

CHEF DE PARTIE

Leaner Guide

National Vocational
Certificate Level 3

Version 1 - May 2013

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Foreword

The National Vocational & Technical Training Commission (NAVTTTC) developed a National Skills Strategy (NSS) after extensive research and consultation with experts and stakeholders including policy makers and representatives from Industry, Academia and the Provincial Government departments dealing with technical and vocational training. The strategy aims at establishing a regime that facilitates competency-based and demand driven training and assessment.

NAVTTTC has developed competency-based training programs with the technical support of TVET Reform Support Programme (TVET-RSP), which is funded by the European Union, the Kingdom of the Netherlands, the Federal Republic of Germany and the Royal Norwegian Embassy. The Programme has been commissioned by the German Federal Ministry for Economic Cooperation and Development (BMZ) and is being implemented by the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH in close collaboration with NAVTTTC. These vocational training programs have been approved by the National Curriculum Review Committee (having representation from all over the country from TEVTAs and industry) for implementation in Public and Private Training institutions.

The purpose of developing competency-based training programs is to equip the learners with modern skills and knowledge for each of the trades to meet the requirements of local as well as international markets. These training programs include competency standards, qualification, curriculum, assessment material and teaching & learning material that will aid in implementation of competency-based and demand driven training in the country.

This Teaching and Learning Material is part of the competency based training program exclusively developed to support the implementation of CBT curricula. This Material is intended for the use of learners undertaking training in National Vocational Certificate Level-3 in Hospitality (Chef de Partie) under the guidance of experts and appropriate trainers. This Teaching and Learning Material has been designed in consultation with industry, academia and researchers to ensure that the material is relevant and current.

On behalf of the Federal Government/NAVTTTC, I wish to express my sincere appreciation and gratitude to all subject matter experts, industry representatives and TVET-RSP experts who have diligently contributed in producing this valuable Teaching and Learning Material.

Executive Director
National Vocational & Technical Training Commission
(NAVTTTC)

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Introduction

The purpose of the Hospitality Chef de Partie course is to engage young people with a programme of development that will provide them with the knowledge, skills and understanding to start this career in Pakistan. The course has been developed to address specific issues, such as the national, regional and local cultures, the manpower availability within the country, and meeting and exceeding the needs and expectations of their guests. Chef de Partie is responsible for running a section in a traditional kitchen. While specific duties vary depending on the type of establishment, the duties of Chef de Partie includes preparing, cooking and presenting complex dishes that involve several stages. Chef de Partie is also responsible for teams of cooks and trainees.

The National Vocational & Technical Training Commission (NAVTTTC) has developed a national qualification entitled “National Vocational Certificate Level-3 in Hospitality (Chef de Partie)”. Relevant industry and employers were consulted in the design and validation processes in order to come up with a national qualification that fulfills the requirements of the sector in general and the occupation in particular.

This Teaching and Learning Material (TLM) is developed based on competency standards and curriculum of the Chef de Partie national qualification. It carries a learning volume of 80 credits and includes fourteen learning modules, which are as under:

Module 1: Co-ordinate the operation of the kitchen section

Module 2: Supervise the kitchen section

Module 3: Maintain production of food

Module 4: Developing advanced skills in food preparation and cooking

Module 5: Prepare, cook and finish complex soups

Module 6: Prepare, cook and finish complex meat dishes

Module 7: Prepare, cook and finish complex poultry dishes

Module 8: Prepare, cook and finish complex fish and shellfish dishes

Module 9: Prepare, cook and finish fresh pasta and rice dishes

Module 10: Prepare, cook and finish complex vegetable dishes

Module 11: Prepare, cook and finish complex hot sauces

Module 12: Prepare, cook and finish dressings and cold sauces

Module 13: Prepare, cook and finish complex breads and dough products

Module 14: Prepare, cook and finish complex sweet dishes

This TLM provides support for more effective training and productive learning. Each of the learning modules contain learning outcomes and information regarding learning elements in the form of knowledge, skills and attitudes. At the end of every learning module are Frequently Asked Questions (FAQs) and Test Yourself which will help learners in self-assessment before proceeding to modular or final assessment.

MODULE 01: CO-ORDINATE THE OPERATION OF THE KITCHEN SECTION

Learning Outcomes

After completion of this learning module, you will be able to:

- Determine the current and future levels of bookings for the kitchen's food and beverage service outlet
- Determine the current and future levels of staffing, taking account of the rota, periods of annual leave and permanent changes in the team
- Evaluate the capacity of the kitchen to service the requirements of current and future levels of bookings for the kitchen's food and beverage service outlet
- Assemble team and deliver briefing about requirements, roles and responsibilities needed to complete the work of the shift
- Ensure wearing appropriate chef's uniform for team Determine tasks and duties for each associate
- Communicate the deliverables to each individual and check that they understand their role and responsibilities
- Monitor the achievement of allocated tasks throughout the shift
- Obtain details of daily and weekly requirements from function sheet and food outlet bookings
- Check current stock of food and other items available in the kitchen
- Prepare requisition sheet to obtain appropriate amounts of food and other items from store
- Check delivered inventory from store meet type, quality and quantity requirements
- Ensure that associates operate appropriate stock management system according to organizations procedures
- Ensure that associates meet the yield requirements for food and other items used in the preparation and cooking of dishes for the outlet
- Ensure that associates have all the required food, other ingredients, tools and equipment for the day's requirements
- Ensure that associates have checked food and other ingredients requirements based upon type, quality and quantity
- Advise the engineering department of any issues or problems with equipment, services or surroundings
- Support associates and help them adjust to and develop their roles and responsibilities
- Identify, agree and implement with associates ways to provide support each other's roles and responsibilities
- Agree with associates' appropriate methods of communication
- Use agreed methods of communication to share appropriate information and knowledge with associates
- Actively support associates throughout the shift
- Share feedback with associates on the effort of the team and how this can be improved
- Work with associates to deal with conflict constructively

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Learning Unit 01: FIND INVENTORY REQUIREMENTS AND ALLOCATE RESPONSIBILITIES DURING BRIEFINGS TO ASSOCIATE COOKS

Overview

In this learning unit you will learn about current and future levels of bookings, level of staffing, duty rota, annual leaves, kitchen capacity, team assembly, briefings to team, chef's uniform and allocation of duties

After completion of this learning unit you will be able to find the current and future requirements of food and beverage service outlet, manage team, and allocate responsibilities to associates.

Chef de partie

A chef de partie, station chef, or line cook, is a chef in charge of a particular area of production in a restaurant.

Kitchen Operation & Hierarchy [1]

A chef de Partie must understand the hierarchy and operations of commercial kitchen.

Commercial Kitchen Operations include:

- a) Production Operations
- b) Physical Infrastructure operations

1. Production Operations

It is mainly concerned with process of food production. Following elements are included:

1. Keep Track of Materials
2. Ingredients requirements
3. Scratch (Basic) Food & Modern Alternatives
4. Equipment & Utensils for Kitchen
5. Organizing Manpower
6. Staff Rotation & Scheduling

Kitchen

A kitchen is defined as a room used for food preparation and cooking purposes.

Production Operation

It is concept of commercial kitchen management concerned with designing and controlling the process of food production

Keep Track of Materials

An inventory helps keep track of ingredients as they move in and out of stock room.

There are two methods of checking the inventory:

- **Physical Inventory:** Typically conducted on a monthly, quarterly or yearly basis, a physical inventory is a count of all ingredients, equipment and utensils in the restaurant.
- **Perpetual Inventory:** This system keeps track of all materials entering and leaving restaurant on a daily basis, giving a record of how fast an inventory moves. Organize inventory with a good spreadsheet application like Excel. It allows regular updates and the ability to sort master list with ease. This makes inventory system more accurate and efficient.

Inventory

It is record of all food items required in Commercial Kitchen

Safety in kitchen

- Venting exhaust fans over cook tops and automatic fire suppression systems.
- Nonslip flooring around potentially damp areas and padded flooring near sinks and cook tops

Ingredients requirements

An ingredient is an edible substance that is used in making a dish or other food, in cooking; recipes specify which ingredients are used to prepare a specific dish. When choosing ingredients, keep convenience and consistency in mind to be able to serve dishes on time and at a consistent quality guests expect.

Scratch (Basic) Food & Modern Alternatives

Scratch cooking uses mainly raw ingredients. This method guarantees flavor but the availability of raw ingredients can cause inconsistency in taste. Additionally, preparation time is usually long. A good idea is to use modern scratch alternatives that are ready-to-use and not only deliver flavor but also cut down preparation time, wastage and expenses.

Equipment & Utensils for Kitchen

As you know that kitchen equipment are mainly comprised of Gas operated Equipment, Electric operated equipment, Cutting tools, Mixing tools, preparations tools and storing tools, thus using the right equipment rightly will benefit you in two ways i.e. reduction in maintenance cost and space management for kitchen operations.

Commercial kitchen layout

An efficient commercial kitchen layout requires additional electric and natural gas outlets at each station; floor drains near sinks and water supplies; and multiple sinks for food preparation, hand washing and utensil cleaning.

Organizing Manpower

Staffs are a valuable resource, so it is very important to maximize their potential for the productivity of restaurant. Here are three things to keep in mind when managing staff arrangement:

1. **The Right People for the Job:** Hiring the right people with the right skills makes kitchen more productive and efficient. Right choice are cooks & commis chef.
2. **Assign Responsibilities:** It is a responsibility of chef de partie to allocate job roles and responsibilities to commis chef, cook, kitchen assistants and dish washers for ensuring smooth and productive workflow.
3. **Ensure Work Safety:** Accidents in your kitchen disrupt the workflow and lower productivity. A safe kitchen not only ensures smooth kitchen operations but also makes staff feel more secure about their work environment.

Staff Rotation & Scheduling

Whether it's weekly or monthly, a well-prepared work schedule will keep workflow smooth and encourage workers. Divide the workload equally to ensure proper work balance amongst your associates without overloading any individuals. For staff rotation duty rota must be updated on weekly basis.

Duty Roster:

A duty roster was a schedule which assigned tasks, shifts (such as the night shift), and away missions to crew members. It was usually assembled by the first officer on starships and space stations.

Sample Kitchen Duty Roster

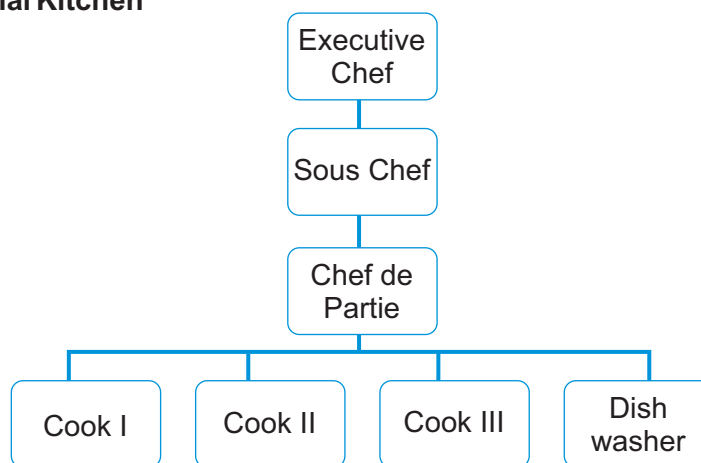
	Name	Task
Breakfast	Umer (Commis)	1. Food preparation for Omelet 2. Cooking of Omelet
Morning Tea		
Lunch		
Afternoon Tea		
Dinner		
Supper		

1. Physical Infrastructure Operations

The physical infrastructure in commercial kitchen is mainly comprise of:

- Commercial Kitchen Ventilation
- Exhaust Air and ventilation system
- Fire Fighting
- Commercial hood and duct systems

Hierarchy of Commercial Kitchen



Executive Chef: He or she is responsible for conceiving menu ideas, creating recipes, establishing standards, controlling costs and performing many administrative tasks. Due to all these responsibilities, they do very little actual cooking.

Executive Chef

The top of the kitchen management structure

Sous Chef: The Sous Chef is the second in charge. He or she is the hands on person; they do all the day to day management of the kitchen, are almost always in the kitchen and spend very little time in the office. The Sous Chef's role as expeditor is to be the last checkpoint between kitchen and customer, ensuring that the restaurants high standard of food and timely delivery is being made.

Chef de Partie: Chef in charge of a certain section such as grill or sauté.

Commis Chef (Cook): These are the junior staff in the kitchen yet do most of the cooking work.

Current and future levels of staffing [2]

Staff requirements are critical to production operations in any commercial kitchen. A correct staff plan will increase efficiency of kitchen staff while incorrect planning will lead to poor performance and guest complaints.

Staffing Plan

The purpose of the staffing plan is to make certain the Kitchen has sufficient staff with the right skills and experience to ensure a successful Kitchen completion.

Procedure of Staffing

The procedure of Staffing includes Activity, role, responsibility, skills required, number of staff required, the expected start time, and duration required as shown below :

Activity	Role	Responsibility	Skill Required	No of Staff Required	Estimated Start time	Duration required
Requisition	Request documentation & filling	Umer (Cook I)	Documentation	1	5:50 PM	1 Hr

Planning

It is the process of thinking about and organizing the activities required to achieve a desired goal

To complete this table following elements must be kept in mind for each element:

- List of activities in Kitchen which depends upon food production order from the booking of food outlet**
 - Requisition
 - Raw food storage
 - Supplies of raw material to kitchen
 - Documentation of supplies to kitchen from store
 - Preparing food
 - Method of preparation
 - Tools for preparation
 - Tools for cooking
 - Tools for finishing
 - Tools for presentation and serving food

2. Roles

- Request documentation & filling
- Record keeping
- Food handling
- Cutting
- Cooking
- Cleaning
- Garnishing
- Serving

3. Responsibility

- Assign responsibility to the specific associate

4. Skills Required

- Handling of tools & equipment
- Handling of Raw Material
- Handling of Prepared food

Online food order

Food ordering is a process of ordering food from a local restaurant or food cooperative through application.

Work Capabilities of Associates in Kitchen

As a chef de partie, you ensure that commis chefs and cooks typically do the following:

- Check the freshness of food and ingredients
- Supervise and coordinate activities of cooks and other food preparation workers
- Ensure the quality of meals
- Inspect supplies, equipment, and work areas for cleanliness and functionality
- Maintain an inventory of food and supplies
- Monitor sanitation practices and follow kitchen safety standards

Capacity of the Kitchen to Service the Requirements of Booking [3]

To asserting bookings, following elements must be kept in mind:

- The Kitchen will confirm reservation by order from food and beverage section.
- Standard holding time for a kitchen order is 15 to 25 minutes. So if there are any delays, service outlet team must be informed in time
- Manage all requisition according to the daily production
- Manage all requisition of Welcome drinks

To assess the kitchen capacity and meet guest expectations, four elements shall be checked on daily basis:

- Daily Event Sheet
- Regular and ala cart menu
- Cost report
- Weekly consumption report

Problems that a Restaurants face

- Budget Problem
- Menu Issues
- Ineffective Inventory Management
- Uneducated Staff
- Absence of Supervisor
- Accounting Concerns
- Marketing Deficiency
- Customer Service

Daily Event Sheet

Date: _____

Day: _____

Table count	Event	Total No of persons	Arrival time	Leaving time	Status
01	Birthday	15	1300 Hrs	1500 Hrs	Done

To complete this table following elements must be kept in mind for each element:

- Event type and the food ordered in respective event
- Timing of the event
- Quantity of the food ordered

Regular and a la carte menu

Menus vary in length and detail depending on the type of restaurant. The simplest hand-held menus are printed on a single sheet of paper, though menus with multiple pages or "views" are common. While some restaurants may use a single menu as the sole way of communicating information about menu items to customers, in other cases, the meal menu is supplemented with ancillary menus, such as:

- An appetizer section (nachos, chips and salsa, vegetables and dip, etc.)
- A Hot and cold drinks section
- Main course section
- Dessert section

Cost report

Monthly food costs are determined by taking a monthly physical inventory of food stock, evaluating the inventory, and then adjusting the valuation to more accurately reflect the cost of food consumed.

The basic formula to determine the cost of food in a month is:

cost of food = opening inventory + purchases – closing inventory

The food cost report often compares the current month's results with the food cost percentage of the previous month or the cost percentage of the same month a year ago.

Example:

Date	Food Costs	Food Sales	Food Cost Percentage
Last month	Rs. 8000	Rs. 32 000	25.0%
Previous month	Rs. 8500	Rs. 30 000	28.3%
Same month last year	Rs. 9500	Rs. 31 000	30.6%

Weekly consumption report

Food costs can be further analyzed by investigating the costs and percentage of total food cost of individual categories of food items consumed.

A sample consumption report:

Day 1				
Item	Quantity Ordered	Quantity Received	Cost	% of Total Cost
Meat	20 kg	20 kg	Rs. 874	27.1%
Fish	1 kg	1 kg	Rs. 264	8.2%
Poultry	2 kg	2 kg	Rs. 390	12.1%
Dairy	10 ltr	9 ltr	Rs. 532	16.5%
Eggs	24 Nos	24 Nos	Rs. 203	6.3%
Bakery	2 packs	2 packs	Rs. 384	11.0%
Dry goods	2 kg	2 kg	Rs. 490	15.2%
Beverages	1 rack	1 rack	Rs. 87	2.7%
Total cost	-	-	Rs. 3227	100%
Total sales	-	-	Rs. 9143	-
Food cost %	-	-	35.3%	-

Job Specification [4]

In general, a chef de partie performs following duties and tasks:

1. Takes care of daily food preparation and duties assigned through the superiors to meet the standard and the quality set by the Restaurant
2. Follows the instructions and recommendations from the immediate superiors to complete the daily tasks
3. Coordinates daily tasks with the Sous Chef
4. Responsible to supervise junior chefs or commis
5. Able to estimate the daily production needs and checking the quality of raw and cooked food products to ensure that standards are met
6. Ensure that the production, preparation and presentation of food are of the highest quality at all times.
7. Ensure highest levels of guest satisfaction, quality, operating and food costs on an ongoing basis.
8. Knowledge of all standard procedures and policies pertaining to food preparation, receiving, storage and sanitation
9. Full awareness of all menu items, their recipes, methods of production and presentation standards
10. Follows good preservation standards for proper handling of all food products at right temperature
11. Operate and maintain all department equipment and reporting of malfunctioning.
12. Ensure effective communication between staff by maintaining a secure and friendly working environment.
13. Establishing and maintaining effective inter-departmental working relationships.
Have excellent knowledge into menu creation.

14. Have excellent knowledge into menu creation, whilst maintaining quality and controlling costs in a volume food business.
15. Personally responsible for hygiene, safety and correct use of equipment and utensils
16. Ability to produce own work in accordance with a deadline and to assist and encourage others in achieving this aim
17. Checks periodically expiry dates and proper storage of food items in the section
18. Consults daily with Sous Chef and Executive chef on the daily requirements, functions and also about any last minute events
19. Guides and trains the subordinates on a daily basis to ensure high motivation and economical working environment.
20. Should be able to set example to others for personal hygiene and cleanliness on and off duty
21. Daily feedback collection and reporting of issues as they arise.

Learning Unit 02: MANAGE REQUISITION REQUIREMENTS FOR KITCHEN SECTION

Overview

In this learning unit you will learn about obtaining details from function sheet and booking, checking stock, requisitions process, and yield calculations.

After completion of this learning unit you will be able to prepare requisition sheet, manage inventory & control, find out yield calculations and ensure associate operate stock management system.

Incoming Inventory

When receiving procedures are carefully performed, mistakes that could cost the restaurant time and money are avoided

Requirements of Restaurant Business [1]

Inventory

A key component in effective kitchen management is inventory control. An inventory is everything that is found within Kitchen.

To obtain inventory, a Chef de Partie shall complete:

- Requisitions
- Procurement
- Special requirements

Requisitions

To control inventory and to determine daily menu costs in a larger operation, it is necessary to set up a requisition procedure where anything transferred from storage to the kitchen is done by a request in writing.

The requisition form should include the name and quantity of the items needed by the kitchen. These forms often have space for the storeroom clerk or whoever handles the storeroom inventory to enter the unit price and total cost of each requested item.

In an efficiently run operation, separate requisition forms should be used by serving personnel to replace table supplies such as sugar, salt, and pepper.

Invoice

An invoice shows the quantity, price per kilogram or unit, and, in some cases, the complete extension of the cost chargeable

Example:

Date: _____
Department: Food Service

Quantity	Description	Unit Cost	Total Cost
10 cans	Kernel corn		
25 kg	Sugar		
20 kg	Ground beef		
6 each	Carrot		

Charge to: Catering Dept.

Chef

Quotation

For procurement of goods and services that warrants a competitive process justify an written tender exercise, quotations are usually invited from a selected number of suppliers/service providers

Inventory Summary Chart

Item: Canned Peaches Reorder point: 10 Cans				Purchase unit size: 500 ml Par stock: 15 Cans			
	In	Out	Balance		In	Out	Balance
Date	Carried forward 15			Date	Carried forward: --		
6/16		3	12				
6/17	6		18				
6/18		3	15				

Steps of the Procurement Cycle

Management in any Kitchen must understand the art of obtaining products and services. The procurement cycle follows specific steps for identifying a requirement or need of the kitchen through the final step of the award of the product or contract.

Step 1: Need Recognition

The Kitchen staff must know it needs a new product, whether from internal or external sources. The product may be one that needs to be reordered, or it may be a new item for the Kitchen.

Step 2: Specific Need

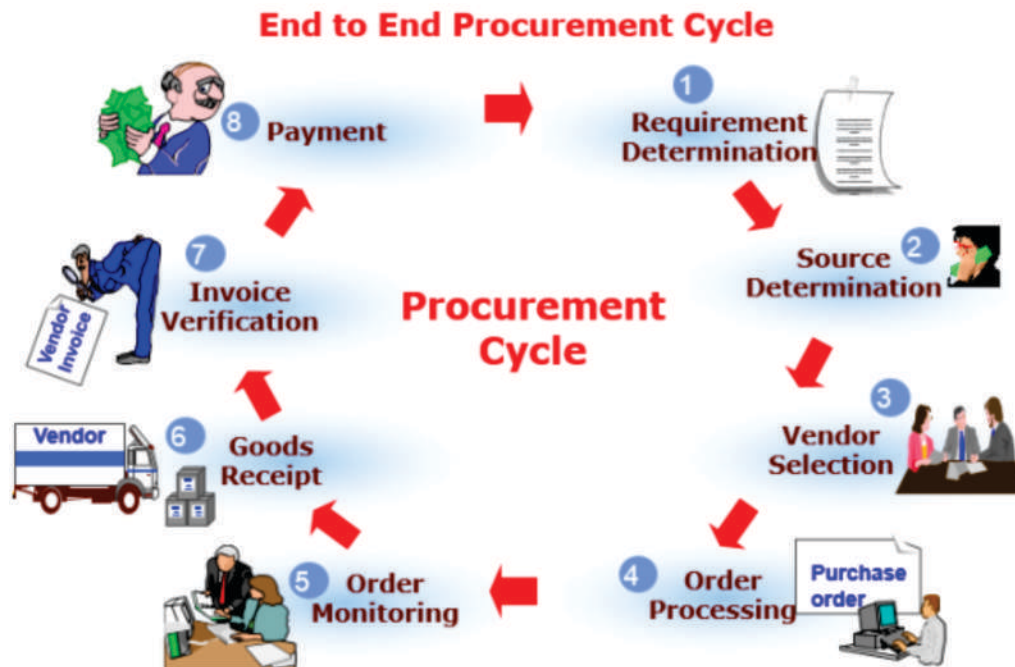
The right product is critical for the Kitchen. Some Kitchen has standards to help determine specifications. Part numbers help identify these for some kitchens.

Step 3: Source Options

The Kitchen needs to determine where to obtain the product. The Kitchen might have an approved vendor list. If not, the Kitchen will need to search for a supplier using purchase orders or research a variety of other sources such as magazines, the Internet or sales representatives. The Kitchen will qualify the suppliers to determine the best product for the Kitchen.

Step 4: Price and Terms

The Kitchen will investigate all relevant information to determine the best price and terms for the product. This will depend on if the Kitchen needs commodities (readily available products) or specialized materials. Usually the Kitchen will look into three vendors and quotations before it makes a final decision.

**Step 5: Purchase Order**

The purchase order is used to buy materials between a buyer and seller. It specifically defines the price, specifications and terms and conditions of the product or service and any additional obligations.

Step 6: Delivery

The purchase order must be delivered, usually by fax, mail, personally, email or other electronic means. Sometimes the specific delivery method is specified in the purchasing documents. The recipient then acknowledges receipt of the purchase order. Both parties keep a copy on file.

Step 7: Expediting

Expedition of the purchase order addresses the timeliness of the service or materials delivered. It becomes especially important if there are any delays. The issues most often noted include payment dates, delivery times and work completion.

Step 8: Receipt and Inspection of Purchases

Once the sending Kitchen delivers the product, the recipient accepts or rejects the items. Acceptance of the items obligates the Kitchen to pay for them.

Step 9: Invoice Approval and Payment

Three documents must match when an invoice requests payment - the invoice itself, the receiving document and the original purchase order.

Step 10: Record Maintenance

In the case of audits, the Kitchen must maintain proper records. These include purchase records to verify any tax information and purchase orders to confirm warranty information. Purchase records reference future purchases as well.

Table Reservation

A table reservation is an arrangement made in advance to have a table available at a restaurant

In case of special bookings, special requirements

- Preparing, cooking and presenting dishes within for special booking
- Helping demi-chef de parties or commis working with you
- Helping the sous chef and head chef to present dishes according to menus
- Ensure adequacy of supplies at the cooking stations
- Prepare ingredients that should be frequently available (vegetables, spices etc.)
- Put effort in optimizing the cooking process with attention to speed and quality
- Ensuring you and your team have high standards of food hygiene and follow the rules of health and safety
- Monitoring portion and waste control to maintain profit margins

Yield Management [2]

Profit margins

The amount by which revenue from sales exceeds costs in a business

Yield in culinary terms refers to how much you will have of a finished or processed food. In order to do accurate costing, yield testing must be carried out on all ingredients and recipes. You must always consider the losses and waste involved in preparation and cooking. There is always a value that is attached to vegetable peel, meat and fish trim, and packaging like brines and syrups.

The procedure for testing for yields

1. Record the original weight/volume of your item. This is your raw weight or **as purchased (AP) weight**.

- A) Whole tenderloin – 2.5 kg
- B) Whole sockeye salmon – 7.75 kg
- C) Canned tuna flakes in brine – 750 mL

Yield Management

It is a variable pricing strategy, based on understanding, anticipating and influencing consumer behavior in order to maximize revenue

2. Process your product accordingly, measure and record the waste or trim weight.

- A) Tenderloin fat, sinew, chain, etc. – 750 g tenderloin trim
- B) Salmon head, bones, skin, etc. – 2.75 kg salmon trim
- C) Brine – 300 mL canned tuna waste

3. Subtract the amount of trim weight from the AP weight and you will have what is referred to as your processed or **edible product (EP) weight**. The formula is: AP weight – waste = EP weight.

- A) 2500 g – 750 g = 1750 g processed tenderloin
- B) 7750 g – 2750 g = 5000 g processed salmon
- C) 750 mL – 300 mL = 400 mL processed canned tuna

4. Get your yield percentage by converting the edible product weight into a percentage. The formula is EP weight ÷ AP weight x 100 = yield %.

- A) $(1750 \div 2500) \times 100 = 70\%$ for the tenderloin

- B) $(5000 \div 7750) \times 100 = 64.51\%$ for the salmon
 C) $(400 \div 750) \times 100 = 53.33\%$ for the canned tuna

AP weight

As purchased (AP)
weight

Yield percentage is important because it tells you several things: how much usable product you will have after processing; how much raw product to actually order; and the actual cost of the product per dollar spent.

Using Yield to Calculate Food Costs

Once you have your yield percentage, you can translate this information into monetary units. Considering the losses incurred from trimmings and waste, your actual cost for your processed ingredient has gone up from what you originally paid, which was your raw cost or AP cost. These calculations will provide you with your processed cost or EP cost.

The procedure for determining EP cost

1. Record the AP cost, what you paid for the item:

- A) Whole tenderloin – Rs 23.00/kg
 B) Whole sockeye salmon – Rs5.00/kg
 C) Canned tuna flakes in brine – Rs 5.50/750 mL can

2. Obtain your factor. This factor converts all your calculations into percentages. The formula is:

- $100 \div \text{yield \%} = \text{factor}$
 A) $100 \div 70 \text{ tenderloin} = 1.42$
 B) $100 \div 64.51 \text{ salmon} = 1.55$
 C) $100 \div 53.33 \text{ canned tuna} = 1.875$

EP Weight Formula

EP weight=
AP weight –waste

3) Once the factor has been determined, it is now an easy process to determine your EP cost. The formula is:

factor x as purchased cost per (unit) = edible product cost per (unit)

- A) Tenderloin $\text{Rs}23.00 \times 1.42 = \text{Rs}32.66/\text{kg}$
 B) Salmon $\text{Rs}5.00 \times 1.55 = \text{Rs}7.75/\text{kg}$
 C) Canned tuna $\text{Rs}5.50 \times 1.875 = \text{Rs}10.78/750 \text{ mL}$

Portion Control

Portion control is understanding how much a serving size of food

There could be a considerable difference in costs between the raw product and the processed product, which is why it is important to go through all these steps. Once the EP cost is determined, the menu price can be set.

The portion cost is determined by multiplying the cost of a usable kg by the portion size.

That is,

portion cost = portion size x cost of usable kg

Using the correct units is very important. The portion size should be converted into kilograms as the cost per usable kg has been found.

Portion size equation

portion cost = portion size x cost of usable kg
= 0.250 kg x Rs21.78/kg
= Rs5.44

Cost Factor

Cost factor per kg
= cost per usable kg
/original cost per kg

Cost factor: If the price of meat loin changes, the monetary values entered on the meat cutting yield sheet become invalid. The cost factor will probably not change drastically but the wholesale cost of purchasing the meat might. The cost factor per kilogram is determined by dividing the cost per usable kg by the original cost per kilogram

Finding the cost of usable kg if wholesale cost changes

new cost of usable kg = cost factor per kg x new wholesale cost

For example, if the cost of meat loin should rise to Rs130.0 a kilogram from the Rs121.4 per kilogram given on the cutting yield test sheet, the new cost per usable kg can be quickly calculated:

new cost of usable kg = cost factor per kg x new wholesale cost

Cost factor per portion equation

The cost factor per portion is found by multiplying the portion size by the cost factor per kilogram.

cost factor per portion = portion size x cost factor per kg

The cost factor per portion is important because it can be used to find the cost per portion from the wholesale cost of meat. This is done by multiplying the two quantities.

new portion cost = cost factor per portion x new wholesale cost

The cost factor per kilogram and the cost factor per portion are the most important entries on a meat cutting yield test as they can be used to adjust to changing wholesale costs.

Learning Unit 03: **MANAGE FOOD AVAILABILITY AND PREPARE THE KITCHEN SECTION FOR COOKING**

Overview

In the learning unit, you will learn about food / ingredients types and quality and identification of problems with equipment & service.

After completion of this learning unit, you will be able to check food and other items to meet outlet requirements, ensure associates have checked and obtained food and other ingredients and advice engineering department for problems with equipments.

Duties of a Food Manager

Food managers complete the daily responsibilities related to maintaining and keeping up an eating establishment..

Food/ingredients, Recipes/Menus Planning [1]

Menu

Before the restaurant even begins operations, the Chef de Cuisine would plan the menu in consultation with the owner/general manager and the restaurant manager. In addition to other concerns such as marketability, inventory, equipment, portioning, plating design etc., one of the aspects that the Chef would have to consider is the prep and finishing time for each menu item.

Quality and Quantity assurance

A standardized recipe must have the specific quantity and quality of ingredients. Chef de Partie ensures a consistent quality and yield every time when the procedures, equipment and ingredients are used.

Preparation of work

Before the service starts, the kitchen staff would do as much of the cutting, dicing, slicing, peeling, arranging, organizing, defrosting, tenderizing etc. as possible.

Menu

A **menu** may be à la carte –which guests use to choose from a list of options –or table d'hôte, in which case a pre-established sequence of courses is served



(Preparation Works Arrangement)

To ensure you are preparing quality meals, follow the five step process or the PROUD Way. Using the PROUD acronym can help you easily remember each of the five steps.

- **P** stands for **plan** food production for just-in-time service;
- **R** stands for **review** the quality score card and the standardized recipe;
- **O** stands for **organize** equipment and recipe ingredients;
- **U** stands for **use** the right culinary technique; and finally,
- **D** stands for **deliver** a quality product

Checking the Day Requirements [2]

Daily Inventory

Checking and managing food, ingredients, tools and equipment for the day's requirements

Check that associates have all the required food, other ingredients (including of the right quality and quantity), together with tools and equipment for the day's requirements, including observing preparation by associates, asking questions to confirm understanding

Prep is an essential part of everyday life in the kitchen.

A properly prepped station is the foundation upon which a successful service period is built.

Standardized prep sheet

Using a standardized prep sheet for each station will accomplish the following:

- standardize par levels for slow & busy shifts
- provide cooks with an "at a glance" list of mise en place needed for their station
- if organized properly, a prep list can also work as a shorthand recipe, telling cooks the ingredients which go into each dish
- makes it easy for someone else to step in and help prep a station
- makes it easy for someone else to take over a station if the assigned cook has to leave (sick, emergency, etc)

Preparation lists

The list produce which includes all day requirements of food & ingredients for a single day preparation

- it is quicker to fill out than hand writing a prep list
- it ensures that nothing will be forgotten (if you don't see it you often don't think to prep it)
- it makes it easier for the Chef or Lead Line Cook to hold staff accountable for the prep in their station

Mise en place

Means putting in place" or "everything in its place"

The Kitchen Prep Sheet features one column for prep items with an indent for the sub-ingredients of a recipe. It has columns for 7 days worth of prep, and separate par levels for slower -vs- busier days.

Equipment Maintenance [3]

Checking the problems with equipment, services or surroundings, including equipment not working, gas or water at low pressure, chipped floor or wall tiles.

Maintenance Problems in Commercial Kitchen Equipment

Problems with the operation of kitchen equipment should be reported to the concerned department.

Electrically operated equipment problems:

- Tripping of miniature circuit breakers because of wrong selection in terms of capacity, short-circuit etc.
- Overloading of circuit by using high rated kitchen equipment
- Failure of insulation of PVC wires due to overheating of circuit or continuous use of electrical equipment
- Short-circuit of air heaters being used in hot cases and service counters owing to continuous usage
- Burning of immersion heaters of bainmarie owing to unavailability of sufficient water in the bainmarie
- Short-circuit of electrical wiring by putting water on electrical switches while cleaning the kitchen during night hours by unskilled worker
- Damaging the immersion heaters or tea/coffee boilers and milk boilers by not monitoring the quantity of water in tea boiler and that of milk in milk boiler

Electrically safety

Don't try to repair an appliance when it is still plugged in

itchen safety

Make sure you thoroughly clean your oven and grill— a buildup of fat and grease is a major cause of fires

Smoke Detector

Make sure you have a working smoke detector in case something does go wrong

Don't try!

Don't try to repair an appliance when it is still plugged in

LPG operated equipment problems:

- The supply of LPG in the cooking ranges should be constant and maintained properly or else it may eventually lead to fire in kitchen
- LPG operated equipment have burners which should be cleaned regularly to avoid mishap
- The oil, ghee used for cooking should be handled properly or else spillage over LPG operated equipment can lead to fire
- The hoods over the ranges should have filters to control oil and grease, otherwise the smoke carried along with oil and grease shall cause problems of fire in exhaust chimney

Water operated equipment problems:

- Dish washing machines need both electricity and water. As water mixed with chemical is used for cleaning the plates, glasses, etc, proper care should be taken to handle the same to avoid any mishap
- The water used in pot wash and dish wash sinks should be disposed-off properly or else drainage problems may arise
- Open channel drainage is recommended in commercial kitchen as pipe drainage is always found choked owing to spoon, forks and bones of food items going in drain pipe either by mistake or mishandling by unskilled kitchen staff
- The commercial kitchens are cleaned with hot water/steam during night hours. Proper care should be taken to ensure that the water used for cleaning of tiles, wall stones, floor stone etc doesn't get into the electrical equipment. This practice will assure that the equipment lasts longer

Receiving daily report

As part of the receiving function the receiving clerk needs to prepare a receiving clerk's daily report

Food Storage objectives are

- Protect inventory from theft.
- Food inventory should be stored in an organized manner in a clean area.
- The storage system should let management know what is on hand.
- The system should minimize spoilage and waste.

Common problems:

- Electricity, water, LPG and coal is normally used in operating kitchen equipment, as a result it becomes essential that these items are handled properly to avoid fire
- Refrigerators, deep freezers and cold storage should be maintained at the desired temperature. This would not only help save on costs but also the food items stored in them
- Preventive maintenance (on monthly basis) of electrical panels and distribution boards is required to be done for keeping the system healthy against any short circuit/overheating of feeders circuits
- The exhaust hood should be cleaned periodically (at least once in a month) to avoid any mishap of fire



Steps and Method of Receiving Inventory of foods for daily production in kitchen

The receiving function takes when food and sundry products ordered arrives at the foodservice location and is received by an assigned employee for transfer to the kitchen (direct purchases) or storage (storage purchases).

Functions of receiving

The functions of receiving, at the foodservice location, products ordered from the purveyor is broken down into six components:

- Verify the quantities and price of products received to the purchase order and purveyor's invoice
- Verify products to written specifications.
- Process the necessary paperwork and transfer it to stores and accounting

- Communicate non-shipment of products ordered to purchase order clerk
- Physically move goods into kitchen and stores.

Receiving essentials

The essentials for effective receiving are:

- Personnel handling the receiving function need to be a responsible employee with a thorough knowledge of the food used by the foodservice organization.
- The facilities and equipment need to be sufficient, including:
 - (1) an adequate receiving area,
 - (2) accurate scales that are large enough to handle all receipts (some models can produce printouts) and
 - (3) necessary dollies and hand trucks to handle heavy and bulky items.
- The receiving clerk needs a working knowledge of product specifications; a written copy should be on hand.
- The receiving area should be sanitary and easy to keep clean
- Supervisors should make periodic checks and audits of the receiving function and provide for the rotation of receiving personnel
- Schedule the receiving hours for when deliveries are scheduled to come; the receiving clerk should be ready to process receipts.

Inventory

Raw material from the time of its receipt at Kitchen for producing and cooking purposes to the time it is sold

Store room

Place where store all the raw material

How to store goods

Store goods 6 to 10 inches above floor and 2 inches from wall

Steps and methods of Food Storage Management, Issuing, and different food Inventory Control

The broad management objective in this area is to have require foods and goods on hand as needed, to maintain inventory records of what is on hand and to keep inventory balances as low as is operationally feasible.

The Storeroom (Dry Storage)

The dry storage room should have the following characteristics:

- There should be adequate space. The storeroom should be designed to handle the foodservice operations needs. Care should be taken the space is not too large as there may be a tendency to fill empty area. The space requirements should be based on the menu and frequency of deliveries. The general formula is 0.5 sq. feet per meal served or food requirements for two weeks
- The storeroom should be located reasonably close to the receiving and food production areas.
- Access to storeroom should be limited to storeroom personnel and management.
- Temperature, humidity and lighting considerations should be built in to the storeroom:

FIFO

a method for organizing and manipulating a data buffer, where the oldest (first) entry, or 'head' of the queue, is processed first

1. Since high temperatures can accelerate dry foods spoilage of temperatures need to be maintained in the 60 to 70 degrees F. range; 50 degrees is better
 2. Maintain humidity to 50 to 60 percent.
 3. Provide for air circulation, changing room air volume four times per hour.
 4. Limit sunlight to prevent susceptible goods from spoiling; however maintain adequate light of 2 to 3 watts per sq. foot
- Arrange shelving and arrangement of contents with the following characteristics:
 1. Required that goods be out of cartons.
 2. Shelves should be adjustable and made of wood or metal.
 3. Shelves should be no higher than 7.5 feet.
 4. Bulk goods can be store on pallets 6 to 7 inches off the floor.
 5. Keep goods off the walls and floor to facilitate circulation and cleaning; also prevents moisture absorption.
 6. Store goods in an organized manner; use a numbering system
 7. Store goods to facilitate finding items and taking inventory.
 8. Use the "FIFO system; provide for rotation; utilize date stamps.
 - Protection from food products from vermin and insect:
 1. Seal the room as tightly as possible.
 2. Clean and spray on regular basis.
 3. Leave no trash in the storage area.
 4. Bulk cereals and other susceptible goods should be in tightly closed metal or plastic containers; keep labeled and on rollers.
 - In summary management should strive for the following:
 1. A thermometer in storeroom to warn of high temperatures.
 2. Maintain control of access to storeroom.
 3. Date mark goods and rotate them on a "FIFO." basis.
 4. Assign adequate space for each class of goods.
 5. Keep the storeroom clean and spray on regular basis.
 6. Keep clear glass goods out of sunlight.
 7. Bulk goods should be kept in plastic containers, sealed tight and off the floor on rollers.

Issuing

The issuing function is the process of supplying food from storage area to the kitchen for production; it also entails the keeping records and costs information on issues. Costing information can be accomplished by means of perpetual inventory records or periodic versus physical inventories.

Computerized issuing

A number of the large chain restaurants now used integrated computerized systems to control the flow of food with the restaurant. Computerized issuing consists of the following steps:

- Meal forecasts are developed for each day of operation.
- Computerized standard recipes are maintained for all menu items.
- Meal forecasts and computerized standardized recipes are processed by the system to produce a computer generate requisition.
- Kitchen personnel review the computer-generated requisition and the final requisition is sent to stores for processing.
- After the requisition is processed, with the food issued to the kitchen, the computer inventory records are updated.

Inventory control

Inventory control is an important component in the management of a food service organization. The basic objectives of the food control function are:

- Keep inventory investment as low as practical consistent with good operations.
- Provide security over the food inventory, protection it from spoilage and minimize shrinkage.
- Highlight variances between calculated and actual balances of specific goods on hand.
- Compute inventory values for financial statement purposes.
- Provide usage figures for various food items.
- Identify slow moving items.
- Identify items that are down to reorder points.

Learning Unit 04: DEVELOP PRODUCTIVE WORKING RELATIONSHIPS WITH KITCHEN ASSOCIATES

Overview

In this learning unit, you will learn about supporting associate, identifying agreed methods of communication, and dealing of conflicts.

After completion of this learning unit, you will be able to support associate during shift, share appropriate information and feedback to handle problems.

Hostile work environment

A hostile work environment is one in which there is discrimination and harassment of employees based on different reasons

Support Associate [1]

Mutual respect between individuals with productive work relationships allows co-workers to listen to input from one another when working together to find the best solutions. A person with good work relationships tends to communicate in an open and honest manner.

To create productive work relationships, an individual must develop good people skills, such as effective communication. A person must schedule time to build relationships after identifying what is crucial to growing such relationships.

Positive work environment

Covers open communication channels between employees and supervisors, a focus on compensating employees & flexibility for a smooth work flow

Important Qualities for Food Preparation Workers

- Food preparation workers chop vegetables, cut meat, and perform many other tasks with sharp knives. They must have the ability to work quickly and safely with sharp objects.
- Food preparation workers must understand customers' orders and follow directions from cooks, chefs, or food service managers.
- Food preparation workers stand on their feet for long periods while they prepare food, clean work areas, or lift heavy pots from the stove.
- Food preparation workers should be strong enough to lift and carry heavy food supply boxes, which often can weigh up to 50 pounds

Importance of Good Communications [2]

Effective communication is an important life skill that enables us to better understand and connect with the people around us. It allows us to:

- build respect and trust,
- resolve differences and
- foster environments where problem solving, caring, affection and creative ideas can thrive

Supporting Work Relationships [3]

Empower employees

Empower employees by giving them flexibility, encouraging communication, presenting challenging situations, rewarding success and by example

Actively supporting the team as they prepare the section for food preparation and cooking, including providing direct support (helping with preparation), indirect support (asking other associates to help)

How to Build Supportive Work Relationships in Kitchen

Develop Skills of Your People

Good relationships start with good people skills. "soft skills" such as collaboration, communication and conflict resolution.

Identify Your Relationship Needs

Look at your own relationship needs. Do you know what you need from others? And do you know what they need from you? Understanding these needs can be instrumental in building better relationships.

Unfair treatment

Unfair treatment in the workplace refers to differences in the ways in which workers are treated, either by colleagues or supervisors

Schedule Time to Build Relationships

Devote a portion of your day toward relationship building, even if it's just 20 minutes, perhaps broken up into five-minute segments. These little interactions help build the foundation of a good relationship, especially if they're face-to-face.

Focus on Your Emotional Intelligence (EI)

Among other things, this is your ability to recognize your own emotions, and clearly understand what they're telling you. High EI also helps you to understand the emotions and needs of others.

Appreciate Others

Show your appreciation whenever someone helps you. Everyone, from your boss to the office cleaner, wants to feel that their work is appreciated. So, genuinely compliment the people around you when they do something well. This will open the door to great work relationships.

Body Language

Negative and positive body language comes across in any language and in any circumstances

Be Positive

Positivity is attractive and contagious, and it will help strengthen your relationships with your colleagues. No one wants to be around someone who's negative all the time.

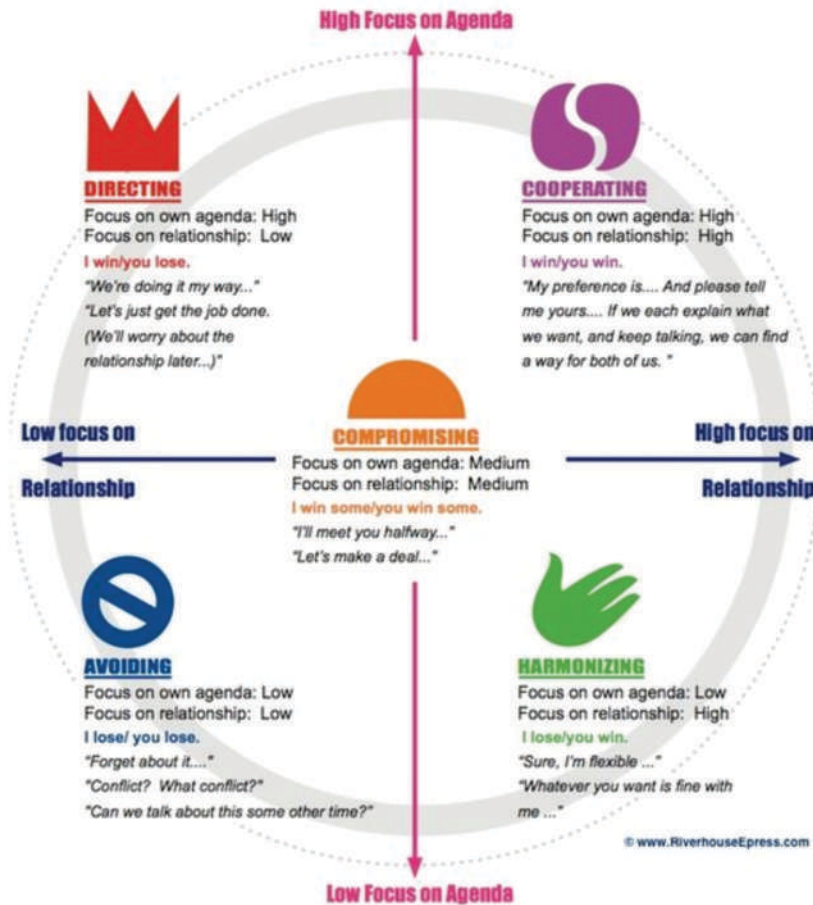
Listen Actively

Practice active listening when you talk to your customers and colleagues. People respond to those who truly listen to what they have to say. Focus on listening more than you talk, and you'll quickly become known as someone who can be trusted.

Conflict Management [4]

When two or more people come together at the workplace, they bring with them different ideas and perspectives. These differences may lead to conflict and problems in communication and understanding. These differences can be explained by cultural and world views that are developed by the individual over a lifetime.

Five Styles of Responding to Conflict



Emotional Intelligence

The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically

Conflict Management

It is the process of limiting the negative aspects of conflict while increasing the positive aspects of conflict

Five styles to respond conflict

Show Respect

Showing respect for somebody is not difficult. If you treat people how you would like to be treated, respectful communication will come naturally. Here are some additional guidelines to maintain respectful relationships:

- Acknowledge other people's presence with a "hello" or a smile even when you do not need to speak with them

Language Tone

A quality, feeling, or attitude expressed by the words that someone uses in speaking or writing

- Remember their names
- Listen when they speak
- Do not intimidate them or make them feel uncomfortable
- Show honesty and consistency
- Show agreement when possible
- Say thank you often
- Offer your help
- Ask advice
- Avoid status battles

Steps to Develop Communication Skills [5]

Body Language

The conscious and unconscious movements and postures by which attitudes and feelings are communicated

Step 1: Establish Trust

Some people naturally distrust other people, instead, continue being cordial and ethical and hope that your professionalism and consistency eventually wins them over – assuming you want to win them over. There are some you may not want as clients or even associates.

Step 2: Speak Clearly and Concisely

Speaking clearly can sometimes be a problem since not everyone actually takes the time to improve in diction or word usage.

Communication Skills

The ability to convey or share ideas and feelings effectively

Step 3: Recognize Problems in Communication

What are some of the most common barriers in effective communication? For starters, there is language, or word usage. One cannot always assume that what sounds benevolent to you would strike others the same way.

Step 4: Use of Tone and Body Language

Make sure that you use a friendly and welcoming posture, with open arms and a smile. Don't let emotion overpower good judgment. In fact, the misreading of body language and tone of voice is one of the most common problems in the breakdown of communication.

Step 5: Never Assume Anything

Assumptions are another common problem, whether they are self-fulfilled assumptions or merely assuming that others see things in the exact same way that you do.

Step 6: Recognize Communication Issues Caused by Technology

With the advent of new technologies also come new technology-related barriers in communication. Sometimes messages can be misunderstood because of cell phone static.

Step 7: Learn How to Talk Business

The more effective you can be with your communication the more successful you will be – personally and professionally.

Description	Supervisor Checklist
Purpose	To understand the cooking methods of Supervisor Checklist
Daily Closing routine	Day 1
Item Opening routine	
5 minute pre service with all cooks	
Sanitizer in place & change as needed	
Station cleaned and ready for start shift	
Service Routine	
Customer line of sight is cleaned	
Check freshness & Garnishes every 15 minutes	
Replace utensils frequently -	
Refresh salads into new platters as needed	
Closing Routine	
All food properly labeled & stored	
Cooling food needs to be unpacked & store properly	
Dirty towels removed & stored properly	
Glass sneeze guard cleaned	
Rear tile wall wiped down	
Manage crew to batch cook for 16-20 minutes of service	
Drained and wipe out	
Clean out reach – ins	
FIFO in enforced, restock for next shift	
All staff must be check out by supervisor	
Write daily log email	

Description		Daily Preparation Chart																																																																																																																
Purpose		To understand the cooking methods of Supervisor Checklist																																																																																																																
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Description	Maintenance Chart
Purpose	To understand the cooking methods of Supervisor Checklist
<p>Maintenance Chart</p> <p>Scheduled cleaning and preventative maintenance on critical kitchen equipment will minimize utility consumption, prolong equipment life and give optimum performance.</p> <p>SPECIFIC EQUIPMENT CHECKLIST</p> <p>Garbage Disposal</p> <ul style="list-style-type: none"> ✓ Check to see if hoses and neck pieces are in place ✓ Check for tight belts ✓ Check for water leakage ✓ Check for excessive wear <p>Mixer, Griddle</p> <ul style="list-style-type: none"> ✓ Check power cord and plug ✓ Check for excessive wear ✓ Check as per manufacturer's specifications <p>Dishwasher</p> <ul style="list-style-type: none"> ✓ Check for leaks ✓ Check that scrap tray is in place and clean ✓ Check that pump intake screen is in place ✓ Check that drain opens and closes easily ✓ Check that auto fill works and shuts off ✓ Check that timed/manual operation is working properly <p>Ranges , Fryers</p> <ul style="list-style-type: none"> ✓ Inspect burners for cracks ✓ Keep burner valves greased ✓ Keep burner ports clear and open <p>Microwaves</p> <ul style="list-style-type: none"> ✓ Check absorbers and seals on doors to avoid leaks <p>Refrigeration</p> <ul style="list-style-type: none"> ✓ Maintain temperature logs, "open -shift change -close" daily, unusual patterns observed allow scheduling service prior to product loss emergencies. <p>Trainee produce and fill the complete week maintenance plan accordingly</p>	

Summary of Module

- **Physical Inventory:** Typically conducted on a monthly, quarterly or yearly basis, a physical inventory is a count of all ingredients, equipment and utensils in the restaurant.
- **Perpetual Inventory:** This system keeps track of all materials entering and leaving restaurant on a daily basis, giving a record of how fast an inventory moves.
- **Organizing Manpower** Staffs are a valuable resource; maximize their potential to optimize the productivity of restaurant. Here are five things to keep in mind when managing staff arrangement:
 - The Right People for The Job
 - Adopt Economies of Scale
 - Assign Responsibilities
 - Ensure Work Safety
 - Assess Efficiency
- **Sous Chef:** The Sous Chef is the second in charge. The Sous Chef's role as expeditor is to be the last checkpoint between kitchen and customer, ensuring that the restaurants high standard of food and timely delivery is being made.
- **Chef de Partie:** Chef in charge of a certain section such as grill or sauté.
- **Commis Chef:** These trainee are the junior staff in the kitchen yet do most of the work.
- **Apprentice/Trainee Chefs:** These are the chefs that are technically in training
- **Pastry Chef:** They are responsible for all those decadent and impressive desserts and sweets in hotels and restaurants
- **Garde Manger Chef:** Is responsible for the cold section and sometimes the pastry if there is no designated pastry chef.
- **Entre Metier Chef:** Is responsible for the preparation of garnishes and vegetables
- **Saucier Chef:** Is responsible for sautéed items and most sauces.
- **Yield** in culinary terms refers to how much you will have of a finished or processed product

Frequently Asked Questions (FAQs)

FAQ 1: Why we create a list of inventory items?

Answer Inventory is based on your recipes. The ingredients in your recipes turn into raw materials and the recipes themselves turn into finished goods.

FAQ 2: What are different types of inventory?

Answer There are two different types of inventory, Physical & Perpetual.

FAQ 3: What are the main function of Sous Chef?

Answer Sous Chef is the second in charge. The Sous Chef's role as expeditor is to be the last checkpoint between kitchen and customer, ensuring that the restaurants high standard of food and timely delivery is being made.

FAQ 4: What is waste management?

Answer Waste management is the collection, transportation and disposal of waste materials.

FAQ 5: What are ways of storing the waste?

Answer Store it in a bag in the utility area after cleaning and drying till it is picked up. No food residue must be left in the bottles and packets.

FAQ 6: What is conflict coaching?

Answer Conflict coaching is a 1:1 meeting with a staff member from Conflict Resolution.

FAQ 7: If communication is so critical to leadership and business, why isn't there enough communication in business today?

Answer Communication is often seen as an "add-on" to "hard" or "technical" business skills. Communication is often perceived as someone else's job. Sometimes leaders spend their time and resources focusing on goals that directly contribute to the bottom line, not knowing that communication does too.

FAQ 8: How can effect communication?

Answer Effective communication is the glue that helps you deepen your connections to others and improve teamwork, decision making, and problem solving. It enables you to communicate even negative or difficult messages without creating conflict or destroying trust.

FAQ 9: What is conflict resolution?

Answer Conflict resolution is a way for two or more parties to find a peaceful solution to a disagreement among them. The disagreement may be personal, financial, political, or emotional.

FAQ 10: What does aggression means?

Answer It means feelings of anger or antipathy resulting in hostile or violent behavior; readiness to attack or confront.

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. A person holds _____ power when he influences others by coercing, threatening, harming and irritating
 - a. Reward
 - b. Coercive
 - c. Normative
 - d. Expert

2. Research and investigation can be examples of _____ power
 - a. Expert
 - b. Reward
 - c. Normative
 - d. Democratic

3. A dispute between two neighbors can be example of _____ power
 - a. Expert
 - b. Reward
 - c. Ecological
 - d. Social

4. _____ in culinary terms refers to how much you will have of a finished or processed product
 - a. Cost
 - b. Food Cost
 - c. Yield
 - d. Portion size

5. _____ is responsible for sautéed items and most sauces
 - a. Pastry Chef
 - b. Saucier Chef
 - c. Sous Chef
 - d. Executive Chef

6. _____ are responsible for all those decadent and impressive desserts and sweets in hotels and restaurants
 - a. Pastry Chef
 - b. Pastry Chef
 - c. Saucier Chef
 - d. Sous Chef

7. _____ is in charge of a certain section such as grill or sauté
 - a. Chef de Partie
 - b. Saucier Chef
 - c. Pastry chef
 - d. Executive Chef

-
8. The _____ is used to buy materials between a buyer and seller
- a. Requisition
 - b. Memo
 - c. Note
 - d. purchase order
9. Menus vary in length and detail depending on the type of _____
- a. Hotel
 - b. Room
 - c. restaurant
 - d. Kitchen
10. Standard holding time for a kitchen order is _____ minutes
- a. 15 to 25
 - b. 50-60
 - c. 30-35
 - d. 40-45

Answers Key

MCQ Number	Correct Answer
1	b
2	a
3	c
4	c
5	a
6	a
7	a
8	d
9	c
10	a

MODULE 02: SUPERVISE THE KITCHEN SECTION

Learning Outcomes

After completion of this learning module, you will be able to:

- Supervise the preparation, cooking and finishing procedures in own specific section of the kitchen
- Ensure that the preparation, cooking and finishing procedures are completed within organizational expectations
- Ensure that dishes are presented for service at the right time
- Monitor the food preparation and cooking processes to ensure that planned yields are met
- Monitor the presentation of dishes to ensure that portion control meets the requirements of the food outlet and the kitchen
- Ensure that associates keep and maintain the work area neat and clean at all times
- Deal with any problems that may arise in own section of kitchen
- Ensure that all associates arrive for duty at the prescribed time
- Ensure that all associates are wearing appropriate chef's uniform in line with organizational requirements
- Ensure that all associates have checked that all equipment is in good working order
- Ensure that all associates have checked that the food they will prepare is of the type, quality and quantity required
- Ensure that all associates clear work area of equipment and food products
- Ensure that all associates contribute to closing the shift effectively and efficiently
- Ensure that all associates are aware of and follow health and safety requirements in line with organizational requirements
- Ensure that associates identify any hazards or potential hazards and deal with these correctly
- Ensure that associates report any accidents or near accidents quickly and accurately to the proper person
- Ensure that associates practice emergency and security procedures correctly
- Complete records as required to demonstrate that section Kitchen team follows health and safety requirements

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Learning Unit 01: ENSURE THE KITCHEN SECTION PREPARES, COOKS AND PRESENTS FOOD EFFECTIVELY

Overview

In this learning unit you will learn about supervision and monitoring of preparations, cooking procedures, finishing procedures, presentation of dishes, and kitchen problems.

After completion of this learning unit you will be able to supervise and monitor associates, cooking & preparation methods and handle problems.

Daily work schedule

A time sequence sheet that assigns job tasks to employees based on cycle menus, standardized recipes, available labor, equipment, supplies, and facilities

Kitchen Operation & Hierarchy [1]

Supervision is the act or function of overseeing something or somebody.

Steps of Supervision

The system of supervision is based on five steps.

1. Provide employees with the tools they need to do their jobs.
2. Provide employees with the training they need to do their jobs.
3. Help employees set goals to improve their performance.
4. Become a resource.
5. Hold staff accountable.

Food Production

A menu worksheet required by federal regulations that demonstrates that the meals planned have been prepared and served

Employees have five corresponding responsibilities

While the five steps of supervision encompass the chef's responsibilities to employees, the flip side of this is that employees have five corresponding responsibilities. Employees are expected to:

- 1) Use the tools that are provided,
- 2) Make the most of the training,
- 3) Set goals and then pursue them,
- 4) Ask for help or guidance if they reach an impasse and
- 5) Account for their progress

Chef de Partie must be able to plan and supervise kitchen operations, as well as organize required food supplies for the food production period and monitor the quality of kitchen outputs.

Just-in-time

This term is used throughout the lessons to mean preparing a menu item in small enough amounts so that it will be at its peak of quality in terms of time.

Steps of operational procedures in kitchen

1. Plan food production requirements.

- Determine food production requirements.

Time standard

A specific amount of time in which a task should be completed in preparing one batch of a recipe.

Quality Score Card

Quality standards for foods that are set as a target for how the finished product should look and taste.

Standardized recipe

The same type of equipment and the same quantity and quality of ingredient.

Yield

The amount of product resulting at the completion of the preparation process.

- Choose food production processes to ensure nutritional value, quality and structure of foods.
- Select the appropriate in-house food production system to meet food production requirements.
- Select and collate standard recipes for use of food production personnel.
- Prepare a work flow schedule and mise en place plan for food production according to menu and food volume requirements.
- Develop food preparation lists for use of food production personnel.

2. Organize availability of supplies for food production period.

- Calculate required food supplies for the food production period.
- Check stores for availability and quantity of required stocks.
- Order or purchase additional stock.

3. Coordinate kitchen operations.

- Supervise food production processes to ensure food safety.
- Oversee and adjust kitchen work flow to maximize Kitchen team work and efficiency.
- Control the production sequence of food items to enable smooth work flow and minimize delays.

4. Monitor the quality of kitchen outputs.

- Monitor kitchen work process at all stages of preparation and cooking to ensure the quality of food items.
- Check that items match recipes and menu descriptions.
- Ensure that food items are of consistent quality and meet organizational standards.
- Conduct final check on food items before they are served, stored or dispatched from the kitchen.
- Instruct kitchen staff to adjust food items to meet quality requirements and organizational standards.
- Supervise the safe storage of food.

Monitoring the Work of Associates [2]

A first step in determining staffing needs is to establish productivity standards. These standards must take into account the amount of time necessary to produce food of the required quality. The standards are based on procedures dictated by standard recipes.

Method of assessment of monitoring:

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- Direct observation of the individual coordinating cooking operations during a number of service periods.
- Exercises that allow the individual to develop documents tailored for different food production requirements:
 - a. Kitchen workflow schedules
 - b. Mise en place plans
 - c. Food preparation lists
- Exercises that allow the individual to calculate and order required food supplies for different food production requirements:
 - a. À la carte
 - b. Buffet
 - c. Bulk cooking operations
 - d. Set menu
- Problem-solving exercises that allow the individual to respond to breakdowns in kitchen workflow and deficiencies in the quality of food
- Written or oral questioning to assess knowledge of:
 - a. Food production processes
 - b. Menus and recipes for different food items
 - c. Indicators of quality food products
 - d. Types of food production systems and uses

Review of portfolios of evidence and third-party workplace reports of on-the-job performance by the individual.

Portion Control [3]

Portion control is understanding how much a serving size of food is and how many calories or how much food energy a serving contains

Portion control equipment: Certain items of equipment are necessary in maintaining good portion control.



(Portion cutter)

For instance, scoops should be used for mashed potato and ice-cream, ladles for soup and sauces and specific sized dishes for soup and desserts.



(Measuring tools)

Guideline standard portion amounts

Plaice, cod, haddock fillet 8 portions per kg Cod and haddock on the bone 6 portions per kg Salmon 6 portions per kg Crab or lobster meat 250-360g per portion Boneless roast beef 6-8 portions per kg Stewing beef 8-10 portions per kg Leg of lamb 6-8 portions per kg Stewing lamb 4-6 portions per kg Duck and chicken 360g per portion New potatoes 8 portions per kg Old potatoes 4-6 portions per kg Cabbage 6-8 portions per kg French beans 6-8 portions per kg Peas 4-6 portions per kg Spinach 4 portions per kg

Monitoring the Presentation of Dishes [4]

Rules for Plate



Basic Rules For Food Presentation

There are certain rules that chef de partie need to follow. These are:

- Plate should not never be overloaded with food, but should not be even a seemingly empty.
 - It is always necessary to leave blank the outer part of the plate along the edge.
 - You need to create color contrast on the plate.
- Forget about symmetry, asymmetrical shapes are welcome.
 - Mix large and small, soft and crunchy, bright and dark colors.
 - Keep uniformity when it comes to portion size.
 - Do not overdo with sauces, rather served them separately.
 - If you need to serve chicken skewers, meatball or shrimp rather use odd number of certain food than even numbers, it will look more interesting on the plate.

Japanese Food Presentation

Japanese would never put different kind of food on one plate, they rather separated it into several little bowls



(Japanese Food presentation)

Abstract Forms for Food Presentation

This method is a favorite choice of bravest and most imaginative chefs! The dish is presented in a seemingly random but interesting way, as it is scattered on the plate without any order and rules. Use large white plates for the best results. Combine lots of different colors on your plate. This is necessary for the best results of presentation.



(Abstract Forms for Food Presentation)

Food Garnishes and Decoration

Decoration of dishes is very important, it gives personality to specific meal and final touch to your delicious story. It can be done on many ways, but in any case, it is recommended that you use edible food and spices that will improve taste and act as a supplement of the main course.



(Food Garnishes)

Restaurant Food Presentation Ideas for Kids



(Kids plate presentation)

Visual effect has the greatest impact on kids. Provide a kid's menu that looks like the result of the kid's imagination. Kids meals could look like cartoon's heroes, animals or popular toys.

Tools for Food Garnishing and Presentation

The most important tools are:

1. Kitchen scissors
2. Culinary tweezers in different sizes
3. Various knives and scalpels for carving fruits and vegetables
4. Choppers for fruits and vegetables
5. Molds and rings – variety of forms
6. Silicon mat
7. Spoons, forceps, needles
8. Syringes, sticks
9. Spatulas and brushes for decoration.

Garnishing Food

Garnishes are selected mainly to augment the visual impact of the plate



Kitchen Problems & Solution [5]

Generally, following problems in different sections of kitchen are identified:

- Issues in managing time
- Quality assurance of raw material and Ingredients
- Processing issues
- Packing and storing issues
- Issues in communication with associates

Given below are the solutions of said problems:

A chef's approach to time management can be guided by two general rules:

- a. Systemize and priorities the management of a controllable time.
- b. Minimize the amount of the controllable time.

Evaluating effective use of time

Reflect on time usage. Use the last 15 minutes of the day to determine if the objectives and goals have been met. Continually update priority. Review at intervals, readjust and make changes as seen necessary

Quality assurance procedures

Requirements of Restaurant Business [1]

Stage	Process Activity	Control Point
Raw material inspection and preparation	Record amount and quality of fruit received. Sort fruit, wash and peel/slice as required for the specific product.	Setting of acceptable standards for incoming fruit. Training in correct sorting, preparation and recording procedures and management to ensure procedures are implemented. Accurate slicing to required sized pieces. Operator hygiene and plant hygiene. Water chlorination. Regular disposal of waste.
Ingredient formulation/batch preparation	Weigh and mix ingredients.	Training in accurate weighing and keeping records of ingredients used.

Speak Effectively

To speak effectively, Do:

- Speak with confidence.
- Remain calm and courteous.
- Speak with a logical sequence.
- Rephrase to ensure clarity.
- Be generous with praise.
- Be friendly and cordial.

Processing	Part-processing if fruits are to be stored for later use. Heating, drying, pickling etc. to make the required product.	Preparation of processing schedules and training of operators to ensure:- control of temperature and time of heating or drying,- correct amounts of ingredients added at the correct time in the process. Establish standards for operator hygiene and schedules for cleaning of equipment and processing room.
Packaging	Fill product into packages, seal and label. Pack into distribution boxes.	Establish specifications for package quality (especially glass containers), labels and fill-weights. Implement inspection, check -weighing and recording procedures

Effective communication:

Following are the guideline to speak effectively with associate:

- Speak with confidence.
- Remain calm and courteous.
- Speak with a logical sequence.
- Learn to be comfortable in front of others.
- Rephrase to ensure clarity.
- Be generous with praise.
- Be friendly and cordial.
- Call people by name.
- Paraphrase questions you are asked to make meanings clear.
- Vary your tone, pace, and volume to keep others interested.

Learning Unit 02: ENSURE THE KITCHEN SECTION OPENS AND FINALIZES THE SHIFT EFFECTIVELY

Overview

In this learning unit you will learn about duty rota management, grooming standards and procedures of opening & closing shift.

After completion of this learning unit you will be able to manage duty rota, implement grooming standards, and effectively open and closing shifts.

Duty Rota

A round or rotation of duties

Management of Duty Rota [1]

A work shift or duty Chart shows the typical workload for employees in kitchen, There work shifts may vary with off and peak business hours. This also ensures that the staff has sufficient time to note their working schedule for the following week / month.

Process of duty rota

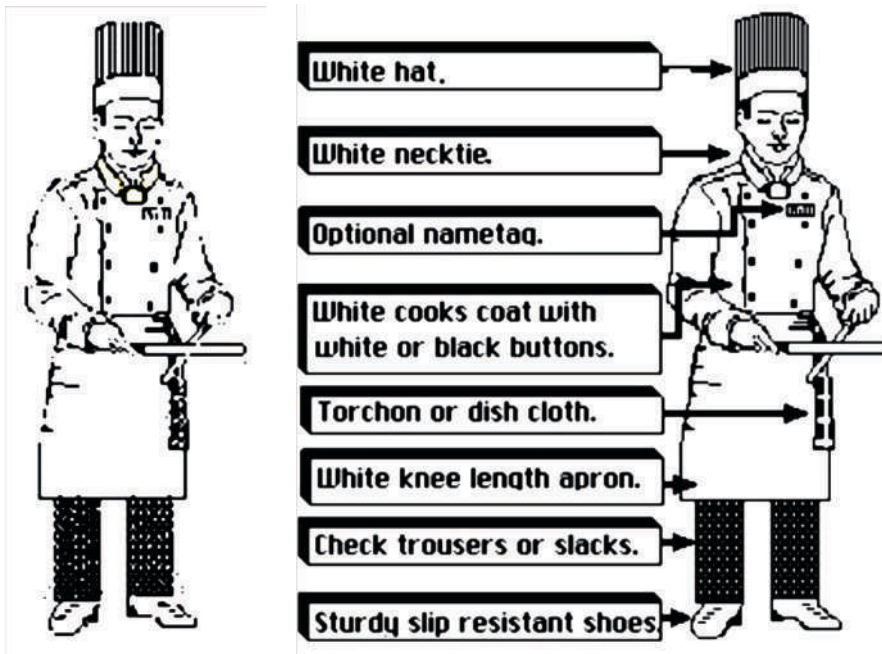
- First design the roster without individual names. This is 'position rostering'
- Costing rosters should be linked to writing rosters. Traditionally, the functions have been separate, and the bad news on costs is only revealed on pay day. Modern services reveal costs as the roster is written, allowing accurate forecasting and budget control.
- Set a wage budget and work backwards. If the head chef or manager is responsible for their roster don't stop at having the hours covered.
- All staff should know how the business works during days, nights, weekends and week days.
- Save hours for the best selling days. Typically rosters are written Monday to Sunday from the quietest to the busiest days.

Chef Uniform

- A white hat.
- A white necktie.
- Nametag.
- A long sleeved double cuffed double breasted white jacket.
- A dish cloth or "torchon".
- A white knee length apron.
- Check trousers or slacks.
- Sturdy slip resistant shoes.

Chef's Uniform [2]

At the end of this lesson you should be able to:



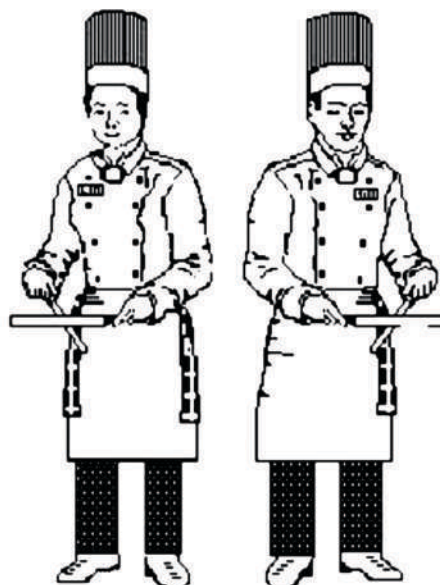
A cook's uniform is worn:

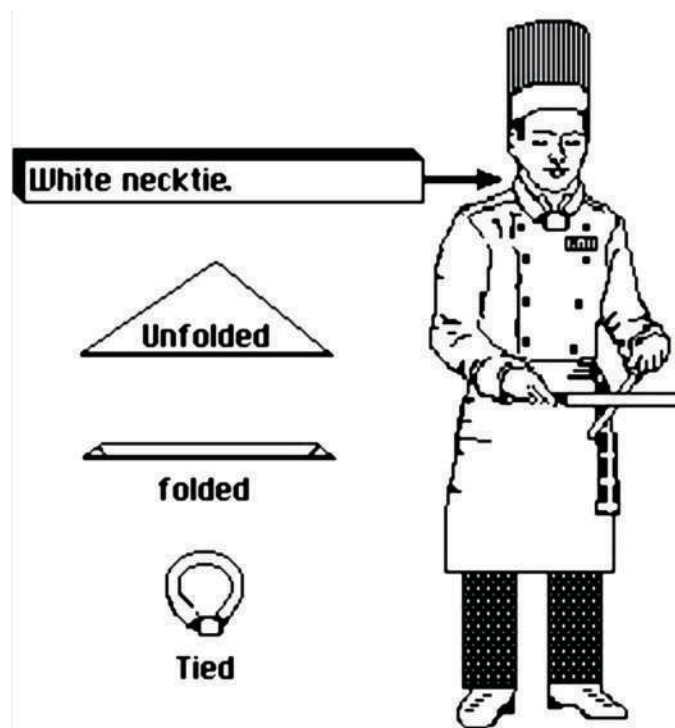
- **For safety reasons to:**
 - Protect the body against burns from boiling hot liquids.
 - Protect the body from heat rays from ovens and grills.
- **For hygienic reasons to:**
 - Be easily laundered look clean and fresh and appear smart.

