



Professional Cookery Skills **WORKBOOK**





Skills for Inclusive Growth

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Quality
ISO 9001





Acknowledgements

The Skills for Inclusive Growth (S4IG) program is an initiative of the Australian Government in collaboration with the State Ministry of Skills Development, Vocational Education, Research & Innovations. S4IG is working with the skills development system to re-position skills development and strengthen training approaches to support employers across the tourism value chain with job ready skills that result with improved employment outcomes and income levels for graduates. Better skills across the workforce improves workplace quality which is a key contributor towards increased revenue for enterprises, especially those that depend on visitors purchasing products and services. A world class tourism industry has to provide world class products and services. A well functioning tourism sector (the visitor economy) can significantly contribute towards inclusive growth across Sri Lanka generating improved revenues and better jobs for Sri Lankans.

This Professional Cookery Skills Workbook & Manual in Tourism and Hospitality has been designed for enterprises, training providers and trainees engaged in food preparation and cooking. The training package uplifts the skills of professional cooking to international standards whilst promoting Sri Lankan cuisine and styles. This Professional Cookery Skills Workbook and Manual is an initiative of the S4IG Program coming out of the successful 'Supreme Chef' television competition which placed a spotlight on cooking as a career and the benefits of this occupation in promoting Sri Lanka's unique and authentic ingredients and food specialties. The workbook is a user friendly tool to guide trainees through to completion of the Government's NVQ Level 4 requirements. The Workbook and Manual also supports employers to deliver quality services and products and links their occupational and workplace requirements. This strengthens the role of training providers and ensures that future training will be relevant to kitchens across the industry.

S4IG is proud to be able to support the tourism industry and support implementation of Government tourism, employment and skills development policies. Modules are developed based on the NVQ Level 4 Professional Cookery National Competency Standards (NCS) and satisfy government requirements for quality. The workbook and manual are industry recognized giving added value and surety of quality to employers and trainees looking to improve cooking skills and the performance of enterprises across the tourism and hospitality value chain. S4IG has started working with the Vocational Training Centers and Training Providers to implement this upgraded training to support the industry with better professional cooking services. S4IG is firmly committed to the principle of **Better Skills, Better Jobs, Better Business and Better Futures through tourism.**

S4IG acknowledges the tremendous support extended by TVEC Officials towards accreditation of this program. The development of this training package has been driven and supported by the Chefs' Guild of Sri Lanka who provide industry expertise and leadership in professional cooking in Sri Lanka. S4IG looks forward to partnering with the Chefs Guild to support widespread implementation of these training resources across workplaces in Sri Lanka and with selected training providers. This cooperation will enable the Chef Guild to work with training providers to train those interested in future employment as well as upskill the existing workforce across the industry. On behalf of the S4IG program I further extend our sincere gratitude to all those who worked tirelessly to prepare this training package and learning resources. This product delivers world class skills for the tourism and hospitality industry ensuring professional cooking and food preparation services are available for visitors nationwide.

David Ablett

Team Leader

Skills for Inclusive Growth (S4IG)



Vocational Training Authority



To Future Chefs of Sri Lanka,

I write to you with confidence that this course will provide you with all the tools, skills and expertise to embark on a professional career in cookery.

The Vocational Training Authority (VTA) fully embraces this course and is excited by the impact it will have on the quality of the training we can deliver for Professional Cookery. It is our vision that youth throughout Sri Lanka should have access to the best training available. I believe that this course satisfies this vision, offering trainees in Sri Lanka international standard material, backed up with international standard training.

The Manual and Workbook are presented in a simple and attractive fashion but the content is detailed and comprehensive. It is the kind of material to which any course should aspire.

The materials and course have been expertly developed by the Chefs Guild of Lanka (CGL). CGL will also take responsibility for the training of trainers and manage the roll out of training throughout the country in support of VTA. We very much appreciate this collaboration and hope, in time, it can be developed further. Working with the best in the industry to produce high quality trainees is a model we are determined to make succeed for the good of the youth in the country.

I am thankful to Skills for Inclusive Growth, a project of the Australian Government, for their vision and commitment to creating these materials and their close co-operation with CGL.

To you, Professional Chef in waiting, I wish this course to be a stepping-stone to a successful and prosperous career in hospitality. A career I sincerely hope you develop in Sri Lanka before taking on the world.

Best of luck!

Eranga Basnayake

Chairman

Vocational Training Authority of Sri Lanka



National Apprentice and Industrial Training Authority



Dear Apprentice,

I am writing to confirm that the National Apprentice and Industrial Training Authority fully endorses this training package.

In reading these materials I am reminded of the immortal words of Leonardo da Vinci “Learning never exhausts the mind.” I am humbled by how much a professional chef needs to learn to be able to embark on a career in cookery. At the same time, I am excited by how practice and experimentation in culinary arts can result in such a variety of high quality outcomes.

Immense credit should be extended to the Chefs Guild of Lanka who have put in considerable time, effort and expertise to develop these fantastic materials. It is of importance and significance that this package should be produced, and implementation supported by the industry in which trainees will be employed. In truth, only industry can know what is needed to succeed in it; only industry can know which knowledge and skills are essential to those who wish to begin a career in it; and only industry can keep abreast of changes or adaptations that may be required to keep a training package relevant. Therefore we embrace this relationship with the Chefs Guild of Lanka and look forward to their continued guidance in making the course a success.

I would like to extend my thanks to Australian Aid and their skills development programme in Sri Lanka, Skills for Inclusive Growth, for facilitating the development of these materials and overall training package. I am happy that an international bilateral relationship such as this has encouraged the flowering of a much needed partnership between the public and private sector.

Most of all, I would like to encourage the apprentice who undertakes this training to not be intimidated by the amount of information it seems you must take in to complete this course. In your efforts to become a professional chef you will become energised, not exhausted. The world will become your oyster.

Yours sincerely,

Tharanga Naleen Gamlath

Chairman

National Apprentice and Industrial Training Authority (NAITA)



National Youth Services Council



To our young trainees,

The mission of The National Youth Services Council (NYSC) is to empower the youth of Sri Lanka to face life's challenges by making use of local and global opportunities.

I am happy to say that this new training material in Professional Cookery NVQ Level 4 will empower the trainees who use it and provide them with excellent opportunities to pursue a career locally and globally.

At NYSC we are fortunate to have excellent kitchen training facilities at our main campus in Maharagama and in other centres around the country. Our fantastic staff have produced some great young chefs through our training programmes. Now, with a detailed, colourful, and easy to follow training package designed by the Chef's Guild of Lanka we can be sure to raise standards even higher and guarantee a uniformity in the quality of training given.

It is a source of great satisfaction when I travel around the country and see NYSC alumni working in top class hotels and restaurants. However, the truth is that we need to attract more young people into this profession if the country is to satisfy the expected rise in numbers of tourists from over the world coming to Sri Lanka. We also need to provide them with an international standard menu with the quality and variety they would expect from other top international tourist destinations. This course and the accompanying training of trainers that the Chef's Guild will manage is a great way to achieve this vision. Quality training will attract a higher number of quality trainees, quality trainees will improve the quality of our top hotels and restaurants, quality hotels and restaurants will attract more tourists.

The National Youth Services Council is delighted and honoured to be among the first to use these materials. We will utilise them to their full and our young trainees will benefit immensely.

Yours faithfully,

Damith Wickramasinghe

Director General/Chairman

National Youth Services Council



Chefs guild of lanka



Gerard Mendis
CGL Chairman



Madhawa Weerabaddhana
Course Development and
Training Coordinator

To Whom It May Concern,

The Chef's Guild of Lanka (CGL) is proud to endorse these training materials for the NVQ Level 4 Course in Professional Cookery.

One of the ambitions of the CGL is to help lift the consistency of cookery training throughout Sri Lanka. To do this, training materials must meet a high standard of quality. Thus, these materials were developed with the full oversight of CGL's training experts. With an ongoing feedback and editing process firmly in place, we can attest that these materials fulfil the standards elevated by the CGL to meet international training standards.

Over the duration of 6 months the trainees will undertake rigorous theory and practical training which covers basic industry knowledge, 40 sessions of practical menu production training in Continental, Ethnic and Sri Lankan cuisine and intensive sessions in Functional English Language training.

The course materials offer the trainee a user-friendly and practical tool for learning (the Workbook), the required basic knowledge (the Manual), a path to on-the-job training and a path to on-the-job evaluation. The course materials have been translated into Sinhala and Tamil, to allow all trainees full access to the information and knowledge inside these books.

These materials contain all the information necessary to successfully complete the National Competency Standard, designed by TVEC. As such, the training course and course materials can be utilised to the maximum to support trainees when they undergo job placement to join our industry.

As these materials and this course offers the trainee hours of practical input that goes above and beyond that required of the National Curriculum Standard, we are elevating the standard of cookery training and thus fulfilling our ambition of improving the skills of trainees that work in professional kitchens island wide. If completed successfully, this course will produce trainees who are not only fit for industry but have the knowledge and skills to forge a successful career in professional kitchens in Sri Lanka and beyond.

We recommend that these materials and this course be adopted by training institutions, hotels, guest houses and homestays around the country to move towards a national standard of excellence in basic cookery training.

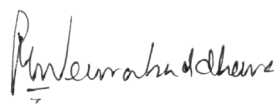
We are committed to improving the contents of the materials and the course over time and we look forward to incorporating feedback we hope to receive from users of the materials (trainers and trainees alike), and any emerging theory and practical training concepts.

We hope trainees and trainers can enjoy using these materials.

We hope these training materials will boost the trainees' confidence in cooking as well as their passion for cooking.



Gerard Mendis
CGL Chairman



Madhawa Weerabaddhana
Course Development and
Training Coordinator

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INTRODUCTION

WELCOME to your workbook for NVQ4 Professional Cookery

The NVQ4 Professional Cookery course will cover all of the basics you will need to know to prepare you for work as a professional in an establishment involved in food preparation. The following workbook and accompanying manual have been designed to help you on your journey through this course towards becoming a great chef.

You will use the workbook and manual throughout your course to learn and understand the theory behind the practical work you will be doing in a commercial kitchen. Having a strong understanding of the theory will help you to do a better job in a professional setting. Even though being a chef is a practical and 'hands on' role – there is a lot of theory and information that can help you to perform better in any kitchen. It also gives you a reference to come back to when you need to revise something you have been taught. Look after it carefully as it will be useful for many years to come.

The course consists of 16 modules. In this workbook each module has its own section. Some modules need to be studied and understood on their own, others will be used according to the practical work you will be undertaking. Your trainer will inform you about how each section will be used. Please follow their instructions carefully.

What you will find in the workbook:

- 16 modules
- Modules 1 - 8 contain only questions, activities and exercises. To complete these you must read the information in the Professional Cookery Skills Manual.
- Modules 9 - 16 have a different format - the theory and questions for these 8 modules are all in this workbook.

What you will find in each module:

- Learning outcomes of each module – what you will know and be able to do after completion of each module.
- Introduction to what will be covered in the module.
- Theory on all aspects related to the topic.
- As you are reading you will need to complete the following:
 - Review Questions about what you read (blue boxes)
 - Learner activities that will require you to do some independent or group research or think of your own ideas (yellow boxes)
 - Problem Solving where you will need to apply your understanding to situations in a kitchen (green boxes)
- Practical Preparation Guide to remind you about what will be expected of you in your practical assessment.
- Blank pages for notes for you to write any extra information during your lessons and practicals or while reviewing what you have learned.

At the end of the workbook there is also a list of websites and links for you to visit.

TRAINER'S ROLE

Your trainer will help you in every way they can by providing information, answering questions, demonstrating skills and guiding you in practicals. They will give you feedback on your strengths and weaknesses. They have a lot of skills and experience to share with you for you to reach your full potential in this field. They will also have high expectations of you.

YOUR ROLE

You have a big role to play in your learning

How to become a good learner:

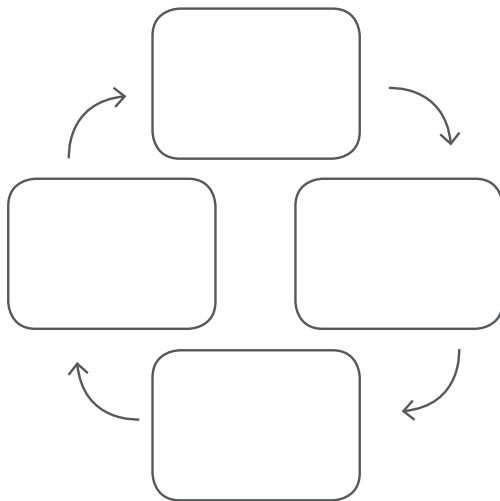
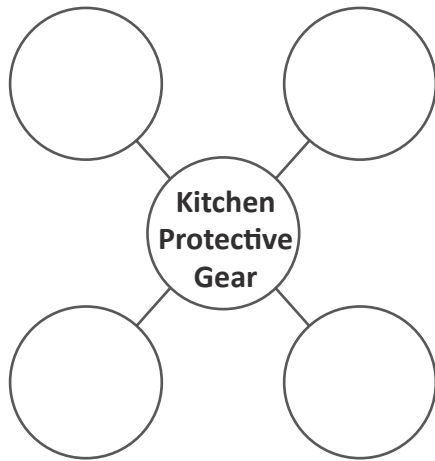
- Read the theory in the workbook and manual carefully, not just once but as many times as you need to help you understand and remember the information.
- Revise the vocabulary often – there are many terms that are specific to cookery in French and English. You must know these specific words. Repetition will help you to remember them.
- Write down questions to ask your trainer or classmates.
- ASK lots of questions during your lessons – this will only help you learn. There is no such thing as a silly question!
- Use the internet to extend your learning - look at the online links and do your own research. Watching clips or looking at pictures of procedures/techniques is very helpful.
- Listen carefully to feedback you get from your trainer and classmates.
- Learn to give constructive feedback well, as it helps you to think about your own performance too.
- Do not be afraid to make mistakes. Our best learning comes from how we deal with and reflect on our mistakes.
- Take lots of notes.
- Start to notice what you see in restaurants and food shops, look for examples of what you learn in class in the world around you. For example, visit a farm and identify fresh and not fresh produce; go to the supermarket to have look at the labels of the produce you learn about.
- Study and practice with your classmates, work as a team and help each other to become better. Teach them what you learn and learn from what they know.
- Practice, practice, practice! Your family and friends will love to try out new dishes that you learn. The more you cook, the better cook you will become.

TAKING NOTES

When you write things in your own words it helps you to remember them better. All of our minds work in different ways. Some people like to write detailed notes and others need only a few words to remind them of important things. How you choose to take notes is up to you.

Some note-taking styles that you can try:

Graphic Organisers – there are many options but here are a few examples:



Cheese

What I know	What I would like to know	What I have Learned

Topic:

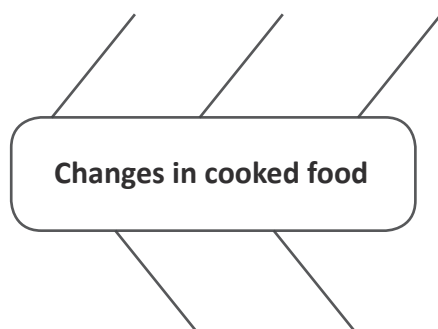
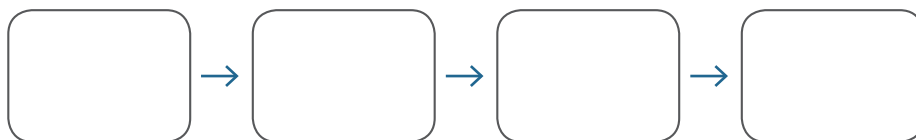
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Making Canapés



Preparing white stock

Problem	Solution
1.	
2.	
3.	

Taking Notes (continued)

Drawing pictures – this is a very useful way of remembering things, especially for what you see in your practicals. You can even look for pictures on the internet and save them on a separate document for each module.

Mini note cards – write down the main points to revise things in your own or with classmates.

Highlighting – use colour, underlining and highlighting to draw your attention to important points.

Be neat! – even if you scribble something down in a hurry during class, make sure you can read it when you go back to it.

ASSESSMENT

After you have completed the theory and practical component of your course you will be assessed.

This assessment takes two forms:

- 1. Formative** – this is an assessment of your ongoing work throughout the course and will include your workbook and completed exercises, notes and any other tasks your trainer requests you to keep a record of.
- 2. Summative** – this is an assessment of what you have learnt overall and you will be required to answer questions about what you have learnt and demonstrate your practical skills to an assessor.

You will need to complete both forms of assessment successfully to receive your NVQ4 Professional Cookery certificate.

Even though this workbook may be in the language you are familiar with, if you decide to become a chef or work in a larger establishment you will need to know the terms for cookery and the ingredients in English. It is a good idea to start learning the English terms at the same time you are studying theory, so you are very familiar with them by the end of the course.

Your course will be fun and exciting, and you will learn many new skills that will help in your future career. Becoming an excellent chef is not an easy thing to do. You will face high pressure situations and be expected to work very hard, but you will also have the reward of making people very happy with the wonderful food you produce. The more effort you put in, the better you will become.

We wish you the best of luck in your journey towards becoming a chef.

Module 01



PROFESSIONAL COOKERY SKILLS WORKBOOK

Hygiene Standards

HYGIENE STANDARDS

Learning Outcomes	<p>After you have completed this module you should be able to:</p> <ul style="list-style-type: none"> ➤ Identify and practice good hygiene standards concerning personal hygiene, kitchen hygiene, work hygiene, equipment hygiene, and food hygiene. ➤ Understand the impact of poor hygiene standards.
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In this module you will learn about hygiene. There are many aspects of hygiene that you need to think about if you want a career in cooking. For this module you will need to read Section 1 of the Professional Cookery Skills Manual.

Q1. Why is understanding and practicing good hygiene important in this industry? Circle the correct answers. There is more than 1 answer:

- a) It is important because I handle food.*
- b) It is important because I am responsible for the health of my customers.*
- c) It is important because I want to look good.*
- d) It is my responsibility as an employee.*

Q2. Fill in the examples for the following types of contamination. Add some of your own ideas if you can:

Type of Contamination	Example
Microbiological	
Physical	
Chemical	

Q3. In your own words, explain what cross contamination means.

Q4. List at least 5 different ways cross contamination can occur in the kitchen:

Q5. List 3 negative impacts of poor hygiene standards:

Q6. There are 5 areas in which you should achieve a high standard of hygiene. List them below:

Q7. Here is a personal checklist to maintain personal hygiene. Do you do this every day?

	Maintain personal hygiene	I do this well	I could do better
1.	Shower regularly.		
2.	Wash my hair regularly.		
3.	Brush my teeth regularly.		
4.	Shave every day. (for males)		
5.	Keep my nails short and clean. (No nail polish and no fake nails).		
6.	Cover any cuts or scratches with a secure band aid or dressing.		
7.	Brush my hair well before I start work to get rid of loose hair.		
8.	At work, tie my hair up or put it into a hairnet.		
9.	At work, remove ALL jewellery, and my watch		
10.	Wear clean clothes to work.		
11.	Wear a clean uniform.		
12.	Wear appropriate shoes when working.		

Q8. Do you think you have been practising correct hand-washing technique?

Below is a step by step method for washing hands. Fill in the blanks:

1) Wet hands preferably with warm/hot water.

2)

3) Scrub the palms, back of your hands and your fingers

4)

5) Rub your thumbs and wrists.

6)

7) Turn tap off with paper towel or elbow.

8) Air dry hands or use a paper towel or a clean towel.

Q9. When should hands be washed? List as many examples as possible (one example has been given):

➤ After going to the washroom

➤

➤

➤

➤

Q10. Fill in the boxes with your own words – how do the following parts of the Chef's uniform help protect you and prevent cross-contamination?

1) A Chef Coat or Chef's Jacket

2) A Chef Pant or Trouser

3) A Chef Cap /toque

4) A Scarf

5) An Apron

6) Shoes

7) Kitchen Dusters

LEARNER ACTIVITY:

Q11. It is also very important to look after your health.

There are many ways to do this. With your group discuss and write down ideas for how to keep healthy and safe outside of work as well as at work:

Q12. Answer the following questions:

I. What should you do if you are sick at work?

II. What should you do if you have an open wound?

Circle the correct answer. There is only one.

III. Why is it dangerous to work with an open wound?

- a) The wound may get worse.
- b) You may hurt yourself again because you cannot work properly with an open wound.
- c) You will spread germs to your guests and to any food you touch.
- d) You will get infected by germs from different surfaces.
- e) All of the above.

IV. Why is it dangerous to work when you are sick?

- a) You cannot work well and you may have an accident.
- b) You will spread germs to your guests who will complain to the manager.
- c) You will get sicker and sicker.
- d) You will contaminate any food you touch.
- e) All of the above.

V. If you feel sick and cannot go to work what should you do?

- a) Stay at home so you do not spread the germs.
- b) Do not call anyone.
- c) Call the owner/manager and inform him/her that you cannot come to work because you are sick.
- d) Answer a) and c).
- e) Go to work no matter what.

VI. You have been sick for three days but now you are better. Can you go back to work?

- a) Yes.
- b) No, you must stay at home for 7 days.
- c) That depends on the rules of your workplace. Usually you can return to work two days after your symptoms have stopped.
- d) Yes, but you have to take your medicine to work because you still have a small cough.

Q13. Read about the potential safety hazards you might experience working in a professional kitchen. Write some of your ideas into the table:

Situation	What could happen in these situations?
a) A greasy or wet floor	Falling, broken bones
b) Moving heavy plates or pots and pans	Falling, back injury
c) Leaving bags in the hallway	Tripping
d) Broken glass	Cuts and infection
e) Broken light fixture	Electrocution
f) Cooking with hot oil	Burns, Fire
g)	
h)	
i)	
j)	

Q14. For each of the hazards mentioned, write down your ideas for how to avoid these hazards (or minimize the risk of accident or contamination from these hazards). (The first one has been done for you):

a) Make sure I am wearing shoes with non-slip soles. Report spills and dirty floors to the appropriate people. Keep the floors clean and dry at all times.

b)

c)

d)

e)

g)

h)

i)

Q15. List the 10 ways you can help maintain good kitchen hygiene:

Q16. What should you do if equipment breaks or you get electrocuted? Circle the correct answer. There may be more than one correct answer.

- a) Report it at once to your manager, supervisor or maintenance team.
- b) Fix the equipment myself.
- c) If I get electrocuted, I will not tell anyone and keep working.
- d) Make sure a report of the incident is made.
- e) Seek medical assistance immediately.

Q17. Why is it important to regularly clean, disinfect / sanitize different and all areas of the workplace?

Circle all the answers that are true:

- a) It is important because bacteria and harmful particles can be found on any and all surfaces.
- b) To prevent the risk of disease spreading.
- c) To prevent cross contamination.

Q18. What are the 2 components of a cleaning and sanitation plan?

Q19. Name and describe the 4 steps of dishwashing by hand:

Q20. In your own words explain what routine equipment maintenance means?

Q21. Explain in your own words the difference between cleaning, sanitizing and maintenance:

Q22. Explain in your own words what “pre-cleaning” tools and equipment means.

LEARNER ACTIVITY:

Q23. Draw up a draft daily or weekly Cleaning Schedule for either the training kitchen you are in now or for your own kitchen at home. Use the example in Section 1 of the Professional Cookery Skills Manual as a template.

Q24. Your personal safety and security is also important for your emotional and mental health. Discuss with your group some the ways you can safeguard your safety and security and write your ideas here:

For example, keep your valuables in a safe place

LEARNER ACTIVITY:

Q25. Answer the following questions. This can be done as a group.

Do you know where the First Aid Box in your kitchen/establishment is?

Do you know where the fire extinguishers are?

Do you know how to deal with a kitchen fire?

Do you know what to do if the fire alarm goes off?

Do you know the safety procedures of your establishment?

Have you ever taken a First Aid course?

If the answer is “no” what do you think you can do to change those answers to yes?

Q26. Food Hygiene is defined as handling, preparing and storing food in a way that best reduces the risk of contaminants entering food and poisoning customers. There are 7 key elements mentioned in Section 1 (Part E). List them below:

Q27. Complete the table with 2 examples of each food hygiene hazard. One example has been done for you:

Food Hygiene Hazard	Examples	Reason
Allergy-inducing food		
Contains natural toxins		
Naturally dangerous	Dairy products	Short shelf life, cannot store for long periods.
Physical hazards		

28. Answer the following questions:

Where else can you find information about Workplace Hygiene and Safety? Write "T" for True or "F" for False.

- a) I can get information from my supervisor/chef de partie. ()
- b) I can get information just by thinking about it. ()
- c) I can read a manual about catering industry guidelines. ()
- d) I can look for information on the Internet. ()
- e) I can ask my mother and father. ()
- f) I can study the posters and leaflets in my hotel. ()
- g) I can ask my fellow workers, Senior Staff. ()

29. *Why is it important to know/ follow the basic hygiene and safety guidelines/ procedures of the catering industry? Write “T” for True or “F” for False.*

- a) So that I know how to maintain my personal hygiene and safety. ()
- b) So that I can sing a song about it. ()
- c) So that I can tell everyone what to do. ()
- d) So that I can identify hazards or any potential hazards. ()
- e) So that I know which hazards I can deal with personally and which I must report. ()
- f) So that I know who I report hazards or potential hazards to. ()
- g) So that I can help keep my work environment hygienic and safe for everyone. ()
- h) So that I know what to do during a fire emergency. ()
- i) So that I can show off. ()
- j) So that I can help other people improve their own safety and hygiene. ()

30. *If you work in a professional/commercial kitchen you are a professional .
What do you think your responsibilities are concerning your behaviour in the kitchen?*

Connect a) - d) to i) – iv) below:

- a.** I should look presentable and be clean so that- ()
 - b.** I should practice safe behaviour in the kitchen so that - ()
 - c.** I should stay healthy so that – ()
 - d.** I should clean and take care of my uniform and apron so that – ()
-
- i. I can continue my work and I do not spread any sickness or disease.
 - ii. I look professional and I do not spread germs.
 - iii. I prevent injury to myself and to others.
 - iv. I can protect myself and others from cross-contamination.

PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be expected to identify:

- The rules and procedures of your establishment's hazard/risk management. This means you should know how your establishment deals with hazards in the workplace.
- How to minimize health and safety risks – recognize hazards, recognize poor hygiene practices, follow handling instructions, know what appropriate gear is, know basic first aid procedures, preventing occupational hazards, etc.
- Maintain health and safety standards – understanding the need for sanitation schedules, hazard prevention drills, clear instructions for reporting hazards, dealing with solid waste, etc.

LEARNER ACTIVITY:

List as many hazards as you can think of that might be found in a professional/commercial kitchen. For each hazard think about what the consequences of that hazard are and how to prevent those consequences:

For example, broken glass on the floor – lead to cuts or contamination of food – must be cleaned up correctly and immediately.

PROBLEM SOLVING**Problem-Solving**

Imagine the following situations. What do you do?
(You can do this as a role play with your classmates.)

Scenario A:

You wake up and you cannot stop sneezing and you have a fever.

Scenario B:

You are chopping carrots and you cut your finger. What do you do?

Scenario C:

You are frying chicken so you are sweating a lot. What do you do?

Scenario D:

You see your co-worker sneeze on the food while preparing a dish.
What should that co-worker do? What should you do?

Scenario E:

You notice that there is a faulty plug in the kitchen. What do you do?

Scenario F:

You see a co-worker use his/her hand to taste a sauce they are cooking.
What should that co-worker do? What should you do?

Scenario G:

You had a diarrhea and a fever for two days. Now the diarrhea and fever are gone.
Can you go back to work? What should you do?

Scenario H:

One of your co-workers is very messy and does not clean or tidy up his/her station, which is next to yours. What do you do?

Scenario I:

One of your co-workers is making fun of another co-worker, gossiping, chatting and not working at all. What do you do?

Scenario J:

One of the ovens has started smoking and then the fire alarm goes off. One of your co-workers is panicking. What do you do?

Scenario K:

Your supervisor has asked you to mentor the new apprentice. You have to show the new apprentice around the kitchen, show the posters, signs, explain any useful information. What do you do?

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Module 02



PROFESSIONAL COOKERY SKILLS WORKBOOK

Food Safety

FOOD SAFETY

Learning Outcomes	<p>After you have completed this module you should be able to:</p> <ul style="list-style-type: none"> ➤ Identify and practice food safety standards that need to be maintained when receiving, storing and handling, ingredients, food, tools and equipment. ➤ Understand what good management practices are.
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In this module you will learn about Food Safety and Waste Management. Food Safety is an umbrella term that covers food hygiene and food storage practices. Everything in this module is very important for you to learn and understand because without understanding these basics you cannot work in the catering industry.

For this you will need to read Section 2 of the Professional Cookery Skills Manual.

Q1. Write 2 impacts of poor food safety and 2 benefits of good food safety practices:

Q2. What are the 7 types of contamination? Give one example for each:

-
-
-
-
-
-
-

Q3. Bacteria and fungus grow very easily, especially in a warm climate like we have in Sri Lanka. What are the 3 conditions that allow for such organisms to grow?

-
-
-

Q4. How do contaminants travel to food? See the table below and give 2 examples for the types of cross-contamination routes below. The first one has been done for you:

Type of Contamination Route	Example
Person to Person	Shaking hands, being close to someone who is coughing or sneezing.
Person to Food	
Food to Food	
Linen to Food	
Equipment to Food	
Chemicals to food	

Q5a. There are other types of hazards that affect workplace health and safety. Fill in the table with examples. One has been done for you:

Type of Hazard	Example
a) Damaged Equipment	Damaged utensils such as cracked glasses and plates
b) Water	
d) Pests	
e) Waste	
f) People	

Q5b. For each of the hazards mentioned in the table above, write how they affect food safety:

a)

b)

c)

d)

e)

f)

Q6a. There are Food Safety Pillars that need to be studied in order to reduce the risks from different types of food hazard. For each pillar write 3 examples of what you can do to ensure high standards of food safety. An example is done for you:

Food Safety Pillar	Examples
Good Personal Hygiene	Wash my hands
Cleaning and Sanitizing	
Good food Storage Practices	
Temperature Control	
Food Handling	
Kitchen Layout and Waste Management	

Q6b. Answer the following questions. Circle two correct answers:

I. Why is it wrong to use the same cutting board for raw vegetables/fruits and meat?

- a) It is wrong because it is wrong.
- b) It is wrong because germs from the meat can get onto the vegetable/fruit and lead to food poisoning.
- c) Germs from the meat can transfer from board to board and knife to knife.
- d) It is wrong because it is lazy.

II. After food has been cooked and it is ready to be served what should you check for before and after the food is put on a plate?

- a) Check that the plate is clean.
- b) Check the food has no hair or foreign object in it.
- c) Check my face.
- d) Check nothing.

LEARNER ACTIVITY:

Q6. Look at the pictures below.

All these kitchens did not pass food safety inspection (Public Health Inspection). Can you see why?

With your partner or group, discuss the following and write down your thoughts. Then share with the class.

- a) the problems
- b) routes of food contamination and their consequences
- c) how to improve the food safety





Q7. Complete the table below with 2 examples for food types and the storage methods:

Type of Food	Examples	Storage Method
Perishable food	(Raw)	
	(Ready-To-Eat)	
	(Dairy)	
Semi-perishable food		
Processed food		
Dry Food		
Frozen food		

Q8a. Look at the dishes below. What is the best way to handle the dishes?

DISH	Handling
Green Leaf Salad	
Freshly cooked rice	
Tuna sandwiches	
Platter of ham slices	
Fruit salad	

*Q8b. Imagine your establishment has only one refrigerator.
Put the following items into the correct area of the refrigerator:*

raw meat

prepared salad in a
container

yoghurt

opened jar of jam

eggs

marinated fish in a
container

Q9a. In your own words explain the following expressions:

FIFO –

Stock Rotation –

Q9b. Read the questions and circle the correct answer:

I. What would happen if prepared food was not portioned properly before storage?

- a) Nothing would happen.
- b) The food cannot be re-heated evenly and therefore cannot be used.
- c) The food will have to be microwaved for a very long time.

II. What do you do if the label on the prepared food container is not clear?

- a) Nothing would happen - I can see what is inside.
- b) I can use the food, but it will take time to find out who made it.
- c) I do not use the food because I do not know when the food was made or by whom.

Q10. Read the following statements and write T for True and F for False:

- a) Storage rooms should always be dry. _____
- b) Storage rooms should not be situated near sewer or water lines. _____
- c) Storage rooms do not need any special layout. _____
- d) Refrigerators do not need a thermometer. _____
- e) It is safe to pack the refrigerator. _____
- f) It is better to have two refrigerators, one for raw food and one for cooked food. _____
- g) Storage areas only need to be cleaned once a year. _____
- h) Storage equipment should be cleaned regularly according to a schedule. _____

Q11. Write 4 advantages of vacuum packing :

- a)
- b)
- c)
- d)

Q12. What is the temperature range that is considered the “danger zone”?

Q13. What do you think are the important temperatures that you need to know? How would you measure these temperatures?

Q14. Match the definitions below to the correct terms:

The procedure for keeping food warm (at or above 63 degrees C).

Thawing

The process to make cooked food hot again (internal temperature should be 74 degrees Celsius)

Freezing

The process to reduce the temperature of food before storing.

Re-heating

The procedure for defrosting and softening frozen food. It should be done in a refrigerator.

Cooling down

The procedure for turning food cold and hard for storage (below 0 degrees Celsius).

Hot-holding

Q15. Write in your own words why it is important that kitchens and workstations are well – organized and clean:

LEARNER ACTIVITY:

Q22. Your workplace has to follow the law about food safety. There will be workplace procedures (ways of doing things) for you to follow to make sure you do things properly.

What rules, processes and procedures does your establishment have for the following areas of Food Safety?

→ Cleaning Utensils and Equipment

→ Food Storage (from delivery/supply to labelling to storage)

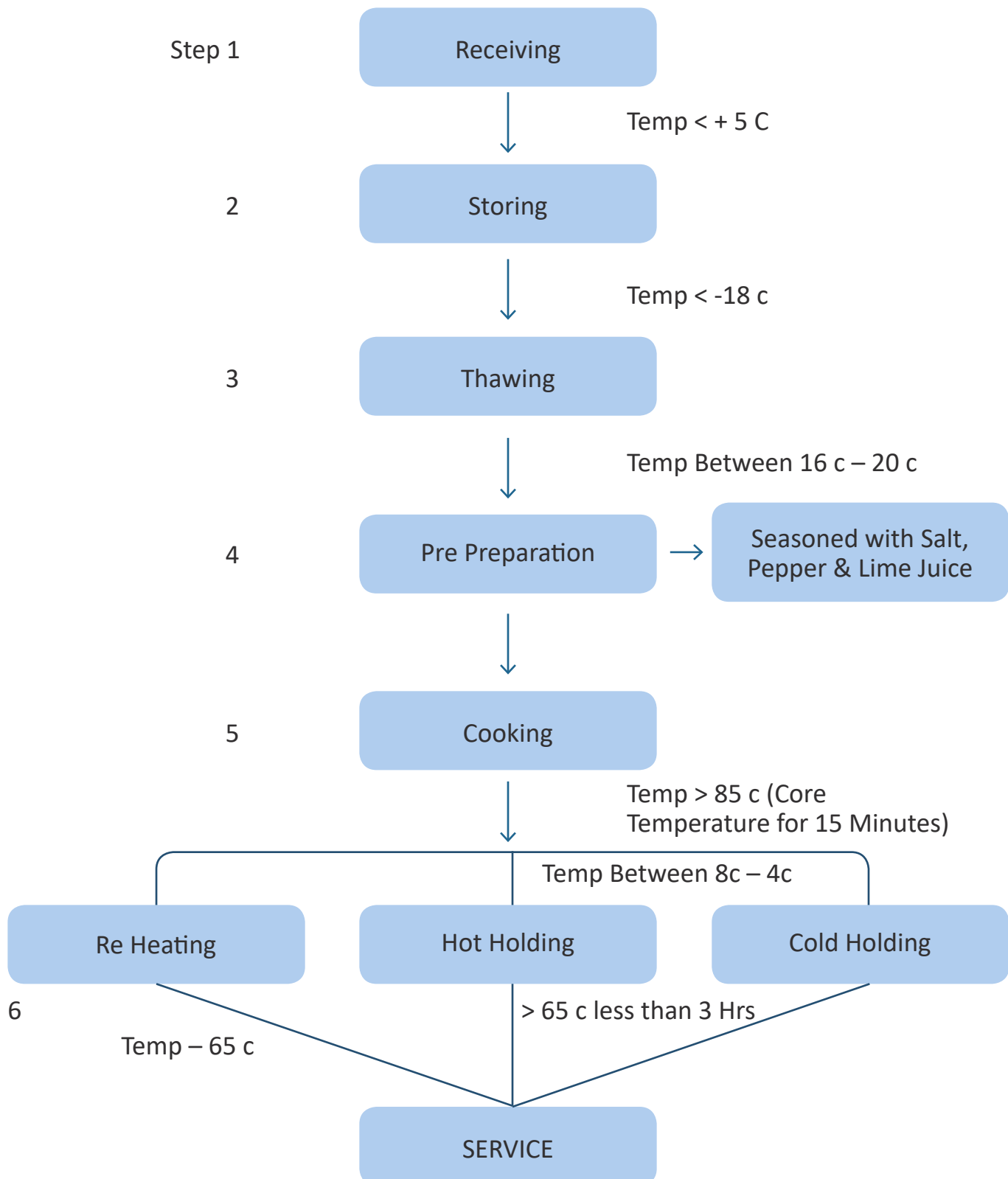
→ Food Handling

→ Waste Disposal

→ Personal Hygiene

Q16. Look at this HACCP flow diagram. Can you think of where the hazards might occur and what the critical points could be? What would be the corrective actions? Who will be in charge of monitoring?

Flow Plan For Fish & Fish Products



For this you will need to read Section 3 of the Professional Cookery Skills Manual.

Q17. Write 3 reasons why it is important to dispose / manage waste immediately and correctly:

-
-
-

Q18. Write in your own words why it is important to separate waste?

Q19. Divide the following into hazardous and non-hazardous waste:

broken cup	used tins and cans	vegetable peels
used paper towels	cooking oil	broken electrical hand tool

Hazardous	Non-Hazardous

Q20. How can we reduce waste? Write down 5 ideas:

-
-
-
-
-

Q21. Read the sentences below. One is incorrect. Can you spot it?

Dealing with Pests:

- Use netting around the windows to prevent mosquitos and other insects from getting in.
- Have electric mosquito repellent machines if possible.
- Leave the windows open.
- Store food off the ground.
- Keep food stored in containers that rodents and insects cannot enter.
- Set cockroach traps and check and change them regularly.
- Keep waste in bins and make sure the bins have lids which close tight.
- Remove or block places where rodents can enter the kitchen.



PROBLEM SOLVING

Read the following situations. What would you do in these situations? Write down your ideas and then discuss with your class.

Scenario A:

You open the freezer and it is not cold. There is condensation dripping and everything has defrosted.

Scenario B:

You have received 8 jars of tomato sauce. In the storage area there is no space on the shelf for the new cans.

Scenario C:

The eggs are past their sell-by date.

Scenario D:

You need mushrooms for your recipe but the mushrooms you collect do not look fresh.

Scenario E:

Your establishment has purchased a new handheld food processing tool that you have never used before.

Scenario F:

Someone has moved the waste bins into the cooking area of the kitchen and they are overflowing.

PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be asked to store different types of food ingredients appropriately as well as handle different cooking tools/utensils appropriately.

You can prepare by educating yourself and practising.
Ask yourself these questions:

- How do we store different kinds of food?
- Where do we store different kinds of food?
- At what temperature do we store different kinds of food?
- Why is checking storage temperature very important?
- How do we clean and sanitize cooking tools?
- How do we clean, sanitize and maintain equipment and our workspaces?

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Module 03



PROFESSIONAL COOKERY SKILLS WORKBOOK

Kitchen Organizational Structure

KITCHEN ORGANIZATIONAL STRUCTURE

In this module you will learn about how a commercial kitchen is structured and why that is important for you to know. You will also look at how to be a professional, a good employee and a good team worker. These are vital skills for working in a very busy workplace like the commercial kitchen. You will need to read Section 4 of the Professional Cookery Skills Manual.

Q1. In the space below draw a diagram of a modern kitchen brigade (Alternatively a diagram of your establishment's kitchen brigade):

Q2. Complete the table:

Role	Responsibilities
Chef de Cuisine	
Sous Chef	
Chef de Partie	
Commis	
Apprentice	

LEARNER ACTIVITY:

Do you know what your daily and weekly duties and responsibilities are?
Write down in the space below, all your duties and responsibilities:

Q3. Match the following roles to the correct picture:

Chef Sommelier, Chef Potage, Chef Patisserie, Chef Rotisserie, Chef Poissonier







Q4. Write the name of the Kitchen Spaces described below:

➤ Menu Planning, Documentation

➤ Dessert

➤ Bakery Products

➤ Store cold and freezer items

➤ Soup

➤ Main Course = meat, fish, vegetable

➤ Cut of Meat

➤ Seafood / Cut of Fish

➤ Salads / Starters

➤ Hors D'oeuvres

➤ Dry food, Stationary

Q5a. Complete the following lists:

The Benefits of a Clean and Organized Workspace:

To keep the workspace hygienic and safe.

To help you do your work efficiently and on time.

To maintain professionalism

To set a positive image for the establishment

The Benefits of Planning and Organizing Your Work:

To complete the job in a safe manner.

To get the job done quickly and efficiently

To be professional

Staff are prepared and ready for service

Q5b. Why is it important to make sure what your tasks are?

Circle the correct statements.

- a. So I know what tasks I need to achieve on that work day.
- b. So I can take many tea breaks.
- c. So I can plan my work day well.
- d. So I am not confused.
- e. So I can tell someone else to do the work.
- f. So I do not waste time thinking about what I should do.
- g. So I do not waste other people's time by constantly asking what I should be doing.
- h. So I can make many mistakes.
- i. So I can finish my work with no accidents.

Q6. Write in your own words:

What is a work plan? Why is it important to follow a work plan?

Q7. Write in your own words the meaning of Code of Conduct:

Q8. Give 4 examples of the areas in which you as an employee must follow the establishment rules. An example has been given:

→ *Handling personal data*

→

→

→

*Q9. Do you know the codes of conduct of your establishment?
If not, where can you get that information?*

Q10. How can you be an effective team member?

Write some of the behaviours of an effective team member:

→

→

→

→

→

Q11. What makes a good team? Circle the correct statements:

- a.** A good team tells lies to each other.
- b.** A good team talks to each other.
- c.** A good team supports each member of the team.
- d.** A good team does not help each other.
- e.** A good team shouts at each other.
- f.** A good team passes essential and emergency information to each other.

Q12. What is a Learning Plan and why is it important to regularly review your learning plan?

Q13. Answer the following questions. This will help you focus your learning and a career path.

What do you think you are good at?

What would you like to improve?

How can you develop your own skills?

What sort of cuisine are you interested in?

What are my goals in the commercial/professional kitchen?

Q14. What does it mean to be a professional?

Circle the statements that are true:

- a.** A professional worker knows what his/her responsibilities and daily tasks and duties are.
- b.** A professional practices good hygiene, maintains good health, understands safe procedure.
- c.** A professional knows how to be good team member.
- d.** A professional only cares about the money.
- e.** A professional knows how to communicate confidently and truthfully with others.
- f.** A professional is always improving his/her skills and knowledge.
- g)** A professional sacrifices friendships and family for his/her career.

PRACTICAL ASSESSMENT PREPARATION

For your assessment you will be asked to draw the organizational chart of the kitchen department that you are familiar with.

To prepare for this you can practice drawing one here – and ask for feedback by your supervisor or superior or peers.

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Module 04



PROFESSIONAL COOKERY SKILLS WORKBOOK

Time Management

TIME MANAGEMENT

Learning Outcomes	<p>After you have completed this module you should be able to:</p> <ul style="list-style-type: none">➤ Work effectively by managing time.➤ Understand production schedules, work plans, allocating duties in a time frame, and time controlling.
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In this module you will learn about how to manage your time in order to prepare a work plan for your duties in the commercial kitchen. To answer the questions, you will need to read Section 5 of the Professional Cookery Skills Manual.

There are three areas of time management to consider:

- Why it is important
- Task Completion
- How to manage time

Q1. For each topic above, write in your own words what that means:

Importance**Task
Completion****How to
manage
time**

Q2. What can you do if you do not understand the task that you are asked to do?

Q3. What happens if you are late for work? Think about who and what it will affect.

Q4. What are the things you do now to manage your time in your life generally?

Q5. Complete the table with a short description for each stage of food production:

Stage	Description
Production Planning	
Pre-preparation	
Preparation	
Production	

Q6. What are the two kinds of meal services?

Q7. What are the advantages and disadvantages of both kinds of meal services?

Look at the following statements and put them in the correct column in the table below. The first one has been done for you:

- A.** All customers eat at the same time so ingredients and equipment can be pre-prepared and prepared ahead of time.
- B.** The menu is fixed and will not be changed before service.
- C.** Customers can choose what they want to eat.
- D.** Food can be kept warm or cold in special equipment so there is no need to re-heat any dishes over the stove.
- E.** Quality of food goes down because it is held in warm or cold temperatures for a long time.
- F.** Quality of food is high because dishes are prepared and produced close to the time the dish will be eaten by the customer.
- G.** Large amounts of food might be left over and possibly wasted.
- H.** Customers eat at different times so meals cannot be prepared in advance.
- I.** You have to estimate how many orders of one dish might be ordered and prepare accordingly.
- J.** Pre-preparation and Preparation can take some time so it is important to be prepared for anything and everything in order to make the meal service run on time.

Meal Service	Advantages	Disadvantages
Set Meal Service	A	
Extended Meal Service		

Q8. Why is it important to know what kind of meal service you are preparing for? Circle the correct answers (there may be more than one correct answer):

- a. It is important to know because a work plan for set meal service will be different from a work plan for extended meal service.
- b. It is important to know because how I manage my time will change according to the type of meal service.
- c. It is important because I have to let the customers know what we are serving.
- d. It is important because my Chef de Partie told me so.
- e. It is important because the food ingredients and their quantities will change according to the meal service. This will affect my time management.

Q9. Read the following tasks. Place the tasks next to the correct stage in the table below. The first one has been done for you:

- A.** Know your establishment's menu.
Which parts of the menu are you involved in at the moment?
- B.** Study your recipes.
Have you memorized some recipes yet? What are the ingredients? What are the measurements?
- C.** Cook the ingredients and plate the dish.
Is there a plating diagram?
- D.** Know where all the utensils and equipment are kept.
Is your knife sharp enough? Is the cutting board clean and dry? Do you have all your measuring tools?
- E.** Understand the tasks that have been given to you.
If you do not understand, who can you ask for clarification? ALWAYS get clarification if you are not sure. Do not wait till the last minute.

F. Plan your tasks.

How many dishes am I making at the same time? Which tasks are first? Which tasks will take the longest? What can be pre-prepared now? What are the holding temperatures for different ingredients and different parts of a recipe (for example, can the sauce be made first)?

G. Know where all the ingredients are kept.

Where are the dairy items stored? Where are the vegetables stored?

H. Know your workstation / kitchen /workspace as if it were your own house

What shape is your workstation (is it U-shaped? Or one line?) Where is everything kept?

I. Prepare all the parts of the recipe to be ready for production.

Are all the raw vegetables or fruits washed and cut? Has the meat been marinated? Do you have the right quantities of all the necessary ingredients?

J. Prepare the ingredients

What needs to be thawed ahead of time? What needs to be re-heated?

Does anything need to be blanched, parboiled, breaded or battered?

Stage	Tasks
Prepare myself	A
Writing the work plan	
Pre-preparation	
Preparation	
Production	

Q10. Look at the following recipe for making chicken stock. Using the table, plan what you would do first, where to get the ingredients, what tools you will need and time required for each stage. Receive feedback if possible. How could you improve this plan?

Recipe for Chicken Stock (1 litre)

1kg chicken carcass
 1 carrot (large chunks)
 1 onion (quartered)
 1 leek (large chunks)
 1 stick celery (large chunks) 1 clove garlic
 2 stalks parsley and thyme 1 bay leaf
 5 peppercorns
 1 clove
 2 litres water

Cooking Method

1. Put all the ingredients into a large pan. Cover with cold water.
2. Bring the liquid to a boil, then reduce the heat and simmer for about 3 hours. Skim the fat off the surface as needed.
3. Once the liquid has reduced down to 1 litre, strain the liquid and use it immediately or store in the refrigerator or freezer.

Stage	Tasks	Time required
Pre-Preparation Receive feedback if possible. How could you improve this plan?		
Preparation Receive feedback if possible. How could you improve this plan?		
Production (Cook and plate up) Receive feedback if possible. How could you improve this plan?		

Compare your plan with your classmates. Give and receive feedback.
How could you improve this plan?

Q11. Create a menu workplan for the 4 course menu below. This is for Extended Meal Service – Lunch

You may use whatever recipes you wish. Think about quantity of ingredients and dishes, task allocation in each stage, time required for different tasks, and what tools will be needed.

(Extended Meal Service – course menu)

Appetizer

For example- Spring Rolls

Salad

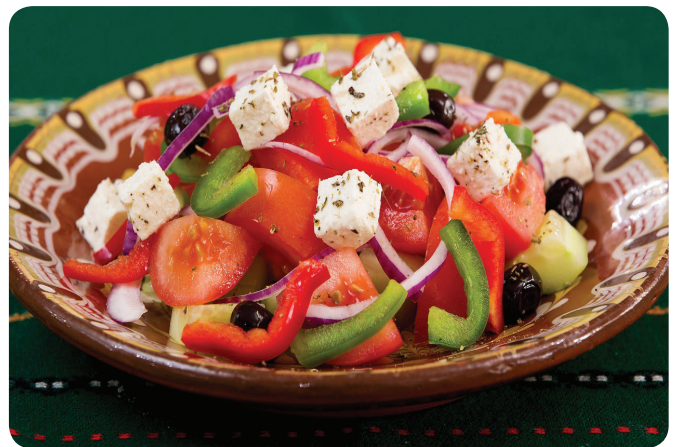
For example - Greek Salad

Main Course

For example – Grilled White Fish with Roast Vegetables

Dessert

For example - Fruit Salad or Chocolate Mousse



WORKPLAN TEMPLATE:

Time	Spring Rolls	Salad	Fish	Roast Vegetables	Mousse	Salad
8:30 -9:00	BRIEFING					

(This is only an example template. If your establishment has its own workplan templates, use those in order to familiarize yourself with them).

Q12a. What does S.O.P stand for?

Q12b. What does it mean?

Q12c. Why are they important?

LEARNER ACTIVITY:

Plan your day for tomorrow. Think about all the things you have to do and list them in order of importance. Next, think about when, how and what you will need to achieve each item on the list. Can any of the items be done at the same time?

After planning, activate your plan by following your plan for one day.

At the end of the day, think about how well or how badly the plan went. Think about what you learned and how you could have improved the plan.

Think about how you will plan the next day differently as a result.

You can apply this way of critical thinking to your work plans in the kitchen.

At the end of your work day, look at your personal work plan and think about what can be improved.

PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be asked to prepare a work plan for a four-course menu. Use the space below to practice writing a work plan for the menu in your establishment or a menu you have been given.

Alternatively look at the four-course menu that your establishment has and make work plans for those menus. Show your work plan to your trainer, supervisor or peers to get feedback. Feedback can help you improve your plan.

Whenever possible, activate your plans and afterwards reflect on the plan in order to improve your plans. Practice makes perfect as they say.



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Module 05



PROFESSIONAL COOKERY SKILLS WORKBOOK

Introduction To Kitchen Utensils,
Tools And Equipment

INTRODUCTION TO KITCHEN UTENSILS, TOOLS AND EQUIPMENT

Learning Outcomes

After you have completed this module you should be able to:

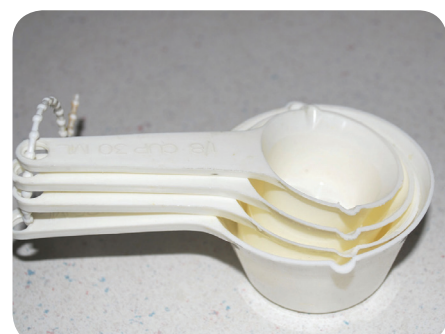
- Identify and use kitchen utensils, tools and equipment.
- Understand the methods and schedules for cleaning, sanitizing and maintaining tools, knives, and heavy equipment.
- Understand safety rules when handling tools and equipment.

In this module you will learn to identify the basic tools, utensils and equipment you will see and use in a commercial kitchen. To answer the questions, you will need to read Section 6 of the Professional Cookery Skills Manual.

Q1. Read the following statements about Kitchen Equipment. Write T for True or F for False:

- a. Food equipment is safe and can easily be used by anyone if they know how to turn it on.
- b. All models of equipment are generally the same, if you know one you can figure out another.
- c. Cleaning all utensils, tools and equipment straight after use is essential.
- d. You should keep equipment on in the kitchen even if you are not using it.
- e. Your hands are your best tools.

Q2. What would you use to measure A) food temperature, B) wet ingredients and C) dry ingredients?



Q3. Look at this measuring cup. Which side would you use to measure flour? Why?



Q4. Refer to the table below to answer the following questions:

Liquid Measures			
1 cup	8 fluid ounces	½ pint	237 ml
2 cups	16 fluid ounces	1 pint	474 ml
4 cups	32 fluid ounces	1 quart	946 ml
2 pints	32 fluid ounces	1 quart	946 ml
4 quarts	128 fluid ounces	1 gallon	3.784 litres

Dry Measures				
3 teaspoons	1 tablespoon	½ ounce	14.3 grams	
2 tablespoons	1/8 cup	1 fluid ounce	28.3 grams	
4 tablespoons	¼ cup	2 fluid ounces	56.7 grams	
5 1/3 tablespoons	1/3 cup	2.6 fluid ounces	75.6 grams	
8 tablespoons	½ cup	4 ounces	113.4 grams	1 stick butter
12 tablespoons	¾ cup	6 ounces	0.375 pound	170 grams
32 tablespoons	2 cups	16 ounces	1 pound	453.6 grams
64 tablespoons	4 cups	32 ounces	2 pounds	907 grams

- a. How many tablespoons is a half a cup of flour?
- b. How many ml is 2 cups of milk?
- c. How many cups is 1 pound of pasta?
- d. How many pints is 2 cups of water?
- e. How many cups is 170grams of cocoa powder?

LEARNER ACTIVITY:

- There are many tools, utensils and equipment to make the job of cooking easier and more efficient. Go and visit a shop that sells commercial kitchen equipment and see what utensils they have. Look at the names in English and write them down. Try pronouncing them correctly.

If there is a tool you have never seen before – ask the shop assistant what it is used for.

Share your notes with the rest of the class.

- Educate yourself – if you can, take the time to read the safety manuals of electrical equipment. Become an expert at how to disassemble and reassemble equipment correctly. Practice with your classmates.

Q5. What are the hand tools below used for? Match the tools to the job.
Number 1 has been done for you:

- | | |
|------------------------------|--|
| a. Ladle | To cut food on |
| b. Grater | To peel the skin off vegetables and fruits |
| c. Zester | To pick up food that is cooking |
| d. Corer | To grate cheese or vegetables |
| e. Spatula / Slotted Spatula | ➤ To serve soup |
| f. Peeler | To make lemon, lime or orange zest |
| g. Tongs | To cut the core out of certain fruits |
| h. Spoon / Slotted Spoon | To flip food |
| i. Whisk | To scoop up food |
| j. Kitchen scissors | To beat eggs or cream |
| k. Palette Knife | To cut up food or food packages |
| l. Cutting Board | To spread sauce or cake icing smoothly |

Here are some more tools:

Name	Purpose
Spatula / rubber scraper	for folding or mixing cake batter
Rolling pin	for flattening dough
Garlic press	for crushing garlic
Corkscrew	for opening corked wine bottles
Potato masher	for making mashed potatoes
Baking trays	for baking cakes, cookies, pies, etc.
Ramekins	for baking small desserts
Pasta spoon	for scooping and draining pasta
Cake server	for slicing and serving cakes

Q6. From the list above, label the following pictures:







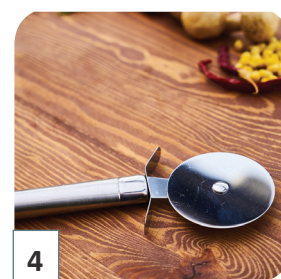
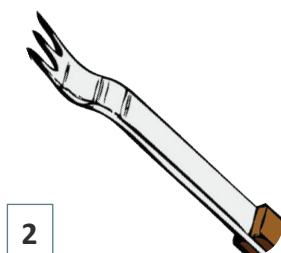






Even more tools....**Match the Tools with names and purpose**

	a) Melon Baller – (Also called a Parissiene Cutter) used for cutting fruits and vegetables into small balls
	b) Cooks Fork – used for turning and lifting meat and other big items. Must be strong to hold heavy loads
	c) Bench scraper/dough knife- used to cut pieces of dough and scrape workbenches
	d) Pizza Cutter – (Also called Pastry Wheel) A round rotating blade used for cutting rolled out doughs, pastry or pizza
	e) Skimmer – used for skimming froth from liquids or removing solid pieces from soups, stocks of broths
	f) Sieve – used for sifting flour or other dry ingredients or pureeing soft foods
	g) Colander – used to drain or wash cooked vegetables, salads, past and other foods.
	h) Mandoline – a manual slicing machine with different blades to cut vegetables, it is very sharp and must be used with a safety guard
	i) Pastry Bag and Tubes – used for shaping and decorating with icing, cream cheese and other soft ingredients
	j) Pastry Brush – used to brush on egg wash, glaze etc
	k) Can opener – sometimes mounted on a table, used to open cans, must be cleaned after each use to prevent cross contamination.



Q7. Label the following pictures:



Flat Beater

Used for:

Combining ingredients

- cake mix
- cookie dough
- batter
- frosting

Wire Whip

Used for:

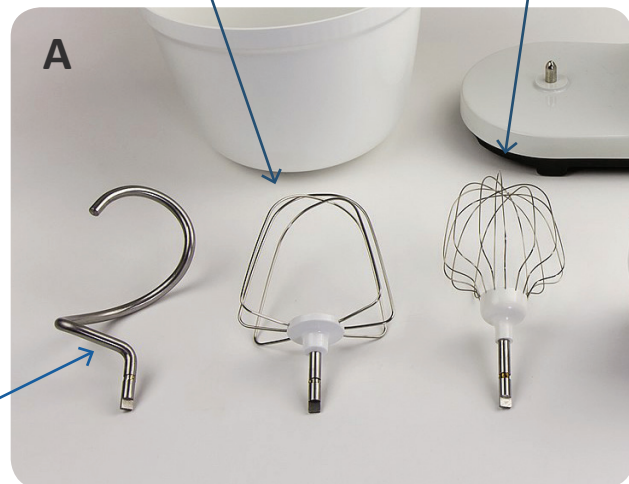
Whipping air into ingredients

- whipped cream
- whipped egg whites

Dough Hook

Used for:

- Kneading dough



Look at the attachments in Picture A. Write the correct name in the table for each use:

Attachment	Use
	general mixing
	beating cream, eggs and mayonnaise
	mixing and kneading yeast doughs

Q8. Label the following pictures from the box below:

refrigerator

blast-chiller

bain-marie

hot cupboard

meat slicer

frozen fish cutter

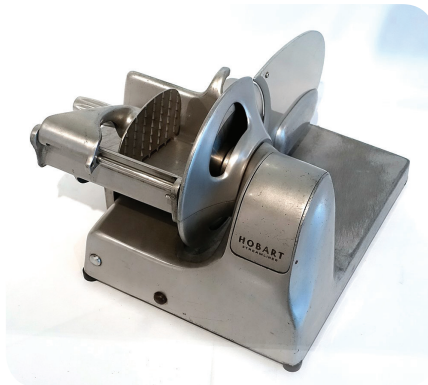
griddle









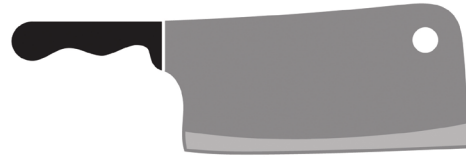








chef's



cleaver



fillet



carver



carving fork



boning



steak



bread



paring



santoku



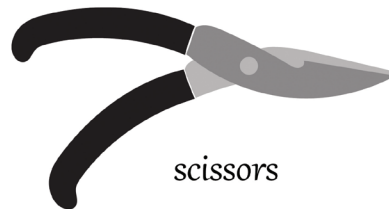
cheese



utility



slicer



scissors



sharpener

Q9. Which knife would you choose to do the following?

- a. Chopping up a whole chicken
- b. Cutting vegetables
- c. Filleting a fish
- d. Carve meat
- e. Slice steak
- f. Cut bread
- g. Remove bones
- h. Chop up meat or fish bones



Q10. Look at the three knives pictured above. What do you think they are used for? Match the pictures to the sentences below:

- a. Sharpening knives
- b. Slicing ham
- c. Boning a leg of lamb

LEARNER ACTIVITY:

Every establishment will have their own sets of knives, Do you know the knives in your establishment? What are the knives that you work mostly with?

