

Boiling

Written by W.J.Pais

Boiling is the most common form of cooking. It needs water, and fire. A Container to do the boiling, and a lid.

It is common knowledge that all liquids have boiling points, and that water boils at 100 degrees centigrade. If the liquids have more density, it boils at a higher temperature, and those having less boil sooner.

When ingredients are added to the water, the molecules tend to expand, and the fibers and cells get cooked. Thus vegetable cell structure is different from animal flesh structure. Fish is different from meat. Egg is different from fish etc. One learns through experience what happens when the parameters are changed. But forewarning prevents hazards, and pitfalls.

The stoves have heat and flame regulators, with a purpose. As different amounts of heat are needed in cooking the various ingredients. So, the first knowledge one can acquire is which ingredient requires how much heat.

Full throttle: or the highest in the heat range:

It is needed for "brisk boiling." - Meats, Fish, and other dense celled ingredients are boiled in full flame. The outer surface gets hardened, and the inner nutrients are held inside. If there is less water, and it gets evaporated, there may be a danger, the ingredients will get burnt. That is why experience will teach that you should always keep a watch on the stove, and the contents inside! Those who succumb to the temptation of distractions, may have to eat burnt stuff more often than others who know how to control their mind and tongue! Beware of the Telephone, especially, when something is on the stove. It is better to put it off, and then go to take the call.

Meat take about half an hour to boil. If meat is immersed in boiling water, the outer crust will get hardened. It will need to be further cooked on medium and slow fire. One may also find that by marinating the meat and fish, it will become tender, and will cook better, and the taste will definitely be better.

Medium and slow.