

Food Production

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- A. Aims and objectives of cooking food
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Syllabus- 1st semester- extended

1. Introduction to cookery

Cookery is a branch of study dealing with preparation of dishes.

No body can go without food. There is a great evolution and revolution through many metamorphosis and hibernations. It involves research. It has regained national and international recognition for profession and commercial application.

It is a science as well as an art.

Science- means a body of systematic knowledge that helps to prescribe a concrete decision, example- technical knowledge, ingredients, chemical changes, application and withdrawal of heat, food science, hygiene, nutrition, etc.

Examples- 1, select a cooking method and why, 2, food science- what happens to the ingredients during cooking and their functions like in rice, dal, meat and vegetable preparation, 3, food used as medicine, - chef is a menu doctor, hospital in particular, 4, nutrition- prescribing total intake from different food groups to provide a balanced diet, 5, therapeutic diet- forbidding different diets and select different ingredients with specific quantity for the patient. 6, selection of container for cooking and the metals used, 7, research to develop different varieties of machineries, convenience foods, 8. Develop different methods of preservation like irradiation, drying, preservatives etc, 9, selecting to use different varieties of additives- preservatives, colours, flavours, emulsifiers, raising agents etc. to get different benefits, 10- role of heat energy in preparing foods- ice creams, salads, grilled steaks, breads and alike so many.

Art – emphasizes: manipulate skill, creativity, cost, enlist reliability, decision, conditions, variations, presentations, situation management, renovate, reallocate, recollect, develop, accommodate and likewise many.

Examples- 1, develop a good team, 2, training, 3, develop confidence- (tell, show, delegate, observe performance, praise), 4, supervising and confirm timing, 5, creative and innovative to create appreciable varieties, 6, becoming a good leader and understand the difficulties of others, Be helpful, reliable and faithful 7, Arrangement of foods on a plate like a

painter uses his canvas with different colours, 8, selection of crockery and cutlery, 9, taking swift decisions and answer promptly, 10, brainy to manage the situations, 11, cost control and likewise many.

Short Questions:

Cook- A cook prepares dishes. It involves application of heat (cooking), or only mixing like salads and chilling/ removing heat (icecream and cold desserts).

Cooking means application of heat to prepare dishes.

Cooker- means a cooking gadget like pressure cooker. The temperature increases pressure increases to 121°C/ 250°F due to more 1 bar or 15 psi, pound per square inch.

Cuisine is a French word meaning a style of cooking or a kitchen, the place facilitated to prepare food. In today's context for standards of professionalism a Food Production Unit; kitchen/ cuisine is taken as.

C- Care	K- Knowledge- understanding
U- Understanding	I- Initiative
I- Initiative	T- Technology- skill
S- Safety, sanitation	C- Care
I- Integrity	H- Hygiene
N- Nutrition	E- Efficiency, Effectiveness
E- Efficiency, Effectiveness	N- nutrition

Cooking is taken as four types. 1, Cuisine simple or local/ farmers'/ regular/ regional/ traditional cooking, 2, Cuisine bourgeois- affordable group/ festival cookery, 3, Cuisine Haute/ high class/ professional cooking, 4, Cuisine / Grande/ king style royal unique cooking with little or no change and very sophisticated.

Food- is responsible for energy, body building, protection, regulations, and maintenance of health. According to Hindu mythology foods are three kinds- Rajsik, Satwik and Tamsik. We are what we eat.

Menu means a list of dishes which the organization promises to serve against a definite predetermined price.

Courses of menu- 1, Hors D'œuvre, 2, Potage, 3, Oeufs, 4, Farina, 5, Poisson, 6, Entrée, grills, 7, Sorbet, 8, Releve, 9, Roti,, 10, Legume, 11, Salade, 12, Buffet Froid, 13, entremets 14, savory, , 15, Fromage, 16, Dessert,17, café/ the' / boissons

Relations- other sections, food science, nutrition, F& B service, outlets, outdoor catering units, menu, account- costing, store, House Keeping, Front Office, security, personnel office, maintenance, engineering, cooperative store,

Ingredients- Food groups- 1, Cereals, 2, Pulses and legumes, 3, fruits and vegetables, 4, Milk and Milk products, 5, Protein- a) Fish and Shellfish, b) meat and meat products, c) egg, 6, Fats and oils, 7, Additives

A. Levels of skill and experience- Everybody must have knowledge. What a mind doesn't know, the eyes can't see. To have appreciable skill and confidence for praiseworthy performance one must have concerned, specific and unique experience. Experience contributes quality time for work family and one self, - better status and better quality life, -creates opportunities for proper use of inborn and acquired qualities, - leads to better outcome at work, - performance showers satisfaction and peace and analyzed as Experience cycle.

P= (K+ S) A

Performance= (Knowledge + Skill) Attitude

Knowledge means how much you can recollect. The wise decides in less time for intelligent proceeding for the application of knowledge from information and data.

Skills mean application of knowledge and opportunity. Through the throughput process employees rectify, modify and refine required knowledge, build confidence, assure appreciable, unique efficiency and effective competent performance. It creates an environment of distinct for growth. It seems born quality but can be achieved by practice. Constant and continuous effort never goes unrewarded. Persons are categorized as skilled, semiskilled and unskilled. skill- technical/ assistance verses conceptual or administrative skill

For a professional, experience means to feel together and better. Experience gives lifestyle, prestige, status, situationproof, worth, chance to prove and invite promotions. Working numbers of years through many situations and memorable incidents, it makes true situation friendly, feel realistic, guides future, demarks attitude of reliability in ups and downs, encourage going ahead, measuring self, and ensure reliable performance. Thomas Edison once told- I know one way of how it lites but I know 500 ways how it does not work. Experience contributes intellectual, mental, emotional, social, moral, ethical health and one is supposed to give the best. This is how we move in Experience Cycle- a) quality time for family, self and workfield, b) better status and better quality of life, c) proper use of inborn and acquired qualities, d) better outcome at work & e) satisfaction and peace, through- Wait and Watch.

Long experience in food production creates provision for solid knowledge of food production for standardising recipes, streamlining of activities, systematic process, costing, budget, MIS, MBO etc., instruct and lead the work with people during pressure period.

It is the attitude and of course the God's grace/ luck that helps to lead ahead. Flexibility, qualifications, turnovers, exposure, and leading attitude to accommodate change are more controlling factors for better category and branded jobs of national and international importance.

There are many kinds of jobs like directors, corporates, executives, senior managers, executive chefs, sous chefs, working proprietors, departmental heads, chef de partie, managers, supervisors, crafts people and technicians like commis/ assistants, apprentices, casuals, sub-craft employees, many other catering staff and non catering staff like accountants, plumbers, carpenters etc. All the Jobs are categorized in **three levels** on the basis of work load and responsibility: 1, Managerial, 2, supervisory and 3, working level.

Working level employees need to possess working knowledge and should be sincere, hard working and reliable. They should never commit mistakes that affect the quality of the product.

Supervisory level employees should have better working knowledge to brief, guide and control them. They should be strict and vigilant but should never sacrifice humanitarianism. They should understand the limitations of

workers and very efficiently report in time for preventive and remedial measures and keep the system coordinated to ultimate. For the purpose he must ensure quality circle, and total quality management.

Managers and executives should accept brainstorming and corporate social responsibility (CSR) for effective and efficient planning, organising, directing, leading, communication, coordination, motivation and control. For benchmarking performance they should be instrumental, utilitarian, ego defensive, value and knowledge oriented, update, think forward, build team spirit, take legitimate measures to acclimatize changes and avail cutting edge.

