

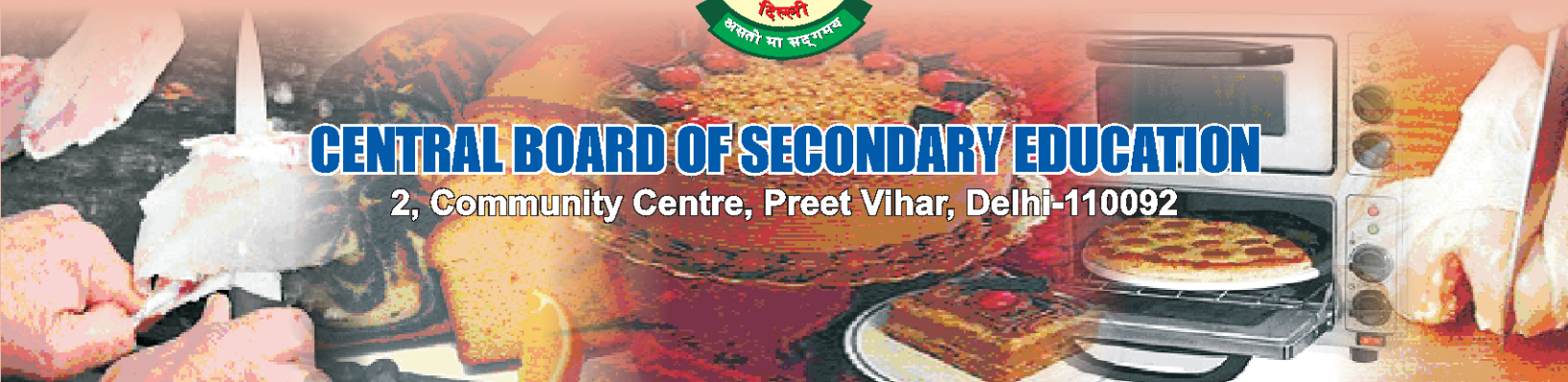
FOOD PRODUCTION-III

Class XII



CENTRAL BOARD OF SECONDARY EDUCATION

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Preface



भारत का संविधान

उद्देशिका

हम, भारत के लोग, भारत को एक ¹[संपूर्ण प्रभुत्व-संपन्न, समाजवादी, पंथ-निरपेक्ष, लोकतंत्रात्मक गणराज्य] बनाने के लिए तथा उसके समस्त नागरिकों को:

सामाजिक, आर्थिक और राजनैतिक न्याय,

विचार, अभिव्यक्ति, विश्वास, धर्म और उपासना की स्वतंत्रता,

प्रतिष्ठा और अवसर की समता प्राप्त कराने के लिए,

तथा उन सबमें व्यक्ति की गरिमा और ²[राष्ट्र की एकता और अखंडता सुनिश्चित] करने वाली बंधुता बढ़ाने के लिए

वृद्धसंकल्प होकर अपनी इस संविधान सभा में आज तारीख 26 नवंबर, 1949 ई. (मिति मार्गशीर्ष शुक्ला सप्तमी, संवत् दो हजार छह विक्रमी) को एतद्वारा इस संविधान को अंगीकृत, अधिनियमित और आत्मार्पित करते हैं।

भारत का संविधान

भाग 4क

नागरिकों के मूल कर्तव्य

अनुच्छेद 51क

मूल कर्तव्य- भारत के प्रत्येक नागरिक का यह कर्तव्य होगा कि वह -

- (क) संविधान का पालन करे और उसके आदर्शों, संस्थाओं, राष्ट्रध्वजों और राष्ट्रगान का आदर करे;
- (ख) स्वतंत्रता के लिए हमारे राष्ट्रीय आंदोलन को प्रेरित करने वाले उच्च आदर्शों को हृदय में संजोए रखे और उनका पालन करे;
- (ग) भारत की संप्रभुता, एकता और अखंडता की रक्षा करे और उसे अक्षुण्ण बनाए रखे;
- (घ) देश की रक्षा करे और आह्वान किए जाने पर राष्ट्र की सेवा करे;
- (ङ) भारत के सभी लोगों में समरसता और समान भ्रातृत्व की भावना का निर्माण करे जो धर्म, भाषा और प्रदेश या वर्ग पर आधारित सभी भेदभाव से परे हो, ऐसी प्रथाओं का त्याग करे जो महिलाओं के सम्मान के विरुद्ध हैं;
- (च) हमारी सामासिक संस्कृति की गौरवशाली परंपरा का महत्व समझे और उसका परिरक्षण करे;
- (छ) प्राकृतिक पर्यावरण की, जिसके अंतर्गत वन, झील, नदी और वन्य जीव हैं, रक्षा करे और उसका संवर्धन करे तथा प्राणिमात्र के प्रति दयाभाव रखे;
- (ज) वैज्ञानिक दृष्टिकोण, मानववाद और ज्ञानार्जन तथा सुधार की भावना का विकास करे;
- (झ) सार्वजनिक संपत्ति को सुरक्षित रखे और हिंसा से दूर रहे;
- (ञ) व्यक्तिगत और सामूहिक गतिविधियों के सभी क्षेत्रों में उत्कर्ष की ओर बढ़ने का सतत प्रयास करे, जिससे राष्ट्र निरंतर बढ़ते हुए प्रयत्न और उपलब्धि की नई ऊँचाइयों को छू सके; और
- (ट) यदि माता-पिता या संरक्षक है, छह वर्ष से चौदह वर्ष तक की आयु वाले अपने, यथास्थिति, बालक या प्रतिपाल्य को शिक्षा के अवसर प्रदान करे।





THE CONSTITUTION OF INDIA

PREAMBLE

WE, THE PEOPLE OF INDIA, having solemnly resolved to constitute India into a ¹ [SOVEREIGN SOCIALIST SECULAR DEMOCRATIC REPUBLIC] and to secure to all its citizens :

JUSTICE, social, economic and political;

LIBERTY of thought, expression, belief, faith and worship;

EQUALITY of status and of opportunity; and to promote among them all

FRATERNITY assuring the dignity of the individual and the ² [unity and integrity of the Nation];

IN OUR CONSTITUENT ASSEMBLY this twenty-sixth day of November, 1949, do **HEREBY ADOPT, ENACT AND GIVE TO OURSELVES THIS CONSTITUTION.**

1. Subs. by the Constitution (Forty-Second Amendment) Act, 1976, sec. 2, for "Sovereign Democratic Republic (w.e.f. 3.1.1977)
2. Subs. by the Constitution (Forty-Second Amendment) Act, 1976, sec. 2, for "unity of the Nation (w.e.f. 3.1.1977)

THE CONSTITUTION OF INDIA

Chapter IV A

Fundamental Duties

ARTICLE 51A

Fundamental Duties - It shall be the duty of every citizen of India

- to abide the Constitution and respect its ideals and institutions, the National Flag and the National Anthem;
- to cherish and follow the noble ideals which inspired our national struggle for freedom;
- to uphold and protect the sovereignty, unity and integrity of India;
- to defend the country and render national service when called upon to do so;
- To promote harmony and the spirit of common brotherhood amongst all the people of India transcending religious, linguistic and regional or sectional diversities; to renounce practices derogatory to the dignity of women;
- to value and preserve the rich heritage of our composite culture;
- to protect and improve the natural environment including forests, lakes, rivers, wild life and to have compassion for living creatures;
- to develop the scientific temper, humanism and the spirit of inquiry and reform;
- to safeguard public property and to abjure violence;
- to strive towards excellence in all spheres of individual and collective activity so that the nation constantly rises to higher levels of endeavour and achievement.

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Chapter-1

HACCP

Objectives: After reading this chapter students will be able to:

- Define HACCP
- Explain the meaning and importance of HACCP
- Incorporate the rules of HACCP at work place
- Apply systematic approach of HACCP

Introduction & Importance:

HACCP is one of the most effective food safety system. HACCP is: Hazard Analysis Critical Control Point system. The purpose of HACCP is to identify, monitor, and control dangers of food contamination. This system has been widely adopted throughout the food service industry.

It is a system of seven steps:

1. Assess hazards.
2. Identify critical control points (CCPs).
3. Set up standards or limits for critical control points.
4. Set up procedures for monitoring critical control points.
5. Establish corrective actions.
6. Set up a recordkeeping system.
7. Verify that the system is working.

These steps are the basis of the following discussion.

HACCP begins with a concept called the **flow of food**. This term refers to the Movement of food through a food service operation, from receiving through the various stages of storage, preparation, and service, until it gets to the final consumer. The flow of food is different for each item being prepared. Some menu items involve many steps. For example, a luncheon dish of creamed chicken and vegetables over rice might have the following steps:





- Receiving raw ingredients
- Cooking (chicken, vegetables, cream, rice, etc.)
- Storing raw ingredients
- Holding and serving
- Preparing ingredients
- Cooling and storing leftovers (washing, cutting, trimming, etc.)
- Reheating, holding, and storing leftovers
- Even the simplest items undergo several steps. For example, a cake that is bought already prepared from a commercial baker and served as dessert will go through at least the following steps on its way to the customer:
- Receiving
- Storing
- Serving

Critical Control Points in HACCP

At each of these steps, as foods flow through the operation, risks can lead to dangerous conditions, which are called hazards. These hazards can be divided into three categories:

1. Contamination, such as cross-contamination from a soiled cutting surface, torn packaging that permits insect infestation, working on food without washing hands, spilling cleaning chemicals on food.
2. Growth of bacteria and other pathogens due to such conditions as inadequate refrigeration or storage, and holding hot foods below 135°F (57°C).
3. Survival of pathogens or the continued presence of toxins, usually because of inadequate cooking or heating or inadequate sanitizing of equipment and surfaces.

The important difference is that the hazards addressed by HACCP include chemical and other hazards in addition to disease-causing organisms. Naturally, however, most of the hazards we are concerned with are those that affect potentially hazardous foods .

At each step where there is a risk of one of these hazards, it is possible to take action that eliminates the hazard or reduces it to a minimum. These steps are called critical control points, or CCPs. In simple language, setting up an HACCP system starts with reviewing the flow of food to figure out where something might go wrong, then deciding what can be done about it. In the language of HACCP, these steps are called assessing the hazards and identifying critical control points.



Setting Standards and Following Procedures

The next step in designing an HACCP food safety system is setting up procedures for critical control points. At each critical control point, food workers need to know what standards must be met, what procedures to follow to meet the standards, and what to do if they aren't met. To reduce the chances for making mistakes, these standards and procedures are written out. Whenever possible, they should be included in the operation's recipes. In Chapter 5, you will see how CCPs are incorporated into a standardized recipe.

Some procedures are general and include the sanitation rules discussed earlier in this chapter. For example: Wash hands before handling food and after handling raw foods; hold foods above 135°F (57°C) or below 41°F (5°C). Others apply to specific items. For example: Cook a beef roast to an internal temperature of at least 145°F (63°C) and ensure that it stays at that temperature for at least 3 minutes. The Minimum Safe Internal Temperatures discussed on page 29 are an important part of the standards of a HACCP system.

Careful observation is needed to know when standards are met. This often involves measuring. The only way to know, for example, that a roast has reached the required internal temperature is to measure it, using a clean, sanitized thermometer.

Managers must ensure that all employees are trained to follow procedures and have the equipment needed to do the job.

Once these procedures are developed, additional steps in setting up an HACCP system are important to ensure that the system is effective: monitoring critical control points, taking corrective action if procedures are not followed, keeping records of all aspects of the system, and verifying that the system is working.

Review Questions:

1. Define HACCP.
2. What is the importance of HACCP at food production areas?
3. What are the steps of Critical Control Point?
4. What do you understand by flow of food?





Chapter-2

LARDER

Objectives:

- To introduce Larder Department
- To list out the functions of the Larder
- To describe the sections of the Larder
- To state the duties & responsibilities of Larder chef

4. (a) Introduction

The cold larder or Garde manger is a department used for storage of perishable foods, both raw and cooked and it is place where the fish, poultry, game & meat are prepared for further cooking process. Salad, salad dressings, starters and cold meat or fish dishes are all prepared in these sections. This section is usually located in a cool place which is light airy & well ventilated. It is usually spaced out in such a way to allow the staff to carry out their duties in a clean and efficient manner. It should also be equipped with the necessary fittings & machinery which aids in accordance with the volume and quality required by the establishment. It should have good food chilling facilities.

It naturally follows that the work is broken down into various fields such as Hors d'oeuvre, salads, butcher, Poultry, Cold Buffet and in a large establishment each function is carried out by a chef specialized in that area. The work done in the garde manger departments starts with the preparation of basic ingredients – meat, poultry, fish, seafood, fruits & vegetables. It involves lot of creativity. The creation of a display piece requires skills. It is a foundation of showcase items such as hot and cold food presentation. The mastery of the garde manger skills is an invaluable asset in food preparation for food service operations.

Since the ladder department houses multiple activities such as hors d' oeuvres, salads, butchery, poultry, cold buffet etc., these duties are carried out by one or more depending on the establishment and specialization. As an example the butcher, poulterer or fish monger may be an expert only in that feel without being a trained chef. More frequently these various duties are allocated by the chef garde manger who is in all over charge of the department, to the commis or assistant



chefs and they are known as commis garde manger. The ratio varies according to the size of the establishment and the quality requirement by the establishment.

It must be mention that often quality rather than quantity of trade is the determining factor in deciding the number of staff required in the garde manger or for the matter in the kitchen as the whole.

FUNCTIONS OF THE LARDER DEPARTMENT

The cold larder or garde manager is a set aside for storage of perishable foods, both raw and cooked and also a place where food shelves such as meat, fish, poultry and game are prepared and made ready for cooking. All cold elements found on the menu such as hors d' oeuvres, cold fish, all meat dishes, all salads, cold sauces and dressings are prepared and presented. One particular function of this department is to prepare and present all types of cold buffet artistically.

