

Baking

Written by W.J.Pais

The equipment required for baking, is an oven. Heat is generated in the oven, and it is dry heat. Cooking ingredient is kept on a tray, and in the heat it gets cooked. This form of cooking is called "Baking". Modern ovens have evolved from the fire furnaces of old.



<http://en.wikipedia.org/wiki/Baking>

Baking is the technique of prolonged [cooking](#) of [food](#) by dry heat acting by [convection](#) , and not by [radiation](#) , normally in an [oven](#) , but also in hot ashes, or on hot stones.

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It is primarily used for the preparation of [bread](#)

,
[cakes](#)

,
[pastries](#)

and
[pies](#)

,
[tarts](#)

,
[quiches](#)

, and
[cookies](#)

. Such items are sometimes referred to as "baked goods," and are sold at a bakery. A person who prepares baked goods as a profession is called a

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[baker](#)

. It is also used for the preparation of baked potatoes, baked apples,

[baked beans](#)

, some

[casseroles](#)

and pasta dishes such as

[lasagna](#)

, and various other foods, such as the

[pretzel](#)

.

Many commercial ovens are provided with two heating elements: one for baking, using convection and conduction to heat the food, and one for [broiling](#) or grilling, heating mainly by radiation. Meat may also be baked, but is usually reserved for

[meat loaf](#)

, smaller cuts of whole meats, and whole meats that contain

[stuffing](#)

or coating such as breadcrumbs or buttermilk batter; larger cuts prepared without stuffing or coating are more often

[roasted](#)

, a similar process, using higher temperatures and shorter cooking times. Baking can sometimes be combined with

[grilling](#)

to produce a hybrid

[barbecue](#)

variant, by using both methods simultaneously or one before the other, cooking twice. Baking is connected to barbecuing because the concept of the

[masonry oven](#)

is similar to that of a

[smoke pit](#)

.

The baking process does not add any [fat](#) to the product, and producers of snack products such as [potato chips](#) are also beginning to replace the process of [deep-frying](#) with baking in order to reduce the fat content of their products.