

(digestible) by long cooking at a moderate temperature, or by shorter cooking at a high temperature, while albumen is made less soluble by heat. If the eggs be added with the starch, one constituent of the cream will be sacrificed, and the chances are that it will be the most valuable of the two, including also the vegetable albumen of the vegetable compound. Hence, if cooking is to be conducted successfully, the composition of the product in hand must be accurately known, and the effects of the heat, at different temperatures, and of moisture, upon the various constituents must be clearly understood.

The several compounds that enter into the composition of our food products may be grouped under five heads, as follows:

The Five Food Principles or Compounds.	{ Protein or Nitrogenous Compounds.	{ Albuminoids.	{ Gelatine. Collagen.
	{ Carbohydrates.	{ Gelatinoids.	
	{ Fats.		
	{ Mineral matter.		
	{ Water.		

Relating to cookery, the distinction between albuminoids and gelatinoids is worthy of attention, in that the former are made less soluble by heat and the latter, of which gelatine and collagen are the most important, more soluble.

WHERE THESE COMPOUNDS ARE FOUND

Water is found in all kinds of food, but largely in fruits and vegetables; in cooking these the water, which has been lost by evaporation (as in dried beans, etc.), needs be restored.

Under the head of mineral matter are grouped iron, sulphur, lime, potash, magnesia, chloride of sodium, etc. Some one or more of these are found in all natural products, especially in vegetables, milk, and meat. When vegetables are cooked in water and the water is thrown away, these, oftentimes the most valuable constituents present, and other soluble elements, are lost.