

Mistakes to avoid when cooking

From the accidental habits you still make when cooking, is the cause of great harm to the health of the whole family.

1. 21 great tips for cooks
2. 11 useful tips to "learn" from restaurant chefs

To cook a delicious tray, ensuring safety is not an easy thing. To ensure that the meal is clean and safe, the selection of food and processing is extremely important.

One of the habits from preparing and processing ingredients when cooking is not entirely true as you often think. If not careful when processing, it can lead to serious consequences, affecting the health of family members.

Here are serious mistakes to avoid when cooking at home, you should pay attention to avoid those harmful habits.

1. Do not turn on the hood while cooking



The hood is placed in the kitchen to be used to remove exhaust gases and dust and smoke generated during food processing.

During the cooking process, if you do not turn on the hood, then the air in the room will be haunted with a lot of unpleasant odors, these smells when we accumulate for a long time, we inhale will affect a lot to our health. So, after cooking, you should let the machine smell like that for 3-5 minutes before turning off, to ensure the exhaust gas is cleaned in the house.

2. Reuse old oil for further processing



Many people, after frying and cooking, often use cooking oil to continue using other dishes, this is an extremely dangerous habit, because grease after frying at high temperature, then used to cook dishes Other eating is very easy to produce toxic chemicals. The residue of food residues during frying is also harmful to users.

Therefore, when processing food you should use a moderate amount of cooking oil to save, after each use, should be discarded, not reused.

3. Defrost the meat the wrong way



Many of us often have the habit of buying a lot of food, then putting it in the freezer for storage and use gradually. However, preserving food in the freezer for too long not only detracts from the natural freshness of the food but it is also metamorphosed and harmful to health.

The maximum time to store food in the freezer compartment is no more than one week. The meat left in the freezer, after being taken out, must be defrosted properly.

If the meat is thawed in hot water, it will affect the meat, giving the bacteria an opportunity to easily penetrate.

If defrosting at room temperature, bacteria will easily penetrate, degrade the meat compared to the beginning. So, the best way to defrost is that you should move the meat from the freezer compartment to the cool compartment and wait for it to melt.

4. Wait for the boiling oil to smoke to start processing



Oil temperature when boiling is too hot will be over 200 degrees, at this time, the content of nutrients in vegetables will be destroyed when processing. Therefore, when processing food to control temperature is extremely important, the most suitable temperature is about 150-180 degrees. If you want to check the temperature of the cooking oil is just enough, there is a very simple way, that is when heating the oil, then dip the chopsticks into cooking oil, if you see the small bubbles floating around the chopsticks is the heat oil level is hot enough.

Processing food at a moderate oil temperature, so not only helps the dish to be cooked evenly but also ensures the safety of the health does not lose the essential fatty acids for the body as well as the nutritional value. Nursing for food.

5. Warm up the food repeatedly



Many people often have a habit of reheating rice or some kind of food left over from the previous day to use, this habit is extremely harmful, it can increase the risk of many diseases in the body. . The reheating of food will cause loss of nutrients, as well as changes in substances in food, leading to symptoms of headache, dizziness, fatigue .

So, when cooking, you should cook enough food for everyone in the family to use, not to cook leftover and store it in the refrigerator for use, so the dish will lose its deliciousness and bad effect health.

These are mistakes in cooking that many families get very often, you can fix and change with your family to make sure you cook properly!

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