

SIT - Tourism, Travel and Hospitality Training Package

SIT20416 - Certificate II in Kitchen Operations

Unit

SITHCCC005

Prepare dishes using basic methods of cookery

This is not to be used for training purposes.
SAMPLE ONLY

Student/Trainee Manual

PASSING

LANE

**Passing Lane Pty Ltd
PO Box 975
COWES VICTORIA 3922**

Copyright 2017

All rights reserved.

All Passing Lane materials have been provided to an educational or training organisation under an institutional license agreement.

An outline of this agreement can be viewed on the Passing Lane website at www.passinglane.com.au.

The use of these materials without a valid and current licence agreement is strictly prohibited.

Any requests for further information regards the Passing Lane licence agreement can be sought directly from Passing Lane Pty Ltd.

MATERIALS PUBLISHED IN AUSTRALIA

Disclaimer

The information in this document has been developed using information and reference sources considered to be reliable.

Passing Lane Pty Ltd, its employees and contracted content developers accept no responsibility as to any errors or omissions or any loss or damage of an kind caused by using this manual and no warranty is provided as to the reliability of any sources or correctness of the information within this document.

SAMPLE SAMPLE

SAMPLE SAMPLE

STUDENT/TRAINEE DETAILS

Student/Trainee Name

Student/Trainee Email

Teacher / Trainer Name

School / Institution / Training Organisation / Employer

TABLE OF CONTENTS

Introduction	Page 5
Unit of Competency Overview	Page 8
Section One <i>Select ingredients</i>	Page 9
Section Two <i>Select, prepare and use equipment</i>	Page 26
Section Three <i>Portion and prepare ingredients</i>	Page 45
Section Four <i>Cook dishes</i>	Page 62
Section Five <i>Present and store dishes</i>	Page 115
Self Assessment	Page 143

SAMPLE SAMPLE

INTRODUCTION

This manual was developed to provide training content that addresses the specific 'Unit of Competency' as outlined in the following pages.

We encourage you the student / trainee to take your time when reviewing this content and seek any assistance from your teacher/trainer should you have difficulty in understanding the information.

LEARNING ACTIVITIES

Also included in this Student / Trainee manual are a series of Learning Activities.

The learning activities in the student and/or trainee manuals are 'Form Enabled' so that if the resources are delivered online, the activities can be entered in using the computer keyboard.

Each learning activity is identified with the following icon.

A blue rounded rectangular button with the text "Learning Activity" in white, bold, sans-serif font, centered within the button.

**Learning
Activity**

Learning activities come in the following forms.

- ☆ Questions
- ☆ Research
- ☆ Tasks
- ☆ Interviews

SAMPLE SAMPLE

INTRODUCTION—CONT'D

Questions

Questions generally relate to the information presented on previous pages. Questions will also include multiple choice questions, 'Yes' and 'No' questions and/or 'True' and 'False' questions.

Research

This type of learning activity requires you to locate information by using research methods. The research methods could include:

- ☆ Internet searches
- ☆ Reading textbooks and other reference sources
- ☆ Location visits

Tasks

This learning activity type requires you to actually do something and some examples of tasks may include:

- ☆ Creating reports
- ☆ Visiting locations such as workplaces
- ☆ Performing an activity in a workplace

Interviews

This learning activity type would require you to interview person(s) in an actual workplace environment or a person(s) who are experienced in the industry sector which you currently are undergoing training.

You will be made aware of the type of learning activity by noting the learning activity type displayed under the learning activity icon.

INTRODUCTION—CONT'D**USING THE FORM ENABLED FEATURE**

If you are using this manual online, you can fill in some of the answers using your computer keyboard.

Your teacher or trainer will provide you with the information and instructions on how to use the 'Form Enabled' feature in this manual.

SELF ASSESSMENT

At the end of each manual is a series of questions that you should review and answer either Yes or No.

The term 'Self Assessment' means you will ask yourself these questions and therefore is no need to provide the answers to the self assessment questions to your teacher or trainer, unless they require you to do so.

This self assessment is to ensure you have reviewed and understood the information that was presented in this manual.

If you answered 'No' to any of these questions or are unsure of your understanding in any of the topics reviewed, you are encouraged to go back and review the information again and/or seek the assistance of your teacher or trainer.

SAMPLE SAMPLE

UNIT OF COMPETENCY OVERVIEW

The following pages are extracts from Training.gov.au website and outlines this specific 'Unit of Competency' including the 'Elements' and the 'Performance Criteria'. The content within this manual has been developed to address this unit.

SITHCCC005 - PREPARE DISHES USING BASIC METHODS OF COOKERY

ELEMENT	PERFORMANCE CRITERIA
1. Select ingredients	1.1.Confirm food production requirements from food preparation list and standard recipes 1.2.Calculate ingredient amounts according to requirements 1.3.Identify and select ingredients from stores according to recipe, quality, freshness and stock rotation requirements 1.4.Check perishable supplies for spoilage or contamination prior to preparation
2. Select, prepare and use equipment	2.1.Select type and size of equipment suitable to requirements 2.2.Safely assemble and ensure cleanliness of equipment before use 2.3.Use equipment safely and hygienically according to manufacturer instructions
3. Portion and prepare ingredients	3.1.Weigh and measure ingredients and create portions according to recipe 3.2.Prepare, cut and portion ingredients according to recipe and cooking style 3.3.Minimise waste to maximise profitability of food items prepared
4. Cook dishes	4.1.Select and use cookery methods for dishes following standard recipes 4.2.Complete cooking process in a logical, planned and safe manner 4.3.Identify problems with the cooking process and take corrective action 4.4.Work cooperatively with colleagues to ensure timely preparation of dishes
5. Present and store dishes	5.1.Present dishes on appropriate service-ware 5.2.Add garnishes and accompaniments according to standard recipes 5.3.Clean work area, and dispose of or store surplus and re-usable by-products according to organisational procedures, environmental considerations, and cost-reduction initiatives

Section One

Select Ingredients

SAMPLE SAMPLE

PREPARE DISHES USING BASIC METHODS OF COOKERY

SECTION ONE—SELECT INGREDIENTS

INTRODUCTION

One of the first steps in learning how to cook is learning about the various cooking methods. There are many types to learn and each have their advantages and disadvantages. Practicing these types of cooking methods is the only way to become naturally adept with them.

In this training manual you will learn about the basic methods of cookery in some detail. You will also be involved in numerous tasks where you will not only learn about these methods, but actually use these methods in a kitchen.

With any cooking tasks you need to start with the required ingredients and this section focus on this topic.

SECTION LEARNING OBJECTIVES

At the completion of this section you will learn information relating to:

- ☆ Confirming food production requirements from food preparation list and standard recipes
- ☆ Calculating ingredient amounts according to requirements
- ☆ Identifying and selecting ingredients from stores according to recipe, quality, freshness and stock rotation requirements
- ☆ Checking perishable supplies for spoilage or contamination prior to preparation



CONFIRM FOOD PRODUCTION REQUIREMENTS FROM FOOD PREPARATION LIST AND STANDARD RECIPES

AND

CALCULATE INGREDIENT AMOUNTS ACCORDING TO REQUIREMENTS

(Over the next few pages we cover two 'Performance Criteria' points at the same time to avoid repetition)

All dishes cooked in a restaurant, café or in a catering operation will start with a recipe card.

Chefs spend a significant amount of time creating dishes and then recording them onto recipe cards that are also used to control portion sizes. We will later look at 'portion control', as well as why it is so important.

Recipe cards hold all the information a cook will need. It will show the ingredients of the dish, the amounts of each ingredient, preparation methods and cooking methods.

In a larger operation, a traditionally busy food and beverage operation or most catering operations, the chefs will develop preparation lists, or better known as 'prep lists'.

'Prep lists' are totally based on the operation's menu. Each menu item will have a recipe with ingredients that need to first be prepared and many of the ingredients can be prepared in advance.

In a café or restaurant the prep list will show what foods need to be prepared and in what quantities based on either a slow day or traditionally busy day. In a catering operation, the prep list will show what foods need to be prepared based on the number of guests being served.



MISE EN PLACE

Before we go on we should review the term 'mise en place'.

An efficient commercial kitchen, no matter what size, will use the 'mise en place' concept.

'Mise en place' is a French culinary phrase which means 'to put in place' or 'everything in its place'.

In a physical sense, it refers to the set up required before cooking; generally used in professional kitchens to refer to organising and arranging the ingredients that a cook will require for the menu items that are expected to be ordered and served that day.

However, many argue that from a physiological point of view, successful chefs are always in a constant 'mise en place' state of mind; in others words they always have a focus on being well prepared.



SAMPLE SAMPLE

F-020

Prep Sheet											Week Ending _____											
Product Name	Container Size	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday		
		INV	PAR	DO	INV	PAR	DO	INV	PAR	DO	INV	PAR	DO	INV	PAR	DO	INV	PAR	DO	INV	PAR	DO
														</								

How to calculate a Prep Sheet:

- The product name and container size are in the first two columns.
- Each day, the manager must take a physical inventory of the product and place that amount in the **INV** column.
- The **PAR** column should be an “estimate” of how much is needed for the day. The manager can adjust the amount in the par column based on the previous day’s usage.
- **DO** column shows what to prep for the day. **DO = PAR – INV**

©2013 Workplace Wizards, Schim Enterprises LLC

In most cases the ‘Prep Sheet’ is a spreadsheet document. This makes it easier for the chef to make changes for the day or week and to create new prep sheets for new menu items, special customer requests, or dietary requirements as may be needed for a catering job.



RECIPE CARDS

The other important source of information when it comes to selecting ingredients is the recipe card.

Referring to the recipe card not only tells you what ingredients are required (either pre-prepared or requiring preparation), the recipe card also shows what cooking methods will be required.

In some cases it will also show what tools are required. In the example below this is a recipe card, as well as a prep list. It is showing a recipe for 50 crab cake patties that will be stored awaiting to be finally cooked and served.