Grooming.

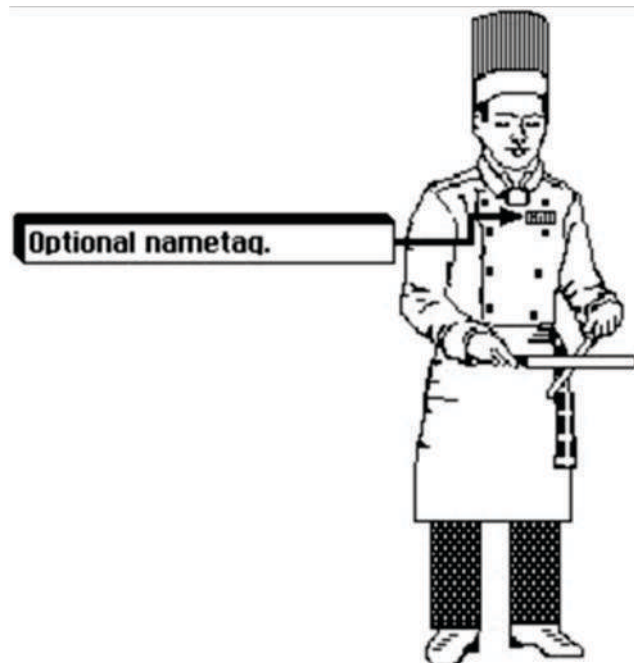
The necktie: The necktie is usually white.

The necktie is a large triangular light cloth which is folded and worn around the neck as one would knot a normal tie.



**The Nametag:**

An optional name tag may be worn on the jacket, especially where the cook/chef meets the customer. The name tag is worn on the left. A common practice is to have the chef's name embroidered on the coat. Some hotels issue their cooks with a company nametag which also shows the company logo. Many logos appear on jackets showing support for various organizations, this is quite acceptable.



The white cooks coat:

The coat protects the chest and arms from the heat of stoves and splashes from boiling liquids.

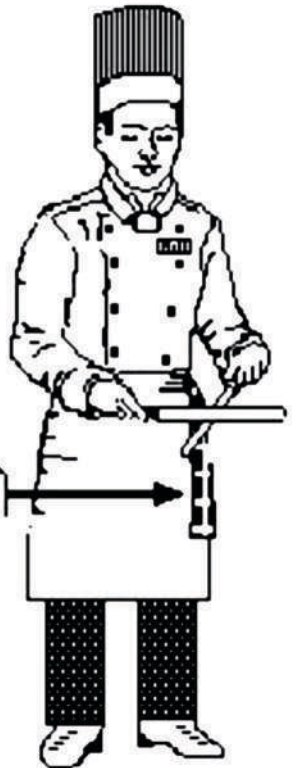
White cooks coat with
white or black buttons.

The apron: Is white and rectangular in shape.

The apron is designed to protect the lower body from accidentally spilled hot liquids and is worn from the waist to just below the knee. The top of the apron is folded over and tied around the waist. The apron tapes are then tucked under the fold. The apron is easily and quickly changed. This allows the cook to put on a clean apron before meeting customers or entering the dining room.

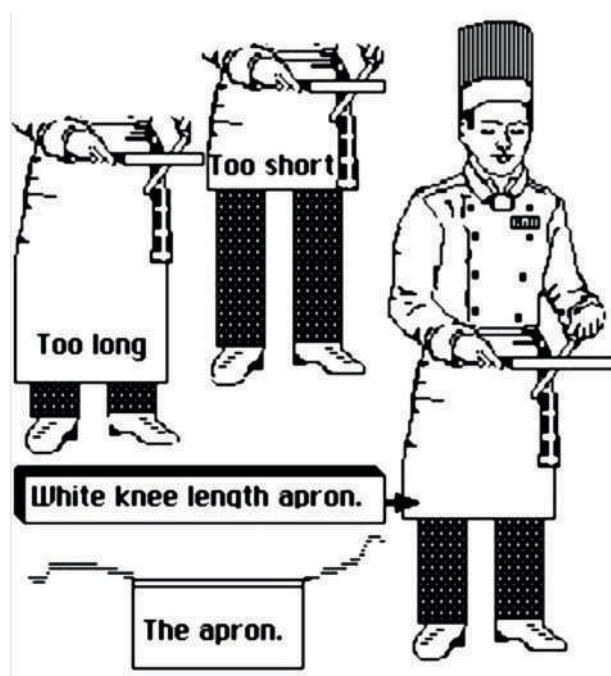


Torchon or Dish cloth.



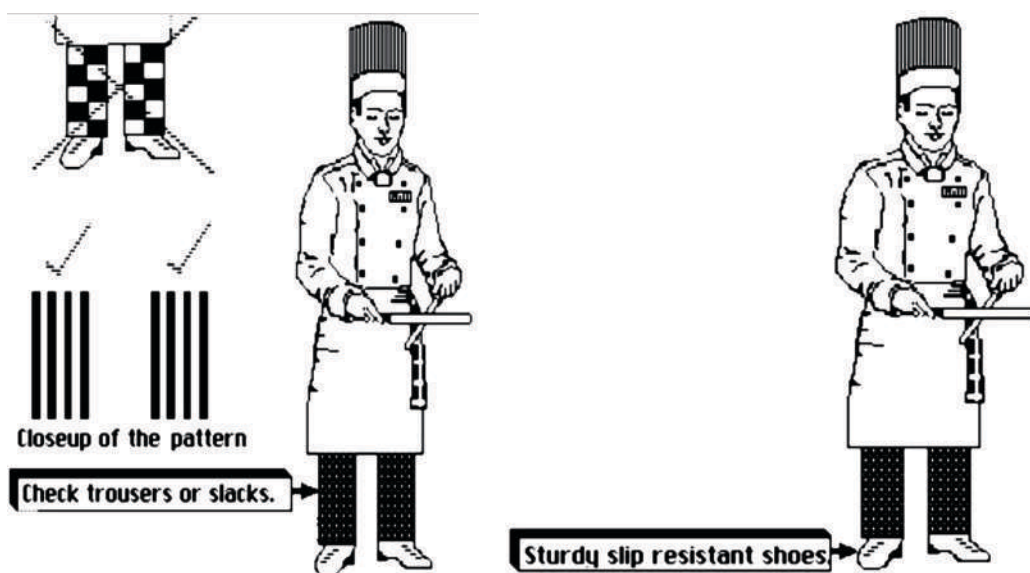
The torchon: PRONOUNCED "TOR-SHUN".

The torchon is also called a rubber or tea towel. Cooks need two torchon with at least one neatly folded and hung on the apron string at all times. The dish cloth must be kept dry especially if handling a hot pot. Avoid using old cloths which may have holes as they are dangerous.



The trousers or slacks:

Traditional cook's pants have a small black or blue and white check pattern. There are other stylish coats and pants with very noticeable large square patterns pants and trendy cut coats. This style of uniform is mainly suitable for use in very flashy or flamboyant kitchens. These trendy uniforms are not generally accepted by serious professional chefs, institutes or colleges. The most common uniform style worn in commercial kitchens still is the internationally recognized classical design and color.



Shoes:

Shoes should be sturdy, provide support and protect the feet. Wearing the wrong footwear in the kitchen can lead to accidents or to medical problems with feet later in life. Cooks who do not heed the warning to wear supportive strong shoes will one day regret they did not listen to

valuable advice. The features of good shoes are: The shoes have a protective toe, do not absorb water or fat and have a slip resistant sole.

Standing on hard floors all day and often walking on wet or greasy surfaces require cooks to wear very good shoes.

Good shoes support the ankle, are very comfortable and allow plenty of room for the foot. Sandshoes, sneakers, sandals, or thongs are not safe in a kitchen and should not be worn at all. Good shoes, like the rest of the uniform, should be easy to clean. Always wear socks or stockings.

Allocating Roles and Responsibilities [3]

Action Plan to Allocate and roles and responsibilities effectively:

Step 1: Plan how the Kitchen team will undertake its work:

1. Analyze the work structure and objectives.
2. Identify and discuss the working targets together with the Kitchen members.
3. Identify and describe tasks and activities needed to attain these targets.
4. Identify what skills and methods are required to accomplish each of these tasks.
5. Consider standards or level of expected performance for every task.
6. Identify individual capabilities and talents that can be exclusively useful on this work.
7. Consider level and scope of individual competency of every person in Kitchen in regard to the outstanding tasks.
8. Prioritize the workloads
9. Summarize ability of certain Kitchen team members to undertake certain tasks from the list.
10. Draft tasks and responsibilities to be assigned to appropriate individuals within the Kitchen.
11. Discuss these assignments with the Kitchen team

Step 2: Organize individual daily work plans:

How to allocate job	
1. Plan how the Kitchen team will undertake its work 2. Organize individual daily work plans 3. Check ongoing performance of allocated tasks	<ol style="list-style-type: none"> 1. Estimate amount of time and resources required to get each of the listed tasks done. 2. Compose special schedule of tasks to regulate general workflow and its milestones. 3. Allocate tasks to appropriate Kitchen team members, considering their skills, knowledge, experience, outstanding workloads and desired opportunity for development. 4. Brief the Kitchen team on the jobs they have been assigned to, and introduce the performance criteria suiting each of the tasks. 5. Introduce the work timeline. 6. Provide all the necessary management assistance and expertise to facilitate this effort.

7. Re-negotiate responsibilities.
8. Check individual plans and alter them to fit requirements.
9. Make sure all allocated assignments are appropriate to interests and competency of the Kitchen members.
10. Make sure all performance standards and responsibilities are communicated and accepted.
11. Make sure everyone is motivated to do the assigned work.

Step 3: Check ongoing performance of allocated tasks:

1. Keep control over the progress and quality of the work.
2. Make sure standard or level of expected performance is mostly observed.
3. Make sure prompt and constructive feedback is always provided to support Kitchen members.
4. Make sure competency of employees work as it is expected.
5. Quickly address all problems and unforeseen events.
6. Support Kitchen team members in identifying and dealing with upcoming issues.
7. Ensure motivation and interest of the Kitchen team members.
8. Make sure competency of Kitchen team members get improved.
9. Provide reserved resources to support completion where justified.

How to Check Equipments [4]

Kitchen Equipment & Handling

One needs to take it most care while working inside the kitchen. It is of paramount importance to handle kitchen equipment in a correct manner. This not only is safe but also aids to increase the equipment-life. Following are a few guidelines to handle various kitchen equipments.



Kitchen Equipment & Handling

Small equipment: this comprises of basic set of tools.

Sharpening of knives:

a) Steel Rod: It should be well groomed. Hold the steel in the left hand and the knife in the right, draw the blade away from you at an angle of 45 Degrees. Six or seven times on each side of the steel exerting slight pressure.

b) Carborundum stone: The stone should not be too coarse as a saw edge may result. Angle the blade of the knife to 45 Degrees and sharpen alternate sides of the knife using considerable pressure & drawing almost the whole length of the blade edge. Always wipe the knife on a cloth before use as small particles of the stone stick to the blade.

1) Cook Tongs: Turning small pieces of food during cooking.

2) Vegetable Groovers: Decorating lemons, oranges, limes, and carrots.

3) Vegetable Cutters:

- Pea shaped round (Solferino cutter).
 - Small ball shaped round (Parisienne cutter)
 - Slightly larger ball shaped round (Noisettes).
- 4) Pastry Cutting Wheels - Ravioli Cutters.
5) Trellis Cutter Net Appearance.
6) Kitchen Scissors - Trimming Fish, Jointing Game, Poultry Etc.
7) Graters



Handling of small equipment:

1. Do not apply too much pressure while handling these equipments as they can break easily.
2. Always wash and wipe well after each use personally. Do not put these in the wash up area as it can be misplaced or broken.
3. Keep in the correct and safe place of the kitchen for the others to use.

UTENSILS

1) POTS AND PANS: Use the right pots for the right work. If any food sticks to the pan, soak in gutter & clean easily.

2) BOWLS / DISHES / MOULDS: Use the right bowl/mould for the appropriate dish. Wash in warm water, wipe dry after every use.

3) WHISKS: Do not bang whisks when using & washing, special attention should be paid to where the wires meet at the base.

4) SIEVES / STRAINERS / COLANDERS: Wash immediately after every use under full power of water.

5) TEFLON ITEMS: Avoid scrubbers which scratch, steel spoons and slicers as they cause the items to lose their non-stick quality always use a wooden spoon.

6) WOODEN ITEMS: Scrub with a brush & hot water. Dry thoroughly. If items are left wet, cracks can appear. Do not use broken wooden spoons as it can leave shavings in the food.

7) PLASTIC ITEMS: Jugs, etc should not be kept near direct heat as it can disfigure.

EQUIPMENTS:

1) OVENS/RANGES / HOBBS/ CONVOTHERMS - Avoid spills and water from failing as it can lead to a short circuit. To clean switch off electric supply. Do not use more water than necessary. Dry thoroughly when clean. For gas equipment, turn off gas supply to appliances. Clean thoroughly and remove parts that can be cleaned separately & fit them correctly. Check if pilot light is functioning.

2) GRILLS/ SALAMANDERS - Ensure the tray beneath the bars is always clean. Switch off electrical supply and clean the bars thoroughly, as well as the top. Do not clean when hot.

3) FRYERS – Check the level of oil is above the heater coils. Avoid spilling any water in the oil. Do not overheat the oil. To clean, ensure fuel supply is off. When cool, drain off the oil into a container & close tap. Lift up coils and take out containers & wash thoroughly. Rinse & dry well. Ensure drain tap is closed & add clean oil.

4) BAIN MARINE – Ensure there is water at all times when the Bain Marie is on. Do not let the water boil vigorously. To clean drain off the water, clean thoroughly with hot water & detergent rinse & dry. Close the drain tap. Refill with clean water.

5) HOT PLATES -Avoid spilling water on helpless switch off parts, which are not being used. Cool hot plates before cleaning the sides with a wet cloth and detergent.

6) POWER DRIVEN EQUIPMENT

a) Mixing machines: These include dough mixers in pantry. Procedures for usage to be followed.

b) Minces tools

c) Slicers

No bones included in the food to be sliced.

Guards are in place.

Only one person operates

Handles are free of grease.

- d) Potato chip machines
- e) Garlic peeling machine
- f) Masala grinders
- g) Pureeing machine
- h) Rolling machine - In the pastry. Do not use knife on the rolling sheet.
- i) Domestic mixers and rob coupe - Do not overload. Fix jar properly before starting. Check plug point. Ensure blade is fixed properly. Clean thoroughly before and after use.



Deep fat fryer: Fry all frozen foods from the frozen state . Do not refry any cold fried items . Ensure that the fat is clean with no debris. Ensure that the fat is clean with no debris . Ensure that the fat is filtered after each shift . Dispose of the fat properly

Oven: . Check the inside of the oven before turning it on / off . Preheat the oven at the appropriate temperature . Use the timer for baking . Shut off when not in use . Check the pilot light and check for gas leaks . Do not spray water in the oven.

Salamander: . Do not leave food unattended in the salamander . Turn it off if not in use . Preheat the salamander.

Dough sheeter : . Isolate power supply when not in use or cleaning . Fully disconnect the machine prior. Fully disconnect the machine prior to cleaning . Clean the machine with a moist cloth. avoid excess water

Microwave ovens: . Ensure power supply is connected properly. . Do not press any buttons on the machine. Do not press any buttons on the machine while in use . Fully disconnect the machine prior to cleaning . Clean with a moist cloth. avoid excess water.

Pasta boiler: . Isolate gas / electrical supply when not in use . Be careful of excess steam exhaust while using . Do not tamper with any of the gas lines or valves . Ensure correct utensils are used at all times.

GENERAL SAFETY PRECAUTIONS

- 1) Equipment must be correctly turned off/remove plug. Before dismantling for cleaning.
- 2) Use correct cleaning materials.
- 3) Any specific instructions should be observed.
- 4) After cleaning, washing & drying the equipment & parts thoroughly reassemble and check that it is ready for use.
- 5) Any attachments should be stored correctly.
- 6) Ensure there is no particle of food left in the equipment, or else it can contaminate other foods when the machine is next used.
- 7) Use gloves if using any reactive detergent.
- 8) In the event of equipment not working satisfactorily, do not ignore it report the fault to your supervisor.

Cleaning and Sanitizing [5]

Steps to a Clean and Sanitize Kitchen:

A spotless commercial kitchen is extremely important, for health & safety reasons. With regular maintenance, commercial cleaning does not have to be a particularly difficult or time-consuming task.

Step 1. Wash all surfaces, pots, pans and utensils with warm soapy water. Food particles and dirt can harbor germs, so be sure to remove all food and dirt from kitchen surfaces and cookware. Plain dish soap and water is best- there is no need to use an antibacterial soap. Soap is designed to lift dirt off surfaces, sometimes with scrubbing, and warm water will help soap to work most effectively.

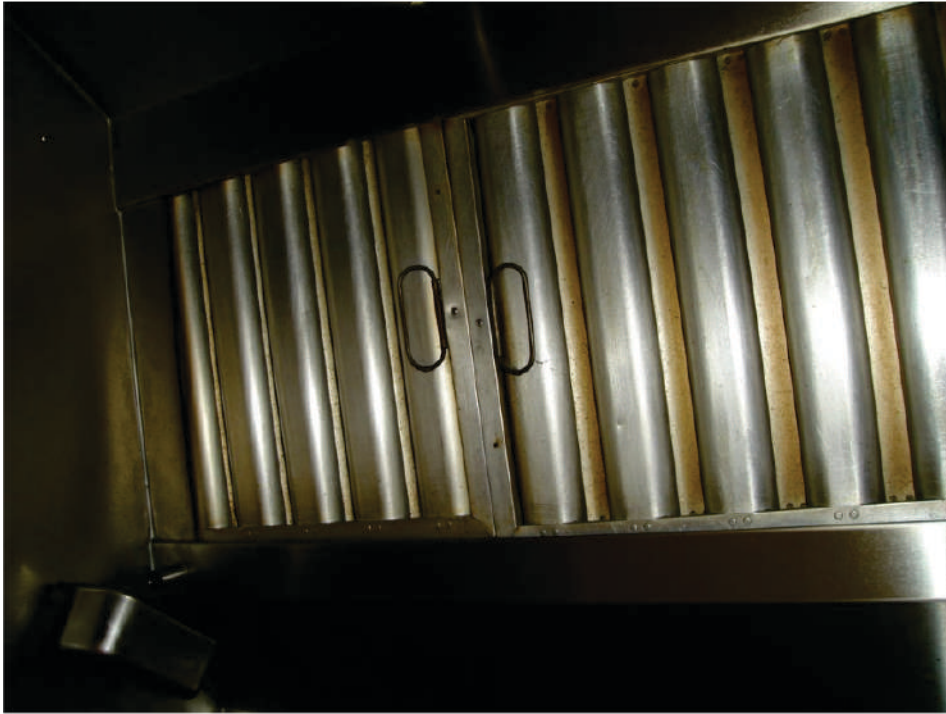
Step 2. Rinse surfaces, pots, pans and utensils to remove dirt and soapy residue. Use warm, running water to rinse away food particles, dirt, and soapy residue.

Step 3. Sanitize rinsed surfaces to kill remaining germs. Once surfaces, pots, pans and utensils have been washed and rinsed, it's a good idea to follow up with a sanitizing step. A sanitizing step will help kill any germs that might remain on a cleaned surface.

Sanitization

Sanitation is the hygienic means of promoting health through prevention of human contact with the hazards of wastes as well as the treatment and proper disposal of sewage or wastewater.

Cleaning the Grease Receptacles



(Exhaust Hood in commercial kitchen)

In order to properly clean a commercial kitchen exhaust hood, several parts must be dismantled. The first step is to remove and clean the grease receptacles. The grease receptacles are easy to remove, as they just slide out from the sides of the commercial hood.

Hazards can be

either physical, microbiological, biological or chemical agents of disease.

Cleaning the Filters

Once the grease receptacles are removed, take down the filters from the commercial hood. Allow the filters to soak in a solution of detergent and hot water. Depending on the severity of the buildup, the filters may need to soak for a few minutes, a few hours or even overnight to sufficiently loosen the grease. After soaking, light scrubbing can help to take off the last of the baked on residue.

Cleaning the Hood's Surface

Next, start spraying a degreasing compound on the surfaces of the commercial hood. The degreaser will quickly start to break up the residue, making it much easier to wipe off using a soft cloth or nylon sponge. This will effectively remove most of the greasy residue. However, it's likely that there will be some stubborn spots that will require more vigorous scrubbing to remove the residue. If scraping is required, the best tools are plastic scrapers and nylon sponges, in order to clean the hood and avoid damaging the surface of it.

Finalize the Shift Correctly and Efficiently [6]

Closing duties are:

- Store purchases and requisitions are reconciled.
- All computer and paperwork completed.
- Floors clean, dry and free of debris.
- All proteins put away correctly as directed on food storage level chart in the walk in cooler.
- All shelves neat, clean and organized in walk in cooler.
- All walls in kitchen wiped down and clean.
- Ticket racks wiped down and clean.
- All equipment clean and wiped down. (Ovens, fryers, sauté burners, salamanders, grill, cooler doors, robot coup, bur mixer.)
- Expo shelves clean and free of debris.
- Plates restocked and cones relined.
- Utensils put away neatly.
- Sinks and floor drains wiped out.
- Cooler organized, floor storage levels right to avoid cross contamination, floors in the cooler dry (no standing water)
- Clean and organize back dock. Sweep free of debris.
- Cooler locked, lights off in the kitchen.
- Final walk through completed – temperatures for all refrigerated/freezers are checked. Make sure all guest and employees have departed the restaurant.
- Making sure the gills, fryers, kitchen team tables, ovens, coffee machines, hood exhaust and other equipment are turned off.
- Leaving the restaurant with another employee for security reasons.
- Setting the alarm.

Learning Unit 03: ENSURE THAT KITCHEN SECTION KITCHEN TEAM FOLLOWS HEALTH AND SAFETY REQUIREMENTS

Overview

In this learning unit you will learn about health and safety requirements, hazards, accidents reports and emergency procedures,

After completion of this learning unit you will be able to demonstrate and implement health and safety procedures, deal hazards, report accidents, and execute emergency procedures.

Kitchen hygiene

Kitchen hygiene practices can reduce this contamination of food and the transmission of disease..

Working in a Healthy, Safe and Hygienic Way [1]

Chef can co-operate with associates in relation to health and safety issues by:

- Following instructions and guidelines.
- Participating in health and safety training.
- Following agreed safe work practices.
- Reporting any hazards and risks.
- Communicating with your employer or health and safety representative about issues related to health and safety.
- Using personal protective equipment (PPE) where required.
- Using any tools and equipment in accordance with given instructions.
- Reporting any faults with work tools and equipment.

Personal Protective Equipment

Personal protective equipment (PPE) refers to protective clothing, helmets, goggles, or other garments or equipment designed to protect the wearer's body from injury or infection.

Maintain personal health and hygiene

- Follow the hygiene rules within your organization.
- Identify appropriate clothing, footwear and headgear for your job role.
- Maintain high standards of personal hygiene.
- Report illness to the appropriate people.
- Deal appropriately with any wounds.

Hygiene

Hygiene is a set of practices performed for the preservation of health.

Hands should always be washed:

- before starting work and handling food
- between handling raw and cooked foods
- after handling raw food
- before handling cooked foods
- after handling dirty equipment
- after going to the toilet
- after smoking, drinking or eating
- after combing or touching the hair
- after sneezing, blowing the nose, or touching the face
- after handling refuse
- after cleaning or touching cleaning chemicals.

Housekeeping

Housekeeping refers to the management of duties and chores involved in the running of a household, such as cleaning, cooking, maintenance, shopping & laundry.

Clothing

- Hair and beards should always be covered to prevent hair and the micro-organisms that live on it, getting into food.
- Aprons, either disposable or washable, should be used when dirty tasks are undertaken or additional protection is required, for example, in butchery trades or when cutting meat or poultry.
- Rubber or disposable gloves can provide protection for some food handling and cleaning tasks.
- Non-slip footwear should be worn and waterproof footwear in wet areas

Illness

You should not handle food when suffering from certain symptoms or illnesses. Everyone should know that they need to report the following symptoms to their manager or supervisor:

- Food poisoning or the symptoms of it, for example, vomiting and diarrhea suffered by yourself or a member of your family. (You may be a carrier even if you don't have the symptoms yourself).
- Colds or flu.
- Cuts, wounds or spots that have become septic.

Safe work

Describes policies and procedures in place to ensure the safety and health of employees within a workplace.

Good housekeeping practices include:

- Making sure that everything in the workplace has a proper storage place.
 - Making sure the workflow does not cause any bottlenecks so people don't trip over one another!
 - Not putting anything, such as pots, pans, packaging, etc. where someone could trip over them.
- Ensuring that deliveries are dealt with properly and promptly. A well organized goods in/out system will avoid deliveries becoming obstructions.
 - Waste bins should not be overfilled and should be emptied regularly. There should be sufficient waste bins in convenient locations so that packaging or waste can be safely disposed of.
 - Walkways should be marked out and kept clear at all times.
 - Cables or pipes should never be allowed to trail across the floor.
 - Ensuring that lighting is working properly and windows are kept clean so that people can see where they are going.

Safe Work Methods [2]

This section describes how to develop a safe work procedure for a common hazardous activity in kitchens:.

1. Determine the overall task: The overall task can be stated as follows: Drain the oil from the deep fat fryer and transfer it into the oil dump drum for disposal.
2. Break down the task into basic steps .

The basic steps are as follows:

- Drain the oil from the deep fat fryer into a container
- Transport the oil through the kitchen and out to the oil dump drum
- Transfer the oil from the container into the oil dump drum.

3. Identify hazards and risk control methods

The following table summarizes the hazards associated with each of the basic steps and suggests ways to control risks.

4. Write the safe work procedure.



Types of Hazards in Kitchen [4]

The risks for hazardous manual tasks in kitchens come from a range of sources including:

- design and layout of work areas e.g. restricted spaces, storage of heavy items on high or low shelves.
- the nature of the item, equipment or tool e.g. trolleys that are not appropriate for the task or are poorly maintained making them difficult to push/pull.
- the nature of the load (including heavy pots, bulky or awkward dry goods).
- the working environment e.g. high temperatures and humidity.
- systems of work, work organization and work practices e.g. repetitive tasks, inadequate breaks or task variety, unreasonable timeframes/workload.

Risk controls

Once hazardous manual tasks have been identified and assessed, determine what controls you need to implement to minimize the risk of injury. This may involve a single control measure or a combination of two or more different controls.

Risk

Risk is the potential of gaining or losing something of value.

Eliminating the risk is the most effective control measure.

If it is not reasonably practicable to eliminate, minimize the risk so far as is reasonably practicable.

Minimizing the risk

Your first priority should always be to avoid the risks entirely, if reasonably practicable.

Many manual tasks can be redesigned, modified, altered or substituted to minimize the risk of the hazards.

It is also good practice to provide breaks or use job rotation to minimize the time each worker spends on particular tasks.

Changing the design or layout of work areas

- Reorganize the layout of the kitchen to avoid unnecessary stretching and/or lifting.
- Use a dishwashing machine/pot and pan washer.

Improving workplace conditions

- Replace or repair uneven or slippery floors.
- Provide trolley ramps at changes in floor level.
- Ensure all catering equipment is well maintained.
- Ensure shelving is not overloaded.
- Install automatic doors if workers need to carry things through them frequently.

Using mechanical aids

- Use four-wheeled trolleys (with adjustable height or lockable castors, if needed).
- Use large mixer bowls on wheeled dollies.
- Use sack trucks.
- Provide false bottoms in deep sinks to reduce awkward bending at the waist.
- Use spring-loaded heated plate dispenser.

Redesigning individual tasks

- Reduce the amount of twisting, bending, stooping, stretching, pushing and pulling.
- Reduce the number of times it is necessary to do the task (without increasing the load each time).
- Store heavy items on shelves at waist height.
- Use Kitchen team work for tasks such as moving a heavy pot.

Making loads easier to handle

- Where goods are provided by suppliers in large, awkward or heavy containers/bags/boxes, negotiate for them to be provided in smaller sizes/weights or more appropriate containers (e.g. replacing sacks with boxes/containers with sturdy, built-in handles or grips).
- Break goods down into smaller loads prior to their movement or loading onto storage shelving.
- Use smaller containers for cleaning chemicals and/or appropriate siphons or pumps to avoid handling bulk containers.

Put heavy equipment on (lockable) castors to make cleaning routines easier.

Risks From Faulty Equipment 5]

Faulty equipment

It is any type of mechanical or electronic equipment that is dangerous or unsafe to use.

Risk is the potential of gaining or losing something of value. Values (such as physical health, social status, emotional well-being or financial wealth) can be gained or lost when taking risk resulting from a given action or inaction, foreseen or unforeseen.

Hazards from use of faulty equipment

Typical hazards are as follows:

- Trapping limbs or digits, for example, hands, arms and fingers.
- Being hit by moving parts of equipment.
- Touching hot or other surfaces that can cause injury.
- Clothes or hair becoming entangled in machinery, for example, mixing machines, hand blenders, etc.

- Loud noise from machinery and equipment
- Break goods down into smaller loads prior to their movement or loading onto storage shelving.
- Use smaller containers for cleaning chemicals and/or appropriate siphons or pumps to avoid handling bulk containers.

Put heavy equipment on (lockable) castors to make cleaning routines easier.

Duties

Associates have the following duties:

- Associates should only be used and maintained by trained operators.
- Associates should be given adequate health and safety information about machinery, written instructions about use and competent supervision.
- Operators and supervisors should receive training in use, risks and precautions needed.
- Effective guards must be fitted and maintained.
- Warning signs must be clearly visible and understandable
- Risk assessments must be carried out and appropriate measures taken.
- The working environment must be suitable, with sufficient space and lighting for safe operation.

Associates have a responsibility to:

- Follow training and comply with Associates instructions regarding safety.
- Personal protective equipment (PPE) should be used correctly and any faults reported.

Chef can find information about hazardous substances from:

- Labels on packaging (hazardous substances have to be marked with orange and black labels).
- Information leaflets from the manufacturer or the HSE.
- Risk assessment records.
- Safety data sheets (or hazard sheets) from the supplier.
- Training and instruction manuals.

Lifting, handling and carrying:

- Manual handling is any transporting or supporting of a load, including lifting, putting down, pushing, pulling, carrying or moving, by hand or by bodily force.
- Injury can include any physical injury arising from the manual handling operation.
- A load is any movable object, including people and animals, and excluding an implement or tool in use.

Effects and Implications of Accidents [6]

Following are the situations that poses an immediate risk to health, life, property, or environment.

Reportable major injuries include:

- Fractures other than toes, thumbs or fingers.
- Amputation.
- Dislocation of shoulder, hip, knees or spine.
- Loss of sight (whether temporary or permanent).
- Chemical or hot metal burn to the eye, or any penetrating injury to the eye.
- Burns, shock and loss of consciousness caused by electricity.
requiring resuscitation or admission to hospital for more than 24 hours
- Other injuries causing hypothermia, heat-induced illness, or unconsciousness, requiring resuscitation or admission to hospital for more than 24 hours.
- Acute illness from a pathogen or infected material.
- Loss of consciousness due to lack of oxygen or exposure to a harmful substance.

Emergency

An emergency is a situation that poses an immediate risk to health, life, property, or environment
Emergency No used in Pakistan is 1122.

Responding to accidents:

Responding to accidents isn't just about reporting them. Workplace procedures will tell you what you should do:

General Guidelines

- Call for medical help.
- Don't move the person if they have fallen and are on the ground.
- If the person is moving around take them to a first-aider.
- Don't administer first aid yourself unless you have been trained to do so.
- Clear the area of other people if they or the injured person are at risk.
- Remember details of what happened so you can help in reporting the incident.

General guidelines for evacuation include:

- Leave the building in an orderly manner without stopping to collect belongings.
- Do not use lifts.
- There should be a designated person to meet and guide the emergency services.
- There should be provision made to ensure the safe evacuation of employees or service users who might be vulnerable or disabled.
- There should be designated assembly points for staff which are clearly identified.
- Evacuation procedures should be displayed at each fire alarm call point.

In order to be fully prepared for an emergency, training should take place that includes:

- fire drills
- roll-call procedures
- procedures for summoning assistance from the fire and rescue service
- use of fire-fighting equipment

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Fire Safety [7]

Prevention and control of fire hazards

Hazard Symbols

	Harmful to environment
	Explosive
	Toxic
	Corrosive
	Harmful or irritant
	Flammable
	Oxidizing

Fire safety

Fire safety is the set of practices intended to reduce the destruction caused by fire.

The following steps will help to reduce the risk of fire:

- Minimize the amount of flammable materials on the premises and store properly in suitable containers with lids.
- Where possible, use non-flammable substances in preference to flammable substances.
- Separate flammable materials from any source of ignition.
- Good housekeeping, by regular cleaning to prevent rubbish or dust building up.
- Regular checks on gas and electrical equipment.
- Prohibit smoking in outside areas where there may be a risk of fire.
- Store oils and solvents outside.
- Ensure that areas where flammable materials are stored are well ventilated to disperse any fumes quickly.
- Ensure that you are aware of the risks in your area and have been trained to minimize that risk.

Fire equipment:

Chef should only use fire equipment if it is safe to do so and chef have been properly trained. Under the British Standard EN2, fires are classified into different types:

- Class A: Fires of solid materials, such as wood, paper, textiles etc.
- Class B: Fires of liquids or solids that become liquids when heated.
- Class C: Fires of gases.
- Class D: Fires of metals.
- Class F: Fires of cooking oils and fats.

Note that electrical fires do not have their own classification as they all involve one of the above, but the electricity supply should always be switched off before any extinguisher is used and some types of extinguishers should not be used.

Type of Extinguisher (Color of Band)		A	B	C	D	F	Safe on electrical fires
Water (Red)							
Foam (Cream)							
CO2 (Black)							
Powder (Blue)							
Wet Chemical (Yellow)							

The different extinguishers work in different ways to deal with the fire:

- Water - cools the burning material.
- Foam - forms a film on liquids to extinguish the fire. Cools burning solids.
- Carbon dioxide - smothers the fire by displacing the oxygen.
- Powder - knocks down the flames and can melt to form a skin on burning solids.
- Wet chemical - starve the fire of oxygen by sealing the burning fluid, which prevents flammable vapor reaching the atmosphere.

Summary of Module

- **Supervision** is the act or function of overseeing something or somebody.
- **Portion control** is understanding how much a serving size of food is and how many calories or how much food energy a serving contains.
- Japanese would never put different kind of food on one plate, they rather separated it into several little bowls.
- Decoration of dishes is very important, it gives personality to specific meal and final touch to your delicious story.
- **Routine work time:** This time is spent fulfilling all obligations to other people in your organization
- The **torchon** (which is French for dish cloth) is used to wipe a dish clean or protect the hands while handling hot pots and pans.
- A spotless commercial kitchen is extremely important, for health & safety reasons. With regular maintenance, commercial cleaning does not have to be a particularly difficult or time-consuming task.
- The importance of working in a healthy, safe and hygienic way, to ensure there are no risks to guests or associates.
- **Risk** is the potential of gaining or losing something of value. Values (such as physical health, social status, emotional well-being or financial wealth) can be gained or lost when taking risk resulting from a given action or inaction, foreseen or unforeseen.

Frequently Asked Questions (FAQs)

FAQ 1: Why is it important to use personal protective equipment?

Answer PPE is equipment that will protect the user against health or safety risks at work. It can include items such as safety helmets, gloves, eye protection, high-visibility clothing, safety footwear and safety harnesses. It also includes respiratory protective equipment (RPE).

FAQ 2: When Should personal protective equipment be used?

Answer Personal protective equipment (PPE) is one of the least effective ways of controlling risks to health and safety and should only be used: when there are no other practical control measures available (as a last resort) as an interim measure until a more effective way of controlling the risk can be used.

FAQ 3: What are PPE requirements?

Answer Personal protective equipment, commonly referred to as "PPE", is equipment worn to minimize exposure to serious workplace injuries and illnesses. These injuries and illnesses may result from contact with chemical, radiological, physical, electrical, mechanical, or other workplace hazards

FAQ 4: When was PPE introduced?

Answer The Personal Protective Equipment at Work Regulations 1992 are set of regulations created under the Health and Safety at Work etc. Act 1974 which came into force in Great Britain on 1 January 1993.

FAQ 5: How much is a portion?

Answer That is, vegetables servings are measured in cups rather than ounces. One serving equals 1/2 cup of raw or cooked vegetables or vegetable juice or 1 cup of leafy raw vegetables. Like the vegetable group, cup size matters here, too. One serving equals 1 cup of fruit or 100 percent fruit juice, or 1/2 cup of dried fruit.

FAQ 6: What is active fire protection system?

Answer Active Fire Protection (AFP) is a group of systems that require some amount of action or motion in order to work efficiently in the event of a fire. Actions may be manually operated, like a fire extinguisher or automatic, like a sprinkler, but either way they require some amount of action.

FAQ 7: What is hygiene in the kitchen?

Answer Kitchen hygiene practices can reduce this contamination of food and the transmission of disease. The concentration of bacteria found in contaminated food is much higher than in water. ... If cooked food is eaten within one hour of being prepared, it should be safe.

FAQ 8: Why food safety and sanitation is important?

Answer Food safety is essential in protecting individuals from bacteria and parasites that can be passed through food consumption. By practicing safe food handling, illnesses and fatalities can be prevented.

FAQ 9: What is the definition of food sanitation?

Answer Sanitation is the hygienic means of promoting health through prevention of human contact with the hazards of wastes as well as the treatment and proper disposal of sewage or wastewater. Hazards can be either physical, microbiological, biological or chemical agents of disease.

FAQ 10: Why is it important to learn about food safety?

Answer It is important for people to understand how their behavior and activities contribute to the safety of food and how they can decrease the risk of food borne illness. From processes on the farm to practices in the kitchen, human activities play an important role in food safety

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. What is the correct temperature that frozen food should be kept at?
 - a. 0 degrees
 - b. 15 degrees or lower
 - c. -18 degrees or lower
 - d. 20 degrees or lower
2. Which of the following is true about bacteria.
 - a. Bacteria multiplies and grows faster in warm environments
 - b. Bacteria needs air to survive
 - c. Every type of bacteria can give people food poisoning
 - d. By freezing food you can kill bacteria
3. It is important to prepare food safely because.
 - a. It helps to prevent food poisoning
 - b. Prepared food looks better
 - c. Prepared food tastes better
 - d. No Comments
4. _____ is the act or function of overseeing something or somebody.
 - a. Supervision
 - b. Monitoring
 - c. Hiring
 - d. Firing
5. _____ would never put different kind of food on one plate, they rather separated it into several little bowls.
 - a. Pakistani
 - b. Russian
 - c. Italian
 - d. Japanese
6. _____ is understanding how much a serving size of food is and how many calories or how much food energy a serving contains.
 - a. Yield
 - b. Portion control
 - c. Food cost
 - d. Production cost
7. The _____ is used to wipe a dish clean.
 - a. Torchon
 - b. Sleeks
 - c. Knife
 - d. Soap
8. _____ is the potential of gaining or losing something of value.
 - a. Yield
 - b. Risk
 - c. Portion control
 - d. Costing

9. _____ is equipment that will protect the user against health or safety risks at work.
- | | |
|--------|--------|
| a. PPE | b. PPA |
| c. APA | d. APL |
10. Kitchen hygiene practices can reduce this contamination of food and the transmission of _____.
- | | |
|-------------|-----------------|
| a. Bacteria | b. Disease |
| c. Germs | d. All of above |

Answers Key

MCQ Number	Correct Answer
1	c
2	a
3	a
4	a
5	d
6	b
7	a
8	b
9	a
10	b

MODULE 03: MAINTAIN PRODUCTION OF FOOD

Learning Outcomes

After completion of this learning module, you will be able to:

1. Set out and positively communicate the purpose and objectives of the kitchen team to all associates
2. Ensure that each member of the kitchen team knows their role and responsibilities and understands how these will contribute to achievement of the team's objectives
3. Encourage and support kitchen associates to carry out their role and provide recognition when objectives have been achieved
4. Support the team in addressing team and departmental problems
5. Give kitchen associates support and advice when they need it
6. Motivate kitchen associates to present their own ideas and listen to what they say
7. Monitor activities and progress across the kitchen team without interfering
8. Discuss and agree on methods and formats of communication with the sous chef
9. Agree with the sous chef daily and medium term areas for delegated responsibilities
10. Support the sous chef in undertaking training and inspections
11. Ensure that every day food and beverages requirements of section are signed off by sous chef
12. Ensure that cooks / assistants are punctual and efficient in carrying out their duties
13. Communicate instructions and other information clearly to kitchen staff
14. Motivate the kitchen staff in a timely and efficient manner to complete all their duties
15. Ensure that all staff are performing at the optimum level when preparing, cooking and finishing dishes for guests
16. Create a friendly, professional environment which inspires teamwork within section of his / her kitchen
17. Ensure high quality dishes are presented for service
18. Ensure that all food safety and hygiene standards are followed when preparing food for storage
19. Ensure that cross contamination procedures are strictly followed throughout food storage procedures
20. Ensure that all food is safely and hygienically prepared for storage
21. Ensure that all food prepared for storage is properly tagged according to organizational requirements

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Learning Unit 01: Lead the kitchen team in the preparation and cooking of food

Overview

In this learning unit you will learn about associates roles and responsibilities and support to associates for achieving objectives.

After completion of this learning unit you will be able to communicate effectively, apply methods of motivation, support and advice team to achieve team's objectives.

Team Difficulties and Challenges [1]

Types of team

1. Department teams: Departmental teams have been around for quite some time. As a department team, individuals relate to specialty or focus he or she has mastered, with everyone working toward achieving goals outlined in the company's mission statement.

2. Self-managed teams: These types of teams are the most empowered, as they have the power to make decisions. Each team member brings a certain skill set to the table to make informed decisions, complete assignments or deliver services for customers.

Team

A team is a group of people or other animals linked in a common purpose.

Success depends on your ability to attract, develop, and retain talent. To do it, you need to address challenges of kitchen team.

- Putting plans into action – Follow through. Experience shows up to 90 percent of strategic plans never achieve execution.
- Not achieving the goal of kitchen.
- Encouraging constructive dissent.
- Not asking for feedback.
- Maintaining focus on the future.
- Building the team.

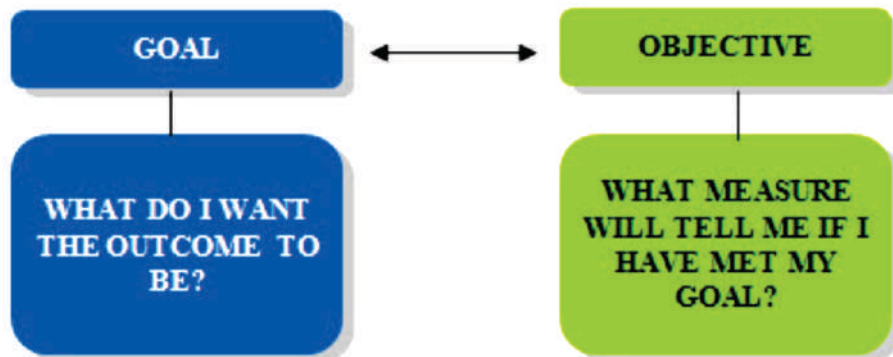
Objective

A thing aimed at or sought; a goal.

Objectives and Plans of The Kitchen Team [2]

Objective

Chef de Partie and team shall be on the same page agree to achieve goals and objectives. To build relationship between goals and objectives, you must ask two questions from your own self as given in below diagram:



Measures

The important thing here is about regularly communicating this to the team throughout the year and letting them know how you as a team are tracking against objectives.

A kitchen plan is a timely convergence of many disciplines to meet a single goal, expressed in a kitchen layout. That single goal is safe food which, in turn, meets all the other operationally distinctive criteria.

Roles and Responsibilities of Kitchen Team [3]

Following are the key role and responsibilities of kitchen team:

1. Plan food
2. Heads plan each menu and teams prepare the meals
3. Check team and lists for and food special needs and plan
4. You are responsible for food inventory at the end of the weekend
5. Assist liaison for break down at the end of the weekend

Strategy

Vision
Mission
Strategy
Action Plan

Measure your success through

- financial performance
- reputation –customer feedback rating
- local press – reviews and ratings
- introduction of new dishes/menus
- success of promotions

Kitchen Standard Operating Procedures [4]

Standard Operating Procedure (SOP)

Standard operating procedures (SOPs) are written instructions intended to document how to perform a routine activity. Many companies rely on standard operating procedures to help to ensure that consistency and are quality in their products.

Daily Food Safety Manager's Checklist

Employee Health and Hygiene:	YES	NO
All workers in good health		
If no, sick worker excluded from establishment:	YES	NO
Food handlers are wearing effective hats or hair nets and clean clothes:	YES	NO
Observed effective hand washing when contaminated and at required	YES	NO
Hand Wash Sinks:	YES	NO
Soap _____ Paper Towels _____ Trash Can _____		
Reminder Sign ____		
Food Source:		
Food obtained from approved source:	YES	NO
Deliveries inspected upon receipt (package integrity, free of temperature abuse and pests):	YES	NO
Potentially hazardous food received frozen or below 41F (temperature checked):	YES	NO
Cross Contamination Prevention Measures Being Followed:		
Raw animal products/dirty produce stored below and separate from ready-to-eat and cooked foods:	YES	NO
Raw produce thoroughly washed/scrubbed prior to slicing, peeling, or preparation:	YES	NO
Barriers used to prohibit bare hand contact with food (glove, utensils, deli paper) Gloves changed frequently and hands washed upon changing:	YES	NO
Dish Washing Operation: All food contact equipment, countertops, cutting boards, and in use utensils washed with a detergent, rinsed with clear water, and then sanitized (at least every 4 hours of continuous use):	YES	NO
Sinks set up in the proper order (1 st - wash, 2 nd - rinse, and 3 rd – sanitize,	YES	NO

Objective of SOP

SOPs aim to achieve efficiency, quality output and uniformity of performance, while reducing miscommunication and failure to comply with.

Maintenance Responsibility

Once the central kitchen is operational, maintenance usually becomes the responsibility of the foodservice department.

SOP: Hand Washing**INSTRUCTIONS:**

1. Post hand washing signs or posters in a language, which should be understood by all food service staff near all hand washing sinks, in food preparation areas, and restrooms.
2. Use designated hand washing sinks for hand washing only. Do not use food preparation, utility, and dishwashing sinks for hand washing.
3. Provide warm running water, soap, and a means to dry hands. Provide a waste container at each hand washing sink or near the door in restrooms.
4. Keep hand washing sinks accessible anytime team members are present.
5. Wash hands:

• Before starting work	• After smoking, eating, drinking, or chewing gum or tobacco
• During food preparation	• After handling raw meats, poultry, or fish
• When moving from one food preparation area to another	• After any clean up activity such as sweeping, mopping, or wiping counters
• Before putting on or changing gloves	• After touching dirty dishes, equipment, or utensils
• After using the toilet	• After handling trash or money
• After sneezing, coughing, or using a handkerchief or tissue	• After any time the hands may become contaminated
• After touching hair, face, or body	

Maintenance

Maintenance for the central kitchen and the equipment are an important ongoing task

6. Follow proper hand washing procedures as indicated below:
 - a) Wet hands and forearms with warm running water at least 100°F and apply soap
 - b) Scrub lathered hands and forearms, under fingernails, and between fingers for at least 10-15 seconds. Rinse thoroughly under warm running water for 5-10 seconds.
 - c) Dry hands and forearms thoroughly with single-use paper towels or dry hands for at least 30 seconds, if using a warm air hand dryer

MONITORING:

1. A designated steward will visually observe the hand washing practices of the foodservice staff during all hours of operation.
2. The designated employee will visually observe that hand washing sinks are properly supplied during all hours of operation.

CORRECTIVE ACTION:

1. Retrain any food service employee that is not following the procedures in this SOP.
2. Ask team members about the service employee that is found not washing at the appropriate times or using the proper procedure to wash their hands immediately.

SOP: Personal Hygiene**Food service team members who handle, prepare or serve food must:**

1. Follow the Employee Health Policy.
2. Report to work in good health, clean, and dressed in clean attire.
3. Change apron when it becomes dirty.
4. Wash hands properly and frequently at the appropriate times.
5. Keep fingernails trimmed, filed, and maintained so that the edges are cleanable and not rough.
6. Avoid wearing artificial fingernails and fingernail polish.
7. Treat and bandage wounds and sores immediately. When hands are bandaged, single-use gloves must be worn.
8.
 - Place a small amount of food into a separate container.
 - Step away from exposed food and food contact surfaces.

Monitor Temperature

Monitor temperatures of products every hour throughout the cooling process by inserting a probe thermometer into the center of the food and at various locations in the product

MONITORING

A designated foodservice employee will inspect team members when they report to him insuring that each employee is following this SOP. The designated foodservice employee will monitor that all foodservice team members are adhering to the personal hygiene policy during all hours of operation.

CORRECTIVE ACTION

1. Retrain any foodservice employee found not following the procedures in this SOP.
2. Discard affected food.

SOP: Using Suitable Utensils When Handling Ready-to-Eat Foods

PURPOSE: To prevent food borne illness due to hand-to-food cross-contamination.

INSTRUCTIONS:

1. Use proper hand washing procedures to wash hands and exposed arms prior to preparing or handling food or at any time when the hands may have become contaminated.
2. Do not use bare hands to handle ready-to-eat foods at any time unless washing fruits and vegetables.
3. Use suitable utensils when working with ready-to-eat food. Suitable utensils may include:
 - Single-use gloves
 - Tongs, spoons, and spatulas
 - Before beginning food preparation
 - Before beginning a new task
 - After contacting chemicals
 - When interruptions in food preparation occur, such as when answering the telephone or checking in a delivery
 - When handling money

MONITORING:

A designated foodservice employee will visually observe that gloves or suitable utensils are used and changed at the appropriate times during all hours of operation.

CORRECTIVE ACTION

1. Retrain any foodservice employee, found not following the procedures in this SOP.
2. Discard ready-to-eat food touched with bare hands.

SOP: Cleaning and Sanitizing Food Contact Surfaces

WHEN:

Wash, rinse, and sanitize food contact surfaces:

- Before each use
- Between uses when preparing different types of raw animal foods or when preparing ready-to-eat foods and raw animal foods
- Any time contamination occurs or is suspected

HOW:

Surfaces: Wash, rinse, and sanitize food contact surfaces using the following procedure:

- 1) Wash surface with detergent solution.
- 2) Rinse surface with clean water.
- 3) Sanitize surface using a sanitizing solution mixed at a concentration specified on the manufacturer's label.
- 4) Place wet items in a manner to allow air drying.

MONITORING

Foodservice team members will:

- Take the water temperature in the first compartment of the sink by using a calibrated thermometer.
 - If using chemicals to sanitize, test the sanitizer concentration by using the appropriate test kit for the chemical.
 - If using hot water to sanitize, use a calibrated thermometer to measure the water temperature.
-
- 1) In a dish machine, on a daily basis:
 - Visually monitor that the water and the interior parts of the machine are clean and free of debris.
 - Continually monitor the temperature and pressure gauges, if applicable, to ensure that the machine is operating according to the data plate.

CORRECTIVE ACTION

1. Retrain any foodservice employee found not following the procedures in this SOP.
2. Wash, rinse, and sanitize dirty food contact surfaces. Sanitize food contact surfaces, if it is discovered that the surfaces were not properly sanitized. Discard food that comes in contact with food contact surfaces that have not been sanitized properly.

3. In a 3-compartment sink:

- For a chemical sanitizing dish machine, check the level of sanitizer remaining in bulk container. Fill, if needed. “Prime” the machine according to the manufacturer's instructions to ensure that the sanitizer is being pumped through the machine.
- If the proper sanitizer concentration level is not achieved, stop using the machine and contact the appropriate individual(s) to have it repaired.

SOP: Controlling Time and Temperature During Preparation

PURPOSE: To prevent food borne illness by limiting the amount of time that potentially hazardous foods are held in the temperature danger zone during preparation.

INSTRUCTIONS:

- Wash hands prior to preparing foods and use clean and sanitized equipment/utensils while preparing food.
- Separate raw foods from ready-to-eat foods by keeping them in separate containers until ready to use and by using separate dispensing utensils. (Refer to the Preventing Cross-Contamination During Storage and Preparation SOP.)
- Pre-chill ingredients for cold foods to 41 °F or below before combining with other ingredients.
- Prepare foods as close to serving times as the menu will allow.
- Prepare food in small batches.
- Limit the time for preparation of any batches of food so that ingredients are not at room temperature for more than 30 minutes before cooking, serving, or being returned to the refrigerator.
- If potentially hazardous foods are not cooked or served immediately after preparation, quickly chill. Refer to the Cooling Potentially Hazardous Foods SOP.

MONITORING:

- Use a clean, sanitized, and calibrated probe thermometer, preferably a thermocouple.
- Take at least two internal temperatures from each pan of food at various stages of preparation.
- Monitor the amount of time that food is in the temperature danger zone. It cannot exceed 4 hours.

CORRECTIVE ACTIONS:

- Retrain any foodservice employee found not following the procedures in this SOP.
- Begin the cooking process immediately after preparation is complete for any foods that will be served hot.
- Rapidly cool ready-to-eat foods or foods that will be cooked at later time.

MONITORING:

- Use a clean, sanitized, and calibrated probe
- Avoid inserting the thermometer into pockets of fat or near bones when taking internal cooking temperatures.

CORRECTIVE ACTION:

1. Retrain any foodservice employee found not following the procedures in this SOP.
2. Continue cooking food until the internal temperature reaches the required temperature.

VERIFICATION AND RECORD KEEPING:

Foodservice team members will record product name, time, the two temperatures/times, and any corrective action taken on the Cooking and Reheating Temperature Log.

SOP: Cooling Potentially Hazardous Foods

INSTRUCTIONS

1. If possible, prepare and cool food in small batches for quicker cooling. Chill food rapidly using an appropriate cooling method:
2. Chill cooked, hot food from:
 - 135 °F to 70 °F within 2 hours and 70 °F to 41 °F or below within another 4 hours. The total cooling process from 135 °F to 41 °F may not exceed 6 hours. Take corrective action immediately if food is not chilled within acceptable temperatures within the two stages.

MONITORING

1. Use a clean, sanitized, and calibrated probe thermometer to measure the internal temperature of the food during the cooling process.
2. Monitor temperatures of products every hour throughout the cooling process by inserting a probe thermometer into the middle of the food and at various locations in the product.

CORRECTIVE ACTION

1. Retrain any foodservice employee found not following the procedures in this SOP.
2. Reheat cooked, hot food to 165 °F for 15 seconds and start the cooling process again using a different cooling method when the food is:
 - Above 70 °F and 2 hours or less into the cooling process and
 - Above 41 °F and 6 hours or less into the cooling process.
3. Discard cooked, hot food immediately when the food is:
 - Above 70 °F and more than 2 hours into the cooling process or
 - Above 41 °F and more than 6 hours into the cooling process.
4. Use a different cooling method for prepared ready-to-eat foods when the food is above 41 °F and less than 4 hours into the cooling process.

Use Thermometer

Use a clean, sanitized, and calibrated probe thermometer, preferably a thermocouple

VERIFICATION AND RECORD KEEPING

Foodservice team members will record temperatures and corrective actions taken on the Cooling Temperature Log. If no foods cooled on a working day, write “No Foods Cooled”. The foodservice manager will verify that team members are cooling food properly by visual monitoring and reviewing, initialing, and dating the temperature log each working day. The Cooling Temperature Logs are to be kept on file for a minimum of 1 year.

SOP: Washing Fruits & Vegetables

PURPOSE: To prevent or reduce risk of food borne illness or injury by contaminated fruits and vegetables.

INSTRUCTIONS:

1. Wash hands using the proper procedure.
2. Wash, rinse, sanitize, and air-dry all food-contact surfaces, equipment, and utensils that will be in contact with produce, such as cutting boards, knives, and sinks.
3. Wash all raw fruits and vegetables thoroughly before combining with other ingredients including:
 - Unpeeled fresh fruit and vegetables that are served whole or cut into pieces.
 - Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.
4. Remove any damaged or bruised areas.
5. Label, date, and refrigerate fresh-cut items.
6. Serve cut melons, tomatoes and leafy greens within 7 days if held at 41 °F or below. (Refer to the Date Marking Ready-to-Eat, Potentially Hazardous Food SOP.)
7. Do not serve raw seed sprouts to highly susceptible populations such as preschool-age children.

MONITORING:

1. The foodservice manager will visually monitor that fruits and vegetables are being properly washed, labeled, and dated during all hours of operation.
2. Foodservice team members will check daily the quality of fruits and vegetables in cold storage.

CORRECTIVE ACTION

1. Retrain any foodservice employee found not following the procedures in this SOP.
2. Remove unwashed fruits and vegetables and washed immediately before being served.
3. Label and date fresh cut fruits and vegetables.
4. Discard cut melons, tomatoes and cut leafy greens held after 7 days.

Communicating as kitchen team member [5]

Types of Communication in team

There are two types of communication, which are important for Chef's:

1. Top-down communication
2. Bottom-up communication.

In other words, Chef's should be able to communicate policies, procedures and instructions clearly to their team members, however, they should also be able to listen to communication from team members and make changes based on issues that the team members face. Good hospitality business Chef's also need to be able to communicate in a number of different ways including in large groups, face-to-face, online and in writing.

Check your text

Emails and even text messages they need to carefully written and double checked before sending to ensure that this has been written in the same tone as you.

Key communication traits

Verbal and non-verbal communication will be used and with the use of emails and even text messages they need to carefully written and double checked before sending to ensure that this has been written in the same tone as you would speak it.

Motivating, Supporting and Encouraging Team[6]

Motivation

Internal and external factors that stimulate desire and energy in associate to be continually interested and committed to a job, role or subject, or to make an effort to attain a goal.

Motivation

Motivation is a theoretical construct used to explain behavior. It gives the reasons for people's actions, desires, and needs.

How to Motivate Kitchen Team

1. Share the Organizational Vision With Each Member: If everyone is aware of the collective vision, which will lead to prosperity and success of each team member, motivation and enthusiasm become the indivisible parts of all activities. Make sure that you continuously concentrate the attention of your staff on the glory of reaching that powerful vision.

2. Communicate With Your Staff : You can't learn about ideas, attitude or concerns of your team members without constant communication. Use each opportunity to interact with them and you will discover hundreds of new ways of organizing your activities more successfully.

3. Support New Ideas

Each team member will feel empowered by the opportunity to not only implement day to day tasks, but as well as suggest new ideas and make them a reality. Give people a chance to take initiative and you will be amazed by their ability to create brilliant ideas.

4. Give Challenging Tasks: People can't grow if they are constantly doing what they have always done. Let them develop new skills by giving challenging tasks. At the same time make sure the tasks are reachable and in the frames of the person's interests.

5. Give Each One Opportunities to Grow: They will definitely lose the motivation to put their maximum efforts in work. They should be sure that the devotion and hard work will lead to new personal and professional achievements.

6. Celebrate Each Success: Even the smallest achievements are worth being celebrated. The road to success consists of thousand small steps. Glorify each and every goal achieved. Show to your team that all of you made one more important step forward.

7. Make Sure There is a Good Working Environment: Research showed that environment is more important to team members than money. This is a great chance for you to create extra motivation for your staff by making the work environment a beautiful place to work, rest and have fun at the same time.

8. Create and Maintain a Team Spirit: Team is like a family, where mutual support and trust are the most important values. Organize team activities both during working time and after. You will have the half of success by creating and maintaining a powerful team spirit at the workplace.

Types of Support and Advice [7]

Following are the types of support and advices that kitchen associates are likely to need:

- **Treat everyone as an individual**

Respect that different team members have different needs. For example, if an employee is in a long distance relationship, you may want to let them leave early on Friday afternoons. As a result, they'll be more inclined to put extra hours in during the week to keep on top of their workload.

- **Lead by example**

A productive team needs a productive leader. As the top dog you need to embody the company's brand yourself and be true to its ethics.

- **Give ownership to your team**

While new team members need clear instructions and guidance. Once they are on the right track, let go of the reins. Leave them to be led by their own initiative and congratulate them for doing so. As well as inspiring self-confidence, this hands-off approach may allow team members to navigate your Kitchen from a new perspective, potentially exposing inefficiencies, untapped opportunities and prospective innovations.

- **Be flexible**

Respect that your team members have personal lives to balance with their work commitments and don't put additional pressure on them when, for example, they have to pick up their children and take care of a sick relative or leave early for a washing machine to be delivered.

Planning to Achieve Team Objectives [8]

Attributes of an effective team

Teams are sometimes criticized for restricting productivity and holding back the efforts of individual team members. Generally, the problem is not the team, but the way it is working.

Commitment to team goals

Commitment to a common goal is one of the cornerstones of teamwork. Chef ensures that the team is aware of all relevant team information and their expectations of individuals and the team. Team members are willing and able to communicate relevant information, ensuring that team members have the information they need to complete their tasks.

Establishing goals and timelines

Effective teams identify goals, timelines and processes. This framework is called a team plan and it consists of goals, tasks, processes, timelines and milestones. The first step in creating a team plan is to establish goals.

Establishing clear and common goals

Goals should be:

Effective teams

have the following characteristics:

- Shared leadership
- Shared responsibility
- Commitment to team goals
- Commitment to the team plan

- Clear
- Accurate
- Relevant
- Reflect organizational culture and performance standards.

Clarifying Goals

Goals should be clearly documented so that all team members understand what the team is trying to achieve. Team members can clarify goals by:

- Confirming
- Defining
- Refining.

Establishing a team plan

Establishing a team plan involves:

- Breaking goals into tasks
- Timelines, milestones and deadlines
- Allocation of tasks
- Determining processes.

Breaking Goals into Tasks: Once goals are determined, they can be broken down into manageable tasks. This involves analyzing the goal and determining.

The team also needs to decide on the best way to work on tasks to ensure they are completed accurately and on time. This may be completed as a group activity. It can involve:

- Determining communication channels
- Training team members
- Identifying reporting and support relationships.

Allocation of Tasks: Allocating tasks correctly ensures effective team operation and efficient use of the available human resources. Tasks may be allocated to team members based on the role of each team member. The following factors should be taken into account when allocating tasks:

- The best person for the job
- Where possible allocate complementary tasks
- Task familiarization
- Equipment.
- Demonstrating how to do something
- Helping to complete a task if someone is too busy
- Giving encouragement
- Taking on extra tasks.

Monitoring Progress

It is important to monitor the progress of tasks. This will help team members to determine when tasks and goals are on track to meet the deadline or if alternative strategies are required.

Learning Unit 02: SUPPORT THE SOUS CHEF

Overview

In this learning unit you will learn about methods & formats of communication with sous chef, steps to assist sous chef in undertaking training & inspections and everyday food & beverage requirements.

After completion of this learning unit you will be able to support Sous chef for every day food & beverage requirements and apply methods of communication using technical language.

Communication With the Sous Chef [1]

The person in charge of the kitchen needs to establish communication standards and procedures so that all kitchen staff members know what to do.

Sous-chef

A chef who is "the second in command in a kitchen.

Methods of Communication in Kitchen

- **Special Meetings:** Team members may call special meetings to discuss matters of mutual interest with Chefs. If these meetings allow for mutual exchange of information, they can be an effective method of upward communication.
- **Open Door Policy:** Open door policy provides an informal upward channel. Under this policy, the team members are given a feeling that the chef's doors are always open to them.
- **Review and Feedback Session:** Review and feedback sessions can be arranged after the completion of important productions or tasks to learn about the difficulties encountered. It helps to learn and to improve the performance of the kitchen.
- **Reports:** Reports are the most frequently used method for upward communication. The team members may be required to submit reports about the progress of their work at regular intervals. Reports may be oral or written, formal or informal, lengthy or short.
- **Grievance Procedures:** The enlightened companies have grievance procedure so that team members can push their grievances to the upper level for action.
- **Counseling:** In some organizations, workers are encouraged to seek counsel from their superiors to solve their personal problems.
- **Committees:** Various committees like grievance committee, welfare committee, counseling committee etc. also encourage flow of information from the lower level to the upper level of the organization.

Upward communication

Upward communication is the flow of information from front line employees to managers, supervisors, and directors.

Upward vertical communication

Upward Communication is the process of information flowing from the lower levels of a hierarchy to the upper levels.

Operational, Administrative and Supervisory Role [2]

Horizontal communication

Horizontal communication is the transmission of information between people, divisions, departments or units within the same level of organizational hierarchy.

Operational Activities:

The functional areas for central kitchens vary but the typical functional areas include receiving, storage of raw product, hot food preparation, cold food preparation, bakery, packaging, assembly, storage of prepared foods, shipping/distribution, and dish/pot and pan washing. Some central kitchen facilities have a separate catering kitchen depending on the type and volume of catering they do.

Equipment Maintenance

A preventive maintenance plan for equipment must be in place to ensure that the central kitchen can meet the production demands. The impact of an equipment breakdown in a central kitchen would be large due to the number of schools and students served by the facility.

Maintenance

Maintenance for the central kitchen and the equipment are an important ongoing task. Once the central kitchen is operational, maintenance usually becomes the responsibility of the foodservice department.

Create a HACCP plan

- ID foods which need to be covered by the plan.
- Develop list of ingredients, materials, equipment, and recipes.
- Develop a process flow diagram.
- Verify the process flow.

Purchasing

Purchasing is different for centralized foodservice systems than for conventional foodservice systems. Centralizing purchasing for a district will increase the purchasing power of the school district due to the high volume of food and supplies used. Centralization of purchasing often results in a need for fewer drops, which further decreases costs.

Warehousing

The central kitchen will require a large inventory of food and supplies. This necessitates that adequate warehousing facilities are planned and that SOP are developed for the warehouse function.

Menu analysis to determine the types of items that will be served, the form in which the items will be purchased (ready-to-eat, partially processed, made from scratch), and the types and number of ingredients required to prepare the recipes.

Forecasting the number of meals served will be required. Purchasing methods, such as frequency of deliveries of various types of products and quantities purchased to get the optimal price, need to be reviewed. Commodity items, volume, and timing of distribution impacts storage space needs. Future needs also must be anticipated.

Inventory Control.

Inventory control is important to ensure that the appropriate products are available when needed and to control costs.

Waste Management

Waste management is a major part of managing a central kitchen. There will be large quantities of cardboard boxes, metal cans, and other packaging materials that must be removed from the facility

Recipes & Prep Sheets

It is absolutely critical that all instructions and measurements on all recipes be followed exactly! Always use the recipe sheet when preparing any products. These steps **MUST** be followed so that we serve food with the same great taste, texture and color to every guest, consistently, time after time

Daily Preparation Sheets

The Daily Prep Sheets are a major tool in controlling our food cost and ensuring we always have a sufficient quantity of fresh quality food. The Kitchen Lead will fill out the Daily Prep Sheet each morning.

On Hand	The amount of usable product left over from the previous day. The kitchen lead determines this by taking a physical count and inspection of products on hand.
Par Level	Par levels are determined based upon the average usage of products on peak and non-peak days of the week. Chef's are responsible for updating par levels as product usage and sales fluctuate.
Make	The amount to prep that day to build up to the Par Level
Name	Name of the person assigned to prepare the product

Supervisory Role:

Kitchen Supervisors oversee the day-to-day activities of the kitchen, including:

- cleaning equipment
- checking supplies and rotating food stock
- training workers in food preparation
- service
- sanitation, and safety procedures
- observing and evaluating workers and work procedures to ensure quality standards and service

Supportive Functions:

In addition to performance of the essential functions, this position may be required to perform a combination of the following supportive functions, with the percentage of time performing each function to be solely determined by the supervisor based upon the particular requirements of the Kitchen.

- Keeps floors dry and clean to avoid slip/fall accidents.
- Performs other duties as requested, such as, cross-training, moving supplies and equipment, cleaning up spills, etc.
- Reports suspicious persons or activities to a supervisor immediately.

Daily and Medium Term Responsibilities [3]

An individual who is a professional chef has a wide array of specific duties that they must carry out on a daily basis. The first duty which is overly encompassing in and of itself, is that of overseeing subordinates in their daily work environment. The chef is responsible for overseeing all individuals who work under their charge in the kitchen. This list can include everywhere from assistant executive chefs to the kitchen preps. The chef will oversee the preparation of meals and ingredients.

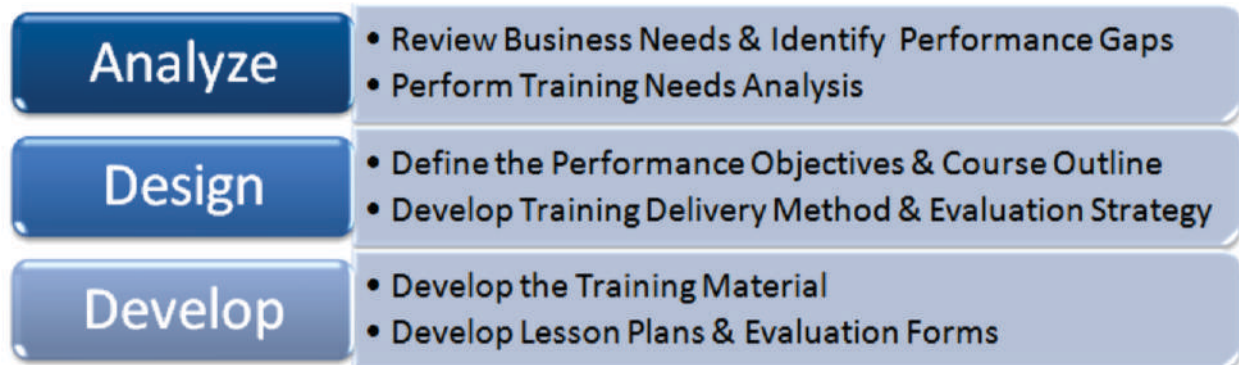
A chef may also choose to take part in preparing a few or many of the menu items on a weekly basis. This may occur due to the kitchen being short-staffed or simply because the chef has a love for his/her position and wishes to maintain cooking involvement as much as possible. Sometimes the chef will prepare the main courses whereas they may opt for only prepare a dessert or two now and again.

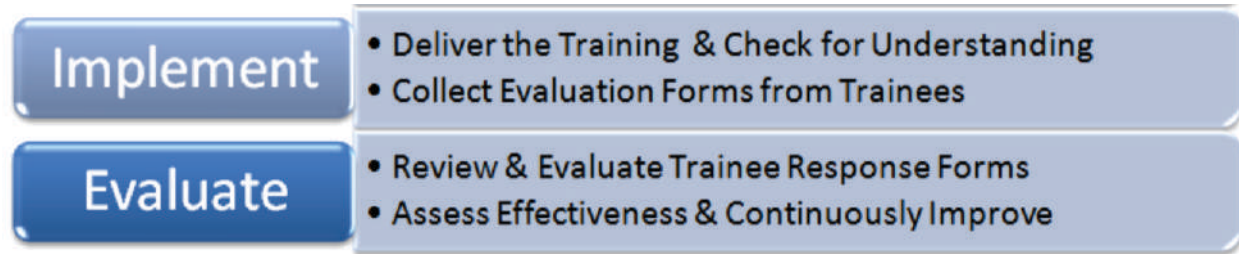
Duties and responsibilities

Essentially, the sous chef is responsible for planning and directing food preparation in a kitchen. This will involve a large degree of supervising other kitchen staff, as well as keeping an eye out for problems that arise in the kitchen and seizing control of a situation at a moment's notice. The chef de partie may also need to effectively discipline underperforming staff members, as well as provide incentives for staff members to go above and beyond the expectations of their particular chef roles.

Outside of the kitchen, the chef de partie may be responsible for staff scheduling and, depending on the establishment, may even have a hand in apprenticeship development schemes as well. A large portion of a sous chef's duties, however, are administrative, sometimes taking up to a quarter of his or her work hours.

Training and Nature of Work [4]





An effective training program is built by following a systematic, step-by step process.

1) Assess Training Needs: The first step in developing a training program is to identify and assess needs. Employee training needs may already be established in the Kitchen's strategic, human resources or individual development plans.

2) Set Organizational Training Objectives: The training needs assessments (organizational, task & individual) will identify any gaps in current training initiatives and employee skill sets. These gaps should be analyzed and prioritized and turned into the Kitchen's training objectives.

3) Create Training Action Plan: The next step is to create a comprehensive action plan that includes learning theories, instructional design, content, materials and any other training elements. Resources and training delivery methods should also be detailed. While developing the program, the level of training and participants' learning styles need also to be considered.