	Workers/ buttom line management	Supervisors/ line management	Executives/ corporate mangt
Skill	Modify reflecting talents and retrieve competition - Technical	Competing skill and control - Human	Target - Conceptual
Experience	To develop, express, and build confidence	Set atandards and connects the levels	More denim and set examples but result

A. Attitude and behavior in Kitchen

A man is a combination of skill, knowledge and attitude and should go together. It depends on experience, thinking and action. All these are based on Maslow's theory of hierarchy needs and it matters how one matches it. Wise men are apt in the application of knowledge in practice and are winners.

Factors	Workers	Supervisors	Executives
Knowledge	Basics	Guide, check	Advice, plan, ego
Skill	Modify Safety	Compete Control	Target Train, uptodate

Attitude	Develop	Set standards	Set examples
Mind set	dependable	Co ordinate	control

Behavior is the code of conduct reflected in a man from attitude. Behavior is the manner expected from the attitude (the name and fame today) and defined by how it matches on site.

Behavior is written or expected code of conduct within the parameter of culture. It is adjudged by the expression of nearby people regarding the activities. We call it tell, show, delegate, observe, performance, and praise model. Knowledge and consciousness provide not only a veneer kitchen culture but help chefs to urge forward a fascinating and artistic craftism. Awareness of the part can enormously help in achieving an intelligent and adventurous approach into the future.

The attitude is the hidden, inborn or acquired code of conduct that gives one appreciation and unique positioning. The successful food workers follow an unwritten code of behavior and a set of expected set of showmanship which we call professionalism. It is attitude that reflects pride in quality work. A good attitude helps not only to achieve skill but also to overcome difficulties and pressure of workload which one faces very often in career.

ACHIEVE- stands for A-Ability, C- Clarity in cooperation, H-help/ high dedication, I- Incentive/ initiative, E- environment sensible human V- Validity, and E- Evaluative **PRICE**- P- pinpoints, R- record, rated, receives I- involvement, C- coach, Consolidate, co acting, E- evaluative/ execute. Pinpointed, rated to initiate, consolidate and execute.

A- Ability, Exceptional performance, efficient, effectiveness

C- Clarity, co operation, no complicity, simple in body, mind and action

H-help, high dedication, think big, maintain highness

I- Incentive search, initiative, Integrity make a difference

E- Environment friendly sensible human, one who looks around is more vigilant

V- Validity, professionals are always winners

E- Evaluate, value addition,

According to Sitien- It is utmost important to say what should be done. It is even more important to say how to complete. The highest level of importance is just do it?

According to **Culinary Institute of America**- we sell hope, we don't teach.

Professionalism is an ultimatum that reflects pride in a man. Tell, show, delegate, observe, performance, praise model

Educate- Knowledge- learn, do it well, simple,

Attitude- unwritten code of behavior- proud of job, dignity- quality, efficiency, safety, neat movements, no stress with anticipated pitfalls and difficulties from different avenues, patience, lead forward, engaging well in advance, patience to overcome difficulty, develop team spirit, help, respect code of conduct, enjoy the job, like and respect,

Commitment; planning and organizing well in advance

Staying power

Eagerness to learn, avoiding ego: - "Never underestimate the power of a common man."

Experience

Dedication to quality

Good understanding of basics

Sanitation and safety

Others- appearance, work habits, communication

Cooperation- Initiative, creativity, Dedication, Sense of humour

ACIDS- attitude, cooperation, initiative, dedication and sense of humour test

Dr wich- stands for

Discipline, - Staying power, Ability for work, recognize expectation, change, and situation, never misnomer, avoid stress

Reliability, - integrity, temperance, responsibility, tactful, work habits

Willingness, - levelheadedness, creativity, good understanding of basics

Interest, - talent, understanding, eagerness to learn, appearance, motivation to succeed, work in odd hours, odd times, odd days

Courtesy, - immaculate appearance, cloute, Sanitation and safety, amateur

Honesty- Dedication to quality, communication, team spirit, truth inclination, realistic, honours inner dictates and commitments,

Otherwise no scope for change,

B4- p4-5, to get the most out of experience you must try to:

: be productive- peace, pride, prosperity, promote

: Work well with others

: get to know yourself and others - by tolerance, objectivity, willingness, high honesty, proper understanding, blame self, situation analysis, and patience,

: adapt, adjust, accelerate,(speed, style, significant, shine)

: be creative- think new ideas

: recognize the beauty around you- fun, feel good, respond +ve,

1, Inner Voice- faith in God, sense of self respect, love thyself

2, Family-not workaholic, devotee,

3, Open minded- can realize others'situation, feel, knows how to deal, CSR

4, Open Eye- presentable, could very easily identify, easily defines what to do, update, environment friendly, realistic, considerate.

5, Sincere- praise worthy performance, value add, each time improvement,

6, Hardworking- I m possible

7, Reliable- sense of ownness, calibered

8, Trust worthy- gems of a person, risk taking, truthful,

9. Lead- come forward, good communication, decent, Speak the cream, --w

10, Cloute- Personality- extremely positive- win win deal, line of laughter, courtesy

11, SYNERGY- SMART- Specific, Measurable, Achievable/ accountability, Realistic/ reasonable and Timebound-

B. Personal hygiene--

Hygiene is a branch of science dealing with reducing contaminations and cross contamination. It is studied under two broad heads- Personal hygiene and kitchen hygiene.

Personal Hygiene-

The condition of the person shows the output. Good health is one of life's most precious gifts. High standards of sanitation are strategic to good physical and mental health. Each food worker must know and practice high standard of sanitation to protect the consumer from health hazard and illness.

Skin-Take full bath, clean shave, wear clean clothes, particularly undergarments, never wear twice without cleanliness.

Hair- short if possible, clean, no dandruff and itching. Consult a doctor otherwise. Hairs should be trimmed, covered by net. Use Shampoo and wash at regular intervals.

Hand- Wash in between and keep clean after going toilet or going for a smoke or sneezing in particular. Wash in potassium permanganate solution. Don't use fingers for testing.

Nails- should be nicely trimmed to work comfortably and there is no scope to carry dangerous microorganism that may cause food poisoning.

Eyes- should be washed with cold water. In case of difficulty one should contact doctors. One should be careful to avoid eye-lash. Never brush the eye nearby food area.

Nose- Never touch your nose while working or in food preparation premises. If touched, wash your hand. We should clean our nose nearby sink. Never sneeze. If it comes, sneeze by closed face with hand and wash it.

Ears- Keep your ears- outside, inside and ear hole clean. Avoid the bad habit to touch. For check, take the help of mirror and wash your hand.

Face- Wash, face and clean with a towel. Check in front of mirror and confirm smartness.

Teeth- Brush the teeth everyday in the morning and while going to bed with good quality paste and soothing brush that supports you. Always wash and keep mouth clean.

Tongue- Clean in a tongue cleaner regularly. In case of any trouble, contact doctor immediately. Never try and be a trouble shooter.

Mouth- Mouth means to take care of chicks, inside, teeth and tongue. Never harm your speaking ability by misusing it. Only we need to wash at regularly and contact doctors in case any problems arise.

Throat- Take care of your soar throat, if suffering. Gurgle with warm salted water in case of cold or little infection. Never engulf the food with difficulty. Food should be drunk after chewing and liquid should be chewed to enjoy each drop. Never cough nearby food premises.

Belly and uro- genital organ must always be kept safe with care while cooking in particular. Always wear good quality uniform.

Foot- carries the body weight. Wash it properly after the duty or in between, if you don't feel comfortable. Clean the entire leg clean. Take the help of soap if needed. Wear a good quality, rough and tough, polished unwounded shoes with good quality, clean, never smelling dry shocks to walk comfortably.