Recipe Card		
Crab cake patties		Batch
INGREDIENTS	MEASURE	PROCEDURE
Back fin lump crabmeat	2.25 kg	1. Carefully pick over crab meat and remove all shell fragments. 2. Combine bread crumbs and milk into mixing bowl and set aside. 3. In separate mixing bowl, blend mayonnaise, eggs, parsley, green onions, baking powder, salt and white pepper until smooth. 4. Add bread crumb and milk mixture; blend well. 5. Gently fold in cleaned crab and blend, being careful not to break up large pieces of crab. 6. Form crabmeat mixture into balls (about 3 oz. wt. each) and place in a holding pan resting on an ice bed. This is to maintain temperature during the breading process. 7. Bread each patty as follows: self-rising flour, egg wash, and then bread crumbs. Shake off excess bread crumbs. Form into 8cm patties 8. Place crab cakes on paper-lined sheet tray; cover and keep refrigerated. NOTE: Egg wash = 1 egg to 1 Tbsn. of water.
Bread crumbs	5 cups	
Milk	1½ cups + 2 Tbsn.	
Mayonnaise	1¼ cups	
Eggs (large)	4 (slightly beaten)	
Parsley bunch - fresh	1 cup (fine chopped)	
Green onions	¾ cup (fine chopped)	
Baking powder	2½ tsp.	
Salt - granulated	1 Tbsn.	
White pepper	1½ tsp.	
Flour - self-rising	as needed	
Bread crumbs	as needed	
Eggwash	as needed	
TOOLS/EQUIP.: Mixing bowl, sheet pan, tray liners		
STATION: Prep cook		
YIELD: 50 x 8cm patties		
SHELF LIFE: 2 days		



INGREDIENT CALCULATIONS

Whether it is a prep list or recipe card, there is often a need to do some basic ingredient amount calculations.

For example, you are handed a prep list or recipe card that outlines the ingredients for a single serving.

However, the chef has told you that the kitchen needs enough for 6 serves, then you would need to take each ingredient and expand the amounts to cater for 6 serves.

Conversely, the chef has handed you a prep list that shows ingredients for 12 serves, however, it is a slow day so he or she has asked you to make enough for only 4 servings. You would need to calculate each ingredient amount to reflect only enough for 4 serves.

In most cases this is a simple multiplication or division mathematical calculation.

But you may encounter some calculations that require conversions.

For example, if the recipe card is for 6 serves and calls for 1 litre of milk, however you are asked to make only 4 serves then you would need to convert 1 litre into millilitres to get the proper amount of milk required for four serves.

In this example 1 litre equals 1000 millilitres, so you would need 250 ml of milk for that serving of 4 (*1000 divided by 4 equals 250*).

Basic mathematical foundation skills, especially in metric quantities is important and should be developed if you feel you need to build up those foundation math skills.

**Learning
Activity**

Question

LEARNING ACTIVITY ONE

- 1) What is a 'prep list' based on and how does a prep list assist with the efficiency of a commercial kitchen?

- 2) What does it mean that a chef uses 'mise en place' in a physiological way?

- 3) How do prep lists and 'mise en place' work hand in hand?

SAMPLE SAMPLE

**Learning
Activity**

Task

LEARNING ACTIVITY TWO

In this Section we looked an example of a 'prep list'. In this activity we want you to locate a recipe that would serve 4 people and that has at least four ingredients that can be prepared in advance.

Then we want you to take this recipe and create a 'prep list' from the recipe that shows enough ingredients for 15 serves that can be prepared and stored in advance.

The best way of creating a prep list is by using a spreadsheet application, or using tables in a word processing application.

Once completed, present your prep list along with a copy of the recipe to your teacher or trainer for review and discussion.

**Learning
Activity**

Research

LEARNING ACTIVITY THREE

There is a term used in cooking that suggests that a particular ingredient in a dish is the 'hero' ingredient. The 'hero' ingredient is the main ingredient of the dish that all other ingredients complement.

In this activity (*which will form part of your unit assessment requirements later*) we want you to do some research.

We want you to locate six recipes, each of which uses one of the following 'hero' ingredients:

- ☆ A dairy product
- ☆ A fruit
- ☆ A vegetable
- ☆ A type of poultry
- ☆ A type of meat
- ☆ A type of seafood

The recipes you choose should be those that you would be comfortable cooking at some stage.

Print each recipe out. Once you have your recipes collected, present them to your teacher or trainer for review and comment. You may want to keep your recipes in a two or three ring folder. You may need to refer to these recipes later.



IDENTIFY AND SELECT INGREDIENTS FROM STORES ACCORDING TO RECIPE, QUALITY, FRESHNESS AND STOCK ROTATION REQUIREMENTS

AND

CHECK PERISHABLE SUPPLIES FOR SPOILAGE OR CONTAMINATION PRIOR TO PREPARATION

(Over the next few pages we cover two 'Performance Criteria' points at the same time to avoid repetition)

Once you have identified and calculated the required ingredients, either from a prep list or recipe card, the next step is to locate those ingredients.

In a commercial kitchen, the ingredients can be stored in various locations that would include:

- ☆ Pantry—spices and small dry goods
- ☆ Dry storage—canned goods, large containers of flour, sugar, dried pulses and so on
- ☆ Cool storage—fruit and vegetables
- ☆ Refrigerated storage—meats, seafood, dairy products
- ☆ Frozen storage

Availability of the ingredients is the first priority. When looking for ingredients, there may be instances where the ingredient is not in the kitchen's inventory, so you would need to inform the chef or kitchen supervisor of the situation, so that the ingredient could be ordered and brought in.

You may be asked to go out and purchase the ingredients from the local market or supermarket, or the chef may order the ingredients from a preferred supplier and to save time they may send you to pick up the order.

It may be an organisational policy and procedure that when you are retrieving ingredients and you see the stock levels are low, that you inform the chef or kitchen supervisor. They would want to re-order those ingredients that are low in stock to avoid delays in prepping foods for the day or week.

**First In First Out****Ensure that
stock is
rotated**

ROTATING STOCK

Food quality, freshness and appearance is an important factor in all food and beverage operations.

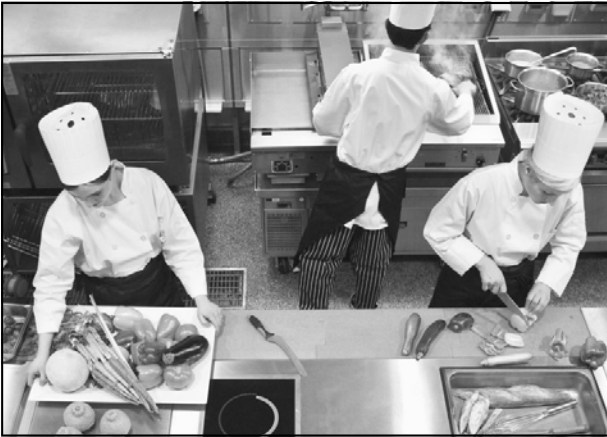
There is a method called '**First in—First Out**' that ensures that stored ingredients are not left in the storeroom too long.

The method simply means you take the oldest ingredients first, before taking the most recently stored.

Expired products—Some ingredients are stamped or labelled with 'use by' dates.

There should be a routine in place requiring that the dates on the products are checked regularly in the stockroom and expired products separated for disposal. Products on in the shelves, pantries or cupboards also need to be checked regularly and removed if expired.





REGULARLY CHECK PERISHABLE SUPPLIES FOR QUALITY

All successful food and beverage operations rely heavily on the quality of the food they serve to customers.

The food served to customers are many times a combination of various ingredients prepared in the commercial kitchen and if these ingredients are not of the highest quality, the final product served to the customer will not be either.

To ensure that the ingredients are of the highest quality, the food supplies in storage must be regularly checked. This is especially important with perishable foods. Perishable foods need to be checked regularly for:

- ☆ Freshness
- ☆ Use-by-dates
- ☆ Spoiling
- ☆ Packaging issues—broken, leaking or otherwise damaged packages
- ☆ Pest infestation

It goes without saying that any of the above factors have an effect on not only the quality of the perishable foods, but also the safety of its use.

Depending on your level of responsibility, it may be up to you to remove any perishable food that has lost its freshness, has been infested with pests, past its 'use-by-date', or has spoiled.

If it is not within your scope of responsibility, you would likely be expected to set aside the perishable foods that are deficient in quality or safety and report this to your supervisor.

**Learning
Activity**

Question

LEARNING ACTIVITY FOUR

What were the five types of storage areas that ingredients could be located and retrieved from?

SAMPLE SAMPLE

**Learning
Activity**

Question

LEARNING ACTIVITY FIVE

In a commercial kitchen, stock rotation is also known as what?

SAMPLE SAMPLE

**Learning
Activity**

Question

LEARNING ACTIVITY SIX

Perishable ingredients should be checked for what five things prior to preparation?

SAMPLE SAMPLE

Section Two

Select, Prepare and Use Equipment

SAMPLE SAMPLE

PREPARE DISHES USING BASIC METHODS OF COOKERY

SECTION TWO—SELECT, PREPARE AND USE EQUIPMENT

INTRODUCTION

The cooking process involves the use of many types of cooking equipment. In this training unit we look mainly at the cooking processes and what equipment is used in the cooking process.

We do not go into any detail on food preparation appliances and utensils, although some do overlap.

Your teacher or trainer may want to include some information on food preparation appliances and utensils, so we have provided a 'Supplementary Learning Manual' that has a section devoted strictly to food preparation appliances and utensils.

Your teacher or trainer may refer you to this 'Supplementary Learning Manual' should they want you to learn about food preparation appliances and utensils as well.



SECTION LEARNING OBJECTIVES

At the completion of this section you will learn information relating to:

- ☆ Selecting type and size of equipment suitable to requirements
- ☆ Safely assembling and ensuring cleanliness of equipment before use
- ☆ Using equipment safely and hygienically according to manufacturer instructions

SELECT TYPE AND SIZE OF EQUIPMENT SUITABLE TO REQUIREMENTS

It goes without saying that the recipe will either outline the cooking equipment required in detail, or just by the cooking method you would know what cooking equipment would be required.

In this part of this training manual we look at the more common cooking equipment that would be found in most commercial kitchens.

Stoves—Commercial stoves come in many sizes, from four burner tops to eight burners with varying sizes of oven cavities. Some tops are solid and used as a frying plate, or griddle. Others may be split with open burners on one side and solid griddle plate on the other.



Stove with cooktop, griller, griddle and two ovens

Cook tops—The cook tops are burners separate from any other piece of equipment. Cook tops are in units of four, six or eight burners with many large kitchens having several units. Generally all cook tops are natural gas operated.

Cook tops are at times free standing, built into a counter top, or placed on top of a cabinet.

Cooktop free standing cabinet



Cooktop free standing benchtop

Fry plates/griddles— As with the cook tops, fry plates or griddles are separate from other pieces of kitchen equipment. They come in varying sizes and as with cook tops can be free standing, built into a counter top or placed on top of a cabinet.



**Griddle free standing
benchtop**



**Griddle free
standing cabinet**

Char griller—This is like a barbeque top where the food is cooked with an open flame. These are common in kitchens where meats such as steaks are prepared.

Some char grillers come with firebricks. These bricks line the inside of the char griller unit and provide extra radiant heat.



