

Cooking: an art of every Indian women

Cooking is the art of 'Preparing food', given by the God to the human being. Specially to the women who cooks food for family and serves love with food. Cooking is the art, technology, and craft of preparing food for the consumption. After cooking food, it becomes tastier and healthier.



Cooking

There are so many methods of cooking. Most of which are known as baking, frying, roasting, boiling, grilling, steaming, braising, barbecuing, etc. A most recent method used for cooking food is 'Microwaving'. In which an electric microwave oven is used for cooking.



Baking



Frying



Grilling



Boiling



Baking food in an open fire

Before the use of fire human use to ate up various vegetable, meat, fishes, etc. directly without cooking. So many of foods among them eating without cooking were dangerous. Cooking technique vary widely across the world, grilling food over an open fire to using electric stoves and baking in various types of ovens. Preparing food with heat or fire is commonly used activity by humans. It may have started around 2 million years ago. At that time peoples directly used to bake foods in an open fire, but now a days there are many types of utensils are used for cooking food, according to which type of and how much food have to be cooked. In India a most commonly cooked food is 'Daal-rice'. Almost in every home 'Daal-rice' is cooked every day. A frequently used substance for cooking is water. Without water almost, every food can't be cooked. Along with water various spices, salts are used during cooking, which makes food more delicious.

Now a days cooking has become most popular business of earning. Peoples are earning money through restaurants, hotels, caterers, etc.

-Vinayak Jogalekar