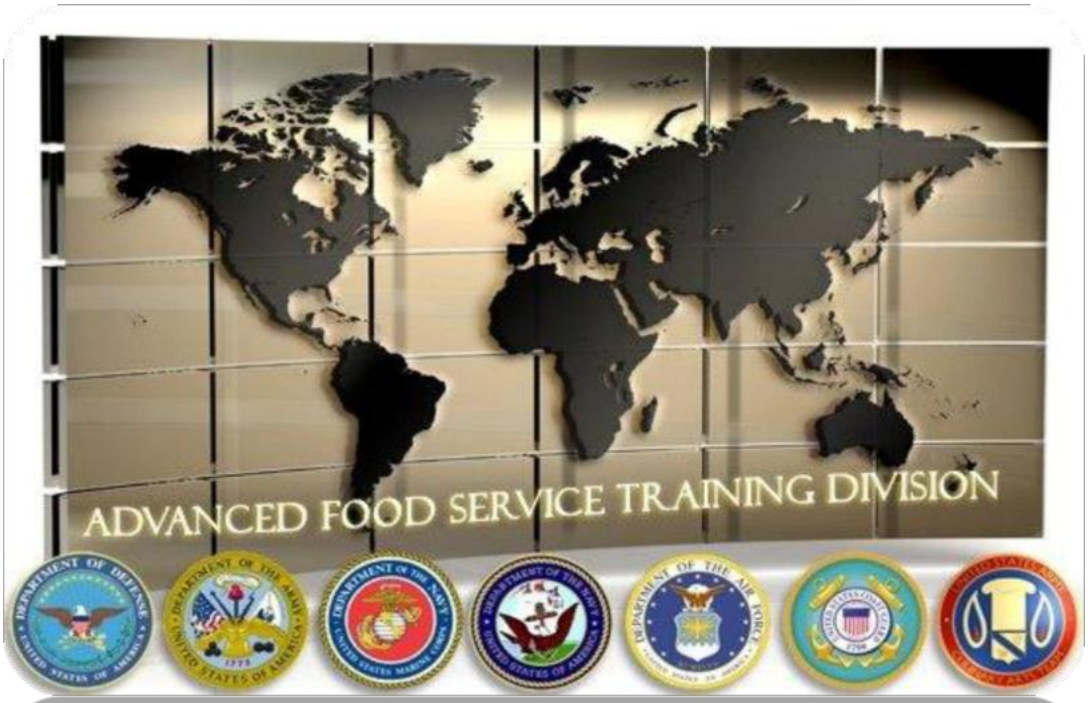
JCCoE

Joint Culinary Center of Excellence

Home of the Food Service Professional



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Culinary Fundamentals: ISBN: 0-13-118011-8
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NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Homework in Blue Due Dates in Pink Test in Red Training in Green Research in Purple Rations in Orange Supplies in Brown	ORIENTATION Rm. 253 Culinary Foundations Flavoring & Methods ACF Certifications Plate Design/Menu Building Tour Station Assignments HW: Reading/Study	Knife Skills Chicken Fabrication Beef Fabrication Fish Fabrication Cooking Methods HW: Reading/Study	Preparing Stocks Preparing Sauces HW: Reading/Study	Preparing Soups Preparing Salads Preparing Starches TAKE CLASS PICTURE HW: Nutrition Hot topic	Nutrition Class Nutritional Practical Nutrition Review for test HW: Study for Nutritional Test
	Nutritional Test Dinner for Two Demo Dinner for Two Execution Research Time EOC Nutrition Review Retest HW: Reading/Study	Nutritional Retest Hors d' oeuvres demo Hors d' oeuvres Mise en place Research Time for EOC HW: Reading/Study	Execution for hors d' oeuvres Mise en place for hors d' test HW: Reading/Study	Execution for Hors d' oeuvres Test Research Time Buffet/EOC Introduction to Wine HW: STUDY/Review Midterm	Midterm Review WINE TRIP Retest Hors d' oeuvres HW: STUDY/Review Midterm
	HOLIDAY	Midterm Exam Dessert Sauce/Main Demo Review for Midterm retest	Midterm retest Dessert Plate up Demo Dessert Practical Three Course Demo Game plan Discussion	Three Course Mise en Place Three Course Practical EOC MENUS DUE	Three Course Mise en Place Three Course Test Table Service Set up for Buffet
	Retest 3 Course BUFFET PREP	BUFFET Service 11-13	Retest Backup Certification Preparation Intro to Ice Carving	Certification Practical GUEST CHEF DEMOS	ICE Carving Demo Table Service Review for Final Exam
	Final Exam EOC PREP Ice Carving for EOC	EOC PREP	EOC MEAL ROOM 254 LAB CLEAN- UP Equip/Book Returns	EOC MEAL ROOM 255 Lab Clean Ups Equip/ Book Returns	OUT PROCESS GRADUATION

CALENDAR SUBJECT TO CHANGE

Assessment Guide

1. What does "mise en place" mean?

2. What is the function of a sorbet?

3. What are the grand sauces?
    1.
    2.
    3.
    4.
    5.
4. Who wrote *Le Guide Culinaire*?

5. What is the ratio of oil to vinegar when preparing vinaigrette?

6. The term “hors d' oeuvres” translates literally from the French as _____.

7. What are the categories of potatoes?
    1.
    2.
    3
8. What is the simmering time for brown veal stock?

9. Name the categories of fish.
    1.
    2.
    3.
10. What should be inspected when purchasing fresh fish to ensure quality?
    1.
    2.
    3.
    4.
11. Vegetable oils begin to smoke around _____ while animal fats begin to smoke around _____.

12. What is the ratio of a roux?

13. What is the cut when fish is cut horizontally across the body?

14. The classic *supreme* cut is what section of the chicken?

15. What is the theory behind adding cold water to stocks?

16. How many sides on the classical cut *tourné* potato?

17. What is the easiest type of service for large numbers of people and no assigned seating?

18. A flat fish will yield ____fillets; a round fish will yield ___ fillets.

19. The color, flavor, and texture of fish is determined by _____.

20. In formal dining, beverages are severed from what side?

21. What are the dimensions of the classical cut *brunoise*?

22. What method of slicing vegetables or herbs produces fine, thin ribbon like strips?

23. Fill in the blanks for the following conversions.

1 gallon= ___ quarts = ___ fluid ounces
1 quart = ___ pints = ___ fluid ounces
1 cup = ___ Tbs = ___ fluid ounces

24. What are the moist heat cooking methods?

25. What are the dry heat cooking methods?

26. What are the ingredients found in a mirepoix?

27. What is the maximum amount of forks placed at a formal setting?

28. What does the acronym *ACF* mean?

29. What are the functions of egg whites and yolks?

30. What does *cover* refer to when setting a table?

31. The classic wrapper for a dish en papillote is _____.

32. _____is a french term for stew, which literally translates as “restores the appetite”.

33. You should have about two ounces of sauce for each portion of food. True or False

34. A serving of salad has _____ounces of greens and _____tablespoons of dressing.

35. The four elements that appear on a plate of food are the main, _____, _____and garnish.

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Required Reading from Culinary Fundamentals (CF)/ ACF Apprentice Training Program (ATP)

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Culinary Foundations

CF pg. 5

Like any art, cooking requires taste and creativity, an appreciation of beauty and mastery of technique. Like any science, cooking demands knowledge and understanding of principles. Like any leader, chefs must exercise sound judgment and commitment to excellence. This course will define the foundation of culinary principles, techniques; introduce food and equipment using these principles and techniques. We cannot provide taste, creativity, commitment and judgment for these; one must develop them.

History of Modern Food Service

Apicus/4th century first cookbook

Boulanger /Restaurant

Beauvilliers/ Grand Taverne de Londres

French Revolution

Marie-Antoine Carème/Grande Cuisine

Georges Auguste Escoffier /refining Grande Cuisine to Classic Cuisine

Classic Kitchen Brigade

Fernand Point/Nouvelle Cuisine

Alice Waters/New American Cuisine

Wolfgang Puck/Fusion Cuisine

New technologies of cooking

The Professional Chef

CF pg. 5

Chefs must be able to identify, purchase, utilize and prepare a wide variety of foods. They should be able to train and supervise a safe, skilled and efficient staff. To do all this successfully, chefs must possess a body of knowledge, understand and apply certain scientific and business principles. Culinary training should at a minimum, provide the student with a basic knowledge of sanitation, nutrition, variety of food and the methods used to prepare foods. This course will emphasize culinary principles not recipes. Focus is on the fundamental principles of techniques and skills. Education does not stop at the end of the book, hopefully within the next few weeks the quest for culinary knowledge will ignite. The art and science of cookery formed from a noble profession of a rich history with long traditions. With knowledge, skill, taste, judgment, dedication and pride, the student chef can become a part of a wonderful profession.

Knowledge- culinary training from schools, books, life and observing more then you speak

Skill- hands on experience will produce consistency, efficiency, motivation, organization and quality

Taste- senses involved in eating, creating, preparing and presenting food, development of the palate

Judgment- comes with experience, often accompanied by failure, do not be afraid to fail, learn from mistakes as well from successes, and enjoy the journey of development

Dedication- becoming a chef is hard work. A chef should never falter and always serve food with safety, sanitation and quality first and foremost

Pride- Learning to complete the job with help develop confidence and pride. Learn the whys behind the reason to prepare food and respect the chef attire for the utilitarian aspects. The checkered pants were designed to disguise stains. The double breasted white jacket can be rebuttoned to hide dirt and the double layering is to protect from scalds and burns. The neckerchief wore around the neck was to absorb perspiration. The apron protects the uniform and insulates the body. The crowning element of our chef uniform is the toque, with history dating back to the sixth century with a story of earning of height. The uniform should be worn with the same pride you place in food presentation.

Flavor Development

CF pg. 874

The terms *flavor* and *taste* are often used interchangeably but they are not synonyms. Flavor is a combination of the tastes, aromas and other sensations caused by the presence of a foreign substance in the mouth. Tastes are the sensations (sweet, sour, salt, bitter and umami). *Mouthful* refers to the sensation created in mouth by a combination of taste, smell, texture and temperature. *Aromas* are the odors that enter the nose or float up through the back of the mouth and activate smell receptors in the nose. Whenever a particular taste, sensation and/or aroma are detected, a set of neurons in the brain is excited and, with experience, we learn to recognize these patterns as the flavors. Each person has a unique ability to recognize and appreciate thousands of these patterns. This compendium of flavors and the ability to recognize them is sometimes referred to as *the palate*. Today, taste is defined as the sensations detected when substances come in contact with the taste buds on the tongue perceive in basic tastes of sweet, sour, salty, bitter, and umami.

Sweet- is the most pleasurable and often sought after taste, although ironically, the fewer sweet-tasting foods we consume, the more enhanced our ability to recognize sweet-tasting foods we consume, the more enhanced our ability to recognize sweet. Sweetness comes from the naturally occurring sugars it contains (like sucrose and fructose) or sweeteners added to the food, the sweetness can sometimes be enhanced by adding a small amount of a sour, bitter or salty taste.