**Char griller free
standing cabinet**



**Char griller free
standing benchtop**

Vertical char griller—These are common in restaurants or food outlets that serve doners, souvlaki or kebabs.



Horizontal spits—These are other seen in takeaway kitchens for roasting chickens and can be used for meats that are used in doners, souvlaki or kebabs.



Convection ovens—These ovens are the most common type of ovens used in commercial kitchens of all sizes.

These ovens use a circulating current of hot air to cook food. It is a quicker method of cooking and has its advantages such more efficient cooking, less food shrinkage, no hot or cold spots in the oven cavity, as well as shorter cooking times.

Convection ovens have air that is heated by gas or electrical means and a blower or fan is used to push the air into the oven and around the food.



**Single oven free
standing cabinet**



**'Double deck' oven
free standing cabinet**



**Benchtop oven free
standing cabinet**

Combination ovens—Combination ovens, or combi ovens, are convection and steam ovens. This combination oven can be used for cooking by convection, steam, or a combination of both. It can be used for roasting, braising, poaching, fast steaming, baking, grilling, toasting, defrosting and regenerating frozen and cook-chill foods.

In larger combi oven models, trays of food are placed on trays, placed into a rack and then the rack is rolled into the oven.

**Combi oven with
rack system**



**Benchtop combi
oven**

Microwave ovens—Every commercial kitchen will have a microwave oven. Microwave ovens use high frequency microwaves to cook the food. All microwave ovens consist of a basic unit of various sizes with varying levels of power. Some feature additions to the standard model, can include automatic defrosting systems, browning elements, 'stay-hot' controls and revolving turntables.



Salamanders—Food being cooked with a salamander or top grill is heated from above by gas or electricity. Some models are like ovens where food is placed on trays and the distance from the heating elements are determined by slots. Other have the heating element slide up and down to adjust the distance between the food and the heating element.

Unit with tray slots



Unit with adjustable element height



Boiling pans—Boiling pans are used commercially to cook large amounts of stews, soups and sauces. The most important feature of boiling pans is that most do not have direct heat applied to the pan itself. It is either a steam jacket or other indirect heating method. This prevents food from burning on the bottom or sides.

The larger boiling pans are able to be tilted, making it easier to remove the contents.



Tilting model



Bratt pans—Brat pans are considered one of the most versatile pieces of kitchen equipment. It is possible to use it for shallow frying, deep frying, stewing, braising and boiling. It is also able to be tilted, making removal of its contents easy.



Deep fryer—Every commercial kitchen utilises a deep fryer. These are one of the most extensively used items of equipment in many commercial kitchens.

Fryers are heated by gas or electricity and incorporate a thermostatic control in order to maintain optimum oil temperature. There is a cool zone, which is below the source of heat into which food particles can sink without burning, thus preventing spoiling of other foods being cooked.



Pressure cookers—There are two types of pressure cookers. One uses liquids such as water or stock to cook and the other is pressure deep fryer that uses oil to cook food under pressure.



Boilers—In large kitchens there may be several pots of boiling water to be used in the cooking process. To speed things up, a commercial kitchen will have boilers that provide boiling water to the cooks without the need to wait to have water heated up.



**Learning
Activity**

Task

SAMPLE SAMPLE

LEARNING ACTIVITY ONE

There are a series of pictures below. Based on the information we learned on the previous pages, tell us what each picture is depicting.

1



3



5



2



4



6



SAMPLE SAMPLE

7



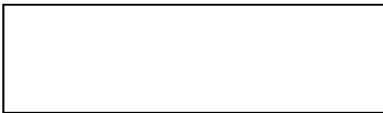
9



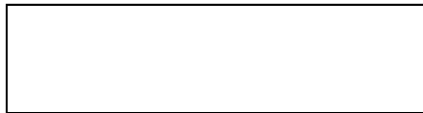
11



8



10



12



SAMPLE SAMPLE

SAMPLE SAMPLE

Section Three

Portion and Prepare Ingredients

SAMPLE SAMPLE

PREPARE DISHES USING BASIC METHODS OF COOKERY

SECTION THREE—PORTION AND PREPARE INGREDIENTS

INTRODUCTION

Many food and beverage operations will pre-prepare ingredients well in advance of a service period. We touched on this subject in Section One when we reviewed 'prep lists'.

Again, as we mentioned before we have provided a 'Supplementary Learning Manual' that has a section devoted strictly to food preparation methods. This information focused more on the preparation of ingredients.

Your teacher or trainer may refer you to this 'Supplementary Learning Manual' should they want you to learn about food pre-preparation.

However, some dishes will require ingredients to be prepared shortly before the dish is cooked and served to the customer. This will require close attention to the recipe cards, especially in portion control.

We look closer at these topics in this section.

SECTION LEARNING OBJECTIVES

At the completion of this section you will learn information relating to:

- ☆ Weighing and measuring ingredients and creating portions according to recipe
- ☆ Preparing, cutting and portioning ingredients according to recipe and cooking style
- ☆ Minimising waste to maximise profitability of food items prepared

Section Four

Cook Dishes

SAMPLE SAMPLE

PREPARE DISHES USING BASIC METHODS OF COOKERY

SECTION FOUR—COOK DISHES

INTRODUCTION

In this section we will now focus on the cooking stage; looking at the various cooking methods and the tools and utensils you need to cook food.

We will also look at some information on kitchen teamwork when involved in cooking dishes.

SECTION LEARNING OBJECTIVES

At the completion of this section you will learn information relating to:

- ☆ Selecting and using cookery methods for dishes following standard recipes
- ☆ Completing cooking process in a logical, planned and safe manner
- ☆ Identifying problems with the cooking process and taking corrective action
- ☆ Working cooperatively with colleagues to ensure timely preparation of dishes



SELECT AND USE COOKERY METHODS FOR DISHES FOLLOWING STANDARD RECIPES

Cooking methods can be described as being either:

- ☆ Dry heat cooking
- ☆ Moist heat cooking
- ☆ Combination dry and moist

SAMPLE SAMPLE

Dry-heat methods cook the foods with hot air or fat (sautéing, shallow frying, deep-frying, grilling, broiling, roasting, baking).

Moist-heat cooking methods cook the food with a liquid, usually water, stock or steam (poaching, simmering, boiling, steaming).

Any combination of cooking methods use, as the name suggests, a combination of dry heat and moist heat methods (braising, stewing).

The understanding of the cooking methods will enable you to choose the correct method for specific foods. Various methods of cooking have a direct impact on the outcome of a finished dish. Choosing the correct method not only affects the flavour of foods, but also texture and appearance.

Most dry-heat cooking methods are fairly quick processes—they add crispness and flavour to food but do not tenderise. Thus, it is imperative to choose the appropriate product to be cooked in this manner (tender, thin or small).

Moist-heat and combination-heat methods, particularly braising and stewing, have the ability to break down naturally tough cuts of meat because of the long, slow cooking period.

So in the case of these methods, it would be more appropriate to choose less expensive cuts of meat, poultry or seafood.

Over the next several pages we look at each cooking method in some detail.



SAMPLE

SAMPLE SAMPLE



ROASTING

Many years ago the first method of roasting was to place a piece of meat over an open fire and rotate it. This process caused the juices and fats of the meat to 'baste' the meat as it was turning, keeping the meat exterior moist, while the internal part of the meat cooked.

Today we still cook meat on a 'spit'. Heat from barbecue coals, flames or heat elements cook the meat and the principle of basting is still the same. Roasting in an oven is the modern equivalent of spit-roasting. The juices from the meat are caught in a drip tray and spooned back over the meat to keep it moist.



Roasting today occurs in a variety of ovens. A convection/fan forced oven is most commonly used in large scale kitchens. Each oven performs differently. A chef who is using an oven for the first time takes extra care when monitoring the food's progress. Heat displacement is major problem with an unfamiliar oven and is a major cause of anxiety to a chef using a particular oven for the first time. This problem is easily solved by rotating the roasting tray 180 degrees each time the food is basted, or otherwise checking to assess its progress. Rotation ensures that a joint of meat cooks evenly.



To prevent frying and overcooking of the lower portion of the roast, which can lead to difficulties in toughness and carving of the meat, meats being roasted should always be kept clear of the fat in the bottom of the roasting tray.

This can be done in a number of ways:

- ☆ by using a wire rack which usually keeps the meat approximately 2 cm from the base of the roasting pan
- ☆ spreading rough-cut carrots and onions as a base under the meat, or
- ☆ making a rack from bones on which to stand the meat

Meat should be placed in an oven preheated to the required temperature. This method will completely seal the meat in a very short time by closing the pores and preventing the juices from escaping, thus ensuring a moist finished product. During the cooking process, regular basting is advised. This also allows the meat's progress to be monitored.

Poultry to be roasted should be placed in the pan breast side-up. Because of the lack of fat on poultry, pork fat or bacon may be used to assist the basting procedure. This is called larding. The required seasoning should be rubbed onto the bird after adding the fat, but before the addition of any bacon rind.



Spit—roasting—As we mentioned earlier, the first method of roasting was to place a piece of meat over an open fire and rotate it which today we call ‘spit-roasting’. This process caused the juices and fats of the meat to ‘baste’ the meat as it was turning, keeping the meat exterior moist while the internal part of the meat cooked.

Many take-away shops and the major supermarkets use commercial spit roasters to cook chickens, lamb and chicken gyro roasts and other meats that are used for sandwiches or wraps.

SAMPLE SAMPLE





BRAISING

Braising is the technique of cooking large cuts of meat, poultry, or vegetables in enough flavoured liquid (stock, wine, etc.) to partially cover the meat or vegetables over a very low heat. The red meat such as beef and lamb may be lightly browned before the liquid is added (this makes for a brown braise; the food is not browned for a white braise), and a *mirepoix* of roughly cut vegetables is often included for flavouring. White meat (white braise) such as pork, chicken or fish need not be seared before braising. Generally, vegetables to be braised should be blanched first.

The pot is tightly covered so that the food cooks slowly in the liquid and steam until very tender. The resulting braising liquid is exceptionally flavoursome and is served as a sauce, either as it is, or reduced.

Braises are an opportunity to use flavoursome but less tender and gelatinous cuts of meat, such as shoulder, and tough, old poultry. Meat is often larded (*larder* in French) with thin strips of bacon fat to keep it from drying out during its long cooking. You may cook braises on an even low heat, either on top of the stove or in the oven; if cooked too fast they will be dry and stringy, despite the bacon fat.

Braising is very similar to pot-roasting.

