

CHANGES THAT HAPPEN DURING COOKING OF FOOD

Physical Changes

- Texture changes e.g. cell walls soften in vegetables.
- Bacteria killed.
- Nutrient loss e.g. vitamins & minerals dissolve into cooking liquid.
- Food solidifies e.g. egg protein coagulates.
- Food thickens e.g. gelatinisation of starch.
- Shrinkage - protein coagulates & shrinks e.g. meat.

Chemical Changes

- Maillard reaction - when amino acids & carbohydrates are heated together, the food turns brown.
- Caramelisation - sugar heated above dissolving point turns brown e.g. toffee.
- Dextrinisation - long starch chains break into shorter chains called dextrans & a brown colour develops e.g. toasting bread.

Food Cooking And Change

L Cohen



Food Cooking And Change:

Reviewing **Food Cooking And Change**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Food Cooking And Change**," an enthralling opus penned by a highly acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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