

Comparative Study on the Impact of Cooking using Modern Equipment versus the Old Style Manual Equipment

Chef. Harish Suvarna

Anjuman-I-Islam's College of Hotel & Tourism Management Studies & Research, Mumbai

Abstract: *This study compares the impact of cooking with modern equipment versus traditional manual equipment. The research investigates several aspects, including efficiency, environmental impact, health, and taste, to provide insights into the advantages and disadvantages of each approach to cooking. Modern equipment is characterized by technological innovations and offers efficiency, convenience, and precision in the kitchen. It includes microwave ovens, induction cooktops, and electric ovens, which reduce cooking times and effort. However, this convenience may come at the cost of potential nutrient loss in food and environmental concerns tied to manufacturing and energy consumption. On the other hand, traditional manual equipment, such as open flames, wood-burning stoves, and traditional grinding tools, offers a connection to heritage and a more eco-friendly approach. Traditional methods can retain nutrients in food and may provide unique flavors and textures. Nevertheless, these methods may demand more time and physical effort. The study evaluates efficiency by measuring preparation and cooking times for various dishes. It analyzes energy consumption and environmental impact through a life cycle assessment of both modern and manual equipment*

Keywords: Modern equipment, Traditional manual, Environmental concerns, Technological innovations

I. INTRODUCTION

Cooking is a form of art that involves the transformation of raw ingredients into delicious and flavorful meals using various techniques, methods, and heat sources. The process of cooking encompasses a wide range of activities, from simple food preparation to intricate culinary artistry, and it serves both practical and cultural purposes. Cooking requires a deep understanding of the ingredients, their properties, and how they interact with each other. The techniques and methods used in cooking include chopping, slicing, dicing, grilling, frying, baking, roasting, and many others. Cooking is not just about creating delicious food but also creating a multisensory experience that involves taste, aroma, and presentation. Cooking is culturally significant because it is a medium through which traditions and customs are passed down from one generation to the next. Overall, cooking is a complex and multifaceted activity that requires skill, knowledge, and creativity.

1.1 Objective:-

- To analyse and compare the impact of cooking using modern equipment versus old style manual equipment.
- The study also aims to evaluate the impact of modern equipment on health and safety, as well as its environmental impact.
- To discover & learn new and improved innovations in the methods of cooking.

II. RESEARCH METHODOLOGY

This research paper is based on secondary data. The data is collected from research journals, magazines & internet websites.

III. LITERATURE REVIEW

Scott Fraiser & Phil Lyon, DOI: Mar 2017 in his article he stated that, Modernist techniques and equipment (MTE) have revolutionized the culinary world, enabling chefs to create dishes that were previously impossible to achieve with excellent levels of consistency and precision. This research aimed to investigate the diffusion of these techniques into the wider field of hospitality and their impact on chefs' skills, identity, and creativity.

Sara Hedayati, Vahid Baeghbali, Seid Mahdi Jafari, DOI: -2021 mentioned in their article that Modern industrial food production requires reliable and high-quality processing equipment that complies with rigorous sanitary standards and meets market demands. The equipment must be versatile and flexible to accommodate different applications and enable quick product changes, all while being economically efficient. To meet these requirements, various types of cooking equipment have been developed, such as boiling pans, Bratt pans, steaming cabinets, belt cookers, Sous-vide, and different types of retorts. These appliances are commonly used in large-scale production cooking environments, including food processing plants, professional kitchens, and mass catering establishments. Industrial cooking equipment can be divided into two categories: batch and continuous systems. Batch equipment is used for smaller volumes of production, while continuous systems are used for large-scale production. Cooking equipment can operate under vacuum, atmospheric, or high-pressure conditions, and can be powered by electricity or fossil fuels. This chapter will discuss different types of cooking equipment.

