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The Basic Precautions and Things to Keep in Mind While Cooking by Mark Bennett

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Among the kitchen related activities, cooking is something that people really enjoy. The basic idea of preparing delicious delicacies is something that you really look out for and especially eating it. But there are some people who really hate it as it can be dangerous sometimes.

There are certain precautions that you really need to take care while working in the kitchen especially with food. The food that you make is bound to be delicious, if you put your heart and mind into it. To do that you need to practice cooking and this can be done if you regularly work in the kitchen. Now to instigate the necessity and the urge in cooking, you need to know some of the precautions or tips while cooking food.

Firstly, it is important that you choose the sound and best fruits and vegetables. Always discard the rotten ones or the parts as it will be a breeding nest of germs and mosquitoes. Make sure to throw away or dispose them into the trash can. The fruits and vegetables that you choose have to be thoroughly washed after cutting (This is something that everyone knows). But there are chances that you may end up losing some amount of important water-soluble vitamins while washing.

So what you need to do is cut the vegetables and fruits into bigger pieces. Cutting into smaller or tiny pieces will lead to extra loss of water-soluble vitamins. But in doing so, your recipe should permit it. If you want to cook vitamin C rich food, put them in boiling water. The vitamins present in them will never drain or get absorbed if you boil them. They can withstand high temperature. Also it would be good if you use minimum water.

In case while cooking food, if there is some extra water, don't throw it away. The water in which the vegetables are cooked contains water soluble minerals and vitamins. Usually when boiling the vegetable, the minerals of the vegetables get dissolved in the water. So instead of just throwing it away, you could always use it for other recipes. Plus it is important that you complete your cooking in a short time. In a sense, try to do the cooking in a shorter duration as there will be less or minimum loss of heat-sensitive vitamins.

It is also important that you don't overcook food. Overcooking the food will really destroy the flavor, color and vitamins in it. Also if you cook the food in a covered vessel, there will be minimum loss of volatile substances. Now to keep the different colors of the fruits and vegetables, try not cooking them in acidic medium, especially green vegetables. When green vegetables are cooked in acidic medium, their natural color will change.

Next, try to avoid cooking protein high food at high temperature. Cooking at high temperature will lead to modifying and denaturing of the proteins. The denatured or modified proteins will get mixed in the water and loses its original properties. So it becomes useless. You can easily see this in the frozen fish. The dryness you see in the frozen fish is due to denaturation. This is quite common in the case of meats that have high proteins. Also ascorbic food should never be kept exposed to the air for a long time. The ascorbic acid will get destroyed by oxidation, so that is why we should never cut food rich in ascorbic acid and keep them exposed to air.

Now since you came to know what precautions are required to cook food, the next is the recipe for it. That you can easily get from the Internet. All you have to do is log on to your high speed internet connection like the Best Xfinity Internet and surf the World Wide Web database. To conclude, while cooking, you do need to take some preliminary precautions, so that the food you cook and eat is not only delicious, but healthy.

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Being a freelance writer and active blogger, Mark likes to share his thoughts with the rest of the world and to sources out some great deals like that of the a Best Xfinity Internet. As per him, many of the people donâ€™t know the basic precautions while cooking food and how to make their food healthier.

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