4) Implement Training Initiatives: The implementation phase is where the training program comes to life. Program implementation includes the scheduling of training activities and organization of any related resources (facilities, equipment, etc.).

5) Evaluate & Revise Training: As mentioned in the last segment, the training program should be continually monitored. At the end, the entire program should be evaluated to determine if it was successful and met training objectives.

Health System

The basic nature of the work in a large kitchen differs from that of a conventional onsite kitchen. Characteristics of the large size kitchen work environment include:

- **Heavy Lifting.** Large kitchens purchase food in larger quantities and team members handle greater quantities of product, resulting in heavy lifting requirements for some workers.
- **Repetitive and Monotonous.** Large kitchens operate using principles of economy of scale, so food is produced in very large quantities. As a result, workers have less variety of tasks and those tasks often are very repetitive. For example, the assembly workers may stand in one place for several hours doing one task.
- **High noise levels.** Large kitchens often are very large and open with little ways to baffle noise. The large equipment and activity in the kitchen often make it a very noisy environment.
- **Refrigerated work environment.** Some areas in the Large kitchen may be maintained at refrigerator temperatures to ensure food safety.

Food and Beverages Management [5]

Food & Beverage Service

Pantry: Pantry is the area situated between the Kitchen and Restaurant. It consists of the following sections, which are Hot plate or food pick up area, Place to keep dirty plates and glasses.

Still Room: It is one of the very important supporting areas in the food and beverage department of the hotel. It provides the food and beverages for the service of meals which are not provided by the kitchen. The still room makes all the hot and cold non-alcoholic beverages needed for the restaurant.

Silver room: Silver room is the place where all the silver wares are stored and cleaned. Still, room holds the complete stock of all the silverware such as flatware, cutlery, hollowware etc. Separate storage areas would be allotted to store different types equipments. It is very important area that the silver room should contain space for silver cleaning.

Linen Room: The linen room is important back of the house service area in a hotel. The linen room should stock minimum linen and uniform required to meet the daily demands so as to ensure smooth operations. Linen is changed daily in the restaurant and it is exchanged one on one basis from the linen room.

Hot Plate: Hot plate is the food pick up area of the pantry. The service personnel is not allowed to enter the kitchen nor wait till food is being prepared.

Wash-up area: The wash-up area comprises of wash sinks, dish washing machines, rack to keep cleaned dishes, and tables. All the utensils are washed, cleaned, dried and keep here for further use.

Kitchen Stewarding: This department primarily controls the storage and issue of cutlery, crockery, hollowware, chinaware, glassware to the different F & B outlets and kitchens. Kitchen stewarding department supplies all cleaned service equipment to waiter. This department is also responsible for washing solid service ware and subsequently furnishing clean items.

Food and beverages Process

The Challenge of the Food and Beverage Operations

- The control function
- Customer expectations and service delivery
- Logistics of supply

Planning for Food and Beverage Management

- Determining food and beverage standards
- Operations budgeting and cost-volume-profit analysis
- The menu – the foundation for control

Menu Management

- Nutrition
- The Menu

- Standard Product Costs and Pricing Strategies
- Pricing Menu Items
- Principles of Gross Profits -Stock Control

Designing Effective Food and Beverage Management Systems

- Procedures for supplier selection
- Ethical and professional standards
- Purchasing and receiving controls
- Storing and Issuing controls
- Production and serving costs
- Control analysis, corrective action and evaluation

Managing Labor Costs

- Labor cost controls
- Implementing labor cost management
- Formulation of Rosters

Learner's Activity [1]

Description	Stock Record Card
Purpose	To understand the working and implementation of stock record card

[illegible]

Instructions:

Trainees are required to design and full fill the stock record card of different sections of the kitchen store

Learning Unit 03: SUPERVISE STORAGE OF FOOD WITHIN KITCHEN SECTION

Overview

In this learning unit you will learn about cross contamination procedures and safe storage practices.

After completion of this learning unit you will be able to implement safe storage practices and prevent cross contamination.

Record Keeping

The maintenance of a history of one's activities.

Food Log [1]

Food Log Book

When using Safe Kitchen Process, it is essential that the outcomes of your checks / monitoring procedures are recorded at a frequency that reflects the nature and size of your business. Recording helps you to keep an accurate check on food safety procedures within your business and enables you to demonstrate that you are controlling hazards in an effective manner. The following templates are use in kitchen to record food as below:

Food Delivery Records

Date	Food item	Supplied by	Check use by date	Temp	Comments

Food safety

Food safety is a scientific discipline describing handling, preparation, and storage of food in ways that prevent food borne illness.

Fridge/Cold Room/Display Chill Temperature Records

Month : _____, Year: _____

Temperatures of fridge / cold room / display grill								
Unit							Comments	Signed
Date	AM	PM	AM	PM	AM	PM		
1-								
2-								
3-								
4-								
5-								
6-								

Log Book

A log book is a systematic daily or hourly record of activities, events and occurrences.

Cooking/Cooling/Reheating Records

Cooking					Cooling			Reheating		
Date	Food	Time started cooking	Time finished cooking	Sign	Time in to fridge	Date	Sign	Date	Core temp	Sign

Hot/Hold/Display Records

Date	Food	Time into Hot Hold	Core Temp After 2 hrs on display	Core Temp After 4 hrs on display	Core Temp After 6 hrs on display	Comments

All-In-One Daily Record

Food item	Prepared by	Check use by date	Temp	Comments	Sign

Instructions:

Trainees are required to design and full fill the stock record card of different sections of the kitchen store

Food Store Temperatures [2]

All potentially hazardous foods, except those prepared for immediate consumption by a patron, shall be maintained in such a fashion as to prevent the growth or development of bacteria.

Temperature Storage Guidelines for Specific Foods

Food	Temperature	Other Requirements
Meat	41°F	Tightly wrap or place it in a deep container.
Poultry	41°F	Store ice-packed poultry in self-draining containers. Change ice often and sanitize the container regularly.
Fish	41°F	Tightly wrap or store in original packaging. Before shipping, fish served raw or partially cooked must be frozen by the processor to -4°F or colder for seven days in a storage freezer or -31°F or colder for fifteen hours in a blast freezer.
Shellfish	Store alive at 45°F	Store alive in the original container Store clams, oysters, mussels, and scallops in a display tank if the tank has a sign stating that the shellfish are for display only or if a variance is obtained from the local health department. Keep shell stock tags on file for 90 days from the date the last shellfish was used.
Eggs	41°F	Use within 4-5 weeks of the packing date.
Dairy	41°F	Discard if past the use-by or expiration date.
Ice cream and frozen yogurt	6°F-10°F	Discard if past the use-by or expiration date.
Fresh produce	Temperature varies	If delivered packed on ice, store that way.
UHT products, aseptically packaged	50°F-70°F	Once opened, store all UHT at 41°F or colder. Read the label to determine if the product needs to be refrigerated.

Preparing Food Storage [3]

You are prepare food for storage as instructed below:

- Keep food in a dry, cool spot – a dark area if possible.
- Keep food covered at all times.
- Open food boxes or cans care-fully so that you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags, and keep them in tight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to protect them from pests.
- Inspect all food for signs of spoilage before use.
- Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.
- Consider building a special storage unit for your supplies.

Wash your hands

Your hands can easily spread bacteria around the kitchen and onto food. This is why it's important to always wash your hands thoroughly with soap and warm water at each of these times:

- before starting to prepare food
- after touching raw food such as meat, poultry and vegetables
- after going to the toilet
- after touching the bin
- after touching pets
- Don't forget to dry your hands thoroughly as well, because if they are wet they will spread bacteria more easily.

Keep worktops clean

- Before you start preparing food, it's important to make sure that your worktops, kitchen utensils and chopping boards are clean. If they've been touched by raw meat, poultry, eggs or vegetables you'll need to wash them thoroughly.
- Don't forget to change dish cloths and tea towels regularly. They may look clean, but they're the perfect place for bacteria to grow.
- Separate raw food, including meat/fish and vegetables from ready-to-eat food.
- Raw foods such as meat, fish and vegetables may contain harmful bacteria that can spread very easily to anything they touch, including other foods, worktops, chopping boards and knives.

Check the label

Another important stage when you're preparing food – to help keep you and your family safe – is to have a look at the food labels to make sure everything you're going to use has been stored correctly (according to any storage instructions) and that none of the food is past its 'use by' date.

The 'best before' dates marked on most foods are more about quality than safety. When this date runs out, it doesn't mean that the food will be harmful, but its flavor, color or texture might begin to deteriorate.

Shelf-life of Foods for Storage

Here are some general guidelines for rotating common foods.

Use within six months:

- Powdered milk (boxed)
- Dried fruit (in metal container)
- Dry, crisp crackers (in metal container)
- Potatoes

Use within one year:

- Canned condensed meat and vegetable soups
- Canned fruits, fruit juices and vegetables
- Ready-to-eat cereals and uncooked instant cereals (in metal containers)
- Peanut butter
- Jelly
- Hard candy and canned nuts
- Vitamin C

May be stored indefinitely

(in proper containers and conditions):

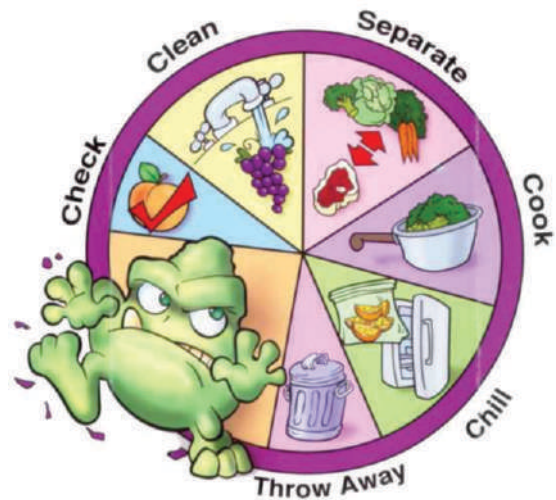
- Wheat
- Vegetable oils
- Dried corn
- Baking powder
- Soybeans
- Instant coffee, tea and cocoa
- Salt
- Noncarbonated soft drinks
- White rice
- Bouillon products
- Dry pasta
- Powdered milk (in nitrogen-packed cans)

Prevention From Cross Contamination [4]

Cross contamination

Food contamination refers to the presence in food of harmful chemicals and microorganisms which can cause consumer illness. The process by which bacteria or other microorganisms are unintentionally transferred from one substance or object to another, with harmful effect.

Placing ready-to-eat food on a surface that held raw meat, poultry, seafood, or eggs can spread bacteria and make you sick. But stopping cross-contamination is simple. Use one cutting board for fresh produce, and one for raw meat, poultry, or seafood. Use separate plates and utensils for cooked and raw foods.



Method and steps to Prevent cross contamination

When refrigerating food:

- Place raw meat, poultry, and seafood in containers or sealed plastic bags to prevent their juices from dripping onto other foods. Raw juices often contain harmful bacteria.
- Store eggs in their original carton and refrigerate as soon as possible.

When preparing food:

Keep it clean:

- Wash hands and surfaces often. Harmful bacteria can spread throughout the kitchen and get onto cutting boards, utensils, and counter tops. To prevent this:
- Wash hands with soap and hot water before and after handling food, and after using the bathroom, changing diapers; or handling pets.
- Wash cutting boards, dishes, and counter tops with hot, soapy water after preparing each food item and before you go on to the next item.

Cutting boards:

- Always use a clean cutting board.
- If possible, use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Once cutting boards become excessively worn or develop hard-to-clean grooves, you should replace them.

Marinating food:

- Always marinate food in the refrigerator, not on the counter.
- Sauce that is used to marinate raw meat, poultry, or seafood should not be used on cooked foods, unless it is boiled just before using.

Fruits and vegetables:

- Rinse fresh fruits and vegetables in running tap water to remove visible dirt and grime.
- Remove and discard the outermost leaves of a head of lettuce or cabbage.

When serving food:

- Always use a clean plate.

Never place cooked food back on the same plate or cutting board that previously held raw food.

Monitoring of Store Food [5]

Following are the guidelines to monitor store food:

- Where you store food plays a major role in preventing cross-contamination. When placing foods in the refrigerator, where and how foods are stored is incredibly important.
- Raw meats should always be stored on the bottom shelf. This eliminates the risk of juices dripping onto other foods and contaminating them.

Raw meat, poultry and seafood should be stored in covered containers or sealed plastic bags to prevent their juices from dripping or leaking onto other foods.

Summary of Module

- A team is a group of people or other animals linked in a common purpose, Types of team
 - 1 Department teams
 - 2 Problem-solving teams
 - 3 Virtual teams
 - 4 Cross-functional teams
 - 5 Self-managed teams
- Foodservice team members will record temperatures and corrective actions taken on the Cooling Temperature Log. If no foods cooled on a working day, write “No Foods Cooled”
- Teams are sometimes criticized for restricting productivity and holding back the efforts of individual team members.
- Commitment to a common goal is one of the cornerstones of teamwork.
- The flow of food should move in one direction, do as little crossing paths as possible, and move the shortest distances possible. The functional areas impact the flow of the operation, and thus, the design of the kitchen.
- The functional areas for central kitchens vary, but the typical functional areas include receiving, storage of raw product, hot food preparation, cold food preparation, bakery, packaging, assembly, storage of prepared foods, shipping/distribution, and dish/pot and pan washing.
- A preventive maintenance plan for equipment must be in place to ensure that the central kitchen can meet the production demands.
- Maintenance for the central kitchen and the equipment are an important ongoing task. Once the central kitchen is operational, maintenance usually becomes the responsibility of the foodservice department.
- Purchasing is different for centralized foodservice systems than for conventional foodservice systems. Centralizing purchasing for a district will increase the purchasing power of the school district due to the high volume of food and supplies used.
- The central kitchen will require a large inventory of food and supplies. This necessitates that adequate warehousing facilities are planned and that SOP are developed for the warehouse function.
- Menu analysis to determine the types of items that will be served, the form in which the items will be purchased (ready-to-eat, partially processed, made from scratch), and the types and number of ingredients required to prepare the recipes.
- Forecasting the number of meals served will be required. Purchasing methods, such as frequency of deliveries of various types of products and quantities purchased to get the optimal price, need to be reviewed. Commodity items, volume, and timing of distribution impacts storage space needs. Future needs also must be anticipated.
- Inventory control is important to ensure that the appropriate products are available when needed and to control costs.
- Communication is important for the efficient operation of a large kitchen. Due to the large size of the facility and transportation of food to satellites, communication will be more challenging and important than in conventional foodservice systems. Consideration will need to be given to systems that can facilitate communication.

- Waste management is a major part of managing a central kitchen. There will be large quantities of cardboard boxes, metal cans, and other packaging materials that must be removed from the facility.
- The Daily Prep Sheets are a major tool in controlling our food cost and ensuring we always have a sufficient quantity of fresh quality food. The Kitchen Lead will fill out the Daily Prep Sheet each morning.
- Par levels are determined based upon the average usage of products on peak and non-peak days of the week. Chef's are responsible for updating par levels as product usage and sales fluctuate.
- Supervisory Role.

Kitchen Supervisors oversee the day-to-day activities of the kitchen, including

- cleaning equipment,
- checking supplies and rotating food stock.
- training workers in food preparation,
- service,
- sanitation, and safety procedures;
- observing and evaluating workers and work procedures to ensure quality standards and service

Frequently Asked Questions (FAQs)

FAQ 1: Which way do you serve food from?

Answer Silver service food is always served from the left, drinks and plated meals from the left. Meals are served to the diner from platters, not plated in the kitchen. Plates are cleared from the right, glasses from the right; again starting with the guest to the host's right.

FAQ 2: How do you serve food?

Answer Rules for Serving Food 1. Place and remove plates from the left of the person being served. Hold the plate in your left hand. If you are carrying two plates, place on the table first the one in your left hand, then transfer the other plate to your left hand, and place it before the next person being served.

FAQ 3: What is the main function of food and beverage department?

Answer Food and Beverage Department (F&B) is responsible for maintaining high quality of food and service, food costing, managing restaurants, bars, etc. Food & Beverage.

FAQ 4: What is the English service?

Answer Silver service (in British English) is a method of foodservice. This usually includes serving food at the table.

FAQ 5: What are the food and beverage operations?

Answer Food & Beverage Operations. A well-trained food and beverage manager combines their inherent creativity with an understanding of the business world to manage the customer side of a restaurant, bar, café, or other foodservice establishment.

FAQ 6: What is the meaning of food and beverages?

Answer Food and beverage service is a dynamic industry covering a wide range of job roles.

FAQ 7: What is the meaning of upward communication?

Answer Chef's must be able to communicate with team members and team members must be able to communicate with Chef's in order to have a profitable business. Upward communication is the flow of information from front line team members to Chef's, supervisors, and directors.

FAQ 8: What is upward vertical communication?

Answer Upward Communication is the process of information flowing from the lower levels of a hierarchy to the upper levels. This type of communication is becoming more popular in organizations as traditional forms of communication are becoming less popular.

FAQ 9: What is the meaning of downward communication?

Answer Downward communication is the flow of information and messages from a higher level inside an organization to a lower one.

FAQ 10: What is the meaning of horizontal communication?

Answer Horizontal communication is the transmission of information between people, divisions, departments or units within the same level of organizational hierarchy.

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. What is the correct temperature that frozen food should be kept at?
 - a. 0 degrees
 - b. 15 degrees or lower
 - c. -18 degrees or lower
 - d. 20 degrees or lower
2. Where should raw meat be stored in a refrigerator?
 - a. At the top.
 - b. In the middle.
 - c. At the bottom, below all other food
 - d. Both A and C
3. What are the basic steps for washing hands?
 - a. Wash thoroughly with water and dry.
 - b. Apply soap, wash thoroughly, rinse and use paper towels
 - c. Apply soap, wash thoroughly
 - d. None
4. _____ are the most frequently used method for upward communication.
 - a. Reports
 - b. Memos
 - c. Notes
 - d. Letters
5. Allocating tasks correctly ensures effective team operation and efficient use of the available _____.
 - a. Human resources
 - b. Capital
 - c. Investment
 - d. Stock
6. Commitment to a common goal is one of the cornerstones of _____.
 - a. Individual
 - b. Teamwork
 - c. Manager
 - d. Chef
7. The Cooling Temperature Logs are to be kept on file for a minimum of _____.
 - a. 1 month
 - b. 6 months
 - c. 9 months
 - d. 1 year
8. Pre-chill ingredients for cold foods to _____ before combining with other ingredients.
 - a. 41 °F or above
 - b. 41 °F
 - c. 41 °F or below
 - d. All of above
9. _____ are written instructions intended to document how to perform a routine activity.
 - a. Notes
 - b. Standard operating procedures
 - c. Memos
 - d. Letters

10. _____ is the hygienic means of promoting health through prevention of human contact with the hazards of wastes as well as the treatment and proper disposal of sewage or wastewater.

- a. Washing
- c. Sanitation

- b. Moping
- d. Designing

Answers Key

MCQ Number	Correct Answer
1	c
2	c
3	b
4	a
5	a
6	b
7	d
8	c
9	b
10	c

MODULE 04: DEVELOPING ADVANCED SKILLS IN FOOD PREPARATION AND COOKING

After completion of this learning module, you will be able to:

- Understand the benefits of assembling food, ingredients and equipment required to prepare, cook and finish complex dishes as required
- Understand the risks associated with defrosting ingredients prior to preparation
- Know how to select appropriate equipment needed for different stages when preparing, cooking and finishing complex dishes
- Understand the purpose of checking that ingredients for complex dishes meet type, quality and quantity requirements prior to preparation and cooking
- Understand the requirements for independently preparing complex dishes for cooking
- Know how to use tools and equipment for different stages when preparing complex dishes independently
- Know the appropriate sequence of multi-stage methods when independently preparing complex dishes for cooking
- Understand how to check that preparation of ingredients meets quality requirements for complex dishes
- Understand the requirements for independently cooking complex dishes
- Know how to use tools and equipment for different stages when cooking complex dishes independently
- Know the appropriate sequence of multi-stage methods when independently cooking complex dishes
- Understand how to combine main ingredients with other ingredients at different stages
- Know how to check that complex dishes have the correct flavor, consistency and quantity at different stages
- Know how to check that cooking of complex dishes meets quality requirements at different stages
- Understand the importance of holding and serving complex dishes at correct temperature
- Understand how to safely store complex cooked dishes and ingredients not for immediate use

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Learning Unit 01: UNDERSTAND HOW TO INDEPENDENTLY ASSEMBLE FOOD AND EQUIPMENT TO PREPARE, AND COOK COMPLEX DISHES

Overview

In this learning unit you will learn about benefits of food, ingredients & equipment, Risks associated with defrosting, purpose of checking ingredients and selection of tools for preparing, cooking & finishing complex dishes.

After completion of this learning unit you will be able to analyze nutritional values of different food, spoilage, resolve ingredients problems and use equipment for preparing , cooking & finishing complex dishes.

Manage Food and Equipment [1]

Mise en Place

This culinary term refers to purchasing, preparing, and pre-measuring all the ingredients necessary for a dish before you start cooking.

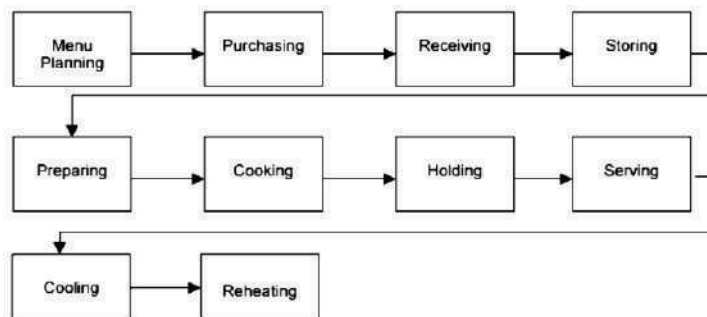
Mise en place makes the actual process of cooking more efficient and helps prevent the cook from making mistakes or discovering missing ingredients at a crucial moment.

Caution

When lighting pilots and checking for leaks, do not stand with your face close to the combustion chamber.

Flow of Food

It is important to understand the flow of food through a food service system in order to determine the system that will best meet your needs and to develop an effective HACCP program. Food flows through ten possible processes:



Mise en Place

Mise en Place (MEEZ-ahn-plahs) – French culinary term that means “everything in its place.”

Typical Equipment

The types and sizes of equipment used for a commercial kitchen are different than that used in conventional food service systems. The following equipment is typically found in a commercial kitchen:

Warehouse/Storage

- Freezers and refrigerators
- Hoists/lifts (These also may be found in other areas, such as bakery, where lots of heavy lifting is required).

- Forklifts, Pallet jacks
- Scales

Ingredient Control

- Scales of varying capacities

Hot Food Production

- Can opener with automatic dumping
- Steam-jacketed kettles
- Pumps/Fillers
- Blast or tumble chiller

Cold Food Production

- Slicers with automated weighing
- Vertical cutter mixers
- Wrappers

Bakery

- Mixers
- Proofers
- Ovens
- Depositors

Assembly/Packaging

- Conveyor
- Fillers
- Packaging/Wrappers
- Meal baskets and dollies

Sanitation

- 3-compartment sink
- Dishwashing machine.
- Cart washers

Why use defrosted food in microwave?

Microwave ovens can play an important role at mealtime. Set microwave to the "defrost" or "50 percent power" setting while thawing to ensure that the outer edges of the food don't become cooked while the remainder is still frozen. If you're defrosting a package of meat, poultry or fish that is in pieces, separate them as the food thaws.

Food Production on Standardize Recipe

A standardized recipe has all the information needed to prepare the food item.

The recipe should include the following information.

1. Recipe title
2. Recipe category
3. Ingredients
4. Weight/volume of each ingredient
5. Preparation instructions or directions
6. Cooking temperature and time
7. Serving size
8. Recipe yield
9. Equipment and utensils to be used

Basic ingredients to have on hand

Whether you are preparing a meal in a full apartment kitchen or in a kitchen in a residence hall, it is helpful to know useful "starter foods" with which to create a meal.

- **Ingredient List** – A list of ingredients in descending order of predominance and weight.
- **Serving Sizes** – Each package must identify the size of a serving. The nutrition information given on the label is based on one serving of the food.
- **Number of Servings** – Based on that package's definition of a serving size contained in the package.
- **Nutrition Facts** – Each package must identify the quantities of specified nutrients and food constituents for one serving.

Though chef can expand this list for a larger kitchen, here are guides for foods to have on hand for the commercial kitchen.

Quantity Food Production

Food production involves more than just cooking and serving the food. It begins with a variety of tasks that must be done before the day of the meal.

These tasks include:

- Purchasing food
- Receiving food
- Storing food
- Planning food preparation

Assembling and Food Preparation Techniques [2]

Chef have to be fully prepared for the dishes that needed to be served. This includes chopping vegetables breaking down, cutting or grinding meat, weighing and mixing ingredients, washing and preparing vegetables, storing food, and more.

Defrost food

Food can be safely defrosted in the microwave.

Essence of food preparation

Cooking – Act of preparing food for eating. It encompasses a vast range of methods, tools and combinations of ingredients to improve the flavor or digestibility of the food. It generally requires the selection, measurement and combining of ingredients with in an ordered procedure in order to achieve the desired result.

Cuisine – Specific set of cooking traditions and practices. A cuisine is primarily influenced by the ingredients that are available locally or through trade.



Preparing Techniques

Food preparation techniques

- **Baking** – The technique of prolonged cooking of food by dry heat acting by convection, normally in an oven, but can also be done in hot ashes or on hot stones.
- **Blind Baking** – Baking pastry before adding a filling
- **Boiling** – the rapid vaporization of a liquid, which occurs when a liquid is heated to its boiling point, the temperature at which the vapor pressure of the liquid is equal to the pressure exerted on the liquid by the surrounding environmental pressure.
- **Blanching** – Cooking technique which food substance, usually a vegetable or fruit, is plunged into boiling water, removed after a brief, timed interval, and finally plunged into iced water or placed under cold running water (shocked) to halt the cooking process.
- **Braising** – combination cooking method using both moist and dry heat; typically the food is first seared at a high temperature and then finished in a covered pot with a variable amount of liquid, resulting in a particular flavor.
- **Coddling** – Food is heated in water kept just below the boiling point.
- **Infusion** – Going to a health cafe and ordering tea without the milk or sugar.
- **Pressure cooking** – cooking in a sealed vessel that does not permit air or liquids to escape below a preset pressure, which allows the liquid in the pot to rise to a higher temperature before boiling.
- **Simmering** – Foods are cooked in hot liquids kept at or just below the boiling point of water,[2] but higher than poaching temperature.
- **Poaching** – Process of gently simmering food in liquid, generally milk, stock or wine.
- **Steaming** – Boiling water continuously so it vaporizes into steam and carries heat to the food being steamed, thus cooking the food.
- **Double steaming** – Chinese cooking technique in which food is covered with water and put in a covered ceramic jar and the jar is then steamed for several hours.
- **Steeping** – Saturation of a food (such as an herb) in a liquid solvent to extract a soluble ingredient into the solvent. for example a cup of tea is made by steeping tea leaves in a cup of hot water.
- **Stewing** – Food is cooked in liquid and served in the resultant gravy.
- **Vacuum flask cooking.**



- Grilling – A form of cooking that involves dry heat applied to the surface of the food, commonly from above or below.
- Frying – Cooking food in oil or another fat, a technique that originated from the ancient Egypt around 2500 BC.[3]
- Deep frying – Food is submerged in hot oil or fat. This is normally performed with a deep fryer or chip pan.
- Hot salt frying ?
- Hot sand frying ?
- Pan Frying – Cooking food in a pan using a small amount of cooking oil or fat as a heat transfer agent and to keep the food from sticking.
- Microwave oven – Type of oven that heat the foods quickly and efficiently using microwaves. However, unlike conventional ovens, a microwave oven does not brown bread or bake food. This makes microwave oven unsuitable for cooking certain foods and unable to achieve certain culinary effects. Additional kind of heat sources can be added into microwave oven or microwave packaging so as to add these additional effects
- Roasting – Cooking method that uses dry heat, whether an open flame, oven, or other heat source.
- Barbecuing – Method of cooking meat, poultry and occasionally fish with the heat and hot smoke of a fire, smoking wood, or hot coals of charcoal.
- Grilling – Applying dry heat to the surface of food, by cooking it on a grill, a grill pan, or griddle.
- Rotisserie – Meat is skewered on a spit - a long solid rod used to hold food while it is being cooked over a fire in a fireplace over a campfire or in an oven.
- Searing – Technique used in grilling, baking, braising, roasting, sautéing, etc., in which the surface of the food (usually meat, poultry or fish) is cooked at high temperature, so, a caramelized crust forms
- Smoking – The process of flavoring, cooking, or preserving food by exposing it to the smoke from burning or smoldering plant materials, most often around wood. Hot smoking will cook and flavor the food, while cold smoking only flavors the food Seasonal food is often cheaper than out of season produce because it doesn't require anywhere near as much effort to produce.

Seasonality of Foods & Cost [3]

Essentials to controlling food costs

- Plan menus around seasonal availability
- Create costing cards for every menu item, and update ingredients costs as they change
- Include methods for all recipes, train chefs and provide the right tools to follow these methods
- Establish yields of all recipes, and check these are being achieved through production and sales controls
- Check suppliers prices before ordering, and adapt menu if costs reduce margin
- Only ever order what you need

Seasonal Food

Seasonality of food refers to the times of year when the harvest or the flavor of a given type food is at its peak. This is usually the time when the item is the cheapest and the freshest on the market

Health Tip

Eating local and seasonal food is good for health

- Negotiate drop discounts with your main suppliers
- Keep stores tidy, with everything having it's own place – its far easier to control
- Take stock regularly
- Batch cook as orders come in to meet demand
- Check what comes back on the plates
- Keep a wastage book to track all wastage
- Ensure all chefs/service staff are trained in portion control
- Educate staff in the budgets and margins involved in the businesses
- Have guidelines for staff meals

What's GROWING around here?

This is a **Seasonality Chart**. It shows which fruits and vegetables are ripe on farms near Washington.

This is a **Seasonality Chart**. It shows which fruits and vegetables are ripe on farms near Washington, DC during the different months of the year. Fruits and vegetables taste great just after they're picked, but they only grow in certain seasons. Choose food from nearby farms that's "in season" in your meals and snacks!



Seasonality Chart

Principles of Stock Rotation [4]

FIFO Process

The finished goods, work in progress and raw materials that make up inventory can be accounted for using FIFO accounting procedures

Stock rotation means moving older stock to the front of shelves so, it is used before newer stock. This is so older stock is used up before it becomes out of date, stale or unsafe to eat and has to be thrown out.

Always follow the FIFO process. When rotating stock you will be physically handling many items, so it is a good opportunity to also make these checks:

- Check the use-by dates on existing stock
- Check for signs of pest and rodent attack or infestation
- Check the quality of the product to see if it is deteriorating (losing quality) in storage or has been damaged in storage.

Record Stock Levels

Your workplace will have a procedure to record how much stock they have, so, they don't run out or order too much.

Manage excess stock

Excess stock means that there is more stock than the kitchen can use in a reasonable period of time. It can be caused by over-ordering, goods not selling as well as expected or poor stock rotation.

Goods not selling as well as expected or poor stock rotation.

Food Costing

Goods Sold" CoGS are calculated using the following simple formula.

$$\text{Opening Value} + \text{Purchases} - \text{Closing Value} = \text{CoGS}$$

Storage of Food Guidelines [5]

First In, First Out (FIFO)

Follow the First In, First Out (FIFO) process for all food so that older stock is used before new supplies. You should:

- Move old stock forward and put the new supplies behind it
- Lift existing stock up and put new supplies under it
- Create a new storage area or stack for the new stock and clearly label it
- Read the use-by or 'best before' dates on stock to decide which items to place in front
- Label stock with delivery date, use-by date or 'use first' labels on older stock

Perishable Food

A perishable is also a type of food with a limited shelf life if it's not refrigerated.



Labels on stock

Label Supplies

Labels may contain:

- Name of product and a description e.g. what is contained in cooked items?
- Fate of delivery
- Use-by date
- Directions to staff, such as 'Old bananas – save for cake' or 'This is for the party on Saturday'.
- Labels should not come into direct contact with the goods

Non Perishable Food

Nonperishable food items are typically commercial foods that have long shelf lives. They do not spoil or go bad unless the package is opened or punctured.

Frozen food

Frozen food goes into the freezer. Chef should:

- Pack loosely to allow for air to circulate
- Double wrap to prevent *freezer burn*
- Label and date food.

Perishable and semi-perishable food

Perishable and semi-perishable foods go into the fridge or cold room.

Chef should:

- Cover the food so it does not spoil and to prevent it from the transfer of smells
- Label and date the food
- Keep food away from the cool room floor and walls to allow air to circulate
- Never store raw and cooked meat on the same tray
- Store different types of meat separately
- Place meat and poultry in single layers on trays with the fat side up cover the trays
- Store fish in the coolest part of the cool room.



Perishable and semi-perishable food

Non-perishable food

Non-perishable food goes into the dry goods store. This reduces the risk of pests, makes it easier to sweep and allows air to circulate.

- Store goods in their correct place in the storeroom so they can be found easily.
- Put commonly used items where they are easy to reach.
- Some bulk goods might have to be put into bulk bins e.g. flour, sugar and rice.
- Don't store things on the floor.
- Put heavier items on the middle shelves to reduce strain on backs.

Principles of Defrosting Ingredients [6]

There are three safe ways to safely defrost the food:

1: Refrigerator

Place frozen food in the refrigerator the night before and place on a tray to avoid them from catch in any juices.

2: Running Water

Place food in the sink and let the cool water run over it. As meats, poultry and fish potentially carry bacteria, be sure dishes or other food isn't in the sink at the same time.

3: Microwave

Food can be safely defrosted in the microwave. As the microwave unevenly distributes heat, leaving some parts of the food cold and others partially cooked, it's important to cook the food right up (i.e. bake, grill) after defrosting in the microwave.

Risks associated with Storage of Food [7]

Risk

A probability or threat of damage, injury, liability, loss, or any other negative occurrence that is caused by external or internal vulnerabilities, and that may be avoided through preemptive action

Risk assessment is the scientific evaluation of known or potential adverse health effects resulting from human exposure to food borne hazards.

Assess the risks of goods storage

Chef need to assess the risks posed by storing goods materials and take steps to reduce them.

Chef should consider the hazards risks caused by storing goods and materials as part of your overall health, safety and environmental risk assessment.

Chef also need to look at how storing materials affects the fire risks faced by the business.

Storage with greater risk

All storage need to consider the hazards caused by storing goods and materials. But there are some which face greater risks, such as:

- Factories
- Warehouses
- Shops
- Construction businesses
- Agricultural businesses
- Food businesses
- Any business which has to store hazardous materials such as gas cylinders and oil

Shelf life of food

"Use by" dates; are found on food that goes off quickly, for example; smoked fish, meat products and ready-prepared salads. Don't use any food or drink after the end of the 'use by' date on the label, even if it looks and smells

Storage risk assessment

Risk assessment include

- Identify hazards caused by the storage of goods
- Analyze the likelihood of their occurring
- Determine who and what might be at risk

Types of possible hazard need to consider include:

- Goods falling from shelving or racking
- Stock or materials blocking fire exit routes
- Increase of used packaging
- Poor storage causing increased manual-handling risks
- Spillages of goods causing environmental damage
- Badly stored hazardous substances

- The use of mechanical-handling equipment, e.g. loads falling from forklift trucks
- Vandalism, theft and arson causing pollution
- Flammable substances

Nutritional Values of Food [8]

Nutrition is the science that interprets the interaction of nutrients and other substances in food in order to maintenance, growth, reproduction, health and disease of an organism. It includes food intake, absorption, assimilation, biosynthesis, catabolism and excretion.

		Serving Size(g)	Total Calories	Calories from Fat	Total fat(g)	Sodium(mg)	Potassium(mg)	Total Carbohydrates(g)	Dietary Fiber(g)	Sugars(g)	Protein(g)	%DV Vitamin A*	%DV Vitamin C*	%DV Calcium	%DV Iron
artichoke	(1 artichoke)	56	25	0	0	70	180	6	3	1	2	2	10	2	2
asparagus	(5 spears)	93	25	0	0	0	230	4	2	2	2	10	15	2	2
avocado	(1/5 medium)	30	55	45	5	0	170	3	3	0	1	0	4	0	0
bell pepper	(1 medium)	148	30	0	0	0	270	7	2	4	1	8	190	2	2
broccoli	(1 medium stalk)	148	45	0	.5	55	540	8	5	3	5	15	220	6	6
brussels sprouts	(4 sprouts)	84	40	5	.5	25	290	6	3	2	2	8	120	2	0
carrot	(7" long)	78	35	0	0	40	280	8	2	5	1	270	10	2	0
cauliflower	(1/6 medium)	99	25	0	0	30	270	5	2	2	2	0	100	2	2
celery	(2 medium)	110	20	0	0	100	350	5	2	0	1	2	15	4	2
collards	(2 cups chopped)	72	25	0	0	30	25	5	1	2	1	50	30	2	0
cucumber	(1/3 medium)	99	15	0	0	0	170	3	1	2	1	4	10	2	2
green beans	(3/4 cup)	83	25	0	0	0	200	5	3	2	1	4	10	4	2
green cabbage	(1/12 medium)	84	25	0	0	20	190	5	2	3	1	0	70	4	2
green onion	(1/4 chopped)	25	10	0	0	5	70	2	1	1	0	2	8	0	0
iceberg lettuce	(1/6 medium)	89	15	0	0	10	120	3	1	2	1	4	6	2	2
leaf lettuce	(1 1/2 cup)	85	15	0	0	30	230	4	2	2	1	40	6	4	0
mushrooms	(5 medium)	84	20	0	0	0	300	3	1	0	3	0	2	0	2
mustard greens	(1 1/2 cups)	84	25	0	0	40	230	3	1	1	2	90	100	0	0
onion	(1 medium)	148	60	0	0	5	240	14	3	9	2	0	20	4	2
potato	(1 medium)	148	100	0	0	0	720	26	3	3	4	0	45	2	6
radishes	(7 radishes)	85	15	0	0	25	230	3	0	2	1	0	30	2	0
romaine lettuce	(6 leaves)	85	20	0	.5	0	140	3	1	2	1	20	4	2	2
spinach	(1 1/2 cup)	85	40	0	0	160	130	10	5	0	2	70	25	6	20
summer squash	(1/2 medium)	98	20	0	0	0	260	4	2	2	1	6	30	2	2
sweet corn	(1 medium ear)	90	80	10	1	0	240	18	3	5	3	2	10	0	2
sweet potato	(1 medium)	130	130	0	0	45	350	33	4	7	2	440	30	2	2
tomato	(1 medium)	148	35	0	.5	5	360	7	1	4	1	20	40	2	2

Nutritional values of food

Food labels

Nutrition Facts

Serving Size 1 cup (228g)
Serving Per Container 2

Amount Per Serving
Calories 260 Calories from Fat 120

% Daily Value*

Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 2g	
Cholesterol 30mg	10%
Sodium 680mg	28%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A 4% • Vitamin C 2%
Calcium 15% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	85g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Dispose of Supplies [9]

Safe waste disposal guidelines

Item	Guideline
Waste Bins	Must have tight lids
Vegetables and Fruit	Put in composting bin or into general waste bin
Meat , Chicken and Seafood	Must be placed in a separate bag and put in the general rubbish bin
Food Waste	Can be stored in refrigerated cool room before putting it out for collection
Food Contaminated by Insects and Other Pests	Seal food in a container Clearly mark it "DO NOT USE" Report it to the Sous chef

Hazardous Waste such as some cleaning products and their containers	Should be collected by a disposal agency DO NOT: <ul style="list-style-type: none"> • Empty the products down the storm water drain • Reuse chemical containers • Throw chemical containers in the general rubbish
Plastic ,Aluminum, glass, and card board	Place in workplace recycle bins

Checking Food for Preparation [10]

Cooking food at the right temperature will ensure that any harmful bacteria are killed. Check that food is steaming hot throughout before you eat it.

The foods below need to be cooked thoroughly before eating:

- Poultry
- Offal, including liver
- Burgers
- Sausages
- Rolled joints of meat
- Kebabs

When cooking burgers, sausages, chicken and mutton, cut them into the middle to check that the meat is no longer pink, also make sure that the juices run clear and it's steaming hot throughout. Putting hot food in the fridge means it doesn't cool evenly, which can cause food poisoning.

Physical & Chemical Contaminants in Food [11]

Physical Hazards can get into food by contamination or poor procedure practices throughout the food chain. Physical contaminants include dirt, hair, nail polish flakes, insects, broken glass, nails, staples, plastic fragments, bones, or bits of packaging.

Chemical Contaminants in Food

Chemical contaminants can be present in foods mainly as a result of the use of agrochemicals, contamination from environmental sources (water, air or soil pollution), cross-contamination or formation during food processing, migration from food packaging materials, presence or contamination by natural toxins or use of unapproved food additives and adulterants.

Learning Unit 02: UNDERSTAND HOW TO USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO PREPARE COMPLEX DISHES FOR COOKING

Overview

In this learning unit you will learn about requirements, equipments, sequence of multistage methods to prepare complex dishes for meeting quality requirements.

After completion of this learning unit you will be able to apply multistage methods to prepare complex dishes.

For your safety

Do not store or use gasoline or other flammable vapors or liquids in the vicinity of this or any other appliance.

Multi-Stage Preparation Methods [1]

The Basic Types of Cuts

Taking into account that much of the reasoning behind the different cuts tie into the ability to cook accurately first, and aesthetically second is a foundational skill.

Squaring Off



The Julienne Cut

Dimensions: 2mm X 2mm X 4cm
(1/16in X 1/16in X 2in)

The Brunoise Dice



Blending

Mix (a substance) with another substance so that they combine together.

Defrosting

Defrosting (or thawing) is a procedure, performed periodically on refrigerators and freezers to maintain their operating efficiency

Dipping

Put or let something down quickly or briefly in or into (liquid)

Proofing

is the final rise of shaped bread dough before baking.

The Brunoise or Fine Dice

Dimensions: 2mm X 2mm X 2mm (1/16 in X 1/16 in X 1/16 in)

The Small Dice



Portioning

Take the amount of food that is equal to one serving.

Marinating

Marinating is the process of soaking foods in a seasoned, often acidic, liquid before cooking.

Potatoes cut in a small dice fashion

Dimensions: 3mm X 3mm X 3mm (1/8 in X 1/8 in X 1/8 in)

The Batonnet



Moistening

to make (something) slightly wet: to make (something) moist.

The Batonnet Cut

Dimensions: 6mm X 6mm X 6cm (1/4 in X 1/4 in X 2 in)

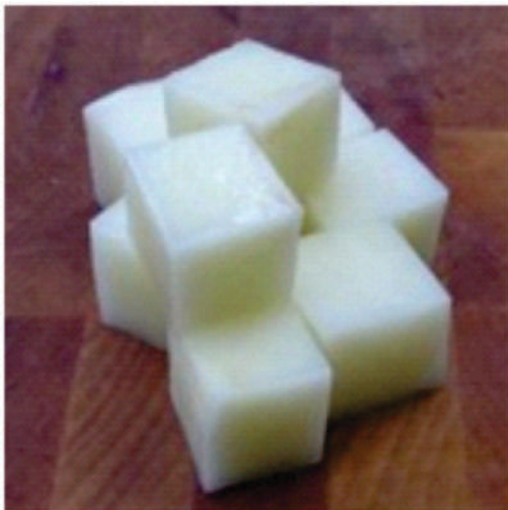
The Medium Dice

The medium dice type of cuts are derived from the Batonnet and the only added step is slicing the batonnet to produce cubes. This size is called a Medium Dice.

Dimensions: 6mm X 6mm X 6mm (1/4 in X 1/4 in X 1/4 in)

The Baton

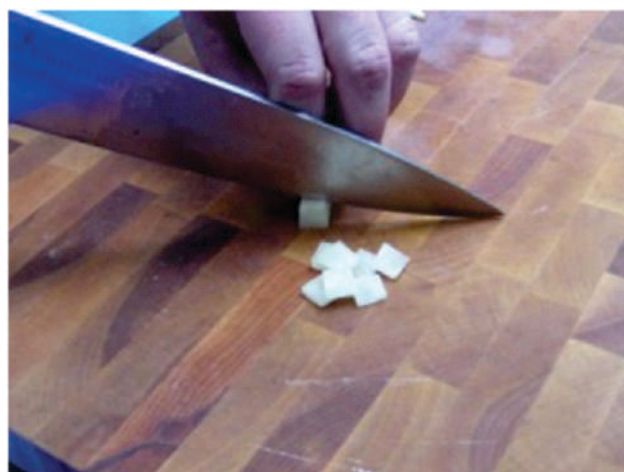
The baton type of cuts are the largest stick-cut you can cut. It is used for crudites and for presentation purposes. While not used as much as the rest, it is the foundation for the more common Large Dice. Dimensions: 12mm X 12mm X 6cm (1/2 in X 1/2 in X 2-1/2 in)



A Large Dice Cut

A Large Dice Cut
The Large Dice
Dimensions: 12mm X 12mm X 12mm (1/2 in X 1/2 in X 1/2 in).

The Paysanne Cut



The Paysanne Cut

A Paysanne Cut
Dimensions: 12mm X 12mm X 3mm
(1/2 in X 1/2 in X 1/8 in)
There are different types of cuts that you can use as well.

The Chiffonade

The Chiffonade Method



A Paysanne Cut

Techniques: Mixing Methods

Following are different techniques

1. RUBBING OR BISCUIT METHOD

This mixing method is most commonly used to make pie dough, certain kinds of biscuits, and streusel topping. It is a very simple and quick mixing method. The dry ingredients are placed in a large bowl with the fat which is at room temperature and broken or cut into about half inch cubes. Then the fat is cut into the flour using the rubbing method. To do this take some of the flour and fat in your hands and rub your hands together once. This slightly melts the fat, stretches the fat, and mixes the fat and flour together. Do not back and forth in your hands as this will just over mix the fat and melt it. Then you rotate the bowl, 90 degrees and repeat. The rotating of the bowl is to make sure that you aren't only working of one part of the bowl. This is done over and over again until the fat has been incorporated and the pieces of fat resembles coins.

2. CREAMING METHOD

The creaming method is a common mixing method that is used for a majority of baked goods, particularly cakes and cookies. This mixing method starts off by combining the sugar with the fats (usually butter or shortening). This method creates lots of tiny air cells in the fat which is necessary in the final product for volume and tenderness (see physical leavening for more information). The mixer should never be on high speed during mixing – the friction can melt the fat and destroy air cells. After the sugar and fat is creamed properly the mixture will be light in color and airy in consistency.

The eggs should be added after the fat and sugar are creamed properly. The yolks contain an emulsifier which allows fat and water to exist together in the same product without separating. The eggs should be incorporated one at a time and slowly until the egg has been absorbed and mixed in well. Adding the eggs in too quickly can cause the mixture to separate and air cells will be lost. A mixture that has curdled can still be used, just expect a loss of volume and possibly a less tender product .

3. BLITZ METHOD

The blitz method is not a common method in the bake shop because it does not properly incorporate all the ingredients together in a way that maximizes volume. The blitz method is best used when time is a factor or when volume is not important. The blitz method is when all ingredients are added to a bowl and then the batter is mixed until the batter is complete.

4. FOLDING

Folding is a method of mixing that carefully incorporates ingredients together so, that volume is not lost. After the eggs have been whipped to maximum volume the dry ingredients are folded into the eggs carefully – this helps prevent the air cells built into the eggs from being destroyed.

Folding is also used when adding whipped cream to lighten creams and mouses such as diplomat cream or chocolate mouse.

Fold in parts: The first step in folding is to add a little bit of the lighter component to the heavier component. Do not add all of the lighter component all at once otherwise you will destroy all of the air cells in the lighter component and reduce the volume of the finished product. Ideally, you want to fold its better to the lighter component in 3 portions.

Fold in carefully: The second step in folding is to use a rubber spatula and carefully turn the heavier component into the lighter component. Do not stir or beat the mixture – you'll just destroy all the air cells.

5. BLENDING METHOD

The blending method is a common method for making cakes and muffins. Most of the ingredients (including some liquid ingredients) are placed in the bowl and blended together using a paddle attachment. Additional liquid ingredients (melted butter, milk, oil, and eggs) are added and blended in. Compared to other mixing methods, the blending method has more liquid involved. The blending method is most commonly used when making boxed cakes.

Blended cakes are typically more moist than whipped cakes. If made with hi-ratio shortening, blended cakes will also be superior in volume than whipped cakes.

The yellow butter cake and carrot cake are examples of the blending method.

6. WHIPPING METHOD



WHIPPING METHOD

Whole eggs being whipped for a coconut cream

The whipping method is a mixing method popular for making spongy cakes and cookies such as angel food cake, cream, and ladyfingers. It is a difficult, time consuming process and has loss popularity over the years because of the amount of time and skill they require to make. Also, because of the high amount of eggs used in these cakes which are also very expensive.

Cakes made using the whipping method are spongier and lighter than cakes made with the blending method (unless the blended cake has hi-ratio shortening in it. Then they are about the same or blended cakes are superior). These cakes are airy and have larger pockets of air cells in the crumb (the inside of the cake) and tend to be tender or delicate in nature. They are not as common as blended cakes are in the production of wedding cakes since they are so soft.

The Vanilla Chiffon cream cake and the Strawberry Spiral cake are both examples of the whipping method.

7. COMBINATION METHOD

As the name implies the combination method is a combination of the creaming method and the whipping method. This method takes parts of each method and incorporates them into one method. Typically, the creaming method donates the process of cream the sugar and fat together while the whipping method brings a soft or medium peak meringue to the mix. The variety of cakes produced using the combination is wide and varied and includes sponge cakes, pound cakes, and some cheesecakes. Generally speaking, a sponge cake made using the combination method will be more like a whipped cake in texture. The Devil's Food Chocolate cake is an example of the combination method.

8. ROLL-IN METHOD

Puff pastry is a very common dough in the bakeshop and is most commonly used in making breakfast pastries such as apple turnovers & croissants.

One of the most popular stories of puff pastry's origin is a story of a chef's apprentice who was making a dough and forgot to add the butter in the beginning.



ROLL-IN METHOD

Puff pastry dough consists of two parts: the dough and the roll-in fat. The dough is made of water, salt, butter, flour, and sometimes eggs.



Puff

Place your roll in fat on top of the rolled puff pastry dough

The roll-in fat is the most important part of the dough – without it the dough would be flat and tasteless. There are three fats that can be used: butter, margarine, and shortening. The way that puff pastry is leavened is through the roll-in fat which releases air and steam when it is melted at high temperatures.



Fold in the corners of the dough

There are several different versions of the block method but they are pretty similar. The method I prefer to use is called the three-fold. The dough is rolled out into a large rectangle and the roll-in-fat is spread into a rectangle (this is the “block”) half the size of the dough. The dough is folded like a book over the block of butter – this is the initial fold. The dough is then rested in the refrigerator. After the resting period the dough is rolled out into a long rectangle and folded into thirds. The more evenly it is rolled out the better and when it is folded make sure the edges all line up. Then the dough is rested again and then rolled and folded (this time like a book). Then it is rested again, folded tri-fold again, then rested again, and folded like a book again.



Pinch the seams together to seal them, then roll it out carefully



Be sure to rest the dough before rolling it out. The first time the dough needs to be rested is before you add the roll-in fat. This is done at room temperature. The other times you rest the dough is after you have performed the three-fold or book folds. You rest it for 15 minutes in the refrigerator. This allows the dough to rest and the butter to firm up again.

Once your dough has been rolled out you can fold it into thirds. This is your first fold. You will fold it four times total.

This process is very long and labor intensive but it is necessary to create all the layers in the final product. Remember to roll out the dough long ways each time so you aren't folding the dough the same way each time – in other words the dough should be rotated 90 degrees each time before rolling and folding.

After the dough is shaped into the final shape the dough is baked in the oven at a very high temperature to maximize volume – 400 degrees to 425 degrees. Puff pastry freezes very well in either as a block or as the finished shaped product.



A baked sheet of puff pastry, before pressing down

Dough sheeting

Dough sheeting technology is used by (industrial) bakeries and rolls out dough into a (consistent) dough sheet with a desired even dough thickness.

Process: Dough is compressed between two or more rotating rollers. When done the right way, a smooth and consistent dough sheet is produced. The dough then passes one or several gauging rollers (mostly on conveyors) that reduce the dough to the required thickness. After this the dough sheet is shaped into a desired dough product.

Function: Shape the dough from individual dough batch to continuous dough sheet

Less damaging of the gluten network: Laminate layers of dough together (no pocket proofers and dividers are necessary as the dough sheet is the base of every product).

Proofing (Baking Technique)



Proofing (baking technique)

Bread covered with linen proofing cloth in the background.

Proofing (also called proving or more rarely blooming), as the term is used by bakers, is the final rise of shaped bread dough before baking. It refers to a specific rest period within the more generalized process known as fermentation. Fermentation is a step in creating yeast breads and baked goods where the yeast is allowed to leave the dough.

Proofing yeast (as opposed to proofing the shaped bread dough) refers to the process of first dissolving yeast in warm water, a needed hydration step when using active dry yeast.

- 1Dough processes
- 2Proofing equipment
- 3See also
- 4Notes
- 5References
- 6Further reading
- 7External links

Dough processes



Dough processes

Croissants proofing on plastic tray



Croissants proofing on plastic tray

Dough, resting and rising in bulk fermentation



40 minutes later

The process of making yeast-leavened bread involves a series of alternating work and rest periods. Work periods occur when the dough is manipulated by the baker.

Proofing equipment



Proofing equipment

Bread proofer for home use



Bread proofer for home use

Commercial dough proofer



Commercial dough proofer

Bread cutting with a bread cutting machine with a bread cutting guide or a bread cutting board

Bread cutting and trimming using a knife and a bread cutting board

Bread cutting and trimming using a knife and a bread cutting board sounds easy enough and buying a bread cutting machine seems redundant. But without a bread cutting guide slices are never evenly sliced. Not to mention that when more than a few slices are needed bread cutting on a bread cutting board can be tiresome and takes a lot of time.

Grease and Flour a Pan

Many recipes for baked goods call for the baking pan or cake pan to be greased and floured prior to adding the batter and baking. This is an important step in the baking process to ensure that the finished product doesn't stick to the sides of the pan.

Steps

- Choose your greasing agent.
- Butter and shortening are the 2 most common fats used to grease baking pans.
- Butter will impart a slight richness to the batter and will help the exterior bake to a golden brown.
- Shortening is flavorless and the batter is less likely to brown. Oil based sprays and vegetable oil should not be used to grease the pan.
- When heated, the oil polymerizes and the result is a hard glaze that is difficult to remove without harming the surface of the pan.
- Choose your flour.
- Grease the pan.
- Cut a square of wax paper large enough to hold 1 tbsp. (15 ml) of butter or shortening.
- Hold the butter so that the wax paper is between the butter and your fingers.
- Add the flour.
- Add 1 or 2 tbsp. (15 to 30 ml) of flour or cocoa powder to the greased pan. Pick the pan up and tilt it about, allowing the flour to distribute and cover the entire interior of the pan.
- Add the batter. Your cake pans are now greased and floured and are ready for the batter.

Measuring and Estimating Portion Size

The real challenge in recording food intake is figuring out how much food or drink was actually consumed.

High Ticket Items

Some foods are so high in calories that underestimating portion size will result in a significant underestimation of the calorie intake. Therefore, you must particularly careful to measure the following items:

- Fats and Oils
- Nuts and seeds
- Avocado, guacamole, pesto, dips, and salad dressings

- Dried fruit and Fruit juices
- Syrups and Honey
- Chocolate

Careful to control portion size.

- Cake, pie, cookies, doughnuts, pastries, croissants
- Ice cream
- Sweetened beverages of any type
- Deep-fat fried food.
- Very high-fat meats such as ribs, bacon, and mutton sausage

Measure as precisely

Non-starchy vegetables:

- A standard serving size is 1/2 cup cooked, or 1 cup raw.
- Examples of non-starchy vegetables include leafy greens (e.g. lettuce, spinach), sweet peppers, cabbage, squash, onions, tomatoes, carrots, garlic, green beans, broccoli, and cauliflower.
- Vegetables that contain 5 grams of total carbohydrates or less per standard serving are considered non-starchy.

Whole fresh fruit:

- A standard serving size is 1 medium piece of fruit (the size of a baseball), 1 small banana, 1/2 cup of fruit pieces, or 1 cup of berries or melon. I aim for roughly those serving sizes.

Measuring Methods [2]

Accurate Way to Measure Wet and Dry Ingredients for Baking

Measuring spoons



Measuring Cups



Proper measuring is a crucial part of successful cooking

MEASURING BY VOLUME

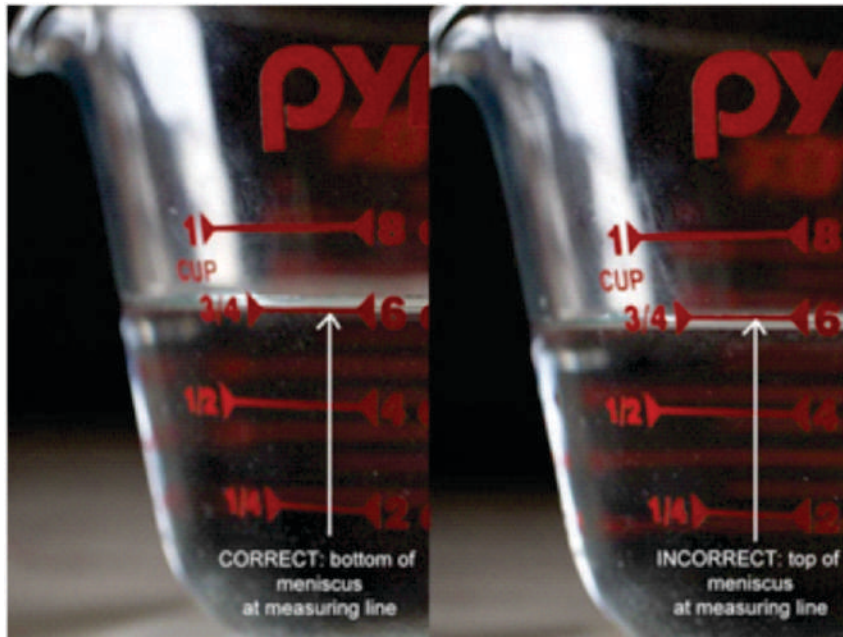
Volume is a measure of how much space something takes up, and it's the standard form of measurement for most recipes in the world

ESSENTIAL TOOLS FOR MEASURING BY VOLUME

- Measuring Spoons
- Glass Measuring Cup

HOW TO USE LIQUID MEASURING CUPS

To measure liquids, place an appropriately sized liquid measuring cup on a flat, stable surface. Pour in your liquid until it is just under the line. Squat or bend down so that your eye is exactly level with the graduation.



HOW TO USE LIQUID MEASURING CUPS

In order to measure accurately, slowly add liquid until the *bottom* of the meniscus is perfectly level with the graduation on the cup.



Your eye should be at the same level as the line when measuring.

HOW TO USE DRY MEASURING CUPS

Dry ingredients like flour and sugar are best measured in dry measuring cups. There are many methods for filling a dry measuring cup—sifting, spooning, scooping—and believe it or not, the method by which you *fill* a dry measuring cup can seriously alter the mass of the ingredient you're measuring (more on that in a moment).

At Serious Eats, our standard technique is called the "dip and sweep."



HOW TO USE DRY MEASURING CUPS

Dipping

To do it, have your dry ingredient in a wide-mouthed bag or jar. Dip your dry measuring cup into the container and lift it out, letting the dry ingredient overflow from the top.



Dipping

Sweeping with a flat tool.

Use a straight edge, like the edge of a butter knife, a chopstick, or a bench scraper to level off the top of the cup.



Sweeping with a flat tool

A leveled cup of flour.

A properly measured dry cup of flour should have a flat top surface that is level with the brim of the cup.



A leveled cup of flour

WHY MEASURE BY WEIGHT?

- It's more accurate.
- It's less messy.

HOW TO MEASURE BY WEIGHT

To measure ingredients by weight, start by placing your mixing bowl on top of your scale and hitting the "tare" or "zero" button. This will account for the weight of the bowl and set your scale's counter back to zero



HOW TO MEASURE BY WEIGHT

Now add your flour by spooning it into the bowl until it hits 22.5 ounces. (It's tempting to just tip or shake it in directly from the bag or storage container, but it's very easy to accidentally add too much this way.)



Useful Measurement Equivalents

The measurements provided in the table below, For instance, if you consumed 1 teaspoon of honey, but the only unit of measure available is 1 tablespoon, you can enter 0.33 tablespoon to get the correct quantity.

English	Metric
1 teaspoon = 0.33 tablespoon	5 ml
3 teaspoons = 1 tablespoon	15 ml
2 tablespoons = 1 fl oz = 1/8 cup or 0.125 cup	30 ml
4 tablespoons = 2 fl oz = 1/4 cup or 0.25 cup	60 ml
8 tablespoons = 4 fl oz = 1/2 cup or 0.5 cup	120 ml
16 tablespoons = 8 fl oz = 1 cup	240 ml
32 fl oz = 4 cups = 2 pints = 1 quart	960 ml
1 oz	28 grams
3.5 oz	100 grams

Recipe Standardization [3]

A standardized recipe is a recipe that has been tried, tested, evaluated and adapted for use by a food service. It produces a consistent quality and yield every time when the exact procedures, equipment, and ingredients are used.

Recipe Standardization Steps:

1. Prepare a recipe to be standardized and test. This step of the standardization process should include taste appearance, texture, flavor, and overall acceptability of the product.
2. Determine portion size
3. Calculate what a portion contributes to the meal pattern
4. Determine if portion size will vary by grade groups and do necessary computations to determine number of portions sizes
5. Retest the recipe if any changes were made.
 - Prepare a recipe to be standardized and test it until a high-quality product is produced.
 - List step-by-step instructions for preparation and cooking, including equipment, oven temperature and cooking time. Include Critical Control Points (CCPs) including critical limits (time and temperature) as appropriate for the Hazard Analysis and Critical Control Points (HACCP) process chosen.
 - Include the yield and portion size on the recipe.

Phases of Recipe Standardization

- Recipe Verification,
- Product evaluation,
- Quantity adjustment.

6. Develop a written recipe that includes:

- a. Name of recipe (reflects contents and appeals to customers).
- b. Number/Category /Meal type for easy access.
- c. Exact ingredients by form to use and any pre-preparation steps needed (diced, chopped, grated).
- d. Detailed step-by-step procedures for preparation,
- e. Cooking temperatures, cook time, and holding temperatures.
- f. Portion sizes(s) for single serving.
- g. Total recipe yield
- h. Equipment and specific serving utensil(s).

Learning Unit 03: UNDERSTAND HOW TO USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO COOK AND FINISH COMPLEX DISHES

Overview

In this learning unit you will learn about requirements, equipments, sequence of multistage methods to cook complex dishes for meeting quality requirements.

After completion of this learning unit you will be able to apply multistage methods to cook complex dishes.

Poaching

Cooking through water base technique values varies from less than 180°F/82°C

Effect of Different Cooking Processes [1]

Different Cooking methods having different effects on food, some of the following effects are as bellow:

Nutrients That May Decrease

The following nutrients are often reduced during cooking:

- **Water-soluble vitamins:** vitamin C and the B vitamins — thiamin (B1), riboflavin (B2), niacin (B3), pyridoxine (B6), and folic acid (B7)
- **Fat-soluble vitamins:** vitamins A, D, E and K.
- **Minerals:** primarily potassium, magnesium, sodium and calcium.

Bottom Line: Although cooking improves digestion and the absorption of many nutrients, the levels of some vitamins and minerals may decrease.

Simmering

Cooking through water base technique values varies 185-200°F/85-93°C

Boiling

Cooking through water base technique values varies 212°F/100°C

Boiling, Simmering and Poaching

Boiling, simmering and poaching are similar methods of water-based cooking.

Vegetables are generally a great source of vitamin C, but a large amount of it is lost when cooked in water. In fact, boiling reduces vitamin C more than any other cooking method. Broccoli, spinach and lettuce may lose up to 50% or more of their vitamin C when boiled. Because vitamin C is water-soluble and sensitive to heat, it can leach out of vegetables when they're immersed in hot water. B vitamins are similarly heat sensitive. Up to 60% of thiamin, niacin and other B vitamins may be lost when meat is simmered and its juices run off. However, when the liquid containing these juices is consumed, 100% of the minerals and 70-90% of B vitamins are retained. On the other hand, boiling fish was shown to preserve omega-3 fatty acid content significantly more than frying or microwaving. **Bottom Line:** While water-based cooking methods cause the greatest losses of water-soluble vitamins, they have very little effect on omega-3 fats.

Grilling and Broiling

Microwave Oven

A microwave oven is a kitchen appliance that heats and cooks food by exposing it to microwave radiation in the electromagnetic spectrum.



Grilling and Broiling

Grilling and broiling are similar methods of cooking with dry heat.

When grilling, the heat source comes from below, but when broiling, it comes from above.

Grilling is one of the most popular cooking methods because of the great flavor it gives food.

However, up to 40% of B vitamins and minerals may be lost during grilling or broiling when the nutrient-rich juice drips from the meat.

Bottom Line: Grilling and broiling provide great flavor but also reduce B vitamins. Grilling generates potentially cancer-causing substances.

Microwaving

Microwaving is an easy, convenient and safe method of cooking.

Short cooking times and reduced exposure to heat preserve the nutrients in microwave food.

Bottom Line: Microwaving is a safe cooking method that preserves most nutrients due to short cooking times.

Roasting and Baking

Roasting and baking refer to cooking food in an oven with dry heat.

Although these terms are somewhat interchangeable, the term “roasting” is typically used for meat while “baking” is used for bread, muffins, cake and similar foods. Most vitamin losses are minimal with this cooking method, including vitamin C. However, due to long cooking times at high temperatures, B vitamins in roasted meat may decline by as much as 40%.

Bottom Line: Roasting or baking does not have a significant effect on most vitamins and minerals, with the exception of B vitamins.

Sautéing and Stir-Frying



Sautéing and Stir-Frying

With sautéing and stir-frying, food is cooked in a saucepan over medium to high heat in a small amount of oil or butter.

These techniques are very similar, but with stir-frying the food is stirred often, the temperature is higher and the cooking time is shorter.

Bottom Line: Sautéing and stir-frying improve the absorption of fat-soluble vitamins and some plant compounds, but they decrease the amount of vitamin C in vegetables.

Frying

Frying involves cooking food in a large amount of fat, usually oil, at a high temperature. The food is often coated with batter or bread crumbs. The fat used for frying also makes the food taste very good.

Fatty fish are the best sources of omega-3 fatty acids, which have many health benefits. These fats are very delicate and prone to damage at high temperatures.

Frying tuna has been shown to degrade its omega-3 content by up to 70-85%, while baking caused only minimal losses

In contrast, frying preserves vitamin C and B vitamins, and it may also increase the amount of fiber in potatoes by converting their starch into resistant starch.

If you're going to fry food, don't overcook it, and use one of the healthiest oils for frying.

Bottom Line: Frying makes food taste delicious, and it can provide some benefits when healthy oils are used. It's best to avoid frying fatty fish and minimize frying time for other foods.

Steaming



Steaming

Steaming is one of the best cooking methods for preserving nutrients, including water-soluble vitamins that are sensitive to heat and water. Researchers have found that steaming broccoli, spinach and lettuce reduces their vitamin C content by only 9-15%. The downside is that steamed vegetables may taste bland. However, this is easy to remedy by adding some seasoning and oil or butter after cooking. Try this easy recipe for steamed broccoli with suggested additions to improve the flavor.

Bottom Line: Steaming is one of the best cooking methods for preserving nutrients, including water-soluble vitamins.

Summary table of the effects of different cooking methods on the properties of cooked foods

Cooking method	Food types	Chemical processes	Cooking effects
Frying	Meat, fish, eggs, vegetables	Maillard reaction, caramelisation, polysaccharide degradation, loss of pigmentation, protein denaturation, vitamin loss, undesirable & desirable compound generation	Color, flavor, texture, nutritional composition, undesirable & desirable compound generation

Baking	Bread, biscuits, pastry, cakes	Caramelisation, maillard reaction, polysaccharide degradation, protein denaturation, undesirable & desirable compound generation	Color, flavor, texture, undesirable & desirable compound generation
Boiling	Rice, pasta, vegetables, pulses	Polysaccharide degradation, loss of pigmentation, protein denaturation, polysaccharide gelatinisation, vitamin loss, mineral loss	Color, flavor, texture, nutritional composition
Grilling	Meats, fish, vegetables, fruits, bread	Caramelisation, maillard reaction, polysaccharide degradation, loss of pigmentation, protein denaturation, vitamin loss, undesirable & desirable compound generation	Color, flavor, texture, nutritional composition, undesirable & desirable compound generation
Steaming	Fish, vegetables	Polysaccharide degradation, loss of pigmentation, protein denaturation, vitamin loss	Color, flavor, texture, nutritional composition
Roasting	Meat, vegetables,	Caramelisation, maillard reaction,	Colour, flavour, texture,

Sequence of Methods in Cooking [2]

In cooking, there are some basic methods of cooking that are used. These commonly used basic cooking methods are divided into two general groups. The groups are: Dry heat cookery methods and Moist heat cookery methods. The methods of cooking are divided into these two groups because of the way food is cooked and the type of heat that is used. Let us have a look at the Dry Heat cookery methods.

- **Dry heat Cookery Methods**

In dry heat cooking methods, the food being cooked does not use water to cook the food. The food is left dry and heat is applied to cook the food. Such methods of cooking are: baking, steaming, grilling, and roasting. When heat is applied to the food, the food cooks in its own juice or the water added to the food during its preparation evaporates during the heating process and this cooks the food. Heat is applied directly to the food by way of convection thus making the food to get cooked. The action or movement of air around the food, cooks it.

- **Baking**



Baking

In baking method of cooking, the food is cooked using convection heating. The food is put into an enclosed area where heat is then applied and the movement of heat within the confined space, acts on the food that make it get cooked.

- **Steaming**



Steaming

To steam food, water is added to a pot and then a stand is placed inside the pot. The water level should be under the stand and not above it. There is no contact between the food and the water that is added to the pot. Food is then placed on the stand and heat is applied. The hot steam rising from the boiling water acts on the food and the food gets cooked. It is the hot steam that cooks the food, as there is no contact between the food and the water inside the pot. This method of cooking for vegetables is very good as the food does not lose its flavour and much of the nutrients are not lost during the cooking.

- **Grilling**



Grilling

There are two methods of grilling that are used these days. One type of grilling is the one that is commonly used by the people in the village. This is when food is cooked over hot charcoal on an open fire. The food is placed on top of the burning charcoal. Sometimes people improvise by using wire mesh and place it over the open fire to grill fish or vegetables. The other method is using grills that are inbuilt in stoves. In this method, the griller, which has a tray, is heated up and the food is placed on the grill tray to cook. The heat can be gas-generated or electric-generated depending on the type of stove used. The food is again left to cook on the grill with the doors of the grill open. The flavour of the food is not lost and much of the nutrients are not lost either. Food is frequently turned over to prevent it from burning and to ensure that equal heating and cooking time is applied to both sides of the food. By doing this, the food is cooked evenly and thoroughly.

- **Roasting**



Roasting

With roasting, direct heat is applied to the food. The heat seals the outside part of the food and the juice inside the food cooks the food. Roasting is mainly used when cooking fleshy food like fish, meat or chicken. When heat is applied to the outer covering of the food, it seals it up thereby trapping all the juices inside the food. The action of direct heating, heats up the juices inside the food, which then cooks the food. Again there is very little nutrient lost and the flavor is not spoiled. Food is frequently rotated over the spit so that there is even heating applied to all parts of the food. This is so that heat is applied evenly to the food to make it get cooked properly.

Moist Heat Cookery Methods In moist heat cookery methods, liquid is used as a medium to cook the food. Such medium could be water, coconut cream or oil. These liquids are added to the food before heat is applied to it or sometimes heat is applied to the liquid before the food is added into the cooking utensils to be cooked. The moist heat cookery methods include: boiling, stewing, shallow frying, deep frying, barbequing and basting. All these moist heat cooking methods use liquid to cook the food in.

- **Boiling**



Boiling

This is the most common method of cooking and is also the simplest. With this method of cooking, enough water is added to food and it is then cooked over the fire. The action of the heated water makes the food to get cooked. The liquid is usually thrown away after the food is cooked. In the case of cooking rice, all the water is absorbed by the rice grains to make it get cooked. During the heating process, the nutrients can get lost or destroyed and the flavour can be reduced with this method of cooking. If you over cooked cabbage, all the nutrients can get lost.

- **Stewing**



Stewing

In the process of cooking using the stewing method, food is cooked using a lot of liquid. Different kinds of vegetables are chopped, diced or cubed and added to the pot. Sometimes pieces of selected meat, fish or chicken is also chopped and added to the stew. The liquid is slightly thickened and stewed food is served in that manner. This method is also used when preparing fruits that are going to be served as desserts. With this cooking method, every food is cooked together at the same time in one pot. The flavor, colors, shapes and textures of the different vegetables that are used, makes stewing a handy method of cooking. The only disadvantage is that some of the vegetables might be overcooked and thus the nutrient content becomes much less. It is therefore important that the vegetables that take the longest to cook to be put into the pot first and the ones that need least cooking to be put in last. In this way much of the nutrient contents of the food does not get lost.