For these departmental functions to be effectively carried out it is essential that:

1. The room is separate from the kitchen and located in a cool place. At the same time it should be close to the kitchen to avoid undue running about between the departments of the kitchen.
2. It should be light well aerated and well ventilated day to day duties. It must also be able to carry out their prepared foods and buffets in a cool and hygienic manner.
3. It must be equipped with the necessary fittings plant and machinery and tools in accordance with the volume and or quality of the trade of the catering establishment in which it is situated.

4. (C) SECTIONS OF LARDER

The larder department is broken down into the following sections:

- Hors d' oeuvres and salads
- Fish monger and shellfish
- Poultry and game
- Butchery
- Forcemeat, Garnishes and seasonings.
- Chef de froid





All hors d' oeuvres such as salads, pickle, brined or marinated or smoked fish canned and bottled specialties. Quality, texture, flavor, colour and temperature etc., hors d' oeuvres are intended to be appetizers as well as being the 'overture' to the meal and their functions must be to stimulate the appetite and set the tone for the ensuing courses. Both compositions and colour are of utmost importance. The vegetables used should be carefully cut but never over cooked. Hors d' oeuvres are usually served on plate or in crystal, glass, or even plastic or wooden bowls and dishes called Raviers.

The butcher receives directions according to the commitments of the business. The butchery prepares various glints in advance according to the menu requirement. Each day certain quantities of the meat are trimmed to the first stage (removal of excess fat, skin, and other inedible parts). The butcher carries out further preparations to certain meat items like boning and trimming it to the stage for final cutting and the trimming. Each day a pre-arranged amount of meat is cut and trimmed to the final stages against the menu requirements. Usually in catering establishments with an intensive banqueting service it will mean that butcher will have a considerable amount of preparations in the stages mentioned above. Larders sections includes fishmonger who will trimmed and prepare the fish ready for service and delivery. The chicken is dressed, trussed and cut according to the requirement of menu. Quenelles mixtures are also prepared. Charcutiere preparations of pork product and the sausages are prepared. Rendering of drippings is also done here. All cold buffet including afternoon receptions are prepared in the larder. Chef de froid controls the cold buffet sections. Salads are prepared and assembled in the sections. Hors d' oeuvres are also need and trolley is replenished by the hors d' oeuvres. Decorative cut vegetables are prepared and they are used for decorating Raviers.

EQUIPMENTS FOUND IN LARDER DEPARTMENT

Refrigerators, Mincing Machine and bone cutter, slicing machine, scales and weighing machines, Electric Grinding machine, Boiling Plate or Gas Ranges, Griller/Toaster, Gas boiler, Butcher's Blocks, Steel Tables, Sauce pans and lids frying Kettles and frying pans, polythene bins and other larder tools such as serving spoons and ladles, sieves, Colanders, Conical strainers and Chinois, heat Presses, Pie molds, whisks, egg slices, steel basins and graters.



Gas Ranges



Butcher's Block



Griller/Toaster



Conical Strainers



Colanders

Knives, Choppers, Saws etc.

Butchers Boning knives, butcher's steak or cutting knives, Butchers saw(Tenon), Butchers saw(Bow), Butcher's choppers and cleavers, Butchers chopping Knives, Cook's 30 cms(12 inches)Knives, Cook's 20-24 cm (a/7 inches) knives, Cook's 6-8 cm (4 inches) knives, Cook's 14-20cm(7 inches) Filleting Knives, Tranchelard Knives, Palette Knives, Potato Peelers, French or English, Mandoline vegetable slices.





But Choppers



But Saw



But Steak



Filleting Knives



Tranchelard Knife

Wooden Utensils

Wooden spatulas and spoons are used for stirring food stuffs to prevent burning. Wooden mushrooms are used for Pressing food stuffs through sieves. These wooden utensils should be well scrubbed, washed, rinsed and dried after use.

The following tools are kept clean by washing in hot water, rinsing and drying. Care should be taken to prevent them from nesting or deteriorating.



Wooden Spatulas and Spoons



Wooden Mushrooms

Miscellaneous

Cutlet Bat - For flattening cuts of meat.

Trussing Needles - For Poultry trussing.

Larding Needles - For larding cuts of meat, Poultry etc.

Larding Pin- For larding joints etc.

Lemon Zester - For Scraping of lemon Peel.

Skewers

- For skewering meat etc.

Brining syring

- For Pumping brine solution into joints.

Brinometer

- For measuring density of brine solution.

4 (d) DUTIES & RESPONSIBILITIES OF LARDER CHEF

The responsibilities of the chef garde manger are varied; he is supposed to run the department efficiently and economically. Some of his functions are listed below:

He is responsible for larder inventory; they act as advisors to other chefs and alert them as to what inventory required immediate use. This helps the kitchen to reduce the amount of waste and spoilage in the larder.

He is responsible for the efficient running of his department.

He has brought about coordination of the work of the staff.





He is responsible for the training and discipline of the larder chef.

He has to keep records of the food staff stored in the refrigerator and the day to day record of issues to kitchen and the other department.

He has to place the order for the meat based on the menu and orders well in advance.

He is responsible for the efficient storage of food to avoid the deterioration and wastage to avoid any danger of contamination and food poisoning.

He has to prepare the meat as per the requirement.

He should also inform the other departments of what are the items available in excess in department to prevent eventual wastage.

He should control the quality and quantity of all goods delivered to the larder.

He should ensure that portion control is rigidly carried out if the given weight of fish, poultry, meat should always produce the required number of portions.

He should take precautions to discourage pilfering.

Lemon decorators - For channeling lemon Peel.

Vegetable Scoops - For shaping vegetables and potatoes.

Butcher's Hooks- for hanging joints etc.

Larder department is an essential sector and most of the products are arranged artificially to bring out attractive presentations. Eye appeal is rapped upon pivotal and presented to the gust. larder chef plays a role in any kitchen.

Let us revise :

1. Hoed' osuvers : These are starters which enhance the appetite both by its appearance and taste.
2. Wooden mushrooms : Equipment used to press out the juices of vegetables
3. Butchess Block : Equipment to stock all small equipments used by the butcher.

Give short answers for the following :

1. Give the functions of the laidee department
2. Explanin the teem gardemanger.
3. Give five duties of a laider chef.

Explain in detail :

1. List out the various sectors of the earder department and explain any two.
2. List out the duties and responsibilities of a lardre chef.

Chapter-3

FISH COOKERY

Objectives: At the end of this unit, the student will be able to

- To introduce fish cookery
- To Classify fish
- To explain the cuts of fish
- To select fish and shellfish
- To explain cookery of fish

Introduction :

A fish is any aquatic vertebrate animal i.e., covered with scales and has a set of paired fins and several unpaired fins. Most fish are cold blooded allowing their body temperatures to vary as ambient temperatures change. Fish are abundant most bodies of water. They are found in nearly all aquatic environments. At 31,900 species fish exhibit greater species diversity than any other class of vertebrate.

5 (a) Classification of Fish

Fish and shellfish were once plentiful and inexpensive but nowadays the demand has become to outstrip the supply. There are 2 main categories of fish that are found: flat fish and round fish. Those that live near or on the seabed are known as demersal fish. These are white fish whose nutritious oil is concentrated in the liver. Oily fish tend to swim in the shoals near the surface of the sea. They are known as pelagic fish. In oily fish the nutritious oil is dispersed throughout the flesh. That fish spend more of time lying on the seabed and do very little swimming. Flat fish starts life with an eye each side of their head like a round fish and they swim upright like round fish too. As they matured they start to swim on one side only and one eye moves over the head on to the dark skinned side of the body. Because they do not have to chase their food, their flesh is always delicate and without too much muscle fiber. They have simple bone structure. Eg: Dover sole, turbot and halibut rank the finest fish.





Round fish usually oily fish are always popular because they are nutritious an owing to their health giving properties. They contain protein, vitamin A, B & D and omega 3 fatty acid, which helps to reduce the risk of clogged arteries, blood clots, strokes and even cancer. Oily fish live near the surface of the sea congregated in shoals. The largest family of oily fish is the eg: herrings, mackerel, sardines and pilchards, salmon (known as the king of the fish).

Shellfish –

Shellfish may be divided into 3 distinct categories:

- (a) Crustacean - crab, crawfish, crayfish, lobsters, prawns and shrimps.
- (b) Molluscs – cockles, mussels, oysters, and scallops
- (c) Cephalopods – octopus, squids, cutlet fish

Molluscs are univalves, bivalves and cephalopods. Univalves are conch, snail, winkles and periwinkles. Bivalves are scallops, oysters, and mussel. Cephalopods are squid, octopus and cutet fish.

The characteristics of flat fish include the following one pigmented and one non pigmented sides.

5 (b) Cuts of Fish

Fish is generally separated into 2 categories i.e., lean and fatty. Lean fish contains 1-5% fat whereas fatty fish contains 5-35% fat which makes it darker, richer and stronger tasting than lean fish.

1. Steaks

Thick slices of fish on or off the bone.

Steaks of round fish (salmon, cod) may be called darnes.

Steaks of flat fish on the bone (turbot, halibut) may be called troncons.

2. Fillets

Cuts of fish free from bone: Around fish yields two fillets; a flat fish four fillets.

3. Supremes

Prime cuts of fish without bone and skin (pieces cut from fillets of salmon, turbot, brill, etc.

4. Goujons

Fillet fish cut into strips approximately 8×0.5 cm (3×1/4inch).

CUTS OF FISH



Fillet

2 from a round fish

Fillet

4 from a flat fish

Delice

A trimmed folded fillet (lightly flattens the fillet and fold as indicated)

Paupiettes

A small rolled-up fillet (often stuffed)

Strips (goujons)

Thin strips of fish fillet (often bread-crumbed)

Darne

A steak cut from a round fish

Steak

A steak cut from a flat fish (or half the prepared fish)

Supreme of Escalope

A slanted cut-from a large fillet





5. Paupiettes

Fillets of fish (sole, plaice, whiting) spread with a stuffing and rolled.

6. Plaited

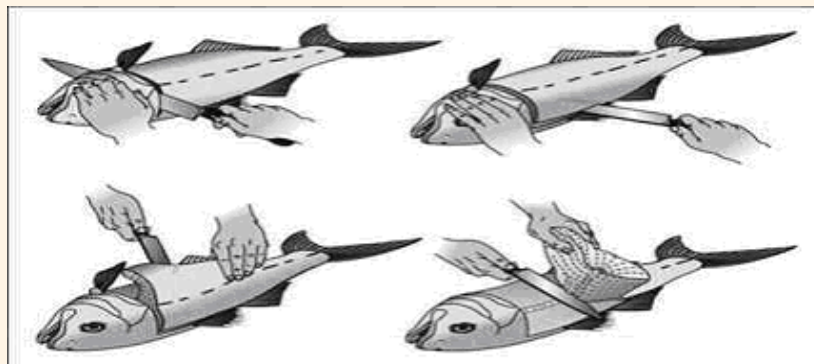
Also known as en tresse; e.g. sole fillets cut into three even pieces length wise to within 1cm (1/2 inch) of the top and neatly plaited.

5 (c) Selection of fish and skill fish

When buying whole fish the following points should be looked for to ensure freshness:

1. EYES: bright, full and not sunken, no slime or cloudiness.
2. GILLS: bright red in color, no bacterial slime.
3. FLESH: firm, translucent and resilient so that when pressed the impression goes quickly, the fish must not be limp.
4. SCALES: flat, moist and plentiful.
5. SKIN: should be covered with a fresh sea slime, or be smooth and moist, with a good sheen and no abrasions or bruising, there should be no discoloration.
6. SMELL: pleasant, with no smell of ammonia or sourness.
7. Fish should be purchased daily, if possible, direct from the market or supplier.
8. The fish should be well iced so that it arrives in good condition.
9. Fish may be bought on the bone or filleted. (The approximate loss from boning and waste is 50% for flat fish and 60% for round fish.)
10. Medium- sized fish are usually better than large fish, which may be coarse, small fish often lack flavor.

Round fish should be scaled & gutted, and fins removed



1. Make a deep cut just behind the gills (about halfway through the thickness of the fish).
2. Cut a slit a few inches in length along the top of the fish (the dorsal side).
3. Using the tip of the knife, separate the flesh from the bones, as illustrated. The fish should open up just like a book.
4. When completely open, finish cutting away the fillet by moving the knife along the “spine of the book.”

Removing the skin from the fish fillets

Hold the tail end of the fillet firmly with the tip of your finger.

Firmly hold the knife still and at a fixed angle and make a deep cut.

Wriggle the skin from side to side while pulling backwards on the exposed bit of fish skin.

Continue this motion through the fillet.

Use a fillet knife in separating the fish skin from the flesh



SELECTION FACTOR OF SHELLFISH

Crustaceans – This family of shellfish is truly enormous and includes crab, lobster, Cray fish, prawn and shrimps. They can be in any shape or size, their distinguishing feature being that their skeleton is on the outside concealing a soft and delicious flesh.

Molluscs – This family of shellfish is normally divided into two main groups i.e., gastropods which include whelk and winkle and bivalves which include clam and mussels. This group of molluscs have attached hinged external cell that has lose soft, delicate flesh inside and includes clam, mussels and oysters.





COOKING OF FISH

Most fish are edible and the world of fish represents an enormous source of good food. The most nourishing fishes come from river, eg. eels, salmon, trout, mackerel, fresh herrings, turbot. All fishes consist of nearly 75% of water and also the albumenoid (egg whites) consistency varies little from fish to fish (about 18%). Fish flesh does not vary much from that of land animals. Proportions of fat, minerals and albumenoid are very much the same. Fish has phosphorated compounds and leaner fish fishes are much easily digestible and are excellent food for the sedentary workers and the sick.

The edible flesh of fish and sea food like that of meat and poultry consist of water, protein, fat and small amount of minerals, vitamins and trace elements. The most important factor is that fish has very little connective tissues. It is this lack of connective tissues that make the fish:

1. Cook very quickly even at low heat.
2. Fish is naturally tender.
3. Cooked fish should be handled carefully or it will fall apart.

