

ASSESSING THE EFFECTIVENESS AND QUALITY OF TRADITIONAL VERSUS MODERN COOKING TECHNIQUES

ABSTRACT

AUTHORS

Mark Rio Capatayan
Adrian Ornido
Angelica Sambayon
Christian Ternal
Jethro Roy Tupas

RESEARCH ADVISER

Dana France H. Ignacio, PhD

AFFILIATION

Bestlink College of the
Philippines

DISCIPLINE

Hospitality Management

KEYWORDS

*modern cooking techniques;
traditional cooking methods;
culinary heritage; culinary
training; efficiency; customer
satisfaction*

ARTICLE ID

AASGBCPJMRA-B56840

In the rapidly evolving culinary industry, maintaining a balance between speed and quality remains a significant challenge. This study explores how traditional and modern cooking techniques differ in their impact on flavor, texture, nutritional value, and the overall dining experience. Although previous research tends to examine these methods independently, few studies investigate their combined application in practical kitchen environments. This research seeks to bridge that gap by providing valuable insights into how blending both techniques can enhance culinary results. This research utilized a quantitative comparative design to evaluate the effectiveness of traditional and modern cooking methods regarding flavor, texture, and presentation. Twenty experienced chefs from Din Tai Fung, skilled in both techniques, were purposively selected as respondents. Data were collected through a structured questionnaire covering key factors such as efficiency, skill, sensory quality, and meal preparation differences. The questionnaire was validated by experts, including a statistician and a grammarian, to ensure its reliability. Surveys were conducted in person on February 13, 2025, during the chefs' breaks to minimize disruption to their workflow. The study found that modern cooking techniques are more efficient and require greater skill than traditional methods. Modern techniques received a weighted mean score of 3.54, compared to 3.03 for traditional methods. In terms of flavor, texture, and presentation, modern methods also outperformed traditional ones, scoring between 3.31 and 3.44, while traditional methods scored between 3.12 and 3.24. Statistical analysis revealed significant differences in efficiency ($p = 0.00$) and skill ($p = 0.01$) between the two approaches; however, there were no significant differences in texture and presentation. Chefs identified several challenges, including the need to balance traditional and modern techniques, manage costs, and adapt to new trends, noting that modern methods often require specialized equipment and precise execution. This study revealed that modern cooking techniques provide greater efficiency and consistency, while traditional methods excel in maintaining authenticity, corroborating previous findings. However, given the study's limitation to a single restaurant, broader research is necessary to examine the impact of these techniques on customer satisfaction and nutritional outcomes. Future investigations should also consider the learning curves involved in mastering each method. Culinary education should aim to integrate both approaches to balance operational efficiency with the preservation of culinary traditions.

RECOMMENDED CITATION

Capatayan, M. R., Ornido, A., Sambayon, A., Ternal, C., & Tupas, J. R. (2025). Assessing the Effectiveness and Quality of Traditional Versus Modern Cooking Techniques. *Ascendens Asia Singapore – Bestlink College of the Philippines Journal of Multidisciplinary Research Abstracts*, 7(2), 122.