In the space below draw or describe the knives that are in your workplace / workspace. Write a brief explanation of how each knife is used, how they are cleaned and stored and how they are sharpened

LEARNER ACTIVITY:

- A. What kind of pan would you use to make a large quantity of soup in?
- B. What is the difference between a straight side sauté pan and a sloped sided one?
- C. What would you use to sauté something you would need to slide off onto a plate?
- D. If you wanted to finish off some meat in the oven, which pan would you use?
- E. How should you clean a non-stick pan?

Q11. What is missing from this cleaning procedure for utensils and hand tools?

- a. pre-clean
- b. _____
- c. sanitize
- d. _____
- e. store correctly

Q12. What is missing from this cleaning procedure for electrical tools?

- a) choose cleaning agent/liquid
- b) DISCONNECT the electrical equipment from power source
- c) read cleaning instructions if necessary,
- d) _____
- e) pre-clean/ soak to remove dried on food,
- f) soap, wipe and/or rub (gently)
- g) _____
- h) sanitize if necessary
- i) _____
- j) _____
- k) _____

Q.13 Put the following sentences about electrical equipment in the correct box (right or wrong). The first one has been done for you:

- A. Check the equipment is correctly assembled.
- B. Operate when the equipment is wet.
- C. Put electrical equipment into water to clean.
- D. Check cords and wires to make sure they are not wet or frayed.
- E. Even if power point is damaged, use the equipment.
- F. Use any safety guards that come with the equipment.
- G. Switch off equipment and remove power plug before cleaning.
- H. Remove unsafe or faulty equipment from work area and report to supervisor.
- I. It is safe to touch the moving parts of any electrical equipment.
- J. Switch off equipment when not in use.
- K. Never read the manual.
- L. Learn how to assemble and disassemble the parts of the equipment.
- M. Know how to clean the different parts of the equipment

Right (✓)	Wrong (X)
A	

Q14. Put the following sentences in the correct order, 1-10. The first one has been done for you:

- () dry thoroughly
- (**1**) DISCONNECT the electrical equipment from power source
- () rinse
- () safely disassemble
- () pre-clean/ soak to remove dried on food
- () reassemble and store correctly
- () read cleaning instructions if necessary
- () sanitize if necessary
- () choose cleaning agent/liquid
- () soap, wipe and/or scrub (gently)

Q15. Circle the correct statements:

- a)** When using a dishwasher it is important to know how to operate the machine carefully and correctly.
- b)** Dry with any cloth that is available.
- c)** Whenever possible wash kitchen hand tools with hot water.
- d)** You can use a glass bottle brush to clean plates.
- e)** Correct cleaning technique is not important.
- f)** Follow S.O.P of my establishment for dealing with utensils and equipment.

Q16. Tick why you think it is important to have a preventative maintenance schedule:

- a)** It provides more paperwork for kitchen staff
- b)** It prolongs equipment life
- c)** It gives extra work for new chefs
- d)** It ensures that all equipment is working at optimum performance
- e)** It saves money and time in the long term.

PROBLEM SOLVING

Read the following scenarios and think of what actions you would take. Discuss your answers with the class.

Scenario A:

You have been told to wash a set of bowls. You do not know whether they can be washed in the dishwasher. What do you do?

Scenario B:

You have been asked to reassemble a blender but you have never done it before. What do you do?

Scenario C:

You have to make 5 mango smoothies. Each smoothie is 250 ml. The smoothie recipe amounts are for 3 smoothies. The blender can make up to 1.5 litres. What is your strategy?

Scenario D:

You have to chop up some chicken breast meat but the correct knife is missing. What do you do?

Scenario E:

You have been asked to do three jobs; julienne two cucumbers, wash 4 frying pans, and measure the ingredients for a cake. What is your strategy?

PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be asked to identify 10 different types of tools and/ or equipment used in a commercial kitchen. You will also be expected to demonstrate the safe usage and storage of said tools and/or equipment.

In order to prepare for this, make sure you are familiar with all the tools and equipment being used at your workplace. Practice saying the names in English.

Some things to remember when cleaning kitchen tools in particular:

- Use the correct cleaning liquid.
- Use the correct cleaning cloth or sponge or brush.
- Use hot water if possible.
- Sanitize the kitchen tools with correct sanitizer.
- Dry thoroughly on a drying rack. (If a tool needs to be used immediately after cleaning, dry with a cleaning cloth that is for drying purposes only.)
- If using a dishwasher, make sure you know how to use the dishwasher correctly, and you must know which tools and electrical tool parts can be washed in a dishwasher.

Some things to remember about the maintenance of kitchen tools:

- If you notice something wrong, DO NOT use the equipment.
- Report it to your supervisor immediately.

Examples of maintenance issues: frayed electrical cord, broken switch, screws coming loose or missing, rattles or strange noises in the equipment, smells, smoke or sparks coming from the equipment, broken handles

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Module 06



PROFESSIONAL COOKERY SKILLS WORKBOOK

Food Knowledge

FOOD KNOWLEDGE

Learning Outcomes	<p>After you have completed this module you should be able to:</p> <ul style="list-style-type: none"> ➤ Identify standard recipes and ingredients. This means you should be able to recognize different types of vegetables, fruits, herbs, spices, meat items, seafood, poultry, dairy items, bread and processed and pre-packaged food. ➤ Understand shelf lives and storing methods of different food types. ➤ Know the fundamental cooking procedures for different food types. ➤ Understand the purpose of standard recipes and recipe yields
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As you progress in your career as a cook or chef you will learn many things about the ingredients you cook. Your understanding/production of food should not only be creative but also scientific. To answer the questions, you will need to read Section 7 of the Professional Cookery Skills Manual.

Q1. Do you know the major food groups? Give 5 examples for each group:

- _____ Examples:
- _____ Examples:
- _____ Examples:
- _____ Examples:
- _____ Examples:

Q2. What are “calories”?

Q3. What is your favourite dish that you like to eat? Is it healthy in your opinion? How could you make it healthier?

LEARNER ACTIVITY:

If you could make a three or four course meal how would you make it healthy? Discuss with your group.

Q4. How many “tastes” are you familiar with? Match the words on the right with the sentences on the left:

Sweet	a complex taste which some describe as savoury.
Salty	detected by the presence of alkaloids
Bitter	detected by the presence of sugar
Sour	detected by the presence of acids
Umami	detected by the presence of salt

Q5. Write in your own words why understanding taste and flavour is important to cooking? (Hint – what areas of cooking and food preparation does this knowledge affect?)

Q6. Complete the following tables:

BEEF:

Part of the cow	Cuts and / or method of cooking
Chuck	
Rib	
Brisket	
Shank	
Loin	
Tenderloin	

PORK

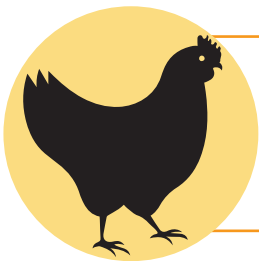
Part of the pig	Cuts and / or methods of cooking
Ribs	
Shoulder	
Loin	
Leg	
Belly	
Lard	

CHICKEN

Part of the chicken	Cuts and / or methods of cooking
Breast	
Leg	
Wings	
Shins	
Thigh	

Q7. What three senses can you use to check for freshness in meat and poultry?

Q8. Write 2 points about how you would store raw (at purchase) meat and raw (at purchase) poultry?



Q9a. Look at the different ways meat can be cooked. Read the descriptions and match the description to the correct picture:

(A) This cooking method requires a shallow frying pan and very little oil or butter. The meat should be lightly fried until slightly brown in colour. (Pan-fry)

()



(B) This cooking method requires both a pan and a covered pot. The meat is first pan-seared and then cooked in a covered pot with stock or water. (Braise)

()



(C) This cooking method requires a barbecue or grill and takes longer time to cook the meat. It gives the meat a smoky flavor. (Barbecue)

()



(D) This cooking method requires an oven tray or rack. The meat is exposed high, dry heat and has to be regularly turned or basted to keep the moisture (Roast).

()



Q9b. Read the following statements and write T for True and F for False. The first one has been done for you:

- a) Meat and poultry flesh is made mostly of fat and skin. (F)
- b) Meat and poultry flesh is made of muscle. ()
- c) Muscle is made up of 75% water, 20% protein and 5% water. ()
- d) Muscle is made up of 45% water, 45% protein and 10% water. ()
- e) Muscle flesh is composed of bundles of fibres called connective tissue. ()
- f) Some meats are high in connective tissue while other meats are not. ()
- g) Meat that is high in connective tissue cannot be cooked. ()
- h) There are many ways to make meat tender. ()
- i) Acid mixtures such as wine or tomato can help tenderize muscle tissue. ()
- j) Muscle flesh that is high in connective tissue is flesh that are more exercised. ()
- k) A cook must understand that connective tissue is tough because this affects the tenderizing and cooking processes. ()

LEARNER ACTIVITY:

How many Sri Lankan fish do you know? Make a list of Sri Lankan fish names that you know. How can you find the English names of these fish?

Go to a fish market and look at all the fish available – ask the names and note them down.

Q10. Name two examples of each type of fish in the table below:

Type		NAME
Freshwater	Oily Fish	
	White Fish	
Saltwater	Oily Fish	
	White Fish	

Q11. Look at the names in the box and try to match it to the pictures of the fish below.

Salmon

Swordfish (Thalapath)

Sardine

Tuna

Seer

Barramundi













Q12. In your own words describe the following cuts of fish. The first one is done for you:

Darne – slice of round fish cut on the bone.

Fillet –

Goujon –

Steak –

Q13. Using the words in the box label the pictures below:

lobster

shrimp

mussels

clams

squid

octopus

crayfish

cuttlefish

















Q14. Shellfish is a food hazard risk and so must be stored correctly or you risk contamination and food poisoning. Write how a) mussels, b) prawns and shrimp and c) squid can be stored:

a)

b)

c)

Q15a. Write three examples for each type of vegetable in the table below:

Type of Vegetable	Examples
Leafy	
Fruit	
Pods and Seeds	
Root Vegetables	
Stems and Shoots	
Tubers	
Bulbs	
Mushrooms	

Q15b. Describe how to wash:

a) Leafy vegetables →

b) Potatoes →

c) Broccoli and Cauliflower →

Q16a. Write the names of 5 different nuts that can be used in a salad:

Q16b. Which potato is ideal for making a) potato salad and b) baking?

a)

b)

Q16c. Other than the raw form, what other forms of potato are commercially available?

Q17. List 5 tropical fruits and five citrus fruits:

LEARNER ACTIVITY:

Look at the fruits listed in Section 7 of the Professional Cookery Skills Manual.
Go to the supermarket and see how many you can find.

If possible, give yourself an opportunity to try all the different fruits that are available in the supermarket. This can be done with fresh fruits or frozen fruits.

What did you learn about these fruits after eating them? Make observations and keep notes.

Q18. Read the following statements and write T for True or F for False. The first one has been done for you:

- a) Cooking affects the texture, colour, flavour and nutrients of vegetables and fruits. (T)
- b) Cooking is required for all vegetables and fruits. ()
- c) Different vegetables and fruits contain different amounts of fibre. ()
- d) Old root vegetables have more fibre than young root vegetables. ()
- e) It is better to overcook vegetables and fruits. ()
- f) It is not necessary to preserve the colours of vegetables and fruits. ()
- g) The fibres of vegetables can be made firmer by adding acids during cooking. ()
- h) You know a vegetable or fruit is cooked (done) when it has reached the desired softness. ()

Q19. Look at the pictures and match them to the cooking method on the left:

- a) puree
- b) boiled / steamed
- c) saute
- d) grilled / roasted



Q20. In your own words explain what a robust herb is and what a fragile herb is. Explain also why this is important to know:

Q21. Name 5 examples of each category below:

Herbs and Spices	Examples
Leaves	
Seeds	
Powders	

Q22. Answer Yes or No to the following questions:

- Do I add fresh herbs (leaves) at the beginning of cooking?
- Do I add fresh herbs (leaves) at the last minute?
- Do I add dried herbs and spices at the first stage of cooking?
- Do I add dried herbs and spices at the final stage of cooking?
- Do I store fresh herbs in a cool, dark and dry place?
- Do I store fresh herbs in a refrigerator?

LEARNER ACTIVITY:

Name as many dairy products as you can (think about the ones you have seen in the supermarket):

If possible, give yourself an opportunity to try all the different dairy products that are available in the supermarket.

What did you learn about these products after trying them?

Make observations and keep notes.

Q23. What is the composition of milk?

Q24. Circle the correct answers for the following questions:

i. The purpose of pasteurizing milk is to:

- a)** kill pathogens.
- b)** break down milkfat.
- c)** add vitamins and minerals.
- d)** prevent spoilage by sunlight.

ii. Two non-dairy milk options are:

- a)** rice and soy milk.
- b)** skim and rice milk.
- c)** buttermilk and lactose-free milk.
- d)** lactose-free and evaporated milk.

iii. All milk products should be stored at what temperature?

- a)** 4°C or lower
- b)** 6°C or lower
- c)** 8°C or lower
- d)** 11°C or lower

Q25. What is the difference between pasteurized and UHT milk?

Q26. What are two common problems when cooking with milk?



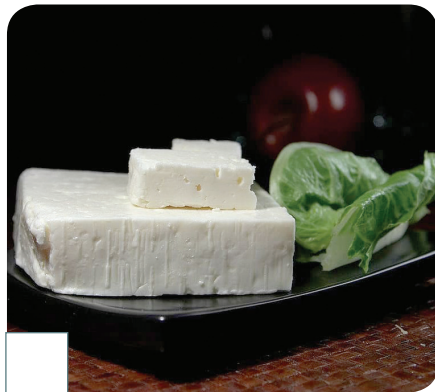
Q27. What are the different types of milk products and their uses? (List at least 9)

Types	Uses

Q28. What is the difference between butter, margarine and ghee?

Q29. Match the names to the different cheeses:

- A) Gouda
- B) Feta
- C) Cheddar
- D) Parmesan
- E) Cream Cheese
- F) Ricotta
- G) Fresh Mozzarella
- H) Shredded Mozzarella...
- I) Camembert



Q30. How can you tell if an egg is fresh?

Q31. Describe how to store eggs:

Q32a. Put the following cooking method for making an omelette in the right order. The first one has been done for you:

- Add the butter, then turn up the heat to maximum so that the butter is foaming but not turning brown.
- Break the eggs into a basin and season lightly with salt.
- Using the fork, carefully fold the mixture in half at a right angle to the handle of the pan.
- Heat a non-stick omelette pan and wipe thoroughly clean with a dry cloth.
- Mix thoroughly with a fork or whisk until whites and yolks are thoroughly combined and no streaks of white can be seen.
- Add the eggs and cook quickly, stirring continuously with a fork or heat-proof spatula until lightly set. Remove from the heat.

Q32b. Eggs can be used in many ways. Match the words on the right with definitions on the left. One has been done for you:

Enrich	Beaten egg yolks can be used to thicken soups and sauces (Mayonnaise, Hollandaise) or milk in custard. When heat is applied the egg coagulates and holds the liquid in suspension.
Glaze	The emulsifying property of egg yolks means that they can hold ingredients which do not normally mix together, such as oil or butter, in suspension. This is the basis of many sauces. E.g. In emulsion sauces such as mayonnaise and hollandaise, egg yolks are used to combine oil or fat with vinegar to make a sauce.
Aerate	Eggs bind ingredients together, for example, pane l'Anglaise. (egg wash and breadcrumbs) or coat ingredients in batter for deep frying (batter fry)
Emulsify	When an egg is whipped, it aerates by trapping millions of tiny air bubbles within itself. The air bubbles help to raise up other ingredients to make light and fluffy dishes such as sponges and soufflés.
Bind	Beaten egg has a shiny texture which gives a gloss or glaze and a golden brown colour to pastry and bread. The egg is called an egg wash and is applied with a pastry brush.
Clarify	Egg whites are used to clarify stock (mixed with mince to make a clarifying 'raft') and in the making of consommé and aspic
Thicken	Eggs add flavour and nutritional value to cakes, puddings, pasta and drinks such as eggnog.

Q33. Complete the table below:

Type of Food	Example	Dish Name
Rice	Long Grain:	
	Medium Grain:	
	Short Grain:	

Q34a. Complete the table below:

Type of Food	Description	Dish Name
Pulses	Kidney Bean:	
	Pea:	
	Lentil:	

Q34b. Complete the table below:

Type of Food	Composition	Name or dish name
Fresh pasta	Kidney Bean:	
Dried Pasta		
Noodles		
Bread		

Q35. Match the following pictures to the correct description. Then label the pictures:



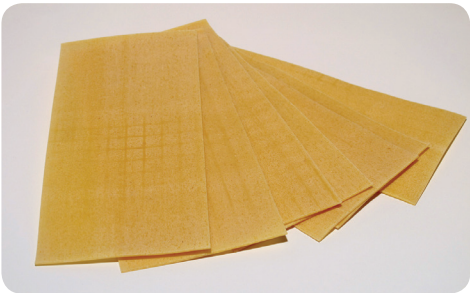
Pasta in the shape of a screw or spring
Thick sauces, casseroles, salads



It is a very versatile pasta and can be served with tomato sauce, cream sauce, chunky sauce, meat, poultry, but it is generally not used in salads.



Long, wide and flatter than spaghetti, thicker texture
Served with cream based sauces



Very wide thick pasta with a ruffled edge.
Lasagna al Forno (lasagna layered with meat in tomato-based sauce, and bechamel sauce)



Pasta in the shape of a tube
Served with chunky sauces or pasta salads



Small, square pillows of stuffed pasta (traditional filling is ricotta cheese with spinach)

Tomato-based sauce or cream-based sauce

Q36. List seven different kinds of processed or pre-packaged food. Give 2 examples of how they are used for each one:

For example: Dried Fruits - can be used in salads or dessert pastries

- a)**
- b)**
- c)**
- d)**
- e)**
- f)**
- g)**

Q37. Circle the correct answer to the following questions:

i. What is the difference between processed and unprocessed food?

- a)** Processed food is tastier.
- b)** Processed food has been altered through salting or pickling.
- c)** Unprocessed food is not fresh.

ii. What should you consider when using pre-prepared salads or chilled food?

- a)** Always read the instructions before using pre-prepared salads or chilled food.
- b)** Always put it in the microwave oven before serving.
- c)** Always wash before serving.

iii. What should you consider when using frozen food?

- a)** All frozen food can be defrosted in the same way for the same amount of time.
- b)** All frozen food must be defrosted before use.
- c)** Frozen meat, fish, seafood and poultry must be properly defrosted/thawed in the refrigerator.

iv. What should you consider before using canned or tinned food?

- a)** Opened cans or tins must not be stored in the refrigerator.
- b)** Canned food can be used even after it is past its use-by date.
- c)** The shelf life of canned food is very short.

Q38 What are the three basic attributes of a standardized recipe? Choose one of the following:

- Looks good & tastes good
- Name, portion size, ingredients
- Ingredients, directions, tools
- Consistent quality & yield for a specific kitchen

Q39. Write the words into the correct boxes

Standardized recipe

Standard portion

Volume measurement

Mise en place

Weight measurement Standard yield

Conversion factor

a) A set of written instructions used to consistently prepare a known quantity and quality of food for a specific operation.

b) Used to reduce or expand the number of servings a recipe will yield.

c) The total amount (weight, volume or count) of product made by a recipe.

d) Provided on a recipe – the consistent serving size for each customer.

e) An organization system for kitchens meaning everything is in place.

f) Usually used for liquids, examples include a cup, pint, quart, litre, gallon.

g) The most accurate way to measure in a kitchen, examples include kg, gm.

Q40. In your own words, explain why it is important to follow a standardized recipe?

LEARNER ACTIVITY:

What does sustainability mean to you and how can we practice more sustainability in the commercial kitchen?

PRACTICAL ASSESSMENT PREPARATION

For your practice assessment you will be expected to identify food that is presented to you by the assessor. You will also be expected to give a standard recipe for a given dish.

To prepare for this test yourself whenever possible. Go to the pantry or food storage areas of your establishment and list as many food items that you can see.

Then categorize them in different ways. For example, you can categorize by food group, by cooking method, by preparation methods, by cleaning methods, etc.

Your establishment will have standard recipes that are used. Study them.

If you do not have access to recipes, ask your trainer or go online or invest in a cook book.

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Module 07



PROFESSIONAL COOKERY SKILLS WORKBOOK

Cooking Methods

COOKING METHODS

Learning Outcomes

After you have completed this module you should be able to:

- Identify methods of cooking.
- Understand the correct methods for cooking a variety of dishes

In this module you will be learning about the different cooking methods that are considered basic skills for a commercial/professional kitchen.

You will need to read Section 6 and 8 of the Professional Cookery Skills Manual to answer the questions.

LEARNER ACTIVITY:

How many different types of cooking do you know? Make a list.
(Discuss with your group and make a list)

Think about what happens when you cook food. What changes?
How does this affect how you cook and how long you cook?

Q1. Cooking is the transfer of heat from source to food. In your own words write the three types of heat transfer.

➤

➤

➤

Q2. List the three methods of cooking:

➤

➤

➤

Q3. Using the methods from question 2 complete the table using the words in the box below:

roast	broil	saute	boil	poach	deep-fry
braise	stir-fry	steam	barbecue	grill	pan fry

Methods of Cooking	Examples of methods

Q4. In your own words, write why it is important to know the different types of cooking?

Q5. Stock is an important component in some of the cooking methods. Stocks also form the basis of soups and sauces, which is very important when producing the final dish. There are three main stocks – white stock, brown stock, vegetable stock (See Module 12). Read the descriptions below and match to the correct stock:

White Stock

Depending on the flavour you want, most fresh vegetables can be made to use the stock.

Brown Stock

Chicken, beef, mutton or veal bones, or a combination of the two. Chicken bones or even pork bones are sometimes added in small quantity.

Vegetable
Stock

Chicken, beef, mutton or veal bones that have been browned in an oven or a frying pan.

Q6. For each method of cooking fill in the blanks of the table. Try and research dishes on your own (eg. look at your establishment's menu):

Method	Utensils/ Equipment	Food commonly cooked this way	Dish
Roast			For example: Roast Chicken
Bake			
Broil			
Grill			
Barbecue			
Saute			
Pan – fry			
Deep-fry			
Stir-fry			
Boil			
Poach			
Steam			
Braise			
Stew			
Pot Roast			

Q7. Read the statements below and write T for True and F for False. The first one has been done for you:

- a. Sauteeing is a good method for delicate food such as fish fillets. T
- b. There is no difference between roasting and baking. _____
- c. If you grill, the heat must come from above the food. _____
- d. The main difference between roasting and baking is that the temperature is higher for roasting. _____
- e. If you broil the heat must come from below the food. _____
- f. You would use a smoke oven for barbecuing. _____
- g. When using high heat equipment, you must use gloves or tongs to protect your hands. _____
- h. When steaming the pot does not need to be lidded. _____
- i. To boil you must first make the boiling liquid reach maximum boiling point before immersing food. _____

Q8a. Match the following pictures to the cooking method on the right:



Sous – Vide Cooking



Paper Bag - Cooking



Microwave Cooking

Q8b. What are the 5 useful guidelines for cooking sous vide?



Q9. In your own words say why it is important to use the right tools and equipment for different cooking methods?

Q10. The cleanliness of the tools and equipment are extremely important.

Write a list of the actions you would take to ensure that your tools and equipment are clean and safe to use before cooking:

(Professional Cookery Skills Manual)

Q11. When boiling when or why would you keep the pan or pot covered or uncovered?

Pan or pot is -	Reason
Uncovered	
Covered	

Q12. List some kitchen hazards that may occur during cooking and write how such hazards can be avoided. The first one is done for you:

Hazard	How to avoid
Hot oil is spitting	Do not throw food into hot oil, always lower food into hot oil. Drain water from food completely before lowering into hot oil. Wear the correct protective clothing to prevent the hot oil from touching your skin.
Hot steam from boiling water hitting you.	
Fat in pan has started to smoke.	
The handle of the pan is loose.	
Gas leak	

PROBLEM SOLVING

How do you know when food is done? This means how do you know when different types of food has had enough heat pass through it to make it safe and delicious to eat?
(See Section 7 of the Professional Cookery Skills Manual to help you)

In this box write down your own ideas for how to know food is done and discuss with your class and trainer:

- Butter cake
- Poached Salmon
- Steamed Clams
- Roast Chicken
- Beef Stew
- Boiled vegetables
- Deep fried pineapple

Q13. Match the following cooking preparation techniques with the description:

Searing	Basting	De-glazing,	Blanching (and refreshing)
Simmer	Parboil	Breading (Pane l'anglaise)	Milanese
Marinating		Batter	Seasoning

a. The process of adding salt, pepper, herbs and spices.

b. The process of resting food in its seasoning for an hour or more.

c. A gentle boiling.

- d.** Dunk food into boiling water for a short time and then dunk into ice water or run under very cold, potable water.

- e.** Boil food for a very short time so that the food is only half-cooked.

- f.** Brown or cook marinated meat or poultry before it is braised or stewed.

- g.** Pour basting liquid over food to keep it moist.

- h.** Add wine or stock to remove cooked bits from frying pan after sautéing.

- i.** Pass food through flour, egg and parmesan.

- j.** Pass food through flour, egg and breadcrumbs.

- k.** Made from flour and water or milk.

*Q14. Can you tell the difference between boiling, poaching, and simmering?
Look at the following pictures and label them correctly:*



Q15. Deep frying food is sometimes tricky and requires practice. Read the following sentences and circle the 5 correct ways to know something has been deep fried well.

A high quality deep fry can be seen when –

- a. the product has an attractive golden colour.
- b. the product has a deep brown colour.
- c. the product smells oily.
- d. the product has a crisp surface or coating.
- e. the product tastes oily and greasy.
- f. the product has no strong flavours from the frying fat.
- g. the product has absorbed a minimal amount of fat.
- h. the product is dry and chewy.
- i. the product has not lost all its moisture.

LEARNER ACTIVITY:

- Look at the different food groups in Section 7 of the Professional Cookery Skills Manual and plan how you would cook those food items with your group. Share your ideas with the rest of the class.

Discuss potential problems and how to solve them.

Present your group's ideas to the class.

- Do an experiment with colour! Get 4 broccoli stalks, a pot with a lid and a pot without a lid. Bring 3 cups of water to boil in each pot. Place half the broccoli in one pot and cover with lid. Place the other half of the broccoli in the other pot and keep that unlidded. Boil both for 7 minutes. Drain the broccoli into separate bowls and discuss the following: colour, taste and texture.
- Prepare, cook and plate white fish using 5 appropriate cooking methods. This can be done as a group activity or by yourself.

Assess the taste and method and make your own observations.

PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be asked to select an appropriate cooking method for a food item or type. You can prepare for this practical by thinking about:

- What type of food is it? Is it meat or vegetable?
- Which is the best method to cook it? Why?
- How long will different cooking processes take?
- How much will you make? Why?
- What are the utensils/tools and equipment you will need to prepare?
- What problems may you run into? How can you avoid them?

NOTES

Your Trainer will demonstrate each cooking method and you will get a chance to practice. During the demonstrations please write down any observations you have and write any notes or tips your trainer gives you.

Method	YOUR NOTES
Roasting	
Baking	
Broiling	
Grilling	
Barbecuing	
Sautéing	
Pan-frying (shallow frying)	

NOTES

Deep frying	
Stir-fry	
Boiling	
Poaching	
Steaming	
Braising	
Stewing	
Pot-Roasting	

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Module 08



PROFESSIONAL COOKERY SKILLS WORKBOOK

Mise-En-Place

MISE-EN-PLACE

Learning Outcomes	<p>After you have completed this module you should be able to:</p> <ul style="list-style-type: none"> ➤ Identify and apply mise-en-place procedures. ➤ Understand the arrangements of utensils, tools, glassware. ➤ Understand ingredient preparation and arrangement. ➤ Understand types of fruit and vegetable cuts. ➤ Understand meat, seafood and poultry preparation and types of cuts.
--------------------------	---

Mise en place is French for “putting in place” and means preparing kitchen equipment and food ingredients before cooking and serving. By practising and attaining good skills for mise-en-place, you will also learn how to be disciplined, methodical and organized in your actions and thinking. These are important skills for becoming a chef.

NOTE: This is not the same mise-en-place that is used by Food and Beverage staff (wait staff) who serve the meals to the customer. The procedure is different, but the meaning is still the same.

You will need to read Section 9 of the Professional Cookery Skills Manual to answer the following questions.

LEARNER ACTIVITY:

Production is the last stage of cooking. This is when a dish is finished and plated and made ready for service. Before production can happen, there are three preliminary stages: Production Planning stage, Preparation stage and Pre-Preparation stage.

Which stage do you think mise-en-place is? Which stages will you be a part of?
Discuss with your group or partner.

Q1. Circle the 5 correct answers to the following question:

It is important to understand the stages of food production in order to -

- a) manage my time efficiently.
- b) show off to my co-workers.
- c) work well within the team.
- d) understand my role in the team/kitchen.
- e) prepare high standard meals on time.
- f) tell my family about my job.
- g) know when something is wrong so that the right people can be informed.



The food production and preparation is affected by the type of meal service your establishment serves. There are two kinds of meal service you should know: set meal service (buffet) and extended meal service (a la carte). Each kind has its advantages and disadvantages.

Q2. What are the two kinds of meal services?



Q3. What are the advantages and disadvantages of both kinds of meal services?

Look at the following statements and put them in the correct column in the table below. The first one has been done for you:

- A. All customers eat at the same time so ingredients and equipment can be pre-prepared and prepared ahead of time.
- B. The menu is fixed and will not be changed before service.
- C. Customers can choose what they want to eat.
- D. Food can be kept warm or cold in special equipment so there is no need to re-heat any dishes over the stove.
- E. Quality of food goes down because it is held in in warm or cold temperatures for a long time.
- F. Quality of food is high because dishes are prepared and produced close to the time the dish will be eaten by the customer.
- G. Large amounts of food might be left over and possibly wasted.
- H. Customers eat at different times so meals cannot be prepared in advance.
- I. You have to estimate how many orders of one dish might be ordered and prepare accordingly.
- J. Pre-preparation and Preparation can take some time so it is important to be prepared for anything and everything in order to make the meal service run on time.

Meal Service	Advantages	Disadvantages
Set Meal Service	A	
Extended Meal Service		

Q4. What are the benefits of mise-en-place?

Write T for True or F for False next to the statements below:

- a) I can manage my cooking time better. _____
- b) I do not have to run here and there to get my ingredients before cooking. _____
- c) I can have more time to chat with my co-workers. _____
- d) I can see all my ingredients in front of me before I cook. _____
- e) I can do portion control better because I have measured my ingredients beforehand. _____
- f) It is easy to clean up. _____
- g) It creates a lot of food wastage. _____

Q5. It is important to be using the correct tools and utensils. Label the following pictures with names below:

- Measuring utensils
- Holding utensils (bowls/containers)
- Cooking utensils







Q6. Why must your chef-de-partie or your immediate supervisor be informed immediately if you find that the utensils or equipment are faulty or that the ingredients are sub-standard?

➤

➤

Q7a. Pre-preparation is the time to think about contamination risk management, waste management and time management.

Circle the correct statements to complete the following sentence:

“When I gather my ingredients and prepare my workstation I must consider” -

- a)** If I need to thaw any ingredients?
- b)** If any ingredients need any pre-cooking (breeding, blanching, etc.)?
- c)** If the waste container is in a convenient and risk-free location?
- d)** If I am happy?
- e)** If I have had my break today?
- f)** If all the ingredients are fresh, and undamaged?
- g)** If I have all the tools I need?
- h)** If I can transport all ingredients safely and hygienically?
- i)** If my workstation is clean
- j)** How much time I will need for my each of my actions?



Q7b. What do you need to know for mise en place? Fill in the empty boxes.

A.

B. Check the recipes

C.

D. Prepare your utensils and equipment

E.

F.

G. Know about marinating, seasoning, salting, and portioning

H. Know about blanching, par-boiling, breading etc.

I.

Q8a. What are the advantages of following a standard recipe? Circle the correct answers:

- a)** The quality and quantity of the dish will be consistent.
- b)** I can adjust according to my mood.
- c)** I can control portion size .
- d)** I can reduce food waste.
- e)** I do not have to be careful with the measurements.

Q8b. What are the 7 parts of a standard recipe?

-
-
-
-
-

Q9. Answer the following questions by choosing the correct answer:

i. Recipes are designed to –

- a) yield a certain number of servings
- b) to be completely changed

ii. What does it mean to convert a recipe?

- a) To substitute ingredients and cooking methods.
- b) To change the yield of the recipe.

iii. To convert a recipe (recipe conversion) I need –

- a) A total yield conversion method
- b) A dictionary

iv. What will impact a recipe after conversion?

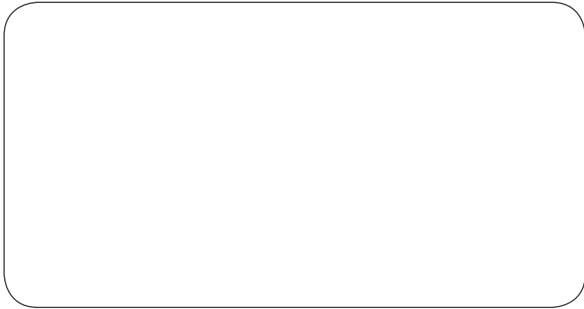
- a) Using the wrong size of equipment
- b) Adding more time to mixing and cooking if the yield has been increased.



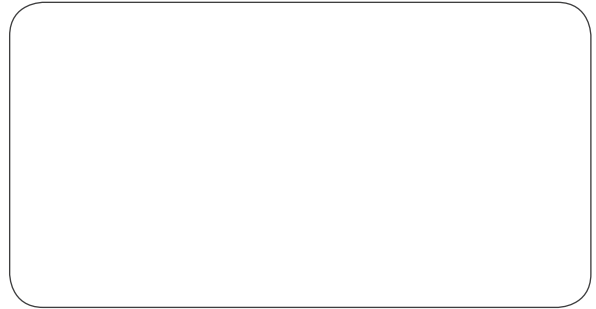
Q10. Look at the pictures below. Write in your own words, a description for each one:



Q11. Draw a picture to help you remember the different vegetable cuts there are:



Macedoine – small cubes (eg.)



Chiffonade – thin shred (eg, cabbage for coleslaw)



Brunoise – very small cubes (eg. an onion for frying)



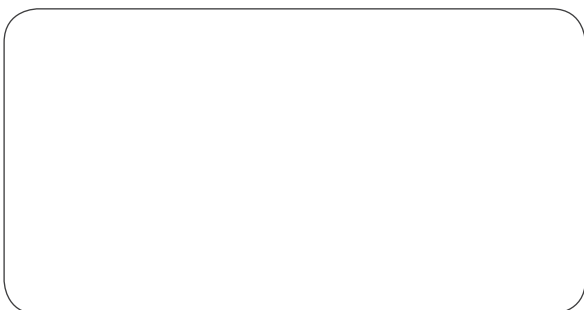
Paysanne – thin slices (eg. cucumber for saute)



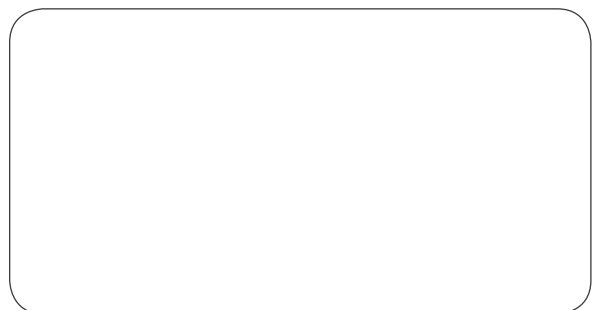
Concasse – diced (eg. peeled and seeded tomatoes)



Jardiniere – stick shaped (eg. vegetables for)



Mirepoix – roughly cut but evenly shaped (eg. vegetables for stock)

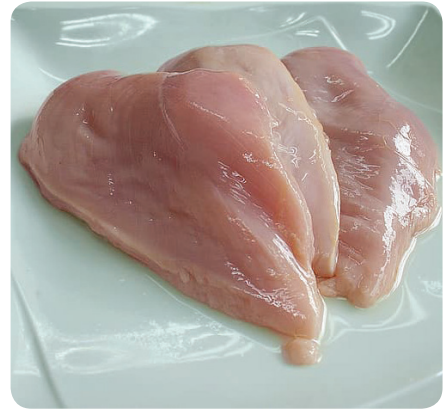


Julienne – thin strips (eg. carrots for a salad)

Q12a. Can you name the following beef, fish and chicken cuts?













Q12b. Summarize the steps for cleaning squid or cuttlefish and octopus:

Squid or Cuttlefish -

Octopus -

Q13. In your own words can you describe the following procedures?

Blanching:

Parboiling:

Breading:

Q14a. Which of the following are considered pre-prepared food (convenience foods)?

Put a tick next to the correct food items.

Frozen food ingredients (for example, peas, fish fillet)

Frozen food (for example, French Fries, pastries, pies)

Fruits

Fresh Herbs

Ham

Yoghurt

Stock Cubes

Q14b. What should you consider when using pre-prepared food (convenience foods)?

(List at least 3)

-
-
-

PROBLEM SOLVING

During the pre-preparation stage you discover that one of the ingredients in your recipe has run out. What will you do?

During the mise en place stage you discover that there are not enough containers for all the cut ingredients.

What do you do?

LEARNER ACTIVITY:

Below is a recipe for Cottage Pie.

Task 1 – What will you need to think about or do during the pre-preparation stage?

Cottage Pie Recipe

250g mince beef
 2x15mlsp. Oil
 1 carrot
 1 small onion
 50g mushrooms
 1 clove garlic
 25g flour
 1 small tin chopped tomatoes
 1 level 5 mlsp. sugar
 1x 5mlsp tomato puree
 1 beef stock cube

Garnish: 1 tomato 2/3 sprigs parsley

OVEN: 180oC Gas No 4 TIME: 30 – 35 minutes

Mashed potatoes :

500g potatoes
 half 5mls spoon salt knob of butter (15g -20g)
 2x15msp milk

Equipment :

Peeler, chopping board, 1large saucepan, 1medium saucepan, 2 pot stands, tin opener, 15ml spoon, 5mlspoon, plastic spatula, vegetable knife, garlic press, potato masher, baking tray, serving dish, pastry brush, fork

Optional: piping bag and nozzle

Serves 4

Method:

Peel and grate carrot. Peel and dice carrot. Wash and slice mushrooms. Peel and crush garlic.

Heat oil, add mince and cook for 5 minutes. Add onions and cook for 5 more minutes. Do not over stir so mince and onions brown and develop a good flavour. Add 100mls stock.

Add carrots, mushrooms, garlic, pepper and salt. Cook for 2 minutes.

Stir in flour. Remove from the heat.

Add tinned tomatoes, stock, sugar, tomato, puree.

Bring to the boil, stirring all the time. Check seasoning. Add more water if necessary. Reduce heat and simmer for 15 minutes.

Pour into greased dish

Wash and peel potatoes. Cut into even size pieces and place in a saucepan. Just cover with cold water, add salt. Bring to the boil.

Preparation of
stock?

Reduce the temperature and cook until soft (about 20 mins)

Drain potatoes and allow to steam dry for 1 minute. Mash and add a knob of butter and a 1 x 15mlsp of milk, adding more if necessary.

Pipe the potatoes over the mince or spoon over using a 15ml spoon and track with a fork. Brush with a little milk and brown in the oven for approx. 30 minutes.

Garnish with sliced tomato and parsley.

Preparation of
garnish?



LEARNER ACTIVITY:

Task 2 – Draw a diagram of your mise en place and describe what you will need to do (consider also how much time you will need).

PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be asked to list the tools, utensils, equipment and glassware requirements for the preparation of 5 given dishes. You will also be expected to demonstrate the types of cuts that may be used for those 5 given dishes.

In order to prepare for this, familiarize yourself with some basic dishes and try practicing the mise-en-place for them. You can use the dishes from your establishment's menu or dishes that you know the recipe for.

Think about the recipe measurements – how will you measure quantities? What tools will you need to do this?

Think about how much time it will take to do the mise-en-place for one dish (use a workplan).

Practice your cutting technique – start with practicing how to sharpen the different knives you are going to use and then practice the different cuts for meat, fish, vegetable and fruit.

The assessors will also look at how you manage a high standard of hygiene – for example::

- Your personal hygiene
- Your handwashing technique
- Your clothing
- The cleanliness of your tools and utensils
- Whether you are using different cutting boards for different food
- How you are managing waste removal

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Module 09



PROFESSIONAL COOKERY SKILLS WORKBOOK

Beverage Preparation

BEVERAGE PREPARATION

Learning Outcomes


After you have completed this module you should be able to:

- Identify different types of hot and cold beverages
- Prepare one hot beverage according to a standard recipe
- Prepare one chilled beverage according to a standard recipe

In this module you will learn about beverage types and preparation. You will need to know about hot and cold beverages which includes their names, different types or combinations and how to prepare them to suit a customer's needs. There are also various types of machines involved in preparing beverages and you will need to know which machines are best for which beverage and how to use them effectively.

Hot and cold drinks are a large part of many restaurants and hotels. It is important that you know how to prepare a range of different drinks for customers.

There are three categories of non-alcoholic beverages:

	Stimulating	<ul style="list-style-type: none"> - tea (tannin) - coffee (caffeine)
	Nourishing	<ul style="list-style-type: none"> - fresh fruit juices - milkshakes/smoothies - lassis
	Refreshing	<ul style="list-style-type: none"> - all carbonated sweet drinks - mocktails

How many different types of tea have you tasted or heard of?

Do you know where tea is grown in Sri Lanka?



Some history...

Tea was discovered by accident over 5000 years ago when leaves from a tea bush accidentally dropped into some boiling water and flavoured the liquid. Tea was originally drunk as medicine. In the 1700s people started to enjoy tea as an everyday drink.

The main tea producing countries are:

1. China (the oldest tea producing country)
2. East Africa (Kenya, Malawi, Tanzania and Zimbabwe)
3. India (the largest producer of tea representing 30% of the world's tea)
4. Indonesia
5. Sri Lanka (formerly Ceylon)



In 1824 a tea plant was brought to Ceylon by the British from China and was planted in the Royal Botanical Gardens in Peradeniya. The first tea plantation started in 1867 by James Taylor. Now, tea is enjoyed by many people every day around the world. In Sri Lanka, many people drink 1-3 cups of tea a day.

REVIEW

Tea comes in a variety of forms, read the description and write the correct number for each picture below:

1. Bulk (leaf): used for the traditional method of serving.
2. Tea bags: are heated, sealed and contain either standard or specialty teas. These tea bags come in one cup, two cup, pot for one or bulk brew form.
3. String and tag: this comes as a one cup bag with string attached and a tag that remains outside the cup or teapot for easy and quick identification of the tea by the customer.
4. Envelopes: this is again a string and tag but in an envelope for hygienic handling. It is regarded as ideal for trays in a room service operation.
5. Instant: instant tea granules.



REVIEW

Write should or should not in the following statements about storing tea:

1. Tea _____ be kept in a dry clean covered container
2. Tea _____ kept in a well-ventilated area
3. Tea _____ kept away from excess moisture
4. Tea _____ kept near strong smelling food as tea very quickly absorbs strong odours.

**Types of Tea**

There are many types of tea from all around the world. The following picture shows some common types of tea.

**GREEN**

Can improve brain function and promote weight loss

**WHITE**

Helps with anti-aging and reduces risk of cancer.

**BLACK**

Generally has a stronger flavor and helps reduce plaque.

**DARJEELING**

Has fruity and floral flavors and is usually sold as black tea.

**OOLONG**

The Chinese tea goes through a unique process where it withers under strong sunlight.

**CHAI**

The mix of Indian spices and black tea is full of antioxidants and helps with inflammation.

REVIEW

Look at the pictures of the types of teas and answer the following questions:

1. If a customer asks for a nice, strong cup of tea, which tea would you serve them?
2. If a customer wanted a tea with spices, what would you serve them?
3. If your aunt was trying to lose weight, what tea would you tell her to drink?
4. If a customer wanted a fruity type of tea, what would you serve them?

REVIEW

Below are some other types of tea you might be expected to know. Match the name to the description:

1. Plain Tea ()
2. Tea with milk and sugar ()
3. Earl Grey ()
4. Herbal Tea ()
5. Chai Tea ()
6. Matcha ()
7. Green Tea ()

- a) Tea that is flavoured with mint, or fruit or herb. Usually it is made using a tea bag.
Eg. Peppermint tea, Lemon tea, Ginseng tea.
- b) Tea that has a delicate taste and is pale green/golden in colour.
- c) Black tea without milk or sugar – made with tea leaves/tea bag and hot water.
- d) Sometimes it is called Masala tea and it is tea with milk and different spices such as cinnamon, cardamom, cloves and ginger.
- e) Traditional Sri Lankan tea.
- f) This tea is a flavoured tea named after Charles Grey, made from a blend of Keemun tea with Bergamot oil. Bergamot is a type of orange that mainly grows in Italy and France
- g) Finely ground powder of specially grown and processed green tea leaves, a popular tea in Japan.

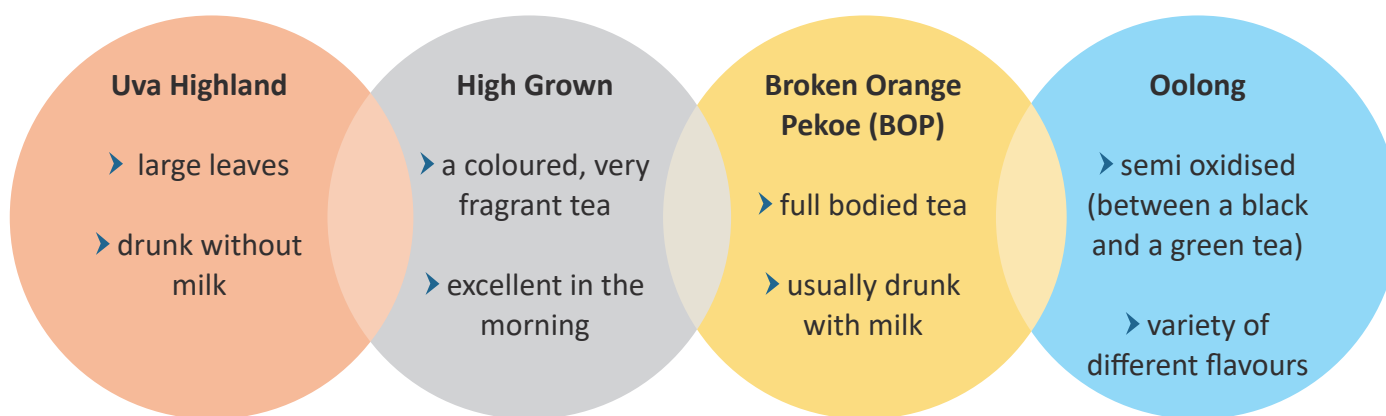
Other Types of Tea

Sri Lankan Tea (branded as Ceylon Tea)

Sri Lankan tea is popular in the international markets and Sri Lanka is one of the leading exporters of tea in the world.

Ceylon tea comes in many varieties, including black tea, green tea, and white tea.

The best varieties of Ceylon tea are:



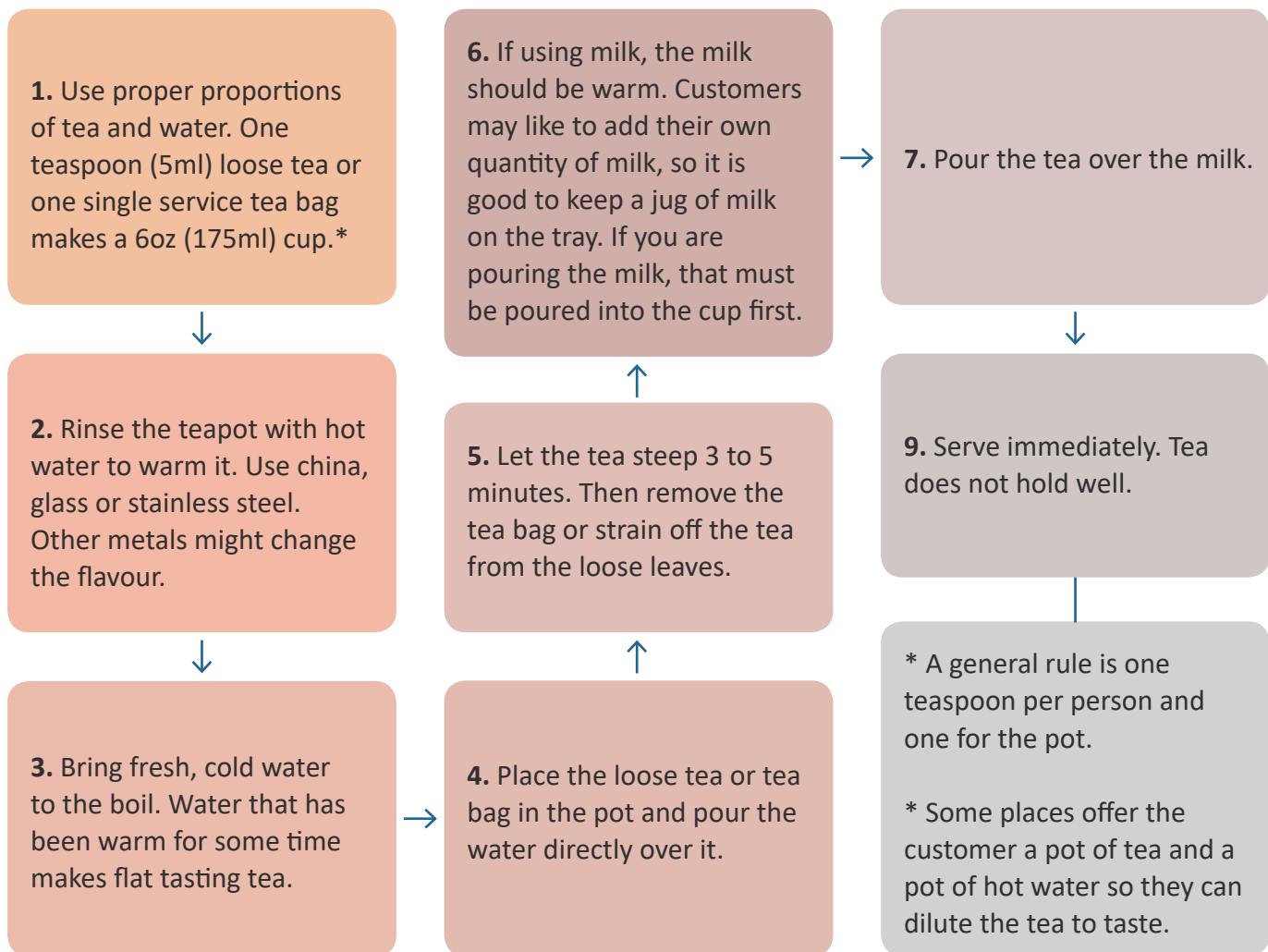
How to make a great cup of tea

We should be proud of the high-quality tea that can be found in Sri Lanka. Due to the fame and popularity of Ceylon tea around the world, it is important that you know how to make a perfect cup of tea. However, good quality tea does not always make a good cup of tea. For a good cup of tea, it is important to brew it in the correct way.

What you will need:



Before you start, make sure all equipment is clean. When cleaning, remember to wash the teapot separately. This will ensure that other strong tastes do not mix with the tea pot.

Brewing loose leaf tea (follow the arrows):**REVIEW**

Read the statements below. Circle T (true) or F (false):

- | | | |
|---|----------|----------|
| 1. You should just guess how much tea to put in the pot. | T | F |
| 2. Using an aluminium pot is a good for making tea. | T | F |
| 3. You should let tea steep for 3 to 5 minutes. | T | F |
| 4. Water used to make tea should be freshly boiled each time. | T | F |
| 5. You should pour the milk over the tea. | T | F |

ICED TEA

Iced tea is a very refreshing drink especially in a hot, tropical country like Sri Lanka. It may be prepared with tea leaves or instant tea.

Preparing Iced Tea

The following method makes 1 gallon (4L of tea).

1. Place 60 grams of tea in a pot.
2. Bring 1L water to a boil and pour over the tea.
3. Keep tea bags or loose tea in water for 5 minutes.
Remove tea bags or strain out loose leaves.
4. Add 3L of cold water
5. Serve over ice.



*Many people like to add lemon to iced tea and garnish it with mint or basil.

REVIEW

Tick the box to show if the tea fact is right or wrong:

Fact	Right	Wrong
1. Small envelopes are used for tea bags to ensure hygienic handling.	<input type="checkbox"/>	<input type="checkbox"/>
2. Iced-tea can only be prepared with tea leaves.	<input type="checkbox"/>	<input type="checkbox"/>
3. It is OK to wash the tea pot with all the other dishes.	<input type="checkbox"/>	<input type="checkbox"/>
4. Uva highland tea is usually drunk without milk.	<input type="checkbox"/>	<input type="checkbox"/>
5. Refrigeration can make iced tea cloudy.	<input type="checkbox"/>	<input type="checkbox"/>

Other uses for tea leaves

Tea leaves are also used in food production. Tea can be used as an ingredient in:

- Cold food preparations
- Hot range food preparations
- Dessert preparations
- Flambé dishes

COFFEE

Coffee is a natural product grown in many countries of the tropical and sub-tropical belt in South and Central America, Africa and Asia.

Brazil is the world's largest coffee grower, Columbia is second, the Ivory Coast third and Indonesia fourth.

Characteristics of good coffee are:

1. Good flavour
2. Good aroma (smell)
3. Good colour – with milk or cream – not grey
4. Good body (not too light, or not too heavy)

Popular Types of coffee

Instant

This may be made in individual coffee cups or in large quantities. It involves mixing soluble coffee solids with boiling water.

Decaffeinated

Coffee contains caffeine which is a stimulant. Decaffeinated coffee is made from beans after the caffeine has been extracted. It is prepared in the same way as instant coffee.

Espresso

Originated from Italy. It has a strong, slightly bitter flavour. There are many espresso based coffee drinks.



Guidelines for making coffee

- Use freshly roasted and ground coffee
- Use the correct grind for the type of machine used
- Ensure all equipment is clean before use
- Use a set measure of coffee to water
- Add boiling water to the coffee and allow to infuse
- The infusion time must be controlled according to the type of coffee being made and the method of making
- Control the temperature, since to boil coffee is to spoil coffee, the coffee develops a bitter taste
- Add milk or cream separately
- The best serving temperatures are 82 C for coffee and 68 C for milk
- Coffee kept for too long will develop a bitter taste, get cold and a sediment will form.
- It should not be kept for longer than 30 minutes

Coffee preparation equipment

REVIEW

Coffee can be prepared in a variety of different ways. Below are some types of equipment or ingredients used to make coffee.

Label the pictures with the correct names from the box below:

espresso machine
filter

percolator
instant

cafetière/plunger
jug













Espresso Coffee

Espresso is a concentrated coffee beverage brewed in special machines from dark-roast, finely ground beans.

For each drink, the ground coffee is packed into a small metal filter, which is then firmly attached to the machine. Water is forced through the grounds under high steam pressure (expressed), making a small cup of strong beverage topped with a layer of rich foam called the crema. If milk is added to various versions of espresso-based coffees, it is heated by a steam jet which also aerates and makes it frothy.

Below is a picture of many different types of coffee served around the world. Many of them use a shot of espresso as a base. Specialty coffee shops also sell many flavoured espresso coffee drinks, hot and cold, using flavoured syrups such as caramel, vanilla, and mint.



REVIEW

Look at the picture showing the types of coffee drinks and answer the following questions:

1. What types of coffee have you tried before?
2. What 3 things are included in a Cappuccino?
3. What do you add to a Mocha other than milk and espresso?
4. What makes up an Americano?
5. What sweet ingredient do you add to an Affogato?

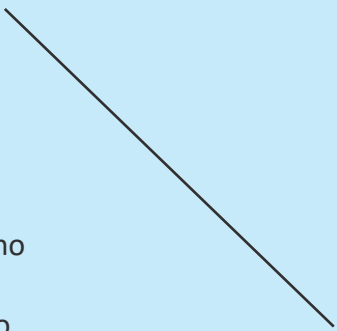
How do you say it?

A lot of these coffee types are Italian names and they are pronounced differently to the way they are read.

REVIEW

Draw a line to match the names with the correct pronunciation. The first one has been done for you:

Mocha	es-presso
Latte	uh-four-gah-toh
Espresso	lah-tay
Cappuccino	muk-i-ah-toh
Macchiato	maw-Kah
Affogato	cahp-pooch-CHEE-noh



Practice saying each name and test your friend to see if you pronounce them the same way. Tip – you can also type the name into Google and listen to the pronunciation to help you practice.

Using machines or equipment to make an espresso

Every restaurant or establishment will have a different way of making coffee and will use a different type of equipment or machine. It is important to learn how to use each machine to correctly prepare the required coffee. This will require a lot of practice.

People make careers out of becoming coffee making experts. A **barista** is a person, usually a coffeehouse employee, who prepares and serves espresso-based coffee drinks. They are experts at making high quality coffee and they also create 'Latte' art - the fascinating patterns made in the foam topping of an espresso drink.

While you may not want to be a barista, you should know how to make an espresso for your restaurant or establishment. A percolator or an espresso machine is commonly used for this purpose.

Note down the steps to follow from a live or online demonstration of coffee making using a stove top espresso percolator:



Note down the steps to follow from a live or online demonstration of an espresso machine:



ICED COFFEE

Iced coffee is a type of coffee beverage served chilled. It is made from double-strength brewed coffee to compensate for dilution by melting ice.

Sri Lankan Iced Coffee Recipe

This type of iced coffee is served at many parties in Sri Lanka and is an enjoyable, refreshing beverage for the tropical climate.

Ingredients:

- 6 tablespoons instant coffee
- 510 g condensed milk (milk maid)
- 1 or 2 cloves and cardamoms
- 10 tablespoons Sugar
- hot water
- 15 ml brandy (optional)
- 15 ml vanilla

Method:

1. Make instant coffee, add coffee and sugar to a jug or pan.
2. Add the condensed milk
3. Add cardamoms and cloves
4. Add vanilla and brandy and stir well
5. Allow it to cool, strain, pour into a bottle and refrigerate till ice cold. Serve over ice



HOT AND CHILLED CHOCOLATE

Nowadays chocolate is almost always made from pre-prepared (instant) powder. The quality of the chocolate used is the essential factor in the end product – the better the brand, the better the result.

If good hot or chilled chocolate is to be served you must use a good product.

The chocolate powder is mixed with hot (but not boiled) milk before service, usually in the cups in which it is to be served. Check sweetness before adding any sugar, it is best to leave this option for the customer to adjust the sweetness.



Other ways to make hot chocolate...

Hot Chocolate – single serve (option 1):

- 2 tablespoons (13g) unsweetened cocoa powder
- 1.5 tablespoons (18g) brown sugar
- 1 tablespoon (18g) cream
- 1 cup (236ml) milk
- 1/4 teaspoon (2g) vanilla extract

Hot Chocolate – 450-500ml (option 2):

- 6 tablespoons instant coffee
- 510 g condensed milk (milk maid)
- 1 or 2 cloves and cardamoms
- 10 tablespoons Sugar
- hot water
- 15 ml brandy (optional)
- 15 ml vanilla

Method of preparation

Put all ingredients into a pan and heat gently until everything is well mixed and warm. Do not boil. Can be served with marshmallows on top and grated chocolate or a dusting of cocoa.

REVIEW

Try out the instant hot chocolate and the two other versions. Which one do you like the best?

FRESH FRUIT JUICES

A freshly squeezed juice is made from fresh fruits such as oranges, apple, pineapple etc. These fruits are squeezed through a machine called a juicer or blended together.

There are different types of juicers or equipment used for making juice.

EQUIPMENT	PRO	CON
Juice Extractor 	<p>Very fast, little physical effort</p> <p>Best option for harder fruits</p> <p>Has a large feeder tube so you can make a lot of juice at once</p>	<p>They extract the juice but leave the pulp (fibre). The pulp becomes a waste product.</p> <p>Loud machine</p> <p>Juice doesn't last for long, it separates quickly</p> <p>There is more foam</p> <p>Many parts to clean.</p>
Citrus Press/Squeezer 	<p>Cheap to purchase and run (no/little electricity)</p> <p>No oxidation</p> <p>Easy to clean</p>	<p>Takes a long time to produce large quantities</p> <p>A lot of patience and effort is required</p> <p>May not be practical in a busy kitchen.</p>
Blender 	<p>Less expensive, can be used for a variety of kitchen requirements</p> <p>Juices are high in fibre and nutrients</p> <p>Higher volume of juice with less wastage</p> <p>Can be used for smoothies and juices.</p>	<p>Machine may break if harder fruits are blended.</p> <p>Need to get the right balance of ingredients to avoid a really thick or drink</p> <p>Cannot make big batches of juice quickly.</p>

REVIEW

Look at the table about equipment for juices. Answer the following questions:

1. Have you used any of these machines? If so, which one and what did you make?
2. What would be a good machine to use in a small kitchen for a few cups of juice?
3. What machine would be best for a busy commercial kitchen?
4. What may happen to a blender if you try to blend harder fruits?

Juice Tips

To get the most juice out of your citrus (oranges, lemons and limes), use fruits at room temperature. Roll the fruit with your palm on the counter-top a few times to soften it up and break it down a bit before you juice.

Check with a customer before adding sugar. If unsure, provide a sugar syrup (Gomme). Many people now prefer their juices **WITHOUT** extra sugar.

Be careful about how much water (if any) you add, it may dilute the flavour of the juice, especially if you also add ice.

