



Skills for Employment Investment Program (SEIP)

**COMPETENCY-BASED LEARNING MATERIAL
FOR
FOOD AND BEVERAGE PRODUCTION (COOKING)
(STUDENT GUIDE)**

(TOURISM AND HOSPITALITY SECTOR)

**Finance Division, Ministry of Finance Government of
the People's Republic of Bangladesh**

Table of Contents

Table of Contents	2
Copyright	4
How to Use this Competency-based Learning Materials	5
Module 1: Apply Food Safety Procedures	8
Learning Outcome 1.1 - Interpret procedures for food safety.....	9
• Self-Check Quiz	9
Information Sheet – 1.1.1	10
Self-Check Quiz – 1.1.1	17
Answer Key – 1.1.1	18
Learning Outcome 1.2 - Interpret Food and Beverage Storage Procedure.....	19
Information Sheet – 1.2.1	20
Self-Check Quiz – 1.2.1	23
Answer Key – 1.2.1	24
Learning Outcome 1.3 - Maintain a Clean Environment.....	25
Information Sheet – 1.3.1	26
Self-Check Quiz – 1.3.1	31
Answer Key – 1.3.1	32
Assessment Plan.....	33
Review Of Competency.....	34
Module 2: Organize and Prepare for Cooking.....	36
Learning Outcome 2.1 - Clean and Sanitize Tools, Equipment & Kitchen Premises.	37
Information Sheet – 2.1.1	38
Self-Check Quiz – 2.1.1	47
Answer Key – 2.1.1	48
Learning Outcome 2.2 - Receive and store goods	49
Information Sheet- 2.2.1	50
Self-Check Quiz – 2.2.1	53
Answer Key – 2.2.1	53
Learning Outcome 2.3 - Prepare tools, equipment, utensils and ingredients.....	54
Information Sheet - 2.3.1	55
Self-Check Quiz – 2.3.1	76
Answer Key – 2.3.1	77
Learning Outcome 2.4 - Dispose Waste Materials and Restore Tools and Equipment.	79
Information Sheet – 2.4.1	80
Self-Check Quiz – 2.4.1	82
Answer Key – 2.4.1	83
Assessment Plan.....	84
Review of Competency	85
Module 3: Prepare Stocks, Soups, Sauces and Dressing.....	87
Learning Outcome 3.1 - Prepare tools, utensils, equipment and ingredients.....	88
Information Sheet - 3.1.1	89
Information Sheet – 3.1.2	89
Self-Check Quiz – 3.1.2	92
Answer Key – 3.1.2	93
Information Sheet - 3.1.3.....	98
Self-Check Quiz – 3.1.3	102
Answer Key – 3.1.3	103
Information Sheet – 3.1.4	110
Self-Check Quiz – 3.1.4	113
Answer Key – 3.1.4	114
Information Sheet – 3.1.5	121
Self-Check Quiz – 3.1.5	122
Answer Key – 3.1.5	122
Learning Outcome 3.2 - Store stocks, soups and sauces	128
Information Sheet -3.2.1	129
.....	130
Self-Check Quiz - 3.2.1	130
Answer Key 3.2.1	130
Information Sheet 3.2.2	131
Self-check Quiz-3.2.2	133
Answer Key 3.2.2	133

Information Sheet - 3.2.3	134
.....	136
Self-Check Quiz - 3.2.3	136
Answer Key - 3.2.3	137
Module 4: Prepare vegetables, eggs, salads, sandwiches, farinaceous and rice dishes	139
Learning Outcome 4.1 - Prepare tools, utensils, equipment and ingredients.....	140
Information Sheet – 4.1.1	141
.....	142
Learning Outcome 4.2 - Prepare and present vegetables dishes	142
Prepare and present vegetables dishes	142
Information Sheet - 4.2.1	143
Self-Check Quiz – 4.2.1	155
Answer Key – 4.2.1	156
Learning Outcome 4.3 - Prepare and present egg dishes.....	166
Information Sheet – 4.3.1	167
Self-Check Quiz – 4.3.1	169
Answer Key – 4.3.1	170
Learning Outcome 4.4 - Prepare and present salads.....	178
Information Sheet – 4.4.1	179
.....	181
Self-Check Quiz – 4.4.1	181
Answer Key – 4.4.1	181
Learning Outcome 4.5 - Prepare and present sandwiches	187
Information Sheet – 4.5.1	188
Self-Check Quiz – 4.5.1	189
Answer Key – 4.5.1	189
Learning Outcome 4.6 - Prepare and present farinaceous foods and rice dishes	196
Information Sheet: 4.6.1 - Prepare and present farinaceous foods (pasta and rice) dishes.....	197
Self-Check Quiz – 4.6.1	202
Answer Key – 4.6.1	203
Assessment Plan	211
REVIEW OF COMPETENCY	212
Module 5: Prepare Meat dishes.....	215
Learning Outcome 5.1 - Prepare tools, utensils and equipment	216
Learning Outcome 5.2 - Prepare ingredients and meats for cooking	216
Learning Outcome 5.3 - Cook and present meat dishes	217
Information Sheet – 5.3.1	218
Self-Check Quiz – 5.3.1	226
Answer Key – 5.3.1	227
Module 6: Prepare Fish and Seafood Dishes.....	241
Learning Outcome 6.1 - Prepare tools, utensils and equipment	242
Information Sheet – 6.1.1	243
Learning Outcome 6.2 - Prepare ingredients, fish and seafood	244
Information Sheet – 6.2.1	245
Self-Check Quiz – 6.2.1	250
Answer Key – 6.2.1	251
Assessment Plan.....	264
REVIEW OF COMPETENCY	265

Copyright

The Competency Standards for **Food and Beverage Production (Cooking)** is a document for the development of curricula, teaching and learning materials, and assessment tools. It also serves as the document for providing trainings consistent with the requirement of industry in order for individuals who passed through the set standard via assessment would be qualified and settled for a relevant job.

This document is owned by the Finance Division of the Ministry of Finance of the People's Republic of Bangladesh, developed under the Skills for Employment Investment Program (SEIP).

Public and private institutions may use the information contained in this standard for activities benefitting Bangladesh.

Other interested parties must obtain permission from the owner of this document for reproduction of information in any manner in whole or in part of this Skills Standard, in English or other languages.

This document is available from:

Skills for Employment Investment Program (SEIP) Project
Finance Division
Ministry of Finance
Probashi Kallyan Bhaban (Level – 16)
71-72 Old Elephant Road
Eskaton Garden, Dhaka 1000
Telephone: +8802 551 38598-9 (PABX), +8802 551 38753-5
Facsimile: +8802 551 38752
Website: www.seip-fd.gov.bd

How to Use this Competency-based Learning Materials

Welcome to the competency-based learning material for Food and Beverage Production (Cooking) for use in Hotel and Tourism Sector works. These modules contain training materials and learning activities for you to complete in order to become competent and qualified as a skilled worker.

There are six (6) modules that make up this course which comprises the skills, knowledge and attitudes required to become a skilled worker including:

1. Apply food safety procedures.
2. Organize and Prepare for Cooking.
3. Prepare Stocks, Soups, Sauces and Dressings.
4. Prepare vegetables, eggs, salads, sandwiches and farinaceous dishes
5. Prepare meat dishes.
6. Prepare fish and seafood dishes.

As a learner, you will be required to complete a series of activities in order to achieve each learning outcome of the module. These activities may be completed as part of structured classroom activities or simulated workplace demonstrations.

These activities will also require you to complete associated learning and practice activities in order to gain the skills and knowledge needed to achieve the learning outcomes. You should refer to **Learning Activity** pages of each module to know these quence of learning tasks and the appropriate resources to use for each task.















This page will serve as the road map towards the achievement of competence. If you read the **Information Sheets**, these will give you an understanding of the work, and why things are done the way they are. Once you have finished reading the Information Sheets, you will then be required to complete the **Self-Check Quizzes**.

The self-check quizzes follow the Information Sheets in this learning guide. Completing the self-check quizzes will help you know how you are progressing. To check your knowledge after completion of the Self- Check Quizzes, you can review the **Answer Key** at the end of each module.

You are required to complete all activities as directed in the **Learning Activity and Information Sheet**. This is where you will apply your newly acquired knowledge while developing new skills. When working high emphasis should be laid on safety requirements. You will be encouraged to raise relevant queries or ask the facilitator for assistance as required.

When you have completed all the tasks required in this learning guide, formal assessment will be scheduled to officially evaluate if you have achieved competency of the specified learning outcomes and are ready for the next task.

List of Icons

Icon Name	Icon
Module content	
Learning outcomes	
Performance criteria	
Contents	
Assessment criteria	
Resources required	
Information sheet	
Self-check Quiz	
Answer key	
Activity	
Video reference	
Learner job sheet	
Assessment plan	
Review of competency	

Module 1: Apply Food Safety Procedures



Module 1: Apply Food Safety Procedures



MODULE CONTENT

Module Descriptor: This module covers the knowledge, skills, and attitudes required to apply food safety procedure. It specifically includes interpreting procedures for food safety, interpreting food and beverage storage procedure and maintaining a clean environment.

Nominal Duration: 20 hours



LEARNING OUTCOMES:

Upon completion of this module, trainee/student will be able to:

- 1.1 Interpret procedures for food safety.
- 1.2 Interpret food and beverage storage procedure.
- 1.3 Maintain a clean environment.



PERFORMANCE CRITERIA

- 1 Relevant documents are identified and used according to organizational requirements.
- 2 Food safety policies and procedures are followed.
- 3 All food hazards and critical control points are identified.
- 4 Food safety monitoring process is interpreted and followed.

- 5 Food and beverage storage conditions are selected as per specific food and beverage type.
- 6 Food and beverage are stored as per environmental conditions.
- 7 Temperature of stored and frozen food & beverage are controlled.

- 8 Equipment, surface and utensils are cleaned and sanitized as per workplace standard.
- 9 Chemicals and cleaning agents are used and stored as per workplace standard.
- 10 Appropriate containers are used.
- 11 Chipped and broken items are disposed and reported.
- 12 Food handling areas are maintained by avoiding animals and pests as per workplace standard.



Learning Outcome 1.1 - Interpret procedures for food safety.



CONTENTS:

- Relevant documents
- Food safety policies and procedures
- Food hazards and critical control points.
- Food safety monitoring process.



Assessment Criteria:

- 1 Relevant documents are identified and used according to organizational requirements.
- 2 Food safety policies and procedures are followed.
- 3 All food hazards and critical control points are identified.
- 4 Food safety monitoring process is interpreted and followed.



Resources Required:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper
- Pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning Activity – 1.1.1

Learning Activities	Resources / Special instructions / References
Interpret procedures for food safety.	<ul style="list-style-type: none"> • Information sheets: 1.1.1 • Self-Check Quiz: 1.1.1 • Answer key: 1.1.1



Information Sheet – 1.1.1

Learning Objectives: To interpret procedures for food safety in a workplace.

Relevant documents:

Food and beverage industry is one of part in hospitality industry. It is a fast moving and an exciting business. Nowadays, quality of the food in this industry become more critical as the consumer became more aware of the issue in food and beverage sector.

Food and Beverage department is Responsible for: The operation of all the Food and Beverage outlets (Restaurants, Bars, Room service, Lounge, Banquets) Food Production, stewarding, stores, and Purchases. The supply of hygienically prepared whole some food and beverages to the guests.

Food Safety Policies:



Food Safety policy

The Food Act 1984 aims to reduce the incidence of food borne illness by ensuring that food manufactured, transported, sold, prepared and stored is safe, unadulterated, fit for human consumption and will not cause food poisoning. The five key principles of food hygiene, according to WHO, are:

- Prevent contaminating food with pathogens spreading from people, pets, and pests.
- Separate raw and cooked foods to prevent contaminating the cooked foods.
- Cook foods for the appropriate length of time and at the appropriate temperature to kill pathogens.
- Store food at the proper temperature.
- Use safe water and safe raw materials.

Food Safety Procedures:

The diagram below shows the recommended work flow in a kitchen from delivery to service Follow these four steps to help keeping your food safe.

Receiving:

Hot food should arrive hot, and cold food should arrive cold. Food should not be kept at room temperature for more than 2 hours, or 1 hour if the outside temperature is 32°C or warmer. During delivery, hot and cold foods should be kept separate from each other.

Storing:

- Keep high-risk food at 5 °C or below or above 63 °C to avoid the temperature danger zone and food poisoning.
- Store food in suitable, covered containers.
- Always wrap or cover food and don't store ingredients in un-sanitized containers or with cleaning materials.
- Keep raw meat, poultry, and seafood separate from ready-to-eat food.
- Store ready-to-eat food on the top shelf to prevent juices from raw food dripping onto premade food.
- Store raw food products on the bottom shelf so they can't make contact with other foods.
- Protect foods from insects, rodents, and other animal.

Preparing:

Always wash your food, hands, counters, and cooking tools.

- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives, and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- Do not wash meat, poultry, fish, or eggs. If water splashes from the sink in the process of washing, it can spread bacteria.
- Clean the lids on canned goods before opening.

Use separate chopping board in preparing foods such as:

- Green: fruits and vegetables
- White: bakery and dairy products
- Purple: allergen-free products
- Brown: cooked meat
- Red: raw meat
- Yellow: raw poultry
- Blue: raw seafood

Processing:

Keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods. Do this in your shopping cart, bags, and fridge.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.
- Use a special cutting board or plate for raw foods only.

Never thaw food by simply taking it out of the fridge. Thaw food:

- In the fridge
- Under cold water
- In the microwave
- Marinate foods in the fridge.

Foods need to get hot and stay hot. Heat kills germs.

Cook to safe temperatures:

- Beef, Pork, Lamb 63°C
- Fish 63°C
- Ground Beef, Pork, Lamb 71°C
- Turkey, Chicken, Duck 72°C

Use a food thermometer to make sure that food is done. You can't always tell by looking.

Displaying:

Put food in the fridge right away.

- 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees Celsius or hotter outside.

Packaging:

Pack perishable food items to minimize spilling and maximize temperature retention. Start with plastic zippered bags or plastic containers with secure lids. Wrap each smaller container with more plastic wrap or with aluminum foil to keep the temperature in and to prevent spillage.

Serving:

- Use proper hand washing procedures. If plastic gloves are worn, hands should be washed before serving them.
- Use clean and sanitized utensils and cutting boards when serving food.

Transporting:

For transporting frozen food items use enough ice to keep food in the cooler at 0 °C) or below. Add more ice to the cooler as it begins to melt. A full freezer will hold the temperature for approximately 48 hours.

Transfer hot food items into glass containers, which holds heat better than plastic. Wrap foods like breads, meatloaf or sliced chicken in foil as an alternative to using glass containers. Wrap towels around each glass container or foil-wrapped package.

Disposing:

Whether cooking or eating out, people tend to waste a lot of food. Throwing out food responsibly is important, because when food rots, it releases methane, a greenhouse gas that is dangerous to the environment. Dispose of food recycling and composting organic materials, and giving away what you can to charity, and putting other food in the trash.

Food Safety:

Food safety refers to routines in the preparation, handling and storage of food thought to prevent food borne illness and injury.



Importance of Food Safety:

Food safety is important because it helps to protect us from the risk of food borne illnesses. It also helps to prevent consumers from risks of health –related conditions such as allergy and even death.

Food Poisoning

An illness caused by eating contaminated food and infectious organisms such as bacteria and toxins.



Food poisoning bacteria

The chart below provides information on sources of food poisoning bacteria describing both the symptoms and onset times

Organism	Source	Onset period	Symptoms
Bacillus Cereus	Widespread in environment, soil and cereals	Usually 1 - 5 hours	Abdominal pain, vomiting, diarrhoea
Campylobacter	Wild animal and mammals	18 - 36 hours	Abdominal pain, Bloody diarrhoea
Clostridium Botulinum	Soil, vegetables and fish	12 - 36 hours	Difficulty in swallowing and breathing, Paralysis, Can be fatal
Clostridium Perfringens	Soil and intestines of mammals	12 - 18 hours	Abdominal pain, Diarrhoea

Food Safety Hazard:

Food safety hazards can badly affect the food we eat; they can cause harm such as food borne illnesses, injuries and allergic reactions. Hazards can affect food safety throughout the entire supply chain.



E-Coli	Intestines of humans and animals	12 - 24 hours	Abdominal pain, Diarrhoea
Listeria	Widespread in environment, soil and river water	Weeks or months	Contraction of meningitis and septicaemia, Can be fatal
Salmonella	Animals, Intestines, Milk and eggs	12 - 36 hours	Abdominal pain, Vomiting, Diarrhoea
Staphylococcus Aureus	Human nose, Throat and wounds	1 - 6 hours	Abdominal pain, Vomiting, Reduced temperature

Types of Hazard:

There are four types of workplace hazard such as:

1. Physical hazards.
2. Biological hazards.
3. Chemical hazards.
4. Ergonomic hazards.

1. Physical Hazards:

Physical hazards are substances or activities that threaten your physical safety. They are the most common and are present in most workplaces at one time or another. These include unsafe conditions that can cause injury, illness and death.

Examples:

- Slips
- Trips
- Falls
- Electricity
- Noise
- Vibration
- Radiation
- Heat
- Cold
- Fire

2. Biological hazard:

A biological hazard is a biological substance that poses a threat to the health of living organisms, primarily humans. This could include a sample of a microorganism, virus or bacteria that can adversely affect human health.

Examples:

- ✓ Mold and Fungi.
- ✓ Blood and Body Fluids.
- ✓ Sewage.
- ✓ Airborne pathogens such as the common cold.
- ✓ Stinging insects.
- ✓ Harmful plants.
- ✓ Animal and Bird Droppings.

3. Chemical Hazard:

Chemical hazards in food include toxic substances that may be produced naturally or those that are added intentionally or unintentionally to food products.

Examples:

- ✓ Ammonia.
- ✓ Chlorine.
- ✓ Cleaning chemicals.
- ✓ Disinfectants.
- ✓ Gas cylinders.
- ✓ Glues.
- ✓ Lead.
- ✓ Paint.

4. Ergonomic Hazard:

An ergonomic hazard is a factor in a work, or other environment that could cause damage to the human musculoskeletal system. These hazards include repetitive strain injury, discomfort in an office chair or desk, poor design of a particular job or task at a workplace that causes injury, manual handling of heavy loads, and anything in the environment that leads to uncomfortable or unnatural body positioning that can lead to injury.

Examples:

- ✓ Repetitive movements,
- ✓ Vibration,
- ✓ Temperature extremes,
- ✓ Awkward postures

Cross Contamination:

Cross contamination is the transfer of bacteria from contaminated foods (usually raw) to ready to eat foods by either direct or indirect contact.

**Food safety monitoring**

Food safety monitoring is the mechanism by which we regularly check to see that food safety hazards are under control, procedures are being correctly implemented and food safety compliance is followed. This type of monitoring is deeply embedded in food safety legislation around the world.

HACCP

Hazard analysis and critical control points is a well-known and used food safety management system. It can be used effectively in all sizes and types of food business.

Its main aim is to focus attention on CCP's in the food business operation to ensure that situations do not occur which could make the food unsafe to eat.

Each step in the food production process must be analyzed to identify points at which something could go wrong and then procedures must be put in place accordingly.

There are seven principles of HACCP as following:

Seven principles of HACCP

1. Conduct a hazard analysis
2. Identify critical control points (CCP)
3. Establish critical limits for each CCP
4. Establish CCP monitoring requirements
5. Establish corrective actions
6. Establish record keeping procedures
7. Establish procedures for ensuring HACCP system is working asintended

Examples of Critical Control Points

- Inspection (including temperature checks) of goods on delivery and before use.
- Separate storage and handling of ingredients and the finished product.
- Correct temperature ranges of refrigerated and frozen goods.
- Cleaning procedures for equipment and utensils.
- Cross – contamination with other menu items in process.
- Personal hygiene and health standards.
- Proficiency in use and cleaning of equipment.

Hygiene

According to the World health organization (WHO) 'Hygiene refers to conditions and practices that help to maintain health and prevent the spread of disease.' Hygiene is the set of practice to prevention of health disease.

Types of Hygiene:

- Personal Hygiene
- Kitchen Hygiene
- Food Hygiene

Hand Wash:

Wash your hands frequently, to prevent the transfer of bacteria from your hands to the work area. Hands should be washed during:

- Immediately after using the toilet
- After sneezing or blowing your nose
- After handling dirty equipment
- After using cleaning materials
- Before coming on duty
- After your break
- After smoking
- After handling raw food



How to wash your hands:

There are six steps of hand washing as followed:

1. Wash your hand with running water.
2. Apply Soap.
3. Rub hands together at least for 20 seconds.
4. Rinse hands thoroughly under running water.
5. Dry hands.
6. Use Sanitizer

PPE: Personal Protective Equipment

It is most important that people working in the kitchen should wear suitable clothing and footwear. Suitable clothing must be:

- Protective
- Washable
- Light in weight
- Strong
- Absorbent



1. **Chef hat:** This is tall in shape and white in color. It can be made from disposable paper, starched linen or light reinforced materials. It is worn to prevent the hair from falling on to the food.
2. **Chef coat:** This is usually white, double-breasted, and may have removable plastic buttons.
3. **Neckerchief:** This is usually white, red or green and is worn around the neck to prevent sweating in the heat of the kitchen.
4. **Apron:** This is thick white linen with removable tapes. It is worn to knee length to protect fire and oil coming in contact with the worker.
5. **Trousers:** These are made of light cotton materials, in black and white checks.
6. **Shoes:** Suitable foot wear is as important as any other parts of the uniforms. Safety shoes are recommended. Shoes are worn to prevent slipping and protect feet from stab wounds should knives be dropped.



Self-Check Quiz – 1.1.1

Check your understanding by answering the following questions.
Write the correct answer for the following questions.

Question 1: Describe about food safety and its importance?

Question 2: What are the principles of Hazard?

Question 3: What does it mean cross contamination?

Question 4: How many types of Hazards? Explain them?

Question 5: What does it mean PPE? Write five PPE for the kitchen?

Question 6: Define Cross contamination?

Question 7: What is the source of E-coli?

- a. Human Nose
- b. Milk and Eggs
- c. Human and Animals Intestine
- d. Oil and Vegetables and Fish

Question 8: what are the sources of Staphylococcus Aurous?

- a. Human Nose, Throat and Wounds
- b. Milk and Eggs
- c. Human and Animals Intestine
- d. Wild Animal And Mammals

Question 9: Write down some examples of physical hazard.

Question 10: Write down some examples of ergonomic hazard.



Answer Key – 1.1.1

Answer 1:

Food safety refers to routines in the preparation, handling and storage of food meant to prevent food borne illness and injury.

Food safety is important because it helps to protect us from the risk of food borne illnesses. It also helps to prevent consumers from risks of health –related conditions such as allergy and even death.

Answer 2:

There are 7 principles of HACCP such as:

- Conduct a hazard analysis
- Identify critical control points (CCP)
- Establish critical limits for each CCP
- Establish CCP monitoring requirements
- Establish corrective actions
- Establish record keeping procedures
- Establish procedures for ensuring HACCP system is working asintended

Answer 3:

Cross contamination is the transfer of bacteria from contaminated foods (usually raw) to ready to eat foods by either direct or indirect contact.

Answer 4:

There are four different types of food safety hazard, which are:

- a. Biological.
- b. Chemical.
- c. Physical.
- d. Allergenic.

Biological - Pathogenic bacteria, spoilage bacteria, viruses.

Chemical - Pesticides, fertilizers, cleaning chemicals.

Physical - soil or dirt on vegetables, hair, fingernails, plasters, buttons from food handlers, packaging, string, paint fragments, screws from buildings and equipment, pests, flies, ants.

Allergenic - Nuts, dairy, flour, shellfish, etc.

Answer 5: Personal Protective Equipment's.

Chef coat, apron, chef hat, neckerchief, trouser, shoes

Answer 6: Cross contamination is the transfer of bacteria from contaminated foods (usually raw) to ready to eat foods by either direct or indirect contact.

Answer 7: C

Answer 8: A

Answer 9: Slips, Trips, fall, Noise, finger cut, Heat, Cold, and Fire

Answer 10: Repetitive movements, Vibration, Temperature extremes, awkward postures



Learning Outcome 1.2 - Interpret Food and Beverage Storage Procedure.



CONTENTS:

- Food and beverage storage conditions
- Environmental conditions
- Temperatures control
- Frozen items



ASSESSMENT CRITERIA:

- 1 Food and beverage storage conditions are selected.
- 2 Food and beverage are stored.
- 3 Storage food and beverage are controlled temperatures and frozen items are ensured.



RESOURCES REQUIRED:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper
- Pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning Activity – 1.2.1

Learning Activities	Resources / Special instructions / References
Interpret food and beverage storage procedure.	<ul style="list-style-type: none"> • Information Sheets: 1.2.1 • Self-Checks Quiz: 1.2.1 • Answer keys: 1.2.1



Information Sheet – 1.2.1

Learning Objectives: To interpret food and beverage storage procedure.

Many Foods come into a hospitality business to provide a service to customers. These are all called supplies. These supplies cost the business money and must be treated properly so that they are not damaged, spoiled or lost. There are four types of supplies, which must be handled differently.

Food and beverage Types

There are four types of supplies, which must be handled differently.

They are:

- Frozen foods
- Perishable and semi-perishable foods
- Non-perishable foods
- Non-food supplies.



Food and beverage Storage

a. Frozen foods

Some foods arrive frozen, for example:

- Chicken, meat, fish and seafood.
- Ice-cream and deserts.
- Fruit and vegetables.

Storage temperature: Frozen food must be kept between -18°C and -24°C so it stays frozen until ready to use. If frozen food starts to thaw, germs can grow in it and make the food unsafe to eat. It must be moved from a refrigerated truck directly into a freezer.

b. Perishable foods

Perishable food can go bad quickly if left at room temperature. Perishable food includes:

- Fresh fruit and vegetables.
- Fresh meat and fish.
- Dairy products e.g. Milk, yoghurt and cream.
- Freshly cooked food.

Storage temperature: Perishable food should be stored in the refrigerator between 0°C and 5°C .

Semi-perishable foods

Semi-perishable food can go bad within a few days **at room temperature**. These foods should be stored in a cool room at a low temperature and can usually last for a week or longer, depending on the type of food. Semi-perishable food includes:

- Eggs.
- Cheese.
- Unsliced small foods e.g. Salami.
- Fresh Fruits and vegetables.
- Nuts.
- Butter.
- Cooking oil.

c. Non-perishable foods

Non-perishable food does not go bad quickly, even if kept **at room temperature**. These foods are also called dry Foods. They include things like

- Flour.

- Sugar.
- Uncooked rice
- Dried beans
- Uncooked pasta
- Bottled and canned juice
- Dried food
- Soft drinks
- Water

d. Non-food supplies

A lot of non-food supplies are also used in hospitality workplaces. Most non supplies can be stored in a dry storage area, stored separately to food. They should be on shelves and labeled appropriately. Cleaning materials and other chemicals must be stored in a separate place away from food.

Stock rotation or FIFO:

First In, First Out (FIFO) is a system for storing and rotating food. This method helps to keep food storage organized and use food before it goes bad. The following systems should also be used to aid stock rotation:

- Day dots
- Date system
- Labeling.



LIFO: Last in, first out (LIFO) is a method used to account for inventory that records the most recently produced items as sold first.

Time and temperature

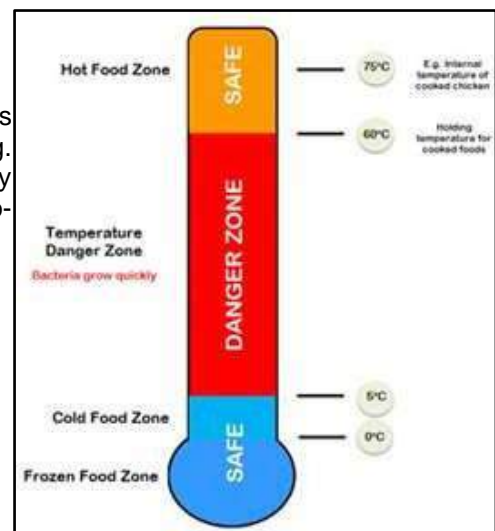
Time and temperature are the keys to controlling the conditions bacteria require to multiply to levels that cause food poisoning. The temperature danger zone is between 5°C to 60°C. Every possible step must be taken to destroy pathogenic micro-organisms before food is eaten.

Key terms

- Core temperature
- Danger zone
- Hot holding
- Cold holding
- Re-heating.

Keep food at safe temperature

- Do not leave cooked food at room temperature for more than 2 hours.
- Refrigerate promptly all cooked and perishable food (preferably below 5°C).
- Keep cooked food piping hot (above 60°C prior to serving).
- Do not store food too long even in the refrigerator.
- Do not thaw frozen food at room temperature. (Frozen > Chiller > Room Temperature)



NOTE: Use this sheet to note key points:

Temperatures		Requirements for bacterial growth	
Fridge (best practice)	0 - 5°C	1. Food 2. Warmth 3. Time 4. Temperature	
Freezer	-18°C		
Hot holding	63°C or above		
Cold holding	5°C or lower		
Core	75°C	Types of contamination	Types of bacterial contamination
Danger zone	5 - 60°C	Physical Chemical Biological Allergens	Pathogenic Spoilage
What is the HACCP system used for?			
Food safety management			



Self-Check Quiz – 1.2.1

Check your understanding by answering the following questions.

Write the correct answer for the following questions.

Question 1: What are the 4 types of food storage and how are they used?

Question 2: What is FIFO & LIFO in Stock Rotation and its condition?

Question 3: What is temperature danger zone?

Question 4: What is hot holding temperature for cooked food?

Question 5: How many hours can you leave cooked food outside?

Question 6: what is the HACCP system used for?

Question 7: What is hot holding temperature?

- a. -18 °C
- b. 63 °C or above
- c. 75 °C
- d. -5 °C

Question 8: What is fridge temperature?

- a. 0-5 °C
- b. 60-63 °C or above
- c. 75 °C
- d. 5-63 °C



Answer Key – 1.2.1

Answer 1.

There are 4 types of food storage options:

- a. Dry goods store: Long- and short-term storage of canned and bottled foods such as grains, spices, tea, and coffee
- b. Refrigerators and cold stores: High risk and perishable foods for short periods such as fruits, vegetables
- c. Chiller cabinets: For displaying food for very short periods such as dairy products, cheese, Ice-cream and deserts.
- d. Freezers: For longer term storage of frozen items. for example Chicken, meat, fish and seafood.

Answer 2.

First In, First Out (FIFO) is a system for storing and rotating food. This method helps to keep food storage organized and use food before it goes bad.

The following systems should also be used to aid stock rotation:

- Day dots
- Date system
- Labeling.

Last in, first out (LIFO) is a method used to account for inventory that records the most recently produced items as sold first.

Answer 3. 5⁰ C-63⁰ C

Answer 4. Keeps cooked food piping hot (above 63°C prior to serving).

Answer 5. 2 hours

Answer 6: food safety management

Answer 7: B

Answer 8: A



Learning Outcome 1.3 - Maintain a Clean Environment



CONTENTS:

- Cleaning procedures of Equipment, surface and utensils
- Chemical and cleaning agents
- Use and store of chemicals and cleaning agents
- Use of Containers
- Dispose and report
- Disposing and reporting procedures
- Food handling areas
- Maintain and avoid animals and pests



ASSESSMENT CRITERIA:

1. Equipment, surface and utensils is cleaned and sanitized
2. Chemicals and cleaning agents are used and stored as per workplace standard.
3. Appropriate containers are used
4. Chipped and broken items are disposed and reported
5. Food handling areas are maintained by avoiding animals and pests



RESOURCES REQUIRED:

Students/trainees must be provided with the following resources:

Workplace (simulated or actual)

- PPE, Tools and equipment
- Paper, Pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning Activity – 1.3.1

Learning Activities	Resources / Special instructions / References
Maintain a clean environment	<ul style="list-style-type: none"> • Information sheets: 1.3.1 • Self-Check Quiz: 1.3.1 • Answer keys: 1.3.1



Learning Objectives: To maintain and clean environment

Cleaning and sanitizing the Equipment and Utensils

Cleaning is keys to maintaining hygiene standards in food preparation and service areas.

Cleaning:

Cleaning is the process of removing visible dirt, dust and other soils from surfaces in the kitchen. Surfaces can be counters, cutting boards, dishes, knives, utensils, pots and pans.

Cleaning agents:

Some of the cleaning agents include -

- Detergents,
- Liquid Soap,
- Bleach,



Sanitizing: Sanitizing reduces the amount of bacteria on a surface, but does not kill or destroy bacteria.

Sanitizing agents: Some of the sanitizing agents includes.

- Chlorine
- Hydrogen peroxide
- Peroxyacetic acid
- Anionic acids
- Iodophores
- Vinegar, or lemon juice
- Baking soda etc.

5 Steps of Cleaning and Sanitizing Utensils and Equipment's

When cleaning & sanitizing utensils or dishes, you may have a 2-compartment or 3 compartment sink. Please follow these instructions to properly clean and sanitize.

There are 5 steps involved in cleaning and sanitizing whether it is done manually or by a machine.

Step 1: Scrape and rinse the surface to remove gross soil (food, debris, etc.). Pre-soak, if necessary.

Step 2: Wash items with the proper cleaner. Use hot water (at least 110°F) and detergent to remove and suspend soils. Use a brush or clean cloth to remove remaining soil. Change the detergent solution when the suds are gone or the water is dirty.

Step 3: Rinse items using hot water (at least 110°F) to remove excess cleaner and all traces of soil. If dipping the items, change the rinse water when it becomes dirty or full of suds.

Step 4: Sanitize the clean items using either heat or chemicals at the proper concentration.

Step 5: Air dry upside down (to drain) away from possible sources of contamination. Using towels to dry articles may re-contaminate them.



Cleaning and Sanitizing of Work Surface Area:

Cleaning practices are the methods used to maintain standards of cleanliness and hygiene. Here are such areas that must be cleaned properly to ensure the best kitchen hygiene.

1. Kitchen Walls:



- Mix equal quantity vinegar and baking soda in a bucket of warm water.
- Wear protective gloves to avoid direct contact.
- Soak a sponge in the cleaning solution and wipe your kitchen walls with it in a circular motion.
- Rinse the walls with plain water and wipe them dry with a towel.

2. Floors:



- Combine 1/2 cup water, 1/2 cup dishwashing detergent, 1-2/3 cups baking soda, and 2 tablespoons distilled white vinegar.
- Stir the mixture until everything is dissolved.
- Pour it into a spray bottle. Wash flooring in small sections by spraying on, mopping off, then rinsing thoroughly with warm water.

3. Drainage System:



- Scrub and rinse. Give your sink a good scrub with a soap-dispensing brush.
- Clean the nooks and crannies. Don't forget to clean those hard-to-reach spaces that harbor germ grime.
- Disinfect it.
- Clean your tools, too.
- Keep it tidy.

4. Shelves:



- First wash with warm, soapy water, then rinse with clear water.
- Apply the bleach solution liberally with a clean rag, and rub it over the shelves and interior walls.
- Soak and wring out the rag frequently to ensure full disinfectant coverage.

5. Working Table:

- Clean the working table with an appropriate cleaner.
- After cleaning, thoroughly rinse the table with clean water.
- Apply a sanitizing. Such as quat-based, chlorine-based and alcohol-based.
- Allow the sanitizer to remain wet on the surface. Most sanitizers are fine to just let air dry and not rinse afterwards.



6. Kitchen Hood:



- Remove the filters from the hood.
- Carefully take out the filter from the range hood.
- Fill a sink with boiling water, baking soda and dish soap.
- Submerge greasy filters in water.
- Scrub the filters.
- Place into dishwasher on a hot cycle.
- Allow to dry.

7. Lights and ceilings:



- Combine 1 cup warm water, 4 drops liquid dish detergent and 2 tablespoons white vinegar in a spray bottle.
- Lightly spray the area then go over it with a damp paint roller or microfiber mop.
- Cover the roller with a clean white cloth dipped in water and dab the area again to remove soapy residue.

8. Ovens, stoves, cooking equipment



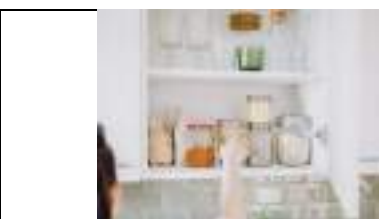
- Wash thoroughly with hot soapy water. Scour any unpolished surfaces, such as the insides of pans, with soapy steel wool pads.
- However, do not scour plated aluminium surfaces because it might remove the finish.
- Sanitize in a bleach solution (1 tablespoon unscented chlorine bleach per gallon of warm, not hot, water).

9. Kitchen sink and appliance



- Scrub and rinse. Give your sink a good scrub with a soap-dispensing brush.
- Clean the nooks and crannies.
- Don't forget to clean those hard-to-reach spaces that harbor germ grime.
- Disinfect it.
- Clean your tools, too.
- Keep it tidy.

10. Store rooms and cupboards/ cabinet



- Wipe down the inside of cupboards and drawers with warm, soapy water or white vinegar diluted with warm water – about one part vinegar to two parts warm water.
- Rinse and dry.

When to Wash, Rinse, and Sanitize:

Food contact surfaces such as sinks, tables, serving counters, utensils, thermometers, carts, racks and stationary equipment all should be cleaned and sanitized regularly including:

- Before and after each use
- Anytime you begin working with another type of food
- Anytime you are interrupted during a task and the tools or
- items you have been working with may have been
- contaminated
- At four-hour intervals if items are in constant use



Usage of chemicals and cleaning agents safely

Following a chemical safety program is one of the most important steps to ensure the proper handling and storage of cleaning chemicals. Here's a few things your chemical safety program should include:

- Documentation on the potential hazards associated with each chemical, as well as a Safety Data Sheet (SDS) for each cleaning product.
- Clearly-labeled cleaning products.
- Properly trained employees with access to training resources as needed.
- Safety signage conveniently placed around your facility.

Storage of Cleaning Chemicals

Choosing the safest location for each chemical should also be part of your chemical safety program. Some specifications of your storage space should include:

- Store in a clean, cool, dry space. Some cleaning chemicals can have hazardous reactions when they experience extreme temperature fluctuations or high levels of humidity.
- Store in well-ventilated areas. This helps prevent any fumes from spreading to other areas of the facility.
- Store no higher than eye level, and never on the top shelf of a storage area.
- Do not overcrowd shelves and include anti-roll lips to avoid falling containers.
- Never store cleaning chemicals on the floor, even temporarily.



Appropriate Container Uses for cleaning chemicals:

We know that glass can be safely used for hot liquids and hot foods. Potentially harmful chemicals aren't leaching into our meals when heated in a glass food storage container — or anytime, for that matter.

- Use appropriate resistant secondary containers for corrosive materials. This protects the cabinets and will catch any leaks or spills due to breakage.
- Seal containers tightly to prevent the escape of vapors.
- Glass is cleaner than plastic. The nonporous surface of glass doesn't absorb food and germs (and smells).
- Glass can be safely washed at high temperatures in your dishwasher.
- You can use and reuse your glass containers again and again, which ends up saving you money.
- Glass lets you see what leftovers are contained inside, unlike ceramic or stainless steel containers.



Dispose chipped and broken items

You should not dispose the items until you have reported the damage to your supervisors. Never handle broken service with your bare hands. You may cut yourself or get small chips embedded in your fingers. It's also very easy to miss small pieces or fragments which could then become attached to garnishes, chopping boards, other service ware, or utensils – eventually contaminating a customer's food.

- Always use a dust pan and brush or a vacuum cleaner.
- Sweep the entire area to make sure you pick up widely scattered pieces. For a small quantity, wrap in paper marked 'broken glass/crockery'.
- Place it in the general rubbish bin.

Never put chipped and broken items like chinaware, glassware and earth ware straight into a plastic lined rubbish bin. The shards can cut whoever empties it.



Pest infestation of Food Handling Areas:

A number of insects feed on spilled food and debris that work their way into cracks behind kitchen appliances or under sinks and cabinets. The most common pests are ants, cockroaches, silverfish, and carpet beetles.

Signs of pest infestation

- Droppings.
- Smell.
- Smear Marks.
- Pupae Cases.
- Larvae.
- Damage/Gnawed.
- Food Spillages.

Methods of pest control

Most food pests enter food areas to search out food, warmth and shelter:

- Check pests do not arrive in deliveries.
- Use fly screens at window and doors.
- Keep doors and windows closed.
- Carry out regular checks to find possible entry routes.
- Keep tightly fitting lids on bins at all times.
- Install kick plates / bristle strips to prevent entry.
- Clean as you go, following cleaning schedule.
- Use a pest control contractor to install bait boxes.
- Keep external waste areas clean and tidy.



Self-Check Quiz – 1.3.1

Check your understanding by answering the following questions.
Write the correct answer for the following questions.

Question 1: What are the definition of cleaning and sanitizing?

Question 2: How many steps of washing hands?

Question 3: When should you wash your hands?

Question 4: What regulations should be followed for PPE?

Question 5: What are the signs of Pest Infestation?



Answer Key – 1.3.1

Answer 1. Cleaning:

The process of removing food and other types of soil and dirt from a surface such as a countertop or plate. Some of the cleaning agents includes detergents, liquid soap, bleach etc.

Sanitizing: The process of reducing the number of microorganism on a surface to safe levels. Some of the sanitizing agents includes Chlorine, Hydrogen Peroxide, Iodophores etc.

Answer 2.

There are six steps of washing hands such as:

- Wash your hand with running water.
- Apply Soap.
- Rub hands together at least for 20 seconds.
- Rinse hands thoroughly under running water.
- Dry hands.
- Use Sanitizer

Answer 3. Hands should be washed.

- Immediately after using the toilet
- After sneezing or blowing your nose
- After handling dirty equipment
- After using cleaning materials
- Before coming on duty
- After your break
- After smoking
- After handling raw food

Answer 4. Suitable Personal Protective Equipment PPE must be:

- Protective
- Washable
- Light in weight
- Strong
- Absorbent

Answer 5. Signs of pest infestation are as followed:

- Droppings.
- Smell.
- Smear Marks.
- Pupae Cases.
- Larvae.
- Damage/Gnawed.
- Food Spillages.



Assessment Plan

Module-1	Written test	Performance test	Observation	Oral test	Portfolio	Third party report	Discussion	Project	Weekly/Final report	Remarks
LO-1	√		√	√			√			
LO-2	√		√	√			√			
LO-3	√		√	√			√			



Review Of Competency Final Checklist

For the performance criteria of the module **Apply Food Safety Procedure** is given below:

Performance Criteria	Yes	No
1. Relevant documents are identified and used according to organizational requirements.	<input type="checkbox"/>	<input type="checkbox"/>
2. Food safety policies and procedures are followed.	<input type="checkbox"/>	<input type="checkbox"/>
3. All food hazards and critical control points are identified.	<input type="checkbox"/>	<input type="checkbox"/>
4. Food safety monitoring process is interpreted and followed.	<input type="checkbox"/>	<input type="checkbox"/>
5. Food and beverage storage conditions are selected as per specific food and beverage type.	<input type="checkbox"/>	<input type="checkbox"/>
6. Food and beverage are stored as per environmental conditions	<input type="checkbox"/>	<input type="checkbox"/>
7. Storage food and beverage are controlled temperatures and frozen items is ensured remain during storage.	<input type="checkbox"/>	<input type="checkbox"/>
8. Equipment, surface and utensils is cleaned and sanitized as per workplace standard procedure	<input type="checkbox"/>	<input type="checkbox"/>
9. Appropriate containers are used.	<input type="checkbox"/>	<input type="checkbox"/>
10. Chipped and broken items are disposed and reported.	<input type="checkbox"/>	<input type="checkbox"/>
11. Food handling areas are maintained by avoiding animals and pests as per workplace procedures.	<input type="checkbox"/>	<input type="checkbox"/>

Now, I feel ready to undertake my formal competency assessment.

Signed:

Date:

Module 2: Organize and Prepare for Cooking



Module 2: Organize and Prepare for Cooking



Module Content

Module Descriptor: This unit covers the knowledge, skills and attitudes required to organize and prepare for cooking. It specifically includes - cleaning and sanitizing tools, equipment & kitchen premises, receiving & storing goods, preparing tools, utensils, equipment & ingredients and disposing waste materials & restoring tools equipment.

