

Attitude, Cooperation, Initiation, dedication, Sense of humor

Dr Witch- Discipline, Reliability, willingness, interest, courtesy, honesty

Questions:

**1. Food –**

Food means what we eat, what we process to eat and we add to improve food. Commodities mean raw materials. Convenience foods- partly processed so that convenient to use.

**2. Food production-**

It means commercial/ large scale food preparation.

**3. Cook-**

A cook prepares foods by application of heat, reducing heat or without application of heat. Cooking means application of heat. Cooker means equipment, a pressure cooker/ milk or rice cooker as deemed fit. Cooking means application of heat.

**4. Hygiene-**

Aims at taking care of food consumed and stay is safe. Bacteria grows depends on food, moisture, oxygen, temperature and pH.

**Shigellosis-** Shigella sonnei in beans, Bacillus cereus from hand, **trichinosis-** trichinosis spiralis from pork and Hepatitis

**5. Food science related branches:**

Nutrition, Food engineering, food microbiology, food chemistry, food technology, Hospitality industry (food and hospitality sector)

**6. Service-**

It means help to find the customers comfortable, satisfied and worth paying.

**7. Balanced diet-**

It is food from different food groups so that it is sufficient for body growth, repair and maintenance. There are seven food groups : Food Groups- i, cereals, ii, pulses and legumes, iii, fruits and vegetables, iv, protein- v, Milk and Milk Products vi, Fats and oils, vii, additives.

**8. Sauce- jus, jus lie, gravy, estouffade, espagnol, bayon, béarnaise,**

**Soubise-** onion sauce through sieve,

**Pesto-** basil, garlic, cheese, nuts/ seeds (pine kernel),

**Persillade-** breadcrumb, parsley, , butter

9. **Milk and milk products**- cream, cheese, butter and substitutes- classification, source, nutrition, pasteurization, sterilization, homogenization,  
King of cheese-Brie

10, **Protein**- is responsible for body building and provides body energy when needed. Sources are mainly non vegetarian. Milk and soya protein are for vegetarians. Cereals should be taken with pulses for supplementation.

11, **Fat**- is responsible for providing body energy and fat soluble vitamins- A, D, E, & K .

12, **Carbohydrates**- are mainly responsible for providing body energy. Polysaccharides like cellulose and hemi cellulose help in avoiding constipation, pectin and starch gel on cooling and help in thickening and setting.

13. **Minerals**- electrolyte balance- water is given with salt and glucose to tired persons sweating profusely. Most important minerals-Na/ sodium, K/ potassium, Ca, Mg/ magnesium, Fe/ iron

14, **Vitamins- leeching** is restricted by washing the vegetables and then cooking and never over cooking.

15. **Management**- keys to food production cost control: 10: SPS, SRC, Meat Tag, Documentation, supervision, TQM, security, discipline, motivation and team spirit, --- 2 - material flow, streamlining work force

16, **Menu**-

It means a list of items along with its unit prices. It is the key to triangular management of stakeholders between workers, management and customers. It can be of 5 different types like a la carte, table d hot, carte du jour, plat de jour and buffet. It can be cyclic, situational, thematic, empathetic, festive oriented and time base. It is planned on the basis of outlets like theme restaurants, coffee shop, room service, buffet, banquets, fast food, hospital, canteen, flight, hostel, jail etc.

**Courses of menu**- there are 17 courses of menu. French classical menu 11 excluding boisson (beverages)

17, **Cuisine**- It stands for care, utility, initiative, safety and sanitation, nutrition and effectiveness.

**Court bouillon**- poaching liquid for fish

**Bouquet Garni**- bunch of herbs/ potli

**Matignon**- OCCL, ham

**Mirepoix**-bacon, OCCL,

**Sachet d'épices**- a packet of spices

**Quatre épices**- black pepper, nut meg, cloves, ginger

**Duxelles**- butter, onion, mushroom, parsley, garlic

**Oignon pique/ oignon cloute**-onion studded with cloves with bay leaf

**Oignon Brun/ brule**- brown charred onion to color

18, **salads** are dishes of different sources that can represent any course of the menu. It is 4 parts: base, body, dressing and garnish. salad leaves- lettuce, peppery lettuce, cos lettuce, oak lettuce, red leaf lettuce, Boston lettuce, dandelion, collard, sorrel, Swiss chard, watercress, cress, cabbage, radicchio, Arugula/rocket, dressings-Thousand Island- tomato ketchup, green pepper, red pepper, lobster coral, chili sauce, shallots, tarragon, parsley, hard boiled eggs, green goddess- mayonnaise, curd, parsley, chives, cider, olive oil