Fish being an aquatic vertebrate is the most seat after food due to its high protein content and easy is digest factor. They can be cooked in different ways applying all the cooking methods. State fish are not early unappetizing hit they can also be the cause of digestive disorders or even poisoning.

Lets Revise :

1. The family of shellfish which has attached ringed external cell that has lose soft delicate fish inside.
2. Crustaceans : Shellfish which can be in any shape or size with their selection on the outside covering soft fish in the inside.

Raupiettes : Fish fillet that is rolled with a shipping.

Give short answers for the following

1. Give the classification of fish and give two examples for each.
2. Classify shellfish and explain with examples
3. Write about the cooking of fish

Explain in detail

Explain the various cuts of fish with the help of a neat diagram.

2. Classify fish and shellfish giving suitable examples.

Chapter-4

Meat Cookery

Objectives: At the end of this unit the student will be able to

- To introduce meat cookery
- To explain the slaughtering of meat
- To list the cuts of poultry/lamb/mutton
- To state the selection of meat products
- To describe the variety of meats (offal's)

6 (a) INTRODUCTION:

Meat is mostly the muscle tissue of an animal. Most animal muscle is roughly 75% water, 20% protein, 5% fat, carbohydrate and assorted proteins. Muscles are made of bundles of sheath called fibers. Each shell is creamed with filaments made of two proteins i.e. actin and myosin. In animals these proteins make muscles contract and relax.

Meat and other animals food are better source of protein than plain food both quantity and quality wise. In meat the excessive amino acids – the organic acids that are integral components of protein and which cannot be synthesized in the human organism are made available in well balanced proportion and concentration. Plant food has no vitamins B12, thus, animal food is indispensable for children to establish B12 deposits. Animal food in particular meat is rich in iron, which is of almost importance to prevent anemia, especially in children and pregnant women. Meats which are from livestock are derived from 3 species of animal.

- 1 Bovine (ox or cow)
- 2 Ovine (Sheep)
- 3 Porcine (swine)

These animals are all different in shape, size and taste.

The composition of meat whether from beef, veal, calf, sheep, lamb or swine





has both physical and chemical characteristics. The physical characteristics include muscle tissues and fibrous connective tissues, adipose tissue and bone tissue. The chemical characteristics consist of water, protein, fat, carbohydrate, minerals and vitamins.

Animal muscles are divided into 3 types: skeletal, cardiac and visceral. The skeletal muscle makes up most of the muscle weight on a carcass. The skeletal muscles are the greatest concern for culinarians. The muscles are intertwined with fibrous connective tissues and fat. As a well fed animal ages its fat concentration increases. The amount of fat in the carcass is affected by the feeding and handling of the animal.

Marbling affects the juiciness, flavor and to a lesser extent, tenderness of prepared meat. This type of fat lies between the muscle fibres. Protein content in meat is generally grouped into collagen and elastin. Collagen is the protein found in greatest quantity in animal composing up to 20-25% of an animal total protein. Collagen provides strength and support. It also plays a part in the tenderness of the meat. It is readily broken down in cooking with moist heat. Elastin does not breakdown when exposed to moist heat often referred to as the yellow connective tissue. Elastin must be removed when the meat is cut. Myoglobin provides the meat colour. The amount of myoglobin present and the amount of exposures to oxygen that induce the bright red colour of the meat when butchered. Humans digest 80-90% of meat proteins. All essential amino acids necessary for the growth and maintenance of the human body are contained in the correct combination in all animal proteins. Fat contributes flavoured to the meat. Meat supplies are nutrient rich source of zinc, iron, calcium and vitamin B.

6 (b) SLAUGHTERING OF MEAT

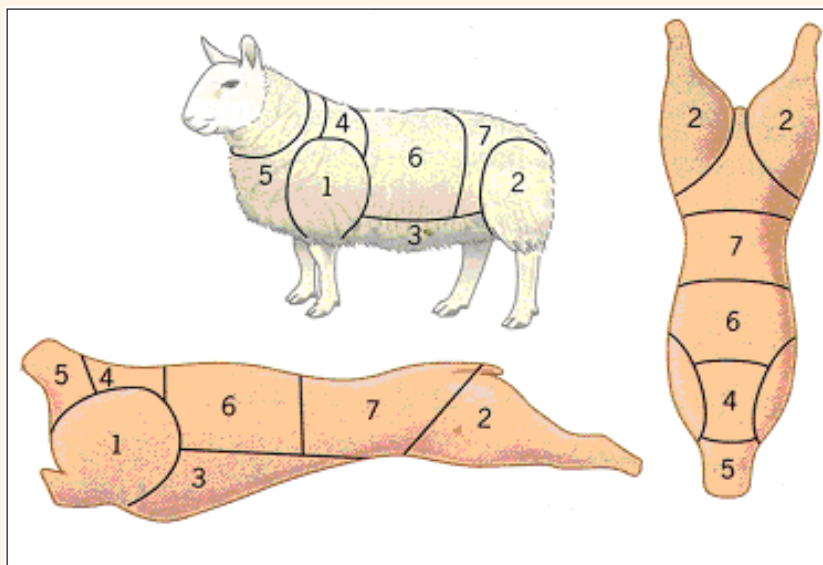
Animals should be clean as possible at slaughter Fasting before slaughter reduces the volume of guest contents and hence bacteria and therefore reduces the risk of contamination of the carcass during dressing stock should have a rest period after arrival at the slaughter house.

1. **Stunning and bleeding:** The animals are rendered unconscious (stunned) by a human method prior to bleeding. stunning also makes slicing (throat slitting) less hazardous. The animals must be unconscious long enough for slicing to be carried out and for brain death to result from the lack of blood supply. Stunning can be done by direct blow to skull, slaughtering mask, free bullet, electrical stunning.
2. **Bleeding After Stunning:** The objectives of bleeding are o kill the animal with

minimal damage to the carcass and to quickly remove as much as blood as possible as blood is an ideal medium for the growth of bacteria.

3. **Sticking:** Sticking is usually done by professionals with a knife and it should be done soon after stunning when the rate of heartbeat and the blood pressure are high, this assists bleeding.
4. **Flaying and Cleaning:** The animals are hung on hooks with their head downwards to drain out the blood in the carcass. Air is blown to loosen the skin from the flesh and then the skin is removed. The internal organs such as the stomach, intestine and offals are removed and sent to their respective sections for further processing. The carcasses split into hindquarters and forequarters and sent to the butchery section.

6. (c) Cuts of Mutton/Lamb



(1) Shoulder; (2) Leg (two); (3) Breast (two); (4) Middle neck; (5) Scrag end; (6) Best wind rack; (7) Saddle

Joints, uses and weights

Joint	Uses	Approximate weight	
		lamb kg	Mutton kg
whole carcass		16	25
(1) shoulder (two)	roasting, stewing	3	4½





(2) leg (two)	roasting (mutton boiled)	3½	5½
(3) breast (two)	roasting, stewing	1½	2½
(4) middle neck	stewing	2	3
(5) scrag end	stewing, broth	½	1
(6) best-end rack (two)	roasting, grilling, frying	2	3
(7) saddle	roasting, grilling, frying	3½	5½
kidneys	grilling, sauté		
heart	braising		
liver	frying		
sweetbreads	braising, frying		
tongue	braising, boiling		

Selection Factors of Lamb/Mutton

All domestic birds prepared in today's kitchen are termed as Poultry. This includes chickens, turkeys, ducks, goose, guinea fowls, hens and domestic pigeon (squab). The physical and chemical composition of poultry is similar to that of meats. Poultry has little pigmentation. The word 'game' for culinary purposes means birds and animals hunted for food.

Games can be divided into two types feathered or furred. The meat of game is generally darker, stronger tasting and often tougher than meat from domesticated animals.

Being small and easy to keep hens has been domesticated for thousands of years. Chicken is an excellent, cheap source of protein and contains most of the B vitamin. It is also low in saturated fat. Standard chicken are reared in purpose built chicken houses, where they are free to move around and have constant access to food and water.

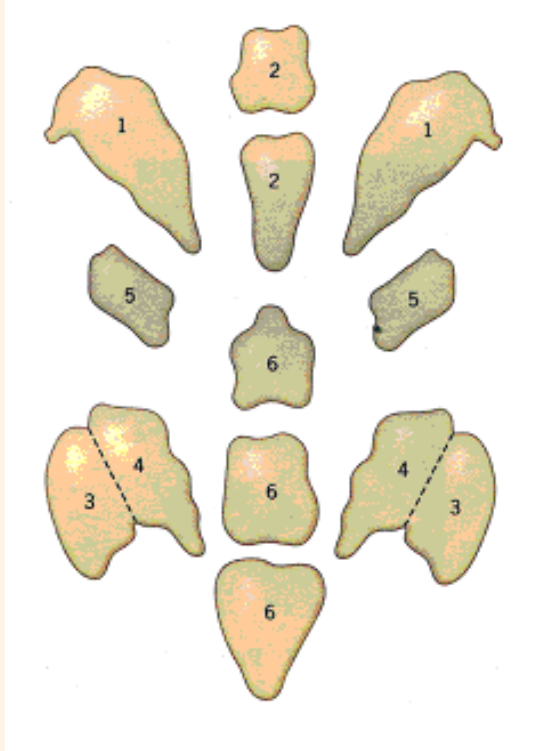
CUTS OF CHICKEN

The chicken before cutting should have two legs that should be attached to the body. There is a breast and two wings.

This method of cutting the chicken should give two legs, two thighs, two breasts and two wings.

Basic method for cutting up and disjuncting a whole chicken.





- (4) Drumstick
- (3) Thigh
- (1) Wing
- (2) Breast
- (5) Winglet
- (6) Carcass

Separate the legs from the body

- Cut through a little bit of skin on the side.
- Just bend the leg back till the thigh bone pops out.
- Cut straight down that line.
- Leg should come off.
- Repeat the same thing on the second side.
- Remove the leg out and slice right down.
- Two legs are now removed.



Remove the leg out and slice right down.





Separating the Wings

- To separate the wings make one cut where the wing joins the breast, clear that skin, and again, check the joint.
- Find where the two connect and separate it.
- Repeat on the other side of the breast again, and through the skin.
- Make one cut and separate the wing.



Separating the Thigh and Leg

- To separate the thigh and the leg pull the skin back and find a little line of fat, where the thigh meets the leg.
- Position knife on top of that line and just slide through.
- It should be to separate the leg and the thigh.
- Repeat again on the other side by finding the little line of fat and slice straight through.



Cut Carcass in Half

- Cut through the cavity of the bird from the tail end.
- Slice through the thin area around the shoulder joint.
- Cut parallel to the backbone and slice the bones of the rib cage.
- Repeat on the opposite side of the back bone



Removing the Breasts

- Pull apart the breast and the back.
- Cut down through the shoulder bones to detach the breast from the back.
- Cut the back into two pieces by cutting across the backbone where the ribs end.



Cut Breast in Half

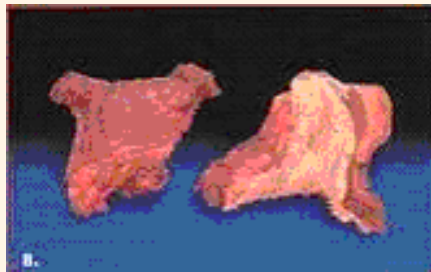
- To cut the breast in half, use a strong, steady pressure.
- Cut downward along the length of the breastbone to separate the breast into two pieces.
- The chicken is cut into eight pieces ready to cook.



SELECTION FACTORS OF CHICKEN

6. (e) Offals (Variety Meats)

These are known as variety meats which are from the off cuts from the carcass including the edible internal organs, tail, feet and head. It usually means liver, kidneys, sweet breads, trepe and heart. The nutritive value depends on the type of offal but is generally a food source of animal protein. Liver and kidneys are specially such source of iron, vitamin-A and vitamin-B complex also vitamins including folic acid.

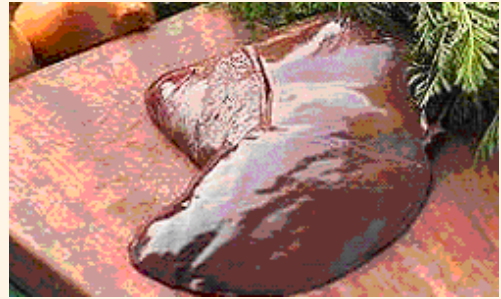




VARIETY OF OFFALS

Liver

This has a fine close texture and a pronounced flavor. Calf's (veal) liver has finest texture and lightest flavor. Lambs liver also has a mild flavor. Pigs liver and ox liver are strong in flavor and they have a coarser texture. Chicken turkey and duck livers are similar to each other in size, flavour and texture. They are significantly lighter in flavour, fine textured and rich. They are more versatile than the other types of liver. Goose liver is larger and paler in colour.



Kidney

All kidneys have a distinctive taste. Lambs kidneys are small, tender and comparatively delicate in flavour. Veal kidneys are also very tender. Ox kidney is strongly flavoured and firm in texture. Pig's kidney is also strongly flavoured.



Tongue

Ox tongue is solid fresh or cured in brine. Veal tongue is popular in France.

Tail

Ox tail is usually chopped across into chunks. Ox tail has a good flavour and is good in soups, stews and terrines.

Bone Marrow

Found in hollow bones, this is pale, fatty substance that has full flavour. When poached, the marrow can be scooped out and used to enrich soups, stews, sauces and risottos. It is also served hot as a spread for bread or toast, or as a topping for canapés.

Trotters and Feet

Pig's trotters (feet) and calf's feet can be bought whole or split in half. They can also be used to enrich stews.

Tripe

This comes from stomach of a cow. Tripe from the first stomach (the rumen) is plain in texture, but that from the second stomach (the reticulum) has the typical honey comb texture. It is easily digestible and very nutritious. Tripe has a distinctive flavour not strong but pronounced and able to dominate even spicy sauces.

Sweet breads

Sweet breads are the thymus glands taken from the neck and heart of young animals such as calves and lambs. They are pale and delicate with a tender meaty texture when braised or boiled.