Conclusion- First becomes difficult but pays much more in long run. Involve with body, mind and soul. Spend maximum time. Be systematic. Ensure effective waste disposal. Ensure kitchen hygiene. Ensure supporting habits because bad habits die hard. Never sacrifice good habits. Remain far away or reduce it gradually the bad habits if you have with confidence and help others in your team. Always observe and be conscious to be sample for the other.

SQ- Kitchen hygiene- ceilings, equipments, sinks, plumbing, lighting, ventilation, knives, cutting board, waste disposal, drainage, air ventilator, hood,

1, Temperature guidelines- -18c frozen, deep freezer, -7 to 0c - freezer, 0-7 refrigerator, 7-60c/ 45- 140f danger zone (3-76c chance), 65c/ 150f minm for pork, 74c/ 165f for poultry and reheating, HTST- 250c 0.7 minute, 195c- 3 minutes, Aerobic, anaerobic- Mesophilic-60-100f, Psychrophilic- <0c, Thermophilic- 150-180f, long time,

2, PH – degree of hydrogen ion concentration- > 7 alkali, < 7 acid, 4.6 to 10 danger zone, <4.6- C. botulinum stops growing, 170-201f- 30-60sec..

3, Chemical- Ar, Cu, Pb, Sb, Zn, plastic, fungus, rhubarb leaves, pesticides, cyanides, silver polish, Zinc coat pans, Copper pans,

4, Bacteria, virus- pathogens- toxic, Streptococcus- 1-4 d, milk, - clostridium perfringes- 9-15 hrs, meat with spores, Hepatitis- Virus A- 10-15d, Trichinosis / Trichinella spiralis- 4-28d, Shigellosis- Shigella sonnei- beans, Bacillus cereus- 8-16, Salmonella- 6-48hrs from egg, Ergots, Staphylococcus aureus- toxin, 2-4 hrs from wheat, rice etc., clostridium botulinum- botulism, 12-36hrs

Reasons for food poisoning: - 1. Food kept warm, not in refrigerator. 2. Allowed to cool slowly. 3. Not reheated properly. 4. Contaminated food kept nearby cooked food. 4. Food undercooked. 5. Not properly thawed. 6. Cross contamination from raw food. 7. Storing hot foods at low temperature. 8. Infected food handlers deal. 9. Left over foods are not stored nor recycled properly. 10. High risk foods are not dealt separately. 11. Protect from contaminants- raw foods, insects, dust, dealers, suppliers, rodents, birds, cats and dogs, refuse and wastes, cook, store, equipments, washing area, uniforms etc.

5, Alkaloids- plant, animals, too much of pungency,

6, metals-

7, law- Health and Safety (information for employees)1989, HSE (health and Safety Executive, Manual Handling Operations Regulation, 1992, --RIDDOR- Repairing Injuries Diseases and Dangerous Occurrences Act, 1999, - Amputation/ cut limbs Act, Control of substances hazardous to health COSHH regulation, 1982, Personal Protective and Equipment Act, 1981, - Health and Safety (First Aid) regulation Act, 1981, - Health and Safety work Act- 1974

8, Operation set up- equipment, set up, hazard Working Signs, HACCP

9, Waste disposal, drainage

10, Work Flow-

11, Documents and cost control

Dos

1. Wear shoes of good quality and that should suit you.
2. Maintain uniforms and cap is a must.
3. Keep wounds, cuts and burns covered.
4. Keep face, body and uniform clean.
5. Avoid scratching habit anywhere when at work or relaxing.
6. Keep hairs covered.
7. Follow rules. Do right things right and then have speed.
8. Learn hygiene and never compromise with practice.
9. Always walk to left and be concerned to avoid accident.
10. Work safe and never overload nor overwork and be tired.
11. Cover coughs, sneeze and wash.
12. Enjoy your job. Give your best and leave the rest on Almighty.
13. Avoid filthy eating practices.
14. Keep working area clean.
15. Wash your hands with soap at intervals, when coming to duty and always after sneezing, blowing the nose, smoking, cleaning dirties, cleaning equipments, and using toilet.

Don'ts

1. Don't spit, sneeze, smoke nor chew gums in working area.
2. Don't use finger for tasting.
3. Don't allow to touch any part of the body while working or after.
4. Don't taste food very often. Taste with a tea spoon never the cooking utensils. Avoid filthy eating practices.
5. Don't make you and your working area dirty.
6. Never encourage heavy ornaments, harmful cosmetics and strong perfumes.
7. Never touch food when suffering decenterly.

8. Never nail by teeth.
9. Don't keep peels, raw food, cooked food or two foods together.
10. Don't smoke. If you smoke go out of kitchen. One must wash mouth, face and hand before food handling.
11. Waste not, want not.
12. Don't taste food very often.
13. Don't use lavish cosmetics and strong perfumes.
14. Don't lean or sit on work surface
15. No nose picking.
16. No heavy abrasion on skin.
17. No heavy jewellery, rings, bangles etc. and watch.
18. Don't touch raw food, disinfectant.
19. Never carry knives or other tools with the points protruding.
20. Don't attempt to catch a falling knife.
21. Maintain work environment. Never encourage alcohol and drugs.
22. Don't dream in daylight. Don't ever run nor slide. No hastyness no horseplay.
23. Knives must never be left in sinks of water.
24. When using a knife, cut away from your fingerline
25. When cleaning a knife wie the edge away from you.
26. Keep work benches clear of unnecessary tools, especially knives.
27. Keep oven clothes dry.
28. Never use your hands where it is unsafe.e.g.mincing machine, bowl chopper, liquidiser etc.
29. When using electric mixer ensure that it is in the first gear before switching on.

30. Where pans are removed from the oven do not leave hot handles unmarked.
31. Combine extremes of temperature in cooking must be done slowly.
32. Don't leave saucepan handles protruding from the stove top,
33. Avoid the use of excess fat when grilling, frying, roasting etc.
34. Never put cans in bainmarie to heat up.
35. Unsealed containers with liquids should not be left above shoulder height.
36. Spillages of water and grease on the floor must be cleared up immediately
37. Breakages of glass and china must be cleared away and checked immediately
38. When lifting heavy objects from the floor do so with a straight back. Be particularly attentive when using electric mechanical equipments.
39. Avoid distractions when carrying out tasks particularly when doing so at speed.
40. Never taste by hand.

SQ- Kitchen Hygiene- dishes, equipments, utensils, HACCP, basic utilities,

D. Uniform and protective clothing

Hat/ Cap / net- Headgear - circulation of air, doesn't allow the hair to come into the food. One can't touch in case of trouble. Partly absorbs sweat, perspirations. A pride for worker and it differentiates a chef. Modern trend- disposable,

Neckerchief- absorbs perspiration, demark the grade and help in classifying.

Jacket/ Coat/ overall coat- not loose to cause inconvenience and look odd, inconvenience to work, nor tight to restrict free movement, double breasted to protect front body from spillage and heat, save scalding, sleeves protects from accidents and does not allow sweat to fall on food, protect high heat, protect from hot liquid and spillage. Designed jackets look more attractive and distinct.

Dusters- two- should be clean and at least one dry, to confirm a clean and dry plate in which the food is served. Help in cleaning table top, vegetables, fruits, gas range and other working areas, utensils and equipments. Always wash it in between to keep clean and dry it if there is any opportunity and avoid bad smell.

Apron- should be below knees to save you immediately.

Trouser- protective, should be fresh, loose, never tight that restricts movement particularly while seating.

Shoes- protective foot wear- strong, stout, durable, repair- safety during working, sensible hard heel- keep firm footing and avoid slip. Elevated heels keeps toes closed, pain and give instability during pressure.

