Supplementary table 1. For each treatment and temperature, coefficients an and b obtained for the exponential curve fit of data of hardness (N/mm) f(x) and time (min) (x).

Treatment	a	b	f(x) = a*exp(b*x)	R-squared	RMSE
ST (100°C)	153.7	-0.071	$f(x)$=153.7×e^(−0.071X)	0.875	19.6
WC (80°C)	142.3	-0.004	$f(x)$=142.3×e^(−0.004X)	0.093	17.6
WC (100°C)	151.4	-0.048	$f(x)$=151.4×e^(−0.048X)	0.824	17.4
BK (180°C)	145.1	-0.026	$f(x)$=145.1×e^(−0.026X)	0.567	19.8
BK (210°C)	137.3	-0.032	$f(x)$=137.3×e^(−0.032X)	0.545	24.2
MW (80%)	147.4	-0.226	$f(x)$=147.4×e^(−0.226X)	0.586	22.3
MW (100%)	158.1	-0.255	$f(x)$=158.1×e^(−0.255X)	0.636	23.9

Nomenclature used for cooking process: **ST (100°C)**, steaming at 100 °C; **WC (80°C)**, water cooking at 80 °C; **WC (100°C)**, water cooking at 100 °C; **BK (180°C)**, baking at 180 °C; **BK (210°C)**, baking at 210 °C; **MW (80%)**, microwaving at 600W; **MW (100%)**, microwaving at 750W.