

PRACTICAL COOKING AND SERVING

PART I

CHAPTER I

Definition of Food. Object in Cooking Food. The Kitchen Range. Food Principles.

"Three things are essential to life: air, water and food; and the order in which these are named expresses their relative importance to life."—Hov.

WITHOUT air we suffocate at once, without water we may live from two to seven days, and without food from seven to forty days. Oftentimes the term "food" is made to include both air and water, but a true food by its oxidation in the body liberates force and produces heat; air and water are in reality simply a means to this end, but of themselves undergo no chemical alteration in digestion, liberate no force and produce no heat. Water acts as a solvent and a carrier of nutritive and waste materials, and by its evaporation on the surface of the body controls the heat produced by the oxidation of true food. Some knowledge of the part that both air and water play in the economy of nature is essential to a proper understanding of the subject of food, and the study of chemistry should precede and accompany the study of cookery. In short, there is scarcely any branch of learning from which the art of cookery does not demand tribute.

Food is that (liquid or solid) which satisfies hunger and replaces the solid waste of the body.—Hov.

Water is that which slakes thirst and replaces the fluid loss of the body.—Hov.