Shocks- absorb sweating, smooth to walk, save foot,

Goggles- for oven

Gloves- protect hand

Hair net- for lady chefs

Gunboots- protect leg in ice carving, to enter deep freeze cabinet, cleaning

Guidelines:

White- looks bright, identified even in deam-light and shadows, reflects heat, reduce discomfort with hot climate, shows stains, heighten professionalism; build up confidence, customers' appreciation, hygienic system. Customer friendly, Sleeves should be heavy, no cut to avoid falling down and coming in contact with food, modern trend- colors- blue, black etc.

Questions-

Principles/ pinpoint salient features- 1, varies according to fashions, 2, needs safety, hygiene and comfort, 3, general and personal hygiene requirement, 4, act safe, 5, suitable/ not unsuitable for environment, 6, economically viable, 7, encourage a sense of pride, confidence and responsibility, 8, no less clothing, 9, protected in bad weather, 10, risk work, 11, work load,

D. Safety procedure in handling equipments

Points-

1. To provide and maintain premises, machinery, equipments and systems of work that are safe and without risk to health.
2. To ensure safety in connection with the use, handling, storing and transport of anything.
3. To provide information, instruction, training and supervision.
4. To provide a written statement of health and safety policy to employees regarding policy, organization to back it up and arrangements to back it up.
5. To provide a safety committee, consult with employees and representatives.
6. Clothing- Safe, prescribed, uniforms
7. Storing/ well arranged,- right series- p,t,t,p
8. Floors (dry, grease free, smooth),- maintain, never dirty deposits, doors, drawers, windows- should open, - never invite darkness
9. Fire hazards- rule of thumb- temperature, garage, equipment, maintenance, first aid - save you and your company.
10. Avoid mishppening, accidents, and odd situations with good knowledge, skill, and attitude. Safety measures, consciousness, good habits and following right rules reduce it maximum.Be systematic. Keep right things in right place in right time to be used by right person for healthy reasons and maximum performance. First Aid knowledge and privileges
11. Handling equipments right way. 1. Know how it works. Handling machines only when you know, 2. Know how it operates. 3. Keep clean after each use. 4. Inform maintenance department if any defects apprehended. 6. No overload. 7. Take precautionary measures like right place, off the floor, clean and tidy, 8. Containers- never overfill, maintainable weight,- it carries you! 9. Handling dishes with microwave, correct platter, trolley and how to walk and handle. 10. Handling knives- Keep in right place and right manner. Never in undue water deposited place like sinks. Never keep slippery. Never try to catch when falling down. 11. Abide by safety measures like fire hazards, shock hazard, noise hazard, accidents due to water, drainage, physical, chemical, heat limits, - Know the system, be in the system, Respect and love it.

Connect: Action, Attire, Attention, Attitude and Awareness.

Specific awareness- accidents are costly

SQ- Quantity- soup 150-250 ml, sauce- 60-75ml, meat-150-180 gm, on bone- 200-225gm, Fish- 150-180gm

Enlist equipments - small equipments, large equipments,

Kitchen Equipments: Batterie de cuisine- **heating/ Direct contact**- stove/gas range, Bains-marie, Broiler, Convection oven, Fish Kettles, Frying Kettles, Griddle, Grillers, Microwave oven (magnetron- electric to electro magnetic waves cause vibration in water molecules) combi, oven, pizza oven, Pressure cooker, Pressure fryers- (Broasting- less than half convection time, large quantity, not for high moisture content), Regeneration oven, Roasting spit/ barbeque, Steamers, Steam jacketed kettle, toaster, toaster conveyor,---

Radiation- infra red---**Cooling equipments**- Chilling- Blast freezer, Ice cream freezer, Ice machine, Ice cream machine Refrigerators, Soft freezing machine(sherbet, soft ice cream), Storage freezers, Walk in coolers, Step in coolers, Traulscant, Multiple plate contact- (-40 to -60f/ -40 to -51c)- 2" across to -5f/ -21c in <2 hrs, 20 plates in a single unit, tunnel- -30 to -50f/ -34 to -45c by fans, Flow freezer- -40f/ -40c for small units, liquid nitrogen spray process, (-321f/ -196c evaporates, -94 to -130 f/ -70 to -90c,----Non heating Equipments- Blenders, Bone saws, Bread Slicer, compactor, chopper, Dough making, food mill, food lifts, Fruit and vegetable press, Grater, Gravity slicer, homogenizer, Juicer, meat tenderizer, Mincer, potato peeler, Pulveriser, leg press sheet roller, salad drainer, Vegetable cutters, Vegetable washing machine, Weighing scale, Silver polishing machine, Whippers/ mixer, ----**Kitchen tools and utensils**-Gastro norm -standard- Antonio Trippi, Swiss Hotel Association consultants, dimensional standardization, packages, pots, pans, trays, dish washing, etc,- speed,-- Apple corers, Baking pans, bowls, braissiere, trays, sheet pans, Boning knives, Bread knives, Braising pans, Bread slicers, Brushes, Butcher knives, Can openers, carving knives, Cheese cloth, Cheese servers, Cherry pitters, China caps- chinois, Choppers, Citrus press/ lemon squeezer, Clam knives, Cleavers, Colanders, Containers and pan lids, Cookie cutters, Cuttle bats, Cutting boards, Deep frying baskets, Deep frying pans, Dough cutters, Dressing needles, Egg slicers, Fillet knives, Fish and sausage forks, Fish cutters, Fish kettles, Fish scalers, Fish servers, Flour brushes, Fluting knives, Forks, French knives, Fruit knives, Frying ladles, Frypans, Funnels, Galic press,

Graters, Grill pan, grilling tong, Hors d'oeuvres cutters, Ice cream scoops, Juice extractors, Kettles- big cooking pans, Kitchen knives, Ladles, Larding needles, larding pin, trussing pin, Lemon zesters, Lids, Mallets, Mandolines, Marmite, Measuring cups, sieve, spoons, ladles, scoops, Mar for slicers, Mandolines, Masher, Meat forks, Meat hooks, Meat saws, Meat trays, Mellon ballers, Mixing bowls, Mould pans- dariole, charlotte, savarin, bombe, timabale, anna, hinged, moolin/ moulin- mill with milling plates, Mortars, Nutmeg graters, Nozzles, Olive tongs, Omelet pans, Oyster knives, Paring knives, Pasta makers, Paste molds, Pastry bags, Pastry knives, pastry wheel, Peeler- asparagus peeler, Pie, piping bag/ savoy bag, tart tins, Pitchers, Plaque a rotir/ roasting tray, Poultry shears, Pudding pans, Ravioli boards, Roasting and stewing pots, Roasting pans, Roasting shovels/ stands, roasting pans, Rolling pins, Rondeau- heavy bottom cooking pan, double handled, russe- saute pan for stew, steel, Sauce ladles, Saucapans with handles, Sauce pots, saucepan, shallow and dip, Sauté pans- sauteuse (tilt or slant side), sautoir/ plat a sautoir- (straight side/ vertical, round), Scales- ingredient, portion, Serrated Knives, Sharpening steels, Sieves, Skimmers, Skimming ladles/ spoons, scoopers, Spatulas- wooden, metal, plastic, -Spice containers, Spider (wire mesh skimmer for deep frying), Spoons, Spring form pans, - Stewing pots, Stock pots, Storage bins and containers, Strainers, sugar boilers, Sugar sprinklers, Thermometers- candy, meat, Tong, Truffle cutters, Trussing needles, Turbotiere- fish poaching but rectangular, saumoniere- poaching but elliptical, Vegetable peelers, Whips, Whisks, Aprons, towels, , dish cloth, dish towels, range cloth, straininh cloth, sponges, Cleaning- , Service-Casseroles, Gastro norm dishes, bowls, containers, platters, pots, pans and casseroles, copper pots, baking dishes, poele (curved side/ sauteuse), sauté pan/ sautoir (straight side), knives and sharpening still, wooden and rubber spatula, poultry shears, bulb blaster, drum sieve and pestle, moulinette, garlic press, cheese graters, mortar and pestle

