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Tastes vary with the way we cook even if we use the same ingredients. For example, potato when boiled can be mashed and has a very fluffy texture to. But, when they are deep fried they come out crisp. The way we cook determines the taste and texture of the food that we are going to make.

There are many methods to cooking. One of the most common types used is baking. The technique involves a prolonged cooking of food in dry heat by convection which is usually in an oven. This form of cooking is commonly used for making pastries like cakes, cookies, tarts, pies, scones, etc. and also meat and vegetables. One of the highlights of cooking this way is that it does not require a lot of oil or fat for the process. Another method that requires dry heat is roasting. The difference between baking and roasting is that baking is cooking the food closed in hot air and roasting is cooking uncovered in heat. Roasting is usually used for cooking meat. The ingredient is usually placed on a rack or an un-covered shallow pan. Grilling or broiling is a method used for cooking in direct heat. In broiling, the ingredient is exposed to direct heat and it lies a few inches under the flames and in grilling it is placed directly over the heat. They give a little charred flavor which enhances the taste of the food. Barbequing is a method solely used for cooking meat directly on high heat. This is because meats like pork and beef took a long time to cook with other methods and this proved to be the most effective method in those days. It is usually done outdoors by smoking or cooking the meat over charcoal or wood. Many add spices or herbs to the charcoal or the wood so that they add additional flavor to the meat. Frying is another common form of cooking. A lot of fat like oil or butter is required for this. There are three types of frying – deep, shallow and stir frying. For deep frying, a lot of fat is used and the ingredient is immersed in to hot oil. In shallow frying, sufficient fat is used to saut   the food. For stir frying very little fat is used and the ingredients used are finely chopped so that they cook easily with the amount fat that is used.

The healthier ways of cooking are boiling, simmering and steaming. Boiling is coking food directly in boiling water or in other liquids like stock and milk. It is the simplest form of cooking and does not involve many complicated processes and they are the best for large-scale cooking. Simmering is a form of cooking in which food is cooked at a temperature just below boiling point. This is a slow process of cooking as the liquid base used is not very hot to cook the food immediately. This method is used to prevent food from getting tough or from breaking. Steaming, as the name suggests is a method used for cooking food using steam. Steaming is done by boiling water really high so that it produces steam that helps in cooking the food. The food is not immersed in to water like how it is done with boiling, but is kept separate from water.

There is another form of cooking that uses both the heat and moist methods. It is called braising. The food is first cooked in heat and then cooked in a covered pot to give it a particular taste. There are various other methods of cooking which is influenced by the type of food, the cuisine and the taste that one wants to acquire. There are special food and travel channels that can be subscribed through the cable providers like the Charter Cable and watch famous talk about cooking!

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Samantha Kirk is a freelance writer. She loves to cook and often buys a lot of channels relating to

travel and cooking through her a [Charter Cable](#) connection. She often tries recipes that are telecast in the channels which come out well most of the times.

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