Clean up your equipment as soon as possible after it is used, juice pulp can be hard to clean once it has dried.

If you have to store juice make sure it is refrigerated at 5-8 degrees Celsius, don't keep it for more than 24 hours

Juice should be consumed as soon as possible after it is made for maximum flavour and nutrients

The most common fresh juices prepared in Sri Lanka are:

- | | |
|--------------------|----------------------|
| 1. Orange Juice | 5. Guava Juice |
| 2. Pineapple Juice | 6. Mango Juice |
| 3. Lime Juice | 7. Mixed Fruit Juice |
| 4. Apple Juice | 8. Watermelon Juice |



Exotic fresh juices are also available such as, woodapple and kirala, bael fruit and soursop.

Other Popular Juices in Sri Lanka

REVIEW

Label the pictures the correct names. The first letter has been given:



P.....



W.....



P.....



A.....



A.....

1. What is your favourite fruit juice?
2. Which juices have you already experimented making?

LEARNER ACTIVITY:

With your group or partner, list all the other juices you have tasted or seen on a menu.

*Idea - visit a juice bar to get an idea of the variety of juices that are made in Sri Lanka.

Do some research to find out what juices are popular in other countries and list them below. Discuss them with your partner or group and add their suggestions to your list.

MOCKTAILS

A mocktail (also called virgin cocktail) can be described as a cocktail without the liquor, using fresh, canned or bottled juices, sodas (carbonated drinks), infused waters and many other non-alcoholic ingredients to provide flavour.

These are some features of a modern mocktail:

- Presented in a cocktail glass that complements the drink
- Contains garnishes, rimming salt, or rimming sugar
- Blends multiple unique ingredients to create complex flavours
- Uses mixology methods for entertaining preparation

**Syrups**

The main use of these concentrated fruit flavourings is as a base for cocktails or mocktails, fruit cups and mixed with soda water as a long drink.

The main ones used are:

- Grenadine (pomegranate)
- Cassis (blackcurrant)
- Citronelle (lemon)
- Gomme (white sugar syrup)
- Framboise (raspberry)
- Cerise (cherry)
- Orgeat (almond)

Some Simple Mocktail Recipes

Virgin Pina Colada

Ingredients:

- 2 ripe bananas
- 1 cup of fresh pineapple diced
- 1 cup of pineapple juice
- 1/2 cup of coconut milk
- 3 cups of ice cubes
- Pineapple wedges for garnishing

Method:

1. In a blender, blend banana, pineapple pieces, pineapple juice, ice and coconut milk.
2. Pour the mixture into the glasses and garnish with pineapple wedges.
3. Serve immediately.



Virgin Mojito

Ingredients:

- 10 fresh mint leaves, chopped
- 2 tablespoons of sugar
- 1 lemon, cut into wedges
- Ice cubes
- 200 ml of Sprite
- Fresh mint leaves for garnish

Method:

1. In a tall glass, add crushed mint leaves, sugar and lemon wedges.
2. Then use a wooden spoon to release the juice from lemons.
3. Add the ice cubes and then top it with Sprite.
4. Mix well and garnish with mint leaves and lemon slices.



Mango Frappe

Ingredients:

- 1 mango, peeled and cut into chunks
- 3/4 cup of orange juice
- 1/4 cup of lime juice
- 2 ice cubes
- 1 1/4 cup of club soda

Method:

1. Puree the mango in a blender.
2. Then add the orange and lime juice and blend for another minute.
3. Add the club soda and ice cubes.
4. Pulse until all the ingredients are well blended and serve.



Virgin Mary

Ingredients:

- 3/4 cup tomato juice, chilled
- A dash of tabasco sauce
- 3 dashes of Worcestershire sauce
- A dash of fresh lemon juice
- Pepper to taste
- Salt for frosting

Method:

1. Dip the rim of the glass in lemon juice, shake off the excess.
2. Roll the glass in salt and allow the frosting to dry.
3. Shake all other ingredients in a cocktail shaker and pour into the glass.



Cordials

A sweet drink with various fruit flavours, fresh fruit or artificial essence used for flavouring. They can be enjoyed with chilled, still or sparkling water or they can be used to flavour cocktails, desserts and other dishes.

To prepare:

Combine fruit pulp (juice), water and sugar and boil till reduced.

Cordials are easy to make and can be stored for up to 3-4 weeks. Make sure your cordial is stored correctly or it can start to ferment. It's also fine to freeze if it needs to be kept for longer.



LASSIES, MILKSHAKES AND SMOOTHIES



Milkshakes

Milkshakes are cold drinks made of milk, a sweet flavouring such as fruit or chocolate, and typically ice cream. The ingredients are whisked in a blender or a milkshake machine until it is frothy.

The picture below shows a milkshake maker used specifically for making milkshakes. However, not every establishment has one of these.

REVIEW

1. If your restaurant does not have a milkshake maker, what other equipment can you use to make a milkshake?
2. What are some popular milkshake flavours you have had or heard of?
3. What are some more unusual milkshake flavours you have seen or tasted?

REVIEW

Sort the following milkshake flavours into 2 groups (common and less common):

chocolate	cookies and cream	mango	peanut butter
strawberry	vanilla	blueberry	date
caramel	mint chocolate	coffee	banana
			chocolate cashew

Common flavours	Less Common flavours

Can you think of any other creative milkshake flavours, maybe using Sri Lankan fruits? (try your ideas out and see if they taste good!)

Make some notes of your ideas below:

Try out one or two of your ideas and see if the flavour works as a milkshake. Share the idea with your classmates. Get feedback.

SMOOTHIES

A “**smoothie**” is a thick blended beverage with shake like consistency, normally pureed in a blender containing fruits and/or vegetables as well as an added liquid such as fruit juice, vegetable juice, milk, or even yogurt. The main ingredients are fruits and vegetables and you add small quantities of the other things.

The name smoothie originated because of its smooth texture.

A smoothie is made by placing all the ingredients in a container and processing them together.

Some smoothie recipes to experiment with:

Banana

Blend 2 bananas, 1/2 cup each vanilla yogurt and milk, 2 teaspoons honey, a pinch of cinnamon and 1 cup ice.

Banana-Date-Lime

Blend 2 bananas, 3/4 cup chopped pitted dates, the juice of 1 lime and 1 1/2 cups each soy-milk and ice.



Carrot-Apple

Blend 1 cup each carrot juice and apple juice with 1 1/2 cups ice.

Apple-Ginger

Blend 1 chopped peeled apple, a 1/2-inch piece peeled ginger, the juice of 2 limes, 1/4 cup honey, 1 cup water and 2 cups ice.

Pineapple-Coconut

Freeze about 2 cups coconut water in 1 or 2 ice-cube trays. Blend 2 cups each chopped pineapple and coconut ice cubes, 1 1/2 tablespoons lime juice, 1 tablespoon honey and 1/2 cup coconut water.

REVIEW

Which smoothie did you try? Did you enjoy the flavour?

List some of your own ideas for smoothies below (the options are endless), just remember the flavours must match and blend well together to make a tasty smoothie.

LASSIES

Lassies come in many flavours, some are salty, some are sweet, some have mint, some have fruit. They originated in India but are now commonly drunk in many parts of the world. The main ingredient and flavour in a lassi is the yoghurt or curd.

Unlike a smoothie, in a lassi, you use a larger quantity of yoghurt or milk and a smaller quantity of fruit to flavour the lassi.

See the recipe below for a Mango Lassi (a very common version of a lassi)

Ingredients:

- 1 cup plain yoghurt/curd
- 1/2 cup milk
- 1 cup chopped very ripe mango, frozen chopped mango, or a cup of canned mango pulp
- 4 teaspoons honey or sugar, more or less to taste
- A dash of ground cardamom (optional)
- Ice (optional)

Method:

1. Put mango, yoghurt, milk, sugar and cardamom into a blender and blend for 2 minutes.
2. If you want a more milkshake consistency, either blend in some ice as well or serve over ice cubes.
3. Sprinkle with a tiny pinch of ground cardamom to serve.
4. The lassi can be kept refrigerated for up to 24 hours.



REVIEW

What is the main difference between a lassi and a smoothie?

Beverage decoration or garnishes

Just like we take a lot of care in presenting the food we serve so that it is appealing to our customers, many establishments decorate and garnish their beverages to impress customers.

LEARNER ACTIVITY:

What ideas for beverage presentation do you have, or have you seen before?

PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be asked to prepare two types of beverages – one hot and one chilled according to a standard recipe

You can prepare by educating yourself and practising making and tasting a variety of hot and cold beverages.

Ask yourself these questions:

- What are the guidelines and procedures for making a good cup/pot of tea (both hot and iced)?
- How do you use the equipment for making coffee and what is used for different kinds of coffee preparation?
- How do you pronounce the names of the espresso coffees and which one are you good at making?
- What kinds of fruits or combinations of fruits are used in fresh juices? Which type of small equipment would you choose to make your juice?
- What mocktail recipes have you learnt and practiced?
- How would you garnish or present a beverage?
- What are the elements of a milkshake and what flavours are you familiar with? How would you make it?
- What are the elements of a lassi and how would you prepare one?

Remember to taste the beverages you prepare when practising to make sure the flavours are similar what you learnt during your training sessions.

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Module 10



PROFESSIONAL COOKERY SKILLS WORKBOOK

Sandwich Preparation

SANDWICH PREPARATION

Learning Outcomes

After you have completed this module you should be able to:

- Identify different types of sandwiches (ingredients, tools, equipment and preparation)
- prepare three types of sandwiches according to a standard recipe

In this module you will learn about sandwich preparation. There are many sandwich types and fillings – you will learn about some common sandwiches that you need to know how to make. Almost any establishment will have some form of or requirement for sandwich preparation. It seems like a simple task, but many places don't deliver good quality sandwiches to their customers. For this reason, it is very important to understand the elements of a sandwich, various versions of sandwiches and how to prepare a high-quality sandwich. You will also learn about hygiene and safety for sandwich preparation.

History of sandwiches

Have you ever wondered who invented the sandwich?

Sandwiches, so the story goes, were said to be invented by John Montagu, the fourth Earl of Sandwich. He was supposed to have been a gambler who enjoyed gambling so much that he didn't have time to eat. One day he asked the butler to serve something he could eat without getting up from his seat at the card table. He asked for meat to be served between slices of bread, to avoid interrupting a gambling game.

Sandwiches are one of the most varied types of food produced. They may be made from every kind of bread, fresh or toasted in a variety of shapes and with an almost endless amount of fillings.



The sandwich is a favourite and convenient food. It is quickly made and served, and it has so many variations that it satisfies nearly every taste and nutrition requirement. Preparing hot and cold sandwiches to order is one of the fundamental skills required in modern food service.

Four main ingredients of a sandwich

bread**spread****filling****garnish**

BREAD

This is the starting point of any sandwich and must be carefully chosen according to the sandwich type being prepared.

- The bread should complement the other ingredients, not dominate.
- The thickness of the bread should be in proportion to the fillings.
- The bread should be firm enough to hold the ingredients without tearing and not too tough to chew.



Types of bread

Read about the different types of bread:

Type	Description
Pullman loaf	Long, rectangular loaves that provide square slices. White bread most frequently used for simple sandwiches.
Rolls	A small, usually round loaf of bread for one person. There are hard and soft rolls, hamburger and hot dog rolls, long rolls for submarine sandwiches
Bagels	Ring-shaped just like doughnuts, made out of yeasted dough that's first boiled before being baked
Baguette	A long crusty loaf that's golden-brown in colour. Nickname – “French stick”
Batard	Similar to a baguette, but shorter and wider. A batard has a crisp, almost hard crust and a chewy interior
Pita	Type of flat bread that can be filled
Focaccia	Flat oven-baked Italian bread product similar in style and texture to pizza dough. Can be flavoured with rosemary, olives etc
Croissant	French, crescent-shaped roll made of sweet flaky yeast dough, eaten for breakfast.
Ciabatta	Italian white bread made from wheat flour, water, salt, yeast and olive oil
Wholegrain	bread made up of grains that are fully intact. In addition to wheat, whole grain bread can include other whole grains, such as whole barley, brown rice, whole grain oats etc (all of which are rich in fibre, vitamins, and minerals).
Rye	Bread that is typically made with a combination of rye flour and rye grains. It tends to be denser and darker and has a stronger, sour yet earthy taste.
Sourdough	Slow-fermented bread which does not require commercial yeast in order to rise. Instead, it's made with a live fermented culture, a sourdough starter, which acts as a natural leavening agent. It is known for its characteristic tangy flavour, chewy texture and crisp, crackly crust.
Tortilla	A type of thin flatbread typically made from corn or wheat. It's used to make wraps.

REVIEW

Use the table of descriptions of types of bread to write the correct name in the table below. The first one has been done for you:

**a****b****c****d****e****f****g****h****i****j****k****l****m**

a. tortilla	h.
b.	i.
c.	j.
d.	k.
e.	l.
f.	m.
g.	

Choosing and Storing Bread

When you choose breads for sandwiches, choose ones that are not too hard or crusty, or that overpower the taste of the filling. Also, choose breads that are thick and firm enough to hold the filling without tearing when the sandwich is picked up. If a bread choice is soft, you may want to cut the sandwich in half to make it easier to pick up.

Fresh bread is essential for top-quality sandwiches. Stale or dry bread is always undesirable for a sandwich.

REVIEW

Tick the good ideas and cross the bad ideas for keeping bread fresh. The first one has been done for you:

Daily delivery, or delivery as frequently as possible.	✓
Cut the bread when you receive it, even if you don't need to use it for sandwiches till later.	
Keep bread tightly wrapped in moisture-proof wrapping until it is used.	
French bread and other hard-crust breads should not be wrapped, or the crusts will soften.	
Put old sliced bread in the oven, then use in a cold sandwich.	
Store at room temperature, away from ovens or hot equipment.	
Do not refrigerate, because refrigerated bread becomes stale faster.	
If bread must be kept more than one day, it may be frozen.	
Day-old bread may be used for toasting without loss of quality.	

DIFFERENT TYPES OF SANDWICHES

Cold Sandwiches

Conventional (closed / lunch-box) sandwich,

- 2 slices of white or brown bread.
- any filling of meat, poultry, game, fish, shellfish, cheese and eggs.
- can be garnished with lettuce, cucumber, tomatoes, cress, mustard and cress.
- English or French Mustard, salt, pepper and mayonnaise may be added where suitable.
- It is cut into 2 triangles across, without removing the crust.



Tea or finger sandwich

- has much lighter fillings and again white or brown bread is used.
- fillings may consist of any meat or fish spreads, made in one's own kitchen, cheese, cucumber, tomato or bought fillings (eg. Marmite or jam)
- is cut much smaller, into triangles, fingers and squares and the crust is always removed.

Buffet Sandwich

- similar to conventional sandwich with similar fillings
- cut into neat triangles, fingers or squares.
- a combination of white and brown bread is often used which will give them the chess board effect.
- can be given fancy shapes by cutting them with different sized and design of pastry cutters. Appealing to children but it is a wasteful method of cutting.



Continental or French Sandwich

- uses a crusty baguette (French stick) cut in half and well buttered
- filled with either a single savoury filling and garnished with lettuce, tomatoes, cucumber, mayonnaise
- or mixture of savoury fillings of meats, fish, poultry, game, cheese and eggs and again garnished as above.
- cut into small strips, it can easily be picked up and eaten by hand.



Open or Scandinavian Sandwich

- more recent addition to sandwich variation
- the same ingredients as for the conventional sandwich are used
- here the emphasis is put more on a very, attractive and appetizing presentation
- as its name indicates it is open and not covered with a second slice of bread.



Canape'

- not really a sandwich but small pieces of toast, white or brown, or biscuits or sheet of puff pastry
- well buttered and covered with fillings of meat, game, poultry, fish, egg and cheese.
- decorated with flavoured or coloured butter; they can be finished with a clear glaze of aspic jelly, according to their filling.



Pinwheel

- small sandwiches that are curled up into a roll.
- they're great for afternoon tea and elegant enough for cocktail parties
- can also be done with tortilla wraps



Rainbow sandwiches

- vegetable sandwiches made out of layers of carrots (boiled and mashed), beets (boiled and mashed) and lettuce
- use 4 slices of bread for each sandwich
- apply a coating of butter mixture (butter, salt, pepper and mustard) to both sides of each bread slice except for the very top slice and the very bottom slice.
- cut the crusts off and cut into a triangle or rectangle shape.



Tortilla Sandwiches (wraps)

- fill tortilla with a variety of fillings
- don't use spreads that are too wet, it will make the tortilla soggy
- roll up and cut in half or smaller discs
- they can be cold or toasted (depending on the filling)



Multi decker sandwiches (can be either hot or cold)

- These are made with more than two slices of bread (or rolls split into more than two pieces) and filled with several ingredients carefully layered.



Hot Sandwiches

Toasted sandwiches can be made in two ways:

1. Add the filling between two slices of hot, freshly buttered toast.
2. Use an item of equipment called a sandwich toaster or a panini grill. Put the filling in between two slices of bread and toast the whole sandwich in the sandwich toaster or grill. Some toasters or grills will seal the sandwich, remove the crusts and cut the sandwich in half.



Small equipment used to make hot sandwiches



Sandwich maker/
toasterJaffle maker



Panini Grill



Toaster

Club Sandwich (also a type of triple decker sandwich)

- also called a clubhouse sandwich
- a sandwich of bread (traditionally toasted), sliced cooked poultry, ham or fried bacon, lettuce, tomato, and mayonnaise.
- It is often cut into quarters or halves and held together by cocktail sticks.



Bookmaker

- used to be carried to the races by the bookmaker (person who takes bets)
- a toasted steak sandwich, made with minute steaks (thin slices of sirloin beef)
- uses a spread of mustard
- there are many different versions now



Hamburger

- consists of a patty of cooked ground beef, in a sliced bun, sometimes also containing salad, condiments, or both.
- There are many variations of ingredients in a hamburger.
- If the patty is topped with cheese, it is called a cheeseburger.



REVIEW

Match the hot or cold sandwich names with the correct details. The first one has been done for you:

Sandwich Name

Conventional

Tea

Buffet

Continental

Open

Pinwheel

Rainbow

Club Sandwich

Bookmaker

Details

only one slice of bread

curled into a roll

has lighter fillings

filled with carrots, beets and lettuce

uses a crusty baguette

leave the crusts on

the filling is a minute steak

a combination of bread can be used for presentation

also called a clubhouse sandwich

SPREADS

Purposes of Spreads



To protect the bread from soaking up moisture from the filling



To add moisture or mouthfeel



To provide extra nutritive value



To provide binding effect



To add flavour

To provide additional colour



Different Types of spreads

Butter

Butter should be soft enough to spread easily without tearing the bread. It may be softened by whipping or by letting it stand at room temperature till soft.

Flavoured butters may be used with appropriate fillings. These are made by blending the flavouring ingredients (that are chopped or pureed) with the softened butter until completely mixed.

Margarine is sometimes used instead of butter, if food costs require it or if customers request it.

Nut butters, eg cashew, almond and peanut can also be used, especially for vegan customers.



Mayonnaise

Mayonnaise is often preferred to butter as a spread because it contributes more flavour. However, it does not protect the bread from moisture as well as butter does.

Because of the danger of food-borne disease, sandwiches made with mayonnaise should be served immediately or refrigerated at once and kept refrigerated until served.



Cream Cheese

Cream cheese can be used as a spread or filling. Flavoured cream cheese spreads are made like flavoured butters, except cream cheese is substituted for the butter.

Cream cheese can also be blended with sharper, more flavourful cheeses that have been mashed or grated. Adding cream cheese to firmer cheese helps makes the hard cheese more spreadable.



Other Spreads

Although butter and mayonnaise are the most widely used spreads, almost any food that is spreadable can be used in sandwiches, including:

- Pesto (basil, nuts, garlic, olive oil)
- Tapenade (pureed or finely chopped olives)
- Liver Pâté (flavoured liver, blended)
- Hummus (chickpeas, garlic, tahini)
- Babaganoush (smoked eggplant, blended)
- Guacamole (blended or crushed avocado)
- Romesco (roasted tomatoes and peppers blended)

Be aware, however, that most of these do not protect the bread from soaking up moisture from the filling. Moist spreads are best if applied just before serving.



REVIEW

Read the information in the boxes about spreads and decide if the statement is correct or incorrect. If it is incorrect, write the correct information below it. The first one has been done for you:

Statement	Correct/Incorrect
Butter is preferred to mayonnaise as a spread for sandwiches. Correct answer: Mayonnaise is preferred as it provides more flavour.	Incorrect
Two ways you can soften butter are by whipping it or leaving it at room temperature	
You mustn't refrigerate mayonnaise to avoid the danger of food borne diseases.	
Three other types of spreads are hummus, guacamole and cream cheese.	
You add cream cheese to harder cheeses to make it harder.	
Margarine is used if cost of butter is an issue or if customers ask for it.	

FILLINGS

The filling is the heart of the sandwich. Nearly any kind of food may be served between two slices of bread. The only real limit to the filling of a sandwich is your imagination. The filling is the main attraction of a sandwich, so you must prepare each filling item carefully and make sure that it is of the highest quality.

Sandwich fillings may include hot or cold meats, poultry, fish, cheeses, vegetables, or a combination of all of these items. The fillings may also include flavourings and sauces such as mustard (English or continental), horseradish sauce, various pickles and chutneys.

LEARNER ACTIVITY:

Make a list of as many different fillings you know:
(think about Sri Lankan ingredients too)

Compare your list with a partner and add any you have missed:

Check with your trainer for any further suggestions:

What is your favourite sandwich filling?

Popular types of lettuce used to prepare sandwiches

Lettuce acts as a good moisture barrier in a sandwich. It must be washed and dried thoroughly before using as a filling.



Iceberg (the best)



Romaine (also good)



Butter head



Boston (delicate)

REVIEW

Look at the word cloud and try to use the ingredients to fill in the most popular combinations in the table below:

antipasto-vegetables
 sour-cream fish tomato-chutney
 tomato
 roast-capsicum
 curried-egg sun-dried
 cheese tuna turkey pork
 hummus cranberry ham egg
 dill chopped
 avocado apple lettuce coleslaw
 nut-free-pesto
 cream-cheese cucumber chicken capers
 lemon chive
 roast beef smoked-salmon
 wasabi-mayonnaise
 apple-sauce

First Letters of combinations	Your answer
f & lett	
roa-b & cole	
ch & tom	
po & a-sauce	
cuc & e	
tu & cuc	
h & app	
chi & nut-free-p	
h, sun-d t & cr-chee	
sm-sal, lem,	
d, capers & cr-chee	
hum & anti-pasto-ve	
curr-e	
roa – be & wasabi-may	
turk, cran and avo	
ham, chee, tom-ch	
sour-cr & ch & tu	
hum & roas-cap	

REVIEW

Review the types of cheese from your food knowledge module and suggest some good options to use as a sandwich filling (think about different types for hot and cold sandwiches):

What to remember when preparing and presenting sandwiches

- Use the freshest bread possible.
- If the bread is toasted, you can use day-old bread. Butter the bread quickly after toasting it to preserve moisture and keep it from drying out.
- The bread slice should be thin (1/4 inch thickness)
- Flavoured or normal butter or spread must be suit the sandwich filling – spread it all the way to the edges to create a seal against wet sandwich fillings
- Any filling used must be fresh.
- Do not prepare salad sandwiches in advance. The moisture will make the sandwich soggy.
- Use dry lettuce barriers for wet fillings to help keep the bread dry.
- Plate hot sandwiches on hot plates, and cold sandwiches on cold plates
- Garnish the plates as appropriate for the type of sandwich.
- Many sandwiches are cut in half diagonally to show the fillings and to create a dramatic presentation. Cut them as close to serving time as possible
- Avoid pushing down on a sandwich before or during cutting.
- Frilled toothpicks are often used to keep sandwich halves from falling apart.
- Provide a serviette and use a doily if necessary
- Don't forget any accompaniments: salad, sauces, chips, pickles, chutney etc

PROBLEM SOLVING

1. Trainee A made a sandwich and the customer returned it because it is too soggy. What have they done wrong? How could they have avoided this?

2. Trainee B made a sandwich and the customer complained it was too big and difficult to eat. What have they done wrong? How could they have avoided this?

3. Trainee C made a salad sandwich in the morning and served it at lunchtime. The customer returned it. What have they done wrong? How could they have avoided this?

Garnishes and sides for sandwiches

Garnishes add colour, texture and nutrition. They must compliment the sandwich, not compete with the flavours.

There are endless options for garnishing, but these are some common ones used:

- Lettuce
- Tomato
- Olives
- Raw vegetables
- Onion
- Different types of pickles
- Cheese
- Fresh fruit



Sandwiches are often served with accompaniments or sides such as potato chips, wedges, tortilla chips or French fries. Salads such as coleslaw, crispy green salad and three-bean salad are also popular choices.



REVIEW

Can you think of other garnishes or sides that can be used when plating a sandwich?

Use the following sequence to stack a standard sandwich – from the top down

This order can be used to make a sandwich where you can see every ingredient and creates the flavour effect you want as it hits the taste buds.

slice of bread or roll

spread or condiments

cheese then meat

onion, pickles, pepperonchinis

lettuce

Never mix an old batch of sauce with a new batch.

bottom slice of bread with same spread or condiments as used on the top slice

Tips for a large banquet

- Keep sandwiches refrigerated
- Wrap sandwiches tightly with aluminium foil or plastic wrap or place in airtight bags or containers
- Dampen a paper towel, wring out excess water and cover tops of sandwiches before storing them in a container in the fridge
- If freezing, coat bread with butter before adding fillings to prevent soggy bread when thawed

Answer the following questions:

- 224

Sandwiches from around the world

Falafel (Egypt)

- fried chickpea falafels
- stuffed into pita bread
- middle eastern spreads

Croque Monsieur (France)

- sliced ham, mustard and gruyere cheese
- fried with bechamel sauce on top

Tramezzini (Italy)

- triangular sandwiches
- crustless bread
- many fillings

Bahn Mi (Vietnam)

- baguette
- pork belly, pickled
- carrots, coriander
- fresh mayonnais

Gyros (Greece)

- shaved meat stuffed into pita bread
- Tzatziki (yoghurt, garlic sauce)
- french fries

Cemita (Mexico)

- hearty sandwich with fried meats
- avacado, onions and chipotles

Steamed Buns (China)

- light, fluffy, mouth-shaped steamed bun
- filled with pork mince

Grilled Cheese (America)

- comfort food
- melting, gooey cheese

Smorrebrod (Denmark)

- open sandwich
- many different toppings

REVIEW

Use the sandwich descriptions to label the pictures below:



**LEARNER ACTIVITY:**

Research online to find popular sandwiches from three other countries. Prepare an explanation of their ingredients and how they are made to teach your classmates. Write some notes below:

How to prepare a double decker sandwich

Spread one side of the three slices of bread with the mayonnaise or spread. Top one of the slices with the filling.

Place the next piece of bread on top of the fillings. Top with the next filling. Top with the final slice of white bread.

Cut into triangles and serve. Secure the sandwiches with toothpicks, if required.

How to make a triple decker sandwich

Combine desired spread and condiments (eg. mayonnaise, gherkins, mustard and dill) in a bowl. Season well with salt and pepper.

Spread half the mixture over one side of 2 slices of bread. Top with the lettuce, half the meat, cheese and tomato (or other vegetables)

Top with another slice of bread. Repeat layer and finish with the remaining slice of bread.

How to make a wrap

Spread sandwich spread lightly within an inch of the edge of the flat bread

Lay fillings in the center of the flat bread, reaching within a couple inches of the left and right edges. Use lettuce as a protective barrier before laying other fillings.

To make a closed-end wrap, fold both the right and the left edges over the fillings and roll from the bottom. To make an open-ended wrap, fold only one edge and roll.

Setting Up a Station for preparing Sandwiches

Prepare Ingredients

- Have everything ready ahead of time, so nothing is left to do but assemble the ingredients.

Arrange or store ingredients for maximum efficiency

- Arrange ingredients so you can use both hands. For example, while the left hand reaches for the bread, the right hand reaches for the butter spreader.

Sanitation

- It is especially important that ingredients be properly refrigerated and protected at all times.
- Wash hands carefully and thoroughly before beginning work.
- Check if you need to wear gloves when handling ready to-eat foods

Portion control

- Sliced items are portioned by the count and by weight. If portioning is by the count, you must take care, during pre-prep, to slice to the proper thickness. If done by weight, each portion can be placed on squares of waxed paper and stacked in a container.

Hygiene and safety points when making sandwiches:

Please refer to your orientation module for Food Safety that apply to all ingredients involved in making sandwiches. Also review the Salads and Appetizers module for relevant salad safety points (many are the same).

Some important reminders:

- Raw materials must be from a reputable source and must be inspected to make sure there is no contamination or damage.
- Check that chilled/frozen raw materials arrive at the correct temperature (frozen at -18C or below, chilled at 4C or below) – they must also be stored at these temperatures.
- Stocks of raw materials should be consumed on a first in first out basis
- Hands must be clean at all times and sandwich preparer must not have any illnesses.
- Frozen ingredients must be thawed in the refrigerator or under cool, running water. They must not be held at room temperature for more than 2 hours.
- Raw vegetables must be thoroughly washed in a sink exclusive for this use.

- Ready to eat and not ready to eat foods must be handled with a separate set of utensils which must be cleaned and maintained properly.
- Any ingredients that require cooking or reheating must be thoroughly cooked or reheated.
- Sandwich sauces and fillings must be properly handled, especially mayonnaise and canned fish meat. They should be consumed as soon as possible after opening.
- Keep only the appropriate amount of fillings on the counter. Everything else should be covered and refrigerated.
- All products must be kept at the correct temperature (eg. 4C or below for cold sandwiches or 60C or above for hot sandwiches, they must NEVER be kept at room temperature for more than 2 hours.
- All packaged food must be labelled with information such as 'use by' date, storage instructions etc.
- If transporting sandwiches, this must be done at the correct temperature
- HACCP should be established to minimise potential chemical, physical or microbiological contamination of sandwiches during the preparation process.

REVIEW

Circle the correct answer:

1. All raw ready-to-eat vegetables should be:
 - a. bought from the supermarket
 - b. washed thoroughly in a clean sink
 - c. eaten when they arrive
2. Ready-to-eat and non-ready-to-eat foods must be:
 - a. mixed together before filling a sandwich
 - b. be handled with separate sets of utensils, containers, and chopping boards
 - c. kept in separate sections of the kitchen
3. Cold sandwich fillings should be:
 - a. Covered and stored at 4C or below
 - b. Should be heated up
 - c. Used only with bread
4. Any sandwich ingredients must never be kept at room temperature for:
 - a. More than 30 minutes
 - b. More that 2 hours
 - c. More than 4 hours
5. Frozen ingredients must be thawed:
 - a. on the bench
 - b. in the oven
 - c. under cool running water or in a refrigerator

PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be asked to prepare three different types of sandwiches.

You can prepare by practising making and tasting a variety of different sandwiches.

Don't forget to think carefully about:

- The type of bread, spread and filling – the flavours must match each other and be carefully selected not to overpower each other.
- The sequence of making a sandwich and how to place the fillings to make sure that sandwich does not become soggy.
- Practicing and tasting a variety of hot and cold sandwich types using the relevant equipment.
- Hygiene factors for all parts of the sandwich preparation – including mis en place, freshness of chosen ingredients, storage, transportation factors.
- The way you decide to present your sandwich (how it is cut, garnishes and accompaniments) must be attractive and easy to handle

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Module 11



PROFESSIONAL COOKERY SKILLS WORKBOOK

Salads And Appetizers

SALADS AND APPETIZERS

Learning Outcomes	<p>After you have completed this module you should be able to:</p> <ul style="list-style-type: none"> ➤ Identify and prepare salads and appetizers ➤ Understand the recipe, ingredients, tools, equipment and methods needed to prepare: <ul style="list-style-type: none"> ● salads <ul style="list-style-type: none"> • Single • Mixed • Compound • Compose • Cooked • Classical and appropriate types of dressings, ● appetizers <ul style="list-style-type: none"> • Hot and cold appetizers (Egg mayonnaise, Prawn cocktail, fruit cocktail, Pâté, Terrine, Aspic)
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In this module you will learn about salads and appetizers. They are part of what is traditionally called “cold food”, and this includes cold meats, sandwiches and cheeses.

You will find cold food served with breakfast, at a self-serve salad counter, as an appetizer or an hors d’oeuvres or as a main course, for example, a main course salad. Cold food is sometimes accompanied by w sticks or rolls.

Salads and appetizers are usually made with cold ingredients. However, there is a trend for hot salads and appetizers as chefs become more creative with ingredients and cooking.

Salads and appetizers are very versatile dishes because they have visual appeal, can be prepared in advance, can be prepared in large amounts and can be adapted to serve at either extended meal service (a la carte) or at set meal service (buffet).

Garde Manger (Pantry / Cold Kitchen)

This is the part of the kitchen that is responsible for preparing cold food, including smoked meats and fish, sausages and hams, pates, terrines, cheeses, salads and appetizers. The head of the Garde manger is the Chef Garde Manger (sometimes known as the pantry chef). This part of the kitchen may also be responsible for buffet presentation, ice carving and edible centrepieces in large establishments.

BEFORE MAKING A SALAD OR AN APPETIZER:

Since salads and appetizers include raw ingredients or a combination of raw and cooked ingredients, there are MANY opportunities for CROSS CONTAMINATION. This means maintaining a very high standard of food hygiene and safety are of the utmost importance.

(See Sections 1 and 2 of the Professional Cookery Skills Manual)

Remember to check the following key areas:

Keep Clean

- Wash hands properly/correctly before handling food.
- Wash your hands often during food preparation.
- Wash your hands after touching anything other than food ingredients/cooking utensils.
- Cover any wounds or cuts with waterproof plasters.
- All kitchen surfaces should be clean and sanitized before use.
- All utensils and equipment should be cleaned and sanitized before use.
- The workplace should have a cleaning and sanitation schedule to maintain high standards of food hygiene and safety.

Use safe water and safe raw ingredients

- Use potable water to clean raw ingredients whenever possible.
- Wash raw ingredients thoroughly and correctly.
- All food ingredients should have been purchased from a reliable source.
- All food ingredients should have been delivered at the correct temperature (e.g. frozen food) and without any damage to the ingredients.
- All food ingredients should have been stored correctly and at the correct temperatures before use.
- NEVER use expired food ingredients.
- PORTION correctly so that food ingredients are not wasted or left to grow bacteria (if you open one tin of tuna, you will need to use the whole tin).

Separate Raw food from ready-to-eat food

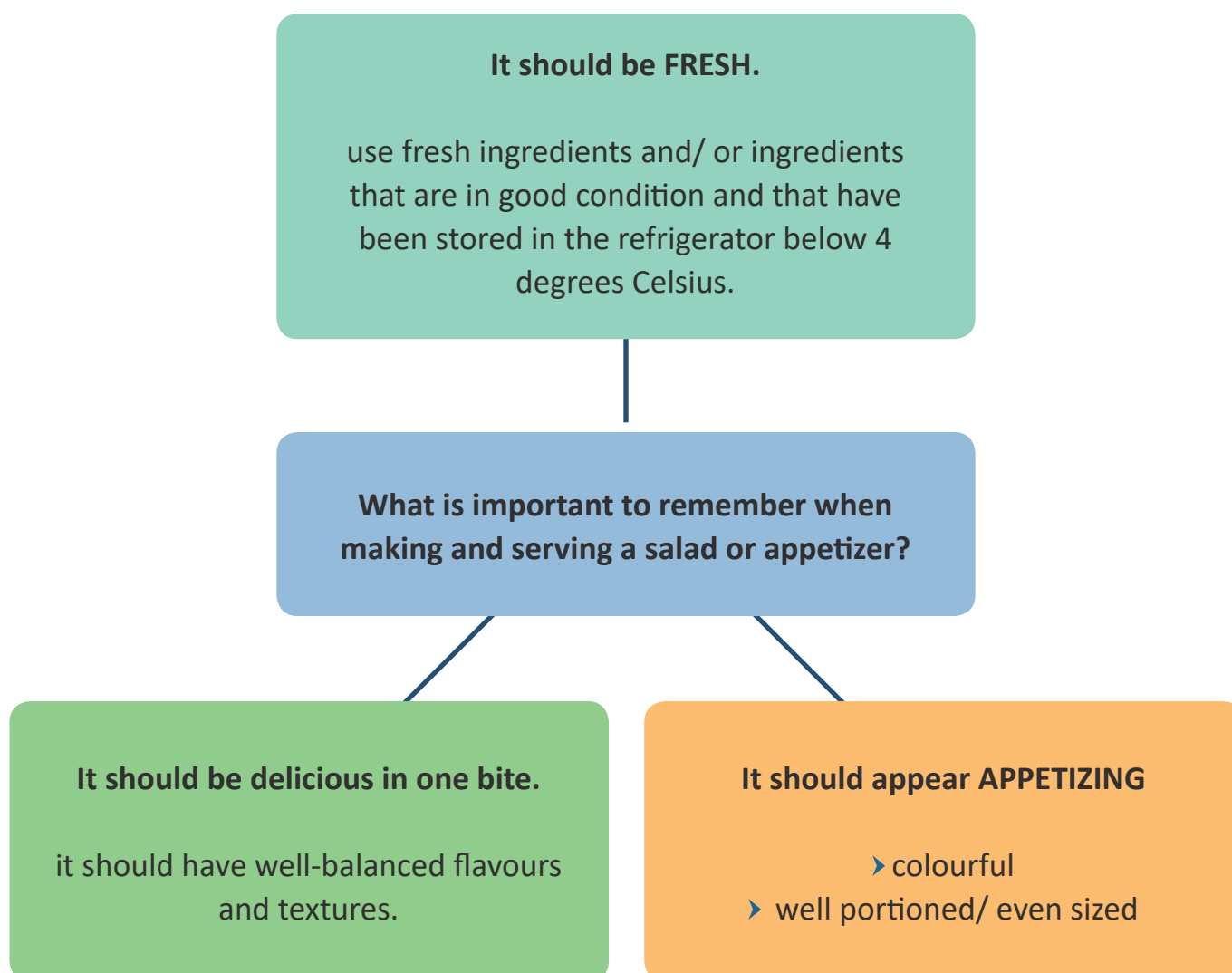
- Store raw food and ready-to-eat food in different compartments of storage spaces (ready-to-eat food should be stored in the upper compartments of a multi-use refrigerator).
- Separate knives and cutting boards should be used for raw and ready-to-eat food.

Keep food at safe temperatures

- Thaw /defrost frozen food in the refrigerator.
- Food that has to be cooked should be cooked thoroughly.
- Reheat leftover food to 75 degrees Celsius or above before consumption.
- NEVER use reheated food twice.
- Cooked food must be consumed within 2 hours.
- Cooked food can be kept in hot-holding containers at above 60 degrees Celsius before serving.
- Cold dishes must be kept at below 4 degrees Celsius.

Correct storage and transportation of salads and appetizers

- Food must be properly and correctly covered/stored after preparation to prevent contamination.
- Separate utensils and containers must be used when handling raw or ready-to-eat ingredients.
- Cold food should be transported and displayed at 4 degrees Celsius.
- All cold holding equipment should have a functioning temperature control and monitoring device.
- ALWAYS LABEL with NAME OF DISH, DATE/TIME OF PREPARATION and NAME OF PERSON



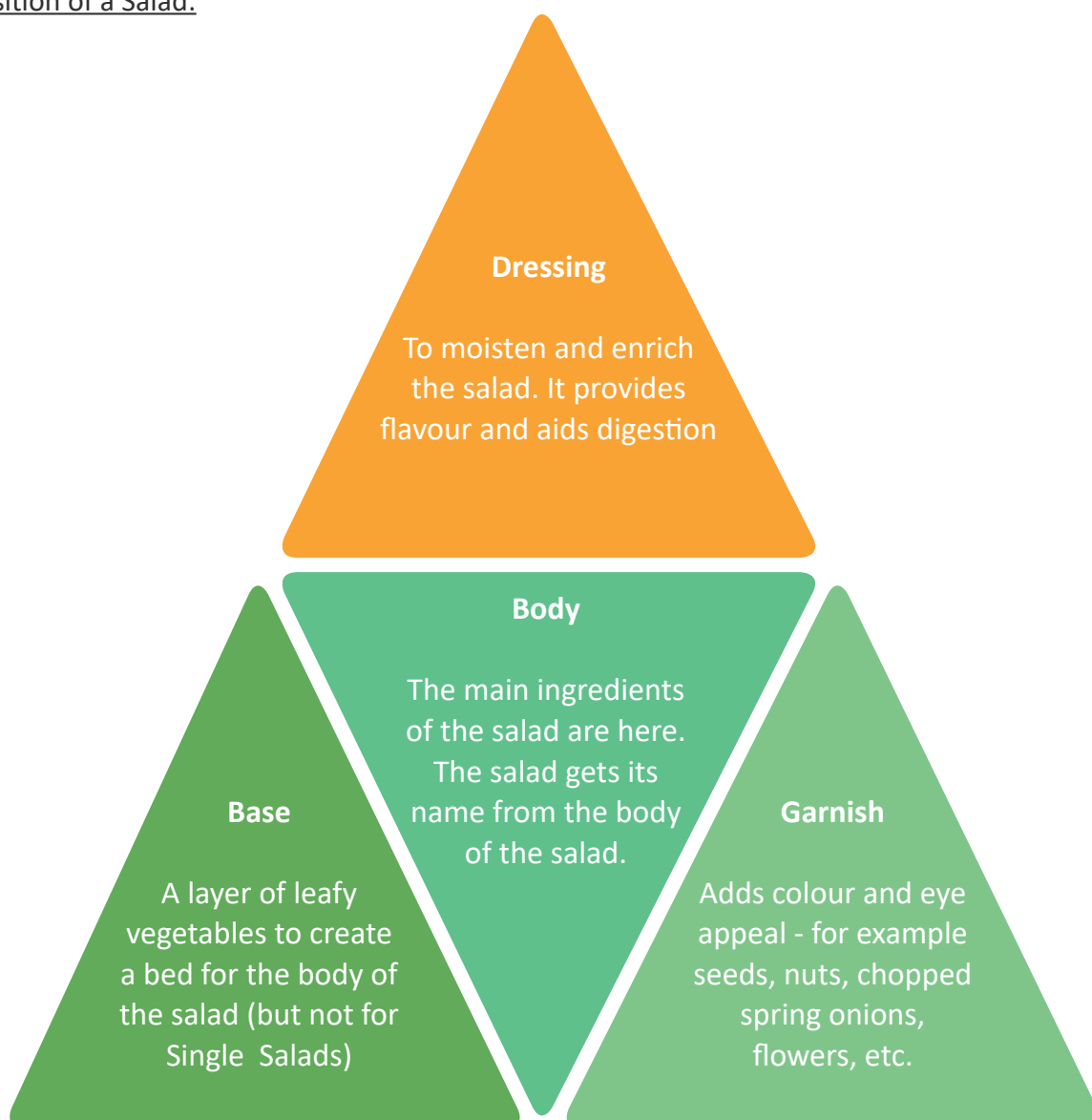
WHAT IS A SALAD?

Food historians say that salads were first enjoyed by ancient Romans and Greeks in the 16th Century. The word “salad” comes from the French word “salade” which in turn comes from the Latin word “salate”.

In the dictionary “salad” means a dish of cold food, usually made with raw or cooked vegetables. These vegetables may be accompanied by meat and poultry, fish and seafood, eggs, pasta, seeds and nuts, whole grains, vegetarian protein, dairy products, fresh herbs and even fruits (dry or fresh). The salad is usually “dressed” with a condiment made of salt, pepper, oil, vinegar or mayonnaise.

Today, salads do not have to be cold. In fact, they can be served warm and even in a warm/cold combination. In the modern concept of dining, salads act as a great accompaniment to roasts and cold dishes or as an alternative to the main vegetable dish, or as an alternative or additional vegetable dish at luncheons, dinners, suppers, tea, high tea and snack meals.

Composition of a Salad:



Types of	For example,
Salad Greens (Leafy vegetables but not always green)	Chicory, Endive, Escarole, Radicchio
Lettuce	Romaine, Iceberg, Leaf
Other Leaves	Rocket, Sorrel, Arugula, Spinach, Watercress, Sprouts (Alfalfa), etc.
Vegetables	Any root or bulb vegetables, broccoli, cabbage, cauliflower, celery, green onions, tomatoes, cucumbers, peas, asparagus, mushrooms, bell peppers, chili peppers, radishes, corn, beets, artichoke hearts, sweet potato, etc. Vegetables can be raw, roasted, grilled, marinated or pickled.
Fruit	Apples, pears, strawberries, oranges, kiwis, grapefruit, dragon fruit, grapes, pomegranate etc. Fruits can be raw or dried, thinly sliced, segmented or used in dressing
Herbs	Basil, rosemary, mint, chives, dill, parsley, tarragon, etc.
Seafood	Fish (tuna, salmon, mackerel), shrimp, crab, scallops etc.
Meat	Beef (and certain game meat)
Poultry	Chicken or turkey, etc. (and certain game bird)
Processed Meat or Fish	Ham, sausages, bacon, salami, tinned tuna, anchovies, etc.
Pasta	Fusilli, farfalle, rotini, macaroni, penne, etc. (Pasta with nooks and crannies are the best because their small size makes them easy to serve and eat, and their little nooks and crannies provide plenty of spaces to trap dressing, herbs and other small ingredients.
Whole Grains	Rice, couscous, quinoa, barley, farro etc.
Beans and Legumes (Vegetarian Protein)	Kidney beans, garbanzo beans, black beans, edamame, etc. Tofu – which is made from soya beans – is another possible salad ingredient

Cheese	<p>Goat cheese, mozzarella, halloumi, feta, parmesan, Gorgonzola, etc.</p> <p>Cheese can be diced and added as it is, or it can be crumbled or sprinkled over the salad as a garnish, or it can be used in the dressing itself.</p>
Dairy Products	Dairy creams and yoghurt
Seeds and Nuts	<p>Sesame or sunflower seeds, walnuts, pecans, pine nuts, almonds and peanuts, etc.</p> <p>The nuts and seeds can be toasted or raw, sliced, slivered or candied.</p> <p>NOTE: Be aware that nuts contain allergens. It is a hazardous food.</p> <p>If the order is for nut-free salad, YOU MUST MAKE SURE THAT YOU DO NOT USE NUTS IN THE SALAD OR THE DRESSING.</p>
Condiments	Olives, capers, pickled onions, etc.

Cleaning Salad Greens:

- Fill a large bowl or a clean sink with plenty of cool water.
- You can add crystals of potassium permanganate to the water for added cleaning and disinfecting power (Condy's crystals).
- Add the lettuce leaves or greens and swish them around to loosen or remove any dirt. Dirt and debris will sink to the bottom while the greens should float on the top. Be gentle as the leaves can easily break.
- After a few minutes lift or scoop the lettuce leaves or greens out of the water gently (Do not scoop from the bottom as you will simply scoop up dirt and debris) with your hands or with a colander.
- DO NOT POUR WATER AND LETTUCE LEAVES OR GREENS INTO COLANDER.
- RINSE the leaves if you have used potassium permanganate crystals.
- Leave to drain in colander and dry on clean kitchen paper or use salad spinner to dry.

Five purposes of salad as found in a menu:

- Salad as Appetizer – as part of the meal it will be served as the first course
- Salad as Main Course – instead of a meat or fish dish
- Salad as Side Dish / Accompaniment – partner to a main course
- Salad as Dessert – it will be sweet
- Salad as palate cleaner - can also be used to clean the palate in meals with many courses

Two types of salad according to its composition:**Single**

- Simple - using one kind of vegetable as main ingredient, with a very simple dressing. Usually the vegetables are raw.
- Tossed – more than one kind of vegetable tossed together with a simple dressing. Usually the vegetables are raw.

For example, lettuce salad, tomato salad, cucumber salad, green salad are some of the simple salads you should be familiar with.

Dressings of single salads are usually a vinegar-based or acidulated cream-based dressing.



Compound

- Mixed- using more than one kind of green vegetable that are tossed or mixed together with heavy dressing

(For example, Caesar Salad)



- Bound Salad – non-leafy vegetables such as cucumbers, carrots, are bound with heavy dressing like mayonnaise

(For example, Russian Salad, Coleslaw, Rice Salad, Seafood Salad))



- Composed – salad ingredients are arranged together or layered one on top of the other

(For example, Cobb Salad)



Most of the salads described above are cold salads.

But, as was stated, warm salads can also be very popular. The ingredients in warm salads can be boiled, sautéed, roasted or grilled.

Here are some examples:

- Steak Salad with Horseradish dressing
- Sichuan Beef Noodle Salad
- Broccoli and Bacon Salad
- Roasted Cauliflower Salad
- Sweet Potato and Chicken Salad
- Warm German Potato Salad

Guidelines for preparing a salad:

- a) Make the salad dressing. (Check for taste, texture, and colour).
- b) The greens should be completely dry and crispy.
- c) The greens should be bite sized.
- d) There should be a mix of greens for varied texture and colour (unless you are making a simple salad).
- e) Put the greens in a bowl and season.
- f) At this point you can add other vegetables, fruit, meat, seafood or egg, etc. (all other ingredients should also be dry).
- g) Mix in fresh herbs.
- h) Dress and plate.

Presenting Salads:

Salad bowls, crescents and plates – wooden, ceramic, glass, granite





Mirrors, granite plate– usually for buffet



Salad trolley/ wagon



Salad Bar or Buffet accompaniments:

You may see these at a buffet in addition to various salad greens:

- Chopped raw vegetables (other than green leaves).
- Nuts and seeds
- Dried fruit
- Whole grains
- Bean and legumes
- Fresh fruit
- Tortilla or Pita chips
- Shredded hard cheese (for example, parmesan)
- Roasted vegetables
- Hard-boiled eggs
- Corn
- Edamame
- Olives
- Processed Meat

Flavoured Oils

There are many types of flavoured oils that are used to make salad dressing.

Olive, sunflower, safflower, flaxseed or walnut oils are excellent choices. With the exception of extra-virgin olive oil, olive oil has a robust flavour, while sunflower oil and safflower oil have a delicate, lighter texture.

Other popular oils are sesame seed oil, hazelnut oil, and avocado oil

If you want to be creative there is also garlic oil, herbed oils (thyme, oregano, rosemary), chili oil, saffron oil, and oils infused with lemon, pepper, orange or ginger.

Flavoured Vinegars

The most classic form of vinegar is white or red wine vinegar. White wine vinegar is the most commonly used vinegar in making basic dressing. It is especially good for salads containing romaine lettuce or chicory.

Balsamic vinegar or sherry vinegar is a sweeter, very aromatic vinegar and can be especially good for salads with meat in it.

There is also coconut vinegar, which is light and tart and can be a very good substitute for white wine vinegar.

There are also any number of vinegars infused with rosemary, basil or citrus or even flowers.

With such a wide variety of oils and vinegars it is easy for a creative chef to make something new and interesting, blending the right flavours and textures carefully with the ingredients of the salad.

Types of Spices used in Salads

In a dressing you might also find the use of different spices:

Curry powder, dill weed, ginger, garlic, cilantro, mint mustard, seed red chili, cumin, for example.

Types of Mustard varieties used to marinate ingredients in a salad

These mustard varieties are used to make salad marinate to marinate seafood, poultry, vegetables or fruits used in salads.

- Yellow Mustard – American traditional hot dog mustard, yellow in colour and has a mild flavour.
- Dijon Mustard – originating from Dijon, France, it is pale yellow in colour and has a strong, and acidic flavour.
- Spicy Brown Mustard – There are various brands of spicy brown mustard but the most famous is French's Spicy Brown Mustard. It is a spicier, zestier and stronger tasting mustard than most other mustards.
- Honey Mustard – Invented by Hugh Fleming in the 1980's, this mustard is sweet, tangy and creamy tasting.

DRESSING

What is a salad without its dressing? All salads served out of a professional/commercial kitchen should be accompanied with a dressing.

There are 4 types of basic dressings:

A. Vinegar based

The most basic dressing is called a VINAIGRETTE:

Basic Recipe**Ingredients:**

- 3 parts Olive Oil
- 1 part Vinegar
- Salt and Pepper to taste

(Blend ingredients together until and oil and vinegar make an emulsion)



There are many variations of dressing using vinaigrette as a base:

- Lemon Dressing – Vinaigrette using lemon instead of vinegar
- English Mustard Dressing – Vinaigrette with ½ teaspoon of English mustard.
- French Mustard Dressing - Vinaigrette with ½ teaspoon of French mustard.
- Fine Herb Dressing - Vinaigrette with finely chopped herbs like parsley, chervil or tarragon, etc.

- Chiffonade Dressing - Vinaigrette with chopped hard-boiled eggs, chopped parsley and a fine brunoise of beetroot.
- Roquefort Dressing - Vinaigrette with Roquefort cheese.
- Thousand Island Dressing - Vinaigrette mixed with tabasco, red and green pimento, parsley, boiled egg, tomato ketchup.

B. Acidulated cream-based

Basic Recipe

Ingredients:

- 1 part Lemon Juice
- 5 parts (lightly whipped) Fresh Cream
- Salt and Pepper to taste

(Blend ingredients together)



C. Mayonnaise based

Basic Recipe

Ingredients:

- Egg Yolk
- Olive Oil
- Vinegar
- Mustard
- Salt and Pepper to taste

(Blend ingredients together until oil and vinegar make a thick emulsion)



There are some variations of dressing using mayonnaise as a base:

- Cocktail dressing – mayonnaise, tomato sauce or ketchup
- Ranch Dressing- mayonnaise and buttermilk

D. Natural Yoghurt based**Basic Recipe****Ingredients:**

- ½ cup plain Greek (if possible) yoghurt
- ¼ cup extra virgin olive oil
- 1 tbsp white wine vinegar
- 2 ½ tbsp of lemon juice
- 1 tsp minced garlic
- 1 ½ tsp sugar
- ½ tsp dried dill
- ¼ tsp pepper
- ½ tsp salt

(Blend ingredients together and set aside for flavours to develop)



To a yoghurt-based dressing you can add honey mustard or chives, or you can turn a mayonnaise-based Caesar Salad dressing into a healthier version by substituting the mayonnaise with yoghurt.

ETHNIC SALADS

Apart from Sri Lankan sambol, there are a few international salads you should know the names of as they often appear on menus.

Cobb Salad (U.S.A)

Waldorf Salad (U.S.A)

Mexican Bean Salad (Mexico)

Niçoise Salad (France)

Tabbouleh (Turkey)

Greek Salad (Greece)

Gado-gado (Indonesia)

Yam Wun Sen (Glass Noodle Salad – Thailand)

Mimosa (Russia)

CREATE YOUR OWN SALAD

Sri Lanka has a great variety of amazingly healthy vegetables. As your skills increase, look to local vegetables as a source of inspiration to make a signature salad. For example, today we can find, bitter gourd salad, gotukola salad, wingbean salad and so on.



REVIEW

1. What are the 5 purposes of a salad?
2. List 5 examples of SINGLE salads:
3. List 5 examples of COMPOUND salads:
4. Explain the composition of a salad:

LEARNER ACTIVITY:

With your group or partner, choose 5 ingredients as well as a dressing that you think would go well together in a salad. Present your idea to the rest of the group. Get feedback.

Here are some basic salad recipes with dressing:

Coleslaw Ingredients (6 servings)

- Shredded cabbage and carrot

**Coleslaw Dressing:**

- ½ cup mayonnaise
- 1 tbsp vinegar
- 1 ½ tbsp lemon juice
- 2 tbsp white sugar (optional)
- ¼ tsp salt
- ½ tsp white pepper or ground black pepper

Method:

1. Combine the mayonnaise, vinegar, sugar, salt, pepper and mix until smooth.
2. Wash and shred the cabbage.
3. Add the shredded cabbage to the mayonnaise mixture and mix well.
4. Add salt or vinegar to taste.

To this basic recipe you can add shredded carrots, sliced or julienned celery and green bell pepper to make a Garden Slaw.

Or you could use half green cabbage and half red cabbage to make a Mixed Cabbage Slaw.

Remember to adjust the recipe accordingly if you change the amount of cabbage and if you add other vegetables.

Mixed Salad Ingredients (4-6 servings)

- 1 head of Romaine lettuce
- 1 cucumber (peeled and sliced)
- 2-3 small (or plum) tomatoes
- (cored and cut into wedges)
- 1 small red onion (sliced thin)

**Vinaigrette Dressing for Mixed Salad**

- 2 tablespoons vinegar
- 6 tablespoons olive oil
- Salt and ground pepper to taste
- (you can add 2 tbsp mustard if you like)

Method:

1. Tear cleaned lettuce leaves into bite sized pieces and place in bowl.
2. Add cucumber slices, tomato wedges and onion slices.
3. Sprinkle vinegar and olive oil, salt and pepper (to taste) and toss to combine.

Caesar Salad Ingredients (6 servings)

- 1 head of Romaine lettuce
- Freshly grated parmesan for serving
- Croutons (enough for 6 servings)

**Caesar Dressing**

- 6 cloves minced garlic
- 1 teaspoon mustard
- 1 tablespoon vinegar
- ¾ cups mayonnaise
- 6 tablespoons grated parmesan cheese
- 1 teaspoon Worcestershire sauce
- 1 tablespoon lemon juice
- ¼ cup olive oil
- (optional) 5 minced anchovy fillets, minced salt, pepper to taste

Method:

1. Combine the dressing ingredients and blend.
2. Rub garlic on the bread, then cut out and toast in oven.
3. Fry or sauté bacon and after it has cooled, cut into small pieces.
4. Wash and dry lettuce leaves. Then arrange in bowl or plate.
5. Add the dressing and toss.
6. Add the bacon and croutons before serving.

REVIEW

1. Review the Food Safety Pillars from Module 2 – what are they?
2. How do the safety pillars affect making one salad?
Discuss with your group and write down your ideas.
Share your ideas with the other students.
3. Imagine you are preparing a salad. Write an action plan or WORK PLAN for how you would make this salad. The first step is done for you.
 - a) Choose a salad recipe.
 - b)
 - c)

WHAT IS AN APPETIZER?

Some historians say that small delicacies called “zakouski” originated in Russia. Other historians say that the idea of a small dish of food may have existed in China and travelled into Europe via the Silk Road. It is certain that appetizers exist in all cultures.

Before the nineteenth century, appetizers were typically available throughout a meal. Then, the succession of courses we know today became common practice. At this time, appetizers changed radically, becoming an ever more refined aspect of the meal and becoming a separate course altogether. This, too, is the time when the term “appetizer” enters common usage.

Today appetizers are part of the meal and is the first course of a three or four course meal. It is generally accepted that anything that is offered before the soup or instead of soup can be classified as appetizers.

Therefore, ingredients chosen, or dish chosen as appetizers should complement the main course. Appetizers should be flavourful and light (30-40 grams).

Appetizers may be served for luncheon, dinner, supper, and the wide choice, colour appeal and versatility of the dishes make many items and combinations of items suitable for snacks and salads at any time of the day.

What is an Hors d'oeuvres?

The word is from French and means “outside the work” and traditionally they were not part of the set of courses in a meal. Today they can be dishes that stand on their own and usually served before a meal at a cocktail party or reception (sometimes called finger food). Or they can be part of a course meal as a support to the main course (sometimes they are called starters or entrées in British English) and are very similar to appetizers. Hors d'oeuvres can be served hot or cold.

Important factors to consider in appetizer preparation

Certain factors need to be considered while planning an appetizer. These include:

- Fresh ingredients
- Attractive Plating
- Proper textures
- Eye appeal
- Well-balanced flavour

Hygiene and Safety

See the beginning of this module and review the hygiene and safety rules for using fresh/raw ingredients and cooked ingredients.

Also remember:

Canned (tinned) fish - The appropriate size of canned fish should be purchased in accordance to the amount required to produce the appetizers, in order to avoid the formation of histamine in large amounts, which occurs when a can is opened. The formation of histamine can lead to histamine poisoning.

Melons - melons grow close to the ground, their skin can easily become a harbour for bacteria, especially salmonella bacteria. Purchase melons that do not have any damage to the skin. Any dirt should be cleaned off. Refrigerate for up to 15 days.

Before cutting a melon, thoroughly wash and scrub the entire melon with water and a clean fresh produce brush. Thoroughly dry melon before cutting.

TYPES OF APPETIZERS

There are 3 categories of appetizers:

Type	Example
Single Cold Food	Smoked salmon, pate, melon, oysters, caviar, smoked fish, foie gras, salami, assorted cooked or smoked sausages, terrines (vegetable or fish), potted shrimp, grapefruit cocktail, prawn cocktail, seafood cocktail, egg mayonnaise, etc.
Well-seasoned Cold Food	Smoked salmon with scrambled egg, chicken liver mousse with prawns, egg with marinated mushrooms, potato salad, stuffed egg and salami, cheese mousse with Parma ham, etc.
Well-seasoned Hot Food	Hot souffles (cheese, seafood), fritters (seafood, prawn, mushroom, cheese), croquettes (fish, seafood, vegetable, beef or mutton), quiche (Quiche Lorraine), etc.

Recently there is a trend to serve a combination of hot and cold appetizers on one plate together. For example:

- A selection of traditional Niçoise salad and warm beef tacos served with guacamole and a mango and jalapeno shooter.
- A selection of dill-marinated salmon tartare and hot seafood souffle served with crispy greens and truffle shaves.
- A combination of Cajun spiced grilled prawns, barbecued, buffalo wings and nori-encrusted blue fin tuna tataki served with tangy green salad and cheesy wasabi sorbet.