Knives- Couteay d'office (3 ½ - 4", fillet- 6-7", slicing 5-9"- 1"wide, chopping- , palette 5-12 ", deboning- 6", carving knife 10-14", clam knife, srteak knife, oyster knife, knife steel, peeler, Cook's fork, poultry sex cateur, Kitchen scissors, Scooper- parisienne noisette, Trussing needle, Parsley chopper, cleaver, bone shaw- 14"blade, cutlet bat, whisk (6-18"), steak tongue- 5-18", Ice carving tools- Icepick,

Wooden- spoon 8-18", Spatulae (iron-12-36", wooden- 8-48"), mushroom press, 5"d,

Others- Ladle/ louche, Service spoon- cuiller a service-12-18", Skimmer/ Ecumere, wire skimmer/ spider, a raignee, 7-9"d 12-13"handle, Hatelet-skewer with head, skewers, Mandolin, mar for slicer, cutters,colanders, ice cream scooper, China cap/ conical strainer,

Pots and pans

Machines- double boilers, steamers, frying pan, sauce pan, heavy duty roasting pan,

Cutting board- colours- ,

Assignments- Produce a report for safety measures/ procedures for handling equipments in general. Care of equipments- safety, operate with care, no overload, clean, repair, running condition, power, precautions, care when not in use,

Rules for small tools and knives: - 1. Don't touch food contact surface. For example: customer touch area in plates, glasses, cups and cutleries etc. 2. Remove broken, cracked ones. 3. When pick up foods don't use hands. 4. Don't deal again and aain unduly and unnecessarily. 5. Don't use fingers to taste. Keep and use spoon. 6. Wash thoroughly and store on clean surface. 7. Keep table area clean. 8. Don't lean or clutter behind your cleanup area. 9. Put away equipment and utensils. 10. Don't leave rubbish and waste materials lying around.

Different parts of knife- Tip, Blade, Cutting edge, reverse edge, bolster, heel, tang, rivet, handle

Type of knives- Chopping, Paring, Fillet, Boning, Palette, Turning, Serrated edge long/ bread, carving, tranchelard pointed/ parallel, ap/ all purpose, utility, chef's/ couteau dóffice, fish knife

Others- butchers'saw, meat cleaver, parsley chopper, ham knife, fish knife, secateurs, scissors, whetstone, cupboard, carving fork, cheese knife, steak knife, oyster knife, snails'fork, deboning knife, tomato cutter,

Steel- carbonated, stainless, high carbon stainless, laminated, ceramic, folded

2. Culinary history-

The origin of cooking in general goes back to the prehistoric era. Humans began eating the products of their own pickings. Such as fungus, , roots, fruits etc. Then they began to kill or catch animals to eat flesh.

The discovery of fire marked the beginning of cooking. Cooked meats or fish was first eaten by accident when the forest caught fire. And one could discover some flesh of some animal. The same may have happened in case of salt with - mountain or sea.

Later the human learnt the art of agriculture. They started living together in groups for better security. They cultivated cereals, pulses and gradually vegetables. Fruits were introduced by Romans such as peaches, lemon, cherries, apricots, plums etc. brought from far away trips to eastern countries.

At the very early stage of First Civilization, Mesopotamians, Aryans, Egyptians, Greeks, Romans developed the art of cooking for their kings. Game meat was almost a unique one until came geese and pork breeding. The Romans also taught French people how to make wine, and bread which have remained staple diet. Most probably cumin was the first spice and vinegar, the first condiment.

Onion and garlic were the main aromatics and spices came from Asia and were of high prices. At the end of the 12th century most of the commodities were used. When the spice road opened, invasions mainly contributed to gastronomy.

The Greeks and Latins created the basics of modern cookery, wine making, baking, stewing, pickling etc. Epicuro and Lacullus were the most famous gourmet who spoke about the art of eating well.

The invasion of France by Romans and then Scandinavians and North Africans were dominant factors in culinary history. India, Turkish, Moghul invasion and British occupancy influenced the style of continental foods served. 11:04 AM the Portuguese and the French people in their respective colonies were also responsible for their regional development.

Pilgrimage, travel and trade were the factors in opening the first roadside eating place INN. Probably Marco Polo's trip to China is one of the reasons why the pasta is the staple food of Italy. The King's table contributed to the

fast promotion of gastronomy with many chefs' contributions like: Antonie Careme, Auguste Escoffier etc. They were considered Chef of Kings and king of Chefs. Soup was introduced. Soupa means with slice of bread. Su Pa in Sanskrit means good food taken from the first book from Philip IV and Charles IV. In 1392, William Tyral was Chef de Cuisine and wrote a book on Royal kitchen, "Le Lure Fort Excellent", published in 1540AD, written by P.Pinoux. Catherine de Medici in 1575 ad brought to France the culinary art. Italian cooks and pastry chefs- Platina, Messitrya, Romati, and Roselli have contributed lot. The fork for eating was introduced by Henry IV.

Menus became balanced with more vegetables and less meat. Around 17th century Champagne, a famous sparkling wine from France was discovered by monk Dom Perignon. In Table service crystal were introduced. Potatoes were introduced by Parmentier.

In 1653ad, Laverine, cook of Marguis Deuxelle wrote the French Cook Book. L.S. Robert's wrote on 15 years of progress in 1660 in 1671. A sauce still has a name Vatil, was the first victim of cookery. He committed suicide when the fish delivery for the King's banquet did not arrive on time. During the reign of Louis XIV also known as Louis de Bechamel created a sauce. The Duke of Rechelein, winner of battle named the sauce Riche. The Duke of Mirepoix created exotic recipes with Quail. Chocolate was introduced as beverage as tea and coffee. An Italian named Prolopioli Colleti opened the first café in Paris in 1678 which still exists. Tea was introduced during renaissance and mostly used as drugs. The first critic for restaurants was Grimod de Reeymere

Convents preserved the traditions of gourmands, end of Merovingian Period, and beginning of culinary art

Viollet-le-Duc- kitchen large, high spit roasting common

Ovens 12th century for roast,

14th century- sauces, varied menu- game, fish, fowl, butcher's meat, less vegetables

16th century end, Italy farinaceous/pasta, pastries- cannelloni, ravioli, gnocchi

17th & 18th- royalty and high ranking people took great interest in food and cooks in gratitude named dishes after them. The cooks during feasts and banquets were honoured and appreciated.- caviar, punch

End 19th century- perfection- Escoffier, Prosper Salle

Every ingredient speaks its own language.

