HEAT TRANSFER - CONDUCTION, CONVECTION, RADIATION
WATER BASED COOKING METHODS
DRY METHOD - COOKING METHODS
DENATURATION – PROTEIN

uncooked proteins → heat → cooked protein network

Albumen
Water-soluble

Rare
54 °C
129 °F

Medium-Rare
57 °C
135 °F

Medium
60 °C
140 °F

Medium-Well
64 °C
147 °F

Well-Done
70 °C
158 °F
COAGULATION – PROTEIN
GLUTEN FORMATION - PROTEIN

GLIADIN
GLUTENIN
GLUTEN (GLIADIN + GLUTENIN)

GLUTEN FORMATION - PROTEIN
FOAM FORMATION - PROTEIN
DEXTRINIZATION – CARBOHYDRATES
CARAMELISATION – CARBOHYDRATES
PREVENT ENZYMATIC BROWNING – FRUIT AND VEGETABLES
OXIDATION – FRIUT AND VEGETABLES
SHORTENING – FATS AND OILS
AERATION - FATS AND OILS
PLASTICITY – FATS AND OILS
EMULSIFICATION – FATS AND OILS
CHEMICAL RAISING AGENTS
MECHANICAL RAISING AGENTS
STEAM RAISING AGENTS
BIOLOGICAL RAISING AGENTS