Nominal Duration: 30 Hours



Learning Outcomes:

After completing this module, trainee/student must be able to:

- 2.1 Clean and sanitize tools, equipment & kitchen premises.
- 2.2 Receive and store goods
- 2.3 Prepare tools, equipment, utensils and ingredients
- 2.4 Dispose waste materials and restore tools and equipment



PERFORMANCE CRITERIA

1. Personal protective equipment (PPE) is worn as per workplace requirements.
2. Cleaning schedules are followed based on workplace procedure.
3. Chemicals are selected and used for safe cleaning and sanitizing kitchen equipment.
4. Working surface is cleaned and sanitized without causing damage to health or property.
5. Tools, equipment and utensils are recognized.
6. Tools, equipment and utensils are cleaned, sanitized and sterilized as per workplace standard.
7. Equipment is assembled and disassembled in a safe manner.
8. Incoming goods are checked and received.
9. Items are inspected for quality, quantity, date and temperature.
10. Temperature of perishable goods is recorded.
11. Stock levels are recorded.
12. Goods are labeled and stored.
13. Tools, equipment and utensils are selected as per job requirement.
14. Ingredients are identified as per job requirement.
15. Ingredients are selected and prepared as per standard recipes.
16. Mise-en place is performed for vegetables, fish, poultry and meat.
17. Wastes are sorted and disposed as per sanitary regulations, company practices and standard procedures
18. Cleaning chemicals are disposed safely as per standard.
19. Chemicals and equipment are stored safely and correctly in the correct position and designated area.



Learning Outcome 2.1 - Clean and Sanitize Tools, Equipment & Kitchen Premises.



Contents:

- Personal protective equipment (PPE)
- Cleaning schedules
- Chemicals for safe cleaning and sanitizing
- Working surface
- Damage of health and property
- Tools, equipment and utensils
- Assemble and disassemble of equipment



Assessment Criteria:

1. Personal protective equipment (PPE) is worn as per workplace requirements.
2. Cleaning schedules are followed based on workplace procedure.
3. Chemicals are selected and used for safe cleaning and sanitizing kitchen equipment.
4. Working surface is cleaned and sanitized without causing damage to health or property.
5. Tools, equipment and utensils are recognized.
6. Tools, equipment and utensils are cleaned, sanitized and sterilized as per workplace standard.
7. Equipment is assembled and disassembled in a safe manner.



Resources Required:

Students/trainees must be provided with the following resources: Workplace

- PPE, Tools and equipment
- Paper
- Pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning Activities – 2.1.1

Learning Activities	Resources/Special instructions/References
Clean and sanitize tools, equipment & kitchen premises.	<ul style="list-style-type: none"> • Information sheet: 2.1.1 • Self-Check quiz: 2.1.1 • Answer key: 2.1.1



Learning Objectives: To Clean and sanitize tools, equipment & kitchen premises.

1.1 Personal Protective Equipment (PPE)

To know about PPE- **Follow module 1 (Apply Food Safety Procedure) information sheet 1**

1.2 Kitchen Cleaning Schedule:

Here is a breakdown of tasks that will help keep your kitchen sparkling every day, week, month, and year.

Daily Kitchen Cleaning

- Empty the dishwasher and dish drainer, as necessary.
- Wash dirty dishes as they happen.
- Wipe spills from counters, floors, and appliances.
- Clean counters.
- Sweep floor.
- Run the dishwasher, as necessary.
- Wash out the sink.
- Set out a clean rag for the next day.

Weekly Kitchen Cleaning

- Sort through leftover items in the fridge
- Clean outside of appliances.
- Clean inside the microwave.
- Thoroughly disinfect the sink and clean faucets.
- Sanitize sponges.
- Mop floors.
- Replace dish towels with clean ones

Monthly Kitchen Cleaning

- Inventory pantry items to see what's outdated and what needs to be restocked.
- Take inventory of freezer items that need to be tossed, eaten soon, or restocked.
- Clean out the refrigerator and wipe down shelves and drawers.
- Clean inside of the dishwasher if necessary.
- Clean the dish drainer drip pan.
- Spot-clean tile grout.

Quarterly (or Seasonal) Kitchen Season

- Clean refrigerator coils (unplug your fridge first).
- Clean under the refrigerator.
- Clean the oven and exhaust hoods.
- Sort through and organize cooking tools, like utensils and pans; de clutter duplicates and anything you haven't used.
- Take inventory of spices and supplements; toss ones that are too old, and take note of what needs replenishing.



1.3 Safe Cleaning and Sanitizing Chemicals:

To know about cleaning and sanitizing chemicals - [follow module 1 \(Apply Food Safety Procedure\) information sheet 1](#)








1.4 Cleaning and Sanitizing of work surface area:

To know about cleaning and sanitizing work surface area - [follow module 1 \(Apply Food Safety Procedure\) information sheet 1](#)







1.5 Kitchen Tools/Utensils & Equipment's

Tools/Utensils


Name	Images	Uses
1. Spatula		A spatula is a hand-held tool that is used for lifting, flipping, or spreading.
2. Wire whisk		A whisk is a cooking utensil which can be used to blend ingredients smooth or to incorporate air into a mixture, in a process known as whisking or whipping.
3. Knife sharpeners		Knife Sharpening are primarily used by Chefs before and after they use their knives.
4. Knife sharpening stone		Knife sharpening stone smooth's out the rough edge on a blade after you sharpen a knife. It also helps revive that edge after you've been cutting, slicing or chopping for a while.
5. Grater		A grater, also known as a shredder, is a kitchen utensil used to grate foods into fine pieces.

6. Skimmer		<p>The skimmer is used to skim off the foam that forms on the surface of cooking liquid. It can also be used to drain foods that are prepared in liquid.</p>
7. Strainers		<p>Also known as colander a kitchen utensil used to strain foods such as pasta or to rinse vegetables.</p>
8. Spoons		<p>A kitchen spoon is used for several purposes, such as stirring, serving and transferring food.</p>
9. Roasting Fork		<p>A roasting fork allows the cook to easily reach into ovens or pots and quickly move or turn roasts, meat loaves, turkeys and other foods that are in the process of baking or broiling.</p>
10. Chef Knives		<p>A Chef knife is used to chop and dice vegetables, fruit, and herbs. As well as cutting a variety of other ingredients like meat, poultry, and fish.</p>
11. Peeler		<p>A peeler is a kitchen tool, consisting of a metal blade with a slot with a sharp edge attached to a handle, used to remove the outer layer (the "skin" or "peel") of some vegetables</p>
12. Scoop		<p>A scoop is used to measure a portion e.g. cookie dough, to make melon balls, and often to serve ice cream</p>

13. Meat Hammer		A meat tenderizer, or meat hammer is a hand-powered tool used to tenderize slabs of meat in the preparation for cooking.
14. Can Opener		A kitchen utensil that is used to open or remove the top from a metal can.
15. Chopping Board		The kitchen cutting board is commonly used in preparing food
16. Weighing Scale		A kitchen device used to measure the weight of ingredients and other food.
17. Ladle		Ladles are used to dish soups of all kinds from the pot to the soup bowl also serves small portions of sauce or to top pasta with various sauces and gravies.
18. Measuring cups and spoons		Measuring cups and spoons are used to establish exact measurements for ingredients, achieving the perfect balance in any recipe.
19. Cooking pot		A cooking pot is used for all types of food preparation, such as boiling, frying, sautéing, baking, broiling, and roasting of foods.
20. Stock Pot		A large, deep stock pot that is most often used to make stock, soup, stew, chili, and to boil noodles, pasta, corn, vegetables, and seafood.

21. Braising Pan		Braising pans can serve as a kettle for cooking soups, stews, chili, rice, pasta and sauces. As a braiser, these units quickly brown food and simmer food products.
22. Roasting Pan		A large size of whole birds and large cuts of meat use of a roasting rack allows for even heating when opting to roast rather than braise, and the high walls allow to cook, baste, and braise veggies and starches while your meat cooks.
23. Sauté Pan		A sauté pan is ideal for stirring ingredients while its construction ensures superior heat retention when cooking.
24. Wok		A wok is most commonly used for stir-frying, but because of its unique design, it has several other potential uses as well.
25. Fry pan		A Fry Pan is primarily used for stirring and frying foods together, quick-cooking, and crisp frying.
26. Chafing Dish		It is used for cooking at table, notably in Gueridon service, or as a food warmer for keeping dishes at a buffet warm.

Equipment:

Name	Images	Uses
27. Blender		Blenders are used to grind semi-solid ingredients, such as fresh fruits and vegetables, into smooth purées.

28. Grinder		Grinders are used to make pastes from spices, grains and lentils,
29. Meat mincer		A meat grinder is a kitchen appliance for fine chopping ('mincing') and/or mixing of raw or cooked meat, fish, or similar food.
30. Meat slicer		Meat slicer is a tool used in butcher shops and delicatessens to slice meats, sausages, cheeses and other deli products.
31. Potato peeler		This is used to remove the outer layer (the "skin" or "peel") of some vegetables such as potatoes, broccoli stalks, and carrots, and fruits such as apples and pears..
32. Air fryer		The air fryer is especially suited for cooking foods that you want extra crispy or crunchy, such as French fries, fried chicken and baked potatoes with crispy skins.
33. Cooking Ranges		A range top uses for cooking, stir frying, grilling, sautéing, searing, boiling, broiling, etc., they use the base for baking, roasting, warming or storage.
34. Micro oven		A micro oven is used for reheating food, cooking, disinfect kitchen items, making citrus fruits juicier, heating beauty products, roasting garlic, de-crystallizing honey, proofing yeast.

35. Combi Oven		A combi oven is a three-in-one oven which allows you to cook with steam, hot air (convection) or a combination of both.
36. Salamander		Salamanders are kitchen devices used for broiling, browning, caramelizing, glazing, grilling and toasting
37. Steamer		Steamers are used primarily to cook vegetables, seafood, and other foods where moisture retention is essential to visual appearance and taste.
38. Ice machine		An ice maker is a kitchen appliance dedicated to making a large amount of ice in the comfort for your workplace.
39. Ice cream machine		An ice cream maker is a machine used to make small quantities of ice cream for consumption.
40. Refrigerator/ chiller		The fundamental reason for having a refrigerator is to keep food cold. Cold temperatures help food stay fresh longer.
41. Freezer		The main use of a freezer is to store food at a cool temperature and preserve its taste, texture, and freshness.

42. Food Processor		A food processor is a versatile kitchen appliance that can quickly and easily chop, slice, shred, grind, and puree almost any food.
43. Food Warmer		A food warmer is typically a table-top device used to maintain the serving temperature of prepared food.
44. Deep fryer		Deep fryers let you cook foods in deep oils or fats heated to high temperatures. They make crispy chicken fingers, fish, French fries and other foods quickly and easily.

1.6 Clean, sanitize and sterilize Tools, equipment and utensils

To know about cleaning and sanitizing tools, equipment's and utensils - **Follow module 1 (Apply Food Safety Procedure) information sheet 1**

1.7 Assembling and disassembling equipment's safely

As an example here we will assemble and disassemble an electric mixer machine below-

Assembling:



Place the bowl onto the stand and make sure it is firmly in place.



Check the speed setting is turned to zero (0) before you start.



Put in the attachment you need. This attachment is the balloon whisk, used for beating things like cream, batter or eggs.

Disassembling:

- Use a basin of warm water and detergent.
- Wipe down the base and motor area. Don't put in water.
- The attachments can be washed in dishwasher.



How to Disposal of other tools, utensils and equipment:

- I. Clean and sanitize the food preparation area frequently using 1-tablespoon chlorine. Bleach in 1-gallon warm water (75 degrees F).
- II. Counter tops and equipment's such as Cutting boards, sinks, scrubber and brushes.
- III. Use plastic cutting Boards, not wood.
- IV. Make sure your tools, utensils and equipment is cleaned, dried and not contaminated before storing them in the cupboards.
- V. Use paper towels that are cleaned, sanitized before storing them into the designated area.
- VI. Harmful bacteria can multiply quickly in kitchen towels, sponges and cloths. Change gloves, utensils and dishes when changing functions, e.g., from handling or preparing raw or fresh foods to serving fresh or cooked foods.
- VII. Serve grilled food on a clean plate, too, not one that held raw meat, poultry or fish.
- VIII. Keep both short and long hair under control. Wear a cap or a hair-net or tie your hair back.
- IX. Have one person serve.
- X. Do not serve or store food in hazardous material containers, e.g., soft drinks in beakers.

How to Disposal of food items:

- I. If the food is potentially hazardous, how long was it out of its safe temperature range, including preparation and delivery time? Throw away potentially hazardous food.
- II. Never taste food that looks or smells strange to check if you can still use it. Just discard it.
- III. Refrigerate and freeze perishable leftovers promptly in small, shallow containers for quick cooling. Cool air must circulate to keep food safe.
- IV. Do not mix unused and uncooked foods with leftover foods.
- V. Do not store any food in laboratory refrigerators or freezers.
- VI. Immediately after the event, seal all food garbage in plastic garbage bags. Dispose of the bags in a dumpster.
- VII. Do not let garbage bags sit out--put them in a dumpster. Depending on the time of day, University custodial services may not empty trash for 24 hours or more. Garbage becomes odorous, attracts bugs and germs and promotes bacterial growth.
- VIII. Keep unused condiments, marinades and sauces separate from leftover condiments, marinades and sauces.



Self-Check Quiz – 2.1.1

Question 1: Which one should be fallen in the DAILY kitchen cleaning schedule?

- a. Clean outside of appliances.
- b. Clean inside the microwave.
- c. Clean out the refrigerator and wipe down shelves and drawers.
- d. Sweep floor.

Question 2: Which one should not be fallen in the MONTHLY kitchen cleaning schedule?

- a. Clean outside of appliances.
- b. Spot-clean tile grout.
- c. Clean the dish drainer drip pan.
- d. Clean out the refrigerator and wipe down shelves and drawers.

Question 3: Which one should be fallen in the MONTHLY kitchen cleaning schedule?

- a. Run the dishwasher, as necessary.
- b. Wash out the sink.
- c. Set out a clean rag for the next day
- d. Spot-clean tile grout.

Question 4: Which one should be fallen in the QUARTARLY kitchen cleaning schedule?

- a. Run the dishwasher, as necessary.
- b. Clean under the refrigerator.
- c. Clean inside the microwave.
- d. Clean the dish drainer drip pan.

Question 5: Which one should be fallen in the WEEKLY kitchen cleaning schedule?

- a. Run the dishwasher, as necessary.
- b. Sort through leftover items in the fridge
- c. Wash out the sink.
- d. Set out a clean rag for the next day.
- d. Clean the dish drainer drip pan.

Question 6 Write five ways on how to disposal of tools utensils and equipment's?



Answer Key – 2.1.1

Answer 1: D

Answer 2: A

Answer 3: D

Answer 4: B

Answer 5: B

Answer 6:

- I. Clean and sanitize the food preparation area frequently using 1 tablespoon chlorine. Bleach in 1 gallon warm water (75 degrees F).
- II. Counter tops and equipment's such as Cutting boards, sinks, scrubber and brushes.
- III. Use plastic cutting Boards, not wood.
- IV. Make sure your tools, utensils and equipment is cleaned, dried and not contaminated before storing them in the cupboards.
- V. Use paper towels that are cleaned, sanitized before storing them into the designated area.



Learning Outcome 2.2 - Receive and store goods



Contents:

- Incoming goods
- Checking and receiving procedures
- Quality, Quantity, Date and Temperature
- Inspection of quality, quantity, date and temperature
- Perishable goods
- Temperature of perishable goods
- Stock level
- Goods are labeled and store



Assessment Criteria:

- 2.1 Incoming goods are checked and received.
- 2.2 Items are inspected for quality, quantity, date and temperature.
- 2.3 Temperature of perishable goods is recorded.
- 2.4 Stock levels are recorded.
- 2.5 Goods are labeled and stored.



Resources Required:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Pen and Paper
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning Activity – 2.2.1

Learning Activities	Resources/Special instructions/References
Receive and store goods	<ul style="list-style-type: none"> • Information sheets: 2.2.1 • Self-Check Quiz: 2.2.1 • Answer keys: 2.2.1



Learning Objectives: To interpret the procedures for receiving and storing goods.

Incoming Goods:

Receiving goods is an important task in a hospitality workplace. You have to check that the right Foods have been sent and that they are in Food condition. Once the Foods have been accepted, they have to be paid for. Every workplace will have its own procedure for receiving Foods.



The basic stages are:

- ✓ Prepare for receiving the Foods.
- ✓ Check documentation:
- ✓ Do temperature checks.
- ✓ Check quality of Foods.
- ✓ Sign off on delivery.

Prepare for receiving the Goods:

Most of the time Foods arrive at an arranged time, so everything will go more quickly and smoothly if you plan ahead and have everything you need ready. If you rush or are not careful when you receive Foods, you might make mistakes.

Check documentation:

Orders and deliveries have to be recorded and checked. Before you accept a delivery, you need to check that what has been delivered is exactly what you have ordered. You do this in 2 ways:

a. Check delivery document against order form

- ✓ Take the delivery document from the delivery man.
- ✓ Check that supplier details are exactly the same as on the order form.
- ✓ Then check that the Foods listed on the delivery document are exactly the same as those listed on the order form.
- ✓ The expiry dates, to ensure that product is not out of date when you receive it, or likely to go out of date before you're able to use it all
- ✓ Labels containing ingredient information (necessary for allergy safety)
- ✓ If there has been a recall, check the lot codes to help determine if your product is safe or not
- ✓ Government or regulatory body stamps on any regulated foods
- ✓ Tags on any tagged seafood (and make sure you keep the tags for at least 90 days).

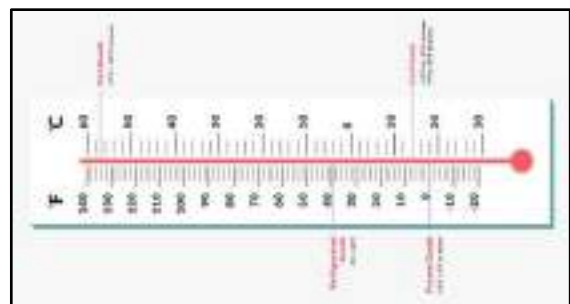
b. Check actual delivery against delivery document

- ✓ As Foods are unloaded, note the quantity (number, size or weight) and brand of
- ✓ Each item.
- ✓ If the item matches the delivery document, tick the item off.
- ✓ If something is incorrect, note it on the delivery document.

Temperature check:

Always check for temperature compliance – specifically:

- Refrigerated goods should be delivered at 4°C / 40°F or less
- Frozen goods should be delivered at -18°C / 0°F or below
- Ice cream is the exception to the frozen goods rules. Ice cream should be delivered at a temperature between -12°C to -14°C / 7°F to 10°F



Check quality of Goods:

The first step in the receiving procedure is to ensure that the delivery vehicle is in a clean and well-maintained condition. This helps to ensure that cross-contamination is minimized. The next step is to check the truck/Internal temperature of the vehicle. This ensures that the cold chain was maintained.

Sign off on delivery:

Sensory checks (sight and smell) for any signs of:

- Deterioration such as a strange color or smell
- Broken, leaking or damaged packaging
- Pests, including gnawed packages, droppings or pests themselves
- Thawing of frozen goods
- Swollen or dented cans and ensure that their seals are in good condition
- Packaging for dried good have moisture stains

Also, never accept home-canned foods. Home-canned foods carry a high risk of botulism.

How to record Receiving Stock level

A receiving record is recorded information about goods received either manually or electronically.

Information recorded can include:

- ✓ A receiving number
- ✓ Person who received the shipment
- ✓ Name of shipper and carrier.
- ✓ Place from which the goods were shipped
- ✓ Number of items delivered and condition
- ✓ Shipping charges
- ✓ Department or store that ordered the merchandise
- ✓ Date the shipment was received



How to level and store goods:

- ✓ Check labels on incoming ingredients -- supplier may have sent the wrong product, a substitute product or used the wrong label.
- ✓ Ensure vehicles and shipping containers are sanitized before and after shipping.
- ✓ Handle raw materials in specified areas to minimize cross contamination between allergenic and non-allergenic ingredients.
- ✓ Clearly label raw materials to indicate they contain food allergens (ex: color-coded containers, tags).
- ✓ Thoroughly clean and sanitize equipment between processing allergen containing products and non-allergen containing product

Important Guidelines for Receiving, Storing and Handling Goods:

1. Handle with the same care you give fresh, raw ingredients. Most loss of quality in convenience foods comes from assuming they are damage proof and can be treated haphazardly.

2. Examine as soon as received.

Particularly, check frozen foods—with a thermometer—to make sure they did not thaw in transit. Put away at once.

3. Store properly.

Frozen foods must be held at 0°F (−18°C) or lower. Check your freezer with a thermometer regularly. Refrigerated foods must stay chilled, below 41°F (5°C), to slow spoilage. Shelf-stable foods (dry products, canned goods, etc.) are shelf-stable only when stored properly in a cool, dry place, tightly sealed.

4. Know the shelf life of each product.

Nothing keeps forever, not even convenience foods. (Some, like peeled potatoes, are even more perishable than unprocessed ingredients.) Rotate stock according to the first in, first out principle. Don't stock more than necessary.

5. Defrost frozen foods properly.

Ideally, defrost in a tempering box set at 28° to 30°F (–2° to –1°C) or, lacking that, in the refrigerator at 41°F (5°C) or lower. This takes planning and timing, because large items take several days to thaw.

If you are short of time, the second-best way to defrost foods is under cold running water, in the original wrapper.

Never defrost at room temperature or in warm water. The high temperatures encourage bacterial growth and spoilage. Do not refreeze thawed foods.

Quality will greatly deteriorate. Certain foods, like frozen French fries and some individual-portion prepared entrées, are designed to be cooked without thawing.



Self-Check Quiz – 2.2.1

Question 1: What should be the temperature of refrigerated food items when receiving goods?

- a. at 10⁰-12⁰ C
- b. -12⁰ to -14⁰ C
- c. 4⁰ C
- d. -18⁰ C

Question 2: Ice cream should be delivered at ----- temperature?

Question 3: What are the procedures should be followed during receiving goods?

Question 4: How to check the quality points when receiving goods?

Question 5: How to record receiving stock level?



Answer Key – 2.2.1

Answer 1: C

Answer 2: between -12°C to -14°C

Answer 3: Every workplace will have its own procedure for receiving Foods. The basic stages are:

- I. Prepare for receiving the Foods.
- II. Check documentation:
- III. Do temperature checks.
- IV. Check quality of Foods.
- V. Sign off on delivery.

Answer 4:

The first step in the receiving procedure is to ensure that the delivery vehicle is in a clean and well-maintained condition. The next step is to check the truck/Internal temperature of the vehicle.

Answer 5: Information recorded can include:

- A receiving number
- Person who received the shipment
- Name of shipper and carrier.
- Place from which the goods were shipped
- Number of items delivered and condition
- Shipping charges
- Department or store that ordered the merchandise
- Date the shipment was received



Learning Outcome 2.3 - Prepare tools, equipment, utensils and ingredients



Contents:

- Tools, equipment and utensils
- Ingredients
- Identify, select and prepare ingredients
- Vegetable fish, poultry and meat
- Performing Mise-en place



Assessment Criteria:

1. Tools, equipment and utensils are selected as per job requirement.
2. Ingredients are identified as per job requirement.
3. Ingredients are selected and prepared as per standard recipes.
4. Mise-en place is performed for vegetables, fish, poultry and meat.



Resources required:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper
- Pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning Activity – 2.3.1

Learning Activities	Resources / Special instructions / References
Prepare tools, equipment, utensils and ingredients	<ul style="list-style-type: none"> • Information sheets: 2.3.1 • Self-Checks: 2.3.1 • Answer keys: 2.3.1



Information Sheet - 2.3.1

Learning Objectives: To interpret the procedures for preparing tools, equipment, utensils and ingredients.

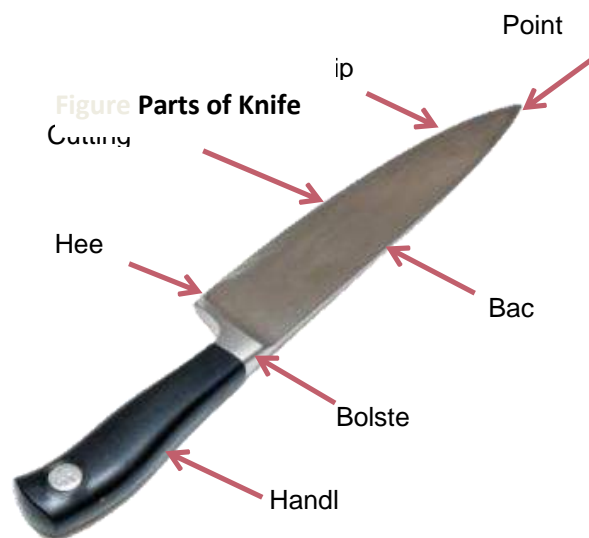
3.1 Select Tools, Equipment and Utensils

To know about selecting tools, equipment's and utensils - **Follow module 1 (Apply Food Safety Procedure) information sheet 1**

Using knives

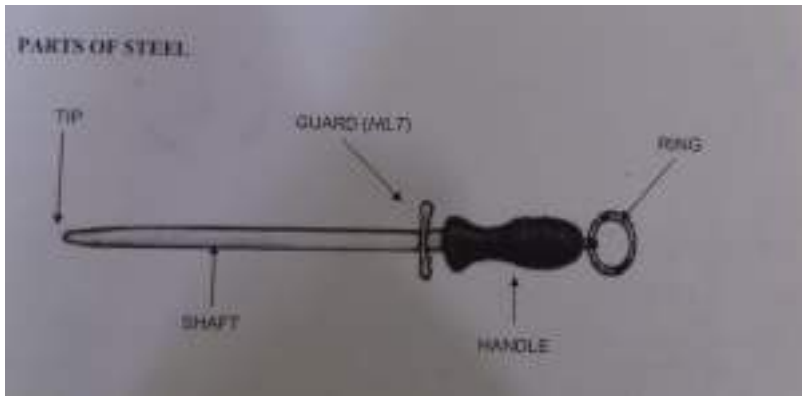
Knives are the piece of equipment you will probably use most.

Parts of a knife







Point	Used to make holes.
Tip	Used to slice small items such as mushrooms or onions.
Cutting edge	Used for all cutting, slicing and chopping. Most of the knife's work happens in the centre of the cutting edge.
Heel	Can be used to cut or chop light bones which need some force e.g. chicken or small fish.
Handle	Can be made of metal, wood or a synthetic material.
Back	Used to mark or scrape.
Bolster	A thicker strip of steel between the blade and the handle. Helps balance the knife and makes the handle stronger.







Parts of Steel






Sharp Knife using Steel and Stone:

Pictures	How to
	<ul style="list-style-type: none"> • Hold the steel firmly away from your body, at a slight angle. • Run the knife smoothly down the steel. • Start from the heel of the blade and move towards the tip. • Repeat the process on the other side. Do this 3–6 times. • Flick your wrist to move the knife. Don't move your whole hand or arm.
	<ul style="list-style-type: none"> • Another method is to keep the steel steady by holding it against the bench.
	<ul style="list-style-type: none"> • Put a cloth under the stone. • Pour some water on the stone to allow the blade to move smoothly.
	<ul style="list-style-type: none"> • Place knife blade on stone at a 15 degree angle (see below). • Have your fingers splayed (spread out) over the blade to get an even pressure. • Move the blade across the stone, from the tip to the heel of the blade. • Turn the blade over and do the other side. • Do 10 times on each side, turning between each time.

Types of Knives:

Name	Picture	Uses
1. Chef's knife		<p>The blade is 20–25 cm long. It is wide at the heel and <i>tapers</i> (gets thinner) to a point. This is the knife you will use the most e.g. for slicing vegetables.</p>
2. Boning Knife		<p>Thin pointed blade about 12–17 cm long. Used for removing bones from raw meat, poultry and fish. Can also be used to separate bones at joints and trim meat. A stiff boning knife is good for boning red meat. A <i>flexible</i> (bendy) boning knife is better for poultry and fish.</p>
3. Cleaver Knife		<p>A heavy knife with a broad blade. Mainly used for cutting meat into joints or pieces as it can cut through bone.</p>
4. Vegetable knife or paring knife		<p>Small with a pointed blade about 7 cm long. Used for many small jobs in the kitchen e.g. peeling, trimming, coring, making decorative garnishes.</p>
5. Filleting knife		<p>Has a thin, flexible (bendy) blade from 15–30 cm long. Good for filleting fish because it can get into hard-to-reach areas.</p>
6. Palette knife		<p>Used for spreading butter and other spreads such as margarine and cream cheese. Also used for lifting small food items e.g. from baking trays</p>

Knife Maintenance:

No.	Pictures	How to
1.		<ul style="list-style-type: none"> • Keep knives sharp. Use a knife sharpener, steel or a stone.
2.		<ul style="list-style-type: none"> • Wash knives carefully after use. Pay attention to where the handle joins the blade as food may stick here. • Don't wash knives in the dishwasher Unless they are labeled as dishwasher safe. • Dry knives before storing them to prevent rust spots developing.
3.		<ul style="list-style-type: none"> • Always use a cutting board. Never cut on a hard surface like stone or metal. This will damage the blade.

Handling Knife Safely: To walk with a knife safely Hold it firmly, pointing down and close to your body.



Handling Knife Safely








Storing Knives:








Don't store knives loose in a drawer. The blades will get blunt and damaged. Store them in a toolbox, knife wrap or case, a wooden storage block or magnetic knife rack.


















Storing Knives




Condiments, Ingredients, Herb's & Spices










Name	Uses
<p>1. Salt</p> 	<p>Salt is used as a seasoning agent & used in cooking.</p>
<p>2. Sugar</p> 	<p>Sugar is a sweetener. It can be used in cooking for increasing the taste.</p>
<p>3. Corn flour</p> 	<p>Corn flour is a fine, starchy maize flour used to make a short texture.</p>
<p>4. Cooking Oil</p> 	<p>Cooking Oil comes from plants, used in frying, baking, and other types of cooking. It is also used in food preparation and flavoring.</p>
<p>5. Butter</p> 	<p>Butter is the most prized fat because of its delicious flavour and rich, creamy mouth-feel. It is used in cooking, baking and making sauces.</p>
<p>6. Turmeric Powder</p> 	<p>Turmeric Powder is widely used as a spice in South Asian & Middle Eastern cooking.</p>
<p>7. Red Pepper</p> 	<p>Red Pepper is hot tasting used for seasoning.</p>










<p>8. Cumin</p> 	<p>Cumin is an herb; widely used in Middle Eastern and Indian cooking.</p>
<p>9. Garlic</p> 	<p>Garlic is widely used around the world for its pungent flavor as a seasoning or condiment. The flavor varies in intensity and aroma with the different cooking methods.</p>
<p>10. Onion</p> 	<p>Onion is commonly used as an ingredient in various hearty warm dishes.</p>
<p>11. Ginger</p> 	<p>Fresh root Ginger gives a sharp, hot, aromatic flavour. Dried ground ginger a highly concentrated, spicy and hot flavour, so take care to use the correct measure.</p>
<p>12. Rosemary</p> 	<p>Rosemary is a herb that is used in food for flavoring purpose or for fragrance. Rosemary leaves are added to foods as cooking spice. It can also be added for flavor into stuffing. It is often added to soups, salads, and pizza for that extra taste.</p>
<p>13. Mint Leaves</p> 	<p>Mint is a type of herb with a refreshing flavor. It can be used dried or fresh. They have a sweet flavor with a cool after taste. It has a strong, sharp scent. Chopped mint leaves are added as garnish in many dishes.</p>
<p>14. Saffron</p> 	<p>A unique flavored spice, made from the dried stamens of the crocus flower. It is used as a seasoning in many Asian cuisines. In some counties it is also used as a dye and in making perfumes.</p>

<p>15. Dried Fenugreek Leaves</p> 	<p>Popularly known in the Indian subcontinent as Kasuri Methi, fenugreek leaves are an ancient spice used for flavoring various dishes. The leaves have a bitter taste, but when added to the recipe, titillate the taste buds.</p>
<p>16. Lemongrass</p> 	<p>Lemon grass has a lemony flavor and is used in teas, soups and curries. Fresh lemon grass is widely used in Thai food curries. It can be used in dried or powdered forms too.</p>
<p>17. Paprika</p> 	<p>Paprika is usually used to add colour to different kind of food like chicken, fish, etc. It is often mixed with red pepper and is sprinkled over popcorn to give it a delicious taste.</p>
<p>18. Green Cardamom</p> 	<p>Green cardamom is a aromatic spice with a very wide range of uses. Various dishes like pulao, curries, biryanis, kebabs and other hot dishes are infused with its aroma. Sweet dishes like kheer, phirni, flans, porridge, halwa also taste better with its distinctive flavor.</p>
<p>19. Curry Leaves</p> 	<p>Curry leaves are used as a tempering imparting subtle aroma to the dishes. It is a very popular seasoning in Asia, especially in curries where they're used fried in tempering for rasams, sambhar, dals, chutneys, dhoklas and upmas.</p>
<p>20. Dill</p> 	<p>Also known as Lao coriander, it is an aromatic ingredient with a delicate sweet flavor. Dill is also used as a herb to flavor soups, pickles, salads and other foods or can be prepared as a vegetable served with flattened bread.</p>
<p>21. Cloves</p> 	<p>Cloves are a kind of spice used in cuisines all over the world. It has a strong taste and smell and is therefore, mostly used as a flavor in curries, meat or sweet dishes like fruits pies.</p>

<p>22. Cinnamon</p> 	<p>Cinnamon is brown in colour and taken from the bark of the cinnamon tree. It is available in dried tubular structures known as quill and grounded powder. Known for its fragrant and warm taste, cinnamon is a popular choice among all spices.</p>
<p>23. Star Anise</p> 	<p>Star anise is used in Oriental cooking. In Chinese medicine star anise is known to be a digestive aid. It is usually added whole to the dish and discarded before serving. Both its seeds and husk is used as a spice for cooking.</p>
<p>24. Black Pepper</p> 	<p>Black pepper is a fruit which is dried for use as a spice. Their powdered form is more often seen in recipes and other masala's but whole peppercorns are also used in biryanis, pulaos, dals etc. They are a very common condiment for sandwiches, soups, stews, sauces, curd, salads and grilled meat.</p>
<p>25. Thyme</p> 	<p>Thyme is typically used in savory dishes like braised or roasted meat, vegetables, or fish, as well as in savory baking. It can also be used to add flavor and depth to marinades, soups and stocks, cocktail elements, and teas.</p>
<p>26. Oregano</p> 	<p>Oregano can be used in more than just pizza and pasta sauce. The beautiful green herb adds a delicious, and perhaps unexpected, earthy flavor to several dishes including chicken, seafood, hamburgers, even beans.</p>
<p>27. Coriander Leaf</p> 	<p>Coriander Leaf uses for garnishing & flavoring food.</p>
<p>28. Parsley</p> 	<p>Parsley is an herb. In foods and beverages, parsley is widely used as a garnish, condiment, food, and flavouring.</p>
<p>29. Celery</p> 	<p>Celery is used around the world as a vegetable. The leaves are used to flavoring soups & stews or as a dried herb.</p>

<p>30. Spring Onion</p> 	<p>Spring onion is used around the world as a vegetable. The leaves are used to flavoring soups, salad and stews.</p>
<p>31. Aji-no Moto</p> 	<p>Aji-no Moto's main product Mono Sodium Glutamate. Used for seasoning. This is the Japanese Chinese cuisine.</p>
<p>32.. Soy Sauce</p> 	<p>Soy Sauce is widely used as an important flavoring agent and has been integrated into the traditional cuisines of many East Asian and South-East Asian cultures. Producing a liquid most varieties of soy sauce are salty, brownish liquids intended to season food while cooking or at the table.</p>
<p>33. Water</p> 	<p>Water is used for multiple uses.</p>
<p>34. Mozzarella Cheese</p> 	<p>Mozzarella - the name is applied to a variety of cheese which are made using the 'pasta filata' method. It is usually served the day after preparation for the fresh taste and often found in pizza and pasta dishes.</p>
<p>35. Cheddar Cheese</p> 	<p>Cheddar cheese is hard and natural cheese made from cow's milk. Its texture and color, however, depends on the processing the cheese undergoes.</p>
<p>36. Parmesan Cheese</p> 	<p>Parmesan cheese is made from raw cow's milk. Parmesan cheese is usually grated over pasta, spaghetti and also stirred in soups and stews. Unlike other cheese varieties, parmesan cheese can simply be roasted and eaten as a snack.</p>
<p>37. Cottage Cheese</p> 	<p>Made from curdling milk and straining the whey. Cottage cheese can be eaten raw or cooked. It has a moist texture.</p>
<p>38. Yogurt</p> 	<p>Yogurt A well-known accompaniment with Indian meals, curd is also used widely for marinating of chicken and meat. It can be used as a healthy replacement to cream cheese in many recipes, like that of cheesecake and healthy piecrust.</p>

<p>39. Milk</p> 	<p>Milk is a dairy product derived from the mammary gland of mammals. Milk is used worldwide as food for humans. It is also converted into dairy products like cheese, butter, curd, cream etc.</p>
<p>40. Feta Cheese</p> 	<p>Feta cheese can be used as table cheese and also in other dishes and salads. It can be served raw, cooked or grilled. It can also be used as an appetizer or a side dish.</p>
<p>41. Condensed Milk</p> 	<p>Condensed milk is commonly added while preparing desserts. Confectioneries such as chocolate rolls, egg less cakes, icing, candies, kheer, laddoos, milk sweets, and strawberry smoothie use sweetened condensed milk.</p>
<p>42. Buttermilk</p> 	<p>Buttermilk is usually consumed by people before working out or exercising as it provides good amount of energy. It is often used as a content in biscuits, cookies, curries, stews and is also used to make the meat tender.</p>
<p>43. Egg</p> 	<p>As an ingredient, egg yolks are an important emulsifier in the kitchen. Some of the most common preparation methods are scrambled, fried, hard-boiled, soft-boiled, sunny side up, egg bhurji, omelette.</p>
<p>44. Skinned Chicken</p> 	<p>Chicken skin acts as a cover which entraps the juices and fat inside the chicken while it is being cooked to provide the real flavor to your dish. The chicken skin can be removed and used to flavor up the chicken stock. Chicken skin adds that extra crisp to the fried chicken.</p>
<p>45. Beef</p> 	<p>Beef is Usually eaten as roasts, ribs, or steaks, beef is also commonly ground or minced. Patties of ground beef are often used in hamburgers. Processed beef products include corned beef, beef jerky, and sausages.</p>
<p>46. Organic Chicken</p> 	<p>Organic chicken are those that are fed only certified organic feed. It is prohibited to inject the chickens with any kind of drugs or antibiotics.</p>
<p>47. Turkey</p> 	<p>Turkey is often used as a substitute for chicken. Turkey is often preferred over beef as it has lower calorie content. Stuffed turkey is eaten as a main course in many parts of the world. It is mostly famous around Christmas and Thanksgiving. Turkeys are usually baked or roasted.</p>

<p>48. Mutton Liver</p> 	<p>Mutton liver is an organ meat that is very high in nutritional value. It can be fried, boiled, baked or broiled into various savory dishes.</p>
<p>49. Quail</p> 	<p>Quails are mid-sized game birds that are served as a gourmet dish. They are usually eaten along with the bones, as they can be easily chewed. Both quail meat and eggs are consumed and have a delicate flavor.</p>
<p>50. Mutton</p> 	<p>Mutton has a chewy texture. It has a strong fibery taste. It can be made into Indian mutton curries and stews. Fried, baked and roasted mutton chops are also used to make cutlets, kebabs, burgers and koftas.</p>
<p>51. Bacon</p> 	<p>Bacon is a cured meat product obtained from pig. Curing is a method of food preservation of meat by using salt in brine or dry packing. Bacon meat can be consumed in many ways. It can be smoked, grilled, boiled or baked.</p>
<p>52. Ham</p> 	<p>Ham is the cured and smoked hind leg of an animal usually a pig though chicken ham is also available. Ham is easily available in the markets. It can be used to make salads, snacks and many main course dishes.</p>
<p>53. Spaghetti pasta</p> 	<p>Spaghetti is the quintessential Italian pasta. It is long – like a string round in cross-section and made from durum wheat semolina.</p>
<p>54. Fettuccine pasta</p> 	<p>Fettuccine It's a thicker and denser pasta. It's fairly wide, so it works well with chunky meat sauces, unlike other types of long pasta.</p>
<p>55. Penne pasta</p> 	<p>Penne is likely already a family favorite in your kitchen. It's a hollow cylinder-shaped noodle with slanted edges. It has ridges that make its texture ideal for catching sauce.</p>
<p>56. Lasagna</p> 	<p>This is easily the most common type of sheet pasta. Its ruffled, decorative edges characterize its shape.</p>

Select ingredients:

How to choose fresh fruits and vegetables?

Consider the following criteria before buying fresh fruits and vegetables below-

- Smooth, unwrinkled skin
- Firm and plump
- Vibrant color
- Earthy smell

How to choose good quality fish?

Consider the following criteria before buying fish below-

- The body of the fish must be rigid or arched.
- The fish should be bright, with a metallic luster.
- The eye should be bright, vivid, and brilliant.
- The gills should be bright, wet, pink or red.
- The smell should be pleasant and mild.
- Scales should be shiny and not detach themselves.
- The abdomen should not be stretched or have green spots.
- The skin should be shiny, and slippery to the touch.

How to choose good quality poultry?

Consider the following criteria before buying poultry below-

- Check the “best by” date.
- Select chicken with a pinkish hue.
- For skin-on the pieces, make sure the skin covers each pieces.
- Buy based on number of pieces when the cuts will be served whole.
- Buy based on weight when the meat will be cut before cooking.

How to choose good quality meat?

Consider the following criteria before buying beef below-

- The color of the meat
- The smell
- Look for clean cuts
- The meat surface
- Meat fat
- Meat texture
- The sell-by date
- The use-by-date
- The packaging
- The storage
- Ask your butcher

Mis-en place:

The term used in professional kitchens to describe the organizing and arranging of the work space, ingredients and equipment before beginning to cook. It translates directly from French as, “to put in place”.

Why Mise-en place?

- Saves time by having everything ready to combine.
- Eliminates the chance of culinary disasters that occur from lack of preparation
- Save space on counters.



Cleaning Raw Material

All food raw materials should be cleaned before processing. The purpose is obviously to remove Contaminants, which range from innocuous to dangerous. It is important to note that removal of Contaminants is essential for protection of process equipment as well as the final consumer. For Example, it is essential to remove sand, stones or metallic particles from wheat prior to milling to avoid damaging the machinery.

Methods of Cleaning Raw Materials

There are two main cleaning methods available, classified into

- Dry Cleaning
- Wet Cleaning

Sanitizing Raw Materials:

Sanitization is the application of heat or chemicals to a properly cleaned (and thoroughly rinsed) food-contact surface, yielding a 99.999% reduction of representative pathogenic microorganisms of public health importance. Some terms that are sometimes confused with sanitization and that should be noted are the following:

Antiseptic—used against sepsis or putrefaction in humans or animals.

Disinfectant/Germicide—applied to inanimate objects to destroy all vegetative cells, not spores.

Bactericide— kills a specific group of microorganisms.

Bacteriostatic— prevents the growth of a specific group of microorganisms but does not necessarily kill them.

Methods of sanitizing raw materials:

The two sanitization methods commonly used in retail/foodservice establishments are heat and chemicals. Their application standards, as defined in the 2009 Food Code, are as follows:

- **Heat.** In dish machines, the temperature of the fresh hot-water sanitizing rinse as it enters the manifold cannot be more than 194 °F (90 °C), less than 165 °F (74 °C) in a stationary rack, single-temperature machine or less than 180 °F (82 °C) in all other high-temperature dish machines. In three-compartment sinks, the water temperature must be at least 171 °F (77 °C).
- **Chemicals.** Chemicals approved as sanitizers for food-contact surfaces in retail/foodservice establishments are chlorine, iodine and quaternary ammonium.

How to open containers, jars, tins, cartoons

By applying 3 methods we can open a jar with common household objects!

Method 1:

- Tap around the lid of the jar with a wooden kitchen spoon to break the seal. Grab a wooden kitchen spoon; the heavier the better.
- Tap the lid of the jar on top a couple of times around the edge to pop the seal, then try to twist off the lid.
- You might need to repeat this a few times to get the lid to loosen.
- You can try other kitchen utensils if you don't have a kitchen spoon. Wood utensils work best, but anything heavy could work.



Method 2:

- Try twisting off the lid with a dry dish towel. Sometimes a towel is all you need to give you the extra grip to twist off a stubborn lid.
- Hold the jar in your non-dominant hand and place the towel over the lid, then twist it counterclockwise.
- It's a good idea to try opening difficult jars over the sink or a counter. This way, it will be easy to clean up anything that spills out if the lid suddenly comes off quickly.