SAMPLE SAMPLE

SAMPLE

SAMPLE SAMPLE

SAMPLE SAMPLE

STEWING

Stewing is a further adaptation of braising. Like braising, stewing is ideal for the lesser quality cuts of meat. This method of cooking is generally applied to the more fibrous cuts of meat. The extended cooking time allows the connective tissues holding the meat together to break down. This ensures a tender and palatable finished product.

Stewing is one of the most nutritional methods of cookery because the goodness of the food is retained and incorporated into the dish. The ingredients complement each other enhancing the overall flavour.



The ingredients for stewing are cooked together in a small amount of liquid, such as stock, covered with a tight fitting lid and brought to the boil. After the boiling point is reached, any scum that has risen to the surface should be removed with a ladle and the lid replaced. The stew should then be simmered slowly, either on the stove, or in the lower part of the oven.

The meat for a stew is usually browned before the liquid is added. This develops colour and flavour. Some meat stews are made without initial browning, relying on added ingredients for depth of colour. In some stews only the vegetables get an initial browning and then meat and liquids are added. For example, a meat curry is often made this way.



White stews—Known as blanquettes or fricassees, white stews are made with lamb or veal that is blanched, or lightly seared without colouring and cooked in stock.

To blanch, you cover meat with cold water and bring to the boil, then drain and refresh under cold running water. The sauce is then made with the liquid and finished with a liaison of egg yolks and cream.

Brown stews—Brown stews are made with pieces of red meat that are first seared or browned. A browned mirepoix (and sometimes browned flour), plus liquids such as stock and wine are added and the dish simmered gently until tender.

The stewing liquid may be drained from the cooked meat at the end of stewing and thickened by reduction, but are more often thickened in one of the following ways:

- ☆ Coating pieces of meat with flour before searing. This contributes to thickening of liquid as the stew cooks
- ☆ A roux is used or beurre manie (uncooked flour and butter paste) added



BOILING

Boiling is defined as the cooking of food fully immersed in liquid that has reached a temperature of 100C, the liquid being either water or suitable stock. Boiling is also an ideal way to cook the lesser quality cuts of meat because the long cooking time allows the connective tissues to break down and the meat to become tender.

Meats should be placed in boiling water. This will ensure that the full taste and moisture of the meat is retained. If required, seasoning may be added to the liquid to help flavour the meat.



Salted or pickled meats should be placed in cold water or stock and brought to the boil. In the case of salted and pickled meats, it is important to extract as much of the salt or spices as possible, so the pores must be left open as long as possible through the boiling process. Poultry should be treated in the same way as salted and pickled meats.

Improper boiling of some foods can actually dry them out. Because it is essential not to cook the food too quickly, the temperature of the liquid must be monitored carefully.

Once boiling point has been reached, any scum should be removed and the temperature controlled by lowering the heat to a simmer. Most recipes will instruct you when to bring a boil to a simmer. For the cooking of certain foods extra care should be taken to monitor the rate of the boil because the difference between a light and a rapid simmer is slight.

SAMPLE SAMPLE

SAMPLE

SAMPLE SAMPLE



Boiling is an effective form of cookery for a variety of foods such as pastas, eggs, soups, stocks, sauces and vegetables.

Vegetables that are grown above the ground, for example greens, should be placed in salted boiling water. This retains the colours and nutrients of the vegetables. Also, the pots should not be covered, as this will cause the vegetables to lose their colour.



Below ground (root) vegetables, such as potatoes, are usually denser and should be placed into cold liquid and brought to the boil. The exception to this rule is new potatoes that are usually placed into boiling water.

When boiling point is reached, any scum should be removed and the liquid reduced to a simmer until the vegetable is cooked. Care should be taken not to boil the vegetable too quickly because this will cause it to break up.

Pastas should be placed in salted boiling water. This sets the starches in the pasta and prevents it from sticking. Do not cover the pot. This causes the pasta to stick and overcook.



Simmering—Many recipes will instruct you to bring a boil down to a simmer. Simmer or simmering is to cook food gently in liquid at a temperature (about 95°C) low enough that tiny bubbles just begin to break the surface.

You will see little bubbles rising from the side of the pot, but they will not roll or disturb the surface of the liquid. When simmering meats it is important to skim all the protein scum that rises to the surface of the broth as it cooks.

This scum is mostly albumen (protein material) from the serum protein (watery liquid) in the blood of the meat.

SAMPLE SAMPLE



Blanching—Blanching is to plunge food (usually vegetables and fruits) into boiling water briefly. Blanching is used to lock in the colour of the vegetables, seal the food and remove any bitter taste before further processing of the food.

The vegetables can be used immediately in salads and other cold dishes or they can be stored or frozen for later use. A quick sauté or stir fry is all that is needed to finish cooking the vegetables and if they are being added to a dish such as a soup or stew, adding them during the last few minutes of cooking will ensure colourful results.



Blanching is also used to firm the flesh, to loosen skins (as with peaches and tomatoes) and to heighten and set colour and flavour (as with vegetables before freezing).

Parboil—To partially cook food by boiling it briefly in water is called parboiling. This timesaving technique is used in particular for dense foods such as carrots. If parboiled, they can be added at the last minute with quick-cooking ingredients in preparations such as stir-fries or any meal that has foods with different cooking times. The parboiling insures that all the ingredients will complete cooking at the same time.

Poaching—Poaching is a method used to cook fragile foods that other cooking methods would tend to make the food fall apart. Foods poached include certain fruits, fish, eggs, chicken, seafood, and certain meats.

Poaching is cooking foods with hot liquids that are just below the boiling point (slow simmer 93 – 95°C). Liquids can include water, stocks, wines or syrups.

SAMPLE SAMPLE



STEAMING

Steaming, a cooking method thought to date back to before the discovery of fire, when foods were cooked over hot springs or stones, is now as popular as ever. Oriental cooking has always made great use of steaming as a main cooking method, both for health reasons and because ovens are very rare. Many foods are steamed, rather than baked, their main staple, rice, being perfect for this.

Suitable for most foods and a surprising variety of recipes, steaming has great advantages over other cooking methods. A far higher level of nutrients, vitamins and minerals is retained than by other cooking methods. Steaming does not immerse foods in water into which nutrients, particularly in vegetables, can escape. Foods are generally more nutritious when steamed and as additional fat is not required for cooking, it's also healthier.

Steaming is a moist cooking method, using the natural convection of heat that is travelling in air, steam or liquid. This gives tender results because foods are not exposed to intense, dry heat as with other cooking methods. Steam produced from the heat of the liquid builds up inside the steamer, cooking food in a very moist atmosphere.

Steaming food enhances the foods flavours, but does not add to it. Steamed foods are often served with sauces.

Flavourings can be added to steamed foods in a variety of ways. Either in the cooking liquid, which may be water flavoured with a bouillon cube or herbs and spices, fresh stock or wine, or by marinating foods before steaming.

Most commercial kitchens will have steamers. Some steamers are pressurised cutting down on cooking time. There are special steaming pans for fish that have a built in rack that keeps the fish at the proper distance from the cooking water/liquid.

Due to the extremely high temperature of steam, especially under pressure, extra care must be taken with this method at all times.





Sous-VIDE

Sous-vide is a method of cooking in which food is vacuum-sealed in a plastic pouch and then placed in a water bath or steam environment for longer than normal cooking times at an accurately regulated temperature much lower than normally used for cooking.

The intent is to cook the item evenly, ensuring that the inside is properly cooked without overcooking the outside and to retain moisture.

Many restaurants will cook high quality steaks in a sous-vide at a temperature between 55-60°C to get a very tender steak. The steak is removed from the sous-vide bath just before serving, placed on a griller to give it a grilled surface and served.

Fish is also many times cooked in a sous-vide bath



SAMPLE SAMPLE

SAMPLE

SAMPLE SAMPLE



PRESSURE COOKING

Pressure cooking uses a cooking appliance called a 'pressure cooker' where food is placed in a 'pressure vessel' (being the pressure cooker) with some liquid, such as stock or water and then sealed and heated until the water in the cooker turns to steam and builds up pressure inside the vessel.

The trapped steam increases the internal pressure and allows the temperature to rise. After use, the pressure is slowly released so that the vessel can be opened safely.

The cooking process is dramatically shortened and is likened to a very quick method of braising.

Another type of pressure cooking is called pressure deep frying.

Instead of water or stock, oil is used. The pressure vessel is of a different design, so pressure frying is impossible in a standard commercial pressure cooker.

The most common use for pressure deep frying is making fried chicken.



SAMPLE SAMPLE

SAMPLE

SAMPLE SAMPLE



BAKING

Baking is a combination of dry heat from the oven, complemented by moisture from the evaporation of the liquid in the food being cooked. No oils or fats are used to cook the food.

Baking is done in a conventional oven. A sound knowledge of the oven is required. Temperature control is essential for baking. The heat in the oven is controlled not only by the thermostat, but also by the position in which the food is placed. The higher the shelf used, the hotter the temperature will be.

The ideal type of oven for baking is a convection oven – also known as a fan-forced oven. This type of oven contains an internal fan that circulates the heat and eliminates heat fluctuation.

Common foods baked include:

- ☆ Bread
- ☆ Cakes
- ☆ Meat Loafs
- ☆ Pastries
- ☆ Stuffed vegetables
- ☆ Egg based dishes – soufflés, custards



SAMPLE

SAMPLE SAMPLE

SAMPLE SAMPLE



GRILLING

This method of cooking requires heated elements either above, as in a salamander, or below, as in a charcoal grill. The short cooking time required for grilling necessitates the use of only good quality cuts of meat or fish. Grilling is a healthy way of cooking food because all the oil is drained from the meat. Foods cooked on a charcoal grill have a distinct taste and appearance, which cannot be achieved by any other form of grilling.

Meats to be grilled should be seasoned and lightly covered with oil. This protects them from direct heat and prevents burning. Fish must always be coated with at least a light covering of flour. The required seasoning should be incorporated into the flour.

When cooking over the heat in a charcoal grill or on a grill plate, the meat should first be sealed on both sides on the hottest part of the grill and then transferred to a cooler part for the duration of the cooking process.

A salamander grill is the preferred appliance in every commercial kitchen for the cooking of prepared foodstuffs placed on a tray such as bacon, tomatoes and mushrooms. The final stages of cooking, for example glazing, are effective under a salamander because the process can be easily monitored.

SAMPLE SAMPLE

SAMPLE

SAMPLE SAMPLE

**Rare****Medium rare****Medium****Medium well****Well done**

Meats such as steaks are cooked to a 'doneness' level on grills or charcoal grills. The standard of 'doneness' are:

- ☆ Rare
- ☆ Medium rare
- ☆ Medium
- ☆ Medium well
- ☆ Well done

Rare is when the meat is still red inside, medium rare is when the meat is pink in the centre and well done is when the meat is brown in the centre.