PROCESSED MEAT AND FISH

As you can see from the selection of appetizers in the table, a lot of processed meat and fish is being utilized to compose the appetizers.

LEARNER ACTIVITY:

With your partner or group make a list of processed meat that you are familiar with. Compare with the rest of the class.

Or – look in cold storage or chiller room (go to a supermarket?) and see how many processed meat items you can identify. Where are they from? What do they taste like?

Here is a list of processed meat you should become familiar with:

Name	Description	Can be used
Sausage	Minced meat wrapped in skin in a cylindrical shape	In soups, salads, appetizers, either chopped, sliced or whole.
Salami	Type of highly seasoned sausage	As part of a cheese board or on its own
Ham and Bacon	Salted or smoked meat from the upper part of a pig's leg or belly	In salads and appetizers
Pastrami	Highly seasoned smoked beef	On mini pizzas or canapes
Corned Beef / Mutton	Beef or mutton preserved in brine, then chopped and pressed and sold in tins.	Usually in sandwiches
Smoked Fish	Fish that has been cured and smoked with wood fire	In many appetizers such as canapes use smoked salmon or mackerel
Tinned Fish	Tuna, mackerel, sardines, and anchovies are commonly tinned fish. Usually preserved in oil or brine.	For any kind of appetizer may use tinned fish, either as a main ingredient or as part of the spread.

What to remember when handling processed meat and fish:

- The texture (wetness) of meat and fish will be different depending on whether they have been salted (dry texture) or soaked in brine or oil (moist texture). This will affect the overall texture of the appetizer.
- All processed meat and fish come in packaging or tins. Purchase processed meat and fish whose packaging has not been damaged or dented. The expiry date should be clear.
- Follow the manufacturer's guidelines for storage and use and employ FIFO rules.
- If you have opened the package and need to re-seal or re-wrap or place in new container – follow the S.O.P of your establishment.
- Do not use tinned fish if the tin has been opened already and there is some left over – you risk histamine poisoning.

Cheese Varieties that can be used as appetizers

Some cheeses can be used on their own with a suitable bread or breadsticks or crackers as an appetizer. However, a sophisticated appetizer would use cheese as one of its key ingredients. A large variety of cheeses can be used to prepare appetizers, ranging from hard to soft, ripe to unripe, and not only cheeses from cow's milk but also from goat and buffalo.

Look at the cheeses in Food Knowledge (Section 7 of the Orientation Manual).

Below are examples of appetizers using some of those cheeses:

- Smoked Mozzarella sticks wrapped in Prosciutto ham
- Marinated Feta with roasted lemon served with pita bread
- Figs in a blanket with goat cheese
- Carrot tart with ricotta and almond filling
- Herb and Garlic Baked Camembert
- Jalapeno Peppers with smoked Gouda



Herb and Garlic Baked Camembert



Jalapeno Peppers with smoked Gouda



Marinated Feta with roasted lemon

What to remember when handling processed meat and fish:

- Cheese should be treated like a raw ingredient. Do not purchase cheeses that have had damage to their packaging or outer covering.
- It is a dairy product so must be refrigerated at all times.
- Once a package of cheese is opened, re-wrap with wax or parchment paper to prevent the cheese from drying out.
- Throw out any cheese that has gone very hard and lets of a pungent smell.

Dips and Spreads

Dips and spreads are another popular type of appetizer. Dips consist of vegetable or bread sticks or corn chips and a dipping bowl of yoghurt or cheese-based dip. Spreads consist of crackers or sliced baguette/ toasted bread and a spreadable cream or cheese. Some dips and spreads can be used interchangeably.

Dips / Spreads examples:



Guacamole



Blue Cheese Dip



Mexican Salsa



Balsamic Vinegar and Olive Oil



Hummus

Puff Pastry Appetizers



Spinach and Feta Pocket



Bacon Pinwheel



Chicken Bouchée

Meat and Seafood Appetizers

- Quiche Lorraine
- Prawn Cocktail
- Liver Pate
- Swedish Meatballs
- Crab Meat Salad
- Fish Cakes
- Empanadas
- Steamed mussels or clams
- Fresh Oysters with Lemon Wedges



Swedish Meatballs



Prawn Cocktail

**Empanadas****Fish Cakes****Crab Meat Salad****Pates, Terrines and Aspics****Pate:**

Pate is a paste, pie or loaf made traditionally from forcemeat and usually contains liver. Forcemeat is lean meat and fat that have been grinded and blended together (also used to produce sausages) and can be smooth or coarse in texture. Seafood, wild game and poultry can also be used to make pate. Vegetables, spices, herbs, brandy or wine are common additions. Pate can be served either hot or cold but usually served cold when used as an appetizer. The most famous pate is "foie gras", which is made from goose liver.



Terrine:

A terrine is a traditional French dish and is similar to pate, but it is not found in paste form. It is a loaf of forcemeat that has been cooked in a covered mold in a bain- marie. Modern terrines do not always contain meat or animal fat, but they will still contain fat substitutes such as mushrooms and pureed fruits.

**Aspic:**

An aspic is a loaf of ingredients that have been set into a gelatin made from meat stock or consommé. Most common ingredients to set in a gelatin are meat items, vegetables or fruits. Sweet aspics will use commercially available gelatin mix to make the aspic. Sometimes it is called “aspic gelee” or aspic jelly.

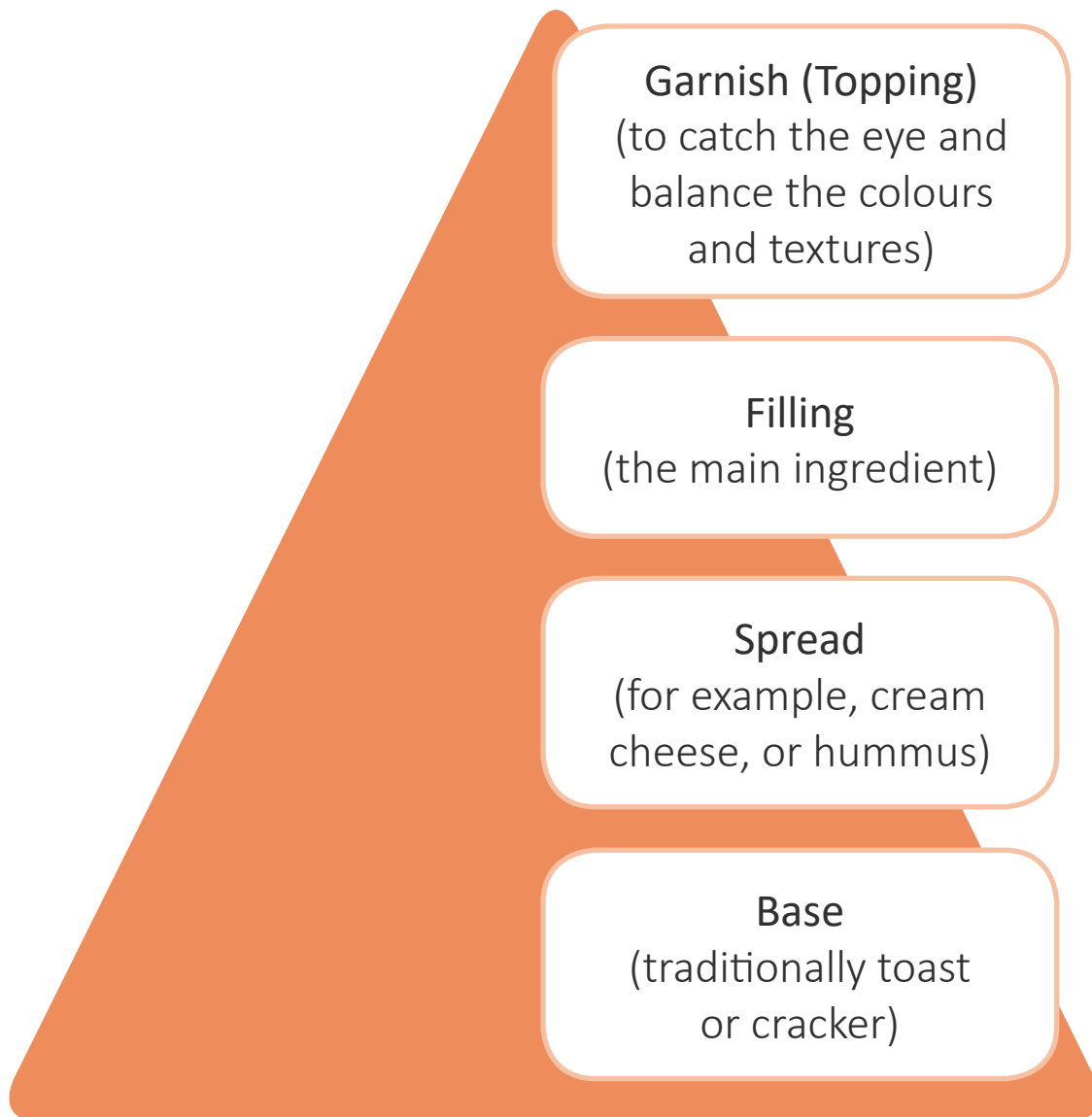
**BUFFET APPETIZERS**

At a buffet table you will find a section for appetizers. There will be hot as well as cold appetizers. Here are two well-known favourites:

Canapes

Canapes are also known as “amuse-bouche”. Traditionally they are made with white or brown bread with the crust removed. The bread can be toasted or plain and is cut into different shapes. But modern twists mean that bread can be replaced by spoons and liqueur glasses.

Canapes can be served hot or cold and come in a variety of combinations.

Composition of a Canape

From these pictures you can see that canapes can be served on a plate (traditional) but equally they can be served on other types of serving dishes.

Shooters

A shooter is an appetizer served in a small glass, like a tall shot glass, a whiskey glass, or even small mugs, like an espresso cup.

The contents of a shooter tend to be soup, fruit puree, juice, yoghurt drink (like a smoothie), dips and mousses. A variety of spirits may also be used to add flavour. They can be accompanied by bread, fruit, vegetables, etc.



SPECIAL APPETIZERS (ITALY AND JAPAN)

Carpaccio

Is a dish of red meat (beef, veal or venison) or fish (usually salmon or tuna) that has been thinly sliced or pounded and served raw, with lemon or vinegar, olive oil, salt and pepper. The meat or fish can be substituted with vegetables or fruit or even seafood.

It is a popular appetizer found in Italian cuisine.

It was invented by Guiseppe Ciprani in Venice in the 1950's. The original dish was served with beef.



Beef Carpaccio



Salmon Carpaccio



Octopus Carpaccio

Sushi

Sushi is a Japanese dish of steamed rice that has had a special vinegar, sugar and salt added to it after the rice has been cooked. It is then prepared with seafood (squid, eel, yellowtail, salmon, tuna or crab) and/or vegetables.

Sushi is traditionally made with a medium-grain white rice, but it can also be prepared with short grain rice and brown rice.

It is accompanied by wasabi, pickled ginger and soya sauce.



Hosomaki



Nigiri zushi



Tempura Rolls



Maki zushi

**Temaki zushi****Uramaki**

Sashimi

This is also a Japanese dish comprising of raw seafood that has been thinly sliced and accompanied by soya sauce, *wasabi*, and pickled ginger. It is often presented on a bed of raw, shredded Japanese radish.



1. Review the Food Safety Pillars from Section 2 of the Professional Cookery Skills Manual - what are they?

- 3.** Imagine you are preparing appetizers for 10 people. Write an action plan or WORK PLAN for how you would make this salad. The first step is done for you.

REVIEW

4. Label the canape below according to the composition of a canape:



5. Using Section 7 of the Professional Cookery Skills Manual to help you, name 7 different cheeses::

6. Answer Yes or No for the following statements:

- a) There are 8 categories of appetizers.
- b) Many kinds of vegetables and fruits can be used in an appetizer.
- c) Processed meat and fish are very salty.
- d) Hors d'oeuvres cannot be served as part of a meal.

PROBLEM SOLVING

What should or could you do in the following situations:

Scenario A:

There is some cream cheese that is about to expire and some expired sour cream in the fridge. What should you do?

Scenario B:

The mayonnaise you were making for a dressing has curdled – what can you do to rectify the problem?

Scenario C.

There is some (basic) potato salad left over from yesterday. You have been allowed to use it to make an appetizer for practice. What could you do to make it interesting?

PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be expected to prepare a salad according to a standard recipe and prepare an appetizer according to a standard recipe.

To prepare for your practical assessment you can:

- Familiarize yourself to the ingredients available in the kitchen at your establishment.
- Familiarize yourself to the different textures and flavours of different ingredients to help you understand better how they are combined.
- Looking at appetizers at a buffet and identifying the ingredients.
- Practice making a basic salad and appetizer.
- Practice making the four basic dressings.

NOTES

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Module 12



PROFESSIONAL COOKERY SKILLS WORKBOOK

Stocks, Soups And Sauces
Preparation

STOCKS, SOUPS AND SAUCES PREPARATION

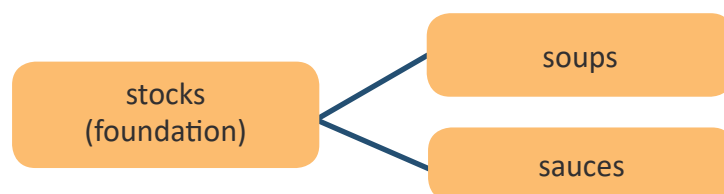
Learning Outcomes	<p>After you have completed this module you should be able to:</p> <ul style="list-style-type: none"> ➤ identify different types of stocks, soups and sauces (ingredients, tools, equipment and preparation) ➤ prepare two soups according to a standard recipe ➤ prepare two sauces according to a standard recipe (the preparation of the two soups and sauces will also involve preparing the relevant stocks)
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In this module you will learn about stocks, soups and sauces. Stocks are the building blocks of flavour for sauces and soups, so it is very important that you have the knowledge and practice of preparing a variety of high-quality stocks. These stocks are then used to make delicious sauces to complete many dishes and soups. Soups are eaten all around the world and have a large variety of flavours and combinations. You will learn about some famous national soups. The technique of making stocks, soups and sauces is very important and instructions must be followed carefully to produce the best results.

Introduction to Stocks, Soups and Sauces

The finest cuisine depends on soups and sauces based on high-quality stocks, so stock-making remains an essential skill you should learn early in your training.

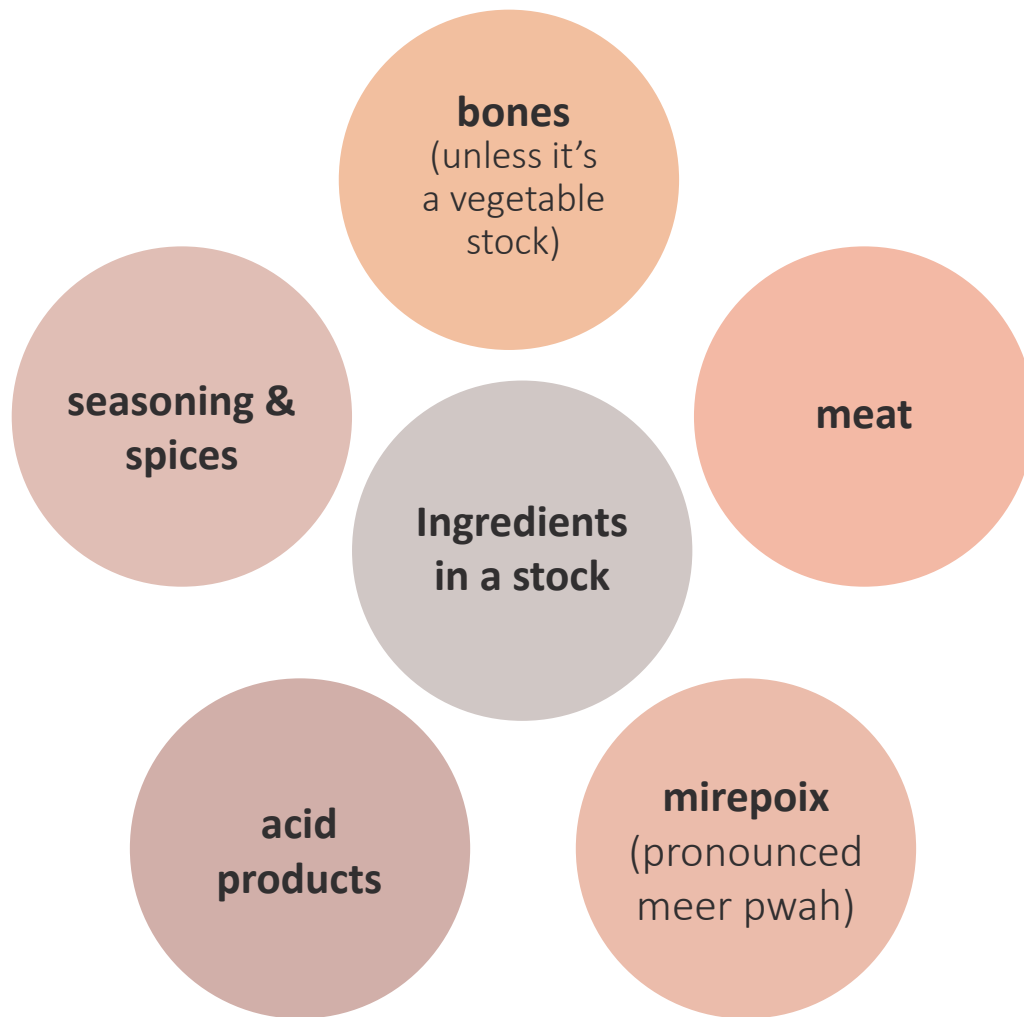
Stocks and sauces are almost never served by themselves but are components of many other preparations.



STOCKS

A stock may be defined as a clear, thin (unthickened) liquid made by using flavours extracted from meat, poultry, and fish, and their bones, and from vegetables and flavouring agents.

The objective in preparing stocks is to select the proper ingredients and then to extract the flavours that are wanted — in other words, to combine the correct ingredients with the correct procedure.



Ingredients in a stock



bones	meat	mirepoix	acid products	seasoning & spices
<p>White stock chicken, beef, mutton or veal bones, or a combination of the two. Chicken bones or even pork bones are sometimes added in small quantities.</p> <p>Brown stock chicken, beef, mutton or veal bones that have been browned in an oven or frying pan.</p> <p>Fish stock fish bones and trimmings left over after filleting. Bones from lean white fish give the best stock. Fatty fish are not normally used.</p> <p>Lamb, game, turkey, and other stocks have specialized uses.</p> <p>Cut large bones into pieces about 3 inches (8 cm) long. This exposes more surface area and aids extraction.</p>	<p>Meat is rarely used in stock-making anymore because it is expensive.</p> <p>But, chicken hearts and gizzards are often used in chicken stock.</p>	<p>This is the vegetable base of all stocks</p> <p>Mirepoix (meer-pwah) is a combination of onions, carrots, and celery.</p> <p>A white mirepoix, in which parsnips are substituted for carrots, is used when it is necessary to keep the stock as colourless as possible, usually for white beef or veal stock and fish stock.</p> <p>Mushroom trimmings may also be added.</p> <p>Leeks can be used in the mirepoix in place instead of the onions in a white mirepoix. They give an excellent flavour.</p> <p>Chop the vegetables into pieces of the same size.</p> <p>The size depends on the cooking time. The less the simmering time, the smaller the pieces should be cut.</p>	<p>Acids help dissolve connective tissues.</p> <p>They are sometimes used in stock-making to extract flavour and body from bones.</p> <p>Tomato products give flavour and some acid to brown stocks.</p> <p>They are not used for white stocks because they would give an undesirable colour.</p> <p>Even when making brown stocks, be careful not to add too much tomato, it can make the stock cloudy.</p> <p>Wine is occasionally used, especially for fish stocks.</p>	<p>Salt is not added when making stocks because it might become too strong.</p> <p>Herbs and spices should be used only lightly. They should never dominate a stock or have a pronounced flavour.</p>

REVIEW

Circle the correct answer. The first one has been done for you:

1. What bones should be used for a brown stock?

- a. raw bones
- ☒ b. browned bones
- c. small bones

2. What type of fish is best for fish stock?

- a. lean fish
- b. fatty fish
- c. gold-fish

3. What should you do to large bones?

- a. leave them large
- b. cut them into smaller pieces
- c. grind them

4. Why is tomato used in a stock?

- a. makes it red
- b. adds flavour and acid
- c. makes it taste like tomato

5. What is a mirepoix?

- a. a combination of beets, celery and cabbage
- b. a combination of onions, celery and carrots
- c. a combination of spinach, celery and onions

6. What seasoning should you not add to a stock?

- a. salt
- b. herbs and spices
- c. pepper

Vegetable Stock

Ingredients and proportions can vary greatly. If you want a particular flavour to be stronger, use a larger quantity of that vegetable. Eg. If you want a broth tasting primarily of asparagus, use a large quantity of asparagus to make it, with smaller quantities of more neutral vegetables (like onion and celery).



For a more neutral, all-purpose vegetable stock, avoid strong-flavoured vegetables and use more balanced proportions of ingredients.

Here are a few additional guidelines for making vegetable stocks or broths:

1. Starchy vegetables, such as potatoes, sweet potatoes, and winter squash, make a stock cloudy. Use them only if clarity is not important.
2. Cook long enough to extract flavours but not so long that flavours are lost. Best cooking time is 30 to 45 minutes.
3. Sweating the vegetables in a small amount of oil before adding water gives them a better flavour
4. Butter can be used if it is not necessary to avoid all animal products.
5. Some vegetables, especially strong-flavoured ones, are best avoided:
 - Cauliflower has strong a strong flavour and smell.
 - Dark green leafy vegetables, especially spinach, develop an unpleasant flavour when cooked a long time.
 - Beetroot turns a stock red.

Avoid using these in vegetable stocks:



REVIEW

Answer the following questions:

1. If you want a vegetable stock to taste like asparagus what should you do?
2. Why shouldn't we use potatoes in a stock?
3. What strong flavoured or coloured vegetable should be avoided?
4. How do you make the vegetable flavour stronger?

Key points to remember about stocks

- Use only fresh bones and vegetables. If they are not fresh it will have an unpleasant flavour and get spoilt quickly.
- Start stock in cold water
- Continually remove scum and fat from the surface of the stock as it cooks.
- Always simmer gently, don't boil otherwise it will evaporate and go cloudy.
- Never add salt as it will become too concentrated once the stock is finished simmering.
- If the stock is going to be kept, strain and cool it quickly then store it in a refrigerator.
- Ready-made stocks are available in chilled, frozen, powder and condensed forms. It is important to taste these to check that you are satisfied with their quality before using them.
- Always treat a stock with respect and never allow it to become a dumping ground for food scraps.

Problem	Reason	Solution
cloudy	<ul style="list-style-type: none"> ➤ Impurities ➤ Stock boiled during cooking 	<ul style="list-style-type: none"> ➤ Start stock in cold water ➤ Strain through double layer cheesecloth
lack of flavour	<ul style="list-style-type: none"> ➤ Not cooked long enough ➤ Inadequate seasoning ➤ Improper ratio of bones to water 	<ul style="list-style-type: none"> ➤ Increase cooking time ➤ Add more flavouring ingredients ➤ Add more bones
lack of colour	<ul style="list-style-type: none"> ➤ Improper caramelized bones and mirepoix ➤ Not cooked long enough 	<ul style="list-style-type: none"> ➤ Caramelize bones and mirepoix longer ➤ Cook longer
lack of body	<ul style="list-style-type: none"> ➤ Use of wrong bones ➤ insufficient reduction ➤ improper ratio of bones to water 	<ul style="list-style-type: none"> ➤ use bones with higher amount of connective tissue ➤ add more bones and cook longer

PROBLEM SOLVING

If your partner just prepared a stock and it wasn't very tasty, what would you advise them to do?

If your stock is cloudy, what mistake might you have made? How could you fix it?

To make sure your stock has a good colour, what must you do at the start?

White and Brown Stocks

The difference between brown stocks and white stocks is that the bones and mirepoix are browned for the brown stock.

Ingredients	To make approx. 4.5 litres	To make approx. 10 litres
Raw, meaty bones, chopped into small pieces	1 kg	2 1/2 kg
Water	5 litres	10 1/2 litres
Onion or leeks, carrot, celery (whole for white stock and chopped for brown stock)	400 g	1 1/2 kg
herbs (one bouquet garni) and peppercorns		

Before you start the stock making procedure for both stocks:

1. Chop the bones into small pieces and remove any fat or marrow.
2. Wash and peel the vegetables. Cut them accordingly for the amount of stock you are making
3. Prepare a bunch of herbs (bouquet garni).

White Stock

Cooking Method

1. Place the bones in a large pot, cover with cold water and bring to the boil.
2. As soon as the water comes to the boil, take pot to the sink and drain away the water.
3. Wash the bones under cold running water and clean the pot.
4. Return the bones to the pot, cover them with water and bring them back to the boil again.
5. Reduce the heat so that the water is simmering gently.
6. Skim the surface to remove any scum as and when required. Also wipe round the top and inside of the pot.
7. After 2 hours add the vegetables, herbs and pepper.
8. Simmer for another 6–8 hours, skimming regularly.
9. When the cooking is finished, skim the stock again and strain it.



Brown Stock

Cooking Method

1. Brown the chopped bones well on all sides. You can do this by frying them in a little fat or oil in a frying pan, or by roasting them in a hot oven.
2. Strain off any fat and place the bones in a stock pot.
 - If there is any sediment in the bottom of the frying pan or roasting tray, brown this and then deglaze (swill out) the pan with 1/2 litre of boiling water.
 - Simmer for a few minutes and then add this liquid to the bones.
3. Cover the bones with cold water and bring it to the boil.
4. Reduce the heat so that the water is simmering gently.
5. Simmer for 2 hours, skimming the surface to remove any scum as and when required.
6. Fry the vegetables in a little fat or oil until brown. Drain off any fat and add them to the bones with the bunch of herbs.
7. Simmer for another 6–8 hours, skimming regularly.
8. When the cooking is finished, skim the stock again and strain it.



You can also add the following to the brown stock:

- washed mushroom trimmings
- A knuckle of bacon

*If using tomato products, this must be added at the time the bones are browned by roasting in a hot oven or in the frying pan (not directly to the stock).

REVIEW

Match the sentences about white and brown stocks (write the correct letter in the empty box):

1. The difference between a brown and white stock is		a. after the bones have been simmering for 2 hours.
2. You must		b. these are tomato, mushroom trimmings and a knuckle of bacon.
3. You can add 3 extra things to a brown stock		c. the bones and vegetables in a brown stock are browned before adding to the stock.
4. You must start the stock		d. skim the fat and scum regularly.
5. You add the vegetables, herbs and pepper		e. with cold water.

Fish Stock

Ingredients	To make approx. 2 litres
Oil	100ml
Onions (chopped	3
Fresh white fish bones (should be free of heads, gills or roe	5 kg
Leeks, celery and fennel	small quantities
Dry White wine	350ml
Parsley	
Sprig of Thyme	
lemon	A slice
water	1.75 litres



Before starting to cook

1. Chop the onions.
2. Wash the fish bones thoroughly.

Cooking Method

1. Place the oil in a thick-bottomed pan, add the vegetables and sweat the vegetables for 3 minutes but do not allow them to change colour. Just soften.
2. Add the fish bones and sweat off for a further few minutes
3. Add the white wine and water, cover, bring to a simmer, skim off.
4. Add the herbs, peppercorns and lemon
5. Infuse for 20 minutes.

Cooking a fish stock **for longer than 20 minutes will **spoil the flavour**.*

Court- Bouillon

A special cooking liquid used to cook fish. There are various types of court bouillons, some contain white wine or vinegar.

Ingredients	To make approx. 750ml
Onions (chopped)	6
Vinegar	60ml
carrot	50g
Bay leaf, thyme, parsley stalk	1
salt	10g
water	1L

**Cooking Method**

1. Put all the ingredients in a medium size saucepan and bring to a boil.
2. Lower the heat and simmer for 20 – 30 minutes.
3. Strain (and preserve for future use).

The stock can be refrigerated and stored for up to 3 days or frozen and kept in the freezer for up to 2 months. Use plastic, resealable bags or plastic, lidded containers to store the stock.

**You can also add the leftover fish head and bones to make the stock richer in flavour but then you must adjust the amount of water you add.*

Storage, health, safety and hygiene for stocks

After preparation, stocks have to be rapidly cooled – they should be stored in a refrigerator at a temperature below 5°C



If they are to be deep frozen, they should be labelled and dated and stored below -18°C to -20°C



If you are planning to store bulk quantities, it is advisable to store in small quantities as batches



Never store above eye level as this could lead to an accident by someone spilling the contents over themselves



Ideally stocks should be made fresh daily and discarded at the end of the day.



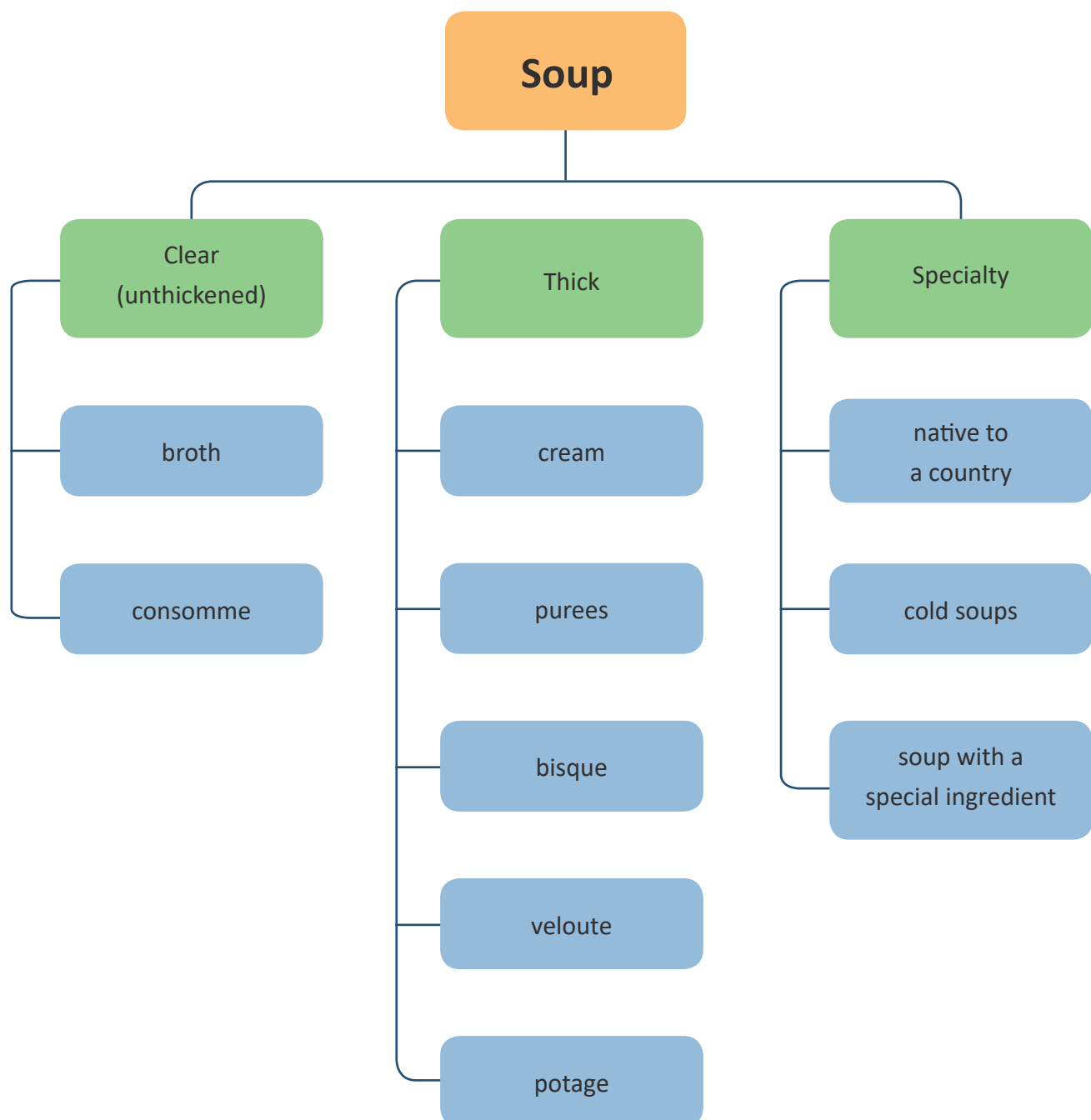
When taken from storage they must be boiled for at least 2 minutes before being used. They must not be reheated more than once.

SOUPS

Soup can be defined as a liquid food served at the beginning of a meal, served in between a course or as a meal by itself. It could be served to create the appetite.

There are many different soups and many garnishes for each of them. They are served for lunch, dinner and supper. They can be served warm or cold.

Soups are usually classified as clear or unthickened soups, thick soups, and specialty soups.



Different Types of Soups

Soup Type	Description	Base	Finish	Examples
Broth	sometimes called a bouillon, is made from simmered meat and vegetables. (unpassed)	stock/cut vegetables	chopped parsley	Scotch broth Mutton broth
Potage	a thick soup made by boiling vegetables, grains, and, if available, meat or fish. A classic French soup.	various stocks	various ways	Potage Paysanne (farmhouse vegetable soup) Potage Bonne Femme (Leek and Potato soup)
Puree	soups that are thickened by grinding the soup's main ingredient in a food processor or blender. (passed)	stock/ vegetables Pulses	croutons	Puree of carrot soup Puree of lentil soup
Cream	creamy consistency mainly achieved by adding cream, béchamel or milk to puree soup or a velouté soup. (passed)	stock & vegetable béchamel Veloute	cream/ milk yoghurt	Cream of carrot Cream of vegetable
Bisque	a specialty soup that is usually made from shellfish and contains cream. (passed)	shellfish fish stock	cream	Lobster Bisque Prawn Bisque
Cold	a cold soup is a specialty soup that may be cooked or uncooked, and then chilled.	various stocks	various ways	Gazpacho (cold tomato-based soup) Vichyssoise (cold potato and leek soup)
Consommé (clear)	a concentrated, clear soup that is made from a rich broth and clarified with egg whites. (strained)	stock	usually garnished (this usually gives the name of the soup)	Consommé julienne (garnish is julienne vegetables) Consommé celestine (garnish is julienne of pancake)
Veloute	a soup traditionally thickened with egg yolks, butter and cream. (passed)	blond roux vegetables Stock	liaison of yolk & cream	Veloute de Volaille – Chicken Veloute soup Champignons – Mushroom veloute

REVIEW

Look at the types of soup table and fill in the correct type of soup below:

1. A _____ is made from a rich broth?
2. A _____ is made from shellfish?
3. A _____ is a type of soup that you put in a food processor or blender?
4. A _____ is type of soup that you add bechamel sauce to?
5. A _____ is also called a bouillon?

Some famous soups from around the world**Mulligatawny - India**

Made with stock and flavoured with spices and curry leaves. The creamy consistency is obtained with coconut milk. Garnished with boiled rice and accompanied with a wedge of lime.

Bouillabaisse - France

a rich, spicy stew or soup made with various kinds of fish, originally from Provence.

Minestrone - Italy

a thick soup made with vegetables, often with addition of pasta or rice. Accompanied with grated parmesan cheese.

Miso Soup - Japan

made from fish broth and fermented soy.

French Onion- France

type of soup usually based on meat stock and onions, and often served gratinéed with croutons and cheese on top of a large piece of bread.

Chowder - America

a specialty soup made from fish, seafood, or vegetables is called a chowder.

Tom Yum - Thailand

Seafood soup made from seafood, straw mushroom, tom yam paste, kaffir leaf, cilantro, etc.

LEARNER ACTIVITY:

Do some research and find two other national soup recipes. Present the recipes to your group or partner. Get feedback about the soups they found.

Describe them in detail (ingredients and method) below:

The soup portion served as an appetizer should be approximately 250ml and 330ml-450ml for a main course portion. (The type of soup must be taken into consideration)

Serve cold soups at 41°F (5°C) or below. Serve hot soups at 165°F (74°C) or above.

Serve hot soups hot, in hot cups or bowls. Serve cold soups cold, in chilled bowls or even nested in a larger bowl of crushed ice.

Clear soups are generally served without toppings to let the attractiveness of the clear broth and the carefully cut vegetables speak for themselves. Occasional exceptions are toppings of chopped parsley or chives.

Thick soups, especially those that are all one colour, are often decorated with a topping. Toppings should be placed on the soup just before service so they won't sink or lose their fresh appearance. Their flavours must be appropriate to the soup.

Use the following suggestions to garnish soups:

- Garnishes should be attractively arranged.
- Vegetables or meats for garnishes should be cut about the same size and shape.

REVIEW

Fill in the table with top tips for the elements of a soup:

Element	Your Tip
Clear soups	
Hot soups	
Toppings	
Garnishes	
Serving Size	

SAUCES

A **sauce** may be defined as a flavourful liquid, usually thickened, used to season, flavour, and enhance other foods. They should be smooth, glossy and definite in taste and consistency. The sauce is the crowning glory of any dish.

A sauce is a liquid that has been thickened by either:

- beurre manié (kneaded butter)
- egg yolks
- roux (a fat and flour mixture)
- cornflour, arrowroot or starch
- cream and/or milk added to reduced stock
- potato starch
- vegetable puree and fruit puree
- blood
- glazes - reducing cooking liquor or stock.
- liaison – a mix of heavy cream and eggs, added just at the end of the cooking process to slightly thicken but used mostly to enrich the flavour)

A sauce adds the following qualities to foods:

- beurre manié (kneaded butter)
- Moistness
- Flavour
- Richness
- Appearance (colour and shine) Interest and appetite appeal

Some types of accompaniment that are called sauces are not really sauces (e.g. apple sauce, mint sauce, horseradish sauce).

REVIEW

Answer the following questions:

1. What kind of sauces have you tasted before?
2. What are three things that can be added to a sauce to thicken it?
3. Name two reasons we would include sauce in a dish?

The three basic building blocks of sauce cookery

liquid + thickening agent = mother (leading) sauce

mother (leading) sauce + additional flavourings = sauce derivatives

Basic mother (leading) sauces in Western Cuisine

There are over 50 different kinds of sauces used in cooking. Certain sauces are referred to as “mother sauces.” These mother sauces can be served as they are, or they can be used as a starting point for secondary sauces (derivatives).

Six basic mother (leading) sauces:

- | | |
|--------------|--|
| 1. Béchamel | 4. Tomato Sauce (not always thickened) |
| 2. Velouté | 5. Hollandaise Sauce |
| 3. Espagnole | 6. Mayonnaise Sauce |

REVIEW

Fill in the English name for each sauce using the names below:

Blond Sauce	Brown Sauce	Butter Sauce
White Sauce	Reduced Brown sauce	

	Your Tip	English Name	Thickening & The Liquid
1.	Béchamel		Thickening & The Liquid
2.	Velouté		Blond Roux + Brown Stock
3.	Espagnole		Brown Roux + Brown Stock
4.	Demi-Glaze		Brown Roux + Brown stock reduced by half
5.	Hollandaise/ Béarnaise		Egg Yolks + Clarified Butter

Classification of Sauces



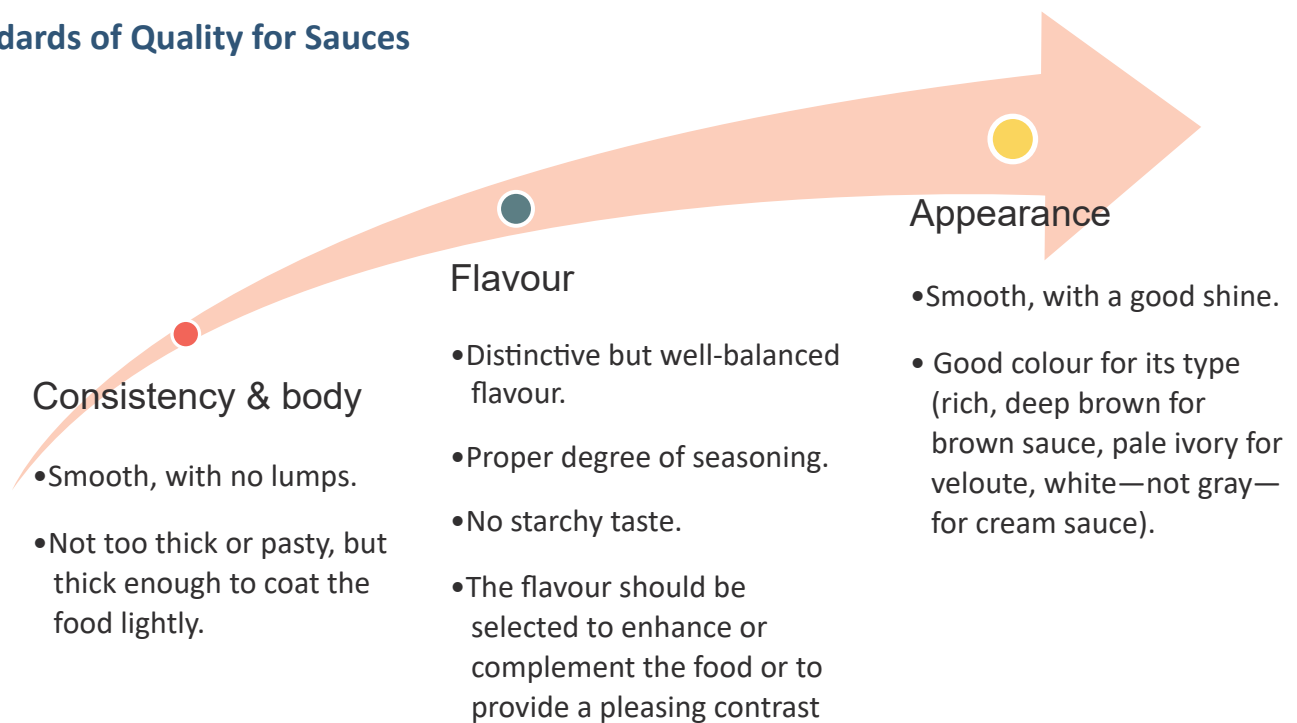
LEARNER ACTIVITY:

Apart from the mother (leading) sauces, choose 3 other sauces (derivatives). Find recipes for these sauces and make notes to teach your classmates how to make it. Get feedback

Speak to your partner or group and look online. Make a list of some common sauces that match with dishes you know.

Eg. Fish and chips with tartare sauce.

Standards of Quality for Sauces



Roux

Roux (roo) is a cooked mixture of equal parts by weight of fat and flour. It is used to thicken sauces. It can also be used to thicken some thick soups and gravies.

A roux is a combination of fat and flour, which are cooked together. There are three degrees to which a roux may be cooked (white, blond and brown). Liquid is then added to the cooked mixture to make the sauce.

Never add a boiling liquid to a hot roux, as you may be burnt by the steam that is produced, and the sauce may become lumpy.

To avoid creating lumps when you mix a roux and a liquid base together, use one of the following methods:

- Add cold stock to the hot roux. Use a whisk to stir briskly.
- Dissolve the cold roux with warm or hot liquid before you add it to a hot stock and stir briskly. This will prevent lumps from forming.



White Roux

This is used for white (béchamel) sauce and soups. Cook equal quantities of margarine or butter and flour together for a few minutes, without colouring, until the mixture is a sandy texture.

Blond Roux

This is used for veloutés, tomato sauce and soups. Cook equal quantities of margarine, butter or vegetable oil and flour for a little longer than for a white roux, but without colouring, until the mixture is a sandy texture.

Brown Roux

This was traditionally used for brown (Espagnole) sauce and soups and is slightly browned in the roux-making process by cooking the fat and flour mixture for a bit longer than in the other methods

Roux Colour	white	blond	brown
Cooking time	4-6minutes	6-8 minutes	15-20 minutes



REVIEW

Fill in the table about Roux

Type of Roux	How do you achieve it?	What should it look like?

Bechamel Sauce

Push a clove into an onion, with the sharp end going into the onion, leaving the round end studding the outside of the onion. Use more cloves for a stronger flavour.

Ingredients	1 litre	2 1/2 litres
Margarine, butter or oil	100 g	400 g
Flour	100 g	400 g
Milk, warmed	1 litre	4 1/2 litres
Onion studded with cloves (cloute)	1	2–3



Cooking Method

1. Melt the fat in a thick-bottomed pan.
2. Mix in the flour with a wooden or heat-proof plastic spoon.
3. Cook for a few minutes, without colouring, stirring frequently.
4. Over a low heat, gradually mix the warmed milk into the roux till smooth.
5. Add the studded onion.
6. Allow the mixture to simmer gently for 30 minutes, stirring frequently to make sure the sauce does not burn on the bottom.
7. Remove the onion and pass the sauce through a conical strainer.

To prevent a skin from forming, brush the surface with melted butter. When ready to use, stir this into the sauce. Alternatively, cover the sauce with clingfilm or greaseproof paper.

Bechamel Sauce Problems

Sometimes bechamel sauce can be lumpy. The common reasons for this are:

- Not beating it enough before cooking
- Bringing it to the boil too quickly
- Not stirring it enough during cooking so that it sticks to the bottom of the pan.

To repair the sauce, pour it through a strainer or process it in a blender. Return the strained or blended sauce to a clean pan and bring it to the boil.

Veloute

This is a basic white sauce made from white stock and a blond roux.

Ingredients	4 portions	10 portions
Margarine, butter or oil	100 g	400 g
Flour	100 g	400 g
Stock (chicken, fish)	1 litre	4 1/2 litres



Cooking Method

1. Melt the fat in a thick-bottomed pan.
Mix in the flour.
Cook out to a sandy texture over a gentle heat, allowing the lightest shade of colour (blond roux).
2. Remove from the heat to allow the roux to cool.
3. Return the pan to the stove and, over a low heat, gradually add the hot stock.
4. Mix until smooth and simmering.
5. Cook for 1 hour on a low heat, making sure the sauce does not burn on the bottom, and pass through a fine conical strainer.

*Veloute for chicken or fish dishes is usually finished with cream and in some cases a liaison (heavy cream and egg yolks).

Brown Sauce

This is also called Espagnole (pronounced like the word for Spanish: español). For hearty meat dishes, brown sauce is the best sauce to use. It is also used to make many other sauces.

What you need to master when making this sauce is the browning of the flour to a brown roux. If you use clarified butter, the butter won't turn bitter or burn before the flour has browned. If you do use normal butter, you have to watch it closely.

Ingredients	
Mirepoix:	
Onions, medium dice	100g
Carrots, medium dice	100g
Butter	50g
Flour	60g
Brown Stock	1L
Tomato Puree or tomato paste (60g)	25g
Bouquet Garni	1



Cooking Method

1. Melt the butter, add the flour and cook out slowly to a brown roux
2. Cool and mix in the tomato puree
3. Gradually add the stock and bring to a boil
4. Wash, peel and roughly cut the carrots and onions, lightly brown in a little fat in a frying pan, add the bouquet garni.
5. Drain off the fat and add to the sauce
6. Simmer gently for 2-3 hours
7. Skim as often as necessary.
8. Strain through a strainer lined with cheesecloth. Press on mirepoix gently to extract juices.

*Cover or spread melted butter on surface to prevent skin formation. Keep in a hot bain-marie, or cool in cold water bath for later use.

Demi-Glace (English half-glaze)

This sauce is made by simmering equal quantities of brown sauce and brown stock reduced to half, skimming off all impurities as they rise to the surface during cooking, passing through a fine chinois, re-boiling and correcting seasoning.

Ingredients	4 Litres
Brown Sauce	4L
Brown Stock	4L



Cooking Method

1. Combine the sauce and the stock in a saucepan and simmer until reduced by half.
2. Strain through a strainer lined with cheesecloth. Cover to prevent skin formation. Keep in a hot bain-marie, or cool in cold water bath for later use.

Cold and Hot emulsions

An emulsified sauce is made by combining two liquids that don't normally combine, often with a binding or emulsifying ingredient.

An example of a hot emulsion is hollandaise and a cold one is mayonnaise.

Hollandaise Sauce

Hollandaise sauce, as well as other sauces in this family, pose a special safety problem. It must be kept warm for service, but it must be held below 140°F (60°C) so the eggs don't curdle. Unfortunately, bacteria grow quickly in this temperature range. Therefore, extra care must be taken to avoid food-borne diseases.

Ingredients	Makes 475ml
white wine vinegar	90ml
peppercorns	12
water	90ml
egg yolks	8
butter melted or clarified	450ml
lemon juice	15ml
Salt and pepper	to taste

Cooking Method

1. Combine wine vinegar and cracked peppercorns in a pan. Simmer and reduce to nearly dry.
2. Refresh with water, strain through a fine mesh strainer.
3. Combine the reduction liquid and egg yolks in a stainless-steel bowl.
4. Place the bowl over a hot water bath and whisk constantly until mixture thickens.
5. Regulate the heat by taking the bowl off the water bath.
6. After it thickens into a ribbon when the whisk is lifted, remove from the heat.
7. Put the bowl on damp rolled towel to keep it stable.
8. Begin to slowly add the butter, while whisking the yolks to create an emulsion.
9. Continue add the butter, one ladle at a time, until it is all mixed into the sauce.
10. If the sauce starts to thicken and turn glossy, add a few drops of warm water.
11. Season to taste with salt, pepper and lemon juice.

*Store at room temperature (not chilled) – must be used within the day.

The following sanitation procedures must be observed for emulsions to avoid the danger of food poisoning:

Make sure all equipment is perfectly clean.

Hold sauce no longer than 1½ hours. Make only enough to serve at the time, and discard any that is left over.

Never mix an old batch of sauce with a new batch.

Never hold hollandaise or béarnaise—or any other acid product—in aluminium. Use stainless-steel containers.

Mayonnaise

This is a basic cold sauce and has a wide variety of uses, particularly in hors d'oeuvre and salads. It should always be available on any cold buffet. Because of the risk of salmonella food poisoning, it is strongly recommended that pasteurised egg yolks are used.

Ingredients	8 portions
egg yolks, pasteurised	2
vinegar	2tsp
salt, ground white pepper	to taste
English or continental mustard	1/8tsp
corn oil or other vegetable oil	250ml
warm water (optional)	1tsp (approx.)

Cooking Method

1. Place the yolks, vinegar and seasoning in a bowl and whisk well.
2. Gradually pour on the oil very slowly, whisking continuously.
3. Add the warm water if necessary, whisking well. Correct the seasoning.

*Store at room temperature (not chilled) – must be used within the day.



Cooking Method (using immersion blender)

1. Place whole egg, vinegar, and mustard in the bottom of cup or jar that just fits the head of your immersion blender. This is vital.
2. Pour oil on top and allow to settle for 15 seconds. Place head of immersion blender at bottom of cup and turn it on high speed. Do not pulse or move the head. As mayonnaise forms, slowly tilt and lift the head of the immersion blender until all oil is emulsified.



Problems when making mayonnaise

If, during the making of the sauce, it should become too thick, then a little vinegar or water may be added

Mayonnaise will turn or curdle for several reasons:

- if the oil is added too quickly
- if the oil is too cold
- if the sauce is not whisked enough
- if the yolk is stale and therefore weak.

Try something different:

Many ingredients can be used to vary mayonnaise, such as fresh herbs, garlic juice, Parmesan or blue cheese, red pepper purée and chopped sundried tomatoes. Lemon juice may be used in place of vinegar.

The method used to rethicken a split mayonnaise is either:

- by taking a clean basin, adding 1 teaspoon boiling water and gradually whisking in the curdled sauce, or
- by taking another yolk thinned with half a teaspoon of cold water whisked well, then gradually whisking in the curdled sauce.

LEARNER ACTIVITY:

With your group or partner, make a list of flavours that you can add to mayonnaise to make a variation of this sauce:

Eg. Herb Mayonnaise

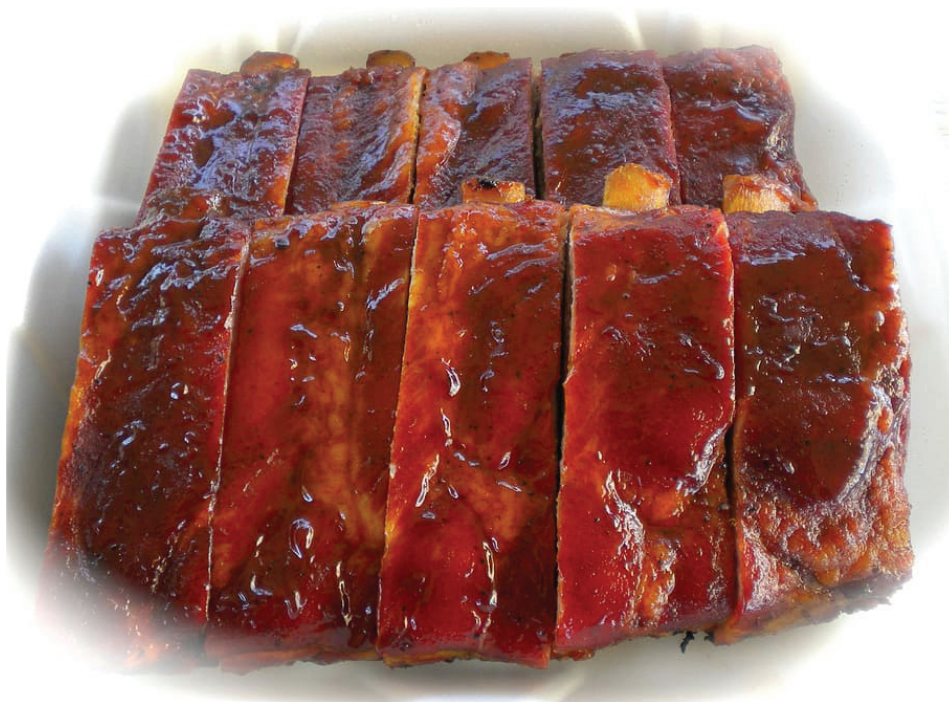
PROBLEM SOLVING

1. Trainee A has made a mayonnaise and it has curdled. What may they have done wrong?
2. Trainee B has split their mayonnaise. How can they rectify it?

Meat or Fish Glazes

Glazes are made by reducing meat or fish stock by simmering. It has a sticky or gelatinous consistency. This results in a flavourful, thick, and syrupy liquid that turns solid when it is refrigerated. Glazes are created through reduction. Reduction is the process of evaporating part of a stock's water through simmering or boiling. They are then stored in a jar when cold and can be kept in a refrigerator for up to one week.

They are used to improve the flavour of prepared sauce which may be lacking in strength. They may also be used as a base for sauces, eg. fish glaze for fish white wine sauce.



Coulis

A coulis is a purée or strongly flavoured thick sauce of vegetables, tomatoes, meat, fish, etc prepared without starch, but more often of liquidized and sieved fruit, possibly with added sugar, acid or liqueur, where the consistency is adjusted with fruit juice.



Coulis of shellfish

The pounded remains of prawn or crawfish shells, eggs, coral and other remains of lobster or crawfish, mixed with cream and passed through a very fine sieve.s

Other coulis examples – tomato or bell pepper coulis, mango or strawberry coulis

Salsa

A sauce consisting of liquid and tiny dices of vegetable or fruits. They may be raw or cooked and are generally served at room temperature.

Salsas are used at tables as condiments for tacos and other Mexican foods, and as dips for tortilla chips.

Though the word salsa is Spanish for any kind of sauce, in English, it refers specifically to these Mexican table sauces, especially to the chunky tomato-and-chili-based pico de gallo, as well as to salsa verde.

1. Savoury salsa

An emulsion which consists of a water based liquid (eg. wine, vinegar) and an oil-based liquid (eg. olive oil) with diced vegetables (tomato, onion, coriander leaves, bell peppers, parsley and olives)



2. Sweet salsa

Usually served as a dessert accompaniment. A single fruit or mixture of diced fruit with flavoured sugar syrup. Common fruit varieties – mango, papaya, strawberry and apple.



PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be asked to prepare two soups according to the standard recipe and prepare a sauce according to the standard recipe.

You can prepare by educating yourself about the theory involved with making stocks, soups and sauces.

You should also:

- Know the difference between the different types of stocks and what they are used for.
- Practice making each type of stock you have learnt about following the ingredient quantities provided and the method demonstrated to you. Make sure you know how long to simmer each stock for.
- Know how to correct a stock that is not up to standard.
- Select a few sauces to practise on your own (especially focusing on the mother sauces), considering the flavour and consistency of the finished products.
- Know the difference between and practice making quite a few of the common soup types. Plate and garnish them appropriately. You should also consider practising some national soups from different parts of the world
- Be able to give some examples of each soup type and explain the difference between the different types
- Keep in mind all safety and hygiene factors related to making stocks, soups and sauces

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Module 13



PROFESSIONAL COOKERY SKILLS WORKBOOK

Seasoning And Marinating

SEASONING AND MARINATING

Learning Outcomes

After you have completed this module you should be able to:

- identify different types of seasoning and marinades (ingredients and preparation)
- prepare 2 standard dishes using correct seasoning and marinating methods

In this module you will learn about seasoning, flavouring and marinating food. Without this knowledge and experience, it will not be possible to create tasty dishes no matter how many cooking techniques you have learnt. This knowledge must be accompanied by a lot of practice in tasting and adjusting your dish to make sure everything has good flavour and is in balance. You will also need to know about methods of marinating, its effect on meat and vegetables and the timing of this process for different types of dishes.

Why do we season or flavour food?

Consider how we perceive these characteristics of a dish

Appearance



- colour and colour contrast, shape, shine, arrangement on the plate

Aroma



- sensory input from receptors in nose to brain (what does it smell like?)
- the average person can discriminate between 4,000 to 10,000 different odor molecules!

Taste



- sensory input from taste buds to brain
- types of tastes: sweet, sour, salty, bitter, umami (Japanese for “delicious” “mouthwatering” “pleasant aftertaste”, richness of meats, cheeses, stocks, also soy sauce, mushrooms & fermented foods)

Mouthfeel



- sense of touch inside mouth (how does it feel when you chew it?)
- texture, moistness or dryness, softness or crispness and temperature

All of these factors are important to making a dish appealing to the person who eats it.

The quality of a food or drink is perceived by all of the senses, so we must think about each one in all of our dishes and beverages. Seasoning, flavouring and marinating is an important contribution to the taste of a dish.

The palate (**ability to distinguish between and appreciate different flavours**) is a chef's most important tool – this is how well he/she recognises and appreciates a range of flavours.

It is **very important** to remember that seasoning and marinating is done differently by every chef in every kitchen or establishment. You **must always listen** to your head chef's instructions about how and when they would like you to season or flavour a dish.

The ability to evaluate and correct flavours takes a lot of practice and experience, and it is one of the most important skills a successful chef can develop.

General Concepts in Flavour Building

There are no fixed rules for combining flavours. When you are developing or modifying a recipe, think about the following points.

- *Every ingredient should have a purpose*
- *Ingredients can work together by harmonizing or by contrasting.*
- *When two ingredients contrast, be sure they balance.*
- *Think about the flavour of everything that will be served with the main dish on the plate.*
- *Simpler is usually better. The more flavours you combine, the harder you have to work to balance them all.*
- *You must always think about how to **respect the fresh produce** and maximise its natural flavour*

REVIEW

Answer the following questions:

1. Name two things we look at in the appearance of a dish?
2. Name four different types of tastes?
3. What kind of taste does soy sauce give?
4. What are 2 important factors in mouthfeel?

SEASONING

Seasoning means enhancing the natural flavour of a food without significantly changing its flavour. Salt is the most important seasoning ingredient. If a seasoning is used correctly, the individual flavour of a seasoning should not be tasted in the food product itself. Without it a dish can be bland. Getting the seasoning correct is probably the easiest way to create a great tasting meal.



Important points about seasoning:

1. The most important time for seasoning food is at the end of the cooking process.
 - The last step in most recipes, whether it is written or not, is “adjust the seasoning.” This means you have to first taste and evaluate the product. Then you must decide what should be done, if anything, to improve the taste.
2. Salt and other seasonings can also be added at the beginning of cooking, particularly for larger pieces of food, when seasonings added at the end would not be absorbed or blended in but just sit on the surface.
3. Do not add a lot of seasoning if it will be concentrated during cooking, as when a liquid is reduced.
4. Seasoning can draw out the moisture which can be good or bad for your dish.
5. With meat you could season the fillet just before you add it to the pan, or a long time beforehand if you want to firm up the meat. Remember to check with your head chef what their requirements are.
6. An option, to retain the maximum flavour of fish or meat, is that no salt is added before or during cooking, but crushed salt can be sprinkled on at the end of cooking (serving time)

REVIEW

Read the statements below. Write T (true) or F (false):

1. You should add seasoning to a dish at whatever stage you feel like it.
2. It is an unwritten rule in every recipe to adjust the seasoning.
3. If seasoning has been done correctly, you should not be able to taste the seasoning individually.
4. It is a good idea to add a lot of seasoning to a stock that will be reduced to make a sauce.

FLAVOURING

Flavouring means adding a new flavour to a food. It is changing or modifying the original flavour. Flavouring agents/ingredients can be added at the beginning, middle, or end, depending on the cooking time, the cooking process, and the flavouring ingredient/agent.