**Method 3:**

Submerge the lid in hot water for 30 seconds to break the seal. Fill a dish with hot (but not boiling) water and flip the jar upside down in it. Leave the jar for 30 seconds, then try to open it. Repeat this process if the lid doesn't come off the first time

Method 4:

- Set the can on the counter.
- With your sturdy metal spoon picked out, grip the bowl of the spoon—not the handle.
- Firmly and methodically, rub the edge of the spoon back and forth along the can edge (be vigorous).
- Keep rubbing until the metal thins and, in turn, creates a small hole.
- Press the spoon into the hole.
- Pry the top to open more by pulling up with the spoon around the edges of the can.
- Continue this prying around the perimeter until the top can be fully peeled back.

**Some Mis-en Place Definition:**

Trimming: This refers to the excess meat scraps that have been cut from larger pieces of meat and are too small to be sold individually.

Peeling: Peeling is a common unit process for many fruits and vegetables to produce fresh-cut, minimally processed, and canned food products.

Juicing: This refers to the process of extracting juice from plant tissues such as fruit or vegetables.

Cutting: This means to work the two elements together with two knives or a pastry blender to the specifications of the recipe.

Slicing: This is a general term that means to cut across the grain into thin, uniform pieces. Almost every fruit or vegetable can be sliced, as well as other ingredients like cheese and bread.

Filleting: Filletting refers to the process of cutting meat or fish off of the bone. While the resulting piece of boneless meat or fish was historically called a fillet, it is now often used only in reference to fish.

Boning: A type of cutting utensil that is used to remove the main bone within a cut of meat, such as a ham or a beef roast. A boning knife will typically have a long narrow blade for ease of manipulation around bones.

Mincing: Mincing is a technique that allows the maximum amount of flavor to be contributed by the mined food; frequently the minced vegetable is chopped so finely that it “melts” into the dish.

Shredding: In cooking, shredding means to cut into shreds or thin strips. Recipes usually call for shredded food like cheese, carrots and cabbages.

Chopping: Chopping means simply cutting something into small, usually even, pieces.

Dicing: Dicing is a culinary knife cut in which the food item is cut into small blocks or dice. This may be done for aesthetic reasons or to create uniformly sized

Crushing: Crushing refers to the pressing, grinding, or pounding of an item into smaller particles, a powder, or a paste.

Water boiling: Boiling is a moist-heat cooking method that happens when the liquid's temperature reaches 100 degrees Celsius. Food is completely submerged in water for even heat distribution.

Pre-heating: Preheating is just heating a oven without anything just a prior 10 mins or so before you put the cake tin or any dishes in. This ensures the oven reaches the proper and correct temperature.

Skinning: To remove the skin from fish, poultry or game for reasons which include diet, taste and appearance.

Sifting: Sifting is when you pass dry ingredients (e.g. flour, baking soda, baking powder, or icing sugar) through a sifter or a fine sieve also called a strainer.

Combining: To stir two or more ingredients with a spoon, or to beat on Low speed with a mixer, until mixed together.

Mixing: Mixing is a general term that includes stirring, beating, blending, and binding, creaming, whipping and folding. In mixing, two or more ingredients are evenly dispersed in one another until they become one product.

Par cook: Precooking refers to the technique of partially cooking foods so that they can be finished later. For example, one method of preparing French fries involves first boiling, then frying the potatoes, so they have a crisp exterior and fluffy interior. In stir-fries or other mixed dishes, meats, root vegetables, and other foods that take a long time to cook, will be par cooked so they finish at the same time as other foods.

Pre-Cooking: This means preparing your ingredients before cooking or food preparation stages that we can complete before customers make their orders. Pre-cooking includes preparing vegetables, sauces, curry ingredients, Yum ingredients, etc. An example of a menu item for which you can prepare its sauce beforehand is fish in chili sauce. You can prepare your chili sauce ahead of time.

Crumbs and batters:



Crumbs and batters

Crumbing:

Crumbing means coating a product with bread crumbs or other crumbs or meal before deep-frying, pan-frying, or sautéing. The most widely used method for applying these coatings is called crumbing Procedure.

- Flour.
- Egg wash.
- Crumbs.

Batter mix: Batter is a flour mixture with liquid and other ingredients such as sugar, salt and egg. Batter is most often used for pancakes, light cakes, and as a coating for fried foods.

Weighing and measuring ingredients

As part of mise en place, you need to weigh and measure ingredients.

1. Weighing ingredients

Use scales to weigh:

- Dry ingredients e.g. Flour, sugar
- Butter
- Fruit and vegetables.



2. Use measuring jugs, cups or spoons to measure volume (amount) of liquids and some dry ingredients such as sugar, herbs and spices.

ml	Milliliter
L	Liter
Tsp	Teaspoon
Tbsp	Tablespoon



Kitchen Conversion Chart

DRY INGREDIENTS		
INGREDIENT	GRAMS	CUPS
All-Purpose Flour	120 grams	1 cup
Baking Powder	4 grams	1 tsp
Baking Soda	3 grams	½ tsp
Brown Sugar (packed)	213 grams	1 cup
Confectioners' Sugar	113 grams	1 cup
Commeal (ground)	156 grams	1 cup
Cornstarch	28 grams	¼ cup
Chocolate Chips	170 grams	1 cup
Cocoa Powder (unsweetened)	42 grams	½ cup
Granulated Sugar	198 grams	1 cup
Whole Wheat Flour	113 grams	1 cup

WET INGREDIENTS		
INGREDIENT	GRAMS	CUPS
Butter	113 grams	½ cup
Buttermilk	227 grams	1 cup
Corn Syrup	312 grams	1 cup
Heavy Cream	227 grams	1 cup
Eggs	50 grams	1 large
Milk	227 grams	1 cup
Vegetable Oil	198 grams	1 cup
Vegetable Shortening	46 grams	¼ cup
Vanilla Extract	14 grams	1 tbsp

Defrosting frozen items:



Defrosting frozen items

There are four ways to defrost or thaw food safely - in the refrigerator, in the microwave, as part of the cooking process or under cold running water.

1. Defrosting Food in the Refrigerator

The safest way to defrost food is in the refrigerator, as the food will not have to pass through the Temperature Danger Zone (5°C – 60°C) where bacteria can easily thrive and multiply.

To defrost food in the refrigerator, ensure that the temperature is below 5°C and that the items being defrosted are placed on the lowest shelves to prevent any drips or splashes from contaminating other foods.

2. Defrosting Food in the Microwave

If you're in a pinch, microwave ovens can be quite useful for defrosting small items that will be cooked immediately after defrosting.

Before defrosting, remove the food item from any packaging that is not microwave-safe such as polystyrene trays, plastic wraps and cardboard boxes.

3. Defrosting Food as Part of the Cooking Process

Some food items have been designed to be cooked from frozen such as hamburger patties, frozen vegetables and frozen pastry. This method should only be used for foods designed to be cooked this way.

4. Defrosting Food under Cold Running Water

Defrosting food under cold running water is the least recommended method of defrosting as it can be easy for the food item to reach temperatures within the Temperature Danger Zone. If you must use this method, use a clean and sanitized sink that is large enough to allow the food item to be completely covered by water. Completely submerge the food item under running cold, potable water.

Cooking Methods

For cooking, you can use various methods or techniques for preparing different foods. For example, steak and hamburgers are best if grilled, French fries are fried, muffins or cookies are baked and soup is boiled. You need to have a basic idea of which cooking method is right, for which kind of food items. You cannot prepare cookies by boiling or frying. Neither can you grill French fries.



Cooking Methods

There are **two categories** of techniques for cooking.

1. Moist heat methods
2. Dry heat methods.

1. Moist Heat Methods:

In moist heat method, a liquid is used as a medium to conduct heat. Generally, water is used, but you can also use water based liquid such as stock or milk. These methods are specifically appropriate for preparing pasta, rice, pulses and vegetables.

The different types of moist heat methods are

- Boiling,
- Simmering,
- Poaching,
- Steaming,
- Stewing
- Braising

1a. Boiling:

Boiling means cooking the food in boiling water or water based liquid such as milk or stock. Most of the time the liquid used is water based and the boiling point of water is 100⁰ Celsius.

Boiling is most relevant to the vegetables. In boiling, the food is completely immersed in the liquid throughout the whole cooking time.

In boiling, you can see several bubbles on the surface of the cooking utensil. Generally, vegetable soups are prepared by boiling.

1b. Simmering:

Simmering is very much similar to boiling method. If we cook the food in liquid just below the boiling point, that is around 85⁰-95⁰ then it is called simmering. That means, temperature is kept just below the boiling point, but it is never allowed to boil. High protein food like meat or poultry is much better when simmered.

1c. Poaching:

In this cooking method the temperature is kept between 70⁰ to 85⁰ Celsius. Try to keep the temperature constant so that neither it simmers nor start boiling. For example, eggs may be poached.

1d. Steaming:

As the name suggests it is cooking by steam under varying degrees of pressure. For instance, low pressure steaming and high pressure steaming.

I. Low pressure steaming:

Steam is used under normal conditions without any extra pressure. The temperature will range from 100^o to 105^o Celsius, which is just above the boiling point. Low pressure steaming could be two groups such as direct steaming and indirect steaming.

- **Direct low pressure steaming:**

Here, the food is in direct contact with the steam heat. For example, you can prepare rice cake, idly, dumpling, momo by this direct steam.

- **Indirect low pressure Steam:**

If the food is placed in a closed pot, pan, or aluminum foil paper or banana leaves which is surrounded by plenty of steam from the boiling water, and the food is protected from direct contact with steam to avoid water getting into the food. Chocolate pudding is usually prepared this way.

II. High Pressure Steaming:

In this method, equipment which we will use to cook food that doesn't allow the steam to escape by the equipment. For example, pressure cooker.

Sous vide:

One more popular and modern method of steaming is that is Sous vide. It is a French term that means under vacuum. In this method, spices are added before cooking. Food is vacuum sealed or packed in a plastic pouch or glass jar. Later, the food is sealed, bag is cooked in a water bath. Water is hot but never boils. Temperature is usually kept 55^o-60^o Celsius for red meat, 60-70^o Celsius for poultry and 80^o-85^o Celsius for vegetables. Food is cooked at a lower temperature. It is a slow process of cooking which may take from 1-7 hours to cook food.

In some cases it may even take up to 72 hours or more, depending on the type of food and its thickness. Steam is trapped inside the plastic bag or glass jar, which evenly cook the food and retain its moisture and nutrition.

En- papillote:

One more traditional method similar is en papillote, which is also a French term. That means enveloped in paper. In this method, food is put into a folded parchment paper, aluminum foil, and then baked. This method is more popular for cooking fish. After cooking, this parcel may be opened directly before the guest on the table. Herbs, seasoning, spices are added before baking. Now, I hope the concept of steaming it's clear to you.

1e. Stewing:

Stewing is a slow and long method of cooking in which food is cut into small pieces and cooked in a minimum amount of liquid. The food is served with liquid is called stew, for example, chicken stew, vegetable stew etc.

1f. Braising:

Another method similar to stewing is braising. It is also a long, gentle and slow cooking process. Large cut of meat is first sautéed or seared in a very small fat to brown its surface and enhance its flavor.

After sautéing add a certain amount of liquid then cover them using lid and then place in the oven. Finish with small amount of liquid. This method uses two techniques of cooking method sautéed (dry heat) and moist heat.

2. Dry Heat Methods:

In this method, foods are cooked through hot air and fat or oil. The methods are suitable for food that are rich in proteins like meat, fish, and seafood. The dry heat methods are further categorized into two groups such as hot air based dry heat method and fat or oil based dry heat method.

2a. Hot air based dry heat method:

In this method, hot air, hot metal rod or plate for radiation is used to cook the food, for instance.

- Baking
- Grilling
- Roasting

Baking

In this cooking method food is cooked by dry heat. Temperature normally varies between 120⁰-250⁰ Celsius. Here, little amount of fat is required to cook food. Some examples of baked items are cake, pastries, bread, muffins, etc..

Grilling:

In this method food is cooked quickly and by high radiant heat or direct heat, which could be from above, below or from the side. Pork chops, seafood, beef steak, hamburgers, hot dogs and other thin cuts of meat are the best for grilling. Temperature normally varies between 260⁰-290⁰ Celsius.

Since the intensity of fire is high, the food is put on a grill or grill pan based on the direction of heat. The direction of heat for the food may be overhead, under heat (salamander, broiling method) and in between heat (bread toaster).

Barbequing:

This method is similar to grilling. But its temperature is usually low at 110⁰ and slow process of cooking. Barbequing is done with indirect heat as compared to direct heat in grilling. Charcoal, woods are commonly used for barbecue.

So, grilling is cooking over high heat while barbequing is slow cooking process with low heat and over indirect heat.

Roasting:

This cooking method refers to cook food with dry radiation heat source such as open fire or spit. There are 4 types of roasting such as oven roasting (convection), spit roasting (rotisserie), pot roasting, and tandoor. Very small amount of liquid may be use or not use.

b. Fat or Oil Based Dry Heat Method

The second category of dry heat method using fat for oil. Frying is an art of cooking where the food is either partially or fully submerged in fat or oil until the food gets golden brown in color, along with crispness and moist interior. The various category of frying are

- Sautéing
- Pan Frying
- Shallow Frying
- Deep Frying
- Stir Fry.

Sautéing

This is a method of cooking that uses a relatively small amount of oil or fat in a pan over relatively high heat.

Pan frying:

Pan-frying is a dry heat method of cooking, by relying on oil or fat as the heat transfer medium.

Shallow Frying and deep frying:

In shallow frying, the oil must cover about 1/3 of the height of the food and not cover it, while in deep frying the food is immersed in the oil.

Stir frying:

This is a Chinese cooking technique in which ingredients are fried in a small amount of very hot oil while being stirred or tossed in a wok.



Self-Check Quiz – 2.3.1

Check your understanding by answering the following questions:

Write the correct answer for the following questions.

Question 1: Difference between moist heat and dry heat cooking Method.

Question 2: How many types of hot air based dry heat cooking methods?

Question 3: How many types of fat or oil based dry heat cooking methods?

Question 4: How many types of moist heat cooking methods?

Question 5: Draw a chef knife and define its part.

Question 6: What are the functions of a boning knife?

Question 7: If you don't have a vegetable peeler to peel vegetable, what can you use?

Question 8: How can you store knives?

Question 9: Name 5 aromatic spices.

Question 10: How to choose fresh fruits and vegetables?

Question 11: Define Mis en place and its importance.

Question 12: How many methods of cleaning raw materials?

Question 13: How many methods of sanitizing raw materials?

Question 14: Define the term of trimming.

Question 15: what does it mean crumbing and its procedure?



Answer Key – 2.3.1

Answer 1: In moist heat method, a liquid is used as a medium to conduct heat. Generally, water is used, but you can also use water based liquid such as stock or milk. On the other hand, in dry heat food items are cooked through hot air and fat or oil.

Answer 2: Hot air based dry heat cooking methods are-

- Baking
- Grilling
- Roasting

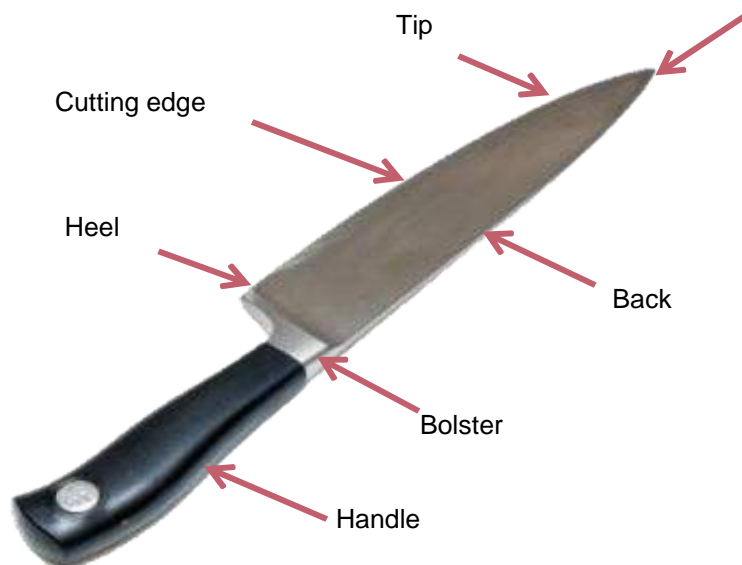
Answer 3: Fat or oil based dry heat cooking methods are -

- Sautéing
- Pan Frying
- Shallow Frying
- Deep Frying
- Stir Fry.

Answer 4: There are six types of moist heat methods including:

- Boiling,
- Simmering,
- Poaching,
- Steaming,
- Stewing
- Braising

Answer 5: the parts of a chef knife are-



Answer 6: A boning knife is used for removing bones from raw meat, poultry and fish.

Answer 7: we can use Chef Knife to peel vegetables.

Answer 8: Store knives in a toolbox, knife wrap or case, a wooden storage block or magnetic knife rack.

Answer 9: cardamom, cinnamon, cumin seeds, coriander seeds, star anise, and black pepper corn.

Answer 10: Consider the following criteria before buying fresh fruits and vegetables below-

- Smooth, unwrinkled skin
- Firm and plump
- Vibrant color
- Earthy smell

Answer 11: Mis en place describe the organizing and arranging of the work space, ingredients and equipment before beginning to cook. The importance of mis en place are:

- Saves time by having everything ready to combine.
- Eliminates the chance of culinary
- disasters that occur from lack of preparation
- Save space on counters.

Answer 12: There are two main cleaning methods of raw materials as follows -

- Dry Cleaning
- Wet Cleaning

Answer 13: The two sanitization methods of raw materials as follows:

- Heat.
- Chemicals

Answer 14: Trimming refers to scrap the excess meat or fat that have been cut from larger pieces of meat and are too small to be sold individually.

Answer 15: Crumbing means coating a product with bread crumbs or other crumbs or meal before deep-frying, pan-frying, or sautéing. The most widely used crumbing Procedure is –

- Flour.
- Egg wash.
- Crumbs.



Learning Outcome 2.4 - Dispose Waste Materials and Restore Tools and Equipment.



CONTENTS:

- Sanitary regulations, company practices and standard procedures
- Wastes sort and dispose
- Chemicals and equipment
- Correct position and designated area.



ASSESSMENT CRITERIA:

- 1 Wastes are sorted and disposed as per sanitary regulations, company practices and standard procedures
- 2 Cleaning chemicals are disposed safely as per standard.
- 3 Chemicals and equipment are stored safely and correctly in the correct position and designated area.



Resources Required:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper
- Pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning Activity – 2.4.1

Learning Activities	Resources / Special instructions / References
Interpret food and beverage storage procedure.	<ul style="list-style-type: none"> • Information sheet: 2.4.1 • Self-Check Quiz: 2.4.1 • Answer key: 2.4.1



Learning Objectives: To Interpret the procedure of Disposing waste materials and restoring tools and equipment.

Waste Management

Waste is defined as unwanted and unusable materials and is regarded as a substance which is of no use. In every kitchen, there is waste that must be recycled, and waste that must be stored in a certain way.

Waste management is to collect, transport, treatment and disposal of waste, together with monitoring and regulation of the waste controlling process and waste-related laws, technologies, and economic mechanisms.



Types of Waste:

There are two types of wastes are explained below::

- Bio-degradable
- Non-biodegradable

1. Biodegradable waste

These are the wastes that come from our kitchen and it includes food remains, garden waste, etc. Biodegradable waste is also known as moist waste. This can be composted to obtain fertilizer. Biodegradable wastes decompose themselves over a period of time depending on the material. Examples of Biodegradable Materials

- Paper and food waste.
- Human waste.
- Manure.
- Sewage sludge.
- Hospital waste.
- Slaughterhouse waste.
- Dead animals and plants.
- Food waste.



2. Non-biodegradable waste

These are the wastes which include old newspapers, broken glass pieces, plastics, etc. Non-biodegradable waste is known as dry waste. Dry wastes can be recycled and can be reused. Non-biodegradable wastes do not decompose by themselves and hence are major pollutants. Examples of Non-biodegradable Materials

- Glass.
- Plastic.
- Metals.
- Hazardous substances.
- Pesticides.
- Fibers.
- Glass.
- E-waste.



Zero waste policy

In the Zero waste policy, you can follow a smart waste management system such as-

- Reduce
- Reuse

- Recycle.

Reduce the waste generated by sustainable use of resources, Reuse anything from the scrap that has value, and Recycle the waste to generate raw materials that can be used for various other purposes.



Ways to control kitchen wastes:

- Avoid over-buying stock
- Store food correctly
- Practice stock rotation regularly
- Temperature control
- Label food correctly
- Keep a stock inventory
- Pay attention to use-by dates
- Inspect all deliveries against the order specification
- Keep a close eye on portion control
- Donate leftovers to a local charity
- Anticipate the demand with care
- Give customers more menu options¹³. Incorporate leftovers and use food efficiently
- Incorporate leftovers and use food efficiently
- Compost food waste
- Ask if customers want to take leftovers home
- If you have a buffet or self-service counter, don't provide trays
- Train employees in how to reduce waste

Dispose and storage of cleaning chemicals and equipment's in the designated area.

See the information sheet 1.3.1



Self-Check Quiz – 2.4.1

Check your understanding by answering the following questions.
Write the correct answer for the following questions.

Question 1: Define waste management.

Question 2: How many types of waste, explain them.

Question 3: Define zero waste policy.

Question 4: Define six ways to control kitchen waste.



Answer Key – 2.4.1

Answer 1:

Waste management is to collect, transport, treatment and disposal of waste, together with monitoring and regulation of the waste controlling process and waste-related laws, technologies, and economic mechanisms.

Answer 2:

There are two types of wastes are explained below:

- Bio-degradable
- Non-biodegradable

Biodegradable waste is also known as moist waste. This can be composted to obtain fertilizer. Biodegradable wastes decompose themselves over a period of time depending on the material.

Non-biodegradable waste is known as dry waste. Dry wastes can be recycled and can be reused. Non-biodegradable wastes do not decompose by themselves and hence are major pollutants.

Answer 3:

In the Zero waste policy, you can follow a smart waste management system such as-

- Reduce
- Reuse
- Recycle.

Reduce the waste generated by sustainable use of resources, Reuse anything from the scrap that has value, and Recycle the waste to generate raw materials that can be used for various other purposes.

Answer 4:

- Avoid over-buying stock
- Store food correctly
- Practice stock rotation regularly
- Temperature control
- Label food correctly
- Keep a stock inventory
- Pay attention to use-by dates
- Inspect all deliveries against the order specification



Assessment Plan

Module-1	Written test	Performance test	Observation	Oral test	Portfolio	Third party report	Discussion	Project	Weekly/Final report	Remarks
LO-1	√		√	√			√			
LO-2	√		√	√			√			
LO-3	√		√	√			√			
LO-4	√		√	√			√			



Review of Competency

Final Checklist

For the performance criteria of the module **Organize and Prepare for Cooking** is given below:

Performance Criteria	Yes	No
1. Personal protective equipment (PPE) is worn as per workplace requirements.	<input type="checkbox"/>	<input type="checkbox"/>
2. Cleaning schedules are followed based on workplace procedure.	<input type="checkbox"/>	<input type="checkbox"/>
3. Chemicals are selected and used for safe cleaning and sanitizing kitchen equipment.	<input type="checkbox"/>	<input type="checkbox"/>
4. Working surface is cleaned and sanitized without causing damage to health or property.	<input type="checkbox"/>	<input type="checkbox"/>
5. Tools, equipment and utensils are recognized.	<input type="checkbox"/>	<input type="checkbox"/>
6. Tools, equipment and utensils are cleaned, sanitized and sterilized as per workplace standard.	<input type="checkbox"/>	<input type="checkbox"/>
7. Equipment is assembled and disassembled in a safe manner.	<input type="checkbox"/>	<input type="checkbox"/>
8. Incoming goods are checked and received.	<input type="checkbox"/>	<input type="checkbox"/>
9. Items are inspected for quality, quantity, date and temperature.	<input type="checkbox"/>	<input type="checkbox"/>
10. Temperature of perishable goods is recorded.	<input type="checkbox"/>	<input type="checkbox"/>
11. Stock levels are recorded.	<input type="checkbox"/>	<input type="checkbox"/>
12. Goods are labeled and stored.	<input type="checkbox"/>	<input type="checkbox"/>
13. Tools, equipment and utensils are selected as per job requirement.	<input type="checkbox"/>	<input type="checkbox"/>
14. Ingredients are identified as per job requirement.	<input type="checkbox"/>	<input type="checkbox"/>
15. Ingredients are selected and prepared as per standard recipes.	<input type="checkbox"/>	<input type="checkbox"/>
16. Mise-en place is performed for vegetables, fish, poultry and meat.	<input type="checkbox"/>	<input type="checkbox"/>
17. Wastes are sorted and disposed as per sanitary regulations, company practices and standard procedures	<input type="checkbox"/>	<input type="checkbox"/>
18. Cleaning chemicals are disposed safely as per standard.	<input type="checkbox"/>	<input type="checkbox"/>
19. Chemicals and equipment are stored safely and correctly in the correct position and designated area.	<input type="checkbox"/>	<input type="checkbox"/>

Now, I feel ready to undertake my formal competency assessment.

Signed:

Date:

Module 3: PREPARE STOCKS, SOUPS, SAUCES AND DRESSINGS



Module 3: Prepare Stocks, Soups, Sauces and Dressing



Module Content

Module Descriptor: This module covers the knowledge, skills, and attitudes required to Prepare Stocks, Soups, Sauces and Dressings. It specifically includes interpreting procedures for food safety, interpreting food and beverage storage procedure and maintaining a clean environment.

Nominal Duration: 20 hours



Learning Outcomes:

Upon completion of this module, trainee/student will be able to:

- 3.1 Prepare tools, utensils, equipment and ingredients.
- 3.2 Cook stocks, soups & sauces and prepare dressing.
- 3.3 Store stocks, soups and sauces.



PERFORMANCE CRITERIA

1. Tools, utensils and equipment are selected for preparing stocks, soups, sauces and dressings.
2. Cleanliness and safe assembly of equipment are ensured according to hygiene requirements.
3. Ingredients are selected as per standard recipe and food preparation procedures.
4. Ingredients are weighed and measured according to requirements.
5. Ingredients are sorted and prepared following proper sequencing as mentioned in recipe.
6. Stocks, soups, sauces are cooked following food production requirements.
7. Dressings are prepared as required.
8. Thickening agents are used as required.
9. Derivations from basic sauces are made.
10. Leftovers are stored according to standard operating procedure.
11. Stocks, soups and sauces are stored maintaining quality standard.
12. Stocks, soups and sauces are reheated/reconstituted following standard procedure.



Learning Outcome 3.1 - Prepare tools, utensils, equipment and ingredients



CONTENTS:

- Tools, utensils and equipment
- Cleanliness and safe assembly
- Ingredients
- Weighed and measures of ingredients
- Sort and prepare of ingredients



ASSESSMENT CRITERIA:

1. Tools, utensils and equipment are selected for preparing stocks, soups, sauces and dressings.
2. Cleanliness and safe assembly of equipment are ensured according to hygiene requirements.
3. Ingredients are selected as per standard recipe and food preparation procedures.
4. Ingredients are weighed and measured according to requirements.
5. Ingredients are sorted and prepared following proper sequencing as mentioned in recipe.



RESOURCES REQUIRED:

Students/trainees must be provided with the following resources:

- Personal Protective Equipment (PPE)
- Ingredients and relevant materials
- Tools, equipment and physical facilities
- Paper and Pen



Learning Activities – 3.1.1

Learning Activities	Resources / Special instructions / References
<ul style="list-style-type: none"> ▪ Interpret food and beverage storage procedure. 	<ul style="list-style-type: none"> ▪ Information Sheet: 3.1.1 to 3.1.5 ▪ Self-Check Quiz: 3.1.1 to 3.1.5 ▪ Answer Key: 3.1.1 to 3.1.5



Information Sheet - 3.1.1

Learning Objectives: To Prepare tools, utensils, equipment and ingredients.

Follow module-2



Information Sheet – 3.1.2

Learning Objectives: At the end of the session trainee will be able to prepare stocks

STOCK

2.1.1 Stock Definition: Stock is a flavorful liquid thing which is extract from meat or meat bones, fish or fish bones or vegetables.

Stock is used for preparing the stew, sauce, soup or braising and simmering cooking method for vegetables and grains.



Stock

Types: There are four types of basic stock

1. White stock
2. Brown stock
3. Fish stock
4. Vegetables stock

Classification	Description	Ingredients
1. White Stock	White stock is made by gently simmering poultry, beef or fish bones. It is very pale in color and lightly flavored stock. The aromatics in the water are appropriate to extract the water soluble proteins that provide flavor and body. It is a clear and colorless liquid.	<ul style="list-style-type: none"> • Meat or meat bones. • Mirepoix cutting of aromatic vegetables (Carrot, onion, leek, celery, spring onion). • Boquet garni (bay leaves, cloves, black pepper corn, thyme, parsley). • Cold water.
2. Brown Stock	Brown stock made by browning meats and bones of beef, veal and game through roasting and aromatic vegetables. It is a brown colored liquid.	<ul style="list-style-type: none"> • Roasted Meat or meat bones. • Mirepoix cutting of aromatic vegetables (Carrot, onion, leek, celery, spring onion). • Boquet garni (bay leaves, cloves, black pepper corn, thyme, parsley). • Cold water.
3. Fish Stock	Fish stock is made from fish bones and trimmings left over after filleting.	<ul style="list-style-type: none"> • Fish or fish bones. • Mirepoix cutting of aromatic vegetables (Carrot, onion, leek, celery, spring onion). • Boquet garni (bay leaves, cloves, black pepper corn, thyme, parsley). • Cold water.
4. Vegetable Stock	The vegetable stock is prepared with mixed vegetables, and bouquet garni.	<ul style="list-style-type: none"> • Vegetables • Boquet garni (bay leaves, cloves, black pepper corn, thyme, parsley). • Cold water.

Principles and Techniques of Preparing Stocks

- I. Cook stock slowly-simmered, never boil. Boiling makes a cloudy stock.
- II. Never cover stocks while it is cooking. You need to evaporate some of the stock to concentrate the flavor.
- III. Carefully skim and defat the stocks.
- IV. Cool the stock quickly. Refrigerate promptly.
- V. Avoid using too much seasoning or any food which has strong or bitter flavor as these will overpower the characteristic flavor of meat stock.
- VI. Do not use starchy substances such as old gravy, sauce or bread since these would sour the stock. Salted meat or very fat meat should neither be used.
- VII. Be sure to use bouquet garni – an onion stock with cloves for flavoring purposes.

Cooling and Storing Stocks

Cooling and Storing Stocks Always cool stock before you store it. There are three ways to cool stock.

First method is, you can use Rapi-Kool, which is a brand of container that can be filled with water and then frozen. This frozen container is then put into the stock to speed up the cooling process.

Second method is to pour the stock into a container that is less than 4 inches deep and place it in the refrigerator. Stock should never be cooled in the refrigerator. A refrigerator is not meant to cool hot foods. The stock will cool too slowly in a refrigerator. This could allow bacteria to grow, making the stock unsafe to eat.

Third method is cooling method is explained below:

- I. First, place the stockpot on a rack or on blocks in an empty sink. Make sure the stockpot is balanced and will not spill. This is called venting. It will allow cold water to move beneath and around the pot as the sink fills with water.
- II. Insert an overflow pipe over the drain to allow the water to circulate.
- III. Next, turn on the cold water tap.
- IV. Continue to run cold water into the sink, forcing the extra water to drain out the overflow pipe as it becomes warm from the stockpot. When the stock is cool, transfer it to a plastic container with a tight-fitting lid, and label and date it.

Never place hot stock in a refrigerator to cool it. The steam and heat may damage other foods. It may also damage your refrigerator, and can raise the overall temperature inside the refrigerator. Stock can be stored for several days in a walk-in or reach-in refrigerator.



Self-Check Quiz – 3.1.2

Question 1: Definition of stock and its types

Question 2: Define the ingredients to make white stock.

Question 3: Define the ingredients to make brown stock.

Question 4: Write five aromatic vegetables for stock preparation.

Question 5: Write five bouquet garni for stock preparation.

Question 6: Define the ingredients to make fish stock.

Question 7: Define the process of storing stock.



Answer Key – 3.1.2

Answer 1:

Stock is a flavorful liquid thing which is extract from meat or meat bones, fish or fish bones or vegetables. There are four types of basic stock

1. White stock
2. Brown stock
3. Fish stock
4. Vegetables stock

Answer 2:

- Meat or meat bones.
- Mirepoix cutting of aromatic vegetables (Carrot, onion, leek, celery, spring onion).
- Boquet garni (bay leaves, cloves, black pepper corn, thyme, parsley).
- Cold water.

Answer 3:

- Roasted Meat or meat bones.
- Mirepoix cutting of aromatic vegetables (Carrot, onion, leek, celery, spring onion).
- Boquet garni (bay leaves, cloves, black pepper corn, thyme, parsley).
- Cold water.

Answer 4: Five aromatic vegetables for stock are carrot, onion, spring onion, shallot, celery, and leek.

Answer 5: Five boquet garni for preparing stock are bay leaves, black pepper corn, cloves, thyme, and parsley.

Answer 6:

- Fish or fish bones.
- Mirepoix cutting of aromatic vegetables (Carrot, onion, leek, celery, spring onion).
- Boquet garni (bay leaves, cloves, black pepper corn, thyme, parsley).
- Cold water.

Answer 6:

Never place hot stock in a refrigerator to cool it. The steam and heat may damage other foods. It may also damage your refrigerator, and can raise the overall temperature inside the refrigerator. Stock can be stored for several days in a walk-in or reach-in refrigerator.



Job sheet: 1

White Stock Preparation

Method of preparation:

Cut bones into 3- to 4-inch pieces. Chicken and fish bones do not need to be cut.

- Rinse the bones in cold water to remove any impurities. You can blanch the bones, if desired. Place the bones in a stockpot.
- Add cold water until the bones are completely covered.
- Bring water to a boil. Then, reduce it to a simmer to slowly release the full flavor of the ingredients.
- Add the mirepoix. Boiling makes the stock cloudy, so keep the water at a simmer.
- For the best flavor, simmer stock for the recommended amount of time: Fish bones: 30-45 minutes, Chicken bones: 2-4 hours, Beef or veal bones: 6-8 hours
- Skim all of the impurities and fat from the stock.
- Strain the stock through a china cap.
- Cool the stock quickly, as discussed later in this section.

Specification Sheet: 1

To prepare white stock you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Stock pot	01
Knife	01
Chopping board	01
Stainless steel bowl	02
Skimmer	01
Strainer	01
Ladle	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Waste bin	01
Sink	02
Fire range	

Ingredients	Quantity
beef, veal, or chicken bones	3 kg
carrots	100 gm
celery ribs	100 gm
onion	200 gm
leek	to taste
spring onion	50 gm
Cold water	6 liter
Boquet garni	
dried thyme	1/2 tsp
parsley sprigs	3-4 sprigs
bay leaf	2-3 pcs
whole peppercorns	8-10 pcs
whole clove	4-6 pcs



Job sheet: 2

Brown Stock Preparation

Method of preparation:

- Cut the beef or veal bones into 3- to 4-inch pieces.
- Browning is slowed down by moisture, so do not wash or blanch the bones.
- Place the bones one layer deep in a roasting pan.
- Roast bones in the oven at 375°F (191°C) or higher for more than an hour, stirring occasionally.
- You can use some butter to bring the bones browning.
- Place the browned bones in a stockpot, water, aromatic vegetables and bouquet garni. Bring the water to a simmer for 6-8 hours.
- Skim impurities and fat from the stock as it begins to simmer.
- Do not stir the stock or it will become cloudy.
- Strain through a china cap lined with several layers of cheesecloth.

Specification Sheet: 2

To prepare brown stock you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Stock pot	01
Knife	01
Chopping board	01
Stainless steel bowl	02
Skimmer	01
Strainer	01
Ladle	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Roasting Tray	01
Waste bin	01
Sink	02
Fire range	01
Oven	01
Thermometer	01
Wooden spatula	01

Ingredients	Quantity
beef or veal bones	3 kg
Carrot	100 gm
Tomato or tomato paste	100 gm
celery ribs	100 gm
onion	200 gm
leek	to taste
spring onion	50 gm
Butter or oil	3 tbsp
Cold water	6 liter
Boquet garni:	
Dried thyme	½ tsp
Parsley sprigs	3-4 sprigs
Bay leaf	2-3 pcs
Whole peppercorns	8-10 pcs
Cloves	4-6 pcs



Job sheet: 3

Fish Stock Preparation

Method of preparation:

- Add the fish bones to the pan.
- Be careful not to stir the stock too much once the bones are in, as too much agitation of the bones will turn the liquid cloudy
- Top up with water until the bones are just covered
- Bring the stock to the boil, skim off the scum, then turn down and add bouquet garni and Simmer for 25 minutes.
- Using a ladle, scoop out the stock and pass through a sieve lined with muslin cloth into a container.
- Again, be gentle and try not to unsettle the bones or you'll end up with cloudy stock
- Strain through a china cap lined with several layers of cheesecloth.
- The stock will keep for 3–5 days in the fridge, or up to 3 months in the freezer.

Specification Sheet: 3

To prepare fish stock you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Stock pot	01
Knife	01
Chopping board	01
Stainless steel bowl	02
Skimmer	01
Strainer	01
Ladle	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Baking Tray	01
Wooden spoon	01
Waste bin	01
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
olive oil	3 tbsp
fish bones and heads	2 kg
Carrot	100 gm
celery ribs	100 gm
onion	200 gm
leek	to taste
spring onion	50 gm
Cold water	3 liter
Boquet garni:	
Dried thyme	1/2 tsp
Parsley sprigs	3-4 sprigs
Bay leaf	2-3 pcs
Whole peppercorns	8-10 pcs
Cloves	4-6 pcs



Job sheet: 4

Vegetable Stock Preparation

Method of preparation:

- Heat oil in a stockpot over medium heat.
- Add mirepoix, leeks, mushrooms, turnip, fennel, and garlic. Sweat for 10 minutes. Stir as necessary so vegetables do not brown.
- Add tomatoes, water, and sachet.
- Bring to a simmer, and simmer for 45 minutes.
- Strain and cool in a water bath.

Specification Sheet: 4

To prepare vegetable stock you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Stock pot	01
Knife	01
Chopping board	01
Stainless steel bowl	02
Skimmer	01
Strainer	01
Ladle	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Baking Tray	01
Wooden spoon	01
Ladle	01
Waste bin	01
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
olive oil	1 tbsp
Carrot	100 gm
Button mushrooms, finely sliced	200 gm
celery stick, finely sliced	01 pcs
Onion finely sliced	100 gm
Leek white part only, finely sliced	25 gm
garlic, halved horizontally	1 pcs
white wine, (optional)	150 ml
Cold water	2 liter
Boquet garni:	
Dried thyme	1/2 tsp
Parsley sprigs	3-4 sprigs
Bay leaf	2-3 pcs
Whole peppercorns	8-10 pcs
Cloves	4-6 pcs



Learning Objectives: At the end of the session trainee will be able to prepare soups.

SOUPS

Soups definition: Soup is a liquid food consisting of meat, seafood, vegetables, cereals, and poultry as a base. It plays an important role on the menu and is worked as an appetizer as it stimulates the appetite for the heavier food to follow. After the appetizer, it is the second course on the French classical menu

Soups are broadly classified into **two types-**

1. Thick
2. Thin.

Thin soups are **three types –**

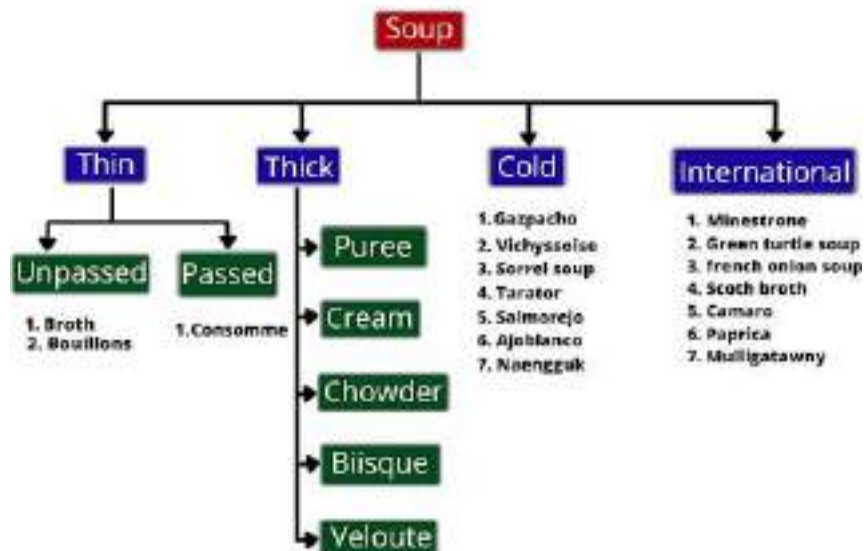
1. Broth,
2. Bouillons,
3. Consommé.

Thick soups are **five types-**

1. Puree,
2. Cream,
3. Chowder,
4. Bisque,
5. Veloute.

However, there are two more categories cold soup and international soup, to better understand the classification of soup look at the below

Classification of soup



Thin soup

Most of the thin soups are cristal clear, flavoured, nutritious liquid, and it is prepared without using a thickening agent. Food items should be floating in soups. It can be classified into passed and unpassed which is further classified as Consomme, Bouillon, broth see below-

1. Passed

A) Consommé

It is a strongly flavored clarified soup. Its flavor is increased by the addition of meat, poultry, herbs, and seasonings. It is prepared with minced meat, diced carrot, turnips, onions, celery, egg white, seasonings. Cold beef, mutton, or chicken stock is used and mixed with all ingredients. This mixture is placed on heat and allowed to boil and then simmered.

Consomme can be served hot or cold, the colour of the consommé is known as Amber. The beef stock is good for consommé preparation as it has full of flavour and body.



2. Unpassed

A) Bouillon

It is a clear soup strong meat flavoured, vegetables, meat, seafood should be floating in the soup

B) Broth

Broths are similar to bouillon but the liquid is a little cloudy and contains all types of vegetables, meat, and chicken. This should be cut into regular shapes and floating in the soup. In this soup we use either barley or oat; it gives the cloudiness of the soup.



Thick soup

As the name suggests they are thick soups and thickened with a thickening agent, such as a roux, or by puréeing one or more of their ingredients to provide a heavier consistency. Some examples of thick soups are-

1. Puree soup

Starchy vegetables such as potatoes, pumpkin etc., and cereals are used to make puree soup. When pureeing this ingredient in soup, usually act as self-thickness so there is no need for any extra thickening agent. For example, Pea soup, Potato soups are puree types of soup. The garnish of puree soup is



2. Cream soup

They are prepared with a puree of vegetables, poultry, fish or meat and thickened with bechamel sauce or give a cream finish. For Examples Cream of tomato soup, Cream of green peas, Cream of mushroom etc.

3. Veloute

Veloute soups are similar to other veloute sauces, but here veloute is less concentrated and thin soups. Veloute is made by preparing roux, adding stock and the puree of vegetables, meat, poultry and fish. Hot milk is blended in soup to produce a smoothness of the soup. Finished the soup by using liaison (cream & egg yolks), as it enhances the taste and texture. For Examples Chicken veloute, Almond veloute, Celery veloute etc.



4. Bisque

It is made of any shellfish puree, thickened with rice or cream and it is a slightly thick soup. The small particles of cooked shellfish should be floating in the soup. A small amount of wine is added for flavour and colour. For Examples Crab bisque, Snell bisque, Lobster bisque etc.



5. Chowders

It is originated from America. They are thick heavy soups. Thickened with potato. The base of the soup is either milk or tomato. Chowder consists of potatoes, onion, pieces of bacon, various seasonings and seafood. For Examples Manhattan clam chowder.

Cold soup

Cold soups are those which include natural gelatin or adding gelatin powder, or those that are thickened with starch or puree. Cold soups are served cold but not chilled because chilling can dull the flavors and aroma of the soup. It can be thick or thin and passed or unpassed, cold soups do not form separate classification. Many soups that are prepared to be a hot soup can be changed into a cold soup by simply chilling them and making minor alterations to the structure and flavor. Cold soups are very popular during summer and are often term as summer delight.

Examples of cold soup:

Ajoblanco: Spanish cold soup made of bread, crushed almonds, garlic.

Gazpacho: Spanish cold soup, made of stale bread, tomato, cucumber, bell pepper, olive oil,

Vichyssoise: French cold soup made of purée of leeks, onions, potatoes, cream and chicken stock

Naengmyeon: A Cold noodle soup in cold meat broth.

Okroshka: A Russian raw vegetable soup.

International soup

These soups represent the region of origin, like the Scotch broth from Scotland and French onion soup from France. They can be thick or thin and hot and cold, do not form any separate Classification. These soups are basically having a great tradition and that's why they are known by their country. Some of the international soups and their origin.