- **Frying**

When food is fried using oil or solid fat it is important that you observe some rules in handling oil or fat.

Simple rules to follow when frying:

1. Make sure there is enough oil or fat put in the frying pan or a deep frying pan.
2. The food to be cooked must not have water dripping from it. This is because when water comes into contact with hot oil or fat, you will have the oil sizzling and spitting out of the pan, which could burn your skin if you are not careful.
3. Put the food into the hot oil carefully. Try not to make a big splash as the oil could burn your skin.
4. The oil or fat should be heated to the right temperature before putting food into the pan to be fried. If the food is put in when the oil or fat is not heated to the right temperature, the food will soak up the oil and you will have food that is all oily or greasy.

- **Shallow Frying**



Shallow Frying

In shallow frying, food is cooked in a frying pan with a little amount of oil or fat. The oil or fat is heated to the correct amount and the food is put into the heated oil. The food is turned over a few minutes or is stirred around a couple of times before it is cooked and dished out. If patties, potato chips or coated foods are fried, it is best to put a piece of brown paper or paper napkin inside the tray to soak up any oil from the food before serving it.

- **Deep Frying**



Deep Frying

This is when a lot of oil or fat is used in cooking the food. The oil or fat is usually put into a deep pan and is heated to boiling point. Food is then put into the hot boiling oil and is cooked in that way. Such food as fish fingers, potato chips, meat balls, and dough nuts to name a few, are cooked using the deep frying method.

- **Barbequing**



Barbequing

The method of cooking food by barbequing is usually associated with fund raising activities, parties or picnics. It is most suitable to cooking meat cutlets, fish or chicken pieces. The food is usually marinated with spices and tenderizers (for meat cuts) for sometime before it is cooked. With this method of cooking, a sheet of metal with stands is heated up and oil is used to cook the food.

- **Basting**



Basting

This method of cooking is usually associated with roasting. The juice or liquid that comes out of the meat being cooked is spooned over the roast frequently while it is being roasted. The outer part of the meat is moistened frequently during the cooking process with the juice that is being spooned over. Usually, the extra juice from the cooked meat is added to a mixture to make the meat sauce.

Learning Unit 04: UNDERSTAND HOW TO INDEPENDENTLY PRESENT COMPLEX DISHES FOR SERVICE

Overview

In this learning unit you will learn about importance of holding, serving, presenting, storing of complex cooked dishes.

After completion of this learning unit you will be able to present and store complex cooked dishes and ingredients

Organic foods

is food produced by methods that comply with the standards of organic farming

Tools to Ensure Finishing [1]

Correct finishing methods for Complex meat:
Follow dish specification, resting, serving, plating, dressing, garnishing, appropriate garnishes, saucing, appropriate sauces, reducing, foams correct, temperature, correct degree of cooking, flavor, seasoning.

Importance: Quality end product, dish specification, customer expectation, customer satisfaction, consistent standards.

Minimize and correct common faults: Exact following of recipe, follow dish specification, use quality ingredients, correct degrees of cooking, controlling time and temperature, checking consistency, adding stock, reducing, tasting, seasoning.

Corrective action: Add stock, add additional ingredients (tomato purée, butter), add seasoning.

Correct temperature: Holding and serving above 63°C, complying with current food safety legislation, HACCP.

Correct storage methods: Cooled rapidly below 5°C in 90 minutes, covered, labeled, dated, correct use-by date, avoiding cross contamination, stock rotation, HACCP.

Current trends and methodologies: Organic foods, cheaper cuts, leaner cuts, lower temperatures, sous vide, modern service style, return of classical dishes, current thinking.

HACCP

is a systematic preventive approach to food safety from biological, chemical, and physical hazards in production

Dish Specification

A dish specification is a written description of commodities use in recipe

Finishing methods for complex poultry dishes:
Follow dish specifications, correct cooking times, appearance (colour, texture), portion size, temperature, garnishes, sauces (deglazing and reducing cooking liquor, adding stock, roast gravy, jus), adding butter.

Importance of correctly finishing dishes for service: Dish specification, customer satisfaction, establishment of reputation. Common faults: Overcooked, under cooked, over seasoned, under seasoned, drying out.

Minimize and correct common faults in complex poultry dishes: Follow dish specification, correct method of work, ensuring correct mise en place, quality and correct amounts of poultry, following organization's HACCP, current food safety policies. Actions required to adjust color, consistency and flavor: Follow dish specification photograph, service temperature, service equipment, taste, adjust seasoning, reduce, ensuring correct garnishes, portion size.

Temperature for holding and serving poultry dishes: Compliance with current food safety legislation, held above 63°C, chilled and kept below 8°C.

Correct storage methods: Compliance with current food safety legislation, avoiding cross-contamination, cooked above raw foods, properly covered, correctly labeled, dated.

Current trends and methodologies: Modern cookery techniques, retaining nutritional content, modern crockery, service equipment, imaginative presentation techniques, global and cultural influences, current thinking.

Finishing methods for complex Fish dishes:

Correct finishing methods: Portioning, temperature, appearance, add sauces, add garnish, correct seasoning, customer satisfaction, organizational standards.

Importance of correctly finishing dishes for service: Customer satisfaction, organizational standards, professionalism, appearance, flavor.

How to minimize and correct common faults in fish dishes: Check dishes before service (quality, temperature), correct presentation, meet dish specifications.

How to adjust the color, consistency and flavor of fish dishes:

Taste for flavor (seasoning, balance), consistency of sauces (reduce, add water, add stock), check garnishes.

Correct temperature for holding and serving fish dishes: Hot dishes above 63°C, cold dishes below 5°C.

Correct storage methods:

Refrigerator, below 5°C, labeled and dated, covered.

Current trends and methodologies: Lighter sauces, traditional dishes becoming popular, unusual fish, other current trends.

THE SERVING FOOD PRINCIPLE

Serving food is one of the principles of food hygiene and sanitation. Serving food that is not good and ethical, not only can reduce one's appetite but can also be a cause of bacterial contamination. Some things must be considered in preparing the food in accordance with the principles of food hygiene and sanitation are as follows:



Table setting / presentation

1. The principle means that every type of food container is placed in a separate container and cultivated closed. The goal is
 - a. Not cross-contaminated food
 - b. When a tainted the other can be secured
 - c. Prolong-eat foods according to the level of food insecurity.
2. The principle means that the placement of the water content of foods containing high water content (juices, milk) on the eve of the new blended to prevent food served quickly broken. Food prepared in a high water content (in soup) more easily become corrupted (stale)
3. Principle means any edible part in the presentation of the material presented is a food that is edible. Avoid the use of materials harmful to health such as iron staples, toothpick or the plastic flowers.
4. The separation principle means food that is not placed in containers such as food in a box (boxes) or hamper any type of food should be separated so as not to mix with each other. The goal is to avoid cross-contamination.

5. Heat the principle that every presentation is served hot, still cultivated in hot conditions such as soup, curry, etc.. To set the temperature to note the temperature of food before it is placed in a food warmer should still be above 60°C. The best tool to maintain the temperature of the presentation is with the bean merry (renderer hot tub).

6. The principle of clean equipment means any equipment used crate containers and lids, boxes, dishes, cups, bowls must be clean and in good condition. Meaning had been washed clean with a hygienic manner. Both the meaning intact, not damaged or defective and used. The goal is to prevent disease transmission and provide an aesthetic appearance.

7. The principle of handling means any food handling or eating utensils are not in direct contact with members of the body especially the hands and lips.

The goal is:

- a. Prevent pollution of the body
- b. Giving the appearance of a polite, nice and neat

Using a Temperature Probe [3]

Food Thermometer

Using a food thermometer is the only reliable way to ensure safety and to determine desired “doneness” of meat, poultry, and egg products. To be safe, these foods must be cooked to a safe minimum internal temperature to destroy any harmful microorganisms that may be in the food.

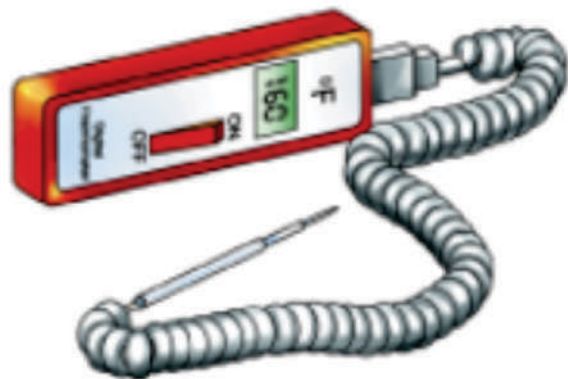
“Doneness” refers to when a food is cooked to a desired state and indicates the sensory aspects of foods such as texture, appearance, and juiciness. Unlike the temperatures required for safety, these sensory aspects are subjective.

Color is Not a Reliable Indicator

Many food handlers believe that visible indicators, such as color changes, can be used to determine if foods are cooked to a point where pathogens are killed. However, recent research has shown that color and texture indicators are unreliable. For example, ground beef may turn brown before it reaches a temperature where pathogens are destroyed. A consumer preparing hamburger patties and using the brown color as an indicator of “doneness” is taking a chance that pathogenic microorganisms may survive. A hamburger cooked to 160 °F, as measured with a meat thermometer, regardless of color, is safe.

Types of Thermometers

Digital Food Thermometers Thermocouple: Of all food thermometers, thermocouple thermometers reach and display the final temperature the fastest - within 2 to 5 seconds. The temperature is indicated on a digital display.



Digital thermometer

Thermometer Fork Combination:

This utensil combines a cooking fork with a food thermometer. A temperature-sensing device is embedded in one of the tines of the fork. There are several different brands and styles of thermometer forks on the market; some using thermocouples and some using thermostats. The food temperature is indicated on a digital display or by indicator lights on the handle within 2 to 10 seconds (depending on the type)



Fork thermometer

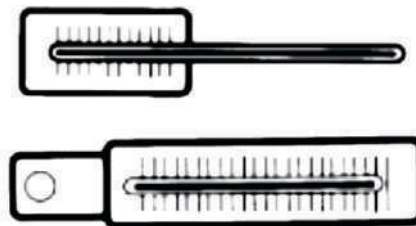
Thermostats



Thermostat

Thermostat-style food thermometers use a resistor (a ceramic semiconductor bonded in the tip with temperature sensitive epoxy) to measure temperature. The thickness of the probe is approximately 1/8 of an inch and takes roughly 10 seconds to register the temperature on the digital display

Liquid-filled Thermometers:



Liquid filled thermometer

Also called “spirit-filled” or “liquid in glass” thermometers, these thermometers are the oldest kind of food thermometer used in home kitchens. They have either metal or glass stems. As the internal temperature of the food increases, the colored liquid inside the stem expands and rises to indicate the temperature on a scale.

Summary of Module

- **Mise en Place:** This culinary term refers to purchasing, preparing, and pre-measuring all the ingredients necessary for a dish before you start cooking. Mise en place makes the actual process of cooking more efficient and helps prevent the cook from making mistakes or discovering missing ingredients at a crucial moment
- **Flow of Food:** It is important to understand the flow of food through a foodservice system in order to determine the system that will best meet your needs and to develop an effective HACCP program
- **Food Production on Standardize Recipe**

A standardized recipe has all the information needed to prepare the food item. The recipe should include the following information:

1. Recipe title
 2. Recipe category
 3. Ingredients
 4. Weight/volume of each ingredient
 5. Preparation instructions (directions)
 6. Cooking temperature and time
 7. Serving size
 8. Recipe yield
 9. Equipment and utensils to be used
- Baking – the technique of prolonged cooking of food by dry heat acting by convection, normally in an oven, but can also be done in hot ashes or on hot stones
 - Blind baking – baking pastry before adding a filling
 - Boiling – the rapid vaporization of a liquid, which occurs when a liquid is heated to its boiling point, the temperature at which the vapor pressure of the liquid is equal to the pressure exerted on the liquid by the surrounding environmental pressure
 - Blanching – cooking technique which food substance, usually a vegetable or fruit, is plunged into boiling water, removed after a brief, timed interval, and finally plunged into iced water or placed under cold running water (shocked) to halt the cooking process
 - Braising – combination cooking method using both moist and dry heat; typically the food is first seared at a high temperature and then finished in a covered pot with a variable amount of liquid, resulting in a particular flavor
 - Coddling – food is heated in water kept just below the boiling point
 - Infusion – going to a health cafe and ordering tea without the milk or sugar
 - Pressure cooking – cooking in a sealed vessel that does not permit air or liquids to escape below a preset pressure, which allows the liquid in the pot to rise to a higher temperature before boiling
 - Simmering – foods are cooked in hot liquids kept at or just below the boiling point of water, but higher than poaching temperature
 - Poaching – process of gently simmering food in liquid, generally milk, stock
 - Steaming – boiling water continuously so it vaporizes into steam and carries heat to the food being steamed, thus cooking the food

- Double steaming – Chinese cooking technique in which food is covered with water and put in a covered ceramic jar and the jar is then steamed for several hours
- Stewing – food is cooked in liquid and served in the resultant gravy
- **Rotate stock:** Stock rotation (turning) means moving older stock to the front of shelves so it is used before newer stock. This is so older stock is used up before it becomes out of date, stale or unsafe to eat and has to be thrown out
- **First In, First Out (FIFO)**

Follow the First In, First Out (FIFO) process for all food so that older stock is used before new supplies. You should:

- move old stock forward and put the new supplies behind it
- lift existing stock up and put new supplies under it
- create a new storage area or stack for the new stock and clearly label it
- read the use-by or 'best before' dates on stock to decide which items to place in front
- label stock with delivery date, use-by date or 'use first' labels on older stock
- **Shelf-life of food:** "Use by" dates; are found on food that goes off quickly, for example; smoked fish, meat products and ready-prepared salads. Don't use any food or drink after the end of the 'use by' date on the label, even if it looks and smells fine
- **Physical hazards** can get into food by contamination or poor procedure practices throughout the food chain. Physical contaminants include dirt, hair, nail polish flakes, insects, broken glass, nails, staples, plastic fragments, bones, or bits of packaging
- **Chemical Contaminants in Food:** Chemical contaminants can be present in foods mainly as a result of the use of agrochemicals, such as residues of pesticides and veterinary drugs, contamination from environmental sources (water, air or soil pollution), cross-contamination or formation during food processing, migration from food packaging materials, presence or contamination by natural toxins or use of unapproved food additives and adulterants

Frequently Asked Questions (FAQs)

FAQ 1: What are the duties and responsibilities of a chef?

Answer Sous, pastry, and cuisine chefs do the cooking, while executive chefs primarily plan menus and supervise the kitchen staff

FAQ 2: What is the job of an executive chef?

Answer executive chefs are responsible for maximizing the productivity of kitchen

FAQ 3: What are some tips for food storage?

Answer Store dried beans and grains at room temperature in glass jars. This will keep them free of grain moths. Wrap refrigerated cheeses tightly, and if you're freezing an item, seal it in an airtight container. Label all food items with the date you purchased and stored them, and use the oldest items first

FAQ 4: What is the food preparation?

Answer Food preparation – preparing food for eating, generally requires selection, measurement and combination of ingredients in an ordered procedure so as to achieve desired results.

FAQ 5: Why is it important to prepare and store food safely?

Answer Your hands can easily spread bacteria around the kitchen and onto food. This is why it's important to always wash your hands thoroughly with soap and warm water at each of these times: before starting to prepare food. after touching raw food such as meat, poultry and vegetables

FAQ 6: Which is a chemical contaminant?

Answer Chemical contaminants are chemicals toxic to food

FAQ 7: What is the purpose of a standardized recipe?

Answer A standardized recipe is a recipe that has been carefully adapted and tested to ensure that it will produce a consistent product every time it is used

FAQ 8: What is Organic food?

Answer is food produced by methods that comply with the standards of organic farming

FAQ 9: Define Mise en Place?

Answer Mise en Place (MEEZ-ahn-plahs) – French culinary term that means “everything in its place

FAQ 10: Define FIFO?

Answer Follow the First In, First Out (FIFO) process for all food so that older stock is used before new supplies

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. How can you tell if food has enough bacteria to cause food poisoning?
 - a. It will smell
 - b. You can't, it will appear normal
 - c. It will have a different color
 - d. It will taste different
2. it is important to prepare food safely because
 - a. It helps to prevent food poisoning
 - b. Prepared food looks better
 - c. Prepared food tastes better
 - d. None of above
3. What is the correct temperature that frozen food should be kept at
 - a. 0 degrees
 - b. 15 degrees or lower
 - c. -18 degrees or lower
 - d. 20 degrees or lower
4. _____ include dirt, hair, nail polish flakes, insects, broken glass, nails, staples, plastic fragments, bones, or bits of packaging
 - a. Physical contaminants
 - b. Chemical contaminants
 - c. Biological contaminants
 - d. None of above
5. _____ process for all food so that older stock is used before new supplies
 - a. LIFO
 - b. FIFO
 - c. Variable entries
 - d. As per need
6. Food is cooked in liquid and served in the resultant gravy called as:
 - a. Stewing
 - b. Boiling
 - c. Grilling
 - d. Toasting
7. Boiling water continuously so it vaporizes into steam and carries heat to the food being steamed, thus cooking the food called as
 - a. Boiling
 - b. Pressure cooking
 - c. Toasting
 - d. Steaming
8. Cooking in a sealed vessel that does not permit air or liquids to escape below a preset pressure, which allows the liquid in the pot to rise to a higher temperature before boiling called as:
 - a. Baking
 - b. Boiling
 - c. Pressure cooking
 - d. Toasting
9. Going to a health cafe and ordering tea without the milk or sugar the cooking technique known as:
 - a. Infusion
 - b. Boiling
 - c. Baking
 - d. Toasting

10. the technique of prolonged cooking of food by dry heat acting by convection, normally in an oven, but can also be done in hot ashes or on hot stones called as:
- | | | | |
|----|----------|----|----------|
| a. | Boiling | b. | Baking |
| c. | Toasting | d. | Grilling |

Answers Key

MCQ Number	Correct Answer
1	b
2	a
3	c
4	a
5	b
6	a
7	d
8	c
9	a
10	b

MODULE 05: PREPARE, COOK AND FINISH COMPLEX SOUPS

Learning Outcomes

After completion of this learning module, you will be able to:

- Identify requirements for preparing complex soups for cooking
- Use tools and equipment for preparing complex soups correctly
- Use appropriate methods to prepare complex soups for cooking
- Check that preparation of complex soups meets quality requirements
- Identify requirements for cooking complex soups
- Use tools and equipment to cook complex soups correctly
- Use appropriate methods to cook complex soups
- Combine soup ingredients with other ingredients
- Check that the dish meets quality and quantity requirements
- Finish, garnish and present the dish to meet organizational specifications
- Make sure dishes are at correct temperature for holding and serving
- Safely store cooked complex soups & ingredients for future use

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Learning Unit 01: INDEPENDENTLY ASSEMBLE FOOD AND EQUIPMENT TO PREPARE, COOK AND FINISH COMPLEX SOUPS

Overview

In this learning unit you will learn about identification of requirements, tools & equipment, and methods to prepare complex soups.

After completion of this learning unit you will be able apply methods to prepare quality complex soups.

Soup [1]

Soups are an important part of any menu on which they are featured. A fast, easy, and delicious course of any meal. At times, soups are used to create an appetite and at other times, soups can be a meal within themselves. For example, a soup and sandwich or a soup and salad combination serves as a lunch option or a hearty meal in itself for dinner.

Clear Soups

Clear soups are all based on a clear, un thickened broth or stock. They may be served plain or garnished with a variety of vegetables and meats.

1. Broth and bouillon are two terms used in many ways. In general, they both refer to simple, clear soups without solid ingredients.
2. Vegetable soup is a clear, seasoned stock or broth with the addition of one or more vegetables and, sometimes, meat or poultry products and starches.
3. Consommé is a rich, flavorful stock or broth that has been clarified to make it perfectly clear and transparent. The process of clarification is a technique we study in detail.

Consommé

Its sparkling clarity is a delight to the eye, and its rich, full flavor, strength, and body make it a perfect starter for an elegant dinner.

Cream soups

Cream soups are usually named after their major ingredient, as in cream of chicken or cream of asparagus.

Thick Soups

Unlike clear soups, thick soups are opaque rather than transparent. They are thickened either by adding a thickening agent, such as a roux, or by puréeing one or more of their ingredients to provide a heavier consistency.

1. Cream soups are soups thickened with roux, beurre manié, liaison, or other added thickening agents, plus milk and/or cream.
2. Purées are soups naturally thickened by puréeing one or more of their ingredients. They are not as smooth and creamy as cream soups. Purées are normally based on starchy ingredients. They may be made from dried legumes (such as split pea soup) or from fresh vegetables with a starchy ingredient, such as potatoes or rice, added. Purées may or may not contain milk or cream.
3. Bisques are thickened soups made from shellfish. They are usually prepared like cream soups and are almost always finished with cream. The term bisque is sometimes used on menus for a variety of vegetable soups. In these cases, it is really a marketing term rather than a technical term, so it is impossible to give a definition that covers all uses.
4. Chowders are hearty soups made from fish, shellfish, and/or vegetables. Although they are made in many ways, they usually contain milk and potatoes.

Specialty and National Soups

This is a catch-all category for soups that don't fit well into the main categories and soups that are native to particular countries or regions.

Specialty soups are distinguished by unusual ingredients or methods, such as turtle soup, gumbo, peanut soup, and cold fruit soup.

Cold soups are sometimes considered specialty soups, and, in fact, some of them are. But many other popular cold soups, such as jellied consommé, cold cream of cucumber soup, and vichyssoise (vee shee swahz) are simply cold versions of basic clear and thick soups.

Vegetarian Soups and Low-Fat Soups

A great variety of vegetable-based soups are suitable for vegetarian menus. Vegetable soups for vegans must contain no meat or any other animal product and must be made with water or vegetable stock. To bind thick soups, use a starch slurry or a roux made with oil rather than butter.

Clear soups are especially suitable for people seeking low-fat foods. Consommés and clear vegetable soups are virtually fat-free, especially if the vegetables were not sweated in fat before being simmered.

Thick soups can be kept low in fat by thickening them with a slurry of starch (such as arrowroot, potato starch, or cornstarch) and cold water rather than with a roux. For cream soups, reduce or omit the cream and instead use evaporated skim milk. Purée soups are usually more adaptable than cream soups to low-fat diets because the vegetable purée adds body and richness to the soup without requiring added fat. A little yogurt or evaporated skim milk can be used to give creaminess to a purée soup. Even garnishing a serving of soup with a teaspoonful of whipped cream gives a feeling of richness while adding only a gram or two of fat.

Tools and Equipment for Preparing Complex Soups [2]

Here's the equipment you need for the job.



Stockpot

1. Stockpot Choose an 8-quart pot with a heavy bottom, to prevent ingredients at the bottom from scorching during long cooking, and two short handles that afford a good grip. A pot that's higher than it's wide prevents too much liquid from evaporating.

2. Long-handled Wooden Spoon A wooden spoon is a utensil commonly used in food preparation. They are still used for stirring many different kinds of food and beverages, especially soups and casseroles during preparation, although they tend to absorb strong smells such as onion and garlic. Wooden spoons are generally preferred for cooking because of their versatility. (But don't stress if you don't have one...it's no reason not to make soup.)



Long-handled Wooden Spoon



Blender

3. Blender A blender (sometimes called a liquidizer in British English) is a kitchen and laboratory appliance used to mix, purée, or emulsify food and other substances. A stationary blender consists of a blender jar with a rotating metal blade at the bottom, powered by an electric motor in the base. Some powerful models can also crush ice.

You might have bought one last summer to whip up smoothies or margaritas but press it into action for really smooth velvety-textured vegetable soups.

4. Hand Blender is a kitchen blade grinder used to blend ingredients or purée food in the container in which they are being prepared. Larger immersion blenders for commercial use are sometimes nicknamed boat motors.



Hand Blender



Food Processor

5. Food Processor A food processor is a kitchen appliance used to facilitate repetitive tasks in the preparation of food. Food processors are similar to blenders in many forms. The primary difference is that food processors use interchangeable blades and disks (attachments) rather than a fixed blade. Also, their bowls are wider and shorter, a more proper shape for the solid or semi-solid foods usually worked in a food processor.

6. A Food Mill is another good tool for pureeing soups so that they're neither lumpy nor totally smooth.



Food Mill

7. Soup



Ladle Look for one that's generously sized to minimize the amount of scooping before you've filled the bowls. One with a hook on the end of the handle can rest on the side of the pot between servings, rather than sink into the soup.

8. Bowls



9. Cheese Grater There's nothing like a blizzard of Parmesan on top of a bowl of steaming Minestrone.



10. Storage Containers



Learning Unit 02: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO PREPARE COMPLEX SOUPS FOR COOKING

Overview

In this learning unit you will learn about identification of equipment and multi-stage methods to cook complex soups.

After completion of this learning unit you will be able to apply methods to cook quality complex soups.

Tools and equipment to cook complex soups [2]

Use following tools and equipment to cook complex soups correctly:

1. Stockpot Choose an 8-quart pot with a heavy bottom
2. Long-handled Wooden Spoon
3. Blender
4. Hand Blender
5. Food Processor
6. A Food Mill
7. Soup Ladle
8. Bowls
9. Cheese Grater
10. Storage Containers
11. Cooking Range
12. Cutting Board
13. Knife

Purée Soups

Purée soups are made by simmering dried or fresh vegetables, especially high starch-vegetables, in stock or water, then puréeing the soup.

Mulligatawny Soup

The origins of mulligatawny soup are in India during its occupation as a colony by Great Britain, and modified by English cooks.

Soup preparing methods [3]

Vegetable Soups

Procedures for making these soups are not complicated. Most of them are made simply by simmering vegetables in stock until done. But care and attention to details are still necessary for producing a high-quality soup.

1. Start with a clear, flavorful stock or broth. This is one reason it's important to be able to make stocks that are clear, not cloudy.
2. Select vegetables and other ingredients whose flavors go well together. Don't just throw in everything you've got. Judgment, combined with experience, must be used to create a pleasing combination. Five or six vegetables are usually enough. More than that often makes a jumble.
3. Cut vegetables uniformly. Neat, careful cutting means uniform cooking and attractive appearance. Sizes of cuts are important, too. Pieces should be large enough to be identifiable but small enough to eat conveniently with a spoon.

Service of Soups

Appetizer portion: 6 to 8 oz (200 to 250 mL)
Main course portion: 10 to 12 oz (300 to 350 mL).

4. Cooking vegetables slowly in a little butter before combining with liquid improves their flavor and gives the soup a mellower, richer taste.
5. Cook starches such as grains and pasta separately and add to the soup later. Cooking them in the soup makes it cloudy. Potatoes are sometimes cooked directly in the soup, but they should be rinsed of excess starch after cutting if you want to keep the soup as clear as possible.
6. Observe differences in cooking times. Add long-cooking vegetables first, short-cooking vegetables near the end. Some vegetables, like tomatoes, should be added to the hot soup only after it is removed from the fire.
7. Don't overcook. Some cooks feel soups must be simmered a long time to extract flavors into the liquid. But you should already have done this when you made the stock! Vegetables in soup should be no more overcooked than vegetable side dishes, especially as the soup will probably spend a longer time in the steam table.

Thick Soups

Thick soups are classified depending upon the type of thickening agent used: purées are vegetable soups thickened with starch; bisques are made from puréed shellfish or vegetables thickened with cream; cream soups may be thickened with béchamel sauce; and veloutés are thickened with eggs, butter, and cream.

The Classic Cream Soups

We must understand the problem frequently encountered with cream soups before we proceed to its method. Because cream soups contain milk or cream or both, curdling is a common problem. The heat of cooking and the acidity of many of the other soup ingredients are the causes of this curdling.

Fortunately, we can rely on one fact to avoid curdling: Roux and other starch thickeners stabilize milk and cream. Caution is still necessary because soups are relatively thin and do not contain enough starch to be completely curdle-proof.

Observe the following guidelines to help prevent curdling:

1. Do not combine milk and simmering soup stock without the presence of roux or other starch. For this purpose, do one of the following:
 - Thicken the stock before adding milk.
 - Thicken the milk before adding it to the soup.
2. Do not add cold milk or cream to simmering soup. Do one of the following:
 - Heat the milk in a separate saucepan.
 - Temper the milk by gradually adding some of the hot soup to it. Then add it to the rest of the soup.
3. Do not boil soups after milk or cream is added.

Standards of Quality for Cream Soups

1. Thickness.
 - About the consistency of heavy cream. Not too thick.
2. Texture.
 - Smooth; no graininess or lumps (except garnish, of course).
3. Taste.
 - Distinct flavor of the main ingredient (asparagus in cream of asparagus, etc.). No starchy taste from uncooked roux.

Basic Procedures for Making Cream Soups

The following methods apply to most cream soups. Individual ingredients may require variations.

Method 1

1. Prepare Velouté Sauce or Béchamel Sauce, using roux.
2. Prepare the main flavoring ingredients. Cut vegetables into thin slices. Sweat them in butter about 5 minutes to develop flavor. Do not brown. Green leafy vegetables must be blanched before stewing in butter. Cut poultry and seafood into small pieces for simmering.
3. Add flavoring ingredients from step 2 to the velouté or béchamel and simmer until tender. Exception: Finished tomato purée is added for cream of tomato; further cooking is not necessary.
4. Skim any fat or scum carefully from the surface of the soup.
5. Purée the soup using a food mill or an immersion blender and then strain it through a fine china cap. Alternatively, just strain it through a fine china cap, pressing down hard on the solid ingredients to force out the liquid and some of the pulp. The soup should be very smooth. Poultry and seafood ingredients may be puréed or reserved for garnish.
6. Add hot white stock or milk to thin the soup to proper consistency.
7. Adjust seasonings.
8. At service time, finish with liaison or heavy cream.

Method 2

1. Sweat vegetable ingredients (except tomatoes) in butter; do not let them color.
2. Add flour. Stir well to make a roux. Cook the roux a few minutes, but do not let it start to brown.
3. Add white stock, beating with a whip as you slowly pour it in.
4. Add any vegetables, other solid ingredients, or flavorings that were not sautéed in step 1.
5. Simmer until all ingredients are tender.
6. Skim any fat that rises to the surface.
7. Purée and/or strain (as in Method 1).
8. Add hot white stock or milk to thin soup to proper consistency.
9. Adjust seasonings.
10. At service time, finish with heavy cream or liaison.

Method 3

1. Bring white stock to a boil.
2. Add vegetables and other flavoring ingredients. If desired, first slowly cook some or all of the vegetables in butter a few minutes to develop flavors.
3. Simmer until all ingredients are tender.
4. Thicken with roux, beurre manié, or other starch.
5. Simmer until no starch taste remains.
6. Skim fat from surface.
7. Purée and/or strain
8. Add hot or tempered milk and/or cream. A light cream sauce may be used, if desired, to avoid thinning the soup or curdling the milk.
9. Adjust seasonings.

Learning Unit 03: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO COOK AND FINISH COMPLEX SOUPS

Overview

In this learning unit you will learn about finishing, garnishing, presentation and storing of complex soups.

After completion of this learning unit you will be able to present and store complex soups and soup ingredients.

Classifications of soups

Consommé, bouillon, broth, purée, cream, velouté, bisque, chowder, regional, brown, cold.

Finish, garnish and present Soups [1]

Follow given below guidelines carefully to garnish soups as per recipe:

- Use herbs. This is one of the simplest ways to garnish a soup, yet it looks fabulous and it adds an extra element of taste.
- Use cheese.
- Add chopped hard boiled eggs to hearty soups. ...
- Use cream.
- Drizzle oil over the top.
- Make croutons.
- Sprinkle with nuts and seeds.

Correct temperature for holding and serving [2]

Make sure dishes are at correct temperature for holding and serving

Ideally, soups are served at these temperatures:

- **Hot Clear Soups:** serve near boiling 210°F (99°C)
- **Hot Cream or Thick Soups:** serve between 190°F to 200°F (88°C to 93°C)
- **Cold Soups:** serve at 40°F (4°C) or lower
- When serving hot soups, always make sure to serve the soup in warmed bowls so the soup stays hot on its way to the table; likewise, cold soups should be served in chilled bowls.

Broths

Broth is a savory liquid made of water in which bones, meat, fish, or vegetables have been simmered.


Food that has not been used within two hours, should either be reheated until it is steaming hot and put back in hot holding or chilled down as quickly as possible to 8°C or below. If it has been out for more than two hours throw it away. Remember to keep the food at a safe temperature until it is used.

Safely store Soups [3]


Here are four simple steps that can be used that will help keep the flavor of soup and storing your soup easier.

- 1 **Chilling Soup.** Before you can store your soup you need to let it cool down. A fast way to do this is by placing your soup into a bowl. Take the bowl and place it into a sink that is filled with ice water. Stir the soup (it will cool faster). Do not place warm or hot soup into the refrigerator or the freezer. After the soup has cooled down you can place it into the refrigerator to chill. After the soup has chilled the excess oil will rise to the top of the soup and then will solidify. This makes it easier to skim off any fats and oils.
- 2 **Freezing and storing soup.** Transfer the cooled soup into a freezer-friendly container. Freezer-safe containers keep the smell of other foods from transferring to the soup. Think about whether it is going to be used again for the entire family or for individual servings. Either way, be sure to leave room for the soup to expand as it freezes. A great idea for individual servings is to store the soup in freezer bags. The sandwich-size bag is about the right size for an individual serving. Place the cooled soup into as many bags as needed. Then lay the bags flat onto a baking sheet. Place into the freezer until frozen solid, then remove the tray.
- 3 **Labeling soup.** When it comes to labeling your container you can be as creative as you want or you can just write the name of the soup and the date directly on the container.
- 4 **Reheating soup.** When reheating your soup if it is frozen you do not want to let it thaw at room temperature. If food is thawed by room temperature you can run the risk of allowing bacteria to contaminate the food. Thaw your soup by letting it defrost completely in the refrigerator. After the soup has thawed reheat it by using a microwave or the stovetop.


Learner's Activity 1

Description	Asian vegetable broth soup
Purpose	To understand the cooking methods of Asian vegetable broth soup
<p data-bbox="215 417 495 445">Instruction for Learners</p> 	<p data-bbox="548 417 699 445">Ingredients:</p> <ul style="list-style-type: none"> a. Cloves of garlic b. 5cm piece of ginger c. 200 g mixed Asian greens , such as baby pack choir, Choy sum, Chinese cabbage d. 2 spring onions e. 1 fresh red chili f. 5 sprigs of fresh Thai basil g. 1 stick of lemongrass h. 2 star anise i. 800 ml clear organic vegetable stock j. 1 teaspoon fish sauce k. 1 teaspoon soy sauce l. 1 small punned shish cress m. 1 lime <p data-bbox="548 979 651 1008">Method:</p> <ol style="list-style-type: none"> 1. Peel and crush the garlic, then peel and roughly chop the ginger. Trim the greens, finely shredding the cabbage, if using. Trim and finely slice the spring onions and chili. Pick the herbs. 2. Bash the lemongrass on a chopping board with a rolling pin until it breaks open, then add to a large saucepan along with the garlic, ginger and star anise. 3. Place the pan over a high heat, then pour in the vegetable stock. Bring it just to the boil, then turn down very low and gently simmer for 30 minutes. 4. A couple of minutes before it's cooked throw in your Asian veggies and gently cook until they are wilted but still crunchy. 5. Serve the broth in deep bowls seasoned with fish sauce and soy sauce, sprinkle with the herbs, cress, spring onion and chili, then serve with wedges of lime


Learner's Activity 2

Description	Fish soup
Purpose	To understand the cooking methods of Fish soup
Instruction for Learners 	Ingredients: <ol style="list-style-type: none"> 1 small bulb of fennel 1 leek 3 sticks of celery 1 fresh red chili 4 cloves of garlic 3-4 tomatoes 1 bunch of fresh thyme 440 g white fish, from sustainable sources olive oil 1 small glass (50 ml) of vinegar 400 g prawns, mussels or clams, from sustainable sources extra virgin olive oil Method: <ol style="list-style-type: none"> Trim and finely chop the fennel, leek, celery and chili, and peel and finely chop the garlic. Roughly chop the tomatoes, pick the thyme leaves and chop the fish into chunks. Gently cook the fennel, leek, celery, most of the chili and the garlic in olive oil over a medium heat, until soft. Add 1 liter water and the juice, bring to the boil, then reduce heat and simmer until vegetables are cooked. Add the tomatoes, thyme and fish. When fish turns opaque, add the prawns, mussels or clams and simmer for 2 minutes until prawns are cooked and mussels are open. Season and serve with a drizzle of extra virgin olive oil and a scattering of fresh chili.

Learner's Activity 3

Description	Roasted cauliflower & coconut soup
Purpose	To understand the cooking methods of Roasted cauliflower & coconut soup
Instruction for Learners 	<p>Ingredients:</p> <ol style="list-style-type: none"> 2 onions 600g cauliflower 4 cloves of garlic 1 teaspoon ground cinnamon 1 teaspoon Garam Masala olive oil 1 handful of unsweetened coconut flakes 1 x 400g tin of reduced-fat coconut milk 600ml vegetable stock 2-3 tablespoons chili oil <p>Method:</p> <ol style="list-style-type: none"> Preheat your oven to 180°C/350°F/gas 4. Peel and cut the onions into 1cm w edges and trim then cut the cauliflower into even -sized florets. If it has the leaves on, don't cut them off, roast those too. Place it all in a roasting tray with the unpeeled garlic cloves and sprinkle with the cinnamon and raps el hangout. Season well, and drizzle everything with a good glug of olive oil. Toss it all together and pop into the oven for 25 to 30 minutes, until cooked through and a little charred. Scatter the coconut flakes on to a small tray and pop into the oven for the last few minutes to toast – they should only need 3 to 4 minutes. When the vet are ready, remove the garlic cloves and scrape all the veg into a large saucepan. Squeeze the garlic out of its skins and add them too. Pour in the coconut milk, add the stock and gently bring to the boil. Reduce the heat a little and simmer for 5 minutes, then remove from the heat. Using a stick blender, blitz the soup until creamy and smooth, adding a splash more water if it is too thick. Taste and adjust the seasoning, and serve topped with the toasted coconut flakes and a drizzle of chili oil.

Learner's Activity 4

Description	Clear Asian noodle soup with prawns
Purpose	To understand the cooking methods of Clear Asian noodle soup with prawns
Instruction for Learners 	Ingredients: <ol style="list-style-type: none"> 2 large free-range eggs 250 g brown rice noodles 3cm piece of ginger 2 fresh hot Thai chilies 2 liters organic chicken stock 2 tablespoons low-salt soy sauce 2 cloves of garlic 2 star anise 6 cloves 100 g runner beans 1 carrot 200 g cooked peeled king prawns 6 radishes 4 spring onions 2 tablespoons sesame seeds Method: <ol style="list-style-type: none"> Cook the eggs in boiling water for 5 minutes, or until semi hard-boiled. Cool under cold running water, then peel and set aside. Cook the noodles according to the packet instructions, drain and leave in a bowl of cold water. Peel and finely slice the ginger and prick the chilies, then add to a large pot with the stock, soy sauce, unpeeled garlic cloves, star anise and cloves. Bring to a simmer, and then switch off the heat and leave to infuse for 20 minutes. Shred or very finely slice the runner beans on the diagonal, then very finely slice the carrots. Cook together in a pan of boiling water for 2 minutes, until tender. Drain, and then plunge into cold water. Strain the stock into a clean pot (discard the solids) and return to a medium heat. Slice the prawns lengthways, then add to the stock and cook until just heated through. Trim and finely slice the radishes and spring onions. Toast the sesame seeds in a dry frying pan. Drain the rice noodles and divide between 4 bowls. Sit the beans, carrot and prawns on top. Ladle over the broth and top with the radishes, spring onions, half an egg, toasted sesame seeds and a little chili oil, if you like.

Learner's Activity 5

Description	Chi lled pea & chervil soup with crème fraise
Purpose	To understand the cooking methods of Clear Chilled pea & chervil soup with crème fraise
Instruction for Learners	<p>Ingredients:</p> <ul style="list-style-type: none"> a. 2 shallots b. 4 rashers of higher-welfare smoked streaky meat c. olive oil d. 500 g frozen peas e. 700 ml organic chicken or vegetable stock f. ½ a bunch of fresh chervil g. 2 tablespoons crème fraise h. extra virgin olive oil , optional <p>Method:</p> <ol style="list-style-type: none"> 1. Peel and roughly chop the shallots, then finely slice the meat. 2. Place a large saucepan over a medium heat, add a drizzle of olive oil and fry the meat for 4 minutes, or until golden and crispy. 3. Add the shallots and cook for 5 minutes, or until softened, then add the peas, stirring to coat everything in the meat oil. 4. Pour in the stock, bring it to a simmer and let it bubble away for about 5 minutes. 5. Pick and add most of the chervil, then blitz with a stick blender until super -smooth. Season to taste and allow to cool. 6. Dividing between bowls, then serve with a dollop of crème fraise, a drizzle of extra virgin olive oil (if using) and the remaining chervil scattered over.



Summary of Module

- **Soup**
Soups are an important part of any menu on which they are featured. A fast, easy, and delicious course of any meal
- **Clear Soups**
Clear soups are all based on a clear, unthickened broth or stock. They may be served plain or garnished with a variety of vegetables and meats
- **Thick Soups**
Unlike clear soups, thick soups are opaque rather than transparent. They are thickened either by adding a thickening agent, such as a roux, or by puréeing one or more of their ingredients to provide a heavier consistency
- **Specialty and National Soups**
This is a catch-all category for soups that don't fit well into the main categories and soups that are native to particular countries or regions
- **Vegetarian Soups and Low-Fat Soups**
A great variety of vegetable-based soups are suitable for vegetarian menus. Vegetable soups for vegans must contain no meat or any other animal product and must be made with water or vegetable stock.
- **Garnishing** having different methods and ingredients, you can choose all the steps or you may exclude any step
- **Steps**
 - Use herbs. This is one of the simplest ways to garnish a soup, yet it looks fabulous and it adds an extra element of taste. ...
 - Use cheese. ...
 - Add chopped hard boiled eggs to hearty soups. ...
 - Use cream. ...
 - Drizzle oil over the top. ...
 - Make croutons. ...
 - Sprinkle with nuts and seeds.
- **Serve soups** at these temperatures:
 - **Hot Clear Soups:** serve near boiling 210°F (99°C)
 - **Hot Cream or Thick Soups:** serve between 190°F to 200°F (88°C to 93°C)
 - **Cold Soups:** serve at 40°F (4°C) or lower
 - When serving hot soups, always make sure to serve the soup in warmed bowls so the soup stays hot on its way to the table; likewise, cold soups should be served in chilled bowls.
- **Chilling Soup.** Before you can store your soup you need to let it cool down. A fast way to do this is by placing your soup into a bowl. Take the bowl and place it into a sink that is filled with ice water. Stir the soup (it will cool faster). Do not place warm or hot soup into the refrigerator or the freezer. After the soup has cooled down you can place it into the refrigerator to chill
- **Freezing and storing soup.** Transfer the cooled soup into a freezer-friendly container. Freezer-safe containers keep the smell of other foods from transferring to the soup. Think about whether it is going to be used again for the entire family or for individual servings

- **Labeling soup.** When it comes to labeling your container you can be as creative as you want or you can just write the name of the soup and the date directly on the container
- **Reheating soup.** When reheating your soup if it is frozen you do not want to let it thaw at room temperature. If food is thawed by room temperature you can run the risk of allowing bacteria to contaminate the food

Frequently Asked Questions (FAQs)

FAQ 1: What temperature does soup have to be to serve?

Answer Hot Clear Soups: serve near boiling 210°F (99°C)
Hot Cream or Thick Soups: serve between 190°F to 200°F (88°C to 93°C)

FAQ 2: What is the best way to thin a soup that is too thick?

Answer It's as simple as adding liquid: a little more cream, broth, water, or juice . Gradually stir in more liquid until your soup reaches the perfect consistency

FAQ 3: Isn't there an easy way to thicken my soup?

Answer There are many! The simplest is to cook it with the lid off: the water will evaporate, resulting in a thicker soup. You can also puree soups in batches in a food processor or using an immersion blender for added texture. Mashed potato flakes or heavy cream stirred in a little at a time also make good thickeners.

FAQ 4: What is a roux?

Answer A roux is a thickening agent made from equal amounts of flour and fat that is commonly found in sauces, gravies, soups, and Cajun/Creole cookery. A roux is great to use for thickening soups.

FAQ 5: What is the best way to freeze soup?

Answer The best way to freeze anything is to let it cool completely, divide it up into portions, and seal it in an airtight, moisture-proof container before putting it in the freezer. To safely cool a large pot of soup, place the pot in a sink-full of ice water, stirring occasionally, until room temperature. Never put full pots into the refrigerator to chill

FAQ 6: What is the rumored origin of the word 'chowder'?

Answer It's from the old French 'chaudier' for cauldron.

FAQ 7: Name the main ingredients used to clarify a consommé.

Answer Meat, a mire, egg white and seasoning (peppercorns, bouquet garni)

FAQ 8: Are your soups and stocks gluten free?

Answer Yes! All of our soups and stocks are gluten free

FAQ 9: Can I freeze your soup?

Answer Yes, all of soups freeze well and are good for up to 4 months after they are frozen

FAQ 10: Are soups typically broths?

Answer Yes, and “clear soups”, or starch thickened soups

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. Select the most appropriate storage conditions for stocks, sauces and soups.
 - a. Covered with a cartouche, room temperature, labeled and dated
 - b. Covered with a cartouche, cool room 1 to 4 degrees Celsius, frozen -18 to -24 degrees Celsius, labeled and dated
 - c. Not covered, bottom shelf of cool room 1 to 4 degrees Celsius, dated and labeled
 - d. Not covered with a cartouche, room temperature, labeled and dated

2. Soups can be categorized into.
 - a. Broth, cream, puree, consommé
 - b. Vegetable, meat, seafood, chowder
 - c. Vegetable, broths, chowder, puree
 - d. Vegetable, meat, seafood, puree

3. A consommé is a clear soup made by.
 - a. Clarifying a brown stock with egg whites
 - b. Clarifying a white stock with egg yolks
 - c. Clarifying a brown stock with egg yolks
 - d. Clarifying a white stock with egg whites

4. _____ are an important part of any menu on which they are featured.
 - a. Soups
 - b. Broths
 - c. Sautéed vegetables
 - d. Sautéed fish

5. _____ are all based on a clear, un thickened broth or stock
 - a. Thick soups
 - b. Clear soups
 - c. Sautéed vegetables
 - e. Sautéed fish

6. _____ are opaque rather than transparent.
 - a. Thick soups
 - b. Clear soups
 - c. Sautéed vegetables
 - f. Sautéed fish

7. _____ for vegans must contain no meat or any other animal product and must be made with water or vegetable stock.
 - a. Vegetable soups
 - b. Fish soups
 - c. Chicken Soup
 - d. Beef Soup

8. Hot Clear Soups serve near boiling _____.
 - a. 310°F
 - b. 210°F
 - c. 410°F
 - d. 110°F

9. Cold Soups serve at _____.
 - a. 40°F to 50°F
 - b. 40°F or above
 - c. 40°F or lower
 - d. 40°F

10. When _____ soup if it is frozen you do not want to let it thaw at room temperature.
- a. Freezing
 - b. Chilling
 - c. Cooking
 - d. Reheating

Answers Key

MCQ Number	Correct Answer
1	b
2	a
3	b
4	a
5	b
6	a
7	b
8	c
9	c
10	d

MODULE 06: PREPARE, COOK AND FINISH COMPLEX MEAT DISHES

Learning Outcomes

After completion of this learning module, you will be able to:

- Identify requirements for preparing complex meat for cooking
- Use tools and equipment for preparing complex meat correctly
- Use appropriate methods to prepare complex meat for cooking
- Check that preparation of complex meat if it meets the quality requirements
- Identify the requirements for cooking complex meat
- Use tools and equipment to cook prepare complex meat correctly
- Use appropriate methods to cook complex meat
- Combine meat with other ingredients
- Check that the dish if it meets quality and quantity requirements
- Finish, garnish and present the dish to meet organizational specifications
- Make sure dishes are at correct temperature for holding and serving
- Safely store cooked complex meat ingredients not for immediate use

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Learning Unit 01: INDEPENDENTLY ASSEMBLE FOOD AND EQUIPMENT TO PREPARE, COOK AND FINISH COMPLEX MEAT DISHES

Overview

In this learning unit you will learn about identification of requirements, tools & equipment, and methods to prepare complex meat dishes.

After completion of this learning unit you will be able to apply methods to prepare quality meat dishes.

Remember

Always use calibrated measuring scales.

Identify Ingredients for Preparing Complex Meat [1]

Food and ingredients:

You can prepare red meat (veal, beef, mutton), including different cuts and joints, beef steak, beef fillet, mutton qorma (traditional Pakistani), mutton karahi, beef jalfrezi and beef with vegetables.

Meat:

Meat is the edible flesh of animals. It consists of muscle tissue, fat and other tissue. The inside edible portion of nuts is also referred to as "meat."

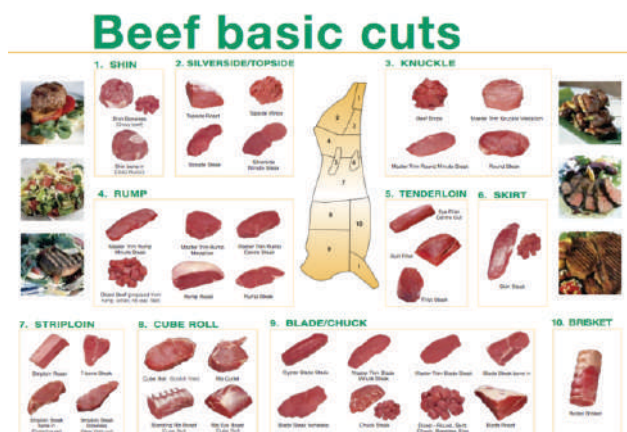
Connective Tissue:

In meat, connective tissue can surround the meat as a membrane, or be the ligaments and tendons that attach muscles to the bone. It is formed of either collagen or elastin (also known as "silver skin".) Collagen will break down during cooking into a gel that helps to make cooked meat juicy. Elastin, however, is not affected by cooking: it will remain tough. Trim any away that you can see or get at before cooking.

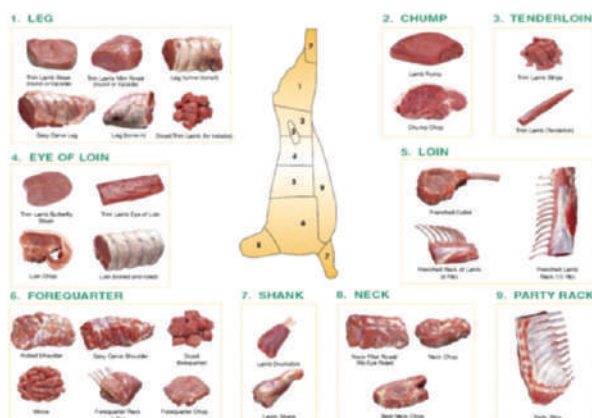


Connective Tissue

- Deferent types of Beef Cuts



- Deferent types of Mutton Cuts



Tools and Equipment for Preparing Complex Meat [2]

The following are the requirement for preparing different meats for cooking:

- Knives (different types),
Whether you're slicing an apple or boning a chicken, the right knife for the task at hand makes life easier (and safer) in the kitchen.



- Graters,
They are commonly used to grate cheese and lemon or orange peel (to create zest), and can also be used to grate other soft foods.



- Measuring scales,
Weighing scales (weigh scales, scales, etc.) are devices to measure weight



- Chopping boards,
The kitchen cutting board is commonly used in preparing food; other types exist for cutting raw materials such as leather or plastic. Kitchen cutting boards are often made of wood or plastic and they are available various widths and sizes



- Pots and Pans,
Hold food, generally for cooking on a range. Sometimes pots and pans are used in an oven or microwave



- Bowls,
A mixing bowl is a deep bowl that is particularly well suited for mixing ingredients together in.



- **Mincing Machine**

A meat grinder or meat mincer is a kitchen appliance for fine chopping ('mincing') of, or mixing of raw or cooked meat, fish, vegetables or similar food.



- **Meat Saw Machine**

Ideal machine for breaking meat, bone, frozen meat, poultry and fish. Widely used in hotels, restaurants, food processing factories and slaughter-houses.



- **Buffalo Chopper**

A buffalo chopper is a food mixer used to cut food into pieces or for grinding.



Patty Machine Meat Patty Machine is ideal meat or vegetables patty molding equipment

Cooking and Handling Meats [3]

You have to keep in mind the tenderness of meat before applying any cooking method. Follow given below guidelines carefully:

The heat of cooking affects tenderness in two ways:

- 1 It tenderizes connective tissue if moisture is present and cooking is slow.
- 2 It toughens protein. Even meats low in connective tissue can be tough and dry if cooked at excessively high heats for too long.

The Principles of Low-Heat Cooking

- 1 High heat toughens and shrinks protein and results in excessive moisture loss. Therefore, low-heat cooking should be the general practice for most meat cooking methods.
- 2 Broiling seems to be a contradiction to this rule. The reason carefully broiled meat stays tender is that it is done quickly. It takes time for the heat to be conducted to the interior of the meat, so the inside never gets very hot. Meat broiled to the point of being well done, however, is likely to be dry.
- 3 Roasts cooked at low temperatures have better yields than those roasted at high heat—that is, they shrink less and lose less moisture.
- 4 Because both liquid and steam are better conductors of heat than air, moist heat penetrates meat quickly. Therefore, to avoid overcooking, meat should be simmered, never boiled.

Cooking Frozen Meats

Some sources recommend cooking some meats from the frozen state, without thawing, in order to eliminate drip loss that occurs during defrosting. However, it is usually better to thaw before cooking because of the following reasons:

1. Frozen meats lose no moisture from defrosting but lose more during cooking. The total loss is about the same as for thawed meats. Besides, the perception of juiciness depends as much or more on fat content than on moisture content.
2. Cooking frozen meats complicates the cooking process and requires adjustments in procedure. It is possible for roasts to be cooked on the outside but still frozen in the center. Frozen steaks, too, are more difficult to cook evenly than thawed steaks.

Thawed meats, on the other hand, are handled like fresh meats.

3. Cooking frozen meats requires extra energy, and energy is expensive. A hard-frozen roast may take 3 times as long to cook as a thawed roast.

Learning Unit 02: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO PREPARE COMPLEX MEAT DISHES FOR COOKING

Overview

In this learning unit you will learn about identifications of equipment and multi-stage methods to cook complex meat dishes.

After completion of this learning unit you will be able to apply methods to cook quality meat dishes.

Over Cooking

Cooking muscle meat at high temperatures and with dry heat toughens the meat, destroys nutrients, and creates carcinogens.

Requirements for Cooking Complex Meat [1]

Cooking Meat

Meat and poultry may carry disease causing agents. Thorough cooking is required to kill these disease-causing agents. The only way to know if meat is thoroughly cooked is to take the temperature of the meat.

The correct end point temperature will destroy disease-causing bacteria depending on:

- Cooking time
- Number of bacteria present
- Bulk of product
- Type of bacteria

The bulk of the meat determines the amount of time required to achieve the temperature needed to kill disease-causing bacteria to a large extent. Different types of meat have different safe temperatures, because they may have different types of bacteria.

The United States Department of Agriculture (USDA) recommends cooking ground beef, Meat and lamb patties or mixtures such as meat loaf to 160°F. Whole Meat cuts such as chops and roasts should be cooked to 145°F (medium), or 170°F (well done). Whole beef and lamb cuts such as steaks and roasts may be cooked to 145°F (medium rare), 160°F (medium), or 170°F.

According to USDA, "A whole turkey is safe when cooked to a minimum internal temperature of 165 °F as measured with a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.



The length of time required to achieve these temperatures will depend on:

- The amount of meat and the size of the pieces being cooked.
- Whether the meat is cooked from the fresh, thawed or frozen state.
- The cooking method (frying, roasting, boiling).
- Type of equipment used for cooking (oven, crock pot, stew pot, grill).
- Additional ingredients cooked with the meat (potatoes, stuffing, etc.).

Other points to keep in mind to cook meat safely include:

- Turn meat over at least once during grilling.
- Reheat pre-cooked meat to 165°F.
- If you cook meat from frozen state, add 10-20 minutes cooking time per pound.
- Never brown or partially cook meat and then refrigerate..

Cooking meat in the microwave

It is difficult to cook food evenly in the microwave. These tips will help you produce a safe, high quality product.

- Use only microwave safe cookware.
- All meat should be thawed before cooking in the microwave (even if it is thawed in the microwave) to produce a high quality product.
- For safety reasons, do not cook poultry from the frozen state.
- Arrange meat uniformly in the cookware.
- Boneless meat cooks most evenly so debone large pieces of meat.
- Add liquid.
- Cover the meat.
- Oven wattages may vary. Be sure to check internal temperatures of meat.
- Cook meat to proper temperature as indicated by a food thermometer
- Let stand covered for two minutes to reach temperature equilibrium.
- Do not cook stuffed poultry in the microwave.

Recognizing properly cooked meat

Unfortunately, color is not a reliable indicator of properly cooked meat. In fact, meat may appear brown before it is fully cooked, especially for whole cuts of meat.

On the other hand, some meat may look pink even when it is fully cooked. Many things can affect the color of meat in addition to whether it is cooked thoroughly or not. For instance, the amount of fat may affect the meat's color and so can vegetables cooked with meat.

Pathogens may be outside or inside the meat, so internal temperature is important and the only way to know for certain that it has been cooked safely.

Meat thermometers

The only way to recognize properly cooked meat is with a meat thermometer. A meat thermometer can help you:

- Prevent food borne illness.
- Prevent overcooking.
- Allow meat to be held at a safe temperature.

There are several types of meat thermometers:

- Oven-proof
- Instant read or digital

- Pop-up
- Microwave-safe

If you're going to use a meat thermometer, you want to be sure your thermometer is accurate. You can test it for accuracy easily by inserting the thermometer two inches into boiling water. At sea level, it should read 212°F. It will be 2°F lower than 212°F for every 1,000 feet above sea level. Some thermometers can be calibrated or adjusted under the dial.

Next, you want to be sure that you're placing the thermometer in the meat correctly. For poultry, insert the thermometer at the inner thigh near the breast. For ground meat, insert the thermometer at the thickest area. For whole meat, insert the thermometer in the thickest area but away from bone.

Finally, you want to insert the thermometer at the correct time. Oven-proof thermometers can be inserted at the beginning of the cooking time. Instant-read or digital thermometers should be inserted when you remove the meat from the oven. Remember to wash your thermometer after each check of temperature.



Cooking Methods [2]

Dry heat Cookery Methods

In dry heat cooking methods, the food being cooked does not use water to cook the food. The food is left dry and heat is applied to cook the food. Such methods of cooking are: baking, steaming, grilling, and roasting. When heat is applied to the food, the food cooks in its own juice or the water added to the food during its preparation evaporates during the heating process and this cooks the food. Heat is applied directly to the food by way of convection thus making the food to get cooked. The action or movement of air around the food cooks it. Let us now have a look at each of these cooking methods.

Sautéing: To cook something in a very short quantity of hot oil by tossing continuously it is just to glaze the food

Shallow frying: To cook something half dipped in oil and half out of oil

Deep frying: To cook small quantity of food in large quantity of heated oil

Roasting: It is done by 4 ways pot roasting, oven roasting, spit roasting, and griddle roasting.

Griddling: Hot plate or flat top a metal sheet, cast iron sometime stone grilled, when both hot plate and flat top combine it is called griddle, searing is making marks. if we cook the metal covered it is roast and uncovered it is grilled

Baking: To cook something in closed pre heated chamber

Moist cooking methods: In moist heat cookery methods, liquid is used as a medium to cook the food. Such medium could be water, coconut cream or oil. These liquids are added to the food before heat is applied to it or sometimes heat is applied to the liquid before the food is added into the cooking utensils to be cooked. The moist heat cookery methods include: boiling, stewing, shallow frying, deep frying, barbequing and basting. All these moist heat cooking methods use liquid to cook the food in.

Simmering: Is a cooking technique that used when making stocks or soups with simmering you'll see bubbles forming and gently rising to the surface of water but the water is not yet at a full rolling position.

Boiling: Most common method of cooking also the simplest one enough water is added to food when it comes to rolling position boiling is done

Steaming: Take a pan put water in it take another small pan put over it put marinated food in it cover with lid when water heatd evaporation of water cooks the food

Pouching: Is cooking food in the required amount of liquid at just below boiling point pouching is done for delicate fruits and meat

Blanching: Is a cooking method in which vegetable or fruits are plugged into boiling water removed after a brief interval of time and finally plugged into ice water or place under cold running water

Combination cooking methods:

Braising: Half roasting, half stewing is a combination cooking method that uses both moist and dry heat

Stewing: Food is cooked using lot of liquid different kind of vegetables are chopped, diced or cube cut, and added to the pot. The liquid is slightly thickened food is served.

Learning Unit 03: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO COOK AND FINISH COMPLEX MEAT DISHES

Overview

In this learning unit you will learn about finishing, garnishing, presentation and storing of meat dishes.

After completion of this learning unit you will be able to plate and store complex meat dishes and meet for future use.

Finish, Garnish and Present the Meat Dish [1]

Garnishes are used oftenly with roasts of beef, lamb or mutton are browned potatoes, croquettes of potatoes or rice, mashed potato cups filled with green peas or diced vegetables, slices of carrot, parsnip or turnip sautéed or fried in deep fat, or boiled onions and sprays of parsley or cress.

Roast Meat may be garnished with any of the above or with baked apple or sautéed apple rings filled with jelly.

Fried bananas make a suitable garnish for roast of mutton.

Chops and steaks may be served with a simple garnish of parsley or cress and a slice of lemon or in a border of French fried potatoes, Saratoga chips or lattice potatoes.

Creamed meat dishes may be served with triangles or rounds of toast, in borders of rice or mashed potato, in croustades of bread, in timbale cases or patty shells or in cups of rice or mashed potato.

Sausage, meat balls or chops are attractive arranged about a mound of rice, mashed potato, macaroni or spinach.

Roast duck is attractive with endive and slices of orange and olives or with rice cups filled with currant jelly; roast goose with broiled sausage, gooseberry sauce, apple or barberry jelly or cooked rings of apple; roast quail with squares of fried mush and cubes of currant jelly.

Other garnishes that may be used are celery curls, olives, radishes, mushroom caps, small green pickles, strips of green pepper or pimienta.

3 Essentials of Food Presentation

Balance: Select foods and garnishes that offer variety and contrast while avoiding combinations that are awkward or jarring.

Portion Size: Portion sizes are important for presentation as well as for costing.

Arrangement on the Plate: Main courses followed a standard pattern: meat or fish item at the front of the plate (closest to the diner), vegetable and starch items at the rear

Holding and Serving Dish [2]

It is very important to keep food hot before serving to prevent harmful bacteria from growing. You should use suitable equipment to keep food hot, for example:

- Bain-marie
- Soup kettle

- Hot cabinet

The equipment you use must keep hot food above 63°C:

- Preheat the equipment before you put any food in it
- Ensure food is thoroughly cooked and piping hot before putting it in the equipment
- Use a temperature probe to check the temperature of food in hot holding

Safely Store Meat [3]

General guidelines include:

- Store raw meat and poultry in clean, sealed containers on the bottom shelf of the fridge.
- Follow any storage instructions on the label and don't eat meat after its use-by date.
- Keep cooked meat separate from raw meat and ready to eat foods in general.

Learner's Activity 1

Description	Spicy Beef Stir-Fry
Purpose	To understand the cooking methods of Spicy Beef Stir-Fry
Instruction for Learners	<p>Ingredients:</p> <ol style="list-style-type: none"> 1 tablespoon cornstarch 3 tablespoons balsamic vinegars 1 pound beef sirloin, thinly sliced against the grain into strips Kosher salt and freshly ground pepper 2 tablespoons oyster sauce 2 teaspoons toasted sesame oil 3 to 4 tablespoons peanut oil 1 1 -inch piece fresh ginger, thinly sliced 2 cloves garlic, smashed 5 to 7 dried red chillies, halved 1 small onion, thinly sliced 8 heads baby book Choy, halved Pinch of sugar Cooked rice, for serving <p>Method:</p> <ol style="list-style-type: none"> Whisk the cornstarch with 2 tablespoons rice wine in a medium bowl; add the beef, season with salt and pepper and toss to coat. Set aside for 15 minutes. Mix the remaining 1 tablespoon balsamic vinegars, the oyster sauce and sesame oil in a large bowl; set the bowl near the stove. Heat a wok or large nonstick skillet over high heat until very hot, about 1 minute. Add 3 tablespoons peanut oil, then the ginger, garlic and chillies; stir-fry until fragrant, about 1 minute. Add the beef and cook, stirring or shaking the skillet occasionally, 1 to 2 minutes. Transfer the beef with a slotted spoon to the sauce mixture and toss. If the pan is dry, add 1 tablespoon peanut oil, then add the onion and stir-fry until just soft, about 2 minutes. Add the book Choy and sugar; stir-fry until just wilted, 1 to 2 minutes. Return the beef and any juices to the pan and stir to combine. Serve over the rice.



Learner's Activity 2

Description	Slow Cooker Beef Pot Roast
Purpose	To understand the cooking methods of Slow Cooker Beef Pot Roast
Instruction for Learners	<p>Ingredients:</p> <ol style="list-style-type: none"> 1 (5 pound) bone-in beef pot roast salt and pepper to taste 1 tablespoon all-purpose flour, or as needed 2 tablespoons vegetable oil 8 ounces sliced mushrooms 1 medium onion, chopped 2 cloves garlic, minced 1 tablespoon butter 1 1/2 tablespoons all-purpose flour 1 tablespoon tomato paste 2 1/2 cups chicken broth 3 medium carrots, cut into chunks 2 stalks celery, cut into chunks 1 sprig fresh rosemary 2 sprigs fresh thyme <p>Method:</p> <ol style="list-style-type: none"> Generously season both sides of roast with salt and pepper. Sprinkle flour over the top until well coated, and pat it into the meat. Shake off any excess. Heat vegetable oil in a large skillet over medium-high heat until hot. Sear the roast on both sides for 5-6 minutes each, until well browned. Remove from the skillet and set aside. Reduce the heat to medium and stir in mushrooms and butter; cook for 3-4 minutes. Stir in onion; cook for 5 minutes, until onions are translucent and begin to brown. Add garlic, stir for about a minute. Stir in 1 1/2 tablespoons flour; cook and stir for about 1 minute. Add tomato paste, and cook for another minute. Slowly add chicken stock, stir to combine, and return to a simmer. Remove skillet from the heat. Place carrots and celery in the slow cooker. Place roast over the vegetables and pour in any accumulated juices. Add rosemary and thyme. Pour onion and mushroom mixture over the top of the roast. Cover slow cooker, turn to high and cook the roast for 5-6 hours, until the meat is fork tender. Skim off any fat from the surface and remove the bones. Season with salt and pepper to taste.



Learner's Activity 3

Description	Slow Cooker Beef Pot Roast
Purpose	Peppercorn Roasted Beef Tenderloin
Instruction for Learners	<p>Ingredients:</p> <ol style="list-style-type: none"> 1 whole beef tenderloin, trimmed of all visible fat Kosher salt 2 teaspoons sugar 1/2 cup tri-color peppercorns, crushed with a rolling pin 1 stick butter 2 cloves garlic, crushed <p>Method:</p> <ol style="list-style-type: none"> 1 Preheat the oven to 475 degrees F. 2 Place the tenderloin on a roasting rack. Sprinkle generously with kosher salt and sugar, which will deepen the savory flavors. 3 Press the crushed peppercorns all over the surface of the meat. Insert a meat thermometer and place in the oven until the beef registers 120 to 125 degrees F for medium-rare/rare. 4 Beef will probably cook in 20 to 25 minutes depending on its temp before it goes in the oven. 5 While the meat is roasting, melt the butter with the garlic in a small skillet, and allow the butter to slightly brown. Remove the garlic and discard. 6 Remove the meat when it's done and pour the garlic butter over gently (it should sizzle when it hits the meat). Cover the meat loosely with foil and allow to rest for 10 minutes before slicing.



Learner's Activity 4

Description	Slow Cooker Beef Pot Roast
Purpose	To understand the cooking methods of Corned Beef
Instruction for Learners	<p>Ingredients:</p> <ol style="list-style-type: none"> 2 quarts water 1 cup kosher salt 1/2 cup brown sugar 2 tablespoons saltpeter 1 cinnamon stick, broken into several pieces 1 teaspoon mustard seeds 1 teaspoon black peppercorns 8 whole cloves 8 whole allspice berries 12 whole juniper berries 2 bay leaves, crumbled 1/2 teaspoon ground ginger 2 pounds ice 1 (4 to 5 pound) beef brisket, trimmed 1 small onion, quartered 1 large carrot, coarsely chopped 1 stalk celery, coarsely chopped <p>Method:</p> <ol style="list-style-type: none"> 1 Place the water into a large 6 to 8 quart stockpot along with salt, sugar, saltpeter, cinnamon stick, mustard seeds, peppercorns, cloves, allspice, juniper berries, bay leaves and ginger. 2 Cook over high heat until the salt and sugar have dissolved. Remove from the heat and add the ice. Stir until the ice has melted. If necessary, place the brine into the refrigerator until it reaches a temperature of 45 degrees F. 3 Once it has cooled, place the brisket in a 2-gallon zip top bag and add the brine. Seal and lay flat inside a container, cover and place in the refrigerator for 10 days. Check daily to make sure the beef is completely submerged and stir the brine. 4 After 10 days, remove from the brine and rinse well under cool water. Place the brisket into a pot just large enough to hold the meat, add the onion, carrot and celery and cover with water by 1-inch. Set over high heat and bring to a boil. Reduce the heat to low, 5 cover and gently simmer for 2 1/2 to 3 hours or until the meat is fork tender. 6 Remove from the pot and thinly slice across the grain.



Learner's Activity 5

Description	Slow Cooker Beef Pot Roast
Purpose	Peppercorn Roasted Beef Tenderloin
Instruction for Learners	<p>Ingredients:</p> <ol style="list-style-type: none"> Mutton cut into 1/2 inch pieces on the bone 750 gram Oil 5 tablespoons Green cardamoms 6 Black cardamoms 2 Cloves 8-10 Bay leaves 2 Cinnamon 1 inch piece Onions sliced 5 medium Garlic paste 4 tablespoons Yogurt 6 tablespoons Turmeric powder 1 teaspoon Red chili powder 2 teaspoons Salt to taste Coriander powder 2 teaspoons Tomato puree 6 tablespoons Green chilli slit 1 Gram masala powder 1 teaspoon Black peppercorns crushes 1 teaspoon Fresh coriander leaves chopped 1 tablespoon Fresh mint leaves 1 tablespoon <p>Method:</p> <ol style="list-style-type: none"> Heat oil in a pressure cooker, add green cardamoms, black cardamoms, cloves, bay leaves and cinnamon and sauté for half a minute. Add onions and sauté till golden brown. Add mutton and sauté on high heat for five minutes. Add garlic paste and sauté for two minutes. Add yogurt, turmeric powder, red chili powder, salt and coriander powder and cook for two minutes, stirring continuously. Add tomato puree and green chili and stir. Add six to seven cups water and bring to a boil. Close the lid and cook under pressure until the pressure is released five to six times (5-6 whistles). Open the lid when the pressure is reduced completely. Add gram masala powder, crushed peppercorns, coriander leaves and mint leaves and cook for a few minutes or till most of the water is absorbed. Serve hot with rones.



Summary of Module

- **Food and ingredients:** Prepare red meat (veal, beef, mutton), including different cuts and joints, (beef steak, beef fillet, mutton qorma (traditional Pakistani), mutton karahi beef jalfrezi beef with vegetables)
- **Meat:** is the edible flesh of animals. It consists of muscle tissue, fat and other tissue. The inside edible portion of nuts is also referred to as Meat.
- **Graters:** They are commonly used to grate cheese and lemon or orange peel (to create zest), and can also be used to grate other soft foods.
- **Measuring scales:** Weighing scales (weigh scales, scales, etc.) are devices to measure weight
- **Chopping boards:** The kitchen cutting board is commonly used in preparing food; other types exist for cutting raw materials such as leather or plastic. Kitchen cutting boards are often made of wood or plastic and come in various widths and sizes.
- **Pots and Pans:** Hold food, generally for cooking on a range. Sometimes pots and pans are used in an oven or microwave.
- **Mincing Machine:** A meat grinder or meat mincer is a kitchen appliance for fine chopping ('mincing') of, or mixing of raw or cooked meat, fish, vegetables or similar foods.
- **Meat Saw Machine:** Ideal machine for breaking meat, bone, frozen meat, poultry and fish. Widely used in hotels, restaurants, food processing factories and slaughter-houses.
- **Buffalo Chopper:** A buffalo chopper is a food mixer used to cut food into pieces or for grinding it
- The Principles of Low-Heat Cooking.
 1. High heat toughens and shrinks protein and results in excessive moisture loss. Therefore, low-heat cooking should be the general practice for most meat cooking methods.
 2. Broiling seems to be a contradiction to this rule. The reason carefully broiled meat stays tender is that it is done quickly. It takes time for the heat to be conducted to the interior of the meat, so the inside never gets very hot. Meat broiled to the point of being well done, however, is likely to be dry.
 3. Roasts cooked at low temperatures have better yields than those roasted at high heat—that is, they shrink less and lose less moisture.
 4. Because both liquid and steam are better conductors of heat than air, moist heat penetrates meat quickly. Therefore, to avoid overcooking, meat should be simmered, never boiled.
- **Cooking Meat:** Meat and poultry may carry *E. coli*, *Salmonella*, *Campylobacter*, *Toxoplasmosis*, *Trichinella spiralis*, and *Listeria*. Fish and seafood may carry *Vibrio cholerae* and hepatitis A. Thorough cooking is required to kill these disease-causing agents.