Important points about flavouring:

1. Only a few flavourings can be added successfully at the end of cooking. These include fresh (not dried) herbs, sherry or flamed brandy, and condiments like prepared mustard and Worcestershire sauce.
2. Most flavourings need heat to release their flavours and time for the flavours to blend. Whole spices take longest. Ground spices release flavours more quickly so they don't require as long a cooking time. Dried herbs should also be added early in the cooking process, fresh herbs should be added towards the end.
3. Too much cooking results in loss of flavour. Most flavours, whether in spices or in main ingredients, are volatile, which means they evaporate when heated. That is why you can smell food cooking.

Enhancing food is a learned skill. It will take a lot of practice to learn how to season and flavour food without overpowering it. Practice combining flavours to see what effects you can achieve. Constantly taste food to determine the right level of seasoning for each dish.

REVIEW

Circle the comments below that are correct. The first one has been done for you:

1. Seasoning is enhancing the natural flavour of food without changing the taste.
2. Dried herbs should be added at the end of a dish.
3. Salt must be adjusted in a dish at the end, even if the recipe does not say so.
4. Flavouring changes or modifies the original flavour of a dish.
5. You should cook all dishes for a long time.
6. Whole spices take longer to release their flavours.
7. The most important skill of a chef is the ability to season and flavour food well.



Different types of seasoning and flavouring agents

Saline

salt
spices
spiced salt

Spicy

pepercorns
ground or
coarsely ground
pepper
paprika
curry powder
cayenne pepper
mixed spices

Acid

vinegar
(Acetic Acid)
lemon juice
(Citric Acid)
orange juice
(Citric Acid)

Saccarine

sugar
honey

Infused oils

chilli
garlic
truffle

SEASONING

Salt is the most important seasoning ingredient. Don't use too much. You can always add more, but you can't take it out. Too much salt can ruin a dish.

Salt may be used to:

- draw out water
- to magnify a natural flavour, making it richer or more delicate, depending on the dish
- To rub into meats to tenderize them (make them softer) and improve flavour



Different types of salt:



Table salt

- has a fine granulation.
- it may contain iodine as a dietary additive



Kosher salt

- contains no additives
- doesn't dissolve as quickly as table salt
- easier to use when added by hand, so many chefs prefer it to table salt at their cooking stations

Sea salts

- many origins and types are available.
- more expensive than other salts, sea salts are used mainly as garnishes for plated foods.

Rock salt

- usually is used as a bed during baking for foods such as clams, oysters, and potatoes.



Pepper

Pepper comes in three forms: white, black, and green. All three are actually the same berry but they are processed differently.



White pepper

- its flavour is slightly different to black pepper, and it blends well (in small quantities) with many foods.
- its white colour makes it invisible in light-coloured foods.

Black Pepper

- whole and crushed black pepper are used mainly in seasoning and flavouring stocks and sauces and, sometimes, red meats.
- ground black pepper is used in the dining room by the customer.

Green Pepper

- fairly expensive and are used in special recipes, primarily in luxury restaurants.

REVIEW

Name two types of salt how they are used?

Which type of pepper is only used in fine dining restaurants? Why?

Other seasoning or flavourings

Name	Use/information
Cayenne Pepper	<ul style="list-style-type: none"> ➤ completely unrelated to black and white pepper ➤ belongs to the same family as paprika and fresh sweet bell peppers ➤ gives a spicy hotness to sauces and soups without actually altering the flavour (in tiny amounts)
Powders (spice blends)	paprika/cinnamon/nutmeg/papain/Cajun/Jerk/Moroccan/Garam Masala/Tandoori
Fermented vinegars	balsamic, apple cider, rice wine
Oils	sesame oil, peanut, mustard, chilli
Zest	orange & lime (the coloured outer portion)
Leaves	coriander, mint, kafir lime
Seeds	cumin, coriander, caraway, poppy – seeds
Lemon juice	an important seasoning, particularly for enlivening the flavour of sauces and soups
Fresh and dried herbs	fresh herbs are almost always superior to dried herbs, they should be used whenever cost and availability permit
Onion, garlic, shallots	<ul style="list-style-type: none"> ➤ used as flavourings in virtually all stations of the kitchen and even in the bakeshop ➤ try to avoid the use of dried onion and garlic products, except as a component of spice blends. They have less flavour, and the fresh product is always available
Wine, brandy, and other alcoholic beverages	used to flavour sauces, soups, and many entrées.
Prepared mustard	<ul style="list-style-type: none"> ➤ a blend of ground mustard seed, vinegar, and other spices ➤ used to flavour meats, sauces, and salad dressings and as a table condiment.
MSG, or monosodium glutamate	<ul style="list-style-type: none"> ➤ flavour enhancer widely used in Asian cooking ➤ doesn't actually change the flavour of foods, but it acts on the taste buds ➤ has a reputation for causing chest pains and headaches in some individuals

Please review your Food Knowledge Module for herbs and spices used in cooking.

REVIEW

Use the information in the table about seasoning and flavouring and tick right or wrong for each statement. The first one has been done for you:

Statement	Right	Wrong
Red Pepper is part of the pepper family.		✓
Sea salts are mainly used for garnishing because it is cheap.		
Customers usually use ground black pepper when they are dining.		
Dried herbs should be used if you have a choice.		
MSG causes chest pains and headaches for some people.		
Lemon juice enlivens the flavour of a dish.		

**Beef**

basil, bay leaf, black pepper, cayenne pepper, cumin, curry powder, dry mustard powder, garlic, green pepper, onion, oregano, rosemary, sage, thyme, mustard cream

**Lamb**

basil, cinnamon, cumin, curry powder, garlic, marjoram, mint, onion, oregano, rosemary, sage, sesame seed, thyme



Pork

allspice, caraway, celery seed, cloves, coriander, fennel, ginger, juniper berries, dry mustard powder, paprika, sage



Fish

bay leaf, cayenne pepper, curry powder, celery seed, chives, dill, fennel, lemon zest, marjoram, mint, dry mustard powder, onion, paprika, parsley, red pepper, saffron, sage, sesame seed, tarragon, thyme, turmeric



Poultry

basil, bay leaf, cilantro, cinnamon, curry powder, garlic, mace, marjoram, onion, paprika, parsley, rosemary, sage, saffron, tarragon, thyme

Remember it is important to experiment and try out different flavours for different dishes. You will improve by carefully observing more experienced chefs and tasting as many different types of food as you can and trying out different recipes.

REVIEW

For each type of meat, suggest a dish and 2 herbs or spices that you think might create a good flavour:

Meat	Dish	Possible Herbs or Spices
Beef		
Lamb		
Pork		
Fish		
Poultry		

MARINATING

To marinate means to soak a food product in a seasoned liquid in order to:

1. flavour the product
2. tenderize the product

It is commonly used to flavour foods and to tenderize tougher cuts of meat. The process may last hours to days. Marinades vary greatly between different cuisines



A classic marinade contains:

- 1 litre of wine
- 0.5 litres of vinegar
- 0.2 litres of oil
- 200 g of chopped aromatic vegetables
- garlic, parsley stalks, bay leaf, peppercorns and cloves

It may be cooked or uncooked.

Marination is similar to brining, except that brining does not use acid. Brining is a process in which meat is soaked in a salt-water solution.

Marination is also similar to pickling, except that pickling is generally done for much longer periods mainly done to preserve food, whereas marination is usually only performed for a few hours to a day, generally as a means of enhancing the flavour of the food.



pickling



brining

REVIEW

Answer the following questions:

1. What are the two reasons we marinate meat?
2. What is brining? How is it different to marination?
3. What is pickling? How is it different to marination?
4. If you are marinating something for a long time, what would you leave out?
5. What types of spices are better for long marination's? Why?

Ready-Made Sauces

You can also use ready-made sauces to marinate like:

- Tomato sauce (ketchup)
- Soya sauce - dark /light
- Fermented sauces:
 - HP
 - Worcester
 - Oyster
 - Plum
 - Fish sauce
- Mustard:
 - Dijon
 - English
 - Wasabi
 - Pommery



REVIEW

Answer the following questions:

1. Have you tried any of the ready-made sauces before? If so, in what dish?
2. What does mustard go well with?
3. What cuisine is soy and oyster sauce commonly used in?
4. Where does wasabi come from?

Preparing foods to marinate

- **Size: Whole vs. Pieces:** Marinating works best with thinner, flat cuts of meat, or more substantial cuts if they're cut into the same sized cubes or thin slices.
- **Skewers:** Keeping smaller cut-up pieces of meat and shrimp in place and turning them while cooking on a grill can be difficult. Use skewers to keep the parts out of the coals, even if you're not making kebabs. The pieces can be removed from the skewer after they've cooked for serving.



Marinating Techniques

Cooked

Used when long keeping quality is important. Modern refrigeration has made cooked marinades less widely used. An advantage of cooked marinades is that spices release more flavour into the marinade when it is cooked.



Raw/wet

Most widely used for long marination under refrigeration.

Instant

The range of flavours and purposes is wide. Used for marinating a few minutes up to several hours or overnight.



Dry

A dry marinade, also called a dry rub or a spice rub, is a mixture of salt, spices, and herbs that is rubbed or patted onto the surface of a meat, poultry, or fish item. Sometimes, a little oil or a moist ingredient, such as crushed garlic, is mixed with the spices to make a paste.

The item is then refrigerated to allow it time to absorb the flavours. The rub may be left on the item or scraped off before cooking. This technique is widely used for barbecued meats.



REVIEW

Match the marinade technique and the reason to use it:

Marinade Technique

cooked

raw/wet

instant

dry

Reason to use

good for BBQ meats

releases more flavour during a long marination time

used mainly for marinating under refrigeration

has a range of flavours, is a quick option

LEARNER ACTIVITY:

Do some research of recipes of meat dishes from 3 different cuisines – what are the common marinades they use in each cuisine? Present your ideas to your group or partner.

Make some notes below, try them out in a dish, do you like the combination of flavours? Ask your group or partner to taste the dish. Get feedback.

Marinade 1:

Marinade 2:

Marinade 3:

Best ways to cook marinated foods (some ideas to try)

- **Grill:** The heat of the grill can caramelize the sugar in some marinades, so watch the food carefully. Grilling is a perfect way to cook up some kebabs or flank steak to slice up thin and enjoy in tacos.
- **Broil:** Try some garlic, parsley, olive oil, and lemon zest marinated shrimp which cook up fast under the direct heat of the broiler.
- **Bake:** Chicken breasts can get very dry if baked all by themselves, so this method works well with a marinade. Try a yogurt, turmeric, garlic, and garam masala mixture slathered over the pieces.
- **Roast:** Roasted pork might taste fabulous in a marinade of apple cider vinegar, coriander, honey, and garlic.

Guidelines and safety precautions for marinating

Marinate under refrigeration to reduce bacterial growth.

Remember: The thicker the product, the longer it takes for the marinade to penetrate.

In meats, the acid causes the tissue to break down, which allows more moisture to be absorbed and results in juicier meat, but too much acid can ruin the end product, it can make the meat seem cooked when it is still raw.

A good marinade has a balance of acid, oil, and spice.

If raw marinated meat is frozen, the marinade can break down the surface and turn the outer layer mushy.

Use an acid-resistant container, such as stainless steel, glass, crockery, or some food- safe plastics. Metal and pottery glazes which can contain lead, reacts with the acid in the marinade and should be avoided.

Raw pork, seafood, beef and poultry may contain harmful bacteria which may contaminate the marinade. Used marinade should not be made into a sauce unless rendered safe by boiling directly before use; otherwise, fresh or set-aside marinade that has not touched meat should be used.

Cooking proteins at high temperature can lead to the formation of heterocyclic amines (HCAs). According to the National Cancer Research, such substances present a heightened risk of cancer exposure. Marinating proteins can reduce this risk by as much as 95% by creating a barrier to high-temperature cooking. Marinating times necessary to reduce the formation of HCAs may be as little as 20 minutes.

Cover product completely with marinade. When marinating small items for a short time, you may use less liquid, but you must then turn the product frequently for even coverage.

PROBLEM SOLVING

Trainee A has finished making their marinade, combined it with raw meat and left it on the bench to do another task. What advice would you give him?

Trainee B has taken their marinated meat out of the fridge and it looks like some of the meat is cooked. What have they done wrong?

Trainee C has made a marinade, taken the meat out to cook it and now wants to pour the rest of the marinade on top as a sauce. What advice would you give them?

Trainee D has made only a small amount of liquid because they will not marinate the meat for long. What must they do to make sure all the meat absorbs the marinade?

Your Chef de partie has asked you to cook a steak with no seasoning or flavour. What do you do?

PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be asked to demonstrate preparation of two dishes using correct seasoning and marinating techniques.

You can prepare by applying what you learnt in this module to every practical dish you prepare throughout the course. It is not a stand-alone task and must become common practice every time you cook.

Consider these points and questions:

- Have I selected the correct type of marination ingredients, quantities and method for the dish I will prepare?
- What safety and hygiene points must be remembered for marination?
- You use seasoning to enhance the natural flavour and flavouring to change the flavour of the dish.
- Be familiar with the various types of herbs, spices, acids and sauces used to flavour dishes and how and when they are used in a dish.
- You must know how to balance all of these things in your final dish so that everything works in harmony.

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Module 14



PROFESSIONAL COOKERY SKILLS WORKBOOK

Hot Range Food

HOT RANGE FOOD

Learning Outcomes	<p>After you have completed this module you should be able to:</p> <ul style="list-style-type: none">➤ Identify and prepare hot range foods.➤ Understand the recipes, ingredients, tools, equipment and methods needed to prepare: <p>Eggs, vegetables, fruits, pasta, seafood, poultry, meat and game (theory only).</p>
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In this module you will review the stages of food production and mise en place. You will think about utensils and equipment and you will learn of the different hot range foods that you should know at this level. You will learn to learn and practice different (standard) recipes.

REVIEW

Before cooking anything, you must observe rules for Hygiene and Food Safety. What are the key areas you must maintain a high standard of cleanliness, freshness, and safety?
(List at least 5 areas)

Review Section 7, 8 and 9 of the Professional Cookery Skills Manual for the basics of food knowledge, mise-en-place and cooking methods.

REVIEW

What is the purpose of mise-en-place?

List as many actions you can think of that would occur during pre-preparation and mise en place:

What are the three types of cooking methods?

-
-
-

For each type of cooking method list at least 5 tools and utensils that you may need:

REVIEW

Why is it important to use eggs before the use-by date?

Name 3 vegetables for the following categories:

Type	Name
Leafy	
Root	
Tuber	
Fruit (used as vegetable)	

Name two fish or shellfish for the following categories:

Type	Name
Fresh water Oily Fish	
Salt Water Oily Fish (Round)	
Salt Water Mollusc	

Write Yes or No for the following questions:

1. Is it important to store dried herbs in a cool place away from sunlight?
2. Is it possible to purchase fresh herbs from an outside supplier?
3. Can fresh herbs be oven-dried and stored for later use?
4. Do I need to make my own fresh pasta?
5. Is bread always white in colour?
6. Is rice the only type of grain?
7. Can noodles be made of either rice flour or wheat flour?

The questions in the review boxes above reflect only a small part of the information you need to know before learning about Hot Range Foods. Review all the Sections of the Professional Cookery Skills Manual as thoroughly as possible.

COOKING TEMPERATURE AND TIME

The temperature danger zone is the temperature between 5°C to 63°C. Food left too long in the danger zone can cause foodborne illnesses. You can make sure food is thoroughly heated or cooked by using a minimum Cooking Temperature Chart, for example such as the one below:

Food type	Internal Temperature	Cooking Time
Vegetables	63°C	Depends on the vegetable
<ul style="list-style-type: none"> ➤ Pork, veal, lamb, mutton, beef: whole muscle, ➤ Ground meat (beef and pork): <p>This can be mean fresh patties or burgers or processed ground meat such as sausages and packaged burger meat.</p>	<p>63°C – 68 °C (top & bottom and all exterior surfaces have cooked colour)</p> <p>158°F 155°F 150°F 145°F</p>	<p>15 seconds</p> <p><1 minute 15 seconds</p>
<ul style="list-style-type: none"> ➤ Poultry ➤ Foods that are stuffed with raw meat ➤ Raw meats that are stuffed ➤ Any raw animal food cooked in a microwave ➤ Approved wild game animals and commercially raised game meats 	74°C	<p>15 seconds</p> <p>1 minute</p> <p>3 minutes</p>
Fish and Seafood	63°C – 68 °C (until colour has changed from translucent to opaque)	Depends on the fish or seafood – you must keep an eye on fish and seafood as they cook fast.

Main and Accompaniments

In hot range you will be looking mainly at the dish which is the main course. For example, roast chicken, frittata or fish and chips are the main course dishes. The main ingredients in these dishes will be whole chicken, eggs, and lamb cubes, respectively.

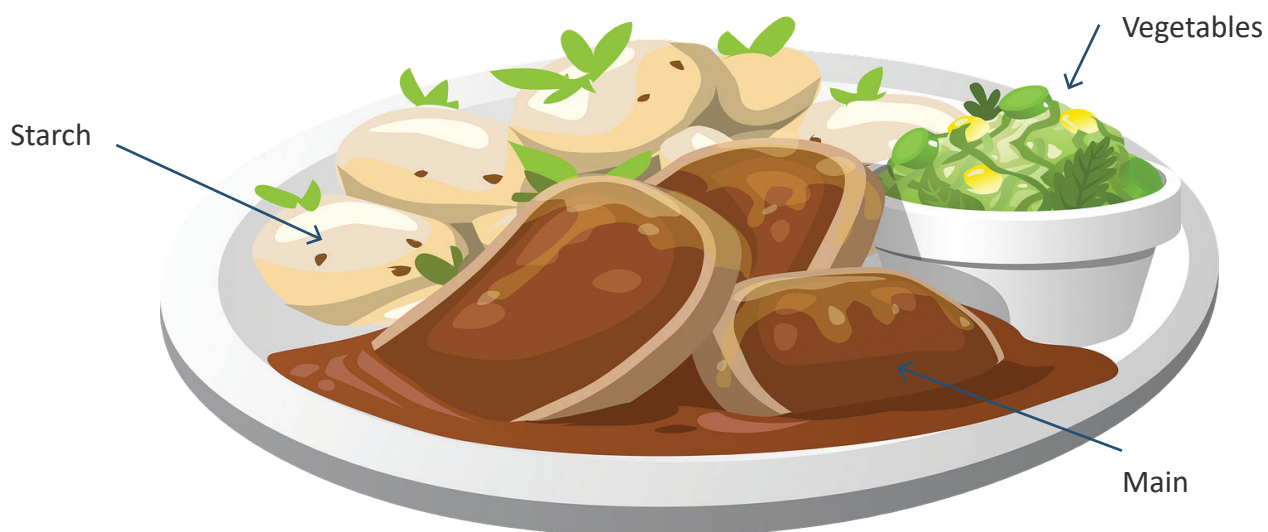
However, whether you cook fish, seafood, meat or poultry, or vegetables or eggs, the main ingredient will always be accompanied by secondary food items, sauces and garnish. For example, roast chicken is usually served with vegetables or salad, frittata might be served with a salad, crumbed, fried fish is usually served with either French Fries or potato wedges and a tartar sauce.

When you practice making hot range dishes, be aware of not only the main ingredient but also the secondary ingredients, the sides, the accompaniments.

You will be using standard recipes and you will need to show that you can follow a recipe carefully and correctly. Not all standard recipes will have information about garnishes but in that case remember to follow the S.O.P of your establishment when garnishing your dish.

This is the same for plating your dish. Follow the recipe example or S.O.P of your establishment.

For example:



COOKING VEGETABLES

Although vegetables are often thought to be secondary to meat, poultry or fish, the modern consumer who is looking for a healthier option or for people who are strict vegetarians, might expect to have vegetables as their main course. Vegetables are a highly versatile type of ingredient.

Vegetable Categorization

➤ LEAFY VEGETABLES

Spinach, Lettuce, Watercress, Endives, Chicory, Vine leaves

➤ FRUITINGS

Pumpkins, Tomato, Brinjal, Bread Fruit, Loofah, Avocado

➤ PODS AND SEEDS

French Beans, Corn, Okra, Sugar Peas

➤ ROOT VEGETABLES

Carrot, Turnip, Beetroot, Radish,

➤ STEMS AND SHOOTS

Asparagus, Beansprout, Globe Artichoke, Celery, Palm Hearts

➤ TUBERS

Potatoes, Sweet potatoes, Yams

➤ BULB VEGETABLES

Onion, Garlic, Leeks, Spring Onion

➤ MUSHROOMS AND FUNGI

Ceps, Chanterelles, Morels, Oyster, Shitake, Abalone, Fungi (Truffle)

Quality and Purchasing points:

Root vegetables should be

Clean, free from soil

Firm, not soft or spongy

Un-blemished

An even size

An even shape

Green vegetables should be

Fresh and bright in colour

Crisp and not wilted

Compact

Free from black spots

Un-blemished

Cleaning Methods

- All vegetables need to be cleaned properly before use.
- Whole vegetables should be brushed or scrubbed to take off dirt and other particles.
- Leafy vegetables should have the leaves separated and placed in cold water for 2-3 minutes.
- Cauliflower and broccoli should be cut into florets and then soaked in cold water.
- Wash mushrooms and berries under running water, DO NOT SOAK.
- Remove vegetables from water by scooping with hands or colander (do not pour water and vegetables as the dirt at the bottom of the water container will tip over the clean vegetables).
- You can use a vegetable spinner to dry or place vegetables on kitchen paper to dry.

Some establishments add Condy's crystals (potassium permanganate) to fresh, cold water to clean and disinfect vegetables. Follow the S.O.P of your establishment.

Storage

Store in cool, dry, well ventilated places.

Temperature of 4-8°C.

Remove root vegetables from their sacks and store in bins, or racks.

Leafy vegetables should be stored in a cool place.

Frozen vegetables at -18°C or below.

What to remember when handling vegetables:

- Make sure the vegetables are fresh, clean and unblemished.
- Vegetables should have a good colour.
- Vegetables should always be firm to the touch.
- If you are using dried beans (black beans, kidney beans, red beans, soya beans, etc.) they must be soaked in cold water for the appropriate amount of time before cooking. Do not add salt while cooking. Add salt to taste after cooking.

What to remember when preparing / cooking vegetables:

- Cut according to the recipe – julienne, brunoise, macedoine, jardiniere, paysanne, concasse).
- It is easy to overcook vegetables, so it is important to follow the cooking times dictated in the recipe. Over cooking destroys texture and nutritional value of vegetables.
- Steaming and boiling preserves flavour and colour. Oven baking concentrates flavours.
- Give time and thought to the vegetables even when they are an accompaniment to meat or poultry or fish.

Cuts of vegetables



Brunoise

This is a very small diced cube sized between 1-3mm square. Often used as a garnish for consommé. Typical vegetables are carrot, onion, turnip and celery.



Macedoine

This is a diced cube 5mm square. Root vegetables are suited to this cut, e.g. carrot, turnip, swede.

**Jardinière**

A short, thin baton or stick about 2.5cm long and approximately 3mm wide and 3mm thick. Size may be varied depending

**Baton**

Sticks of vegetables approximately 5cm long, 5mm wide and 5mm thick. Used as an accompaniment

**Paysanne**

Various thin shapes such as squares, triangles, circles or half-rounds. In order to cut economically the shape of the vegetables will decide which shape to choose. All are cut thinly at about 1-2mm thick.

**Julienne**

Long, thin, matchstick shaped pieces about 4cm in length. Vegetables cut julienne are mostly used as garnish.

**Mirepoix**

Diced aromatic vegetables (usually carrots, onions, and celery) to make a flavour base for stocks and sauces.

**Chiffonade**

A technique for cutting herbs and green leaves into very thin strips or ribbons and is usually used for garnish.

Suitable Cooking Methods**BOILING, BLANCHING and REFRESHING**

Boiling is a widely used method and consists of cooking the vegetables in plain (sometimes salted) water.

Different vegetables require different ways of boiling:

Cold Method –place vegetables like yams and root vegetables in the pot with cold water and then start boiling.

Hot Method – Boil the water, then reduce the heat until the water is simmering, then place leafy vegetables or green vegetables into the simmering water.

Blanching - is the process of partly cooking a vegetable by immersing in a hot liquid. This is done in order to:

Pre-cook the vegetable for later use
Reheat the vegetable (such as green beans, carrots and leeks)
Seal the flavours in

Assist in removing the skin (such as for tomatoes)

Refreshing - is the process of dipping a blanched vegetable in ice water or holding under cold running water. This is done to prevent any further cooking and retain colour.

(Blanching and Refreshing are often done together.)

POACHING

Not often done with vegetables.

STEAMING

This is a good method of cooking for vegetables because of minimal nutritional losses.

One tip when boiling/steaming new spring vegetables and other crisp vegetables (in small pieces): Put them in 3 mm of water in a saucepan. Once the water has boiled away – it takes about a minute – you know the vegetables are done.

STEWING

Good for vegetables which have high fibre content (hardy vegetables such as celery, carrots potatoes)

BRAISING, ROASTING AND BAKING

Vegetables contain a lot of water and baking them in the oven evaporates some of the water and the flavours become more concentrated.

Very few vegetables can take the long cooking times of these methods. There are exceptions, e.g. pumpkin, potatoes, carrots

GRILLING

Usually for tomatoes and mushrooms and for vegetable skewers

FRYING

Shallow frying – most hardy vegetables

Stir frying – most hardy vegetables

Deep frying - potatoes

Batter frying - most hardy vegetables

How to CookSautéSteamRoast

4-5
Minutes

8-10
Minutes

12-15
Minutes at
180 – 200°C



3-4
Minutes

7
Minutes

12-15
Minutes at 200°C



3-4
Minutes

4-5
Minutes

16-20
Minutes at 220°C



10-15
Minutes

5-10
Minutes

35-20
Minutes at 200°C



3-4
Minutes

4-5
Minutes

15-20
Minutes at 200°C



5-7
Minutes

NO

15-20
Minutes at
200 - 220°C



11-13
Minutes

3-5
Minutes

12-15
Minutes at
180 - 200°C

Some traditional vegetable dishes

Ratatouille







Baked Eggplant



Mixed Stir Fry

POTATOES

Potatoes can be cooked in almost every way. It is a very versatile vegetable.

Type	Description
Starchy 	High starch content., low in moisture, fluffy and absorbent. Ideal for baking, frying, boiling and mashing Do not hold their shape. For example, Russet (pictured), Idaho, Maris Piper, yams, sweet potatoes (white flesh)
Waxy 	Low starch content, high in sugar and moisture Ideal for roasting, boiling Hold their shape well after cooking. (good for potato salads and gratins). For example, Red Bliss (pictured), French Fingerling
All purpose 	Medium starch content, relatively fluffy and absorbent. Ideal for many cooking methods. For example, Yukon golds (pictured) White Potato, Naxos Potato, Purple Potatoes Purple potatoes, King Edward
	New potatoes (or baby potatoes) are less in calories compared to mature potatoes. Usually served with the skin on, they are a good source of fibre. They have a sweeter flavour than mature potatoes. Ideal for salads, or as an accompaniment. Ideal for roasting or boiling.

Purchasing qualities

Should be even in shape and free from dirt, blemishes, green patches, mechanical damage and growth shoots.

Food value

Potatoes are good source of vitamin C and rich in iron, calcium, thiamine and fibre.

Preparation

It is vital to submerge peeled potatoes in water in order to avoid discolouration.

Method	Examples
Boiled	Parsley potatoes / herb potatoes
Roasted	Garlic roast potatoes / new potatoes
Mashed	Duchess / marquise
Deep fried	Chips / French fries
Pan fried	Sauté potatoes
Baked	Baked jacket potatoes (BJP)

Pre - Prepared Potatoes (Ready-to-cook)

There are many commercially available, convenience foods that use potato. You can buy potatoes that have been peeled and pre-cut (for frying or in Parisienne scoop shapes for boiling) and can be found fresh, frozen, chilled or vacuum packed. There are also ready-made frozen croquettes, hash browns as well as potato powder available in the market.

Other uses of potatoes

Potatoes are used as a thickening agent in some dishes and use in preparation of gnocchi (potatoes pasta).



Gratin



Mashed Potatoes

LEARNER ACTIVITY:

Here is a simple potato salad recipe:

4 portions

Ingredients – potatoes (200g), vinaigrette (1 tbsp), mayonnaise or natural yoghurt (125 ml), chopped onion or chive (10g), parsley (1 tsp), salt (to taste).

Method:

1. Wash and peel the potatoes then cook potatoes by steaming or boiling.
Cut cooked potatoes into dices
2. Blanch onion to reduce harshness.
3. Prepare vinaigrette.
4. Put potatoes into a bowl and sprinkle on the vinaigrette.
5. Mix in the mayonnaise, onion or chive.
6. Finally chop and mix in parsley or other herbs and season with salt.

Look at stage 6 – instead of parsley or after parsley, what else could you add?

For example, chopped mint or chopped hard-boiled egg.

Suggest 2 or 3 more additions and write them below:

REVIEW

Can you draw the different shapes in which vegetables are usually cut?
Draw and label them here:

Write at least 5 quality points for choosing vegetables:

-
-
-
-
-

Read the statements below. Write T (true) or F (false):

1. Leaf vegetables can be cut up into different shapes. _____
2. There are three types of potato. _____
3. Tomatoes are fruits that are used as a vegetable. _____
4. Steaming preserves colour and texture of vegetables. _____
5. Roasting is not good for all vegetables. _____
6. Stir-frying vegetables is a good way to preserve taste, colour and texture. _____

LEARNER ACTIVITY:

Find a menu example for each cooking method using vegetables and write below:

Discuss types of vegetables available in the local market and their purchasing qualities (choose 5):

Discuss the cleaning methods of each vegetable category:

COOKING EGGS

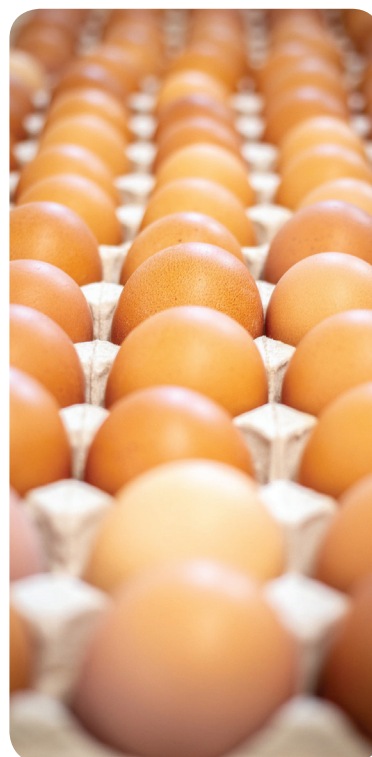
There are many types of eggs that can be cooked – chicken eggs, duck eggs, goose eggs, turkey eggs, quail eggs and so on. The average weight of a hen's egg is approximately 60 grams.

Sizes

Hens' eggs come in five sizes: small, medium, large, extra large and jumbo. The size of the egg will affect the yield of your recipe.

STANDARD EGG SIZES (amount of liquid per egg)

Small	42g
Medium	49g
Large	56g
Extra Large	63g
Jumbo-	70g



Choose eggs that are:

- ✓ Clean
- ✓ Well-shaped
- ✓ Strong
- ✓ Fresh

Eggs should be stored:

- ✓ In a cool place at 4°C

Boiled eggs

You need an egg, cold water, a pot and a source of heat. Keep in mind:

- Larger eggs need more time to cook than smaller eggs
- Cold eggs from the fridge require more time than eggs at room temperature.
- Very fresh eggs can be hard to peel after boiling.
- The term is "boiled egg", but eggs should only simmer. If the temperature of the water is over boiling point the egg white will develop a rubbery texture.

Boiling times for eggs:

- Soft-boiled egg with runny yolk = 3 minutes.
- Medium-boiled egg with creamy yolk = 4 to 5 minutes.
- Hard-boiled egg with firm yolk = 6 to 7 minutes.

Top Tip: rinse the egg cold

After boiling, rinse the egg in cold water for a minute or two. This will (1) put an immediate end to the cooking process and (2) the “shock” from the cold water will make the membrane on the inside of the egg easier to peel away.

What to do when something goes wrong with a boiled egg:

It is supposed to be the simplest form of cooking imaginable, but things can go wrong and they have an explanation:

Problem - the egg bursts

Reason - The temperature has risen too fast, probably because the egg went straight from the fridge (5°C) to boiling water (100°C).

Solution - Take the egg out of the fridge with time to spare or rinse it with hot – but not boiling – water. And don't drop eggs into water that is already boiling.

Problem - the yolk has a green coating

Reason - The egg has boiled for too long or too hard. The coagulation of the yolk has gone too far.

Problem - the egg white is rubbery

Reason - This probably has to do with the temperature being too high.

Solution - Eggs should simmer, not boil.

Fried eggs

Keep in mind:

- The pan and the fat should be hot before you put the egg in.
- Leave the egg to fry, do not meddle with spatula.
- Use a suitable spatula to scoop up and serve the eggs.
- Eggs sous vide
 - The sous vide technique allows you to cook eggs to exactly the degree you want. Instructions, temperatures and cooking times are included when you buy the equipment.

Poached eggs

The name comes from the French word for pocket, “poche” (not from unauthorized hunting...). The point is to pour the entire egg out of its shell and into simmering water so that the egg white forms a “pocket” around itself and the egg yolk. After simmering the white should hold together around the still runny yolk.

Poaching eggs is a technique that requires some training and where absolutely everything can go wrong. But when carried out correctly it is a sensational way of serving an egg.

Poaching times for eggs:

- 3 minutes for a runny egg yolk
- 4 minutes for a creamy egg yolk
- 5 minutes for a solid egg yolk

Top Tips when poaching eggs:

- You need 1 egg, water, salt, vinegar.
- Use fresh eggs for a more manageable egg white.
- Crack the egg in a small bowl first, making it easier to gently ease it into the simmering water, forming a “ball” around itself.
- Use a skimmer to retrieve the egg.
- To remove excess water, place the poached egg on kitchen paper before plating.

Scrambled eggs

Scrambled eggs are a humble everyday dish, but it takes a chef to make it deliciously creamy and perfect.

Scrambled Eggs RECIPE

Ingredients:

- 2 eggs
- Salt and pepper
- 1 tbsp milk or heavy cream
- Butter

Method:

1. Crack the eggs into a bowl. Add cream, salt, and pepper.
2. Melt a generous amount of butter in a pan/saucier over medium heat. Add the eggs.
3. Actively stir the eggs the whole time. Remove them from the heat at intervals so as to slow down the cooking process.
4. Continue until you have a creamy, even result. Be aware that the cooking and solidifying process will continue even after you have removed the pan from the heat.
5. Serve immediately.

Two Egg Omelette RECIPE**Ingredients**

- 2 eggs
- 2 tablespoons (30ml) of milk
- 1 heaped teaspoon of butter
- Salt and pepper

Method

1. Crack the eggs into a bowl, add the milk, season with salt and pepper and beat the mixture with a fork or whisk.
2. Heat a medium sized pan over a medium heat and add the butter, allowing it to melt. Swirl the butter around the base of the pan to coat evenly.
3. Add the egg mixture to the pan and as it begins to cook, use a spatula to push cooked parts from the edge to the centre of the pan. As you do this, tilt and rotate the pan to allow the uncooked egg mixture to flow into empty spaces.
4. When the eggs are almost set on the surface but still look moist, slide the spatula under one side of the omelette and fold over in half to create a semi-circle. If you want to add extra fillings like cheese, ham or mushroom, do so before folding the omelette in half and only sprinkle them over one side of the omelette. Then flip the unfilled side over onto the filled half.
5. Let the folded omelette cook for a further minute (less if you like the centre soft and a little runny, or more if you like it cooked through), then slide it out of the pan and onto a plate. Serve and eat immediately.

Adding eggs to other dishes:

Eggs are easy to add to almost any dish, making it more satisfying, filling, and nutritious but does not add many calories.

Some examples:

- Sliced boiled egg in almost any salad or sandwich.
- Stir an egg into the soup/broth.
- Crack an egg over the fried noodles/rice.
- As a garnish for salads and appetizers.

LEARNER ACTIVITY:

Do you have any ideas of how to add egg to a dish? List them below:

Other Uses of Eggs in Commercial Food Production:

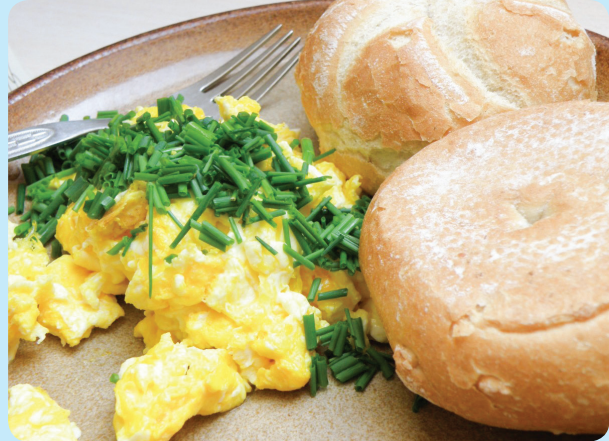
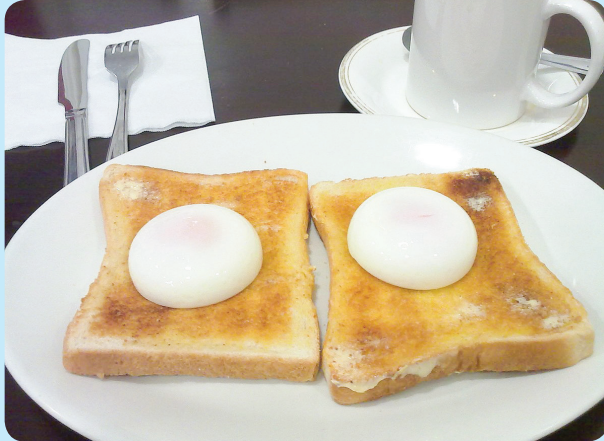
Eggs are used in many different ways to enhance other dishes. Eggs play a very important role in the making of desserts, stocks, fried meats and so on.

Thicken	Beaten egg yolks can be used to thicken soups and sauces (Mayonnaise, Hollandaise) or milk in custard. When heat is applied the egg coagulates and holds the liquid in suspension.
Emulsify	The emulsifying property of egg yolks means that they can hold ingredients which do not normally mix together, such as oil or butter, in suspension. This is the basis of many sauces. E.g. In emulsion sauces such as mayonnaise and hollandaise, egg yolks are used to combine oil or fat with vinegar to make a sauce.
Bind	Eggs bind ingredients together, for example, pane l'Anglaise. (egg wash and breadcrumbs) or coat ingredients in batter for deep frying (batter fry)
Aerate	When an egg is whipped, it aerates by trapping millions of tiny air bubbles within itself. The air bubbles help to raise up other ingredients to make light and fluffy dishes such as sponges and soufflés.
Glaze	Beaten egg has a shiny texture which gives a gloss or glaze and a golden brown colour to pastry and bread. The egg is called an egg wash and is applied with a pastry brush.
Clarify	Egg whites are used to clarify stock (mixed with mince to make a clarifying 'raft') and in the making of consommé and aspic
Enrich	Eggs add flavour and nutritional value to cakes, puddings, pasta and drinks such as eggnog.

REVIEW

Label the pictures with correct names from the box below:

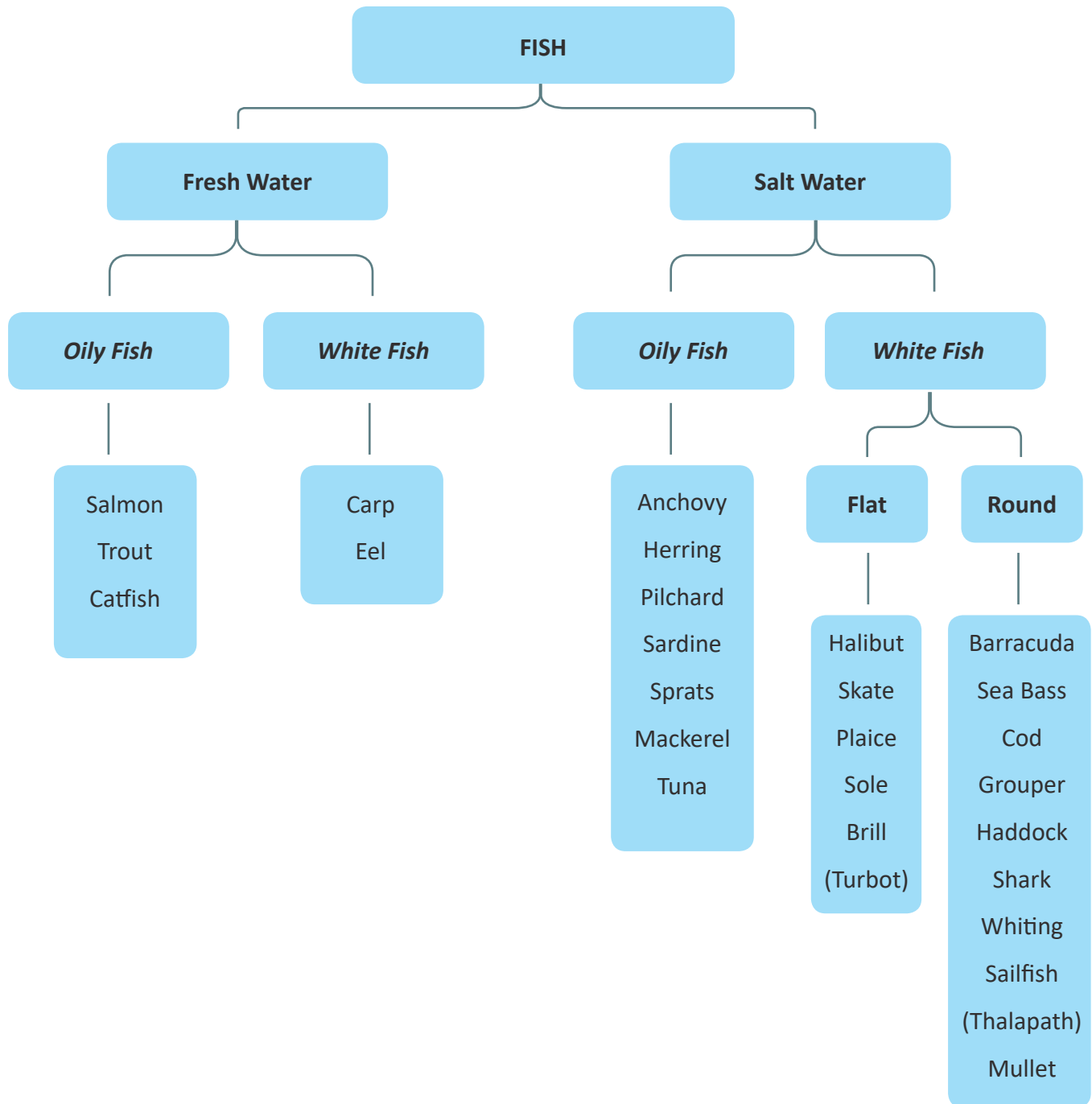
sunny side up omelette frittata
quiche scrambled eggs poached egg on toast

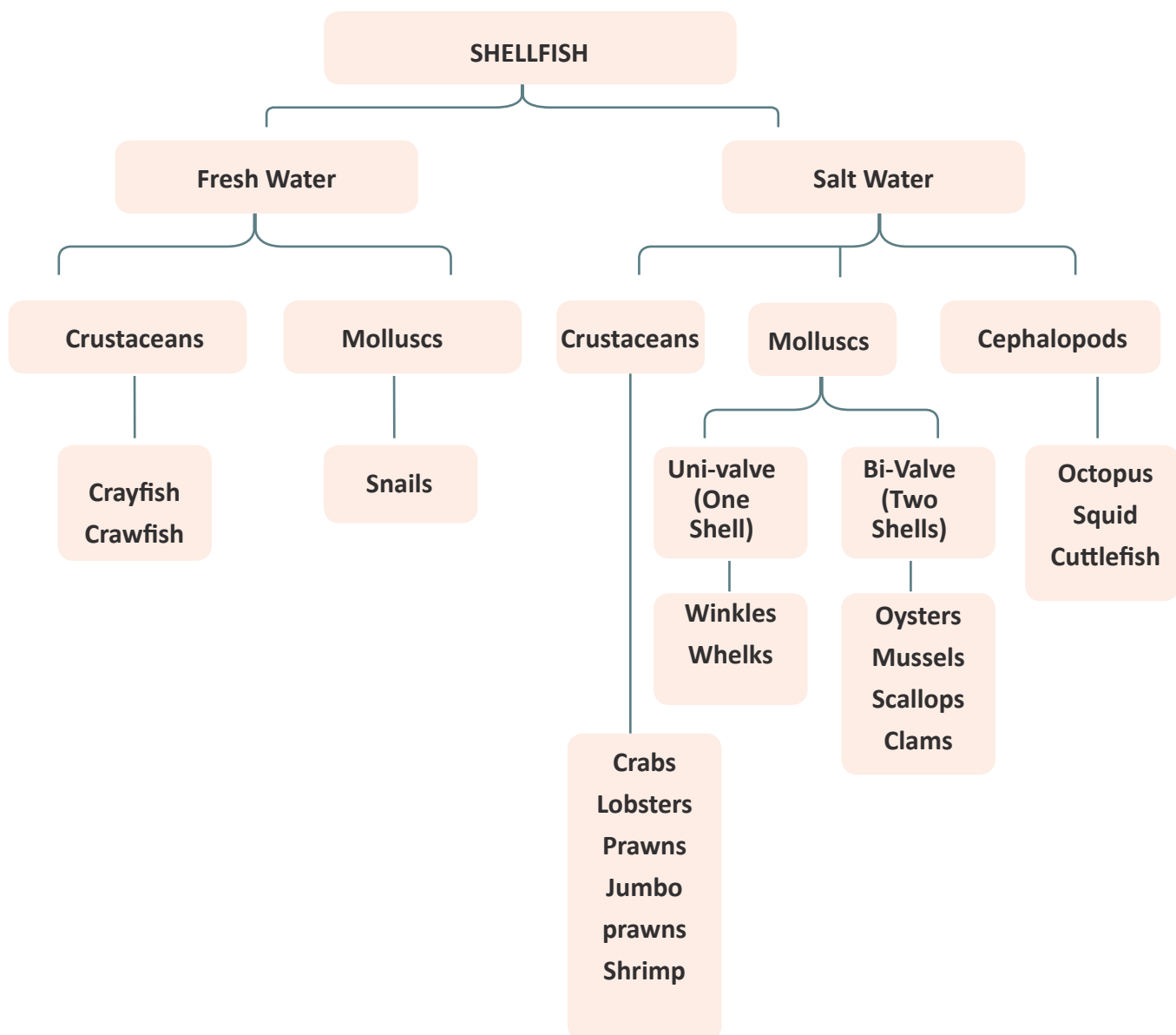


SEAFOOD

Seafood, whether fish or shellfish or cuttlefish, squid or octopus, is a hazardous food type. You must handle seafood correctly or you will risk contamination and food poisoning.

Classification





Handle and Prepare Fish and Shellfish Properly:

- Always choose fresh or frozen fresh food ingredients.
- Shellfish should be purchased and delivered alive. If the shells have popped open BEFORE cooking, you must DISCARD.
- Always wash (and sanitize) your hands, utensils and equipment thoroughly before handling raw food.
- Never use utensils for seafood to touch any other food. This prevent cross-contamination.
- Never let raw seafood come in contact with already cooked or ready-to-eat foods (e.g. salads, fruit, smoked fish). Whether you are storing fresh fish or thawing frozen fish in your refrigerator, do not store seafood near or above other raw food ingredients or cooked / ready-to-eat food.
- Marinades are great for seafood but should not be saved and used as a sauce unless the marinade has been cooked to a temperature of at least 75°C to eliminate microorganisms from the raw fish. Always marinate in the refrigerator in a glass or plastic container.
- Store leftovers, properly wrapped, in the refrigerator within 2 hours and keep hot food above 63°C and cold food below 5°C.

Store Seafood Properly

Fin fish - should be stored in the refrigerator and used within 1 to 2 days after purchase. It's a good idea to store it on ice in the refrigerator to keep it as cold as possible. If the fish won't be used within 2 days, wrap it tightly in moisture-proof bags (so the fish won't dry out) and store it in the freezer.

Shellfish - such as mussels, clams and oysters that are purchased live in their shells, should be put in a shallow pan (no water), covered with moistened paper towels and refrigerated. Mussels and clams should be used within 2-3 days and oysters within 7-10 days. Shucked shellfish can be placed in a sealed container and frozen. Live lobsters and crabs should be cooked the day they are purchased. Recommended storage times and shelf-life times can be found on the websites below.

Frozen seafood should be kept frozen, and it is a good idea to date packages of frozen seafood so you can use the older seafood first. For best quality remember the FIFO concept – First In, First Out.

Cook Fish and Shellfish Properly

To avoid foodborne illness, it is necessary to cook seafood for at least 15 seconds until the flesh is opaque and flaky. Use a food thermometer to check the internal temperature in the thickest part to make sure that it is fully cooked without overcooking.

When fully cooked, scallops and shrimp will turn firm and opaque. Shellfish like clams, mussels, oysters will become plump and opaque and their shells will open. Lobster and crab shells will turn bright red with a pearly-opaque flesh.

FISH

Quality Points for Buying Fish

Eyes- bright, full and not sunken

Gills- bright red in colour

Flesh- firm and resilient. Fish must not be lumpy.

Scales- they should lie flat, moist and plentiful.

Skin- it should be covered with fresh slime, smooth and moist

Smell- it should be pleasant.

Preservation methods,

- Freezing - fish is either frozen at sea or as soon as possible after reaching port
- Salting - cod, herrings are packed in salt. caviar the slightly salted roe of the sturgeon.
- Pickling - herrings pickled in vinegar are filleted, rolled and skewered and known as roll mops.
- Smoking - fish to be smoked may be gutted or left whole. it is soaked in a strong salt solution (brine) some cases a day are added to improve

- Drying - sun dry / air dried
- Canning - oily fish are usually canned. e.g. sardines, salmon, anchovies, tuna are canned in their own juice or in oil or tomato sauce.

Cuts of Fish

le darne:	a slice of round fish cut on the bone
le tronçon:	a slice of flat fish cut on the bone
le filet:	a cut of fish free from bone. (a round fish yields 2 fillets and a flat fish 4 fillets)
le suprême:	usually applies to fillets of large fish cut on the slant
le délice:	a term usually applied to a trimmed and neatly folded fillet of fish
la goujon:	applied to fillets of fish cut into strips (8 x1/2 cm.)
le paupiette:	a fillet of flat fish, spread with stuffing and rolled.
le steak :	Trimmed darne from a round fish



Le Darne: slice of round fish cut on the bone



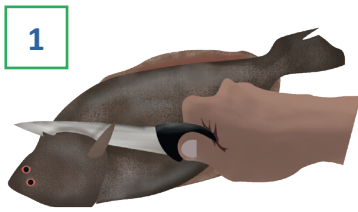
Le tronçon: slice of flat fish cut on the bone



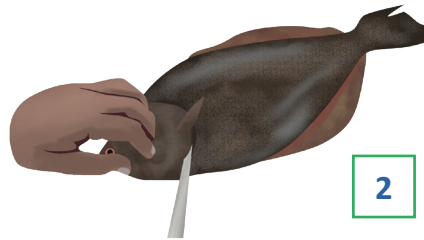
Le filet: cut of fish free from the bone



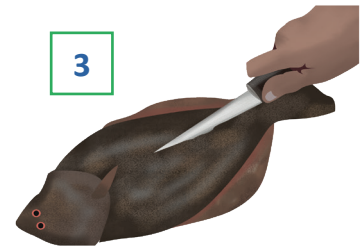
Le supreme: fillets of large round fish cut in a slanted direction

Filleting a Flat Fish

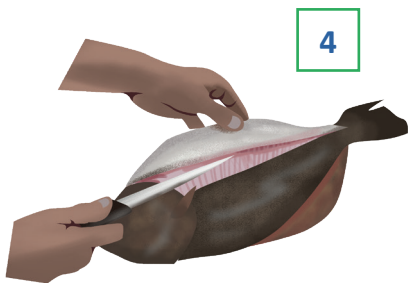
Make a cut just behind the collar



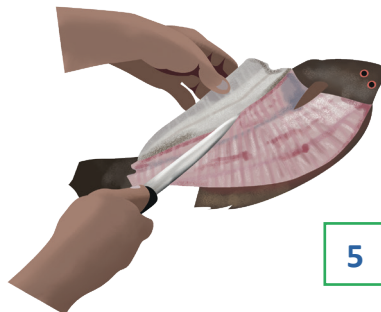
Make a second cut behind the pectoral fin in front of the belly (be careful not to cut into the organs)



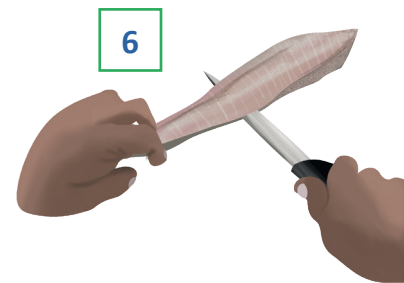
Cut along the backbone to divide the fillet into two pieces



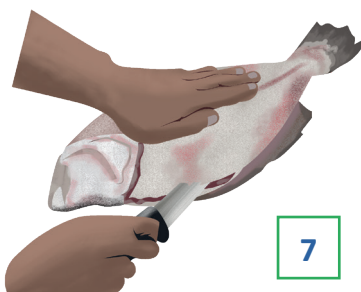
Cut along the skeleton to remove one side of the fillet



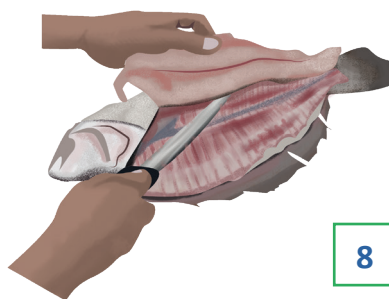
Turn the fish 180° and remove the other half of the fillet



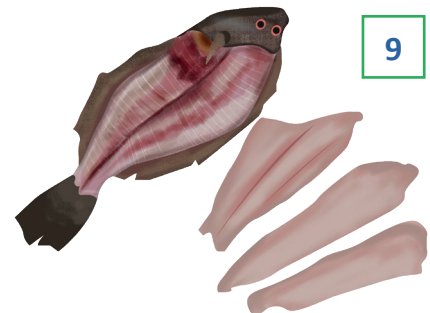
Skin each half of the fillet



For smaller flatfish, you can fillet as one piece; with the knife blade facing outward, start at the tail and pierce the skin along the back.



Draw the blade along the skeleton to remove the fillet



The two different cuts from a flatfish



Filleting a Round Fish**1**

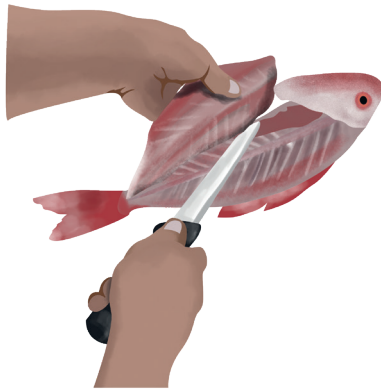
Cut through the fillet behind the skull and pectoral fin on a 45° angle

**2**

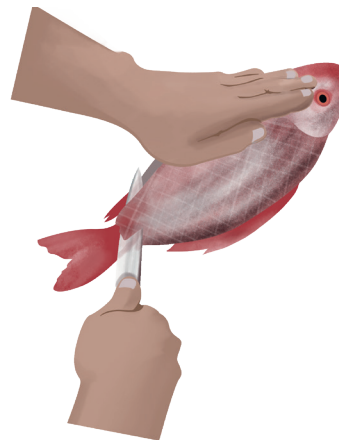
With the knife blade facing outward, start at the tail and pierce the skin along the back to the head

**3**

Starting at the head, draw the blade along the skeleton to remove the fillet

**4**

Place the fillet back on the fish, and draw the blade through the tail.

**5**

Remove the fillet, and repeat the same technique with the opposite side

**6**

Using a "V" cut, remove the pin bones



Seasoning and marination

Fish only needs a very lightly seasoning since fish flesh is delicate and soft.

Marination is suitable in **gravlax** preparation or raw marinated fish dishes only.

Cooking Fish

- Better undercook than overcook
- Use a thermometer
- Do not boil – simmer
- Fry at a reasonable temperature – then turn it down
- Only firm fish and shellfish on the grill

Fish protein is fragile. The proteins start to coagulate at 40°C. Cook it for too long and the flesh goes floury and loses its elasticity. This means it's important to keep a sharp eye on times and temperatures.

Internal temperatures for fish:

Different cuts/size of fish need to reach different internal temperatures when you are cooking them. There is not much room for you to leave a fish to cook. You must watch the fish cook.

Factor in the residual heat

Fish flesh is delicate and contains a lot of water and can quickly become overcooked (dry) and lose the delicate flavours. That is why it is important to time your cooking well as the fish will continue cooking even after you remove the pan from the heat source.

A thermometer is recommended but you can also test the flesh with a fork. If it goes through the flesh easily, without any resistance, the fish is ready. With whole fish you can test – with a fork or your finger – whether the flesh comes away from the backbone easily.

Appearance of cooked fish flesh

One way of checking whether fish is done is to look at the appearance and colour of the flesh:

- White fish isn't done if the flesh is transparent and stuck together.
- White fish is done and still moist when there's a bit in the middle that is slightly transparent, like mother of pearl.
- Overcooked white fish is white all the way through, dry and stringy.

- The red flesh in game fish is done when it is pale pink and firm without being dry.
- The flesh of fish in the tuna family can be cooked according to roughly the same scale as red meat. It must not be dry – done – all the way through.

TOP TIP:

If cooking a darne of fish, you will know it is cooked through because it is easy to remove the bone.

Type of fish	Examples	Description	Dish
Lean Fish	Seer Tilapia Sole Barramundi (Modha) Red Snapper Swordfish (Thalapath) Trevally (Paraw)	Easily overcooked or over-seasoned. Use mild ingredients to match delicate flavour of the flesh. Boost the flavour with fat or breadcrumbs Good for poaching, sautéing	Crumbed Fish Lemon Sole Fish Picata Meuniere
Oily / Fatty Fish	Salmon Tuna Sardines Mackerel Trout	Easier to handle than lean fish and can withstand high temperatures. Good for grilling or frying	Saute Grill Roast

Suitable cooking methods and examples

Baking, Boiling, Deep-frying, Grilling, Poaching, Roasting, Shallow frying (pan-frying)

Steaming, Stir-frying

Meunière: seasoned flour, shallow fried served with beurre noisette, lemon juice and chopped parsley, lemon slice

À l'Orly: Dip in a Yeast batter & deep-fried., Batter fried strips of sole and tomato sauce

À l'Anglais: Seasoned flour, egg wash , breadcrumbs (pané): deep fried.

À la Française: Milk and seasoned flour: shallow fry.

Traditional Fish Dishes:



Darne of Salmon Grille



Fish and Chips (with Tartar sauce)



Sole Meuniere





Baked Snapper




Ginger Steamed Fish

SHELLFISH

Shellfish and cephalopods have very fragile flesh. It is easily overcooked and becomes rubber-like in texture. Watch for colour changes when cooking shellfish and cephalopods. This means you must always be watching the cooking.

Type of Shellfish	Examples	Description	Dish
Bivalve (Two shells) 	Oysters Mussels Clams Scallops	<p>Mussels with beards should have the beards removed before cooking.</p> <p>Shells will open during cooking. If they do not open- DISCARD.</p> <p>Flesh becomes plump and opaque when cooked.</p> <p>Good for boiling, steaming, shallow frying, baking</p>	Steamed Mussels Clam Chowder Grilled Scallops
Crustaceans 	Lobster Crab Shrimp Prawn Crayfish	<p>Should be cooked the day it is purchased and delivered if raw. If purchased, delivered, and stored frozen, must be thawed correctly.</p> <p>When cooked the flesh and shell will change colour to a pink-red or bright orange-red.</p> <p>Easy to overcook so follow cooking times exactly.</p> <p>Good for grilling (in shell), broiling poaching or steaming</p>	Baked Crab Grilled Crab Lobster Thermidor Garlic Prawns

<p>Cephalopods</p> 	<p>Squid Cuttlefish Octopus</p>	<p>Should be cooked the day it is purchased and delivered if raw.</p> <p>If purchased, delivered, and stored frozen, must be thawed correctly.</p> <p>Almost translucent flesh with turn milky white.</p> <p>Easy to overcook and flesh becomes rubbery.</p> <p>Good for stir-frying</p>	
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LEARNER ACTIVITY:

Watch a few videos of oyster shucking – or any shellfish shucking.
Below try to write in your own words how to shuck a shellfish



Oysters are often eaten raw with lemon juice. Why is the lemon juice added?
What will happen to the flesh of the oyster if lemon juice is added?



Lobster Thermidor



Baked Crab



Squid Provencale



Steamed Crab



Garlic Prawns



Baked Mussels

REVIEW

Name the different classification of seafood and give two examples of each:

List the quality points for choosing fish:

How do you know fish or seafood is cooked through?