S.no	Name of the soup	Origin
1.	Minestrone	Italy
2.	Green turtle soup	England
3.	French onion soup	France
4.	Petite marmite	France
5.	Scotch broth	Scotland
6.	Cock-a-leekie	Scotland
7.	Mulligatawny	India (south)
8.	Borscht polonaise	Poland
9.	Olla-podrida	Spain
10.	Gazpacho (cold soup)	Spain
11.	Manhattan clam chowder	America
12.	Hoche-potflamanda	Belgium
13.	Camaro	Brazil
14.	Leberknoedel	Germany



Self-Check Quiz – 3.1.3

Question 1: Define soup and its type.

Question: 2 Define Consomme Soup.

Question 3: Difference between bouillon and broth.

Question 4: Difference between bisque and chowder.

Question 5: Fill in the blanks below -

- a. The origin of minestrone soup is _____.
- b. The origin of Borscht polonaise soup is _____
- c. The origin of Green turtle soup is _____
- d. The origin of Mulligatawny soup is _____
- e. The origin of Camaro soup is _____



Answer Key – 3.1.3

Answer 1:

Soup is a liquid food consisting of meat, seafood, vegetables, cereals, and poultry as a base. Soups are broadly classified into two types-

- a. Thick
- b. Thin.

Thin soups are three types –

- o Broth,
- o Bouillons,
- o Consommé.

Thick soups are five types-

- o Puree,
- o Cream,
- o Chowder,
- o Bisque,
- o Veloute.

Answer 2:

It is a strongly flavoured clarified soup. Its flavour is increased by the addition of meat, poultry, herbs, and seasonings. It is prepared with minced meat, diced carrot, turnips, onions, celery, egg white, seasonings.

Answer 3:

Bouillon is a clear soup strong meat flavoured, vegetables, meat, seafood should be floating in the soup. Broths are similar to bouillon but the liquid is a little cloudy and contains all types of vegetables, meat, and chicken.

Answer 4:

Bisque soup is made of any shellfish puree, thickened with rice or cream and it is a slightly thick soup. The small particles of cooked shellfish should be floating in the soup

Chowder is originated from America. They are thick heavy soups. Thickened with potato. The base of the soup is either milk or tomato.

Answer 5:

- a. Italy
- b. Poland
- c. England
- d. South Indian
- e. Brazil



Job sheet: 5

Chicken and Cream Corn Soup Preparation

Method of preparation:

For 2pax

- Boneless the chicken and then cut into small macedoine (cube) size and washed properly. Keep aside.
- Place a stockpot on medium fire; add chicken broth, boneless chicken, sweet corn, fresh cream.
- Cook for five minutes.
- Remove the fat using a skimmer from the top of the liquid occasionally, as the soup will not be cloudy.
- Rinse the corn flour into cold water.
- Now add corn flour and stir frequently for bringing the thickening position.
- Add egg white and also stir frequently.
- Add salt and pepper. Check the seasoning.
- Add the coriander leaves chop.
- Now serve it and garnish with a little cream on the top of the soup.

Specification Sheet: 5

To prepare chicken and cream corn soup you will need the following equipment and ingredients:
For 2 person

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Stainless steel bowl	02
Stock pot	01
Whisk	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Waste bin	01
Sink	02
Fire range	01
Large spoon	01
Thermometer	01
Soup bowl	01
Saucer plate	01
Soup spoon	01
Kitchen duster	1 set

Ingredients	Quantity
Chicken broth	400 ml
Boneless Chicken cube size	100 gm
Sweet corn	100 gm
Corn flour	2 teaspoon
Fresh cream	1 tablespoon
Coriander leaves chopped	1 teaspoon
Egg white	1 nos
White pepper ground	¼ tsp
Salt	To taste
Cold water	50 ml



Job sheet: 6

Carrot & Apple Soup Preparation

Method of preparation: For 2pax

- Heat olive oil in a stock pot over medium heat. Add onions and sauté for 2 minute or until softened.
- Add ginger and garlic and cook for one minute.
- Add sliced apples, diced carrots, ½ tablespoon of fresh cream and cook for 3 minutes more.
- Turn flame to medium-high and add vegetable broth or water. Bring to a boil.
- Reduce flame to low uncovered, and simmer for 8-10 minutes or until carrots and apples are softened, remove pan from the flame and let rest for 10 minutes.
- Blend the soup in a blender.
- Once all of the soup is blended, return to the pot on simmering temperature.
- Add fresh ground nutmeg, as well as salt and white pepper ground.
- Drizzle with a rest of ½ tablespoon of fresh cream on the top of the soup and serve hot.

Specification Sheet: 6

To prepare carrot and apple soup you will need the following equipment and ingredients:
For 2 person

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Stainless steel bowl (large)	01
Stainless steel bowl (small)	01
Stock pot	01
Whisk	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Waste bin	01
Sink	02
Fire range	01
Ladle	01
Thermometer	01
Soup bowl	01
Saucer plate	01
Soup spoon	01
Kitchen duster	1 set

Ingredients	Quantity
Hot water or broth	400 ml
Olive oil	1 ½ tablespoon
Onion chopped	40 gm gm
Garlic finely chopped	1 clove
fresh ginger, peeled and finely chopped	2 teaspoon
small apple, peeled and chopped	1 nos small
peeled and sliced carrots	1 medium
fresh cream	1 tablespoon
nutmeg	1 pinch
White pepper ground	½ teaspoon
Salt	To taste



Job sheet: 7

Tomato Soup Preparation

Method of preparation:

For 2pax

- Place a stock pot over medium heat.
- Add butter then add chopped onions.
- Sauté for 3 minutes, stirring occasionally, until softened and golden.
- Add minced garlic and sauté 1 minute until fragrant.
- Add tomatoes, chicken stock, chopped basil, sugar (or add sugar to taste), and black pepper.
- Stir together and bring to a boil then reduce heat, partially cover with lid and simmer for 10 minutes.
- Remove pan from the flame and let rest for 10 minutes.
- Blend the soup in a blender.
- Once all of the soup is blended, return to the pot on simmering temperature.
- Add fresh cream and ½ of grated parmesan cheese and simmer for 3 minutes.
- Season to taste with salt and pepper if needed and turn off the heat.
- Serve the tomato soup hot adding half of the parmesan cheese on top.

Specification Sheet: 7

To prepare tomato soup you will need the following equipment and ingredients:

For 1 person

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
ainless steel bowl	02
Stock pot	01
Whisk	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Waste bin	01
Sink	02
Fire range	01
Ladle	01
Thermometer	01
Soup bowl	01
Saucer plate	01
Soup spoon	01
Kitchen duster	1 set

Ingredients	Quantity
Chicken broth	100 ml
Butter	1 ½ tablespoon
Onion chopped	20 gm
Garlic finely chopped	1 clove
deseeded crushed tomatoes	2 pieces
Fresh basil chopped	5 gm
Sugar	1 teaspoon
Black pepper ground	¼ teaspoon
Fresh cream	1 table spoon
Parmesan cheese grated	1 teaspoon
Salt	To taste



Job sheet: 8

Mixed Vegetables Clear Soup Preparation

Method of preparation:

For 2pax

- In a pan or pot, take 1 tablespoon oil.
- Add ½ teaspoon finely chopped garlic and ¾ teaspoon finely chopped ginger. Sauté until the raw aroma of both ginger and garlic goes away.
- Then add chopped spring onions (scallions). Sauté until translucent.
- Add ½ teaspoon chopped celery chopped spring onions in the pan Sauté Vegetables for 2 minute.
- Now add ½ cup finely chopped cabbage, finely chopped carrots, finely chopped capsicum and French beans.
- Mix vegetables in the pan. Sauté for 1 to 2 minutes on medium-low heat.
- Add Water and Seasonings
- Then add chicken stock
- Season with ground black pepper or according to your taste.
- Season with salt as needed.
- Grate about a pinch of nutmeg in the soup.
- Mixed vegetables clear soup is ready to serve hot.

Specification Sheet: 8

To prepare mixed vegetable clear soup you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Stainless steel bowl	02
Stock pot	01
Whisk	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Waste bin	01
Sink	02
Fire range	01
Ladle	01
Thermometer	01
Soup bowl	01
Saucer plate	01
Soup spoon	01
Kitchen duster	1 set



Job sheet: 9

Minestrone Soup Preparation

Method of preparation:

For 2pax

- Heat the oil in a large pot over medium heat.
- Add the onion, carrots, celery, salt, and black pepper, and cook, stirring occasionally, for 4-5 minutes, until the vegetables begin to soften.
- Add the garlic, tomatoes, beans, broth, bay leaves, oregano, and thyme.
- Cover and simmer for 10 minutes.
- Stir in the pasta and cook, uncovered, for 10 more minutes, until the pasta is cooked through.
- Season to taste and serve with parsley, red pepper flakes, and parmesan, if desired.

Specification Sheet: 9

To prepare minestrone soup you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Stainless steel bowl	02
Stock pot	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Waste bin	01
Sink	02
Fire range	01
Ladle	01
Thermometer	01
Soup bowl	01
Saucer plate	01
Soup spoon	01
Kitchen duster	1 set

Ingredients	Quantity
Olive oil	1 tablespoon
Onion chopped	20 gm
Carrot chopped	40 gm
Celery ribs sliced	10 gm
Tomato	50 gm
Olive oil	1 tablespoon
Garlic finely chopped	1 clove
Tomatoes (deseeded and diced)	80 gm
kidney beans cooked, drained, and rinsed	75 gm
Vegetable broth	400 ml
Bay leaves	2 nos
Black pepper ground	¼ teaspoon
Dried oregano	¼ teaspoon
Dried thyme	¼ teaspoon
Shell or elbow pasta	50 gm
Fresh parsley chopped	½ teaspoon
Red chili flakes	¼ teaspoon
Parmesan cheese grated	½ teaspoon
Salt	To taste



Job sheet: 10

Shrimp Bisque Soup Preparation

Method of preparation:

For 2pax

- In a small saucepan, sauté onion in oil until tender.
- Add garlic; cook 1 minute longer. Stir in flour until blended. Stir in broth, cream, chili powder, cumin and coriander; bring to a boil.
- Reduce heat; cover and simmer for 5 minutes.
- Cut shrimp into bite-size pieces; add to soup.
- Simmer 5 minutes longer or until shrimp turn pink.
- Gradually stir 1/2 cup hot soup into sour cream; return all to the pan, stirring constantly.
- Heat through (do not boil).
- Garnish with cilantro.
- Shrimp bisque soup is ready to serve hot.

Specification Sheet: 10

To complete the above tasks you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Raw materials	Quantity
small onion chopped	1 nos
Garlic cloves minces	2 nos
Olive oil	1 tablespoon
All-purpose flour	1 tablespoon
Chicken broth	400 ml
Whip cream	110 ml
Chili powder	1 tablespoon
Cumin ground	½ teaspoon
uncooked medium shrimp, peeled and deveined	220 gm
Sour cream	100 gm
Coriander leaves	5 gm

Tools, Equipment & utensil	Quantity
Stainless steel bowl (small)	04
Stainless steel bowl (large)	01
Soup bowl	01
Saucer plate	01
Soup spoon	01
Fire range	01
Sauce pan with lid	01
Strainer	01
Stainless steel bowl (large)	01
Whisk	01
Small blender	01
Refrigerator	01
Clean film	01
Measurement cup set	01
Table spoon	01
Tea spoon	01
Waste bin	01
Sink	02



Learning Objectives: At the end of the session trainee will be able to prepare sauces

SAUCES

Sauce definition: Sauces are liquids or semi liquid mixtures. A strong smell, delicate taste, a light, strong hand for the blending, all contribute to the perfect sauce.

Importance of sauces

- Enhances flavor.
- Some sauces help in digestion, example mint sauce and apple sauce with roastpork.
- It gives moistness to the food, white sauce adds creaminess to firm and dry food.
- Adds color to food, hollandaise sauce served on vegetables adds color.
- Served as an accompaniment, sometimes gives a contrast taste to another food, example cranberry sauce with roast pork.
- Sometimes gives name to the dish, example Madeira wine when added to brown sauce, it is called sauce Madeira.
- Enhances nutritional value of the dish.
- Dresses and compliments food that need some additional quality and makes the food more palatable.
- It Gives tartness and contrasts or balances a bland food, example Devil sauce served with eggs give appealing tartness.

Classification of Sauce:

Basic Mother Sauces

Types	Name	Composition of Sauce
Hot	1. Béchamel (White Sauce)	Liquid Milk+ Roux+ Seasoning
	2. Veloute	White Stock + Roux+ Seasoning
	3. Espagnole	Brown stock + brown roux+ tomato puree+ Seasoning
	4. Hollandaise (warm)	Clarified Butter+ Egg yolk+ Seasoning
	5. Tomato Sauce	Tomato, tomato puree+ Thickening Agent + Puree
Cold	6. Mayonnaise	Egg yolk+ olive oil + vinegar + seasoning

Thickening agents of Sauces:

Roux is equal quantity of fat and flour mixture, which are cooked together. It is cooked to various degrees, namely white, blond or brown. Equal quantities 1:1 of flour, butter or margarine are taken to prepare the different colored roux.

Starch: Arrowroot, corn flour, rice flour, potato starch, tapioca are used to thicken the sauce. A paste should be made of cold liquid and starch, and then stirred into boiling liquid and allowed to boil, till the starch is cooked.

Yolks of egg and Cream: It is a liaison, added as a finishing agent at the end of cooking. The product is never boiled, when the liaison is added, or it would curdle. The liaison is added to thicken delicate cream or volute soups. Yolks of eggs are used to prepare mayonnaise by emulsifying it with oil.

Sauces Derivatives:

Name	Derivatives	Compositions
Hot Sauce		
1. Béchamel (White Sauce)	Mornay	Béchamel + Parmesan and Gruyere + cream + egg yolks
	Soubise	Béchamel + sautéed, minced onions + pepper + nutmeg + and strained
	Cardinal	béchamel + fish stock + truffle essence + lobster butter + cayennepepper
	Onion sauce	Béchamel + minced onions cooked in milk + seasoning + nutmeg
	Scotch egg sauce (escossaise)	Thin béchamel sauce, mixed with hard boiled yolk, sieved, garnished with white of eggs cut into strips.
2. Veloute	Allemande	Veloute + egg yolks + mushroom trimmings + cream + juice of lemon
	Supreme	Veloute + white wine + parsley + shallots + mushroom trimmings andstrain.
	Hongroise	Veloute + paprika + white wine + cream
	Vin blanc	Thin fish veloute + yolk of eggs and finished with butter (pour mixturein a double boiler)
	Nantua	Veloute + fried mirepoix fish in crayfish butter
	Bercy	Allemande sauce + chopped shallots + white wine + meat glaze +butter, garnished with dices of marrow and chopped parsley
	Poulette	Allemande sauce + mushroom essence +lemon juice + choppedparsley
3. Brown or Espagnole sauce	Bercy	Demi-glaze + meat glaze + minced shallots +white wine + sliced bonemarrow.
	Chasseur	Minced mushrooms, sautéed chopped shallots + white wine reduced +demi glaze + butter + chopped parsley.
	Chaufroid	demi glaze + aspic jelly + essence of truffles + Madeira
	Madeira	demi glaze + Madeira wine
	Bordelaise:	chopped shallots + mignonette pepper + thyme + bay leaves + redwine
4. Hollandaise Sauce	Maltaise	Hollandaise sauce + zest + juice of blood oranges
	Noisette	Hollandaise sauce + nut brown cooked butter
	Choron	Béarnaise sauce + tomato puree
	Mousseline	Hollandaise sauce mixed with stiffly whipped cream
	Béarnaise	Hollandaise sauce + chopped tarragon + chervil
5. Tomato Sauce	Bretonne	Tomato Sauce + sautéed chopped onions + white wine reduced, strained + butter +parsley
	Tomatoed chaufroid	Tomato sauce + aspic jelly
	Provencale	Thin tom. Sauce + sliced mushrooms + garlic + sugar + tomatoconcasse' + parsley
	Italienne	Tomato sauce + demi glaze + chopped shallots + mushrooms + leanham + fine herbs
	Barbecue	Tomato sauce + ketchup + vinegar + sugar

Cold Sauce		
6. Mayonnaise	Tartare	Mayonnaise + hard yolk of eggs, garnished with sweet capsicums
	Gloucester	Mayonnaise + sour cream + lemon juice + chopped fennel +Worcestershire sauce
	Vincent	Half tartare sauce + half green sauce
	Green sauce	Mayonnaise mixed with puree of blanched herbs, spinach, waterparsley, chervil, tarragon and pass through fine sieve
	Cocktail	Mayonnaise + tomato ketchup + Worcestershire + Tabasco + cream + lemon juice.

Finishing of Sauces

Certain finishing techniques are used to develop derivatives from the basic mother sauces. There are a great many ways of modifying or adding to a sauce. Among these methods are a number of basic techniques that are used over and over again for making sauces.

Reduction: Using reduction to concentrate basic flavors: - If we simmer a sauce for a longer time, some of the water is evaporated, and the resulting product is more flavorful. This is the same technique used when making glazes from Stocks. Some reduction takes place in nearly all sauces depending on how long they are simmered.

Using reduction to adjust textures: - Concentration a sauce by reduction also thickens it, as only the water evaporates. If a sauce is too thin, it may be simmered until it reaches the desired thickness.

Using reduction to add new flavors: - Reductions are used to flavor sauces. Reductions of other liquids especially red and white wines, with different flavoring ingredients, herbs and spices, are used a great deal in this way.

Reduce wines by boiling. Reduction lessens the acidity of white wine. Red wine reduction makes its perfumes strong. This is also true for Brandies. Fortified wines have delicate perfumes that are easily destroyed. They work best unheated and added at the last minute.

Straining: A Sauce should always be smooth and lump-free. To bring a sauce's texture to perfection, to create the velvety smoothness straining is necessary. Straining through a china cap lined with several layers of cheesecloth is effective. Straining is usually done before final seasoning.

Deglazing: To de glaze means to swirl a liquid in a sauté pan or other pan to dissolve cooked particles of food remaining on the bottom of the pan. It is an important technique for finishing sauces that accompany sautéed items. A liquid such as wine or stock is used to de glaze a sauté pan and then reduced by one-half or three-fourths. This reduction with the added flavor of the pan drippings is then added to the sauce that is served with the item.

Enriching: Liaison: In addition to being a thickening agent, the liaison of egg yolks and cream is used to finish a sauce by giving extra richness and smoothness.

Heavy cream: Heavy cream has long been used to give flavor and richness to sauces.

Butter: A useful enriching technique, both in classical and in modern cooking, is called finishing with butter. To finish a sauce with butter, simply add a few pieces of softened butter to the hot sauce and swirl it in until it melts. The sauce then should be served immediately. Finishing a sauce with butter gives it a little extra shine and smoothness, as well as adding to it the rich, fresh taste of raw butter.

Seasoning: Whether or not a sauce is to be given a final enrichment of liaison, cream, or butter it must be checked carefully for seasonings before serving. Remember the last step in any recipe, whether written or not is "adjust the seasonings Salt is the most important seasoning for sauces. Lemon juice also is very important.

These two seasonings emphasize the flavors that are already there by stimulating the taste buds. Cayenne and white pepper are perhaps third and fourth in importance.



Self-Check Quiz – 3.1.4

Question 1: Definition of sauce and its importance.

Question 2: write five basic mother sauce and their composition.

Question 3: Name some thickening agents that are needed for preparing sauce.

Question 4: Name five derivatives of béchamel sauce.

Question 5: Name five derivatives of veloute sauce.

Question 6: Define Sauce reduction in finishing technique.



Answer Key – 3.1.4

Answer 1:

Sauces are liquids or semi liquid mixtures. A strong smell, delicate taste, a light, strong hand for the blending, all contribute to the perfect sauce. The importance of sauces are-

- Enhances flavor.
- Some sauces help in digestion, example mint sauce and apple sauce with roastpork.
- It gives moistness to the food, white sauce adds creaminess to firm and dry food.
- Adds color to food, hollandaise sauce served on vegetables adds color.
- Served as an accompaniment, sometimes gives a contrast taste to another food, example cranberry sauce with roast pork.
- Sometimes gives name to the dish, example Madeira wine when added to brown sauce, it is called sauce Madeira.
- Enhances nutritional value of the dish.
- Dresses and compliments food that need some additional quality and makes the food more palatable.
- It Gives tartness and contrasts or balances a bland food, example Devil sauce served with eggs give appealing tartness.

Answer 2:

1. Béchamel (White Sauce)=Liquid Milk+ Roux+ Seasoning
2. Veloute=White Stock + Roux+ Seasoning
3. Espagnole=Brown stock+ brown roux+ tomato puree+ Seasoning
4. Hollandaise=(warm)=Clarified Butter+ Egg yolk+ Seasoning
5. Tomato Sauce=Tomato, tomato puree+ Thickening Agent + Puree

Answer 3:

Roux, Arrowroot, corn flour, rice flour, potato starch, tapioca, Yolks of egg, cream.

Answer 4: Five béchamel sauce derivatives are -

Mornay, Soubise, Cardinal, Onion sauce, Scotch egg sauce

Answer 5: Five veloute sauce derivatives are -

Allemande, Supreme, Hongroise, Vin blanc, Nantua, Bercy, Poulette

Answer 6: If we simmer a sauce for a longer time, some of the water is evaporated, and if the finishing product is more flavorful is called sauce reduction in finishing technique.



Job sheet: 11

Béchamel or White Sauce Preparation

Method of preparation:

- Bring milk to boil with studded onion and set aside.
- Melt butter in a thick bottom pan.
- Add flour, stir and cook the roux over a gentle fire without coloring till it gets a sandy texture.
- Pour the milk into the roux stirring with a wooden spoon to avoid lumps.
- Simmer gently for half an hour.
- Remove the studded onion and pass through a fine strainer, cover with butter to prevent formation of skin.

Specification Sheet: 11

To prepare béchamel or white sauce you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Heavy bottom pan	01
Wooden spatula	01
Stainless steel bowl	02
Whisk	01
Strainer	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Waste bin	01
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
Flour	90 gm
Butter	90 gm
Milk	1 liter
Onion studded with clove and bay leaf	01 pcs



Job sheet: 12

Veloute Sauce Preparation

Method of preparation:

- In a thick bottom pan prepare a blond roux.
- Add cold stock to roux and stir vigorously to avoid lumps.
- Add mushroom trimmings.
- Simmer gently for an hour, stirring frequently with a wooden spoon.
- Pass through a fine strainer and cover with butter, to prevent the formation of skin.

Specification Sheet: 12

To prepare veloute sauce you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Heavy bottom pan	01
Wooden spatula	01
Stainless steel bowl	02
Whisk	01
Strainer	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Waste bin	01
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
Flour	90 gm
Butter	90 gm
Stock (chicken, veal or fish)	1 liter
Mushroom trimmings	01 pcs



Job sheet: 13

Brown or Espagnole Sauce Preparation

Method of preparation

For brown sauce:

- Prepare brown roux in a heavy bottom pan and cool.
- Add tomato puree, stirring vigorously to blend well and cook on a gentle fire.
- Sauté the mirepoix in fat and add the sautéed vegetables to the sauce.
- Add brown stock.
- Simmer gently for 2 hours.
- Remove scum when it comes to the top.
- Strain and cover with a thin layer of butter.

For demi glaze:

- Mix the above ingredients in a pan and place on a stove.
- Reduce to fifty percent and add a little sherry (optional) and mix.
- Slightly butter the top to avoid the formation of skin.

Specification Sheet: 13

To prepare espagnole sauce you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required

Tools, Equipment & utensil	Quantity
Heavy bottom pan	01
Wooden spatula	01
Stainless steel bowl	02
Whisk	01
Strainer	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Waste bin	01
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
Flour	70 gm
Butter	70 gm
Tomato puree	30 gm
Brown stock	1 ¼ liter
Carrot (roughly chopped)	70 gm
Onions (roughly chopped)	70 gm
Parsley, celery and bay leaf	3 gm
Mirepoix for flavoring	
For Demi glaze	
Brown Sauce	
Brown Stock	



Job sheet: 14

Brown or Espagnole sauce Preparation

Method of preparation:

- Melt butter in a pan and keep aside.
- Place crushed peppercorns and vinegar in a pan and reduce completely.
- Add one table spoon of water and cool.
- Add egg yolks and whisk
- Place the pan in a double boiler and whisk the egg yolks till a sabayon is formed (thickens).
- Then gradually add the melted butter until it is blended and forms a smooth sauce. Add lemon juice.
- Strain through a fine strainer and correct seasoning.
- Hollandaise sauce is ready to use next.

Specification Sheet: 14

To prepare hollandaise sauce you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Double boiler	01
Stainless steel bowl	02
Whisk	01
Strainer	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Waste bin	01
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
Egg Yolk	5 nos.
Clarified Butter	500 gm
Crushed pepper corn	8 nos
Vinegar	1 teaspoon
Lemon juice	1 teaspoon
Salt	To taste



Job sheet: 15

Tomato sauce Preparation

Method of preparation:

- Melt butter in a pan.
- Add roughly chopped vegetables, crushed garlic and sauté, till slightly brown.
- Mix in the flour and fry till it gets a sandy texture and gets slightly brown color.
- Add blanched chopped tomatoes and tomato puree, and stir.
- Add cold stock, stirring to prevent lumps and bring to boil.
- Add seasonings and cook for 1 hr.
- Skim frequently strain and cover with butter.
- Tomato sauce is ready to use next.

Specification Sheet: 15

To prepare tomato sauce you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Heavy bottom pan	01
Stainless steel bowl	02
Whisk	01
Strainer	01
Wooden spatula	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Waste bin	01
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
Flour	80 gm
Butter	70 gm
Onion	80 gm
Carrot chopped	80 gm
Celery chopped	40 gm
Bay leaf	1 pc
Garlic crushed	1 clove
Tomato puree	100 gm
Blanched Tomato chopped	500 gm
Brown stock	450 ml
Sugar	10 gm
Salt	To taste



Job sheet:16

Mayonnaise sauce Preparation

Method of preparation:

- Place egg yolks, vinegar, seasoning in clean bowl and whisk well.
- Add oil slowly, a little at a time, whisking continuously, until all the oil is incorporated.
- Finish the sauce by adding the juice of lemon and warm water.
- This is done to ensure coherence of the sauce of the sauce and to prevent its turning or curdling.
- Mayonnaise is suitable for serving with cold fish, meat and hors d'oeuvre.

Specification Sheet: 16

To prepare mayonnaise sauce you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required

Tools, Equipment & utensil	Quantity
Stainless steel bowl	02
Whisk	01
Table spoon	01
Teaspoon	01
Weigh scale	01
Waste bin	01
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
Egg yolk	8 nos
Olive Oil	1 liter
French mustard paste	¼ tsp
Vinegar	1 teaspoon
Lemon juice	1 teaspoon
White pepper ground	½ teaspoon
Salt	To taste



Learning Objectives: To prepare salad dressings in a workplace.

Salad Dressings 2.2



Salad dressing 2.2: Salad dressings are liquids or semi liquids used to flavor salads. They are sometimes considered cold sauces, and they serve the same functions as sauces - that is, they flavor, moist, and enrich.

Some dressings have as their main ingredient such products as sour cream yogurt and fruit juices. Many of these are designed specifically for fruit salads or for low-calorie diets.

Basic Dressing Components:

Most dressings need a fat, an acid, and seasoning. Examples of each are found below:

Fat: Oil, pasteurized egg, mayonnaise, sour cream, or cheese

Acid: Lemon, lime, or orange juice, or any type of vinegar

Seasoning: Garlic powder; mustard; salt; pepper; oregano, parsley, chives, and other herbs; or spices like curry powder, paprika, or celery seed.

The basic dressings are:

Numerous variations can be achieved through this particular dressing for example-

- I. **Herb mayonnaise** – Tarragon + Parsley + Chervil + Chives into mayonnaise.
- II. **Ranch** – Sour Cream + Wine vinegar + Lemon juice + W. Sauce + Parsley + Chives + Garlic + Celery Seed into mayonnaise.
- III. **Lemon Mayonnaise** – Lemon Juice + Lemon Rind into mayonnaise.
- IV. **Remolade** – Finely chopped garlic + Tomato Ketchup + Tabasco + Brandy to mayonnaise.
- V. **Thousand Island** – Chilly sauce + Minced onion + chopped green pepper + chopped Pimento + chopped hardboiled egg into mayonnaise.
- VI. **Chantilly Dressing** – Whipped heavy cream with mayonnaise.
- VII. **Vinaigrette** can be made, in the French, English or American style. The ratio of ingredients varies.

French - 3 parts of oil and one part of vinegar and French mustard and seasonings.

English - 1 part oil and 2 parts vinegar, mustard and seasonings,

American - Equal quantities of vinegar and oil, seasonings and sugar.

Storage of salad dressing: You can store salad dressing in the refrigerator at 0⁰-5⁰C temperature in a sealed, airtight container for 7 days.



Self-Check Quiz – 3.1.5

Question 1: What is salad dressing?

Question 2: What are the basic components of salad dressing?

Question 3: What is the storage temperature of salad dressing?



Answer Key – 3.1.5

Answer 1: Salad dressings are liquids or semi liquids used to flavor salads.

Answer 2:

There are three basic components of salad dressing just given below-

- ✓ Fat: Oil, pasteurized egg, mayonnaise, sour cream, or cheese.
- ✓ Acid: Lemon, lime, or orange juice, or any type of vinegar.
- ✓ Seasoning: Garlic powder; mustard; salt; pepper; oregano, parsley, chives, and other herbs; or spices like curry powder, paprika, or celery seed.

Answer 3:

You can store salad dressing in the refrigerator at 0⁰-5⁰C temperature in a sealed, airtight container for 7 days.



Job sheet 17

Vinaigrette Dressing Preparation

Method of preparation:

- Place all the ingredients in a mini chopper or blender and blend until all ingredients are well mixed.
- Store in the refrigerator for next use.

Specification Sheet: 17

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Knife	01
Chopping board	01
Stainless steel bowl (small)	04
Stainless steel bowl (large)	01
A small blender	01
Refrigerator	01
Clean film	01
Measurement cup set	01
Table spoon	01
Tea spoon	01
Waste bin	01
Sink	02

Raw materials	Quantity
Garlic clove, finely minced	1 nos
Rice vinegar	3 tablespoon
Soya sauce	1 teaspoon
Brown sugar	1 teaspoon
Canola or sesame oil	5 tablespoon
Toasted sesame seeds	1 tablespoon



Job sheet: 18

Italian Dressing Preparation

Method of preparation:

- Add all ingredients except the oil to a food processor.
- Slowly add oil while continuing to blend.
- If you don't have a food processor just use a mixing bowl and whisk
- Store in the refrigerator for next use.

Specification Sheet: 18

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Tools, Equipment & utensil	Quantity
Knife	01
Chopping board	01
Stainless steel bowl (small)	04
Stainless steel bowl (large)	01
A small blender	01
Whisk	01
Refrigerator	01
Clean film	01
Measurement cup set	01
Table spoon	01
Tea spoon	01
Waste bin	01
Sink	02

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Raw materials	Quantity
White wine vinegar	100 ml
dried Italian seasoning	1 ½ teaspoon
dried minced garlic	½ teaspoon
garlic powder	½ teaspoon
red pepper flakes	¼ teaspoon
Salt	To taste
Grated parmesan cheese	6 tablespoon
Mayonnaise	6 tablespoon
Oil	220 ml



Job sheet: 19

Honey Mustard Dressing Preparation

Method of preparation:

- Whisk together all the ingredients in a bowl.
- Cover and chill until ready to serve
- Store in the refrigerator for next use.

Specification Sheet: 19

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required

Raw materials	Quantity
Olive oil	3 tablespoon
Dijon mustard	1 teaspoon
Honey	2 tablespoon
White or black pepper ground	¼ teaspoon
Garlic powder	¼ teaspoon
Salt	To taste
Lemon juice	2 tablespoon

Tools, Equipment & utensil	Quantity
Stainless steel bowl (small)	04
Stainless steel bowl (large)	01
Whisk	01
Refrigerator	01
Clean film	01
Measurement cup set	01
Table spoon	01
Tea spoon	01
Waste bin	01
Sink	02



Job sheet 20

French dressing Preparation

Method of preparation:

- Add all ingredients except the oil to a food processor.
- If you don't have a food processor just use a mixing bowl and whisk
- Store in the refrigerator for up to 1 week.

Specification Sheet: 20

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Raw materials	Quantity
Olive oil	3 tablespoon
Dijon mustard	½ teaspoon
Tomato paste	1 tablespoon
White pepper ground	¼ teaspoon
White wine Vinegar	1 tablespoon
Honey	1 tablespoon
Onion powder	½ teaspoon

Tools, Equipment & utensil	Quantity
Stainless steel bowl (small)	04
Stainless steel bowl (large)	01
Whisk	01
Small blender	01
Refrigerator	01
Clean film	01
Measurement cup set	01
Table spoon	01
Tea spoon	01
Waste bin	01
Sink	02



Job sheet 21

Thousand Island Dressing Preparation

Method of preparation:

- Place eggs in a saucepan and cover with cold water.
- Bring water to a boil and immediately remove from heat.
- Cover and let eggs stand in hot water for 10 to 12 minutes.
- Removed from hot water, cool, peel and chop
- In a medium bowl, whisk together the chopped eggs, Worcestershire sauce, sugar, vinegar, cloves, mayonnaise, relish, olives, and red pepper until evenly blended.
- Chill and serve. Store them in the refrigerator.

Specification Sheet 21

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Tools, Equipment & utensil	Quantity
Stainless steel bowl (small)	04
Fire range	01
Sauce pan with lid	01
Strainer	01
Stainless steel bowl (large)	01
Whisk	01
Small blender	01
Refrigerator	01
Clean film	01
Measurement cup set	01
Table spoon	01
Tea spoon	01
Waste bin	01
Sink	02

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Raw materials	Quantity
Worcestershire sauce	3 tablespoon
white sugar	1 ½ tablespoon
Eggs	3 nos
White vinegar	3 tablespoon
Cloves ground	1 pinch
Mayonnaise	5 tablespoon
Sweet pickle relish	125 gm
Black olives	100 gm
Red bell pepper (small diced)	75 gm



Learning Outcome 3.2 - Store stocks, soups and sauces



Contents:

- Leftovers store procedure
- Quality standard for storing
- Reheat or reconstitute procedures



Assessment Criteria:

- 3.1 Leftovers are stored according to standard operating procedure.
- 3.2 Stocks, soups and sauces are stored maintaining quality standard.
- 3.3 Stocks, soups and sauces are reheated/reconstituted following standard procedure.



Resources Required:

Students/trainees must be provided with the following resources:

- Workplace
- PPE, Tools and equipment
- Paper and pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning activity – 3.2.1

Learning Activities	Resources / Special instructions / References
Store stocks, soups and sauces	<ul style="list-style-type: none"> • Information sheets: 3.2.1, 3.2.2, 3.2.3 • Self-Check Quiz: 3.2.1, 3.2.2, 3.2.3 • Answer key: 3.2.1, 3.2.2, 3.2.3



Information Sheet -3.2.1

Learning Objectives: To interpret procedures for storing stocks, soups and sauces.

Storing Leftovers 3.1

While leftovers have a limited shelf life as it is, even refrigeration only delays the inevitable. With help from the food-contaminant guidelines leftover foods should keep in the fridge. If you plan to put stock, soup and sauce in the freezer in the next few days, you can go with the refrigerator. It usually takes about two hours to get stock, soups and sauce in the fridge after they have been transferred to a container with a tightly fitted lid and dried. Here are some leftover food items that you can store in the refrigerator below-



Ways to store Leftovers

- Store all leftovers in leak-proof, clear containers or wraps.
- Follow the 'first in, first out' rule: Always eat the oldest foods first.
- Refrigerate leftovers within two hours of cooking. And there's no need to wait for piping-hot foods to cool down before storing them—modern refrigerators can handle the heat.
- "Throw away all perishable foods that have been left in room temperature for more than two hours.
- Divide leftovers into small, flat containers so that they cool faster. Some bacteria spores survive the cooking process and may germinate if the food is at room temperature long enough.
- Check that your fridge is set at 4°C or below. And don't just rely on the pre-programmed settings—rather, enlist help from a refrigerator thermometer.
- Don't refrigerate leftover soup broth, tuna fish, cranberry sauce, or other foods in cans. Once a can is opened, residual metal on the rim can leach into food and leave a metallic taste.



Self-Check Quiz - 3.2.1

Question 1. All the leftover food items should be store in

- a) Leak proof clean container or wrap
- b) Leak proof but crack container with wrap
- c) Neat and clean glass jar without lid
- d) Food grade metallic jar

Question 2. FIFO stands for-

- a) First in first out
- b) Last in first out
- c) First in first out
- d) Last out first in

Question 3. What is the storage temperature for leftover meat, fish and poultry food items?

- a) Above 120 °F
- b) Below -0 °C
- c) Above 65 °C
- d) Above 40 °F

Question 4. Where should you generally store onion, potato and shallot?

- a) A cool dark place
- b) In the chiller
- c) In the fridge
- d) In the plastic bag at room temperature

Question 5. How many hours should you leave all perishable food items at the room temperature?

- a) 4 hours
- b) 8 hours
- c) 2 hours
- d) 1hour



Answer Key 3.2.1

Answer 1. A

Answer 2. A

Answer 3. B

Answer 4. A

Answer 5. C



Information Sheet 3.2.2

Storage of Stocks, soup, sauces 3.2.2

Learning Objectives: To store Stocks, soups, sauces as per industry standard.

If not required for immediate use prepared stock, soup, curry sauces can be stored in the Refrigerator. The correct storage temperature for stocks is 1°C to 4°C. After the fat has been removed, pour the cooled stock, soup and curry sauce into a container and cover with a lid.

It will keep for 3 or 4 days, but to ensure absolute freshness, boil the stock every 2 days. Fish and vegetable stocks and soups may spoil quickly and should be made and used on the same day. If refrigerated they will keep for 2 days.

Stocks, soup and curry sauces can be stored satisfactorily in a freezer, where they will keep for up to 12 months.

You can store them in the Ziploc bag also. This is why we are giving you an example to store stock, soup and curry sauces into Ziploc bag below-

Store in Ziploc Bag:

Fill quart sized zip baggies with 2 cups of soup, sauce or puree and seal. Lay bags flat on a cookie sheet and place the cookie sheet in the freezer on a flat surface. Once the contents are frozen solid, stack them on a freezer shelf or in a freezer basket.

If you have a large quantity of soup to freeze, you may also want to use a large baking pan to stack your bags in while they are freezing. You can use this method before with various produce, purees, and soup as well and it works great.



Store in the Glass Jar:



You can use glass jars to store stock, soup and curry sauces without handles. Use care when filling the jars. Ensure that the jars are either the same temperature or just slightly warmer than the broth.

Add them to a large pouring pitcher for convenience and to avoid drips as you pour.
Begin filling the jars.

Once all of the jars are filled, inspect each one and wipe it down with a clean paper towel. If you had stock, soup and curry sauces drip on a jar while pouring, put a little white vinegar on a paper towel to remove the moisture and any remaining grease.

Pay particular attention to the threads around the mouth of the jar. Hidden moisture here can cause breakage later on when the liquid freezes and expands.

Apply lids. The lids I prefer to use are reusable stainless steel. When applying the lids, do not screw them on as tightly as possible. A firm twist closed is plenty since these jars will be stored at freezing temperatures. Leaving at least a small layer in stock, soup and curry sauces that helps creating a seal.

Don't use two piece lids, particularly if you have had jars break in the freezer before. These lids do not allow for any wiggle room when the liquid expands. If you want to use banded lids, consider letting the broth freeze in the jars before adding the lids.

Give your jars one last inspection to remove any unwanted moisture.

Place the jars in the freezer. It is best to place the jars on a rack so that there is no chance of condensation forming underneath or between jars that could potentially freezing the jar to the surface. This is another common cause of breakage. After 24 hours, you can rearrange the jars in the freezer if needed.



Self-check Quiz- 3.2.2

Question 1: what is the correct storage temperature of stock, soup, sauce and curry sauce?

- a) -18°C to -24°C for three to four days
- b) 0°C to 4°C . For three to four days
- c) 8°F to 40°F for one day
- d) 100°C for 3 days

Question 2: Stock, soup, sauce and curry sauce can be stored in the Ziploc bag in the freezer for-

- a) 10 months
- b) 8 months
- c) 2 months
- d) 3 months

Question 3: how can you store stock in the glass jar?

Ensure that the jars are either the same temperature or just slightly warmer than the broth.



Answer Key 3.2.2

Answer 1: B

Answer 2: D

Answer 3: Ensure that the jars are either the same temperature or just slightly warmer than the broth.



Learning Objectives: To reheat stocks, soups, sauces and curry sauces

Reheating stock, soup, sauces 3.3

Reheating stock on the stove:

It is wonderful to grab a pre-portioned mug of broth from the freezer, and be on the couch with a toasty warm broth in minutes. After removing the lid, warm stock several ways:

- If the stock is frozen, add the water and heat on low for a few minutes until the stock melts. Turn up the heat after that.
- Wait for the stock to boil. Stir regularly to prevent food from sticking to the bottom of the pot.
- Let the soup boil for at least one minute. Turn the heat down to medium-low and let the broth simmer for a few minutes.
- Turn off the heat and remove the pot from the hot burner; the metal will remain hot for a while even after you turn off the heat.
- Insert a food thermometer into the soup, but do not touch the bottom or the sides of the pan. The temperature should read at least 75 degree Celsius.



Reheating stock in the Microwave:

If you choose to use a microwave, this is a convenient way to warm the broth.

- Bring the broth to a boil before removing the jar from the microwave. Take great care when removing the jars from the heat source.
- Some jar handles will become very hot when heated in the microwave; others do not. Grabbing the jar with an oven mitt or at least a paper towel the first time is a good idea.
- To speed up either heating process, let the jar thaw overnight in the refrigerator with the lid on.



Reheating Soups on the stove

Reheating soup is simple; the main concern lies in getting it to just the right temperature to satisfy both food safety concerns and your taste buds.

Pour the soup into a pot large enough to prevent any boiling liquid from boiling over its sides. If the soup fills the pot, use a larger pot.

Add extra water, especially if the soup contains pasta or rice, as these will have soaked up a lot of the extra soup liquid during storage in the refrigerator.

Turn the heat up to at least medium if the soup is not frozen. If you know that the pan can handle it and the soup is mostly broth, you can use high heat.

If the soup is frozen, add the water and heat on low for a few minutes until the soup melts. Turn up the heat after that.

Wait for the soup to boil. Stir regularly to prevent food from sticking to the bottom of the pot. Let the soup boil for at least one minute. Turn the heat down to medium-low and let the soup simmer for a few minutes.

Turn off the heat and remove the pot from the hot burner; the metal will remain hot for a while even after you turn off the heat.

Insert a food thermometer into the soup, but do not touch the bottom or the sides of the pan. The temperature should read at least 75 degree Celsius.

If the soup contains chunks of food, insert the thermometer into the chunks. Lift the chunk from the bottom of the pot if needed. Everything in the pot needs to be at least 75 degree Celsius. Heat the soup more if needed.

Reheating Soup in the Microwave

Pour the soup into a microwave-safe container that has a lot of room at the top. Soup can boil over even in a microwave.

Place a microwave-safe lid or plastic wrap on top of the container, leaving a small opening at the side as a vent.

Heat the soup on high for 20 to 30 seconds. Open the microwave's door and stir the soup. Heat the soup again for another 30 seconds.

Repeat alternating heating and stirring until the centre of the soup is at least 75 degrees Celsius.

Reheating Sauces on the stove

The best and easiest way to reheat curry sauce is to do so in a saucepan on the stove.

For a quart of curry sauces or gravy, start by bringing half a cup of chicken stock to a boil in a small saucepan and turn the heat off.

Next, add half the gravy and return the stove to a low heat while whisking constantly to make sure you get all the lumps out.

Once the gravy is smooth, add in the rest and continue stirring over low heat until it's warmed all the way through. This method won't thin out the flavour or consistency of the gravy.

Although this is the preferred method, you can also reheat gravy in a skillet rather than a saucepan.

Use the same technique outlined above but be very careful not to burn the gravy—a risk associated with this method because it's in such a thin layer in the pan that the gravy gets hot, but the liquid can evaporate.

You don't want the gravy to burn, so using the stock to steam the gravy through will help heat it rather than just heating the gravy itself.

Reheating curry sauce in the Microwave

You can also use your microwave to reheat sauce and curry sauce. To add half a cup of chicken stock and a quart of gravy to a microwave-safe bowl and microwave in intervals of 45 seconds, mixing after each one.

The microwave heats the outside of items, not the center, so make sure to mix it thoroughly.



Self-Check Quiz - 3.2.3

Question 1: Explain the reheating methods of stock on stove.