Florida cocktail- orange, lettuce, citrus fruits, vinaigrette/ acidulated cream

Waldorf- celeriac, russet apple, walnut, lemon, mayonnaise

Mimosa- orange, banana, grapes, lettuce hearts, lemon juice, fresh cream

Japonaise- pineapple, tomato concasse, juice of lemon, orange, castor sugar, salt, pepper

Exotica- melon, avocado, pineapple, prawn, orange

19, **bakery and confectionery**- in bakery we bake and in confectionery we decorate, garnish and pick up.

20, **Tools**- small equipment- peeler, knives, wooden spoon, scooper, whisk, rater etc

21, **Parts of knife**- handle, blade, tip, blade top, cutting edge, heal, **bolster**, tang, rivet.

22, Case study- puff pastry is oily, weeping of jelly- **syneresis**,

23, **Sandwich**- John Montague, versions at par- pao bhaji, bread pakoda, **burgers, hot dog, and hamburger**

**Canapés, Zakuski, types, classical sandwiches, classical canapes**

24, **Heavy equipment**-

Cold generating- refrigerators, deep freezers, blast freezer, traulscent, ice cream, churner,

Heat generating- oven, fryer, grill, toaster, brat pan, pressure fryer, proofing,

Others- grinder, whipping, dough making, slicer,

25, **food cost**- is the percentage of food expenses to total sale.

26, **purchase, receive, store- cellar**- where alcoholic beverages are stored

27, **issue, production, - buffer stock** balances issue and production.

28, **portion control: equipments**- ladle, spoon, scooper, bowls, platters, plate, cups, bowls, weights, no, above all common sense

29, **potato**- Pomme de terre, **Solanin**- green color pigment, preparations,

30, **herbs**- mini plants where the stems are not prominent with certain exceptions.

Flavor in stocks- parsley stocks and **thyme**

31, **spices**- mostly dry available whole, pieces and in powder forms.

**Condiments** are table accompaniments and include salt, pepper, musard, vinegar, proprietary sauces and house provisions

32, **Japan**- nori, Sushi, Tempura, bonito flakes, dashi- stock for Japanese cuisine,

33, **China**- Birds nest soup is made from the liquid made from washed sticks from the nests of specific variety. Thousand layer cake, hundred days old egg, bean cake,

34, **Thailand**- cuisine is based on curry paste- red, white and green and lemon grass.

35, **Vietnam** cuisine included in Polynesian cuisine.

36, **Indian cooking** is based on starters, kebabs, gravies, rice and breads, accompaniments, snacks and sweets, regional cuisine are more prominent.

**Kundan Kalia**- meat preparation garnished with gold **varq**.

37, **Continental**- Cooking in Europe and includes where they have gone to stay (Australia, America) or accepted the dishes of those areas like Madras Soup

38, **temperature**- danger zone- 7 to 60c/ 45 to 140 F,

39, **measurement**- 1 tea spoon- 5ml

40, **vegetable**

**Chlorophyll- Phaeophytin**- green changes dull grey in presence of acid

**Brassica**- cabbage, broccoli, Calabresse, kale

41, **fruits**- soft, segmented, stone/ drupes- peach, plum, abricot, cherry, hard- apple, pears, tropical- banana, guava, papaya, jackfruit, dragon fruit, custard apple, mango

42, **savory**- **Angels on horseback**/ oyster rolled in bacon, **Devils on horseback**- prunes rolled in bacon with chutney

43, **cooking with wines and spirits**- wines are reduced to flavor and spirits are flambéed to customize. Flammande means to catch fire with hot fat.

44, **Poultry and games**- poultry are reared and games are hunted

45, **cooperation**- food and beverage service, store, purchase, security, front office, accounts, Housekeeping, personnel, food science,

46, **egg**- average weight 50gm, indispensable- always needed. It has many uses.