- **Dry heat Cookery Methods:** In dry heat cooking methods, the food being cooked does not use water to cook the food. The food is left dry and heat is applied to cook the food.
- **Such methods of cooking are:** baking, steaming, grilling, and roasting. When heat is applied to the food, the food cooks in its own juice or the water added to the food during its preparation evaporates during the heating process and this cooks the food. Heat is applied directly to the food by way of convection thus making the food to get cooked.
- **Sautéing:** To cook something in a very short quantity of hot oil by tossing continuously it is just to glaze the food. **Shallow frying:** To cook something half dipped in oil and half out of oil.
- **Deep frying:** To cook small quantity of food in large quantity of heated oil.
- **Roasting:** It is done by 4 ways pot roasting, oven roasting, spit roasting, and griddle roasting.
- **Griddling:** Hot plate or flat top a metal sheet, cast iron sometime stone griddle, when both hot plate and flat top combine it is called griddle, searing is making marks. if we cook the meat covered it is roast and un covered it is grille.
- **Baking:** To cook something in closed pre heated chamberd.
- **Moist cooking methods:** In moist heat cookery methods, liquid is used as a medium to cook the food. Such medium could be water, coconut cream or oil. These liquids are added to the food before heat is applied to it or sometimes heat is applied to the liquid before the food is added into the cooking utensils to be cooked
- **Simmering:** Is a cooking technique that used when making stocks or soups with simmering you'll see bubbles forming and gently rising to the surface of water but the water is not yet at a full rolling position.
- **Boiling:** Most common method of cooking also the simplest one enough water is added to food when it comes to rolling position boiling is don.
- **Steaming:** Take a pan put water in it take another small pan put over it put marinated food in it cover with lid when water heated evaporation of water cooks the food.
- **Pouching:** Is cooking food in the required amount of liquid at just below boiling point pouching is done for delicate fruits and meat.
- **Garnishes For Meat:** Garnishes often used with roasts of beef, lamb or mutton are browned potatoes, croquettes of potatoes or rice, mashed potato cups filled with green peas or diced vegetables, slices of carrot, parsnip or turnip sautéed or fried in deep fat, or boiled onions and sprays of parsley or cress.

Frequently Asked Questions (FAQs)

FAQ 1: What is the best way to cook meats?

Answer Baking is really the best method of cooking any food. Baking helps the food to retain the most of their nutrients.

FAQ 2: What is connective tissue?

Answer Muscle fibers are bound together in a network of proteins called connective tissue. Each muscle fiber also is covered in a sheath of connective tissue

FAQ 3: What are the proper ways to store fresh meats? frozen meats?

Answer Frozen Meats

1. Wrap frozen meats well to prevent freezer burn.
2. Store at 0°F (−18°C) or colder.
3. Rotate stock—first in, first out. Frozen meats do not keep indefinitely. Recommended shelf life at 0°F (−18°C) for beef, veal, and lamb: 6 months;
4. Defrost carefully. Tempering in the refrigerator is best. Defrosting at room temperature encourages bacterial growth.
5. Do not refreeze thawed meats. Refreezing increases loss of quality.
6. Keep freezers clean.

FAQ 4: What counts as red meat? What counts as processed meat?

Answer Red meat is any meat that comes from a mammal. That means meat from cows (beef and veal), sheep (lamb and mutton), and goats all count as red meat.

Processed meats are any meats that aren't fresh. People typically think of processed meat as only referring to beef, but this category can also include poultry (chicken, turkey, duck) and fish. A processed meat is a modified form from its natural state, either “through salting, curing, fermentation, smoking, or other processes to enhance flavor or improve preservation.”

This includes sausages, hot dogs, corned beef, beef jerky, canned meat, meat sauces, lunch meats and bacon.

FAQ 5: How many types of cooking methods are used?

Answer There are 2 types of cooking methods i.e. direct and indirect (Dry or moist heat)

FAQ 6: What is garnishing and how garnish is done?

Answer Garnishing of finished food dishes has imperative role in the acceptability of a dish. Different dishes are garnished differently according to consumer demand and organizational specification.

The platter is garnished with ornamental objects to make it more presentable and attractive. The rules of garnishing are different for different recipes.

FAQ 7: What is Moist-Heat Cooking?

Answer Meat cooked by moist heat is cooked well done and actually beyond well done. Doneness is indicated by tenderness, not by temperature

FAQ 9: Define Degree of Doneness in dry heat cooking?

Answer Dry-Heat Cooking: The object of dry-heat cooking is to achieve the desired degree of doneness (protein coagulation) while preserving natural tenderness and juiciness.

Degree of Doneness: As meat cooks, its pigments change color. These color changes indicate degrees of doneness. Red meat (beef and lamb) changes from red to pink to gray or gray-brown.

- Rare: browned surface; thin layer of cooked (gray) meat; red interior
- Medium: thicker layer of gray; pink interior
- Well done: gray throughout

FAQ 9: What is a meat saw?

Answer Ideal machine for breaking meat, bone, frozen meat, poultry and fish. Widely used in hotels, restaurants, food processing factories and slaughter-houses.

FAQ 10: How long can store beef in the fridge?

Answer Fresh Beef can be stored in refrigerator in packaging. Use within 3 to 4 days, otherwise freezing is necessary. If you intend to use it within two weeks, you can just toss packaged beef in the freezer.

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. Meat saw machine is used for:
a. Shearing
b. Breaking meat
c. Mincing
d. Tearing
2. Which is the dry heat cooking method?
a. Blanching
b. Braising
c. Broiling
d. Simmering
3. What is necessarily to do while refrigerating Meat?
a. Pack
b. Wrap
c. Cut
d. Check
4. _____ Is cooking food in the required amount of liquid at just below boiling point pouching is done for delicate fruits and meat
a. Pouching
b. Simmering
c. Griddling
d. Sautéing
5. _____ Is a cooking technique that used when making stocks
a. Pouching
b. Grilling
c. Griddling
d. Simmering
6. Hot plate or flat top a metal sheet, cast iron sometime stone grilled, when both hot plate and flat top combine it is called
a. Boiling
b. Pouching
c. Griddling
d. Sautéing
7. To cook something in a very short quantity of hot oil by tossing continuously it is just to glaze the food called as
a. Pouching
b. Sautéing
c. Griddling
d. Boiling
8. High heat toughens and shrinks protein and results in excessive _____
a. Moisture loss
b. Pouching
c. Boiling
d. Griddling
9. Kitchen _____ are often made of wood or plastic and come in various widths and sizes
a. Pouching
b. Cutting boards
c. Griddling
d. Boiling
10. A _____ is a food mixer used to cut food into pieces or for grinding it
a. Dicer
b. Cutter
c. Buffalo chopper
d. Chopper

Answers Key

MCQ Number	Correct Answer
1	b
2	c
3	b
4	a
5	d
6	c
7	b
8	a
9	b
10	c

MODULE 07: PREPARE, COOK AND FINISH COMPLEX POULTRY DISHES

Learning Outcomes

After completion of this learning module, you will be able to:

- Identify requirements for preparing complex poultry for cooking
- Use tools and equipment for preparing complex poultry correctly
- Use appropriate methods to prepare complex poultry for cooking
- Check that preparation of complex poultry meets quality requirements
- Identify requirements for cooking complex poultry
- Use tools and equipment to cook complex poultry correctly
- Use appropriate methods to cook complex poultry
- Combine poultry with other ingredients
- Check that the dish meets quality and quantity requirements
- Finish, garnish and present the dish to meet organizational specifications
- Make sure dishes are at correct temperature for holding and serving
- Safely store cooked complex poultry ingredients not for immediate use

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Learning Unit 01: INDEPENDENTLY ASSEMBLE FOOD AND EQUIPMENT TO PREPARE, COOK AND FINISH COMPLEX POULTRY DISHES

Overview

In this learning unit, you will learn about tools & equipments, methods for preparing quality complex poultry dishes.

After completion of this learning unit, you will be able to apply methods for preparing quality complex poultry dishes.

Requirements for Preparation of Poultry for Cooking [1]

The following are the requirements to prepare different meats for cooking:

- **Knives (different types)**

Whether you're slicing an apple or boning a chicken, the right knife for the task at hand makes life easier (and safer) in the kitchen.



- **Graters**

They are commonly used to grate cheese and lemon or orange peel (to create zest), and can also be used to grate other soft foods.



- **Measuring scales**

Weighing scales (weigh scales, scales, etc.) are devices to measure weight.



- **Chopping boards**

The kitchen cutting board is commonly used in preparing food; other types exist for cutting raw materials such as leather or plastic. Kitchen cutting boards are often made of wood or plastic and come in various widths and sizes.



- **Pots and Pans**

Hold food, generally for cooking on a range. Sometimes pots and pans are used in an oven or microwave.



- **Bowls**

A mixing bowl is a deep bowl that is particularly well suited for mixing ingredients together in.



- **Mincing Machine**

A meat grinder or meat mincer is a kitchen appliance for fine grinding ('mincing'), or mixing of raw or cooked meat, fish, vegetables or similar food.



- **Meat Saw Machine**

Ideal machine for cutting meat, bone, frozen meat, poultry and fish. Widely used in hotels, restaurants, food processing factories and slaughter-houses.



- **Buffalo Chopper**

A buffalo chopper is a food mixer used to cut food into pieces or to grind it.



- **Patty Machine**

Meat Patty Machine is ideal meat or vegetables patty molding equipment.



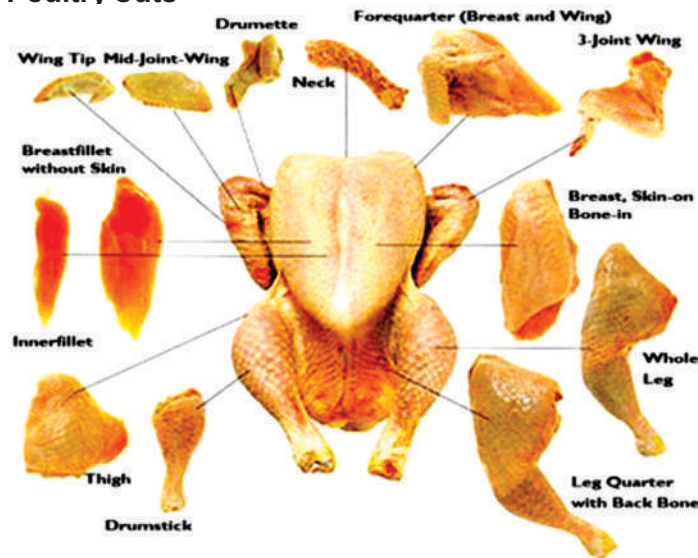
Food & Ingredients to Prepare Poultry [2]

You are to prepare poultry, including different cuts and joints, steak, fillet, qorma (traditional Pakistani), karahi, jalfrezi, chicken with vegetables.

White meat (poultry)

Whole chicken, thigh, breast, wings, drumstick etc are included in poultry meat. Chicken quorma, chicken karahi, chicken ginger, chicken curry are a few examples of traditional Pakistani dishes.

- Different types of Poultry Cuts



Preparing chicken safely

- 1) Always store raw chicken in a clean, sealed container on the bottom shelf of the fridge, so it can't touch or drip onto other foods. It's especially important to keep chicken away from foods like fruit or cheese, which will not be cooked before eating.
- 2) Do not wash your chicken. Any bacteria will be killed during cooking – washing it is just likely to splash contaminated water droplets on your surfaces.
- 3) Wash your hands thoroughly with soap and water before touching raw chicken, after touching it, and at any point during the preparation process when you need to touch something else – such as grabbing a utensil, or opening a cupboard.

Methods for Preparing Poultry [3]

Pre-preparation methods:

A Step-by-Step Guide to Cut a Whole Chicken into 8 Parts.

Buying a whole chicken, instead of individual parts, is often more economical. If you don't want to roast or grill a whole chicken at once, you need to cut it into individual parts before you cook it. Here are 7 steps for cutting a whole chicken into 8 pieces: 2 breast halves, 2 thighs, 2 drumsticks and 2 wings.

Step 1

Lay the bird on its back. Wiggle a wing to determine where the joint attaches to the breast. To separate the wing from the breast, use a sharp knife to cut through the ball joint where it meets the breast. Repeat with the other wing.



Step 2

Pull a leg away from the body to see where it attaches. To remove the whole leg, first cut through the skin between the thigh and the breast.



Step 3

Continue to pull on the leg and wiggle it a bit to determine where the thigh meets the socket in the back. Use a boning knife or paring knife to cut through that joint. Repeat with the other leg.



Step 4

Place each leg skin-side down. Flex to see where the ball joint between the drumstick and thigh is located. Look for the thin line of fat that was perpendicular to the body. Cut through the line of fat to separate the thigh and drumstick, wiggling the joint as needed to determine where it is. Repeat with the other leg.



Step 5

To remove the backbone, start at the head end of the bird and cut through the rib cage on one side of the backbone with kitchen shears or a sharp knife. Repeat on the other side of the backbone to remove it completely. (Reserve the backbone and neck for chicken stock, if desired.)

**Step 6**

To cut the breast into 2 halves, place it skin-side down, exposing the breastbone. To protect your hand, fold up a kitchen towel and place it on top of a heavy, sharp knife. Use a lot of pressure to cut through the reddish breast bone and whitish cartilage right down the center of the breast. Now you have 2 breast halves. Cut each breast half in half again, crosswise, if desired. (The wishbone is located at the thick part of the breast. If desired, tease the meat away from the 2 pieces of wishbone using your hands and/or a sharp knife to scrape the meat from the bone.)

**Step 7**

Now you have 8 nice pieces of chicken.

**De-boning a Chicken Breast:**

When you purchase an un-boned chicken breast, breastbone and ribs with both chicken breasts attached. In order to dress this yourself, you'll need a small and very sharp knife, known as a boning knife. With the whole chicken breast skin-side up on your cutting board, pull the skin and subcutaneous fat away from the meat. Next, take your boning knife and insert it between the breast and the sternum. Cut the meat away from the breastbone, staying as close to the sternum as possible. Then, in a sawing motion, cut the meat away from the ribs. Be sure to press the flat of the blade against the rib bones to remove as much of the meat as cleanly as possible. Pull the meat away from the bones as you slice.

Learning Unit 02: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO PREPARE COMPLEX POULTRY DISHES FOR COOKING

Overview

In this learning unit you will learn about equipment and multi-stage methods independently to cook complex poultry dishes for cooking

After completion of this learning unit you will be able to use and implement equipment and multi-stage methods independently to cook complex poultry dishes.

Poultry

Poultry" can be defined as domestic fowls, including chickens, turkeys, geese and ducks, raised for the production of meat or eggs

Requirements for Preparing Complex Poultry Dishes [1]

Preparation methods for poultry:

- Trussing: tie up the wings and legs of (a chicken or other bird) before cooking
- checking the cavity,
- seasoning,
- marinating poultry method below
 - o Pour olive oil into a 2-cup liquid measuring cup.
 - o Mix together salt, pepper, paprika, cumin, and cayenne pepper and add to olive oil. Add garlic, onions, and parsley. ...
 - o Pour marinade over the chicken in the zip top bag. ...
 - o Place the bag flat on a small, rimmed kitchen sheet pan and into the refrigerator
- weighing,
- cutting (portioning, dicing, boning),
- skinning,
- stuffing,
- coating.

Seasoning of Chicken

Mix the salt, basil, rosemary, garlic powder, mustard, paprika, black pepper, thyme, celery seed, parsley, cumin, cayenne pepper, and chicken bouillon together until blended

Characteristics of different poultry types:

- Size,
- weight,
- Color of flesh,
- texture,
- fat content.

Different types of poultry:

- Chicken,
- Duck,
- Turkey,
- Goose

Tools and Equipment for Preparing Complex Poultry Dishes [2]

Tools and equipment:

- **Ovens: cooking instruction using oven**
 - o Preheat oven to 350 degrees F (175 degrees C).
 - o Place chicken in a roasting pan, and season generously inside and out with salt and pepper. Sprinkle inside and out with onion powder. ...
 - o Bake uncovered 1 hour and 15 minutes in the preheated oven, to a minimum internal temperature of 180 degrees F (82 degrees C).
- **Deep-fat fryers**, To fry, fill a deep pan approximately half full of oil and heat to between 350°F and 375°F. To test the temperature, drop in a cube of bread, it should brown in 50 seconds if the oil is about 365°F. Using tongs or a metal spatula, place three to four pieces of chicken in the hot oil, being careful
- frying pans,
- sauté pans,
- sauce pans,
- grill,
- griddle,
- tongs,
- spiders,
- trays

Reasons for using different methods:

- Recipe requirement,
- dish specification,
- cooking method,
- portion size,
- service style.

Cooking Methods for Complex Poultry Dishes [3]

Dry heat Cookery Methods

In dry heat cooking methods, the food being cooked does not use water to cook the food. Dry-heat cooking methods are those that utilize air or fat. These are **broiling, roasting, grilling, baking, sautéing, pan-frying, Barbecuing** and **deep-fat frying**. Food cooked by using these methods has a rich flavor due to the caramelization and browning of the foods. The food is left dry and heat is applied to cook the food.

Sautéing

Sautéing requires a very hot pan. When sautéing, it's important to heat the pan for a minute, then add a small amount of fat and let the fat get hot as well, before adding the food to the pan. The pan must stay hot in order to achieve the desired browning of the food.

Sauté actually means "jump" in French. Some sauté pans have sloped sides to facilitate this, but it's generally only done with smaller pieces of food, especially vegetables.



Pan-Frying

Pan-frying closely resembles sautéing, with the main difference being that pan-frying uses slightly more fat and slightly lower temperatures than sautéing. This makes it a good method for cooking larger pieces of meat that would not have time to cook through because with sautéing, the food isn't in the pan for very long. For that reason, larger pieces of meat are often finished in the oven after the surface has been cooked to the desired degree.



Shallow frying

To cook something half dipped in oil and half out of oil.

Deep frying

To cook small quantity of food in large quantity of heated oil. Deep-frying requires keeping the oil at temperatures between 325°F and 400°F. Hotter than that and the oil may start to smoke, and if it's any cooler, it starts to seep into the food and make it greasy. After cooking, deep-fried items should actually have very little oil on them, assuming they've been fried properly.

Deep-frying is in fact a form of dry-heat cooking is the attractive golden-brown color of foods cooked using this method. Foods are often coated in a simple batter to protect it and seal in its moisture



Roasting and Baking

The words roasting and baking are largely synonymous in that they both describe a method of cooking an item by enveloping it in hot, dry air, generally inside an oven and at temperatures of at least 300°F (but often much hotter).

Roasting and baking both require that the food be cooked uncovered, so that it's the hot, dry air that delivers the heat, not steam from the food.

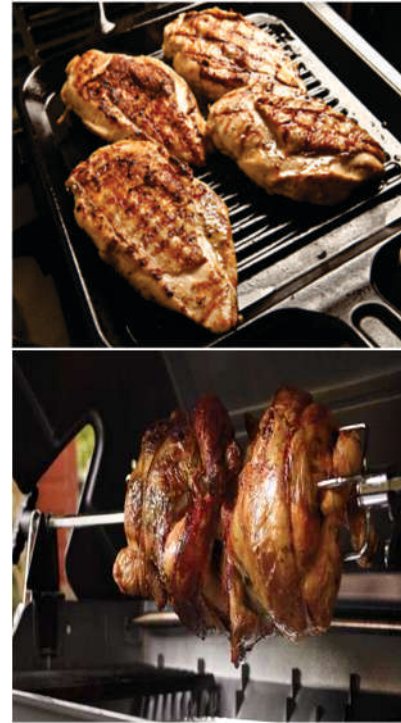
Despite these similarities, roasting and baking can mean slightly different things depending on who you ask. Some chefs use the word "baking" only when speaking of bread, pastry and other bakery items. Some may use the word "roasting" only when referring to meats, poultry and vegetables, but use the term "baking" for fish and other seafood. Yet another distinction can be made with respect to temperature, with "roasting" implying greater heat and thus faster and more pronounced browning.



Broiling & Grilling

Broiling is another dry-heat cooking method that relies on heat being conducted through the air. Because air is a relatively poor conductor of heat, broiling and grilling require the food to be quite close to the heat source, which in this case is likely to be an open flame. Thus the surface of the food cooks very quickly, making this type of cooking ideal for poultry, fish and the tender's cuts of meat. In fact, because of the extremely hot and dry nature of this cooking method, it is customary to marinate meats that will be broiled or grilled.

Incidentally, there is one significant distinction between broiling and grilling, which is that grilling involves heating the food from below, while broiling involves heating from above. In both cases, the food is typically turned once during cooking, and a grid or grate of some kind is used, which gives the food the distinctive grill-marks that are the hallmark of this cooking technique. As with sautéing, it's critical to heat the broiler or grill before putting the food on it.



Barbecuing

Barbecue chicken consists of different chicken parts or entire chickens that are barbecued, grilled or smoked. There are many global and local preparation methods and cooking styles. Barbecue chicken is mostly seasoned or coated with spices, barbecue sauce or both. Marinades are also used to tenderize the meat and add flavor. Barbecuing is a dry heat cooking method, in which cooking is done on open fire of burning charcoal.



Moist Cooking Methods

The moist-heat cooking methods make use of water, liquid or steam for heat transfer to food. The most common moist-heat cooking methods are: Poaching, Simmering, boiling, braising, stewing, steaming and en papillote.

Learning Unit 03: INDEPENDENTLY ASSEMBLE FOOD AND EQUIPMENT TO PREPARE, COOK AND FINISH COMPLEX POULTRY DISHES

Overview

In this learning unit you will learn about finishing, garnishing, presenting and storing complex poultry dishes.

After completion of this learning unit you will be able to plate and store cooked complex poultry dishes and poultry.

Remember

Many poultry dishes are served on platters. Always use calibrated measuring scales.

Garnish and Present the Dish [1]

You are to finish, garnish and present the poultry dishes to meet organizational specifications

Poultry Garnishes

To instantly add some interest, try serving the meat and vegetables on the same platter. Chop up some fresh herbs to sprinkle over the top and you have a stunning presentation.

Garnishes

A Garnish is an element added to food when it is served.



Why do we need garnish

In modern times, the main purpose of a Garnish is visual, but a Garnish may sometimes also serve to complement or contrast with the taste of the main...?

You are to finish, garnish and present the poultry dishes to meet organizational specifications

Poultry Garnishes

To instantly add some interest, try serving the meat and vegetables on the same platter. Chop up some fresh herbs to sprinkle over the top and you have a stunning presentation.

Additional Garnish Ideas

Other garnishes to consider include:

- Chopped tomatoes
- Mixed greens
- Simple side salad
- Sauce or salsa

Perfect Touch

Foods can be garnished with just about anything. When considering a garnish for your dish, think about the colors, size and taste. The garnish should add some color and perhaps some extra flavor. You do not want it to cover up the dish you are serving

Temperature for Hand Serving Poultry Dishes [2]

Make sure dishes are at correct temperature for holding and serving

Temperature of food should be served at:

- Keep HOT foods HOT!
- Hold hot cooked foods between 140°F and 165°F until serving time.
- Harmful bacteria can grow rapidly below 140°F. When food is cooked to temperatures of 165°F to 212°F, most food-poisoning bacteria is killed.
- The higher the heat, the less time it takes to kill bacteria.

Proper hot and cold holding temperatures are:

- Temperature danger zone is between 41°F and 140°F.
- Keep hot food hot and cold food cold. Always use a thermometer to check food temperatures.
- Potentially hazardous foods must pass through the temperature danger zone as quickly as possible

How long can hot food be held at the proper holding temperature?

- Use a food thermometer to measure the food's internal temperature every two hours.
- Discard any hot food after four hours if it has not been maintained at a temperature of 135°F or higher.
- Other safety precautions regarding hot-holding foods include never using hot-holding equipment to reheat foods.

Standard temperature to cook chicken

- Kitchen Fact: The safe internal temperature for cooked chicken is 165° Fahrenheit (75° Celsius).
- A meat or instant-read thermometer is your best bet for determining the temperature of your chicken, and if you're cooking a whole bird, it should be inserted into the thickest part of the thigh but not touching bone.

Store Cooked Poultry Dishes [3]

You are to safely store cooked complex poultry dishes and poultry for future use. You need to follow following instructions:

- Keep meat and poultry in its original packaging in the refrigerator.
- To freeze, slip the packaging into a re-sealable freezer bag. If you're freezing for several months, it's best to wrap pieces individually in plastic before bagging; this will make them less

vulnerable to freezer burn.

- Leftovers should be stored in the fridge immediately or frozen if more than one to two days' storage is required. Place leftovers in the refrigerator after steam has evaporated.
- To cool large quantities quickly, divide into smaller portions and refrigerate. Re-heat leftovers to at least 70°C for a minimum of 2 minutes.




Store Cooked Poultry Dishes

Learner's Activity 1


Description	Potato-Topped Cheesy Broccoli-Chicken Casserole
Purpose	To understand the cooking methods of Potato-Topped Cheesy Broccoli-Chicken Casserole
Instruction for Learners	<p>Ingredients:</p> <ul style="list-style-type: none"> a. 2bags (12 oz each) or 1 bag (24 oz) frozen broccoli & cheese sauce b. 1 1/2cups water c. 2tablespoons butter d. 1 1/4cups milk e. 1box Chicken crispy ranch chicken f. 2oz cream cheese, cut into pieces g. 1/2cup shredded cheese blend (2 oz) h. 2cups (3/4-inch cubes) deli rotisserie chicken i. 1teaspoon parsley flakes <p>Method:</p> <ol style="list-style-type: none"> 1. Heat oven to 400°F. Spray 2 1/2-quart oval baking dish with cooking spray; set aside. Cook frozen broccoli as directed on bag for microwave directions. 2. In 2-quart saucepan, heat water and butter to rapid boiling; remove from heat. Stir in 1/2 cup of the milk and the potatoes (from Chicken Helper box) until well blended. Let stand about 1 minute or until liquid is absorbed; whip vigorously with fork. Add half of the seasoned crumbs (from Chicken Helper box) and remaining 3/4 cup milk. Mix well, using electric mixer, if necessary. 3. In large bowl, mix cooked broccoli mixture with cheeses, stirring to melt cheese. Add chicken and rest of seasoned crumbs; mix until combined. Pour into baking dish; top with mashed potato mixture, spreading evenly over top of casserole. Sprinkle with parsley. 4. Bake uncovered 20 to 25 minutes or until casserole is bubbling and potatoes have started to brown. Let stand 10 to 15 minutes before serving.




Learner's Activity 2

Description	Chicken Paprika's Pot Pie
Purpose	To understand the cooking methods of Chicken Paprika's
Instruction for Learners 	<p>Ingredients:</p> <ol style="list-style-type: none"> 1box refrigerated pie crusts 4slices chicken, cut into 1/2-inch pieces 3/4lb boneless skinless chicken breast halves, cut into 1/2-inch pieces 1cup coarsely chopped onions 1cup coarsely chopped red or green bell pepper 1cup sliced carrots 1cup frozen sweet peas 1/2cup sour cream 1jar (12 oz) chicken gravy 3tablespoons corn starch 3teaspoons paprika <p>Method:</p> <ol style="list-style-type: none"> Heat oven to 425°F. Prepare pie crust as directed on package for two-crust pie using 9-inch pie pan. In large skillet over medium heat, cook chicken until crisp. Reserve 1 tablespoon drippings with chicken in skillet. Add chicken to skillet; cook and stir until no longer pink. Add onions, bell pepper and carrots; cook and stir until vegetables are tender. Stir in peas. In small bowl, combine all remaining ingredients; mix well. Stir into chicken mixture in skillet. Spoon into crust-lined pan. Top with second crust and flute edges; cut slits or small designs in several places on top of crust. Bake 30 to 35 minutes or until crust is golden brown. Cover edge of crust with strips of foil after 10 to 15 minutes of baking to prevent excessive browning. Let stand 10 minutes before serving.

Learner's Activity 3

Description	SLOW COOKER MOROCCAN CHICKEN
Purpose	To understand the cooking methods of Slow Cooker Moroccan Chicken
Instruction for Learners 	<p>Ingredients:</p> <ol style="list-style-type: none"> No-Stick Cooking Spray 1 can (8 oz each) Tomato Sauce 1 cup chopped yellow onion 1/2 cup halved stuffed green olives 8 chicken drumsticks (8 drumsticks = about 2-1/2 pounds) 1/2 teaspoon ground cumin 1/2 teaspoon paprika 1/4 teaspoon ground black pepper 3/4 cup water 2 cups hot cooked couscous Sliced almonds, optional <p>Method:</p> <ol style="list-style-type: none"> Spray inside of 6-quart slow cooker with cooking spray. Combine sauce, onion and olives in slow cooker. Spray large skillet with cooking spray; heat over medium-high heat. Sprinkle chicken with cumin, paprika and pepper. Cook chicken 3 to 5 minutes or until browned on each side, turning several times. Place chicken in slow cooker. Add water to skillet; stir to loosen brown bits from bottom of skillet. Transfer liquid to slow cooker. Cover; cook on LOW 8 hours or HIGH 4 hours. Serve with cooked couscous. Sprinkle with almonds, if desired.

Learner's Activity 4

Description	Greek chicken pot roast served with buttered tagliatelle
Purpose	To understand the cooking methods of Greek chicken pot roast served with butter
Instruction for Learners 	Ingredients: <ol style="list-style-type: none"> 2 tbsp olive oil 1 large white onion, sliced 1 red pepper, sliced 4 garlic cloves, crushed 1/2 tsp smoked paprika 3 tbsp fresh parsley, finely chopped 100ml (3 1/2froz) vinegar 100g (3 1/2oz) pitted black olives 125g (4oz) cherry tomatoes 2 x 400g tins chopped tomatoes 1 large chicken salt and pepper Method: <ol style="list-style-type: none"> Preheat the oven to gas 4, 180oC, fan160oC. Heat half the oil in a large casserole dish on a medium heat. Add the onions and pepper and fry for 5-6 minutes, until softened. Add the garlic, smoked paprika and 2 tbsp of parsley to the pan and cook for a further 2 minutes. Add the vinegar to the pan and reduce the liquid by half before stirring in the olives and cherry tomatoes. Add the tinned and fresh tomatoes along with 50ml (2froz) of water to the dish and bring the pot to the boil. Reduce and simmer for 10 minutes uncovered. Season to taste. Season the chicken and drizzle over the remaining olive oil. Place the chicken in the centre of the casserole dish and put in the middle shelf of the preheated oven. Cover and cook for 1 hour 15 minutes. Remove the lid and cook for a further 15 minutes, uncovered, or until no pink meat remains. Remove from the oven and sprinkle over the feta.

Summary of Module

- Food and ingredients: Prepare poultry, including different cuts and joints, (steak, fillet, qorma (traditional Pakistani), karahi, jalfrezi, chicken with vegetables) White meat (poultry): Whole chicken, thigh, breast, wings, drumstick etc are included in poultry meat. Chicken quorma, chicken karahi, chicken ginger, chicken curry are a few examples of traditional Pakistani dishes
-
- Preparing chicken safely:
 - 1) Always store raw chicken in a clean, sealed container on the bottom shelf of the fridge, so it can't touch or drip onto other foods. It's especially important to keep chicken away from foods like fruit or cheese, which will not be cooked before eating.
 - 2) Do not wash your chicken. Any bacteria will be killed during cooking – washing it is just likely to splash contaminated water droplets on your surfaces.
 - 3) Wash your hands thoroughly with soap and water before touching raw chicken, after touching it, and at any point during the preparation process when you need to touch something else – such as grabbing a utensil, or opening a cupboard
- De-boning a Chicken Breast: When you purchase an un-boned chicken breast, breastbone and ribs with both chicken breasts attached. In order to dress this yourself, you'll need a small and very sharp knife, known as a boning knife. With the whole chicken breast skin-side up on your cutting board, pull the skin and subcutaneous fat away from the meat
- Preparation methods for poultry:
 - Trussing: tie up the wings and legs of (a chicken or other bird) before cooking
 - checking the cavity,
 - seasoning,
 - marinating poultry method below
 - Pour olive oil into a 2-cup liquid measuring cup.
 - Mix together salt, pepper, paprika, cumin, and cayenne pepper and add to olive oil. Add garlic, onions, and parsley. ...
 - Pour marinade over the chicken in the zip top bag. ...
 - Place the bag flat on a small, rimmed kitchen sheet pan and into the refrigerator
 - weighing,
 - cutting (portioning, dicing, boning),
 - skinning,
 - stuffing,
 - coating.
- Reasons for using different methods:
 - Recipe requirement,
 - dish specification,
 - cooking method,
 - portion size,
 - service style

- **Dry heat Cookery Methods:** In dry heat cooking methods, the food being cooked does not use water to cook the food. Dry-heat cooking methods are those that utilize air or fat. These are broiling, roasting, grilling, baking, sautéing, pan-frying, Barbecuing and deep-fat frying. Food cooked by using these methods has a rich flavor due to the caramelization and browning of the foods. The food is left dry and heat is applied to cook the food
- **Sautéing:** Sautéing requires a very hot pan. When sautéing, it's important to heat the pan for a minute, then add a small amount of fat and let the fat get hot as well, before adding the food to the pan. The pan must stay hot in order to achieve the desired browning of the food
- **Pan-Frying** closely resembles sautéing, with the main difference being that pan-frying uses slightly more fat and slightly lower temperatures than sautéing. This makes it a good method for cooking larger pieces of meat that would not have time to cook through because with sautéing, the food isn't in the pan for very long
- **Deep frying:** To cook small quantity of food in large quantity of heated oil. Deep-frying requires keeping the oil at temperatures between 325°F and 400°F. Hotter than that and the oil may start to smoke, and if it's any cooler, it starts to seep into the food and make it greasy. After cooking, deep-fried items should actually have very little oil on them, assuming they've been fried properly
- **Roasting and Baking:** The words roasting and baking are largely synonymous in that they both describe a method of cooking an item by enveloping it in hot, dry air, generally inside an oven and at temperatures of at least 300°F (but often much hotter)
- **Broiling & Grilling:** Broiling is another dry-heat cooking method that relies on heat being conducted through the air. Because air is a relatively poor conductor of heat, broiling and grilling require the food to be quite close to the heat source, which in this case is likely to be an open flame
- **Barbecuing:** Barbecue chicken consists of different chicken parts or entire chickens that are barbecued, grilled or smoked. There are many global and local preparation methods and cooking styles
- **Standard temperature to cook chicken:** The safe internal temperature for cooked chicken is 165° Fahrenheit (75° Celsius). A meat or instant-read thermometer is your best bet for determining the temperature of your chicken, and if you're cooking a whole bird, it should be inserted into the thickest part of the thigh but not touching bone

Frequently Asked Questions (FAQs)

FAQ 1: What is a meat saw?

Answer Ideal machine for breaking meat, bone, frozen meat, poultry and fish. Widely used in hotels, restaurants, food processing factories and slaughter-houses.

FAQ 2: How long do you deep fry chicken?

Answer Chicken parts take anywhere from 8 to 17 minutes to cook properly in a deep fryer with a consistent cooking temperature of between 350 and 365 degrees Fahrenheit. Whole chickens are deep-fried for 4 to 5 minutes per pound at temperatures between 325 and 350 degrees Fahrenheit.

FAQ 3: How long does it take to make fried chicken?

Answer Do not fill the pot more than 1/2 full with oil. Fry the chicken in the oil until brown and crisp. Dark meat takes longer than white meat. It should take dark meat about 13 to 14 minutes, white meat around 8 to 10 minutes.

FAQ 4: What is the best oil to fry chicken?

Answer Pan-Fried Chicken. The two main keys to making perfect fried chicken are the temperature of the oil and the actual step of frying. Choose oils with a high smoke point: vegetable shortening, lard, and peanut oil are all good choices. To get truly golden-brown and crispy chicken, use a cast iron skillet.

FAQ 5: How do you bake chicken?

Answer Bake for a short time at a high temperature. Baking for 30 minutes at 350 degrees will yield dry meat. But baking for just 20 minutes at 450 degrees will result in delightfully juicy baked chicken breast, every time. Preheat oven to 450 degrees F. Line a baking dish with foil.

FAQ 6: How long does it take to bake chicken parts?

Answer Arrange the chicken pieces in the pan so that all the pieces are skin-side up, and the largest pieces (the breasts) are in the center of the pan. Don't crowd the pan; allow room between the pieces. 3 Bake in the oven for 30 minutes at 400°F (205°C). This initial high heat will help brown the chicken.

FAQ 7: How do you cook a chicken?

Answer Cover the chicken loosely with foil and roast in the oven for 30 minutes. After 30 minutes, remove the foil and roast for another 20-30 minutes and reduce the temperature to 160C-180C/320F-350F/Gas 3-4. It's fully cooked when the juices run clear when the bird is pierced in the thigh with a skewer.

FAQ 8: How long does it take to marinate a steak?

Answer Boneless chicken breasts only need about two hours.

FAQ 9: Can you put marinated chicken in the freezer?

Answer One of the easiest things that I pull together for freezer cooking is chicken bagged in marinades. Not only is it quick to prepare for freezing, but it's also a quick meal on the other side of thawing. Just hand the bag of thawed, marinating chicken to my husband to cook on the grill while I make a few sides dishes.

FAQ 10: why truss a chicken

Answer Trussing a chicken ensures that the legs and wings are firmly fastened against the body. This helps the chicken maintain its shape and cook evenly without drying out any of the extremities.

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. What is the best way to thaw frozen poultry?
a. In a tub of hot water b. In the refrigerator
c. On the sink draining board d. In a bucket of cold water.
2. The reasons for trussing poultry are.
a. To give it a shape and to cook faster
b. To prevent loss of juices and to handle better
c. To retain shape and ensure neat presentation
d. To help with portion control and easier to cook
3. At what minimum internal temperature should poultry be cooked to be considered safe?
a. 720 Celsius b. 680 Celsius
c. 650 Celsius d. 760 Celsius
4. Wash your _____ thoroughly with soap and water before touching raw chicken.
a. Hands b. Face
c. Legs d. Head
5. In _____ cooking methods, the food being cooked does not use water to cook the food.
a. Direct fire b. Dry heat
c. Steaming d. Boiling
6. Sautéing requires a _____
a. Cold pan b. Dry Pan
c. Very hot pan d. Very cold pan
7. Deep-frying requires keeping the oil at temperatures between _____.
a. 325°F or below b. 325°F and 400°F
c. 400°F or higher d. None of above
8. To get truly golden-brown and crispy chicken, use a _____.
a. Saucepan b. Grill
c. Toaster d. Cast iron skillet
9. _____ chicken breasts only need about two hours.
a. With bone b. Boneless
c. With skin d. None of above
10. _____ a chicken ensures that the legs and wings are firmly fastened against the body.
a. Boiling b. Grilling
c. Trussing d. Steaming

Answers Key

MCQ Number	Correct Answer
1	b
2	c
3	d
4	a
5	b
6	c
7	b
8	d
9	b
10	c

MODULE 08: PREPARE, COOK AND FINISH COMPLEX FISH AND SHELLFISH DISHES

Learning Outcomes

After completion of this learning module, you will be able to:

- Identify requirements for preparing complex Fish & Shell Fish for cooking
- Use tools and equipment for preparing complex Fish & Shell Fish correctly
- Use appropriate methods to prepare complex Fish & Shell Fish for cooking
- Check that preparation of complex Fish & Shell Fish meets quality requirements
- Identify requirements for cooking complex Fish & Shell Fish
- Use tools and equipment to cook complex Fish & Shell Fish correctly
- Use appropriate methods to cook complex Fish & Shell Fish
- Combine fish and shellfish with other ingredients
- Check that the dish meets quality and quantity requirements
- Finish, garnish and present the dish to meet organizational specifications
- Make sure dishes are at correct temperature for holding and serving
- Safely store cooked complex Fish & Shell Fish ingredients for future use

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Learning Unit 01: INDEPENDENTLY ASSEMBLE FOOD AND EQUIPMENT TO PREPARE, COOK AND FINISH COMPLEX FISH AND SHELLFISH DISHES

Overview

In this learning unit you will learn about assemble food and equipment to prepare, cook and finish complex fish and shellfish dishes.

After completion of this learning unit you will be able to assemble food and equipment to prepare, cook and finish complex fish and shellfish dishes.

Cooking Methods to Prepare Fish [1]

To check the meat doneness, you can apply palm test as given in caption



Meat Doneness Test

Dry heat Cookery Methods

In dry heat cooking methods, the food being cooked does not use water to cook the food. The food is left dry and heat is applied to cook the food. Such methods of cooking are: baking, steaming, grilling, and roasting. When heat is applied to the food, the food cooks in its own juice or the water added to the food during its preparation evaporates during the heating process and this cooks the food. Heat is applied directly to the food by way of convection thus making the food to get cooked. The action or movement of air around the food cooks it. You can use any of given cooking technique as per need:

- Sautéing
- Shallow frying
- Deep frying
- Roasting
- Griddling
- Baking

Moist cooking methods

In moist heat cookery methods, liquid is used as a medium to cook the food. Such medium could be water, coconut cream or oil. These liquids are added to the food before heat is applied to it or sometimes heat is applied to the liquid before the food is added into the cooking utensils to be cooked. The moist heat cookery methods include: boiling, stewing, shallow frying, deep frying, barbequing and basting. All these moist heat cooking methods use liquid to cook the food in.

- Simmering,
- Boiling,
- Steaming,
- Pouching,
- Blanching
- Combination cooking methods:
- Braising
- Stewing

Tools and Equipment for Preparing Complex Fish [2]

The following are the requirement for preparing different Fish for cooking:

- Knives (different types),
Whether you're slicing an apple or boning a chicken, the right knife for the task at hand makes life easier (and safer) in the kitchen.
- Measuring scales,
Weighing scales (weigh scales, scales, etc.) are devices to measure weight



Always use sharp knives.
Always use calibrated measuring scales.

- **Chopping boards,**

The kitchen cutting board is commonly used in preparing food; other types exist for cutting raw materials such as leather or plastic. Kitchen cutting boards are often made of wood or plastic and come in various widths and sizes



- **Pots and Pans,**

Hold food, generally for cooking on a range. Sometimes pots and pans are used in an oven or microwave



- **Bowls**

A mixing bowl is a deep bowl that is particularly well suited for mixing ingredients together in.



Learning Unit 02: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO PREPARE COMPLEX FISH AND SHELLFISH DISHES FOR COOKING

Overview

In this learning unit you will learn about equipment and multi-stage methods to prepare complex fish and shellfish dishes for cooking.

After completion of this learning unit you will be able to apply multi-stage methods independently to prepare complex fish and shellfish dishes for cooking.

Methods for Cooking Complex Fish & Shell Fish [1]

Deferent types of Fish Cuts:

Whole Fish

The Fish comes as it is, straight out of the water. No preparation has been done to it. Whole Fish needs to be bang-on fresh, as the entrails are still in there and they are what cause a fish to spoil really fast. This is why you often see fishermen cleaning their fish right on the docks. When buying a whole fish, allow 1 pound per person (450g.)



Remember

Whole fish can appear to be a better buy per kg, but remember that in preparing the fish you are going to throw a lot out. Still, though, it does end up somewhat cheaper as you're not paying someone to do that work for you.

Never cut things in your hand. Always use a cutting board.

Dressed Fish (Cleaned, Drawn)

The fish has been cleaned, in so much as all the entrails and the scales have been removed (though not all fish need scaling.) The head, tails and fins are left on. There will be a slit that was made through its belly to allow for the cleaning to happen. The French, though, to avoid slitting the fish, may draw out the insides with a hanger through the gills. It is the bacteria in the entrails that cause fish to spoil quickly, so a cleaned fish will last longer. The bones are left in and the skin is left on. When buying a dressed fish, allow 3/4 pound per person (350g.)



Pan-dressed Fish

In addition to being dressed (see above), the fins, tail and head have been removed. Otherwise the fish is "whole", it's not cut into pieces, and the skin is left on. Smaller fish, such as fresh sardines, are usually cooked whole this way, as are some larger fish such as trout and catfish. If you are going to grill fish on a barbeque, or to stuff them, it is easier to work with them this way. The term "pan-dressed" is used because with the head and tail cut off, most fish will fit into a frying pan of some size. When buying a pan-dressed fish, allow 1/2 pound per person (225g.)

Fish Fillets

Fish Fillets are made from the sides of the fish, cut away from the spine and removed in one piece. They are usually boneless in most fish, though some fish will have bones called "pinbones" that come out from the spine into the fillet. These bones may or may not be removed, though they usually are as there is a general consumer expectation now that fillets mean boneless. Often the skin is left on one side of the fillet. There are usually two fillets cut per fish. When buying fillets, allow 1/4 to 1/2 pound per person (110 to 225g.)



Fish Steaks

A Fish Steak is a cross-section of the fish cut through the backbone. The backbone will be left in it, along with other bones, and the outside edges may still have the skin on them. They are usually cut 3/4 inch to 1 1/2 inches thick (2 to 4 cm.) They are made from larger fish such as tuna, salmon, grouper, mackerel, etc. They are not made from flat fish. Fish Steaks are fiddlers to eat because of all the bones in them, and are therefore cheaper than Fillets. When buying Fish Steaks, allow 1/4 to 1/2 pound per person (110 to 225g.)



A Step-by-Step Guide how to fillet a fish.

Step 1.

Rinse the fish under running water and pat dry. Position it on a cutting board with its back towards you. Using a sharp knife held behind the gills and side fin, cut straight down halfway through the fish to the backbone, being sure to include the meaty spot right behind the top of the head.



Step 2.

Turn the knife parallel to the board (at a 90-degree angle to your first cut) and cut along the spine from head to tail, removing the belly flap with the fillet. You'll need to apply a fair amount of pressure at first to break through the rib bones. As you cut, press down firmly on top of the fish to steady it.



Step 3.

Finish removing the fillet by cutting all the way through the skin at the tail. Repeat steps 1 through 3 on the other side of the fish.



Step 4.

Remove the rib bones and belly flap by cutting under the top of the rib bones to the bottom of the fillet at a 45-degree angle. There is some meat here, but on small fish it is minimal. (On larger fish like tuna, this fatty belly is thicker and very flavorful.)

**Shellfish**

Shellfish is a culinary and fisheries term for exoskeleton-bearing aquatic invertebrates used as food, including various species of molluscs, crustaceans, and echinoderms. Although most kinds of shellfish are harvested from saltwater environments, some kinds are found in freshwater. In addition, a few species of land crabs are eaten, for example *Cardisoma guanhumi* in the Caribbean.

Despite the name, shellfish are not a kind of fish, but are simply water-dwelling animals. Many varieties of shellfish (crustaceans in particular) are actually closely related to insects and arachnids, making up one of the main classes of the phylum Arthropoda. Cephalopods (squids, octopuses, cuttlefish) and bivalves (clams, oysters) are molluscs, as are snails and slugs.

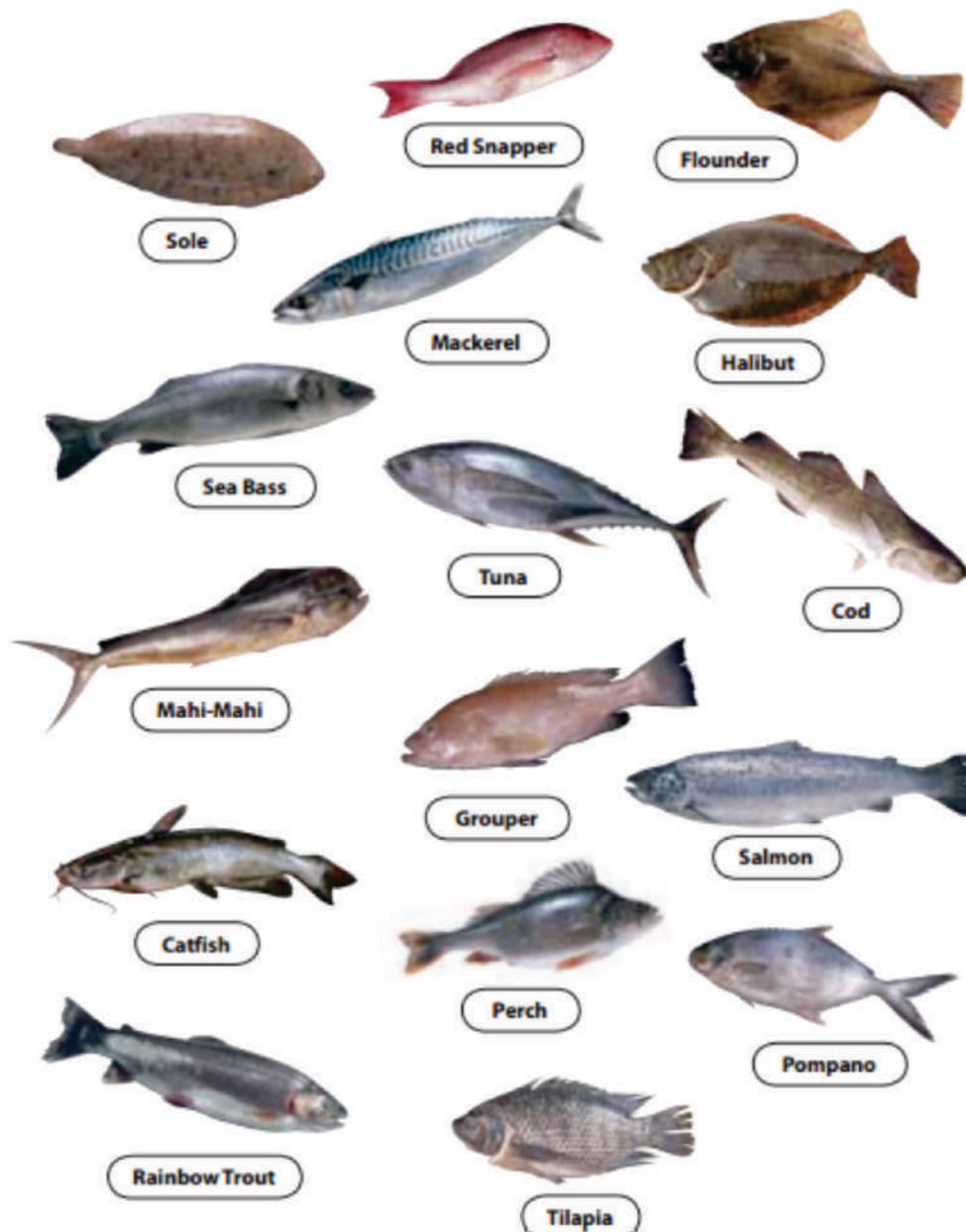
Familiar marine molluscs used as a food source by humans include many species of clams, mussels, oysters, winkles, and scallops. Some crustaceans commonly eaten are shrimp, lobsters, crayfish, and crabs

Nutritional values

Shellfish	Protein(g)	Fat(g)	Sodium(mg)
Oysters (raw)	10.8	1.3	5.0
Mussels (boiled)	16.7	2.7	360
Clams (canned)	16.0	0.6	1200
Shrimp (boiled)	23.8	2.4	3840
Prawns (boiled)	22.6	0.9	1590
Lobsters (boiled)	22.1	1.6	330
Crayfish (raw)	14.9	0.8	150
Crabs (boiled)	19.5	5.5	420
Cuttlefish (raw)	16.1	0.7	370
Octopus (raw)	17.9	1.3	120
Squid (raw)	15.4	1.7	110

Shellfish cooking

- Place the seaweed (if using) in the bottom of your roaster, add your liquids, potatoes and sausage and cover.
- Add the clams, lemons, garlic, herbs, salt and pepper.
- Add the prawns and corn, cover and close the grill lid cooking for another 10 – 15 minutes or until all the shellfish are open.



Cooking Times for Fish:

Typical cooking mistakes with fish are (a) overcook it and (b) the opposite, which is underestimating how long it needs to cook. This usually happens on a barbeque, where beef steaks may be being grilled for as little for about 2 to 3 minutes a side. In this case, the fish needs to have a head start.

Though some fish will require special cooking times, the general method developed by the Canadian Department of Fisheries is the one that most people in the world seem to have adopted:

- 10 minutes per inch of fish cooked on a grill, in a frying pan, baked, etc.
- 15 minutes per inch of fish cooked in a sauce
- 20 minutes per inch of frozen fish

The "per inch" refers to the fish at its thickest part. Using this rule for a 3/4 inch salmon:

- Barbequing/grilling takes three-quarters of the 10 minutes, which is .75 of the 10 minutes, which is 7 1/2 minutes;
- Cooking it in a sauce takes approx. 11 minutes;
- Cooking it from frozen takes approx 15 minutes.

If you've thawed the fish before cooking, then the 20 minutes frozen rule doesn't apply; the 10 or 15 minute rules do.

When you are frying or grilling, you should obviously flip the fish half-way through its cooking time. Just flip it once.

When cooked, fish flesh will be opaque and will flake easily with a fork.

Barbequing Fish

Don't salt the fish before cooking, as salting draws out moisture. Oil the fish, except for oily fishes such as mackerel or sardines. No fish should need marinating any more than two hours -- don't over-marinate, because acidic sauces can actually cook the fish -- witness the Latin American dish "Ceviche", in which the fish is cooked in a vinegary sauce without ever seeing any heat. If there is skin on the fish, leave it on. It will help keep the fish intact and protect it from drying out. Cut deep slashes through the skin to allow an even heat to penetrate into the fish. Unless the fish is "cook from frozen", set it out of the refrigerator about 30 minutes before barbequing to allow the insides to just come to room temperature, for more even heating. If you are not using a basket to cook the fish in, try to turn it only once to prevent its coming apart on you.

Frying fish with coating or a batter

You need to have a good amount of oil in the pan, so that the fish can float in it. Otherwise, it will touch the bottom of the pan and the coating will stick to the bottom of the pan. Allow at least 1 1/2 inches or 2 inches (5 cm).

Remember

Make sure your fish is completely thawed out. You can use any type of fish you like

The problem is having the crust, coating or batter coming off the fish during frying. To help avoid this:

- Don't use anything coarse as the initial coating;
- If using egg, it is better not to use milk that will thin it, unless you are using a recipe that calls for it (and compensates for it);
- Allow coated fish ready to fry to sit for a few minutes before frying. Ideally, refrigerate for 30 minutes, but if not possible, at least a few minutes on a plate.

There are two different schools of thought on how to apply the coating in a way that will actually get it to stay on the fish, and not fall off:

- Roll fish in coating or seasoned flour, then dredge in egg, then fry. Others do egg dip first, then coating. In any event, just one layer of coating or batter, which is fish and chip style;
- Dust with flour, then egg dip, then a coating, which can include coarser items such as breadcrumbs, cornmeal, etc, on the outer layer. Dust with a fine medium, such as flour, rather than a coarse one such as cornmeal or matzo or breadcrumbs. The finer medium will help the batter to adhere better. Many use rice flour, as it is very fine. Whole wheat (whole meal) flour will have more flavor than white flour.

Safe Cooking Temperatures

If using a meat thermometer, the minimum safe internal temperature given for most fish seems to be 155 F (68 C). Parasites and tapeworms that may be present in fish will be killed at 140 F (60 C). Hot-smoking, if the temperatures exceed 140 F (60 C), as they normally do, will also kill them.

Finish, Garnish and Present the Dish [2]

Garnishing of finished product has imperative role in the acceptability of the product. Different dishes are garnished differently according to consumer demand and organizational specification.

The platter is garnished with ornamental objects to make it more presentable and attractive. The rules of garnishing are different for different recipes.

Vegetable are also served in various ways according to meal requirements. e.g sauté, steam, stir fry.




Storage of Fish [3]


Use fresh fish within a day of purchasing it. You can wrap it in the meantime in plastic wrap. Fish stored on ice should be placed in such a way that water from the melting ice can be drained away from the fish.

To freeze fish, it must first be dressed (cleaned). Whether you freeze it in one piece or cut it up is up to you. You can wrap it in plastic wrap, and then put it inside a freezer baggie or give it a second wrap with tin foil. Take a perforated tray of stainless steel which can be fitted in steel deep dish, crush ice well, put ice in the perforated tray, place fish on crushed ice and cover it completely with more crushed ice, now place the perforated tray in deep tray and cover the deep tray with a lid/another steel tray. Now put the covered deep tray in the freezing room/freezer.


Learner's Activity 1

Description	Thai red fish curry with noodles
Purpose	To understand the cooking methods of Thai red fish curry with noodles
Instruction for Learners 	<p>Ingredients:</p> <ol style="list-style-type: none"> 200g Pad Thai rice noodles 1/4 cup (60ml) peanut oil 600g firm boneless white fish fillets (such as ling), cut into 2cm thick slices 2 garlic cloves, finely chopped 1/2 bunch spring onions, chopped, dark and pale parts separated 1 bunch coriander, leaves picked, roots chopped 1/4 cup (60ml) Thai red curry paste 1 tablespoon fish sauce 150g sugar snap peas 2/3 cup (165ml) coconut cream 1/2 cup (75g) chopped peanuts Bean sprouts, to serve Lime wedges, to serve <p>Method:</p> <ol style="list-style-type: none"> Soak noodles in hot water for 10 minutes or until soft, then drain. Set aside. Heat 1 tablespoon oil in a wok over high heat and season the fish. Stir-fry half the fish for 2 minutes or until slightly golden, then transfer to a plate. Repeat with another 1 tbs oil and remaining fish. Heat the remaining 1 tablespoon oil in the pan, then add the garlic, white spring onion and coriander root. Stir-fry for 1-2 minutes until softened. Add the curry paste and stir-fry for a further 2 minutes or until fragrant, then add the fish sauce, sugar snap peas, 1/4 cup (60ml) water and cook for a further 2 minutes or until sauce is slightly reduced. Return the fish to the wok with coconut cream and remaining spring onion, then toss to combine and warm through. Divide the noodles among 4 bowls and top with the fish curry. Serve immediately with coriander leaves, peanuts, bean sprouts and lime wedges.


Learner's Activity 2

Description	Fish tacos
Purpose	To understand the cooking methods of Fish tacos
Instruction for Learners 	Ingredients: <ol style="list-style-type: none"> 425g pkt Birds Eye Oven Bake Crumb Fish Fillets 6 small flour tortillas, warmed 1/2 cup (130g) tomato salsa 3 cups (180g) finely shredded lettuce 2 tomatoes, seeded, chopped 2 tablespoons red onion, finely chopped 1 tablespoon fresh coriander, chopped 1 cup (120g) shredded reduced-fat tasty cheese Light sour cream, to serve Lime wedges, to serve Method: <ol style="list-style-type: none"> Cook the Birds Eye Oven Bake Fish Fillets following packet directions. Remove from oven and halve the fillets crossways. Spread the tortillas with salsa. Fill with lettuce, tomato, onion and coriander. Top with fish pieces and sprinkle with cheese. Serve with sour cream and lime wedges.


Learner's Activity 3

Description	Whole fish with vietnamese salad
Purpose	To understand the cooking methods of Whole fish with Vietnamese salad
<p data-bbox="245 403 548 431">Instruction for Learners</p> 	<p data-bbox="695 403 862 431">Ingredients:</p> <ul style="list-style-type: none"> a. 3cm piece ginger, cut into very thin strips b. 1/2 cup (125ml) Vinegar c. 1/2 cup (125ml) light soy sauce d. 1 teaspoon caster sugar e. 4 plate-sized (about 500g) whole fish (such as barramundi or snapper) <p data-bbox="695 661 948 689">Vietnamese salad:</p> <ul style="list-style-type: none"> a. 1 carrot, peeled, cut into matchsticks b. 6 spring onions, cut into matchsticks c. 1 yellow capsicum, very thinly sliced d. 50g raw peanuts, chopped e. 1 cup coriander leaves, chopped f. 1 long red chili, seeded, thinly sliced g. 1/3 cup (80ml) fish sauce h. Juice of 1 lime <p data-bbox="695 957 813 985">Method:</p> <ol style="list-style-type: none"> 1. Preheat the oven to 180°C. Lightly oil a large baking dish. 2. Combine the ginger, vinegar, soy sauce, sugar and 1/3 cup (80ml) of water. 3. Make 2-3 slashes in the flesh of each fish. Lay in prepared dish and drizzle with the soy and wine mixture. Place in the oven and bake for 10-15 minutes or until the flesh flakes easily when tested with a fork. 4. Make Vietnamese salad by combining carrot, spring onions, capsicum, peanuts, coriander and chili in a bowl. Add fish sauce and lime juice and toss to combine. 5. To serve, place a fish on each serving plate, top with some Vietnamese salad, and drizzle with any leftover pan juices.


Learner's Activity 4

Description	Shrimp salad
Purpose	To understand the cooking methods of Shrimp Salad
<p data-bbox="224 409 526 439">Instruction for Learners</p> 	<p data-bbox="695 405 867 435">Ingredients:</p> <ol data-bbox="695 439 1419 798" style="list-style-type: none"> 3 tablespoons plus 1 teaspoon kosher salt 1 lemon cut into quarters 4 pounds large shrimp in the shell (16 to 20 shrimp per pound) 2 cups good mayonnaise 1 teaspoon Dijon mustard 2 tablespoons white vinegar 1 teaspoon freshly ground black pepper 6 tablespoons minced fresh dill 1 cup minced red onion (1 onion) 3 cups minced celery (6 stalks) 3cm <p data-bbox="695 802 813 832">Method:</p> <ol data-bbox="695 836 1440 1322" style="list-style-type: none"> Bring 5 quarts of water, 3 tablespoons salt, and the lemon to a boil in a large saucepan. Add half the shrimp and reduce the heat to medium. Cook uncovered for only 3 minutes or until the shrimp are barely cooked through. Remove with a slotted spoon to a bowl of cold water. Bring the water back to a boil and repeat with the remaining shrimp. Let cool; then peel, and devein the shrimp. In a separate bowl, whisk together the mayonnaise, mustard, wine or vinegar, 1 teaspoon salt, pepper, and dill. Combine with the peeled shrimp. Add the red onion and celery and check the seasonings. Serve or cover and refrigerate for a few hours.


Learner's Activity 5

Description	Seashells with basil, tomatoes, and garlic
Purpose	To understand the cooking methods of Seashells with Basil, Tomatoes, and Garlic
Instruction for Learners 	<p>Ingredients:</p> <ol style="list-style-type: none"> 1/3 cup extra-virgin olive oil 2 large garlic cloves, finely chopped About 3/4 tsp. kosher salt 1 1/4 pounds (1 qt.) small cherry and teardrop tomatoes 3/4 pound medium seashell pasta 1/2 cup shaved parmesan cheese 1/2 cup thinly sliced fresh basil leaves <p>Method:</p> <ol style="list-style-type: none"> Combine oil, garlic, and 3/4 tsp. salt in a large bowl. Chop 1 cup of the tomatoes and add to bowl. Cut remaining tomatoes in half and stir into mixture; let stand about 30 minutes, stirring occasionally. Meanwhile, cook pasta as package directs in a large pot of salted boiling water. Drain pasta, saving 1 cup water. Toss pasta with tomato mixture, then with cheese and all but 1 tbsp. basil. Mix in a little pasta water if needed for a looser texture. Sprinkle remaining basil on top and season with salt.

Learner's Activity 6

Description	Pan-smoked salmon fillet with pepper salad																
Purpose	To understand the cooking methods of Pan-Smoked Salmon Fillet with Pepper Salad																
<p data-bbox="207 405 505 435">Instruction for Learners</p>  <p data-bbox="207 768 667 923">Per serving: Calories, 370; Protein, 29 g; Fat, 25 g (60% cal.); Cholesterol, 70 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 470 mg.</p>	<p data-bbox="695 405 862 435">Ingredients:</p> <table border="0" data-bbox="695 439 1114 701"> <tr><td>1.5 kg</td><td>Salmon fillets</td></tr> <tr><td>30 mL</td><td>Vegetable oil</td></tr> <tr><td>¾ tsp</td><td>Ground coriander</td></tr> <tr><td>¾ tsp</td><td>Ground cumin</td></tr> <tr><td>¼ tsp</td><td>Ground cloves</td></tr> <tr><td>½ tsp</td><td>Ground fennel</td></tr> <tr><td>½ tsp</td><td>Black pepper</td></tr> <tr><td>1 tsp</td><td>Salt</td></tr> </table> <p data-bbox="695 733 813 764">Method:</p> <ol data-bbox="695 768 1438 1453" style="list-style-type: none"> 1. Preheat the oven to gas 4, 180oC, fan160oC. 2. Heat half the oil in a large casserole dish on a medium heat. 3. Add the onions and pepper and fry for 5-6 minutes, until softened. 4. Add the garlic, smoked paprika and 2 tbsp of parsley to the pan and cook for a further 2 minutes. 5. Add the vinegar to the pan and reduce the liquid by half before stirring in the olives and cherry tomatoes. 6. Add the tinned and fresh tomatoes along with 50ml (2floz) of water to the dish and bring the pot to the boil. Reduce and simmer for 10 minutes uncovered. 7. Season to taste. 8. Season the chicken and drizzle over the remaining olive oil. Place the chicken in the centre of the casserole dish and put in the middle shelf of the preheated oven. 9. Cover and cook for 1 hour 15 minutes. Remove the lid and cook for a further 15 minutes, uncovered, or until no pink meat remains. 10. Remove from the oven and sprinkle over the feta. 	1.5 kg	Salmon fillets	30 mL	Vegetable oil	¾ tsp	Ground coriander	¾ tsp	Ground cumin	¼ tsp	Ground cloves	½ tsp	Ground fennel	½ tsp	Black pepper	1 tsp	Salt
1.5 kg	Salmon fillets																
30 mL	Vegetable oil																
¾ tsp	Ground coriander																
¾ tsp	Ground cumin																
¼ tsp	Ground cloves																
½ tsp	Ground fennel																
½ tsp	Black pepper																
1 tsp	Salt																

Learner's Activity 7

Description	Grilled tuna with balsamic vinaigrette and sweet-sour baby onions
Purpose	To understand the cooking methods of Grilled Tuna with Balsamic Vinaigrette and Sweet-Sour Baby Onions
Instruction for Learners  <p>Per serving: Calories, 450; Protein, 36 g; Fat, 26 g (54% cal.); Cholesterol, 65 mg; Carbohydrates, 14 g; Fiber, 1 g; Sodium, 220 mg.</p>	Ingredients: 1 fl oz Balsamic vinegar 1/2 oz Water 1/4 tsp Parsley, chopped 1/4 tsp Chives, chopped to taste Salt to taste White pepper 2 1/2 fl oz Olive oil 1 oz Roasted red pepper, small dice Method: <ol style="list-style-type: none"> 1. Make a vinaigrette (see p. 703 for procedure) with the vinegar, water, herbs, salt, pepper, and olive oil. 2. Mix in the diced red pepper. 3. Season the tuna steaks with a little salt and brush with a little of the vinaigrette. 4. Grill the steaks until rare or medium rare. 5. For each portion, arrange the onions in the center of the plate. 6. Cut the steak in half to display the interior. Arrange the two halves on top of the onions. 7. Spoon a little vinaigrette around the tuna.

Summary of Module

- Various preparation methods like filleting a fish, batter coating and preparing different meat cuts for fish dishes.
- Different meats cuts like steak, fillet, and barbecue according to the recipes
- Handling of different equipments/Utensils like weighing scales, cutting boards, pots & Pans, Meat saw machine, Buffalo chopper, and Mincing machine for cooking.
- Usage of different kind of knives like chef knife, paring knife, boning knife, bread knife for different fish cuts
- Introduced the various colors of cutting boards for fish products.
- Different styles of cooking methods like boiling, frying, blanching, Sautéing, Roasting, Steaming, Broiling etc
- Storage methods of fish in freezer and packaging with proper storage technique.
- Different garnishing techniques with ornamental herbs and vegetables to make the dishes more presentable and attractive
- Various preparation methods like filleting a fish, batter coating and preparing different fish cuts for dishes.

Frequently Asked Questions (FAQs)

FAQ 1: What is the best way to cook fish?

Answer Baking is really the best method of cooking any food. Baking helps the food to retain the most of their nutrients.

FAQ 2: Why do fish sometimes have a strong odor?

Answer For most species, truly fresh fish is almost odorless. Fish begin to smell "fishy" when deterioration sets in, often caused by incorrect storage practices that bring about the release of oxidized fats and acids through bacterial and enzymatic action.

FAQ 3: Define Cooking Times for Fish.

Answer Typical cooking mistakes with fish are (a) overcook it and (b) the opposite, which is underestimating how long it needs to cook. This usually happens on a barbeque, where beef steaks may be being grilled for as little for about 2 to 3 minutes a side. In this case, the fish needs to have a head start

FAQ 4: Define fish steak.

Answer A Fish Steak is a cross-section of the fish cut through the backbone. The backbone will be left in it, along with other bones, and the outside edges may still have the skin on them. They are usually cut 3/4 inch to 1 1/2 inches thick (2 to 4 cm.)

FAQ 5: How many types of cooking methods are used?

Answer There are 2 types of cooking methods i.e. direct and indirect (Dry or moist heat)

FAQ 6: What is garnishing and how garnish is done?

Answer Garnishing of finished food dishes has imperative role in the acceptability of a dish. Different dishes are garnished differently according to consumer demand and organizational specification.

The platter is garnished with ornamental objects to make it more presentable and attractive. The rules of garnishing are different for different recipes.

FAQ 7: What do you mean by whole fish?

Answer The Fish comes as it is, straight out of the water. No preparation has been done to it.

FAQ 8: Define Broiling.

Answer Broiling is another dry-heat cooking method that relies on heat being conducted through the air

FAQ 9: What is a meat saw?

Answer Ideal machine for breaking meat, bone, frozen meat, poultry and fish. Widely used in hotels, restaurants, food processing factories and slaughter-houses.

FAQ 10: How long can store fish in the fridge?

Answer Fresh fish can be stored in refrigerator in packaging. Use within 3 to 4 days, otherwise freezing is necessary. If you intend to use it within two weeks, you can just toss packaged fish in the freezer.

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. Which is the dry heat cooking method?
a. Blanching
b. Braising
c. Broiling
d. Simmering
2. The safe temperature for fish is.
a. 155
b. 155
c. 250
d. 250
3. How many steps involved in cutting fish.
a. 3
b. 3
c. 6
d. 6
4. Use fresh _____ within a day of purchasing it.
a. Fish
b. Fruits
c. Vegetable
d. Grains
5. To freeze fish, it must first be _____.
a. Freeze
b. Dressed
c. Chilled
d. Sautéed
6. _____ of finished product has imperative role in the acceptability of the product.
a. Garnishing
b. Finishing
c. Cooking
d. Grilling
7. The minimum safe internal temperature given for most fish seems to be _____.
a. 125 F
b. 100 F
c. 155 F
d. 80 F
8. Shellfish is a culinary and fisheries term for exoskeleton-bearing aquatic invertebrates used as _____.
a. Raw material
b. Wastage
c. Garnishing
d. Food
9. A _____ is a cross-section of the fish cut through the backbone.
a. Fish Fillets
b. Fish kabab
c. Fish Steak
d. Fish Grill
10. _____ are made from the sides of the fish, cut away from the spine and removed in one piece.
a. Fish kabab
b. Fish Fillets
c. Fish Grill
d. Fish Steak

Answers Key

MCQ Number	Correct Answer
1	c
2	a
3	d
4	b
5	a
6	c
7	d
8	d
9	c
10	b

MODULE 09: PREPARE, COOK AND FINISH FRESH PASTA AND RICE DISHES

Learning Outcomes

After completion of this learning module, you will be able to:

- Identify requirements for preparing complex fresh pasta and rice for cooking
- Use tools and equipment for preparing complex fresh pasta and rice correctly
- Use appropriate methods to prepare complex fresh pasta and rice for cooking
- Check that preparation of complex fresh pasta and rice meets quality requirements
- Identify requirements for cooking complex fresh pasta and rice
- Use tools and equipment to cook complex fresh pasta and rice correctly
- Use appropriate methods to cook complex fresh pasta and rice
- Combine fresh pasta rice ingredients with other ingredients
- Check that the dishes meets quality and quantity requirements
- Finish, garnish and present the dishes to meet organizational specifications
- Make sure dishes are at correct temperature for holding and serving
- Safely store cooked complex Fresh pasta and rice ingredients for future use.

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Learning Unit 01: INDEPENDENTLY ASSEMBLE FOOD AND EQUIPMENT TO PREPARE, COOK AND FINISH FRESH PASTA AND RICE DISHES

Overview

In this learning unit, you will learn about requirements, tools & equipments, methods for preparing quality pasta and rice.