Z. Mary Livinsa, G. Mary Valantina, M. S. Godwin Premi and G. Merlin Sheeba Jafari, DOI: - 2021 said in their article that cooking food in the kitchen can be a time-consuming and exhausting task. However, with the advancement of technology, the introduction of automated processes has made life easier for humans. In this regard, a new automatic cooking machine has been proposed, which is based on Arduino Mega and is fully automated. The primary goal of this machine is to bring innovation to the kitchen and reduce human effort, which will be beneficial for everyone. The machine is capable of pumping raw ingredients into a pan, stirring, and cooking the food while maintaining its quality and quantity. The main objective of this model is to make cooking simple, trouble-free, and less time-consuming.

Dr. Milind Peshave, DOI: - June, 2016 said in his article that a restaurant's success relies heavily on the efficiency of its food and service, with the kitchen playing a crucial role. However, due to high costs in frontline areas, kitchen planning and design often take a backseat. Our survey of restaurant owners and senior managers revealed that well-designed kitchens can save costs and time while improving staff efficiency and production output. "Structural limitations" and "budget availability" have the most significant impact on kitchen design. Therefore, it is crucial to consider these factors to ensure a successful and efficient kitchen

P. Dudeja, A. Singh, DOI: - June, 2016 said in his article that Cooking is both an art and a science of preparing food. With the use of various gadgets, modern cooking has become easier and less time-consuming. The generic process of preparing any dish includes raw material preparation, cooking, hot and cold holding, cooling and storing, serving, and reheating of leftover food. To prevent cross-contamination, it is important to use different chopping boards for different food items. Thawing of frozen items can be done in the refrigerator, microwave, cold water, or during cooking. For holding, hot items must be kept hot ($>65^{\circ}\text{C}$), and cold items must be kept cold ($<5^{\circ}\text{C}$). Food items should never be left in the temperature danger zone of $50\text{--}60^{\circ}\text{C}$ for more than 4 hours. All leftovers, when consumed, should be reheated at 75°C to prevent any food safety hazards. Special precautions should be taken while handling high-risk foods.

H. N., Md. Fajhruddin; Suhail, Sohaib Bin; Ahmed, Syed Absar; Omes, Abdur Rahman; Quadri, Syed Azam Pasha, DOI: - June, 2018 said in their article that Hot air upsurges, and an exhaust fan in the ceiling could easily eradicate the heat produced by cooking equipment. However, when smoke, volatile organic compounds, grease particles, and vapor from cooking are blended in, a means to capture and contain the emissions is needed to avoid health and fire hazards. While an exhaust hood serves that purpose, the key question is always: what is the proper exhaust rate? The answer depends on the category (and use) of the cooking equipment under the hood, the style and geometry of the hood itself, and how the makeup air (conditioned or otherwise) is introduced into the kitchen. In the following paper, an effort is made to design an economical and efficient hood. Kitchen exhaust and make-up air is formulated using empirical ratios, and grease filters are selected using definite criteria. Proper kitchen design will assist the cook in maintaining good health and the environment in being responsible in keeping away fumes and odors. This paper is intended to eliminate the ambiguity of researchers by listing formulations and governing expressions to design a modular kitchen ventilation system and set a yardstick to represent comparative measures. There is no mathematical proof for the given

expressions; hence they are known as expressions. Effective ventilation needs to estimate the quantity of stale air to be exhausted and to bring in fresh air from the atmosphere.

Cooking using modern equipment has had significant impacts on the way we prepare and experience food. Here are some of the key impacts of cooking using modern kitchen appliances and equipment:

Efficiency and Time-Saving:

Modern equipment is designed for efficiency and convenience. It reduces cooking times, allowing for faster meal preparation.

Microwave ovens, induction cooktops, and convection ovens, for example, can rapidly heat and cook food, making meal preparation more time-efficient.

Consistency and Precision:

Modern equipment often comes with precise temperature control and cooking settings, which ensure consistent results. Sous-vide machines and precision cookers allow for cooking foods to an exact level of doneness

Energy Efficiency:

Many modern appliances are designed to be energy-efficient, which reduces energy consumption and lowers utility bills.