Question 2: Describe the reheating methods of stock in microwave.

Question 3: Describe the reheating methods of soup on the stove.

Question 4: Describe the reheating methods of soup in the Microwave.

Question 5: Describe the reheating process of sauce.

Question 6: Describe the reheating process of sauce in the microwave.



Answer Key - 3.2.3

Answer 1: After removing the lid, warm the mugs several ways on stove:

- If the stock is frozen, add the water and heat on low for a few minutes until the stock melts. Turn up the heat after that.
- Wait for the stock to boil. Stir regularly to prevent food from sticking to the bottom of the pot.
- Let the soup boil for at least one minute. Turn the heat down to medium-low and let the broth simmer for a few minutes.
- Turn off the heat and remove the pot from the hot burner; the metal will remain hot for a while even after you turn off the heat.
- Insert a food thermometer into the soup, but do not touch the bottom or the sides of the pan. The temperature should read at least 75 degree Celsius.

Answer 2: Use a microwave to warm the broth following ways?

- Bring the broth to a boil before removing the jar from the microwave. Take great care when removing the jars from the heat source.
- Some jar handles will become very hot when heated in the microwave; others do not. Grabbing the jar with an oven mitt or at least a paper towel the first time is a good idea.
- To speed up either heating process, let the jar thaw overnight in the refrigerator with the lid on.

Answer 3: If the soup is frozen, add the water and heat on low for a few minutes until the soup melts. Turn up the heat after that.

- Wait for the soup to boil. Stir regularly to prevent food from sticking to the bottom of the pot.
- Let the soup boil for at least one minute. Turn the heat down to medium-low and let the soup simmer for a few minutes.
- Turn off the heat and remove the pot from the hot burner; the metal will remain hot for a while even after you turn off the heat.
- Insert a food thermometer into the soup, but do not touch the bottom or the sides of the pan. The temperature should read at least 75 degree Celsius.

Answer 4: Place a microwave-safe lid or plastic wrap on top of the container, leaving a small opening at the side as a vent.

- Heat the soup on high for 20 to 30 seconds. Open the microwave's door and stir the soup. Heat the soup again for another 30 seconds.
- Repeat alternating heating and stirring until the centre of the soup is at least 75 degrees Celsius.

Answer 5: The best and easiest way to reheat sauce is to do so in a saucepan on the stove. For a quart sauces, start by bringing half a cup of water to a boil in a small saucepan to a low heat while whisking constantly to make sure you get all the lumps out.

Once the sauce is smooth, add in the rest and continue stirring over low heat until it's warmed all the way through. This method won't thin out the flavour or consistency of the gravy.

Answer 6: You can also use your microwave to reheat sauce. To add half a cup of water or chicken stock and a quart of sauce to a microwave-safe bowl and microwave in intervals of 45 seconds, mixing after each one.

Module 04: Prepare Vegetables, Eggs, Salads, Sandwiches, Farinaceous and Rice Dishes



Module 4: Prepare vegetables, eggs, salads, sandwiches, farinaceous and rice dishes



Module Content

Module Descriptor: This unit covers the knowledge, skills and attitude required to prepare vegetables, eggs, salads, sandwiches and farinaceous dishes. It specially includes - preparing tools, utensils, equipment & ingredients and preparing & presenting vegetables dishes, egg dishes, salads, sandwiches, farinaceous and rice dishes.

Nominal Duration: 60 Hours



LEARNING OUTCOMES:

Upon completion of this module, trainee/student will be able to:

- 4.1 Prepare tools, utensils, equipment and ingredients
- 4.2 Prepare and present vegetables dishes
- 4.3 Prepare and present egg dishes
- 4.4 Prepare and present salads
- 4.5 Prepare and present sandwiches
- 4.6 Prepare and present farinaceous foods and rice dishes



PERFORMANCE CRITERIA

1. Tools, utensils and equipment are selected according to requirements.
2. Cleanliness and safe assembly of equipment are ensured according to hygiene requirements.
3. Ingredients are selected as per standard recipe and food preparation procedures.
4. Ingredients are weighed and measured according to requirements.
5. Ingredients are sorted and prepared following proper sequencing as mentioned in recipe.
6. Vegetables are selected according to requirement.
7. Vegetable dishes are prepared according to recipe using cooking methods.
8. Vegetable dishes are presented according to workplace procedure.
9. Vegetables and potato-accompaniments are selected to complement and enhance menu items
10. Sauces and accompaniments are selected as per recipe
11. Standard portion for vegetables is maintained to minimize wastage.
12. Egg dishes are prepared according to recipe using cooking methods.
13. Sauces and accompaniments specific to egg preparations are selected and prepared.
14. Cooked dishes are tested and seasoned in accordance with the required taste of the dishes.
15. Egg dishes are presented hygienically and attractively according to workplace requirements.
16. Salads are prepared using fresh ingredients in accordance with standard recipe.
17. Prepared salads are tested and seasoned as per required taste.
18. Salads are presented hygienically, logically and sequentially within the required timeframe.
19. Suitable bases are selected from a range of bread types.
20. Equipment is selected and used for toasting and heating as per standard procedures.
21. Sandwiches are prepared as per requirement maintaining proper sequence.
22. Sandwiches are produced using appropriate ingredients to an acceptable standard procedure.
23. Farinaceous foods are identified.
24. Pasta/macaroni is prepared according to standard recipe.
25. Spaghetti is prepared according to standard recipe.
26. Noodles and chowmen are prepared according to standard recipe.
27. Savory/Fried rice, pilau rice and biriyani are prepared according to standard recipe.
28. Sauces and accompaniments are selected as per recipe.
29. Farinaceous and rice dishes are presented according to workplace requirements.



Learning Outcome 4.1 - Prepare tools, utensils, equipment and ingredients



Contents:

- Tools, utensils and equipment
- Cleanliness and safe assembly of equipment
- Ingredients
- Weighing and measurement of ingredients
- Sort and prepare ingredients



Assessment Criteria:

1. Tools, utensils and equipment are selected according to requirements.
2. Cleanliness and safe assembly of equipment are ensured according to hygiene requirements.
3. Ingredients are selected as per standard recipe and food preparation procedures.
4. Ingredients are weighed and measured according to requirements.
5. Ingredients are sorted and prepared following proper sequencing as mentioned in recipe.



Resources Required:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper and pen
- Goods
- Ingredients
- Relevant materials



Learning Activity – 4.1.1

Learning Activities	Resources / Special instructions / References
Prepare tools, utensils, equipment and ingredients	<ul style="list-style-type: none"> • Information sheets: 4.1.1



Information Sheet – 4.1.1

Learning Objectives: To Prepare tools, utensils, equipment and ingredients

Follow Module: 2



Learning Outcome 4.2 - Prepare and present vegetables dishes



CONTENTS:

- Vegetable selection
- Vegetable dishes
- Cooking recipe
- Present vegetable dishes
- Vegetables and potato-accompaniments
- Sauces accompaniments
- Standard porting for vegetables



ASSESSMENT CRITERIA:

1. Vegetables are selected according to requirement.
2. Vegetable dishes are prepared according to recipe using cooking methods.
3. Vegetable dishes are presented according to workplace procedure.
4. Vegetables and potato-accompaniments are selected to complement and enhance menu items
5. Sauces and accompaniments are selected as per recipe
6. Standard portion for vegetables is maintained to minimize wastage.



RESOURCES REQUIRED:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper and pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning Activity – 4.2.1

Learning Activity	Resources/Special Instructions/References
Prepare and present vegetables dishes	<ul style="list-style-type: none"> • Information sheet: 4.2.1 • Self-check Quiz: 4.2.1 • Answer Key: 4.2.1



Learning Objectives: To select vegetables according to industry standard







Vegetables are classified according to which part of the plant is eaten. Some vegetables fit into more than one category when several different parts of the plant are edible, e.g. both the **roots and leaves of beetroot** can be eaten.

There are nine types of vegetables such as:

1. Bulb
2. Flower
3. Fruit
4. Fungi
5. Leaves
6. Roots
7. Seeds
8. Stems
9. Tuber







1. Bulbs Type Vegetables

Usually grow just below the surface of the ground and produce a fleshy, leafy shoot above ground. Bulbs usually consist of layers, or clustered segments.

<p>Fennel</p>  <p>USES: Thinly sliced raw fennel bulb adds a sweet licorice flavour and crunchy texture to salads. To soften the flavour of the bulb, try braising, sautéing, roasting, or grilling it.</p>	<p>Garlic</p>  <p>USES: Garlic is most often used as a flavouring agent but can also be eaten as a vegetable. It is used to flavour many foods, such as salad dressings, vinaigrettes, marinades, sauces, vegetables, meats, soups, and stews.</p>	<p>Leek</p>  <p>USES: Leeks are more intense when uncooked, as are all members of the onion family. They are usually used much like onions and the like – cooked as a supporting aromatic in all kinds of recipes.</p>
<p>Onion</p>  <p>USES: Onions can be roasted, grilled, pickled, caramelized, battered and deep-fried, sliced thinly or chopped and served raw in salads, sandwiches, dips, or as a garnish for tacos.</p>	<p>Shallot</p>  <p>USES: Whether diced, minced, or sliced, shallots are used for seasoning dishes, either with a soft onion undercurrent or a pop of sharp acidity similar to a hint of garlic.</p>	<p>Spring Onion</p>  <p>USES: This bulb vegetable is cooked or used raw as a part of salads, salsas or Asian recipes. They are also used in soup, noodle and seafood dishes, sandwiches, curries and as part of a stir fry.</p>










2. Flowers Type Vegetables







The edible flowers of certain vegetables

<p>Artichokes</p>  <p>USES: Artichokes are flower type vegetables that are rich in antioxidants and vitamin C, and they are a good source of magnesium, potassium and fiber.</p>	<p>Broccoli</p>  <p>USES: Broccoli can be eaten raw. Broccoli can also be steamed, sautéed, and roasted.</p>	<p>Cauliflower</p>  <p>USES: Cauliflower is commonly eaten as food. It is also used as medicine.</p>
<p>Choi Sum</p>  <p>USES: Aside from being delicious, choy sum is packed with Vitamin C, Vitamin A, protein, calcium, and iron.</p>	<p>Zucchini</p>  <p>USES: Zucchini is one of the most popular vegetables in the squash family, being extremely versatile, tender and easy to cook.</p>	<p>Gai Lan</p>  <p>USES: Gai-lan is a healthy addition of vegetables to eat. It is called alternately Chinese broccoli or Chinese kale.</p>

3. Fruits Type Vegetables




Fruits Vegetable is **fleshy and contain seeds**.






<p>Bitter Melon</p>  <p>USES: Bitter melon can be steamed or pan-fried like zucchini.</p>	<p>Capsicum</p>  <p>USES: Capsicum relatively sweet pepper is a round and glossy and is mostly commonly called as capsicum in India and as a bell pepper elsewhere.</p>	<p>Chilies</p>  <p>USES: Fresh chilli peppers can be baked, roasted, grilled, stuffed, or eaten raw. Dried and ground chilli can be used to salsas and chutneys.</p>
<p>Egg Plant</p>  <p>USES: It can be grilled, stuffed, roasted, served in soups and stews and on kabobs, and used in curries and stir-fries.</p>	<p>Choko</p>  <p>USES: Choko halves can be stuffed. They can be diced, cooked and served with a sauce, stir fried, and added to braises or stews.</p>	<p>Cucumber</p>  <p>USES: This fruits type vegetables are one of the most hydrating veggies on the planet, cucumber is close to 90% water.</p>
<p>Courgette</p>  <p>USES: Courgette or Squash is a variety of cucurbit, which means it's from the same family as cucumber, squash and melon.</p>	<p>Fuzzy Melon</p>  <p>USES: Fuzzy melon is often stuffed with ground pork, it absorbs flavours easily and also shines in simpler recipes.</p>	<p>Indian Marrow</p>  <p>USES: Marrow is a very quick and simple recipe cooked in India spices.</p>

<p>Plantain</p>  <p>Uses: Plantains are typically boiled or fried when eaten green, and when processed, they can be made into flour and turned into baked products such as cakes, bread and pancakes.</p>	<p>Pumpkin</p>  <p>Uses: Pumpkin is scientifically a fruit, as it contains seeds. It's nutritionally more similar to vegetables than fruits.</p>	<p>Scaloppini</p>  <p>Uses: Scaloppini are flattened shape lends to them being stuffed, but they also roast well or can be pan fried or pureed for soup.</p>
<p>Tindora</p>  <p>Uses: Tindora can be eaten raw as a salad vegetable, though its bitter flavor can be strong so the addition of vinegar and sugar.</p>	<p>Tomato</p>  <p>Uses: Tomatoes are commonly eaten raw in salads, served as a cooked vegetable, used as an ingredient of various dishes</p>	<p>Ridged Gourd</p>  <p>Uses: they are commonly used vegetable in Indian cuisine. Ridge gourd is used to make curry, added to dals & even made to spicy chutney.</p>

4. Fungi Type Vegetables




When referring to vegetables, fungi are commonly known as mushrooms.










<p>Button</p>  <p>Uses: White mushrooms have a mild, earthy flavour. Their flavour is pleasantly subtle—almost bland—when raw, it deepens nicely as they are cooked.</p>	<p>Swiss Brown</p>  <p>Uses: Tan to dark brown colour. A firmer texture than button mushrooms, with less moisture content, so they hold their shape well when cooked.</p>	<p>Enoki</p>  <p>Uses: Enoki mushrooms are used in soups, stir-fries, hot pots, salads, and other dishes.</p>
---	---	--




<p>Oyster</p>  <p>Uses: Oyster mushrooms are typically have broad, thin, oyster- or fan-shaped caps and are white, gray, or tan, with gills lining the underside.</p>	<p>Portabello</p>  <p>Uses: Portobello mushrooms are a good source of fiber, with 11 percent of the daily value, and they contain a lot of water, making them low in energy density.</p>	<p>Shiitake</p>  <p>Uses: Shiitake mushrooms are one of the most popular mushrooms worldwide. They are prized for their rich, savoury taste and diverse health benefits.</p>
<p>Black Truffle</p>  <p>Uses: Truffles are edible funguses that are considered a delicacy. They will often be served in small amounts at expensive restaurants, where the umami taste enhances a dish.</p>	<p>White Truffle</p>  <p>Uses: White truffles are almost exclusively used as a condiment</p>	

5. Leafy Type Vegetables

The edible leaves of plants.







<p>Bok Choy</p>  <p>Uses: Bok choy is widely used in Chinese cooking, frequently in soups, salads, stir-fries and fillings for spring rolls, potstickers, steamed buns and dumplings</p>	<p>Brussels Sprout</p>  <p>Uses: Eating a lot of Brussels sprouts and other cruciferous veggies.</p>	<p>Cabbage</p>  <p>Uses: They can be pickled, fermented for dishes such as sauerkraut, steamed, stewed, sautéed, braised, or eaten raw.</p>
---	--	--

<p>Lettuce</p>  <p>Uses: The leafy green vegetable is used in salads, cooked vegetable dishes, and is commonly used on sandwiches</p>	<p>Puha</p>  <p>Uses: The leafy green vegetable is used in salads, cooked vegetable dishes, and is commonly used on sandwiches</p>	<p>Radicchio</p>  <p>Uses: Radicchio is known as Italian chicory, a bold, bitter green that is generally used in salads and Italian cooking.</p>
<p>Silver beet</p>  <p>Uses: Silver beet is a great staple vegetable to grow – it's easy, fast growing, and more tolerant of both the cold and heat than spinach.</p> <p>A relative of beetroot, silver beet generally has thick crinkled leaves with prominent leaf ribs and stems.</p>	<p>Sorrel</p>  <p>Uses: Sorrel is used for reducing sudden and ongoing pain and swelling (inflammation) of the nasal passages and respiratory tract, for treating bacterial infections along with conventional medicines, and for increasing urine flow (as a diuretic).</p>	<p>Spinach</p>  <p>Uses: Spinach is used for food and to make medicine. As a medicine, spinach is used to treat stomach and intestinal (gastrointestinal, GI) complaints and fatigue.</p>
<p>Tat Soi</p>  <p>Uses: Tatsoi is used for pesto, salads, stir fries and garnishing soup. Tat Soi is a very versatile green, equally suited to being served raw or lightly cooked.</p>	<p>Tung Ho</p>  <p>Uses: Tung Ho Use the leaves in stir-fries, soups and side dishes. They have spinach-like flavor.</p>	<p>Water Cress</p>  <p>Uses: Watercress is used for swollen breathing passages in the lung, coughs, bronchitis, flu, and swine flu.</p>

<p>Witloof</p>  <p>Uses: The witloof chicory is a vegetable used in salads, growing from chicory roots kept in warm places, protected from light.</p>	<p>Chinese cabbage</p>  <p>Uses: Chinese cabbage can be used in a variety of different dishes. You can eat it raw, shredding it and adding it to tacos, salads or power bowls.</p>	<p>Ong Choi</p>  <p>Uses: Like spinach, ong choy is rich in vitamins A and C, iron, calcium and lutein. Ong choy has been used in Southeast Asia for its traditional medicinal properties.</p>
--	--	---

6. Root Type Vegetables

Usually a long or round-shaped taproot.

<p>Beetroot</p>  <p>Uses: Beet root and leaves are also eaten as a vegetable. This root vegetable is used for liver diseases, reducing muscle soreness after exercise, high blood pressure etc.</p>	<p>Carrot</p>  <p>Uses: The carrot is a root vegetable often claimed to be the perfect health food. Carrots provide more antioxidants when boiled or steamed than when eaten raw.</p>	<p>Celeriac</p>  <p>Uses: Celeriac is actually a type of celery—but it won't grow into the light green stalks you're used to chomping down on.</p>
<p>Parsnip</p>  <p>Uses: Parsnips are usually cooked but can also be eaten raw. They are filled with vitamins, high in the minerals potassium and manganese, and a good source of fibre.</p>	<p>Radish</p>  <p>Uses: This root type vegetable is best eaten raw, and can be easily sliced into salads and sandwiches, or enjoyed whole and dipped into humours for a healthy snack.</p>	<p>Swede</p>  <p>Uses: Swede can be used to make soups, vegetable stock, casseroles, or can be made as fries with parmesan cheese.</p>

Turnip



Uses: Turnips are delicious sautéed or steamed as a side dish with garlic, onion, olive oil and lemon, or as an addition to soups, stews and pasta.

7. Seeds Type Vegetables

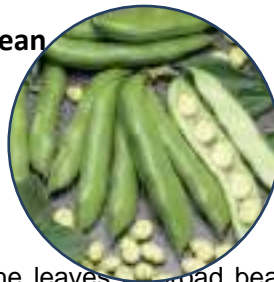
Seeds grow in pods which are sometimes eaten along with the seed.

Butter Bean



Uses: Dried butter beans are a dependable pantry staple that can be used in soups, stews, braises, casseroles, dips, spreads, and salads, just to name a few applications juice.

Broad Bean



Uses: The leaves of broad beans can be used in salads or cooked like a vegetable. Young beans can be consumed after being fried and salted, prepared into a puree, bean paste or used to make a filling for snacks or in soups.

Snake Bean



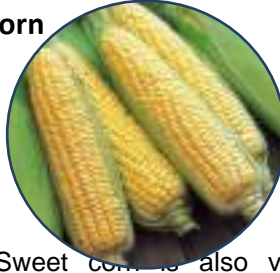
Uses: The tender pods are either eaten raw or cooked. Snake beans may be eaten both fresh and cooked, but the younger and slender varieties are the best in taste.

Snow Peas



Uses: Snow peas are also known as Chinese pea pods since they are often used in stir-fries. They are flat with very small peas inside; the whole pod is edible.

Sweet Corn



Uses: Sweet corn is also very versatile; it's been a staple food for centuries and it's a nice addition in soups, salads or as a pizza topping.




French Bean








Uses: French beans can be stir-fried and are used in oriental cookery in this way. They can be added to soups and stews and used to garnish vegetable dishes.

8. Stems Type Vegetables

The edible stalks of plants when the stalk is the main part of the vegetable.

<p>Asparagus</p>  <p>Uses: Asparagus is a highly nutritious vegetable that can be eaten cooked or raw. Because of its tough texture, cooking is the most popular preparation method. However, thinly sliced or marinated raw spears can be equally enjoyable.</p>	<p>Celery</p>  <p>Uses: Celery equals particularly a type of vegetable that is diced and added to chicken, tuna, or seafood salad. Celery, however, also plays a big role in mirepoix, the aromatic vegetable base that begins many soups, stews, and braises.</p>	<p>Kohlrabi</p>  <p>Uses: Kohlrabi is a vegetable that's related to the cabbage family. Simply chop it into pieces and enjoy it as a crunchy snack with hummus.</p>
--	--	--

9. Tuber Type Vegetables: Vegetables which grow underground on the root of a plant.

<p>Earth Gem</p>  <p>Earth Gems have a texture of waxy baby potato and taste of baby beetroot. They don't lose their beautiful colour during the cooking</p>	<p>Jerusalem artichoke</p>  <p>Jerusalem artichokes can be cooked in much the same way as potatoes or parsnips, and are excellent roasted, sautéed, dipped in batter and fried, or puréed into a delicious soup.</p>	<p>Kumara</p>  <p>Kūmara can be mashed, barbecued, used in soups, stir fries, pies, quiches, braises or stews; cooked as chips or wedges or baked.</p>
<p>Potato</p>  <p>Uses: Fresh potatoes are baked, boiled, or fried and used in a staggering range of recipes: mashed potatoes, potato pancakes, potato dumplings, twice-baked potatoes, potato soup, potato salad and potatoes au gratin, to name a few.</p>	<p>Yam</p>  <p>Uses: Yams, a naturally sweet "tuber" often confused for sweet potatoes, are delicious baked and eaten plain. But they can also be used as the base for the perfect side dish.</p>	

Vegetables Cutting Techniques

These cutting techniques will help you use knives more confidently and safely.










- Place a damp cloth underneath the chopping board to stop it from slipping.



- Hold the knife correctly. This means less chance of cutting yourself if the knife slips. Some workplaces require staff to wear a protective glove on their non-cutting hand.
- Hold the food steady with your other hand.
- Keep your fingers curled under, out of the way of the knife blade.
- You can use your hand to control the thickness of the cut. Use the back of the knuckle of your middle finger as a guide for the knife blade.

Types of Vegetables Cuts:

Some recipes ask for the ingredients to be cut into special shapes and sizes. These traditional cuts have French names. In general there are seven types of cut below:

Name	Pictures	Dimension
1. Julienne		<p>Strips 2 mm x 2 mm x 40 mm (match stick) size Sometimes a longer, thinner cut is asked for e.g. carrot, celery</p>
2. Brunoise		<p>Chops 2 mm x 2 mm x 2 mm small dice e.g. onion</p>
3. Jardinière		<p>Batons (stick-shaped) 4 mm x 4 mm x 20 mm baton e.g. carrot</p>
4. Macedoine		<p>Cubes 10 mm x 10 mm x 10 mm dice e.g. fruit salad</p>
5. Paysanne		<p>Thin slices about 1 mm thick Match the shape of the vegetable Often used for garnishing soups</p>
6. Mirepoix		<p>Rough but even cut e.g. carrot, onion, celery for flavouring stocks and soups</p>
7. Chiffonnade		<p>2 mm thin shred e.g. leaf vegetable</p>

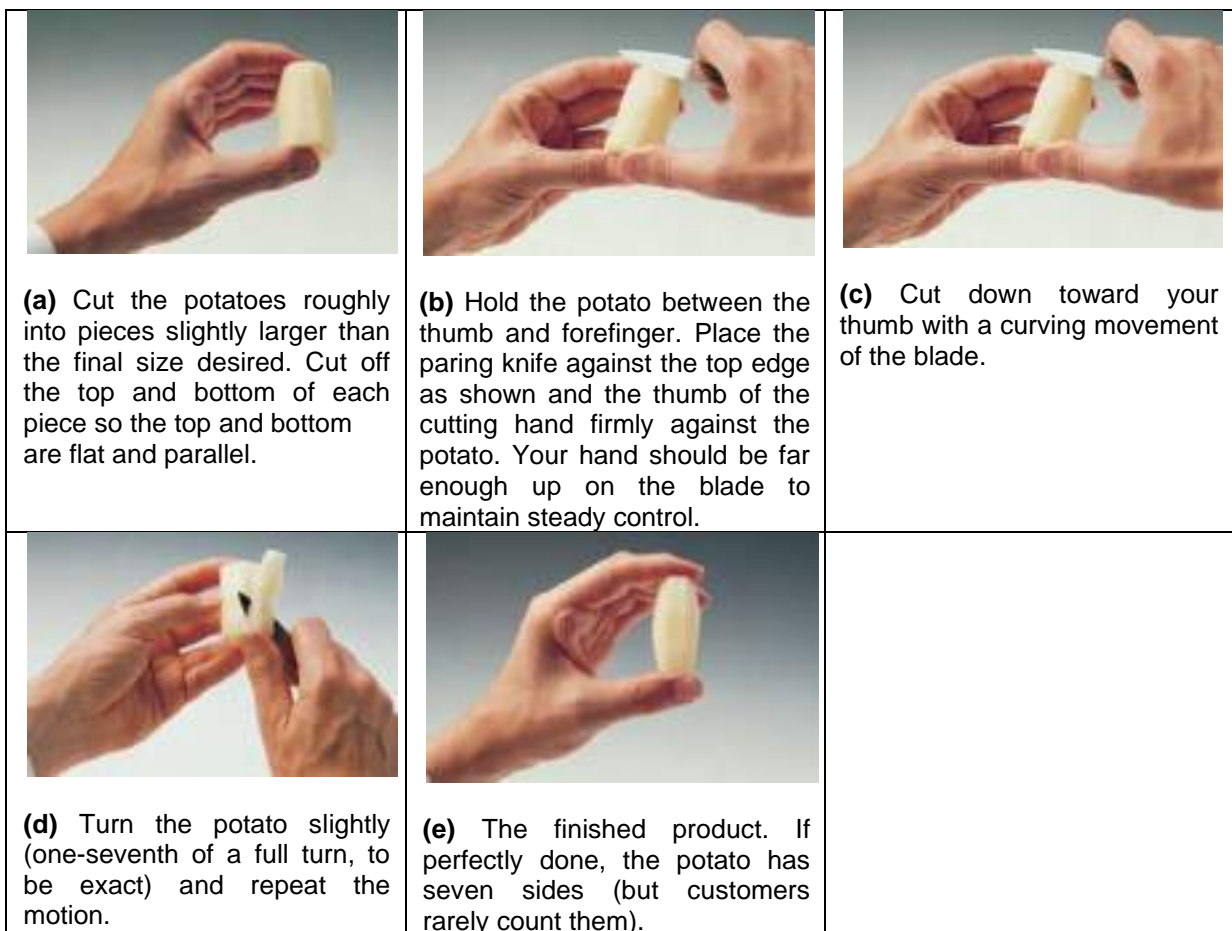
Cutting parisienne:

Cuts made with a ball cutter are perhaps most often used for potatoes. Potatoes cut into large balls, about 1 1/3 inch (3 cm), are called parisienne. Of course, other solid vegetables, such as turnips, as well as many fruits, can be cut the same way.



Cutting tournéed vegetables:

To tourné a vegetable is to cut it into a neat seven-sided oval shape. Many root vegetables, such as carrots and turnips, are cut this way.





Self-Check Quiz – 4.2.1

Check your understanding by answering the following questions.
Write the correct answer for the following questions.

Question 1: Explain the types of vegetables.

Question 2: What is Leafy Vegetables? Write the names of five leafy vegetables.

Question 3: Write the names of five root vegetables.

Question 4: Write the names of five Fruit vegetables.

Question 5: Mention some of the quality points of vegetables.

Question 6: List the name of some vegetable cut.

Question 7: List the name of 02 (two) knives that are used for cutting vegetables.



Answer Key – 4.2.1

Question 1: Write down the types of vegetables.

Answer:

There are nine types of vegetables such as:

1. Bulb
2. Flower
3. Fruit
4. Fungi
5. Leaves
6. Roots
7. Seeds
8. Stems
9. Tuber

Question 2: What is Leafy Vegetables? Write the names of five leafy vegetables.

Answer: The edible leaves of plants are called leafy vegetables.

Cabbage, bok choy, lettuce, spinach, watercress

Question 3: Write the names of five root vegetables.

Answer: Carrots, Beet root, Turnip, Radish, parsnips etc.

Question 4: Write the names of five Fruit vegetables.

Answer: Tomato, pumpkin, capsicum, squash, eggplant, cucumber etc.

Question 5: Mention some of the quality points of vegetables.

Answer: a) Clean b) Unblemished c) Firm & crisp d) Even size & shape e) Sound (garden fresh) f)

Age and tenderness.

Question 6: List the name of some vegetable cut.

Answer:

1. Brunoise, (small dice)
2. Macedoine (large dice)
3. Julienne (strips)
4. Jardinière (baton/finger cut)
5. Paysanne (triangle, square, circle, oval)
6. Mirepoix (rough cut).

Question 7: List the name of 02 (two) knives that are used for cutting vegetables.

Answer: Peeling knife and Chef Knife.



Job Sheet: 22

Boiled vegetables preparation

Method of preparation for boiled vegetables:

For 2 pax

- Peel, wash and cut the vegetables evenly.
- Place a saucepan with required water to boil.
- Set on stove at medium temperature.
- Add salt into hot water.
- Place a lid on the sauce pan until the water is bubbled.
- Add the vegetables
- Cook until tender or about 30-40 minutes using lid.
- Now take them out using a skimmer, strainer and a bowl.
- Put the vegetables under the cold running water or soak for a few minutes as they don't become soggy.

Method of preparation for cashew –pepper paste

- Take all the ingredients in to a blender.
- Make a Smooth Paste and enjoy the paste as a condiment with the boiled vegetables.

Specification Sheet: 22

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Tools, Equipment & Utensil	Quantity
Chopping board- green colour	01
Knife	01
Vegetable peeler	01
Sauce pan with lid	01
Stainless steel platter	01
Strainer	01
Fork	01
Skimmer	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Stainless steel bowls	01
Trash bean	01
Blender	01

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01 Ps

Raw Ingredients	Quantity
celery	2-3 stalks
Onion	1 large
Carrot	120 gm
Pumpkin	100 gm
Potato	120 gm potato
Water	1/2 cup
Salt	As required
Water	To boil
Cashew pepper paste	
Cashew nut	10 -12 pcs
Crushed Black pepper	1 pinch
Salt	As required
Garlic cloves	1 clove
Water	3-4 tablespoon or more



Job sheet: 23

Steam vegetables Preparation

Method of preparation for steam vegetables:

For 2 pax

- Peel, wash and cut the vegetables evenly.
- Place a double boiler or steamer with required water to boil.
- The ideal height above the water is 2.5cm, but as long as the steamer basket is not actually touching the water, the distance isn't crucial.
- Turn on the fire at medium temperature.
- Prepare vegetables in the normal way and spread them in a single layer in the steamer deck, so they cook evenly.
- Put the steamer basket over the pan once the water is at a rolling boil.
- Cooking time for steaming vegetables is approximately the same as for boiling.
- Cook until tender or about 30-40 minutes using lid.
- Now take them out in a bowl.
- Season with salt and pepper and serve hot.

Specification Sheet: 23

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Tools, Equipment & utensil	Quantity
Stainless steel bowl (small)	02
Stainless steel bowl (large)	01
Double boiler or steamer	01
Fork	01
Stainless steel Platter	02
Clean film	01
Stove	01
Table spoon	01
Tea spoon	01
Waste bin	01
Sink	02
Vegetable peeler	01
Skimmer	01
Aluminum foil paper	01

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required
Raw materials	Quantity
Pumpkin	40 gm
Carrot	40 gm
Broccoli	30 gm
String beans	20 gm
Cauliflower	40 gm
Cabbage	40 gm
Beetroot	40 gm
Onion	20 gm
Potatoes	40 gm
Salt	As required
White pepper ground	¼ teaspoon



Job sheet: 24

Vegetable Augratin Preparation

Method of preparation for vegetable augratin:

For 2 pax

- Peel, wash and cut the vegetables evenly.
- Blanch vegetables into salted boiling water for 20-30 seconds.
- Drain and remove the vegetables. Keep aside.
- Heat butter – Let it melt.
- Add flour.
- Keep whisking until no dry flour is seen.
- Add 2 cups milk and keep whisking simultaneously to avoid lump formation.
- Keep stirring until it starts to thicken.
- Within few mins the sauce will start to thicken.
- Cook in low flame, keep stirring. Once it starts to thicken switch to a spatula.
- Add salt to taste, 1/2 tsp crushed pepper, 1/4 tsp nutmeg powder and 2 tbsp cheese.
- After adding cheese it bubbles up and becomes more creamy and thick.
- This white sauce is called Bechamel sauce.
- Now add cooked vegetables.
- Mix it well, cook for a minute then switch off.
- The vegetables should be well coated with the sauce, the sauce should not be very thick.
- Preheat oven at 200 deg C for 10 mins. Transfer it to a baking dish.
- Sprinkle 1/2 cup grated cheese to cover the top. Bake in preheated oven at 200 deg C for 20 mins.
- Veg Augratin ready to be served.

Specification Sheet: 24

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Raw materials	Quantity
Green beans	50 gm
Carrot	100 gm
Broccoli	50 gm
Cauliflower	50 gm
Potatoes	100 gm
For béchamel sauce	
Butter	1 ½ tbsp
Flour	1 ½ tbsp
Milk	300 ml
Grated Cheddar Cheese	1 tablespoon
Sat	As required
White pepper ground	¼ teaspoon

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Stainless steel bowl (small)	02
Stainless steel bowl (large)	01
Oven	01
Fork	01
Stainless steel Platter	02
Wooden spatula	01
Stove	01
Table spoon	01
Tea spoon	01
Waste bin	01
Sink	02
Vegetable peeler	01
Skimmer	01
Oven tray	01
Thick bottom skillet	01
Serving plate	01



Stir fried vegetable Preparation

Method of preparation for stir fried vegetables:

For 2 pax

- In a wok or large skillet add 1 tablespoon olive oil over medium high heat.
- Add bell pepper, peas, carrots, mushrooms, broccoli, baby corn, and water chestnuts. Sauté 2-3 minutes until veggies are almost tender.
- In a small whisk together soy sauce, garlic, brown sugar, sesame oil, chicken broth, and corn-starch.
- Pour over veggies and cook until the sauce has thickened.
- Garnish with chopped green onions.
- Stir fried vegetables is ready to serve hot.

Specification Sheet: 25

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Stainless steel bowl (small)	02
Stainless steel bowl (large)	01
Wok	01
Fork	01
Stainless steel Platter	02
Wooden spatula	01
Stove	01
Table spoon	01
Tea spoon	01
Waste bin	01
Sink	02
Vegetable peeler	01
Skimmer	01
Oven tray	01
Serving plate	01

Raw materials	Quantity
red bell pepper sliced	20 gm
yellow bell pepper sliced	20 gm
Green peas	40 gm
carrots sliced	75 gm
mushrooms sliced button medium size	3 piece
baby corn	50 gm
chestnuts	8-10 pieces
garlic cloves minced	2 cloves
brown sugar	1 tablespoon
Sat	As required
Broccoli	40 gm
sesame oil	½ teaspoon
chicken broth	60 ml
corn-starch	1 teaspoon
White pepper ground	¼ teaspoon
Olive oil	1 tablespoon
Soya sauce	1 teaspoon
Green onion chopped	For garnish



Job sheet: 26

Buttered vegetable Preparation

Method of preparation for buttered vegetables:

For 2 pax

- Prepare the vegetables. Halve and cut the onion halves into half rings. Set aside, separated from the rest of the veggies.
- If the green beans are frozen, let them defrost at least partially. Peel and cut the carrots into sticks. Divide the cauliflower into florets and cut the stem into cubes.
- Melt the butter in a large skillet over medium heat. Add the onions and cook for 2-3 minutes, stirring often, until they start to soften and are slightly golden.
- Add all the other vegetables, salt, pepper, and stir well to coat. Add the stock as well.
- Cook on medium-low heat for about 8-10 minutes or until the vegetables are done to your liking.
- They should not be too soft, but tender yet still crisp.
- Adjust the taste with salt and pepper, stir in the chopped parsley, and serve immediately.

Specification Sheet: 26

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Raw materials	Quantity
Green bean chopped	50 gm
Carrot jardinière cut	100 gm
Cauliflower medium cut	100 gm
Green peas	50 gm
Butter	30 gm
Vegetable stock	50 ml
Parsley chopped	5 gm
onion ring	25 gm
Sat	As required
Ground black pepper	¼ teaspoon
sesame oil	½ teaspoon

Tools, Equipment & utensil	Quantity
Stainless steel bowl (small)	02
Stainless steel bowl (large)	01
Wok or large skillet	01
Fork	01
Stainless steel Platter	02
Wooden spatula	01
Stove	01
Table spoon	01
Tea spoon	01
Waste bin	01
Sink	02
Vegetable peeler	01
Skimmer	01
Oven tray	01
Serving plate	01



Job sheet: 27

Prepare Vegetable Stew

Methods of Preparation for vegetable stew:

- Wash, clean and sanitize tools, utensil, and equipment as per workplace requirement.
- Cut all vegetables into Macedoni (large dice)
- Take a boiling pen with salted water and bring to the boil
- Add potato, carrot, cauliflower and cabbage sequent and blanch.
- Drain out all vegetables in a colander
- Take a stew pan and melt the butter.
- Add onion to the pan and sauté for 10 seconds, then add blanched vegetables including Celery and parsley, stir nicely.
- Pour the stock and bring to a boil, simmer for 12-15 minutes.

Serve hot into a stew bowl putting chopped parsley on the top

Specification Sheet: 27

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Tools, Equipment & Utensil	Quantity
Chopping board- green colour	01
Knife	01
Vegetable peeler	01
Saucepan	01
Sauté pan	01
Strainer	01
Spider	01
Slicer	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Stainless steel bowls	01
Wrapping paper	01
West bean	01

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01 Ps

Ingredients	Quantity
Potatoes	40 gm
Cauliflower	40 gm
Carrot	40 gm
Onion	20 gm
Celery	20 gm
Cabbage	20 gm
Leek	20 gm
Butter	5 gm
Chopped parsley	1/4 teaspoon
Stock	300 ml
Water	.5 liter
Salt	To taste
White pepper	1/4 teaspoon



Job Sheet 28

Prepare (American) Skillet Potato

Method of Preparation for American skillet potato:

- Peel potato, wash, cut and soak into cold water.
- Heat the vegetable oil in a heavy, nonstick skillet over medium heat.
- Add the sliced onion and sauté until the onion is tender.
- Add the red bell pepper and garlic and cook for 1 minute.
- Add the diced potatoes, paprika, chili powder, and salt, along with the ground black pepper ground.
- Cover the pan and cook for about 8-10 minutes in simmering temperature, or until potatoes are just tender.
- Uncover and increase the heat to medium heat.
- Continue cooking for about 5 minutes, occasionally turning, until the potatoes are golden brown.
- Now sprinkle chopped parsley and take off the fire.
- Adjust the seasonings.
- Skillet Potato is ready to serve hot.

Specification Sheet: 28

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Tools, Equipment & Utensil	Quantity
Skillet or fry pan	01
Wooden spatula	01
Stainless steel bowl large	01
Teaspoon	01
Chopping board (green)	01
Weigh scale	01
Kitchen cloth	01
Vegetable peeler	01
Gas fire range	01
Chef knife	01
Platter	01
Trash bean	01

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required
Mop & bucket	1 set
Clean cloth for polishing	As per required
Scrubber	01

Raw materials	Quantity
Potato large size large diced	150 gm
Onion thin sliced	40 gm
Garlic thin sliced	2 cloves
Red bell pepper	20 gm
Sea salt	To taste
Paprika	1/2 teaspoon
Oil	1 and 1/2 tablespoon
Chilli powder	1/2 teaspoon
Parsley chopped	1/2 teaspoon
Black pepper ground	1/4 teaspoon



Job Sheet: 29

Prepare (English) Hash Brown Potato

Method of Preparation for English hash brown potato:

- Wash and peel the potatoes. Soak into the cold water.
- Using a box grater, grate the potatoes.
- Squeeze the potatoes properly and then rinse under cold water for 2 minutes and then drain.
- Place grated potatoes in a clean kitchen towel or disposal tissue, wrap it up, and wring out any excess water.
- Take 1/2 beaten eggs, corn flour add salt & pepper to the eggs and whisk.
- Now add the grated potatoes to the mixture.
- Place a thick bottom fry pan on medium fire for 2 minutes.
- Place oil.
- Once the pan is hot, take a spoonful of the potato mixture and place them on the frying pan. Flatten it.
- Cook for 3-4 minutes. Flip and cook for another 3-4 minutes.
- Make the hash browns in round shape by pressing the spoon lightly.
- When both sides are crispy and brown take them out on absorbent paper.
- Hash brown potatoes are ready to serve hot.

Specification Sheet: 29

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1 pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required
Mop & bucket	1 set
Clean cloth for polishing	As per required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Skillet or fry pan	01
Wooden spatula	01
Stainless steel bowl large	01
Teaspoon	01
Chopping board (green)	01
Weigh scale	01
Kitchen cloth	01
Vegetable peeler	01
Gas fire range	01
Chef knife	01
Platter	01
Trash bean	01

Raw materials	Quantity
Potato large	1 nos
Beaten egg	1/2 nos
Black pepper ground	1/4 teaspoon
Sea salt	To taste
Oil	1 tablespoon
Corn flour	1 tablespoon



Job Sheet: 30

Prepare Baked Jacket Potato

Method of Preparation for Baked Jacket potato:

- Select potatoes which are large; skin should be with no marks or blemishes.
- Scrub the potatoes well, rinse and dry in cloth.
- Place on a bed of salt in a roasting tray. Place tray in the oven at 230' C for appx. 1 hour.
- Turn the potatoes over after 30 minutes
- Test for tenderness/done – by holding them in a cloth and squeeze gently.
- If cooked and ready for service they should be soft.
- Cut with a knife a cross-shape in the top and squeeze.
- Serve very hot
- Serve folded up in a napkin to keep hot
- Garnish with parsley butter, melted butter.

Specification Sheet: 30

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required
Mop & bucket	1 set
Clean cloth for polishing	As per required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Chopping board	01
Oven	01
Aluminium foil paper	01
Baking tray	01
Chef knife	01
Weigh scale	01
Kitchen cloth	01
Fork	01
Serving plate	01
Platter	01
Trash bean	01

Raw materials	Quantity
Potato large	1 nos
White pepper ground	1/4 teaspoon
Sea salt	To taste
Parsley chopped	5 gm
Butter	1 teaspoon



Learning Outcome 4.3 - Prepare and present egg dishes



CONTENTS:

- Egg dishes
- Egg dishes recipe
- Cooking methods
- Sauces and accompaniments to egg preparation
- Taste and season cook dishes
- Hygienically and attractive egg dishes



Assessment Criteria:

1. Egg dishes are prepared according to recipe using cooking methods.
2. Sauces and accompaniments specific to egg preparations are selected and prepared.
3. Cooked dishes are tested and seasoned in accordance with the required taste of the dishes.
4. Egg dishes are presented hygienically and attractively according to workplace requirements.



Resources Required:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper and pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning Activity – 4.3.1

Learning Activities	Resources / Special instructions / References
Prepare and present egg dishes	<ul style="list-style-type: none"> • Information sheets: 4.3.1 • Self-Checks: 4.3.1 • Answer keys: 4.3.1



Learning Objectives: At the end of the session trainee will be able to prepare and present egg dishes

Egg is the hard-shelled reproductive body produced by a bird and especially by the common domestic chicken. It's inside used as food. Eggs are one of the few foods that should be classified as “super foods.” They are loaded with nutrients, some of which are rare in the modern diet. Eggs constitute one of the most important food components in the daily meal.



Parts of an Egg:

An egg is made up of four main parts:

1. Shell,
2. Shell membrane,
3. Albumen (or egg white),
4. Egg yolk.

Chicken Eggs Average Weight:

A small size Egg's average weight is 42.5 gm
A medium size Egg's average weight is 49.7 gm
A large size Egg's average weight is 56.7 gm
An extra-large size Egg's average weight is 63.7 gm
A Jumbo size egg's average weight is 70.7 gm

Food Value:

Chicken Eggs also contain various nutrients that are important for health. An egg contains 77 calories, 6 grams of protein and 5 grams of healthy fats, iron, vitamins, and minerals.

Quality points of Eggs:

- Clear, well-shaped.
- When broken should have high proportion of thick white.
- Yolk should be firm and have even colour.