Sour- is considered the opposite of sweet, a sour taste is found in acidic foods and, can vary greatly in intensity. Food that have dominate sour taste, like red currants or sour cream; will also contain a secondary or slight sweetness. Often sour taste can be improved by adding a little sweetness or negated by adding a large amount of a sweet ingredient.

Salty- is the notable exception of oysters and other shellfish and seaweed, the presence of salty taste in food is the result of the cook's decision to add the mineral sodium chloride, known as salt, or to use a previously salted ingredient such as salt cured fish or soy sauce. Salt helps finish a dish, heightening or enhancing its other flavors. Dishes that lack salt often taste flat. Like sweet, the less a consumer consumed on a regular basis the more will be detected in foods.

Bitter- is a flavored ingredient unbalanced by something sour or salty and is generally disliked. Bitterness often balances sweetness, and can cut in the richness of a dish.

Umami- is a newly added taste, akin to the savory taste long recognized in Japanese cuisine (meaning delicious) refers to a foods savory characteristic of richness, fullness, meatiness or meaty taste of a dish. Taste buds sense umami in the presence of several substances, including the naturally occurring amino acid glutamate and its commercially produced counterpart of monosodium glutamate (MSG). Cheese, meats, rich stocks, soy sauce, fatty fish, mushrooms, tomatoes, and wine are all high in glutamate and produce the taste sensation of umami.

Other Factors that Affect Flavor Development

ATP pg. 423

Temperature- foods at warm temperatures offer the strongest tastes. Heating food releases flavor compounds, which intensifies one's perceptions of odors. Foods seem to lose their sour or sweet taste both the colder and hotter they become. Saltiness is perceived differently at colder temperatures. It is important to taste and season food at the temperatures it will be served.

Texture or Touch -the consistency or texture affects appearance and flavor of food. Two foods with the same amount of taste and smell compounds that differ in texture will differ in perceived intensity and onset time; the thicker item will take longer to reach its peak intensity and will have a less intense flavor. Sweetened heavy cream made in two exact batches, whipping one will take on volume and a milder flavor. Some descriptive words for texture include; firm (dense or hard), soft (yielding), dry, crisp, light, airy (frothy or foamy), thick, watery, warming and cooling.

Presence of Contrasting Tastes- sweet and sour are considered opposites, and often the addition of one to a food dominated by the other will enhance the overall flavor. Adding sugar to vinaigrette reduces the sourness, or adding a squeeze of lemon juice to a broiled lobster reduces the shellfish sweetness.

Presences of Fats-many of the chemical compounds that create tastes and aromas are dissolved in the fats naturally occurring in foods or fat is added to foods during cooking. As these compounds are slowly released by evaporation or saliva, they provide a sustained taste sensation. If there is too little fat, the flavor compounds may not be released efficiently, resulting in a dish with little sustained flavor. Too much fat can coat the tongue and interfere with the ability of taste receptors to perceive flavor compounds.

Sight- affects how the consumer will perceive the flavor before it is even tasted. When food is appropriately colored it will cause the perception of taste and flavor to increase. Common color association with foods are *opaque* (light), *translucent* (some light passes through), and *transparent* (clear).

Smell- is responsible for eighty percent of flavor. Anyone with a cold or allergies knows that it is difficult to taste food. Smell is often perceived as perfume, fragrance, pungent, or earthy that describes the sensations that tickle or trick our gustatory senses like carbonated beverages or false perception of heat from chili pepper.

Sound- is important to the experience of taste. Crispy food should have a crunch upon biting and hot food should sizzle. We often describe food sounds as having snap, sizzle, pop, crackle or crunch.

Note-*It is said that the most sensitive temperature for taste is 72 degree-105 degree F, as flavors are more pronounced between those temperatures. Age, health, smoking and drinking can all compromise the perception of taste.*

Flavor is to food, what hue is to color. Flavor is the adjective and food is the noun. Each ingredient has its own particular character, which is altered by every ingredient it encounters. A secret ingredient is one that mysteriously improves the flavor of a dish without overpowering the main ingredient. There are primary flavors (obvious) and secondary flavors (secret or an ingredient that does not act well alone, like herbs are usually added in combinations). Whether the function is primary or secondary flavors combine in three ways. They marry (combine to form one taste, vanilla with lobster), they oppose (opposite flavors can highlight), or they juxtapose (cut or balance each other, like sweet and sour). Knowing how to combine or not combine flavors and aromas, to achieve a simple and pure result, will make a more confident chef.

Developing Your Palate Through Flavor Profiles

A flavor profile describes its flavor from the moment the consumer gets the first whiff of its aroma until they swallows that last morsel. It is a convenient way to articulate and evaluate a dish's sensory characteristics as well as identify contrasting or complementing items that could be served with it. A profile consists of one or more of the following elements:

Top Notes-the sharp, first flavor or aroma that come from citrus, herbs, spices and many condiments. They have instant impact and dissipate quickly.

Middle Notes- the second wave of flavor and aroma. More subtle and linger longer than top notes. Usually come from dairy products, poultry, some vegetables, fish and some meats.

Low Notes-the most dominate, lingering flavors. These flavors consist of the basic tastes (especially sweatiness, sourness, saltiness and umami) and come from foods such as anchovies, beans, chocolates, and garlic. They can be created by smoking or caramelizing the sugars in the food during grilling, broiling and other dry-heat cooking methods.

Finish- the final flavor that remains in the mouth after swallowing, the lingering bitterness of coffee or chocolate or the pungency of black pepper or strong mustard.

Roundness- the unity of various flavors achieved through the judicious use of butter, cream, coconut milk, reduced stocks, salt, sugar and these ingredients cause the other flavorings to linger without necessarily adding their own dominant taste or flavor.

Depth of flavor- whether the dish has a broad range of flavor notes, flavor profiles often refers to the seasoning widely used to season many dishes in a given cuisine. The overall flavor profile can range from simple to complex, depending on how many individual flavors, aromas, and textures.

Choosing the appropriate ingredients to use in a dish is a way to develop flavor. The goal is to select, prepare, and present foods that appeal to all senses. Food should be fresh as possible, best and appropriate quality, fully flavored, attractive in shape and size, and have the best possible texture. Think about the essence of the moment (the season, weather, the weight of a meal desired) and the essence of the ingredient (seasonal, functions of its age, like a banana increases sweetness as it changes color and functions, and the volume or strength of the flavor of the ingredient).

Cooking Techniques

CF pg. 71/ATP pg.420

Cooking is defined as the transfer of energy from a heat source to a food. This energy alters the molecular structure, changing texture, flavor, aroma and appearance of food. Cooking destroys undesirable microorganisms and makes food easier to ingest and digest. To cook food successfully, you first must understand heat is transferred by conduction, convection, and radiation.

Conduction- movement of heat from one item to another through direct contact

Convection- transfer of heat through a fluid, may be a liquid or a gas

Natural- occurs because warm liquids and gases to rise while cooler ones fall

Mechanical- relies on fans to stir heat more quickly and evenly

Radiation- transferred by heat waves or light striking the food, no direct contact between heat source and food

Infrared- electric or ceramic element of radiant heat waves that cooks the food.

Microwave- relies on radiation generated by a special oven to penetrate of food

Cooking Methods

CF pg. 397, 51/ATP pg.426

Foods are composed of proteins, carbohydrates (starches and sugars), water and fats, plus small amounts of minerals and vitamins. Changes in the shape, texture, color and flavor of foods may occur when heat is applied to each of these nutrients. Understanding these changes and learning to control them, you will be able to prepare foods with the characteristics desired. Foods can be cooked in air, fat, water or steam; these are known as cooking *media*. The effects of heat on food are protein coagulates, starch gelatinizes, sugar caramelizes, water evaporates, and fat melt. There are two cooking methods dry-heat and moist-heat.

Dry-Heat Cooking Methods- are those using air or fat. The foods cooked using these methods are usually rich in flavor caused from browning. They are broiling, grilling, roasting, baking, sautéing, pan-frying and deep frying.

Moist-Heat Cooking Methods-are those using water or steam and these methods are used to tenderize and emphasize the natural flavor. Poaching, steaming, simmering, and boiling. A key difference is water, boiling point is 212 degrees F and oil can go as high as 400 degrees for frying or even higher till smoke point reached.

How Cooking Techniques Can Affect Food

Color Changes- Different color on interior vs. exterior -grilling
Transparent/opaque -sautéing, poaching
Bright to dull colors -blanching/boiling

Texture Changes- Soft- often thought of as under cooked or too moist
Firm-often thought of as tough or dry

Foods that are desired to be_____ should be _____
Stiffen - fried, grilled, roasted, and baked
Softened -braised, stewed, boiled, and pureed
Crisp exterior and soft interior- coated & fried, grilled, baked
Lightened-foam or steam, yeast added, baking soda/baking powder

Flavor Changes- Deepen or concentrate flavors by reducing
Intensify, adjust or modify by adding seasoning
Diminish or even remove flavors by blanching

Plating and Presentation

CF pg. 889/ATP pg. 441

There comes a time to put down the kitchen equipment and present the food, it is important the creativity and skill that went into cooking is not lost in presentation. Food preparation is the science, presentation is the art. Good presentation results from careful attention to color, shape, texture, and arrangement of the food. Presentation is the art of telling guests about the food by the way it is arranged on a plate or platter. Good presentations will make the guest want to eat the food, even before the first bite is taken. A variety of words can describe the effect of each element in a presentation: simple, elegant, balanced, integrated, unified, organic, or even synergistic.

The Primary Objectives of Food Presentation

serve food at best possible temperature, for safety and flavor

give food an attractive and appropriate appearance

make it easy for guest to identify and eat the food highlight

all aspects of color, aroma, temperature, and shape

The Elements on the Plate

main item
side or accompaniments
sauce
garnish

Presentation Development Checklist (S.C.H.I.F.T)

Shape- different shapes bring variety, interest, and appeal

Color- of the components should be natural colors to that specific item, potatoes should not be green

Height- brings eye appeal and dimension

Items -or components should balance and complement each other. Plates should have the following items or components, main, side, sauce, and garnish

Flavor- balancing through contrast of flavor, creating a unique experience. Contrasting flavors are sour and sweet, warm/hot and cold/frozen, soft/tender and crisp, lean and rich/fatty, cool and spicy

Texture- the components of a dish should vary in texture. A contrast in texture helps develop a better pallet feel. Achieving balance of texture on a plate can be as simple as adding a crisp garnish; such as the fried julienne leeks

Presentation Guidelines

Balance- concept of balance incorporates many factors in food presentation. The presentation must be balanced through the selection of food by choosing complementary flavors, colors, and food items. Food should be prepared using different but complementary cooking methods and presentation techniques.