Heart

Lamb's heart is the most tender and lightest in flavour. Pig's heart is larger and slightly coarser. Beef or ox heart is big, but not very tender.

Brain

Lamb's and veal brain are pale pink and delicate.

Meat has the right amount of nutrient required by the human body. The three main sources which give the meat are beef pork and mutton. The smaller variety of meat is poultry and gone.

Let Revise :-

1. Shinning the animal is rendered unconscious by a human methods prior to bleeding

Offals : The edible internal srgans of the coroons which is sooked as a delicacy.

Trottes : Limb, Coy's feet can be bought wholl or splet they can be used to chicken Steevs.

Give short answers for the following :

- (i) Give tghe selection factors of mutton/lamb.
- (2) List the selection factors of chicken
- (3) List the cuts of Chicken

Explain in detail

- 1 Refine offals and explain five areethes of offals.
2. Draw the diagram of lamb and name its parts.





Chapter-5

Appetizers & Salads

Objectives: After reading this chapter students will be able to:

- Define Appetizers and salads.
- Explain the components of salad.
- Explain different types of salads.
- Explain the importance of salads.

Appetizers:

These are spicy tit-bits of tangy food, which can be usually eaten in one or two bites. They enhance the appetite for the courses to follow. Horse-d'oeuvre can be classified into:

- Classical Appetizers:
 - I Caviar: roe of sturgeon fish served on blinis, a buck wheat flour pancake
 - II Oysters
 - III Smoked salmon
 - IV Goose liver paste
 - V Snails: served with garlic butter.
 - VI Potted shrimps
- Appetizer varies:
 - I Tuna canapé
 - II Salmon canapé
 - III Chicken canapé
 - IV Egg canapé
 - V Cheese/cucumber/tomato canapé
 - VI Russian salad
 - VII Beetroot salad

- VIII Potato favorite
- IX. Tomato juice
- X. Mixed fruit cocktail
- XI. Grape fruit cocktail
- XII. Melon cocktail
- XIII. Asparagus
- XIV. Corn on the cob
- XV. Globe artichoke

Introduction to Salad:

Salad is a food which is rich in fibers. It also imparts each and every nutrient that is required for a healthy food. Salads may contain vegetarian or non-vegetarian food items. It can be eaten raw or cooked.

The Components of Salad:

Salad is made up of four parts:

Base, Body, Dressing, and Garnish.

All salads have body, and most have dressing, but base and garnish are parts of only some salads.

Base

A salad looks bare when served by itself on a salad plate as a side dish. Placing it on a bed of leaves makes it more appealing. The base gives height to salad and help confine loose pieces of food. A layer of loose, flat leaves or of shredded leaves may be used as a base.

Body

This is the main part of the salad. It can be made of cooked or raw food materials.

Garnish

A garnish is an edible decorative item that is added to a salad to give eye appeal and adds to the flavor as well. It should not be elaborate or dominate the salad.





Keep the garnish simple.

Garnish should harmonize with the rest of the salad ingredients.

Garnish should be edible.

Any of the vegetables, fruits, and protein foods, cut into simple, appropriate shapes, may be used as garnish.

Salad Dressing

Dressing is a seasoned liquid or semi-liquid that is added to the body of the salad to give it added flavor, spiciness, and moistness. The dressing should harmonize with the salad ingredients.

Dressings may be added at service time, served separately for the customer to add, or mixed with the ingredients ahead of time.

TYPES OF SALADS

On the basis of ingredients used, salads may be classified as:

- Green Salad
- Vegetable Salad
- Fruit Salad
- Meat Salad

On the basis of category on the menu, salads are classified as:

- Appetizer Salads
- Accompaniment Salads
- Main Course Salads
- Dessert Salads

APPETIZER SALADS

Appetizer salads should stimulate the appetite. This means they must have fresh, crisp ingredients; a tangy, flavorful dressing; and an attractive, appetizing appearance. Salads should not be so large as to be filling, but they should be substantial enough to serve as a complete course in themselves. Tossed green salads are especially popular for this reason, as they are bulky without being filling. The combination of ingredients should be interesting, not dull or trite. Flavorful

foods like cheese, ham, salami, shrimp, and crabmeat, even in small quantities, add appeal. So do crisp raw or lightly cooked vegetables.

Attractive arrangement and garnish are important because visual appeal stimulates the appetite.

ACCOMPANIMENT SALADS

Salads can also be served with the main course. Accompaniment salads must balance and harmonize with the rest of the meal, like any other side dish.

Side-dish salads should be light and flavorful, not too rich.

Vegetable salads are often good choices.

Combination salads with a variety of elements are appropriate accompaniments to sandwiches.

MAIN-COURSE SALADS

Cold salad plates have become popular on luncheon menus, especially among nutrition- and diet conscious diners. The appeal of these salads is in variety and freshness of ingredients.

Main-course salads should be large enough to serve as a full meal and should contain a substantial portion of protein. Meat, poultry, and seafood salads, as well as egg salad and cheese, are popular choices. Main-course salads should offer enough variety on the plate to form a balanced meal, both nutritionally and in flavors and textures. In addition to the protein, a salad platter should offer a variety of vegetables, greens, and/or fruits. Examples are chef's salad (mixed greens, raw vegetables, and strips of meat and cheese), shrimp or crabmeat salad with tomato wedges and slices of avocado on a bed of greens, and cottage cheese with an assortment of fresh fruits. The portion size and variety of ingredients give the chef an excellent opportunity to use imagination and creativity to produce attractive, appetizing salad plates. Attractive arrangements and good color balance are important.

SEPARATE-COURSE SALADS

Many fine restaurants serve a refreshing, light salad after the main course. The purpose is to cleanse the palate after a rich dinner and to refresh the appetite and provide a pleasant break before dessert. Salads served after the main course were the rule rather than the exception many years ago, and the practice deserves to be more widespread. A diner who may be satiated after a heavy meal is often





refreshed and ready for dessert after a light, piquant salad. Separate-course salads must be very light and in no way filling. Rich, heavy dressings, such as those made with sour cream and mayonnaise, should be avoided. Perhaps the ideal choice is a few delicate greens, such as Bibb lettuce or Belgian endive, lightly dressed with vinaigrette. Fruit salads are also popular choices.

DESSERT SALADS

Dessert salads are usually sweet and may contain items such as fruits, sweetened gelatin, nuts, and cream. They are often too sweet to be served as appetizers or accompaniments and are best served as dessert or as part of a buffet or party menu.

Review Questions:

1. What is the importance of salads in our day to day life?
2. Define salads. Why salads should be compulsory part of our daily diet?
3. Explain different parts of a salad.
4. What are different types of salad? Explain each.



Chapter-6

SANDWICH

Objectives: After reading this chapter students will be able to:

- Explain the meaning of Sandwich.
- Explain the different parts of sandwich
- Explain the different types of sandwich

Introduction and History:

Slices of meat, cheese, or other food placed between two slices of bread is known as sandwich. Although this mode of consumption must be as old as meat and bread, the name was adopted only in the 18th century for John Montague, 4th Earl of Sandwich, who had sliced meat and bread brought to him at the gaming table so that he could continue to play as he ate. His title lent the preparation cachet, and soon it was fashionable to serve sandwiches on the European continent, and the word was incorporated into the French language. Since that time the sandwich has been incorporated into virtually every cuisine of the West by virtue of its simplicity of preparation, portability, and endless variety.

Any type of roll or bread and any type of food that can be conveniently so eaten can go into a sandwich, hot or cold. British tea sandwiches are made with thin-cut bread filled with fish paste, cucumber, watercress, or tomato. Scandinavian smorrebrod are served open-faced, with artfully composed toppings of fish, sliced meats, and salads. In France, hollowed-out rolls are a popular base. The United States contributed elaborate sandwich formulas, two of the most successful being the club sandwich of sliced chicken or turkey, bacon, lettuce, and tomato, and the Reuben of corned beef, Swiss cheese, sauerkraut, and Russian dressing served grilled on black bread. Hot sandwiches, notably the ubiquitous hamburger on a bun, are a staple of the American diet, with the peanut butter and jelly sandwich.

Sandwich is a most convenient and quick to make lunchtime food. It is adaptable to so many variations that it satisfies nearly every taste and nutrition requirement. we will discuss the fundamentals of sandwich-making, the basic ingredients and basic sandwich types.





Parts of Sandwich: -

1. **Base:** Very often the bread or the base, which sandwiches anything in between, could be any type of bread such as white bread, brown bread, and rye bread.
2. **Spread:** Each sandwich has a variety of fillings but prior to that the sides of the bread are usually coated either with butter or mayonnaise.
3. **Filling:** The main filling of the sandwich includes tomatoes, cucumber, lettuce, chicken, ham, tuna, and eggs.
4. **Accompaniment:** The usage of French fries, tomato, cucumber, coleslaw is not uncommon.
5. **Garnish:** This is the item, which enhances visual appeal. It may or may not be edible. A cocktail stick for a club sandwich.

Base

The most common base of sandwich is Bread. Function of the bread is to provide an edible casing for the food inside. Breads provide variety, texture, flavor, and eye appeal to sandwiches, as well as bulk and nutrients.

White breads are most frequently used for simple sandwiches. These are long, rectangular loaves that provide square slices. Sandwich bread should be of fine rather than coarse texture and firm enough to accommodate spreads well. Fresh white bread is unsuitable because it is too soft for spreading and for holding most fillings, and it becomes pasty in the mouth. Because of its neutral flavor, white bread is suitable for the largest variety of fillings. Other kinds of breads are:

Rolls, including hard and soft rolls, hot dog rolls, long rolls for submarine sandwiches

French or Italian bread and rolls

Whole wheat

Pita bread

Raisin bread

Cinnamon bread

Fruit and nut breads

SPREADS

FUNCTION OF SPREADS

- To protect the bread from soaking up moisture from the filling.
- To add flavor.
- To add moisture.

BUTTER

Butter should be soft enough to spread easily without tearing the bread. It may be softened by whipping in a mixer or by simply letting it stand at room temperature for half an hour.

Margarine is sometimes used instead of butter.

Flavored butters may be used with appropriate fillings.

MAYONNAISE

Mayonnaise contributes more flavor. 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.

FILLINGS

The filling is the main part of a sandwich. Any kind of food may be served between two slices of bread. The following are few types of fillings that may be used separately or in combination.

MEATS AND POULTRY

Most meats for sandwiches are precooked. Thin slices of meat are more tender, and sandwiches made with them are easier to eat.

CHEESE

The most popular sandwich cheeses are

Cheddar

Swiss

Provolone

Cream cheese

Process cheese

Cheese spreads





FISH AND SHELLFISH

Some popular seafood fillings are

Tuna

Smoked salmon

Shrimp

Anchovies

Fried fish

Grilled fish fillets

VEGETABLE ITEMS

Lettuce, tomato, and onion are most common in sandwich production. Otherwise any vegetable used in salads may also be included in sandwiches.

TYPES OF SANDWICHES

COLD SANDWICHES

1. Simple sandwiches are those made with two slices of bread or two halves of a roll, a spread, and a filling. They are called simple because they are made with two slices of bread.
2. Multi layered sandwiches are made with more than two slices of bread and with several ingredients in the filling. One of the example of this category is club sandwich, made of three slices of toast and filled with sliced chicken breast, mayonnaise, lettuce, tomato, fried eggs and ham or bacon.
3. Open-faced sandwiches are made with a single slice of bread, The filling or topping should be attractively arranged and garnished.
4. Tea sandwiches are small, fancy sandwiches generally made from light, delicate ingredients and bread that has been trimmed of crusts. They are often cut into fancy shapes.

HOT SANDWICHES

1. Simple sandwiches consist of hot fillings, usually meats but sometimes fish, grilled vegetables, or other hot items, between two slices of bread. They may also contain items that are not hot, such as a slice of tomato or

raw onion. Hamburgers and hot dogs and all their variations are the most popular hot sandwiches.

2. Open-faced hot sandwiches are made by placing buttered or unbuttered bread, covering it with hot meat or other filling, and topping with a sauce, gravy, cheese, or other topping.
3. Grilled sandwiches are simple sandwiches that are buttered on the outside and browned on the griddle. Sandwiches containing cheese are popular for grilling.

Other types of sandwiches:

- Bookmaker sandwich: plain bread with rare rump steak and English mustard filling.
- Sweet sandwich: prepared with thin slice of bread with crust removed and spreads applied, rolled.
- Ribbon sandwich: alternate dark and light bread.
- Pinwheel sandwich: use unsliced bread. Cut the sandwich loaf into half lengthwise. Spread butter and add filling. Seal edges with butter. Slice down through the roll.
- Croquet monsieur: Gruyere cheese = ham sandwich in bread cut by a fluted cutter.
- Croquet Madame: as for croquet monsieur but with a shallow fried egg.
- Alsatian sandwich: famous German sandwich with rye bread + melted butter spread + Strasbourg sausages, grated horse radish and thin slices of black radish.

Review Questions:

1. Explain the meaning Sandwich.
2. Explain the different parts of sandwich?
3. What are the different types of sandwich?