Chicken is fully cooked when the juices from the inside of the piece of chicken runs clear when the meat is pierced.

Other foods that are commonly cooked on a grill or char-grill are vegetables (tomatoes, chillies, eggplants, zucchinis) and seafood (prawns, fish).





SHALLOW FRYING

Because oil can reach extremely high temperatures, shallow frying is a very quick method of cookery and care should be taken when cooking foods in this way.

Shallow frying is used to enhance the flavour of prime cuts of meats or vegetables. It should be a food that looks attractive if browned slightly.

When shallow-frying food, the presentation side should be placed into the pan first because this side will always look the best when completed. It should then be turned to the reverse side and cooked to acquire the desired result. Oils/compounds for shallow frying can be used with the addition of a little butter to enhance the flavour. When cooking for large numbers, margarine with a little salt added can be used instead. There is a myriad of flavoured oils on the market for various uses and results.

The foods suitable for shallow frying include:

- ☆ Fresh vegetables
- ☆ Eggs and eggs products (omelettes, pancakes, crepes)
- ☆ Fish
- ☆ Beef, lamb and pork cuts
- ☆ Certain fruits and sweet foods

There is a skill in shallow frying foods. Timing is essential. Fried foods must be served as soon as possible after being cooked. They can turn soft and lose that attractive crispness.

Foods can easily burn when being fried.

SAMPLE SAMPLE

SAMPLE



DEEP FRYING

As with shallow frying the oil in deep fryers can reach extremely high temperatures. Deep-frying is also a very quick method of cookery. Extra care should be taken when deep-frying since the whole article is submerged and all sides are subjected to the same intensity of heat.

When deep-frying foods, a basket should be used whenever possible and if not, a spider (a web-shaped wirer tool) should be kept handy for the removal of excess food.

Top quality oils or compounds are essential for the best results. Old oils/ compounds fail to reach the required temperature, soak into the food and impair the flavour and will not result in a crisp finish. Oils/compounds must always be strained after use to remove any particles that will burn the next time they are used. This will also extend the life of the oils/compounds considerably. The life span of oils/compounds is also determined by the number of times they are subjected to high temperatures. In between cooking, the temperature of the oil/compound should be reduced. When oils/compounds darken, smoke at low temperatures or bubble, they must be replaced.

When a large batch of food requires frying, be sure not to cook too much at any one time since this will reduce the temperature of the oil/compound and result in the food absorbing too much oil/compound. It must be remembered that the initial heat will seal the food, preventing absorption of oil/compound. When oil/compound is not at the right temperature it will be absorbed into the food until the correct temperature for frying is reached. Greasy food is not a good result.

Ideally all foods to be deep-fried should have a protective covering of some kind, be it batter, breadcrumbs or simply flour. This prevents overcooking, seals in any juices that may cause the oil/compound to spit and also adds interest and texture difference to the dish. Note that this does not apply to some potato dishes.

Cooking times vary according to the thickness of the food and extra consideration is needed if the food is raw. Actual frying commences when the oil/compound reaches a temperature of 140C. At this temperature the food will move about in the oil/compound. Cooking times and temperatures will be provided in the relevant recipes.

After deep-frying, food should be placed on a rack to allow the excess fat to drip off.



STIR FRYING

Stir frying is a Chinese cooking technique commonly used in Chinese restaurants because of its fast cooking speed.

A round bottomed pan called a wok is heated to very high temperature. Then, some oil is put in, followed by seasoning and the food items. The food is stirred and tossed very quickly using a big metal spatula. Some chefs will lift the wok to the side to let the flame light the oil, or a dash of wine spirit, on the food to give it extra flavour. Most dishes are cooked this way within 30 seconds.

Some dishes that require more time are cooked by adding a few dashes of water after the stirring. Then the wok is covered with a lid. As soon as steam starts to come out from under the lid, the dish is ready. In this case, the food is stir fried in high heat for the flavour and then steamed to make sure it is fully cooked.

Stir frying at home often cannot achieve the same flavour as in restaurants mainly because the wok is not hot enough and the wok is too small to allow fast tossing. Most home kitchens are not equipped to handle the large amount of oil vapour produced as a by-product of proper stir frying.

SAMPLE SAMPLE

SAMPLE

SAMPLE SAMPLE



SAUTÉ

The difference between sautéing and shallow-frying food is that, generally, when sautéing, a minimum amount of oil/compound is used and the foodstuff is regularly agitated or tossed. When used for meat, sautéing is usually reserved for the better quality cuts.

Proper preparation of the food pieces to be cooked is important. They should be dry and of an even thickness and size. The oil must be hot and when the food is placed in the pan it should start to brown immediately.

Most food will stick to the pan a little, leaving brown bits of flour and meat stuck to the bottom of the frying pan. Adding a liquid to the hot pan and rubbing the bottom of the pan briskly with a wooden spoon while the liquid boils will dislodge these brown bits. This is called deglazing and the resulting reduced liquid becomes the basis for a gravy or sauce

Water sauté - Carrots, potatoes, broccoli and other "meaty" vegetables can be water sautéed as a quick and flavourful change to boiling and steaming. Water sautéing first uses steam to soften the vegetable and then direct heat and oil to brown it.

An example of this method starts by placing a non-stick sauté pan over a medium flame. Add a sliced clove of garlic, some red pepper flakes, a few tablespoons of olive oil, and enough water to submerge the garlic. Let the mixture boil until it totally evaporates, and the garlic and pepper begin to sauté in the oil. A mild garlic and pepper flavour remains in the oil and coating the pan. Then, add the vegetables, sliced carrots for instance, and enough water to partially submerge them. Bring the pan back to a boil, and cover and simmer for a three to five minutes. The steam will make the carrots tender. Remove the lid and turn up the heat to let the water evaporate. The tender carrots will begin to sauté in the oil. Sauté until slightly caramelised. The mild garlic and red pepper will enhance the flavour of the beautifully browned and slightly crisp carrots. This method is ideal for other vegetables and seasoning combinations.

SAMPLE

SAMPLE SAMPLE



EN PAPILLOTE

En papillote is a French method of cooking in which the food is put into a folded pouch or parcel and then baked. The parcel is typically made from folded baking paper, but other material, such as aluminium foil, may be used.

The concept is that the parcel holds in moisture to steam the food.

The parcel requires careful folding to ensure it is a sealed pouch and not allowing any steam to escape.

Generally when served, the papillote is opened at the table to allow people to smell the aroma when it opens. The moisture may be from the food itself or from an added moisture source, such as water, wine, or stock and depending on the recipe, a selection of herbs and spices are added.

This method is most often used to cook fish or vegetables, but lamb and poultry can also be cooked en papillote.

SAMPLE SAMPLE



**Learning
Activity**

Question

LEARNING ACTIVITY ONE

1) What are the three types of cooking methods?

2) What happens if old oils are used in a deep fryer?

3) What were the two ways of grilling?

4) What is blanching?

5) Why is it important to pre-heat the oven to the right temperature before roasting?

Learning Activity

Task

SAMPLE SAMPLe

LEARNING ACTIVITY TWO

There are a series of pictures below. Based on the information we learned on the previous pages, tell us what type of cooking method each picture is depicting.

1



3



5



2



4



6

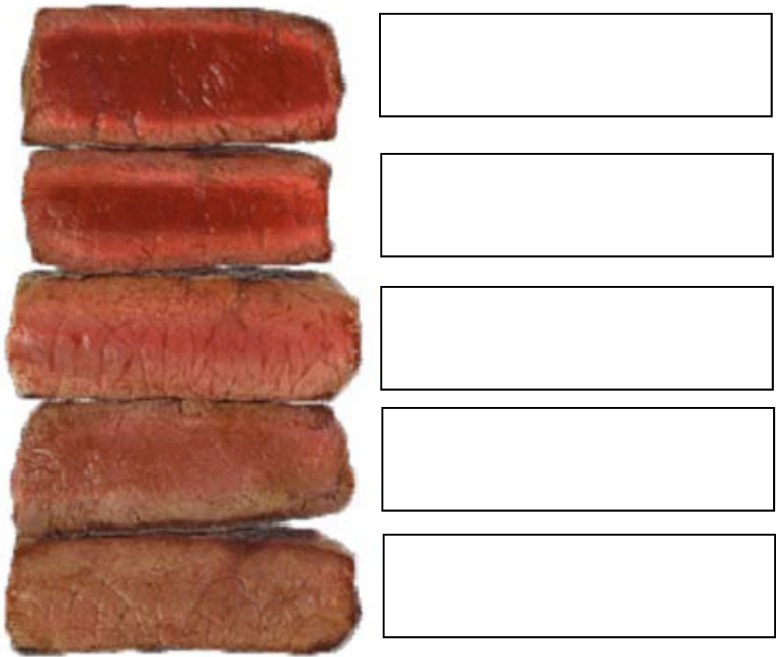


**Learning
Activity**

Task

LEARNING ACTIVITY THREE

Below is an illustration on the various levels of 'doneness' of steaks. Next to each level tell what level of doneness each is depicting.



SAMPLE SAMPLE

**Learning
Activity**

Question

LEARNING ACTIVITY FOUR

1) What is 'deglazing'?

2) What does dry heat cooking methods do to food, but also what does it not do to food?

3) What is the benefit of pressure cooking and what is it liken to?

4) What is the concept of baking?

5) What does the term *mirepoix* mean?

**Learning
Activity**

Task

SAMPLE SAMPLE

LEARNING ACTIVITY FIVE

There are a series of pictures below. Based on the information we learned on the previous pages, tell us what type of cooking method each picture is depicting.

1



3



5



2



4



6



SAMPLE SAMPLE

COMPLETE COOKING PROCESS IN A LOGICAL, PLANNED AND SAFE MANNER

Using the various methods of cooking methods we reviewed earlier also requires certain cookware, otherwise the cooking process can not be completed.

Over the next couple of pages we look at common cookware.

Saucepans—These are for heating liquids and cooking in liquids, often with a lid on top. The very best saucepans are the classic lined copper pans, these help ensure that food does not scorch during prolonged cooking. Stainless steel is the next best choice, though in some cases cast iron can be appropriate.

Many sizes are available. In larger sizes, look for a small second handle on the side of the pan, to help balance weight for carrying. Saucepans usually have straight sides, though some designs favour sloping sides to enable whisking to reach every part of the pan. Mainly used for stewing and boiling.



