

Kitchen Equipments (Lecture 20)

1. Refrigerators

A refrigerator is a common household appliance that consists of a thermally insulated compartment and a heat pump (mechanical, electronic or chemical) that transfers heat from the inside of the fridge to its external environment so that the inside of the fridge is cooled to a temperature below the ambient temperature of the room. Lower temperatures in a confined volume, lower the reproduction rate of bacteria, so the refrigerator reduces the rate of spoilage.

Types of Refrigerators

1.1. Top-Freezer

As the name implies, the traditional top-freezer refrigerator features a freezer on top with the refrigerator on the bottom. This was one of the earliest models ever made and today it is one of the least expensive. Top-freezer refrigerators range in size from 30 to 33 inches wide with an average usable space of between 20 and 22 cubic feet.



1.2. Bottom-Freezer

A variation on the top-freezer design, this arrangement places the more often-used refrigerator on top, reducing the user need to bend over to reach items on the bottom shelf as happens in top-freezer models. The bottom freezer may pull out like a drawer or open like a door. Bottom-freezer refrigerators are a little bit more expensive than top-freezer type and you still have to bend over when you want to reach an item in the freezer.



1.3. Side-By-Side Freezer

Side-by-side refrigerators place the freezer parallel in the refrigerator, with each having a door that opens from the middle of the appliance. Usually the refrigerator is slightly wider than the freezer. The size of a side-by-side refrigerator averages between 26-30 inches wide with a usable space of up to 26 cubic feet. In a small kitchen, however the narrow doors are a plus, and most side-by-side refrigerators feature water and ice dispensers in the doors. Side-by-side refrigerators usually cost about the same as bottom-freezer refrigerators.



1.4. French Door

French door refrigerators partner a side-by-side refrigerator with a bottom freezer. These are the most expensive types of refrigerators and they are best due to wide shelves on top and equally wide shelves on the bottom as well as water and ice dispenser in one of the refrigerator door.



1.5.Compact

These miniature versions of traditional refrigerators are ideal for bedrooms and home offices. Most compact refrigerators feature little or no freezer capacity and in most, the freezer is located inside the refrigeration compartment.



1.6.Freezerless

As the name implies, Freezerless refrigerators use the entire volume of the cooling compartment for refrigeration, not freezing. They are ideal if you have a full size chest freezer for frozen goods or if you have little need for freezing.

“The choice of refrigerator depends upon the need and requirement of an individual”.



2. Steamers

A food steamer or steam cooker is a small kitchen appliance used to cook or prepare various foods with steam heat by means of holding the food in a sealed vessel that limits the escape of air or liquids below a preset pressure. This manner of cooking is called steaming.

Types of Steamers

2.1. Tier Metal Steamer

- It is made up of stainless steel
- Cook a whole meal on one hob ring
- Less washing up than with pans
- Gives you more space on your hob
- Steamed food is tastier and healthier
- Entire meal can prepared without pan



2.2. Collapsible Steamer Basket

- Nice compact size- ideal for small kitchen
- Expanding basket makes it suitable for most pan sizes
- Good value for money
- Good for cooking small amounts of vegetables



2.3. Bamboo Steamer

- Stack on top of boiling water over a wok or pan.
- Great for all types of food steaming
- Cheap
- Keep food in the steamer and serve at the table
- Cannot put directly on fire
- When assembled, 10 inches in diameter and six or eight inches in height



2.4. Microwave Steamer

- Made of plastic, polycarbonate or some other type of microwave-safe material
- Ideal for cooking food fast

- Great for cooking vegetables
- Also great for small kitchen
- Have to be careful as food can over cook
- You would not pile your vegetables in like it is in the picture as the food would not cook evenly.



2.5. Electric Food Steamer

Made of clear plastic and can see the food inside

Can be used in non-traditional cooking

The Timer automatically switches off at the end of cooking

Some have a keep warm function

Steam is produced almost instantly

Which type of steamer is the best?

Tiered Metal Steamer is best because

- It's big enough to cook a whole meal
- It's well made and solid
- Stainless steel does not stain or leave odors
- The gravy can be made in the base