Functions of egg:

Uses	Functions
Hors d'oeuvre or for table service	To boil, scramble or poach eggs
Thickening agent or gel formation	To stir and bake custards, soups, puddings
Emulsifying Agent	To make mayonnaise, ice-cream
Leavening agent	To make foamy omelette, soufflés, and meringue
Binding and coating agent	To make cutlet, French toast or Bombay toast, banana fritters.
Clarifying agent	To add hot broths and coffee
Garnishing agent	Hard boiled eggs are often diced and used to garnish dishes.
Glazing agent	To give the surface a golden brown colour when cooked AND Improve colour-custards..

Methods of Cooking Eggs:

Eggs cooked in their shells:

Boiled: hard-boiled (8-10 minutes), medium-boiled (5-6 minutes), soft-boiled (3-4 minutes)

Eggs cooked out of their shells and not mixed:

Fried (both side/sunny side up), poached

Eggs cooked out of their shells and mixed:

Scrambled, omelette (rolled, folded, stuffed)



Self-Check Quiz – 4.3.1

Check your understanding by answering the following questions.
Write the correct answer for the following questions.

Question 1: How many parts of an egg?

Question 2: Explain an egg's average weight?

Question 3: What type of egg products are produced by functioning as emulsifying agent?

Question 4: What type of egg products are produced by functioning as clarifying agent?

Question 5: How can you define the quality points of an egg?

Question 6: What is the food value of an egg?



Answer Key – 4.3.1

Answer 1:

An egg is made up of four main parts:

1. Shell,
2. Shell membrane
3. Albumen (or egg white)
4. Egg yolk

Answer 2:

A small size Egg's average weight is **42.5 gm**

A medium size Egg's average weight is **49.7 gm**

A large size Egg's average weight is **56.7 gm**

An extra-large size Egg's average weight is **63.7 gm**

A Jumbo size egg's average weight is **70.7 gm**

Answer 3: Mayonnaise, Ice-cream

Answer 4: Hot broths and coffee

Answer 5:

- Clear, well-shaped.
- When broken should have high proportion of thick white.
- Yolk should be firm and have even colour.

Answer 6: An egg contains 77 calories, 6 grams of protein and 5 grams of healthy fats, iron, vitamins, and minerals.



Job Sheet: 31

Prepare Poached Egg

Method of Preparation:

- Choose a good quality fresh egg.
- Fill a poach pan with water and bring to the boil.
- Bring to a simmer.
- Add vinegar as per recipe.
- Allow to poach in a very low heat and use a spoon to pour the hot water on top of the egg.
- Poached the egg about 3 minutes until the white is cooked but the yolk is still creamy.
- Use a slotted spoon to flip off the egg from water.
- Using a knife to trim off the loose edges to give a uniform shape.
- Serve the poached egg.

Specification Sheet: 31

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Stainless steel platter	01
Tablespoon	01
Poached pan	01
Teaspoon	01
Slicer	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Serving plate	01
Trash bean	01

Raw materials	Quantity
Water	250 ml
White vinegar	½ tsp
Salt	Pinch
Eggs	1 no



Job Sheet: 32

Prepare Egg Omelette

Method of Preparation for egg omelette:

- Season the beaten eggs well with salt and pepper.
- Heat 1 teaspoon of oil in a non-stick frying pan over a medium-low heat.
- Sauté mushroom for 2-3 minutes and keep aside.
- Heat the same fry pan adding rest of oil and butter over medium low heat.
- Pour the eggs into the pan, tilt the pan ever so slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely.
- Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula.
- Tilt the pan again to allow it to fill back up with the runny egg.
- Repeat once or twice more until the egg has just set.
- At this point fill the omelette with grated cheese, fresh chopped coriander, sautéed mushrooms.
- Scatter the filling over the top of the omelette and fold gently in half with the spatula.
- Serve them onto a plate hot.

Specification Sheet: 32

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required
Mop & bucket	1 set
Clean cloth for polishing	As per required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Stainless steel platter	01
Tablespoon	01
Poached pan	01
Teaspoon	01
Non-stick fry pan	01
Slicer or spatula	01
Whisk	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Serving plate	01
Trash bean	01

Raw materials	Quantity
Olive oil	2 teaspoon
Butter	½ teaspoon
Salt	Pinch
Eggs	1 nos
Mushroom chopped	1 medium size
Coriander chopped	5 gm
Grated cheese	10 gm
White pepper ground	¼ teaspoon



Prepare Egg Benedict

Method of Preparation:

- Choose a good quality fresh egg.
- Fill a poach pan with water and bring to the boil.
- Bring to a simmer.
- Add vinegar as per recipe.
- Allow to poach in a very low heat and use a spoon to pour the hot water on top of the egg.
- Poached the egg about 3 minutes until the white is cooked but the yolk is still creamy.
- Use a slotted spoon to flip off the egg from water.
- Using a knife to trim off the loose edges to give a uniform shape.
- Keep a side the poached egg.

For Hollandaise Sauce:

- Melt the butter in a saucepan and skim any white solids from the surface. Keep aside the butter to be warm.
- Put the egg yolks, vinegar, salt and white pepper ground in a stainless steel bowl that will fit over a small saucepan.
- Whisk for a few minutes, then put the bowl over a pan of barely simmering water and whisk continuously until pale and thick, about 3-5 mins.
- Remove from the heat and slowly whisk in the melted butter bit by bit until it's all incorporated and you have a creamy hollandaise.
- Keep aside

For Egg Benedict:

- To make eggs Benedict, place a fry pan over medium heat.
- Brush butter using a pastry brush.
- Place a slice of bread on the hot pan for 1 minute or until the top is golden brown and crispy.
- Flip the bread and toast for another 1 minute.
- Keep aside to cool down for 5 minutes.
- Now take a slice of toast bread. Place poached egg and then a spoon full of hollandaise sauce on the top of poached egg.
- Egg Benedict is ready to serve.

Specification Sheet: 33

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Raw materials (For Egg poach)	Quantity
Water	250 ml
White vinegar	½ tsp
Salt	Pinch
Eggs	1 nos
For Hollandaise	
Melted butter	65 gm
Egg yolk	1 nos
Lemon Juice	½ teaspoon
Salt	To taste
White pepper	¼ teaspoon
For egg Benedict	
Toast Bread	1 slice
Butter	½ teaspoon

Tools, Equipment & Utensil	Quantity
Chopping board- green colour	01
Knife	01
Vegetable peeler	01
Saucepan	01
Sauté pan	01
Strainer	01
Spider	01
Slicer	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Stainless steel bowls	01
Pastry brush	01
Trash bean	01

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01



Job Sheet: 34

Prepare Sunny Side up Egg

Method of Preparation for sunny side up egg:

- Wear PPE and wash hands to prepare for vegetable stew
- Select and collect raw materials, tools, utensil and equipment as per recipe
- Wash, clean and sanitize tools, utensil, and equipment as per workplace requirement.
- Heat the oil in a medium non-stick skillet over low heat until slightly shimmering, about 3 minutes.
- Crack an egg into a small bowl and slowly add it to the skillet;
- Cover with a tight lid and cook, until the whites are completely set but the yolks are still runny, 2 to 2 1/2 minutes.
- Slide the eggs out of the skillet onto a plate.
- Season with salt and pepper.
- Dispose the wastage into the designated place
- Clean & sanitize the tools, equipment & work place
- Store tools, equipment & utensils in designated area.

Specification Sheet: 34

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Chopping board- green colour	01
Lid to cover	01
Stainless steel bowl	01
Skillet or fry pan	01
Slicer	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Stainless steel bowls	01
Pastry brush	01
Trash bean	01

Raw materials	Quantity
Large eggs	1 nos
Olive oil	1 tablespoon
Salt	1 Pinch
White pepper ground	¼ teaspoon



Job Sheet: 35

Prepare Sunny Side up Egg

Method of Preparation for sunny side up egg:

- Wear PPE and wash hands to prepare for vegetable stew
- Select and collect raw materials, tools, utensil and equipment as per recipe
- Wash, clean and sanitize tools, utensil, and equipment as per workplace requirement.
- Heat the oil in a medium non-stick skillet over low heat until slightly shimmering, about 3 minutes.
- Crack an egg into a small bowl and slowly add it to the skillet;
- Cover with a tight lid and cook, until the whites are completely set but the yolks are still runny, 2 to 2 1/2 minutes.
- Slide the eggs out of the skillet onto a plate.
- Season with salt and pepper.
- Dispose the wastage into the designated place
- Clean & sanitize the tools, equipment & work place
- Store tools, equipment & utensils in designated area.

Specification Sheet: 35

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1 pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Stainless steel bowl	02
Skillet or fry pan	01
Whisk	01
Serving plate	01
Wooden spatula	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Stainless steel bowls	01
Trash bean	01

Raw materials	Quantity
Large eggs	2 nos
liquid milk	3 tbsp.
Butter	2 tablespoon
Salt	1 Pinch
White pepper ground	¼ teaspoon



Job Sheet: 36

Prepare hard-boiled Egg

Method of Preparation for boiled egg:

- Place eggs in a sauce pan and cover with cold water by 2 inch.
- Bring to a boil over medium-high heat, then cover, remove from the heat and set aside 8 to 10 minutes.
- Drain; cool in ice water and peel.

Specification Sheet: 36

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Stainless steel bowl	02
sauce pan with lid	01
Serving plate	01
Wooden spatula	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Stainless steel bowls	01
Trash bean	01

Raw materials	Quantity
Large eggs	2 nos
Water to boil	3 tbsp.



Learning Outcome 4.4 - Prepare and present salads



Contents:

- Fresh ingredients for salad preparation
- Salad preparation standard recipe
- Test and season of salad
- Hygienically, logically and sequentially presentation of salad
- Salad presentation required timeframe



Assessment Criteria:

1. Salads are prepared using fresh ingredients in accordance with standard recipe.
2. Prepared salads are tested and seasoned as per required taste.
3. Salads are presented hygienically, logically and sequentially within the required timeframe.



Resources Required:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper and pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning Activity – 4.4.1

Learning Activities	Resources / Special instructions / References
Prepare and present salads	<ul style="list-style-type: none"> • Information sheets: 4.4.1 • Self-check quiz: 4.4.1 • Answer Key: 4.4.1



Learning Objectives: To Prepare and present salads

A salad is a mixture of raw or cold foods such as lettuce, cucumber, and tomatoes. It is often served with other food as part of a meal.



Types of salads

There are six types of salads as following:

a. Simple salads:

One ingredient is the main feature, usually a vegetable, e.g. lettuce or tomato salad. Usually has a dressing (a liquid sauce) added, e.g. vinaigrette dressing.

b. Mixed or compound salads:

Two or more main ingredients. The dressing binds the ingredients, e.g. Coleslaw salad with mayonnaise.

c. Composed salads:

The ingredients are arranged on the plate rather than mixed or tossed. The dressing is often poured over the salad or served as an accompaniment, e.g. Salad niçoise.

d. Classical salads:

Follow recipes which have been around for a long time. They may be simple, compound or composed, e.g. Waldorf salad.

e. Contemporary (modern) salads:

May combine flavours, ingredients and techniques from different cuisines (style or method of cooking). e.g. Couscous and roast vegetable salad from

f. Warm salads: A warm or cooked item is the main focus, e.g. meat, poultry or seafood. Usually arranged on a base of salad leaves, e.g. Warm lamb salad with yoghurt dressing.

Salad dressings

Dressing' a salad means we to put a liquid or sauce into the salad. Salad dressings are usually added to salads, for a variety of reasons. The functions of a salad dressings Include to:

- Add flavour
- Add colour
- Bind (join) the ingredients together
- Moisten the salad
- Help digestion (make it easier for the stomach to break down the food)
- Make the salad look more attractive.

There are different types of dressings, but many are based on the standard recipes for vinaigrette, mayonnaise and dairy based salad dressing.

Presenting salads

Salads can be served plated up in single portions, or they can be prepared and served in bulk amounts to provide multiple serves, e.g. at a buffet. You can use a range of different bowls or other containers to serve salads. Glass bowls are attractive because you can see the ingredients. Salad should be presented the below ways like-

- The salad is at the right temperature.
- The plate is at the right temperature.
- Contrast in colours and textures is appropriate and attractive.
- The garnishes suit the salad.
- There is not too much dressing.
- The portion size is correct.
- There are no drips or spills on the serving plate.
- When you present the salad,
- Check these quality points.

You may have to make some adjustments, such as:

- Change the garnish so the balance, colour and contrast look right
- Change the service ware or the way it is plated so it looks more attractive or is easier to eat.



Self-Check Quiz – 4.4.1

Check your understanding by answering the following questions.
Write the correct answer for the following questions.

Question 1: Define salad and its types.

Question 2: Describe the functions of a salad dressing.

Question 3: Explain the ways of presenting the salad.



Answer Key – 4.4.1

Answer 1:

A salad is a mixture of raw or cold foods such as lettuce, cucumber, and tomatoes. It is often served with other food as part of a meal.

There are six types of salads as following:

- a. Simple salads:
- b. Mixed or compound salads:
- c. Composed salads:
- d. Classical salads:
- e. Contemporary (modern) salads:
- f. Warm salads:

Answer 2:

The function of salad dressings Include to:

- Add flavour
- Add colour
- Bind (join) the ingredients together
- Moisten the salad
- Help digestion (make it easier for the stomach to break down the food)
- Make the salad look more attractive.

Answer 3:

Salads should be presented the below ways like-

- The salad is at the right temperature.
- The plate is at the right temperature.
- Contrast in colours and textures is appropriate and attractive.
- The garnishes suit the salad.
- There is not too much dressing.
- The portion size is correct.
- There are no drips or spills on the serving plate.
- When you present the salad,
- Check these quality points.



Job Sheet: 37

Prepare Chefs Green Salad

Method of preparation for chefs' green salad:

- Wash and cut lettuce into chiffonnade and transfer them to a large salad bowl.
- Similarly, Wash, Peel and Cut the cucumber, onion into medium diced (macedoine),
- Core tomatoes and cut into the same size.
- Now make the salad dressing by mixing olive oil, Dijon mustard paste, lemon juice and salt and pepper, and toss to combine.
- Chefs green salad is ready to serve.

Specification Sheet: 37

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Chopping board- green colour	01
Chef Knife	01
Stainless steel bowl	01
Whisk	01
Teaspoon	01
Weigh scale	01
Kitchen cloth	01
Vegetable peeler	01
Working table	01
Stainless steel bowls	01
Table spoon	01
Trash bean	01

Raw materials	Quantity
A head lettuce	3 nos
Lemon Juice	1 tablespoon
Dijon Mustard Paste	1/2 teaspoon
Olive oil	1 and ½ tbsp
Salt	To taste
Cucumber	50 gm
Tomato	50 gm
Onion	20 gm
White pepper ground	1/2 teaspoon



Job Sheet: 38

Prepare Chefs Green Salad

Method of preparation for chefs' green salad:

- Wash and cut lettuce into chiffonnade and transfer them to a large salad bowl.
- Similarly, Wash, Peel and Cut the cucumber, onion into medium diced (macedoine) ,
- Core tomatoes and cut into the same size.
- Now make the salad dressing by mixing olive oil, Dijon mustard paste, lemon juice and salt and pepper, and toss to combine.
- Chefs green salad is ready to serve.

Specification Sheet: 38

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Chopping board- green colour	01
Chef Knife	01
Stainless steel bowl	01
Whisk	01
Teaspoon	01
Weigh scale	01
Serving plate	01
Vegetable peeler	01
Working table	01
Stainless steel bowls	01
Table spoon	01
Trash bean	01

Raw materials	Quantity
For chicken marination:	
Boneless chicken julienne	100 gm
Lemon juice	1 teaspoon
Corn starch	1 tablespoon
Salt	To taste
Garlic, ginger paste	1 teaspoon
Soya sauce	1 teaspoon
Coriander powder	½ teaspoon
White pepper ground	1/2 teaspoon
Other ingredients:	
Oil	For fry
Cashew nut	50 gm
Sesame seed	1 teaspoon
Chili flakes	¼ teaspoon
Chili sauce	1 teaspoon
Soya sauce	1 teaspoon
Sugar, lemon juice	1 teaspoon
Red, green capsicum	50 gm
Mushroom sliced	40 gm
Carrot sliced	40 gm
Onion sliced	20 gm
Seasoning	As required



Job Sheet: 39

Prepare Caesar Salad

Method of preparation for Caesar salad:

Crouton

- Preheat oven to 180°C. Cut the bread in half lengthwise through the top of the bread then slice diagonally into 1/4" thick pieces.
- Place the breads onto a baking sheet.
- In a small bowl, combine 1 Tbsp extra virgin olive oil and ½ tsp of finely minced garlic. Drizzle the garlic oil over the croutons and sprinkle the top with 1/2 Tbsp. grated parmesan cheese.
- Toss until evenly coated. Spread in a single layer over the baking sheet and bake for 10-12 minutes or until golden brown color.
- Take them out from the oven.

Salad Dressing:

- In a small bowl, whisk together garlic, dijon, Worcestershire, lemon juice and red wine vinegar.
- Slowly drizzle in extra virgin olive oil while whisking constantly.
- Season to taste.

Make Caesar Salad:

- Rinse, dry and chop or tear the romaine into bite-sized pieces.
- Cut boiled egg into medium pieces.
- Place in a large serving bowl and sprinkle generously with shredded parmesan cheese and cooled croutons.
- Drizzle with caesar dressing and toss gently until lettuce is evenly coated.

Specification Sheet: 39

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1 pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Chopping board- green colour	01
Chef Knife	01
Large Stainless steel bowl	01
Whisk	01
Teaspoon	01
Weigh scale	01
Serving plate	01
Vegetable peeler	01
Working table	01
Small Stainless steel bowls	02
Table spoon	01
Trash bin	01

Raw materials	Quantity
For Croutons:	
Thinly sliced bread	1 piece
Olive oil	2 tablespoon
Minced garlic	½ teaspoon
Parmesan cheese	1 teaspoon
For salad dressing	
Minced garlic	½ teaspoon
Dijon mustard paste	½ teaspoon
Lp sauce	½ teaspoon
Lemon juice	1 teaspoon
Olive oil	1 ½ tablespoon
Salt	To taste
Black pepper ground	¼ teaspoon
Other ingredients	
Lettuce	5 pieces
Boiled egg	1 piece
Parmesan cheese	½ teaspoon



Job Sheet: 40

Prepare Russian Salad

Method of preparation for Russian salad:

- Boil the carrot, potato, peas and French beans in a pan with enough water just about covering them.
- Boil an egg in another pot.
- When the veggies and egg is cooked, drain all the water and let the heat reduce a bit or become warm.
- Then peel the potato, egg, carrots and make them small diced with the rest of the veggies.
- Now take a mixing bowl, mix the diced veggies, celery with the mayonnaise, salt and black pepper.
- Garnish the salad with lettuce leaves, diced tomato, cucumber, or capsicum diced.
- Serve the Russian salad cold.

Specification Sheet: 40

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Chopping board- green colour	01
Chef Knife	01
Large Stainless steel bowl	01
Whisk	01
Teaspoon	01
Weigh scale	01
Serving plate	01
Vegetable peeler	01
Working table	01
Small Stainless steel bowls	04
Table spoon	01
Trash bean	01
Fork	02

Raw materials	Quantity
Carrot small diced	100 gm
Potato small diced	100 gm
Frozen Green peas	60 gm
French beans	40 gm
Mayonnaise	4 tablespoon
Salt	To taste
Black pepper ground	¼ teaspoon
Lettuce	2 pieces
Boiled egg	1 piece
Tomato	40 gm
Cucumber	40 gm
capsicum	20 gm



Job Sheet: 41

Prepare Coleslaw Salad

Method of preparation for Coleslaw salad:

- Wash, peel, cut julienne cabbage and carrot.
- Shred parsley to the cabbage and carrot and toss to mix.
- In a separate bowl, stir the mayonnaise, vinegar, mustard, salt, sugar and pepper together.
- Pour two-thirds of the dressing over the cabbage and carrot then mix well using two forks.
If the coleslaw seems dry, add a little more of the dressing.

Specification Sheet: 41

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Chopping board- green colour	01
Chef Knife	01
Large Stainless steel bowl	01
Whisk	01
Teaspoon	01
Weigh scale	01
Serving plate	01
Vegetable peeler	01
Working table	01
Small Stainless steel bowls	04
Table spoon	01
Trash bean	01
Fork	02

Raw materials	Quantity
Carrot julienne	100 gm
Cabbage red	50 gm
Green cabbage	50 gm
Parsley coarsely chopped	10 gm
Mayonnaise	4 tablespoon
Salt	To taste
Black pepper ground	¼ teaspoon
Sugar	1 teaspoon
Dijon mustard	½ teaspoon
Apple cider vinegar	1 teaspoon
Cucumber	40 gm
capsicum	20 gm



Learning Outcome 4.5 - Prepare and present sandwiches



Contents:

- Range of Bread types
- Suitable bases
- Equipment for toasting and heating
- Toasting and heating standard procedures
- Proper sequence of Sandwiches preparation
- Ingredients of Sandwiches preparation
- Sandwiches preparation



Assessment Criteria:

1. Suitable bases are selected from a range of bread types.
2. Equipment is selected and used for toasting and heating as per standard procedures.
3. Sandwiches are prepared as per requirement maintaining proper sequence.
4. Sandwiches are produced using appropriate ingredients to an acceptable standard procedure.



RESOURCES REQUIRED:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper and pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning Activity – 4.5.1

Learning Activities	Resources / Special instructions / References
Prepare and present sandwiches	<ul style="list-style-type: none"> • Information sheets: 4.5.1 • Self-Check Quiz: 4.5.1 • Answer keys: 4.5.1



Learning Objectives: Prepare and present sandwiches

A sandwich is a meat or poultry filling between two slices of bread, a bun or a biscuit.

Parts of Sandwich:

1. Bread
2. Spread
3. Fillings
4. Garnish

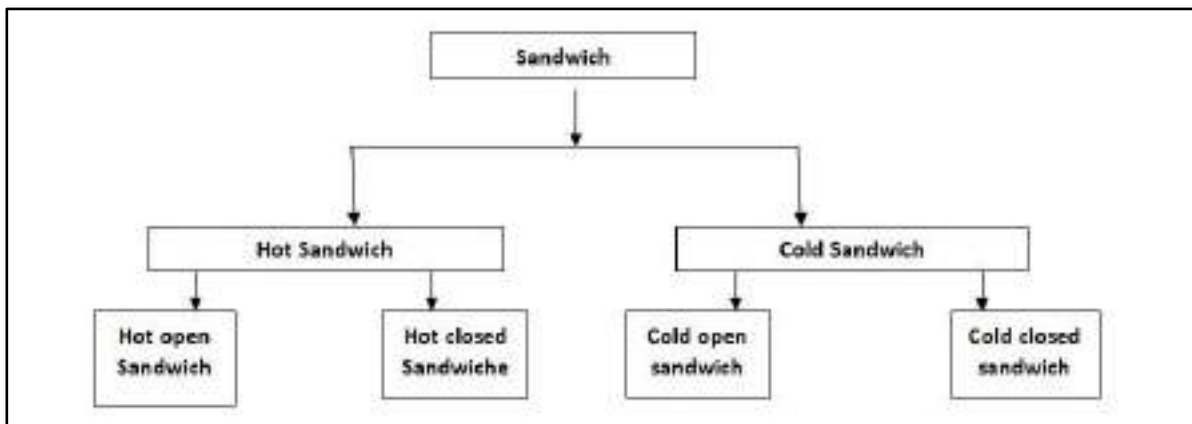


Classification of Sandwich

Broadly sandwiches are classified in two major types like

1. Hot sandwich
2. Cold sandwich

Both of which are further divided into Closed & Open



Base of sandwich bread:

Base is as simple as it is versatile. This sandwich recipe highlights the possibility to vary your recipes and presentation. By focusing on the naturalness of the ingredients, bread offers a perfect opportunity to share more about its origin.

Same dough, different shape

The sandwich concept is a basic recipe which allows you to add your own creativity or to respond to the demand of your consumers. Create different breads using the same dough, again and again:

- **Mixing:** Add ancient grains to the dough. Use seeds full of good fats like pumpkin and sunflower seeds to enhance the health profile of the bread.
- **Shape:** Create different original shapes like ciabatta, batard, fougasse, braid or cluster bread.
- **Decorate:** Make different scores along the bread surface to allow the crust to get a unique rough texture.
- **Topping:** Add flour, grains or seeds on top for a completely different look (and taste).

Storage of Sandwiches: Cold sandwiches should be kept at 4⁰ C or below. Hot sandwiches should be kept above 60°C.



Self-Check Quiz – 4.5.1

Check your understanding by answering the following questions.
Write the correct answer for the following questions.

Question 1: Describe sandwich and its parts.

Question 2: Define the classification of a sandwich.

Question 3: Explain the storage of sandwich.



Answer Key – 4.5.1

Answer 1:

A sandwich is a meat or poultry filling between two slices of bread, a bun or a biscuit.
There are four Parts of Sandwich that are given below:

- I. Bread
- II. Spread
- III. Fillings
- IV. Garnish

Answer 2:

Broadly sandwiches are classified in two major types like

- I. Hot sandwich
- II. Cold sandwich

Both of which are further divided into Closed & Open

Answer 3:

Cold sandwiches should be kept at 4⁰ C or below. Hot sandwiches should be kept above 60°C.



Job sheet: 42

Club Sandwich Preparation

Method of preparation for club sandwich:

For 2 pax

- Toast the bread slices and butter on one side each.
- Brush with mustard and a tablespoon of mayonnaise.
- Place lettuce or cabbage leaves over a toast and cover with a slice of cheese and shredded chicken.
- Cover with another toast and cover with tomato slices.
- Place a fried egg over the tomato.
- Cover with another toast, buttered side down and secure together with tooth-picks.
- Cut diagonally into half and serve with tomato sauce and mustard on the side.
- Make the other sandwich in the same way.
- Serve.

Specification Sheet: 42

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Raw materials	Quantity
White Bread Slices	4
Butter	1 tablespoon
boiled and shredded chicken	200 gm
Round sliced Tomato	2 pieces
Sliced cheddar Cheese	4 nos
Fried eggs	2 nos
Ice berg Lettuce	2 no
Dijon mustard	2 tsp
Mayonnaise	2 tbsp

Tools, Equipment & utensil	Quantity
Gas burner	01
Knife	01
Chopping board	01
Stainless steel bowl (small)	02
Stainless steel bowl (large)	01
Skillet	01
Kitchen cloth	01
Weigh scale	01
Wooden spoon	01
Ladle	01
Conical strainer	01
Waste bin	01
Tooth pick	01
Brush	01
Sink	02
Serving plate	01
Sauce pot	01



Vegetables Sandwich Preparation

Method of Preparation for vegetables sandwich:

Sandwich spread:

- Wash and Drain each of Vegetables and set aside.
- In a pan add 1 tablespoon of butter and once it melted add the onions and garlic.
- Sauté until onions become soften and turn into golden brown colour.
- Stir in the oregano, pepper flakes, salt, and pepper followed by veggies and cilantro. Give it a good mix and cook for 1-2 mins. Take it off the heat and let it cool.
- In a mixing bowl, add mayonnaise, tomato ketchup, shredded cheddar cheese, and vegetable filling. Mix until well combined and divide it into 2 portions.

For arrangement:

- Spread butter to both the bread slices facing up. Place one portion of the filling and spread it evenly. Top it with another bread slice. Add the rest of 1 tablespoon butter on top.
- Heat a grill pan (or griddle) on medium flame and place the sandwich with the butter side down. Cook for 2 mins or until crispy and golden.
- Apply some butter to the side facing up and flip to cook until golden brown.
- When both sides have crisped up, remove on a cooling rack..
- Cut into the sandwiches in half, and serve.
- Serve warm!

Specification Sheet: 43

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Raw materials	Quantity
White Bread Slices	4
Butter	2 tablespoon
finely crushed garlic	½ teaspoon
Onion chopped	50 gm
Salt	To taste
Black pepper ground	¼ teaspoon
Red chili flakes	¼ teaspoon
Oregano	½ teaspoon
Diced carrot	50 gm
Green peas	50 gm
Sweet corn	50 gm
Cilantro chopped	1 tablespoon
Tomato ketchup	1 ½ tbsp
Mayonnaise	3 tbsp
Cheddar cheese (shredded)	20 gm

Tools, Equipment & utensil	Quantity
Gas burner	01
Knife	01
Chopping board	01
Stainless steel bowl (small)	02
Stainless steel bowl (large)	01
Skillet	01
Kitchen cloth	01
Weigh scale	01
Wooden spoon	01
Ladle	01
Conical strainer	01
Waste bin	01
Tooth pick	01
Brush	01
Sink	02
Serving plate	01
Sauce pot	01



Job sheet: 44

Chicken Sandwich Preparation

Method of preparation:

For 2 pax

- Sprinkle chicken with salt, pepper, oregano and lemon juice.
- In a large skillet, cook chicken and garlic in 1 tablespoon oil over medium heat until meat is no longer pink. Set aside and keep warm.
- In a small bowl, combine the cheeses, mint, and capers.
- Distribute half the cheese mixture evenly among 4 bread slices.
- Layer with chicken and remaining cheese mixture.
- Top with remaining bread. Brush outsides of sandwiches with remaining oil.
- Using a large cast-iron skillet or electric griddle over medium heat, toast sandwiches until cheese is melted, 2-3 minutes on each side.

Specification Sheet: 44

Chicken Sandwich Preparation

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensils	Quantity
Gas burner	01
Knife	01
Chopping board	01
Stainless steel bowl (small)	02
Stainless steel bowl (large)	01
Skillet	01
Kitchen cloth	01
Weigh scale	01
Wooden spoon	01
Ladle	01
Conical strainer	01
Waste bin	01
Tooth pick	01
Brush	01
Sink	02
Serving plate	01
Sauce pot	01

Raw materials	Quantity
Boneless skinless chicken breasts, cubed	200 gm
Butter	2 tablespoon
Finely crushed garlic	½ teaspoon
Feta cheese	100 gm
Parmesan cheese	½ teaspoon
Black pepper ground	¼ teaspoon
Mint leaves chopped	1 teaspoon
Oregano	½ teaspoon
Cappers chopped	1 teaspoon
White bread	4 pieces
Salt	To taste



Job sheet: 45

Sub Sandwich Preparation

Method of preparation for sub sandwich:

For 1 pax

- Marinade chicken breast with salt, pepper, oregano and lemon juice.
- In a large skillet, grill the chicken breast adding 1 tablespoon butter or oil until meat is no longer pink or cook well. Slice them into pieces. Set aside.
- In another skillet, place the rest of butter or olive oil. Add onion and capsicum and sauté for 2 minutes over high heat. Keep aside.
- Slice the bread into half, keep aside.
- Tear the lettuce leaves using your hands and keep aside.
- Place the following on one half of the bread according to the given order: 1 piece of cheese slice, lettuce leaves, grilled chicken slices, sautéed capsicum and onion, and then another 1 piece of sliced cheese.
- Drizzle with mustard, mint mayo and sweet chili sauce. Place the other half of the bread on top.
- The sub sandwich is ready! You can little toast it in the oven if you want a crispy bread layer.

Specification Sheet: 45

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Gas burner	01
Knife	01
Oven	01
Baking tray	01
Chopping board	01
Stainless steel bowl (small)	02
Stainless steel bowl (large)	01
Skillet	01
Kitchen cloth	01
Weigh scale	01
Wooden spoon	01
Ladle	01
Conical strainer	01
Waste bin	01
Tooth pick	01
Brush	01
Sink	02
Serving plate	01
Sauce pot	01

Raw materials	Quantity
Boneless skinless chicken breasts ½ side	150 gm
Butter or olive oil	2 tablespoon
Small lettuce	2 nos
round Sliced onion	100 gm
Round sliced capsicum	½ teaspoon
Chili sauce	2 tbsp
Dijon mustard paste	1 tbsp
Lemon juice	½ teaspoon
Oregano	½ teaspoon
White bread	2 pieces
Salt	To taste
Cheddar cheese	2 nos



Job sheet: 46

Beef Sandwich Preparation

Method of preparation for beef sandwich:

- In a small bowl, stir together the garlic, salt, pepper and rosemary.
- Spread the paste all over the meat. Cover loosely with plastic wrap and refrigerate at least 3 hours or overnight.
- When you are ready to prepare the meat, remove it from the fridge and let stand at room temperature for 30 to 60 minutes.
- Heat oven to 180°C. Place a wire rack in a rimmed baking sheet.
- Coat the roast lightly with olive oil.
- Transfer to the wire rack and roast for 75 to 95 minutes, until an instant thermometer inserted into the center of the roast registers 125 to 130 degrees for medium-rare.
- Transfer the meat to a cutting board and let cool completely before carving (trim off the fat cap if you plan to serve it cold).
- Peel and finely slice the onions.
- Place in a non-stick frying pan on a medium-low heat with 1 tablespoon of butter or olive oil, cover and cook for 10 to 15 minutes, or until soft and sweet, stirring occasionally.
- Stir in the butter for added richness, then tip into a bowl, returning the pan to the heat.
- Grate the cheese into the pan, add the mustard and let it all melt together.
- Toast the bread, then line up 2 slices and divide the onions between them.
- Lay the beef over the top, and then pour over the melted cheese.
- Put the other slices of toast on top and the sandwiches are done.
- Slice the sandwiches in half, and serve.

Specification Sheet: 46

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Tools, Equipment & utensil	Quantity
Gas burner	01
Knife	01
Oven	01
Baking tray	01
Chopping board	01
Stainless steel bowl (small)	02
Stainless steel bowl (large)	01
Skillet	01
Kitchen cloth	01
Weigh scale	01
Wooden spoon	01
Ladle	01
Conical strainer	01
Waste bin	01
Tooth pick	01
Brush	01
Sink	02
Serving plate	01
Sauce pot	01
Clean film roll	01

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Raw materials	Quantity
boneless beef top loin roast (leave the fat on top)	1 pound
olive oil or butter	4 tablespoon
fresh rosemary	2 sprigs
Finely sliced onion	2 nos
Sliced cheddar cheese	4 nos
Chili sauce	2 tbsp
Dijon mustard paste	2 tbsp
Black pepper	½ teaspoon
Finely chopped garlic	2 cloves
White bread	4 pieces
Salt	To taste



Job sheet: 47

Prawn Sandwich Preparation

Method of preparation for prawn sandwich:

For 2 pax

- Marinade the prawn with salt, pepper, oregano and lemon juice.
- In a large skillet, grill the prawn adding butter or olive oil over medium heat for 3 minutes or until cook. Set aside to become cool.
- Combine all ingredients except bread in medium bowl, and then spread mayonnaise sauce on 2 bread slices.
- Top with remaining bread.
- Cut into the sandwiches in half, and serve.

Specification Sheet: 47

Prawn Sandwich Preparation

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Raw materials	Quantity
prawns shell out and deveined	200 gm
Olive oil or butter	1 ½ tablespoon
White pepper ground	½ teaspoon
Mayonnaise	3 tbsp
Finely chopped celery sprig	15 gm
Chopped parsley	½ tsp
Lemon juice	1 teaspoon
Lime zest	¼ teaspoon
Finely chopped garlic	2 cloves
Chili sauce	½ teaspoon
Salt	To taste
White bread slice	4 pieces

Tools, Equipment & utensil	Quantity
Gas burner	01
Knife	01
Oven	01
Baking tray	01
Chopping board	01
Stainless steel bowl (small)	02
Stainless steel bowl (large)	01
Skillet	01
Kitchen cloth	01
Weigh scale	01
Wooden spoon	01
Ladle	01
Conical strainer	01
Waste bin	01
Tooth pick	01
Brush	01
Sink	02
Serving plate	01
Sauce pot	01
Clean film roll	01



Learning Outcome 4.6 - Prepare and present farinaceous foods and rice dishes



Contents:

- Farinaceous foods
- Standard recipe for Pasta/Macaroni Preparation
- Standard recipe for Spaghetti preparation
- Standard recipe for Noodles and Chowmen preparation
- Standard recipe for Savory/Fried Rice, Pilau Rice and Biryani Preparation.
- Sauces and Accompaniments
- Presentation of Farinaceous and Rice Dishes



Assessment Criteria

1. Farinaceous foods are identified.
2. Pasta/macaroni is prepared according to standard recipe.
3. Spaghetti is prepared according to standard recipe.
4. Noodles and Chowmen are prepared according to standard recipe.
5. Savory/Fried rice, Pilau rice and Biryani are prepared according to standard recipe.
6. Sauces and accompaniments are selected as per recipe.
7. Farinaceous and rice dishes are presented according to workplace requirements.



Resources Required:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper and Pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning activity – 4.6.1

Learning Activities	Resources / Special instructions / References
Prepare and present farinaceous foods and rice dishes	<ul style="list-style-type: none"> • Information sheets: 4.6.1 • Self-Check Quiz: 4.6.1 • Answer keys: 4.6.1



Information Sheet: 4.6.1 - Prepare and present farinaceous foods (pasta and rice) dishes

Learning Objectives: To Prepare and present farinaceous foods and rice dishes

Pasta

Pasta is a type of food typically made from unraised dough of wheat flour mixed with water or eggs, and formed into sheets or other shapes, then cooked by boiling or baking.

Noodles also are made from a mixture of flour, water, and eggs. They are made from unleavened, soft dough which is rolled flat and cut, stretched or extruded, into long strips or strings.



The main difference between noodles and pasta is that pasta is a type of noodles whereas noodles are not a type of pasta.

Pastas are divided into two categories:

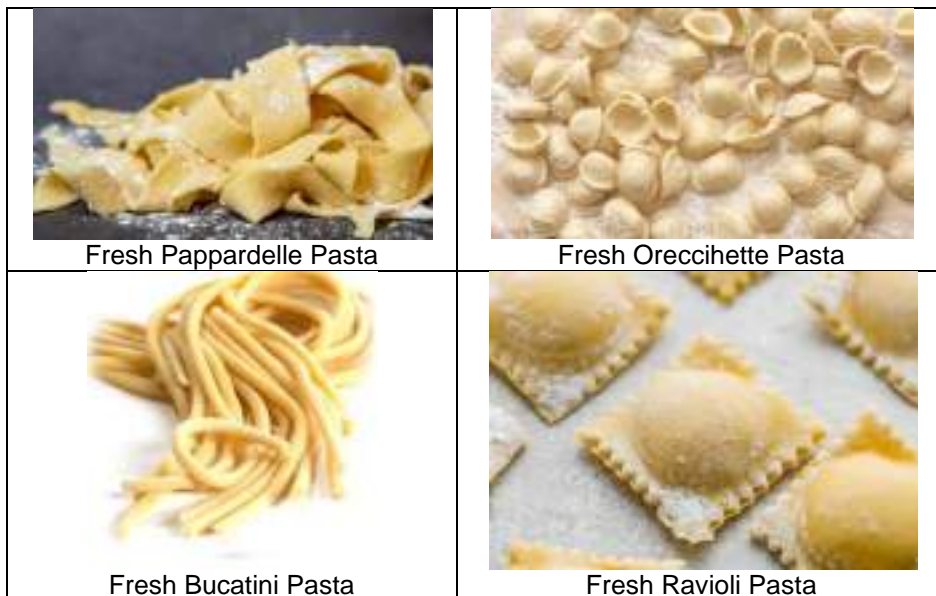
1. Fresh pasta.
2. Dried pasta.

Fresh pasta is traditionally produced by hand, sometimes with the aid of simple machines.

Dried pasta is produced commercially via an extrusion process, although it can be produced at home.

Types of fresh pasta:











- Pappardelle
- Oreccihette
- Bucatini
- Ravioli



Types of dried pasta:

- Spaghetti
- Capellin

- Cannelloni
- Penne
- Rigatoni
- Linguine
- Macaroni
- Fusilli
- Farfalle
- Shell

 <p>Spaghetti</p>	 <p>Capellin</p>	 <p>Cannelloni</p>
 <p>Penne</p>	 <p>Rigatoni</p>	 <p>Linguine</p>
 <p>Macaroni</p>	 <p>Fusilli</p>	 <p>Farfalle</p>
 <p>Shell</p>		

The Advantages of Eating Pasta

- Low price
- Long shelf-life
- Easily obtained
- Short cooking time
- Compact storage
- Versatile uses
- Variety of types available
- Sustaining food- high starch content
- Good nutritional value
- Acceptable in fast-food and other outlets

Disadvantages of eating too much pasta

- Increase your risk of developing diabetes.
- Miss out on key nutrients.
- Increased risk of developing heart disease.
- High blood pressure.
- Too many calories, and therefore gain weight.

Pasta Cooking Tips:

- Boil the pasta in boiling water.
- In boiling water always add sea salt for flavor and oil to prevent noodles from clumping together once drained.
- While cooking, dried pasta needs approx. 08-10 minutes.
- Cook fresh pasta needs approx. 6-8 minutes.
- Frequently stir pasta with a wooden spoon to prevent clumping.
- After you boil the pasta, do not put the pasta in ice water.
- Simply drain the pasta, add olive oil and spread pasta around the tray, and then cool and keep on the side until further processing.

Pasta Sauce:

- Bolognese
- Pomodoro
- Aglio e olio
- Pesto alla genovese
- Carbonara
- Marinara
- Puttanesca
- Arrabbiata
- Alle vongole
- Alferdo

Pasta Storage:

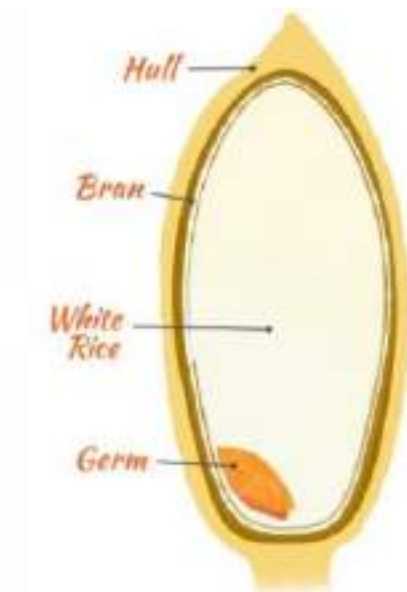
Fresh and Homemade Pasta: Fresh pasta can be stored in the refrigerator for 2 to 3 days; it can also be frozen and stored in the freezer for 2 to 3 months.

Dried Pasta: Dried pasta can be stored on the shelf in an airtight container in a dry area. Dried pasta can be stored for no more than 2 years to obtain the best quality.

Rice

Rice is the least nutritious of the cereals, containing more starch and less protein, fat, and minerals than the others. Much rice is eaten white, after the removal of the bran and germ. If only the outer husk is removed, the rice is sold as brown rice.

Parts of Rice:



1. Husk:

Each grain of rice is enclosed in a tough outer husk that needs to be removed before it can be consumed. This layer is removed in all rice types.

2. Bran

Under the hull, the bran layer is not removed in all rice types. This nutritious whole grain section is usually tan-colored, but it may be reddish or black depending on the pigmentation in the bran layers. The bran layer may be consumed, but it is often removed when further processing rice.

3. White

Once the bran and germ layers are removed, white rice remains. Known as the endosperm, this is the part of the rice that is most commonly consumed.

4. Germ

Found under the husk, the germ, or rice kernel, is nutrient-dense. Full of B vitamins, minerals, and proteins, it helps give rice its colour and added nutritional benefits.

Types of Rice:

By Length and Shape:

By length and shape Rice is often characterized as 3 varieties – long grain, medium grain, or short grain rice.

a. Long Grain Rice

This rice has milled grains that are at least three to four times as long as they are wide. Due to its starch composition, it is separate, light and fluffy when cooked.

b. Medium Grain Rice

When compared to long grain rice, medium grain rice has a shorter, wider kernel. Since the cooked grains are more moist and tender than long grain rice, the rice has a greater tendency to stick together.

c. Short Grain Rice

Featuring grains that are less than twice as long as they are wide, this rice is short and best for sushi. It has a sticky texture when cooked.

By Texture

By texture there are 2 types of rice such as sticky rice and Parboiled Rice.

a. Sticky Rice

Also known as sweet rice, sticky rice is grown mainly in Southeast and East Asia and is used in many traditional Asian dishes, desserts, and sweets. When cooked, sticky rice is especially sticky and is often ground into rice flour.

b. Parboiled Rice

This "rough" rice has gone through a steam-pressure process before milling that gelatinizes the starch in the grain. This process produces a more separate grain that is light and fluffy when cooked.

By Colour

Based on colour there are 4 types of rice such as white rice, brown, black rice, and wild rice all feature unique pigmentation in the bran.

a. White Rice

The term "polished" simply refers to white rice that has had its outer brown layer of bran and germ removed. Rice that has shed its bran layers can also be referred to as "milled rice."

b. Brown Rice

This healthful rice sheds its outer husk and retains its bran and germ layers that give it a characteristic tan color. Though brown rice takes a little longer to cook than white rice, the nutrient-dense layers are rich in vitamins and minerals.

c. Black Rice

High in nutritional value, this rice is also known as black rice and has a mild nutty flavor. Slightly sticky when cooked, it is used in a variety of Chinese or Thai dishes, including Chinese black rice cake and mango sticky rice.

d. Wild Rice

Wild rice grains are harvested from the genus *Zizania* of grasses. High in protein, wild rice adds a colorful, exotic flair to any rice dish.