After completion of this learning unit, you will be able to apply methods for preparing quality pasta and rice for cooking.

Food & Ingredients to Prepare Pasta and Rice[1]

Food and ingredients:

You are to prepare pasta (including fresh, dried, spaghetti, cannelloni, macaroni, tortellini, farfalle, ravioli) and rice (including long grain, short grain, round, brown, basmati, risotto) on your station.

Pasta:

Pasta is a staple food of traditional Italian cuisine, with the first reference dating to 1154 in Sicily. It is also commonly used to refer to the variety of pasta dishes. Typically, pasta is a noodle made from unleavened dough of durum wheat flour mixed with water or eggs and formed into sheets or various shapes, then cooked by boiling or baking. It can also be made with flour from other cereals or grains. Pastas may be divided into two broad categories, dried (pasta secca) and fresh (pasta fresca).

Most dried pasta is commercially produced via an extrusion process. Fresh pasta was traditionally produced by hand, sometimes with the aid of simple machines, but today many varieties of fresh pasta are also commercially produced by large-scale machines and the products are widely available in supermarkets.

Fresh Pasta:

Fresh pasta is usually made locally with fresh ingredients unless it is destined to be shipped in which case consideration is given to the spoilage rates of the desired ingredients such as eggs or herbs.

Furthermore, fresh pasta is usually made with a mixture of eggs and all-purpose flour or “00” low-gluten flour. Since it contains eggs, it is more tender compared to dried pasta and only takes about half the time to cook. Delicate sauces are preferred for fresh pasta.

Fresh pastas do not expand in size after cooking; Fresh egg pasta is generally cut into strands of various widths and thicknesses depending on which pasta is to be made (e.g. fettuccine, pappardelle, and lasagne). It is best served with meat, cheese, or vegetables to create ravioli, tortellini, and cannelloni.

Pasta



Dried Pasta:

Dried pasta can also be defined as factory-made pasta because it is usually produced in large amounts that require large machines with superior processing capabilities to manufacture.

Dried pasta is mainly shipped over to farther locations and has a longer shelf life. The ingredients required to make dried pasta include semolina flour and water. Eggs can be added for flavor and richness but are not needed to make dried pasta.

In contrast to fresh pasta, dried pasta needs to be dried at a low temperature for several days to evaporate all the moisture allowing it to be stored for a longer period.

Dried pastas are best served in hearty dishes like ragu sauces, soups, and casseroles. Once it is cooked, the dried pasta will usually increase in size by double of its original proportion.

One way to create dried pasta is by mixing golden semolina flour, ground from durum wheat with water. Good quality dried pasta is identified by its slight rough surface and compact body that helps maintain its firmness in cooking since it swells considerably in size when cooked.

Do you know

If you are not cooking sushi or risotto, long-grain rice is your best bet.

Rice:

Rice is the seed of the grass species *Oryza sativa* (Asian rice) or *Oryza glaberrima* (African rice). As a cereal grain, it is the most widely consumed staple food for a large part of the world's human population, especially in Asia. It is the agricultural commodity with the third-highest worldwide production after sugarcane and maize.

There are many varieties of rice and culinary preferences tend to vary regionally. In some areas such as the Far East or Spain, there is a preference for softer and stickier varieties.

The varieties of rice are typically classified as long, medium, and short-grained. The grains of long-grain rice (high in amylose) tend to remain intact after cooking; medium-grain rice (high in amylopectin) becomes more sticky. Medium-grain rice is used for sweet dishes for risotto in Italy, and many rice dishes, such as arròs negre in Spain. Some varieties of long-grain rice that are high in amylopectin, known as Thai Sticky rice, are usually steamed. A stickier medium-grain rice is used for sushi; the stickiness allows rice to hold its shape when molded. Short-grain rice is often used for rice pudding.

Instant rice differs from parboiled rice in which it is fully cooked and then dried, though there is a significant degradation in taste and texture. Rice flour and starch often are used in batters and breading to increase crispiness.

Rice is typically rinsed before cooking to remove excess starch. Rice produced in the Pakistan is usually fortified with vitamins and minerals and rinsing will result in a loss of nutrients. Rice may be rinsed repeatedly until the rinse water is clear to improve the texture and taste.

Rice may be soaked to decrease cooking time, conserve fuel, minimize exposure to high temperature and reduce stickiness. For some varieties, soaking improves the texture of the cooked rice by increasing expansion of the grains. Rice may be soaked for 30 minutes up to several hours.

Brown rice may be soaked in warm water for 20 hours to stimulate germination. This process, called germinated brown rice (GBR), activates enzymes and enhances amino acids including gamma-aminobutyric acid to improve the nutritional value of brown rice. This method is a result of research carried out for the United Nations International Year of Rice.

Rice is cooked by boiling or steaming and absorbs water during cooking. With the absorption method, rice may be cooked in a volume of water similar to the volume of rice. With the rapid-boil method, rice may be cooked in a large quantity of water which is drained before serving. Rapid-boil preparation is not desirable with enriched rice as much of the enrichment additives are lost when the water is discarded. Electric rice cookers, popular in Asia and Latin America, simplify the process of cooking rice. Rice (or any other grain) is sometimes quickly fried in oil or fat before boiling (for example saffron rice or risotto); this makes the cooked rice less sticky and is a cooking style commonly called pilaf in Iran and Afghanistan or biryani (Dampukhtak) in India and Pakistan.

In Arab or Pakistani cuisine, rice is an ingredient of many soups and dishes with fish, poultry and other types of meat. It is also used to stuff vegetables or is wrapped in grape leaves (dolma). When combined with milk, sugar and honey, it is used to make desserts. In some regions such as Tabaristan, bread is made using rice flour.

Rice may also be made into congee (also called rice porridge, fawrclaab, okayu, Xifan, jook, or rice gruel) by adding more water than usual so that the cooked rice is saturated with water, usually to the point that it disintegrates. Rice porridge is commonly eaten as a breakfast food and is also a traditional food for the sick.

Tools for Preparing and Cooking of Pasta and Rice:

The following are the requirement for preparing different meats for cooking:

- **Pasta Machine**

The pasta machine is basically a small mangle that rolls out the prepared pasta into sheets



Pasta Machine

- **Colander**

A colander is a bowl-shaped kitchen utensil with holes in it used for draining water from food such as pasta or rice.



Colander

- **Graters**

They are commonly used to grate cheese and lemon or orange peel (to create zest), and can also be used to grate other soft foods.



Graters

Remember

Always use calibrated measuring scales.

- **Measuring scales**
Weighing scales (weigh scales, scales, etc.) are devices to measure weight



Remember

- **Pots and Pans**

Hold food, generally for cooking on a range. Sometimes pots and pans are used in an oven or microwave



Pots and Pans

- **Bowls**

A mixing bowl is a deep bowl that is particularly well suited for mixing ingredients together in.



Bowls

- **Rice Cooker**

A mixing bowl is a deep bowl that is particularly well suited for mixing ingredients together in.



Rice Cooker

Do you know!

Electric rice cookers were developed in Japan, where they are known as suihanki

Preparation of Basic Rice and Pastas Dishes [2]

Before going to cook pasta and rice dishes, there are some points to remember for selecting pasta and rice.

Guide to selecting Pastas:

The Pasta:

Choosing the right pasta is the very first step and most important. There is a very wide range of available dried/fresh pastas, from super cheap supermarket brands to fancy imported pastas

Consider the Sauce:

The most important thing to know about cooking pasta: have the sauce ready to go before you throw your pasta into the water. You want your pot of water coming to a boil just as your pan of sauce ready to go — just keep the sauce warm on a burner right next to the pot. (Or, in the case of uncooked sauces, in a bowl next to the stove.)

The Best Pot for Cooking Pasta:

Choose a pot that's large enough so that the water can boil rapidly without spilling over and so that the pasta has plenty of room. It's also helpful to have a designated pasta pot so that you can just eyeball how much water to put in it and avoid measuring it manually every time. Some people prefer a high-sided pot for spaghetti and other long, thin pasta shapes so that as much of the pasta as possible is submerged in the water and can immediately begin to cook and soften, allowing the pasta to submerge as quickly as possible.

Knowing When the Pasta is Done:

In general, the cooking time listed on the package of your pasta is a good, if approximate, place to start. Usually test the pasta about a minute or two early, just to be safe. Simply fish a piece of pasta out of the pot and place it on your cutting board to cool slightly. It should be chewy without any crunch and no longer taste raw — cooked pasta has an almost sweet flavor. While many people like their pasta al dente, if you like it a little softer and less chewy.

Additionally, if you are serving it with a saucy sauce such as a bolognese or red sauce, you may want to finish cooking the pasta by simmering it in the sauce for a minute or two. If that's the case, be sure to remove the pasta from the water when it still has a little bit of crunch in the very middle so that it can finish cooking in the sauce without over cooking.

Guide to selecting Rice:

There are dozens of different ways to classify the scores of types of rice from all over the world, but rice is generally described as being long, medium or short-grained. These are some of the most common types you will find in supermarkets and gourmet stores, as well as a few specialty rice

Long-Grain Rice:

American long-grain white rice is the most familiar rice in American kitchens. It's often cooked by the absorption method—in a tightly covered pot with a measured amount of water, which gets completely absorbed by the rice—for a dry, fluffy texture with distinct grains.



Long-Grain Rice

American long-grain brown rice is the whole-grain version of its white counterpart—that is to say, the bran and germ layers are left intact, giving the rice a nutty, grainy flavor and a chewy bite. The pasta method (cooking the rice in a large pot of boiling water until tender, then draining off the excess water) is a quick way to cook brown rice evenly.



American long-grain

Basmati, the predominant rice in Indian and Pakistani cuisine, is marked by its extra-long grains and subtly nutty fragrance and flavor. It needs to soak for half an hour or more before cooking.



Basmati

Jasmine rice, from Thailand, has long, translucent grains. When cooked, it has a seductive, slightly floral aroma and a soft, clingy texture. It should be washed before cooking to remove excess starch.



Jasmine rice

Medium-Grain Rice:

Japanese-style rice is used for sushi but also served plain as a finish to a typical meal. It's slightly translucent when raw, and firm but a bit sticky when cooked (but don't confuse it with Japanese sticky rice used for the sweets called mochi).



Japanese-style

Bomba is the rice of choice for the Spanish classic paella. It absorbs up to twice as much liquid as long-grain rice but without getting sticky like short-grain rice.



Bomba

Short-Grain Rice:

Arborio rice is the most widely available variety of Italian superfine rice used to make risotto (the other types include carnaroli and vialone nano). All of them have plump grains and a high proportion of amylopectin, a type of sticky starch that's responsible for the trademark creamy texture of risotto.

Short-grain brown rice, like other short-grained varieties, has a higher level of amylopectin, making it slightly sticky. The intact bran gives it more chew than white short-grain rice.

Specialty Rice:

Wehani rice is a whole-grain, reddish-brown American hybrid of basmati and long-grain brown rice. Its intense chew and deep color make it popular for mixing with other rice in a pilaf or cook it solo via the absorption method.

Kalijira rice is medium-grain rice from the Bengal region of India often called "baby basmati" because of its diminutive size. It's traditionally cooked with the pasta method and makes an intriguing alternative to basmati in a pilaf.

Chinese black rice, also known as forbidden rice, is increasingly available in specialty stores and even supermarkets. It's whole-grain rice that cooks up firm, non-sticky and tender. Its dramatic color (deep purple when cooked) makes it a particularly striking side dish or pilaf. Cook with the absorption method.



Arborio



Short-grain



Wehani rice



Kalijira rice



Chinese black rice

Wild rice isn't true rice at all but the seed of a grass native to North America. Despite the name, most "wild" rice sold in supermarkets today is actually cultivated (though truly wild rice can be found at specialty stores). The long grains are deeply chewy and add interest to pilafs and plain cooked rice varieties.



Wild rice

Learning Unit 02: COOKING PASTA AND RICE

Overview

In this learning unit, you will learn about equipment and multi-stage methods to cook pasta and rice.

After completion of this learning unit you will be able to apply multi-stage methods independently to cook pasta and rice.

Cooking Methods to Prepare Pasta and Rice [1]

How To Cook Rice:

Some rice may require washing before cooking. Washing rice removes some starches present on the surface and doing so can inhibit the proper preparation of dishes that require substantial starches such as risotto or sticky rice. If you desire a more starchy content do not wash the rice. For some rice, such as basmati, it is recommended you wash before cooking to remove impurities rather than to remove starches.

The standard ratio for cooking rice is 2 parts water to 1 part rice by volume. The ratios do vary depending on the type of rice being cooked.

How To Cook Risotto:

A risotto is a dish that is prepared using Arborio rice. The starchiness of the

rice gives a creamy flowing texture. Preparing risotto takes patience. It is a dish that is only as good as the cook cooking it. Quality ingredients with careful attention will produce a superior risotto. Making risotto requires that you have the foundational knowledge of the cooking methods as well as a firm understanding of consistency and al dente. A good risotto takes time and practice and the only way to get better is to continually keep trying!

- Add cooking oil to pan (butter, olive oil, canola) and bring to medium temperature.
- Add any onions, garlic or other flavorings and sauté to bring out the flavors for 1-2 minutes
- Add the arborio to the pan and stir to ensure the grains are coated entirely with oil.
- Add any white Vinegar to deglaze and cook until fully absorbed
- Slowly add your liquid (Stock preferably) at around 4 oz or 120 ml at a time, stirring constantly. Wait until the liquid is almost completely absorbed before adding more. Do this until all the liquid has been used or the grains have become al dente.
- Remove from the heat and mount with any butter or add any cheeses, herbs or other flavorings.

Do you know!

There is the myth of using oil in the water. There is absolutely no reason to use oil in the water. It does nothing and is a waste of perfectly good oil. The oil will just remain on the top never interacting with the fresh pasta.

Remember

The most common form of pilaf involves using mirepoix and then simmering with stock to produce a flavorful dish.

How To Cook Pilaf:

Rice pilaf is very versatile and almost any combination of flavors can be used. It is a popular method in any culture that uses rice as a staple and is relatively easy to prepare. The most common form of pilaf involves using mirepoix and then simmering with stock to produce a flavorful dish.

- Heat cooking oil under medium-high heat
- Add any onions, garlic, or other flavorings and sweat for 1-2 minutes

- Add the grains and stir to ensure proper coating. Do not allow the grains to brown.
- Add all the cooking liquid at once. Bring to a boil.
- Reduce to a simmer, cover and cook for the appropriate time.

Cooking Fresh Pasta:

Cooking fresh pasta differs from cooking dry pasta in that if the dough is freshly made, it will be delicate and require a tenth of the time to cook. Start with a stock pot with lots of water. The more water the better, as the circulatory motion produced by simmering/boiling water helps prevent sticking. If you use too little water, you will not see a starchy concoction that is desired nor is it efficient at all. Salt the water generously, as salt is absorbed into the fresh pasta while it cooks more than afterwards.

Bring the water to a boil. The fresh pasta should be durable enough to withstand boiling temperatures. If frozen, the pasta will sink to the bottom and rise to the top once finished. If you are finding your fresh pasta is breaking up and dissolving in the water, either increase or change the amount of flour or knead the dough further to develop more gluten. Always keep stirring the pasta to ensure it does not stick.

The fresh pasta is done when the starch has been cooked out. This is hard to tell without testing the pasta yourself, but depending on the thickness you should estimate around 5-7 minutes for ravioli/stuffed and around 3 minutes for very thin pasta such as spaghetti or linguine.

Once the fresh pasta is finished, get a colander and gently dump the water through the colander ensuring the pasta lands inside. If you are serving the pasta right away, rinse the pasta using hot water to rid the surface of starches that can make the pasta stick once cooled. If you are storing the pasta for another day, rinse in cold water.

After you have rinsed it, pour olive oil over it and toss to coat evenly. This gives flavor and helps keep it separated.

Cooking Dry Pasta:

Similar to the method of cooking fresh pasta, cooking dry pasta has a few different steps. Use the same amount of water and salt in the water. Bring to a boil and add the pasta, stir continuously until the water comes back up to temperature. Because dry pasta takes longer to cook, keep stirring often. You will get a feel for when pasta is done by stirring. The way in which the pasta hits the spoon/spatula when stirring can indicate doneness.

Dry pasta is done when it reaches the al dente stage. This is defined by pasta giving only a slight resistance when bitten into. It is Italian for "To the tooth". Throwing pasta against the wall does nothing except dirty up your kitchen.

Pasta Sauce:

There are countless amounts of pasta sauces out there but you can break them all down into 6 categories. These include: Ragu, Seafood Sauces, Vegetable Sauces, Cream Sauces, Garlic-oil Sauces and uncooked sauces.

Ragu:

Ragu is defined as the sauce that remains after braising a dish. The flavorings, meat or poultry are browned and then a tomato product and stock, water, Vinigar, milk or cream is added. Very common

common in classic Italian dishes in which much of the tougher cuts of meat are cooked in this method and then combined into the sauce and poured over the pasta.

Seafood Sauces:

There are two types of seafood sauces - White and red. White seafood sauces are made and flavored with herbs and made with white Vinegar or stock. A red seafood sauce uses tomato as its base. Very common in Cajun cooking and central American cuisine.

Vegetable Sauces:

This type of sauce includes both traditional sauces (Made from tomatoes and stock, flavored with garlic and peppers) and modern sauces, such as primavera.

Cream Sauces:

Quite simple. Uses cream or milk and sometimes a roux. Cheese is usually added for increased flavor. A common base for these sauces is the béchamel sauce.

Garlic-Oil:

Olive oil is used as and is flavored with garlic and herbs. It can be served hot or cold, cooked or uncooked. Pesto is a popular uncooked, cold sauce.

Learning Unit 03: FINISH, GARNISH AND PRESENT THE COMPLEX PASTA AND RICE DISHES

Overview

In this learning unit you will learn about finishing, garnishing, presenting and storing complex pasta and rice.

After the completion of the learning unit you will be able to plate and store cooked complex pasta, rice and fresh pasta ingredients.

Finish, Garnish and Present the Dish [1]

Garnishing of finished product has imperative role in the acceptability of the product. Different dishes are garnished differently according to consumer demand and organizational specification.

Make pasta look delicious. It's one of the trickier dishes to present in an appetizing way. Make sure the pasta stays moist after you cook it, so that it doesn't get clumpy. Use a pair of tongs to lift several strands of pasta from the pot and lay them on a plate in an attractive curl. Do the same with another set of pasta strands and continue until you have a serving size worth of pasta curls on the plate. Carefully top the pasta with a portion of sauce so that it pools in the center of the pasta.

If you are serving the pasta with a protein, arrange it attractively on the heap of pasta. For example, if the dish includes shrimp, place the shrimp on top instead of burying the pieces inside the pasta heap.

Just before serving, you can mist the pasta with a bit of olive oil to make it glisten attractively.

Some garnishing Ideas as under:



Storage of Pasta and Rice[2]

Storage of Ingredients

How to Store Pasta:

You can store uncooked, dry pasta in your cupboard for up to one year. General guidelines include:

1. Keep it in a cool, dry place.
2. Follow the “first-in, first-out” rule:
3. Use up packages you've had the longest before opening new packages.

Cooked Pasta:

1. Refrigerate cooked pasta in an airtight container for 3 to 5 days.
2. You may add a little oil (1-2 tsp. for each pound of cooked pasta) to help keep it from sticking.
3. Because cooked pasta will continue to absorb flavors and oils from sauces, store cooked pasta separately from sauce.

Freezing Pasta:

The best pasta shapes for freezing are those that are used in baked recipes, such as: lasagna, jumbo shells, ziti and manicotti. You'll have better results if you prepare the recipe and freeze it before baking. To bake, thaw the dish to room temperature and bake as the recipe directs.

How Long Does Rice Last, Cooked and Uncooked?

It depends on the type of rice whether it is cooked or uncooked, and the conditions under which the rice is stored.

UNCOOKED RICE

Most types of uncooked rice have an indefinite shelf life. The main challenge is keeping it free of dust, insects and other contaminants.

Follow these tips for storing uncooked rice:

- To maximize the shelf life of rice, store in a cool dry area; after opening the package, place the uncooked rice in a sealed airtight container or place original package in a resalable heavy-duty freezer bag.
- For added protection against bugs, dust or other contaminants, uncooked rice may also be stored in the fridge or freezer.
- How to tell if rice is bad? If bugs or other contaminants are found in rice, discard the entire package. Spoiled brown rice will often develop an oily texture and develop an off odor.

Remember:

For reheating rice on stove add 2 tablespoons of liquid per each cup of cooked rice. Cover and heat about five minutes on top of the stove.

COOKED RICE

How long does rice last once it is cooked? The shelf life for cooked rice — all varieties, including white, wild, jasmine, basmati, Arborio, brown — is as follows:

- Refrigerator: 4 to 6 days
- Freezer: 6 months (best quality only — foods kept constantly frozen at 0° F will keep safe indefinitely)

Some Tips for Storing Cooked Rice:


- To maximize the shelf life of cooked rice, refrigerate in covered airtight containers.
- How long does cooked rice last at room temperature? Bacteria grow rapidly at temperatures between 40 °F and 140 °F; rice should be discarded if left for more than 2 hours at room temperature.
- To further extend the shelf life of cooked rice, freeze it; freeze rice in covered airtight containers or heavy-duty freezer bags.
- How long does cooked rice last in the freezer for safety purposes? The freezer time shown is for best quality only — foods kept constantly frozen at 0° F will keep safe indefinitely.
- How to tell if cooked rice is bad? The best way is to smell and look at the cooked rice; discard any rice with an off smell or appearance, do not taste the cooked rice first.

Safe cooling of cooked rice:


Very few people realize that improperly stored cooked rice can be a cause of food poisoning.

Uncooked rice often contains the bacteria *Bacillus cereus*. These bacteria can form protective spores that survive the cooking process and if the rice is cooled slowly (and left between 5 °C and 60 °C for a long time), these bacteria spores can germinate, grow and produce a toxin (poison) that causes vomiting.


Learner's Activity 1

Description	Vegetable fried rice
Purpose	To understand the cooking methods of Vegetable Fried Rice
Instruction for Learners 	Ingredients: <ol style="list-style-type: none"> 3 cups water 1 1/2 cups quick-cooking brown rice 2 tablespoons peanut oil 1 small yellow onion, chopped 1 small green bell pepper, chopped 1 teaspoon minced garlic 1/4 teaspoon red pepper flakes 3 green onions, thinly sliced 3 tablespoons soy sauce 1 cup frozen petite peas 2 teaspoons sesame oil 1/4 cup roasted peanuts (optional) Method: <ol style="list-style-type: none"> A saucepan bring water to a boil. Stir in rice. Reduce heat, cover and simmer for 20 minutes. Meanwhile, heat peanut oil in a large skillet or wok over medium heat. Add onions, bell pepper, garlic and pepper flakes, to taste. Cook 3 minutes, stirring occasionally. Increase heat to medium-high and stir in cooked rice, green onions and soy sauce. Stir-fry for 1 minute. Add peas and cook 1 minute more. Remove from heat. Add sesame oil and mix well. Garnish with peanuts, if desired.

Learner's Activity 2

Description	Rice and beans with fried eggs
Purpose	To understand the cooking methods of Rice and Beans with Fried Eggs
Instruction for Learners 	Ingredients: <ul style="list-style-type: none"> • 3/4 cup long-grain white rice • Kosher salt • 2 Tbs. canola oil • 1 small yellow onion, cut into small dice • 1/2 medium red bell pepper, seeded and cut into small dice • 2 large cloves garlic, minced • 1/2 tsp. ground cumin • 1/4 cup canned tomato sauce • 1 (15-1/2-oz.) can black beans, drained and rinsed • 3 Tbs. Salsa Lizano; more to taste • Freshly ground black pepper • 8 large eggs • 2 Tbs. chopped fresh cilantro
Method: <ol style="list-style-type: none"> 1. Put the rice, a big pinch of salt, and 1-1/2 cups of water in a 3-quart saucepan. 2. Bring to a boil over medium-high heat, reduce the heat to low, cover, and cook until the rice has absorbed the water and is tender, about 15 minutes. 3. Remove from the heat and set aside with the lid on. 4. Meanwhile, heat 1 Tbs. of the oil in a 4-quart saucepan over medium heat. 5. Add the onion, bell pepper, garlic, and a pinch of salt; cook, stirring occasionally, until softened, about 3 minutes. 6. Add the cumin and cook until fragrant, about 30 seconds. 7. Add the tomato sauce and stir for 1 minute. 8. Add the beans and 1 cup of water and simmer until the liquid reduces to the level of the beans, about 4 minutes. 9. Add the rice to the beans and mix well. Stir in the Salsa Lizano and season to taste with salt and pepper. Keep warm. 10. Heat the remaining 1 Tbs. of oil in a 12-inch nonstick skillet over medium heat, swirling the pan to coat evenly. 11. Gently crack the eggs into the pan. Season with salt and pepper, cover, and cook until the yolks' edges have just begun to set, 2 to 3 minutes. (The eggs should cook gently, so lower the heat if needed.) 12. Separate the eggs with the edge of a spatula. To serve, put a heaping spoonful of the rice and beans on a plate and slide 2 eggs on top. Sprinkle with the cilantro. 	

Learner's Activity 3

Description	Rice pilaf
Purpose	To understand the cooking methods of Rice Pilaf
Instruction for Learners 	Ingredients: Tbs. extra-virgin olive oil 1/4 lb. very thinly sliced chicken (about 5 slices), cut crosswise into 1-inch-wide strips 4 Tbs. unsalted butter 3 Tbs. chopped fresh sage 4 large cloves garlic, minced (2 Tbs.) 3 large shallots, thinly sliced (1 scant cup) 1-1/2 cups long-grain white rice 1 tsp. kosher salt; more as needed 1 cup white Vinegar 1-1/2 cups low-salt chicken broth 2 oz. Cheese
Method: <ol style="list-style-type: none"> 1. In a 3-qt. heavy-based saucepan with a tight lid, heat the olive oil over medium heat. Cook half the sliced chicken in the hot oil, stirring occasionally, until browned and crispy, 1 to 2 min. With tongs or a slotted spoon, transfer the sliced chicken to a paper towel to drain. Repeat with the remaining sliced chicken. 2. Add 2 Tbs. of the butter to the pan and reduce the heat to low. When the butter has melted, add 2 Tbs. of the sage and cook for a few seconds, and then add the garlic and shallots. Cook, stirring occasionally, until the shallots are soft but not browned, about 5 min. Add the rice and salt and stir well to coat each grain with oil. Toast for a full 5 min., stirring regularly to keep the grains separated and to prevent them from sticking to the bottom of the pan 3. Add the Vinegar, stir well, and cook over medium heat until the Vinegar is mostly reduced, about 3 min. Add the chicken broth, stir once, and bring to a boil. Cover, reduce the heat to low, and cook for 18 min. Remove the pan from the heat and let sit, still covered, for 5 min. 4. Once the pilaf has rested, remove the lid and fluff the rice with a fork. Cut the remaining 2 Tbs. butter into several pieces and, using the fork, gently fold it into the rice with the remaining 1 Tbs. sage, the Cheese, and the cooked sliced chicken. Taste for seasoning and adjust as needed. 	

Learner's Activity 4


Description	Biryani
Purpose	To understand the cooking methods of Biryani
Instruction for Learners	

Ingredients:
1 kg Mutton/chicken
750 g. Basmati rice
500 g. Potato
500 g. tomatoes (cut into small pieces)
250 gr. Yogurt
1 tsp. Red chili powder
Salt to taste
2 Onions (thin slices)
3tbs. Garlic (crushed -2tsp. Ginger (crushed)
8-10 green -cardamoms
4 black cardamoms (bari Iliachi)
10 cloves
10 pieces of black pepper
1 inch cinnamon stick
1 tsp. Cumin (zeera)
2 bay leaves
8-10 dried plumb (allo bahara)
Oil or ghee
6 pieces green chilies
2 tbs. Coriander leaves
2 tbs. Mint leaves
few drops kewra
2-3of Yellow food color


Method:

1. Marinate the meat with garlic, ginger, salt, chili powder, garam masala for half an hour.
2. Meanwhile, heat the oil or ghee in a heavy based sauce pan and fry the onions for 5-10 minutes to a golden brown. Remove the onions from the oil and stir into the yogurt. Rub this yogurt all over the marinated chicken cover and put in a cool place for at least an hour.
3. Reheat the oil, add the meat along with the marinade and all of the whole spices, and stirring frequently, fry the meat 5-10 minutes. Add 1½ cup water, cover and allow to cook over low heat. When the meat is half cooked add potatoes and keep cooking over low heat. While the rice is being prepared.
4. Soak the rice in water for half an hour. In another pan boil the rice with 2-3 tsp. of salt and plenty of water .when the rice are ¾ cooked drain the water. Add ¼ cup oil or butter and fluff with a fork to prevent the rice to stick each other. Keep rice to one side.
5. In a large pan place 2 inch layer of rice at the bottom, then a layer of meat, tomatoes, and dried plums on top, repeating this until the meat and rice have been used up. sprinkle the coriander and mint leaves over the top layer of the rice Pour 1½ cup water and kewra over the rice.
6. Do not stir. Mix the food color with a little water and sprinkle over the rice.
7. Over with a tight fitting lid and allow to cook for 20 minutes until the rice and meat are tender.
8. Once the dish is cooked, leave it covered for a few minutes. then remove the lid, fluff up the rice with a fork.
9. Serve with Raita.


Learner's Activity 5

Description	
Purpose	To understand the cooking methods of
<p data-bbox="203 401 505 431">Instruction for Learners</p> 	<p data-bbox="695 403 862 433">Ingredients:</p> <ul data-bbox="695 437 1065 794" style="list-style-type: none"> • Pasta ½ packet • Oil 1 – 2 tbsp • For Chicken: • Chicken bone less 200 gm • Garlic 1 tbsp (chopped) • Black pepper ½ tsp • Oyster sauce 2 tsp • Lemon juice 1 tbsp • Green coriander ½ bunch • Oil 3 – 4 tbsp • Salt as required <p data-bbox="695 798 846 828">Method:</p> <ol data-bbox="695 832 1435 1286" style="list-style-type: none"> 1. Heat pasta in boiling water, add oil and cook for 10 minutes till the pasta is fully cooked. 2. Drain in a colander, run under cold water and finally grease the pasta with oil. 3. For Chicken: 4. Heat oil in a pan. 5. Now add chopped garlic and the chicken pieces. 6. Fry for 1 – 2 minutes. 7. Then add salt, black pepper powder, and Oyster sauce and lemon juice. 8. Mix well and cook the chicken till tendered. 9. Add the pasta into the chicken mixture and further cook for 1 – 2 minutes. 10. Garnish with chopped coriander and serve.

Learner's Activity 6

Description	Vegetarian bibimbap
Purpose	To understand the cooking methods of Vegetarian Bibimbap
Instruction for Learners 	Ingredients: <ol style="list-style-type: none"> 2 tablespoons sesame oil 1 cup carrot matchsticks 1 cup zucchini matchsticks 1/2 (14 ounce) can bean sprouts, drained 6 ounces canned bamboo shoots, drained 1 (4.5 ounce) can sliced mushrooms, drained 1/8 teaspoon salt to taste 2 cups cooked and cooled rice 1/3 cup sliced green onions 2 tablespoons soy sauce 1/4 teaspoon ground black pepper 1 tablespoon butter 3 eggs 3 teaspoons sweet red chili sauce, or to taste Method: <ol style="list-style-type: none"> Heat sesame oil in a large skillet over medium heat; cook and stir carrot and zucchini in the hot oil until vegetables begin to soften, about 5 minutes. Stir in bean sprouts, bamboo shoots, and mushrooms. Cook and stir until carrots are tender, about 5 more minutes. Season to taste with salt and set vegetables aside. Stir cooked rice, green onions, soy sauce, and black pepper in the same skillet until the rice is hot. In a separate skillet over medium heat, melt butter and gently fry eggs, turning once, until the yolks are still slightly runny but the egg whites are firm, about 3 minutes per egg. To serve, divide hot cooked rice mixture between 3 serving bowls and top each bowl with 1/3 of the vegetable mixture and a fried egg. Serve sweet red chili sauce on the side for mixing into bibimbap.

Learner's Activity 7

Description	Masala pasta
Purpose	To understand the cooking methods of Masala Pasta
Instruction for Learners 	Ingredients: <ul style="list-style-type: none"> · Any variety Pasta or Spaghetti : 4 cups · Onion : 1 big (finely chopped) · Green Chillies : 2 (chopped) · Tomato : 1 big (blanched and pureed) · Carrot : 1 (finely chopped) · Any colored Bell Pepper/Capsicum : 1 (finely chopped) or any vegetables finely chopped as per your choice 3-4 · Garlic : 3-4 cloves (finely chopped) · ketchup : 4 tbsp · Honey or Sugar : ¼ tsp (optional) · Cumin Seeds : ¼ tsp · Red chili powder : 1½ tsp or as per tolerance level · Garam masala : ½ tsp · Black Pepper powder : ¼ tsp · Italian Mixed Herbs or Oregano : 1 tsp · Cilantro/ Coriander leaves : 2 tbsp (finely chopped) · Curry Leaves : few · Olive Oil : 4 tbsp · Lemon Juice : ¼ tsp · Salt to taste
	Method: <ol style="list-style-type: none"> 1. Cook pasta according to package (Or) Bring water to boil in a big pot filled to its half and add salt, and pasta. Cook over medium flame for 10-15 mins until al dente(cooked and tender).Make sure it's not over cooked. Drain and reserve ½ cup of water/pasta stock for later usage and then rinse the pasta immediately by running it under cold water to remove the excess starch.(Note : This stops the cooking process and prevents the pasta from getting soggy.)Add a tsp of olive oil to the cooled pasta and keep aside. 2. Heat a large nonstick skillet over medium-high heat. Add olive oil, splutter cumin seeds, sauté garlic and onion sauté until they turn to pinkish color and soft. tender. Add curry leaves. 3. Add finely chopped carrots and other veggies and saute for 5-6 mins and then finely add chopped capsicum; saute it for a minute. 4. Now add pureed tomato, tomato sauce or ketchup, honey or sugar if using, garam masala powder, red chili powder and mix well and saute until the oil separates. 5. If required add ¼ cup of reserved pasta stock liquid to get a medium sauce consistency. 6. Stir in cooked pasta and add Italian herbs, chopped coriander ; toss to coat. Adjust the salt and cook for a minutes or so. 7. Remove from heat. Sprinkle lemon juice. Season with freshly ground pepper to taste. Serve immediately

Summary of Module

- **Food and ingredients:** Prepare pasta (including fresh, dried, spaghetti, cannelloni, macaroni, tortellini, farfalle, ravioli) and rice (including long grain, short grain, round, brown, basmati, risotto)
- **Pasta:** Pasta is a staple food of traditional Italian cuisine, with the first reference dating to 1154 in Sicily. It is also commonly used to refer to the variety of pasta dishes. Typically, pasta is a noodle made from unleavened dough of durum wheat flour mixed with water or eggs and formed into sheets or various shapes, then cooked by boiling or baking. It can also be made with flour from other cereals or grains. Pastas may be divided into two broad categories, dried (pasta secca) and fresh (pasta fresca)
- **Dried Pasta:** Dried pasta can also be defined as factory-made pasta because it is usually produced in large amounts that require large machines with superior processing capabilities to manufacture
- Rice is the seed of the grass species *Oryza sativa* (Asian rice) or *Oryzabambusa* (African rice). As a cereal grain, it is the most widely consumed staple food for a large part of the world's human population, especially in Asia. It is the agricultural commodity with the third-highest worldwide production after sugarcane and maize
- Brown rice may be soaked in warm water for 20 hours to stimulate germination. This process, called germinated brown rice (GBR), activates enzymes and enhances amino acids including gamma-aminobutyric acid to improve the nutritional value of brown rice. This method is a result of research carried out for the United Nations International Year of Rice
- **How To Cook Rice:** Some rice may require washing before cooking. Washing rice removes some starches present on the surface and doing so can inhibit the proper preparation of dishes that require substantial starches such as risotto or sticky rice. If you desire a more starchy content do not wash the rice
- **How To Cook Risotto:** A risotto is a dish that is prepared using Arborio rice. The starchiness of the rice gives a creamy flowing texture. Preparing risotto takes patience. It is a dish that is only as good as the cook cooking it.
- **How To Cook A Pilaf:** Rice pilaf is very versatile and almost any combination of flavors can be used. It is a popular method in any culture that uses rice as a staple and is relatively easy to prepare
- **Cooking Fresh Pasta:** Cooking fresh pasta differs from cooking dry pasta in that if the dough is freshly made, it will be delicate and require a tenth of the time to cook. Start with a stock pot with lots of water. The more water the better, as the circulatory motion produced by simmering/boiling water helps prevent sticking
- **Cooking Dry Pasta:** Similar to the method of cooking fresh pasta, cooking dry pasta has a few different steps. Use the same amount of water and salt in the water. Bring to a boil and add the pasta, stir continuously until the water comes back up to temperature
- **Seafood Sauces:** There are two types of seafood sauces - White and red. White seafood sauces are made and flavored with herbs and made with white Vinegar or stock
- **Garlic-Oil:** Olive oil is used as and is flavored with garlic and herbs. It can be served hot or cold, cooked or uncooked. Pesto is a popular uncooked, cold sauce
- Garnishing of finished product has imperative role in the acceptability of the product. Different dishes are garnished differently according to consumer demand and organizational specification
- **How to Store Pasta:** Store uncooked, dry pasta in your cupboard for up to one year. Keep in a cool, dry place. Follow the "first-in, first-out" rule: Use up packages you've had the longest before opening new packages

COOKED RICE: How long does rice last once it is cooked? The shelf life for cooked rice — all varieties, including white, wild, jasmine, basmati, Arborio, brown — is as follows:

- Refrigerator: 4 to 6 days
- Freezer: 6 months (best quality only — foods kept constantly frozen at 0° F will keep safe indefinitely)

Frequently Asked Questions (FAQs)

FAQ 1: Define mixing method of cooking pasta?

Answer American dry pasta is made with semolina, the semolina is mixed with water until it forms a dough. If any other ingredients are being added to the pasta, such as eggs to make egg noodles, or spinach or tomato to make red or green colored pasta, those ingredients are added at this stage.

FAQ 2: How pasta made?

Answer Traditional pasta is typically made from durum semolina wheat or whole wheat.

FAQ 3: How to prevent sticking of pasta during cooking?

Answer Do not rinse pasta that is to be served hot. A small amount of oil can be tossed with the pasta to prevent sticking.

FAQ 4: How should I store Uncooked pasta?

Answer Store uncooked, dry pasta in your cupboard for up to one year. Keep in a cool, dry place. Follow the “first-in, first-out” rule: Use up packages you've had the longest before opening new packages.

FAQ 5: How should I store cooked pasta?

Answer Refrigerate cooked pasta in an airtight container for 3 to 5 days. You may add a little oil (1-2 tsp. for each pound of cooked pasta) to help keep it from sticking. Because cooked pasta will continue to absorb flavors and oils from sauces, store cooked pasta separately from sauce.

FAQ 6: How should I store Freezing pasta?

Answer The best pasta shapes for freezing are those that are used in baked recipes, such as: lasagne, jumbo shells, ziti and manicotti. You'll have better results if you prepare the recipe and freeze it before baking. To bake, thaw the dish to room temperature and bake as the recipe directs.

FAQ 7: How to do reheat pasta?

Answer To reheat cooked pasta, portion out the amount you need and place in boiling water. For extra-easy draining, you can place the pasta in a stainless steel colander or strainer and then submerge in boiling water. Count 40 to 60 seconds of re-heating time for a four-ounce serving. Drain the pasta well, toss with sauce and serve immediately. Pasta can also be reheated in the microwave oven. Reheat single servings on high for 45 seconds at a time, checking between intervals for doneness.

FAQ 8: How can I refrigerate rice?

Answer You can store cooked rice for about two-three days in the refrigerator. Make sure the container is covered, to avoid the loss of flavor and the mixing of flavors and odors with other food items stored in the refrigerator. Don't pull out the container and throw it right into the microwave when you have to reheat it.

FAQ 9: How do you cool rice quickly?

Answer Either, keep cooked rice hot (>60°C) or cool rice as quickly as possible. Rice will cool more quickly if removed from the hot container and divided into clean shallow containers (<10cm deep) that are kept separate, not stacked. Alternatively, cool in a colander under cold running water.

FAQ 9: How do you boil rice?

Answer Follow These Steps
Boil water and add salt. Pour water (for every cup of rice, use 1 3/4 cups of water) into a large saucepan with a tight-fitting lid.
Pour in rice. Add it to the boiling water.
Stir once, or just enough to separate the rice.
Cover the pot and simmer.
Fluff rice with a fork.

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. One of the following does not belong in this food group.

a. banana	b. beef
c. nectarine	d. peach
2. What food doesn't belong to this food group?

a. apricot	b. potato
c. squash	d. broccoli
3. Which of the following beverages has no fat, sugar, or oils?

a. iced tea unsweetened	b. milk
c. root beer	d. lemonade
4. Heat is applied directly to the food by way of _____.

a. Dry Cooking	b. Convection
c. Oil cooking	d. Boiling
5. Different dishes are _____ differently according to demand.

a. Garnished	b. Cooked
c. Store	d. Packed
6. There are two types of seafood sauces.

a. Brown and blue	b. Red and Blue
c. White and red	d. Blue and green
7. _____ is very versatile and almost any combination of flavors can be used.

a. Black rice	b. Rice pilaf
c. Wild rice	d. Short rice
8. _____ is defined as the sauce that remains after braising a dish.

a. Sautee	b. Boiling
c. Frying	d. Ragu
9. A rice cooker or rice steamer is an electric kitchen appliance designed to _____.

a. Boil	b. Grill
c. Fry	d. Baking
10. Arisotto is a dish that is prepared using _____.

a. Arborio rice	b. Black rice
c. Wild rice	d. Basmati Rice

Answers Key

MCQ Number

Correct Answer

1

c

2

d

3

d

MODULE 10: PREPARE, COOK AND FINISH COMPLEX VEGETABLE DISHES

Learning Outcomes

After completion of this learning module, you will be able to:

- Identify requirements for preparing complex Vegetables for cooking
- Use tools and equipment for preparing complex Vegetables correctly
- Use appropriate methods to prepare complex Vegetables for cooking
- Check that preparation of complex Vegetables meets quality requirements
- Identify requirements for cooking complex Vegetables
- Use tools and equipment to cook complex Vegetables correctly
- Use appropriate methods to cook complex Vegetables
- Combine vegetable ingredients with other ingredients
- Check that the dish meets quality and quantity requirements
- Finish, garnish and present the dish to meet organizational specifications
- Make sure dishes are at correct temperature for holding and serving
- Safely store cooked complex Vegetables ingredients for future use

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Learning Unit 01: INDEPENDENTLY ASSEMBLE FOOD AND EQUIPMENT TO PREPARE, COOK AND FINISH COMPLEX VEGETABLE DISHES

Overview

In this learning unit, you will learn about requirements, tools & equipments, methods for preparing quality complex vegetables dishes.

After completing this unit you will be able to apply methods for preparing quality complex vegetables for cooking.

Requirements for the Preparation of Vegetables[1]

Tools

The following are the tools and utensils for preparing vegetables:

Knives

- Chef knife
- Paring knife



Chef Knife & Paring Knife (left to right)

Peelers:

A peeler (potato peeler or vegetable peeler) is a kitchen tool consisting of a slotted metal blade attached to a handle that is used to remove the outer skin or peel of certain vegetables.



Peeler

Graters

They are commonly used to grate cheese and lemon or orange peel (to create zest), and can also be used to grate other soft foods.



Graters

Measuring Scales

Weighing scales (weigh scales, scales, etc.) are devices to measure weight



Measuring Scales

Colander

Colander is used to rinse and drain vegetables



Colander

Green cutting Board

The kitchen cutting board is commonly used in preparing food. Kitchen cutting boards are often made of wood or plastic and come in various widths and sizes. Green cutting board is used for vegetable cutting.



Green cutting Board

Measuring spoon and Measuring cups

Measuring cups and spoons are used to measure solid and dry ingredients in a recipe



Measuring spoon and Measuring cups

Bowls

A mixing bowl is a deep bowl that is particularly well suited for mixing ingredients together in.



Bowls

Buffalo Chopper

A buffalo chopper is a food mixer used to cut food into pieces or for grinding it



Buffalo Chopper

Masher

A potato masher or bean masher is a food preparation utensil used to crush soft food for such dishes as mashed potatoes



Masher

Mandolin

Handy tools for creating evenly thin slices of fruits and vegetables, but they can be a little intimidating to use.

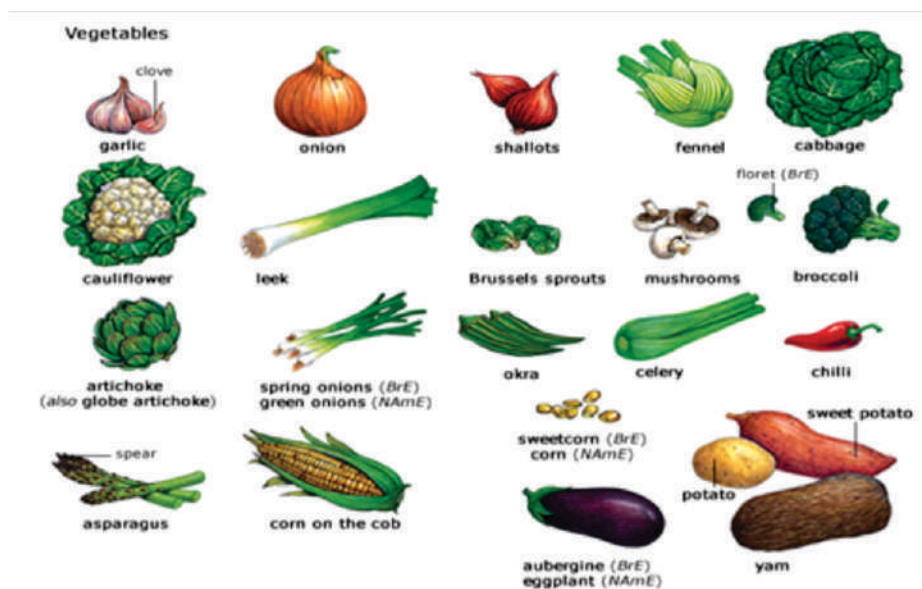


Mandolin

Requirements for the Preparation of Vegetables[1]

Vegetables include:

- Root vegetables (Carrots, turnips, radish etc)
- Bulbs (Onion, Garlic etc)
- Flower heads (Cauliflower, Broccoli etc)
- Mushrooms (button mushrooms, oyster mushrooms etc)
- Tubers (Potato, ginger, yam etc)
- Leaves (Spinach, Lettuce etc)
- Stems (celery, asparagus etc)
- Vegetable fruits (tomatoes, eggplants, lemon etc)
- Squashes (Zucchini, pumpkin)
- Peas & Beans (french beans, peas etc)



Preparation Techniques of vegetables[3]

Preparation Methods

You must understand and carry out techniques of washing, peeling, re-wash (WPRW), trimming, slicing, dicing, cube cutting, portioning, grating, and julienne and other styles of cutting for preparing vegetables. Don't cross-contaminate, use clean cutting boards and utensils when handling vegetables.

Do you Know!

Add teaspoon of white vinegars to the water when washing green vegetable any insects in the vegetable will drop off into the water.

Remember

Always use cutting Boards to avoid cuts.

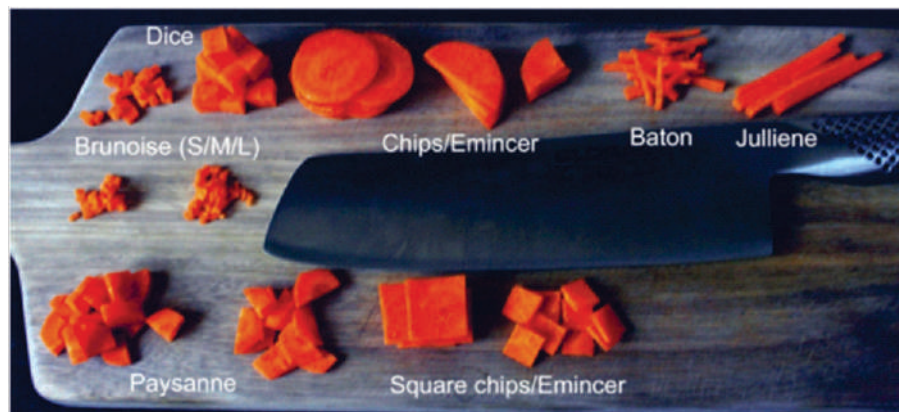
(1) Washing



(2) Peeling



(3) Cutting styles



Learning Unit 02: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO PREPARE COMPLEX VEGETABLE DISHES FOR COOKING

Overview

In this learning unit, you will learn about equipment and multi-stage methods to prepare complex vegetables dishes.

After completion this learning unit you will be able to apply multi-stage methods independently to prepare and cook complex vegetables dishes.

Use of Tools and Equipment to Cook Vegetables [1]

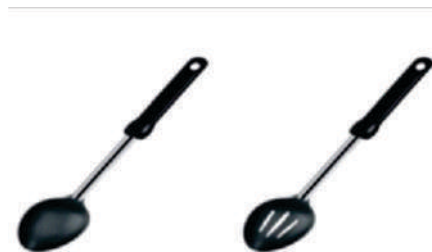
Tools

Pots and Pans

These are used generally for cooking on a range. Sometimes pots and pans are used in an oven or microwave.



Ladle



Stoves



Ovens



Cooking Methods [2]

Dry Cooking Methods

In dry heat cooking methods, the food is cooked on direct heat. Such methods of cooking are baking, broiling, grilling,. When heat is applied to the food, the food cooks in its own juices or the water added to the food during its preparation evaporates during the heating process and this cooks the food. Heat is applied directly to the food by way of convection thus making the food to get cooked. The action or movement of air around the food cooks it. Let us now have a look at those cooking methods which are used for vegetable cookery:

Baking

To cook something in closed pre heated chamber is called grilling. This is favorite method for cooking potatoes and squashes

Grilling

In grilling we cook food by placing it on grill under direct heat. Some examples of these vegetables are tomatoes, capsicum, eggplant and zucchini.

Moist Cooking Methods

In moist heat cookery methods, liquid is used as a medium to cook food. Such medium could be water, stock or juices. These liquids are added to the food before heat is applied to it or sometimes heat is applied to the liquid before the food is added into the cooking utensils to be cooked. The moist heat cookery methods include: boiling, stewing, braising. Steaming and poaching.

Cooking Method using fats

- **Deep frying**

To cook small quantity of food in large quantity of heated oil
French fries, onion rings, and vegetable tempura are few examples of deep frying of vegetables.

- **Shallow frying**

To cook something half dipped in oil and half out of oil vegetables cutlets are prepared in shallow frying

- **Sautéing**

The word sauté comes from the French verb meaning “to jump.” It refers to the way foods added to a hot, lightly-oiled pan tend to jump. Sautéing is a quick and easy way to cook vegetables with relatively little oil. Sautéed vegetables retain their vitamins and minerals, as well as taste and color. All vegetable cooking in Chinese cuisine is done by sautéing.

Learning Unit 03: INDEPENDENTLY PRESENT COMPLEX VEGETABLE DISHES FOR SERVICE

Overview

In this learning unit you will learn about finishing, garnishing, presenting and storing complex vegetables for service.

After completion of this learning unit you will be able to plate and store cooked complex vegetables and ingredients.

Garnishing

Garnishing is a method which is used to decorate dishes with artistic elements to make it more attractive.

Finish, Garnish and Present the Vegetable Dishes[1]

Garnishing of finished product has imperative role in the acceptability of the product. Different vegetable dishes are garnished differently according to consumer demand and organizational specification. Dishes can be garnished with different leaves and diced vegetables.

Some garnishing Ideas as under:



(i)



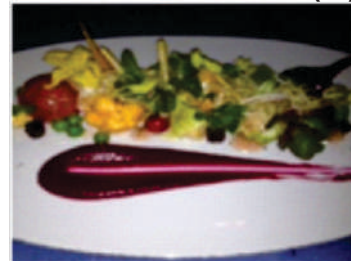
(ii)



(iii)



(iv)



(v)

Storage of Complex Vegetable[2]

Storage of Ingredients

- Refrigerate fresh produce within two hours of peeling or cutting.
- Throw away leftover cut produce if left at room temperature for more than two hours and the same is with final product.

The overarching strategy for leafy vegetables:

1. Immediately get rid of any rotten leaves.
2. Keep the greens whole, unless you are using them in the next day or two
3. Get the greens as dry as you can and help them stay dry.
4. Store the greens properly.

5. Sequence your meals around the shelf life of your greens, e.g.: fresh salads first, sautés last.

Here are the details:

The steps:

1. Go through the greens and discard any torn leaves that don't look good.
2. Trim off any stalks or other pieces that you won't be using, such as the ends of stems or stalks.
3. Make sure that your sink is empty of dishes. Give it a quick cleaning and fill it with water. Throw in the greens, one green type at a time.
4. Agitate them around to shake off any dirt or sand. Then let them sit for a few minutes so that the grime falls to the bottom as the greens float on top.
5. Remove the greens from the sink while being careful not to agitate the water and stir up too much dirt.
6. Lay out a thin (clean) towel. Spread the greens out in a thin layer across the towel.
7. Roll the towel up tightly and secure it with a rubber band. This process not only dries the leaves now, but storing them in the towel will continue to wick away moisture the entire time the greens are stored in the fridge.



8. Place the rolled-up towel of greens into a bag.

9. Finally, we use our greens, when we can and when we think of it, in an order:



Blanching

Before storage, many of the cut vegetables should be blanched. This means that the food in question should be submerged in boiling water for a very short period of time, 30 seconds to 5 or so minutes. Once ready, transfer the vegetables to an ice bath immediately. Once they have cooled, transfer to paper towels to dry and drain excess moisture.

Artichokes

Primarily, you will store the hearts. You can sprinkle the heart with a little lemon water and refrigerate in an airtight container for up to 3 days.



Asparagus

Trim the ends of asparagus, and place in a jar or container of water, almost as if the asparagus stalks are flowers in a vase. Place a plastic bag loosely on top of the stalks to keep them from absorbing scents from other foods in the fridge.

To freeze, blanch the cut asparagus, drain thoroughly, and store in freezer bags.



Beets

Be sure to remove the root first thing, leaving 1-2 inches of stem. The greens can be stored like lettuce and greens, but they have a short shelf life in the fridge. Cut beets can be stored in a container lined with a moist paper towel in the refrigerator.

To freeze, place the cut, cooked or uncooked beet pieces in a freezer bag. Frozen beets that have been pre-cooked will retain more of their texture, but uncooked beet pieces are suitable as a component in recipes where texture won't matter as much, such as to puree for either a flavorful soup or an ingredient in a creative cake.



Broccoli

Once cut, broccoli will maintain its moisture if stored between lightly moistened paper towels and store in the refrigerator. Do not put it in an airtight container, as it needs to breathe to maintain freshness.

To freeze, blanch broccoli, drain thoroughly, and store in freezer bags for up to a year.



Broccoli

Brussels sprouts

If you have halved or quartered your sprouts, store them as you would cut broccoli, following the same instructions for refrigeration and freezing.



Brussels sprouts

Cabbage

Once cut, cabbage should be wrapped tightly in plastic and put in the refrigerator. It should be used within a few days. Freezing cabbage is not suggested, but it can be pickled for longer keeping.



Cabbage

Carrots

Fresh cut carrots can be kept in plastic bags in the refrigerator, but to prevent them from drying out, either wrap them in moist paper towels or store in cold water. Loosely cover the water to ensure no debris gets into the water, but don't use an airtight container.

Blanch carrots are drained thoroughly and stored in freezer bags for freezing which can last for up to a year.



Carrots

Cauliflower

Store cut cauliflower as you would cut broccoli, but be aware that cauliflower not only loses its flavor quickly once cut (unless it is frozen) but is also particularly sensitive and absorbent to other flavors in the refrigerator, so if refrigerating, try to use the cauliflower as soon as possible.



Cauliflower

Celery

Cut celery can be treated the same as cut carrots in terms of refrigeration and freezing. However, once thawed, celery that has been frozen loses its crisp texture, so it is best used as a component in a recipe where a crisp texture is unimportant, such as a stew

**Celery****Cucumbers**

Wrap cut cucumbers in an airtight bag or tightly with plastic wrap, and store in the crisper of your refrigerator for up to 3 days.

Cucumbers are not suggested for freezing.

**Cucumbers****Eggplant**

Be aware that eggplant does not age well, but it is possible to refrigerate it if you are in a pinch. Layer sliced eggplant in a container between sheets of paper towel for up to 2 days. Brushing a few drops of lemon juice on top can reduce browning.

To freeze, blanch slices of eggplant, drain thoroughly, and store in freezer bags for up to one year. Be aware that the texture will suffer once thawed, so consider using the frozen eggplant in recipes where the texture is not of great importance, such as baba ghanoush or ratatouille.

**Eggplant****Garlic**

Place cut garlic in an airtight container as soon as possible after it is cut, and store it in the refrigerator for up to 2 days.

To freeze, wrap the garlic tightly in plastic wrap or aluminum foil, and place in an airtight freezer bag. It will keep for up to a year.

**Garlic****Green beans**

To store cut green beans in the refrigerator, wrap with plastic wrap or store in a plastic bag.

To freeze, blanch the cut green beans, drain thoroughly, and store in freezer bags for up to a year.

**Green beans**

Leeks

Because they can impart a flavor on other foods in your fridge, keep cut leeks in an airtight container or bag, and store in the refrigerator for 3 to 5 days.

To freeze, blanch leeks, drain thoroughly, and store in freezer bags for up to a year.



Leeks

Okra

Cutting okra in advance is not suggested, as it can get messy and slightly ooze. It is suggested you cut it as close to the time you'll be using it.

Okra can be frozen, but it must be blanched before it is sliced. Once blanched and sliced, store in freezer bags for up to a year.



Okra

Onions

Place cut onions in an airtight container as soon as possible after it is cut, and store it in the refrigerator for 3 to 5 days.

To freeze, wrap the onions tightly in plastic wrap or aluminum foil, and place in an airtight freezer bag. They will keep for up to a year.



Onions

Parsnips

Fresh cut parsnips can be kept in plastic bags in the refrigerator, but to prevent them from drying out, either wrap them in moist paper towels or store in cold water. Loosely cover the water to ensure no debris gets into the water, but don't use an airtight container.



Parsnips

Store cut peppers in plastic wrap or in a plastic bag for up to 2 days in the refrigerator. To keep them from getting slimy, wrap in a sheet of paper towel.

To freeze, place the slices of pepper in a single layer on a plate or cookie sheet, and freeze until crisp. Transfer to a freezer bag, and store for up to 6 to 8 months.



Peppers

Potatoes

Store cut potatoes in water for up to 1 day, loosely covered in the refrigerator.

To freeze, blanch cut potatoes, drain thoroughly, and store in freezer bags for up to a year.



Potatoes

Radishes

Fresh cut radishes can be kept in plastic bags in the refrigerator, but to prevent them from drying out, either wrap them in moist paper towels or store in cold water. Loosely cover the water to ensure no debris gets into the water, but don't use an airtight container.



Radishes

Rhubarb

Yep, it's a vegetable, and since it has a rather short season, it is very helpful to freeze rhubarb so that you can use it for delicious homemade pies all year long. Store cut rhubarb wrapped in plastic or in a container that breathes slightly in the refrigerator for up to 5 days.

To freeze, place the slices of rhubarb in a single layer on a plastic cookie sheet, and freeze until crisp. Transfer to freezer bags or airtight containers, and store for up to 6 to 8 months.



Rhubarb

Squash

Store cut squash tightly wrapped in plastic in the refrigerator for up to 3 days. Keep in mind that squash readily absorbs the flavor and scent of other items around it, so keep it away from strong-smelling leftovers or foods.

It is suggested that you cook squash pieces before freezing. Cook or bake until softened, let cool completely, and place in freezer bags or airtight containers. The cooked cut squash can be stored for up to 6 to 8 months.



Squash

Tomatoes

Technically, tomatoes are a fruit, but since they are frequently used with vegetables, they are included on this list.

Cut tomatoes do not refrigerate well. However, if you have cut a portion of the tomato, you may be able to salvage the rest if you place it, cut side down, on a plate, and cover loosely. It will keep at cool room temperature for up to a day.

Tomatoes do not freeze well, sliced or unsliced.



Tomatoes

Turnips

Wrap cut turnips tightly in plastic and place in the refrigerator for 2 to 4 days. To keep slices from browning, mist lightly with lemon juice.

To freeze, blanch cut turnips, drain thoroughly, and store in freezer bags for up to a year.



Turnips



Zucchini

To freeze, blanch cut zucchini, drain thoroughly, and store in freezer bags for up to a year. It is suggested you cut off the seeded portion before blanching and freezing.





Zucchini

Learner's Activity 1

Description	Cooking of Palak Paneer (Spinach & Cheese)
Purpose	To understand the cooking methods, Boiling, Sautéing, Shallow frying,
Instruction for Learners  	Ingredients: 1. Assembling of ingredients Cottage cheese 8 oz cube cut Spinach boiled and blended 1/2kg Onion 2 tbs chopped Ginger paste 1 tsp Garlic paste 1 tsp Cream 200 gm Salt 1 tsp Chili powder 1 tsp Butter or oil 125 gm Beated curd ½ cup All spice 1 tsp 2. Assembling of tools and equipments Cutting board 1 Knife 1 Bowl 1 Blender 1 Cooking pot 1 Cooking pan 1 Spatula 1 Tea spoon 1 Measuring cup 1 set Table spoon 1 Strainer 1 Method: a) Put the cooking pot on a high heat b) Add water and bring it to boil c) Add spinach and boiled for 3 minute d) Strain the spinach and blend it till paste e) Put the cooking pan on medium heat and add butter or oil for a 2 minute f) Fry cheese cube till golden g) Fry onion in the same oil till golden brown h) Add ginger, garlic, chili powder and salt sauté for a little while then add curd i) Cook for the 3 minutes j) Add blended spinach and cook for a 5 minutes stir continues k) Add cream and mix well l) Add fried cheese cube, leave on low heat for a 2 minutes

Learner's Activity 2

Description	Frying of French Fries
Purpose	To understand the cooking methods, Blanching, Deep frying and cutting
<p data-bbox="180 395 480 425">Instruction for Learners</p> <div data-bbox="186 451 667 762">  </div> <div data-bbox="186 798 667 1084">  </div> <p data-bbox="180 1141 306 1171">Method:</p> <ol data-bbox="180 1181 873 1554" style="list-style-type: none"> Wash the potato thoroughly Peel them with peeler Cut into baton net shape Put the cooking pot on high heat Add water to the pot and bring it to boil Add potatoes and salt, boil it for 5 min Strain potatoes, leave it for 10 min to cool Dust the flour on potatoes Set the fryer on 160C Put the Potatoes in fryer for 4 min or golden in color. 	<p data-bbox="691 395 862 425">Ingredients:</p> <ol style="list-style-type: none"> <li data-bbox="691 455 1065 657"> <p>1. Arrange the ingredients</p> <ul style="list-style-type: none"> Potato ½ kg Corn flour 2 tbs Water for boiling Salt 1 tsp Oil for deep frying <li data-bbox="691 687 1243 949"> <p>2. Assembling of tools and equipments</p> <ul style="list-style-type: none"> Cutting board 1 Knife 1 Bowl 1 Cooking pot 1 Fryer 1 Spatula 1 Peeler 1

Learner's Activity 3

Description	Smoky veggie chili
Purpose	To understand the cooking of Smoky veggie chili
Instruction for Learners	<p>Ingredients:</p> <p>1. Arrange the ingredients</p> <ul style="list-style-type: none"> • 2 onions • olive oil • 1 heaped teaspoon cumin seeds • 2 heaped teaspoons smoked paprika • 2 teaspoons quality cocoa powder • 1 heaped tablespoon peanut butter • 1-2 fresh red chilies • 3 large mixed-color peppers • 2 sweet potatoes , (300g each) • 1 bunch of fresh coriander , (30g) • 2 x 400 g tins of butter beans • 3 x 400 g tins of plum tomatoes • 8 small jacket potatoes • 140 g Cheddar cheese • 4 little gem lettuces • 8 tablespoons natural yoghurt <p>2. Assembling of tools and equipments</p> <ul style="list-style-type: none"> • Cutting board 1 • Knife 1 • Bowl 1 • Cooking pot 1 • Fryer 1 • Spatula 1 • Peeler 1 <p>Method:</p> <ol style="list-style-type: none"> Put a large casserole pan on a medium-low heat and a griddle pan beside it on a high heat. The idea here is to work in batches, starting by charring the vegetable on the griddle to add a smoky flavor dimension. Peel the onions and cut into 1cm dice, char on the griddle for 3 minutes, Then place in the casserole pan with 2 tablespoons of oil, the cumin seeds, paprika, cocoa and peanut butter, stirring occasionally. Slice the chili(es) 1cm thick and griddle while you deseed and roughly chop the peppers and chop the sweet potatoes into rough 2cm chunks (leave the skin on for extra nutritional benefit, just give them a wash). Griddle it all, adding to the casserole pan as you go. Finely chop and add the coriander stalks. Preheat the oven to 180°C/350°F/gas 4.

- g) Drain the beans in a sieve over the casserole pan so the juices go in, then tip the beans into the griddle pan in an even layer.
- h) Have faith and leave them without stirring until they start to char and burst, then add to the veg. Pour in the tinned tomatoes, breaking them up with a wooden spoon.
- i) Stir well, then pop the lid on ajar and leave for 1 hour, or until thickened, stirring occasionally.
- j) Meanwhile, wash the potatoes, prick, then bake for 1 hour, or until crispy on the outside, fluffy in the middle.
- k) Just before serving, finely chop the coriander leaves and stir through the chili, taste and season to perfection.
- l) Cut a cross into each spud, pinching the bottoms so they open up, then grate the cheese and divide it between them, stuffing it in well.
- m) Pick apart the gem lettuces, and serve each cheesy spud with a good portion of chili, some gem leaves and a dollop of yoghurt.

Learner's Activity 4

Description	Roasted mustard with lentils
Purpose	To understand the cooking of Roasted mustard with lentils
<p data-bbox="180 391 480 425">Instruction for Learners</p>  <p data-bbox="180 1171 305 1205">Method:</p> <ol data-bbox="180 1215 1427 1790" style="list-style-type: none"> Preheat the oven to 220°C/gas 7. Cut the broccoli and cauliflower into even-sized florets, then spread out in a single layer in a roasting tray. Drizzle with olive oil, sprinkle with season with sea salt and black pepper. Toss in the unpeeled cloves of garlic, then spread everything out in the tray and pop in the oven. Roast for 20 to 25 minutes, or until the vegetable is cooked through and charred on the outside. Pop the lentils in a medium-sized pan, pour over the hot stock and add the bay leaf. Gently bring to the boil over a medium heat, then reduce to a simmer and cook for 25 to 30 minutes, or until they're cooked but still retain some bite. Drain and set aside. Make the dressing by squeezing the garlic out of its skin into a bowl. Mash until creamy, then squeeze in the lemon juice and season. Whisk to combine, then add a couple of tablespoons of extra virgin olive oil. Toast the walnuts in a dry frying pan over a medium heat. Pick and chop the herb leaves, then toss with the walnuts and set aside. 	<p data-bbox="695 391 862 425">Ingredients:</p> <ul data-bbox="751 425 1427 848" style="list-style-type: none"> 800 g broccoli and cauliflower olive oil 4 cloves of garlic 250 g lentils 1 liter organic vegetable stock 1 fresh bay leaf 2 lemons extra virgin olive oil 100 g walnuts 1 large bunch of mixed soft herbs (parsley, mint, chervil) 250 g cheese 2 tablespoons runny honey <p data-bbox="695 878 1240 913">2. Assembling of tools and equipments</p> <ul data-bbox="776 913 976 1141" style="list-style-type: none"> Cutting board 1 Knife 1 Bowl 1 Cooking pot 1 Fryer 1 Spatula 1 Peeler 1

- g) Toss the hot lentils through the garlic dressing, followed by the roasted veggies, herbs and nuts.
- h) Pour a lug of olive oil into a medium-sized, non-stick frying pan over a medium heat. Chop and fry the butter until it's golden.
- i) Drizzle over the honey and fry for 1 more minute, until sticky and caramelised. Scatter the butter over the salad and serve immediately.

Summary of Module

- usage of different kinds of tools and utensils for the preparation of vegetables like
 - Knives
 - Peelers
 - Cutting Boards
 - Graters
 - Mixing Bowls
 - Mixing spoons
 - Colanders
 - Mashers
- Different styles of cuttings of vegetables according to the requirement of vegetable dish like
 - Slicing
 - Dicing
 - Small dice
 - Julienne
 - Chiffonier
- Identification of different kinds of vegetables like
 - Root Vegetables
 - Stem vegetables
 - Leafy Vegetables
 - Seed vegetables
 - Fruit Vegetables
- Washing, peeling and rewashing (WPRW) of different vegetables to remove dirt and other harmful material
- Different Cooking methods for vegetables cooking like
 - Grilling
 - Baking
 - Boiling
 - Steaming
 - Sautéing
 - Frying
- Cooking with perfect doneness, Not
 - Undercooked
 - Overcooked
- Safe handling of vegetables by adopting personal hygiene, area hygiene, correct temperatures during
 - Preparation
 - Cooking
 - Serving
 - Storing
- Ensure quality standards for cooking like
 - Right texture
 - Brighten Color
 - Perfect Doneness

- Usage of techniques of presentation for vegetables dishes to make them more attractive and presentable
- Storage of vegetable dishes at the right temperature (1-5°C) for refrigeration.

Frequently Asked Questions (FAQs)

FAQ 1: What is the difference between a fruit and a vegetable?

Answer Vegetables are the stem (celery), root (carrot), leaf (spinach) and the flower (cauliflower) part of plants. And a fruit is the mature ovary of a plant. Like tomato and eggplant.

FAQ 2: Is there a big difference between fresh, canned, or frozen?

Answer Fresh is best. Frozen are good too, as they are frozen soon after harvest. Canned vegetables have preservatives and as result, a lower nutritional content.

FAQ 3: Which vegetable is high in iron?

Answer spinach is high in iron.

FAQ 4: What are root vegetables?

Answer Vegetables which grow underground like potato, turnips, carrots and sweet potato.

FAQ 5: Which moist heat cooking methods are used for vegetable cookery?

Answer Boiling and steaming are moist heat method which are mostly used in vegetable cookery.

FAQ 6: Green vegetables should be cooked covered or uncovered?

Answer Green vegetables should be cooked uncovered to save their bright green colour.

FAQ 7: What is the best method to cook tender vegetables?

Answer Sautéing is the best method to cook tender vegetables like snow peas, broccoli and mushrooms to save their colour and nutrients.

FAQ 8: What are stem vegetables?

Answer Stem vegetables are those that have shoots or stalks which can be consumed. Some of the most popular stem vegetables include asparagus, celery, fennel, etc

FAQ 9: What is a buffalo chopper used for?

Answer A buffalo chopper is a food processor, used to cut food into pieces or grinding

FAQ 10: How long cooked vegetables can be stored in the fridge?

Answer Cooked vegetables can be stored in refrigerator for three days only. After that they will be harmful for your health.

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. To which category of vegetable, turnips, carrots and parsnip belong?
 - a. Roots
 - b. fruits
 - c. Leave
 - d. Squashes
2. Chili pepper and cucumber are which type of vegetable.
 - a. Seed
 - b. Fruit
 - c. Tuber
 - d. Flower
3. In which cooking method vegetables are cooked in a simmering liquid.
 - a. Frying
 - b. Baking
 - c. Basting
 - d. Poaching
4. A _____ is a kitchen tool consisting of a slotted metal blade attached to a handle that is used to remove the outer skin or peel of certain vegetables.
 - a. Peeler
 - b. Knife
 - c. Grinder
 - d. Mince Machine
5. _____ is used to rinse and drain vegetables.
 - a. Bowl
 - b. Glass
 - c. Colander
 - d. Containers
6. _____ for creating evenly thin slices of fruits and vegetables.
 - a. Sharp tools
 - b. Handy tools
 - c. Plastic tools
 - d. None of above

7. _____ is applied directly to the food by way of convection thus making the food to get cooked.
- a. Frying
 - b. Chilling
 - c. Heat
 - d. Drying
8. Refrigerate fresh produce within _____ of peeling or cutting.
- a. Five hours
 - b. Two hours
 - c. Ten hours
 - d. Fifteen hours
9. _____ is the best method to cook tender vegetables like snow peas, broccoli and mushrooms to save their color and nutrients.
- a. Frying
 - b. Chilling
 - c. Sautéing
 - d. Drying
10. _____ can be stored in refrigerator for three days only.
- a. Fresh Vegetables
 - b. Cooked vegetables
 - c. Frozen vegetables
 - d. Chilled Vegetables

Answer Key

MCQ Number	Correct Answer
1	a
2	b
3	a
4	a
5	c
6	b
7	c
8	b
9	c
10	b

MODULE 11: PREPARE, COOK AND FINISH COMPLEX HOT SAUCES

Learning Outcomes

After completion of this learning module, you will be able to:

- Identify requirements for preparing complex Hot sauces for cooking
- Use tools and equipment for preparing complex Hot sauces correctly
- Use appropriate methods to prepare complex Hot sauces for cooking
- Check that preparation of complex Hot sauces meets quality requirement
- Identify requirements for cooking complex Hot sauces
- Use tools and equipment to cook complex Hot sauces correctly
- Use appropriate methods to cook complex Hot sauces
- Combine hot sauce ingredients with other ingredient
- Check that the dish meets quality and quantity requirements
- Finish, garnish and present the dish to meet organizational specification
- Make sure dishes are at correct temperature for holding and servings

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Learning Unit 01: INDEPENDENTLY ASSEMBLE FOOD AND EQUIPMENT TO PREPARE, COOK AND FINISH COMPLEX HOT SAUCES

Overview

In this learning unit, you will learn about requirements, tools & equipments and methods for preparing quality complex hot sauces.