FISH -

SEAFOOD -

LEARNER ACTIVITY:

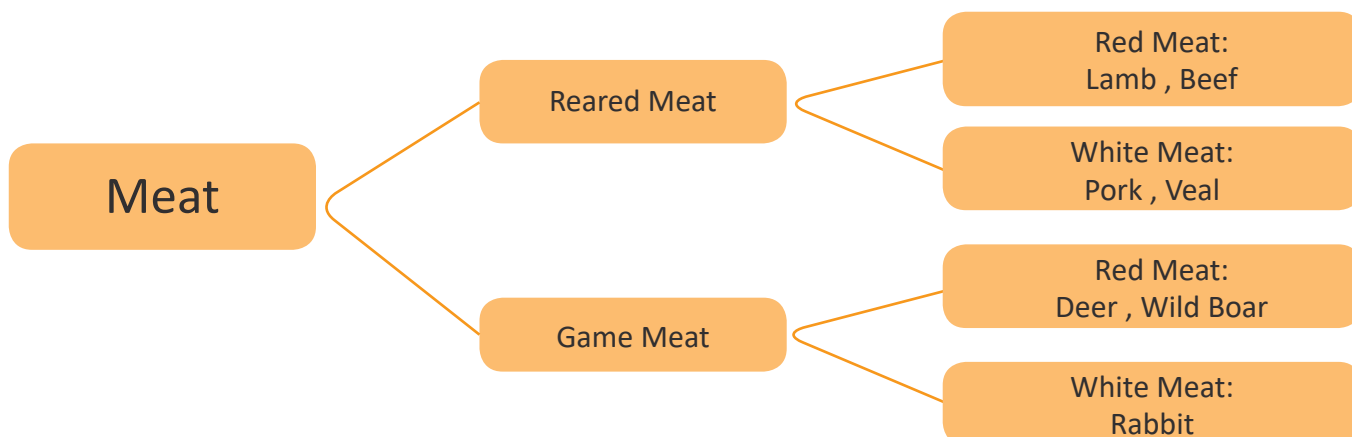
Name 5 cuts of fish and five one menu example for each cut (use your establishment's menu if you can. Or you can use a recipe book).

Name and classify using the classification system in Section 7 of the Professional Cookery Skills Manual, 5 local fish (for example, paraw, kelawalla, gal maalu, etc.).

MEAT and GAME

Beef / mutton / pork / veal & game meat (deer, rabbit, wild boar, peacock)

Meat is one of the most important ingredients used in cooking and, except for vegetarians, plays an important role in diet.



Meat is obtainable in various forms:

- Fresh
- Chilled
- Frozen
- Vacuum-pack
- Smoked
- Pickled
- Cans and tins

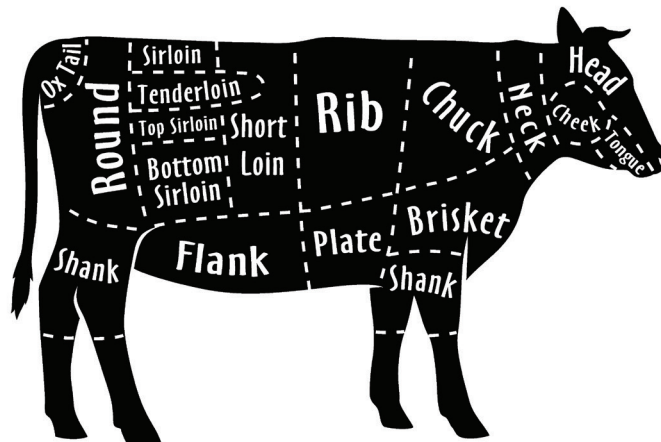
What to remember when handling meat:

- Wash and sanitize your hands, knives, cutting boards, utensils, workspace.
- Do not cut other food ingredients in the same place as where you cut meat.
- Thaw frozen meat slowly and completely in the refrigerator.
- The meat should be brought to room temperature before you start cooking. *(When you cook cold meat, it gets a “shock” from the heat, contracts and loses a lot of liquid. Let it rest or stand outside the fridge for at least two hours prior to cooking, which makes it easier for the heat to penetrate evenly throughout the entire piece of meat.)*
- Air the meat – especially vacuum packaged meat – to get rid of odours.

Preparing the meat – and

- ➔ Barding
applying fat or strip of fat on meat
- ➔ Larding
inserting fat with a needle
- ➔ Marinating
resting meat in marinade

Beef and Veal



Quality Points

Lean beef should be bright red with small flecks of white fat.

The fat on beef meat should be creamy white, firm and easy to break.

Veal flesh should be a reddish-pink and should not be fatty.

Beef Fillet is:

expensive compared with other cuts.

named Tenderloin or fillet steak.

the finest cut of beef.

found under the lower back bone.

tender due to less movement.

rich with flavour.

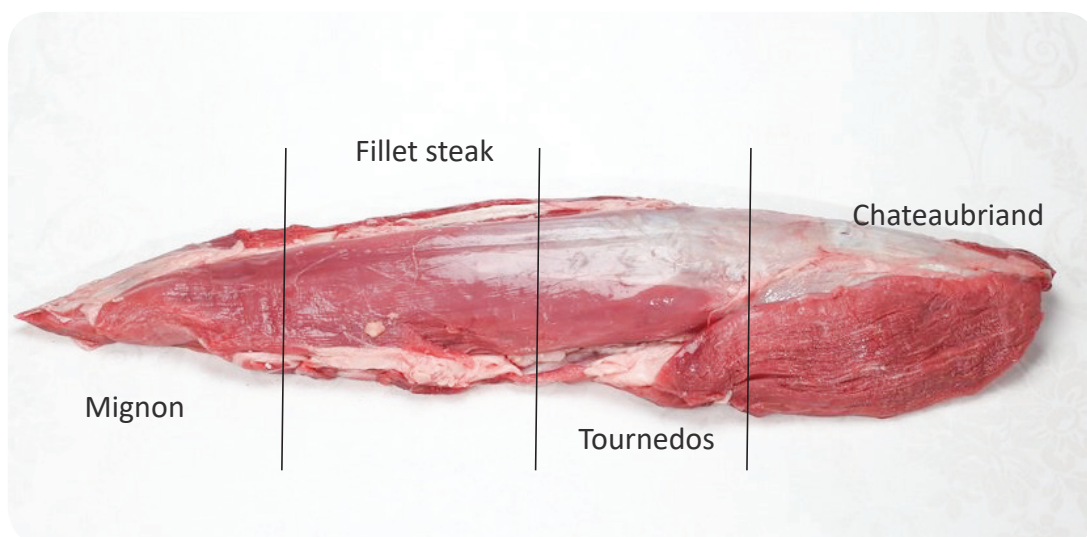
roasted whole.

Parts of beef fillet

(Head part) Chateaubriand

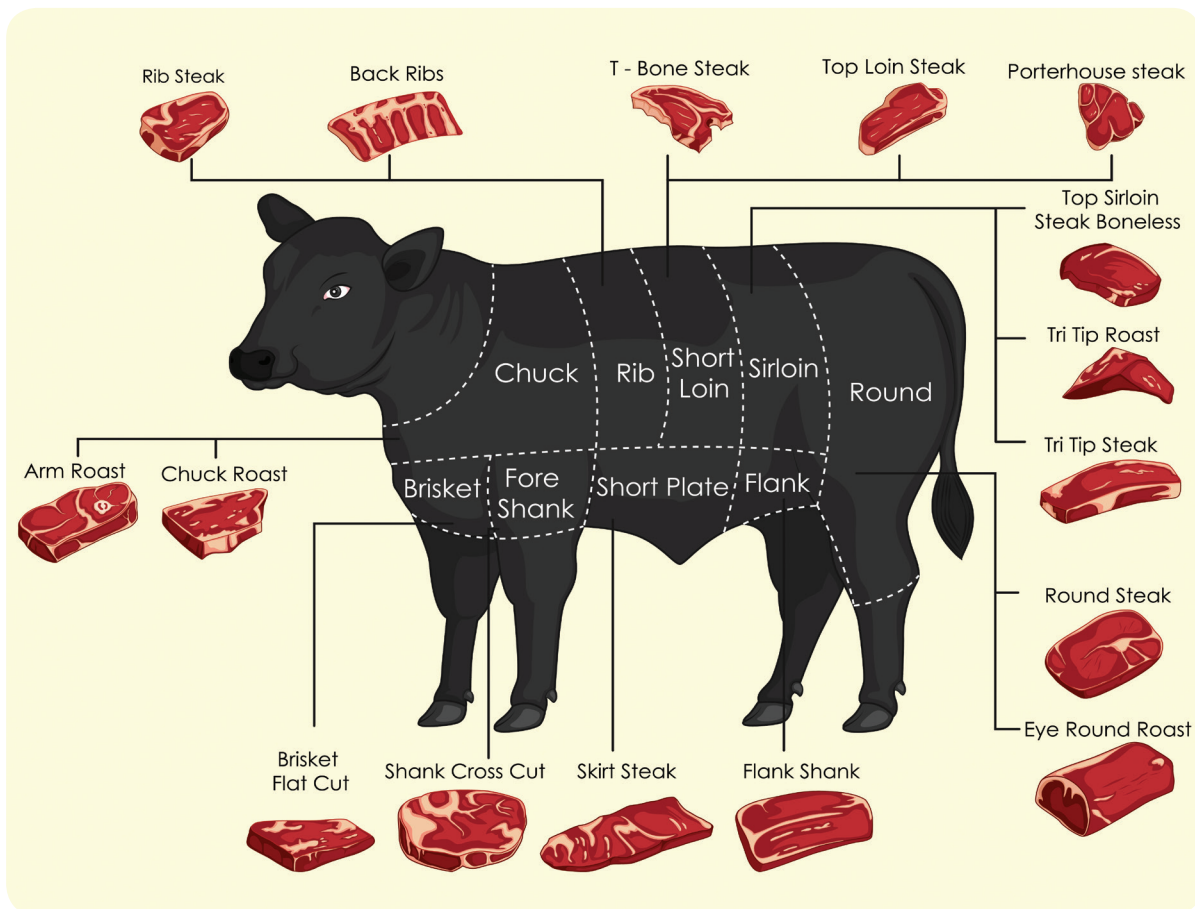
(Middle Part) Fillet steak
and Tournedos

(Tail Part) Mignon



Other common beef cuts

T bone steak or porterhouse steak, Rib eye sirloin, Rib eye or Entrecote

**CHUCK**

Cheap
Tough
Low and slow
Smoke, season heavily,
marinate

BRISKET

Cheap
Tough
Low and slow
Smoke, season heavily,
marinate

RUMP

Cheap
Tough
Low and slow
Smoke, season heavily,
marinate

FLANK

Expensive
Moderately tender
High heat grilling
Heavy seasoning

SIRLOIN

Expensive
Moderately tender
High heat grilling
Heavy seasoning

RIBEYE

Very expensive
Tender
High heat grilling
Simple seasoning

T-BONE

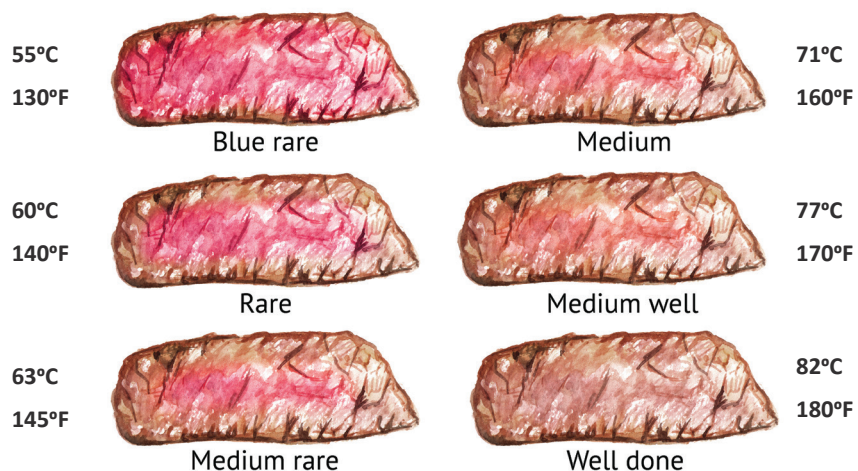
Very expensive
Tender
High heat grilling
Simple seasoning

NEW YORK

Very expensive
Tender
High heat grilling
Simple seasoning strip

FILET MIGNON

Very expensive
Tender
High heat grilling
Simple seasoning

Checking how cooked the beef or lamb isDegree of cooking

1. Rare (au bleu)
2. Medium rare (saignant)
3. Medium (a point)
4. Well done (bien cuite)

colour of internal liquid or juice

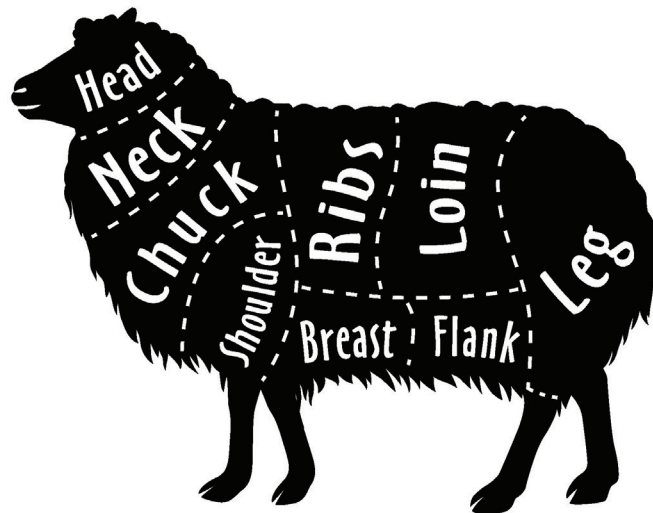
- reddish
- reddish pink
- pink
- clear

Cooking Methods for Beef and Veal

Recommended Cooking Method	Beef and Veal Cuts
Braising	Chuck, brisket, round, short ribs, flank steak, skirt steak
Stewing	Chuck roast, chuck shoulder, round roast, short ribs, cross-cut shanks
Grilling	Tenderloin steak (chateaubriand, fillet, and tournedos), sirloin steak, rib eye steak, rump, porterhouse, T-bone, prime rib, flank steak, skirt steak, hangar steak
Pan Frying	Fillet, ribeye sirloin, T-bone, rump, tenderloin, flank steak, skirt steak
Roasting	Prime ribs, sirloin roast, rib eye roast, whole tenderloin roast, chuck roll, rump

OFFAL - Edible parts of beef apart from flesh

- Liver
- Heart
- Tongue
- Intestine
- Kidney
- Brain
- Tail
- Sweet bread

LAMBQuality Points

Lamb flesh could be firm and have a dull red colour. There should be an even amount of fat, which should be white in colour.



Leg of Lamb



Lamb Chop



Lamb Shoulder



Rib of Lamb



Lamb Rump

Cooking Methods for Lamb

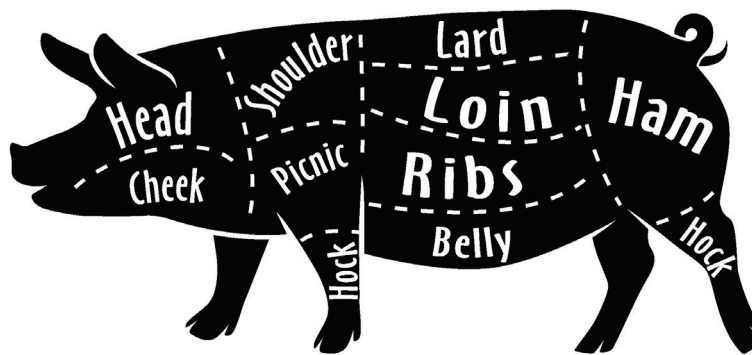
Recommended Cooking Method	Lamb Cuts
Braising	Neck / Shoulder
Stewing	Leg / Shank
Grilling	Chops and cutlets / rump steak
Pan Frying	Fillet / Chops
Roasting	Whole leg

OFFAL - Edible parts of lamb apart from flesh

- Liver
- Heart
- Brain
- Tongue

PORK

Keeping quality of pork is more difficult than any other meat, therefore it should be handled, prepared and cooked with great care. Pork must always well-cooked because of “trichinella” (parasitic worms) that exist in pig flesh. These worms are destroyed in cooking.

Quality Points

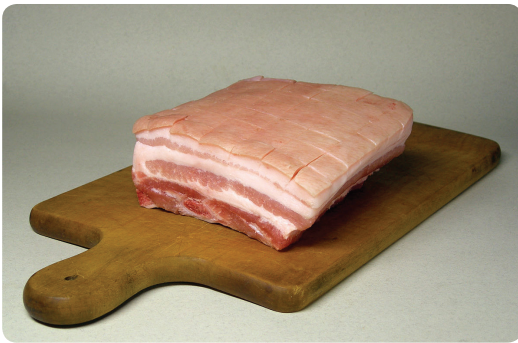
Pork flesh should be pale pink, firm with a fine grain. There should not be too much fat and the fat should be white and smooth. Skin (rind) should be smooth. Bones should be small, fine and pale pink.

Common cuts of pork

Loin



Spare Ribs



Belly (bacon is obtained from slicing of the belly)



Pork Chops

Pork must be marinated before cooking:

Honey marination (bees honey, cinnamon powder, salt, pepper, few drops of HP sauce, garlic ginger paste, soya sauce, black pepper, herbs like sage) is a well-known marinade for pork.

Cooking Methods for Pork

Recommended Cooking Method	Pork Cuts
Braising	Rib, belly, loin, shoulder
Stewing	Belly
Grilling	Chops, fillet, ribs
Pan Frying	Fillet, chops
Roasting	Whole leg, whole head, whole loin

OFFAL - Edible parts of pork apart from flesh

- Liver
- Kidney
- Heart
- Brain
- Intestine
- Sweet bread
- Pig totters
- Head

Points to remember:

- ANY KIND OF MEAT SHOULD BE RESTED AFTER COOKING.
(to allow flavours to concentrate in the meat).
- Beef, veal and lamb can be cooked RARE, MEDIUM RARE, or WELL DONE
- Pork can only be served if it has been thoroughly cooked through.

Traditional Dishes

Roast Sirloin of Beef



Braised Beef



Grilled Pork Chop



Roast Pork



Roast Leg of Lamb



Irish Lamb Stew



Veal Schnitzel



Veal Piccata

REVIEW (See Section 7 of the Professional Cookery Skills Manual)

Which part of the cow is used for making roast beef?

Which part of the cow is used for loin steaks?

What would happen if you used the wrong cut for a loin steak dish?

Which cut of pork is very soft and how can it be cooked?

Which cut of pork can be roasted whole?

What do you think might happen if you tried to grill shoulder meat?

Can you recognize the meat used in the following pictures?



GAME

There are two types of game: feathered or furred

The word game is used, for culinary purposes to describe animals or birds that are hunted for food, but now many types of game are being bred domestically, for example – pigeon, duck, venison, wild boar. Game meat is less fatty and quite lean. The fat content of wild birds is less when compared to domesticated birds. This type of meat requires tenderizing and marinating.

When handling game meat:

- Keep the meat out to bring it up to room temperature first.
- Game meat is generally tougher and consists of coarser fibres than meat from domesticated animals. This is why it's always important to keep track of the direction of the muscular fibres, even if you're cooking the finest, tenderest cuts. Slice across the fibres before and after cooking.

What to remember when cooking game:

- The meat should be at room temperature.
- Keep an eye on the direction of the fibres.
- Fry in oil and plenty of butter.
- Never cook steaks and fillets all the way through. Finish off your meat in the oven.
- If the meat has been in a flavoured marinade, it is a good idea to use the marinade as the basis of a sauce for the finished meal. Keep the juices and flavours by cooking in an
- If you overcook game meat on a high temperature it will produce a bitter, metallic taste like liver.
- Like other red meat game meat must be rested before serving. Rest the meat in a warm place under a cloth (not foil) after cooking.

Use a thermometer

Measure the internal temperature at the fattest part of the cut. You can remember 56°C as a guideline for all game apart from wild fowl such as capercaillie and goose that need to reach 67-68°C so as not to be dry.

Temperatures for wild fowl

Ancient tradition says that wild fowl should be served well done, but it tastes much better if you use a thermometer and go for precisely the right temperature. That makes sure your meat is safe and juicy.

Game Temperatures

Most dark game meat (see above for exceptions) is good at the following internal temperatures:

- Rare 56°C
- Red 58°
- Pink 60°
- Light pink 62°
- Well done 65°



Roast Quail



Rabbit Stew

POULTRY

Poultry is the collective term for domesticated birds bred for eating. This includes chicken, duck, geese, guinea fowl, pigeons, and turkey. Poultry is generally the least expensive and most versatile of all main dish food. The various ways to butcher poultry and the utilization of almost any cooking method makes it very versatile. Poultry has a mild flavour and is almost always tender. Young birds are almost always more tender than older birds. Birds that do fly have only dark meat

Purchasing and Storing Poultry

- All poultry is potentially hazardous food so handle appropriately.
- Fresh chickens and small birds can be stored on ice or at 32-34F degrees for two days.
- Frozen poultry should be held at 0° F.
- Frozen poultry shouldn't be held longer than six months.
- Frozen items should be thawed under refrigeration.
- Chicken and turkey flesh should be pale pink in color, plump and firm. The skin should be white and unbroken. Duck and goose flesh should be pinky red color (duck and goose flesh are darker than chicken or turkey flesh).

Handling Poultry

- Thaw in time. Let frozen meat thaw slowly in the refrigerator.
- Dry off vacuum packaged meat and let it 'air' to get rid of any stale odour. It should disappear after a few minutes and is usually caused by the packaging, not the meat.
- Preferably marinate during the one to two hours it takes for meat to reach room temperature. Use sour, water-based marinades. It is the acid in the lemon, vinegar and certain other substances found in the likes of yogurt, papaya and mango, which have a tenderizing effect on the flesh.
- Chicken and other poultry should not be kept at room temperature for more than 30 minutes before cooking.
- The fat carries the taste. Cut away the fat after cooking, not before.
- You can prepare the meat for frying: Cook it to a perfect internal temperature before the guests arrive and keep it warm. Then fry it at a high temperature – in the oven or in a pan – to achieve a tasty, dry and beautiful surface just before serving.
- Poultry is often prepared without the skin. But for wings and drumsticks the skin is kept on for a crisper finish. The thigh is called dark meat and is the juiciest meat of the bird. It can be prepared on or off the bone, and with or without the skin. The leg describes the thigh and shin (drumstick) connected together.

Chicken

- Most popular and widely eaten poultry in the world.
- Contains white and dark meat.
- Can be cooked by almost any cooking method.
- Readily available fresh and frozen.

Duck

- Roasting duck is used mostly in food service.
- Has only dark meat.
- High percentage of bone to meat.
- Large percentage of fat.

Goose

- Goose has a large percentage of very fatty skin.
- Has only dark meat.
- Usually cooked at high temperatures to render the fat.
- Roasted goose is popular at the holidays and is often served with an acidic fruit-based sauce.

Pigeon

- Young pigeon is commercially referred to as a squab.
- Has dark meat and is well suited for broiling, sautéing, or roasting.
- Squab has very little fat so it will benefit from barding.

Turkey

- Turkey is the second most popular poultry in the United States.
- Has both white and dark meat.
- Has a small amount of fat.
- A young turkey lends itself to being prepared in any manner.

Ratites (Game Bird)

- Ratites are a family of flightless birds with small wings and flat breastbones.
- They include:
 - Ostrich (native to Africa)
 - Emus (native to Australia)
 - Rhea (native to South America)
- Ratite meat is classified as red meat, even though it is poultry. It has a cherry-red colour with a flavour similar to beef but a little sweeter, and a soft texture.
- The meat is low in fat and calories
- The birds are normally slaughtered at 10-13 months of age
- Ratite meat is cooked similar to veal
- Because it is low in fat, care must be taken to avoid overcooking
- Ratites are cooked to medium or medium rare.

Edible Parts (Offal) of Poultry

- Livers, gizzards, hearts, and necks (sometimes called giblets)
- Offal normally comes packaged with the bird when purchased
- It is possible to purchase offal separately
- Offal are often cooked separately and then used to make sauces or gravy

Marinating

Marinating is often used to flavour and moisten the meat

Poultry is mild in flavour

Poultry absorbs flavours quickly

Two hours is often sufficient to flavour poultry

Determining Doneness

Poultry must always cook to well done stage because there is a danger of salmonella present in chicken.

Methods used to determine the doneness of poultry

- Touch: should be firm to touch
- Internal temperature: should be more than 72c (check the thigh joint where it is attached to the body)
- Looseness of joints: when twisted the joints will easily break away.
- Colour of the internal juices: should run clear
- Time: normally 35 -45mins

Cut of Poultry	Cooking Method
Whole	Roast, Rotisserie
Breast (fillet or cutlet)	Grill, Sauté
Drumstick	Deep fry, Grill
Wing	Deep fry, Sauté
Leg	Roast, Grill, Pan-fry, Barbecue

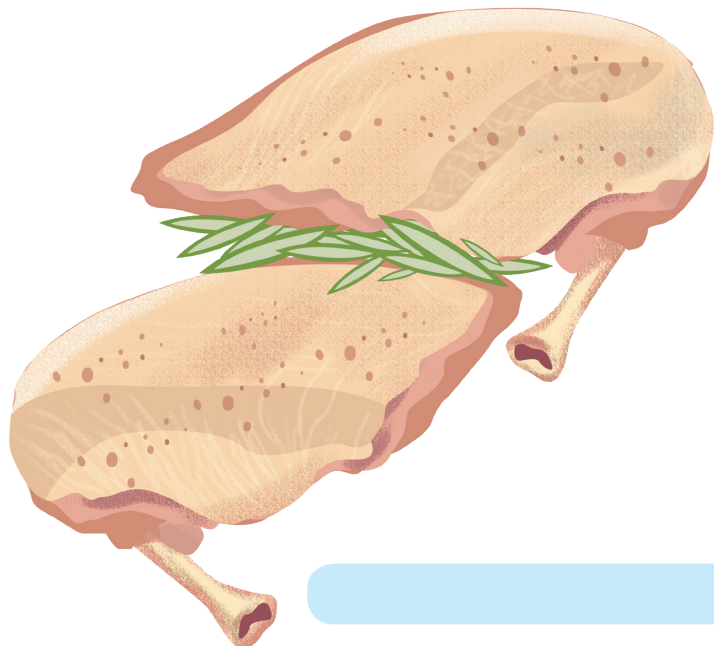


REVIEW

Which of the following pictures show diced chicken in curry and braised chicken?



There are different ways to “trim” chicken meat. This means there are different ways to present the chicken meat. A most common way is to “French trim”. Label the following pictures using the words in the box below:



French trim chicken supreme
French trim chicken lollipop

REVIEW

Label the following parts of a turkey or chicken as dark meat or white meat:

- Breast -
- Whole Leg -
- Drumstick -
- Thigh -
- Wing -

Read the statements below. Write T (true) or F (false):

- Game meat can be from a wild animal or a bird. _____
- Rabbits that have been farmed are still game meat. _____
- Game meat has no odour. _____
- Game meat has a bitter, metallic taste if overcooked. _____
- Chicken and turkey flesh are lighter in colour than duck or goose. _____
- Poultry meat should not be left at room temperature for more than one hour. _____

Name the 5 cuts of chicken in this picture (remember the leg can be separated into two cuts):



FRUIT

To review different fruit types, see Section 7 of the Professional Cookery Skills Manual.

Cooking Methods

Fruit can be cooked using moist- or dry-heat methods. Poaching, stewing and other moist-heat methods are wonderful for dressing up plain fruit. Sauces and compotes are usually made using moist-heat cooking.

Follow these tips for cooking fruit using moist-heat methods:

- Pears, apples, peaches, nectarines, plums and apricots are commonly poached fruits.
- Figs, grapes, quince and bananas will also poach nicely.
- Use just enough liquid to cover the fruit.
- Keep fruit pieces uniform in size for even cooking.
- Let fruit rest in poaching liquid for 20 minutes after cooking to allow the flavor to be absorbed.
- Some fruits, such as berries, will not hold their shape after poaching or stewing, but they make a good hot fruit sauce.



Dry-heat methods that enhance fruit include grilling or broiling, roasting or baking, and sautéing. No matter what method you use, take care not to overcook fruit. Exposure to heat breaks down fruits' cell walls, which results in water loss. The less time fruit is exposed to heat, the better it retains its shape. Quick cooking methods are best for ripe fruit.

If roasting, grilling or sautéing fruit, follow these tips:

- Apples, apricots, bananas, pineapples, peaches, plums, pears, cherries and figs are excellent fruits for dry cooking.
- Keep pieces uniform in size for even cooking.
- Be careful not to overcook the fruit or it will become mushy.



When you heat fruit, the cells die and undergo dramatic changes that cause the cells to leak water and soften. The longer you heat the fruit, the more softening and water loss occurs; in other words, the more its texture changes. Genetics play a big role in the texture of cooked fruit.

Selecting Ingredients

Almost any fruit can be cooked. Ripe, sweet fruit needs little or no added sugar. Slightly underripe fruits are less sweet, but firmer and perfect for poaching.

- Use spices to enhance the natural sweetness of cooked fruit dishes. Cinnamon, nutmeg, clove, star anise, ginger, cardamom, black pepper, chilies, vanilla and saffron are commonly paired with fruits.
- Herbs like mint also complement many fruits. Rosemary and sage work well with cooked fruits paired with meats — for example, sage with apples and chicken. Lemon verbena and lavender are flavourful additions to a poaching liquid. Other herb and fruit combinations include oranges with thyme, peaches with rosemary and strawberries with sage.
- Wines, spirits such as rum, whiskey or fruit brandies, and fruit juices used in combination with water and sugar add flavour to poaching and stewing liquids. Flavoured liquids can also be used to deglaze the pan after sautéing fruits to make a delicious sauce.
- With dry-heat cooking methods, added sugars are used primarily to add sweetness.
- In poaching or stewing fruit, however, sugar also helps retain the shape of the fruit. The standard ratio for a poaching liquid is 1/3 to 1/2 cup of sugar to 1 cup of liquid. Light poaching liquid is made with 1/4 cup of sugar to 1 cup of liquid and is used for firm or slightly underripe fruit. Heavy syrup made of 2/3 cup of sugar to 1 cup of liquid is needed for poaching very ripe or soft fruit.

When making a fruit sauce like applesauce or pear sauce, sugar is used for sweetness and should be added at the end.

Serving Cooked Fruits

Cooked fruit goes way beyond dessert today, appearing in salads, side dishes and main courses. Serve whole-grain pancakes or waffles with a flavourful fruit compote instead of syrup. Try banana-pecan compote, peach and cherry sauce or a warm berry compote. Cooked fruits are also at home with main dishes. Pork medallions with apple-raisin cinnamon compote, citrus chicken with grilled tropical fruit, and cod with orange and fennel compote are flavourful ways to showcase fruit and to fit more servings into a daily diet.

Cooked fruits also make excellent side dishes. Try fresh gingered pear sauce or grilled pineapple, nectarine or pear as a side dish or in a salad. Even pizza can be topped with fruits such as pears or figs with goat cheese.

Some traditional dishes using fruits:



Poached Peaches in Lemon Verbena and Lavender



Duck a L'Orange



Waldorf Salad



Vanilla Panna Cotta with Berry Compote

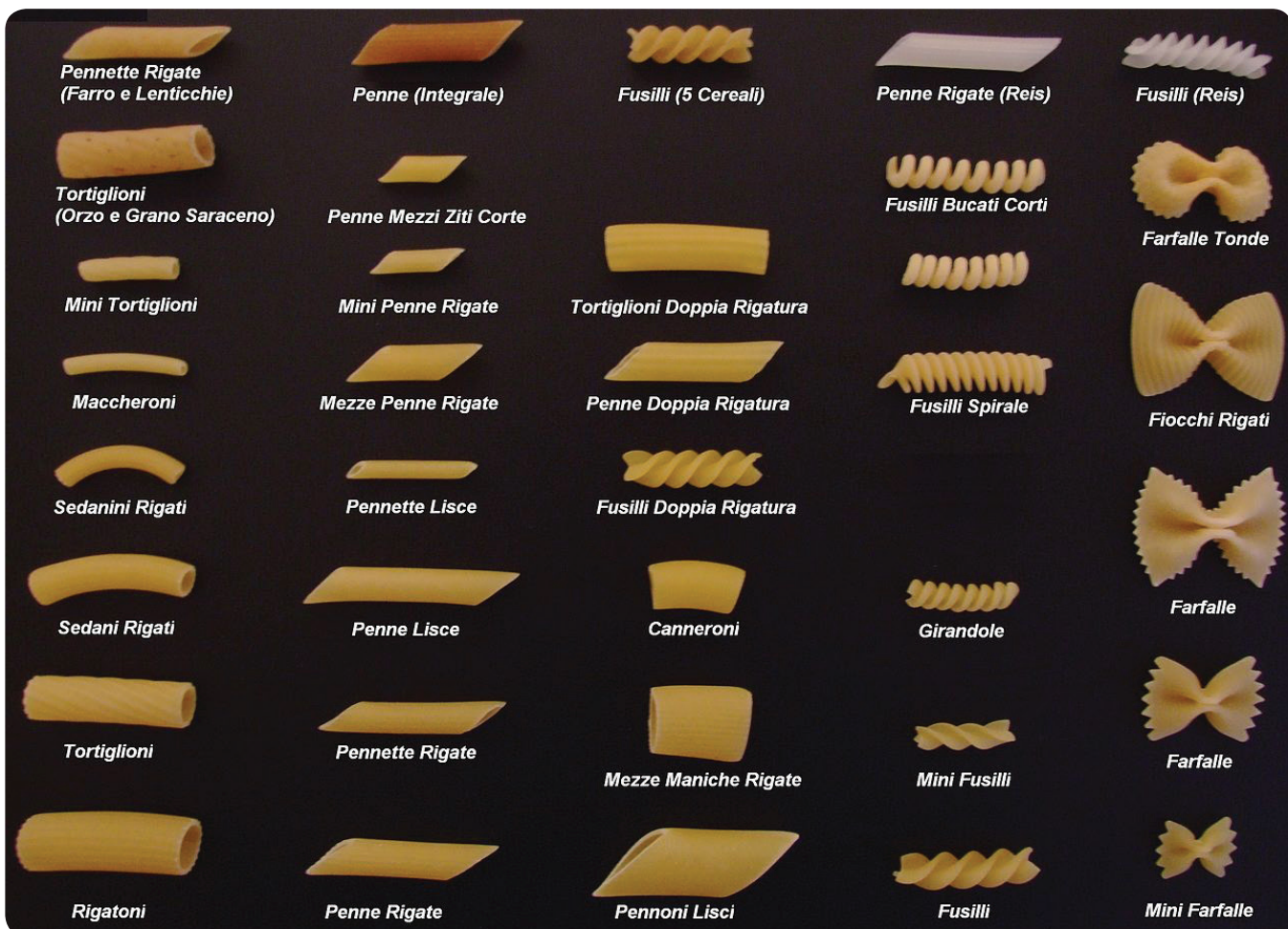


Roasted Cherries and Frozen Yoghurt

PASTA

Pasta is a staple of Italian cuisine. It is typically made from unleavened dough (made from wheat flour mixed with water or eggs), and formed into sheets or other shapes, then cooked by boiling or baking. Rice flour or legumes, such as beans or lentils are sometimes used in place of wheat flour to yield a different taste and texture, or as a gluten-free alternative.

Pasta is divided into three broad categories: fresh, dried and stuffed (filled)



Fresh

Fresh pasta is usually locally made with fresh ingredients. 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 in order to let the pasta take front stage.

Fresh pasta does not expand in size after cooking; 0.7 kg (1.5 lb) of pasta is needed to serve four people generously. 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 possible to make fresh pasta without eggs.

Dried

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 and has a longer shelf life than fresh pasta. The ingredients required to make dried pasta include semolina flour and water. Eggs can be added for flavour 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. 0.5 kg (1 lb) of dried pasta serves up to four people.

Stuffed (filled)

Stuffed pasta is usually fresh pasta stuffed with a filling. The filling could be meat, cheese, seafood, poultry, vegetables, mushrooms. Stuffed pasta, like fresh pasta, is very tender and takes little time to cook. Since they are filled with other ingredients, great care must be taken when storing. They can be frozen and stored. They do not need to be thawed before cooking. They are commercially available already frozen. Sometimes they come in different colours if the pasta shell has been tinted with spinach, tomato or mushroom. Common stuffed pasta are cannelloni, ravioli and tortellini.

Storage

- Uncooked pasta – store in cupboard in tightly closed container and use within 1 year for highest quality.
- Cooked pasta – refrigerate cooked pasta for 3 to 5 days. Store cooked pasta separately from sauce.
- Freezing pasta – best to freeze dishes before baking. Thaw dishes in refrigerator and bake as the recipe.
- Reheating pasta – portion out amount needed and place in boiling water for 40 to 60 seconds. Drain, butter, toss with sauce and serve.
- Reheating pasta in the microwave – reheat a single serving on High for 45 seconds.

Pasta Cooking Tips

Cook pasta in plenty of gently boiling, salted water. When boiling fresh pasta add little oil to water (prevent from the pasta sticking to each other).

Stir to boil but do not overcook.

If not used immediately, re-heat in hot running water.

Cook “al-dente” (tender yet firm/ just cook) – see Section 7 of the Orientation Manual.

With most pasta dishes freshly grated Parmesan cheese is served separately.

Allow 50g dry weight as first course, and 100g as main course.

Examples of sauces go with pasta

Tomato sauce (tomato concasse) - marinara

Cream butter or béchamel based (seafood marinara sauce)

Rich meat sauce (bolognese sauce)

Olive oil and garlic

Soft white or blue cheese

Pesto (made with crushed basil leaves, pine nuts, garlic, Parmesan cheese and olive oil)

Pasta as....

Starter	-	Ravioli
Soup	-	Minestrone
Salad	-	Pasta salad
Main course	-	Spaghetti bolognaise

Basic Pasta Recipe

Flour	100g
Egg	01
Olive oil	1 tbsp



Pesto



Primavera



Spaghetti Bolognaise



Penne Alfredo

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 and Africa.

Quality Points

1. Whole and broken grains.
2. Shape and size of the grain.
3. Correct color of grain.
4. Chalkiness.
5. Weight
6. No damaged and discolored kernels.
7. No foreign material like dirt, stones.
8. Moisture content of the grain is low



Storage and use

Rice should be stored in sealed containers at room temperature in a cool and dry place. Because of the oil in the bran, brown rice and other coloured varieties will become rancid if not stored and rotated through storage quickly.

Rinsing – Modern processing does an effective job of removing most impurities and producing a clean rice product. Some types of rice preparations recommend rinsing or soaking (for example, risotto) to remove starch and make it less sticky. Small and medium grain rice varieties often call for it to be rinsed to remove excess starch before cooking.

White Rice VarietiesRice Commonly Used in Commercial Food Production

Type	Description and Name	Dishes
Long Grain White rice	<p>Thin and long in appearance, not sticky after cooking. Low starch content means it is lighter and drier and easy to separate. Best as a side dish or as a bed for dish with sauce.</p> <p>Examples:</p> <p>Basmati (India) Jasmine (Thailand)</p>	<p>Fried Rice</p> <p>Rice and Curry</p> <p>Buriyani</p> 
Medium Grain White rice	<p>Shorter, but not as plump as short grain rice. It has a higher starch content than long grain, so it is a little sticky after cooking.</p> <p>Examples:</p> <p>Spanish rice (Spain) Arborio (Italy)</p>	<p>Paella</p>  <p>Risotto</p> 
Short Grain White rice	<p>Shorter, rounder and plumper than long grain and medium grain rice. It has a much higher starch content, so it is quite sticky after cooking.</p> <p>Examples:</p> <p>Koshi Hikari (Japan)</p>	<p>Sushi</p> 

Basmati

Basmati rice is known for its rich texture and flavour. This rice is the best choice for everyday consumption. It is used to cook a multitude of everyday dishes like rice pilaf, garlic rice or steamed rice, Khichdi, etc. Cooking quality is influenced by the properties of starch. Some varieties expand more in size than others upon cooking

White basmati rice can be enjoyed in moderation, but brown basmati may be a better overall option for your health. Refined grains like white basmati rice are associated with a higher risk of type 2 diabetes, obesity, and metabolic syndrome. They are best eaten in moderation.

Jasmine

Jasmine rice is cultivated in Thailand and is often the rice that accompanies many types of Asian cuisine. It is a flavourful and aromatic rice. It has a soft and moist texture, which makes it ideal for soaking up spices and sauces in stir-fry and Thai curries.

Parboiled

The rice grain has gone through a steam-pressure process before milling that gelatinizes the starch in the grain. This process produces a more separate grain that is light and fluffy when cooked. Ideal for many types of rice dishes.

Arborio

Arborio rice is a medium grain rice that is wider in size and has a characteristic white dot at the centre of the grain. It is named after the town of Arborio in the Po Valley of Italy, where it is grown. Due to the high starch content of Arborio rice, it has a slightly chewy and sticky consistency and develops a creamy texture when cooked. It is ideal for risotto, rice pudding and soup.

Brown (long grain)

Brown rice grains have a chewy texture when cooked. They have a pleasant, slightly nutty flavour. The nutritious bran layers are left on brown rice so it can retain its natural goodness and tan colour. Rich in vitamins and minerals, brown rice is a 100% whole grain food. It is a versatile rice that becomes light and fluffy when cooked, ensuring it will not stick together. Ideal for stir-fry, pilaf and casseroles.

Cooking rice

- Rice can be boiled in salted water similar to pasta (but not short grain Japanese rice varieties).
- Braising methods including pilaf, paella, jambalaya, and risotto call for rice to be sautéed and even browned in fat before adding liquid.
- Long grain rice is usually not stirred after the liquid is added.
- Short grain rice varieties used in paella and risotto are stirred while adding liquids.
- Sticky rice varieties used in Asian cooking are rinse or soaked, combined with water, covered, and steamed gently without being stirred.

Rice cooking ratio

Liquid: rice

Cooking Method

Brown	3:1	Bring to boil first.	
White long grain	2:1	Simmer 20 min	white
White short grain	3:1	Simmer 45 min	brown

Leave another 5-10 minutes and break the rice to avoid lumps.

NOTE: Once rice is cooked, keep it hot at a temperature above 65 C for no longer than 2 hours. Cooked rice is a food hazard and will quickly grow bacteria if not kept at the right temperature. Avoid storing and re-heating cooked rice unless it is done in very strict hygiene and temperature-controlled conditions.

Some standard rice dishes:

Paella



Fried Rice



Pilau



Risotto

REVIEW

Name at least 5 pasta shapes:

Which rice is commonly used in fried rice and pilaf?

How should dried pasta or rice be stored?

Dried Pasta:

Rice

LEARNER ACTIVITY:

Cook and compare a dish of plain boiled rice and a dish of steamed rice. Write your observations below:

Cook two dishes of pilaf - one with a richly flavoured chicken stock and the other with water. Taste and compare them. Write your observation below:

PROCESSED FOOD

You will get many opportunities to work with processed food (such as hams and sausages), convenience food (such as canned or tinned food), raw and pre-cooked frozen food (such as frozen fish fillets or frozen peas or frozen French Fries).

Whatever the process in which the food has undergone, always read the manufacturer's guidelines for de-frosting or re-heating or cooking or storing.

Dishes that include processed food:

	Type of processed food	Used in
Salted and / or Cured Meat	Sausages	Bangers and Mash, Hot Dogs, appetizers, sandwiches, pizza toppings, soups
	Ham	Roast Ham, appetizers, sandwiches
	Salami	Pizza toppings, appetizers, sandwiches
	Cured Bacon	Bacon and Eggs, Cobb Salad, sandwiches, hamburgers
	Corned Beef or Mutton	Sandwiches, appetizers,
	Smoked Meat	Salad, sandwiches, stew, pate
Cured Fish	Canned / Tinned Fish (brine-preserved or oil-preserved or fermented)	Different types of appetizers and salads, sandwiches, fish paste (anchovies) for spreads, pizza toppings, and sauces
	Smoked fish	Appetizers, salads, sandwiches, fishcakes, chowder, pate
	Frozen Fish Fillets	Fish and Chips
Vegetables and Fruits	Chutneys, Pickles, Salted Vegetables	Appetizers, sandwiches and are often used as an accompaniment to main dishes
	Frozen Peas, Corn, Mixed Vegetables	Salads, fried rice, as an accompaniment
	Dried Fruit	Appetizers, salads, dessert pastries

	Frozen Pastries	Appetizers
	Dried Lentils	Dried lentils can be rehydrated and used in soups or salads
	Stock Cubes	Soups, Sauces
	Cordials and Syrups	Juices, dessert sauces
	Wines, Vinegars and Spirits	Sweet or savoury sauces, glazes, salad, dressings, shooters, stews



Roast Ham



Bangers and Mash

PROBLEM SOLVING

Read the following situations and consider your own answer before discussing with your class and trainer.

Scenario A

You were supposed to make 5 hard boiled eggs, but you have taken the eggs out too quickly and they are only half boiled. What can you do?

Scenario B

You have accidentally over cooked the beef T-bone steak to well done when it was supposed to be medium rare. What can you do?

Scenario C

The handle of the pot you were using has broken off. What should you have done before cooking and what do you do now?

Scenario D

You forgot to season the pork chop you are cooking. What do you do?

Scenario E

The commis in the next station is cooking a sole meuniere but has gone somewhere and left the fish cooking in the pan. What do you do?

Scenario F

The pasta has been overcooked and is not al dente. What do you do?

PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be expected to demonstrate the preparation of three dishes according to a standard recipe.

You can prepare for this by:

- Reviewing Hygiene and Food Safety guideline (Sections 1 and 2 of the Orientation Manual).
- Reviewing all the cooking methods from Section 9 of the Orientation Manual. Look also at Stocks, Soups and Sauces.

Consider factors such as your mise en place and about why it is important to follow a standard recipe.

Choose four or five standard recipes, either from your establishment or given to you by the trainer or assessor, and create a work plan, activate and reflect on how to improve your skills.

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Module 15



PROFESSIONAL COOKERY SKILLS WORKBOOK

Desserts

DESSERTS

Learning Outcomes	<p>After you have completed this module you should be able to:</p> <ul style="list-style-type: none"> ➤ Identify and prepare hot and chilled desserts (recipes, ingredients, tools, equipment and methods) ➤ Identify and prepare classical desserts (recipes, ingredients, tools, equipment and methods) ➤ Understand raising agents and basic bread and pastry production techniques
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For many people, dessert is the best part of a meal. The dessert should therefore complement the main course in order to give the customer complete satisfaction if it is a course meal. If you are preparing a buffet service the choices can be endless and so it is best to have desserts that cater to a variety of tastes and textures (soft or crunchy, sweet or sour, hot or cold, fresh or cooked) for maximum satisfaction. It is also important for you to learn the fundamentals of baking, even if you intend to become a cook rather than a baker. This module will not make you a professional baker. A baker requires far more technical and specialised information than can be taught at this level. But you will learn the basic methods for producing a wide variety of breads, desserts, and pastries.

BEFORE MAKING DESSERT

Please review Module 1 and 2 (Orientation Manual) concerning Hygiene and Food Safety. Before starting to prepare or cook any food item you must:

- maintain high standard of personal hygiene
- ensure that your workspace, work station and equipment has been cleaned and sanitized
- check the quality and freshness of the ingredients you are going to use.
- transport the ingredients in a hygienic manner.
- ensure that while you are preparing and cooking you are always taking precautions against cross contamination by constantly monitoring your workstation and personal hygiene.

In addition, you must review Module 8 in the Orientation Manual in regard to mise en place. Before food production you must consider the following points:

- You will be expected to follow a standard recipe or the recipe given to you by your establishment. Do you have the recipe for the dessert you are going to make?
- Do you know the yield of the recipe?
- Have you chosen the correct ingredients as per the recipe?
- Do you have all the ingredients you need?
- Do you know have the right quantities of ingredients?

- Do you know how much of the dessert you have to make? What is each portion size?
- Do you have the correct tools and equipment?
- Are all the tools functioning correctly?
- Have you prepared the ingredients to be ready for production?

Now you are ready to begin!

BELOW ARE THE BASIC INGREDIENTS YOU SHOULD KNOW:

Food historians say that salads were first enjoyed by ancient Romans and Greeks in the 16th Century. The word “salad” comes from the French word “salade” which in turn comes from the Latin word “salate”.

EGGS

Egg whites
Egg yolks

FLOUR

Cake flour
All-purpose flour
Bread flour
Whole wheat flour

FATS

Butter
Margarine
Lard
Oil
Shortening

SUGAR

Granulated sugar
Castor sugar
Icing Sugar
Light brown or dark
brown sugar

DAIRY

Cow's milk
Heavy Cream
Sour cream
Yoghurt
Buttermilk
Cheese

Chemical Leavening Agent

Baking soda
Baking powder
Baking ammoniac

Water and Salt

Yeast

Fresh yeast
Instant dry yeast
Active dry yeast
Baker's yeast

Thickener Agent

Starch
Gelatin
Gel dessert
Agar-agar
Pectin

Flavourings

Vanilla, cocoa, coffee,
fruits, nuts, herbs and
spices, liqueur and
liiquor, essences

Extra notes:

Starch can be corn flour, potato flour or tapioca flour.

Agar-agar and gel dessert are both made from seaweed and is a good vegetarian option.
(Gelatin is made from animals)

Pectin is made from fruits.

Heavy cream is 35% fat while cow's milk is 3.5% fat.

The cheeses most used for desserts are ricotta, mascarpone, cream cheese and fresh cheese.

Buttermilk is a fermented dairy product.

Sugar can be made from cane or beetroot.

Other sweeteners include corn syrup and glucose syrup and honey.

Flour and Yeast will be covered in more detail in the Yeast Dough Products Section

Your ingredients need to be fresh. Below are some common dessert-making ingredients and how to know if they are fresh

<i>Ingredient</i>	<i>How to know if it is good to use</i>
Flour	No insects, no bad/sour smell
Eggs	Undamaged shell, well within the expiry date on package. OR crack open the egg and there is no smell or change in colour.
Sugar	No sand, dirt, no insects, no dis-colouration
Butter	Well within the expiry date on the package, same even colour from outside to inside, no sour taste and no rancid/bad smell
Milk	No rancid/bad smell or sour taste, no lumps, no dis-colouration, and well within the expiry date
Cream	No sour smell and no lumps
Puff Pastry	No sour smell, no sour taste, no mold and no dis-colouration, well within the expiry date on package

It is also important to know how these ingredients should be stored:

<i>Ingredient</i>	<i>How to know if it is good to use</i>	<i>Freeze or no freeze?</i>
White Flour	Room temperature, sealed bag/container	No
Eggs	Refrigeration, keep in original container	No
White Sugar	Room temperature, sealed bag/container	No
Butter or Margarine	Refrigerator, keep in original packaging	Possible up to 3 months
Milk	Refrigerator, keep in original, lidded container	No
Heavy Cream	Refrigerator, keep in original, lidded container	Yes up to 3 months
Light Cream	Refrigerator, keep in original, lidded container	Yes up to 3 months
Puff Pastry	Refrigerator, keep in original package or container	Yes up to 3 months

NOTE: For all products manufacturer's usage guidelines must be followed.

REVIEW

Look back to Section 6 of the Professional Cookery Skills Manual to remind yourself of the different, kitchen hand tools you may need for making desserts. Then fill in the blank column with the name of the tool (or a drawing):

	<i>Kitchen tool (s)</i>
Whisking / Whipping	
Folding	
Stirring	
Rolling	
Baking	
Brushing and Glazing	

Below are some of the basic techniques you will need to master for dessert-making:

Skills	What to remember
Whisking / Whipping	<p>Different creams have different uses – are you using heavy (double) or light (single cream)? Heavy (double) cream is the best cream for whipping.</p> <p>Whisking and whipping should be done in cold temperature, either in a refrigerated room or using a basin on ice. Do not over-whip. If you are not using the whipped cream immediately, slightly under-whip and keep it in the refrigerator for up to 24 hours, in a sealed and labelled container. Then, when you are ready to serve your dessert, re-whip the cream.</p> <p>Whether you whip cream or egg white, you will know you have reached the right consistency if stiff peaks form when you remove the whisk.</p>
Folding	<p>Like whisking /whipping, folding should also be done at a cool temperature. Heat can make the mixture become runny and flat. Cut the mixture and fold. Do not stir.</p> <p>Keep the mixture in the refrigerator for up to 24 hours, in a sealed and labelled container if not using immediately.</p>
Stirring	<p>Stirring is moving your hand and kitchen tool round and round in an steady and even movement.</p> <p>Keep the mixture in the refrigerator for up to 24 hours, in a sealed and labelled container if not using immediately.</p>
Tempering	<p>This refers to making pastry cream. After you have heated the milk to make a pastry cream, you must temper the egg and sugar mixture by adding only half of the hot milk to the egg and sugar mixture. You must continuously whisk while doing this to prevent the eggs from turning into scrambled eggs. Once that is done, you can take the new mixture and add it to the rest of the hot milk in the pan, and do not forget to keep stirring.</p>
Rolling	<p>The most important aspect of rolling dough is the dusting of flour. Dust your rolling pin, your rolling surface, and your dough. Dust regularly to prevent the dough from sticking. The rolling surface should be cool. This is to prevent the dough from sticking to the surface.</p>
Baking	<p>Follow the recipe for temperature control and length of time. Use the correct baking dishes or trays.</p> <p>Baking sheets help prevent cakes and pastry choux from sticking to the trays. Rub butter or margarine on the insides of baking tins to prevent sticking.</p>
Brushing and Glazing	<p>Use the right tools. Do not over-glaze.</p>

DESSERT COMPONENTS

The basic elements of a plated dessert are the following:

Main Item

- For example, a slice of cake.
- Consider Flavour, Texture, Temperature, Colour and Shape.
- Examples: tarts, cakes

Secondary Items and Decor

- These items are not merely for garnish.
- Secondary items can add flavour and texture and eye appeal.
- Secondary items can enhance or contrast the texture and flavours of the main item.
- Examples: Ice cream, tuille

Sauce

- Consider Flavour, Texture, Temperature, Colour and Shape.
- Example: coulis

In time you will learn to create your own dessert dishes and what you will learn in this module will build towards that. In the meantime, you must follow the recipes, methods and plating diagrams of the establishment you work at or what is given to you by your chef.

First you have to learn the basics.



CUSTARDS

Custards form the basis of many puddings, pie and tart fillings, choux pastry fillings and can be served in a sauce form over some desserts (for example, apple crumble) and even fruits.

Custard is a liquid that is thickened by the coagulation of egg protein. There are two types of custard: stirred custard and baked custard.

Baked custard is custard that has been set in a bain-marie and oven. The texture is firm.

Stirred custard is a liquid that can present in different thicknesses depending on what it is used for.

There are two types of stirred custard – Crème Anglaise and Crème Pâtissière.

Crème Anglaise (vanilla custard sauce)

Crème anglaise is French for “English Cream” and it is a light pouring custard used as a dessert cream or sauce. This sauce can be poured as a sauce over cakes or fruits.

Ingredients: Sugar, egg yolks, hot milk, vanilla (if necessary)

Method:

- 1) Whip egg yolks and sugar together until the yolk is almost white.
- 2) Slowly add hot milk, while whisking.
- 3) Vanilla (seeds or essence) may be added for extra flavour and visual appeal.
- 4) Cook over low heat (excessive heating may cause the yolks to cook, resulting in scrambled eggs) and stir constantly with a spoon until it is thick enough to coat the back of a spoon, and then remove from the heat. You can put the custard through a strainer to make it even smoother.

NOTE: milk can be replaced with cream

(After cooling down to room temperature, it can be stored in the refrigerator in a sealed container for up to 3 days. If covering with plastic wrap, make sure plastic wrap touches surface of the pastry cream or a skin will form.)

If the sauce reaches too high a temperature, it will curdle, but it can be salvaged by straining into a container placed in an ice bath. Cooking temperature should be between 70 °C (156 °F) and 83 °C (180 °F); the higher the temperature, the thicker the resulting cream, as long as the yolks are fully incorporated into the mixture.



It is also possible to set the sauce into custard cups and bake in a bain-marie until the egg yolks set. This will result in a very popular dessert – crème caramel.

It can also be used as a base for desserts such as crème brûlée.

To make crème anglaise into a cremeux (cray-moo) one or more of the following is added to bind it: gelatin, butter, chocolate

Crème Patissiere (Pastry Cream)

Crème Patissiere is stirred custard sauce that has been thickened by a thickening agent such as corn starch or flour (or both in some cases). Since this type of custard is thickened by a starch it is a much more robust and stable product and so it can withstand heat over 85 degrees Celsius.

Pastry cream is often used as filling for profiteroles and eclairs. It is used to fill tarts.

Pastry cream can be flavoured with vanilla, chocolate, butterscotch, coconut, banana or lemon (to make a cream pudding or cream pie filling).

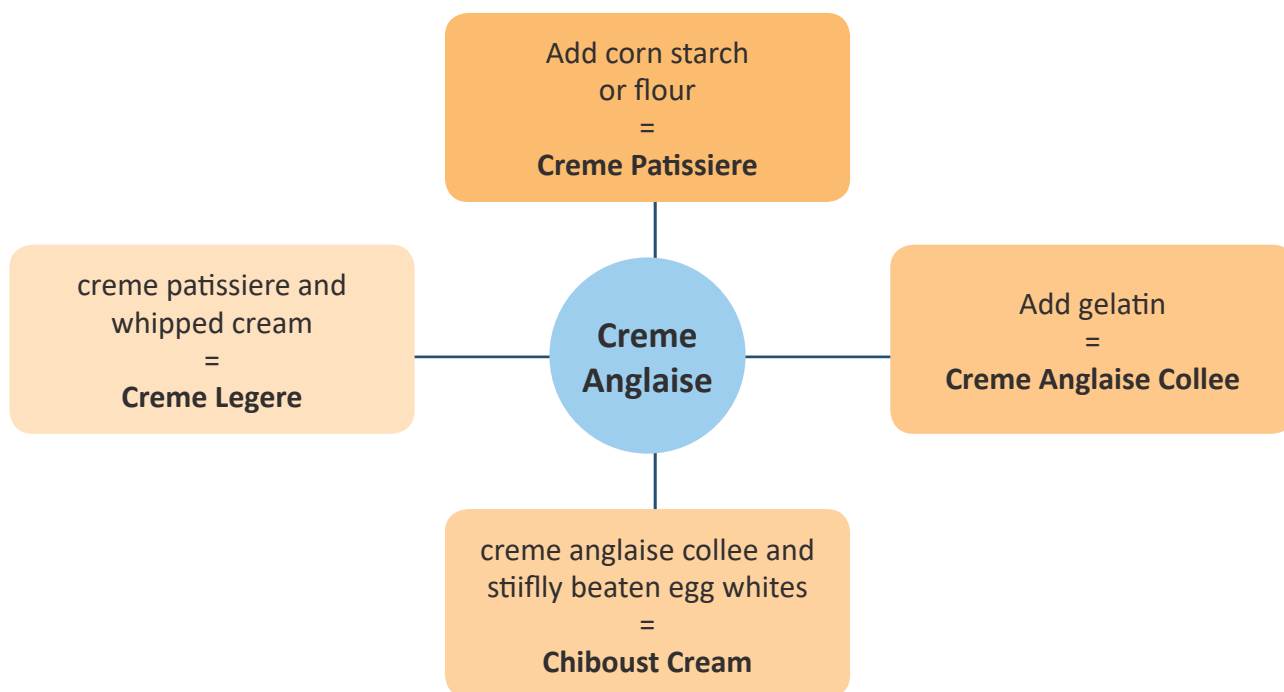
Ingredients: egg yolks, sugar, plain flour, cornstarch, milk or cream , vanilla (if necessary)

Method:

- 1) Beat the eggs and sugar for a few minutes until the mixture is pale and slightly thickened. Whisk in the flour and cornstarch mix.
- 2) Heat the milk in a pan until boiling, remove from the heat and add to egg mixture and whisk. (Temper the egg mixture.)
- 3) Next put the whole mix back into the pan, this time STIRRING constantly and evenly, until it is boiling and at the preferred thickness. You can put the custard through a strainer to get rid of any lumps.
- 4) Cool before serving.

(After cooling down to room temperature, it can be stored in the refrigerator in a sealed container for up to 3 days. If covering with plastic wrap, make sure plastic wrap touches surface of the pastry cream or a skin will form.)





BAVARIANS AND MOUSSES

Barvarian creams or barvarois (bah-vah-rooah) and mousses are classic gelatin desserts containing custard (crème anglaise) gelatin and whipped cream.

Vanilla Bavarois

Ingredients: egg yolks, (castor) sugar, milk, cream, gelatin, cold water, vanilla

Method:

- 1) Whisk the egg yolks and sugar together till pale and creamy.
 - 2) Pour milk into a pan, add vanilla (seeds or essence) and bring to the boil.
 - 3) Remove from heat and pour into the egg and sugar mixture and whisk. Place the mixture over a larger pot of water (do not let the mixing bowl touch the hot water) to keep warm while you whisk the mixture for 8-12 minutes until it thickens.
 - 4) Remove the bowl from the heat, (soften the gelatin beforehand) and melt the gelatin in thoroughly and leave to cool over a large pan of ice.
- a) In another mixing bowl, whip the cream until stiff peaks form.
 - b) When the custard mixture has cooled down and is starting to become firm, FOLD in the whipped cream until completely incorporated into the mixture.
 - c) Place the custard and whipped cream mixture (bavarois) into the desired containers and refrigerate for at least 3 hours.
 - d) It can be served with a fruit coulis.

(It can be stored in the refrigerator in a sealed container for up to 3 days.)

NOTE: An accurate measurement of gelatin is important. If not enough gelatin is used, the dessert will be too soft to hold its shape. If too much gelatin is used the cream will be too rubbery and firm.