Chapter-7

Bread Making

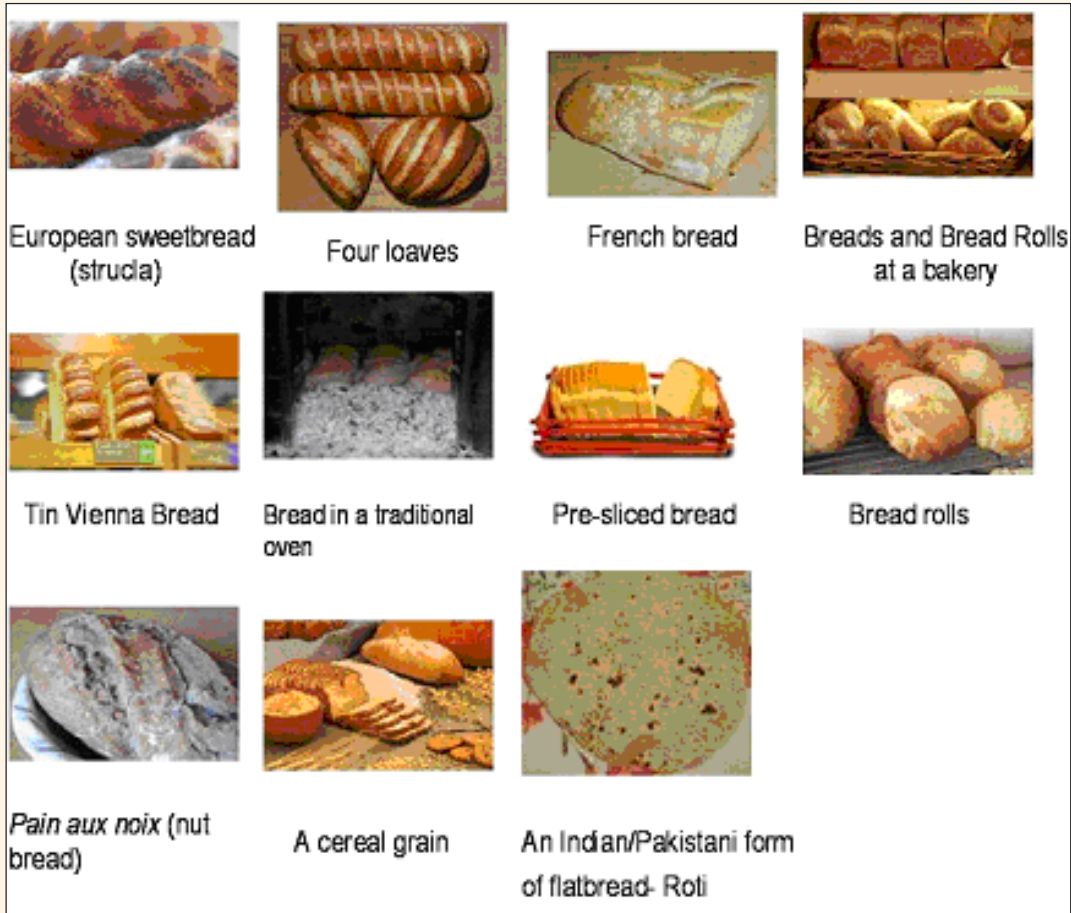
At the end of this unit the student will be able to:

1. List the ingredients and method of Bread Making
2. Explain the different types of Bread Making.



Types of Breads:





Ingredients:

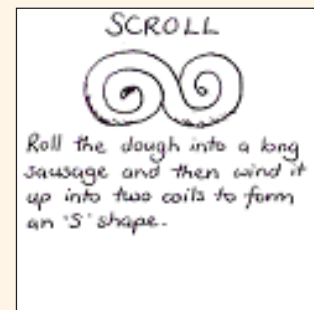
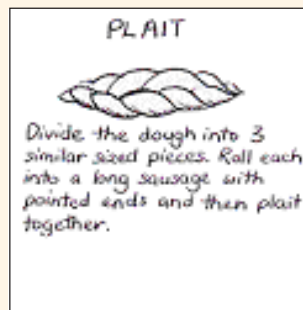
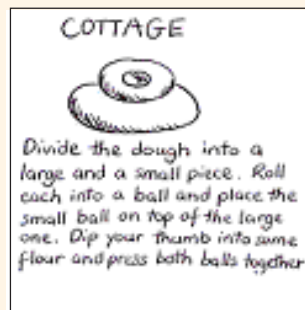
- 225g Strong plain white flour or plain whole meal flour
- 5g salt
- 5g sugar
- 15g margarine
- 6g dried yeast
- 150 ml warm water





Method

1. Collect all the tools and ingredients together.
2. Put the flour in the mixing bowl and add the sugar and the salt.
3. Add the margarine and rub into the flour using your finger tips.
4. Add the dried yeast and stir into the flour mix
5. Add all the water at once to the flour mix and stir together using the wooden spoon.
6. Use your hands as the dough gets tough and when it leaves the sides of the bowl clean (add a little more flour if it is too sticky), put the dough onto a floured surface.
7. Now the hard work! The dough will feel tight and lumpy and you must 'knead' it to make it smooth and stretchy. Push your hands into the dough, gather it back into a ball, turn it slightly and then repeat. Do this for about 5 minutes until the dough feels smooth.
8. Shape the dough into your own design or use one of the ideas below and place it on the greased baking tray.

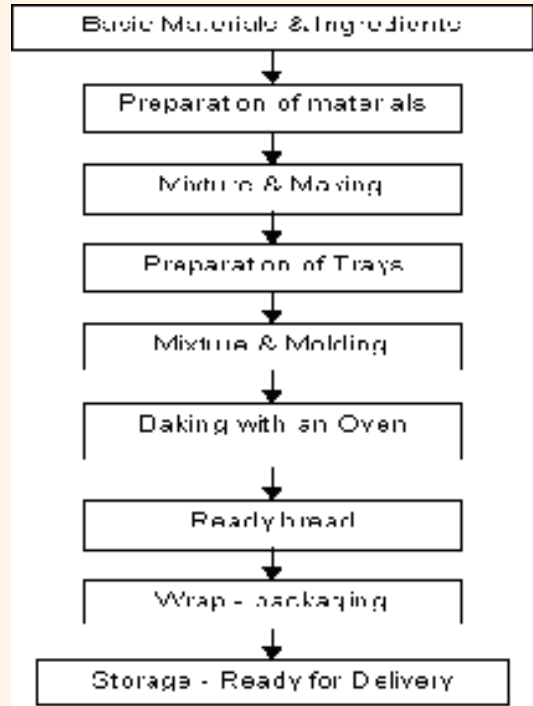


9. Cover the shape with the oiled cling film to stop it drying out and then put the tray in a warm place so that the yeast can work and make the dough rise. In winter this might be the airing cupboard, or in summer the kitchen itself may be warm enough.
10. Now set the oven to 230°C/450°F/Gas Mark 8
11. When the loaf shape has about doubled in size (after about 30 minutes), remove the cling film and place the tray in the centre of the oven.
12. Bake the loaf for 20-25 minutes. It should be golden brown and sound hollow when tapped underneath.

13. Put the loaf on a wire rack to cool and the tuck in!

Process:





BREAD MAKING METHOD:

- Sponge and dough process
- Straight dough process
- Salt delayed method
- No-dough time method
- Ferment and dough process

SPONGE & DOUGH PROCESS:

Which a sponge is first set, by using one-half of the flour, required amount of water, yeast, sugar, make a mixture that will just drop from the hands when taken up.

This mixture is called the sponge & is set to rise at a temperature of 80°F, when it is about doubled in volume an bubbles will be seen breaking on the surface & the sponge will begin to fall.

As soon as the sponge is ripe, pour in the remaining water after dissolving it in the sugar & salt to be used. Fat should be added at this time. After the sponge is well broken up & no stringy portions remain add the remaining of the flour.

Mix the whole, which now becomes the dough until it becomes a stiff, elastic mass. Set to prove at a temperature of 80° F.

When the dough starts rising to the top of the trough & has fallen 1- inch it should be punched the first time. Allow to rise the second time until nearly to the top of the trough it is now ready to be rounded up on the bench or molded into loaf.

The loaves should be rounded up & allowed to prove about 15-20mins on the bench.

The molded loaves should be firm & about fill about half the pan. Set to prove at 80°F. when the loaves are about double its size they are ready for the oven.

STRAIGHT DOUGH METHOD:

By the straight dough process in which all the ingredients are incorporated is one long process.

Take all the flour, water, yeast, sugar & salt, & fat to be used.

When the dough is thoroughly kneaded allow it to prove. It will be ready to punch the first time in about 5 hours, punch & allow rising about flour.

Punch 2nd time & rise 20 minutes. the dough is now ready to be rounded upon the bench.

NO - TIME DOUGH METHOD:

Use a bread conditioners or improver to chemically induce the dough to create a softer product since you are doing away with the intermediate proving. Bread using these methods is produced in just less than 4 hours. This is the most popular method used in the Philippines.

Salt delay method:

Delay salt method also referred to as the autolyse method. It saves a lot of elbow grease & allows you to sour dough texture you will first in great sour dough.

The delayed salt method is very simple, when making dough simply reserves the salt in a separate container before adding it.

When you knead by hand, just bring the dough together. Don't work it much at all. Allow the dough to rest for up to an hour before adding the salt.





When using a mixer, you can bring the dough together, allow to rest for allow half an hour's & then add salt.

You will notice that the dough tightens up almost immediately after adding a salt you will also notice that between the time you left it & when the salt is added, there has been a significant change in the dough structure. It will have become quite strongly, with fine strands of gluten having formed while the salt was waiting to go is thoroughly mix the salt into the dough until you can't feel it in the dough, the dough will immediately develop sheets of gluten, it will be almost shiny.

Ferment & dough process:

This method is similar like straight dough method, first flying ferment is made and then dough is processed.

Ferment and dough process is followed during the cold climate, if more sugar and fat are in the recipe.

In this method first flying ferment is prepared with yeast, pinch of sugar, flour and required amount of water.

Then the mixture is left for five to ten minutes. Until air bubbles are formed flying ferment is made to check the quality of yeast and also activating the yeast cells by giving enough food (yeast food is sugar, moisture and warmthness 28°C)

Once the flying ferment is ready mix it along with other ingredients and prepare a dough.

Then follow the normal method of bread making using the flying ferment.

Breadmaking is an art and wonderful preparations can evolve in the process. It is a touch substitute instead of rice in other countries and wide variety of breads are made.

Let us Revise :

1. sponge and dough process : This is divided into two halves and added to make sponge & dough.
2. Salt delayed method : Salt is incorporated during the knock back stage (punching)
3. Fermentation : Action of yeast when mixed to the dough liberates carbon dioxide.



Give short answer for the following :

1. Explain the No time dough method
2. Differentiate between sponge and dough method and ferment and dough method
3. Explain straight dough method.

Explain in detail

1. List the various methods of Breadmaking and explain any two process.
2. Which method of Breadmaking is ideal and explain why.



and its effects on the cakes texture can readily be simulated by adding corn starch or baking soda to all purpose flour.

Sugar:

Basically sugar produced from sugar cane and sugar beet. Ideal sugar for cake making fine granulated or castor sugar. There are many types of sugar available such as brown sugar (unrefined raw sugar) white sugar (cube sugar) icing sugar (finest powder used for cake decoration) golden syrup (amber colored syrup by product of sugar refining)

Milk:

Milk is available in fresh liquid milk, in concentrated form either sweetened or unsweetened or in the form of dried milk powder. Milk is a moistening agent containing about 88% of water. It is an enriching agent depending on the amount used. In nutrition, the protein and mineral contents of milk are also of great importance.

Egg:

Eggs are the second of the two structural materials used by the baker. When egg is added to flour mixture it changes the characteristics of the end product. It acts as a raising agent in cakes, apart from these qualities egg yolk is a good source of protein and also contains vitamins and iron.

Fat:

Unsalted butter or soft quality margarine is ideal for making good quality cake. Margarine originated as a butter substitute. These fats are the special fat qualities to the addition of emulsifying agents. Fat help to hold amount of liquid in the cake mix, they also increase the stability of the mix so that it does not collapse during baking. If butter is used in cake making should be freedom from rancidity and oiliness. In texture it should be firm and plastic and for the baker it should have good creaming properties retaining air after beating. Butter contains the vitamins A and D.

Raising Agent:

Baking powder baking soda is used as a raising agent in cake making. When butter contact with heat baking powder release Co₂ gas thus helps to give lighter, soft and volume cake. Right proportion of baking powder should be used. Baking powder is most commonly used, a mixture of cream of tartar and soda. Always follow precisely the instructions about the quantity of the raising agent to be used





– too much can result in a cake that raises well at first and then collapses, giving a heavy texture and soapy taste.

Vanilla Essence:

It is a basic essence used as a flavoring agent. Vanilla beans are the dried pods of the vanilla plant. Choose one made from pure vanilla, with no synthetic ingredients to 2-5% of vanilla essence can be added to the cake mixture. Apart from vanilla essence other variety of essence also to be used accordingly.

Fruit & Nuts:

Good quality of fruits & nuts can be used in cake preparation. Make sure fruits & nuts are free from worms and insects. Use all dried fruits within three months of purchase. Dust fruits & nuts with and them mix it with cake batter to prevent sinking addition of these ingredient nto only adds tgaste to cake, it increases the nutritive value of cake.

CAKE MAKING METHOD

There are certain mixing methods used in cake making. The type of fat used determines which method to be followed. This effect directly on cake volume and texture.

Various Method Follows:

- Sugar batter method
- Flour batter method
- Blending method
- Whipping method

Sugar Batter Method:

To achieve best possible results a temperature of approximately 70°F should be aimed and the material used should be brought to this temperature prior to mixing.

1. In this method sieve flour with baking powder, milk powder if used is recipes. The fat is first beaten to a light foam with the sugar
2. Mix egg and essence together, add gradually to the creamed mixture beating continuously to prevent curdling.



3. Add flour and carefully mix it into the batter. The
4. Aim should be to get a clear smooth batter without bringing the aeration down.
5. Then the prepared batter is ready for baking at 350*f (180*c) for 20 min.

Flour – Batter Method:

Basically this method is followed if the recipe has high percentage of egg, to prevent it from curdling. This method gives close texture and good quality cake

1. In this method sieve flour, baking powder together. Cream fat and flour until resembles ceramic texture.
2. In a separate bowl beat egg, sugar and essence to a fully consistency
3. Once both the mixture is aerated, gently fold egg mixture in to the creamed mixture.
4. If additional fruits of nuts in required can be added at this stage.

BLENDING METHOD:

- In this method melted fat, water and oil are combined in a separate bowl combine the eggs, butter milk or milk and flour and sugar.
- Add flour leavening and other dry ingredient.
- At last fold all the ingredient together and mix for specified time.

WHIPPING METHOD:

This method is followed if sponge contains no fat. These cakes are leavened primarily through the incorporation of air cells by addition of whipped eggs, whipping egg to the peak stage is quite important in this method.