Selection of Food- complex and simple types of food should be balanced

Colors- reinforces freshness, quality, and proper cooking methods

Variety- use variety in color without giving a "circus" effect. Earth tones with vibrant color are often successful. Usually foods that taste good together will naturally harmonize in color

Cooking Methods- avoid repetition by using different and compatible methods

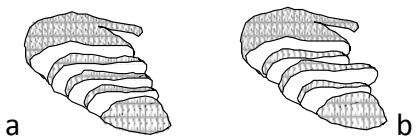
Shapes- avoid combining the same shapes on one plate. Avoid too many whole or stuffed items or too many loose mixtures on the same plate

Textures-utilize purées, custards, fried, toasted items, to provide different textures; however, avoid combining too many similar textures on the same plate. The basic textures are smooth, coarse, solid and soft

Flavorings or Seasonings- avoid using the same seasonings to provide flavor. Do not put lemon or vanilla in everything if they will be served on the same plate. The flavors should be complementary like rich with lean, spicy with bland, smoky (salt) with sweet, sweet with sour (acid), sweet with spicy

Using the Right Plate-show case the food on plain plate, a colorful plate takes away from the food. The garnishes and components should never be on the rim of the plate. Always place hot food on a hot plate and cold food on a cold plate

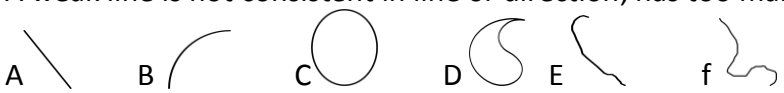
Flow and Sequencing- *flow* is the sense of movement on a plate. Symmetric layout tends to stifle flow by locking the eyes in the middle of the plate. Asymmetric layouts provides for a strong sense of flow. *Sequencing*- sliced items should be arranged in the order in which they are cut from the large piece.



Lines-Strong and Weak

Strong lines are natural in line and shape (A is the strongest line), a strong line is slightly curved indicates a general direction of movement. (B, C, and D)

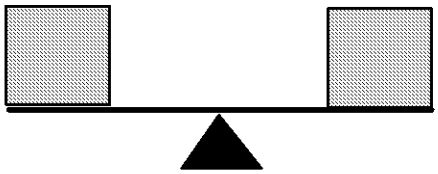
A weak line is not consistent in line or direction, has too many curves and no definition. (E and F)



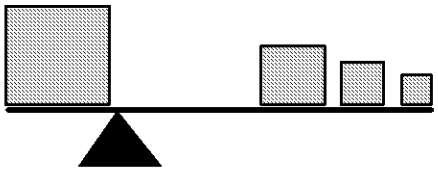
Garnishes-should always be edible and be used in odd numbers. A garnish should always be functional. For example, capers, caviar, finely chopped parsley. Un-functional garnishes get in the way and increases food waste. Slice of lemon, a sprig of rosemary are not functional because the diner will not eat the item. Garnishes can add color, texture, taste and interest to a dish, should not distract from the focus. Garnish should make sense flavor wise, it should flow with the other components

Unity-layout should work as a cohesive unit. Components should be together to retain temperature and unity. Components that are scarred on the plate cause the eye to bounce from item to item. Avoid by bringing all the components closer together to reduce the focus point

Balance in Presentation- if the balance, unity, and focal point are correct a sense of movement will be natural. The layout is symmetric if the sense of flow is stifled by "locking" the eye in the middle of the plate or platter; the layout is asymmetric when there is a stronger sense of movement.



Symmetric Balance

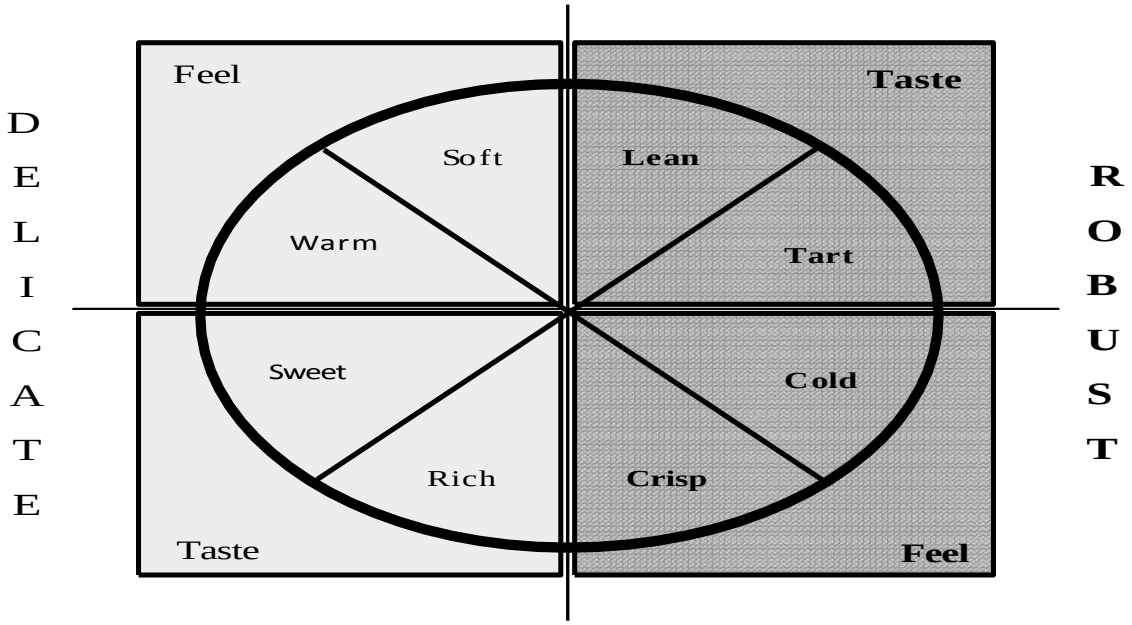


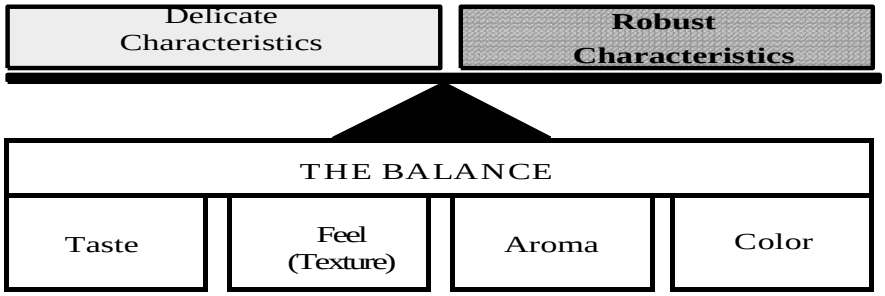
Asymmetric Balance

Modern Plating-Trends and Composition

When designing a plate, the chef must consider composition; exploring possibilities of contrasting and complementing flavor, texture, color and style. It is important to know, the customer base, specific event or menu needs, and the environment for preparation and service. When planning an item for a menu, consider the final presentation. Certain restrictions may immediately become apparent; the lack of equipment (not enough of a particular mold,) might force you to change the shape or look of a certain item. Developing presentation skills are a vital role of a chef. Look at classical plating with a contemporary eye and always introduce ingredients in their freshest form.

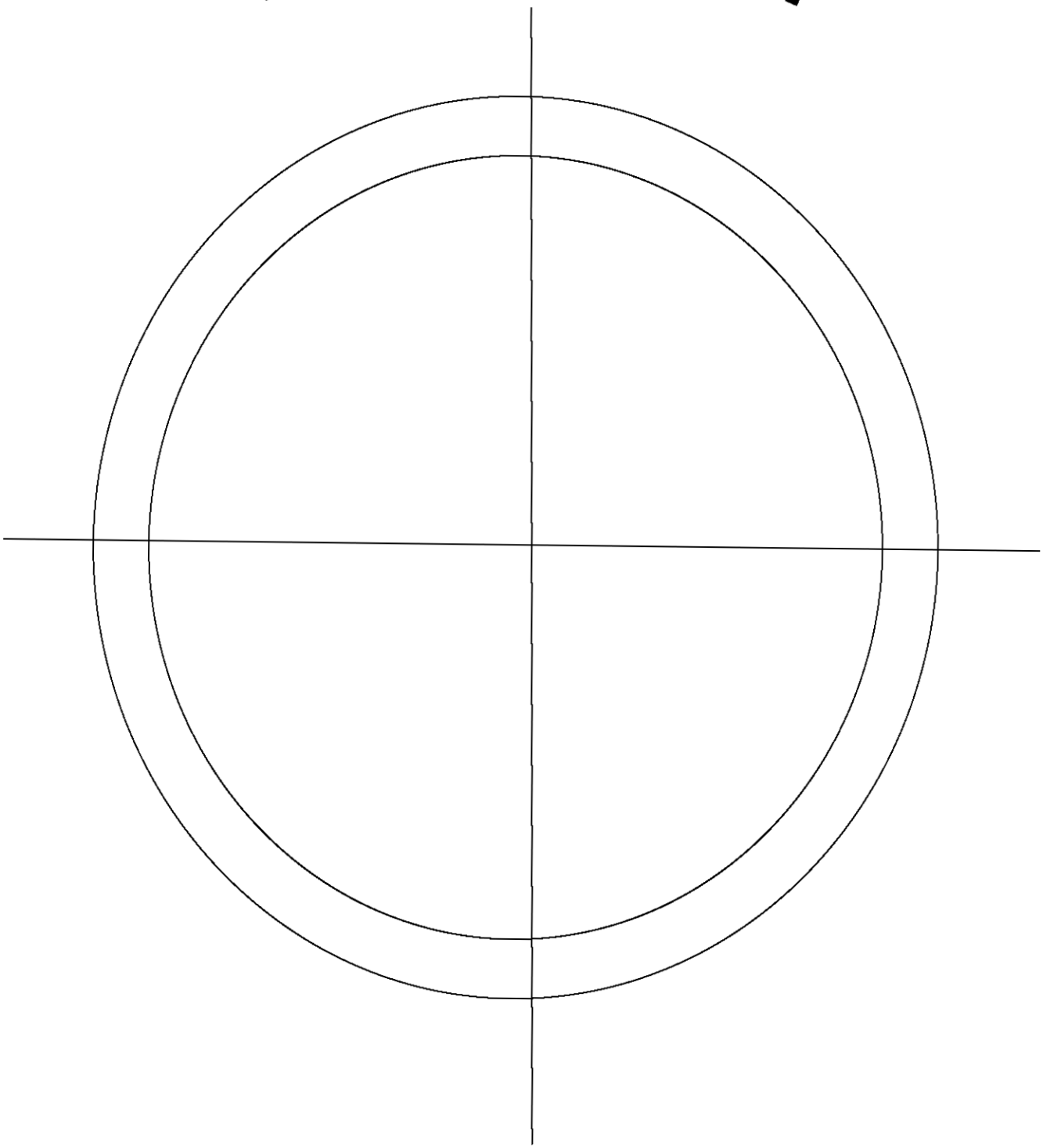
The Contrast Wheel-is a visual guide to understand the basic contrasting flavors, temperatures, and textures that can be utilized in the creation of a plated course. Think about incorporating contrasting characteristics into a menu by using different components, but never add components just to have another element, the components should make sense for the course





The contrast wheel is divided between delicate and robust tastes and mouth feels. Combining contrasting elements on one plate will keep the palate interested and excited. Keep the idea of the contrast wheel in mind when adding new item to a current menu or designing a new menu. A balanced menu should contain warm and cold, sweet and tart, and rich and lean items.