Mousses have a softer texture than Bavarians and some mousses, like chocolate mousse, is made without gelatin or with very little gelatin. The light texture of a mousses is created by adding whipped cream, meringue (beaten egg whites and sugar) or both.

It is important that when using both whipped cream and egg whites, the egg whites are added first to the hot, stirred custard mixture. If the whipped cream is stirred in first, the heat of the custard mixture causes it to melt and reduce, thereby reduce the softness of the mousse.



REVIEW

Answer the following questions about whipped cream.

Circle the correct answer:

What is most important when whipping and whisking?

- a)** The temperature at which you whisk.
- b)** The bowl you use.

How do you store freshly whipped cream?

- a)** You cannot store freshly whipped cream.
- b)** You can store it in a sealed container for up to 24 hours.

Which cream is better to whip?

- a)** Heavy
- b)** Light

When do I add sugar to the whipped cream?

- a)** When I start whipping.
- b)** Just after the soft peaks form.

Is it okay to add whipped cream to a hot dessert immediately?

- a)** Yes
- b)** No – it will melt.

What is the difference between a Bavarian and a Mousse?

- a)** Mousse has more gelatin in it than Bavarian
- b)** Mousse has whipped cream or meringue or both added to it.

How can you save a stirred custard sauce that has curdled?

In your own words, explain tempering in pastry cream making:

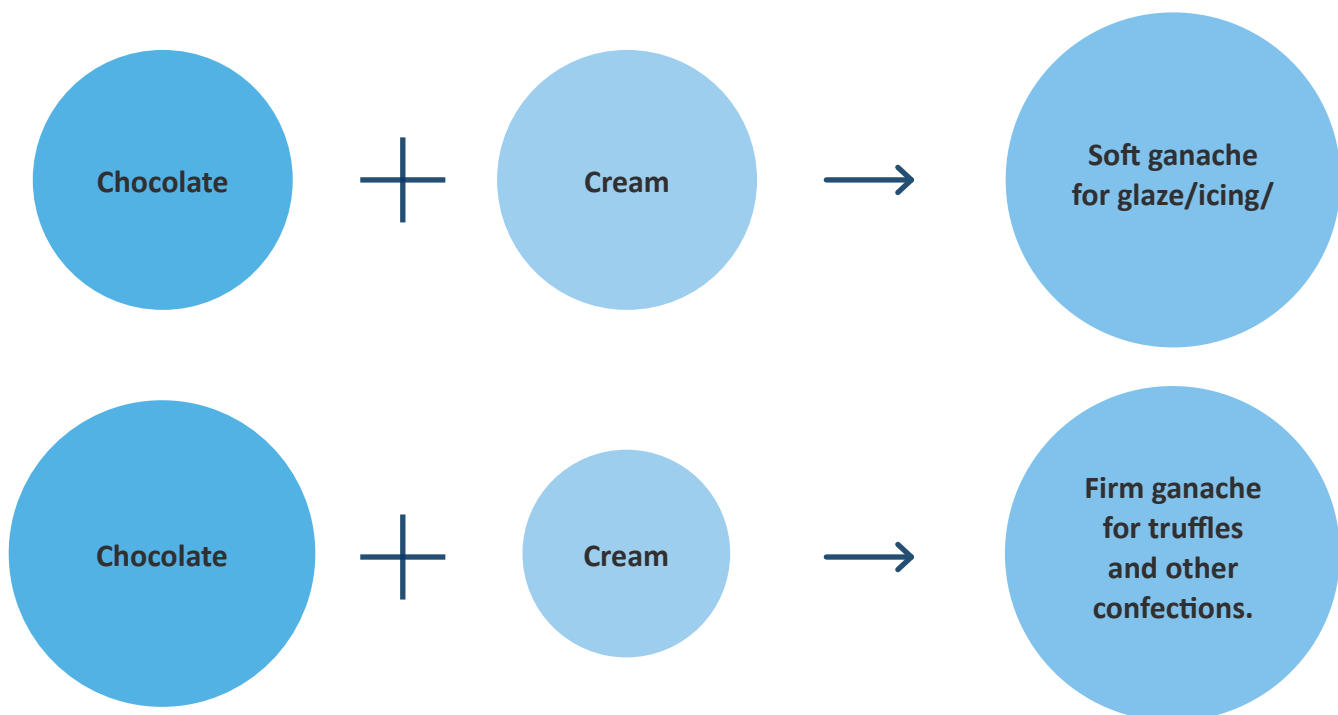
GANACHES (CRÈME GANACHE)

Ganache (gah-nash) is a rich chocolate cream with many uses. It can be used to glaze or ice cakes, as a filling for cakes and choux pastry or other pastries, as well as a base for other types of desserts.

It is basically a smooth mixture of heavy cream and chocolate couverture (very high-quality chocolate with high percentage of cocoa butter compared to eating chocolate or cooking chocolate). The chocolate is a dark, semi-sweet chocolate.

Butter can be added to make the ganache shine.

What the ganache is used for depends on the exact proportions of cream to chocolate.



BUTTERCREAMS

Buttercreams are light, smooth mixtures of fat and sugar. They may contain eggs to increase smoothness or lightness. Buttercreams are popular as an icing for many cakes. They can be easily flavoured to suit a variety of purposes.

Butter, especially unsalted butter, is the preferred fat for buttercreams because of its flavour and its melt-in-the mouth quality. Buttercreams made with only shortening tastes unpleasant and coats the mouth. If you are using butter, prepare your creams in a chilled environment to prevent the butter from melting.

There are 5 basic kinds of buttercreams:

Simple buttercream:

Cream fat (butter for example) and sugar to the desired consistency and lightness. A small amount of egg whites, yolks or whole eggs may be whipped in. Some recipes also include non-fat milk solids and vanilla.

Meringue-type buttercream:

Mix butter and meringue (beaten egg whites) to make a very light icing. Italian buttercream is well-known as a commonly used buttercream of this type.

Italian meringue

The most stable of all the meringues, this is made with a sugar syrup that has been heated to the soft-ball stage (236°F to 240°F). The hot sugar syrup is gradually beaten into the egg whites after soft peaks have formed and then whipped to firm glossy peaks

French meringue

This uncooked meringue is the one most people are familiar with. The sugar is gradually beaten into the egg whites once they have reached soft peaks, and then the mixture is whipped to firm peaks.

Swiss meringue

Firm and slightly denser than the others, it is made by stirring sugar and egg whites together over a pot of simmering water until they are very warm to the touch before whipping them. The early addition of the sugar prevents the egg whites from increasing as much in volume as they do in the other meringues, but adds to its fine texture.

French buttercream:

Beat egg yolks and add boiling syrup and continue beating, whipping it into a light foam. Then whip in soft butter. This produces a very rich but light icing.

Pastry cream-type buttercream:

Mix equal parts pastry cream and softened butter and whip it until light.
This is also called a “crème mousseline” or German buttercream.

Fondant-type buttercream:

Cream together equal parts fondant and butter and flavour as desired.
Fondant is a combination of powdered sugar, water and glycerine to make a paste that can be rolled thinly.

REVIEW

Match the terms with the definitions below. The first one has been done for you:

- | | |
|---------------------|------------------------------|
| 1) Common meringue | 5) Swiss meringue |
| 2) Crème Chantilly | 6) Traditional dessert syrup |
| 3) Creme Anglaise | 7) Temper the egg mixture |
| 4) Caramelize sugar | 8) Fondant |

In your own words, explain tempering in pastry cream making:

This is made by dissolving sugar and egg whites together over simmering water (bain-marie), and then beating them.

☐

This is a method used when making pastry cream.

☐

This is another name for whipped heavy cream.

☐

This is a mixture of sugar, water and flavourings that serve as a base for icing.

☐

This is the name for a basic stirred custard that is easy to pour over dessert dishes.

☐

This means to melt sugar in a pan until it turns into a dark brown liquid.

☐

This is also known as French meringue and it is simply sugar added to beaten egg whites and then the mixture is whipped to make firm peaks.

☐

This means one part water to one part sugar by weight. One part sugar and two parts water formula is used as a glaze. It is called also known as sugar syrup.

☐

GLAZES

Glazes are thin, glossy, transparent coatings that give shine to baked products and help prevent drying.

Traditional Glaze

Sugar syrup or diluted corn syrup that is brushed on while product is still hot.

Fruit Glaze

The most popular fruit glazes are apricot and red currant, both of which are available commercially prepared. They are melted, thinned with a little water, syrup or liquor, and brushed on while product is hot.

Fruit glazes can also be made by melting fruit preserves such as apricot preserves, and forcing through a strainer. Meted, strained preserves can be added to commercial glazes to increase flavour.

SWEET SAUCES

Many desserts, whether hot or cold, can be served with a variety of sauces. Here are a few:

Sauce	Description	Uses
Caramel	Caramel is made by boiling white sugar until it turns a light brown colour. Heavy cream, butter and vanilla are then added and mixed in.	Dessert sauce, Nougat, pralines, crème caramel, brittles, ice cream
Salted Caramel	Once the caramel is cooled down salt is sprinkled in.	Ice cream, cookies, cakes pudding
Butterscotch	Made from brown sugar instead of white sugar but same preparation as caramel. (A little corn starch may be added).	Ice cream, cakes, pudding
Coulis	This is a sauce made with the puree of a fruit.	Puddings, cakes, ice cream, mousses
Chocolate Sauce	A simple chocolate sauce can be made with white sugar, all-purpose flour, unsweetened cocoa powder, milk, butter, a little salt (and vanilla if necessary).	Puddings, cakes, ice cream, mousses

NOTE: Consider how to utilize local produce to make unique desserts!! Do not always rely on imported fruits if possible.

PASSION FRUIT COULIS

Ingredients: Passion fruits, Orange juice, Water, Sugar

Method:

- 1) Scoop out the pulp and seeds of the fruit and place in a pan.
- 2) Pour in the orange juice, water and then add the sugar.
- 3) Bring the mixture to a boil. Reduce the heat and simmer for 5-6 minutes, until the mixture has thickened. Cool before serving.

(After cooling down to room temperature, it can be stored in the refrigerator in a sealed container for up to 3 days.)

CHEESECAKES

Cheesecakes are not actually cakes. They do not consist of a sponge or cake layer. Preparing a cheesecake is not so different from making a baked custard.

The ingredients are milk, sugar, eggs and cream cheese that become firm when the eggs coagulate (creating a baked cheesecake). Unbaked cheesecakes rely on gelatin rather than eggs to make them firm.

In North America cheesecake is made with cream cheese and heavy cream.

In Italy cheesecake is made with ricotta cheese.

In Germany it is made with fresh cheese ("quark").



Puff Pastry

Puff pastry is one of the most remarkable products of the bakeshop. Although it includes no added leavening agent, it can rise to 8 times its original thickness when baked.

At this level you may not be expected to make puff pastry. Commercially available puff pastry can be used for most puff pastry desserts.

This type of pastry forms the basis of galettes, strudels, tartlets, and cinnamon rolls. It can also be used to cover pies.

Puff pastry is a rolled-in dough, this means it is made up of many layers of fat sandwiched between layers of dough. Steam, created when the moisture in the dough layers is heated, is responsible for the spectacular rising power of puff pastry.

Puff pastry or puff dough is one of the most difficult of all bakery products to prepare. Because it consists of over 1,000 layers, many more than Danish dough, the rolling-in procedure requires a great deal of time and care.



Rolling-In Procedure for Puff Pastry

1. Dust the bench lightly with flour. Roll dough to a rectangle about 3 times as long as it is wide and about 1/2 in. (1–1.5 cm) thick. Make the corners as square as possible. Form the butter into a rectangle two-thirds the size of the dough, leaving room around the edges, and place on the dough as shown.



2. Fold the third without fat over the centre third.



3. Fold the remaining third on top. Fold all ends and corners evenly and squarely. This procedure, enclosing the butter in the dough, does not count as one of the folds. The folding procedure starts with the next step.



4. Turn the dough 90 degrees on the bench so the length becomes the width. This step must be taken before each rolling-out, so the gluten is stretched in all directions, not just lengthwise. Failure to do this results in products that deform or shrink unevenly when they bake. Before rolling, beat the dough lightly as shown so the butter is evenly distributed. Roll the dough into a rectangle. Make sure the corners are square. Roll smoothly and evenly. Do not press down when rolling, or the layers may stick together, and the product not rise properly.



5. Brush excess flour from the top of the dough.



6. Fold the top edge of the dough to the centre. Make sure the corners are square and even. Again, brush off excess flour.



7. Fold the bottom edge to the centre.



8. Fold the dough in half like closing a book. You have now given the dough 1 four-fold. Refrigerate the dough 15 to 20 minutes to relax the gluten. Do not refrigerate it too long, or the butter will become too hard. (If it does, let it soften a few minutes at room temperature before proceeding.)



9. Give the dough another 3 four-folds, as in steps 6 to 8. After another rest, the dough is ready to be rolled out and made up into the desired products. (Alternative method: Instead of giving the dough 4 four-folds, you may give it 5 three-folds.) See Rolling In Procedure for Laminated Doughs – croissants and Danishes for the three-fold method.



General Guidelines for making Puff Pastry

1. The dough should be cool and firm when it is rolled and cut. If it is too soft, the layers may stick together at the cuts, preventing proper rising.
2. Cut with straight, firm, even cuts. Use a sharp cutting tool.
3. Avoid touching the cut edges with your fingers; this can make the layers stick together.
4. For best rising, place units upside down on baking sheets. Even sharp cutting tools may press the top layers of dough together. Baking upside down puts the stuck-together layers at the bottom.
5. Avoid letting egg wash run down the edges. Egg wash can cause the layers to stick together at the edges.
6. Rest made-up products for 30 minutes in a cool place or in the refrigerator before baking. This relaxes the gluten and reduces shrinkage.
7. Baking temperatures of 200° to 220°C are best for most puff dough products. Cooler temperatures do not create enough steam in the products to leaven them well. Higher temperatures set the crust too quickly.

REVIEW

1. Explain how puff pastry rises?
2. What kind of tool should you use for puff pastry and what kind of cuts should you make?
3. Why do you have to rest products in a cool place for 30 minutes?
4. Why is it important to use a high temperature for puff pastry?

LEARNER ACTIVITY:

Watch your trainer or an online video on how to make a Glazed Puff Pastry Fruit Tart. Make observations about the following:

- How does he/she use the puff pastry to make the tart?
- What kind of fruits were used for the tart?
- How was the glaze made? (Was it a sugar glaze?)
- Did he/she use the crème patissiere that was made earlier?
- How was the crème patissiere piped into the tart?

Pie and tart crusts

Pastry is the basis for most pies and tarts. There are many varieties of pastry but here we will focus on two:

1. short (crust) pastry – this is made from soft flour and half as much fat (butter, margarine or lard), water and salt which gives the pastry a crumbly, 'short' texture. It has a crumbly, biscuit like texture.
2. sweet (crust) pastry – this is made from soft flour and butter and margarine; there is more fat than in short pastry. Caster sugar is added and whole egg is used instead of water, to give it a rich, crisp texture.



Important tips for pastry

Work the dough only as much as needed to achieve the desired result. The final stage of any rubbed dough is to add the liquid. It is crucial that the dough is not overworked at this juncture. Overworking will promote the development of gluten (the protein contained in flour) and will make the dough tough, so that it will be difficult to work with and it will have an unpleasantly hard texture when baked.

The amount of water required can vary according to the type of flour (a very fine soft flour can absorb more water).

The amount of heat the pastry is subjected to (e.g. warm weather conditions, prolonged contact with hot hands) will affect its quality. Keep the fat very cold. Once the fat becomes too warm it will begin to blend with the flour and other ingredients, which will affect the final texture of the finished product.

Sometimes bakers bake pastry for tarts and pies in advance, which is known as **baking blind**. The pastry is fitted into a pan and pierced with a fork so that blisters will not form in the dough as it bakes. The shell or tart is lined with parchment paper and filled with dried beans or pastry weights. This is usually done when using an unbaked filling (like custard or cream pies). Sometimes the dough is partially baked, depending on the filling.

Mixing pastry

The mixing method for pastry is called the rubbed in method. Although the procedure has several steps, the two main steps are characteristic of the method:

1. Rub the fat into the sifted dry ingredients.
2. Carefully mix the combined liquid ingredients into the dry ingredients.



Troubleshooting when making short or sweet pastry

If you find that your pastry is not of the right texture, or is otherwise not quite right, there are various reasons why this might be the case.

If your pastry is too hard, you may have:

added too much water or egg

added too little fat

not rubbed in the fat sufficiently

handled and rolled it too much

over-baked it.

If your pastry is too soft and crumbly, you may have:

added too little water or egg

added too much fat.

If your pastry is blistered, you may have:

added too little water or egg

added the water unevenly or not mixed the egg enough

rubbed in the fat unevenly.

If your pastry is shrunken, you may have:

handled and rolled it too much

stretched it while handling it.

If your pastry is soggy, you may have:

added too much water or egg

had the oven too cool

not baked it for long enough.

Some examples of pastry problems:**REVIEW**

Making pastry is tricky and so it practice make perfect.

Here are some problems you might run into when making short-crust pastry.

Match the problems to a set of reasons.

Discuss with the class about how to avoid these situations.

A. Pastry is too hard.

C. Pastry is too crumbly and soft to mould

B. Pastry is too soggy/wet

D. Pastry is shrunken

too much handling and rolling
stretched while handling

☐

too much water or egg
not baked for long enough
filling is too wet
pastry crust was too thin

☐

too much water or egg
too little fat
rolled too much
over-baked

☐

too little water or egg
too much fat

☐

REVIEW

Here are some ways to avoid these problems. Match one solution to one problem:

- ☐ If you make a fruit filling, make sure you reduce your fruit filling in order to remove as much water as possible. Or thicken the fruit filling with some corn starch.
- ☐ Chill your crust until firm and heat your oven up adequately (180-200 degrees Celsius) to set the shape if you are doing a blind bake.
- ☐ When adding water to the butter and flour, use very cold water and add one spoonful at a time. If it is still crumbly, add a little more water.
- ☐ Keep your hands cold, do not overwork the dough, and bake for the correct time period.

Choux Pastry

Éclairs and cream puffs are made from a dough called choux paste. Choux paste must be firm enough to hold its shape when piped from a pastry bag.

Proper baking temperatures are important. Start at a high temperature 215° to 245°C for the first 10 minutes to develop steam. Then reduce the heat to 190° to 215°C to finish baking and set the structure.

Ingredients	5-8 portions	10-16 portions
water	250ml	625ml
sugar	pinch	large pinch
salt	pinch	large pinch
butter, margarine or oil	100g	250g
strong flour	125g	300g
eggs	4	10



Method of preparation:

1. Bring the water, sugar, salt and fat to the boil in a saucepan. Remove from the heat.
2. Add the sieved flour and mix in with a wooden spoon.
3. Return to a moderate heat and stir continuously until the mixture leaves the sides of the pan.
4. Remove from the heat and allow to cool.
5. Gradually add the beaten eggs, beating well. Do not add all the eggs at once – check the consistency as you go. The mixture may not take all the egg. It should just flow back when moved in one direction.
6. Pipe depending on product required and bake according to product recipe.

Two simple (but very important) rules for choux pastry:

- stick to the ingredients and measurements
- don't open the oven while it bakes



Possible reasons for faults in choux paste

- Greasy and heavy:
 - basic mixture over-cooked
- Soft, not aerated:
 - flour insufficiently cooked
 - eggs insufficiently beaten in the mixture
- Under-baked
 - oven too cool
- Collapsed
 - products not firm and dry before removing from the oven
 - removed too soon or cooled too quickly

LEARNER ACTIVITY:

With your group or partner, make a list of products that use a base of choux pastry:

PROBLEM SOLVING

Trainee A has made a pie-crust but it is very hard. List 3 things they may have done incorrectly.

Trainee B has made a tart shell and it has become too small for the filling they prepared. What mistakes may have they made?

Trainee C has made a pie-crust but it is too wet to hold the filling they have prepared. Advise them on what they may have done wrong?

Trainee D has made tart shells for a fruit tart, but when they pick it up to fill it crumbles to pieces. Advise them on what went wrong.

Trainee F has made some eclairs, but they are too soft to hold the pastry cream and they have not risen well. What may have gone wrong?

Production stages for Cakes and Pastry

Cake	Pastry
<ul style="list-style-type: none"> ➤ Mixing <ul style="list-style-type: none"> ● Creaming ● Foaming ➤ Folding ➤ Pan-coating ➤ Baking ➤ Cooling (before serving) 	<ul style="list-style-type: none"> ➤ Mixing <ul style="list-style-type: none"> ● Mixing to make crumbly dough ● Creaming for sweet-crust dough ➤ Rolling and Shaping ➤ Baked or Baked Blind ➤ Filling ➤ Topping

LEAVENING

Leavening is the production or incorporation of gases in a baked product to increase volume and produce shape and texture. These gases must be kept inside the product until the structure is set enough (by the coagulation of gluten and egg proteins and the gelatinization of starches) to hold its shape. The three main gases that leaven baked goods are carbon dioxide, steam, and air. Two of these gases, steam and air, are present in all baked goods.

There are 3 main leavening / raising agents:

- A. Yeast
- B. Chemical raising agents
- C. Physical raising agents

A

Yeast – you will learn all about yeast when you learn about baking bread.

B

Chemical leavening / raising agents -
Chemical agents are those that release gases produced by chemical reactions.



Baking Soda

Baking soda is a chemical called sodium bicarbonate. When moisture and an acid are present, baking soda releases carbon dioxide gas, which leavens the product. Heat is not necessary for the reaction to take place (although heat can speed the process up). For this reason, products leavened with soda must be baked at once, or gases will escape and leavening power will be lost. Acids that react with soda in a batter or dough include honey, molasses, brown sugar, buttermilk, sour cream, yogurt, fruit juices and purées, chocolate, and natural cocoa. Sometimes cream of tartar is used for the acid. The amount of soda used in a formula is generally the amount needed to balance the acid. If more leavening power is needed, baking powder, not more soda, is used.

Baking Powders



Baking powders are mixtures of baking soda plus one or more acids to react with it. They also contain starch, which prevents lumping and brings the leavening power down to a standard level. Because baking powders do not depend for their leavening power on acid ingredients in a formula, they are more versatile. Single-acting baking powders require only moisture to release gas. Physical Raising Agents.

C

Physical raising agents

**Air**

Air is incorporated into all doughs and batters during mixing. The formation of air cells is important even in products leavened by yeast or baking powder because the air cells collect and hold the leavening gases. Some products are leavened mostly or entirely by air. In these products, air is incorporated into the batter primarily by two methods: creaming and foaming. This air expands during baking and leavens the products.

**Foaming**

Air is incorporated into all doughs and batters during mixing. The formation of air cells is important even in products leavened by yeast or baking powder because the air cells collect and hold the leavening gases. Some products are leavened mostly or entirely by air. In these products, air is incorporated into the batter primarily by two methods: creaming and foaming. This air expands during baking and leavens the products.

**Creaming**

Creaming is the process of beating fat and sugar together to incorporate air. It is an important technique in cake and cookie making. Some pound cakes and cookies are leavened almost entirely by this method.

**Steam**

When water turns to steam, it expands to 1,100 times its original volume. Since all baked products contain some moisture, steam is an important leavening agent. Puff pastry, choux pastry, and piecrusts use steam as their primary or only leavening agent. If the starting baking temperature for these products is high, steam is produced rapidly and leavening is greatest.



CAKES

Cakes start when you mix the ingredients to make a batter. Batter has more moisture and more fat and sugar than dough. The batter can be leavened or unleavened. This means it can have raising (leavening) agent added or not added.

There are two types of cake you should know:

Sponge Cake

Sponge is sometimes called a foam cake because it is a light cake made with only eggs, flour and sugar. A basic sponge cake does not contain any leavening agents or fat. Sometimes the whole egg is used, sometimes only the egg whites. It is leavened by the air beaten into the egg/ egg whites when eggs are whisked.

An example of a sponge cake are “Angel Food Cake”.
Sponge cake is a good base for a gâteau.



Butter or Pound Cake

In 1843 an English food manufacturer called Alfred Bird, added butter and a chemical leavening agent (baking powder or baking soda) to a basic sponge recipe and the result was the butter cake.

Examples of a butter cake are “Victoria Sandwich” and “Swiss Roll”.

Pound Cake is similar to a butter cake but the ingredients are measured in pounds, and is often denser than the average butter cake because of the high fat content and they are often baked in a loaf or Bundt pan.

An example of a pound cake is “Madeira” cake.



Oil Cakes

This type of cake uses oil rather than butter.
Examples of this are the “Carrot Cake” and “Red Velvet Cake”.



HOT DESSERTS

Hot desserts refers to desserts that require heat in order to be produced. The following is a brief description of the different hot desserts you are expected to know.

Baked Desserts

SPONGE

Sponge (sometimes called a foam cake) is a light cake made with eggs, flour and sugar. A basic sponge cake does not contain yeast or fat. It is leavened by the air beaten into the egg whites when eggs are whisked.

Eg. "Angel Food Cake", "Chiffon", "Genoise"

Method: Whisk eggs and sugar together, then gently fold in flour.

In 1843 and English food manufacturer called Alfred Bird, added butter and a chemical leavening agent (baking powder or baking soda or cream of tartar) to the basic sponge recipe and the result was the butter or pound cake.

Eg. "Victoria Sandwich" and "Swiss Roll"

Method: Cream butter and sugar together and then emulsify with eggs. Then gently fold in the flour. Add leavening agent.

The simple addition of butter and leavening agents led to the rise of chocolate cake, cupcakes and many other cake desserts.





GATEAU

The word “gâteau” (gah-toe) is from French and it means cake.

A gâteau is typically a light sponge cake with a very rich filling and uses fresh fruit. It can have many layers separated by mousse, ganache or fruit, a rich cream covering the cake and is elaborately decorated.

TARTS AND FRUIT FLANS

The word “tart” describes an open-topped pastry with a sweet (or savoury) filling. Sweet fillings include custard, fruits and/or nuts. It is a baked dessert.

Shortcrust pastry – flour and fat (butter, lard, shortening, or full-fat margarine).

Method:

- 1) Ingredients should be cold and kept cold. Prepare in a cool environment.
- 2) Rub the fat and flour to create a loose mixture. Bind the mixture with a little cold water and roll out onto cold surface. Shape and place into tart molds.

Custard – sugar, milk or cream, egg yolk (sometimes thickened with flour, corn starch or gelatin) Vanilla is sometimes added for flavour.



Flans are open-topped pastry desserts with a sweet filling.

It is basically a very large, dessert tart.

All flans have a custard and use short crust pastry.

Eg. Mango flan, Pear flan, Peach Flan

NOTE: In British English a flan is a large tart and can also be made with cake instead of custard. However fruit is almost always used as part of the filling.



PIES

The word “pie” describes an closed-topped pastry with a sweet (or savoury) filling. Sweet fillings include custard, fruits and/or nuts. It is a baked dessert.

Short crust pastry – flour and fat (butter, lard, shortening, or full-fat margarine).

Method:

- 1) Ingredients should be cold and kept cold. Prepare in a cool environment.
- 2) Rub the fat and flour to create a loose mixture. Bind the mixture with a little cold water and roll out onto cold surface. Shape and place into tart molds.

One of the most famous dessert pie is the apple pie.

But almost any seeded tree fruit (apple, pear, apricot, peach), nut (chestnut, pecan, macadamia) or even some vegetables (pumpkin, rhubarb) can be used for dessert pie fillings.



BAKED CHEESECAKE

This is a cheesecake that has been baked. It often sits on top of or in a base. The basic ingredients for the filling are butter, biscuit, soft cheese, sugar, flour, vanilla, lemon juice and zest, eggs.

The base – this can be made of crumbed digestive biscuits, graham cracker, short crust pastry or even cake.





CRÈME CARAMEL (Flan)

Crème Caramel / Caramel Pudding and Crème Brulee are all desserts using egg custard – eggs, milk or cream and sugar (a pinch of salt and vanilla).

Crème caramel sometimes uses gelatin and this can make the texture more jelly like. It is topped with a soft caramel sauce. It is usually refrigerated after it is cool.

Method:

- 1) Combine milk, sugar (a pinch of salt) in a saucepan over low and gentle heat. Stir continuously.
- 2) Remove from heat.
- 3) Whisk eggs, egg yolks and vanilla in a bowl and then slowly add the milk mixture whisking or stirring continuously.
- 4) Place in serving dish and bake in a water bath in the oven.

Caramel – bring sugar and water to a boil over medium high heat and stir till sugar dissolves. Let mixture boil until you get a deep brown color. Remove from heat and pour as directed by recipe.

Crème brulee never uses gelatin and often has a thicker , creamier texture because you mix whipping cream with milk. It is baked in the oven. Then it is refrigerated.

It is topped with sugar which is then caramelized with a small blowtorch.

NOTE: In American English a flan is the same as a crème caramel. A flan ring can be used to create the shape of an egg flan and they are baked like a crème brulee.





CHOUX PASTRY

Profiteroles

Eclairs

Choux pastry refers to small pastry balls filled with either whipped cream or pastry cream (crème patissiere).

(Sometimes called cream puffs or choux a la creme)

Profiteroles – can be closed and the filling is piped into the pastry shell or the top of the shell can be cut off, the filling inserted and the top of the shell replaced.

Eclairs – long pastry shells cut in half and filled. Usually topped with chocolate cream.

Ingredients for the pastry shell:

Butter, sugar, milk, flour, eggs, (pinch of salt)

Method:

- 1) Combine butter, sugar, milk (and salt) in a pan and heat over high heat stirring occasionally. Bring to a boil until butter is no longer floating on top.
- 2) Add all the flour at once, turn the heat off and mix quickly with a wooden spoon till you get a soft dough.
- 3) Transfer dough to a mixing bowl and add beaten eggs a little at a time until it becomes smooth.
- 4) Place into piping bag and pipe equal sized choux onto baking sheets on a baking tray and bake.
- 5) Cool and add filling before serving.



Bread Pudding

Bread pudding refers to a dessert dish made with bread.

Ingredients: bread, butter, eggs, milk, sugar, vanilla, cinnamon powder, raisins (optional).

Fried fruit or nuts can be added to the mixture. It can be served with custard (thin) or ice cream.



FRIED DESSERTS



FRITTERS (banana)

Fritters refers to fruits or other fillings (like dough) that have been battered and deep fried. The most common filling is banana (pictured). It can be mashed and fried or fried whole. You can also do apple, pear, peach, pineapple or sweet potato fritters, cinnamon fritters

Basic batter ingredients: flour, milk, eggs, baking powder, sugar, salt

NOTE: Basic batter mixture can be used for pancakes and crepe suzettes. The batter consistency will change depending on what you are making.

Pancakes

Pancakes refer to basic batter poured to make a circular shape in the frying pan.

Pancakes can be made fluffy and thick by adding leavening agents such as baking powder or baking soda – or by folding whipped egg whites into the batter to aerate it.

Pancakes can be served with honey, maple syrup, chocolate sauce and/ or fresh fruits, and garnished with powdered sugar.





Crepe Suzette

Crepes Suzettes is a dessert created in France. It refers to very, very thin pancakes that are served with an orange sauce (and sometimes ice cream). The crepes are usually folded.

The basic batter mix will have butter added to it. Crepes can also be filled with fresh fruit, cream, custard, chocolate, or ice cream and garnished with powdered sugar.

Doughnuts

Doughnuts refer to a dessert made from deep fried dough shaped into a ring. Doughnuts can be glazed with chocolate or sugar or topped with nuts or sprinkles. Doughnuts can also be filled with jam or custard.

Ingredients: milk, shortening, sugar, egg, flour, vinegar, vanilla, baking soda, salt, oil for frying.



BOILED DESSERTS



Panna Cotta

Panna cotta is an Italian dessert. It is made with sweetened cream thickened with gelatin and chilled in a mold.

It can be served with a fruit coulis, or cut fruit.

Ingredients: milk, gelatin, heavy cream, sugar

Method:

- 1) Pour milk into a small bowl and add gelatin.
- 2) Stir together heavy cream and sugar and set over medium heat in a pan.
- 3) Bring to a full boil, always watching not to let the cream spill.
- 4) Pour the gelatin and milk mixture into the cream and stir until completely dissolved. Boil for one minute
- 5) Remove from heat and add vanilla.
- 6) Pour into serving dish (or ramekins) and cool down before refrigerating for at least 4 hours.

Sago or Tapioca Pudding

Sago/ tapioca pudding is a popular pudding in many cultures and is served chilled.

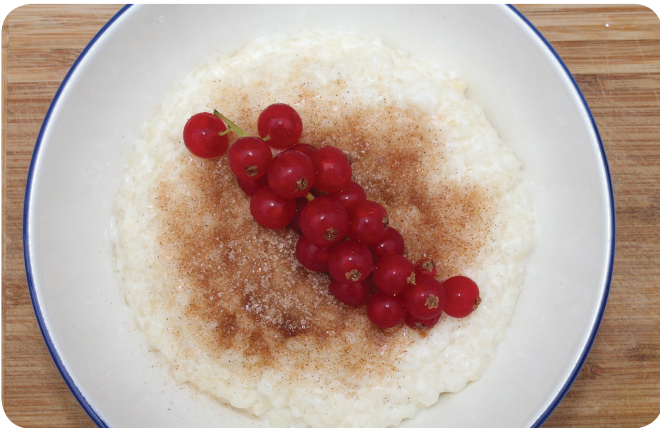
Sago is can be made from for tapioca/cassava (a root vegetable) or sago palm.

Sago can come in small or large pearls.

It can be served with raisins or chopped nuts.

Ingredients: tapioca or sago pearls, water or milk or coconut milk, sugar (or jaggery)





Rice Pudding

Rice pudding is pudding made with rice, water or milk and typically cinnamon and raisins.

COLD DESSERTS

Cold desserts refer to desserts that require the refrigeration process or the freezing process in order to be produced. The following is a brief description of the different cold desserts you are expected to know.

PUDDINGS

Le Diplomate

Le Diplomate (or crème diplomat) is a cream made with pastry crème and whipped cream (1 part crème patissiere, 1 part whipped cream). It contains no gelatin. It can be served with fruits or with cake or used as tart filling.

It can be used as a basis for Diplomate Pudding.





Blancmange

Blancmange is a cold, milk pudding made from sugar, milk and corn starch or flour. It can have flavourings added.

When the mixture of ingredients has been heated and thickened to the right consistency, it is poured into molds, chilled and un-molded for service. Blancmange (blonkmonj) is a French word and means “white” and “eat”.

Tiramisu

Tiramisu is an Italian dessert made from eggs, sugar, milk, heavy cream, mascarpone cheese, espresso, coffee, alcohol (rum, brandy), Italian ladyfingers (savoiardi), vanilla, and cocoa powder (the cocoa powder is dusted on the finished product before serving).



ICE CREAM

Ice cream, gelato, sorbet and sundaes may seem the same but they are not. They are served differently and can have different toppings and in some cases do not share ingredients. The only thing they have in common is that they are all traditional cold desserts.

Ice Cream can be served in a cup, glass, dish, plate or cone. It can be topped with chocolate, sprinkles, fruit, wafers, cookies and nuts. It can be hand-made but is usually made in an ice cream machine.

Any number of flavours can be added to ice cream – even tea, coffee and Japanese green tea (Matcha).

Ingredients: white sugar, heavy whipping cream, milk



Gelato is an Italian style ice cream. Gelato uses more milk and less cream. Therefore it is less creamy and more refreshing than ice cream. It can also come in any number of flavours and is usually served without garnish or toppings.



Sorbet does not contain ANY dairy ingredients. Traditionally sorbet was used to clean the palate between courses in a course meal. And so sorbets are very lightly flavoured.

It is made from sugar-sweetened water flavoured with fruit or fruit juice, fruit puree, wine liqueur or honey.



Sundaes are desserts made with ice cream scoops, and layers of anything that can be enjoyed with ice cream.

Fresh fruit, dried fruit, preserved fruits, nuts, cookies, wafer, chocolate sauce, caramel sauce fruit jams, marshmallows, sprinkles, are just some of the ingredients you can layer into a sundae. It is served with whipped cream in a glass or glass dish.

(It is a dessert created in the U.S.A)

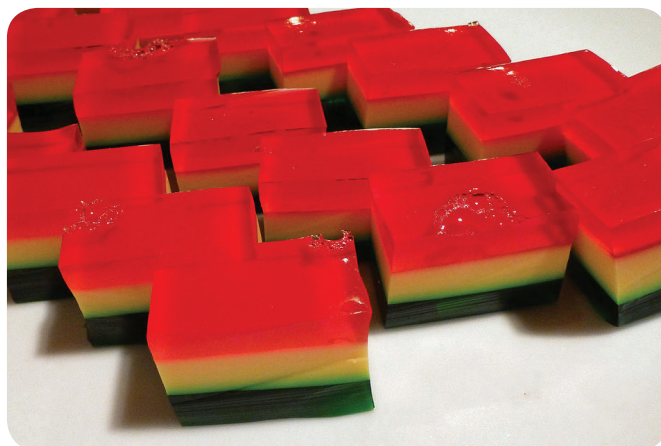


JELLY

Jelly is a fruit flavoured dessert made with a liquid and gelatin.

Fresh jelly can be made by boiling sugar and strained, fresh fruit juice, reducing to required taste, adding the gelatin, and setting it in a mold. Today we can purchase ready-to-make jellies and it is a popular dessert for children.

Jelly is always set in a mold and chilled before serving.



CHOCOLATE MOUSSE

A favourite dessert of many, this is made from eggs, sugar, chocolate, butter, and heavy cream. To get a rich and dark colour as well as a strong cocoa taste, use bittersweet chocolate (60-70% cocoa).

CUT FRUITS

Cut Fruits or a fruit platter is a simple yet refreshing way to end a meal.

Today, many health-conscious people choose a fruit platter over more traditional, sweet desserts. Cut fruits can be a combination of any type of fruits. Whenever possible use fruits that are in season and are grown locally.

A fruit platter is also a good time to try your fruit carving skills.



FRUIT SALAD

Fruit salad refers to diced fruit that have been tossed together with a dressing made with fruit juice (usually orange juice) and sugar or honey. Since the fruits are being mixed together it is important to get the combination of fruits correct to prevent flavours and textures from clashing. Also, choose fruits that will not be easily damaged in the tossing stage. Fruits that are slightly over-ripe will make the salad a little mushy.

Sri Lankan Fruit Salad – pineapple, papaya, mango, banana with a dressing of lime juice and sugar or honey (and a pinch of salt).



CHILLED CHEESECAKE

Chilled Cheesecake refers to cheesecake that has not been baked. It is made with heavy cream, cheese (cream cheese, ricotta cheese or fresh cheese), sugar, sour cream (for a tangy flavour), and vanilla. Some recipes might suggest a little lemon juice.

The base of the cheesecake is usually Graham crackers, butter and sugar or short-crust pastry.

This dessert needs to be chilled, preferably overnight, but certainly for at least 6-8 hours. Do not freeze the cake.



Storing and Serving Desserts

Any dessert with eggs or cream in it must be refrigerated or frozen until it is served. To thaw after being kept frozen, keep in the refrigerator until soft enough to serve.

Before serving frozen desserts such as ice cream or sorbet, it should be held at -13 Degrees Celsius to -9 Degrees Celsius so that it will be soft enough to serve.

Cakes that do not have fresh fruit or whipped cream topping or fillings can be kept for up to 3 days in the refrigerator. Wrap the cake in plastic wrap to prevent any smells from permeating as well as to prevent drying out of the sponge.

Before serving, unwrap the cake and let it breathe before plating.

LEARNER ACTIVITY:

There are still many things to learn about desserts. Try to find the answers to the following questions on your own by doing some research.

Discuss your answers with your class.

Did everyone have the same answer? If yes, why? If no, why?

- 1) How do you know when a cake is done? How can you check it is ready?
- 2) How many minutes should a cake be cooled for before serving?
- 3) How do you remove a cake from the cake pan/tin without damaging the cake or the pan/tin?
- 4) Where and how should a cake be cooled?
- 5) Is it better to whisk and whip cream/eggs by hand or use a machine?
- 6) Why is there no information in this module about cookies and biscuits?
- 7) What is "biscotti"?
- 8) What is "savoardi" or Italian ladyfingers?

REVIEW

In your own words, what is the difference between a cake and a sponge?

Why do you think pastry like short crust pastry HAS to be prepared with cold ingredients in a cold environment? Circle the correct answer:

- a) Because it is hard and hot work working the dough.
- b) Because the butter will melt before cooking and the pastry crust will not be light or flaky.
- c) Because it feels good to touch cold things.

What is a choux a la crème? Circle the correct answer:

- a) It is choux pastry filled with a cream or custard filling.
- b) It is a profiterole.
- c) An éclair is not a choux a la crème.

Answer Yes or No for the following questions:

- a) Can I use pumpkin to make a dessert pie?
- b) Is crème caramel the same as custard pudding?
- c) Is doughnut batter the same as pancake batter?
- d) Can pancakes be made fluffier or thicker using baking powder?
- e) Are tapioca and sago pearls made from the same plant?

Name 4 cold desserts:

-
-
-
-

In your own words, what is the difference between gelato and ice cream?

In your own words, what is the difference between sorbet and gelato?

Which of the following is a savoury custard? (Hint – think of the ingredients)
Circle the correct answer:

- Pastry Cream
- Ganache
- Quiche
- Egg Tart

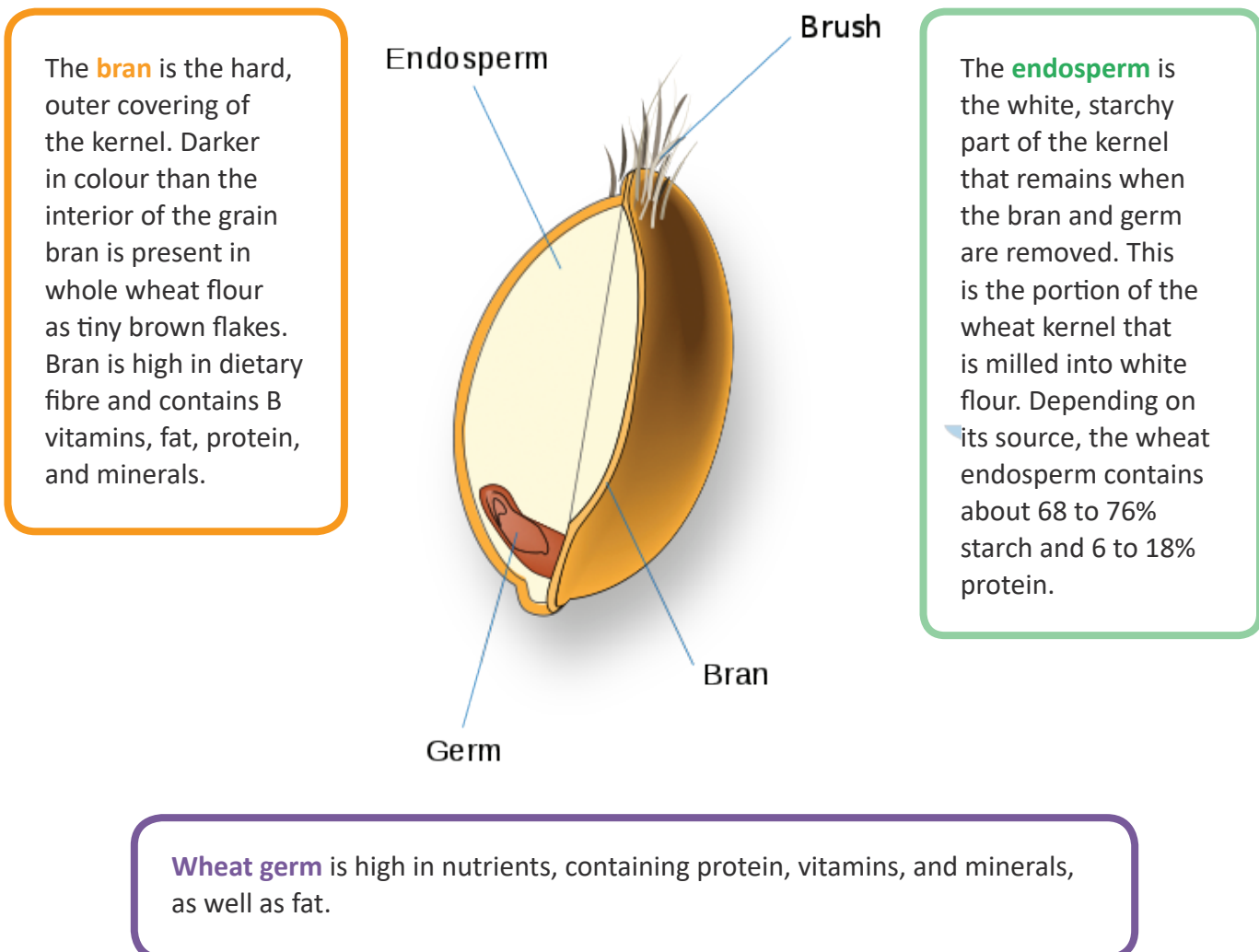
Yeast Dough Products

Flour

Flour is one of the most important ingredients in patisserie, if not the most important. It is covered in further detail here in relation to yeast dough products.

Flour is a powder made by grinding raw grains, roots, beans, nuts, or seeds. Flours are used to make many different foods. Wheat flour is the main ingredient of bread, which is a staple food for most cultures. There are many different types of flour. They have been used in patisserie, baking, dessert cuisine and savoury cuisine in all countries throughout history. The king of all of them is without a doubt wheat flour.

The wheat kernel consists of three main parts:



Starch

White flour consists of about 68 to 76% starch. Starches are complex carbohydrates whose molecules consist of long chains of simpler sugars bound together. The starches in flour are contained in tiny granules. Most of these remain intact until they come in contact with water during the mixing process, at which time they absorb water and swell in size. Starch can absorb from one-quarter to one-half its weight in water.

Protein

About 6 to 18% of white flour is protein, depending on the variety of wheat. Proteins act as binding agents that hold the starch granules together in the endosperm. About 80% of the proteins in flour are called glutenin and gliadin. These two proteins, when combined with water and mixed in dough, form an elastic substance called gluten.

Moisture

The moisture content of flour in good condition ranges from 11 to 14%. If it becomes higher than this, spoilage is likely to occur. For this reason, flour should always be stored covered in a dry place.

Gums

Gums are forms of carbohydrate. Gums make up 2 to 3% of white flour. The most important gums are called pentosans. They are significant because they can absorb water better than starches or proteins. Pentosans absorb 10 to 15 times their weight in water, so they have an important effect on dough formation. Gums also serve as a source of dietary fiber.

Fats

Fats and fat like substances (emulsifiers) comprise only about 1% of white flour, but it is necessary to be aware of them. First, they are important for gluten development. Second, they spoil easily, giving flour an “off” flavor. For this reason, flour has a limited shelf life and should be used in a timely manner.

Ash

Ash is another term for the mineral content of flour. When bakers are buying flour, they look at two important numbers in the flour’s description: the protein content and the ash content. Ash content for wheat flours ranges from about 0.3% for white cake flour to about 1.5% for bread flour.

REVIEW

Read the table above and match the component to the correct statement. This first one is done for you.

Component	Statement
Fats	This represents the mineral content of flour.
Proteins	This is the reason flour must be stored in a dry place.
Moisture	These make flour spoil easily.
Ash	They absorb water better than starches or proteins.
Gum	During the mixing process, these absorb water and swell in size.
Starch	When combined, it forms an elastic substance called gluten.

For bread, **strong flour** is needed. Strong flour produces lots of **gluten**, which is a strong substance that can absorb water. When the flour mixes with water during bread making, the gluten becomes elastic (stretchy) and can be pushed up by the carbon dioxide gas produced by the yeast. The gluten traps the bubbles of carbon dioxide gas. When it is heated it sets, giving the bread its typical open texture. **Soft flour is unsuitable** for bread because it contains less gluten.

Success in bread making depends largely on your understanding of two basic principles:

- gluten development
- yeast fermentation

Yeast

Yeast is a living plant (a type of fungus). There are many types of yeast. Yeast produces carbon dioxide by fermentation. This happens when it is given:

- food – usually in the form of sugar
- warmth – ideally 25–29 C; it is destroyed at higher temperatures and is slow acting at lower temperatures
- moisture – usually milk or water; milk improves the nutritive value and water acts more quickly.

Types of yeast:



Compressed or fresh yeast - is the most widely used. It is packed and sold in blocks. It crumbles easily and has a fresh, fruity smell. It keeps in a cold place (refrigerator) for one week.



Dried yeast can be stored for a long time. Always follow the directions on the packet.



Instant yeast is dried and made into a fine powder. It is added directly to flour.

LEARNER ACTIVITY:

Look online and find three dough recipes that use different types of yeast. Check the method and note down how each type is used in the dough making process. Share your findings with the class.

Write your notes about your findings below:

Important Temperature Zones for Yeast

34°F (1°C) Inactive (storage temperature)

60° to 70°F (15° to 20°C) Slow action

70° to 90°F (20° to 32°C) Best growth (fermentation and proofing temperatures for bread doughs)

Above 100°F (38°C) Reaction slows

140°F (60°C) Yeast is killed

Types of dough

There are three main types of dough in cookery. Look at the table below, which dough products have you tasted?

Type	Description	Examples
Lean	Lean dough is one that is low in fat and sugar.	<p>Hard-crust breads and rolls, including French and Italian breads, hard rolls are the leanest of all bread products.</p> <p>White and whole wheat breads and dinner rolls have a slightly higher fat and sugar content and sometimes also contain eggs and milk solids. Because they are richer, they generally have soft crusts.</p> <p>Breads made with other grains. Rye breads are the most common. Many varieties of rye bread are produced, with light or dark flours with various flavourings, especially molasses and caraway seeds</p>
Rich (enriched)	In general, rich doughs are those that contain higher proportions of fat, sugar, and sometimes eggs.	<p>Non-sweet breads and rolls, including rich dinner rolls and brioche.</p> <p>Brioche dough, made with a high proportion of butter and eggs, is especially rich.</p> <p>Sweet rolls, including coffee cakes and many breakfast and tea rolls. These have high fat and sugar content and usually contain eggs. They generally have a sweet filling or topping.</p>
Rolled In/ Laminated dough	Rolled-in doughs or laminated doughs are those in which a fat is incorporated into the dough in many layers using a rolling and folding procedure. The layers of fat and dough give the baked product a flaky texture.	<p>Non-sweet rolled in dough: Croissant</p> <p>Sweet rolled in dough: Danish</p>

REVIEW

List the following products under the correct type of dough:

croissant

dinner rolls

coffee cake

brioche

rye bread

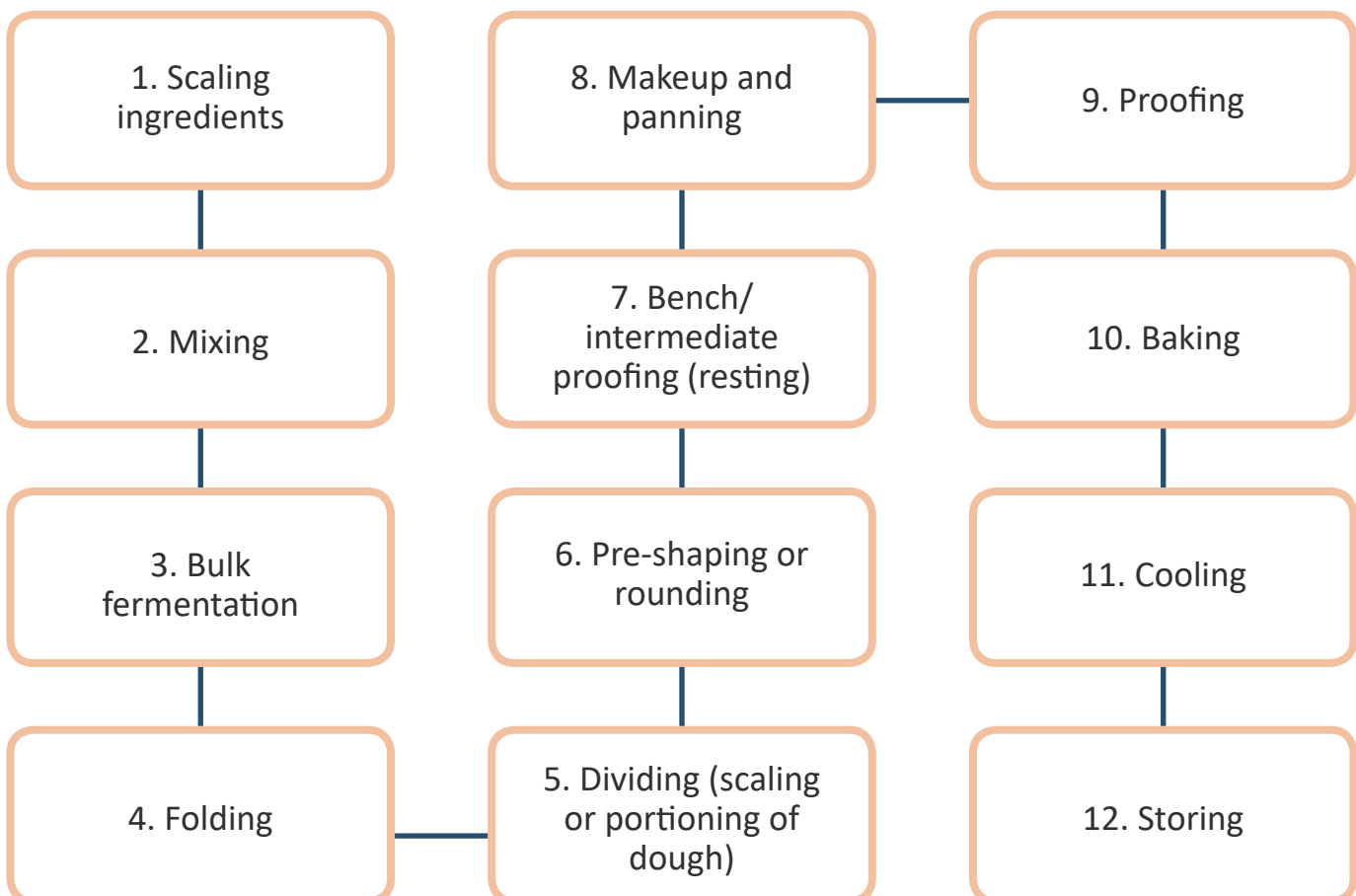
tea rolls

Danish

baguette (French bread)

Lean**Rich(enriched)****Rolled in/Laminated****12 Basic Production Steps for Yeast Doughs**

The production of yeast breads involves 12 basic steps. These steps are applied to yeast products in general, with variations depending on the particular product.



1. Scaling Ingredients

All ingredients must be weighed accurately. Water, milk, and eggs may be measured by volume. They are scaled (1 kg/L). However, it is more accurate to weigh these liquids especially if quantities are large. Take special care when measuring spices and other ingredients used in very small quantities. This is particularly important with salt, which affects the rate of fermentation.

2. Mixing (2 main methods below)

Mixing yeast doughs has three main purposes:

- To combine all ingredients into a uniform, smooth dough.
- To distribute the yeast evenly throughout the dough
- To develop the gluten.

Overmixed and undermixed doughs have poor volume and texture.

Mixing Methods

Straight Dough Method

Combine all ingredients in the mixing bowl and mix.

If active dry yeast is used, it is, essential to mix the yeast with water before incorporating it in the dough.

Instant dry yeast need not be blended with water for use because when it is moistened it becomes active in the dough so quickly.

Sponge Dough Method

Sponge means you begin by mixing the yeast with a small amount of flour, sugar, and liquid then you let it ferment for a short time before you mix in the rest of the ingredients. This allows the yeast to hydrate, not battle the sugar for water and helps develop flavour.

Mixing Times and Speeds

Short mixing time – can be balanced against a long fermentation with numerous folds to yield properly developed dough

Long mixing time – if this is followed by long fermentation, the result is an over developed dough

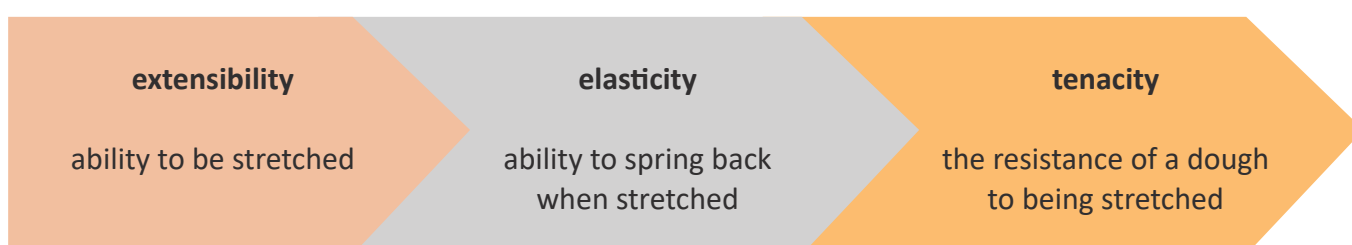


Three basic mixing techniques are used for most yeast products:

Short mix	<p>The short mix technique combines a short mix and long bulk fermentation. In a typical mixer, mixing time is 3 to 4 minutes to incorporate ingredients, plus an additional 5 to 6 minutes to develop the gluten. All mixing time is at low speed. Of the three techniques, this is the closest to hand-mixing.</p> <p>The short mix technique is suitable for lean doughs with an open crumb, such as baguettes and ciabatta.</p>
Improved mix	<p>The improved mix technique combines medium mixing and bulk fermentation times. During mixing, the dough is first mixed for 3 to 4 minutes at low speed to incorporate ingredients. Then mixing is continued an additional 5 minutes at medium speed.</p> <p>Because the dough is more developed after mixing, a shorter fermentation time is needed, usually 1 to 2 hours. Only one or two folds are given during this time.</p> <p>This technique is used for many yeast products but is especially appropriate for lean doughs with a slightly open, more regular crumb, and for sweet doughs.</p>
Intensive mix	<p>The intensive mix technique combines long mixing with short fermentation. After an initial 3 to 4 minutes at first speed to incorporate ingredients, the dough is then mixed for 8 to 15 minutes at second speed. When the dough leaves the mixer, it has a well-developed gluten structure.</p> <p>The intensive mix technique is especially appropriate for nonlaminated doughs high in fat, such as brioche. When a short production time is important, it can be used for many other breads and rolls, but because of the high level of oxidation, their flavour will be decreased.</p>

Dough Strength

The desired goal of gluten development is to achieve the proper dough strength. This can be described as the combination of three properties: extensibility, elasticity, and tenacity.



3. Bulk Fermentation

Fermentation is the process by which yeast acts on the sugars and starches in the dough to produce carbon dioxide gas and alcohol.

Gluten becomes smoother and more elastic during fermentation. An under-fermented dough does not develop proper volume, and the texture will be coarse. A dough that ferments too long or at too high a temperature becomes sticky, hard to work, and slightly sour.

Ideally, dough is fermented at the temperature at which it's taken from the mixer. Larger bakeries have special fermentation rooms for controlling temperature and humidity.

The temperature of the dough is affected by several factors:

- shop/kitchen temperature
- flour temperature
- water temperature
- friction cause by mixing



4. Folding (also called punching)

During fermentation, the dough rises, or increases in size. When the dough has approximately doubled in size, it is folded.

There are three main benefits of folding:

It expels carbon dioxide. This benefits yeast growth, because yeast activity slows down when its environment contains too much carbon dioxide.

It helps develop gluten structure.

It equalizes the temperature throughout the dough.

Folding should not be done until the dough has expanded in size and the gluten is well relaxed and easy to stretch. If the gluten is still tight, attempting to stretch and fold the dough can harm the gluten structure.

Pull up the dough on all sides, fold over the centre, and press down. Then turn the dough upside down in the bowl.

The timing of this step cannot be done by the clock but by the appearance and feel of the dough. To vary the fermentation time, you must control the dough temperature and the amount of yeast.



5. Dividing (scaling or portioning)

Using a baker's scale, divide the dough into pieces of uniform weight, according to the product being made.

Handle the dough gently – rough handling and excessive cutting can damage gluten structure.



6. Pre shaping or rounding

After scaling, the pieces of dough are shaped into smooth, round balls. This forms a kind of skin by stretching the gluten on the outside of the dough into a smooth layer. The skin gives the dough a uniform shape and helps retain gases produced by the yeast.

7. Bench/Intermediate Proofing (resting)

Rounded portions of dough are allowed to rest on the bench 10 to 15 minutes. This relaxes the gluten to make shaping the dough easier. Fermentation also continues during this time.

During this time, if the dough is dusted lightly and covered with a plastic sheet, it prevents skinning of the dough and ensure a better final product.

Larger operations, use special proofers, smaller operation place the dough in stacked boxes to keep the dough covered.

8. Makeup and Panning

The dough is shaped into loaves or rolls and placed in pans or on baking sheets. For all loaves and rolls, the seam must be centred on the bottom to avoid splitting during baking.

You should leave enough space for the bread to proof without touching other products, but also use the space as efficiently as possible to maximise how many products can be baked at once.



9. Proofing (resting)

Proofing is a continuation of the process of yeast fermentation, which increases the volume of the shaped dough. It also adds flavour and conditions the dough prior to baking.

Under-proofing results in poor volume and dense texture. Over-proofing results in coarse texture and some loss of flavour.

10. Baking

Many changes take place in a dough during baking. The most important changes are:

1. Oven spring, which is the rapid rising in the oven due to production and expansion of trapped gases as a result of the oven heat.