This is done to dissolve the sugar and softened the egg allowing for quicker of volume. Add essence and gently fold it with sifted flour.





Process :



Equipments:



Cakes are very attractive and increase the eye appeal of any hyffet spread cakes are garnished with healthful foppys end are prepared with excellant continction of using and toppiys.

Let us revise :

1. Cake flour : Special soft flour with less percentage of gluten which helps the Cake to remain soft.
2. Laising Agent : Baking powder incorporated to raise the cakes.
3. Sugar batter method : Sugar and butter creamed hyether top make.

Give short answer for the following :-

1. Differentiate between sugar butter method and flour batter method.
2. Explain the Blending method of cake making.
3. Which method is ideal for cakemaking.

Explain in detail :

1. List the various methods of cakemaking and explain any two methods.
2. Explain the role of ingredients in cake making process.





Chapter-9

Mother Pastry

At the end of this unit the student will be able to

1. List the types of mother pastries
2. Explain the recipes for each pastry

Short crust pastry:



Raw materials



Flour



Butter



Water

Introduction:

The continental influence has spread introducing pastry-based confection as the centerpiece of a celebration with a layer of

Custard or cream. There are five different types of pastry's prepared in bakery industry are

- Short crust pastry

- Sweet short crust pastry
- Puff or laminated pastry
- Choux pastry
- Danish pastry

SHORT CRUST PASTRY

Short crust pastry is the standard pastry for lard, pies and flan. It is very easy to make and provided you follow the golden rule of handling if the sense of the word short in work, means it is friable. It is advisable TO prepare the pastry in advance, preferable the previous day. It should be stored well-wrapped, in the refrigeration, to prevent crust formatting.

Basic Short Crust Pastry:

Ingredients:

- Flour - 00gm
- Fat - 50gm
- Sugar - 15gm
- Salt - a/p
- Egg - 20ml
- Vanilla essence-5ml

Preparation:

Rubbing in method: sieve flour, mix coarsely powdered sugar, salt and cut butter or fat into pieces onto sieve flour, rub the mixture gently with tips of the fingers until it reaches sandy texture. Gently bind with egg and essence, form a smooth dough. Refrigerated and used. Ideal baking temperature is 350 degree Fahrenheit.

Derivatives:

Tart, Flan and Pie

Sweet Short Crust Pastry:

Biscuits and cookies are derivatives of sweet short crust pastry.

Ingredients:

- 500g plain flour, plus extra for dusting





- 100g icing sugar, sifted
- 250g good-quality cold butter, cut into small cubes
- zest of 1 lemon
- 2 large free-range or organic eggs, beaten
- a splash of milk

Preparation:

This pastry is perfect for making apple and other sweet pies. Even if you've never made pastry before, as long as you stick to the correct measurements for the ingredients and

1. you follow the method exactly, you'll be laughing. The one place where you can experiment is with flavoring. If you don't fancy using lemon zest, try another dry ingredient like orange zest instead. Or a pinch of cinnamon, nutmeg or cocoa powder. Vanilla seeds are great too. Just remember to be subtle and don't go overboard with any of these flavours.
2. Try to be confident and bring the pastry together as quickly as you can – don't knead it too much or the heat from your hands will melt the butter. A good tip is to hold your hands under cold running water beforehand to make them as cold as possible. That way you'll end up with a delicate, flaky pastry every time.
3. Sieve the flour from a height on to a clean work surface and sieve the icing sugar over the top. Using your hands, work the cubes of butter into the flour and sugar by rubbing your thumbs against your fingers until you end up with a fine, crumbly mixture. This is the point where you can spike the mixture with interesting flavours, so mix in your lemon zest.
4. Add the eggs and milk to the mixture and gently work it together till you have a ball of dough. Flour it lightly. Don't work the pastry too much at this stage or it will become elastic and chewy, not crumbly and short. Flour your work surface and place the dough on top. Pat it into a flat round, flour it lightly, wrap it in cling film and put it into the fridge to rest for at least half an hour.

Sweet short crust pastry:



Puff Pastry

Puff pastry is the lightest and richest of all the pastries and rises in the most dramatic way. It is also the most difficult to make. Puff paste is the dough interleaved with butter or tough pastry margarine, folded while rolling to give hundreds of layers of fat which will rise during baking in a layered. Ideal baking temperature for Puff Pastry is 200 deg Celsius.

There are four different method followed in Puff Pastry

1. French.
2. English.
3. Scotch.
4. Commercial method.

French Method:

The prepared dough is rolled out to the shape of an open envelope. The frozen fat is place in the centre and sealed in by bringing the four angles to the centre. Rest the dough for 10 minutes and sheet out the dough into rectangular in shape and do book folding. Repeat the process for three more times by giving 10 minutes between.

English Method:

Divide the fat into three equal parts and sheet out the dough into rectangular in shape and apply one part of fat on the dough & fold it. Rest the dough for 10 minutes under refrigeration and repeat the folding with rest of fat. Give two more folding without fat. It will be noticed that if the dough is turned five times, hundreds of layers of fat will be formed.

1st Turn $1*3=3$

2nd Turn $3*3=9$

3rd Turn $9*3=27$

4th Turn $27*3=81$

5th Turn $81*3=243$

Scotch Method:

For making rough puff pastry, this method is been followed. The quick method of producing puff paste but not ideal as the process can be messy.





The fat is added to the flour in small lumps, water, salt is mixed into flour, maintaining the fat more or less intact. Again the dough is given 4 turns without fat.

Derivatives of puff pastry:

Vegetable patties, chicken patties, strudel, jalousie, cheese straws, turnover, eccles.

Puff pastry:



Choux Pastry

Choux Pastry:

Choux pastry differs from all other types of pastry. It is much softer in temperature and is piped or spooned on to greased baking sheets. Choux pastry used both as sweet and savory. Various types of fillings used in choux pastry. E.g. Butter cream, fresh cream, a confectioners custard. Ideal baking temperature for baking choux pastry is 220 deg Celsius and 200 deg Celsius.

Basic Choux Pastry:

Ingredients:

Flour	-	100Gm
Butter	-	50Gm
Sugar	-	1Gm
Salt	-	1Gm
Water	-	20Ml
Egg	-	3 to 4 No's

Method:

Place the butter, salt, sugar and water in a sauce pan. Bring to boil. Bring into boiling stage, add flour, and cook until mixture leaves the sauce pan. Cool the mixture; gradually mix egg until it becomes smooth. Fill the mixture into the piping bag and pipe into desired shapes.

Derivatives:

Chocolate éclairs, croquembouche, mount blanc, profit roll.





Danish pastry

Danish pastry are also called as a fermented puff pastry. This pastry is been served as a continental breakfast roll. Basically this pastry leavened with the help of yeast and lamination.

Ingredients:

- 250gm of refined flour
- 15gm of dried yeast
- 20gm sugar
- 5gm salt
- 120 butter(20gm for dough&100gm for folding)
- 1no egg
- 120ml water
- 20gm milk powde

Method

Sift flour mix yeast, sugar, salt, egg, milk powder, 20gm of fat and required amount of water. Knead the dough for 20minutes until gluten develops. Leave it for fermentation for 20minutes. Sheet out the dough into rectangular in shape and apply creamed butter. Fold the dough into a book shape. Repeat the process for two more folding without fat by resting the dough in between ten minutes of interval. Finally sheet out the dough the dough and cut it into desired shapes. Arrange the cut pieces on the greased baking tray allow it for proving until dough pieces become double the size. Preheat the oven to 450 degrees F (220°C). Danishes can be brushed with egg white for a shiny finish and bake. After baking sugar syrup can be brushed on top.



Mother Pasties are attractive dealerk which can be filling us well as lip snacking food. They are basically just working with flour & butter in different ways which bring out the various texture in the finished products.

Let us Revise

1. Short aust pastry on pout of flour and fifty percent of fat creamed together
2. Danish Pastry : A fermented fuff pastry
3. Choum pastry : Pstry that is cooked and her baked can be served with both savoury and sweet filling.

Give short answer for the following :-

1. Give the rates for make short crust pstery
2. Differentiate between danish pastry and puff pastry
3. How does the puff pastry develop to many layees.

Answer in detail

1. Give the receipt for infact cust pastyry and give two derevatives.
2. Explain the various mehtods of making puff pastry.





Chapter-10

Cookies

At the end of this unit the student will be able to

1. Explain the term cookies
2. List the various types of cookies

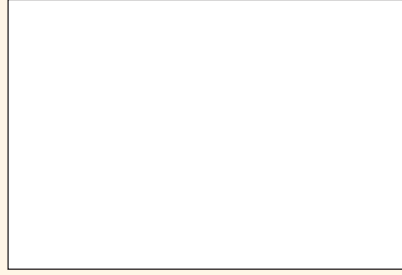
Introduction

Cookies are most commonly baked until crisp or just long enough that they remain soft, but some kinds of cookies are not baked at all. Cookies are made in a wide variety of styles, using an array of ingredients including sugars, spices, chocolate, butter, peanut butter, nuts or dried fruits. The softness of the cookie may depend on how long it is baked.

A general theory of cookies may be formulated this way. Despite its descent from cakes and other sweetened breads, the cookie in almost all its forms has abandoned water as a medium for cohesion. Water in cakes serves to make the base (in the case of cakes called “batter”) as thin as possible, which allows the bubbles – responsible for a cake’s fluffiness – to form better. In the cookie, the agent of cohesion has become some form of oil. Oils, whether they be in the form of butter, egg yolks, vegetable oils or lard are much more viscous than water and evaporate freely at a much higher temperature than water. Thus a cake made with butter or eggs instead of water is far denser after removal from the oven.

Oils in baked cakes do not behave as soda in the finished result. Rather than evaporating and thickening the mixture, they remain, saturating the bubbles of escaped gases from what little water there might have been in the eggs, if added, and the carbon dioxide released by heating the baking powder. This saturation produces the most texturally attractive feature of the cookie, and indeed all fried foods: crispness saturated with a moisture (namely oil) that does not sink into it.





Equipments:

Cutting In Method;

This dough is usually rolled out and cut into shapes. The butter is incorporated into the flour by cutting it in with a pastry blender or 2 forks until the dough is crumbly. With this method the butter must be cold to prevent the dough from being too soft and sticky. This dough must not be handled much. The texture of the baked cookie will depend on the proportion of butter and a long time sugar to the flour. The higher the butter content, the softer the cookie and the higher the sugar content, the crisper the cookie. After the butter is cut into the flour, eggs, yolks, or milk are added to bind the dough.

Creaming Method;

This process creates various different textures from soft to crisp to melt in your mouth. The dough is very versatile. It can be firm enough to roll out and soft enough to squeeze through a piping bag or dropped onto a baking sheet from a spoon. The butter needs to be at room temperature for this method so that the creamed mixture is smooth and fluffy. Doing this traps air in the mixture so that when it bakes, the dough rises to make a light and crispy cookie.

Most doughs prepared with this method can be rolled out right after mixing but some need to be chilled to be firm enough to roll out. If any dough is too soft or sticky to work with, just wrap it up in plastic wrap and put it in the refrigerator for about 15-20 min. Try not to add too much extra flour causing the cookies to be tough.

Whisking Method;

This method makes cake-like cookies as well as very thin wafer cookies. The dough is spooned or piped onto baking sheets. Eggs and sugar are beaten together until the mixture is very thick. Beating with a mixer is ideal for this method but it can be done by hand as well.





Melting Method;

This method makes crunchy cookies as well as crisp thin ones like florentines. The dough can be spooned if soft enough or rolled into balls if too stiff like with gingersnaps. The dough will be sticky as it's being prepared but will become firmer if it is allowed to cool. Don't add more flour to this dough.

No-Bake Cookies;

Simple ingredients come together to make these cookies. They are simple to make but need to be chilled a longer time to give the ingredients time to become firm. Many of these cookies are held together with melted chocolate. It can be melted in a saucepan with butter and water or in a double boiler if it is being melted alone.

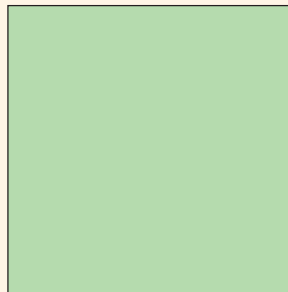
Meringue Cookies;

The main ingredient in most of these cookies is beaten egg whites. These cookies can either be piped into fancy shapes or spooned onto a baking sheet.

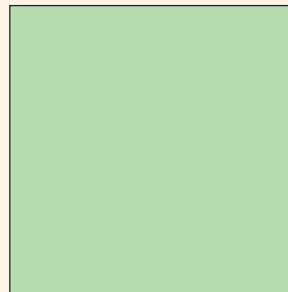
Refrigerator Cookies;

These cookies need to be chilled before slicing and baking them. The creaming method is used to make the dough. This dough is very sticky once prepared but after much chilling, it's firm enough to slice and bake. Most of these cookies spread so make sure to leave room between each one on a baking sheet. The dough is formed into a cylinder and wrapped in plastic wrap, waxed paper, or parchment paper. Twist the ends so the log looks like one big wrapped taffy. Chill in the fridge for a couple of hours or freeze for a couple of months. The advantage to making these types of cookies is that you can keep it in the freezer until you are ready to bake them and you can bake as many as you want at any time. Just rewrap the unused portion of the log and refreeze.