Plate Up Diagram



Menu Planning

CF pg. 898/ATP pg. 530

The first step of planning a menu is to determine the theme of the event. A theme sets the tone of the event. It defines the menu, decorations, linens and dinnerware. Once the theme is identified, the menu can start to be developed. Menu items should be consistent with the theme, add visual appeal and avoid repetition. Therefore:

Offer dishes featuring different principal ingredients-

If there are two starches make one a pasta and a potato

Offer foods cooked by different methods-

A hot braised protein and one roasted protein served cold

Offer foods with different colors-

Fettuccine Alfredo and poached fish served in béarnaise sauce are same color, no depth

Offer foods with different textures-

If two soups are served, make one clear and the other thick

Offer seasonally appropriate foods-

A rich lamb stew may not go over well for a chafing dish at a summer luncheon

Offer foods appropriate to the time of year-

Tomato, basil and mozzarella salad in summer when items are fresh, would not have the same appeal in the winter

Food Safety and Sanitation

CF pg. 45/ATP pg. 3, 33

The U.S. Public Health Service identifies more than forty diseases that can be transmitted through food. Many can cause serious illness and even death. Providing consumers with safe food is the food handler's responsibility. The food handler is the primary cause of food-related illness. Understanding what causes food-borne illness and what can be done to prevent them will help you to better protect the consumer.

Sanitation -is the creation and maintenance of conditions that will prevent food-borne illness. Preparing and serving safe foods in a clean kitchen is important but it does not stop there, the food must have high quality as well through proper handling from the dock to the dining room table.

Contamination- is the presence of harmful organisms of substances (biological, chemical or physical). Contamination occurs either direct or by cross-contamination.

> **Direct-** is the contamination of raw foods (plants or animal), in their natural settings or habitats.
>
> **Cross contamination-** is the movement of chemicals or microorganisms to food products, they cannot move on their own. Food handlers cause this movement during processing, preparing, cooking, or serving.

As Chefs we must…..

Practice good personal hygiene and demand from all
Form clean work habits from proper safety and sanitation standards
Prevent cross contamination during storage, handling, preparation, service
Control time and temperature; know more than just the danger zone 41 degrees-135 degrees F
Receive, store and prepare food at the correct temperatures and time frames
- Hot food hot/cold foods cold
- Reheated foods 165 degrees or higher and then maintained at 135 degrees or higher
- Cold foods in refrigeration of 41 degrees or less, frozen at 0 degrees F

Thaw food safely- preferred method is refrigeration of 41*f or less, or under running water of 70*F or cooler
Cool food safely- One stage method: Cooling to below 41*F completely within four hours or
Two stage cooling method
- First stage- cools to 70 degrees F within 2 hours
- Second stage- 70 degrees F to 41 degrees F in an additional 4 hours, for a total of 6 hours

HACCP system- *Culinary Fundamentals* pg. 58
Pest control
Kitchen Safety (work safely, first aid, fire safety, dress for safety)

We are faced with decisions of quality daily; it is our responsibility to make every decision with integrity and safety.

Equipment Identification

CF pg. 111/ ATP pg. 13

A sure mark of a professional is the ability to select the right tool for the job. Knowing how to maintain, clean, and use a wide array of tools, large and small, is part of the foundation of skills a chef should posses. Having the proper tools and equipment for a particular task may be the difference between a job well done and one done carelessly, incorrectly or even dangerously. A wide variety of specialized tools are available but before using any new equipment read the owner's manual or have someone experienced with the item instruct on proper procedures for use and cleaning. Remember safety, sanitation and service are the foundation of our profession.

Standards for Tools and Equipment

NSF International (NSF), previously known as the National Sanitation Foundation, promulgates consensus standards for the design, construction and installation of kitchen tools, cookware and equipment. Although NSF is voluntary, most manufacturers submit their designs for certification to show that they are suitable for use in professional food service operations.

Selecting Tools and Equipment

Hand tools-are designed to aid in cutting, shaping, moving or combining items. They have few if any moving parts. Spoons, whisks, zester, peeler, spatula, tongs and knives are among the common hand tools.
Measuring and portioning devices- Recipe ingredients ***MUST BE*** measured precisely. Measurements may be based on weight (grams, ounces and pounds) or volume (teaspoons, cups, gallons). Therefore, it is necessary to have available several measuring devices, including liquid and dry measuring cups and a variety of scales. Thermometers and timers are also measuring devices.
Scales-are necessary to determine weight of an ingredient or a portion of food. They must be properly used and maintained to provide an accurate reading. Never pick up a scale by its platform for this can damage the balancing mechanism.
Volume measuring- measuring spoons (1/4 tsp -1T units), dry measuring cups (1/4-1 cup units)
Liquid measuring- cup to gallon units -has a lip/ pour spout above top measurement to prevent spills
Ladles- useful in portioning liquids (ounces to milliliters stamped on the handle)
Portion scoops- are useful for portioning salads, vegetables, batters, sorbets, truffles. A number stamped on the scoop indicates the number level scoopfuls per quart. The higher the number means the smaller the scoop's capacity.
Cookware- should be selected for its size, shape, ability to conduct heat evenly and overall quality of its construction. Cookware that fails to distribute heat evenly may cause hot spots that burn foods. Because different metals conduct heat at different rates, and thicker layers of metal conduct heat more evenly that thinner ones, the most important consideration when choosing cookware are the types and thickness, known as the gauge of the material used. Cookware includes sauté pans, stockpots, roasting pans, hotel pans and specialty molds.
Copper- is an excellent conductor; it heats rapidly and evenly and cools quickly. It is expensive, heavy and requires a lot of care. It reacts with some foods and usually has a tin lining that is soft and scratches easily. Copper is now often sandwiched between layers of stainless steel or aluminum in the bottom of pots and pans.
Aluminum-the metal most often used in commercial utensils. It is lightweight and after cooper conducts heat best, it is a soft metal and must be treated carefully to avoid dents. ***DO NOT*** use aluminum for storage or cooking acidic foods because the metal chemically reacts and light colored foods may become

discolored, especially when being stirred or whisked. Anodized aluminum has a hard, dark, corrosion-resistant surface that helps prevent sticking and discoloration.
Stainless Steel- conducts and retains heat poorly, A hard, durable metal particularly useful for holding foods and for low temperature cooking in which hot spots and scorching are not problems. Stainless steel pots and pans are available with aluminum or copper bonded to the bottom or with and aluminum layered core. The cookware is expensive but combines the rapid uniform heat conductivity of copper and aluminum with the strength, durability, non-reactivity of stainless steel. Stainless Steel is most common in food storage containers for it does not react with food.
Cast Iron- distributes heat evenly and holds high temperatures well. Often used in griddles and large skillets. Relatively inexpensive, but heavy and requires proper conditioning to prevent rust and pitting.

Other Materials Used In the Kitchen

Glass- retains heat well but conducts it poorly. Does not react with foods, and tempered glass is suitable for microwave cooking provided it does not have a metal band or decoration. Most operations rarely use glass for the danger of breakage.
Ceramics- Primarily used in baking because they conduct heat uniformly and retain temperatures well. Ceramics are nonreactive, inexpensive and generally suitable for preparation to presentation of a food item. Ceramics are easily chipped or cracked and should ***NEVER*** be used over a direct flame or subject to quick temperature changes for the cookware may crack or shatter.
Plastic- frequently used for food storage or service, it is easy to clean and inexpensive but its structure is like glassware and can crack or shatter.
Nonstick coatings- without affecting the ability to conduct heat, it provides a slippery nonreactive finish that prevents food from sticking and allows the use of less fat in cooking. Cookware with nonstick coatings requires a great deal of care, because the coatings can scratch, blister or chip. ***DO NOT*** use metal in cookware with nonstick coatings.

Some Common Items in the Kitchen

pots, pans, hotel pans (4 inch, 2 inch, half, one-third, and perorated pans)

strainers and sieves, chinois, cheesecloth, sifters

molds usually made of tinned steel, smooth or patterned, round, oval or rectangular

Processing Equipment- both electric and nonelectrical mechanical devices used to chop, puree, slice, grind, or mix foods. ***ALWAYS*** follow safety rules for all equipment and report any malfunctions immediately. Slicers, mandolin, food chopper (buffalo chopper), food processor, blender, immersion blender, vita prep mixers and juicers are processing equipment.

Safety Equipment-fire extinguishers, first-aid kits, protective gear

Cleaning supplies- ***NEVER*** stored with or near food

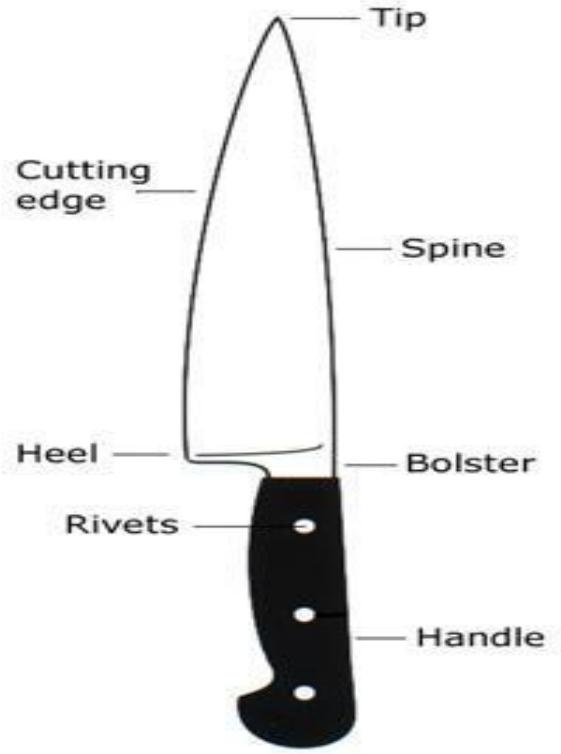
Compartment Sink- garbage disposal, wash, rinse, and sanitize (based off chemicals)

Basic Knife Skills

CF pg. 135/ ATP pg. 128

Every professional must become skilled in the use of certain tools. The professional chef is no exception. One of the most important tools the student chef must master is the knife. Good knife skills are critical to a chef because the knife is the most common tool used in the kitchen.