The yeast is very active at first but is killed when the temperature inside the dough reaches 60°C.

2. Coagulation of proteins and gelatinization of starches. In other words, the product becomes firm and holds its shape.

3. Formation and browning of the crust.

- Rich products are generally baked at 175C to 200C.
- Lean products are generally baked at 200C to 220C.

Oven temperatures must be adjusted for the product being baked. Rolls spaced apart are baked at a higher temperature than large loaves, so they become browned in the short time it takes to bake them.

Washes

Many, if not most, yeast products are brushed with a liquid, called a wash, just before baking. The most common washes are as follows:



Water

- used primarily for hard-crustured products, such as French bread.
- helps keep the crust from drying too quickly and thus becoming too thick.

Starch paste

- used primarily for rye breads.
- the starch paste helps give a shine to the crust.
- to make a starch paste, mix 1 ounce light rye flour with 1 quart water (60 g rye per 500 mL water). Bring to a boil while stirring. Cool.

Egg wash

- used to give a shiny brown crust to soft breads and rolls and to rich doughs and Danish
- It is made by mixing beaten eggs with water or, sometimes, milk. Proportions vary greatly depending on how strong a wash is desired.

Commercial aerosol washes (sprays)

- provide a quick and easy way to give shine and to help toppings such as seeds adhere.

Scoring

A break on the side of the loaf is caused by continued rising after the crust is formed. To allow for this expansion, the tops of hard-crusted breads are cut just before baking. Properly scored loaves expand better in the oven, have greater volume and have a more open crumb structure. Slashes are made on the top of the loaf. The pattern created by the cuts also contributes to the appearance of the bread.



Loaves baked in pans are usually not scored, because the pan enables the bread to expand without rupturing.

If the loaves seem somewhat over-proofed, or if the gluten is weak, make only shallow cuts to prevent deflating the loaves. Under-proofed loaves can be scored more deeply.

Small rolls usually bake completely without a break, so they are usually not scored unless desired for the sake of appearance.

Loading the Ovens

Proofed doughs are fragile until they become set by baking. They must be handled carefully when loaded into the ovens and not disturbed in the first part of baking.



Steam

Hard-crusted breads are baked with steam injected into the ovens during the first part of the baking period. Rye breads also benefit from baking with steam for the first 10 minutes. The steam helps keep the crust soft during the first part of baking so the bread can expand rapidly and evenly without cracking or breaking.

Without steam, the crust would begin forming earlier and thus would become thick and heavy. Crust that forms too early will split as the interior continues to expand. The steam also helps distribute the heat in the oven, further aiding oven spring.

11. Cooling

After baking, bread must be removed from pans and cooled rapidly on racks to allow the escape of excess moisture and alcohol created during fermentation.



12. Storing

Breads to be served within 8 hours may be left on racks. For longer storage, wrap cooled breads in moisture proof bags to reduce staling. Bread must be thoroughly cooled before wrapping, or moisture will collect inside the bags.

Wrapping and freezing maintains quality for longer periods. Refrigeration, on the other hand, increases staling.

Hard-crust breads should not be wrapped (unless frozen), or the crusts will soften.

REVIEW

Re-order the steps to show the correct order for production of yeast doughs into bread.

Steps (Wrong order)	Steps (correct order)
cooling	1.
scaling	2.
folding	3.
make up and panning	4.
storing	5.
pre shaping or rounding	6.
mixing	7.
dividing	8.
proofing	9.
baking	10.
bench proofing	11.
bulk fermentation	12.

REVIEW

Read about the 12 production steps for yeast doughs. Match the sentences.

Write the correct letter in the empty box. The first two have been done for you:

1. In the sponge dough method of mixing you make a small...	i
2. A short mix...	J
3. Elasticity of dough is...	
4. A dough that ferments too long becomes....	
5. A benefit of folding is....	
6. Pre shaping give a skin that...	
7. When doing the make-up and panning you must...	
8. Under proofing results in...	
9. An important change is baking is oven spring which is....	
10. An egg wash gives....	
11. Scoring helps....	
12. Bread must be thoroughly cooled before...	

- a)...leave enough space for the bread to proof without touching other products.
- b)...poor volume and dense texture.
- c)...to equalize the temperature throughout the dough.
- d)...gives the dough a uniform shape and helps to retain the gases.
- e)...the rapid rising in the oven.
- f)...loaves to expand better in the oven and improves the appearance of bread.
- g)...sticky, hard to work and slightly sour.
- h)...the ability to spring back when stretched.
- i)...a shiny brown crust to a product.
- j)...requires a longer fermentation time.
- k)...wrapping or moisture will collect inside the bags.
- l)...mixture of yeast, flour, sugar and liquid and let it ferment before adding the other ingredients.

Retarded Dough

Basic bread dough can be bought or made and kept for convenience under refrigeration or by freezing.

Retarding dough is the process of slowing down the final rising in the bread making process. This is easily done by proofing bread overnight in the refrigerator since the cold slows down the rise. It has its benefits, including adding flavour and allowing you to bake the bread at a later time.

How to Freeze Bread Dough

When making bread dough for freezing, make sure to mix the bread according to instructions but add twice as much yeast. This is to compensate for the yeast that will die off in the freezing process. Additionally, you want to ensure that you use only active dried yeast—not fast-acting yeast.

After making the bread dough, follow these six steps to freeze it:

1. Let the bread go through its first rise, as most yeast bread goes through two rises. Allow the bread to rise in a greased bowl as per recipe instructions.



2. After the first rise, punch down the dough and knead. Then, shape the bread dough into a loaf or loaves.



3. Place the loaf (or loaves) in a bread pan lined with greased plastic wrap to prevent sticking. This also allows the dough loaves to hold their shape when frozen.



4. Place the bread pans in the freezer and let the dough freeze for about 10 hours.



5. Remove the frozen bread dough from the pans. Wrap it in plastic wrap and place it in a resealable plastic freezer bag.



6. Date the bag(s) of dough and place it in the freezer immediately. Your dough can be frozen for up to four weeks.

Using Frozen Bread Dough

The dough still needs to go through a second rise before baking, so don't put a frozen loaf of bread dough directly in the oven. Plan a night ahead for the second rise.





To use a frozen loaf of dough, remove it from the freezer the night before you want to bake it. Keep the loaf wrapped in the plastic and let it thaw overnight in the refrigerator. Place the thawed dough in a greased bread pan, cover, and let it rise on the counter. Bake the bread at the temperature and length of time described in the recipe.


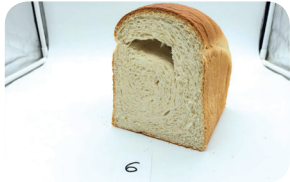







What is an optimal loaf?

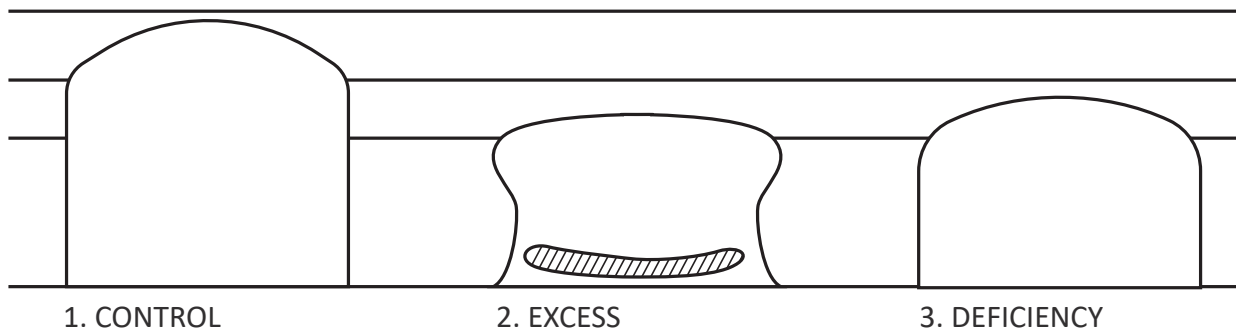
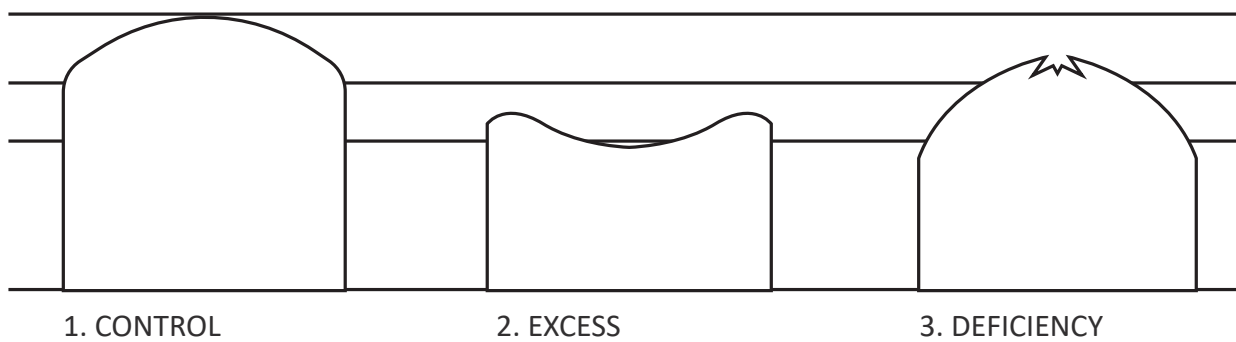
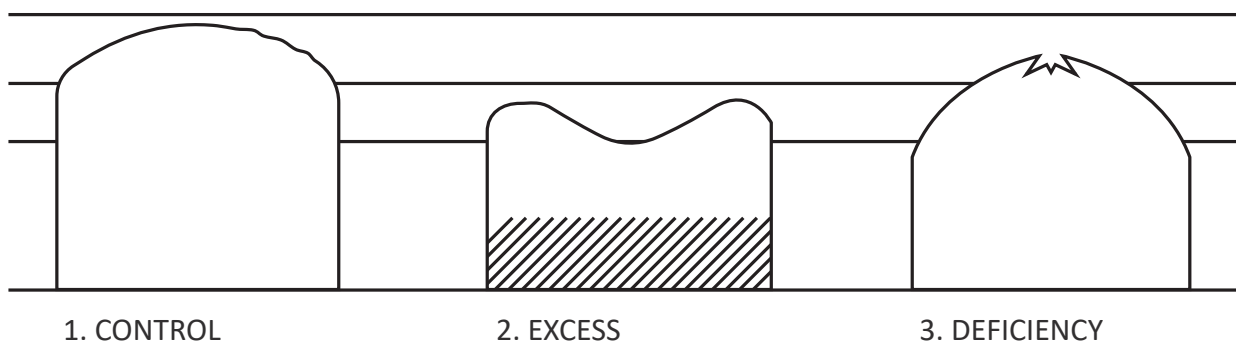
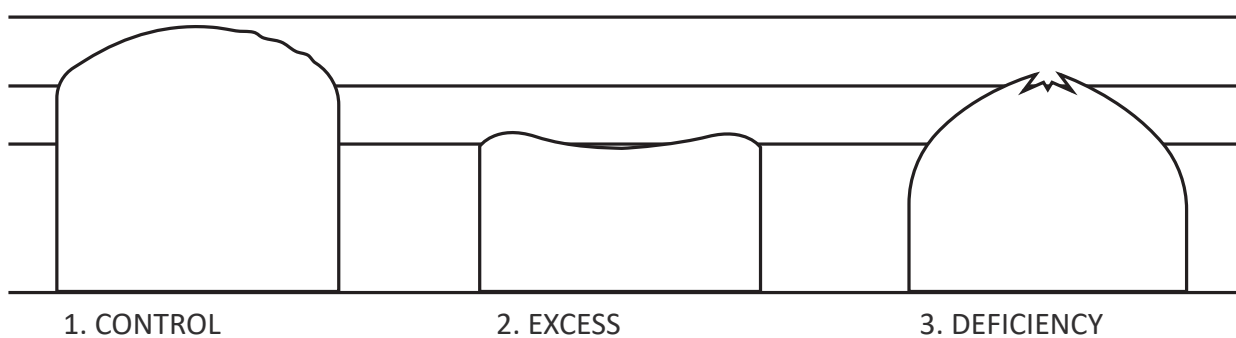
- Soft crumb
- Elastic crumb
- Easy to slice
- Fine even texture
- Golden brown colour of crust
- Short bite (the opposite of chewy – it is easy to break off a piece and easy to chew).

Bread Faults

Breadmaking is a very scientific process, so there are many faults that can occur. It's good to understand why they happen so we can try to stop them happening in the first place.

Fault	Reason	What does the fault look like?
Blisters on crust - Air bubbles on the crust	<ol style="list-style-type: none"> 1. under-ripe dough 2. too much steam in proofer 	
Side of bread collapsing	<ol style="list-style-type: none"> 1. too much improver 2. bread left too long in pan 3. flour too strong 4. too much salt 5. over mixing 	
Bread sticks to pan	<ol style="list-style-type: none"> 1. under-baked dough 2. stacked dough 3. pan not greased enough 4. lack of salt to control yeast activity 	
Collapsed bread	<ol style="list-style-type: none"> 1. over-ripe dough 2. over-proofed dough 3. baking temperature too low 4. flour used was too weak 5. under-mixing 	

Flying top - the top crust instead of rising gradually burst open under the pressure of expanding gas.	<ol style="list-style-type: none"> 1. uneven distribution of heat 2. baking temperature too high 3. insufficient oven steam 	
Holes under top crust	<ol style="list-style-type: none"> 1. too much top over temperature 2. proofing time too long 3. flour too strong 4. lack of salt 5. dough temperature too high 	
Badly shaped bread	<ol style="list-style-type: none"> 1. bad moulding 2. tight dough 3. insufficient oven-steam 4. incorrectly placed in pan 	
Lack of volume	<ol style="list-style-type: none"> 1. tight dough 2. under proofed dough 3. flour used was too weak 4. under mixed dough 5. too little yeast 	
No oven spring	<ol style="list-style-type: none"> 1. over proofed dough 2. baking temperature too low 3. flour used too weak 4. dough temperature too high 	
Rapid Staling	<ol style="list-style-type: none"> 1. stiff dough 2. baking time too long 3. baking temperature too low 4. flour deficient in maltose 5. lack of salt 	
Too much Volume	<ol style="list-style-type: none"> 1. over-proofed 2. too much yeast 3. too much premix ie. additive 	
Uneven texture	<ol style="list-style-type: none"> 1. under-ripe dough 2. tight dough 3. under-proofed dough 4. too much yeast 	
Wrinkled Crust	<ol style="list-style-type: none"> 1. over-proofed 2. wrapping too warm 3. too little salt 	

Effects of Milk**Effects of Sugar****Effects of Baking Powder****Effects of Fat**

LEARNER ACTIVITY:

When your trainer teaches the class about the bread faults and solutions, take detailed notes about each one and how to rectify or avoid the problem.

PROBLEM SOLVING

Trainee A has taken their loaf out of the oven and it has collapsed. What went wrong? How could they have avoided it?

Trainee B baked some bread in the morning and it became stale rapidly. What went wrong? How could they have avoided it?

Trainee C has baked a white loaf of bread and it has a flying top. What went wrong? How could they have avoided it?

Rolled in or Laminated doughs

Rolled-in or laminated doughs contain many layers of fat sandwiched between layers of dough, these layers create flakiness.

Two basic kinds of rolled-in yeast doughs are made in the bakeshop:



Croissants



Danish pastry

Ingredients in laminated doughs

Flour

- Use 11-12% protein flour for croissants
- For richer Danish dough, use a blend of 80% bread flour and 20% pastry flour (or just use all-purpose flour)



Water / Milk

- Water only for croissant and puff pastry dough
- Water and milk for Danish and cream puff dough (to sweeten and color)



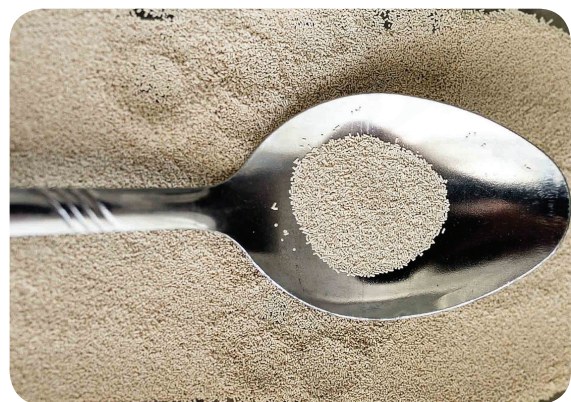
Sugar

- Small amount of sugar in croissant dough (for fermentation and caramelization)
- Danish dough needs more sugar
- Puff pastry does not have sugar



Yeast

- Used for leavening in croissant and Danish dough
- Not used in puff pastry or cream puff dough



Fat

Functions of fat:

- To add moistness and richness
- To increase keeping quality
- To add flavour
- To assist in leavening when used as a creaming agent
- To give flakiness to puff pastry, pie crust, and similar products



Types of fat:

- Butter – Most expensive, but best flavor
- Margarine – Less expensive with higher melting point
 - Cake and Baker's Margarines
 - Puff Pastry Margarines
- Oils - not often used as shortenings in baking because they spread through a batter or dough too thoroughly and shorten too much.
- Shortening – May be used in cream puff dough, but not used in others
- Eggs – Used in Danish dough for color and texture, but not used on others

Salt - Added to aid in fermentation process in croissant and Danish dough

REVIEW

Read the statements below. Circle T (true) or F (false)

1. You should use water as the liquid for all laminated doughs. T F
2. Out of the rolled-in doughs, yeast is only used for croissants and Danishes. T F
3. An ingredient of puff pastry is sugar. T F
4. Fat helps to add moisture, flavour and flakiness to doughs. T F
5. Eggs are used in all rolled-in doughs. T F

Rolling in Procedure (for croissants and Danishes)**Part 1. Enclosing the fat in the dough.**

1. Roll out the dough into a rectangle. Smear softened butter over two-thirds of the dough, leaving a margin around the edges.
2. Fold the unbuttered third of the dough over the centre.
3. Fold the remaining third on top.

**Part 2. Rolling out and folding the dough to increase the number of layers.**

4. Rotate the dough 90 degrees on the countertop. This step is necessary before each rolling-out of the dough so the dough is stretched in all directions, not just lengthwise. Always place the worse side up before rolling so it will be hidden after folding. Roll out the dough into a long rectangle.
5. Fold the dough into thirds by first folding the top third over the centre.
6. Then fold over the remaining third. This is the first turn or first fold (enclosing the butter doesn't count as a turn). Let the dough rest in the refrigerator 30 minutes to relax the gluten. Repeat this rolling and folding two more times for a total of three turns.



REVIEW

Write the steps for the rolling in procedure in the correct order:

- Fold over the remaining third. Let the dough rest in the refrigerator for 30 minutes before next roll and fold.
- Roll the dough into a rectangle, put butter in the middle of the piece leaving margin at the edges.
- Fold the unbuttered third over the centre.
- Rotate the dough 90 degrees on the countertop, place the worse side up.
- Fold the other unbuttered third on top.
- Fold the dough into thirds.

1.

2.

3.

4.

5.

6.

Croissants

Ingredients	Makes 14-16
strong white flour	500g
yeast	23g
salt	10g
caster sugar	50g
egg	1 (or 55g)
milk, cold	125g
water	125g
butter	200g
eggwash	



1. Put the flour into a mixing bowl and rub in the yeast, then add the salt and sugar.
2. Add the egg, milk and water and mix together using a scraper and turn out onto a work surface.
3. Work the dough for 3–4 mins.
4. Form the dough into a ball. Cut a cross with a knife (as for puff pastry – see recipe 5), put into a plastic bag and rest the dough in the fridge for 1 hour.
5. Lightly flour a work surface, take the dough out and, starting at the centre where the cross was made, roll out the four corners of the dough.
6. Flatten the butter and make into a square and place in the middle of the dough. Wrap the butter with the dough.
7. Give the paste a turn followed by a 30 minute rest. Repeat the process two more times.
8. After the paste has rested, roll the paste 30 x 75 mm and 4 mm thick. Cut the dough into 2 strips and cut each strip into 6–7 triangles. Roll each triangle up into a croissant shape. Place on a baking tray and prove very slowly for 1 hour then egg wash. Bake at 220 °C for 18–20 minutes.

How to shape and roll croissants:



Danish Pastry

Ingredients	Makes 14-16
strong flour	900g
fresh yeast	40g
milk, cold	400ml
eggs	4
caster sugar	140g
oil	100ml
salt	pinch
unsalted butter	500g
fillings	varies (eg, pastry cream and dried fruit)
fruit glaze	
water icing	



1. Sift the flour.
2. Dissolve the yeast in the milk.
3. Whisk the eggs with the caster sugar, oil and salt.
4. Combine all the ingredients except the butter, and mix them on a slow speed in a food processor until the liquid is absorbed and the dough is smooth.
5. Line a tray with cling film. Roll the dough into a rectangle to fit the tray. Lay it on the tray and cover with cling film. Rest in the fridge for 30 minutes.
6. Beat out the butter to soften it. Place it between layers of cling film and roll it out to a rectangle two-thirds the size of the dough.
7. Prepare deep trays of ice and put them to one side. Cover a marble slab with cling film and lightly dust it with flour.
8. Lay the dough onto the slab. Place the butter on top so it neatly covers two-thirds of the dough, starting at one end.
9. Fold the dough over in thirds (this is turn 1).
10. Roll the paste out in the opposite direction to which it was first rolled. Use the ice to keep the rolling pin cool. Fold it in thirds (turn 2).
11. Wrap the dough in cling film and rest in the fridge for 30 minutes.
12. Prepare everything again as at step 7. Repeat step 10 (this is turn 3).
13. The dough is now ready for use. If it is to be stored, roll it out and cut it in half. Wrap each piece in two layers of cling film. Refrigerate or freeze.

14. To make up the pastries, prepare a marble as for step 7. Roll out the dough into a rectangle, approximately 6 mm thick.
15. Cut, fill and shape the dough as required (there are a huge variety of shapes and fillings).
16. Place the pastries on baking sheets, spaced well apart, and egg wash.
17. Prove until the pastries have doubled in size.
18. Bake at 205°C for 12–15 minutes.
19. Brush with fruit glaze and then with water icing.



PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be expected to demonstrate the preparation of two hot and two chilled desserts according to a standard recipe or the recipe from your establishment.

- 1) In order to prepare you should complete the questions in this module as well as take notes of the demonstrations by your trainer. You can also go online and watch videos of how to make a crème patissiere or a fruit coulis.

Take notes of what you observe – what tools were being used? What techniques? Were you given any tips?

	<i>Observations</i>
Crème Patissiere	
Fruit Coulis	

- 2) The assessor will be looking at your personal hygiene, food hygiene and safety understanding and your mise en place. Review those modules and practice making a work plan for a particular dessert recipe that you have or have been given.

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Module 16



PROFESSIONAL COOKERY SKILLS WORKBOOK

Basic Ethnic Foods

BASIC ETHNIC FOODS

Learning Outcomes	<p>After you have completed this module you should be able to:</p> <ul style="list-style-type: none"> ➤ Identify and prepare basic ethnic foods ➤ Understand recipes, ingredients, tools, equipment and methods to be used to prepare: <ul style="list-style-type: none"> ● Types of Sri Lankan foods (Ethnic and festival foods) ● Types of International foods (Indian (South/ North), Chinese, Thai, Arabic Moroccan, Indonesian/Malaysian, Japanese) ➤ Types of ethnic sweets
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In this module you will re-discover local dishes, learn about different food from different countries, and learn how to make sweets from different countries.

You will learn new recipes as well as understand a little something about the different food cultures of the world we live in.

You will also review mise en place procedures, cooking methods and think about utensils and equipment.

REVIEW

- Mise en place (See Section 8 of the Professional Cookery Skills Manual)
- Utensils and equipment (See Section 6 of the Professional Cookery Skills Manual)
- Cooking Methods (See Section 9 of the Professional Cookery Skills Manual)

DIFFERENT COOKING METHODS FROM AROUND THE WORLD:

Food is part of culture and diets have evolved over time in different localities. They are influenced by environmental and political factors as well as complex social interactions. Actual food availability may vary by region and season. Socioeconomic level and income, prices, individual preferences and beliefs and cultural traditions shape dietary consumption patterns. This means there is much to learn about different ethnic cooking and the more you know the better it informs your own cooking in the future.

Below are some cooking methods that you may not be familiar with:

Earth Ovens:

Many cultures have a version of this style of cooking, from New Zealand, Hawaii to the Arabian Peninsula.

In this style of cooking big rocks are heated up on an open fire and placed into a pit in the ground. Food, wrapped in banana leaves is then added on top, meat first then vegetables. The hole is then covered with a wet sheet and allowed to steam for around 3 hours.

**Ceviche:**

This dish is most commonly associated with South and Central American cooking cuisine and originated in Peru. This method uses only citric acid to “cook” fresh fish. It is a simple dish of super fresh fish, acid, onion, salt and a nice view of the sea. The acid is provided by lemons or limes.



Saltbake:

This style of cooking is most commonly applied to fish and has been proved to date back as far as 2000 years in China. A large quantity of sea salt is mixed with egg white, until just damp. This is then used to tightly encase a whole fish into a tray, leaving no gaps before baking. The reason for this is so the fish can cook in its own steam as very little moisture can escape, but also the salt helps to distribute the heat of the oven more evenly. Oh, and of course, your fish will be perfectly seasoned and ready to eat. Crack the salt crust at the table for a restaurant worthy spectacle.

**Cooking in Bamboo:**

A well-known South East Asian dish found in Malaysia (Iemang) Thailand (khao lam), Cambodia and Laos, it is cooking within the hollow of a bamboo stick. A hollow bamboo stick is stuffed with sticky rice (small grain rice), palm sugar and coconut milk that has been wrapped in a banana leaf. It is placed onto hot coals until the liquid of the coconut milk has been absorbed. The rice is sweet and sticky from the coconut and sugar, and also takes on flavour from the bamboo.



DIFFERENT UTENSILS AND EQUIPMENT FROM AROUND THE WORLD:

Most of the cooking utensils and equipment that you will use in your career as a chef, have been developed for European food. That is because the recipes and cooking methods you are learning mostly come from different countries in Europe, but especially France. That is because modern cooking/catering was developed by a French man called Escoffier.

But the world is wide and as you know, and there are many cooking cultures, some modern and some ancient.

REVIEW

Where do the following utensils and equipment come from and can you guess what they are used for?



**LEARNER ACTIVITY:**

Discuss with your group about any observations you can make from looking at these pictures?
Or discuss your experiences with other ethnic cooking/cuisine.

Cultural Eating Habits around the world:

Even though you are making the food, it is important that you ALSO know how to eat the food you cook! This will inform your understanding of WHY food is cut in a certain way, or presented in a certain way. It will also improve your own eating habits if you ever visit the countries of the food you cook!

REVIEW

Write what dishes you would eat with the following utensils:

Eating with your hands:

Eating with a knife and fork:

Eating with a spoon:

Eating with chopsticks:

LEARNER ACTIVITY:

1. Choose a country you would like to visit one day and do your own research of the food culture of that country.
2. Make your own notes about that country's food culture and eating habits.
3. Choose a dish you would like to try and make – think about whether you can substitute local vegetables/fruits for the ones in that recipe. It is important to think about sustainability (see Section 7 of the Orientation Module).

Now let us first look at Sri Lankan cuisine.

SRI LANKA

Sri Lankan meals usually consist of boiled or steamed rice served with curry. There is a main curry of fish, chicken, pork or mutton, plus several curries of vegetables, lentils, and sometimes fruit.

Side-dishes include pickles, chutneys and sambols, the most famous of which is coconut sambol.



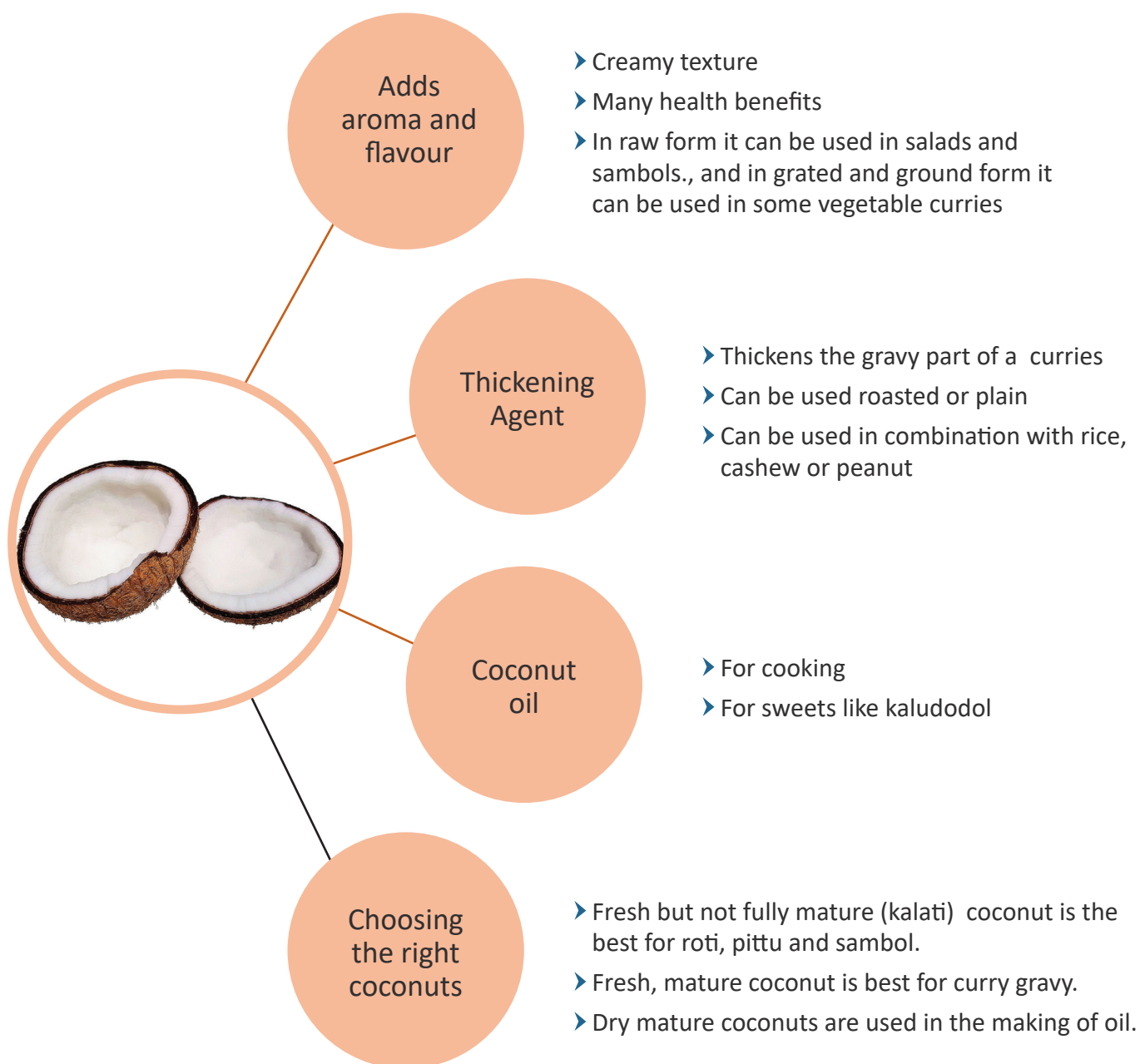
Basic Sri Lanka curry ingredients are:

Ingredient	Description
Chilli	There are many varieties of chilli in the world but only a few of those are commonly used in Sri Lankan curry. They can be found unripe, ripe or dried. Kochchi – eg. pickles like lime pickle Dried Red Chilli – eg. fried to "temper" dhal Green Chilli – eg. fresh sambol and mallum Capsicum – eg. served stuffed
Pepper	Black pepper is a must in Sri Lankan curry.
Turmeric	Used in powdered form, added for medicinal value and adds colour to food.
Onion	Sri Lanka has a wide range of onions: red onion, madras onion, Bombay onion.

Ginger and Garlic	Pungent ginger (inguru) is used in meat preparations, curries, chutneys and pickles. Garlic is used in fish or meat curry and in some sambols. However is it is not used very much in vegetable curry because garlic overpowers the taste of other vegetables.
Curry Powder	<p>“Thuna Paha” a key ingredient in Sri Lankan curry preparation.</p> <p>Preparation of thunapaha:</p> <ol style="list-style-type: none"> 1. First choose eight spices for your preference. The main spices (“golden three”) are cardamon, cinnamon and cloves. 2. You can put in another 5 varieties of spices as coriander, cumin, fennel, sweet cumin and curry leaves. The amount of each spice is not fixed. You should blend spices to obtain your own flavor. It is advisable that cardamoms and cinnamon should not be heated. These spices must be used fresh. 3. Put other spices into a pan and heat it over a slow fire. When you can smell the spices take the pan off the fire and let it cool for a little while. Then put all the spices into a mill and ground into powder. 4. Once you prepare this powder store in an air tight container in order to retain freshness and fragrance.
Cardomoms	Used in all meat, fish and sambols.
Cloves	Generally used in meat and fish dishes, and only one or two should be used since it has a very strong aroma.
Cinnamon	Generally used in meat and fish and vegetable curry.
Cummin	Used ground or powdered.
Coriander	Used finely ground or powdered. Used in meat, fish and vegetable curries
Fenugreek	Generally used in meat and fish curries and thickening white gravy.
Mustard Seed	There is white, yellow and black mustard seed. Black mustard seed, which has a sharp taste, is used in pickles, chutneys and fish curries.
Curry leaves	Curry leaves, when fried in oil, give off an appetizing aroma and is added to oil first in many curries.
Rampe Leaf	Generally rampe leaf is used in fresh form and added to meat and fish curries and not vegetable curries. It is also used to add aroma to certain types of rice.
Lemongrass	In dry or fresh forms lemongrass is added to all meat and some curries.

There are other spices that are used in Sri Lankan curries like nutmeg, mint and fennel, which you will come to know more about as you polish your skills at making authentic Sri Lankan curry. The appropriate blending of all these spices is what make Sri Lankan cuisine unique.

Another key ingredient in Sri Lankan cuisine is COCONUT MILK.



Coconut Milk Extract

Grated coconut added to water (8 oz coconut scrapings to 6 oz water) and squeezed, a very rich extract can be obtained. This is called the first extract. If you need a second or third extract you can add water again (4 oz scraping to 2 oz water).

Today it is possible to buy processed coconut milk and dried grated coconut from the supermarket. Use these products according to the manufacturer's guidelines.

Thickening agents (thicken the curry sauce):

- Coconuts (pol) -Grated or lightly roasted or fully roasted ,
- Kurumba
- Nuts – Cashew nuts or peanuts or kottan
- Rice (raw & par boiled)
- Gingelly seeds
- Tomatoes

Tenderizing agents for meat used in curry:

- Bark of papaya
- Asafetida - Dried gum resin from the root of various Iranian and East Indian plants. It has a strong fetid odor.
- Curd
- Acids – vinegar (acetic acid)
lime juice (citric acid)
goraka (gambojiac acid)
tamarind (malic acid)
mango



Modern and traditional grinders

Methods of introducing ingredients into curries:

Sri Lankan curries share more or less the same basic ingredients. Different flavours are obtained by combining the ingredients in different proportions as well as the method in which the ingredients are added to meat, fish or vegetable.



Below are the different methods in which the curry ingredients are added to meat, fish or vegetable.

	Method	How to	Example Dish
1.	Cold method	All the curry ingredients are mixed with vegetable, meat or fish. Thin milk of the coconut is added first and curry brought to boil and allow to simmer until done.	Dhall white curry Seer fish white curry
2.	Mix with curry ingredients	All the curry ingredients are mixed with vegetable, meat or fish. Then mixture is tempered in a little oil and cooking continue for few minutes and add necessary amount of coconut milk and allow to simmer until done.	Tempered beans, okra (Ladies fingers)
3.	Curry powder roasted in oil	Curry ingredients are added to a very small quantity of oil and allowed to fry. Then meat fish or vegetables are added and fried for a few minutes. The water, coconut milk or stock is then added and dish is cooked till done.	Beef curry
4.	Roasted curry powder	The curry powder is roasted in a heated pan for a few minutes prior to being added to the main ingredients. Then cooking continues according to the 1st or 2nd methods.	Pork black curry
5.	Roasted whole ingredients	Whole curry ingredients are roasted and powdered prior to immediate use and continue the cooking process.	Meat curries

Authentic Dishes:

- Haath maluwa – Vegetable dishes
- Fresh cashew curry
- Jack seed curry
- Tenderleaves of pumpkin or labu (un-ripe papaya) curry
- Wingbeans (dambala) or awara (tempered)
- Sweet potato or innala (curry or tempered)
- Thal kola/mukunuwanna/koorathampala (as a mullum or with dhal)
- Alukesel
- Southern fish ambulthial (tuna fish curry)
- Northern crab curry
- Jaffna cool soup
- Hath maluwa of sabaragamuwa (gourd curry)

Sri Lankan Breakfast preparation and accompaniments:

Sri Lankan breakfast might include one of the following:

- A)** Milk rice - accompanied by lunu miris , miris malu
- B)** Hoppers - accompanied by lunu miris, seeni sambol
- C)** Pittu - accompanied by kiri hodhi , lunu miris, coconut milk
- D)** String hoppers- accompanied by kiri hodhi, potato white curry, pol sambol
- E)** Plain roti / pol roti- accompanied by pol sambol, lunu miris

Although recipes for lunu iris, pol sambol, seeni sambol and kiri hodhi may differ between establishments, the main basic ingredients tend to be the same. Below are some basic recipes for these breakfast accompaniments.



Kiri Hodhi Recipe:

- | | |
|--|--|
| 4 teaspoons fenugreek soaked in water | 1 tsp rice flour |
| 3 oz. onions chopped | 3-4 green chilis |
| A sprig of curry leaves | 2 cardamoms |
| 1 inch cinnamon | 2-3 tsp maldivian fish (optional) |
| 12 oz 2nd and 3rd extracts of coconut milk | Lime juice to taste |
| 12 oz 1st extract of coconut milk | 1/8 – ¼ tsp turmeric powder to give desired colour |

Method

1. Cook 2nd and 3rd extracts of coconut milk and all ingredients, except lime juice and 1st extract of coconut milk, until onions are soft. This should be done on a slow fire.
2. Mix very well, to bring out the thickening effect from the fenugreek. Add 1 tsp of salt.
3. Add 1st extract of coconut milk. Keep stirring. Bring to boil and add lime juice to taste. Remove from fire.

Serves 8 portions

Luni Mlris Recipe:

2 oz dried chilli
 ½ oz maldive fish
 Lime juice

2 oz onions
 Salt to taste

Method

1. Grind all the ingredients well to a coarse or smooth paste as desired.

Serves 8 portions

Pol Sambol Recipe:

6 oz coconut scraped fine
 1 dessert spoon maldive fish
 4 teaspoons chilli powder
 1 ½ dessert spoons lime juice

2 oz red onions
 1 tsp ground peppercorns
 1 ½ tsp salt

Method

1. Grind red onions and pepper together.
2. Mix all the ingredients well, season with lime juice, so that lime flavour is dominant.

Serves 8 portions

Pol Sambol Recipe:

1 lb red onions
 2 dessert spoons chilli powder
 3 oz tamarind squeezed in 4 oz 2nd extract of coconut milk
 ¼ bottle oil
 4 cardamoms
 A sprig of curry leaves

4 cloves
 2 inch cinnamon
 2 tsp sugar
 2 slices of ginger
 2 tsp salt
 Juice of lime to taste

Method

1. Peel, wash and slice the onions very fine.
2. Chop garlic and ginger and bruise cardamoms.
3. Heat oil in pan and when oil starts to smoke, add onions, garlic, ginger, and fry until golden brown. Keep stirring to prevent over-browning. Drain oil (leave about 2 dessert spoons of oil in the pan).
4. Mix chilli, tamarind, maldive fish and the rest of the ingredients together and then add to the fried onions. Mix well, reduce flame and cook for 30 – 45 minutes over low flame. Add sugar just before turning of the heat. Add salt to taste.

*Serves 8 portions***LEARNER ACTIVITY:**

Have you made any of these accompaniments at home? How different are they to your home recipes?

Does your establishment have standard recipes for these accompaniments? How different are they?

REVIEW

Write in your own words about coconut use in Sri Lankan cookery (different forms, what type of coconut to use for different types of preparation, quality point for buying).

Sri Lankan Rice Varieties:

“Over 2000 different kinds of traditional rice varieties are cultivated in Sri Lanka. Almost all those traditional rice varieties are organically grown under natural conditions without the application of agricultural chemicals and inorganic fertilizers. Therefore traditional rice cultivation is 100% environmental friendly as sustainable food production methods are being practiced by Sri Lankan traditional farmers.”

“People believe that our traditional varieties have higher medicinal and nutritional values. Sri Lankan traditional doctors have used many of these traditional rice varieties such as Kalu Heenati, Sudu Heenati, Maa Wee for the preparing of herbal medicines.”

(ceylondigest.com)

Rice often used in Sri Lankan cooking:**a) White raw rice**

Highly milled, no vitamin B and contains a high amount of starch; it is better if you steam the rice before cooking or boiled with lots of water and drain off the water. Since there are no vitamins in the water there is no waste. Good for breakfast preparations like hoppers; string hoppers .

b) Par-boiled rice consists of paddy which has been boiled for 45 minutes or until the husk begins to crack. The boiled paddy is allowed to dry well in the sun and then hand pounded or milled to remove the husk. Although it is polished this rice contains a high percentage of vitamin B due to its absorption into the starch from the bran (the outer covering of the grain adhering to the inside of the husk in the boiling process).

The darker the color of the parboiled rice the greater the vitamin B content.

c) White raw rice

Highly milled, no vitamin B and contains a high amount of starch; it is better if you steam the rice before cooking or boiled with lots of water and drain off the water. Since there are no vitamins in the water there is no waste. Good for breakfast preparations like hoppers; string hoppers .

d) Par-boiled rice

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The darker the color of the parboiled rice the greater the vitamin B content.

e) Local raw rice

is obtained by pounding the paddy to remove only the husk. The rice maybe the polished raw rice in which the bran has been removed or it may be the dark variety where most of the bran is retained. The tendency is for this rice to become lumpy due to the presence of uncooked starch. The lumpiness can be avoided by quickly boiling the rice.

f) White rice (Raw Rice)

is usually highly milled rice and maybe cooked in the same way as par-boiled rice. But it has a very high starch content which makes it sticky. It is suggested that this rice be steamed prior to cooking or cooked in plenty of water.

g) Milchard, Samba, Sududuru Samba

Milchard, samba, sududuru samba are all varieties of parboiled rice and may be cooked in the same manner except for a few differences:

- I. Milchard -has a strong aroma during and after cooking. This can be prevented by adding pandang (rampe) leaf, or lemon grass, or bay leaf.
- II. Sududuru Samba – this rice cooks very fast and so need monitoring.
- III. Samba – similar to sududuru samba but the grains are bigger. Therefore more water is required to boil it.

Cooking Rice:

Follow the S.O.Ps of your establishment when cooking rice.

Some establishments wash the rice before cooking and this is usually done by hand.

In the past cooking of rice was done in a pot but today it is possible to use a rice cooker.

If you are asked to wash rice, be careful not to over-wash the rice (all the nutrients and starch will be lost). Also be sure to follow guideline as to how much water to add – normally for every cup of rice you will add two cups of water.

Regional Differences:

Sri Lankan cuisine can be divided into Southern, Central and Jaffna categories. Each style of cooking brings regional influences to the dishes.

LEARNER ACTIVITY:

With a partner or with your group try to make a list of different curries or dishes from the different provinces of Sri Lanka. Try to find at least one dish per province. Compare your list with the class.

Sri Lankan Desserts:

Name	Ingredients	Description
Oil Cake (Konda Kevum)	Rice flour, treacle, coconut milk	A very popular Sinhalese sweet. Fried in hot oil individually. The small bump at the top gives the name 'konda' (tied hair). <i>(Ladies with who can make the "Konda" wins respect!)</i>
Bibikkan	Semolina, raisins, treacle, rice flour, scrapped coconut, spices and flavours	Similar to fruit cake. It is brown and moist.
Sowbora	Flour, sugar, rulan, scraped coconut, butter and salt	Popular biscuit among Sinhalese. Available only in village boutiques and fairs.
Undu Walalu/ Undu Wal or Pani Walalu	Urad bean flour and kithul treacle	Tasty crispy fried tubes filled with Kithul treacle. Looks like earthworm but it is a world class sweet, unique to Sri Lanka.

Green Gram cake (Mung Kevum)	Rice flour, mung flour, treacle, ghee, spices	A popular Sinhalese sweet fried in oil often used at cultural events.
Weli Thalapa	Rice flour, scraped coconut, kithul treacle or coconut treacle, spices	Household sweet, usually served at tea time. Prepared in two step process: first is to prepare pittu with rice flour and second to mix that with kithul / coconut treacle.
Kalu Dodol	Kithul jaggery, rice flour, coconut milk, and cashew nuts	Household sweet, usually served at tea time and special events. Prepared by boiling coconut milk and kitul jaggery in a big pan (thachi) and adding rice flour, cashew nut and spices to the reduced mix.
Aggala	Kithul treacle, rice flour, pepper	Spicy sweet. Mostly prepared for tea time in villages.
Aluwa	Rice flour, sugar, milk, butter, spices (cardamom, cloves)	Popular among Sinhalese. Served at cultural festivals.
Kokis	Rice flour, coconut milk	Use a metal mould to form different shapes.
Arsmi	Rice flour / Nanu made of Dauwul Kurundu, honey	Deep fried using arsmi spoon to a half moon shape and drain well then pour honey over it. (You have to fry again to gain more whiter colour.)
Halapa Kurahan thalapa	Rice flour, kurakkan flour, kithul jagarry	Make the dough, then flatten between folded kanda leaf and steam.



Jaggery

Sri Lankan jaggery is a wonderful alternative to white sugar and traditionally it was served with tea or coffee (it still is today in some places). Jaggery is a type of unrefined sugar which is why it is brown in colour. It has many health benefits because it contains many minerals and it aids digestion.

There are two types of jaggery:



Kithul Hakuru: This is made from the sap of coconut or palmyra (kithul) palm trees, and sold in round cakes or lumps.



Hakuru: This is made from brown cane sugar, and often sold in round, sticky balls.

REVIEW

1. What are the four types of tenderizing agents used in Sri Lanka cooking?
2. Give an example dish for each of these tenderizing agents (try to use your experience or your knowledge if you can):
3. What are the 5 methods to introduce curry ingredients into Sri Lankan curry?
4. Give an example dish for each of these methods (try to use your experience or your knowledge if you can).
5. Give two examples of a Sri Lankan breakfast (main and accompaniment).

Now let's learn some basics about two common and popular cuisine:
Indian and Chinese

CHINESE CUISINE



Chinese cooking in nutshell:

- Quick
- Cut into small pieces
- Uses high flame
- Shortest time of cooking
- Always must have good mis- en- place
- Cook at time of order and serve immediately

China is a very big country and so you will find many, many different types of dishes and flavours. Some can be very mild tasting while others can be quite spicy. Different regions serve their local cuisines in different types of dishes. Over your career, and if you are interested in Chinese cuisine, educate yourself through reading or leaning from a chef.

Chinese Rice, Noodles and Bread

Like Sri Lankans the Chinese eat a lot of rice. There are different rice types but the most famous is jasmine rice – which is fragrant, long grain rice. In some parts of China they also use a short grain, sticky rice.

There are also many types of noodles but the most well-known ones are Lo Mien (means tossed noodles) and Chow Mien (means fried noodles). Both are made from wheat flour and egg. Both come in dried and fresh forms. Both need to be parboiled before adding to stir fry. Lo Mien is a thicker noodle than Chow Mien and goes well with thicker sauces.

Ho Fun is a rice flour noodle and is white and flat. The narrow version of ho fun noodle is often used in noodle soup dishes and the wider version can be tossed in a thick sauce.



Lo Mein Stir Fry



Ho Fun

Although Chinese people today enjoy Western style bread, they have their own traditional bread as well. “Bing”, meaning bread, covers many different types of bread found all over China. Lao Bing (meaning pan fried) is a flatbread and looks like a pancake. Fa Mian Bing (meaning yeast risen) is thick and often stuffed. Mantou is a steamed bun made of wheat flour and yeast as is often served without filling as a side dish.



Fa Mian Bing



Mantou

Chinese cooking in nutshell:**Beijing (Northern Chinese cuisine)**

No rice, more noodles because wheat & corn are produced in this region.
Garlic, onion, sesame seed and fermented soya bean paste is used extensively.
Not many meat dishes.

Szechuan (Western Chinese cuisine)

Strong & hot spices used.
Meat fish dishes are plentiful.
Chilies, peppercorn, ginger are main ingredients

Guangdong (Southern Chinese or Cantonese cuisine)

Sweet & sour dishes, dimsum are renowned.
Rice is staple food.

Shanghai (Eastern Chinese Cuisine)

Wide variety of fruits, vegetable & fish and seafood.
Seasoning is delicate, using sugar, wine, vinegar or soya sauce
Stir-frying, braising & steaming is famous.

Common ingredients used in Chinese cuisine

- Soy sauce - made from soya bean, flour & water.
Light soya sauce is best for most cooking. Dark soya is good for stews.
- Bean curd or tofu - Tofu made out from soya bean milk.
Used extensively in soup but can also be stir-fried.
- Monosodium glutamate (MSG) seasoning.
(The most famous MSG brand is Ajinomoto and was first marketed in Japan in 1909, having been discovered and patented by Kikunae Ikeda.)
- Sesame oil - (also known as gingerly oil or til oil) is an edible vegetable oil derived from sesame seeds.
Besides being used as a cooking oil in south India, it is often used as a flavor enhancer in Chinese cuisine.
- Oyster sauce - oyster sauce has an earthy, slightly sweet, and salty taste. It is a mixture of boiled down oyster juices (which have been caramelized), along with salt and sugar; some versions include soy sauce thickened with cornstarch. Oyster sauce is dark brown, almost black in color, and has a thick consistency. It is used in both meat and vegetable dishes, mainly in Cantonese

Chinese Desserts:

There are many types of Chinese desserts, ranging from cool, summer treats to deep fried treats. Many famous desserts are actually special sweets served during Chinese New Year Festival.

Almond Float

Total: 60 mins

Prep: 15 mins

Cook: 45 mins

Yield: Serves 4 – 6 portions

Almond float is a refreshing dessert that can be served with canned or fresh fruit.

Ingredients

- 1 envelope unflavoured gelatin(such as Knox)
- 4 tablespoons granulated sugar
- 1 cup boiling water
- 2 teaspoons almond extract (as desired*)
- 1 cup evaporated milk
- 1 cup cold water
- 1 (15 ounces) can fruit cocktail with syrup*

Method

1. Gather the ingredients.
2. In a medium bowl, combine the gelatin and the sugar, stirring to mix well.
3. Pour the boiling water over the gelatin/sugar mixture, and stir until completely dissolved.
4. Stir in the almond extract, evaporated milk, and the cold water, mixing well.
5. Pour the gelatin into a bowl or serving mold if desired.
6. Chill until firm.
7. To serve, cut the gelatin into 1-inch squares or diamonds and serve with canned fruit (canned mixed fruit or mandarins) and the syrup from the can. The almond float may be prepared in advance and refrigerated (not frozen) until ready to serve.



REVIEW

Read the descriptions and match to the pictures (also state the region name):

- A. This region is famous for its noodle dishes. This dish is called “zhajiangmian”. The sauce is made with ground pork or beef with onion and garlic and soya bean paste.
- B. This region is close to the sea and there are many seafood dishes, like this fish ball soup, which is made with fish meat ball and a delicate soup.
- C. This region uses strong flavours, sometimes spicy and there are many meat dishes. One of the most famous is “kung pao chicken”, which is made with diced chicken and vegetables.
- D. This region is famous for dimsum. Dimsum is a style of cuisine where food (dumplings and buns) is served in small portions in bamboo baskets. Most of the dishes have been steamed.



What are the common ingredients used in Chinese cooking?

INDIAN CUISINE

India is also a very big country and the food varies depending on whether it is from the North, South (Tamil Nadu), West or East (Bengal).

But all Indian food is very colourful and uses many spices.

Indian cooking in nutshell:

Indians eat different meals depending on what is grown in the area in which they live, and their religion. Many Indians are vegetarians. Hindus do not eat beef and Muslims do not eat pork.

Dhal is the Indian word for pulses, like lentils, chickpeas and kidney beans. These pulses are used to make a stew-like dish called Dhal.

Ghee is a form of butter used in cooking.

Saffron is the world's most expensive spice. It is bright yellow and is considered a symbol of hospitality and can often be found as an ingredient in Indian cooking.

Turmeric is a yellow spice used in curries and is thought to be lucky.

Red chillies are very hot! They are used in curries.

Ginger is a root used in curries and is added to tea.

Mango is called the 'King of Fruits' in India and is used in Indian ice-cream called Kulfi.

As with Sri Lanka, a lot of Indian dishes accompany the staple rice.

However you will also find that there are many different kinds of breads as well.

Paratha – made from atta flour made into unleavened dough



Chapati – made with whole wheat flour, salt and water and cooked on a flat griddle.



Naan - made with unleavened dough and cooked in a “tandoor” oven



Thosai – thin pancake made from batter consisting of various fermented pulses and rice flour and cooked on flat (sometimes round) griddle.



Puri – made with whole wheat, unleavened dough and deep fried



What is “atta flour” and how is it different from other wheat flour?

Atta flour is whole wheat flour from India. The wheat is grown in India. It is different from American wheat flour because it is milled in a different way (using stone mills).

Some people consider it a healthier flour. If you want to make authentic Indian breads, use atta flour.

Guide to Indian ingredients:

Most of the ingredients are available at the grocery stores or supermarkets. Some, though, are special and have to be obtained from Indian food stores. Substitutes may change the character of the dish. It is better to omit an ingredient if not available than to substitute for it. If whole spice is not available, you may use the ground form, but the ground form is less pungent.

Common ingredients in Indian cookery:

- Asafoetida - Dried gum resin from the root of various Iranian and East Indian plants. It has a strong fetid odor.
- Besan (Besan) Flour of dried chick peas.
- Cardamom(Elaichi) Dried fruit of a plant. Mostly the seeds are used.
Seeds of 4 pods measure approximately
- Coriander(dhania) Aromatic herb of the parsley family. Sold as cilantro or Chinese parsley. Also sold as seed or dry powder.
- Cumin Jeera Very aromatic and reminiscent.
Sold whole or ground.
- Dhal or Dal - Hindi name for all members of the legume or pulse family.
Commonly used are: Arhar, Channa, Masur, Mung, Labia (black-eyed peas), Rajma (red kidney beans).
- Fennel Seed Sauf; Has an agreeable odor and licorice flavor.
Available whole or ground.
- Fenugreek Methi- Has a pleasant, bitter flavor and sweetish odor.
- Garam Masala Garam Masala - A mixture of spices
Chat Masala is a variation of Garam masala
Available in Indian stores.
- Ghee Fat for frying - Pure ghee is clarified butter.
- Mustard oil Larson - Pungent oil made from black mustard seeds.
- Mint Pudina - Aromatic herb. Fresh and dried leaves are used in the preparation of chutneys. Dried leaves are much less fragrant than the fresh ones.
- Pomegranate Anar dana - A flavouring agent with medium aroma.
- Saffron Kesar - Made of stigmas of a flower grown in Kashmir and Spain. It is aromatic and yields a yellow color.
- Turmeric Haldi - An aromatic powdered root. Used as a colouring and for flavoring curries.

Make Your Own Paneer:

Paneer is an Indian form of cottage cheese. It is used, not only in in curries like *mutter paneer*, and *palak paneer*, but also in desserts like *rasmalai* and *rasgulla*.

NOTE: Paneer is also called chena.

Ingredients

- 1 quart whole milk
- 1/2 teaspoon citric acid (or lime juice or lemon juice)
- 1/2 cup warm water

Utensils:

- Medium-sized pot or saucepan
- Measuring cup
- Ladle
- Cheese cloth
- Chef's Knife

Cooking Method

1. Gather the ingredients.
2. Boil the milk in a medium-sized pot.
3. As the milk boils, dissolve the citric acid/lime juice/ lemon juice in 1/2 cup of warm water.
4. When the milk comes to a boil, pour the acid-water/lemon or lime juice-water mix into it.
5. Reduce the heat and stir continuously until the milk is completely curdled.
6. Remove the mixture from the heat when the separation of the curds and whey is complete.
7. Strain the mixture through a clean muslin cloth.
8. Hold it under running water for a minute and then press out the excess water.
9. Hang the muslin for 15 to 20 minutes so that all of the whey is drained.
10. To make the paneer into a block, tie the muslin and place it under something heavy.
11. Cut the paneer into cubes.
12. Use the paneer cubes immediately or freeze them for later.

Tips

- Use skim or low-fat milk for a healthier version of paneer.
- Do not discard the whey. Use it to make dough for chapatis or parathas, which will turn out softer than if you made the dough with water.

Sugar Syrup

Sugar syrup is used in a lot of Indian sweets and desserts in varying consistencies. Terms like one- or two-thread consistency are often used in connection with this syrup and can be very confusing. These terms are used only because the use of a candy-making thermometer is not common in Indian homes.

This simple yet very effective technique is used instead, to tell when the syrup is ready for a particular dessert.

Ingredients

- 2 cups sugar
- 1 cup water
- 1/2 cup milk

Utensils:

- Heavy-bottomed saucepan
- Wooden ladle
- Metal Sieve
- Measuring cup

Cooking Method

1. Mix the sugar and water in a heavy-bottomed pan and set up to boil, on a medium flame.
2. When the sugar is all dissolved, add the milk to the syrup (the milk causes any impurities to surface and be removed) and allow to boil some more. A scum will be formed on the surface. Remove this by skimming the syrup with a spoon or straining it through a metal sieve.
3. Put back to boil.
4. Keep testing the syrup to check its consistency. To do this dip a wooden spatula in the syrup and lift out. Allow cooling for a few seconds as it will be very hot at first. Now touch the syrup with a clean forefinger and then touch your thumb and forefinger together and pull apart gently. Keep boiling the syrup gently till you reach the consistency called for in the recipe. Stages progress fairly quickly after a point, so check frequently.
5. Half-thread consistency is when a single thread is formed and breaks immediately when your forefinger and your thumb are pulled apart gently.
6. One-thread consistency is when a single thread is formed (and does not break) when your forefinger and your thumb are pulled apart gently.
7. Two-thread consistency is when two threads are formed (and do not break) when your forefinger and your thumb are pulled apart gently. This stage is also called the soft ball stage - when a drop of syrup of this consistency is dropped into a bowl of cold water, it forms a soft ball.
8. Three-thread consistency is when three threads are formed (and do not break) when your forefinger and your thumb are pulled apart gently. This stage is also called the hard ball stage - when a drop of syrup of this consistency is dropped into a bowl of cold water, it forms a hard ball.

Indian Dessert:

Rasmalai is a dessert originating from the Eastern part of India. The words mean juice and cream.

**REVIEW**

Name 6 common ingredients in Indian cooking:



-
-
-
-
-
-

Look at the paneer dishes below. Which dish contains:


- A. Spinach, onion and garlic
- B. Tomatoes, onion and peas
- C. Spiced gram flour



OTHER ETHNIC CUISINE

Type of cuisine	Key ingredients	Main features
Thai	Coriander leaves/ Coconut milk/ galangal /yellow & red curry paste	Serve hot and you can choose the different levels of spiciness (eg. mild or spicy).
<div style="display: flex; justify-content: space-around;">   </div>		

Indonesian and Malaysian	Peanut oil/prawn paste or belachan	Most of the dishes with sweetly spiciness Popular dishes like Nasi-goreng
 		
Tamil	Sesame oil / Curd / Milk Atta flour	Very mild and healthy food. No beef dishes.
		
Arabic	Olive oil Lots of fresh leaves Meat mutton/lamb and fish Aromatic rice preparations (majboos/biriyani)	Eat in bulk quantities as a group of people from one common plate called "sawana". Barbecued meat (Meat on a spit) No pork dishes.
 		

Japanese	Japanese rice / soy sauce / <i>katsuobushi</i> (dried bonito flakes) / rice vinegar / <i>mirin</i> / fresh seafood/ seaweed (konbu) / miso paste	Mild in flavor, very healthy with many vegetable dishes, not a lot of oil is used, meat needs to be well seasoned or marinated.
		

PRACTICAL ASSESSMENT PREPARATION

For your practical assessment you will be expected to demonstrate the preparation of 3 Sri Lankan dishes and other ethnic cuisine according to a standard recipe.

You will also be expected to put together an ethnic food recipe book with pictures.

You can start preparing for this by:

- Practising, using standard recipes, as often as possible.
Remember to consider your hygiene, food safety and hygiene guidelines, your ingredients utensils and equipment and your mise en place.
The assessor will be checking to see if you can maintain a high standard of food preparation.
- Starting a collection of pictures of different ethnic food and recipes now.
You can use recipe books, magazines, the Internet, or even the menu and standard recipes used at your establishment, if your establishment serves different ethnic food.

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Resource Credits

MODULES 1-8	
Food thermometer	Ildar Sagdejev (Specious), CC BY-SA 4.0 < https://creativecommons.org/licenses/by-sa/4.0/ >, via Wikimedia Commons
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