Nouvelle cuisine-

Early 70- change in French cuisine- influence of Chinese cuisine,

1. Variety, smaller portions
2. Plate, presentation, as it is on guests' front
3. Sauce thinner, flour avoided.
4. Cooking time reduced- stir fry, fry, grill preferred
5. Fresh- prime, seasonal, best supplier.
6. Combinations- elaboration of audacious taste, Unusual flavors- good quality crisp vegetables, Indian spices- ginger, coriander, cumin, saffron

H.Gault, C.Millan- did it- monthly publication- 10,000 to 20 lakh copies/month

P. & J. Troisgros (brothers), M. Guerard, A. Chappel, R. Verce, Paul Bocuse- revolution -1, The latest equipments- microwave, high pressure steamers, vacuum cooking, infrared grill, 2,- not popular as French, 3, - seems merged. 4, grew very fast but diffused, 5,- Very few restaurants in and abroad. 6, - Applied in Indian cuisine- plate, presentation, TQM, Less spicy, less greasy

SQ. 1541-Henry Duke of Brunswick, 1793- French revolution, 1784-1833 Marie Antonie and Careme – chef of kings, 1847-1935- George Auguste Escoffier- king of chefs,

Origin of modern cookery- is based on:

1. Menu- Peak and off period- Type of food, ingredients, income, workers, performance problems, balance
2. Types of establishment- outlet of an establishment, primary or secondary, purpose, restaurant or others like manufacturing, distributing, outdoor, marketing, research etc., budget, workers and their expectation

3. Types of Customer- spending capacity, choices, expectations, ambience, nutrition,
4. Infrastructure- match, theme, area, space shape,
5. Scenario- competition, positioning,
6. Scope and future magnitude
7. Management in food production units- Hierarchy area of department and kitchen
8. Nutrition- health, care, growth,
9. Food Science- food poisoning
10. A speech of business- for one to many- likings, Logitech, supply / chain management- Altitude and Attitude of Stakeholder,, work load and self life, superfluous demand,

Conclusion- It is based on the food habits, color, flavour, aroma, appearance of products, strategic gap analysis, food cost, waste control, the management and the government's support.

Modern kitchen- Previously the kitchen job was hectic and difficult. Due to computerisation, modern equipments, air conditioning and many other facilities, the modern kitchen has become challenging technically but as well as diligent in past. It has become easier, hygienic, comfortable and easily achievable.

Department /area- Main , Stewarding, Store- purchase, receive, store, issue, Garde Manger, Bakery and confectionery, pastry Shop, poolside, Coffee Shop, Room Service, Nation/ Local- Indian, Chinese, Others- French, Thai, Polynesian, Italy, Spain, Mexico, Germany, Arabian/ Lebanon & others

Links-Relations- Restaurants, food outlets, store, Housekeeping, Food Science, Front Office, Personnel, Security, maintenance

Hierarchy-

Factors- 1) size of the establishment-(allocation of duties, duty rosters) 2)- type of establishment(supply, flow, care, warewashing, cleaning, scullery), 3)- organization of establishment- (service, convenience food, efficient work

flow,), 4) equipment available- (kitchen, flexibility), 5) Extent of the menu (foods and dishes to be offered, prices, expectations),

Chef de cuisine/ Executive chef,

Sous chef,

Chef de partie,

Reliability, Commitment, Communication, Self control, Artistic flair, Sobriety, Meticulousness, Self organized, Honesty

A. Classical brigade

Based on high philosophy- 1) High level of team work, 2) Unsociable hours- meal times only, 3) Continuous pressure to meet deadlines, 4) Need to make food look attractive, 5) Pressure: availability of alcohol, 6)-Considering the amount of detail, 7) Need to organize others, 8) Supervision and security

It started with Grand Chef- Escoffier and positions allotted - Chef de cuisine, sauce- chef saucier, soup- chef potager, fish- chef poissonnier, larder- chef garde manger, bakery- Chef Boulanger, roast- chef rotissier, under him- grillardin, vegetable- chef de legume, relief- chef releve, staff- chef communal, night- nuit

B, Modern Staffng in various category hotels- -Brigade de cuisine

It went on changing according to specific work load, duty timings, frequency, system, board iof directors, chef, work study, time and motion study, and facilities. It is basically categorized as small, medium and large. Each establishment is an example in itself.

C.Roles of executive chef/ chef de cuisine- sous chef- chef de partie

Interpersonnel- figurehead, leadership, liaison, -Informational- monitor, dissemination, spokesperson, - decision- Entrepreneur, disturbance handler, Authority and responsibility- negotiastor, limits

Prepration, service, standards, practices, facility, plan menu, meets management, departmental heads, co ordinates all kitchen functions

Head chef, sous chef, Chef steward (purchase, preparation, service, banquet), working chef, chef's assistant, chef de partie/ department chef,

night, banquet, second, soup, broiler, fry, vegetable, cook's assistant, Relief/ swing, Garde – Manger, Pastry, Baker, ,

d. Duties and responsibilities of various chefs

Plan, watch, collect, space, maintain, portion, SRC, yield, TQM, MIS, MBO

Stations- saucier, poissonnier, rotisseur, grillardin, friturier, legumier, potager, bakery- entremettier, larder/ garde manger (pantry) - (de froid, hors d- oeuvrier, Boucher), petit déjeuner/ breakfast, patissier, tournant (relief), Garde/nuit/ night chef, banquet, regional and special, room service, coffee shop,

Second cook/ chef de partie-(supervisors, preparations, report, coordinate),

Cook/ commis, apprentice, trainee, helpers

Administration, nutrition, dietitian, ramp and despatch,

Stewarding

SQ: Duties and responsibilities of chef

1, Planning- target, standards, courses of action, define set up, menu planning, staff, work load, activity and look forward, forecast customers, sales, demand pattern, work load, competition, 2, organizing- resources, activities, hiring, 3, coordinating- connecting links, streamlined, menu workload, emergencies, 4, Motivating- listen first, clarify expectation, learning, training, development, facilities, sharing, help for time management, inspiring, direct, honour experience, correcting actions as needed for TQM and benchmarking, extend trust, keep commitment, get better, 5, Controlling- practice accounting, confront reality, supervising, evaluating progress, taking appropriate corrective and time corrective action, limits waste, food cost, communication- in time, feedback, documents, discipline, reporting, guidelines, 6, Role model- talk straight, deliver result, show loyalty, differentiate rights and wrongs, create transparency, deliver respect 7, safeguard- speaker, 8, leader- lifestyle, eminent, accessible, direction, efficient, redirect- as if nothing pending 9, responsibility- roaster, briefing, scheduling, 10, duties- specific-

Sq- breakfast cook- fruit juice- canned and fresh, cut fruits, fresh fruits, 2, breads, cakes, rolls, breakfast rolls, preserves, butter, 3, meat, 4, fish. 6, egg, 7, milk and milk products- cheese, 7, muesli, 8 regional dishes

E, Cooperation with their departments

Safety and sanitation-biological, chemical, physical process

4. Culinary terms- A. list of (common and basic) terms

A blanc- cooking in buttercauliflower, au blanc- white liquid- mushroom, a brun- to brown

A la- amandine, l'ancienne, l'anglaise, bourgeoise, broche, carte, diable, française, à l'huile, grecque, king, minute (to order), mode, orly, parmigiane, westphaliene- salt pork wrap roast, juniper berries, herbs, diced apples, thick grav

Abaisser- to roll a pastry/ dough

Abatis de volaille- giblets, gizzards

Abats- offals,

Acidulated water- 1 tspn lime juice / pint

Acrolein- on excess heating, fats and oils decomposes into fatty acids and acrolein, responsible for pungent smell

Aging—34-36f Agneau-

Aile- wing part of poultry/ game bird

Aigrettes- cheese straw

Ailerons- winglets

Airelle rouge- cranberry

Aloyau- sirloin

Alylest- a dish of giblet and liver

Ameaux- puff pasry incorporating eggs

Amourettes- bone marrow

Anana- pineapple

Anchois- anchovy

Anchoidae- nchovy flavoured dish

Andouille- sausages of pork chitterlings, andouillette

Angelique- angelica,

Animelles- means the internal edible viscera of animals.

Anis- aniseeds

Appareil- prepared mix

Arroser- baste

Arromates- flavoring compounds in stock.

