

GELATINIZATION

Meaning: Gelatinization is the process by which starch granules absorb water and swell upon heating, leading to the thickening of mixtures such as sauces and gravies.

1. Gelatinization of starch occurs when it is heated in the presence of water.
2. The process of gelatinization is crucial for creating the perfect texture in sauces and gravies.
3. During cooking, the gelatinization of rice transforms its structure, making it soft and palatable.
4. Understanding gelatinization helps chefs achieve the desired consistency in their culinary creations.
5. The temperature at which gelatinization occurs can vary depending on the type of starch used.

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