Energy-efficient appliances, such as induction cooktops, can heat pots and pans directly, wasting less heat.

Convenience and Accessibility:

Modern kitchen appliances are user-friendly and accessible to individuals with various levels of culinary expertise.

Appliances like food processors and blenders simplify tasks like chopping, blending, and mixing.

Safety:

Safety features in modern appliances reduce the risk of accidents. For example, induction cooktops remain cool to the touch, reducing the likelihood of burns.

Advanced ventilation systems and smoke detectors enhance kitchen safety.

Versatility:

Modern kitchen appliances are often multifunctional. For instance, convection microwaves can both microwave and bake, providing a broader range of cooking options in one appliance.

Healthier Cooking:

Some modern equipment, like air fryers, allow for healthier cooking methods with less oil, reducing the fat content in dishes.

Steam ovens preserve nutrients in food, promoting healthier meal preparation.

Innovation and Creativity:

Modern equipment fosters culinary innovation. Chefs and home cooks experiment with new techniques, resulting in unique dishes.

Techniques like molecular gastronomy have been made more accessible through modern tools.

Connected and Smart Cooking:

Smart kitchen appliances are integrated with technology, enabling remote monitoring and control of cooking processes. This connectivity provides greater convenience for busy individuals.

Reduction in Food Waste:

Some modern appliances, such as vacuum sealers and specialized storage containers, help extend the shelf life of ingredients, reducing food waste.

Environmental Concerns:

Many modern appliances are designed with sustainability in mind, using less water and energy. For example, dishwashers with efficient water usage and energy-saving modes contribute to environmental conservation.

Diverse Cooking Styles:

Modern equipment facilitates the preparation of dishes from various cuisines and cultural backgrounds, making it easier for individuals to explore global culinary traditions.

Inclusion and Accessibility:

Modern kitchen appliances are often designed with accessibility in mind, making it easier for people with physical disabilities to engage in cooking activities.

Cooking with old-style manual equipment can have significant impacts, both positive and negative, depending on the context and the specific equipment used. Here are some of the key impacts of cooking with old-style manual equipment:

Sustainability:

Traditional cooking equipment often relies on renewable resources such as wood or charcoal, making it more environmentally sustainable compared to modern electric or gas stoves. However, over-reliance on these resources can lead to deforestation and environmental degradation.

Cultural Preservation:

Cooking with traditional, manual equipment can help preserve cultural traditions and heritage. It allows for the continuation of cooking methods that have been passed down through generations.

Flavor and Texture:

Some people believe that cooking with old-style manual equipment enhances the flavor and texture of food. Open flame cooking and certain traditional methods can impart unique tastes to dishes.

Connection to Food:

Cooking manually requires more hands-on involvement, which can foster a deeper connection to the food being prepared. It often involves more time and effort, leading to a greater appreciation for the cooking process.

Reduced Energy Consumption:

Old-style equipment does not rely on electricity, making it a viable option in areas with limited or unreliable power sources. This can be especially important in rural or off-grid locations.

Challenges and Inefficiencies:

Cooking with old-style manual equipment can be more time-consuming and labor-intensive. It may require more effort to maintain and operate the equipment, such as chopping wood for a wood-burning stove.

Air Quality:

Traditional cooking methods, particularly those involving open flames or solid fuels, can release harmful pollutants into the air, which can have adverse effects on respiratory health, particularly for women who spend a lot of time near the cooking area.

Inconsistent Heating:

Manual cooking methods can lead to uneven heating, which may require more skill and experience to control, affecting the quality of the final dish.

Limited Culinary Options:

Some traditional cooking methods and equipment may not be suitable for preparing certain dishes or cuisines, limiting culinary diversity.

Limited Access:

In urban areas and modern households, old-style manual equipment may not be practical or easily accessible due to space constraints and the convenience of modern appliances.