Parts of a Knife



Parts of the Knife

Knife sharpening

- Steel
- Stone/Oil
- Cutting Board
- Knife

Stone method

- Place stone on a towel to prevent slipping
- Hold knife at a 20 degree angle
- Move from tip to heel motion

Steel method

- Hold the steel away from the body
- Steel in one hand, knife in the other
- Start with the knife nearly vertical
- Blade resting on the inner side of the steel (tip)
- Move the knife down the steel (heel to tip)
- Repeat on the outside of the steel

Classical Cut Vegetables

CF pg. 146/ ATP pg. 137

A knife is used to shape an item and reduce its size. Uniformity of size and shape ensures even cooking and enhances the appearance of the finished product. Items are shaped by slicing, chopping, dicing, mincing, and other special cutting.

Chop-	to cut into pieces where uniformity of size and shape is not important
Mince-	tiny cut with no specific dimensions except quite small, to promote quick flavor infusion
Large Dice-	3/4 x 3/4 x 3/4 inch cubed
Medium Dice-	1/2 x 1/2 x 1/2 inch cubed
Small Dice-	1/4 x 1/4 x 1/4 inch cubed
Brunoise-	1/8 x 1/8 x 1/8 inch cubed
Fine Brunoise-	1/16 x 1/16 x 1/16 inch cubed
Batonnet-	1/4 x 1/4 x 2 inches stick-shaped cut (french-fry)
Fine Julienne-	1/16 x 1/16 x 2 inches, stick-shaped cut (tooth pick)
Julienne-	1/8 x 1/8 x 2 inches, stick-shaped cut (match stick)
Paysanne-	1/2 x 1/2 x 1/8 a thin flat square
Chiffonade-	fine slice of leafy vegetables or herbs
Rondelles -	disk-shaped slices
Oblique-	small pieces with two angle cut sides
Tourné-	cutting technique that result in a seven equal sided football/barrel shape

Classical Cuts Practical

Prepare five of the following

Brunoise

Batonnet

Julienne

Small Dice

Medium Dice

Large Dice

Two tourné potatoes

Zest and segment one orange

When you become a good cook, you become a good craftsman first.
You repeat, repeat and repeat until your hands know how to move without thinking about it.

Jacques Pepin
French Chef and Teacher

Meat Fabrication

CF ***pg. 190/ ATP pg. 191-247***

"Cooking is one of the simplest and most gratifying of the arts, but to cook well one must love and respect food."

Craig Claiborne
American Food Critic 1920-2000

Poultry Fabrication

CF pg. 210/ ATP pg. 177

Poultry is the collective term for domesticated birds bred for eating. It is generally the least expensive and most versatile of all main dish foods. It can be cooked by almost any method, and its mild flavor goes well with a wide variety of sauces**.**

USDA six categories or kinds of poultry: chicken, turkey, duck, goose, guinea, pigeon

Class of chicken-

Game hen	5-6 wks old	2lbs or less
Broiler	13 weeks	1 ½ -2 lbs
Fryer	13 wks	2 ½ -3 lbs
Roaster	3-5 months	3 ½ -5 lbs
Capon	under 8 months	5- 8 lbs.
Hen	over 10 months	2 ½ -8 lbs

Grades- USDA grades available (A*, B, C)

* For sale in commercial foodservice establishments and retail outlets

Choosing Quality Products

Poultry should have plump breasts and meaty thighs
The skin should be intact with no tears or punctures
Poultry should be purchased from reputable purveyors and kept chilled to below 32*F
Hold chicken in drip pans when it stored in the refrigerator

FABRICATION

Scrape to expose the wishbone, then twist and pull it out

Cut from the tail to the neck opening down either side of the backbone. Pull upward slightly while cutting down, exerting enough pressure to cut through the rib bones

Lay out the whole breast cavity, with bones facing up; use the tip of the boning knife to cut through the white cartilage at the very top of the keel bone

Open the breast like a book. This bending action will expose the keel bone. Grab the keel bone firmly and pull it away. Remove the cartilage and the keel bone completely

Cut chicken into halves by making a cut down the center of the bird

Separate the leg and thigh from the breast and wing by cutting through the skin just above where the breast and thigh meat

Preparing Chicken Supreme with Frenched Bone

Remove the breast meat and wing from the rib cage carefully. Using the tip of the boning knife, slice down between the breast meat and rib cage. Guide the knife carefully down the natural curvature of the rib cage until the breast and wing are completely separated from the rib cage. Be careful not to damage the tenderloin. Cut through the joint separating the wing and breast from the main body

Separate the tenderloin from the breast. Clean the tenderloin by carefully cutting out the tendon

Trim excess skin away from the breast, making sure to keep enough skin intact to cover the chicken breast

Use the tip of the boning knife to make a cut that wraps around the second joint of the wing bone. Make sure to cut through the web skin as well. Bend the wing bone at the second joint to snap it. Continue to cut through the joint until the wing tip and wing flap are removed, leaving the drummette attached to the breast

NOTE: Fabrication must be checked by class leader then instructor prior to wrapping and labeling

Once you have the "GO" from both class leader and instructor you need to wrap the following-

Two supremes with tenderloins on top and label and the other two supremes with tenderloins wrapped as a separate unit

You will need two labels just like the below examples

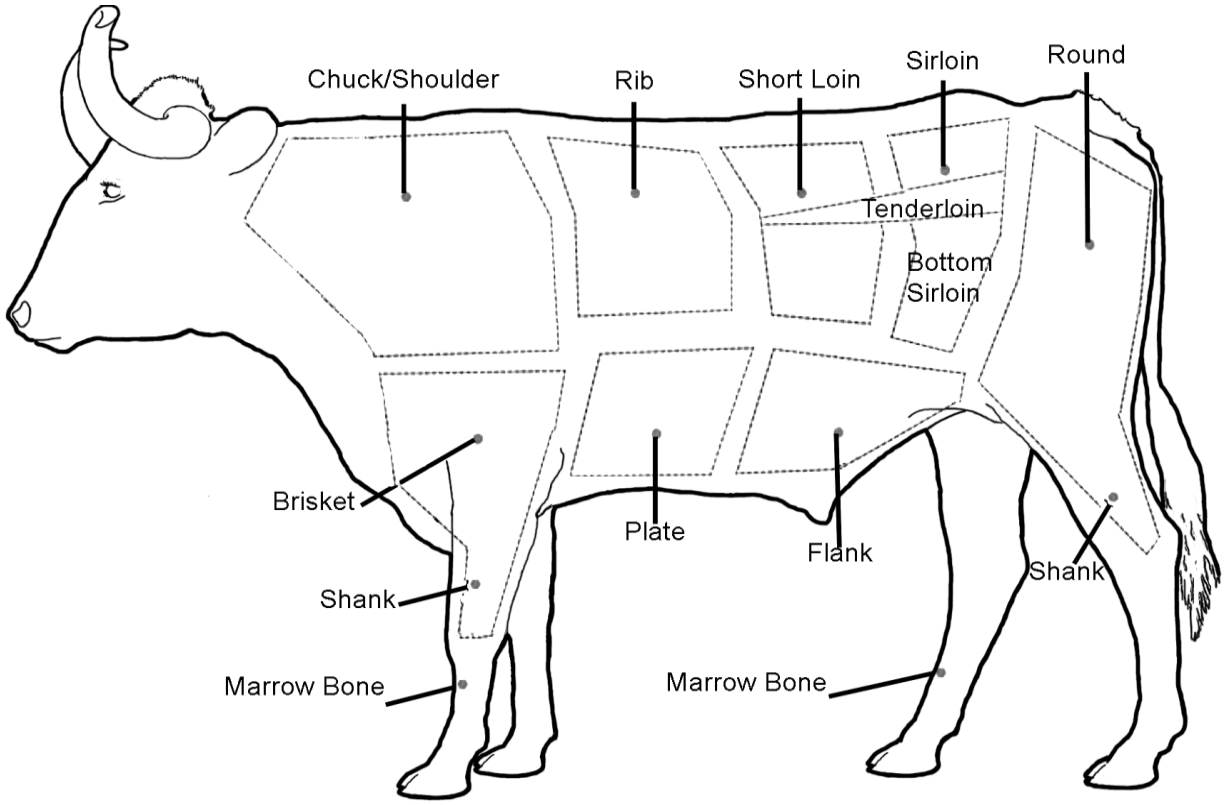
CHICKEN SUPREME
STATION #
PRACTICE

CHICKEN SUPREME
STATION #
TEST

The entire class will place their PRACTICE Supremes on one sheet pan in sequence order (station 1, 2, 3…..) and once the class leader and then instructor has verified they will be placed in the freezer for later use. You will repeat the above steps for TEST Supremes as well.

Beef Tenderloin

CF ***pg. 190/ ATP pg. 212***



Inspection- government inspection of all meats is mandatory. Inspections are required at various times, on the farm, at the slaughterhouse (antemortem), and again after butchering (postmortem). Inspectors ensure that animals are free of disease, farms are operated in accordance to standards, and meat is wholesome and fit for human consumption.

Market Forms-

Primal
Subprimal
HRI
Portion
Control Cuts
Boxed Meat

Grading-quality grading, unlike inspection is voluntary. The USDA has developed standards used to assign grades to meats and train graders. Since it is voluntary the meat packer absorbs the costs instead of the taxpayers. Prime is usually reserved for commercial foodservice and butcher shops. Choice and select are most often available, grades lower then select are generally used for processed meat.

The USDA Grades of Beef

Prime
Choice
Select
The other grades are Standard, Commercial, Utility, Cutter, and Canner

Receiving/Storage-meats are perishable; they should be received at 41degrees F, sealed packing and no discoloration. Check the temperature of the delivery truck, store in refrigeration at or below 41degrees F. Keep different types of meat separate and store on trays to avoid cross contamination.

Parts/Common Cooking Methods

Loin- sirloin, tenderloin, flank steak, strip loin, short loin

Common cooking methods are grilling, roasting, broiling and sautéing

Sections of the tenderloin- chateaubriand, filet mignon, tournedos

Economical cuts of beef -steamship, shank, ground beef and rounds

Fabricating Beef Tenderloin

Mise en place- sharp knife, clean cutting board, scrap bin on ice, usable bin on ice, paper towels, gloves

Lift and pull away the chain of untrimmed tenderloin. Chain pulls easily, and the blade of a boning knife is used to steady the tenderloin

Completely remove the membrane, collagen, and silver skin. Work from tail to head to remove the silver skin, hold skin taught, knife angled slightly upwards under skin and careful not to cut into meat. Repeat until all silver skin is removed. Portion the tenderloin into the chateaubriand, filet mignons, and tournedos.