After completion of this learning unit you will be able to apply methods for preparing quality hot Sauces.

Stocks

Basic clear type broth of meat.

Knowing Soups, Stocks and Sauces [1]

A sauce is a fluid dressing for meat, poultry, fish and other food preparations. Sauces enhance the flavor and appearance of the food they go with. They may also add nutritional value. In most cases, a sauce should be of proper consistency to flow readily and provide a coating for the food but not thick or heavy enough to saturate the food or cause difficulty in digestion.

A sauce adds the following qualities to foods:

- Moistness
- Flavour
- Richness
- Colour and shine

Classic types of sauces:

- Bechamel / White Sauce
- Veloute
- Espagnole / Brown Sauce
- Tomato
- Hollandaise

These five sauces are easy to remember by thinking of them as colors. White, Blonde, Brown, Red & Yellow, respectively.

Identify & Assemble Equipment and Ingredients for Preparing Soups, Stocks and Sauces [2]

Sauces: Sauces are made up of three kinds of ingredients.

- A liquid (Water, Stock, Vinegar, Dairy etc.)
- A thickening agent (Eggs, Roux, Starch, Reduction method etc)
- Additional seasoning and flavoring ingredients (Herbs, Spices, Salt, Pepper, Cheese etc)

Equipment for making sauces must be clean with no visible signs of food debris or food particles.

Equipment may include:

- Spoons, (plastic or wooden spoon should be used to stir sauce in a metal pan because a metal spoon, especially when used in an aluminum pan, can discolor the sauce)
- Pans
- Mixing bowls
- Whisks
- Strainers
- Graters
- Knives
- Chopping boards

Methods to Prepare Complex Hot Sauces [3]

Preparation methods for hot sauces:

- Weighing and measuring,
- chopping,
- whisking,
- sieving,
- liquidizing,
- blending,
- emulsifying,
- simmering,
- boiling,
- reducing,
- making roux,
- passing,
- straining,
- blending,
- skimming.

Learning Unit 02: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO PREPARE COMPLEX HOT SAUCES FOR COOKING

Overview

In this learning unit, you will learn about equipment and multi-stage methods for cooking complex hot Sauces.

After learning you will be able to apply multi-stage methods to prepare and cook different types of complex hot Sauces.

Preparing and Cooking Sauces [2]

You are to identify requirements for cooking complex hot sauces using following generic guidelines:

Selecting Peppers

What makes a hot sauce, well...hot, is the type of pepper you use. Most sauces start with a tomato base and add fresh or roasted peppers to taste. That depends on how fiery you want your sauce to be.

A pepper's hotness is measured by Scoville heat units, named after an early 20th century chemist Wilbur Scoville. He developed a scale to determine how hot a chili pepper is.

For example, a regular green bell pepper measures "zero" units, while the Naga Jolokia, or "Ghost Pepper" tips the fire scale at more than 1 million units... very hot! Common chilies fall in between. The Jalapeno ranks between 2,500 and 8,000 units on the Scoville scale, the Serrano between 8 and 22 thousand units, and the Orange Habanero burns between 150 and 325 thousand units. There are many different kinds of peppers to choose from, but where you live can determine what's readily available in the market. You may want to play around with the strengths, or combine different peppers to come up with the heat and flavor you want.

Additional Ingredients

Once you have your peppers selected, choose the other ingredients for your hot sauce. For the base, you can use fresh or canned diced tomatoes. If using canned, try to get the best quality tomatoes possible and make sure there are no additional ingredients. You will also need some distilled white vinegar and some salt.

These are the basics, but you can also add lime or other citrus juice, fresh garlic, onions, carrots or herbs such as cumin, mustard powder, oregano or anything else you can think of...this is your sauce! In fact, you can ditch the tomatoes all together and simply use the peppers if you like.

Preparing the Peppers

Before you get to cooking, you'll need to preparation of your peppers. For this, you absolutely want to wear protective latex gloves. The oils on chilies are what makes them sting. You don't want to get those oils on your hands and then mistakenly touch your eyes or nose.

Everybody has their own method of preparing peppers. Some people like to roast them in the oven, some like to cook them whole, and still others like to slice them open to remove the stem and the seeds before cooking. Each method produces a different flavor.

Do you know!

Once sauce is cool enough to taste, pour the sauce into a food processor and blend until smooth

A Basic Recipe

For a basic hot sauce recipe:

1. Put two cups of diced tomatoes in a saucepan.
2. Add one cup of vinegar and a cup of chili peppers.
3. Add the rest of your ingredients and cook over high heat for two or three minutes.
4. After three minutes, turn the heat down and let the mixture simmer for 20 minutes.
5. Turn the heat off and cool it down.
6. Once it's cool enough to taste, pour the sauce into a food processor and blend until smooth.
7. You can also use a hand blender for this process if you have one.

Tools and Equipment to Cook Complex Hot Sauces [2]

The preparation method and tools for making sauces will depend on the type of sauce you are making.

Preparation methods may include the following techniques:

- Mixing - used to combine ingredients evenly through the sauce.
- Chopping/slicing - used either to cut the basic ingredients that provide the flavor, or to cut ingredients into fine pieces for garnish or final presentation.
- Whisking - beating rapidly to incorporate air and increase the volume.
- Grating - shredding ingredients into fine strands using a grater. This technique is appropriate for cheese.
- Blending - thoroughly combining two or more ingredients.
- Straining - removing solids from a liquid by passing it through a strainer

Tools and equipments

1. Stockpot
2. Chinois
3. Blender
4. Knives
5. Chopping boards
6. Saucepans
7. Wooden spoons
8. Soup ladles
9. Food processor
10. Storage containers

Methods to Cook Complex Sauces [3]

You are to use any of given below methods to cook complex sauces

Béchamel / White Sauce

A béchamel sauce is a Mother Sauce, which is where all sauces originate from. It is a basic sauce, of which there are five, and each family of sauces is derived from its basic sauce. In Béchamel case, milk is used to create a basic cream sauce known as béchamel.

Milk is the liquid used to create a béchamel sauce, which is then used to create derivative sauces. Following this principle will help you have a firm understanding of all basic sauces.

The Bechamel is definitely the easiest basic sauce to prepare. Traditionally it was made by adding heavy cream to a thick veloute sauce, but today the sauce is almost always made by thickening milk with a white roux and adding seasonings. Very popular with vegetable, egg, gratin, and pasta dishes.



Ingredients:

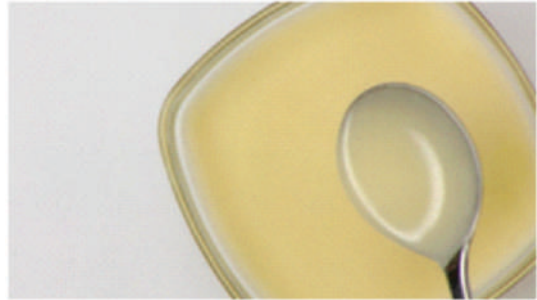
- 2½ cups whole milk
- 2 tablespoon clarified Butter
- 2 tablespoon all-purpose flour
- ¼ onion, peeled
- 2-3 whole cloves
- 1 fresh bay leaf
- Salt, to taste
- Ground white pepper, to taste
- Pinch of ground nutmeg

Method:

- Prepare a white roux and allow it to cool. (Roux is defined with detail in coming elements)
- Once cooled, bring it to boil with onion, clove and bay leaf. Allow infusing for 5 minutes, on a very low heat.
- Strain and gradually add milk to the roux. Use a wooden spatula to beat out all lumps.
- Simmer gently for 30 minutes. Stir frequently to prevent sticking.
- Pass through a fine strainer.
- Cover with butter to prevent a skin forming.
- Season with salt and pepper, garnish with nutmeg.
- Use or cool and store.

Veloute Sauce

The veloute sauce has quite a large family of sauces underneath it, and that is due to its versatility in the kitchen and its neutral flavor and color. You will find it is similar in qualities and finish to that of a béchamel sauce, but with a smoother finish and sheen. The flavor of a veloute is almost always neutral and almost bland to the tongue. But this is a good thing, because it forms the texture that we want from a basic sauce and a large canvass for us to work with.



A veloute is very simply a thickened white stock. It can be made from one of three white stocks: Chicken stock, fish stock, or veal stock.

Ingredients:

- 2 liters stock (chicken, veal, fish etc.)
- ¼ cup clarified butter
- ¼ cup all-purpose flour
- Salt and white pepper, to taste

Method:

- Prepare a light blonde roux with butter and flour. (Roux is defined with detail in coming elements).
- Gradually start adding stock to the roux. Use a wooden spatula to beat out all lumps.
- Simmer gently for 30 minutes. Stir frequently to prevent sticking.
- Pass through a fine strainer.
- Cover with butter to prevent a skin forming.
- Season with salt and pepper.
- Use or store for later use.

Espagnole / Brown Sauce& Demi-Glace

The basic sauce of the espagnole or brown sauce family is a full bodied and rich sauce. It is made from brown stock of which brown roux, mirepoix and tomato puree are added. An espagnole is almost always used to produce a demi-glace.



Ingredients:

- ½ cup clarified butter
- ¼ cup carrot, chopped coarsely
- ¼ cup small onion, chopped coarsely
- 2 cloves of garlic, chopped
- ¼ cup celery, chopped coarsely, leafy tops included
- ½ cup all-purpose flour
- 2 liters brown stock
- ¼ cup tomato purée
- Ground black pepper, taste
- Salt, to taste

Method:

- Prepare a brown roux with butter and flour. (Roux is defined with detail in coming elements)
- Add carrots, onions, garlic and celery in it and sauté for 5 minutes.
- Add tomato purée and stir well
- Gradually start adding stock in. Use a wooden spatula to beat out all lumps.
- Simmer gently for 30 minutes. Stir frequently to prevent sticking.
- Pass through a fine strainer.
- Cover with lid to prevent a skin forming.
- Season with salt and pepper.
- Use or store for later use.

Demi-Glace

Demi-glace is French for "half glaze", which is by definition a mixture of half brown stock and half espagnole sauce that reduced by half. The reason that we create a demi-glace is that it creates an entirely new type of sauce that is then used to make the derivative sauces.

Brown stock is used to make the espagnole or brown sauce as we discussed above. After this has been achieved, we can then use the espagnole sauce to produce a demi-glace.

In order to create a good demi-glace, it is important to hold the sauce to certain standards of quality. A properly made demi-glace is rich, smooth and lump free.

Ingredients:

- 2 cups brown stock
- 2 cups espagnole or brown sauce
- Salt and pepper, to taste
- Bouquet garni (Bay leaf, thyme, parsley) optional.

Method:

- Combine the brown stock and the brown sauce in a saucepan.
- Bring to boil over medium-high heat, then lower the heat to simmer.
- Add the bouquet garni and reduce for about 30 minutes or until the total volume has reduced by half.
- Remove pan from heat and retrieve the bouquet.
- Carefully pour the demi-glace through a strainer lined with a piece of cheesecloth.
- Use or store for later use.

Tomato Sauce

One of the most widely used and varied sauces in the world is the tomato sauce. From Bolognese sauces, pizza sauces, chili stews, to the thousands of varieties of spaghetti sauces, there seems to be a limitless application. What makes the tomato sauce popular is the availability of the ingredients. Tomatoes are very easy to get a hold of and can be picked up at the grocery store at any time of the year (more or less). Other ingredients, such as beef bones or chicken bones, are a bit more difficult



Ingredients:

- 2 tablespoon olive oil
- 1 cup onions, diced
- 1 cup carrots, diced
- 1 cup celery, diced
- 2 clove garlic, minced
- 2 kg tomatoes, crushed
- 1 water or stock (optional)
- Salt, to taste
- Sugar, to taste
- Bouquet garni (Bay leaf, thyme, parsley)
- 8-10 black peppers, crushed

Method:

- Put oil in a large pan, and sauté the onion, carrots, celery and garlic for 1-2 minutes.
- Add bouquet garni and tomatoes and stock in the pan.
- When it comes to boil, lower the heat and simmer for 2 hours.
- Once simmered, take out the bouquet garni and strain the sauce
- Season with salt, pepper and sugar.

Hollandaise Sauce

Technically, a hollandaise sauce is an emulsified sauce. An emulsified sauce acts a bit differently than other sauces and is much more temperamental. A Hollandaise is made from egg yolk, which contains a large quantity of the emulsifying agent lecithin, which is a natural emulsifier. This is used to combine and emulsify warm butter and a small amount of water, lemon juice or vinegar. Vigorously whipping the egg yolks with the liquid over heat to form soft foam, and then folding in the warm butter, the lecithin coats the individual oil droplets and holds them in suspension. Emulsification is the only method that enables the combination of fat and liquid.



Because we are dealing with raw egg yolks, it is important to understand that if you heat a Hollandaise past 65°C (150°F) you will begin to cook the yolk causing large chunks to interrupt the sauce. If the sauce falls below 7°C (45°F), the fat will solidify and cause the sauce to break. It is very important to have a good understanding of temperature control.

Food borne illness can also occur with an improperly kept Hollandaise sauce. Because the temperature you must keep a Hollandaise is directly in the danger zone for bacterial growth, it cannot be kept for long periods of time. Hollandaise, when used in commercial settings, is kept no longer than 1 1/2 hours. Because of that, many restaurants have abandoned the classic Hollandaise sauce and opted instead for the easy and safer artificial variety.

A properly made Hollandaise sauce is smooth, buttery, pale lemon-yellow colored and very rich but light in texture. There should be no lumps and not show any signs of separation. The buttery flavor should dominate but not mask the flavors of the egg, lemon and vinegar. The sauce should appear frothy and light, not heavy like a mayonnaise.



Ingredients:

- 1 cup clarified butter
- 4 egg yolks
- 2 tablespoon lemon juice
- 1 tablespoon vinegar
- Salt, to taste

Method:

- Heat an inch or two of water in a saucepan over a medium heat.
- In a separate pan heat the butter until warm, but not hot.
- Whisk the egg yolks for a minute or two, until the mixture is light and foamy. Whisk in a couple of drops of lemon juice, too.
- Once the water in the saucepan have begun to simmer, Set the bowl directly atop the saucepan of simmering water. The water itself should not come in contact with the bottom of the bowl.
- Whisk the eggs for a minute or two, until they're slightly thickened.
- Remove the bowl from the heat and begin adding the melted butter slowly at first, a few drops at a time, while whisking constantly. If you add it too quickly, the emulsion will break.
- Continue beating in the melted butter. As the sauce thickens, you can gradually increase the rate at which you add it, but at first, slower is better.
- After you've added all the butter, whisk in the remaining lemon juice and season to taste with salt.
- The finished hollandaise sauce will have a smooth, firm consistency. If it's too thick, you can adjust the consistency by whisking in a few drops of warm water.
- It's best to serve hollandaise right away. You can hold it for about an hour or so, provided you keep it warm.

Roux

The thickening agent that is overwhelmingly used in professional kitchens and home kitchens alike the whole world over. It is the backbone of many dishes, soups, and sauces and has been used as the battlefield medic in recovering dishes that may have gone over the wayside a bit. A roux is a simple flour/fat mixture that is added to dishes in order to thicken a dish.

**What a roux consists of?**

It is a combination of equal parts by weight flour and fat (Butter, oils, etc).

Flour and fat is then cooked together to form a paste. Cooking the flour in fat will coat the starch/flour with the fat and prevent them from lumping together when introduced into a liquid. In some professional kitchens, roux is prepared prior and used as needed throughout the night. For the home cook or smaller restaurants, it is made separate for each recipe.

The Three Types of Roux

There are three varieties of roux that you may use depending on the desired outcome

White roux - This roux is cooked briefly and should be removed from heat as soon as it develops a bubbly, frothy appearance. White roux's are used in white sauces such as a bechamel or in dishes where color is undesirable.



Remember:

Do not use aluminum pots as the scorching of the metal spoon or whisk, will turn the colour to light grey and impart a metallic flavor. This will also cause aluminum to cause health concerns.

Blond roux - Cooked a bit longer than white roux in order to produce a blond coloring, a blond roux is at the beginning stages of caramelization. A veloute is typical for the requirements of a blond roux

Brown roux - A brown roux is cooked until it is much more caramelized and will turn a distinct brown color. This roux will impart a nutty aroma and flavor and is used in brown sauces or dishes where a dark color is desired. Because the starches break down during prolonged cooking, more roux will be required to achieve a similar thickening power.

Method for making roux

There is a basic procedure for making roux that is easy to follow and simple to learn. Whether you are creating a white, blond, or brown roux, the procedure is the same.

- Use a heavy saucepan to prevent overheating and burning. Heat your fat/butter/oil.
-
- Add all the flour to the oil and stir in to form a paste. The best flour to use will be a cake or pastry flour as they will have more starch content, however an all-purpose flour will work just fine too.
-
- Cook the paste over medium heat until the desired type is achieved. The roux should be the consistency of wet cement. Be sure to stir the roux often to avoid burning. Burnt roux will not thicken a liquid and will instead impart bitter burnt flavoring and small burnt flakes instead. Throw it away if this occurs and start again.

The general rule is that the temperature and amount of roux being made determines the exact cooking time. A white roux, however needs to cook for only a few minutes just long enough to minimize the raw flour taste. Blond roux is cooked a bit longer. A brown roux will require a much longer cooking time to develop the color and aroma. Good roux is stiff, not runny or pourable.

Adding Roux To A Liquid

You must follow the proper steps of adding roux into your liquid and you must also have the foresight to prepare for the method in advance to avoid situations where you may cause a delay in your cooking. Such delays or lack of preparation is the bane of a good cook and can cause you to miss important windows of cooking opportunities.



Therefore, there are two ways to incorporate it into a liquid

- Cold or warm stock can be added to a hot roux while stirring vigorously with a whisk/spoon.
- Room temp roux can be added to a hot stock/liquid while stirring vigorously with whisk/spoon.

If hot roux is added to a hot liquid, it will form lumps that will be almost impossible to remove save straining. If you have to add a portion of the liquid to the roux and get the mixture happening (Which is how I do it), that works just as fine. Then, once the roux has begun to incorporate you can add the remaining liquid and bring it back up to temperature.

Learning Unit 03: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO COOK AND FINISH COMPLEX HOT SAUCES

Overview

In this learning unit you will learn about finishing, garnishing, presenting and storing of complex hot sauces

After completion of this learning unit you will be able to plate and store cooked complex hot sauces and their ingredients

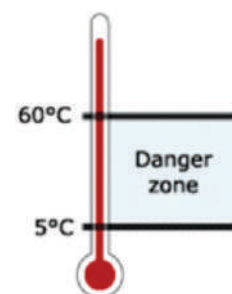
Finish, Garnish and Present the Dish [1]

You are to finish, garnish and present the dish to meet organizational specifications

Force meat is often garnished with small quantities of diced or chopped meat, fat and/or dried fruit to enhance its flavor, texture and appearance. Garnishes most commonly used are pistachio nuts, diced fat, truffles, tongue. Vegetables, tongue should be pricked before adding to the force meat or they may shrink during cooking leaving unsightly air pockets.

The main ingredient in force meat may be meat, poultry, fish or shellfish. When preparing the main ingredient you have to make sure that you remove all membrane, connective tissue and small bones to facilitate mincing

Remember:



Dishes are at Correct Temperature for Holding and Serving [2]

Make sure dishes are at correct temperature for holding and serving. Please keep in mind following guidelines:

Reheating Sauces

Most of the grand sauces and some contemporary sauces can be prepared in advance, then cooled and stored. When you are ready to serve them, you will need to reheat the sauce quickly and safely. This is most easily accomplished over direct heat, although in the case of some very delicate cream sauces, you may prefer to use a double boiler.

Once the sauce is at the correct temperature, check it carefully for the best possible flavor, aroma, texture, color and appearance. Make any necessary adjustments to the sauce either now, or after the sauce has been finished according to need.

Holding a Finished Sauce

Some sauces are suitable for holding in a steam table during service. As noted, they must be brought as quickly as possible up to service temperature. Then, they are generally transferred to clean bain-marie and placed in hot water bath.

Those sauces that have been thickened with a starch will be prone to developing a skin if they are left uncovered. Some chefs like to top the sauce with clarified butter. This creates an airtight seal

that prevents a skin from forming on the surface of the sauce. Others prefer to use a fitted cover for the bain-marie or a piece of parchment paper cut to fit directly onto the surface of the sauce. Plastic wrap can also be used.

Emulsion sauces, such as hollandaise-type sauces and beurre blancs, need special care. They may not hold up in a steam table, since temperatures could be high enough to cause the sauce to break. Find another warm spot in the kitchen, or use a vacuum bottle (preferably one with a wide neck). Be sure that any emulsified sauces that remain after service are discarded to avoid food-borne disease.

Plating and Presentation

Sauces do add flavor, moisture and texture to a dish. They also serve to enhance its visual appeal. There are some principles used in applying sauces to foods.

Maintain the temperature of the sauce, be sure that hot sauces are extremely hot, warm emulsion sauces are as warm as possible without danger of breaking, and cold sauces remain cold until they come in contact with hot foods. The temperatures of the sauce, the food being sauced, and the plate should all be carefully monitored.

If the food being served has a crisp or otherwise interesting texture, it is generally best to pool the sauce beneath the food, spreading it in a layer directly on the plate. If an item could benefit from a little "cover" or the sauce has more visual appeal, spoon or ladle it evenly over the top of the food. Use common sense when you determine portion sizes for sauces. There should be enough for the guest to enjoy the flavor of the sauce with each bite, but not so much that the dish looks swamped. Not only does this disturb the balance between the items on the plate, it also makes it difficult for you to carry the food from the kitchen to the table without at least some of the sauce running onto the rim, or worse, over the edge of the plate.

Sauces should be artfully applied to foods, but they should never look as if they were "touched" or labored over. Foods should appear fresh and as natural as possible.

Safely Store Cooked Complex Hot Sauces and Hot Sauce Ingredients [3]

You are to safely store cooked complex hot sauces and hot sauce ingredients which are not required for immediate use

Store and reconstitute sauces

Sauces are generally highly perishable as they contain water, proteins and carbohydrates, which favor the growth of bacteria, yeasts, and moulds.

The danger zone for sauces is between 5°C - 60°C. The total time in the danger zone, including cooling and re-heating times, must be less than two hours.

Storage

All sauces, with the exception of the butter based emulsion sauces, should be stored below 4°C and covered. Storage time should be less than one week.

Storage times of frozen sauces should not exceed six months and ideally should be used under three months.

Sauces should be stored in sanitized containers. It is better to use several smaller sealed containers than a single large one. If sauces are to be frozen, then they can be packed in sealed plastic bags under vacuum, or placed in sealed metal or plastic containers.

All containers must be labeled and dated and a record kept separately of what is stored.

As with the storage of stocks, a cartouche may be used to cover sauces although plastic cling wrap and containers with lids are acceptable.

Remember:

Roux based sauces will form a skin on the top and a cartouche assists in keeping this soft and minimal. Béchamel Sauce may have dabs of butter placed over the surface whilst hot to stop skinning but a cartouche is best.

Reconstituting sauces

Often sauces are made before service and stored. They can be reheated and used when needed provided certain precautions are taken:

- Reheating should be carried out as quickly as possible, stirring frequently
- Do not overheat as this can cause burning
- Sauces can be reheated in covered shallow trays in a hot oven to minimize the likelihood of burning, and when stovetops are in use.
- During service, hot sauces must be held above 60°C
- At the end of service the reheated sauce should be discarded, as should any sauce brought out of bulk storage.




Flour and roux based sauces will reconstitute but may require some adjustment when reheated. If possible, modified starch should be substituted for flour.

There are some differences between reconstituting soups and sauces:


- soups are adjusted for consistency and flavor only when the entire soup has been fully reheated to at least 80°C
- a soup can be thinned by adding water, milk, or stock

Consommé generally has its nutritive value and flavor increased during clarifying.


Learner's Activity 1

Description	White Sauce
Purpose	To understand the cooking methods,
Instruction for Learners	<div><div></div><div><p>Ingredients:</p><ol style="list-style-type: none">1. Arrange the ingredients 2½ cups whole milk 30 grams clarified butter, 30 grams all-purpose flour ¼ onion, peeled 2–3 whole cloves 1 fresh bay leaf Salt, to taste Ground white pepper, to taste Pinch of ground nutmeg2. Assembling of tools and equipments Sauce Pan 1 Whisk 1 Stainer 1 Wooden spoon 1<p>Method:</p><ol style="list-style-type: none">1. In a heavy-bottomed saucepan, warm the milk over medium heat, stirring occasionally.2. Meanwhile, in a separate heavy-bottomed saucepan, melt the butter over medium heat until it's liquefied.3. With a wooden spoon, stir the flour into the melted butter a little bit at a time, until it is fully incorporated into the butter, giving you a pale-yellow-colored paste called a roux. Heat the roux for another minute or so to cook off the taste of raw flour.4. Using a wire whisk, slowly add the warm milk to the roux, whisking vigorously to make sure it's free of lumps.5. Now attach the bay leaf to the onion using the cloves, and add them to the sauce. Simmer for about 20 minutes or until the total volume has reduced by about 20 percent,6. The resulting sauce should be smooth and velvety. If it's too thick, whisk in a bit more milk until it's just thick enough to coat the back of a spoon.7. Remove the sauce from the heat. You can retrieve the clove-stuck onion and discard it now. For an extra smooth consistency, carefully pour the sauce through a wire mesh strainer lined with a piece of cheesecloth.8. Season the sauce very lightly with salt and white pepper. Be particularly careful with the white pepper — and the nutmeg.</div></div>


Learner's Activity 2

Description	Red Hot Sauce
Purpose	To understand the cooking methods of Red Hot Sauce
<p data-bbox="183 399 480 429">Instruction for Learners</p>  <p data-bbox="183 788 305 818">Method:</p> <ol data-bbox="183 828 1438 1302" style="list-style-type: none"> 1. Combine the peppers, garlic, onions, salt and oil in a non-reactive saucepan over high heat. 2. Saute for 3 minutes. 3. Add the water and continue to cook, stirring occasionally, for about 20 minutes, or until peppers are very soft and almost all of the liquid has evaporated. (Note: this should be done in a very well-ventilated area!) 4. Remove from the heat and allow to steep until mixture comes to room temperature. 5. In a food processor, puree the mixture for 15 seconds, or until smooth. With the food processor running, add the vinegar through the feed tube in steady stream. 6. Taste and season with more salt, if necessary. (This will depend on the heat level of the peppers you use as well as the brand of vinegar used.) 7. Strain the mixture through a fine mesh sieve and then transfer to a sterilized pint jar or bottle and secure with an airtight lid. Refrigerate. 8. Let age at least 2 weeks before using. It Can be stored in the refrigerator for up to 6 months. 	<p data-bbox="686 399 862 429">Ingredients:</p> <ol data-bbox="686 435 1349 727" style="list-style-type: none"> a. 20 Tabasco or Serrano chilies, stemmed and cut crosswise into 1/8-inch slices, or 12 very ripe red jalapenos (about 10 ounces) b. 1 1/2 tablespoons minced garlic c. 3/4 cup thinly sliced onions d. 3/4 teaspoon salt e. 1 teaspoon vegetable oil f. 2 cups water g. 1 cup distilled white vinegar


Learner's Activity 3

Description	Mustardy Habanera Hot Sauce
Purpose	To understand the cooking methods of Mustardy Habanera Hot Sauce
Instruction for Learners	<div></div> <div>Ingredients:<ul style="list-style-type: none">a. 14 habanera chiliesb. 12 garlic cloves, peeledc. 8 scallions, coarsely choppedd. 1 carrot, sliced ¼ inch thicke. ¾ cup cilantro sprigsf. 2 tablespoons thyme leavesg. ¾ cup distilled white vinegarh. ¾ cup wateri. ½ cup yellow mustardj. ½ teaspoon ground allspicek. 1 tablespoon kosher salt</div> <div>Method:<ol style="list-style-type: none">1. Bring a large saucepan of water to a boil.2. Set a strainer in the saucepan and add the chilies.3. Blanch for 30 seconds, pressing to submerge the chiles.4. Transfer the chilies to a plate. Add the garlic, scallions, and carrot to the strainer and blanch for 30 seconds; transfer to a blender.5. Add the cilantro and thyme leaves to the strainer and blanch for 10 seconds; scrape into the blender.6. Wearing rubber gloves, stem and seed the chilies and transfer them to the blender.7. Add the vinegar, water, mustard, allspice, and salt to the blender and pulse to a chunky but pourable sauce.8. Carefully remove the lid and transfer the hot sauce to bottles using a funnel. You can refrigerate it for up to 6 months</div>

Learner's Activity 4

Description	Best Hot Sauce
Purpose	To understand the cooking methods of Best Hot Sauce
<p data-bbox="180 395 480 427">Instruction for Learners</p> 	<p data-bbox="695 395 862 427">Ingredients:</p> <ul style="list-style-type: none"> a. 10 fresh hot Chile peppers, stems removed b. 1 onion, coarsely chopped c. 1/4 cup pitted fresh dates, or more to taste d. 1/4 cup fresh basil leaves e. 1/4 cup fresh parsley leaves f. 1 roam (plum) tomato, roughly chopped (optional) g. 2 tablespoons beef bouillon powder h. 4 garlic cloves i. 1/2 cup vegetable oil, or as needed j. salt to taste k. 1 squeeze lemon juice <p data-bbox="180 858 305 891">Method:</p> <ol style="list-style-type: none"> 1. Place peppers, onion, dates, basil, parsley, tomato, bouillon powder, and garlic in the bowl of a food processor; pour in the oil. Pulse mixture until finely chopped, adding more oil if needed to thin; season with salt. 2. Pour pepper mixture into a small saucepan; bring to a boil. Squeeze lemon juice into pepper mixture, reduce heat to low, and simmer for 15 minutes. Allow pepper mixture to cool; pour into a glass jar with a lid. Store pepper sauce in the refrigerator.

Learner's Activity 5

Description	Hot Pepper Sauce
Purpose	To understand the cooking methods of Hot Pepper Sauce
<p data-bbox="185 395 480 425">Instruction for Learners</p>  <p data-bbox="185 943 305 973">Method:</p> <ol data-bbox="185 989 1421 1286" style="list-style-type: none"> 1. Wearing disposable gloves, and being careful not to get any in your eyes or on your skin, roughly chop the habanera peppers. 2. Place the habanera peppers, mango, onion, green onions, and garlic into a blender. Pour in the vinegar, lime juice, and vegetable oil, cover the blender, and pulse until the mixture is very finely chopped. Stop the blender, and add dry mustard powder, salt, curry powder, and lime zest. Blend again until the sauce is smooth. Pour into clean jars, and store in refrigerator. 	

Ingredients:

- a. 15 habanera peppers
- b. 1 small mango - peeled, seeded, and cut into chunks
- c. 1 onion, roughly chopped
- d. 3 green onions, roughly chopped
- e. 2 cloves garlic, roughly chopped
- f. 1 1/2 cups distilled white vinegar
- g. 2 limes, juiced
- h. 2 tablespoons vegetable oil
- i. 1/4 cup dry mustard powder
- j. 1 tablespoon salt
- k. 1 teaspoon curry powder
- l. 1/2 teaspoon grated lime zest

Summary of Module

- **Sauces:** A sauce is a fluid dressing for meat, poultry, fish and other food preparations. Sauces enhance the flavor and appearance of the food they go with. They may also add nutritional value. In most cases, a sauce should be of proper consistency to flow readily and provide a coating for the food but not thick or heavy enough to saturate the food or cause difficulty in digestion.
- A sauce adds the following qualities to foods:
 - Moistness
 - Flavour
 - Richness
 - Colour and shine

Classic types of sauces:

- Bechamel / White Sauce
 - Veloute
 - Espagnole / Brown Sauce
 - Tomato
 - Hollandaise
 - These five sauces are easy to remember by thinking of them as colors. White, Blonde, Brown, Red & Yellow, respectively
 - **Preparing the Peppers**
 - Before you get to cooking, you'll need to preparation of your peppers. For this, you absolutely want to wear protective latex gloves
 - Preparation methods may include the following techniques.
 - Mixing - used to combine ingredients evenly through the sauce.
 - Chopping/slicing - used either to cut the basic ingredients that provide the flavor, or to cut ingredients into fine pieces for garnish or final presentation.
 - Whisking - beating rapidly to incorporate air and increase the volume.
 - Grating - shredding ingredients into fine strands using a grater. This technique is appropriate for cheese.
 - Blending - thoroughly combining two or more ingredients.
 - Straining - removing solids from a liquid by passing it through a strainer
- Force meat is often garnished with small quantities of diced or chopped meat, fat and /or dried fruit to enhance its flavor, texture and appearance. Garnishes most commonly used are pistachio nuts, diced pork fat, truffles, diced ham and tongue. Vegetables, ham and tongue should be pricked before adding to the forcemeat or they may shrink during cooking, leaving unsightly air pocket

Reheating Sauces

- Most of the grand sauces and some contemporary sauces can be prepared in advance, then cooled and stored. When you are ready to serve them, you will need to reheat the sauce quickly and safely. This is most easily accomplished over direct heat, although in the case of some very delicate cream sauces, you may prefer to use a double boiler

Plating and Presentation

- Sauces do add flavor, moisture and texture to a dish. They also serve to enhance its visual appeal. There are some principles used in applying sauces to foods.
- Maintain the temperature of the sauce, be sure that hot sauces are extremely hot, warm emulsions sauces are as warm as possible without danger of breaking, and cold sauces

remain cold until they come in contact with hot foods. The temperatures of the sauce, the food being sauced, and the plate should all be carefully monitored

- There are some differences between reconstituting soups and sauces:
 - soups are adjusted for consistency and flavor only when the entire soup has been fully reheated to at least 80°C
 - a soup can be thinned by adding water, milk, or stock

Frequently Asked Questions (FAQs)

FAQ 1: How to prepare hot sauces?

Answer Remove the stems from the peppers. Slice into 1 inch/2.5cm slices.
Mince the shallots and garlic.
Pour the water into a saucepan. Add the salt. ...
Add the mango nectar.
Remove from the heat. Add the vinegar.
Pour into a blender. Pulse until smooth.
Pour into suitable bottles or jars

FAQ 2: How to cook hot sauces?

Answer For a basic hot sauce recipe, put two cups of diced tomatoes in a saucepan. Add one cup of vinegar and a cup of chili peppers. Add the rest of your ingredients and cook over high heat for two or three minutes. After three minutes, turn the heat down and let the mixture simmer for 20 minutes. Turn the heat off and cool it down. Once it's cool enough to taste, pour the sauce into a food processor and blend until smooth. You can also use a hand blender for this process if you have one.

FAQ 3: Define Method of storing a large batch of stock.

Answer A good way of storing a large batch of stock is to boil it down to a syrupy consistency, and to add water only when using. Freeze the glaze in ice cube trays and then turn the frozen cubes into a plastic box in the freezer. They will keep for at least a year if fat-free.

FAQ 4: Characteristics of different types of hot sauces?

Answer Color, flavor, consistency, shine, temperature, lightness, richness, stock-based, reduction-based, cream based, thickened.

FAQ 5: What are the Reasons for using different methods of preparation for hot sauces?

Answer Dish requirements, menu style, service style, cost of ingredients, selling price of dishes, skill levels of staff.

FAQ 6: How to store prepared hot sauces?

Answer Hot holding above 63°C, covered, held in bain-marie, emulsified sauces not allowed to become too hot, cooled rapidly below 5°C, appropriate containers, correct refrigerator, avoiding cross-contamination, ensuring food safety, compliance with food legislation.

FAQ 7: What are preparation methods for hot sauces?

Answer Weighing and measuring, chopping, whisking, sieving, liquidizing, blending, emulsifying, knife skills, simmering, boiling, reducing, making roux, passing, straining, blending, skimming.
Correct finishing methods for hot sauces dishes?

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. Which thickener is most often used in basic cream soup?

a jus	b brown
c roux	d stock

2. Which grand sauce is made from milk and white roux?

a chowder	b glace
c Bechamel	d veloute

3. Because the five grand sauces are used to make many sauces, as a group reference, they are known as the _____.

a mother sauces	b tomato sauce
c hot sauce	d sauce

4. A _____ is a fluid dressing for meat, poultry, fish and other food preparations.

a oil	b cooking oil
c sauce	d frying oil

5. _____ is used to combine ingredients evenly through the sauce.

a Blending	b Mixing
c Cooking	d Frying

6. _____ is used either to cut the basic ingredients that provide the flavor, or to cut ingredients into fine pieces for garnish or final presentation.

- | | | | |
|---|----------|---|---------|
| a | Cutting | b | Peeling |
| c | Chopping | d | Dicing |

7. Sauces _____ the flavor and appearance of the food .

- | | | | |
|---|------------|---|---------|
| a | Decreases | b | Enhance |
| c | Bring down | d | Lower |

8. _____ is shredding ingredients into fine strands using a grater.

- | | | | |
|---|---------|---|-----------|
| a | Grating | b | Shredding |
| c | Peeling | d | Dumping |

9. _____ is removing solids from a liquid by passing it through a strainer.

- | | | | |
|---|-----------|---|------------|
| a | Cleaning | b | Sanitizing |
| c | Straining | d | Frying |

10. _____ are adjusted for consistency and flavor only when the entire soup has been fully reheated to at least 80°C.

- | | | | |
|---|-------|---|-------|
| a | Milk | b | Soups |
| c | Juice | d | Oil |

Answer Key

MCQ Number	Correct Answer
1	C
2	A
3	A
4	C
5	B
6	C
7	B
8	A
9	C
10	B

MODULE 12: PREPARE, COOK AND FINISH DRESSINGS AND COLD SAUCES

Learning Outcomes

After completion of this learning module, you will be able to:

- Identify requirements for preparing complex Cold sauces for cooking
- Use tools and equipment for preparing complex Cold sauces correctly
- Use appropriate methods to prepare complex Cold sauces for cooking
- Check that preparation of complex Cold sauces meets quality requirement
- Identify requirements for cooking complex Cold sauces
- Use tools and equipment to cook complex Cold sauces correctly
- Use appropriate methods to cook complex Cold sauces
- Combine dressings and cold sauce ingredients with other ingredient
- Check that the dish meets quality and quantity requirements
- Finish, garnish and present the dish to meet organizational specification
- Make sure dishes are at correct temperature for holding and servings
- Safely store cooked complex Cold sauces & ingredients for future use

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Learning Unit 01: INDEPENDENTLY ASSEMBLE FOOD AND EQUIPMENT TO PREPARE, COOK AND FINISH DRESSINGS AND COLD SAUCES

Overview

In this learning unit you will learn about requirements, tools & equipments and methods for preparing quality dressings and cold sauces.

After completion of this learning unit you will be able to apply methods for preparing quality dressings and cold sauces.

Quality Problems

- Over whisking
- Over mixing
- Lack of flavor
- Splitting

Requirements for Preparing Dressings and Cold [1]

Cold sauces are generally known as Cumberland sauce, tartar sauce, horseradish sauce, emulsified egg based sauces, oil-based dressings, fruit sauces and vegetable thickened sauces, cream thickened sauces, sour cream-based, yoghurt-based, onion marmalades, salsa.

Preparation methods:

- Weighing and measuring,
- chopping,
- whisking,
- sieving,
- liquidizing,
- blending,
- emulsifying

Reasons to different methods:

- Dish requirements,
- menu style,
- service style,
- cost of ingredients,
- selling price of dishes,
- skill levels of staff.

Characteristics of different types:

- Color
- Flavor
- Consistency
- Shine
- Temperature
- Lightness
- Richness

Corrective action:

In case of any problem or issue in recipe, see advice from sous chef for adjusting consistency, adjusting flavor, adding seasoning, bringing back (re-emulsifying), substituting ingredients, ensure correct disposal of unusable products.

Tools and Equipment for Preparing Dressings and Cold Sauces [2]

Use following tools and equipment for preparing dressings and cold sauces correctly



1. Lemon Juicer
2. Garlic Press
3. Peeler Set
4. Scrape Shovel
5. Salad Tongs
6. Hand Powered Food Chopper
7. Salad Spinner

Learning Unit 02: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO PREPARE DRESSINGS AND COLD SAUCES FOR COOKING

Overview

In this learning unit you will learn about equipment and multi-stage methods independently to prepare dressings and cold sauces for cooking.

After completion of this learning unit you will be able to apply multi-stage methods independently to prepare and finish dressings and cold sauces for cooking.

Requirements for Cooking Dressings and Cold Sauces [1]

Requirements for cooking dressings and cold sauces as per recipe.

Vinaigrette

- Olive Oil (to taste) 3-6 tbsp
- French Mustard 1 tsp
- Vinegar
- Salt & Pepper
- Combine all ingredients together

Roquefort Dressing

- 50g Roquefort Cheese
- 125ml Vinaigrette
- Puree the cheese.
- Gradually add the vinaigrette, mixing continuously.

Thousand island dressing

- Salt & Pepper
- 3-4 drops of Tabasco
- 125ml Vinegar
- 375ml Oil
- 50g of Red Pepper
- 50g of Green pepper
- Chopped parsley
- 2 Hard-boiled eggs
- 2 tbsp Tomato Ketchup (optional)
- Place the Salt, Pepper, Tabasco and Vinegar into a bowl.
- Mix well and mix in the oil.
- Add the chopped peppers & parsley
- Mix in the sieved hard-boiled eggs

Mayonnaise Sauce

- 2 Egg Yolks
- 2 tsp Vinegar

- Salt and Pepper
- 1/8 of a tsp Mustard
- 250ml Oil
- 1 tsp Boiling water.
- Place the yolks, vinegar and seasoning into a bowl, and whisk well.
- Gradually pure the oil over while whisking continuously.
- Add the boiling water, still whisking well. Correct the seasoning.
- Andalusia sauce – sauce And also use
- Add to 250ml Mayonnaise, 2 tbsp tomato juice / ketchup, and 1 tbsp of pimento cut into a fine
- Julienne. Mix well. (Makes 250ml of sauce)
- Serve with cold salads only.

Green Sauce

- 50g Spinach, tarragon, chervil, chives and Water crest.
- 250ml Mayonnaise
- Pick, wash, blanch, and refresh the green leaves. Squeeze dry.
- Pass through a fine sieve. Mix well with the mayonnaise.

Russian Salad

- 100g Diced Carrot
- 50g Diced Turnip
- 50g Sliced French beans
- 50g Pea's
- 1 tbsp Vinaigrette
- 125ml Mayonnaise or natural yoghurt
- Salt & Pepper
- Cook all vegetables in separate pans of boiling water and then refresh, dry off well.
- Mix together in a bowl, add some vinaigrette, and then the mayonnaise / yoghurt.

Cooking methods:

- Sweating,
- frying,
- mixing,
- simmering,
- reducing,
- skimming,
- temperature control,
- straining,
- whisking.

Correct temperatures for cooking dressings and cold sauces:

- Boiling 100°C
- simmer 90-97°C
- Ensuring food safety above 75°C
- Hot holding above 63°C

Tools and Equipment to Cook Dressings and Cold Sauces [2]

Use following tools and equipment to cook dressings and cold sauces correctly:

- Correct tools and equipment:
- Saucepans,
- Sauté Pans,
- Spatula,
- Spoons,
- Ladles,
- Strainers,
- Colander,
- Sieves,
- Pestle and Mortar,
- Whisks,
- Knives,
- Color Coded
- Chopping Boards,
- Muslin Cloth.

Methods to Cook Dressings and Cold Sauces [3]

You must use appropriate methods to cook dressings and cold sauces. General guidelines are for preparing different sauces are:

Béchamel sauce

1. Prepare a white roux. Allow it to cool.
2. Bring to the boil with onion, clove and bay leaf. Allow infusing for 5 minutes.
3. Strain and gradually add milk to the roux. Use a wooden spatula to beat out all lumps.
4. Simmer gently for 30 minutes. Stir frequently to prevent sticking.
5. Pass through a fine strainer.
6. Cover with butter to prevent a skin forming.
7. Finish, garnish (nutmeg is optional).
8. Use or cool and store.

Evaluating quality

If prepared properly, Béchamel sauce should meet the following quality points.

- Flavor – creamy, reflecting its base liquid, milk. Taste the sauce using a clean spoon for each tasting.
- Color – should be that of heavy cream, slightly off-white, no hint of grey.
- Clarity – lustrous, with a definite sheen. Should be perfectly smooth with no graininess.
- Body – noticeable, thick enough to coat the back of a spoon yet still quite liquid.
- Aroma – that of cream. A slight hint of nuttiness from the roux will be apparent, but should not overpower the milk aroma.

Vinaigrette dressing

1. Combine the vinegar and seasonings.
2. Slowly whip in the oil until a homogeneous mixture is formed.
3. Serve the dressing immediately or store it.
4. Before dressing the salad, thoroughly recombine all of the ingredients

Evaluating quality

- The dressing should always be prepared with the proper ratios, to provide a correct balance between acidity and oil.
- The dressing should not have a sharp bite, a bitter edge, or an oily feel in the mouth, these will indicate the balance is incorrect. Taste the vinaigrette using a clean spoon for each tasting.
- Vinaigrettes are temporary emulsions, they will only stay blended for a short time. As the dressing is allowed to stand, the oil and vinegar will gradually separate. Therefore, it is advisable to remix the ingredients before serving.

Mayonnaise

1. Prior to preparation, all ingredients should be at room temperature for best results.
2. Beat the egg yolks until they are frothy.
3. Gradually incorporate the oil, beating constantly.
4. Add a small amount of vinegar and/or lemon juice, as the mayonnaise begins to stiffen.
5. Add any additional seasonings or flavoring ingredients.
6. Serve the dressing at once or store in the refrigerator

Learning Unit 03: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO COOK AND FINISH DRESSINGS AND COLD SAUCES

Overview

In this learning unit you will learn about finishing, garnishing, presenting and storing of dressings and cold sauces.

After completion of this learning unit you will be able to plate and store cooked dressings and cold sauce ingredients.

Finish, Garnish and Present the Dish [1]

You are to finish, garnish and present the dish to meet organizational specifications.

Achieving a quality product, meeting dish requirements, correct color, correct consistency, correct flavor, customer satisfaction and business reputation are in your hand. This can be done by checking dressing, cold sauces and adjusting flavours.

Correct temperature

Below 5°C, ensuring food safety, compliance with current food hygiene legislation.

Check dressings and cold sauces on the basis of:

- Dish specification
- Dish specification photograph
- Flavor
- Color
- Consistency.

Methods for adjusting the flavor of dressings and cold sauces:

- Add additional seasoning (pepper, spices, herbs)
- Add additional liquid (cream, vinegar, honey, fruit juice -lemon, lime, orange)
- Add sugar

Do remember to consult with sous chef before adjusting flavor. membranes, connective tissue and small bones to facilitate mincing.

Safely Store Cooked Dressings and Cold Sauces [2]


You are to safely store cooked dressings, cold sauces, dressings and cold sauce ingredients which are not required immediately. To store you can use bowls, jugs, bottles, air tight containers. Each stored item must be labeled and covered properly as per food safety & hygiene legislation. You are to ensure that all stored dressings and cold sauces are kept below 5°C.

Learner's Activity 1


Description	Cold olive sauce
Purpose	To understand the cooking methods of Cold Olive Sauce
Instruction for Learners	<p>Ingredients:</p> <ol style="list-style-type: none"> 24 very small green olives 1 can black olives 1/2 to 1 tsp. capers 2 tsp. oregano 2 tsp. parsley 1 tsp. basil 1/2 tsp. thyme 3 to 4 tbsp. Italian olive oil 4 tsp. grated Parmesan cheese 1 to 3 shakes crushed red <p>Method:</p> <ol style="list-style-type: none"> Cut up olives, removing any pits. Add capers (cut if large), oregano, parsley, basil, thyme, crushed red pepper, olive oil and Parmesan cheese. Use a large spoon to mix until the olives are covered with ingredients. If mixture is too thick add more olive oil, or it is not thick enough or the taste of the spices are too strong, add more Parmesan cheese. For a stronger taste, deli olives can be used.




Learner's Activity 2

Description	Cold sauce with pasta
Purpose	To understand the cooking methods of Cold Sauce With Pasta
Instruction for Learners 	Ingredients: <ol style="list-style-type: none"> 6-8 ripe tomatoes 2 cloves garlic, minced 6 tbsp. olive oil 4 tbsp. parsley Salt to taste Red pepper flakes to taste 1/2 c. green olives, sliced Method: <ol style="list-style-type: none"> Peel tomatoes and cut into chunks. Add remaining ingredients, stir and refrigerate. Best when made up 24 hours ahead. Serve over the hot pasta.

Learner's Activity 3

Description	Mustard sauce--cold
Purpose	To understand the cooking methods of MUSTARD SAUCE--COLD
<p data-bbox="186 393 480 425">Instruction for Learners</p>  <p data-bbox="186 889 306 921">Method:</p> <p data-bbox="186 929 1192 961">Mix and serve with green vegetables. Also good as spread for meat sandwiches.</p>	<p data-bbox="695 393 862 425">Ingredients:</p> <ul style="list-style-type: none"> <li data-bbox="695 429 902 461">1 c. mayonnaise <li data-bbox="695 461 919 493">1 tsp. dry mustard <li data-bbox="695 493 1013 526">3 tbsp. prepared mustard <li data-bbox="695 526 842 558">1 tsp. sugar <li data-bbox="695 558 930 590">1 tbsp. lemon juice

Learner's Activity 4

Description	Cold shrimp sauce
Purpose	To understand the cooking methods of COLD SHRIMP SAUCE
Instruction for Learners	<div></div> <p>Ingredients:</p> <ol style="list-style-type: none">1. 1 c. mayonnaise2. 1/4 c. olive oil3. 1 tsp. celery salt4. 1 sm. grated onion5. 1/4 c. chili sauce6. 1 c. garlic7. 1 tsp. dill8. 2 lb. shrimp, cleaned and deveined <p>Method:</p> <ol style="list-style-type: none">1. Mix all ingredients and chill well.2. Serve over a bed of lettuce, or with seasoned crackers.

Summary of Module

- **Vinaigrette**
 - Olive Oil (to taste) 3-6 tbsp
 - French Mustard 1 tsp
 - Vinegar
 - Salt & Pepper
 - Combine all ingredients together
- **Roquefort Dressing**
 - 50g Roquefort Cheese
 - 125ml Vinaigrette
 - Puree the cheese.
 - Gradually add the vinaigrette, mixing continuously.
- **Thousand island dressing**
 - Salt & Pepper
 - 3-4 drops of Tabasco
 - 125ml Vinegar
 - 375ml Oil
 - 50g of Red Pepper
 - 50g of Green pepper
 - Chopped parsley
 - 2 Hard-boiled eggs
 - 2 tbsp Tomato Ketchup (optional)
 - Place the Salt, Pepper, Tabasco and Vinegar into a bowl.
 - Mix well and mix in the oil.
 - Add the chopped peppers & parsley
 - Mix in the sieved hard-boiled eggs
- **Mayonnaise Sauce**
 - 2 Egg Yolks
 - 2 tsp Vinegar
 - Salt and Pepper
 - 1/8 of a tsp Mustard
 - 250ml Oil
 - 1 tsp Boiling water.
 - Place the yolks, vinegar and seasoning into a bowl, and whisk well.
 - Gradually pure the oil over while whisking continuously.
 - Add the boiling water, still whisking well. Correct the seasoning.
 - Andalusia sauce – sauce And also use
 - Add to 250ml Mayonnaise, 2 tbsp tomato juice / ketchup, and 1 tbsp of pimento cut into a fine
 - Julienne. Mix well. (Makes 250ml of sauce)
 - Serve with cold salads only.

- **Green Sauce**
 - 50g Spinach, tarragon, chervil, chives and Water crest.
 - 250ml Mayonnaise
 - Pick, wash, blanch, and refresh the green leaves. Squeeze dry.
 - Pass through a fine sieve. Mix well with the mayonnaise
- **Russian Salad – salade russe**
 - 100g Diced Carrot
 - 50g Diced Turnip
 - 50g Sliced French beans
 - 50g Pea's
 - 1 tbsp Vinaigrette
 - 125ml Mayonnaise or natural yoghurt
 - Salt & Pepper
 - Cook all vegetables in separate pans of boiling water and then refresh, dry off well.
 - Mix together in a bowl, add some vinaigrette, and then the mayonnaise / yoghurt.
- **Cooking methods:**
 - Sweating,
 - frying,
 - mixing,
 - simmering,
 - reducing,
 - skimming,
 - temperature control,
 - straining,
 - whisking.
- **Correct temperatures for cooking dressings and cold sauces:** Boiling 100°C, simmer 90-97°C, ensuring food safety, above 75°C, hot holding above 63°C,
- **Correct tools and equipment:**
 - Saucepans,
 - Sauté pans,
 - Spatula,
 - Spoons,
 - Ladles,
 - Strainers,
 - Colander,
 - Sieves,
 - Pestle and mortar,
 - Whisks,
 - Knives,
 - Color coded
 - chopping boards,
 - muslin cloth

- **Correct finishing methods for dressings and cold sauces dishes:**
Check consistency, adjust seasoning, adjust accordingly, present according to dish requirements, presentation, flavor, color, consistency, enriching, creating derivatives.
- Importance of correctly finishing dishes for service: Achieving a quality end product, consistent product, meeting dish requirements, correct color, correct consistency, correct flavor, customer satisfaction, business reputation.
- **Check dressings and cold sauces dishes have met finishing requirements:** Dish specification, dish specification photograph, seeking advice from line manager/head chef, check flavor, check color, check consistency.

Methods for adjusting the flavor of dressings and cold sauces: Adding additional seasoning, salt, pepper, spices, herbs, adding additional liquid, cream, vinegar, honey, fruit juice (lemon, lime, orange), adding sugar.

Frequently Asked Questions (FAQs)

FAQ 1: How to check dressings and cold sauces dishes have met finishing requirements?

Answer Dish specification, dish specification photograph, seeking advice from line manager/head chef, check flavor, check color, check consistency

FAQ 2: Write down Methods for adjusting the flavor of dressings and cold sauces.

Answer Adding additional seasoning, salt, pepper, spices, herbs, adding additional liquid, cream, vinegar, honey, fruit juice (lemon, lime, orange), adding sugar

FAQ 3: What are Healthy eating considerations when cooking dressings and cold sauces?

Answer Controlled portion sizes, reduce salt, serve dressings separately from main dishes, use unsaturated fats, use semi-skimmed milk, substitute saturated fats for lower fat ingredients (natural yoghurt, from age frays, skimmed milk, olive oil, polyunsaturated fats).

FAQ 4: Correct finishing methods for dressings and cold sauces dishes?

Answer Check consistency, adjust seasoning, adjust accordingly, present according to dish requirements, presentation, flavor, color, consistency, enriching, creating derivatives.

FAQ 5: Importance of correctly finishing dishes for service?

Answer Achieving a quality end product, consistent product, meeting dish requirements, correct color, correct consistency, correct flavor, customer satisfaction, business reputation.

FAQ 6: What are the Methods for adjusting the flavor of dressings and cold sauces?

Answer Adding additional seasoning, salt, pepper, spices, herbs, adding additional liquid, cream, vinegar, honey, fruit juice (lemon, lime, orange), adding sugar.

FAQ 7: What Correct finishing methods for dressings and cold sauces dishes?

Answer Check consistency, adjust seasoning, adjust accordingly, present according to dish requirements, presentation, flavor, color, consistency, enriching, creating derivatives.

FAQ 8: Importance of correctly finishing dishes for service?

Answer Achieving a quality end product, consistent product, meeting dish requirements, correct color, correct consistency, correct flavor, customer satisfaction, business reputation.

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

- Training and Learning Material: Chef de Partie (Hospitality)

7. _____ is creamy, reflecting its base liquid, milk. Taste the sauce using a clean spoon for each tasting.

- | | | | |
|---|--------|---|---------|
| a | Flavor | b | Texture |
| c | Smell | d | Color |

8. _____ should be that of heavy cream, slightly off-white, no hint of grey.

- | | | | |
|---|---------|---|-------|
| a | Clarity | b | Color |
| c | Smell | d | Body |

9. _____ should be lustrous, with a definite sheen. Should be perfectly smooth with no graininess.

- | | | | |
|---|-------|---|---------|
| a | Smell | b | Color |
| c | Taste | d | Clarity |

10. _____ should be noticeable, thick enough to coat the back of a spoon yet still quite liquid

- | | | | |
|---|---------|---|-------|
| a | Texture | b | Smell |
| c | Body | d | Taste |

Answers Key	
MCQ Number	Correct Answer
1	c
2	a
3	a
4	c
5	c
6	b
7	a
8	b
9	d
10	c

MODULE 13: PREPARE, COOK AND FINISH COMPLEX BREAD AND DOUGH PRODUCTS

Learning Outcomes

After completion of this learning module, you will be able to:

- Identify requirements for preparing complex Bread and dough for cooking
- Use tools and equipment for preparing complex Bread and dough correctly
- Use appropriate methods to prepare complex Bread and dough for cooking
- Check that preparation of complex Bread and dough meets quality requirement
- Use tools and equipment to cook complex Bread and dough
- Use appropriate methods to cook complex Bread and dough
- Combine bread and dough ingredients with other ingredients
- Check that the dishes meets quality and quantity requirement
- Finish, garnish and present the dish to meet organizational specifications
- Make sure dishes are at correct temperature for holding and serving
- Safely store cooked complex Bread and dough & ingredients for future use

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Learning Unit 01: INDEPENDENTLY ASSEMBLE FOOD AND EQUIPMENT TO PREPARE, COOK AND FINISH COMPLEX BREAD AND DOUGH PRODUCTS

Overview

In this learning unit you will learn about requirements, tools & equipments, methods for preparing quality complex bread and dough products.

After completion of this learning unit you will be able to apply methods for preparing quality complex bread and dough products.

Hydrogenated Shortening

The hydrogenated shortening helps a bread and dough rise because it can trap more air bubbles in the batter or dough.

Requirements for Preparing Complex Bread and Dough [1]

The ingredients required for bread and dough are given below:

Sugar

Sugar provides the sweet flavor and helps to make the cake tender. Also, sugar has an important effect on the structure of a cake. The sugar crystals help to incorporate air when sugar is creamed with fat in some cake recipes.



Eggs

Eggs in a cake provide some moisture and help to give the cake structure. The recipe may call for whole eggs or yolks or egg whites.

Baking Powder

Baking powder causes a cake to rise because it produces a gas (carbon dioxide) when combined with a liquid and also when the batter is heated. Be careful to measure the exact amount called for in the recipe.

Flour

Most cakes and cookies have flour as a major ingredient. All-purpose flour or cake flour may be used in cakes. In some recipes up to half of the flour can be whole wheat flour. The purpose of flour in a cake recipe is to give structure, the same as in breads.

Fat

The fat may be margarine, butter, oil, or shortening. Fat in a cake or cookie has several important jobs. The most important job of a fat is to make the cake tender and soft. Fat also helps to improve the keeping qualities of a cake or cookie. Different fats change the texture and tenderness of a cake or cookie. For example, cakes and cookies made with butter are the most tender and have a velvet-like crumb. Cakes and cookies made with hydrogenated shortening have a more even grain and will rise more than butter cakes or cookies.



Tools and Equipment for Preparing Complex Bread and Dough [2]

Use tools and equipment for preparing complex bread and dough products correctly

Mixing Bowls

These are used for containing and mixing the ingredients together. These are available in different sizes and are made of different materials (plastic, ceramics, glass etc) but stainless steel bowl are preferred for cooking.



Soft Wheat

Soft wheat contains less amount of gluten which is best suited for bread and dough.

Hydrogenated Shortening

The hydrogenated shortening helps a bread and dough to rise because it can trap more air bubbles in the batter or dough.

Measuring Cups, Spoons

In order to follow any baking recipe, measuring cups and spoons are essential. These are made of plastic, stainless or glass, Standard measuring cup sets usually have a 1-cup, 1/2-cup, 1/3-cup and 1/4-cup measures



Spatulas

These are used to blend or scrap the material from the in the mixing bowl. These are made of rubber, silicone or wood.



Icing Spatulas

These are used to apply frosting on tiny cupcakes as well as on birthday cakes, to smooth thick batter in pans for a leveled layer that allows the dessert to bake evenly, and to loosen a cake's sides from its pan for easier unmolding.



Wire Whisks

This tool is best suited for manual mixing of ingredients, creaming of eggs and rising of fresh cream used for making fresh cream cakes. Whisks come in several different shapes. A balloon whisk with a large, bulbous end is best for mixing large amounts of ingredients.



Basting Brush

It is used to apply shortening on the surface of baked products. Moreover they are used for applying oil on meat and poultry when roasting or grilling.



Timer and Thermometer

Kitchen timer is used to note time for different food recipes.



There are various types of thermometers, but the most common one used in baking is a candy thermometer.



Scraper

It has multiple uses, scrapers scoop up ingredients to transfer to bowls, aid in cutting brownies and bars and make for easy clean up. Especially if dough sticks to the surface.



Cooling Rack

If the cakes or breads are removed from the pan and allowed to cool by placing on a board, the bottom of the baked goods tends to become soggy. Therefore cooling rack is used to cool the product after removing from oven. Cooling rack allows for even circulation of air around the product.



Parchment Paper

Parchment paper helps in baking of the product, easy cake removal and makes pan cleaning quicker.



Flour Sifters

These are used to sift the flour to get improved texture of baked product, there are other uses like, to dust a cake with icing or confectioner's sugar, or add a cinnamon-sugar mix to cakes or desserts.



Methods to Prepare Complex Bread and Dough [3]

Preparation operations include:

- **Measuring and Weighing:** In this step ingredients are scaled down according to the recipe.
- **Grating:** It is the chopping or size reduction of baking ingredients like nuts, fruits for easy mixing



- **Beating:** To combine ingredients with a spoon or whisk using a circular motion. To mix lightly with a lifting motion, using two forks or spoons. To beat rapidly with a wire whisk or electric mixer to incorporate air into a mixture in order to lighten and increase the volume of the mixture.



- **Folding:** It is usually executed with a rubber spatula for liquid and dry ingredients, or with a wire whisk for whipped cream and egg whites so that the mixture gently incorporates as it falls through the wires.



- **Creaming:** It is a technique of blending several ingredients for example granulated sugar together with a solid fat like shortening or butter and working them to a smooth mass.



- **Layering:** This step is carried out by creating layers in puff pastries, by applying shortening between the dough layers so that it serve as a barrier between the dough layers. It is important for crispiness of the puff pastries.



Sugar ratio

Too little sugar can make a cake or cookie tough. Too much sugar causes the surface to be rough, dark brown and the cake may fall.

- **Mixing:** It is carried out for blending all the baking ingredients together into uniform mixture. It is usually carried out through different methods



- **Seasoning:** Addition of flavorings and spices to enhance the aroma and taste of bread and dough.
- **Whisking:** Mixing of cream or eggs using a wire whisk.



- **Spraying and greasing:** Applying a layer of fat to baking pans for even baking and easy removal of cake from pans after baking.



- **Oven pre-heating:** Warming up the oven to desired baking temperature before loading the cake pans for even and uniform baking.
- **Cutting/Slicing:** Portioning of bread and dough into appropriate pieces to facilitate in serving

Type of Pastries

Pastry is a major type of bakers' confectionery. It includes many of the various kinds of baked products made from ingredients such as flour, sugar, milk, butter, shortening, baking powder, and eggs. Pastry is of different types like

- 1) **Short crust pastry:** Short crust pastry is the simplest and most common pastry. It is made with flour, fat, butter, salt, and water to bind the dough.



2) Flaky pastry: Flaky pastry is a simple pastry that expands when cooked due to the number of layers.



3) Puff pastry: Puff pastry has many layers that cause it to expand or “puff” when baked. Puff pastry is made using flour, butter, salt, and water. The pastry rises up due to the water and fats expanding as they turn into steam upon heating. Puff pastry is light, flaky and tender. It is made by mixing flour, salt, a little fat and water to form a dough. Puff pastry has a flour to water ratio of 2:1 and is described as a plastic-elastic dough.



4) Choux pastry: Choux pastry is a very light pastry that is often filled with cream.



5) Phyllo (Filo): Phyllo is a paper-thin pastry dough that is used in many layers. The phyllo is generally wrapped around a filling and brushed with butter before baking. These pastries are very delicate and flaky.



6) Hot water crust pastry:



General Steps of Pastry making

Step 1 - Put the butter in a bowl with the sugar and cream together using a wooden spoon or hand-held electric mixer. The mixture should not be too fluffy; but just bring all the ingredients together.



Step 2 - Add the egg to the butter mixture and beat until smooth and completely incorporated.



Step 3 - Mix the flour with a pinch of salt and fold into the butter mixture gradually, in batches, until absorbed. Be sure to incorporate all the butter sticking to the sides of the bowl. Don't worry if the pastry is quite crumbly at this stage.



Step 4 - Turn the pastry onto a lightly floured surface and knead it quickly until it all comes together. You need a light and gentle touch here – if you work it too much, the pastry will be tough.



Step 5 - Wrap the dough in clingfilm and chill for 30 minutes. This resting stage is essential, because not only will the pastry be easier to roll into shape, it won't shrink while it's cooking.



Step 6 - Remove the pastry from the fridge. Place on a lightly floured surface and, with a floured rolling pin, roll to the thickness required. Turn regularly to achieve an even shape.

Baking of Pastry

The pastries are usually baked at 190 C, for 20-25 minutes, but you should always refer to the particular recipe or until it is turning golden brown. Blind baking (sometimes called pre-baking) is the process of baking a pie crust or other pastry without the filling. Blind baking a pie crust is necessary when it will be filled with an unbaked filling (such as with pudding or cream pies), in which case the crust must be fully baked.

Bread	Yeast bread	A sweet, cornmeal and molasses based bread.
Anpan	Sweet bun	Filled, usually with red bean paste, or with white beans, sesame, or chestnut.
Bagel	Yeast bread	Ring shaped, usually with a dense, chewy interior; usually topped with sesame or poppy seeds baked into the surface.
Baguette <i>French stick, French bread</i>	Yeast bread	Thin elongated loaf, made of water, flour, yeast, salt, instantly recognizable by slits cut in top surface before baking to allow gas expansion.
Banana bread	Sweet bread	Dense, made with mashed bananas, often a moist, sweet, cake-like quick bread, but some recipes are traditional yeast breads.
Beer bread	Quick or yeast bread	Made with regular beer or other types such as stout or dark beer.
Belgian waffle	Waffle	A type of waffle popular in North America, but not common in Belgium. Compared to the standard American waffle, it is identified by its larger size, lighter batter, larger squares, and a higher grid pattern that forms deep pockets.
Bialy	Yeast bread	Similar to a bagel, but instead of a hole it has only a dimple on top, which is filled with a bit of butter and diced onion or garlic. Known as a <i>cebularz</i> in Poland.

Biscuit	Yeast bread or unleavened	In Europe, "biscuits" are crisp and dry; in North America, "biscuits" are light and fluffy.
Black bread	Rye bread	Made of rye grain, usually dark colored and high fiber, ranges from crispy in texture to dense and chewy.
Bread roll	Leavened	Short, oblong or round, served usually before or with meals, often with butter.
Breadstick	Dry bread	A dry bread formed into sticks, served as an appetizer.
Brioche	Yeast bread (sweet)	A highly enriched bread, noted for its high butter and egg content, commonly served as a component of French desserts.
Brown bread	Rye or wheat bread	Made with a significant amount of whole grain flour, usually rye or wheat; sometimes made with molasses or coffee. Also known as "wholemeal bread".
Bun		Small, dome-shaped roll of sweet bread or savory bread commonly used in sandwiches.
Canadian White	Leavened	A thick, protein -rich sliced sandwich bread.
Chickpea bread	Leavened	Made from chickpea flour. The most significant difference of this type of bread is, instead of using regular yeast, they use a yeast made with chickpeas.
Cottage loaf	Yeast bread	Name refers mostly to shape of loaf not consistency, loaves are made when larger and smaller roughly spherical balls are squashed together, forming a cottage shape.
Croutons	Crispy bread	A piece of sautéed or re-baked bread, often cubed and seasoned, that is used to add texture and flavor to salads, notably the Caesar salad, as an accompaniment to soups, or eaten as a snack food. The word crouton is derived from the French <i>crouton</i> , itself derived from <i>croûte</i> , meaning "crust". Most people consider croutons to come invariably in the shape of small cubes, but they can actually be of any size and shape, up to a very large slice.

Crumpet	Flatbread	Usually circular and flat, but thick, with pores in upper surface. This gives it a light spongy texture.
Dosa	Pancake	Fermented crêpe or pancake made from rice batter and black lentils. It is also served with variety of fillings like potato, coconut, paneer, vegetables, dry fruits etc.
English muffin	Yeast bread	Small, round, thin, usually dusted with cornmeal and served split horizontally, toasted, buttered, eaten as a snack alone or part of meal, usually breakfast or, in UK and Ireland, early-evening tea. In UK, usually just called a "muffin".
Melonpan	Sweet bun, crispy	Made of enriched dough covered in thin layer of crispy cookie dough.
Miche	Leavened	Rounded loaf, often sourdough based.
Michetta	Leavened	Also known as rosetta, it has a hollow, bulging shape.
Multigrain bread		Bread prepared with two or more types of grain
Pikelet	Pancake	Usually circular and flat, but thick, with pores in upper surface.
Rice bread	Rice bread	Made from rice flour.
Soda bread	Quick bread	A variety of quick bread traditionally made in a variety of cuisines in which sodium bicarbonate (otherwise known as baking soda) is used as a raising agent rather than the more common yeast. The ingredients of traditional soda bread are flour, bread soda, salt, and buttermilk. The buttermilk in the dough contains lactic acid, which reacts with the baking soda to form tiny bubbles of carbon dioxide. Other ingredients can be added such as raisins, egg or various nuts.

Tiger bread	Rice bread	Rice paste bread made with sesame oil and with a pattern baked into the top made by painting rice paste onto the surface prior to baking. The paste dries and cracks during the baking process, creating a two - color effect similar to a tiger's markings, hence the name.
Zopf	Leavened white	Made of white flour, milk, egg, butter, yeast, dough is braided, brushed with egg yolk before baking, forming a gold crust.
Zwieback	Leavened	Crisp, sweetened bread, made with eggs and baked twice. It is sliced before it is baked a second time, which produces crisp, brittle slices that closely resemble melba toast.

Baking of Bread

Reduce the oven temperature to 190C/370F/Gas, then close the door and continue to bake for 30 minutes, or until the loaves are risen and pale golden-brown and make a hollow sound when tapped on the bottom. Remove the bread from the oven and set aside on a wire rack to cool. Serve warm with butter and cheese.

DOUGH

Pastry Dough Making

- 1 cup all-purpose flour
- 1/2 tsp salt
- 1/3 cup plus 1 tablespoon shortening
- 2 to 3 tbsp cold water

Step 1: Easy mixing

- Use a pastry blender to cut shortening into flour. If you don't have one, use two knives and this technique: holding a knife in each hand with blades almost touching, move knives back and forth in opposite directions in a parallel cutting motion. The side of a fork or a wire whisk works, too.
- Mix only until all ingredients are worked in. If you overwork pastry dough, it'll become tough.
- For easier rolling, after you've made the pastry dough and shaped it to a flattened round, wrap it tightly and refrigerate for at least 45 minutes or overnight.

Step 2: Nonstick rolling

- Anchor a pastry cloth or kitchen towel (not terry cloth) around a large cutting board (at least 12 x 12 inches) with masking tape, and use a cloth cover (stockinet) for your rolling pin. Rub flour into both cloths (this will prevent sticking and won't work flour into the pastry). If you don't have a rolling pin cover or pastry cloth, rub flour on the rolling pin and your kitchen table, the countertop or a large cutting board.
- Place pastry dough on a flat surface and start rolling from the center out, lifting and turning pastry occasionally to keep it from sticking. If the pastry begins to stick, rub more flour, a little at a time, on the flat surface and rolling pin.

Step 3: Placing the pastry

- Fold pastry into fourths, and place it in the pie plate with the point in the center of the plate. Unfold and gently ease into plate, being careful not to stretch pastry, which will cause it to shrink when baked.
- Instead of folding pastry, you can roll pastry loosely around rolling pin and transfer to pie plate. Unroll pastry and ease into plate.

Finishing Touch

Fluting the pastry edge makes your pie crust picture perfect. Choose from these different crimping and fluting techniques:

- **Fork Edge:** Flatten pastry evenly on rim of pie plate. Firmly press tines of fork around edge. To prevent sticking, occasionally dip fork into flour.
- **Pinch Edge:** Place index finger on inside of pastry rim and thumb and index finger (or knuckles) on outside. Pinch pastry into V shape along edge. Pinch again to sharpen points.
- **Rope Edge:** Place side of thumb on pastry rim at an angle. Pinch pastry by pressing the knuckle of your index finger down into pastry toward thumb.