47, **sugar**- is sucrose, caramel and used mainly for sweetening. Primary food for the yeast

48, **raising agents**- natural, mechanical, chemical, biological

49, **middle- east**- tabouleh- burghul salad, fel;afel- , baba ghanous- aubergine paste with tahini

50, **garde manger**- galantine, ballotine, mousse, mousselin, terrine, roulade, pate, chaudfroid, aspic,

51, **energy saving**, - switch off, advanced equipment, no unnecessary moves, sharing and working together, using natural light, close the door of chilling equipment, immediately informing the maintenance in case of difficulty and disorder

52- **Waste management**- supervision, standard, weight, check, consciousness, motivate, precautions, quality, portion control,

53- **Staff canteen**- seasonal, no cost, not included in food cost,

54, **Fish**- selection, classification, cuts, preparation, portion, service,

**Darne** is the cut of round fish along the bone like Salmon.

55, **Meat**

**Back and streaky**- means cuts of bacon for rashers and chops.

Gammon is leg of bacon and ham is leg of pork

56, **Offals** - include head, pancreas, tail, heart. Liver, muzzle, jaw, tongue, kidney etc

57, **Fats and oils**- Fats are solid at room temperature and oils are liquid at room temperature. Hydrogenation, rancid, sources, polymerization, shortening, smoking point, flash point

58, **Additives**- include- color, flavor, preservatives, antibiotics, antioxidants, raising agents, anti coagulants, anti lumping agents

MSG- monosodium glutamate

59, **organization**, chef, **chef de partie** (head of the group), commis / assistants and apprentice

60, **cereals**- have three parts- bran, germ and endosperm. Mainly responsible for Carbohydrate.

61, **coffee shop** – operates for 2 hours, service faster, easy to prepare or prepared, now offering buffet in lunch, manage other counters- pool side buffet, grill, salad bars etc as per the system.

62, **Room Service**- another section is there to take care of the customers.

63, **steaks**- a chunk of meat served with or without bone. Tartar steak, carpenter steak, T bone steak,

64, **Mexican**- Masa Harina- special corn flour used in **tortilla**,

**65, breakfast**

Indian: poori bhaji, paratha, curd, idli, bada, aloo bonda, samosa, sabzi, sambar, rasam, plain roti,

Others: fruits, cut fruits, canned fruit cocktails, fruit juice, canned fruit juice, eggs to order, different types of breads, rolls- croissants, Danish pastry, muffins, scones, bagels, sippets, toast, preserves/ **confiture**, butter, salads, meats: bacon rashers, poultry and games prepared and thinly sliced or small pieces, terrines, galantines, sausages, pate, fish- pan fried, grilled, sauces, porridge, **muesli**, milk, curd, flavored curds, boiled vegetables, grilled mushrooms,

**66, wine harmony**- Red wine for red meat and others white wine, Fortified wines for sweet,

**67, pastry**- Assorted pastries is mentioned in the menu which is different types of small uni-portion sweets in menu. It also means different types of special dough-short crust, sweet, laminated (Puff, Flaky, Danish), choux, filo, hot water etc.

**68, cake** means a piece of sweet. But for B&C it is 4 parts: Base, body, filling and icing/ topping or both. -

**69, cooking- in different degree in grilling- au blanc, saignant, a point, bien cuit**- natural, underdone, to the point and well cooked

**70, bread**- is evaluated with **scoring** with crust and crumb.

**71, sweet**- can be served at room temperature (traditional), hot or cold.

**Honey comb mold**- uniform pores like honey comb in pudding

**Blancmange**- white to eat- started with gruel now with almond milk

**Mousse** is cold with very few exceptions, soufflé can be hot or cold. Mousse means froth and soufflé means puffed up.

**72, layout and design**- lay out is blue print and design means arrangement to see the section is functional.

**73, Pulses and legumes**- cooks faster if soaked. **Salt** is added after cooking.

**74, nuts**- Brazil nuts, Macadamia, Cashew nuts, Coconut, Candle nuts, Almond, Hazelnuts, Peanuts, Pecans, Pistachio, Walnut, Ginkgo nuts, Pine nuts

75, **berries**- Blueberries, Blackberries, cranberries (Airelles casinettes), Boysenberries (raspberries and blackberries), strawberries/ Fraises de bois, goose berries / groseille vert, loganberries, raspberries / frambois, strawberries, currant red (groseille rouge), cherries/ cerises, currant black/ cassis,