You will need four labels just like the below examples:

FILET MIGNON **/** RAGOUT
THREE COURSE
STATION #
PRACTICE

FILET MIGNON / RAGOUT
THREE COURSE
STATION #
TEST

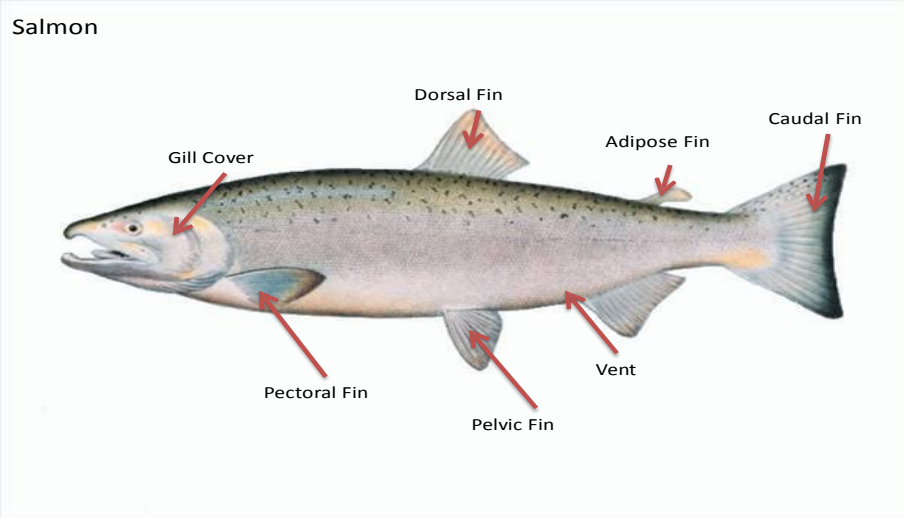
BEEF CANAPE
HORS D OUEUVRES
STATION #
PRACTICE

BEEF CANAPE
HORS D OUEUVRES

The entire class will place **PRACTICE** filet mignon/ragout on one sheet pan in sequence order (station 1, 2, 3…..) and once the class leader and instructor verified place in the freezer for later use. You will repeat the above steps for **TEST** filet mignon/ragout and same for the beef canapé practice/test for hors d oeuvre

Fish Identification and Fabrication

CF ***pg. 218/ ATP pg. 189***



Market forms-whole, drawn, headed and gutted (H&G), dressed, steak and fillet

What to look for when purchasing-

clear eyes
fresh smell
skin and flesh should spring back when gently pushed
gills should be bright red- maroon color

Proper Storage-

drawn and H&G are stored on ice
fillets and steaks on ice but not directly touching

The flavor, color and texture of fish are determined by the water they live. It is also influenced by how active it is. The higher the activity level, the darker the flesh and the more pronounced its flavor.

Low-Activity Fish have lean flesh that is delicate in flavor and texture. They are typically prepared by gentle moist-heat cooking methods. Some have enough texture to up to baking or frying

Medium-Activity Fish have moderately fatty or oily flesh. The flesh is not pure white and tends not to be as flaky as low activity fish. These fish are suitable for all cooking techniques

High-Activity Fish are described as fatty or oily. They have dark flesh, pronounced flavors, and textures that tend toward meatiness. Dry heating techniques are particularly suitable

Types of Fish-

Flat (lean or low activity) - has backbone that runs through center of fish, two upper and lower fillets, and both eyes are same side of head. They swim along bottom of ocean and have one dark (pigmented) side and one lighter (non-pigmented) side

Sole, Flounder, Halibut
culinary uses are commonly baked, poached, sautéed, steamed

Round- has middle backbone with a fillet on either side, an eye on each side of head. Swim upright position.

Lean (low activity) - cod, pollock
culinary uses are commonly shallow poached, baked, and smoked

Moderately fatty (medium-activity) - grouper, bass, snapper
culinary uses are commonly poached, grilled, sautéed, baked, steamed

Fatty (high activity) -Salmon, trout, tuna, amberjack
culinary uses are commonly smoked, baked, broil

Non bony- Have cartilage rather than bones
swordfish, shark, skate, eel, anchovy, tilapia
culinary common uses are baked, poached, broiled

Shellfish-are aquatic animals protected by some sort of shell

Based on their skeletal structure-
Univalves: single shelled mollusks
Bivalves: two shells joined by a hinge
Crustaceans: jointed exterior skeletons or shells
Cephalopods: tentacles attached directly to the head

Fresh shellfish available-
live or cooked, shucked, tails, cocktails claws, legs and claws

Frozen Shellfish available-
shucked, tails, cocktail claws, leg and claws

Fish Fabrication Techniques

Salmon or other round fish-

Mise en place- plastic wrap, boning knife, needle nose pliers, cutting board, waste pan, usable product pan, ice pan, sanitation bucket, towels and gloves

Begin by slicing firmly behind the gills straight down and at an angle back towards the tail as demoed by the instructor; continue making a firm slice keeping hand flat on top of fish towards the tail. Place salmon aside in ice pan. Flip fish over slicing from tail to head keeping hand flat on top of fish keeping the knife along the top of the backbone, set carcass aside on ice, place one side of fish on board skin side down, begin by trimming belly fat, then using pliers begin at the head end and pulling away from tail end pull out pin bones using care
to keep bones in your hand or on a paper towel OFF CUTTING BOARD. Run your hand along the top length of the fish to constantly check for bones, to skin fish place side whole side as close to edge of board as possible, tail end to the right, starting at the tail end with your knife almost flat and parallel to the fish make small incision into flesh to separate from skin keeping knife flat and pulling tail skin taught guiding knife smoothly but firmly with little sawing motion towards head removing skin.

You will need two labels just like the below examples:

SALMON FOR HORS Ds
SALMON CAKES
STATION #
PRACTICE AND TEST

SALMON FOR 3 COURSE
SUNDRIED SALMON SALAD
STATION #
PRACTICE AND TEST

The entire class will place their **PRACTICE** salmon on one sheet pan in sequence order (station 1, 2, 3…..) and once the class leader and then instructor has verified place in the freezer for later use. You will repeat the above steps for **TEST** salmon

Flat Fish- Dover Sole (ATP pg. 197)

Mise en place-plastic wrap, boning knife, cutting board, waste pan, usable product pan, ice pan, sanitation bucket, towels, gloves, needle nose pliers

Lay the fish flat on the cutting board head facing away from you tail towards you. Make and even slice down the length of the back bone from head to tail, Make a small slit near the tail as to expose the meat, using pliers gently grab a small amount of skin a pull towards head exposing the whole fillet, using extreme caution with the knife parallel to the left fillet from head to tail slice gently following the natural contour away from back bone repeat on the right side of fish, turn the fish over, and repeat steps you will end with 4 fillets you will then scrape any remaining meat with a spoon set aside for later use.

Preparing Stocks

CF pg. 295/ ATP pg. 293

"Stocks are the foundation of cooking, without it, nothing can be done. If one's stock is good, what remains of work is easy…"

Auguste Escoffier
Le Guide Culinaire

Preparing Stocks

CF pg. 295/ ATP pg. 293

Stock- is an unthickened liquid that is flavored by simmering seasonings with vegetables and often bones of meat, poultry, or fish. A good stock is the key to a great soup, sauce, or braised dish. The French appropriately call a stock fond ("base"), as stocks are the bases for many classic and modern dishes.

Types of Stocks

Basic or simple
White or neutral
Brown
Shellfish
Fumet

Basic Stock Ratio (one gallon)

8 lbs of Bones
6 quarts of cold water
1 lb of Mirepoix
1 Aromatic

Cooking Times

Vegetable	30 minutes
Fish/shellfish	45minutes
Chicken	4 hours
Beef	8 hours

The Stock Making Techniques

Select and prepare ingredients for stock
Combine the main ingredients to liquid
Continue to simmer till good flavor and color
Add flavoring at appropriate point
Strain stock carefully

How to Evaluate the Stock's Quality

Color- includes its color and its clarity
White stocks are nearly colorless when they are heated
Simple stocks have the color of the main ingredients you chose
Brown stocks are a deep brown color as a result of browning the main ingredients
The addition of tomato gives the stock a reddish cast
Clarity-stocks are relatively clear; some are nearly translucent or may have a slightly cloudy appearance
Stocks made from meat, poultry, game bones, or shells should be extremely clear
Stocks made from fish bones or vegetables are typically semi translucent, especially if the bones or vegetables are smothered before adding the liquid.
Flavor and Aroma- a stock should smell fresh, appealing, and flavorful, both when it is cold and when it is brought to a boil. The flavor of stock should be savory and satisfying. This flavor is often known by the Japanese term *umami.* Flavor should reflect the main ingredient.
Body- a well-made stock will have a rich texture to it because of its base ingredients. Vegetable stocks have a thin body. Hot stock has noticeable texture when you put it in your mouth that clings very slightly to the palate. When the stock is cold, it becomes gelatinous.

Culinary Terms Associated with Stocks

Browning- roasting or searing the bones for a stock gives them a darker color

Blanching- blanching bones inhibits from browning and results in finished stock with neutral color and flavor

Smothering- quick-cooking stocks that benefit from ingredients cooked in fat before liquid is added

Depouillage- is a French culinary term for skimming

Remouillage- secondary stock made from bones already been used to make stock once, “re-wetting”

Glace de viande- made by simmering stock to cook away majority of moisture very rich, flavorful jelly-like

Court Bouillon- quick broth, simmering mirepoix, aromatics, an acid (vinegar wine) water for 20 minutes

Fond- the bones and vegetables, drippings that accumulate in the pan

De glazing- to use a liquid, to dissolve food particles left in a pan after roasting or sautéing

Oignon Brule- is made by peeling an onion, halving it crosswise, and charring cut edges

Oignon Pique- “pricked onion” whole, peeled onion, bay leaf attached using whole clove as a tack

Mirepoix- combination of two parts onion, one part carrot, and one part celery

White Mirepoix- mirepoix that include parsnips instead of carrots

Matignon- onions, carrots, celery, raw ham, mushrooms, served mirepoix

Cajun trinity- combination of onions, celery, and green pepper, used in creole and cajun profiles

Sachet d’ epic- (bag of spices) parsley stems, cracked peppercorn, thyme, bay leaf

Bouquet garni- (small bundle of herbs) thyme, parsley stems, bay leaf, leek leaves and celery stalk

Herbs- leaf or stems of non-woody plants, dry herbs are stronger then fresh herbs.

Spices- roots or bark

<u>Chicken Simple Stock</u> (*Culinary Fundamentals* pg. 304)

(1) Rinse the bones under cool running water and place in stock pot.
(2) Add cold water to cover the bones by about two inches.
(3) Bring the Stock to a boil. Skim the surface as necessary. Reduce the heat and continue to simmer for 3 to 4 hours.
(4) Add the mirepoix and continue to simmer the stock 1 or 2 more hours, skimming as necessary and tasting from time to time. Add the sachet and simmer until flavorful, another 30 to 40 minutes. Strain the stock through a sieve or a colander lined with cheesecloth. The stock may be used at this point, or it may be properly cooled, labeled, and stored.