By Aroma

By aroma there are 2 types of rice such as:

a. Basmati Rice

Basmati rice is a type of long-grain rice that is popular among Indian cuisine and other ethnic dishes. Cooked basmati rice imparts a subtle nutty or popcorn-like flavour and aroma.

b. Jasmine Rice

Jasmine rice, sometimes known as Thai fragrant rice, is a type of long grain rice with a long kernel and slightly sticky texture when cooked.

Other Types of Rice

- Italian Arborio
- American Long Grain Rice

Cooking Methods

Rice requires a moist cooking method and is usually associated with steaming, boiling or braising. The usual cooking time is between 15-20 minutes.

Storing Rice:

Rice should be stored in a cool, dry place in a tightly closed container that keeps out dust, moisture and other contaminants.



Self-Check Quiz – 4.6.1

Check your understanding by answering the following questions.
Write the correct answer for the following questions.

Question 1: Define the difference between fresh and dried pasta.

Question 2: Write down five advantages of pasta.

Question 3: Write down five types of dried pasta.

Question 4: Write down five types of pasta sauce.

Question 5: How to store fresh Pasta?

Question 6: How many parts of rice?

Question 7: How many types of rice based on length and shape?

Question 8: How Many types of rice based on colour?

Question 9: How long does it take to boil rice?

Question 10: How to store rice?



Answer Key – 4.6.1

Answer 1:

Fresh pasta is traditionally produced by hand, sometimes with the aid of simple machines. Most dried pasta is produced commercially via an extrusion process, although it can be produced at home.

Answer 2:

- Low price
- Long shelf-life
- Easily obtained
- Short cooking time
- Good nutritional value

Answer 3:

- Spaghetti
- Capellin
- Cannelloni
- Penne
- Linguine

Answer 4:

- Bolognese
- Carbonara
- Marinara
- Arrabbiata
- Alferdo

Answer 5:

Fresh pasta can be stored in the refrigerator for 2 to 3 days; it can also be frozen and stored in the freezer for 2 to 3 months.

Answer 6: There are 4 parts of rice such as:

- Husk
- Bran
- White
- Grem

Answer 7: Based on length and shape Rice is often characterized as 3 varieties – long grain, medium grain, and short grain rice.

Answer 8: Based on colour there are 4 types of rice such as white rice, brown, black rice, and wild rice

Answer 9: In between 15 -20 minutes

Answer 10: Rice should be stored in a cool, dry place in a tightly closed container that keeps out dust, moisture and other contaminants.



Prepare Spaghetti Bolognaise

Method of Preparation for spaghetti bolognaises:

For pasta boiling:

- Carefully fill a saucepan with 1 liter water, add 1 tablespoon of salt, 1 tablespoon of oil and bring back to the boil.
- Add the spaghetti and cook for 10 minutes to cook.
- After boiling drain off hot water, rinse into running water and strain properly.
- Boiled pasta is ready to next use.

For Tomato Sauce:

- Heat oil in a large saucepan over medium heat.
- Add bay leaves, onion, garlic, and sauté, for 2 minutes or until onion softens.
- Add blanched and deseeded diced tomato on to it.
- Add the tomato puree and then hot water and bring to the boil for 10 minutes or until sauce thickens.
- Add sugar, oregano add seasoning.
- Stir and keep aside the sauce becomes cool.
- Tomato sauce or tomato concasse is ready to use next use.

For Bolognaise Sauce with boiled Spaghetti Pasta serving:

- Heat olive oil in another fry pan over medium-high heat.
- Add garlic first and then onion and saute for 2 minutes
- Now add small diced tomato, capsicum and sauté for 2 minutes.
- Pour tomato sauce, oregano, and sugar.
- Taste and season with salt and pepper.
- Now mix boiled Spaghetti pasta with the bolognaise sauce.
- Continue tossing on medium high heat for 2 minutes
- Bolognaise sauce is ready to next use.

Specification Sheet: 48

To complete the above task, you will need the following ingredients and equipment's

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Chopping board- green colour	01
Knife	01
Vegetable peeler	01
Saucepan	01
Sauté pan	01
Strainer	01
Spider	01
Slicer	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Stainless steel bowls	01
Serving plate	01
West bean	01

For Tomato Sauce:

For Bolognese Sauce:

Ingredients	Quantity	Ingredients	Quantity
Tomato Medium size	3 nos	Tomato deseeded and small diced	50 gm
Oregano	½ teaspoon	Onion chopped	½ medium size
Bay Leaves	1 nos	Garlic chopped	3 cloves
Salt	To taste	Tomato concasse	150 gm
Tomato puree	1 teaspoon	Capsicum small diced	25 gm
Onion	½ sliced medium size	White pepper ground	½ teaspoon
Garlic slice	1 tsp	Sugar	1 tsp
White pepper ground	½ teaspoon	Oregano	½ tsp
Onion Slice	1 medium	Olive oil	1½ tbsp
Olive oil	2 tbsp	Salt	
Sugar	1 teaspoon		
Hot water	50 ml		
Sugar	1 teaspoon		
For Boiled Pasta			
Spaghetti Pasta	100 gm		
water	1 liter		
Oil	1 table spoon		
Salt	1 tablespoon		



Job Sheet: 49

Prepare Macaroni & Cheese

Method of preparation for macaroni & cheese:

- In a sauce pan, heat water over high heat until boiling.
- Add salt and oil into the water.
- Once it is boiling, add macaroni pasta and cook for 10-12 minutes.
- And drain under running water and strain. Keep aside.
- In another large skillet or pan, heat butter over low heat.
- Add flour (butter and flour= 1:1) and then butter to prepare white roux and cook for 1 minute.
- Add liquid milk and stir vigorously to remove the lumps.
- Let the milk reduce and cook for 5 to 6 minutes over medium heat.
- Add mozzarella cheese to the mixture and whisk well until smooth.
- Keep over heat and whisk well until cheese is melted.
- Grate nutmeg on the top of the béchamel sauce.
- See the consistency of béchamel sauce that is full of flavor.
- Toss sauce with macaroni pasta for 2 minutes and add the parmesan cheese.
- Once it is tossed, garnish with chopped parsley.
- Macaroni and cheese is ready to serve hot.

Specification Sheet: 49

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity	Tools , equipment and utensils	Quantity
Chef coat	1	Chopping board	1 piece
Chef hat	1	Knife	1 piece
Apron	1	Vegetable peeler	1 piece
Necker chief	1	Sauce pan	1 piece
Cloth duster	1	Sauté pan	1 piece
Close shoe with rubber sole	1	Strainer	1 piece
Cleaning materials and Equipment	Quantity	spider	1 piece
Liquid soap hand wash	As required	slicer	1 piece
Detergent	As required	Serving bowl	1 piece
Liquid dish washing	As required	Saucer plate	1 piece
Sanitizer / disinfectant	As required	weight scale	1 piece
Water(hot and cold)	As required	Kitchen cloth	1 piece
Broom and dust pan	As required	Gas burner	1 piece
Mop and bucket	1 set	Working table	1 piece
Clean cloth for polishing	As required	Stainless steel bowl	1 piece
Scrubber	01	Wrapping paper	1 piece
		Trash bean	1 piece

Raw Materials	Quantity
Macaroni Pasta	85 gm
Butter	1 tsp
Nutmeg ground	1 pinch
Parmesan Cheese	1/2 teaspoon
Flour	1 tsp
Liquid milk	250 ml
Grated Mozzarella cheese	25 gm
White pepper ground	1/2 teaspoon
Salt	To taste
Parsley leaves	3 gm
Water to boil Pasta	500 ml
Oil	1 tablespoon



Job Sheet: 50

Prepare Pasta Aglio e Olio

Method of Preparation for pasta aglio olio:

- Place water in a sauce pan with salt and oil for boiling.
- Add pasta into boiling water and cook about 8-10 minutes.
- Drain the pasta under running water and strain. Keep a side the boiled pasta.
- Add the oil to a thick bottomed fry pan over medium heat.
- Add chopped garlic and cook until golden colour.
- Stir in the red pepper flakes, chopped tomatoes, boiled pasta water and sugar.
- Reduce the heat and let it simmer, stirring occasionally, cook for about 5-6 minutes.
- Season the sauce with salt & pepper as needed.
- Now add boiled pasta into sauce, toss for 1 minute.
- Add the parmesan cheese and place in a pasta bowl.
- Pasta aglio e olio is ready to serve hot.

Specification Sheet: 50

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity	Tools , equipment and utensils	Quantity
Chef coat	1	Chopping board	1 piece
Chef hat	1	Knife	1 piece
Apron	1	Vegetable peeler	1 piece
Necker chief	1	Sauce pan	1 piece
Cloth duster	1	Sauté pan	1 piece
Close shoe with rubber sole	1	Strainer	1 piece
		spider	1 piece
		slicer	1 piece
		Serving bowl	1 piece
		Saucer plate	1 piece
		weight scale	1 piece
		Kitchen cloth	1 piece
		Gas burner	1 piece
		Working table	1 piece
		Stainless steel bowl	1 piece
		Wrapping paper	1 piece
		Trash bean	1 piece
Cleaning materials and equipment	Quantity		
Liquid soap hand wash	As required		
Detergent	As required		
Liquid dish washing	As required		
Sanitizer / disinfectant	As required		
Water(hot and cold)	As required		
Broom and dust pan	As required		
Mop and bucket	1 set		
Clean cloth for polishing	As required		
Scrubber	01		

Raw Materials	Quantity
Penne Pasta	85 gm
Olive Oil	1 tablespoon
Garlic chopped	2 cloves
Red Pepper Flakes	1/4 teaspoon
Grated Parmesan Cheese	1 tablespoon
White pepper ground	1/2 teaspoon
Sugar	1/2 teaspoon
Salt	To taste
Fresh Tomato deseeded and chopped	55 gm
Water to boil Pasta	500 ml
Boiled pasta water	50 ml
Oil	1 tablespoon



Job Sheet: 51

Prepare Chicken chow Mein

Method of Preparation:

- In a small mixing bowl, use a whisk to combine oyster sauce, granulated sugar, sesame oil, soy sauce, chicken broth and corn-starch. Set aside.
- Place water in a sauce pan with salt and oil for boiling.
- Add noodles into boiling water and cook about 4-5 minutes.
- Drain the noodles under running water and strain. Keep a side the boiled noodles.
- Heat a large wok or pan with olive oil over medium-heat. Cut your chicken breasts into julienne strips and cook them in the oil until golden brown. Remove strips and set aside.
- Add carrots, cabbage and pressed garlic and sauté for a few minutes until veggies are slightly softened and the cabbage is a bit translucent.
- Add chicken and noodles back into the pan.
- Pour sauce over the top and continue cooking all the ingredients together for another 2 minutes.
- Garnish your Chow Mein with chopped green onions.
- Chicken Chow Mein is ready to serve hot.

Specification Sheet: 51

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal Protective Equipment)	Quantity	Tools , equipment and utensils	Quantity
Chef coat	1	Chopping board	1 piece
Chef hat	1	Knife	1 piece
Apron	1	Vegetable peeler	1 piece
Necker chief	1	Wok	1 piece
Cloth duster	1	Sauce pan	1 piece
Close shoe with rubber sole	1	Strainer	1 piece
Cleaning materials and Equipment		spider spoon	1 piece
Liquid soap hand wash	As required	slicer	1 piece
Detergent	As required	weight scale	1 piece
Liquid dish washing	As required	Kitchen cloth	1 piece
Sanitizer / disinfectant	As required	Gas burner	1 piece
Water(hot and cold)	As required	Working table	1 piece
Broom and dust pan	As required	Stainless steel bowl	1 piece
Mop and bucket	1 set	Wrapping paper	1 piece
Clean cloth for polishing	As required	Trash bean	1 piece
Scrubber	01		

Raw Materials	Quantity
Chicken breast	120 gm
Oil	1 ½ tbsp.
Chow mein uncooked noodles	75 gm
Cabbage julienne cut	50 gm
Carrot julienne cut	50 gm
Black pepper ground	1/2 teaspoon
Sugar	1/2 teaspoon
Salt	To taste
Onion sliced medium size	1 peice
Garlic sliced	1 clove
For chow Mein sauce	
Oyster sauce	1 tablespoon
Soya sauce	1 teaspoon
Sesame oil	1 tablespoon
Chicken broth	30 ml
Corn starch	1 teaspoon
Sugar	1 teaspoon
Chopped spring onion	For garnish



Job Sheet: 52

Prepare Steam Rice

Method of Preparation:

- Wear PPE and wash hands to prepare for vegetable stew
- Select and collect raw materials, tools, utensil and equipment as per recipe
- Wash, clean and sanitize tools, utensil, and equipment as per workplace requirement.
- Soak rice for at least 10 minutes.
- Drain and transfer to a container that will fit in your steamer, and add the water to the rice.
- Place in a steamer filled with cold water (the water should not be boiling when the rice is placed into the steamer).
- Turn on the heat to high, cover, and cook for 25 minutes.
- Turn off the heat, and let the rice sit in the steamer with the lid on for at least 5 more minutes.
- Steam rice is ready to serve warm.
- Dispose the wastage into the designated place.
- Clean & sanitize the tools, equipment & work place
- Store tools, equipment & utensils in designated area.

Specification Sheet: 52

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required
Mop & bucket	1 set
Clean cloth for polishing	As per required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Saucepan	01
Steamer	01
Strainer	01
Spider	01
Slicer	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Stainless steel bowls	01
Wrapping paper	01
Trash bean	01

Raw materials	Quantity
White rice	100 gm
Water to soak	250 ml
Water to cook	160 ml



Prepare Egg Fried Rice

Method of Preparation:

- Wear PPE and wash hands to prepare for vegetable stew
- Select and collect raw materials, tools, utensil and equipment as per recipe
- Wash, clean and sanitize tools, utensil, and equipment as per workplace requirement.
- In a medium saucepan over medium heat, bring water to a boil. Add rice, and salt.
- Bring pan back to a simmer then lower heat and cook, covered, 15 minutes, or until rice is tender and water is absorbed.
- Remove from heat and let scatter on a platter for 5 minutes.
- Now heat 1 tbsp of the oil in a large wok over a high heat, then add the onion and fry until lightly browned, around 2 mins.
- Add the rice, stir and toast for about 2 mins, then move to the side of the pan.
- Add the remaining oil, and then tip in the egg mixture.
- Leave to cook for 2 minutes, then mix in with the rice – stir vigorously.
- Tip into a serving bowl and scatter over the spring onion to serve.
- Dispose the wastage into the designated place.
- Clean & sanitize the tools, equipment & work place
- Store tools, equipment & utensils in designated area.

Specification Sheet: 53

To complete the above task you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Saucepan	01
Platter	01
Strainer	01
Wok	01
Slicer	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Stainless steel bowls	01
Wrapping paper	01
Trash bean	01

Raw materials	Quantity
Long grain rice	125 gm
Vegetable oil	250 ml
Beaten egg	2 nos
Spring onion sliced to serve	2 nos
Water to boil rice	500 ml
Salt	To taste
White pepper ground	½ teaspoon
Onion	160 ml



Assessment Plan

Module-1	Written test	Performance test	Observation	Oral test	Portfolio	Third party report	Discussion	Project	Weekly/Final report	Remarks
LO-1	√		√	√			√			
LO-2	√		√	√			√			
LO-3	√		√	√			√			
LO-4	√		√	√			√			
LO-5	√		√	√			√			
LO-6	√		√	√			√			



REVIEW OF COMPETENCY Final Checklist

For the performance criteria of the module **Prepare vegetables, eggs, salads, sandwiches, farinaceous and rice dishes** are given below:

Performance Criteria	Yes	No
1.1 Tools, utensils and equipment are selected according to requirements.	<input type="checkbox"/>	<input type="checkbox"/>
1.2 Cleanliness and safe assembly of equipment are ensured according to hygiene requirements.	<input type="checkbox"/>	<input type="checkbox"/>
1.3 Ingredients are selected as per standard recipe and food preparation procedures.	<input type="checkbox"/>	<input type="checkbox"/>
1.4 Ingredients are weighed and measured according to requirements.	<input type="checkbox"/>	<input type="checkbox"/>
1.5 Ingredients are sorted and prepared following proper sequencing as mentioned in recipe.	<input type="checkbox"/>	<input type="checkbox"/>
2.1 Vegetables are selected according to requirement.	<input type="checkbox"/>	<input type="checkbox"/>
2.2 Vegetable dishes are prepared according to recipe using cooking methods.	<input type="checkbox"/>	<input type="checkbox"/>
2.3 Vegetable dishes are presented according to workplace procedure.	<input type="checkbox"/>	<input type="checkbox"/>
2.4 Vegetables and potato-accompaniments are selected to complement and enhance menu items	<input type="checkbox"/>	<input type="checkbox"/>
2.5 Sauces and accompaniments are selected as per recipe	<input type="checkbox"/>	<input type="checkbox"/>
2.6 Standard portion for vegetables is maintained to minimize wastage.	<input type="checkbox"/>	<input type="checkbox"/>
3.1 Egg dishes are prepared according to recipe using cooking methods.	<input type="checkbox"/>	<input type="checkbox"/>
3.2 Sauces and accompaniments specific to egg preparations are selected and prepared.	<input type="checkbox"/>	<input type="checkbox"/>
3.3 Cooked dishes are tested and seasoned in accordance with the required taste of the dishes.	<input type="checkbox"/>	<input type="checkbox"/>
3.4 Egg dishes are presented hygienically and attractively according to workplace requirements.	<input type="checkbox"/>	<input type="checkbox"/>
4.1 Salads are prepared using fresh ingredients in accordance with standard recipe.	<input type="checkbox"/>	<input type="checkbox"/>
4.2 Prepared salads are tested and seasoned as per required taste.	<input type="checkbox"/>	<input type="checkbox"/>
4.3 Salads are presented hygienically, logically and sequentially within the required timeframe.	<input type="checkbox"/>	<input type="checkbox"/>
5.1 Suitable bases are selected from a range of bread types.	<input type="checkbox"/>	<input type="checkbox"/>
5.2 Equipment is selected and used for toasting and heating as per standard procedures.	<input type="checkbox"/>	<input type="checkbox"/>
5.3 Sandwiches are prepared as per requirement maintaining proper sequence.	<input type="checkbox"/>	<input type="checkbox"/>
5.4 Sandwiches are produced using appropriate ingredients to an acceptable standard procedure.	<input type="checkbox"/>	<input type="checkbox"/>
6.1 Farinaceous foods are identified.	<input type="checkbox"/>	<input type="checkbox"/>
6.2 Pasta/macaroni is prepared according to standard recipe.	<input type="checkbox"/>	<input type="checkbox"/>
6.3 Spaghetti is prepared according to standard recipe.	<input type="checkbox"/>	<input type="checkbox"/>

6.4 Noodles and chowmen are prepared according to standard recipe.	<input type="checkbox"/>	<input type="checkbox"/>
6.5 Savory/Fried rice, pilau rice and biriyani are prepared according to standard recipe.	<input type="checkbox"/>	<input type="checkbox"/>
6.6 Sauces and accompaniments are selected as per recipe.	<input type="checkbox"/>	<input type="checkbox"/>
6.7 Farinaceous and rice dishes are presented according to workplace requirements.	<input type="checkbox"/>	<input type="checkbox"/>

Now, I feel ready to undertake my formal competency assessment.

Signed:

Date:

Module 05: Prepare Meat Dishes



Module 5: Prepare Meat dishes



Module Content

Module Descriptor: This unit covers the knowledge, skills and attitude required to prepare Meat dishes. It specially includes - preparing tools, utensils, equipment & ingredients and preparing & presenting Meat dishes.

Nominal Duration: 55 Hours



Learning Outcomes:

Upon completion of this module, trainee/student will be able to:

- 5.1 Prepare tools, utensils and equipment.
- 5.2 Prepare ingredients and meats for cooking.
- 5.3 Cook and present meat dishes.



PERFORMANCE CRITERIA

1. Tools, utensils and equipment are selected to prepare meat.
2. Cleanliness and safe assembly of equipment are ensured according to hygiene requirements.
3. Ingredients and types of meat are selected as per standard recipe and food preparation procedures.
4. Ingredients are weighed and measured according to requirements.
5. Ingredients are sorted and prepared following proper sequencing as mentioned in recipe.
6. Meat preparation techniques are used according to recipe requirements.
7. Recipe is selected and cooking methods are applied according to workplace requirements.
8. Meat is cooked using selected cooking methods and following proper sequencing.
9. Food hygiene is maintained and food quality is checked as per requirement.
10. Meat dishes are presented according to requirements.



Learning Outcome 5.1 - Prepare tools, utensils and equipment

Follow Module-2



Learning Outcome 5.2 - Prepare ingredients and meats for cooking

Follow Module-2



Learning Outcome 5.3 - Cook and present meat dishes



Contents:

- Cooking methods
- Proper sequencing of meat cook
- Food hygiene and food quality
- Presentation of meat dishes



Assessment Criteria:

1. Recipe is selected and cooking methods are applied according to workplace requirements.
2. Meat is cooked using selected cooking methods and following proper sequencing.
3. Food hygiene is maintained and food quality is checked as per requirement.
4. Meat dishes are presented according to requirements.



Resources Required:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper
- Pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning activity – 5.3.1

Learning Activities	Resources / Special instructions / References
Cook and present meat dishes	<ul style="list-style-type: none"> • Information sheets: 5.3.1 • Self-check Quiz: 5.3.1 • Answer key: 5.3.1



Information Sheet – 5.3.1

Learning Objectives: To Cook and present meat dishes

Meat

For Meat people spend most money on as it is a good source of protein which we need for body growth and repair. The flesh of animals and birds is used as food. The different types of meat are Lamb, Mutton, Beef, Veal, Pork and Game.

Food Value

Meat has a high protein content and also contains fat and Vitamin B.

Composition of Meat

In order to cook meat properly, it is important to know the composition of meat.

- Made up of bundles of muscle fibers, held together with connective tissue.
- Fat may be present around the edge of a joint or marbled between the lean.

Quality Point

➤ Quality points of Beef

- The lean should be a bright red and marbled
- The fat should be firm, brittle and creamy white. It should smell fresh.

➤ Quality points of Lamb and Mutton

- Smooth skin
- Lean, dark red meat
- White brittle fat.

➤ Quality points of Pork

- Smooth skin
- Pink fine flesh
- White smooth fat.

➤ Quality points of Veal

- The flesh should be pale pink, firm, not soft or flabby
- Cut surfaces should be moist
- Bones in young animals are pinkish, white, porous and with a very small amount of blood in their structure.

Classification of Meat

Meat can be classified as red or white depending on the concentration of Myoglobin in muscle fiber. Generally the meat of adult mammals such as cows, sheep, and goats considered red. While chicken and turkey Breast meat is considered white.

Categories of Meat

There are three categories of meat:

1. **Red meat:** Mutton/Lamb, Beef
2. **White meat:** Veal, Poultry
3. **Dark meat:** Game, Bird



Red Meat (Beef)

White Meat (Veal)

Dark Meat (Wild Duck)

Cut of Meat



Fig: Different cuts of Meat

Beef Cut

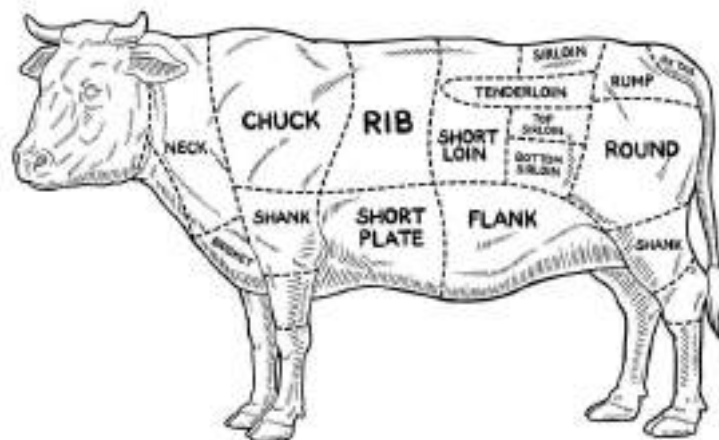


Fig: Different beef cut

Different beef cuts and cooking methods:

No	Joint (cut)	Cooking methods
a.	Chuck	Stewing, Braising
b.	Rib	Roasting, Grilling & Frying
c.	Short lion	Roasting, Grilling & Frying as Steaks
d.	Tender lion	Roasting, Grilling & Frying as Steaks
e.	Sirloin	Boiling & Braising
f.	Round	Roasting, Grilling & Frying as Steaks
g.	Shank	Consommé
h.	Flank	Stewing, Boiling & Sausages
j.	Plate	Stewing & Sausages
k.	Brisket	Pickling & Boiling

Mutton and Lamb Cut

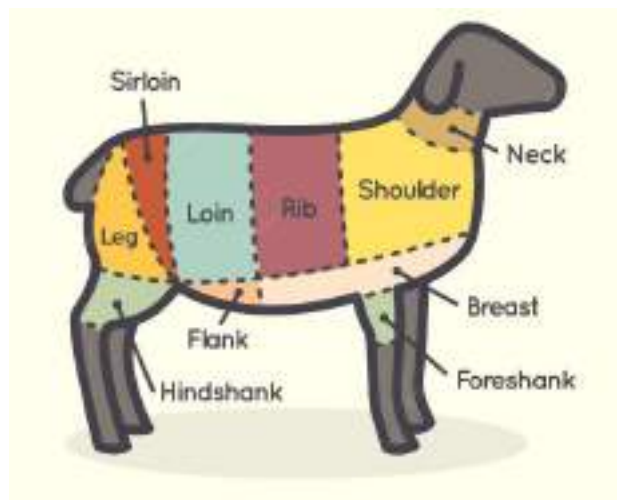


Fig: Different lamb cut

Different mutton, lamb cuts and cooking methods:

No	Joint (cut)	Cooking methods
a.	Crag End	Broth
b.	Middle Neck	Stewing
c.	Best End	Roasting, Grilling & Frying
d.	Loin	Roasting, Grilling & Frying as Steaks
e.	Shoulder	Roasting & Stewing
f.	Breast	Roasting & Stewing
g.	Chump	Grilling, Frying, Roasting & Braising
h.	Leg	Roasting

Veal Cut

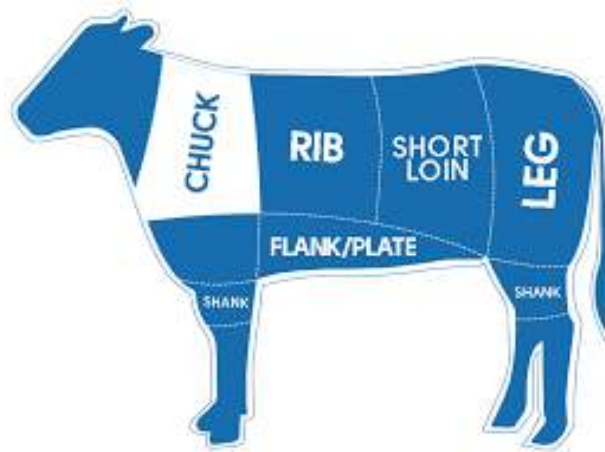


Fig: Different veal cut

Different veal cuts and cooking methods:

No	Joint (cut)	Cooking methods
a.	Shoulder	Braising, Stewing & Roasting
b.	Rib	Roasting, Grilling
c.	Sirloin	Roasting, Grilling & Frying as Steaks
d.	Breast	Stewing & Roasting
e.	Loin	Roasting, Grilling & Frying
f.	Breast	Roasting & Stewing
g.	Round (Leg)	Roasting, Grilling & Frying as Steaks

Pork Cut

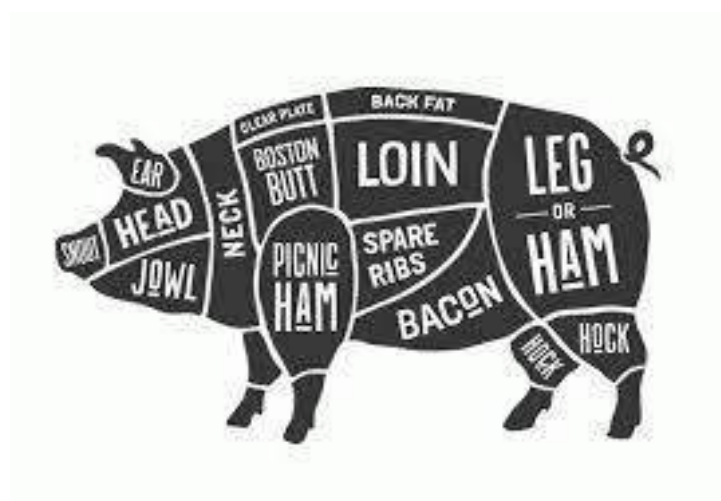


Fig: Different pork cut

Different pork cuts and cooking methods:

No	Joint (cut)	Cooking methods
a.	Head	Brawn
b.	Blade Shoulder	Roasting, Sausages, Pies
c.	Arm Shoulder	Roasting, Sausages, Pies
d.	Loin	Roasting, Grilling & Frying
e.	Spare Rib	Roasting & Pies
f.	Side	Boiling, Pickling, Stuffed, Rolled & Roasted
g.	Leg	Roasting & Boiling
h.	Hock	Boiling & Grilling

Offal

Offal is the name given to the edible parts taken from the inside of the carcass: Liver, Kidney, Heart, Brain and Tongue.

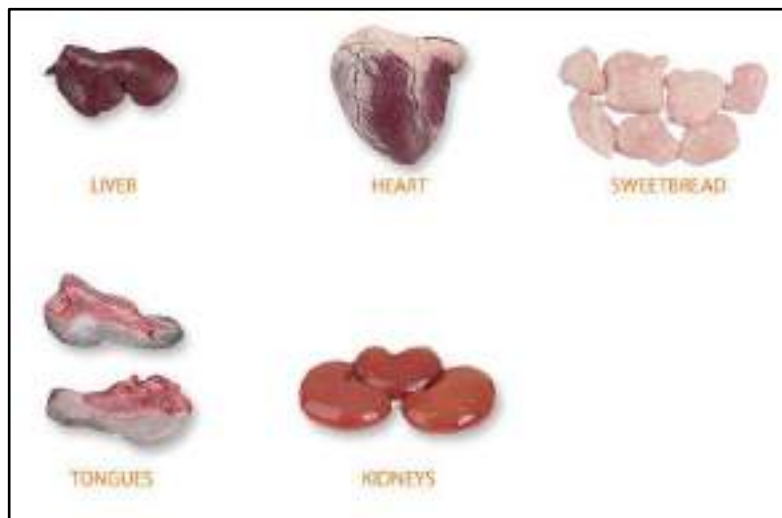


Fig: Meat offal parts

Different offal cuts and cooking methods:

No	Name of the part	Cooking methods
a.	Liver	Frying & Braising
b.	Kidney	Grilling & Sauté
c.	Heart	Braising
d.	Brain	Braising & Frying
e.	Tongue	Boiling & Braising

Storage of meat and offal

Fresh meat must be hung to allow it to become tender. Meat should be stored in refrigerator under control at temperatures between 1 – 5 ° C (34-4°F) or if frozen at –18°C (0°F). During preparation temperatures should be maintained so as not to compromise safe cooking. Raw meats should be stored separately from cooked meats and each type should be stored separately and covered.

Poultry

Poultry is the name given to domestic birds, specially bred to be eaten. It includes the different varieties and sizes of chicken, turkey, ducks, and geese.

Food Value

The flesh of poultry is more easily digested than of butchers' meat. It contains protein and is therefore useful for building and repairing body tissues and providing heat and energy. Fat content is low.

Classification of Poultry

Chicken is the most popular poultry, next comes Turkey. There are two types of poultry:

- White fleshed poultry such as Chicken and Turkey.
- Dark fleshed poultry such as duck, goose, and pigeon.

Quality Points







Features and Quality:

No	Feature	Quality
a.	Chicken	A good quality chicken must have. Tender, white skin A flexible breast bone A very white rump with a pad of fat rising towards the back
b.	Turkey	It is called young turkey up to the age of 9 months. Under the throat, it has not small tuft of hair, but a small piece of flesh. It must have black feet, the bird is young.
c.	Pigeon	Good quality pigeon can be recognized by the following Feet are big. Skin on the belly is slightly pink Breast bone is flexible
d.	Goose	Goose is not highly valued in cookery, can be recognized By the following features. Pliable beak Undeveloped breast bone Skin white or slightly pink
e.	Duck	A high quality duck can be recognized by: The flexibility of its beak, which is easily bent and by the pliability of the flesh of the wing-tips.

Different Poultry cuts:

This is the jointing of a chicken at the raw state. The cuts are made mostly through the natural joints to produce two wings, two pieces of breast meat, two winglets, two drumsticks, and two thin pieces. The carcass can be used for stocks.

The pieces of chicken cut are named as follows:

No	English Cut Name	Image	French Cut Name
a.	Drumsticks		Pillion de Cuisse
b.	Thighs		Gras de Cuisse
c.	Winglets		Aileron
d.	Wings		Aile
e.	Breast		Poi trine or Blanc
f.	Carcass		Carcasse

Cooking Methods

The methods used for poultry depend upon the size of the bird and the nature of the flesh.





Some birds are young, tender and lacking in fat, others are tough and require moist heat for tenderizing. Older fowls have richer flavor to impart to soup and creamed dishes than young chickens.

The characteristics of the flesh have led to special methods of preparations for the specific classes of poultry. Young birds are cooked by grill, or roasted as they are tender. Chicken pies or chicken dumplings, are made with fat fowls.

Mature birds are cooked by moist cooking, spices are added when flavor is lacking and are enriched with fat such as fricassee, chasseur, kormas, curries, etc. Lean young birds are fried as it enhances palatability.

Most methods of cooking can be applied to chicken are:

Boiling, Poaching, Stewing, Braising, Roasting, Grilling, Deep Frying, Shallow Frying, and Sautéing.

Name	Cooking Methods
<p data-bbox="368 734 475 763">Chicken</p> 	<p data-bbox="715 819 1370 887">Boiling, Poaching, Stewing, Braising, Roasting, Grilling, Deep Frying, Shallow Frying, and Sautéing</p>
<p data-bbox="376 981 467 1010">Turkey</p> 	<p data-bbox="991 1077 1098 1106">Roasting</p>
<p data-bbox="387 1211 456 1240">Duck</p> 	<p data-bbox="991 1308 1098 1337">Roasting</p>
<p data-bbox="376 1442 467 1471">Pigeon</p> 	<p data-bbox="927 1536 1161 1565">Frying and Braising</p>

Storage of poultry

Fresh uncooked poultry should be used within two or three days of purchasing provided it has been kept in refrigerator. Once cooked it should be kept in the refrigerator, well wrapped and re-used within a few days. The meat can also be frozen if separated from the stuffing and the gravy. Frozen poultry must be stored at -18°C or below in a deep freezer unit.



Self-Check Quiz – 5.3.1

Check your understanding by answering the following questions.
Write the correct answer for the following questions.

Question 1: Describe the food value of meat.

Question 2: Write down the quality points of beef and veal.

Question 3: What are the categories of meat?

Question 4: Define five cut of a beef.

Question 5: Define five cut of a poultry.

Question 6: Define five offal cut.

Question 7: Describe the storage of meat and offal.



Answer Key – 5.3.1

Answer 1: Meat has a high protein content and also contains fat and Vitamin B.

Answer 2: Write down the quality points of beef and veal.

Quality points of Beef

- The lean should be a bright red and marbled
- The fat should be firm, brittle and creamy white. It should smell fresh.

Quality points of Veal

- The flesh should be pale pink, firm, not soft or flabby
- Cut surfaces should be moist
- Bones in young animals are pinkish, white, porous and with a very small amount of blood in their structure.

Answer 3: There are three categories of meat:

Red meat: Mutton/Lamb, Beef

White meat: Veal, Poultry

Dark meat: Game, Bird

Answer 4: Chuck, Rib, Short Lion, Tender Lion, Shank, Brisket, Round, Plate.

Answer 5: drumsticks, thighs, winglets, wings, breast, carcass

Answer 6: liver, heart, sweetbread, tongues, kidney

Answer 7: Fresh meat must be hung to allow it to become tender. Meat should be stored in refrigerator under control at temperatures between 1 – 5 ° C (34-4°F) or if frozen at –18°C (0°F).



Job Sheet: 54

Prepare Beef Stroganoff

For 2 pax

Method of Preparation for beef stroganoff:

- Cut the meat into long thin strips; 1+5 cm. size.
- Wash properly. Soak water placing the meat into a strainer.
- Lightly sieve and coat the meat using flour. Keep aside.
- Place butter in the frying pan. Heat until the butter slightly brown – add the meat.
- Fry for 2-3 minutes or until the meat is brown.
- Add the onions. Cook until tender, stir continuously using a wooden spoon.
- Add ½ cup stock or water.
- Cover and Cook for 6-8 minutes on medium flame and allow to reduce the stock or water to a lightly thickened consistency.
- Correct the seasoning.
- Add the lemon juice, and then cream.
- Do not boil. Place in the serving dish.
- Sprinkle with parsley before service.

Specification Sheet: 54

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Raw materials	Quantity
Fillet of Beef thin strips cut into 2.5 cm	300 gm
Butter	2 tablespoon
Chopped Onion	100 gm
Fresh cream	2 tablespoon
Lemon juice	1 teaspoon
Chopped parsely	5 gm
Mushroom sliced	30 gm
Flour	½ teaspoon
Salt	To taste
White pepper ground	¼ teaspoon
Stock	½ cup

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Saucepan with lid	01
Wooden spatula	01
Strainer	01
Large Stainless still bowl	02
Chopping board	01
Chef knife	01
Serving plate	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Small Stainless steel bowls	04
Wrapping paper	01
Trash bean	01



Job Sheet: 55

Prepare Beef chili fry

For 2 pax

Method of Preparation for beef Chili fry:

- Take 300 gm of boneless beef and cut into thin strips into 2.5 cm marinade with salt, pepper, soya sauce, sugar for 20 minutes.
- Now coat the marinated beef strips with corn flour & egg.
- Place a wok on medium fire. Heat the oil, add the beef, and stir fry for 4-5 minutes.
- Remove the meat and keep the oil for future use.
- Again place the same wok on medium fire with the remaining oil and add slice onion stir fry for 2 minutes.
- Add stock, cook for 5-6 minutes using lid or until the stock is reduced.
- Add capsicum & green chili & stir fry.
- Correct the consistency & seasoning.
- Serve hot beef chili fry.

Specification Sheet: 55

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Tools, Equipment & Utensil	Quantity
Saucepan with lid	01
Wooden spatula	01
Strainer	01
Large Stainless still bowl	02
Chopping board	01
Chef knife	01
Serving plate	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Small Stainless steel bowls	04
Wrapping paper	01
Trash bean	01

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Raw materials	Quantity
Fillet of Beef strips cut into 2.5 cm strips	300 gm
Sugar	½ teaspoon
Soya sauce	1 tablespoon
Corn flour	1 teaspoon
Egg white	1 nos
Oil for fry	100 ml
Capsicum	40 gm
Green chili	2-3 nos
Salt	To taste
White pepper ground	¼ teaspoon
Onion thinly sliced	25 gm
Spring onion chopped	10 gm
Stock or hot water	100 ml



Job Sheet: 55

Prepare Beef Moussaka

For 2 pax

Method of Preparation for beef moussaka:

- Chop the onions and garlic finely.
- Cook in a saucepan with butter until tender.
- Add the tomato puree and minced meat.
- Add the brown stock or hot water and heat until boiling.
- Add the seasoning (salt/pepper) and let simmer for 10-15 min.
- Turn the fire off and keep aside.
- Peel the eggplants and cut in slices 1/2 cm thick.
- Pass the slices through flour and fry in hot oil in a frying pan.
- Peel the tomatoes and cut in slices 1/2 cm, thick. Fill the steel dish in following order :
 - ❖ First layer of meat-mixture.
 - ❖ Cover with tomato slices
 - ❖ Cover again with eggplant slices
 - ❖ Sprinkle with breadcrumbs and cheese. Brush with melted butter.
- Gratinates in a hot oven 200 - 230^o C until surface is golden brown.
- Sprinkle with the chopped parsley and serve hot.
- Serve hot.

Specification Sheet: 55

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required
Mop & bucket	1 set
Clean cloth for polishing	As per required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Saucepan with lid	01
Wooden spatula	01
Strainer	01
Large Stainless still bowl	02
Chopping board	01
Chef knife	01
Serving plate	01
Tray	01
Whisk	01
Gas burner	01
Working table	01
Small Stainless steel bowls	04
Wrapping paper	01
Trash bean	01

Raw materials	Quantity
Beef mince	300 gm
Onion chopped	25 gm
Garlic chopped	2 cloves
Butter	2 tablespoon
Tomato puree	15 gm
Brown stock or hot water	150 gm
Tomato	120 gm
Egg plant	120 gm
Salt	To taste
White pepper ground	¼ teaspoon
Oil	25 gm
Bread crumb	10 gm
Chopped parsley	5 gm
Grated cheese	15 gm
Flour	10 gm



Job Sheet: 56

Prepare Pot Roast Chicken

For 2 pax

Method of Preparation for pot roast chicken:

- Prepare and clean the chicken with skin.
- Marinade the chicken pieces with salt, pepper, lp sauce, mustard paste and keep aside.
- Preheat oven at temperature 200 °C.
- Place oil in a roasting pan or tray on the stove, Toss vegetables with a generous pinch of salt and pepper.
- Put the marinated chickens on the bed of vegetables, mixed with tomato puree and a bit of water as the vegetables don't burn while placing into the oven.
- Now Place them in to the oven to roast on one side, basting from time to time.
- Turn the chickens other side and repeat cooking.
- Again Turn chicken onto backs and complete roasting, this may take 45-50 minutes in total cooking process.
- After cooking, remove chickens and keep them warm
- Place the roasting pan on stove
- Allow to heat gently so that the juice settles to the bottom and brown.
- Take off the fat, add the stock or water.
- Correct seasoning and reduce stock into ½ on simmering temperature.
- Pass through fine chinos, skim.
- Demi glaze is done.
- Cover with gravy and sprinkle chopped parsley on the top of the roast chicken and serve hot

Specification Sheet: 56

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Saucepan with lid	01
Wooden spatula	01
Strainer	01
Large Stainless still bowl	02
Chopping board	01
Chef knife	01
Serving plate	01
Weigh scale	01
Kitchen cloth	01
Gas burner	01
Working table	01
Small Stainless steel bowls	04
Wrapping paper	01
Trash bean	01

Raw materials	Quantity
Chicken leg	2 pieces
Carrot sliced	30 gm
Onion sliced	20 gm
Celery chopped	2 tablespoon
Worcestershire sauce	1 teaspoon
Dijon mustard paste	½ teaspoon
Leek sliced	15 gm
Butter	150 gm
Tomato sliced	30 gm
Tomato puree	1 tablespoon
Salt	To taste
White pepper ground	¼ teaspoon
Water	100 ml
Chopped parsley	5 gm



Job Sheet: 57

Prepare Red Curry Chicken

For 2 pax

Method of Preparation for Red Curry Chicken:

- Heat 100 ml of the coconut milk (reserve 1 tablespoon of the creamiest part) in a small Saucepan over medium-high.
- Cook, stirring occasionally, until it is reduced by about half and begins to separate, about 5 minutes. Stir in the curry paste and cook on medium heat for 1 minute.
- Pour in the remaining coconut milk. Add the broth, sugar, fish sauce, chicken, green chilies, lemongrass and lime leaves.
- Bring to a boil. Lower the heat to simmer and cook until the chicken is opaque throughout, 3 to 5 minutes.
- Taste the sauce and adjust seasoning with fish sauce, sugar, and/or salt.
- Stir in the basil leaves and remove from the heat as soon as the leaves brighten.
- For optional presentation, splash/drizzle coconut milk and shavings of kaffir lime leaves or zest.