Artichoke- globe- flower, Jerusalem- tuber

Ascorbic acid, acetic acid, citric acid,

Assaisonner- to season

Assiette anglaise- cold meat platter

Assorti- assortment

Attereaux- skewers

Attelet- skewers with metal head

Au – beurre- butter, choix, four (baked) Italian, gras (meat rich gravy),
gratin- (under salamander with sauce, cheese, butter, breadcrumbs), jus,
maigre, naturel, sec (reduce) Vin blanc- white wine, Vin Rouge- red wine, au
choix- of choice, de choix prime quality

Avocado- Alligator pear

Large kernel, soft rind, yellow pulp, delicate rich flavor, red purple, green
Skin

Bacteria- microorganisms

Bag out- piping

Baking soda- in vegetables- spoil Vit C

Barder- covering with bacon fat, fat strips- lardon

Bar le duc- jam from red currant without seed, town in Lorraine, France

Baron- roast with leg and loin, double baron- poultry

Barquettes- boat shaped pastry case

Bast- to brush with fat or a mix with flavours and liquids brushed

Bat out- press to get a size

Baume- Antoine Baume, hydrometer, concentration

Beaf tea- concentrated beef stock

Beignets- fritters

Bel passé- a cheese

Beurre – fondue (melted), noir (black), noisette (walnut),

Beurre manie- kneaded butter, equal butter and flour, thickening agent,

Blanchir- white (bones, meats), retain color (green), skin out (tomato), limp, less volume, preserve, further cooking faster- in particular without color, preservation, taste, maintain texture,

Blanquette- white stew

Bloaters- a processed fish

Bloom- chocolate- White, bread crust, sugar- white speckled appearance, crystallization,-

Boiled icing- thread stage- 238f, egg white, confectioners' sugars

Boaston Bake- baked beans

Bouchees- small puffcastry cases with filling

Bouillir- to boil

Bread- 11-13% gluten, two ways, high ratio method,

Brine- salt solution used for canning and food preservation

Brunoise- salt solution used in culinary

Bouillon- a variety of clear unpassed soup without thickening

Canape- the smallest variety of open sandwich

Carapace- shell of lobster

Casserole- dish used for stews

Cassoulet-de Toulouse- beans cooked with sausage meat.

Chapelure- dried bread crumbs- fried dried bread, dry- Raspings

Chateaubriand- middle/ family steak

Chauffant- Pan of hot salted water for reheating foods

Chili corn carne- Mexican beans cooked with tomato puree, and meat

Chinois-china cap

Choux paste- egg added at 68c/ 150f,

Civet- brown stew, game- hare, blood

Cloute- studded, cloves

Concasse- roughly blanched chopped tomatoes and cooked sauce with this

Contrefillet- boned sirloin of beef

Cook- Au bleu, saignant, a point, bien cuit

Cordon- thread/ line of sauce, kidney shape, Cordon bleu cookery style

Cote- rib chop

Cotelette- cutlet

Coulis - puree

Coupe with accent- cut, without accent- individual serving bowl, mould,

Crème fraiche- fresh cream

Creole-a sophisticated pidgin -Eng, Dutch/ Portugaise, Fr- language that served as a mother tongue and spoken in the Caribbean, people of mixed descent living in the Caribbean or Latin America

Crepe- pancake

Crepinette- flat sausage with crepine

Cromesquis/ Kromeski- fried with yeast batter till golden brown

Croquettes- Frit a l'anglaise

Croustades- on crust

Cuisine- Care of equipments, Understanding the basic methods, Safety in handling equipments, you and others, Initiation you have to take, neatness in doing work and presentation, efficiency in yourself

Cuisse de poulet- chicken leg

Couvrir- cover, coat

Darne- cut of fish on the bone in round fish

Deglacer- taking out the flavouring from cooking pot

Degraisser- scum,

Desosser- debone

Duxelle- choppe mushrooms, garlic and scallions or onions cooked together, basic continental flavoring,

Ecclairs- choux pate baked finger shape with sweet /savory filling

Entoleter- Antifungal machine-Maida, high impact against hard surface

Escalope- thin slice of meat favorably veal

Entrecote- a steak cut from the boned sirloin-

Escherichia coli- sewage, soil, vegetables,

Fait tout- flared sides

Fines herbes- Parsley, Tarragon and Chervil

Flake-break into natural segments- fish, chicken,

Flan- a type of baking flat with filling and bright finish, asavory or sweet with different names

Fleurons- half moon shape flakes for garnish specifically of fish

Flutes- a garnish in French onion soup, a floating bread crust with cheese and egg yolk

Fondue- dish- egg, milk, cheese, bread,

Frappe—chilled

Fricasse- meat, poultry

Frijoles- beans, fat, seasoning

Friture- pan with deep fat, frying kettle

Gamberoni- large Pacific prawn

Glace- / Glaze- color under salamander, reduce vegetable liquid- carrot,

Graham Flour- whole wheat flour named after Sylvester Graham, 19th century, American dietary reformer

Hache- finely chopped/minced,

Hollandise- hot emulsion sauce with egg yolk and clarified butter

Herrings- a popular variety of fish in Europe

Jardinière- jardin- garden, baton

Jus lie- false gravy prepared with carcasse, deglaced liquid, mirepoix, and other flavourings available to match the dish.

Knock down- punch to remove carbon dioxide after fermentation

Lardon- batons of thick streaky bacon

Limpa- Swedish rye bread,

Lobster- tomalley, Medaillon, Tomalley (liver), Carapace

Macedoine- $\frac{1}{2}$ cm x cm x cm, $\frac{1}{4}$ "x"x",

Mackerel, Kippers- fish

Mayonnaise- cold emulsion of salad oil and egg yolk, developed by Bayon,

Mignonette- coarsely ground pepper, mill pepper- from peppermill

Mousse- is a light soft preparation either sweet or savory in which the ingredients are whisked, or blended and then folded together. Mousses are often set in a mould and usually served cold. Savory mousses are served as an hors d'œuvre or entrée, may be based on fish, shell fish, poultry, foie gras, ham, vegetables etc. Sweet mousses are usually based as fruits or flavoring such as chocolates or coffee.

Mushrooms- Cepes- Boletus edules- spongy gills, Chanterelles-
Chanterellus cibarius- fluted margin , smooth yellow on top, plated up the
stack, under the cap like ribs in a fan vaulted church, Field mushroom-
Agaricus campestris- pushing its white cap up through the grass in the
morning. Pinkish fawn beneath and soft to tough makes the best breakfast
dishes, Grisette, Matsutake/ Gucchi, Morel- Morchella esculenta- springtime
mushroom resembles a brown sponge, and is hollow in the center, Oyster,
Rubbe Brush, Shittake, Truffle,

Napper- coat, mask

Native- English oysters

Navarin- brown, lamb/ mutton

Noisette- boned out loin of lamb

Nouvelle cream- adding cream to reduced stock

Oignon Pique- Pricked onion with cloves, wrapped in bay leaf

Oignon brule- Burnt onion

Pailarde- scallop of meat pounded until thin, usually grilled

Pane- sprinkle or coat with crumb, fry mis en place,

Pantin- pate baked in a crust without any mould, simply in a baking sheet,
not a common preparation- like wellington

Papillote- wrapped in paper for further cooking

Par stock- Stocks necessary to cover operating needs between deliveries

Parts of knife- point, edge, back, blade, rivet- blade inside handle, handle,
heel, tang/ nots

Pastrami- Highly spiced corn beef brisket

Paupiette- stuffed and rolled (strip of meat)

Paysanne- fermier- even, thin, pieces- triangle, round, square

Pellicle- membrane,

Persillade- a mix of parsley, breadcrumb, butter / oil and other things for
roasting and grilling

Persil- parsley

Pesto- thick, puree, herb- basil, for pasta, garnish soup, with grated cheese, nuts, seeds, seasoning and of various types