Serving and Storing Your Pies

- An easy way to cut a pie into an even number of pieces is to cut the pie in half, then into fourths, and then cut each fourth in half before removing a slice.
- Store pies that contain eggs, such as pumpkin and cream pies, in the refrigerator.
- You can freeze unbaked pie crusts. Unbaked crusts will keep for 2 months in the freezer. To prevent soggy bottoms, don't thaw unbaked crusts; bake them right after taking them out of the freezer.

Baking of Dough

Pour 1 1/2 cups warm water into a large bowl; sprinkle with yeast and let stand until foamy, about 5 minutes. Whisk sugar, oil, and salt into yeast mixture. Add flour and stir until a sticky dough forms. Transfer dough to an oiled bowl and brush top with oil.

Learning Unit 02: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO PREPARE COMPLEX BREAD AND DOUGH PRODUCTS FOR COOKING

Overview

In this learning unit you will learn about equipment and multi-stage methods independently to cook complex bread and dough products for cooking

After completion of this learning unit you will be able to apply multi-stage methods independently to prepare and finish complex bread and dough products for cooking

Baking Requirements [1]

Following items are required for baking:

Proof boxes

Professional bakers need a proof box where their bread and roll dough can rise at the right temperature. Proof boxes come in various sizes.

Baking sheets and racks 18" x 26" baking sheets, round cake pans, sheet cake pans, pie pans and muffin tins.

Mixers

Mixers needed include a planetary dough mixer with 30 to 40 quart capacity, as well as a counter mixer.

Work Tables

You'll want space to store the items you use all the time, as well as a place to work.

Sinks

A three-department sink to wash, rinse and sanitize dishes that can't go into the dishwasher and you will also need a mop sink and a separate sink for hand washing.

Tools and Equipment to Cook Complex Bread and Dough [2]

Following tools and equipment are required for baking:

Oven

- **Earth oven:** An earth oven is a pit dug into the ground and then heated, usually by rocks or smoldering debris. Historically these have been used by many cultures for cooking. Cooking times are usually long, and the process is usually cooking by slow roasting the food.
- **Ceramic oven:** The ceramic oven is an oven constructed of clay or any other ceramic material and takes different forms depending on the culture. The Indians refer to it as a tandoor, and use it for cooking. They can be dated back as far as 3,000 BC, and they have been argued to have their origins in the Indus Valley. Brick ovens are also another ceramic type oven. A culture most notable for the use of brick ovens is Italy and its intimate history with pizza. However, its history

also dates further back to Roman times, wherein the brick oven was used not only for commercial use but household use as well

- **Gas oven:** One of the first recorded uses of a gas stove and oven referenced a dinner party in 1802 hosted by Zachaus Winzler, where all the food was prepared either on a gas stove or in its oven compartment. In 1834, British inventor James Sharp began to commercially produce gas ovens after installing one in his own house. In 1851, the Bower's Registered Gas Stove was displayed at the Great Exhibition. This stove would set the standard and basis for the modern gas oven. Notable improvements to the gas stove since include the addition of the thermostat which assisted in temperature regulation; also an enamel coating was added to the production of gas stoves and ovens in order to help with easier cleaning.
- **Masonry oven:** Masonry ovens consist of a baking chamber made of fireproof brick, concrete, stone, or clay. Though traditionally wood-fired, coal-fired ovens were common in the 19th century. Modern masonry ovens are often fired with natural gas or even electricity, and are closely associated with artisanal bread and pizza. In the past, however, they were also used for any cooking task that required baking.
- **Microwave oven:** An oven that uses micro radiation waves as a source of heat in order to cook food as opposed to a fire source. Conceptualized in 1946, Dr. Percy Spencer allegedly discovered the heating properties of microwaves while studying the magnetron. By 1947, the first commercial microwave was in use in Boston, Mass.
- **Wall oven:** Wall ovens make it easier to work with large roasting pans and Dutch ovens. A width is typically 24, 27, or 30 inches. Mounted at waist or eye level, a wall oven eliminates bending. However, it can be nested under a countertop to save space. A separate wall oven is expensive compared with a range.

Bread and dough baking pans

These are used for baking of cake in oven. They are made of metal or silicone, but metal baking pans are preferred for baking.



Baking trays

These are used for baking of pastries in oven. They are made of metal or silicone, but metal baking pans are preferred for baking.



Bread and dough Slicer

It is used for cutting cake into uniform sized portions. However mechanical slicers are also available for this purpose.

Methods to Cook Complex Bread and Dough [3]

Preparation operations include:

- **Measuring and Weighing:** In this step ingredients are scaled down according to the recipe.
- **Grating:** It is the chopping or size reduction of baking ingredients like nuts, fruits for easy mixing



- **Beating:** To combine ingredients with a spoon or whisk using a circular motion. To mix lightly with a lifting motion, using two forks or spoons. To beat rapidly with a wire whisk or electric mixer to incorporate air into a mixture in order to lighten and increase the volume of the mixture.



- **Folding:** It is usually executed with a rubber spatula for liquid and dry ingredients, or with a wire whisk for whipped cream and egg whites so that the mixture gently incorporates as it falls through the wires.



- **Creaming:** It is a technique of blending several ingredients for example granulated sugar together with a solid fat like shortening or butter and working them to a smooth mass.



- **Layering:** This step is carried out by creating layers in puff pastries, by applying shortening between the dough layers so that it serve as a barrier between the dough layers. It is important for crispiness of the puff pastries.



- **Mixing:** It is carried out for blending all the baking ingredients together into uniform mixture. It is usually carried out through different methods



- **Seasoning:** Addition of flavorings and spices to enhance the aroma and taste of bread and dough.
- **Whisking:** Mixing of cream or eggs using a wire whisk.



- **Spraying and greasing:** Applying a layer of fat to baking pans for even baking and easy removal of cake from pans after baking.



Cake making procedures

1) Mixing

Weigh the ingredients. Cake mixes are prepared using carefully tested formulas. Since these formulas are balanced, no changes should be made in the few ingredients that are added. For example, if the directions call for water to be added, do not add milk instead. Follow the directions for a cake mix to get a good product

Mixing Methods

There are six different cake mixing methods

Creaming Method

- This is the most commonly used methods. The creaming method alternately adds the dry and liquid ingredients to the fat mixture. This ensures all the liquid will be absorbed into the batter as if there is a high amount of butter or shortening, the liquid has a natural tendency to separate and the flour will help bind it into the batter.

Two-Stage Method

- This method is great for cakes with a large amount of sugar and the resulting batter is generally thinner than other types. The dry ingredients are mixed with the fat, then the liquid is added in parts. Low speed is always used in the procedure, and frequent scraping is necessary.

Flour-Batter Method

- This produces a finely grained cake. The flour and fat ingredients are mixed until smooth, and the sugar and eggs are whipped together. Then the two different mixtures are incorporated, and the liquid is added at the end.

Sponge Method

- Sponge cakes use egg yolks and or whole eggs that are whipped with sugar until a very thick foam is created. Heating the eggs or yolks with the sugar will result in greater volume. In this method the egg foams typically act like leavening agent.

Preparing the baking pans

Pans used for baking can be greased and floured or lined with parchment paper. This ensures easy removal of cake after baking.

Process

Baking of Cake

Be sure to have a timer and thermometer, when baking cakes. Cakes bake in four stages.

Stage 1: The cake batter becomes slightly thinner and rises rapidly. Rising starts at the sides and moves in toward the center.

Stage 2: The center of the cake begins to rise a little higher than the sides. The structure of the cake is beginning to form at this time. On the surface of the cake, some browning begins and small bubbles may appear. This is a very delicate stage and any jarring may cause the cake to fall or lose volume. When a

a convection oven is used, the fan should be turned off until the second stage of baking is complete. The amount of time for this will vary with different recipes from one-third to one-half of the total baking time.

Stage 3: The cake begins to get firm and the crust continues to brown.

Stage 4: As the cake gets done, it begins to shrink slightly and pull away from the sides of the pan. When a cake is done, it should be firm to the touch and should spring back when touched not leaving a fingerprint. When a wire tester or toothpick that is inserted in the center of the cake comes out clean, the cake is done. The recommended baking temperature ranges from 180-190C for 25-30mins.

Learning Unit 03: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO COOK AND FINISH COMPLEX BREAD AND DOUGH PRODUCTS

Overview

In this learning unit you will learn about finishing, garnishing, presenting and storing complex bread and dough products at correct temperature.

After completion of this learning unit you will be able to plate and store cooked complex bread, dough products and ingredients.

Finish, Garnish and Present [1]

Garnishing for various food items are:

Fruit

Ripe perfect fruit provides the basis for fresh cream cakes, with very little effort needed to make an attractive colorful display.

Cream

This ingredient is often used as a decoration for fresh cream cakes however it may also be used as one of the recipe ingredient.

Nuts

Nuts are available whole, ground, roasted or caramelized. They are an important part of dessert cookery as they provide flavor in baked products.

Chocolate

Chocolate is used as decorative ingredients, however it can also be incorporated in the product like chocolate cakes. Chocolate may be melted to easily blend into fillings and batters. It can also be poured over desserts such as cakes and puddings. When melted chocolate is cooled it can be shaped and molded into many attractive decorations.

Flavorings

Cake and cookie recipes include a variety of flavorings. Some common flavorings are salt, vanilla, chocolate, spices, lemon extract, almond extract, butter flavoring, and many others. Although these flavorings are used only in small amounts, they have a big impact on flavor.

Garnish of Cake

Sprinkle with buttered bread crumbs on cake and then bake it uncovered

Do you know!

Soft wheat contains less amount of gluten which is best suited for cake flours.



Finishing of cake

The finishing of cake includes following steps

De-panning: After coming out of oven the cake is carefully removed from baking pans and its glazed/parchment paper is removed.

Cooling :After de-panning the cake is allowed to cool on cooling rack to room temperature. This facilitates proper slicing and extended shelf life.

Cutting /Slicing: Cake slicer is used to cut the cake into uniform sized portions for proper serving and decoration.

Spreading fillings: In this step the cake is decorated with spreading or fillings of fresh cream or jam with the help of icing spatula and revolving cake stand.

Glazing: In this step for making glazed cakes a coating of a glossy, often sweet, sometimes savoury, substance applied to food typically by dipping, or with a basting brush. Egg whites and basic icings are both used as glazes. They often incorporate butter, sugar, fresh cream, milk, and certain oils.

Decorating: Cakes for special occasions are often decorated with preformed flower, shapes, fruits to make them more attractive.



Frosting/Icing: In this step cake is applied a mixture of icing sugar and fresh cream. The cream is first chilled to 4-5C and then vigorously whisked with the help of wire whisk to incorporate air resulting in increased volume and fluffy texture, lastly icing sugar is added by slow mixing.



Piping: For piping a plastic food storage bag is also commonly used as a pastry bag. For small quantities and fine piping, a pastry bag can be made by rolling cooking parchment or wax paper into a cone, filling it, folding the wide end several times to close it, and then cutting the tip into whatever shape is desired. This is then used for making different patterns on cake or also for writing some text carrying some message or even name.



Dusting: In this step the cake is decorated by spreading crushed nuts and other assortments over it.



Packing/ Storing: The sliced simple cake is packed in polythene film at room temperature, however fresh cream cake is stored at refrigerated temperature (10-15C).



Shaping and Finishing the Dough

Most recipes call for rolling, cutting, or shaping the dough after it has risen. This provides the bread with a structure -- which you can shape to your desires.

To shape and finish dough for baking bread:

1. Lightly flour the rolling surface and rolling pin before working with the dough. If only a portion of the dough will be used at a time, keep the remaining dough covered with a towel to keep it from drying out.
2. To change the look and texture of the crust, you can brush on a variety of ingredients either before or after baking.
3. For a shiny crust, brush with one egg white beaten with 1 tablespoon water before baking.
4. Brush on beaten egg whites for a shiny crust.
5. For a soft crust, brush melted butter or margarine over the crust immediately after baking.
6. For a crisp crust, mist unglazed breads quickly with water several times during the first 10 minutes of baking.
7. Bake bread as specified in recipe.



Testing for Doneness

Once your bread is baking, you can sit back, chill out, and enjoy the blissful aromas wafting from your oven. But don't get too relaxed -- you need to make sure not to overcook your creation by testing for doneness.

To test breads for doneness when baking:

To test breads for doneness, tap the tops of the loaves with your fingers or a wooden spoon. A hollow sound means the bread is done; a dull thud means that the bread is moist inside and requires more baking. Breads baked in loaf pans will shrink away from the sides of the pans slightly.



Tap the bread top with your fingers. A hollow sound means it's done!

1. Remove yeast breads from pans immediately and cool completely on wire racks to prevent a soggy bottom.

Bread Challah

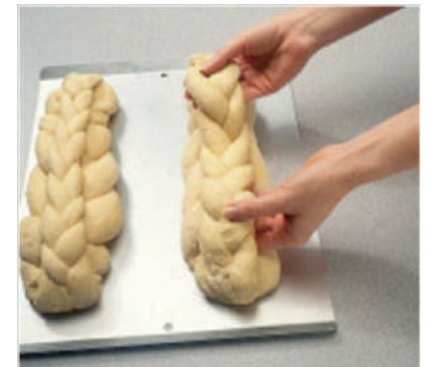
Challah is a beautiful, braided egg bread traditionally served at the Shabbat meal and during most Jewish holiday feasts. Braiding the dough is really quite simple and a delightful way to finish a

To braid challah:

1. Prepare dough according to recipe. Divide the dough into 3 pieces on a floured surface. Cut one piece into thirds; roll each third into a 16-inch-long rope using your hands.
2. Gently roll the dough into a rope without using too much pressure.
3. Place the 3 ropes side by side and braid; pinch both ends to seal and place to one side on a large greased cookie sheet.
4. Make a neat braid that is neither too tight nor too loose.
5. Repeat with another piece of dough for the second loaf. Place alongside first loaf -- at least 5 inches apart -- on cookie sheet.
6. Cut remaining piece of dough in half; cut each half into thirds. Roll each third into 17-inch ropes using hands.
7. Place ropes side by side and braid; pinch both ends to seal.
8. Carefully place braid on one of the braided loaves on the cookie sheet, stretching top braid if necessary. Tuck ends of top braid under bottom braid.
9. Repeat with remaining dough.
10. Gently stretch the top braid, if needed, so you can tuck under both ends.
11. Cover braided loaves with clean kitchen towel. Let rise in warm place away from drafts per recipe or until doubled in bulk.
12. Beat 1 tablespoon water into an egg yolk. Brush tops and sides of loaves with egg mixture. The egg wash gives challah its characteristic sheen.

Brush with egg wash.

Bake according to recipe until bread is brown and loaves sound hollow when tapped with a finger. Following cooking instructions from the recipe



Correct Temperature for Holding and Serving [2]

Make sure dishes are at correct temperature for holding and serving

Temperature also vaporizes moisture on the surface of the bread and ultimately causes caramelization of the sugars, starches, and other ingredients that make up the exposed dough surface. The oven temperature and the time required to bake a loaf of bread will vary, depending on several factors

Bread is the end product of a long line of chemical and physical reactions. If the loaf is removed from the oven before these changes occur, no matter what crust color is obtained, the loaf will lack desirable qualities. Color and thickness of crust depend on the length of time the loaf is subjected to oven temperature and on the concentration of sugars. Aroma of under baked bread is "green," lacking the full-scale, delicious fragrance characteristic of freshly baked bread. If sufficiently under baked, the loaf sides will collapse and proper slicing is not possible. The oven temperature may be controlled for the purpose of influencing bread character in other ways than just the color. A low oven temperature tends to open the grain of the loaf. If too high a temperature is used, the loaf may burst in a rather violent manner, usually along the sides, that results in a misshapen loaf. A properly baked loaf of bread sounds hollow when tapped. Remove the baked loaves of bread from pans and cool on racks in areas free from drafts. Bread will dry out more quickly if the air is either too warm or too dry.

COOLING.

After the bread is done, remove the loaves from the pans and place them on racks to cool, making sure there is at least a 1-inch space between loaves. Cooling usually takes from 1 1/2 to 2 hours. Bread should not be covered while it is warm

Bread Holding and Temperatures

Most bread is baked in a moderate oven, 350 degrees F (175 degrees C). Bake for 40 to 50 minutes, or until the crust is golden brown and the bottom of a loaf sounds hollow when tapped. 15 minutes at 230C, then another 15-20 at 200C, until it's risen and sounds hollow when you tap the bottom

Store Cooked Complex Bread and Dough Products [3]

Safely store cooked complex bread and dough products and bread and dough ingredients not for immediate use

STORING AND SERVING.

Bread should be stored at cool room temperature under conditions where it will not dry out. If wrapped in plastic bags that are closed with twist ties, bread can be stored for up to 96 hours in a cool room. If the room is hot and humid, it may be necessary to store the bread under refrigeration to prevent mold from forming. Refrigeration is not ideal, however, for extended storage because breads stale more rapidly under refrigeration than it does at room temperature. This staling makes the bread firm and the crumb becomes coarse and hard. Bread may be held for extended periods if frozen in plastic wrap or bags. If freezer storage is impractical, bread quality is best maintained by baking in quantities that will be consumed within 48 hours. The bread storage should be arranged so that the older bread always can be used first. Sliced bread left over from a previous meal can be thoroughly dried and used for bread crumbs, bread pudding, or crouton preparation

Storage Period


Breads baked	2 - 3 months
Partly baked (Brown 'n Serve)	2 - 3 months
Unbaked, not proofed	2 - 3 months
Unbaked, proofed	4 - 6 weeks
Dinner rolls, baked	2 - 3 months
Cinnamon rolls, baked	1 - 2 months
Biscuits, Baked or Unbaked	2 - 3 months
Muffins, Baked	2 - 6 months
Muffins, Unbaked	2 - 3 months
Nut Bread, Baked	2 - 6 months
Nut Bread, Unbaked	2 - 3 months
Buns, Hamburger and Hot Dog	3 - 4 months
Waffles	2 - 6 months
Cakes, Batters	2 - 4 months
Fruit cake	12 months or longer
Refrigerator, Unbaked	4 - 6 months
Refrigerator, Baked	6 - 12 months
Sugar Cookies, Unbaked	4 - 6 months
Sugar Cookies, Baked	6 - 12 months
Croissants, Baked	3 - 4 months
Croissants, Unbaked	2 - 3 months
Pastries, Cream-Filled	2 - 3 months
Danish Pastry	2 - 3 months
Dough	3 - 4 months
Doughnuts, Cake type	6 - 9 months
Doughnuts, Yeast-raised type	6 - 9 months
Fruit pies, Baked	3 - 4 months
Fruit pies, Unbaked	8 - 12 months
Mince pies, Baked	4 - 6 months
Mince pies, Unbaked	4 - 6 months

Learner's Activity 1


Description	Bread Potato Rolls
Purpose	To understand the cooking methods of Bread Potato Rolls
Instruction for Learners	<p>Ingredients:</p> <ol style="list-style-type: none"> 4 bread slices, (bread should be firm) 2 medium size potatoes boiled peeled and mashed (this will make about 1-1/4 cup mashed potatoes) 1/4 cup green peas, boiled 1 teaspoon oil 1/4 teaspoon cumin seeds (jeera) 1/2 teaspoon salt 1/8 teaspoon red chili powder 1/2 teaspoon mango powder (aamchor) 1 tablespoon coriander , finely chopped 1 green chili minced; adjust to taste 1 teaspoon ginger ,finely chopped Oil to fry <p>Method:</p> <ol style="list-style-type: none"> Heat the oil in a frying pan and add the cumin seed. When the cumin seed starts to crack, add green peas, green chili, and ginger, and stir for a few seconds. Add the potatoes and all the spices (chili powder, mango powder, salt, coriander) and stir-fry for a minute. Turn off the heat. Taste the mixture; it should be a little spicier than you like, as it will taste milder inside the bread. Set aside Trim the edges of the bread slices and cut them into two pieces. Set aside Roll 1½ tablespoons of the mixture at a time into an oval shape. Make twelve rolls. (The size of the potato rolls will depend on the size of the bread). Fill a small bowl with water to wet the bread. Dip one side of a slice of the bread lightly in the water. Place the slice between your palms and press, squeezing out the excess water. This makes the bread moist. Place the filling in the center of this bread and mold the bread to completely cover it all around, giving an oval shape. Repeat to make all the rolls. Before frying, let them sit for about five minutes. (This will evaporate some of the water from the bread so that it absorbs less oil while frying; also making the bread rolls crisper). Heat the oil in a frying pan on medium high heat. Drop the rolls slowly into it, taking care not to overlap them. Fry the bread rolls until they are golden brown, turning occasionally. This should take about two to three minutes. Take them out over a paper towel. Serve them hot with chutney and tamarind sweet and sour chutney.



Learner's Activity 2

Description	Bread Rolls
Purpose	To understand the cooking methods of Bread Rolls
<p data-bbox="185 395 480 425">Instruction for Learners</p>  <p data-bbox="185 889 305 919">Method:</p> <ol data-bbox="185 929 1430 1326" style="list-style-type: none"> 1. In a small bowl, mix milk with water. Add sugar, yeast, and butter. Stir until yeast is dissolved and set aside for 10 minutes or until yeast has foamed up a bit. 2. In a large bowl, mix flour and salt. Use the lower amount of flour to start with and add more only if the dough is really too sticky. 3. Add yeast mixture to flour and mix. 4. Knead until smooth and elastic. (I use a hand mixer with a kneading attachment.). 5. Place in greased bowl, cover tightly with plastic wrap, and let rise in a warm place for 15 minutes. 6. Oil your hands and shape the dough into rolls and place in a well-greased pan. I use 2 round non-stick cake pans. 7. Cover loosely with plastic wrap and let rise another 15 minutes. Bake at 400 for about 10 minutes or until golden brown. 	<p data-bbox="688 395 862 425">Ingredients:</p> <ol data-bbox="688 465 1114 717" style="list-style-type: none"> a. 15 gm instant yeast b. 3 1/2-4 1/2 cups white bread flour c. 3 tablespoons sugar d. 1 teaspoon salt e. 1 cup milk f. 1/2 cup warm water g. 1/4 cup butter, room temperature

Learner's Activity 3


Description	Cheesy Bread Roll Recipe
Purpose	To understand the cooking methods of cheesy bread roll recipe
<p data-bbox="185 395 480 423">Instruction for Learners</p>  <p data-bbox="185 1044 305 1072">Method:</p> <ol data-bbox="185 1088 1425 1659" style="list-style-type: none"> 1. In a large mixing bowl mash 2 potatoes. add chopped coriander leaves and onion. 2. Next is to add the dry spices like chili powder, garam masala, chaat masala, amchur powder and salt to taste. combine them well breaking aloo pieces. 3. Now grate the cheese or you can add in grated cheese and combine well. take small amount of the stuffing and prepare small oval shaped balls. make sure the size is small and fits into your bread slice. keep them aside 4. Take the bread slices and cut the edges from all 4 sides. 5. Roll them flat using chapatti roller. roll as thin as possible. this helps to prevent oil from absorbing when you deep fry. 6. Brush the edges with water. you can alternatively dip the entire bread in water and squeeze off the water between your palms. however, it absorbs more oil and you won't get a nice stiff shape like spring roll. 7. Place the stuffing prepared previously and roll them. press the edges to seal them tight. brush some water around the edges and seal them properly. else the stuffing will be in oil while deep frying. 8. Heat the oil and deep fry the rolls on medium flame. 9. Fry them till they turn golden brown. drain and place on an absorbent paper. 10. Serve bread roll hot with tomato ketchup or as it is. 	<p data-bbox="695 395 862 423">Ingredients:</p> <ol data-bbox="695 429 1425 822" style="list-style-type: none"> a. 6 slice of bread, brown / white (any) b. ½ cup mozzarella cheese / cheddar cheese, grated c. 2 potatoes, boiled d. ½ onion, finely chopped e. few coriander leaves, finely chopped f. 1 tsp chili powder, to taste g. ½ tsp gram masala powder h. ½ tsp amchor powder / dry mango powder i. ¾ tsp chaat masala j. salt to taste k. oil for deep frying

Learner's Activity 4


Description	Bread Paneer Rolls
Purpose	To understand the cooking methods of Bread Paneer Rolls
Instruction for Learners	<p>Ingredients:</p> <ol style="list-style-type: none"> 1 cup crumbled Paneer 1 small onion, chopped fine $\frac{1}{2}$ tsp red chili powder $\frac{1}{4}$ tsp powdered cumin / zeera $\frac{1}{2}$ tsp garam masala $\frac{1}{2}$ tsp ginger garlic paste A small bunch of coriander, chopped fine 1 tsp tomato sauce / ketchup 4 slices of fresh white bread Butter to toast Salt to taste <p>Method:</p> <ol style="list-style-type: none"> Place the crumbled Paneer in a wide bowl. Add the red Chili powder, garam masala, salt, chopped coriander, chopped onion, and cumin to this. Mix lightly with your finger tips. Then add the tomato sauce or ketchup and the ginger garlic paste. Blend again with finger tips and set aside while you prepare the bread. Remove the crusts from your bread. Use the regular white supermarket variety. Roll out each slice as thin as you can. Regular bread that's fresh and soft should be easy to roll out Place about 1 tsp or so of filling on one end of the rolled out bread slice. Gently roll in from one end, making sure that the filling stays well within the first turn of the roll. Repeat with the remaining bread slices. Lightly toast in a skillet or pan until all sides are browned. Cut and serve with tomato sauce.



Learner's Activity 5

Description	Moist Chocolate Cake
Purpose	To understand the cooking methods of Moist Chocolate Cake
<p>Instruction for Learners</p>  <p>Nutritional Facts 1 piece: 636 calories, 37g fat (10g saturated fat), 61mg cholesterol, 549mg sodium, 73g carbohydrate (51g sugars, 2g fiber), 6g protein.</p> <p>Method:</p> <ol style="list-style-type: none"> 1. Preheat oven to 325°. Sift together dry ingredients in a bowl. Add oil, coffee and milk; mix at medium speed 1 minute. Add eggs and vanilla; beat 2 minutes longer. (Batter will be thin.) 2. Pour into two greased and floured 9-in. round baking pans (or two 8-in. round baking pans and six muffin cups). 3. Bake 25-30 minutes. Cool 10 minutes before removing from pans. Cool on wire racks. 4. Meanwhile, for icing, combine milk and flour in a saucepan; cook until thick. Cover and refrigerate. 5. In a bowl, beat butter, shortening, sugar and vanilla until creamy. Add chilled milk mixture and beat 10 minutes. Frost cooled cake. <p>Yield: 12 servings.</p>	<p>Ingredients:</p> <ul style="list-style-type: none"> • 2 cups all-purpose flour • 1 teaspoon salt • 1 teaspoon baking powder • 2 teaspoons baking soda • 3/4 cup baking cocoa • 2 cups sugar • 1 cup canola oil • 1 cup brewed coffee • 1 cup milk • 2 large eggs • 1 teaspoon vanilla extract <p>FAVORITE ICING:</p> <ul style="list-style-type: none"> • 1 cup milk • 5 tablespoons all-purpose flour • 1/2 cup butter, softened • 1/2 cup shortening • 1 cup sugar • 1 teaspoon vanilla extract

Learner's Activity 6

Description	Chocolate Vanilla Cake
Purpose	To understand the cooking methods of Cake
<p data-bbox="183 395 480 425">Instruction for Learners</p>  <p data-bbox="183 915 391 945">Nutritional Facts</p> <p data-bbox="183 953 678 1094">1 slice: 685 calories, 29g fat (18g saturated fat), 115mg cholesterol, 505mg sodium, 102g carbohydrate (81g sugars, 3g fiber), 7g protein.</p> <p data-bbox="183 1203 305 1233">Method:</p> <ol data-bbox="183 1243 1424 1639" style="list-style-type: none"> 1. Preheat oven to 350°. Grease and flour three 9-in. round baking pans. 2. In a large bowl, cream butter and brown sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in vanilla. In another bowl, whisk flour, cocoa, baking soda and salt; add to creamed mixture alternately with sour cream, beating well after each addition. Stir in water until blended. 3. Transfer to prepared pans. Bake 30-35 minutes or until a toothpick inserted in center comes out clean. Cool in pans 10 minutes before removing to wire racks to cool completely. 4. For frosting, in a metal bowl over simmering water, melt butter and chocolates; stir until smooth. Cool slightly. 5. In a large bowl, combine confectioners' sugar, sour cream and vanilla. Add chocolate mixture; beat until smooth. Spread frosting between layers and over top and sides of cake. Refrigerate leftovers. <p data-bbox="183 1683 406 1713">Yield: 16 servings.</p>	<p data-bbox="686 395 862 425">Ingredients:</p> <ul data-bbox="686 455 1008 818" style="list-style-type: none"> 1 cup butter, softened 3 cups packed brown sugar 4 large eggs 2 teaspoons vanilla extract 2-2/3 cups all-purpose flour 3/4 cup baking cocoa 3 teaspoons baking soda 1/2 teaspoon salt 1-1/3 cups sour cream 1-1/3 cups boiling water <p data-bbox="686 824 841 854">FROSTING:</p> <ul data-bbox="686 862 1195 1074" style="list-style-type: none"> 1/2 cup butter, cubed 3 ounces unsweetened chocolate, chopped 3 ounces semisweet chocolate, chopped 5 cups confectioners' sugar 1 cup (8 ounces) sour cream 2 teaspoons vanilla extract

Learner's Activity 7

Description	Lemon Cake
Purpose	To understand the cooking methods of Lemon Cake
Instruction for Learners	<p>Ingredients:</p> <ul style="list-style-type: none"> • 7 large eggs, <i>separated</i> • 2 cups all-purpose flour • 1-1/2 cups sugar • 3 teaspoons baking powder • 1 teaspoon salt • 3/4 cup water • 1/2 cup canola oi • 4 teaspoons grated lemon peel • 2 teaspoons vanilla extract • 1/2 teaspoon cream of tartar <p>Frosting:</p> <ul style="list-style-type: none"> • 1/3 cup butter, softened • 3 cups confectioners' sugar • 4-1/2 teaspoons grated lemon peel • 1/4 cup lemon juice • Dash salt <p>Facts 1 slice: 328 calories, 18g fat (9g saturated fat), 90mg cholesterol, 276mg sodium, 35g carbohydrate (26g sugars, 1g fiber), 9g protein.</p> <p>Method:</p> <ol style="list-style-type: none"> 1. Place egg whites in a large bowl; let stand at room temperature 30 minutes. Meanwhile, preheat oven to 325°. 2. Sift flour, sugar, baking powder and salt together twice; place in another large bowl. In a small bowl, whisk egg yolks, water, oil, lemon peel and vanilla until smooth. Add to flour mixture; beat until well blended. 3. Add cream of tartar to egg whites; with clean beaters, beat on medium speed just until stiff but not dry. Fold a fourth of the whites into batter, then fold in remaining whites. 4. Gently spoon batter into an ungreased 10-in. tube pan. Cut through batter with a knife to remove air pockets. Bake on lowest oven rack 50-55 minutes or until top springs back when lightly touched. Immediately invert pan; cool completely in pan, about 1 hour. 5. Run a knife around sides and center tube of pan. Remove cake to a serving plate. 6. In a small bowl, combine frosting ingredients; beat until smooth. Spread over cake. <p>Yield: 16 servings.</p>



Summary of Module

Cake is a form of sweet dessert that is typically baked. It is popular among every age group particularly among children.

For Cake making following equipment are required:

- Mixing Bowls
- Measuring Cups, Spoons
- Wire Whisks
- Cake Decorating Tools & Supplies
- Cake baking pans
- Cake Slicer

For Cake making following ingredients are required:

- Sugar
- Eggs
- Baking Powder
- Flour
- Fat
- Flavorings

Baking of Cake

Be sure to have a timer and thermometer, when baking cakes. Cakes bake in four stages.

Parameters determining quality of cake include

- Cell structure
- Crumb color
- Crumb strength
- Texture
- Flavor and aroma

Pastry is often offered as evening tea snack along with cookies.

However they are much crispier and flaky than cookies.

For pastry making following equipment are required:

- Rolling Pins
- Mixing Bowls
- Cookie Cutters, Presses, Rosette Makers
- Measuring Cups, Spoons
- Parchment Paper, Silicone Liners
- Flour Sifters
- Baking pans

For pastry making following ingredients are required:

- Flour
- Fat
- Sugar
- Eggs
- Baking Powder
- Flavorings

Pre-preparation of pastry includes:

- Measuring and Weighing
- Grating
- Beating
- Folding
- Creaming
- Oven pre-heating
- Panning

Frequently Asked Questions (FAQs)

FAQ 1: Write down four basic ingredients of cake?

Answer Flour, Fat, Sugar, Eggs.

FAQ 2: Which tool is used for frosting of cake?

Answer Icing Spatula.

FAQ 3: What is the role of eggs in cake texture?

Answer Eggs play their role in enhancing volume and imparting smooth texture.

FAQ 4: Give the formulation of baking powder?

Answer It contains cream of tartar, sodium bicarbonate and starch as filler.

FAQ 5: Give some methods of batter mixing for cakes?

Answer These include creaming, two stage, flour-batter and sponge method.

FAQ 6: Give some attributes for assessing the quality of plain cake?

Answer It includes crust and crumb color, cell structure, Texture, Taste and aroma.

FAQ 7: What is sensory evaluation?

Answer A scientific discipline that applies human senses (sight, smell, taste, touch and hearing) to evaluate consumer products.

FAQ 8: How long do you bake bread?

Answer Most bread is baked in a moderate oven, 350 degrees F (175 degrees C). Bake for 40 to 50 minutes, or until the crust is golden brown and the bottom of a loaf sounds hollow when tapped. 15 minutes at 230C, then another 15-20 at 200C, until it's risen and sounds hollow when you tap the bottom

FAQ 9: Write down Finishing methods?

Answer Glazing, egg wash, bun glaze, seeds, sugar, decorating, icing, filling, dusting.

FAQ 10: Describe the ideal storage and holding conditions for processed dough products.

Answer The dough is left to rest, scaled, molded and frozen before commercial distribution. The dough should be fully matured, molded, and shaped before freezing. It should be completely developed in the mixer, but have a minimum of yeast activity and gas generation before freezing. A dense dough has the best heat conductivity to facilitate rapid chilling. For these reasons, a rapid or "no-time" process of dough development and maturing is most suitable for frozen or retarded dough. This means a process in which the dough is fully developed in the mixer in the presence of rapid-acting oxidants, such as ascorbic acid. The finished dough temperature should be relatively low, but remember that below 16°C, it is difficult to develop a good strong gluten network. A finished dough temperature in the range of 20°C to 23°C is most suitable.

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. What is the baking temperature of cake?
 - a. 180°C
 - b. 200°C
 - c. 220°C
 - d. 250°C

2. What is the water and flour ratio in puff pastry?
 - a. 2:4
 - b. 1:3
 - c. 2:1
 - d. 1:2

3. What is the name of kitchen implement used to properly combine the fat and flour
 - a. whisker
 - b. Mixer
 - c. Pastry blender
 - d. None of these

4. Bread should be stored at cool room temperature under conditions where it will not _____
 - a. Proof
 - b. Cool
 - c. Dry out
 - d. Warm

5. Bread should not be covered while it is _____
 - a. Proof
 - b. Warm
 - c. Dry out
 - d. Baked

6. A properly baked loaf of bread sounds _____ when tapped
 - a. Hollow
 - b. Noisy
 - c. Filled
 - d. None of above

7. Bread will dry out more quickly if the _____ is either too warm or too dry
- a. Air
 - b. Water
 - c. Egg
 - d. Fruit
8. _____ of crust depend on the length of time the loaf is subjected to oven temperature and on the concentration of sugars
- a. Color
 - b. Thickness
 - c. Proof
 - d. Color and thickness
9. _____ is the end product of a long line of chemical and physical reactions
- a. Fruit
 - b. Vegetables
 - c. Bread
 - d. Juice
10. Pans used for baking can be greased and floured or lined with _____
- a. Linen
 - b. Parchment paper
 - c. Butter paper
 - d. Newspaper

Answers Key

MCQ Number	Correct Answer
1	a
2	c
3	c
4	d
5	b
6	a
7	a
8	d
9	c
10	b

MODULE 14: PREPARE, COOK AND FINISH COMPLEX SWEET DISHES

Learning Outcomes

After completion of this learning module, you will be able to:

- Identify requirements for preparing complex sweets for cooking
- Use tools and equipment for preparing complex sweets correctly
- Use appropriate methods to prepare complex sweets for cooking
- Check that preparation of complex sweets meets quality requirements
- Identify requirements for cooking complex sweets
- Use tools and equipment to cook complex sweets correctly
- Use appropriate methods to cook complex Sweets
- Combine ingredients of complex sweet dishes with other ingredients
- Check that the dish meets quality and quantity requirement
- Finish, garnish and present the dish to meet organizational specifications
- Make sure dishes are at correct temperature for holding and serving
- Safely store cooked complex Sweets & ingredients for future use

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Learning Unit 01: INDEPENDENTLY ASSEMBLE FOOD AND EQUIPMENT TO PREPARE, COOK AND FINISH COMPLEX SWEET DISHES

Overview

In this learning unit you will learn about requirements and quality checks for preparing complex sweet dishes.

After completion of this learning unit you will be able to use tools, equipment and methods to prepare, cook and finish complex sweet dishes.

Flavor

The distinctive quality of a particular food or drink as perceived by the taste buds and the sense of smell

Requirements of Equipments for Cooking Sweet Dishes[1]

Following items, tool and equipment are required for sweet

Rolling Pins

Rolling pins come in all sizes, lengths and types of materials, but the most common are wooden pins with or without handles. There are also silicone pins as well as fancy (pattern-making) models for specific tasks.

Chocolate Fudge Cake

A rich delicious chocolate cake, one of our premium flavors

Mixing Bowls

Whether you bake a lot or only on special occasions, at least one or two large mixing bowls are a must. You can use any type of bowl - plastic, ceramic, glass or stainless, as long as you have enough room to mix the amount of ingredients.

Cupcake

A small cake baked in a cup-shaped container and typically iced

Cookie Cutters, Presses, Rosette Makers

If you plan on making cut-out cookies - where you roll out the dough with a rolling pin and cut out the cookies - you'll need a few cookie cutters

Baking Sheets, Pans, Muffin Tins

Baking pans come in various sizes and shapes from sheets for baking cookies, pans for cakes, bread or muffins to shaped or Bundt cake pans.

Measuring Cups, Spoons

In order to follow any baking recipe, measuring cups and spoons are essential. You'll also find that having duplicate cups can be very handy.

You can choose any type of measuring cups and spoons in plastic, stainless or glass, and you'll find the see-through (glass) one, two and four-cup measuring cups very practical for baking and cooking.

Standard measuring cup sets usually have a 1-cup, 1/2-cup, 1/3-cup and 1/4-cup measures - and you will use these different sizes depending on the recipe

Occasion Cake

A decorative cake made from many different flavor cake batters iced in frosting typically served at a special occasion such as a birthday, retirement, baby shower, bridal shower, and more

Spatulas, Wooden Spoons and Whisks

The term spatula refers to several types of kitchen utensils including: rubber or silicone tools to blend or scrape the food from the bowl; metal, silicone or plastic egg turners or flippers.

You need at least a couple of rubber or silicone spatulas to scrape the bowl, as well as a small metal spatula to serve desserts. A few wooden spoons for mixing and blending are also handy.

An icing spatula, which is a long flat off-set knife, makes it easier to ice a cake. A couple of wire or silicone whisks are also very practical baking utensils.

Minute Timer, Candy Thermometer

You can simply use the range timer if yours is so equipped, but having a small minute timer can be very practical. It allows you to take the timer outdoors with you or to another room, so you can hear it and know that you should check or remove your baking. Having more than one timer is handy when you are cooking and baking.

There are various types of thermometers, but the most common one used in baking is a candy thermometer if you plan on making candies, chocolates or boiled

Cooling Rack

While you can just cool cakes or breads by removing from the pan onto a board, the bottom of the baked goods tends to become soggy. But if you use a cooling rack, the baking cools evenly because air can flow around it. If you want to make it easier to store, choose a cooling rack size based on the type of baking items you usually bake.

Pastry Blender, Pastry Cutter

While they sound similar and are often referred to as the same type of pastry tool, a blender is somewhat different than a cutter. A pastry blender is used during the mixing of the pastry dough. It also has lots of other applications, such as blending the flour, sugar and butter for a fruit crisp or mashing boiled eggs for egg salad. A pastry blender is a basic essential tool for mixing pastry.

Parchment Paper, Muffin Liners, Silicone Liners

Some home bakers cannot be without parchment paper to line their baking sheets and pans, while others tend to grease the tins. Parchment paper helps with cake removal, does make pan cleaning quicker and it keeps them from discoloring.

Flour Sifters

While flour sifters have gone by the wayside for many who prefer to use prepared cake mixes, home bakers who want to improve the texture of their homemade specialty cakes, still use them.

And there are other uses for a flour sifter, especially a one-cup size - to dust a cake with icing or confectioner's sugar, or add a

cinnamon-sugar mix to cakes or desserts.

You can also use one to dust a pastry sheet with flour or to add flour to thicken gravy. Whether it's an essential baking tool for you depends on how particular you are about your cake textures or alternate uses.

Basting Brushes

Basting brushes are essential for buttering the tops of breads and baked goods after they come out of the oven. Most basting brushes are now silicone rather than synthetic hair and can more readily handle hot liquids.

While the silicone construction is not as nice to butter with, they do last longer. Basting brushes are handy for more than baking, they're great for basting meats and poultry when roasting or grilling.

Chocolate Melting Pots

An absolute must for melting chocolate and there are different models available, but I like the dual pots the best because this unit allows you to melt both dark and light chocolates.

Frosting

Icing, as on a cake. We make a variety of frostings in different flavors to coat the outside of a cake or top a cupcake

Butter Cream

A type of icing or filling used inside cakes, or as a coating, and as decoration. In its simplest form, it is made by creaming butter with powdered sugar

A chocolate melting pot removes the fear of burning the chocolate which is very easy to do using a pot on the stove. These small appliances allow you the time needed to prepare and dip your dessert creations.

Cake Decorating Tools & Supplies

Decorating tools are a must if you plan on making birthday or special occasion cakes or cupcakes. Cake decorating tools include colored writing gels and icings, preformed flowers and trims, and the icing bags and tips you need to apply frosting or cream. If you plan on making a lot of decorated cakes, a revolving cake stand makes the task easier and a cake decorating book can give you ideas and help you grow your decorating skill.

Requirements of Ingredient for Cooking Sweet Dishes[1]

Sweet desserts usually contain cane sugar, palm sugar, honey or some type of syrup such as molasses, maple syrup, treacle, or corn syrup. Some of famous Pakistani sweet dishes containing above ingredients are:

- Jalebi: Jalebi is known as the most wanted sweet dish in Pakistan. ...
- Sohan Halwa: Sohan Halwa is also called Multani Halwa. ...
- Gulab Jamun: Gulab Jamun is an another most favorite sweet dish in Pakistan. ...
- Gajjar Ka Halwa: Gajjar Ka Halwa is the best sweet dish in Pakistan. ...
- Kheer

Other common ingredients in Western-style desserts are flour or other starches, fats such as butter or lard, dairy, eggs, salt, acidic ingredients such as lemon juice, and spices and other flavoring agents such as chocolate, peanut butter, fruits, and nuts. The proportions of these ingredients, along with the preparation methods, play a major part in the consistency, texture, and flavor of the end product.

Some of features for each ingredient are:

Sugars contribute moisture and tenderness to baked goods.

Flour or starch components serve as a protein and give the dessert structure.

Fats contribute moisture and can enable the development of flaky layers in pastries and pie crusts.

The dairy products in baked goods keep the desserts moist.

Many desserts also contain eggs, in order to form custard or to aid in the rising and thickening of a cake-like substance. Egg yolks specifically contribute to the richness of desserts. Egg whites can act as a leavening agent or provide structure.

Desserts can contain many spices and extracts to add a variety of flavors. Salt and acids are added to desserts to balance sweet flavors and create a contrast in flavors.

Some desserts are made with coffee, such as tiramisu, or a coffee-flavored version of a dessert can be made, for example an iced coffee soufflé or coffee biscuits. Alcohol can also be used as an ingredient, to make alcoholic desserts

Varieties of Sweets/Desserts

Dessert consists of variations of flavors, textures, and appearances. Desserts can be defined as a usually sweeter course that concludes a meal. This definition includes a range of courses ranging from fruits or dried nuts to multi-ingredient cakes and pies. Many cultures have different variations of dessert. In modern times the variations of desserts have usually been passed down or come from geographical regions. This is one cause for the variation of desserts. These are some major categories in which desserts can be placed.

Cakes

Cakes are sweet tender breads made with sugar and delicate flour. Cakes can vary from light, airy sponge cakes to dense cakes with less flour. Common flavorings include dried, candied or fresh fruit, nuts, cocoa or extracts. They may be filled with fruit preserves or dessert sauces (like pastry cream), iced with butter cream or other icings, and decorated with marzipan, piped borders, or candied fruit. Cake is often served as a celebratory dish on ceremonial occasions, for example weddings, anniversaries, and birthdays. Small-sized cakes have become popular, in the form of cupcakes and petites fours.

Chocolates and candies

Chocolate is a typically sweet, usually brown, food preparation of Theobroma cacao seeds, roasted, ground, and often flavored. Pure, unsweetened chocolate contains primarily cocoa solids and cocoa butter in varying proportions. Much of the chocolate currently consumed is in the form of sweet chocolate, combining chocolate with sugar. Milk chocolate is sweet chocolate that additionally contains milk powder or condensed milk. White chocolate contains cocoa butter, sugar, and milk, but no cocoa solids. Dark chocolate is produced by adding fat and sugar to the cacao mixture, with no milk or much less than milk chocolate.

Candy, also called sweets or lollies, is a confection that features sugar as a principal ingredient. Many candies involve the crystallization of sugar which varies the texture of sugar crystals. Candies comprise many forms including caramel, marshmallows, and taffy.

Cookies or biscuits

Cookies, (from the Dutch word koekje meaning little cake), also known as "biscuits" in many English-speaking countries, are flattish bite-sized or larger short pastries generally intended to be eaten out of the hand. Cookies can have a texture that is crispy, chewy, or soft. Examples include layered bars, crispy meringues, and soft chocolate chip cookies.

Custards and puddings

These kinds of desserts usually include a thickened dairy base. Custards are cooked and thickened with eggs. Baked custards include crème Brule and flan. Puddings are thickened with starches such as cornstarch or tapioca.[16] Custards and puddings are often used as ingredients in other desserts, for instance as a filling for pastries or pies.

Deep-fried desserts

Many cuisines include a dessert made of deep-fried starch-based batter or dough. In many countries a doughnut is a flour-based batter that has been deep-fried. It is sometimes filled with custard or jelly. Fritters are fruit pieces in a thick batter that have been deep fried. Gulab jamun is an Indian dessert made of milk solids kneaded into dough, deep-fried, and soaked in honey. Churros are a deep-fried and sugared dough that is eaten as dessert or a snack in many countries.

Frozen desserts

Ice cream, gelato, sorbet and shaved-ice desserts fit into this category. Ice cream is a cream base that is churned as it is frozen to create a creamy consistency. Gelato uses a milk base and has less air whipped in than ice cream, making it denser. Sorbet is made from churned fruit and is not dairy based. Shaved-ice desserts are made by shaving a block of ice and adding flavored syrup or juice to the ice shavings.

Jellied desserts

Jellied desserts are made with a sweetened liquid thickened with gelatin or another thickening agent. They are traditional in many cultures. Grass jelly and annin tofu are Chinese jellied desserts. Yōkan is a Japanese jellied dessert. In English-speaking countries, many dessert recipes are based on gelatin with fruit and/or whipped cream added.

Pastries

Pastries are sweet baked pastry products. Pastries can either take the form of light and flaky bread with an airy texture, such as a croissant or unleavened dough with a high fat content and crispy texture, such as shortbread. Pastries are often flavored or filled with fruits, chocolate, nuts, and spices. Pastries are sometimes eaten with tea or coffee as a breakfast food.

Pies, cobblers, and clafoutis

Pies and cobblers are a crust with a filling. The crust can be either made from either a pastry or crumbs. Pie fillings range from fruits to puddings; cobbler fillings are generally fruit-based. Clafoutis are a batter with fruit-based filling poured over the top before baking.

Sweet soups

Tong sui, literally translated as "sugar water" and also known as tim tong, is a collective term for any sweet, warm soup or custard served as a dessert at the end of a meal in Cantonese cuisine. Tong sui is a Cantonese specialty and are rarely found in other regional cuisines of China. Outside of Cantonese-speaking communities, soupy desserts generally are not recognized as a distinct category, and the term tong sui is not used.

Learning Unit 02: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO PREPARE COMPLEX SWEET DISHES FOR COOKING

Overview

In this learning unit you will learn about equipment and multi-stage methods independently to prepare complex sweet dishes for cooking

After completion of this learning unit you will be able to follow & implement equipment and multi-stage methods independently to prepare complex sweet dishes for cooking

Combine

To mix ingredients together

Requirements for Cooking Complex Sweet [1]

One-Stage Method

1. Scale ingredients accurately. Have all ingredients at room temperature.
2. Place all ingredients in the mixer. With the paddle attachment, mix these ingredients at low speed until uniformly blended. Scrape down the sides of the bowl as necessary.

Sponge Method

1. Scale all ingredients accurately. Have all ingredients at room temperature, or warm the eggs slightly for greater volume, as for sponge cakes.
2. Following the procedure given in the formula used, whip the eggs (whole, yolks, or whites) and the sugar to the proper stage, soft peaks for whites, thick and light for whole eggs or yolks.
3. Fold in the remaining ingredients as specified in the recipe. Be careful not to over mix or to deflate the eggs.



Cream

To beat until smooth, soft and fluffy



Creaming Method

1. Scale ingredients accurately. Have all ingredients at room temperature.
2. Place the fat, sugar, salt, and spices in the mixing bowl. With the paddle attachment, cream these ingredients at low speed. Partway through mixing, stop the machine and scrape down the bowl to ensure even mixing.
3. For light cookies, cream until the mix is light and fluffy, in order to incorporate more air for leavening. For denser cookies, blend to a smooth paste, but do not cream until light

4. Add the eggs and liquid, if any, and blend in at low speed.
5. Sift in the flour and leavening. Mix until just combined. Does not over mix or gluten will develop?

Muffin Method

1. Sift together the dry ingredients.
2. Combine all liquid ingredients, including melted fat or oil.
3. Add the liquids to the dry ingredients and mix just until all the flour is moistened. The batter will look lumpy. Be careful not to over mix.
4. Pan and bake immediately. The dry and liquid mixtures maybe prepared in advance, but once the mixtures are combined, the batter should be baked without delay, or loss of volume may result.



Biscuit Method

1. Scale all ingredients accurately.
2. Sift the dry ingredients together into a mixing bowl.
3. Cut in the shortening, using the paddle attachment or the pastry knife attachment; if you prefer, cut in the fat by hand, using a pastry blender or your fingers. Continue until the mixture resembles a coarse cornmeal
4. Combine the liquid ingredients.
Add the liquid to the dry ingredients. Mix just until the ingredients are combined and soft dough is formed. Do not over mix.
5. Bring the dough to the bench and knead it lightly by pressing it out and folding it in half. Rotate the dough 90 degrees between folds.
6. Repeat this procedure 6 to 10 times, or for about 30 seconds. The dough should be soft and slightly elastic but not sticky. Over kneading toughens the biscuits. The dough is now ready for makeup.

Variations

Changes in the basic procedure produce different characteristics in the finished product:

1. Using slightly more shortening, and cutting it in less—only until the pieces are the size of peas—produces a flakier biscuit.
2. Omitting the kneading step produces very tender, crusty biscuits, but with less volume.

Creaming Method for Biscuits

1. Combine the fat, sugar, salt, and milk powder (if used) in the bowl of a mixer fitted with the paddle attachment.
2. Blend to a smooth paste. Do not continue to cream, as this would make the biscuits too cakelike in texture (a).
3. Add the eggs gradually and blend in thoroughly (b).
4. Sift together the flour, baking powder, and other dry ingredients.
5. Combine the liquid ingredients.
6. Add the sifted dry ingredients alternately with the liquids. Do this as follows:
 - a. Add one-fourth of the dry ingredients. Mix until just blended in.
 - b. Add one-third of the liquid. Mix just until blended in (c).
 - c. Repeat until all ingredients are used. Scrape down the sides of the bowl occasionally for even mixing (d).

Creaming Method for Muffins, Loaves, and Coffee Cakes

1. Combine the fat, sugar, salt, spices, and milk powder (if used) in the bowl of a mixer fitted with the paddle attachment.
2. Cream the ingredients together until light
3. Add the eggs in two or three stages. Cream well after each addition and before adding more eggs
4. Sift together the flour, baking powder, and other dry ingredients.
5. Stir together the liquid ingredients until well combined.
6. Add the sifted dry ingredients alternately with the liquids. This is done as follows:
 - a. Add one-fourth of the dry ingredients. Mix just until blended
 - b. Add one-third of the liquid. Mix just until blended in (d).
 - c. Repeat until all ingredients are used. Scrape down the sides of the bowl occasionally for even mixing.

Plain Sponge or Genoise Method

1. Scale all ingredients accurately.
2. Combine the eggs, sugar, and salt in a stainless-steel bowl. Immediately set the bowl over a hot-water bath and stir or beat with a whip until the mixture warms to a temperature of about 110°F (43°C) (a). The reason for this step is that the foam attains greater volume if warm.
3. With a wire whip or the whip attachment of a mixer, beat the eggs at high speed until they are very light and thick (b). This may take as long as 10 to 15 minutes if the quantity is large.
4. If any liquid (water, milk, liquid flavoring) is included, add it now. Either whip it in, in a steady stream, or stir it in, as indicated in the recipe.
1. Fold in the sifted flour in 3 or 4 stages, being careful not to deflate the foam. Many bakers do this by hand, even for large batches. Fold gently until all the flour is blended in (c). If any other dry ingredients are used, such as cornstarch or baking powder, sift them first with the flour.
5. Immediately pan and bake the batter. Delays will cause loss of volume.

Variation : butter sponge**Butter genoise**

1. Follow the plain sponge procedure through step 5.
2. Carefully fold in the melted butter after the flour has been added. Fold in the butter completely, but be careful not to over mix, or the cake will be tough (d).
3. Immediately pan and bake.

Variation : hot milk and butter sponge

1. Scale all ingredients accurately. Heat the milk and butter together until the butter is melted.
2. Whip the eggs into foam, as in the plain sponge method, steps 2 and 3.
3. Fold in the sifted dry ingredients (flour, leavening, cocoa, etc.), as in the basic procedure.
4. Carefully fold in the hot butter and milk in 3 stages. Fold in completely, but do not over mix.
5. Immediately pan and bake.

Variation: separated – egg sponge

1. Follow the basic plain sponge method, but use yolks for the basic foam (steps 2 and 3). Reserve the egg whites and part of the sugar for a separate step.
2. Whip the egg whites and sugar to firm, moist peaks. Fold into the batter alternately with the sifted dry ingredients. Fold in completely, but do not over mix.
3. Immediately pan and bake.

Creaming Method

1. Scale ingredients accurately. Have all ingredients at room temperature (70°F/21°C).
2. Place the butter or shortening in the mixing bowl. With the paddle attachment, beat the fat slowly until it is smooth and creamy.
3. Add the sugar; cream the mixture at moderate speed until the mixture is light and fluffy (a). This will take about 8 to 10 minutes. Some bakers prefer to add the salt and flavorings with the sugar to ensure uniform distribution. If melted chocolate is used, it may be added during creaming.
4. Add the eggs a little at a time (b). After each addition, beat until the eggs are absorbed before adding more. After the eggs are beaten in, mix until light and fluffy. This step will take about 5 minutes.
5. Scrape down the sides of the bowl to ensure even mixing.
6. Add the sifted dry ingredients (including the spices, if they were not added in step 3), alternating with the liquids. This is done as follows:
 - Add one-fourth of the dry ingredients (c). Mix just until blended in.
 - Add one-third of the liquid (d). Mix just until blended in. Repeat until all ingredients are used. Scrape down the sides of the bowl occasionally for even mixing.

The reason for adding dry and liquid ingredients alternately is the batter may not absorb all the liquid unless some of the flour is present.

Tools and Equipment to Cook Complex Sweet Dishes [2]

Use tools and equipment to cook complex sweet dishes correctly

- Mixing Bowls
- Cookie Cutters, Presses, Rosette Makers
- Baking Sheets, Pans, Muffin Tins
- Measuring Cups, Spoons

Methods to Cook Sweet [3]

Use appropriate methods to cook complex sweet dishes

Basic Principles

The principle of sugar cooking is fairly simple. A solution or syrup of sugar and water is boiled to evaporate part of the water. As the water is boiled off, the temperature of the syrup gradually rises. When all the water has evaporated, what you have left is melted sugar. The sugar then begins to caramelize or turn brown and to change flavor.

Syrup cooked to a high temperature is harder when it is cooled than syrup cooked To a lower temperature. Syrup cooked to 240°F (115°C) forms a soft ball when Cooled. Syrup cooked to 300°F (150°C) is hard and brittle when cooled.

One part water (by weight) is enough to dissolve and cook 3 to 4 parts sugar. There is No point in adding more water than is necessary because you just have to boil it off.

Simple Syrup Simple syrup is a solution of equal weights of sugar and water. Combine equal weights of water And granulated sugar in a saucepan, stir, and bring to a boil to dissolve the sugar.

Cool the syrup Dessert syrup is flavored simple syrup used to moisten and flavor some cake (seep. 972). (Many chefs use 2 or 3 parts water to 1 part sugar for a less sweet syrup.)

Flavorings May be extracts, such as vanilla, or liquors, such as rum or kirsch. Add flavorings after the Syrup has cooled because flavor may be lost if they are added to hot syrup. Syrups may also Be flavored by boiling them with lemon or orange rind

Learning Unit 03: USE EQUIPMENT AND MULTI-STAGE METHODS INDEPENDENTLY TO COOK AND FINISH COMPLEX SWEET DISHES

Overview

In this learning unit you will learn about finishing, garnishing, presenting and storing the sweet dishes at correct temperature.

After the completion of the learning unit you will be able to plate and store cooked complex sweet dishes and ingredients.

Garnish

To decorate dishes with ornamental objects to make it more attractive is called garnishing.

Finish, Garnish and Present the Dish [1]

Garnishing of finished product has imperative role in the acceptability of the product. Different vegetable dish are garnished differently according to consumer demand and organizational specification.

The platter is garnished with ornamental objects to make it more presentable and attractive. The rules of garnishing are different for different recipes.

How to Serve Dessert Properly

Many cooks think of dessert as delighting only the taste buds. But, with a little forethought, you can delight the eyes and mind as well. Several factors go into the presentation of a winning dessert but you can master the art with a few simple strategies.



Consider Theme, Portion Size and Garnishes

A formal dessert requires your fanciest small plate, ramekin or bowl; a fresh spoon or fork; and a dessert napkin. A fun occasion might call for something nontraditional, such as dessert served in a teacup or shot glass, or on a stick or skewer. A dessert such as cobbler calls for a hearty portion, while a delicate treat like small cookies can be served three at a time, aside a filled platter for those who desire more. Add a dollop of freshly whipped cream, mint sprig, candied walnut or pert raspberry to the side of the plate to enhance your presentation.

Timing and Temperature

Proper timing of your dessert is imperative. If a small meal has been served, offer dessert while still at the table, when the last guest has finished his meal. If you are hearing, "I'm stuffed," wait 45 minutes and tempt everyone with your dessert and a drink away from the table. To really impress your guests, chill your plates or bowls beforehand when serving cold treats.

Storage of Sweet Dishes [2]

Store Cold Desserts

Cold desserts will need to be stored in controlled environment.

Store Cold Desserts

Cold desserts will need to be stored in controlled environment.

Dairy based desserts

Product with ingredients such as milk, eggs and cream will need to be stored in a controlled environment

- 4°C or less for fresh
- -18°C for frozen.

Fresh desserts that are made with fresh cream held in suspension with setting agents such as gelatin, agar and alginate thickeners will have a shelf life of approximately 3days if kept protected from the environment.

This product needs to be covered when placed into the cool room. The surface will develop a skin if left uncovered.

Dairy based desserts that are frozen will keep for several months in controlled environment.

Example:

- Ice creams
- Parfaits
- Mousses.

Fruit and pastry based desserts

- Apple pies
- Apple strudels
- Compote of fresh fruit.

These types of desserts do not contain dairy products but still need to be kept chilled for food safety reasons.

The pastry will start to soften when kept in cool room. The drier the environment the better the pastry will keep.

These can be wrapped securely which will minimize possibility of them being damaged.

Baked Pastry

Pastry that has been baked ready for filling can be stored at room temperature until required if protected from adverse conditions and Outside contamination.

- Shortbread disc and shells
- Pastry discs.

These do not need to be chilled. They just need to be placed into food grade secure containers.

Store nondairy dessert items

Some items do not need to be chilled when being stored.

Pastry products and garnishes only need to be kept in secure environment

- Wrapped in food safe containers and labeled.

Sugar based garnishes need to be stored

- In food safe container
- Well wrapped
- To stop moisture from the air causing product to soften.

Glacé fruits can be stored at room temperature if kept in syrup with which they were purchased. They will start to dehydrate and loss sheen.

Packing Down:

“Packing Down” is a term used to describe the action of securing and storing the product securely until required.

Cooks “pack done ” a kitchen at the end of service.

Pastry cooks pack desserts away for safe storage until required for sale or service period.


All product needs to be packaged so that the integrity of the product is not compromised during storage

Ice cream is placed into freezer compatible food safe containers before being wrapped securely, labeled and stored in the freezer until it is required.


Fresh desserts that have not sold would be stored in container that will allow them to be covered without destroying any garnish that might be placed on top.

Wrapping or covering is the most dangerous part of keeping integrity in place. Any container that is the wrong size will cause damage to finished product


Learner's Activity 1

Description	Sweet Snowballs
Purpose	To understand the cooking methods of Sweet snowballs
<p>Instruction for Learners</p>  <p>Ingredients:</p> <ol style="list-style-type: none"> 1. 1 cup sweetened flaked coconut 2. 1 cup all-purpose flour 3. 1 1/4 cups confectioners' sugar 4. salt, pinch 5. 6 tablespoons unsalted butter, softened 6. 1 teaspoon vanilla extract 7. 4 teaspoons milk <p>Method:</p> <ol style="list-style-type: none"> 1. Grind 1/2 cup of the coconut in food processor. 2. Chop remaining coconut and set aside. 3. Add flour, 1/4 cup of the confectioners' sugar and the salt. 4. Pulse to blend. 5. Add butter and vanilla; pulse until dough comes together. 6. Heat oven to 350 degrees. 7. Roll dough into 1-inch balls. 8. Place dough balls 1 inch apart on an ungreased baking sheet. 9. Bake cookies until firm but tender, 15 minutes. 10. Remove to rack, let cool completely. 	


Learner's Activity 2

Description	Brownies
Purpose	To understand the cooking methods of Brownies
<p data-bbox="183 395 480 425">Instruction for Learners</p>  <p data-bbox="183 899 305 929">Method:</p> <ol data-bbox="183 939 1421 1231" style="list-style-type: none"> 1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour an 8-inch square pan. 2. In a large saucepan, melt 1/2 cup butter. Remove from heat, and stir in sugar, eggs, and 1 teaspoon vanilla. Beat in 1/3 cup cocoa, 1/2 cup flour, salt, and baking powder. Spread batter into prepared pan. 3. Bake in preheated oven for 25 to 30 minutes. Do not overcook. To Make Frosting: Combine 3 tablespoons softened butter, 3 tablespoons cocoa, honey, 1 teaspoon vanilla extract, and 1 cup confectioners' sugar. Stir until smooth. Frost brownies while they are still warm. 	<p data-bbox="691 395 862 425">Ingredients:</p> <ol data-bbox="691 435 1292 848" style="list-style-type: none"> a. 1/2 cup butter b. 1 cup white sugar c. 2 eggs d. 1 teaspoon vanilla extract e. 1/3 cup unsweetened cocoa powder f. 1/2 cup all-purpose flour g. 1/4 teaspoon salt h. 1/4 teaspoon baking powder i. 3 tablespoons butter, softened j. 3 tablespoons unsweetened cocoa powder k. 1 tablespoon honey l. 1 teaspoon vanilla extract m. 1 cup confectioners' sugar


Learner's Activity 3

Description	Chocolate Fudge Cookies
Purpose	To understand the cooking methods of Chocolate Fudge Cookies
Instruction for Learners	<div><div></div><div><p>Ingredients:</p><ul style="list-style-type: none">1 cup unsalted butter, at room temperature1 cup granulated sugar1 cup light brown sugar2 large eggs2 cups all-purpose flour1 cup dark cocoa powder,1 teaspoon baking soda1 teaspoon salt6 ounces milk chocolate chips6 ounces white chocolate chips</div></div> <p>Method:</p> <p>Preheat the oven to 350 'C degrees baking sheets with parchment paper.</p> <p>In the bowl of a stand mixer fitted with the paddle attachment, mix the butter, granulated sugar and brown sugar until fully combined. Add the eggs and mix to combine. Add the flour, cocoa powder, baking soda and salt and mix. Add both chocolate chips; mix until just combined.</p> <p>Drop heaping tablespoons of dough onto the baking sheets. Bake, rotating the sheets once halfway through, until the cookies are set, about 12 minutes. Transfer to a rack to cool. Repeat with the remaining dough.</p>


Learner's Activity 4

Description	Jalebi
Purpose	To understand the cooking methods of Jalebi
<div> <div> <p>Instruction for Learners</p>  </div> <div> <p>Ingredients:</p> <p>Sugar Syrup:</p> <ul style="list-style-type: none"> ▪ Sugar 1kg ▪ Water 250gm <p>For Jalebi:</p> <ul style="list-style-type: none"> ▪ Yeast 100gm ▪ Flour 200gm ▪ Soda 1 pinch ▪ Water 100gm ▪ Oil for deep fry. </div> </div> <p>Method:</p> <ol style="list-style-type: none"> 1. First of all, make a mixture of sugar and water by boiling, Then turn off the stove for cool down. 2. Now, mix all ingredients expect oil and make a fine paste. 3. Then take a cone shaped cloth piece and put the mixture into it. 4. make the jalebi in oil and fry till it gets brown in colors from all sides. 5. Now put them in prepared sugar syrup and serve hot. 	

Learner's Activity 5

Description	Sohan Halwa
Purpose	To understand the cooking methods of Sohan Halwa
<div> <div>Instruction for Learners</div> <div>  </div> </div> <div> <p>Ingredients:</p> <ul style="list-style-type: none"> • Starch 1/2 cup • Flour 1 1/2 cup • Sugar 1 kg • Small cardamom 6-7 • Walnut halves 1 cup • Almond 1 cup • Clarified Butter 1 1/4 kg </div> <div> <p>Method:</p> <ol style="list-style-type: none"> 1. Add starch, flour and butter in a pan and mix well. 2. Add 3 ltr water and mix well and then cook on low flame until water boils. 3. Now add sugar and cook until is completely dissolved. 4. Take off from stove and sieve through a muslin cloth to another pan. 5. cover sieved mixture on cool place for overnight. 6. Next day, cook again on low flame till the color change and add butter slowly and cook for a while. 7. Now blend cardamom and add into the halwa. At last, sprinkle almond and walnut. 8. Let it cool and cut into pieces and store in airtight box. </div>	

Learner's Activity 6

Description	Gajjar Ka Halwa
Purpose	To understand the cooking methods of Gajjar Ka Halwa
<p>Instruction for Learners</p> <div style="display: flex; align-items: flex-start;">  <div style="margin-left: 20px;"> <p>Ingredients:</p> <ul style="list-style-type: none"> • Carrot Shredded 2kg • Milk 1 ltr • Milk Solid 250gm • Sugar 1 cup • Kewra few drops • Butter 4tbsp • Dry Fruit as required </div> </div> <p>Method:</p> <ol style="list-style-type: none"> 1. Pour milk in a pan and cook carrot in it until the milk dry. 2. Now add sugar into it and mix well. 3. When the water dry, add milk solid and dry fruits in it and cook well until the smells come. 4. At the end add kewra in it and serve it with topping of milk and dry fruit. 	

Summary of Module

- For making a dessert we need to have following things:
Rolling Pins
Mixing Bowls
Cookie Cutters, Presses, Rosette Makers
Baking Sheets, Pans, Muffin Tins
Measuring Cups, Spoons
Spatulas, Wooden Spoons and Whisks
Minute Timer, Candy Thermometer
Cooling Rack
Pastry Blender, Pastry Cutter
Parchment Paper, Muffin Liners, Silicone Liners
Flour Sifters
Basting Brushes
Chocolate Melting Pots
Cake Decorating Tools & Supplies
- Sweet desserts usually contain cane sugar, palm sugar, honey or some type of syrup such as molasses, maple syrup, treacle, or corn syrup.
Following ingredient are needed for forming a good dessert
Sugars
Flour
Fats (for flaky layer)
The dairy
- Varieties of Sweets/Desserts
Dessert consists of variations of flavors, textures, and appearances. Desserts include
Cakes
Chocolates and candies
Cookies or biscuits
Custards and puddings
Deep-fried desserts
Frozen desserts
Jellied desserts
Pastries
Pies, cobblers, and clafoutis
Sweet soups.

- Variations in the basic procedure of dessert produce different characteristics in the finished product:
Three basic variations are:
Creaming Method for Biscuits
Creaming Method for Muffins, Loaves, and Coffee Cakes
Plain Sponge or Genoise Method
- Several factors go into the presentation of a winning dessert but among most important are:
Consider Theme, Portion Size and Garnishes
Timing and Temperature

Frequently Asked Questions (FAQs)

FAQ 1: Write down four basic Requirements of equipment's for cooking sweet dishes?

- Answer
1. Mixing Bowls
 2. Cookie Cutters, Presses, Rosette Makers
 3. Baking Sheets, Pans, Muffin Tins
 4. Measuring Cups, Spoons

FAQ 2: Write down the requirements of ingredient for cooking sweet dishes?

- Answer
- Sugars contribute moisture and tenderness to baked goods.
- Flour or starch components serve as a protein and give the dessert structure.
- Fats contribute moisture and can enable the development of flaky layers in pastries and pie crusts.
- The dairy products in baked goods keep the desserts moist.

FAQ 3: Name Basic methods to prepare Simple sweets/Desserts dishes?

- Answer
- One-Stage Method
 - Sponge Method
 - Creaming Method
 - Muffin Method
 - Biscuit Method

FAQ 4: What are variations for preparing Simple sweets/Desserts dishes?

- Answer
- Creaming Method for Biscuits
 - Creaming Method for Muffins, Loaves, and Coffee Cakes

FAQ 5: Write name of variations of Plain Sponge or Genoise Method and define any one?

- Answer
- Butter Sponge
 - Butter Genoise
 - Hot Milk and Butter Sponge
 - Separated-egg Sponge

FAQ 6: How to Serve Dessert Properly?

- Answer
- Many cooks think of dessert as delighting only the taste buds. But, with a little forethought, you can delight the eyes and mind as well. Several factors go into the presentation of a winning dessert but you can master the art with a few simple strategies

Test Yourself!

Please mark the correct one from the given options. You can check your answer with the Answer Key at the end of this module.

1. Which category of fruit include grapes, peaches, and berries?
 - a. Spring
 - b. winter
 - c. Summer
 - d. tropical

2. In which preparation method is fruit cooked in a simmering liquid .
 - a. Frying
 - b. baking
 - c. Basting
 - d. poaching

3. In which preparation method is a vegetable quickly and partially cooked in water or oil.
 - a. Poaching
 - b. Blanching
 - c. Boiling
 - d. Simmering

4. The dairy products in baked goods keep the desserts _____.
 - a. Moist
 - b. Cool
 - c. Warm
 - d. Dry

5. Cold desserts will need to be stored in _____.
 - a. Anywhere
 - b. Hot case
 - c. Controlled environment
 - d. Chilled freezers

6. Dairy based desserts that are frozen will keep for several months in _____.
 - a. Anywhere
 - b. Controlled environment
 - c. Hot case
 - d. Chilled freezers


7. Ice cream is placed into freezer compatible food safe containers before being wrapped securely, labeled and stored in the freezer until it is required.
- a. Anywhere
 - b. Cool case
 - c. Hot case
 - d. Freezers
8. Pastry that has been baked ready for filling can be stored at _____ until required if protected from adverse conditions.
- a. Hot case
 - b. Freezers
 - c. Room temperature
 - d. Cool case
9. The pastry will start to _____ when kept in cool room.
- a. Soften
 - b. Harder
 - c. Brown
 - d. Decompose
10. _____ contribute moisture and tenderness to baked goods.
- a. Salt
 - b. Sugars
 - c. Yeast
 - d. Garm Masala


Answers Key

MCQ Number	Correct Answer
1	b
2	d
3	b
4	a
5	c
6	b
7	d
8	c
9	a
10	b

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