Specification Sheet: 57

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Saucepan with lid	01
Wooden spatula	01
Strainer	01
Large Stainless still bowl	02
Chopping board	01
Chef knife	01
Serving plate	01
Weigh scale	01
Tablespoon	01
Teaspoon	01
Kitchen cloth	01
Gas burner	01
Working table	01
Small Stainless steel bowls	04
Wrapping paper	01
Trash bean	01

Raw materials	Quantity
Coconut milk	200 ml
Red curry paste	2 tablespoon
Chicken stock	100 ml
Brown sugar	1 teaspoon
Fish sauce	½ teaspoon
boneless chicken thighs, cut into bite-size strips	200 gm
lemongrass, tender inner part	1 stalk
Lemon leaves	2 nos
Green chili	2 pieces
Salt	To taste



Job Sheet: 58

Prepare Chicken Piccata

Method of Preparation for Chicken Piccata:

- Place a chicken breast half, smooth side facing up, in the center of the board and fold the plastic clean film over it.
- Using the smooth side of a meat hammer and starting in the middle of the chicken, pound the chicken until it is an even ½-inch thick.
- Repeat with the remaining chicken.
- Combine salt, pepper, and flour on a plate.
- Dredge the chicken breast lightly and completely in the mixture.
- Heat the oil in a large nonstick skillet over medium heat.
- Add the chicken and cook until lightly browned on the underside, about 5-6 minutes, Turn and cook until golden on the underside more 5-6 minutes.
- Transfer to a plate and drape loosely with foil to keep warm.
- Add broth, lemon juice and capers to the pan, bring to a boil and cook for 5 minutes, or until ½ reduced and slightly thickened.
- Remove from the heat and swirl in the butter until melted.
- To serve, spoon the pan sauce and capers over the chicken.

Specification Sheet: 58

To complete the above task, you will need the following equipment and ingredients:

PPE	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Raw materials	Quantity
150 gm each Boneless Chicken breast halves	2 pieces
Flour	1 ½ tablespoon
Olive oil	1 tablespoon
Chicken stock	100 ml
Lemon juice	1 tablespoon
Cappers	½ teaspoon
Butter	1 tablespoon
Black pepper ground	¼ teaspoon
Salt	To taste

Tools, Equipment & Utensil	Quantity
Non-stick skillet	01
Wooden spatula	01
Tongue	01
Large Stainless still bowl	02
Chopping board	01
Chef knife	01
Serving plate	01
Weigh scale	01
Tablespoon	01
Teaspoon	01
Kitchen cloth	01
Gas burner	01
Working table	01
Small Stainless steel bowls	04
Wrapping paper	01
Trash bean	01
Fork	01
Stainless still platter	02
Meat hammer	01
Clean film	01



Job Sheet: 59

Prepare Grilled Lemon-Parsley Chicken Breasts

For 2 pax

Method of Preparation for Grilled Lemon-Parsley Chicken Breasts:

- Whisk oil, lemon juice, parsley, sugar, minced garlic, mustard, salt, and pepper together in bowl and set aside for serving.
- Marinade the chicken.
- Refrigerate for at least 30 minutes.
- Turn the burners to high heat grill skillet until hot, about 15 minutes.
- Clean and oil cooking grate.
- Remove chicken from refrigerator allowing excess marinade to drip off.
- Place chicken on smooth side down, with thicker sides facing flames.
- Cook until bottom of chicken just begins to develop light grill marks and is no longer translucent, 6 to 9 minutes.
- Flip chicken and rotate so that thinner sides face coals and flames.
- Continue to cook for 6 to 9 minutes longer.
- Grill and cook until dark grill marks appear on both sides of the chicken.
- Transfer chicken to carving board, tent loosely with aluminum foil, and let rest for 5 to 10 minutes.
- Grilled chicken is ready to serve hot.

Specification Sheet: 59

To complete the above task, you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Thick bottom grill skillet	01
Tongue	01
Large Stainless still bowl	02
Chopping board	01
Chef knife	01
Serving plate	01
Whisk	01
Tablespoon	01
Teaspoon	01
Kitchen cloth	01
Gas burner	01
Working table	01
Small Stainless steel bowls	04
Wrapping paper	01
Trash bean	01
Fork	01
Stainless still platter	02

Raw materials	Quantity
150 gm each Boneless Chicken breast halves	2 pieces
Olive oil	3 tablespoon
Lemon juice	1 tablespoon
Sugar	½ teaspoon
Minced parsley	1 teaspoon
Minced garlic	2 cloves
Dijon mustard	½ teaspoon
Black pepper ground	¼ teaspoon
Salt	To taste



Job Sheet: 60

Prepare Butter Chicken

For 2 pax

Method of Preparation for Butter Chicken:

- Marinate chicken pieces in yogurt and lemon, keep anywhere for 1 hour.
- Heat 1 tablespoon of oil in a large skillet over medium heat.
- Add onion, ginger, and garlic until onions are translucent.
- Add butter, lemon juice, spices, and bay leaf. Cook for 1 minute, stirring continuously. Now add tomato sauce, yogurt, and cream. Cook on high for about 2 minutes, continue stirring.
- Reduce heat to low and simmer for 10 minutes. Add salt and pepper, remove from heat, and set aside. Sauce is ready for next use.
- Now Heat 1 tablespoon of oil in a heavy skillet over medium heat. Cook chicken until lightly browned on all sides, about 10 minutes.
- Season chicken with hot spice powder and red chili powder cayenne.
- Add a generous spoonful of sauce to the chicken; simmer until the liquids have reduced and chicken is cooked all the way through. Add the rest of the sauce to the chicken.
- Mix ground cashews and water, then stir into sauce. Cook 10 minutes or until sauce has thickened.

Specification Sheet: 60

To complete the above task, you will need the following equipment and ingredients:

PPE	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Thick bottom skillet	01
Wooden spatula	01
Large bowl	01
Chef knife	01
Chopping board	01
Serving plate	01
Table spoon	01
teaspoon	01
Gas burner	01
Working table	01
Trash bean	01
Fork	01
Platter	01
Whisk	01
Trash bean	01

Raw materials	Quantity
For sauce	
Oil	1 tablespoon
Onion chopped	1 medium
Minced ginger	1 teaspoon
Minced garlic	2 teaspoon
Butter	2 tablespoon
Lemon juice	1 tablespoon
Hot spice powder	½ teaspoon
Red chili powder	½ teaspoon
Ground cumin	½ teaspoon
Bay leaf	01
Plain yoghurt	50 gm
Heavy cream	½ cup
Tomato puree	2 tablespoon
Salt	01
Black pepper ground	¼ teaspoon
Ground cashew nut	½ teaspoon
Water	75 ml

For chicken	Quantity
Boneless chicken breast (1" cubed)	300 gm
oil	1 tablespoon
Plain yoghurt	50 gm
Lemon juice	2 teaspoon
Hot spice powder	1 teaspoon



Job Sheet: 61

Prepare Creamy Tuscan Chicken

For 2 pax

Method of Preparation for Creamy Tuscan Chicken:

- In a skillet over medium heat, heat oil.
- Add chicken and season with salt, pepper, and oregano. Cook until golden and no longer pink, 8 minutes per side. Remove from skillet and set aside.
- In the same skillet over medium heat, melt butter. Stir in garlic and cook until fragrant, about 1 minute.
- Add tomatoes and season with salt and pepper.
- Cook until tomatoes are beginning to burst then add spinach and cook until spinach is beginning to wilt.
- Stir in heavy cream and parmesan and bring mixture to a simmer.
- Reduce heat to low and simmer until sauce is slightly reduced, about 3 minutes.
- Return chicken to skillet and cook until heated through, 5 to 7 minutes.
- Serve with lemon wedges.

Specification Sheet: 61

To complete the above task, you will need the following equipment and ingredients:

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required
Mop & bucket	1 set
Clean cloth for polishing	As required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Thick bottom skillet	01
Wooden spatula	01
Large bowl	01
Chef knife	01
Chopping board	01
Serving plate	01
Table spoon	01
teaspoon	01
Gas burner	01
Working table	01
Trash bean	01
Fork	01
Platter	01
Whisk	01
Trash bean	01

Raw materials	Quantity
Boneless and skinless chicken breast	2 nos
Salt	1 medium
Black pepper	¼ teaspoon
Oregano	½ teaspoon
Butter	2 tablespoon
Garlic cloves fine chopped	2 nos
Tomato medium diced	120 gm
Spinach	60 gm
Heavy cream	¼ cup
Grated parmesan	2 tablespoon
Lemon wedges for servings	01
Olive oil	1 tablespoon

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair



Job Sheet: 62

Prepare Indian Chicken Curry

For 2 pax

Method of Preparation for Indian Chicken Curry:

- In a large pot over medium-high heat, heat oil. Add onion and cook until soft, 5 minutes.
- Add chicken and sear until no pink remains, 5 minutes. Stir in garlic and ginger and cook until fragrant, 1 minute.
- Add spices and cook until very fragrant, 1 minute.
- Add tomatoes and broth and bring to a simmer. Stir in heavy cream, and season with salt and pepper.
- Simmer until chicken pieces are cooked through and tender, about 15 to 20 minutes.
- Serve over rice or with nan, garnished with cilantro.

Specification Sheet: 62

To complete the above task, you will need the following equipment and ingredients:

Cleaning materials & Equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required
Mop & bucket	1 set
Clean cloth for polishing	As per required
Scrubber	01

Tools, Equipment & Utensil	Quantity
Thick bottom skillet	01
Wooden spatula	01
Large bowl	01
Chef knife	01
Chopping board	01
Serving plate	01
Table spoon	01
teaspoon	01
Gas burner	01
Working table	01
Trash bean	01
Fork	01
Platter	01
Whisk	01
Trash bean	01

Raw materials	Quantity
Boneless chicken breast (1" cubed)	300 gm
Salt	1 medium
Black pepper	¼ teaspoon
Chopped onion	1 medium
Paprika	1 teaspoon
Garlic cloves fine chopped	2 nos
Minced ginger	1 tablespoon
Turmeric powder	1 teaspoon
Coriander powder	1 teaspoon
Cumin powder	1 teaspoon
Tomato medium diced	2 nos
oil	2 tablespoon
Chicken broth	½ cup
Heavy cream	¼ cup
Chopped cilantro	½ tbsp.

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	1
Chef cap	1
Apron	1
Necker chief	1
Cloth duster	1
Close shoe with rubber sole	1pair

Module 06: Prepare Fish and Seafood Dishes



Module 6: Prepare Fish and Seafood Dishes



Module Content

Module Descriptor: This unit covers the knowledge, skills and attitude required to Prepare Fish and Seafood Dishes. It specially includes - preparing tools, utensils, equipment & ingredients and preparing & presenting Fish and Seafood Dishes.

Nominal Duration: 50 Hours



Learning Outcomes:

Upon completion of this module, trainee/student will be able to:

- 6.1 Prepare tools, utensils and equipment
- 6.2 Prepare ingredients, fish and seafood
- 6.3 Cook and present fish and seafood dishes



PERFORMANCE CRITERIA

1. Tools, utensils and equipment are selected according to requirements.
2. Cleanliness and safe assembly of equipment are ensured according to hygiene requirements.
3. Ingredients and types of fish and seafood are selected as per standard recipe and food preparation procedures.
4. Ingredients are weighed and measured according to requirements.
5. Ingredients are sorted and prepared following proper sequencing as mentioned in recipe.
6. Fish and seafood preparation techniques are used according to recipe requirements.
7. Recipe is selected and cooking methods are applied according to requirements.
8. Fish and seafood is cooked using selected cooking methods and following proper sequencing.
9. Food hygiene is maintained and food quality is checked as per requirement.
10. Fish and seafood dishes are presented according to requirements.



Learning Outcome 6.1 - Prepare tools, utensils and equipment



CONTENTS:

- Tools, utensils and equipment
- Hygiene requirements
- Cleanliness and safe assembly of equipment



Assessment Criteria:

1. Tools, utensils and equipment are selected according to requirements.
2. Cleanliness and safe assembly of equipment are ensured according to hygiene requirements.



RESOURCES REQUIRED:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper
- Pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning Activity – 6.1

Learning Activities	Resources / Special instructions / References
Prepare tools, utensils and equipment	<ul style="list-style-type: none"> • Information sheets: 6.1.1 • Shelf-Check Quiz: 6.1.1 • Answer Key: 6.1.1



Information Sheet – 6.1.1

Learning Objectives: To Prepare tools, utensils, equipment and ingredients

Follow Module-2



Learning Outcome 6.2 - Prepare ingredients, fish and seafood



Contents:

- Types of fish and seafood
- Standards recipe and food preparation
- Weighing and measuring of ingredients
- Sorting and preparing ingredients
- Proper sequencing
- Fish and seafood preparation techniques



Assessment Criteria:

1. Ingredients and types of fish and seafood are selected as per standard recipe and food preparation procedures.
2. Ingredients are weighed and measured according to requirements.
3. Ingredients are sorted and prepared following proper sequencing as mentioned in recipe.
4. Fish and seafood preparation techniques are used according to recipe requirements.



RESOURCES REQUIRED:

Students/trainees must be provided with the following resources:

- Workplace (simulated or actual)
- PPE, Tools and equipment
- Paper
- Pen
- Goods
- Ingredients
- Relevant materials
- Work instruction



Learning activity – 6.2.1

Learning Activities	Resources / Special instructions / References
Prepare ingredients, fish and seafood	<ul style="list-style-type: none"> • Information sheet: 6.2.1 • Self-Check Quiz: 6.2.1 • Answer Key: 6.2.1



Learning Objectives: To Prepare tools, utensils, equipment and ingredients

Fish and shellfish have been an important source of food for mankind since prehistoric times. Marine and fresh water fish play an important role at people's diet. Fish are a good source of high grade protein and most fish are low in fat.

Classification of Fish

Broadly fish can be classified as follows:

- Sea Fish
- Sweet Water Fish
- Shellfish

But for culinary purposes, fish are classified into two main groups.

They are:


Round Fish: Haddock, Cod, Salmon, Ruhi.

Flat Fish: pomfret, Turbot.

For culinary purposes, shellfish are classified into two main groups. They are:

Crustaceans: Shrimps, Lobster, Crab etc.

Molluscs: Mussels, Oysters etc.

Sea Fish	Sweet Water Fish	Shellfish
		

Quality Points for Fresh Fish

Eyes: Bright, full and sunken, no slime or cloudiness.

Gills: Bright, red in color, no bacterial slime.

Fresh: Firm and resilient so that when pressed the impression goes quickly.

Flesh: Should be firm and resilient to the touch. Must not be a limp.

Scales: Should be plentiful, moist and lying flat.








Skin: Should be covered with fresh sea slime, or smooth and moist showing no abrasions.





Quality Points for Shellfish

With the exception of Shrimps and Prawns all shellfish if possible, should be purchased alive so as to ensure freshness. Live Lobsters are bluish black in color and when cooked they turn bright red. Shellfishes ought to be fairly heavy in proportion to their size. They should be stored in a cold room. They should be cooked as soon as possible after purchasing. Frozen Shrimps and Prawns are obtainable in packs ready for use.

Mussels/Oysters' shell must be tightly closed. Oysters must be alive. Mussels should be smelled fresh and should be purchased daily. Before any method of cooking can be done we need to understand the various ways of preparing fish.

Fish Preparation Technique:

No.	Cutting techniques description	Photography
1.	<p>Skimming fillets Lay the fillet skin side down on a board, with the tail towards you. Hold the tail end firmly. Keeping the knife at an angle of 45° or less, use a slight sawing action to free the fillet. Fold the flesh forwards as you go and keep the skin taut. (A pinch of salt on the fingers may help you to grip the skin more firmly.)</p>	
2.	<p>Removing pin bones from fillets These are found just behind the gill fins in round fish. Feel with your fingers to establish the position of the pin bones. Make a cut at a slight angle on each side of the line of bones. Remove the small V-shaped piece of flesh together with the bones.</p>	
3.	<p>Filleting Round Fish a. Lay the fish on a board with the back away from you and the head pointing to the left. Lift the gill fin and cut at an angle behind the fin to the top of the head. Hold the fish firmly against the board. Insert the knife at the head end and keeping the knife almost flat cut along the top of the back of the fish to the tail.</p>	
	<p>b. About half way down the fish, near the end of the belly cavity, push the knife blade through and over the backbone. Cut towards the tail keeping the knife as flat to the bone as possible. Lift this part of the fillet up and, using long sweeping strokes and keeping the knife blade almost flat, cut the top half of the fillet free from the rib cage.</p>	
	<p>c. Turn the fish over with the head pointing to the right. Insert the knife at the tail end and make a long cut along the top back of the fish towards the head. Lift the gill fin and make an angled cut around the head. Repeat the process as before finishing by cutting the fillet free from the rib cage.</p>	
4.	<p>Filleting flat fish a. Lay the fish on a board with the head pointing away from you. Cut around the head and down the center or lateral line of the fish right through to the backbone.</p>	
	<p>b. Working on the fillet nearest to you, Insert the point of the knife under the flesh at the head end. Keeping the knife blade parallel to the bones, slice away the fillet using long sweeping strokes. Remove the other fillet in the same way but turn the fish round so that the tail is pointing away from you and cut from tail to head.</p>	

	<p>c. Repeat the whole process on the other side to obtain the remaining twofillets - giving you four quarter-cut fillets. Sometimes only one fillet is taken from each side and these are called cross-cut fillets.</p>	
5.	<p>Boning herring and mackerel</p> <p>a. Cut off the fins with a pair of scissors and remove the head by cutting just behind the gills. Slit the fish along the belly and remove the insides with kitchen paper. (At certain times of the year the fish may have roe [egg sacs] inside which may be cooked and eaten too.)</p>	
	<p>b. Open the belly out and “stand” on a board, skin side up. Press down firmly with the fingers along the center back of the fish</p>	
	<p>c. Turn the fish over and ease the backbone away from the flesh. Cut off at the tail. Remove any small, loose bones. Rinse the fish using cold water and dry on kitchen paper.</p>	

Types of Fish Cuts

There are 7 types of fish cuts we commonly see such as:

I. Fillet

A fillet or filet is a cut or slice of boneless meat or fish. The fillet is often a prime ingredient in many cuisines, and many dishes call for a specific type of fillet as one of the ingredients.



II. Paupiette

A Paupiette is a type of roulade and sometimes called a braciote. Paupiette may also refer to a classic French fish dish whereby a thin slice of fish (tuna, sole, whiting or even anchovy) is stuffed, rolled and secured with string before cooking in a stock.



III. Supreme

A Supreme cut is a slice of fish cut from a fillet at a slant, and is considered the best cut of a fish. Also called a Pave, a supreme cut involves the removal of all the bones in the fillet.



IV. Darne

Steak or Darne. Is a thick, cross-section cut from a round fish, perpendicular to the spine. Steaks often retain part of the backbone.



V. Butterfly

A butterfly or cutlet begins with a filet. One side of the fish is sliced from behind the head, around the belly, and tapered toward the tail. The process is repeated on the other side of the fish, producing a connected or double filet.



VI. Goujon

These are approximately 8 cm long strips, cut from bigger pieces of fillets, used for garnishing.



VII. Tronçon

This is a steak-cut (bone-in) from a flatfish such as flounder, halibut, sole, or turbot. In the U.S. these are called a Steak cut.

Preliminary Cleaning

Clean the fish well, cut the fins. Scrape off the scales, remove the gills and for certain fish, skin out. Wash them in running water.






Fig: Fish (before and after 'cut')

Methods of Cooking Fish

Most methods of cookery can be applied to fish. Like as:

- Poaching
- Grilling
- Shallow Frying
- Deep Frying
- Steaming
- Baking

Name	Figure
Poaching	
Grilling	
Shallow Frying	
Deep Frying	
Steaming	
Baking	

Storage

- Fresh fish are stored in a container of ice, in a separate refrigerator or part of a refrigerator used only for fish.
- The temperature should be controlled at 0-3°C.
- Frozen fish must be kept in a deep freeze cabinet or compartment at -18°C.
- Smoked fish should be kept in a refrigerator.
- Canned fish products should be stored in a cool dry store and used in rotation.



Self-Check Quiz – 6.2.1

Check your understanding by answering the following questions.
Write the correct answer for the following questions.

Question 1: Why fish is important to include in our diet plan?

Question 2: Define the classification of fish.

Question 3: Write the name of fish cut.

Question 4: How to clean a fish for cooking preparation?

Question 5: How to store fish?



Answer Key – 6.2.1

Answer 1:

Marine and fresh water fish play an important role at people's diet. Fish are a good source of high grade protein and most fish are low in fat.

Answer 2:

Broadly fish can be classified as follows:

- Sea Fish:
- Sweet Water Fish:
- Shellfish:

But for culinary purposes, fish are classified into two main groups. They are:

- Round Fish: Haddock, Cod, Salmon, Ruhi.
- Flat Fish: pomfret, Turbot.

For culinary purposes, shellfish are classified into two main groups. They are:

- Crustaceans: Shrimps, Lobster, Crab etc.
- Molluscs: Mussels, Oysters etc.

Answer 3: There are 7 types of fish cuts we commonly see such as:

- I. Fillet
- II. Paupiette
- III. Supreme
- IV. Darne
- V. Butterfly
- VI. Goujon
- VII. Tronçon

Answer 4:

Clean the fish well, cut the fins. Scrape off the scales, remove the gills and for certain fish, skin out. Wash them in running water.

Answer 5:

Fresh fish are stored in a container of ice, in a separate refrigerator or part of a refrigerator used only for fish.

The temperature should be controlled at 0-3°C.

Frozen fish must be kept in a deep freeze cabinet or compartment at -18°C.

Smoked fish should be kept in a refrigerator.

Canned fish products should be stored in a cool dry store and used in rotation.



Job Sheet: 63

Prepare Salt Baked Tilapia Fish

Method of preparation for Salt Baked Tilapia:

- Preheat oven to 450 degrees F.
- Line 13-inch by 9-inch baking pan with aluminum foil; spread 150 gm of salt in bottom of pan.
- Rinse tilapia fillet out with cold running water; pat dry with paper towels.
- From lemon, cut 5 slices.
- Place lemon slices and rosemary on the top of fish.
- Place fish on bed of salt; cover with remaining salt.
- Bake until fish is just opaque throughout when a bamboo stick is inserted into fish fillet, or about 30 minutes.
- To serve, tap salt crust to release from top of fish discard.
- Lift it away from bottom fillet; discard.
- Slide cake server between bottom fillet and skin and transfer fillet to platter.
- Serve with reserved lemon wedges.

Specification Sheet: 63

To complete the above task, you will need the following ingredients and equipment's:

PPE (Personal protective equipment's)	Quantity	Tools , equipment and utensils	Quantity
Chef coat	1	Chopping board	1 piece
Chef hat	1	Knife	1 piece
Apron	1	Cake server	1 piece
Necker chief	1	Aluminium foil paper	1 piece
Cloth duster	1	Serving plate	1 piece
Close shoe with rubber sole	1	Baking tray	1 piece
Cleaning materials and equipment's	Quantity	Table spoon	1 piece
Liquid soap hand wash	As required	Stainless steel platter	1 piece
Detergent	As required	Trash bean	1 piece
Liquid dish washing	As required	Working table	1 piece
Sanitizer / disinfectant	As required	weight scale	1 piece
Water(hot and cold)	As required	Kitchen cloth	1 piece
Broom and dust pan	As required	Stainless steel bowl	1 piece
Mop and bucket	1 set	Working table	1 piece
Clean cloth for polishing	As required		
Scrubber	01		

Raw Materials	Quantity
Sat	400 gm
Tilapia fillet	150-200 gm
Lemon medium size	1 nos
Rosemary or thyme	2 sprig



Job Sheet: 64

Prepare Pan Fried Fish Finger

For 1 pax

Method of preparation for Pan Fried Fish Finger:

- Take a fish fillet, cut jardinière strips, Rinse them out with cold running water; pat dry with paper towels.
- Marinade fish filets with salt, pepper, lemon juice and cayenne pepper.
- In separate plates put the flour and bread crumbs.
- In a wide bowl scramble one egg and whisk in the milk.
- Add oil to a heavy bottom sauté pan. The oil should be about a half inch deep in the pan.
- Heat to 160 degrees Celsius or until a piece of white bread turns golden brown within 10 seconds after going in the oil.
- Take the seasoned filets one at a time and dredge each filet in the flour (shake off excess flour).
- Then run it through the egg milk mixture, then through the bread crumbs.
- When you put the filet in the bread crumbs, be sure and pat as many crumbs as you can onto the filets.
- Add more bread crumbs if they are not sticking well.
- Fry the filets in the hot oil for about 3 minutes on each side, until golden brown.
- Pan fried fish fillet is ready to serve with a lemon wedge on top.

Specification Sheet: 64

To prepare pan fried fish finger you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Thick bottom fry pan	01
Knife	01
Chopping board	01
Stainless steel bowl small	03
Strainer	01
Spider spoon	01
Kitchen tissue	01 roll
Table spoon	01
Teaspoon	01
Weigh scale	01
Stainless steel bowl large	02
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
oil	For fry
Fish fillet	150 gm
Salt	To taste
Lemon juice	½ tsp
Cayenne pepper	¼ tsp
Black pepper ground	¼ tsp
Flour	100 gm
Bread crumb	As required
Egg	1 nos
Lemon wedges	1 nos



Job Sheet: 65

Prepare Savory Grilled Fish

For 2 pax

Method of preparation:

- Preheat grill on medium-high.
- In a bowl, combine chopped mint, lemon juice, salt, mustard paste, black pepper, ground red chili flakes, olive oil and green olives.
- Rub the mixture on the tilapia fillets.
- Sprinkle the remaining mixture on the fish fillet.
- Grill 5 minutes or until opaque, turning once.
- Top with lemon wedges

Specification Sheet: 65

To prepare savory grilled fish you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Thick bottom grill pan	01
Knife	01
Chopping board	01
Stainless steel bowl small	03
Tongue	01
Kitchen tissue	01 roll
Table spoon	01
Teaspoon	01
Weigh scale	01
Stainless steel bowl large	02
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
Mint leaves chopped	5 gm
Red chili flakes	½ teaspoon
Green olives chopped	4-5 pieces
Lemon juice	½ teaspoon
Dijon mustard paste	¼ teaspoon
Olive oil	1 tablespoon
Black pepper ground	¼ tsp
Tilapia fish fillet	2 pieces
Salt	As required



Job sheet: 66

Prepare Blackened Tilapia with Green Salsa

For 2 pax

Method of preparation for Blackened Tilapia with Green Salsa:

- In a small bowl, combine brown sugar and other spices.
- Rub spice mix all over tilapia.
- In a large cast-iron skillet over medium heat, heat oil.
- Add tilapia and cook until crust is deeply golden and fish flakes easily with a fork, 3 minutes per side.
- In a medium bowl, toss, tomato, onion, spring onion, jalapeño, and cilantro.
- Add oil, brown sugar, tabasco and lime juice and season with salt and pepper.
- Serve tilapia topped with avocado salsa.

Specification Sheet: 66

To prepare tilapia with green salsa you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Thick bottom grill pan	01
Knife	01
Chopping board	01
Stainless steel bowl small	03
Slicer	01
Kitchen tissue	01 roll
Table spoon	01
Serving plate	01
Salsa bowl small	01
Teaspoon	01
Weigh scale	01
Stainless steel bowl large	02
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
For Tilapia fish	
brown sugar	1 teaspoon
ground cumin	1 teaspoon
Lemon juice	1 teaspoon
Paprika	1 teaspoon
Dried oregano	1 teaspoon
Black pepper ground	¼ tsp
Garlic powder	½ teaspoon
Salt	As required
Olive oil	1 ½ tablespoon
For green salsa	
Tomato small diced medium	2 nos
Onion chopped	20 gm
Green onion	10 gm
Cilantro chopped	5 gm
Tabasco	¼ tsp
Jalapeno pepper	5 gm
Brown sugar	1 teaspoon
Olive oil	1 teaspoon
Salt	1 pinch
White pepper ground	¼ teaspoon



Job sheet: 67

Prepare Honey Glazed Salmon

For 1 pax

Method of preparation for Honey Glazed Salmon:

- In a medium bowl, whisk together honey, soy sauce, lemon juice and red pepper flakes.
- In a large skillet over medium-high heat, heat two tablespoons oil.
- When oil is hot but not smoking, add salmon skin-side up and season with salt and pepper.
- Cook salmon until deeply golden, about 6 minutes, then flip over and add remaining tablespoon of oil.
- Add garlic to the skillet and cook until fragrant, 1 minute.
- Add the honey mixture and sliced lemons and cook until sauce is reduced by about 1/3. Baste salmon with the sauce.
- Garnish with sliced lemon and serve.

Specification Sheet: 67

To prepare honey glazed salmon you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Thick bottom grill pan	01
Knife	01
Chopping board	01
Stainless steel bowl small	03
Slicer	01
Kitchen tissue	01 roll
Table spoon	01
Serving plate	01
Teaspoon	01
Weigh scale	01
Stainless steel bowl large	02
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
Honey	1 tablespoon
Soya sauce	1 teaspoon
Lemon juice	1 teaspoon
Red chili flakes	1 teaspoon
Olive oil	3 tablespoon
Black pepper ground	¼ tsp
salmon fillets, patted dry with a paper towel	160-180 gm
Salt	As required
Lemon round sliced	1 nos



Job sheet: 68

Prepare Fish Mornay

For 2 pax

Method of preparation for Fish Mornay:

- Cut the fish into large chunks and season with salt and pepper. Set aside.
- Place a thick bottom skillet on medium fire and Sweat onion and garlic on medium heat with the 1 tablespoon of olive oil and a little salt, do not allow to brown.
- Now add the sliced mushrooms and cook, turning them regularly.
- Sprinkle over 3 tablespoon of flour and stir for 45 seconds, then pour in the milk a little bit at a time, stirring constantly.
- When the sauce has thickened remove from heat and season with salt, white pepper and half the parmesan cheese.
- Mornay sauce is ready for next use. Set aside to cool until ready to use.
- Preheat oven to 220° C.
- In a medium-sized baking dish layer one third of the mornay sauce mixture, then place the chunks of fish, followed by the mushrooms, then the whole picked parsley leaves and capers sprinkled evenly over the surface.
- Top with the remaining mornay sauce and a generous sprinkle of Parmesan.
- Bake in the oven for 20 minutes or until a knife inserted into a fish chunk comes out with ease.

Specification Sheet: 68

To prepare fish mornay you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As required
Detergent	As required
Liquid dish washing	As required
Sanitizer/ disinfectant	As required
Water (hot & cold)	As required
Broom & Dust pan	As required

Tools, Equipment & utensil	Quantity
Thick bottom skillet with lid	01
Knife	01
Chopping board	01
Stainless steel bowl small	03
Wooden spatula	01
Kitchen tissue	01 roll
Table spoon	01
Serving plate	01
Teaspoon	01
Weigh scale	01
Stainless steel bowl large	02
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
Onion chopped medium size	½ nos
Garlic chopped	2 cloves
Flour	3 tablespoon
Liquid milk	500 ml
Olive oil or butter	4 tablespoon
White pepper ground	¼ tsp
Parmesan cheese	2 tablespoon
Salt	As required
White fish fillet, skin & bones removed	300 gm
Mushroom sliced	100 gm
Cappers	1 teaspoon
Parsley	6 gm



Job sheet: 69

Prepare Shrimp Provencal

For 2 pax

Method of preparation for Shrimp Provencal:

- Heat olive oil in a large skillet over medium-high heat.
- Quickly sauté shrimp until they turn pink, but are not cooked through; remove from skillet and set aside.
- Add the bell peppers, onion, garlic, fennel seeds, and oregano cook until the onion softens, about 8 minutes.
- Stir stock, tomato paste, and diced tomatoes.
- Bring to a boil, then reduce heat to medium-low and simmer until the flavors blend, about 10 minutes.
- Add the shrimp, and simmer until they are cooked and turn opaque, about 3-5 minutes.
- Stir in the fresh coriander, and season to taste with salt and pepper before serving.

Specification Sheet: 69

To prepare shrimp Provencal you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required

Tools, Equipment & utensil	Quantity
Thick bottom skillet with lid	01
Knife	01
Chopping board	01
Stainless steel bowl small	03
Wooden spatula	01
Kitchen tissue	01 roll
Table spoon	01
Serving plate	01
Teaspoon	01
Weigh scale	01
Stainless steel bowl large	02
Sink	02
Fire range	01
Thermometer	01

Ingredients	Quantity
Large shrimp peeled and deveined	300 gm
Red bell pepper small diced	60 gm
Onion chopped large size	1 nos
Garlic chopped	2 cloves
Olive oil	1 ½ tablespoon
Fennel seeds	¼ tsp
Dried oregano	½ teaspoon
Fresh coriander chopped	1 teaspoon
Salt	As required
Stock	60 ml
Tomato puree	1 tablespoon
Tomato diced medium size	2 nos
Parsley	6 gm
Black pepper ground	¼ teaspoon



Job sheet: 70

Prepare Sweet & Sour Prawns

For 2 pax

Method of preparation for Sweet & sour prawns:

- Take prawns in a bowl and mix with the soy, then set aside for a few minutes. Stir in the corn flour.
- Heat the oil in a wok over a high heat. When the temperature reaches for frying r, fry the prawns in batches for about 2 mins or until crisp and golden, turning them with a slotted spoon halfway through.
- Carefully lift onto a plate using the slotted spoon. Turn off the heat.
- Leave the pan for a few minutes to cool down.
- Carefully pour all but 1 tbsp oil from the wok.
- Put the wok back on a high heat. When the oil is shimmering, carefully add the onion and peppers, and stir-fry for 1 min.
- Add the garlic and ginger, and continue to cook for 30 seconds, then scatter over the sugar and pour in the vinegar.
- Turn up the heat and boil for 2 mins.
- Stir in the soy, chili sauce and ketchup to make a thick, glossy sauce.
- Now add the prawns into the pan and stir to coat in the sauce.
- Scatter over the chopped coriander and turn off heat.
- Sweet and sour prawns are ready to serve hot.

Specification Sheet: 70

To prepare sweet and sour prawn you will need the following equipment and ingredients

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required

Tools, Equipment & utensil	Quantity
Wok	01
Knife	01
Chopping board	01
Stainless steel bowl small	03
Wooden spatula	01
Kitchen tissue	01 roll
Table spoon	01
Serving plate	01
Teaspoon	01
Weigh scale	01
Stainless steel bowl large	02
Sink	02
Fire range	01
Thermometer	01
Slotted spoon	01

Ingredients	Quantity
For prawn	
King prawn	300 gm
Soya sauce	1 tablespoon
Corn flour	2 tablespoon
Oil for deep fry	As required
Coriander leaves chopped	10 gm
For sauce	
Large size Onion medium diced	1 nos
Fresh coriander chopped	1 teaspoon
Red bell pepper medium diced	100 gm
Garlic sliced	2 cloves
Ginger 1 ½ " julienne	1 ½ " size
Brown sugar	1 teaspoon
Malt Vinegar	4 tablespoon
Soya sauce	1 tablespoon
Tomato ketch up	1 tablespoon
Chili sauce	1 tablespoon
Salt	As required
Black pepper ground	¼ teaspoon



Job sheet: 71

Prepare Fish Meuniere

For 2 pax

Method of preparation for Fish Meuniere:

- Mix the salt and pepper with the flour.
- Coat the fish lightly with the flour and set aside.
- Heat 100 g butter in a frying pan and then add the fish fillets in batches and cook over moderate heat.
- Remove the fish fillets from the pan when crisp and transfer to plates.
- Add the remaining butter in the pan and heat until golden brown.
- Stir in lemon juice, salt, black pepper ground and parsley and immediately pour over the fish fillets.
- Garnish with parsley sprig and lemon wedges and serve hot.

Specification Sheet: 71

To prepare fish meuniere you will need the following equipment and ingredients

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required

Tools, Equipment & utensil	Quantity
Thick bottom skillet	01
Knife	01
Chopping board	01
Stainless steel bowl small	02
Tongue	01
Kitchen tissue	01 roll
Table spoon	01
Serving plate	01
Teaspoon	01
Weigh scale	01
Stainless steel bowl large	02
Sink	02
Fire range	01
Thermometer	01
Slotted spoon	01

Ingredients	Quantity
Fish fillet 2 pieces	180 gm
Flour	4 tablespoon
Lemon juice	1 ½ tablespoon
Chopped parsley	2 tablespoon
Butter	100 gm
Lemon wedges for garnish	1 nos
Parsley sprig for garnish	1 nos
Salt	As required
Black pepper ground	¼ teaspoon



Job sheet: 72

Prepare Fish Masala

For 2 pax

Method of preparation for Fish Masala:

- Marinate the fish for at least 30 minutes with 1/2 tsp. salt, 1/2 tsp. red chili powder and juice of 1 lemon.
- Heat some oil in a non-stick frying pan and lightly shallow fry the fish for 2-3 minutes per side to help seal the fish.
- In a separate pan, heat 3 tbsp. of oil.
- Add the cumin seeds and allow them to splutter. Next add the onions and fry until almost golden.
- Then add the garlic and ginger paste, followed by the tomato paste/puree.
- Allow to cook for a minute, then add in the chopped tomatoes and one chopped green chili.
- Sprinkle the cumin powder and turmeric powder. Turn the heat down and allow the tomatoes to cook until they are mushy and well cooked.
- You can help them along by mashing them with your spoon as you stir.
- Add a few tbsp. of water if needed as the tomatoes cook to prevent the gravy from drying out.
- Next add the fish pieces with the second chopped green chili. Sprinkle the salt and turn the heat down to low.
- Cover the pan tightly and allow the fish to cook for 10 minutes on low heat.
- Open the pan and mix the fish gently to avoid breaking the pieces. Squeeze in the fresh lemon juice and sprinkle with hot spice powder, sugar and chopped coriander.
- Allow to simmer for a few minutes and serve hot!

Specification Sheet: 72

To prepare fish masala you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required

Tools, Equipment & utensil	Quantity
Thick bottom skillet with lid	01
Knife	01
Chopping board	01
Stainless steel bowl small	02
Wooden spatula	01
Kitchen tissue	01 roll
Table spoon	01
Serving plate	01
Teaspoon	01
Weigh scale	01
Stainless steel bowl large	02
Sink	02
Fire range	01
Thermometer	01
Slotted spoon	01

Ingredients	Quantity
Fish darne cut 2 pieces	300 gm
Finely chopped onion large	1 piece
Tomato cube medium	3 pieces
Tomato puree	1 tablespoon
Cumin powder	1 teaspoon
Turmeric powder	½ teaspoon
Whole cumin	½ teaspoon
Garlic paste	1 teaspoon
Ginger paste	1 teaspoon
Hot spice powder	¼ teaspoon
Red chili powder	½ teaspoon
Oil	3 tablespoon
Lemon juice	1 teaspoon
Sugar	½ teaspoon
Green chillies chopped	2 nos
Salt	As required
Coriander leaves chopped	2 tablespoon
Water	As required



Job sheet: 72

Prepare Poached Fish

For 2 pax

Method of preparation for Poached Fish:

- In sauté pan, heat oil and add onion, garlic, chili and cook, stirring, until onions are translucent. This will take about 2 minutes.
- Add coconut milk, galangal, lemon peel and leaves, lemongrass and salt.
- Bring to a boil and add the fish fillets, lower the heat and cook the fish with pan covered.
- Simmer till done which should take anywhere between 5-6 minutes.
- Add chopped coriander leaves on the top of the fish. Turn the heat off.
- Poached fish is ready to serve hot with accompaniments.
- Serve this with rice and steamed vegetables.

Specification Sheet: 72

To prepare poached fish you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required

Tools, Equipment & utensil	Quantity
Thick bottom skillet with lid	01
Knife	01
Chopping board	01
Stainless steel bowl small	02
Wooden spatula	01
Kitchen tissue	01 roll
Table spoon	01
Serving plate	01
Teaspoon	01
Weigh scale	01
Stainless steel bowl large	02
Sink	02
Fire range	01
Thermometer	01
Slotted spoon	01

Ingredients	Quantity
Fish fillet 2 pieces	300 gm
Sesame oil	2 tablespoon
Onion chopped medium size	2 pieces
Garlic chopped	2 cloves
Green chili slit	2 nos
Coconut milk	200 ml
Galangal or ginger thinly sliced	1 inch
Lemon zest	½ teaspoon
Lemon grass chopped	1 stalk
Lemon leaves	2 pieces
Coriander leaves chopped	For garnish
Lemon juice	1 teaspoon
Lemon wedges for garnish	1 piece



Job sheet: 73

Prepare Steamed Fish

For 2 pax

Method of preparation for Steamed Fish:

- After Scaling and gutting, and score the fish with 3 diagonal incisions on each side of the fish.
- Cut off the top halves of the lemongrass, bruise, and stuff the lemongrass into the cavity of the fish.
- Steam the fish over high boiling water for about 10 - 15 minutes.
- In a saucepan, heat the chicken stock until it comes to a boil, and then toss in the sugar, reduce heat, and boil until the sugar is completely dissolved.
- Add minced the garlic, chilies, and cilantro, and mix into the chicken stock soup, along with fish sauce and lime juice.
- Stir gently and then taste test. Make sure it's sour, and balanced with a hint of sweetness.
- When the fish is fully steamed, transfer it to a serving platter (with edges to keep in the soup), garnish with a bed of Chinese celery, and place the fish on the platter.
- Steamed fish is ready to serve hot.

Specification Sheet: 73

To prepare steamed fish you will need the following equipment and ingredients:

PPE (Personal Protective Equipment)	Quantity
Chef Jacket	01
Chef cap	01
Apron	01
Necker chief	01
Cloth duster	01
Close shoe with rubber sole	1 pair

Cleaning materials & equipment	Quantity
Liquid soap hand wash	As per required
Detergent	As per required
Liquid dish washing	As per required
Sanitizer/ disinfectant	As per required
Water (hot & cold)	As per required
Broom & Dust pan	As per required

Tools, Equipment & utensil	Quantity
Thick bottom skillet with lid	01
Knife	01
Chopping board	01
Stainless steel bowl small	02
Wooden spatula	01
Kitchen tissue	01 roll
Table spoon	01
Serving plate	01
Teaspoon	01
Weigh scale	01
Stainless steel bowl large	02
Sink	02
Fire range	01
Thermometer	01
Slotted spoon	01

Ingredients	Quantity
For Fsh	
Whole tilapia fish 1 piece	500 gm
lemongrass, bottom half only, smashed, and cut into chunks	3 stalks
For sauce	
Chicken or fish stock	1 cup
Finely chopped plum sugar	1 ½ tablespoon
Lemon juice	4 tablespoon
Fish sauce	3 tablespoon
Garlic chopped	2 cloves
Thai chilies finely chopped	3 pieces
Coriander leaves chopped	3 tablespoon
Lemon juice	1 teaspoon
Chinese celery coarsely chopped	1 stalk
Salt	As required
Black pepper ground	½ teaspoon



Assessment Plan

Module-1	Written test	Performance test	Observation	Oral test	Portfolio	Third party report	Discussion	Project	Weekly/Final report	Remarks
LO-1	√		√	√			√			
LO-2	√		√	√			√			
LO-3	√		√	√			√			



**REVIEW OF COMPETENCY
Final Checklist**

For the performance criteria of the module **Prepare Fish and Seafood Dishes** is given below:

Performance Criteria	Yes	No
1.1 Tools, utensils and equipment are selected according to requirements.	<input type="checkbox"/>	<input type="checkbox"/>
1.2 Cleanliness and safe assembly of equipment are ensured according to hygiene requirements.	<input type="checkbox"/>	<input type="checkbox"/>
2.1 Ingredients and types of fish and seafood are selected as per standard recipe and food preparation procedures.	<input type="checkbox"/>	<input type="checkbox"/>
2.2 Ingredients are weighed and measured according to requirements.	<input type="checkbox"/>	<input type="checkbox"/>
2.3 Ingredients are sorted and prepared following proper sequencing as mentioned in recipe.	<input type="checkbox"/>	<input type="checkbox"/>
2.4 Fish and seafood preparation techniques are used according to recipe requirements.	<input type="checkbox"/>	<input type="checkbox"/>
3.1 Recipe is selected and cooking methods are applied according to requirements.	<input type="checkbox"/>	<input type="checkbox"/>
3.2 Fish and seafood is cooked using selected cooking methods and following proper sequencing.	<input type="checkbox"/>	<input type="checkbox"/>
3.3 Food hygiene is maintained and food quality is checked as per requirement.	<input type="checkbox"/>	<input type="checkbox"/>
3.4 Fish and seafood dishes are presented according to requirements.	<input type="checkbox"/>	<input type="checkbox"/>

Now, I feel ready to undertake my formal competency assessment.

Signed:

Date:

Reference:

1. Concepts Theories in Culinary Arts:

https://www.academia.edu/33639677/CONCEPTS_THEORIES_IN_CULINARY_ARTS

2. Culinary Arts

https://en.wikipedia.org/wiki/Culinary_arts

3. Fundamentals of Culinary Art (Theory and Practice of Cooking)

Author: Jagmohan Negi

4. The Future of Post-Human Culinary Art: Towards a New Theory of Ingredients and Techniques

Author: Peter Baofu

5. Culinary Theory

<https://www.studystack.com/flashcard-322887>