Petite marmite- stock pot literal meaning, seasoned stock used as soup served in a double handled special container in large quantity

Pie- covered crust with height for baking

Pince- Fr- to caramelize – sauté- tomato

Pique- oignon pique

Poultry and games- Breast- Blanc, Carcass- Carcasse, wing- Aile, Winglet- Ailerons, Drumstick- Grass de cuisse, Thigh- Pilon,

Profiteroles- small choux paste bakes with filling

Raft- consommé residue

Ragout-stew

Refresh- to put into hot water and remove

Rissoler-frying to golden brown

Rondeau- shallow- straight side, two loops

Roulade- rolled in french

Sabayon- the ribbon flowing consistency or a sweet made with syrup, egg yolk, port/ Marsala/ Rum -Zabaglione

Sachet épices- Fr- Parsley stems, cracked peppercorns, dried thymes, bayleaf

Sautoir- straight, Sauteuse- slope

Scald- to put into very hot water and remove

Score- to put cut marks and also the evaluated marks given by connoisseurs

Scrapple- boiled mixture of pork trimming, buckwheat, corn meal

Silverskin- tough connective tissue that surrounds certain muscles

Singe- cook to golden brown Smorrebrod- smothered bread

Slurry- liquid with starch

Smother- to cook in a covered pan with a little liquid over the heat

Smitane- mild- onion, scallion, not shallots, mild flavour

Souffle- puffed- a hot preparation which is served straight from the oven that it is well risen above the height of the mould in which it is cooked. It is served as horsd'oeuvres (savory) or sweets

Spas cooking- cooking style – high quality, well presented, help the chef de pertie as necessary

Spring form pan- round, straight side pan; sides are formed by a hoop that can be unclamped and detached from base

Spumoni- i/c, in different layers with nuts

Squab- domesticated pigeon that has not begun to fly, 3-4 month, 1lb, light, tender, sauté, roast, grill

Steel- 14''/ 33-50 cm rod used to refresh the knife, keep sharp

Stroganoff- Sauteed beef in sour cream with mushroom and onions

Strudel- Pastry made of paper thin rolled dough

Sucrose Polyester- SPE- looks, smells, tastes like ordinary cooking oil, but is not absorbed by body.

Supreme- veloute and heavy cream, breast, fillet and wing of chicken, fish fillet cut into triangles like fillet of small fish

Sweat- Cook in fat under a lid without color

Swiss- pound meat, (beef), flour, seasoning, - breaks--tender

Taste- sweet- sugar 1 -200 parts, salt- inorganic salt,- 1-400 parts- sour- acid1 to 1, 30, 000, bitter-alkaloids1- 20, 00, 000- quinine delectably bitter

Tea rolls- small sweet buns

Temper- heat chocolate gently and gradually, gradually raise temperature, incorporate hot liquid gradually into a liason, add flavoured hot oil- Indian with panchphoran

Tempura- seafood, coated with batter, deep fried

Torte- german, cakes, layer, large fancy, enriched wuth cream, marzipan,

Tragacanth- gum to set, from Astragalus exudes,

Trichinella spiralis- spiral, Trichinosis vulgare-Trichinosis nematode,

Trifle- desserts, English, layers, sponge, custard sauce, whipped cream, preserves, jelly

Tripe- edible stomach lining

Trough- shallow container, hold large mass of rising dough

Tunnel- hole in bread, a problem in slicing and making sandwich

Tutti frutti- mixture of candid fruits

Vacherin- crisp meringueshell, cream, fruit,. Other item

Waffles- American confection baked from a thin batter between heated waffle irons. They are eaten with liberal helps of maple syrup, jam, honey or melted butter.—veg cut- grid/ basket weave,

Weinerschnitzel- breaded veal cutlet served with lemon

Xanthan- gum, emulsifier, stabilizer, fillings, syrup, solution very thick but pourable

Tremp- soak, steep

Tripe- 1st and 2nd stomach- Rumen, Reticulum- of bovines, cleaned, scalded

Truffles- Perigord – France, Umbria in Italy, White- Piedmont- Italy

Vesiga- spinal marrow of Beluga sturgeon

Vichy- springs

Vichyssoise- potato, leek soup, chicken stock, cream, chill, chives

Vol au vent - puff pastry shell with filling

Zabaglione- a special Italian sweet

Zampone- skinof pig's feet stuffedwith sausage mix

Zwieback- hard, crispy, toasted biscuits

C. Explanation with examples

Examples will be given to justify the importance of the term, process and applicability.

5. Aims and objectives of cooking food

A. Aims and objectives of cooking food

Objectives-

1. Palatability- taste- flavor- marinate, seasoning
2. Appetising flavor and aroma
3. Texture- cut, mince
4. Attractive- appearance- garnishes
5. Reduce microbial count- last longer- safe to eat
6. Easier to digest- hygiene, microorganism,
7. Nutrition- balanced diet, nourishment,
8. Variety
9. Appreciation to match lifestyle- quality,
10. Profession-menu doctor, presentation, management, reduce volume, preservation, pre preparation, availability, carry, balanced diet
11. Research- scope, inventions, discoveries, food science, nutrition, proprietary food, tourism, training, care, development, availability
12. Production management- control of waste, overcooking, overserving, improper carryover utilization, inappropriate make or buy decision

Questions-

We eat food and drink beverages to live.

Cuisine simple-medicine- palatable, appetizing, all good characters, originality, hygiene, variety, volume,

Cuisine bourgeoisie- enjoy- feast, festive mood, extacy, special, guest treat,

Cuisine grande-luxury, only for royal people, classical/ classique- remained unchanged

Cuisine haute-professional, - profit, management- , expertise, presentation, TQM, industry, menu planning and establishments

Balanced diets- food preferences, socio economic status, physical conditions, cultural background, regional and seasonal availability, education level and nutritional awareness

Leaching- water soluble vitamins wash out,

B. Various Textures - Appearance, soft, feel to touch, mouth feel

Firm and close- biscuits

Short and crumbly- short bread, nankhatai,

Light and even- less spongy- cheap cakes, Madeira cake, & Queen cake,

Spongy- soft, elastic-Swiss rolls, Dhokla

Flaky- Vol- au-vent, patties, bouchees,

Smooth- uniform, homogeneous, - sauces, batters

Incorrect textures-

Coarse and open- bread-more raising agents

Hard-tough- more baking in slow temperature

Soggy- overcook- rice

Lumpy- sauce, halwa, gnocchi, - the liquid not mixed properly.

C.Various Consistencies

Viscous- thick and slippery, able to flow

Thick- not an easy flow

Thin- easily flow

Coating- covers as needed, give shining, smooth

Sturdy- thick and lumpy

D.Techniques used in pre-preparation –

Mis en place- Washing, Peeling, Scrapping, Paring, Cutting - sub divisions

fractionalization- (slice, slit, grate, mince, shred, grind, mash, puree,

mirepoix), meringue, , press, sieve, refine, skim, render, filter, float, fold,

reduction, evaporate, homonisation, emulsification,mill, steeping,

centrifuging

E. Techniques used in preparation

Combining and mixing in preparation-Beat, blend, cut, cream, fold, knead, marination, seal, whip, whisk, pit, rub in, roll in, stirring, Seal, Press

Questions:

Convenience foods- suitable, for large scale, wider variety, labour saving

Preservation- Refrigeration, Accelerated freeze drying AFD, Additives Aseptic

canning, Boil in the bag, Spray drying, Sterilisation, Pasteurisation,

Dehydration, Deydro(70%)- freezing, Freeze drying, Freezing, Free flow-

Flash freezing, Instat freezing(128f below zero)gently flushing through

nitrogen for texture, Irradiation, Sublimation- straight vapor from ice-

texture retention