Sauté pans—Many are made from lined copper or stainless steel. This pan is used to shallow fry and often to finish in an oven. They have wide heavy bases, straight low sides or slightly curved sides. They are pans for browning meat and poultry for sweating vegetables, for cooking rice, for making sauces and for braising. They have lids and long handles.



Braising pan—Braising is slow cooking of large cuts of meat or vegetables in a liquid usually in the oven. An oval pan and a heavy lid are most common as is all-around heavy weight to hold heat. Steep sides are also appropriate, so that the heat completely surrounds and evenly heats the food.



Casserole pan—Modern casserole pans are deep and heavy, have a tight fitting lid, with sizes ranging from small to very large. Designed for braising and pot roasting, they are to be used with care over direct heat. Usually round or oval with steep sides and a lid; it is not necessarily heavy. Some casseroles are made of ceramic or earthenware, while others are of the same materials as a high quality saucepan.



Dutch oven—A heavy lidded pan that is used for braising, stewing, pot roasting or baking. Can be used on a stovetop, or in an oven. The Dutch oven is a cross between a braising pan and a casserole pan.



Stockpot—This should be taller than it is wide with sturdy handles. Capacities range from small to large. The high sides slow down evaporation. Good for cooking pasta as well as for making stocks or making large quantities of fruit jam, chutney or sauce.



Gratin dish—This is a round or oval dish with a flat bottom and straight low sides and loop handles at either end. It can be made from enamelled cast iron, glass, earthenware or china. Mainly used for oven baked pasta dishes and puddings.



Wok—A large bowl-shaped pan with a rounded bottom. Woks can come with a lid, a steaming rack and a heating metal ring. Designed to heat and cool rapidly, to fry, braise and steam. Can be made from cast iron, steel or non-stick models.



Roasting pan—Rectangular or oval with shallow sides that contain the juices but allow direct heat to, reach the meat. It should be heavy enough so that it does not scorch when making gravy on top of the stove. A good-quality trivet or rack is useful to keep the meat from stewing in its juices. Stainless steel or aluminium is the best material.



Double boiler—Is used for cooking delicate sauces such as hollandaise or fresh egg custard that might split or separate if cooked directly over the heat. The inside pot is heated with hot water contained in the outside pot.



Oven trays—Trays are common cookware for baking items. In some cases the tray is coupled with a rack and used for cooking meats in an oven instead of a roasting pan.



Cake tins—Cake tins used for baking cakes come in a variety of sizes and some are known as spring form tins, which allows the cook to open the sides of the tin after the cake has been baked.



Knives and other cooking utensils—There are a vast variety of cooking utensils used in the cooking stages. One of the most common and arguably the most important is the knife. Your basic set of knives should eventually include:

- ☆ 12 cm paring knife
- ☆ 20 cm chef's knife
- ☆ 14cm boning knife
- ☆ 18cm filleting knife
- ☆ 20cm bread knife
- ☆ 26cm carving knife and fork
- ☆ A sharpening steel

Other utensils would include:

- ☆ Basting brushes
- ☆ Tongs
- ☆ Temperature probes
- ☆ Mixing spoons
- ☆ Ladles
- ☆ Cutting boards
- ☆ Measuring utensils
- ☆ Scales

...name just a few





LOGICAL AND PLANNED COOKING

'Logical' cooking refers to the many sequential steps and stages in the cooking process, as well as how they relate and rely on each other.

Logical cooking starts with planning.

We have mentioned 'mise en place', in other words having all the ingredients available and ready to be cooked, the ovens and other equipment pre-heated or readied and the cookware at hand. Having all the ingredients available before starting to cook will ensure that there is sufficient amounts of ingredients available for the service period.

Pre-heating ovens, getting water on the boil and having the cookware at the stovetops saves time, especially when timing is a factor.

The recipe is the first starting point where you learn what is to be cooked and in what steps.

You need to work out the logical sequence when cooking dishes. For example, if a menu item is the 'Roast of the Day', then you would need to first prep the roast and get it into the oven, as this will take the longest to cook.

Then you can go on to prepare the vegetables, understanding that some take longer to prep and cook than others. For example, if mashed potatoes are part of the 'Roast of the Day' dish, then the potatoes need to be washed, peeled, cut and boiled, before they are able to be mashed.

Sauces may need to be prepared, such as apple sauce for roast pork, horseradish cream for beef roast, mint sauce for lamb and so on.

The key factors to look out for are:

- ☆ Service periods
- ☆ Prep times
- ☆ Cooking times—fast or slow cooking
- ☆ Plating up times

Knowing and understanding those key factors will enable you to cook logically, in sequence and within the timeframes that will ensure an efficient service period, as well as happy customers.

Section Five

Present and Store Dishes

SAMPLE SAMPLE

PREPARE DISHES USING BASIC METHODS OF COOKERY

SECTION FIVE—PRESENT AND STORE DISHES

INTRODUCTION

The two final steps in the cooking process are the serving up of the cooked food and then at the end of the service period, the cleanup and storage of food items.

In this final section we look at these topics.

SECTION LEARNING OBJECTIVES

At the completion of this section you will learn information relating to:

- ☆ Presenting dishes on appropriate service-ware
- ☆ Adding garnishes and accompaniments according to standard recipes
- ☆ Cleaning work area and disposing of or storing surplus and re-usable by-products according to organisational procedures, environmental considerations and cost-reduction initiatives



PRESENT DISHES ON APPROPRIATE SERVICE-WARE

AND

ADD GARNISHES AND ACCOMPANIMENTS ACCORDING TO STANDARD RECIPES

(Over the next few pages we cover two 'Performance Criteria' points at the same time to avoid repetition)

Once the food has been cooked it needs to be presented to the customer.

There are numerous ways of presenting the cooked food to a customer and this all depends on the type of food and beverage operation.



In a restaurant the chef usually plates the cooked food on suitable service-ware as per the customer's order and the service staff bring the plated food to the customer's table.

This is the same for many cafés. However, some cafés have a counter where the cooked food is on display and the customer will choose the food as the café's service staff plates up the food and the customer takes the food to their table.

Then there is the buffet style of service, such as those that are prepared and presented by catering businesses.

In either case, the presentation of food is an important aspect of serving the customer.

In this part of Section Three we look at some detail about presenting prepared food.



SAMPLE SAMPLE

PLATES AND FOOD PRESENTATION

There are three main factors that affect the use of plates relating to food presentation:

- 1) Size
- 2) Style
- 3) Colour

The plate is the utensil or container in which the food is presented to the customer from the kitchen. As you know there are many styles, sizes and colours of plates available today.

The first rule to remember is the customer is there to buy the food not the plate, so the plate needs to enhance the food presentation, not detract from the food.

SAMPLE SAMPLE

SAMPLE

SAMPLE SAMPLE

Size

Most restaurants or caterers use a 270 mm (10.5 inch) dinner plate for main meals. It has approximately 175 mm (6.75 inch) food area taking into account the rimmed area.

For what might be called bulky food such as steaks, chops or fish fillets an oversized dinner plate may be used. Oversized dinner plates average 300 mm (12 inches) with a food area of 220 mm (8.5 inches)

It is common for steak and seafood restaurants to serve meals on oval plates. The fish and steaks are sometimes long in shape and an oval plate is more suitable.

For smaller meals restaurants use a smaller version of the dinner plate measuring 240 mm (9.5 inches). This plate size is popular for luncheon or child sized portions, children portions or senior citizen meals.

The 190 mm (7.5 inch) plate is commonly used by restaurants for small dinner salads, some desserts and appetizers (entrée).

The 160 mm (6.25 inch) plate is the traditional bread and butter plate. This size is also used for smaller deserts and cheese servings.

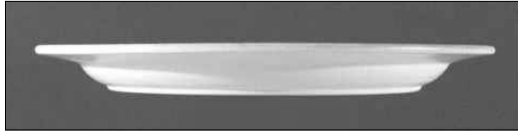
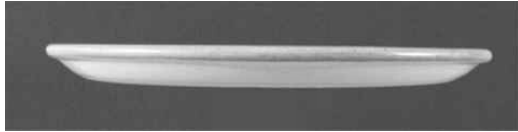
The most common size soup bowl is the 300 mm (9 inch) rimmed soup bowl. This bowl is also used for breakfast cereals, larger salads and pasta dishes.

There is a smaller bowl that is common in restaurants. It is a 120 mm (4.75 inch) rimmed bowl used for serving fruits and other desserts. It holds between 90 to 110 grams of fruit.

For buffets (self-serving situations) the sizes are normally those used by restaurants. For breakfast buffets there are the bowls (cereals, etc.), bread and butter plates (toast, pastries, etc.) and the smaller size dinner plate (hot and cold foods). The same sizes would be used for luncheon buffets – bowls (soups, salads, etc.), bread and butter plates (bread and butter, small salads, desserts, etc.) and smaller sized dinner plates (hot and cold foods).

For the dinner period the average size dinner plate would be included. The key here is to have a plate large enough for the customer to get reasonable size portions, yet the plate size is easily manageable.



**Flared****Rolled**

STYLES

In the previous paragraphs we overviewed various sizes of common plates used by caterers and restaurants.

There are also several styles used. This will depend on the style of the restaurant and the food being served.

Styles would include:

- ☆ Square plates
- ☆ Oval plates
- ☆ Octangular plates
- ☆ Flared rims dishes
- ☆ Rolled rim dishes
- ☆ Pasta dishes

SAMPLE SAMPLE

It is important to remember that the style of the dish must not distract from the food being presented. Some styles lend themselves to particular dishes.

The style of the plate can also be chosen based on a theme. The restaurant may serve Oriental/ Asian foods and the style of crockery is a series of different size bowls. The Japanese use a lot of segmented dinner plates called 'lunch or dinner boxes' or flat square plates.

In the self-service scenarios (buffets, banquets, smorgasbords, etc.) the plates should be of a style that the plate is easily handled by the diner and the food is easily transported from the serving table to the location when the food will be consumed. Odd shaped and sized styles may be fun but some customers could find them clumsy to handled.

SAMPLE

SAMPLE SAMPLE



COLOUR

Many chefs consider the plate as a blank canvas and the food as the piece of art being applied to the canvas. It is the goal of every chef to keep the food looking as attractive and appealing as possible.

This is why the traditional white coloured plates are very common. Colours of the food stand out better on a white background and the colour of the plate does not distract or compete with the food.

Coloured plates or bowls should only be used when they complement the food colours. A black plate would be a good background for a colourful vegetable dish.

A large coloured plate is sometimes used to place a white soup bowl on top of, or vice versa.

You will find many restaurants and caterers shy away from patterned dinnerware. The pattern is designed to be a showpiece and will distract from the food presentation.