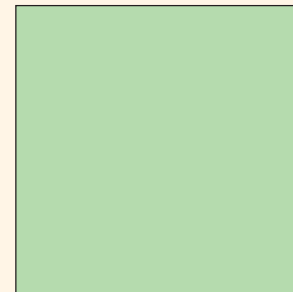
Raw Materials:



1) Flour

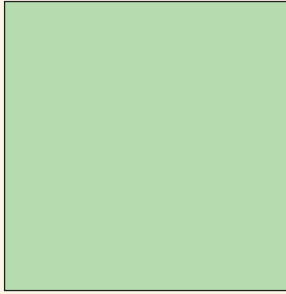


2) Butter



3) Sugar

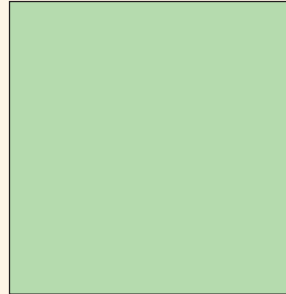




4) Egg Yolk



5) Chocolate



6) Vanilla Essence

Basic Cookies

Ingredients:

- 225 g butter, at room temperature
- 110 g caster sugar
- 275 g plain flour
- ground spices, or finely grated zest (optional)

Method:

1. Preheat the oven to 170C/gas 3.
2. Cream the butter in a large bowl or in a food mixer until soft and creamy. Add the sugar and beat until the mixture is pale and fluffy.
3. Sift in the flour and spices or grated zest (if using) and bring the mixture together to form a firm dough.
4. Using your hands, roll the dough into walnut-sized balls and place them slightly apart on a baking tray (no need to grease or line). Flatten them slightly with the back of a damp fork and bake in the oven for 13–15 minutes, or until they are light golden brown and slightly firm on top.
5. Carefully transfer the cookies to a wire rack to cool.

Butter Cookies

Cook Time: 20 minutes

Total Time: 20 minutes

Ingredients:

- butter - 100g





- sugar - 100g
- vanilla extract - 5g
- flour, sifted or stirred before measuring - 200g
- salt - 1gms
- Baking powder - 5g
- blanched almond halves

Preparation:

Cream butter and sugar until light and fluffy. Add vanilla. Sift together flour, salt, and baking powder. Stir dry ingredients into butter mixture; mixing until well blended. Shape dough into small balls. Place on ungreased cookie sheets; press an almond half into the top of each ball. Bake butter cookies at 300° for 20 minutes, or until just lightly browned. Makes 5 to 6 dozen butter cookies.

Cookies are salt made from various ingredients that can be relished us they bitee.

Let us Revise

1. Creaming : Mineal the butter with other ingredients either flour or sugar to a sncook consiskrey
2. Meuagie : mising of egg white by whiscap it finaly all it racke a peak constancy

Give shor Answer for the follwoing

1. Define meurque
2. Explain the term wokies
3. What you mean by meeting method

Explain in detail

1. Explain the various method of cookies making
2. Give the recype for two types of cookies.

Chapter-11

Culinary Terms

Objectives: After reading this chapter students will be able to:

- Explain various culinary terms
- Understand the meanings of French terms
- Relate the French words with topics

Abats (ah bah) Offal; internal organs of butchered animals sold mainly by stores called triperies that specialize in this. White offal are sweetbreads, feet, brains. Red offal are heart, lungs, liver.

Abattis (ah bah tee) The feet, neck, head, wingtips, liver, gizzard, and heart of poultry.

Affuter (ah foo tay) To sharpen the cutting edge of a knife by using a steel or sharpening stone.

Aiguillette (ay gee yet) A long, narrow slice of meat cut from the breast of poultry (especially duck) and game birds.

Aiguiser (ay gee zay) See Affuter.

Allumettes (al loo met) (1) A type of savory petits fours (long rectangle of puff pastry) covered with cheese or filled with anchovies. (2) Very thin French fries; pommes allumettes.

Anglaise (on glez) (1) A mixture of whole eggs, oil, water, salt, and pepper, used to help coat food with flour and bread crumbs. (2) A dish cooked in boiling water (e.g., potatoes).

Aromate (ah row mat) A condiment or vegetable with a characteristic smell or taste (spices and herbs). Often used in reference to a combination of flavoring vegetables, such as carrot, onion, leek, and celery.

Arroser (ah row zay) To baste; the wetting of meat or fish with a liquid or fat during or after cooking.





Aspic (a spik) A dish composed of meat,vegetables, and/or fish that is cooked,chilled,and molded in gelatin.

Attendrir (ah ton drear) (1) To allow a piece of meat to age under refrigeration for a few days to make it more tender.(2) To become stale.

Au Jus (oh zhu) Served with natural cooking juices.

B

Bain-marie (ban marie) A hot-water bath; a way of cooking or warming food by placing a container in a pot of very hot water. Used for preparations that must not cook over direct heat, for keeping delicate sauces hot, and for melting chocolate.

Ballotine (ball oh teen) A large piece of meat or a whole bird that is boned and stuffed.

Barder (bar day) To cover or wrap a piece of meat, poultry, and, occasionally, pastry with a very thin piece of pork fat for protection and basting during cooking.This prevents drying out.

Barquette (bar ket) A small,long oval pastry mold.

Bâtonnet (ba tow nay) Small stick; refers to a type of vegetable cut.

Bavarois (ba var wha) Bavarian cream;a cold dessert made from crème anglaise, set with gelatin and whipped cream.

Béchamel (beh sha mel) White sauce made from milk and white roux.

Beignet (ben yay) Food dipped in a thin batter and deep-fried.

Bercy (bear see) A classic sauce with a white wine base, used for fish.

Beurre (burr) Butter.

Beurre Blanc (burr blahn) Butter-based sauce made from a reduction of dry white wine,vinegar,and shallots.Mainly served with poached or grilled fish.

Beurre Clarifié (burr cla ri fee ay) Clarified butter;butter that is gently melted in order to remove the impurities that float to the top and the whey that sinks to the bottom.

Beurre Manié (burr man yay) Butter mixed with an equal amount of flour;used to thicken sauces.

Beurre Noisette (burr nwa set) Brown butter; butter that is cooked until colored a light brown (see Noisette).

Biscuit (beace quee) (1) A small cake or cookie. (2) A specific type of sponge cake, similar to genoise.

Bisque (bisk) Type of soup usually made from a shellfish base and thickened.

Blanc (blahn) (1) White. (2) A mixture of flour and cold water that is added to acidulated water (usually lemon juice) to prevent certain foods from discoloring during cooking.

Blanchir (blon sheer) To blanch. (1) To place vegetables or meats in cold water and then bring to a boil (or to plunge in boiling water) in order to precook, soften, or remove an excess of flavor (acidity, saltiness, or bitterness). (2) To whip sugar and eggs together until light in color. (3) To soak meat in cold water in order to remove excess blood, salt, and/or impurities.

Bouchée (boo shay) A small round of puff pastry that can be filled with different mixtures.

Bouillir (boo year) To boil; to bring a liquid to the boiling point.

Boulangère (boo lawn zhare) Cooked with veal stock, onions, and potatoes; a style of meat preparation.

Bouquet Garni (boo kay gar nee) A mixture of herbs enclosed in the green portion of a leek used to flavor dishes during their cooking.

Braiser (bray zay) To braise; to cook a meat in a covered dish in or over gentle heat with a little liquid and, usually, on a bed of finely diced vegetables.

Brochette (broe shet) (1) A skewer made of wood or bamboo. (2) Small pieces of food stuck on a long piece of metal or wood and grilled.

Broyer (broy yay) To crush or grind finely.

Brunoise (broon waz) Vegetables cut into very small regular cubes.

C

Cacao (ka ka oh) Cocoa.

Canapé (can ah pay) Bite-sized slice of sandwich or other type of bread, toasted or not toasted, which is spread or garnished with various ingredients.

Capre (capr) Caper.

Caraméliser (care a mel lee zay) To caramelize; to coat a mold with cooked sugar; to cook sugar until dark for use in other preparations (to coat or to make a sauce).





Cêpe (sepp) Bolete or porcini mushroom.

Champignon (shamp pin yon) Mushroom.

Chapelure (shap a lure) Dried bread crumbs made from both the crust and center of dried bread. Used for breading.

Charlotte (shar lott) (1) A dessert made in a special mold. (2) A savory preparation made in this mold.

Chaud-Froid (show fwah) A dish prepared hot but served cold and covered with a specific sauce (sauce chaud-froid, made from 1D 3 velouté, 1D 3 gelatin, and 1D 3 cream).

Chiffonade (shi foe nod) Leafy herbs and greens that are finely shredded.

Chinois (shee nwah) China cap sieve; a fine conical strainer.

Clarifier (clare re fee ay) (1) To clarify; to clear a cloudy liquid by straining, heating, and gently simmering with egg whites. (2) Process of separating milk solids from butter.

Clouter (cloo tay) To stud; to pierce cured tongue with strips of truffle; to pierce an onion with a whole clove.

Concasser (cone cas say) To break up coarsely with a knife or mortar.

Concassé (de tomates) (cone cas say duh to maht) Peeled, seeded, and diced tomatoes.

Consommé (cone so may) Clear bouillon made from meat, fish, or vegetables; served hot or cold.

Coquille (coe key) Shell.

Coriandre (core ree andr) Cilantro (fresh), coriander.

Coulis (koo lee) A smooth purée of fruits or vegetables; used as a sauce.

Couper (koo pay) To cut.

Court Bouillon (core bwee yone) A cooking liquid, composed of water, aromatic vegetables, and, sometimes, white wine vinegar, in which fish and certain meats are cooked.

Crècy (kreh see) Refers to dishes containing carrots. The name of an area known for its carrot production.

Crème Fouettée (krem foo eh tay) Whipped cream; cream that has been whisked in order to incorporate air.

Crème Fraîche (krem fresh) A type of heavy cream.

Crème Pâtissière (krem pa tis see air) Pastry cream; milk thickened with flour or flan powder, used for pastry making.

Crémer (krem may) (1) To cream together sugar and butter. (2) To add cream.

Crème Renversée (krem ron vare say) Caramel flan; a mixture of sugar, milk, and eggs poured into a mold, usually lined with caramel, then gently cooked in the oven in a hot-water bath.

Crème de Riz (krem de ree) Cream of rice; a powder made from finely ground rice, used in pastry or to thicken sauces.

Crêpe (krep) Very thin pancake.

Crever (kreh vay) To blanch rice by placing it in cold water, then bringing to a boil for a few minutes. It is usually the first step in making rice desserts.

Croquette (kroh kett) A breaded, fried item consisting of a mixture of fruit, fish, or vegetables. Can be savory or sweet and in any shape.

Croustade (krew stod) (1) A crisp crust that is fried. (2) An empty pastry case.

Croûte (kroot) Crust; the brown outer covering of bread. A meat or fish en croûte is one that is wrapped in a crust.

Croûton (kroo tohn) A slice or piece of toasted bread.

D

Dariole (dahr ree ole) A small thimble-shaped mold.

Darne (darn) Thick slice, containing the central bone, cut from round fish.

Daube (dobe) Stew of meat braised in red wine.

Décanter (day kahn tay) (1) To allow the impurities in a liquid to sink to the bottom so the liquid can be gently poured off, leaving the residue. (2) To separate meat from its cooking liquid in order to finish the sauce.

Découper (day koo pay) To cut; to cut using scissors, a knife, or pastry cutter.

Déglacer (day gla say) To deglaze; to dissolve with liquid the substance attached to the bottom of a pan.





Dégorger (day gor zhay) To degorge; to soak an ingredient in cold water in order to remove blood, salt, or impurities; to lightly salt vegetables in order to extract the maximum amount of water.

Dégraissier (day gray say) To degrease; to remove excess fat from the surface of a food or sauce.

Demi-glace (de mee glass) Meat, fish, or chicken stock, reduced to a concentrated form.

Démouler (day moo lay) To unmold; to carefully remove a preparation from the container in which it was placed to give it a specific form.

Détailler (day tie yay) To cut up; to cut into pieces.

Détendre (day ton dr) To loosen (in consistency); to add a liquid to a preparation, such as a sauce.

Détrempe (day trompe) Dough made of flour and water, used for puff pastry.

Détremper (day trompe pay) To moisten with a liquid.

Dorer (doe ray) To brush with beaten egg or egg yolk in order to give a deep color and shine.

Dorure (doe ruhr) Egg wash; beaten egg or egg yolk, with water and/or salt added, used to color doughs just before cooking.

Dresser (dres say) To dress; to arrange the prepared food on a plate or platter before serving.

Duchesse (dew shess) Mashed potatoes with the addition of egg yolks.

Dugléré (dew glay ray) A classic preparation for fish incorporating white wine and tomato; named for a nineteenth-century chef.

Duxelles (duke sell) Finely chopped mushrooms cooked in butter with minced shallots; used as a garnish or filling.

E

Écailler (eh kie yay) To scale; to remove the scales from fish.

Écaler (eh kah lay) To shell (eggs); to remove the shell from soft- and hard-boiled eggs.

Égoutter (eh goo tay) To strain; to remove the cooking liquid by pouring into a strainer.

Émincer (eh man say) To cut into thin slices.

Émonder (eh moan day) To skin; to remove the skin from fruits and vegetables by heating.

En Croûte (on kroot) Wrapped in pastry.

Entremet (on tre may) Literally, "between courses"; originally a course served between the roast and the dessert. Today it is a mousse-based cake.

Éplucher (eh ploo shay) To peel; to remove the skin or inedible part of fruits and vegetables.

Escaloper (eh scal oh pay) To cut scallops; to cut meat or fish on a bias.

Essence (ess sahn) Essence; concentrated extract, used as a flavoring (e.g., coffee essence).

F

Farce (farce) Force meat stuffing; a mixture of various ground ingredients (meat, herbs, vegetables), used to fill poultry, fish, vegetables, etc.

Ficeler (fee se lay) To tie with string.

Filet (fee lay) Fillet.

Flamber (flom bay) Flambé. (1) To use a flame in order to remove the down from poultry. (2) To light alcohol in a preparation (e.g., crêpes Suzette).

Flan (flahn) (1) Open pastry case or shell. (2) A custard tart.

Fleuron (flur rohn) Piece of puff pastry cut into crescent shapes, served as decoration with fish dishes.

Foie Gras (fwah grah) Fattened duck or goose liver.

Fond (fohn) Stock.

Fondant (fawn daunt) (1) A sugar icing used for glazing pastries. (2) Referring to something that melts in the mouth (literally, "melting").

Fondu (fone dew) Melted.

Fontaine (fone ten) A well; a deep impression made in flour in order to add other ingredients for making a dough.