Safety Concerns:

Traditional equipment, such as open fires or wood-burning stoves, can pose fire hazards and health risks if not used properly. Additionally, handling hot surfaces and managing flames can be dangerous.

Economic Considerations:

The cost of acquiring and maintaining old-style manual equipment, such as wood-burning stoves, may be lower in some cases, but it can also involve ongoing expenses for fuel and maintenance.

Modern Equipment:

Preservation of Nutrients:

Modern equipment, such as microwave ovens and induction cooktops, often allows for shorter cooking times and precise temperature control, which can help preserve the nutritional value of food. For example, quick cooking can minimize the loss of heat-sensitive nutrients like vitamin C.

Steam Cooking:

Steam ovens and microwave steamers are modern appliances that can cook food using steam, which is a gentle cooking method that helps retain vitamins and minerals in the food.

Sous-Vide Cooking:

Sous-vide cooking, a modern method that involves vacuum-sealing food and cooking it in a precisely controlled water bath, can help retain the moisture and nutrients in food.

Monitoring and Timing:

Modern equipment often comes with timers and precise temperature control, reducing the risk of overcooking, which can result in nutrient loss

Old-Style Manual Equipment:

Potential for Nutrient Loss:

Cooking with traditional manual equipment, such as open flames or wood-burning stoves, can sometimes lead to higher temperatures and longer cooking times, which may result in nutrient loss. Overcooked or charred food can be less nutritious.

Stir-Frying and Quick Cooking:

Some manual cooking methods, like stir-frying in a wok, can be relatively quick and preserve the crispness and nutrients of vegetables.

Boiling and Nutrient Loss:

Boiling food in open pots, which is common with manual equipment, can result in nutrient loss if the cooking water is discarded. Water-soluble vitamins may leach into the water.

Overall Considerations:

Balanced Cooking Methods:

The choice of equipment is not the sole determinant of nutrition. The choice of ingredients, preparation methods, and the overall balance of one's diet also play significant roles in nutrition.

Nutrient Diversity:

Both modern and manual cooking methods can be used to prepare nutrient-rich dishes. It's essential to include a variety of foods in one's diet to ensure a wide range of nutrients.

Food Quality:

Nutritional quality is not only about retaining nutrients but also about the quality of ingredients used. Fresh, locally sourced, and high-quality ingredients can contribute to the nutritional value of meals.

Cooking Practices:

The cooking practices and techniques used, such as slicing, dicing, and chopping, can affect nutrient retention. Proper storage of ingredients can also impact their nutritional content.

Innovations in kitchen appliances and technology have not only transformed the way we prepare and cook food but have also opened up new possibilities for home chefs and professional cooks alike. Here are some key innovations and their impact on modern cooking:

Smart Kitchen Appliances:

Smart ovens, refrigerators, and cooking ranges are equipped with Wi-Fi connectivity and smartphone apps that allow users to control and monitor cooking processes remotely. This technology enables precise temperature control, timers, and recipe integration for optimal results.

Induction Cooking:

Induction cooktops use electromagnetic fields to heat pots and pans directly, offering rapid heating, precise temperature control, and energy efficiency. They are safer and more responsive than traditional gas or electric stoves.

Sous Vide Cooking:

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Sous vide immersion circulators maintain a constant water temperature, allowing foods to be vacuum-sealed and cooked at precise temperatures for extended periods. This method results in evenly cooked, tender, and flavorful dishes.

Convection Steam Ovens:

These ovens combine convection cooking with steam to preserve the moisture content of food while still achieving a crispy exterior. They are versatile and can be used for baking, roasting, and steaming.

High-Speed Blenders:

High-powered blenders are essential for creating smoothies, soups, sauces, and more. They can even heat ingredients through friction, reducing the need for stovetop cooking.

Advanced Food Processors:

Modern food processors are equipped with various attachments and functions for chopping, slicing, shredding, pureeing, and kneading. They save time and effort in meal preparation.