In the self-service situations the colour of the plates is almost always white.

So the general rule is stick with white, unless the colours of the plate enhance the food's presentation and appeal.

SAMPLE SAMPLE





SERVING TRAYS, PLATTERS, BOWLS

There is a different food presentation challenge when it comes to service methods associated with buffets, self-service cafeteria and self-service type banquets.

In these cases the chef does not have control over the way the food is presented to the diner on the plate. Instead the challenge is having the food presented in an appealing and attractive way on trays, pots, bowls and platters.



As with plates, the choice of serving equipment needs to contribute to the goal of good food presentation. Shapes, styles and sizes are totally dependent on the type of food being served and the size of the serving table or line.

The first piece of serving equipment is the chafing dish. They come in many sizes and styles. A chafing dish is a container used for serving up hot food and has its own heating source to keep the contents warm. The food is contained in a chafing pan that is immersed in a water bath. The heated water warms the pan and keeps the food at the proper serving temperature without burning.



The prepared food is placed in the chafing dish using the endless combinations of complementary food colour, texture and shapes.

Keep the chafing dishes full. Many restaurants and caterers have several chafing pan inserts and replace the inserts regularly. Keep the area around the chafing dishes clean not only for hygienic reasons, but also presentation.



The style of chafing dishes can add to the perception of food quality. Well-maintained, clean and new looking equipment will give the diner the impression that the food is of high quality. Old, tired looking equipment does the opposite.

SAMPLE SAMPLE



Trays are used extensively in a self-service scenario. The size and shapes of trays help create an interesting serving table.

Many times, those experienced in setting up buffet serving tables put trays at different heights. This creates an interesting look and if arranged properly adds to the food presentation.

The style, shape and size of the trays should match the food being placed on it. You would not put a salad on a flat tray or cheese slices in a bowl. Some foods such as sliced fruits may give off juices while sitting on a tray. The tray would need a slight lip or rim to prevent the juices from running off the tray and onto the table.



When laying foods on trays or platters make sure the diner can easily remove the food from the tray. Take care in how sliced food such as meats or cheeses are overlapped. The most accessible edge should be the one closest to the diner. If the diner has no problem removing food from a tray, then the tray will remain tidy looking.

Other serving items used are:

- ☆ Bowls of various sizes and shapes
- ☆ Baskets
- ☆ Platters



Remember it is the food that is the star of the serving table, hence the serving equipment and table layout are there to present the food in the most appealing and attractive manner.

SAMPLE SAMPLE

GARNISHING

Food only taste as good as it looks. People eat with their eyes first. The only limitation is one's imagination. Garnishes can be very simple and only take a few minutes and can make the world of difference. Garnishes are meant to enhance the appearance of an item not to cover it up. More is not always better.

Garnishing is used to complement and enhance the appearance, add extra colour to a dish and often enhance the flavouring of food. Colours should not clash and too many of one colour must be avoided with an emphasis on colour balance.

Garnishing should help stimulate the appetite. Salads, soups, sandwiches, desserts and cold buffets all benefit from an attractive garnish.

There are many simple and varied garnishes, which can add individuality and colour to a dish.

We have assembled a list of garnishes that would be considered appropriate for certain meals.



Breakfast Meals

- ☆ *Bacon* - chopped, strips
- ☆ *Basil* - chopped sprigs, dried sprinkles
- ☆ *Capsicum* - diced, sliced, strips
- ☆ *Fruit* - wedges, slices, twists
- ☆ *Mint leaves* - whole
- ☆ *Mushrooms* - whole, sliced, diced
- ☆ *Paprika* - sprinkled
- ☆ *Parsley* - sprigs, chopped
- ☆ *Tomato* - chopped, sliced, wedges, diced



Thick soups

- ☆ *Capsicum* - diced, chopped rings
- ☆ *Carrot* - grated
- ☆ *Chives* - chopped
- ☆ *Cream*
- ☆ *Croutons*
- ☆ *Lemon* - sliced
- ☆ *Natural yoghurt*
- ☆ *Parmesan* - grated
- ☆ *Parsley* - sprigs, chopped
- ☆ *Sour cream*
- ☆ *Spring onion* - sliced, strips, diced
- ☆ *Tomato* - chopped



Creamy soups

- ☆ *Almonds* - toasted
- ☆ *Bacon* - diced, strips
- ☆ *Capsicum* - sliced, diced, strips
- ☆ *Cheese* - grated
- ☆ *Chives* - chopped
- ☆ *Croutons*
- ☆ *Mint* - chopped
- ☆ *Mushrooms* - sliced, diced, whole turned
- ☆ *Paprika* - sprinkled
- ☆ *Parsley* - sprigs, chopped



Pasta dishes

- ☆ *Bacon* - chopped, strips
- ☆ *Basil* - chopped, sprigs
- ☆ *Breadcrumbs* - toasted
- ☆ *Capsicum* - diced, sliced, strips
- ☆ *Cheese* - chopped, whole
- ☆ *Coriander* - chopped, sprigs
- ☆ *Dill* - chopped sprigs
- ☆ *Ham* - chopped, strips
- ☆ *Oregano* - chopped, leaves
- ☆ *Parmesan* – grated, shaved
- ☆ *Parsley* - chopped, sprigs
- ☆ *Tomato* - sliced, chopped



Seafood dishes

- ☆ *Almonds* – toasted
- ☆ *Capsicum* - rings, strips, diced
- ☆ *Cucumber* - twist, sliced, chopped
- ☆ *Dill* - sprigs, chopped
- ☆ *Eggs* - sliced, grated
- ☆ *Lemon* - slices, wedges, twists
- ☆ *Mint* - leaves, chopped
- ☆ *Mushrooms* - whole, turned, sliced, diced
- ☆ *Paprika* - sprinkled
- ☆ *Parsley* - chopped, sprigs
- ☆ *Pine nuts* – toasted
- ☆ *Sesame seeds*
- ☆ *Tomato* - slices, wedges, chopped



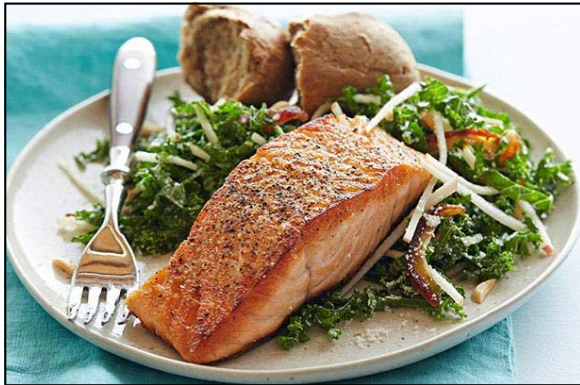
Vegetable dishes

- ☆ *Almonds* - toasted, slivered
- ☆ *Bacon* - strips, chopped
- ☆ *Basil* - chopped, sprigs
- ☆ *Capsicum* - rings, strips, diced
- ☆ *Cheese* - grated
- ☆ *Chives* - chopped
- ☆ *Lemon* - slices, wedges, twists
- ☆ *Mint* - chopped
- ☆ *Mushrooms* – sliced, whole
- ☆ *Onion* - chopped, rings
- ☆ *Oregano* - chopped, leaves
- ☆ *Paprika* - sprinkled
- ☆ *Parsley* - sprigs, chopped
- ☆ *Pine nuts* – toasted
- ☆ *Sesame seeds*
- ☆ *Tomato* - wedges, sliced, chopped
- ☆ *Thyme* - sprigs
- ☆ *Walnuts* - crushed



Meat and poultry

- ☆ *Almonds* - toasted whole or slivered
- ☆ *Bacon* – chopped, slices
- ☆ *Basil* - chopped, sprigs
- ☆ *Butter* - garlic, herb
- ☆ *Capsicum* - rings, chopped, strips
- ☆ *Carrot* - strips
- ☆ *Cheese* - grated
- ☆ *Chives* – chopped
- ☆ *Ham* - strips, diced
- ☆ *Lemon* - twists, wedges, slices
- ☆ *Mushrooms* - whole, turned, sliced, diced
- ☆ *Onion* - rings diced, small whole
- ☆ *Orange* - twists, wedges, slices
- ☆ *Parsley* - sprigs, chopped
- ☆ *Potatoes* – deep-fried curls
- ☆ *Rosemary* - leaves, sprigs
- ☆ *Tomato* - sliced, wedges, diced
- ☆ *Thyme* - sprigs



ACCOMPANIMENTS

Typically, accompaniments may seem to be an insignificant part of a complete meal, in actuality they play a meaningful role in our daily diet.

Accompaniments are usually dishes which are simple and minor in nature, but play a very important role in making the dish it accompanies, or the meal itself complete and satisfying to all the senses of sight, smell and taste.

An accompaniment provides variety and improves the nutritive value of the meal by contributing all the necessary nutrients that may be lacking in the main dish or the meal. An accompaniment is usually determined by custom, based on the intention to improve the overall suitability of the dish or the entire meal.

These can be broadly classified as vegetables, cereals, pulses or starch. The most important role of the accompaniment is the balancing act it plays to the main dish or meal. Serve a protein rich main dish with a dish high in fibre or starch, thereby providing a balanced meal. Similarly to give variety to the taste buds, accompany a spicy dish with a soothing dish that contrasts with colour to the main dish. Accompaniments may either be complementing or contrasting in nature. In any role they cannot be ignored.

At times due to their constituents, an accompaniment can take the role of the main dish itself to provide a light meal or to satisfy a dietary requirement. Pastas and rice dishes are examples of this.

Over the next couple of pages we look at some examples of accompaniments.

SAMPLE SAMPLE



The following are examples of accompaniments that could be part of a menu. You will notice that many of the accompaniments also have condiments included.

Salads (served as a side dish or on the plate)

- ☆ *Caesar Salad* - Freshly tossed romaine with flavourful dressing, real bacon chunks, homemade spiced, croutons and fresh grated parmesan cheese.
- ☆ *Greek Salad* – Feta cheese, tomatoes, cucumber, red onion, red and green peppers, chopped romaine and Greek dressing made with red wine.
- ☆ *Spinach Salad* - Fresh spinach leaves, sliced mushrooms, egg slices, real bacon chunks. Tossed with rich and creamy parmigiana dressing.
- ☆ *Salmon salad with Lemon Dill* - Blanched green beans, cauliflower and mushrooms, topped with poached salmon and lemon & dill yoghurt dressing.
- ☆ *Tossed Salad* - Garden fresh vegetables and lettuce with vinaigrette dressing.
- ☆ *Oriental Spinach Salad* - Cashews, sprouts, celery, raisins, rice, scallions in a Oriental dressing.
- ☆ *Snow pea and Mushroom Salad* - Tender snow peas, sliced mushrooms and spinach tossed in a sesame oil & soya, dressing.
- ☆ *Potato Salad* - Potatoes, eggs, mayo, Dijon mustard, carrots and celery.
- ☆ *Cucumber with Creamy Dill* - Thick sliced cucumbers with a simple yoghurt based dressing.
- ☆ *Summer Fruit Salad* - A potpourri of fresh fruit tossed in a yoghurt cinnamon dressing.
- ☆ *Thai Noodle Salad* - Noodles seasoned with cilantro, sesame oil and peanuts.
- ☆ *Mixed Green Salad* - Mixed baby greens gently tossed in tangy raspberry vinaigrette.