Fricassée (free kah say) (1) A way of cutting a chicken into eight pieces. (2) A preparation in which meat or poultry is cut into pieces before being braised.





Friré (freer) To deep-fry.

Fumet (few may) (1) Cooking aroma. (2) Sauce made from cooking juices. (3) Basic stock made from fish and used to make sauces.

Fusil (few zee) Sharpening steel; long, rounded metal tool, used to keep the cutting edge of a knife sharp.

G

Galantine (ga lawn teen) Cold poached meat that has been stuffed and larded, served with gelatin made from the poaching liquid.

Gelée (jel lay) Gelatin, aspic; meat or fish stock that has been clarified, then set with gelatin. Used in various preparations en gelée to give shine to foods as well as to protect them from drying out.

Genoise (zhen wahz) Genoese sponge cake.

Glacé (glahss) (1) Ice cream. (2) Glaze; stock reduced until thick and syrupy.

Glacé (glah say) (1) Glazed (usually refers to vegetables). (2) Frozen. (3) Served with ice cream (e.g., meringue glacé).

Glacer (glah say) To glaze; to cover or coat pastries with a glaze.

Goujonnettes (goo zhone nett) Strips of fish, breaded and deep-fried.

Grandmère (grahn mare) A classic garniture made from bacon, sautéed button mushrooms, and glazed pearl onions.

Gratiner (gra tee nay) (1) To brown under the grill or salamander. (2) To glaze.

Griller (gree yay) To grill; to cook on a grill.

H

Habiller (ah bee yay) To dress; to prepare an item, such as fish or meat, for cooking.

Hacher (ah shay) To chop; to reduce to small pieces with a knife.

Haricot (are ree co) Bean.

Historié (ee stow ree ay) Decorated.

Hollandaise (awl lawn daze) Hot emulsion sauce made from egg yolks and clarified butter and flavored with lemon juice.

Homard (oh mahr) Lobster.

Huile (weel) Oil.

Huile d'Olive (weel doe leave) Olive oil.

Huile d'Arachide (weel da rah sheed) Peanut oil.

Huile de Noix (weel de nwah) Walnut oil.

I

Inciser (an see zay) To incise; to make small, shallow cuts in order to speed cooking.

Incorporer (an core po ray) To incorporate; to gradually mix ingredients together by gently mixing.

Infuser (an few zay) To place an element into simmering water and let sit so that the element flavors the water (e.g., tea).

J

Jambon (zhom bohn) Ham.

Jambonnette (zhom bo nett) Stuffed chicken leg made to resemble a small ham.

Jardinière (zhar dee nyair) Literally, "pertaining to a garden"; a mixture of carrots, turnips cut into sticks, green beans, and green peas. Cooked separately, then served together as an accompaniment.

Jarret (zhah ray) Knuckle or shank of meat.

Jet (zhett) A dash of liquid, a squirt.

Julienne (zhoo lee yen) Cut into very fine strips.

Jus (zhoo) Juice; liquid made from pressing a fruit or vegetable or from the cooking of a meat. **Lait** (lay) Milk.

Lard (lahr) Solid fat from pork. **Lard gras** contains fat only, while **lard maigre** (bacon) contains meat as well.

Larder (lahr day) To lard; to insert strips of pork fat into lean meats, using a larding needle, in order to prevent the meat from drying out during cooking.

Lardon (lahr doan) A small piece or strip of slab bacon.

Légume (leh gyoom) Vegetable.

Lentille (lawn teey) Lentil.

Levain (le vanh) Starter dough; a dough made from live yeast and flour, used to make breads.





Lever (le vay) To rise; to leave a dough to rise (as with brioche, bread, croissants).

Lever les Filets (le vay lay fee lay) To fillet; to remove the fillets of a fish using a knife.

Levure (le vure) Yeast.

Levure Chimique (le vure she meek) Baking powder;odorless and flavorless rising agent made from bicarbonate of soda and cream of tartar.

Liaison (lee ay zonzh) Thickener;element or mixture used to thicken a liquid or sauce.

Lier (lee ay) To thicken;to change the consistency of a liquid by adding a roux,starch,egg,flour,or beurre manié.

Lotte (lot) Monkfish.

M

Macédoine (mass e dwan) A mixture of vegetables or fruit, cut into small cubes.

Manchonner (mahn show nay) To remove the meat that covers the end of a bone, such as a chicken leg or a rack of meat, in order to achieve a clean presentation.

Mandoline (man do leen) A slicer with several blades, allowing various cuts and thicknesses of fruits and vegetables.

Mange Tout (manj too) Chinese pea pods or snow peas.

Mariner (mar ee nay) To marinate; to soak a piece of meat or fish in a liquid and aromatics in order to tenderize, flavor, and preserve.Can also be used to tame the flavor of strong-flavored game.

Médailion (may die yohn) Medallion;round slice of meat,fowl,fish,or crustacean,served hot or cold.

Meringue (me rang) Mixture of beaten egg whites and sugar.

Mijoter (mee joo tay) To simmer;to cook over gentle heat.

Mirepoix (meer pwah) (1) Vegetables cut into cubes, the size depending on the length of cooking. (2) A certain blend of aromatic vegetables (onions,carrots,and celery).

Monter (moan tay) (1) To mount; to whisk (egg whites, cream) in order to incorporate air and increase the volume.(2) To add butter to a sauce in small pieces.

Mouiller (moo yay) To wet; to add a liquid to a preparation before cooking.

Mouler (moo lay) To mold; to fill a mold before or after cooking.

N

Napper (nap pay) To coat; to cover a food, savory, or sweet with a light layer of sauce, aspic, or jelly.

Navarin (na va rahn) Brown lamb stew containing tomato.

Nem (nem) Vietnamese-style spring roll.

Noircir (nwahr seer) To blacken; to darken when exposed to air (said of certain fruits and vegetables).

Noisette (nwah set) A hazelnut. See also Beurre Noisette.

O

Oeuf (euf) Egg.

Oie (wah) Goose.

Os (ohss) Bone.

Ôter (oh tay) To remove.

Ouvrir (oov rear) To open.

P

Paner (pan ay) To coat a food with fresh or dry bread crumbs after dipping in an anglaise (see Anglaise) and then cook.

Panier (pan yay) Basket. (1) A frying basket, used with a deep fryer in order to easily plunge foods into and remove them from the hot oil. (2) A steam basket, used for placing foods to be steamed. (3) Nestling baskets; a frying tool in the form of two ladle-shaped baskets, one slightly smaller than the other, used to form nests of shredded potatoes with which to decorate certain platters.

Papillote (pa pee yote) (1) Buttered or oiled paper, used to wrap fruits, meats, fish, etc. for cooking. (2) Paper frill used to decorate the ends of bones of certain poultry and meats.

Parer (pah ray) To trim; to remove the nerves or excess fat from meat or fish, or to remove the damaged or inedible portions of fruit and vegetables before cooking or serving.





Parfait (par fay) A frozen dessert made of a sweet egg-yolk foam and whipped cream.

Parfumer (par few may) To flavor.

Passer (pas say) To strain, generally using a strainer or china cap sieve.

Pâte (pat) Dough or batter.

Pâté (pat tay) Chopped meat, poultry, fish, etc., cooked in a dough. Today considered almost synonymous with *terrine*.

Pâtissier (pat tee see ay) Pastry chef.

Pâton (pat tohn) Large square piece of dough (puff pastry, bread) before cooking.

Paupiette (po pee yet) Thin piece of meat or fish that is stuffed, rolled, tied, and cooked.

Pavé (pa vay) Thick cross-section slices of fish fillets.

Paysanne (pay yee zahn) Vegetables cut into small, thin triangles or squares.

Persillade (pear see yahd) A mixture of parsley and chopped garlic.

Piler (pee lay) To grind (e.g., with a mortar and pestle); to make a powder by crushing with a mortar and pestle.

Pilon (pee lohn) (1) A pestle; a tool used for crushing and grinding. (2) The drumstick of a chicken leg.

Piment (pee mon) Chile pepper.

Pincer (pan say) To pinch; to use a pastry crimper to crimp the edges of dough before cooking.

Pintade (pan todd) Guinea fowl.

Piquer (pee kay) (1) To pick; to lard a piece of meat, using a larding needle, in order to keep the meat from drying out during cooking. (2) To make small holes in dough, using a fork, to prevent it from rising too much.

Pluche (ploosh) Sprig; small leaves picked off the stems (e.g., sprig of chervil).

Pocher (po shay) To poach; to cook in barely simmering water.

Poêler (po e lay) To pan-fry; to cook an element in a frying pan over high heat with minimal oil.

Pointe (pwahnt) Point (of a knife).(1) A small quantity measured using the point of a knife (e.g.,point of ground vanilla).(2) The tip of something (e.g., tip of asparagus).

Poivron (pwahv rohn) Sweet bell pepper.

Poulet (poo lay) Chicken.

Pousser (poos say) To rise (literally, "to push"). (1) To leave a yeast dough to increase in volume.(2) To feed meat into a meat grinder.

Poussin (poos san) Cornish game hen.

Praline (prah leen) Caramelized sugar with almonds or hazelnuts, ground to a smooth paste,used to flavor and decorate pastries.

Primeur (pree mer) Early vegetable or fruit.

Profiterole (pro feet er role) Choux ball filled with sweet or savory filling. The best known is a dessert filled with vanilla ice cream and served with chocolate sauce.

Provençale (pro von sal) Provence style; refers to dishes containing one or all of the following: olive oil, tomatoes, garlic, bell peppers, and olives.

Q

Quadriller (ca dree yay) (1) To mark squares or diamonds on meat,using a grill. (2) To mark squares using a knife.

Quatre Épices (catr eh peace) Four spices; a mixture of ground pepper, cinnamon, nutmeg, and cloves. Often used to flavor meat stuffings.

Quenelle (kuh nel) (1) Dumpling made of meat,poultry,or fish purée, mixed with egg white and cream.Usually molded with two spoons into an egg shape. (2) Oval three-sided shape made using two large spoons.

Quiche (keesh) Savory tart with a creamy egg base (e.g., quiche Lorraine: bacon and cheese custard tart).

R

Rafraîchir (rah fray sheer) To refresh,to cool,to chill;to quickly cool in cold water a food that has been blanched.

Raidir (ray deer) To seize or sear (esp. in boiling fat); to precook without coloring.

Rassis (ras see) Stale, not fresh.

Ratatouille (ra tah too yee) Dish made from red bell peppers, onions, tomatoes,zucchini,eggplant,and,often, olives.





Rectifier (reck tee fee yay) To rectify; to correct the seasoning of a dish.

Réduire (ray dweer) To reduce; to heat a liquid or to reduce it in volume by boiling.

Relever (re le vay) To reinforce flavor through the use of spices.

Remonter (re moan tay) To remount; to repair a sauce or a cream that has separated in order to return it to its proper appearance and texture.

Revenir (faire) (re ve near fehr) To quickly color a food in hot fat or oil.

Rissoler (rees so lay) To cook a food in hot fat or oil until well colored.

Rondelle (ron dell) Small, round slice.

Roux (roo) A cooked mixture of equal amounts of flour and fat (usually butter). The three types of roux—white, blond, and brown—vary in color depending on how long they cook.

S

Sabayon (sa ba yohn) A thick, frothy sauce, either sweet or savory, that is made from whisking egg yolks and liquid over low heat. Similar to the Italian zabaglione.

Salamandre (sal ah mandr) A salamander or broiler; the upper heating element in an oven or a professional appliance, used to brown foods.

Sauter (so tay) To sauté (literally, "to jump"); to cook over high heat, stirring constantly to prevent sticking.

Singer (san jay) To sprinkle with flour at the start of cooking in order to eventually give a certain consistency to the sauce.

Sorbet (soar bay) Flavored water ice; frozen confection made from fruit juice or pulp and sugar syrup.

Sous Chef (soo shef) Second to the chef.

Suprême (soo prem) (1) The breast part of the fowl. (2) A fillet of fish.

Suprême Sauce (soo prem sauce) Classic sauce made from a velouté enriched with cream.

T

Tailler (tie yay) To cut in a precise fashion.

Tamis (ta mee) Drum sieve.

Tamiser (ta mee zay) To sift; to press through a fine drum sieve.

Tapenade (ta peh nahd) Purée of black olives, anchovies, and olive oil.

Terrine (tare reen) (1) A deep rectangular mold traditionally made of white porcelain, used to cook seasoned ground meats, fish, or poultry. (2) The food cooked in such a mold.

Timbale (tam ball) (1) A mold in the shape of a large thimble. (2) Type of dough shaped as a container, baked, and filled with various foods.

Tourer (tour ray) To turn; to roll and fold butter into a dough (e.g., for puff pastry, croissants).

Tourner (tour nay) To turn. (1) To give certain vegetables a regular long shape, using a knife. (2) To mix ingredients together by mixing in a circular motion.

Travailler (tra vie yay) To work; to knead, mix, soften.

Tremper (trom pay) To soak; to dip; to wet.

Truffer (troo fay) To add chopped truffles to a dish, stuffing, or foie gras. To slide a thin slice of truffle under the skin of poultry.

Turban (toor bahn) (1) A type of ring mold. (2) Food prepared in such a mold.

V

Vallée d'Auge (val lay dozh) In the style of a region of Normandy; indicates a dish prepared with cider, apples, and cream.

Vanner (van nay) To mix a cream or sauce as it cools in order to prevent lumps or the formation of a skin on the surface.

Vapeur (va purr) Steam.

Velouté (ve loo tay) A thickened sauce made from a white stock and a roux.

Vinaigre (vee negre) Vinegar.

Vinaigrette (vee ne gret) A sauce made of vinegar, oil, and seasonings.

Volaille (voe lye) Poultry.

Blanc de Volaille (blahn duh voe lye) Chicken breast.

Cuisse de Volaille (kweese duh voe lye) Chicken leg.

Z

Zester (zes tay) To zest; to remove the colored part of the skin of a citrus fruit (e.g., orange, lemon).