<u>Brown Veal Stock</u> (*Culinary Fundamentals* pg. 312)

(1) Condition the roasting pan: Preheat the pan and enough oil to lightly film the pan in a 425* to 450*F (220* to 230*C) oven. Add the bones to the pan and return to the oven. Roast the bones, stirring and turning from time to time, until they are a deep brown, about 30 to 45 minutes.
(2) Transfer the bones to a stockpot and add all but 1 cup of the cold water. Deglaze the roasting pan with 1 cup of water and add the released drippings to the stockpot. Bring the stock to a simmer slowly over low heat. Adjust the heat, if necessary to establish an even, gentle simmer and continue to cook, skimming the surface as necessary, about 5 hours.
(3) While the stock is simmering, heat a medium-sized rondeau over a medium-high heat. Add enough oil to the pan. Add the mirepoix and cook, stirring occasionally, until the onions are a deep golden brown, about 15 to 20 minutes. Add the tomato paste and continue to cook, stirring frequently, until it takes on a rusty brown color and gives off a sweat aroma, about 1 to 2 minutes. Add a few ladles of the stock to the rondeau and stir well to release the drippings; add this mixture to the stock along with the sachet at the same time.
(4) Continue to simmer he stock, skimming as necessary and tasting from time to time, until it has developed a rich flavor and a noticeable body, about 1 hour.
(5)Strain the stock. It may be used now (degrease by skimming if necessary), or it may be rapidly cooled and stored for later use.

Simple Stock

45 lb chicken bones (rinse 3 times)
7 gal and 2 qt of cold water
Mirepoix, rough chop 5 lb
- -2 lbs Onions
- -1.25 lbs Carrots
- -1.25 lbs Celery

6 sachet d'epices

cooking time 4 hours

Brown Veal Stock

45 lb beef bones (rinse, dry and brown)
7 gal and 2 qt of cold water
Browning Mirepoix (Pincage), rough chops 5 lb
- -2 lbs Onions
- -1.25 lbs Carrots
- -1.25 lbs Celery
- -10 oz Tomato paste

6 sachet d'epices

cooking time – 8 hours

Preparing Lead Sauces

CF pg. 319/ ATP pg. 312

Lead Sauces are the foundation of classical repertoire of sauces based upon French culinary standards. The lead sauces are defined as a sauce that can be prepared in advance in a significant amount, then finished or flavored so that it is custom fit to a particular dish.

Purpose of Sauces- the unifying component of a dish, is an accompaniment that is served with food to:

- Intro complementary or contrasting flavors
- Add moisture
- Add eye appeal
- Add flavor
- Improve texture

The Grand Sauces

- Béchamel
- Veloute
- Espagnole
- Tomato
- Hollandaise

Brown Sauces- espagnole, demi-glace, jus lies, pan sauces

- Evaluate sauces
  - Espagnole-rich flavor, a deep brown color without any dark specks or debris
  - Demi-glace: is translucent and highly glossy with a noticeable body
  - Jus lie: A greater degree of clarity, lighter texture and color
- Finishing a sauce
  - Reductions
  - Garnishes
  - Wines
  - Finishing with butter

White Sauces- veloute, béchamel

- Veloute- translates in French as “velvety, soft, and smooth to the palate”
- Béchamel- cream sauce made from scalded milk, white roux and seasonings

- Evaluate sauces- nappe consistency
- Finishing a sauce- transform into a small sauce
- Flavored with a reduction or essence
- Garnishes-
- Often finished with cream

Tomato Sauces- Tomato

Warm Butter Emulsion-Hollandaise

Culinary Terms Associated with Preparing Sauces

Beurre Blanc- white butter sauce, emulsified sauce made by whisking cold, softened butter into a wine and shallots

Monter au beurre-

Reductions-

Roux- a thickening agent equal parts fat and flour, there are three types-White, Blonde, and Brown

Clarifying butter- butter fat that has been separated from the milk solids and water found in whole butter

Slurries- a mixture of equal parts of cool liquid and a starch that is used to thicken other liquids

Derivatives-

Aromatics- an ingredient added to a food to enhance its natural flavors and aromas

Beurre Manié- french word for butter, thickening agent made by kneading equal parts of cake flour and softened butter

Liaison- a thickening agent that is mixture of egg yolks and heavy cream used to thicken sauces

Tempering-

Nappe- the consistency of a liquid that thinly coats the back of a spoon and will cling lightly to another food

Sauces are considered one of the greatest tests of a chef's skill. The successful pairing of a sauce with food demonstrates technical expertise, an understanding of food, and the ability to evaluate flavor, texture, and color

Culinary Fundamentals

Espagnole Sauce

Culinary Fundamentals pg 342

1 T	vegetable oil
4 oz	mirepoix, medium dice
1 T	tomato paste
1 qt 2 cup	brown veal stock, hot
3 oz	brown roux
1 ea	sachet d'epices

1. Sauté onion in the oil until they take on a brown color. Add the remainder of the mirepoix and continue to brown.

2. Add tomato paste and cook for several minutes until it turns a rusty brown.

3. Add the stock and bring to a simmer.

4. Whip the roux into the stock. Return to a simmer and add the sachet. Simmer for about 1 hour, skimming the surface as necessary.

5. Strain through a double thickness of rinsed cheesecloth. The Sauce is ready to use now, or it may be cooled and stored for later use.

Derivatives-

Chasseur (hunter sauce) - adding mushrooms, shallots and white wine

Bourguignonne - is a french sauce with a base of red wine with onions or shallots, a bouquet garni

Veloute Sauce

Culinary Fundamentals pg 328

1 1/2oz	butter
2 oz	white mirepoix, small dice
2 oz	all-purpose flour
1 qts 4 oz	chicken stock
1 ea	sachet d'epices
TT	salt and white pepper

1. Heat the butter in a sauce pan over medium heat. Add the white mirepoix and cook, stirring from time to time, until the onions are limp and have begun to release their juices into the pan, about 15 minutes. They may take on a light golden color but should not be allowed to brown.

2. Add the flour and stir well to combine.

3. Cook over low to medium heat, stirring frequently, until a pale or blond roux forms, about 12 minutes.

4. Add the stock to the pan gradually, stirring or whisking to work out any lumps. Bring to a full boil, and then lower the heat to establish a simmer. (Use a heat diffuser, if desired, to avoid scorching)

5. Strain the sauce through a fine sieve. Strain a second time through a double thickness of rinsed cheesecloth, if desired, for the finest texture

6. The sauce can now be finished, or it may be cooled and stored for later use. Return the sauce to a simmer before serving.

7. Taste and adjust with salt and pepper. Finish the sauce as desired.

Derivatives-

Bercy- adding shallots, white wine and fish stock to fish veloute.

Aurora- adding tomato paste& finishing with butter to chicken veloute.

Supreme-adding cream and mushrooms to veloute.

Allemande-adding lemon juice and a liaison (egg yolks and cream)

Béchamel Sauce

Culinary Fundamentals pg 345

1 T	butter
1/2 oz	onions, minced
4 oz	white roux
1 qt 4 oz	milk
TT	salt and white pepper
Pinch	nutmeg

1. Heat butter and add the onions. Sauté over low to moderate heat, stirring frequently until the onions are tender and translucent, about 6 to 8 minutes.
2. Add the roux to the onions and cook until the roux is very hot, about 2 mintues.
3. Add the milk to the pan gradually, whisking or stirring to work out any lumps. Bring the sauce to a full boil, then reduce the heat and simmer until the sauce is smooth and thickened, about 30 minutes. Stir frequently and skim as necessary throughout cooking time.
4. Adjust the seasoning to taste with salt, pepper and nutmeg.
5. Strain through a double thickness of rinsed cheesecloth.
6. The sauce is ready to use now, or it may be cooled and stored for later use.

Derivatives-

Cream Sauce- adding cream and lemon juice

Cheese Sauce- adding cheese (American/Cheddar)

Mornay- adding gruyere and parmesan

Tomato Sauce

2 T	olive oil
4 oz	onions, small dice
3 cloves	garlic, minced
8 ea	plum tomatoes, concassé
3-4 ea	basil leaves, chiffonade

1. Heat the oil; add onions and sauté until they take on a light golden color
2. Add garlic and continue to sauté until garlic is soft and fragrant
3. Add tomatoes, bring sauce to simmer and cook until good sauce consistency develops
4. Puree sauce with an immersion blender or in a blender/food processor

NOTE: If flavor is weak, add a small amount of reduced tomato paste or puree. If too sweet may be corrected by adding stock, water or more tomatoes. Tomato sauce should pour easily

Derivatives-

Creole-adding green peppers, bay leaf and hot sauce

Milanaise-adding mushrooms, butter and ham

Hollandaise Sauce

Culinary Fundamentals pg 349

1 1/4 tsp	shallots, chopped
1 /4 tsp	black peppercorns, cracked
1 oz	vinegar
1 oz	water
2 each	egg yolks
8 fl oz	unsalted butter, warm
1 tsp	lemon juice
TT	salt & ground white pepper
TT	cayenne

1. Combine the shallots, peppercorns, and vinegar in a small pan and reduce over medium heat until liquid is scant. Cool slightly

2. Add the water to the reduction and strain into a stainless-steel bowl.

3. Whip the egg yolks together with the reduction and place over a double boiler. Cook, whisking constantly, until the eggs are thickened and form ribbons when they fall from the whisk.

4. Gradually add the butter in a thin stream, whipping constantly, until all of the butter is added and the sauce is thickened.

5. Taste the sauce and add lemon juice, salt, pepper, and cayenne, if desired, as need. The sauce is ready to serve now. It may be held warm for up to 2 hours.

NOTE-

If sauce starts to break, try adding a small amount of water and whisk until smooth before adding more butter. If that does not work, cook another egg over a double boiler and gradually whisk into the broken sauce

Derivatives-

Maltaise- adding blood orange juice

Béarnaise- adding shallots, tarragon and chervil

Preparing Soups

Culinary Fundamentals pg. 356

The variety of ingredients, seasonings and garnishes that can be used for soups is virtually endless, provided one understands the basic procedures for making different kinds of soup. Great soups can be made from the finest and most expensive ingredients or from leftovers from the previous evening's dinner.

Categories of Soups

Clear Soups

Broth- Made from meat, as opposed to stock made from bones
Consommé- Ultra clarified and flavorful broth

Thick Soups

Puree- Thickest soup; main ingredient is primary thickening agent; hearty and rustic
Cream- Roux thickened; smooth and velvety; often finished with cream

Others

Based off procedures or descriptions do not fit into thick or clear and usually are ethnic, national/regional, specialty or even a hybrid.

bisques, chowders, cold soups

Garnishes for Soups

Appropriate flavor/texture/color
Large enough to dip or small enough to fit in the mouth of spoon
Show case knife skills

Portion size/temperature/serving vessels

Hot, hot, hot! (Unless a cold soup), hot serving vessel, but not so hot as to continue to cook
Under-liner plate and doily
Edible vessels are nice; bread bowls, cucumber cups, etc.

Appropriate for number of courses- 24oz average for total meal;
don't fill your guest up too soon! Food doesn't taste as good when you are stuffed!

