works without the presence of any moisture, broth or water. Instead, it relies on the circulation of hot air or contact with fat to transfer heat to foods.

Dry heat cooking gives a crisp texture, brown colour and pleasant flavor to the foods. Some common ways by which cook food by dry heat are described here -

01. Roasting -

This method of cooking food by dry heat is roasting. While roasting, the food is subjected directly on a hot tava or girdle or sand or fire and cooked.

02. Grilling -

Grilling or broiling refers to the cooking of food by exposing it to direct heat. In this method food is placed above or in between

a red hot surface. papads, Corn, phulkas, Chicken can be prepared by this method.

03. Toasting -

This is a method where food is kept between two heated elements to facilitate browning on both sides. Bread slices are cooked by toasting.

04. Baking -

In this method, the food gets cooked in an oven or oven like appliance by dry heat. The temperature range maintained in an oven is $120^{\circ}\text{C} - 260^{\circ}\text{C}$. The oven has to be heated slightly more than required temperature before placing and food in it.

05. Sautéing -

This method involves cooking in just enough of oil to cover the base of the pan. The food is tossed occasionally or turned over with a spatula to enable all the pieces to come in contact with the oil and get cooked evenly.

06. Frying -

In this method, the food to be cooked is brought into contact with a large amount of hot fat. Frying is of two types namely deep fat frying and shallow fat frying.

Ans to the Q. NO - 6

Commercial cookery is pretty simple; it just means cooking for others in a professional setting, usually as a chef or kitchen hand. Cooking on a large scale often includes the use of high-tech appliances like steam ovens and blast chillers, but commercial cookery also requires soft skills that can help us work together with the rest of the team.

Learning to cook will help us understand world cultures, customs and flavours. We will also learn life skills like eating, healthy, budgeting our money, and

cleaning. Save some cash. Cooking is less expensive than eating at restaurants, fast food joints and school cafeterias.

Cooking in commercial setups is unlike cooking in our kitchen. It is a group activity and requires all the traits that make any teamwork successful. This includes having leadership skills, time management and the ability to plan and execute elaborate menus. Students are trained in these aspects.