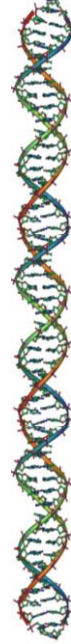


# Baking

Heat transfer medium is air  
 Poor conductor of heat  
 Dehydrates  
 Intensifies flavor  
 To preheat or not to preheat...



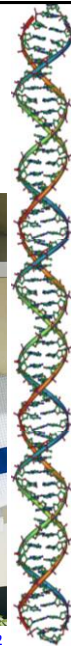
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# Preheating

Food safety – time at temperature  
 Surface heating  
     Food  
 Radiant heat  
     Walls



Image: <http://momsgoinggreenblog.com/?p=922>



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# Frying

Heat transfer medium is oil

Good heat transfer

Seals in water

Creates steam



Image: <http://1tess.wordpress.com/category/japanese-cooking-methods/deep-frying/page/2/>

Image: <http://www.themedfastplan.com/main/eating-fried-foods-wont-lead-to-a-heart-attack-unless/>



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# “Good” Frying

Hot oil is essential!

High “smoke point” oils

Peanut, canola



Image: [http://www.blatherskiter.com/chefali/index.php?option=com\\_content&view=article&id=76&Itemid=126](http://www.blatherskiter.com/chefali/index.php?option=com_content&view=article&id=76&Itemid=126)

Image: [http://culinarymasterclass.com/techniques.php?techniques\\_state=selected\\_technique&technique\\_id=95](http://culinarymasterclass.com/techniques.php?techniques_state=selected_technique&technique_id=95)



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# Grilling

Heat transfer medium is air

Direct radiative infrared heating



Image: <http://www.stmosquitocontrol.com/news/grilling-for-gold/>



Image: <http://www.gq.com/how-to/eat-and-drink/201007/summer-grilling#slide=1>



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