**Pasta (served as an accompaniment)**

- ☆ *Mushroom Madeira* - A delicious sauce made with dill, garlic, butter, cream, mushrooms and Madeira wine, poured over a bed of rotini.
- ☆ *Pesto* - Pine nuts, walnuts, olive oil, Italian seasonings, garlic, tomato paste and Parmesan cheese tossed with rotini.
- ☆ *Seafood Medley* - Scallops, jumbo shrimp, smoked salmon and crab in a creamy pink peppercorn sauce.
- ☆ *Ratatouille* - Vegetables sautéed in classic seasonings over fusilli and topped with melted cheese.
- ☆ *Lasagne* - Vegetarian or meat base with grated cheese, pasta and vegetables.
- ☆ *Quattro Fromaggio* - Four cheeses with a traditional Alfredo sauce. Served over cheese tortellini.
- ☆ *Beef Stroganoff* - Sour cream, mushrooms and tender beef over egg noodles.
- ☆ *Laganega* - Spicy tomato based sauce with Italian sausage, pork and vegetables over rotini.
- ☆ *Salsa Rosa* - A combination of Alfredo and an Italian tomato sauce over penne.
- ☆ *Chicken with Wild Mushroom* - Strips of chicken breast with a creamy mushroom sauce. Served over rotini.
- ☆ *Pasta Marinera* - A vegetable tomato sauce over tender penne noodles.





Starches

- ☆ *Roasted Potatoes* - Baby red potatoes tossed in olive oil, fresh dill, fresh rosemary and garlic.
- ☆ *Whipped Potatoes and Gravy* - Light and fluffy potatoes whipped together with butter.
- ☆ *Baked Potatoes* - Served with real homemade bacon chunks, chives, sour cream and butter.
- ☆ *Rice Pilaf* - Wild rice with vegetables makes a nice light side dish.
- ☆ *Twice Baked Potatoes* - Blended baked potato meat with cheeses, sour cream and seasonings then re-stuff the potato jackets and bake.
- ☆ *Maple Baked Beans* – Beans with a light maple flavour makes these beans, blended with bacon and barbeque sauce
- ☆ *Scalloped Potatoes* - Thin sliced potatoes coated in béchamel sauce.
- ☆ *Traditional Stuffing* - An essential part of a poultry meal.



SAMPLE SAMPLE



Vegetables

- ☆ *Vegetable Medley* - Fresh broccoli, cauliflower, carrots, mushroom, onions and peppers, sautéed and spiced with Italian seasonings.
- ☆ *Steamed Julienne Vegetable Bundles* - Fresh carrots, green beans and red pepper, tied with a leek strand; drizzled with lemon dill.
- ☆ *Green Beans and Almonds* - Fresh green beans tossed with almond slivers.
- ☆ *Cabbage Rolls* - Vegetarian home style cabbage rolls baked in tomato sauce.
- ☆ *Baked Tomatoes* - Tomatoes halved and topped with chopped onion, Parmesan cheese and seasonings.
- ☆ *Pyrogies* – Traditional Polish/Russian dish. Potato and cheddar pyrogies served with sour cream and topped with bacon bits and green onions.
- ☆ *Ratatouille* - Vegetables sautéed in classic seasonings and topped with melted cheeses.
- ☆ *Zucchini and Snow peas* - Sautéed in olive oil and seasoned with basil, rosemary and garlic.
- ☆ *Stuffed Zucchini* - Hollowed out and stuffed with seasoned rice, onions and cheeses.
- ☆ *Spanokopitas* - A classic Greek dish. Feta cheese blended with spinach and rolled in filo pastry.

SAMPLE SAMPLE



Breads

- ☆ *Baguette Slices* - Fresh baguette and cocktail pumpernickel slices.
- ☆ *Assorted Breads* - Crusty white and whole-wheat rolls.
- ☆ *Garlic Baguettes* - Fresh French stick, sliced and smothered with garlic butter. Served warm.
- ☆ *Herb Bread* – Thick bread slices smothered with herb butter and toasted.

SAMPLE SAMPLE



SAMPLE

**Learning
Activity**

Question

LEARNING ACTIVITY ONE

- 1) Why do most food and beverage operations stick with white service-ware?

- 2) When selecting a style of plate or bowl, what is the first thing to remember?

- 3) What are the three main factors that affect the use of plates relating to food presentation?

- 4) What is the most common serving dish used in a buffet?

- 5) What are four other types of serving items used in a buffet?

**Learning
Activity**

Question

LEARNING ACTIVITY TWO

What are the six common styles of service-ware used by food and beverage operations?

Learning
Activity

Task

SAMPLE SAMPLE

LEARNING ACTIVITY THREE

There are a series of pictures below. Based on the information we learned on the previous pages, tell us what style of service—ware is being depicted.

1



3



5



2



4



6



SAMPLE SAMPLE

**Learning
Activity**

Question

LEARNING ACTIVITY FOUR

1) What are garnishes meant to do?

2) What should the garnish's colour not to the food?

SAMPLE SAMPLE

Learning Activity

Task

SAMPLE SAMPLe

LEARNING ACTIVITY FIVE

There are a series of pictures below. Based on the information we learned on the previous pages, tell us what type of garnish or garnishes are being used.

1



3



5



2



4



6



SAMPLE SAMPLe

**Learning
Activity**

Research

LEARNING ACTIVITY SIX

In this Section we went into some detail on ‘accompaniments’.

In this activity we want you to do some research and locate recipes for the following accompaniments.

- ☆ Greek salad
- ☆ Rice pilaf
- ☆ Yorkshire pudding
- ☆ Stuffed capsicum
- ☆ Ratatouille
- ☆ Scalloped potatoes

Print each recipe out and present them to your teacher or trainer for review and discussion. Once your teacher or trainer has reviewed them, you may want to file them into your recipe folder or binder you started earlier.

CLEAN WORK AREA, AND DISPOSE OF OR STORE SURPLUS AND RE-USABLE BY-PRODUCTS ACCORDING TO ORGANISATIONAL PROCEDURES, ENVIRONMENTAL CONSIDERATIONS, AND COST-REDUCTION INITIATIVES

In any food and beverage operation, the end of the service period means it is time to clean up.

Most operations would have an end of service clean-up checklist.

The first cleanup task would be the storage of any useable excess food and/or ingredients. The ingredients that are part of the mise en place setup would be placed in appropriate containers and placed in the appropriate storage areas or equipment, such as refrigerators or freezers.

If the food and/or ingredients are not useable and cannot be stored, then the food or ingredients are disposed of into the appropriate waste bin.

The preparation bench is also washed down and sanitised with a sanitising solution (generally 1 part bleach and 9 parts water) and left to air dry.

All utensils, small appliances, cooking equipment and any dirty service-ware are cleaned and the cleaned utensils and small appliances and service-ware are stored in the appropriate locations.

Throughout this training manual, we have provided a 'Supplementary Learning Manual' that has a significant amount of information on food safety and hygiene.

Your teacher or trainer may refer you to this 'Supplementary Learning Manual' should they want you to expand your knowledge on food safety and hygiene.



**Learning
Activity**

Task

LEARNING ACTIVITY SEVEN

The assessment requirements for this unit requires students/trainees to cook a series of dishes that contain the major food types being:

- ☆ A dairy product
- ☆ A fruit
- ☆ A vegetable
- ☆ A type of poultry
- ☆ A type of meat
- ☆ A type of seafood

In Section One, Activity Three we had you do some research and locate six recipes relating to those food types. Your teacher or trainer may want you to use those recipes or as part of their own training program, have recipes they wish to use.

With the assistance of teacher or trainer, you will be provided a location where you can be assessed on cooking those food types using a variety of cooking methods, many outlined in this training manual. You will need to either be given the ingredients for those sandwiches, or be required to source the ingredients on your own. Discuss this with your teacher or trainer.

SELF ASSESSMENT

Self assessment is where you ask yourself certain questions to ensure you have understood what you have learned while reading this manual and completing the learning activities.

This unit requires you the student or trainee at the completion of your training to have a certain level of 'Required Knowledge' in which you would need to have acquired and in which you will be assessed on.

This self assessment section reviews this required knowledge by way of questions and if you are able to say YES to all of them you can be confident your assessment will be satisfactory.

- ☆ This training unit had five sections each focussing on cooking methods, cooking equipment and food presentation.
After reviewing the information in Section One, are you confident that you understand and could:
 - 1) Confirm food production requirements from food prep lists and standard recipes?
 - 2) Calculate ingredient amounts, identify and select ingredients from stores?
 - 3) Check perishable supplies for spoilage or contamination prior to preparation?
- ☆ After reviewing the information in Section Two, are you confident that you understand and could:
 - 1) Select type and size of equipment suitable to the cooking methods?
 - 2) Safely assemble and ensure cleanliness of equipment before using?
 - 3) Use equipment safely and hygienically?
- ☆ After reviewing the information in Section Three, are you confident that you understand and could:
 - 1) Weigh and measure ingredients and create portions according to recipe?
 - 2) Prepare, cut and portion ingredients according to recipe and cooking style?
 - 3) Minimise waste to maximise profitability of food items prepared?
- ☆ After reviewing the information in Section Four, are you confident that you understand and could:
 - 1) Select and use cookery methods for dishes following standard recipes?
 - 2) Complete cooking process in a logical, planned and safe manner?
 - 3) Identify problems with the cooking process and take corrective action?
 - 4) Work cooperatively with colleagues to ensure timely preparation of dishes?

☆ After reviewing the information in Section Five, are you confident that you understand and could:

- 1) Present dishes on appropriate service-ware?
- 2) Add garnishes and accompaniments according to standard recipes?
- 3) Clean work area and dispose of or store food and ingredients?

If there were any questions that you were unable to confidently say YES to, we encourage you to review the information again in this manual and if needed seek the assistance of your teacher or trainer.

NOTES

SAMPLE SAMPLE