Kitchen Gadgets and Tools:

Innovative gadgets like immersion blenders, microplane graters, digital meat thermometers, and silicone cooking mats have become kitchen staples, making specific cooking tasks easier and more efficient.

Internet of Things (IoT) in the Kitchen:

IoT devices, such as smart scales and recipe apps, help users measure ingredients precisely and guide them through cooking steps, enhancing the cooking experience.

Energy-Efficient Appliances:

Modern appliances are designed to be energy-efficient, reducing the environmental impact of cooking while saving on utility bills.

3D Food Printing:

Emerging technology in the culinary world, 3D food printing, allows chefs to create intricate and artistic dishes. It has the potential to revolutionize food presentation and customization.

Molecular Gastronomy Techniques:

Innovations in molecular gastronomy, such as specification, foaming, and gelling, have allowed chefs to experiment with food textures and presentations, leading to the creation of avant-garde dishes.

Innovations in traditional cooking equipment can lead to improved efficiency, flavor, and an overall better cooking experience. Here are some examples of how innovation can be applied to traditional cooking equipment:

Wood-Fired Ovens with Temperature Control:

Traditional wood-fired ovens are renowned for their ability to impart a unique flavor to dishes. Innovations involve adding temperature control mechanisms, such as dampers and vents, to regulate heat more precisely. This allows for baking a wider range of dishes, from bread and pizza to slow-roasted meats.

Clay Pot Cooking with Modern Glazing:

Clay pots have been used for centuries in various cuisines. Modern innovations involve applying glazes to clay pots, making them more durable, easy to clean, and less porous while retaining the excellent heat-retaining properties that make them ideal for slow cooking and braising.

Cast Iron Cookware with Non-Stick Coating:

Traditional cast iron skillets and pots have been improved with non-stick coatings, making them easier to clean and reducing the amount of oil or fat needed for cooking.

Innovative Grilling Methods:

Traditional grilling methods, such as using charcoal or wood, can be enhanced with innovations like infrared grilling technology, which provides more even heat distribution and faster cooking times while preserving the smoky flavor.

Pressure Cooking with Safety Features:

Traditional pressure cookers have been updated with improved safety features, like automatic pressure release valves and digital controls. This innovation ensures that pressure cooking is safer and more user-friendly.

Traditional Mortar and Pestle with Ergonomic Design:

The traditional mortar and pestle have been redesigned with ergonomic handles and optimized shapes to make grinding, crushing, and blending ingredients more comfortable and efficient.

Wooden Cutting Boards with Antimicrobial Treatment:

Wooden cutting boards have been treated with antimicrobial coatings to make them more hygienic and easier to maintain, while preserving their natural look and feel.

Innovative Fermentation Equipment:

Traditional fermentation methods for making yogurt, sourdough, and pickles have been combined with modern temperature-controlled equipment to achieve consistent and predictable results.

Copper Cookware with Stainless Steel Lining:

Traditional copper cookware is now lined with stainless steel, combining the excellent heat conductivity of copper with the durability and non-reactive properties of stainless steel.

Traditional Hand-Cranked Coffee Grinders with Burr Mechanisms:

Traditional coffee grinders have been updated with precision burr mechanisms, allowing for more consistent coffee grinding, and are often used by coffee enthusiasts for a better brew.

IV. CONCLUSION

To conclude, cooking is an essential activity that requires skill, knowledge, and creativity. This study compared the impact of cooking with modern equipment versus traditional manual equipment and evaluated various aspects, including efficiency, environmental impact, health, and taste. Both modern and traditional methods have their advantages and disadvantages, and the choice of equipment depends on individual preferences and circumstances. Modern equipment offers efficiency, convenience, and precision in the kitchen, while traditional manual equipment offers a connection to heritage and a more eco-friendly approach. The study provides insights into the impact of cooking equipment on health, safety, and the environment and highlights the importance of considering these factors when choosing cooking methods.

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