Soup Cookery Team Assignments

All Teams will make the following

Lobster Consommé
Puree of Lentil

Team A (Stations 1-4)

Team B (Stations 5-8)

Team C (Stations 9-12)

Lobster Consommé

Ingredients for 4 servings:

lobster, fresh	2 each
egg whites	5 each
mirepoix, brunoise	1 pound
tomato, concassé	2 ounces
sachet	1 each
lobster shells	2 each
mirepoix	1 pound

Directions:

1. In hot boiling water, submerge lobster and let blanch for 90 seconds..
2. Take lobster out and put in ice bath and cool down. Pull claws away from rest of the leg and set aside.
3. To remove tail, place hand on top part of tail and squeeze. You should hear the break of the shell. Then the ridges of the tail and pull apart. You should be able to pull the tail meat out as one piece.
4. Pull apart the body cavity with your hands and carefully take out the tamale and the roe.
5. Save the shells and throw away the roe and tamale.
6. Combine cold fume, small dice tomato, egg whites, mirepoix and sachet and mix.
7. Place in stainless steel pot that has height and put on stove. Cook at low heat so the egg white mixture forms a raft. If the heat is too high, it will cook the eggs, you DO NOT WANT THIS TO HAPPEN. The egg white mixture should rise up slowly. Once its risen, take the back end of a round wooden spoon and poke a hole in the center, this allows the fume to vent(like a whale), it spurts the fume out and the raft catches the oils and impurities. Let the fume cook for 60 to 90 minutes.
8. In small pot, place the remaining stock, lobster claws and tail, bay leaf and salt and butter. Cook on low heat until done. Also cook the brunoise carrots in same pot. When done, take out items and pat with towel, so the grease does not go all into the consommé.
9. Take off heat. With a chinois, coffee filter inside, ladle out the consommé slowly from where the hole is and pour into the filter in a clean bowl or pot.
10. Replace consommé on stove, heat and season to taste.
11. Place half a tail and one claw on top in hot bowl. Pour seasoned consommé in on top slowly and then put brunoise carrots around lobster and serve.

For the Fumet:

1. Combine remaining lobster, medium dice mirepoix, 5 cups of cold water. Cook on high for 40 to 45 minutes. Strain in chinois and place in ice bath. Keep one quart for consommé and the rest for poaching the lobster tail and claws.

Puree of Lentil Soup

3 oz	bacon, medium dice
4 oz	onions, medium dice
2 oz	carrots, medium dice
8 oz	lentils
1 qt	chicken stock
1/8 tsp	salt
1/8 tsp	pepper
1 ea	sachet d epics
1 T	lemon juice
4 oz	croutons
1/2 oz	chervil

1. Render the bacon in a medium sized pot over low heat.

2. Add onions and carrots and cook until tender and lightly browned, about 15 minutes.

3. Add the lentils, stock, salt and pepper. Bring to a simmer and skim as needed.

4. Add the sachet and simmer for 30 minutes or until lentils are tender. Remove from heat and discard the sachet.

5. Puree the soup with an immersion blender, season with lemon juice to taste.

6. The soup is ready to finish, garnish with croutons and chervil and serve.

Starch Cookery

CF pg. 611/ ATP pg. 145

Today's chefs are rediscovering traditional and ethnic dishes that rely on grains seldom used in typical American food service. Pasta, made from a variety of grains in numerous shapes and flavors and accompanied by countless sauces and garnishes, now regularly appears on menus alongside the ubiquitous potato prepared for many classical and modern dishes.

Starch Cookery

CF pg. 611/ ATP pg. 145

Potatoes, grains, pasta and legumes are known as starches, some are vegetables others are grasses. Starches are for the most part a staple food, which defines a cuisine and gives it substance. All are high in starchy carbohydrates, low in fat and commonly used as a part of a well balanced diet.

Potatoes- are succulent, non-woody annual plants; the tuber is the consumed part of the plant. They are hardy and easily grown, making them inexpensive and widely available. Each Americans eat about fifty pounds of potatoes annually. One of the most important considerations when selecting a potato is how it will be prepared and the type of potato best suited to produce that product. Potatoes are organized into three categories based on starch and moisture.

Three Categories of Potatoes-

High starch/ low moisture	mealy texture
Low starch/ high moisture	waxy texture
Moderate starch/moderate moisture	all purpose

Mealy -best for baking, frying, boiled, whipped, and scalloped
Examples: Russet, Idaho
Waxy - best for boiling, steaming, oven roasted
Examples: New/ Sweet Potatoes, Yams
All Purpose - best for boiling, steaming, sautéing, roasting, braising
Examples: Yukon Gold, Red Skinned.

Grains-are grasses that bear edible seeds. Both the fruit (seed or kernel) and the plant are called a grain. Grains are excellent sources of vitamins, minerals, proteins and fiber.
Examples: Corn, Rice, Wheat, Barley, Oats, Quinoa

Pasta and Legumes-Pasta is made from unleavened dough of wheat flour mixed with a liquid. It is one of the most versatile and popular foods in most cuisines. There are different types of pastas such as Italian is usually made with semolina flour into ribbons, tubes, shapes and Asian is usually wheat, rice, bean starch, buckwheat flours.
Al Dente: tender but with a distinct bite.

Couscous: A staple of North African cuisine, coarsely ground semolina pasta.

Cooking couscous: Ratio: 2/3 C couscous to 1 C liquid

Risotto is traditionally made with special Italian varieties of medium-grained round rice such as Arborio. Just about anything can be added to a risotto, like vegetables, meats, herbs and cheese.

Cooking risotto: Ratio of 1 cup Arborio rice to 5 ½ cups liquid

Starch Cookery Team Assignments

Team A (Stations 1-4)
Team B (Stations 5-8)
Team C (Stations 9-12)

Each team will make the following:

Herbed Israeli Couscous
Tortilla Espanola
Saffron Risotto
Tuscan White and Black

Herbed Israeli Couscous

2 T	olive oil
2 C	Israeli couscous
1 qt	chicken stock
1/4 C	parsley, chopped
1 T	tarragon, chopped
1 T	rosemary, chopped
1/4 C	lemon juice
TT	salt and black pepper

1. Heat the olive oil in a 2-qt. saucepan, add the couscous and sauté, stirring constantly, until well coated and aromatic, about 2 to 3 minutes

2. Add the stock and bring to a boil, reduce the heat and simmer until just tender

3. Add the herbs and lemon juice. Season to taste

Tortilla Espanola

6 oz	extra virgin olive oil
2 ea	potatoes cut into ⅛ inch slices
6 ea	eggs
2 tsp	salt
1 ea	onion, large, sliced thin
1 ea	tortilla

1. Heat oil in a large skillet; add potatoes and onions and salt lightly. Cover pan and cook slowly over medium heat, turning occasionally, until potatoes are tender but not brown. Keep potatoes separated

2. In a large bowl, lightly beat eggs and salt. Drain oil from potatoes, reserving 3 tablespoons to be reused

3. Add potato mixture to eggs, submerging completely, and let stand for 10 minutes

4. Heat 2 tablespoons of the reserved oil in a large sauté pan until hot. Add potato-egg mixture. Reduce heat to medium

5. Shake pan occasionally to prevent sticking. When the bottom of the tortilla is lightly browned, place a large plate over the pan and flip the tortilla upside down onto the plate

6. Add 1 tablespoon oil to the sides of the pan and slide uncooked side of the tortilla back into the pan. Round the sides of the tortilla with a spatula, and cook until browned. Transfer to a plate and let rest five minutes before serving

Saffron Risotto

2 ea	garlic, minced
1/2 C	onions, minced
5 oz	butter
1 1/2 C	arborio rice
6 C	stock
2 ea	bay leaves
1 ea	saffron threads, crushed
1/4 C	parmesan cheese, grated
2T	parsley, chopped
TT	salt
TT	ground white pepper

1. Sauté garlic and onion in 3 ounces of butter. Add the rice and stir until grains are coated with butter

2. Add ⅓ of the stock and stir until rice absorbs liquid. Stir in another ⅓ of the stock and add the bay leaves and saffron. Stir in the remaining stock

3. When all of the liquid is absorbed, add the remaining 2 ounces butter, cheese, parsley, and parsley

4. Stir rice only long enough to mix ingredients. Season with salt and pepper to taste

Tucson Black and White Bean

3 T	oil
1 1/4 C	corn kernels
1 can	black beans, rinsed and drained
1 can	white beans, rinsed and drained
1 C	red bell pepper, small diced
3/4 C	red onion, small diced
2 T	fresh lime juice
2 ea	garlic cloves, chopped
1 ea	jalapeño, seeded, minced
1 T	oregano, minced
1 T	chili powder
1 tsp	ground cumin

1. Heat 1 tablespoon oil in heavy large skillet over high heat

2. Add corn and sauté until brown for about 3 minutes; add the beans continue to cook for another 5 minutes, carefully to not destroy the beans just heat thoroughly

3. Transfer to large bowl; add 2 tablespoons oil and all remaining ingredients

4. Season generously with salt and pepper and serve room temperature

Preparing Salads

CF pg. 695/ ATP pg. 349

According to the Spanish proverb; four persons are needed to make a good salad: A spendthrift for oil, a miser for vinegar, a counselor for salt, and a madman to stir it all up

Abraham Hayward
English Writer 1801-1884

Preparing Salads

CF pg. 695/ ATP pg. 349

Salads use greens as the base and built artistically arranging components on the plate. A salad is determined by the greens selected. A salad can be made up of one type of lettuce or a combination of lettuces from different groups. Greens are grouped according to their flavor and/or texture.

Types of Salads

Composed- A base or bed, main item, dressing, and a garnish

Example: salad nicoise, mesclun salad, tossed salad

Bound- A meat, fish, egg or poultry, diced or shredded to mayonnaise dressing

Example: chutney chicken salad, tuna salad, egg salad

Components of a Salad- base, body, garnish, dressing and crunch

Base- a layer of greens that line the plate on which salad will be served, can cupped or shaped

Body- the main ingredient; it can be greens or added items like chicken or fruits and vegetables

Garnish-is added for color, texture and flavor. It should compliment and balance the flavor

Dressing-should complement rather than mask the flavors in the salad. The type should be based on the delicacy of the greens, light dressings for the delicate greens and more robust dressings for the stronger flavored greens

Crunch- an additional item to add flavor and texture to the salad

Types of Dressings

(ATP pg. 362)

Vinaigrette- ratio is 3 parts oil to 1 part vinegar

Vinaigrettes are mainly used for salads, but also used as marinades for grilled or broiled foods; as a dressing for grains, vegetables, beans and pasta salads; as dips; as sauces served hot or cold entrees and appetizers; or brushed on sandwiches. The quality and flavor of the oil and vinegar selected add to the finished vinaigrette flavor. Oils that are strong in flavor are paired with milder vinegars (Vic versa). This creates a balance, making the milder flavor complimentary to the stronger one. Additional ingredients that are added to vinaigrettes therefore improving the flavors are seasonings (salt, pepper, herbs and spices) and emulsifiers (egg yolks, mustard, roasted garlic, fruit or vegetable purees or glace de viande "a thick meat glaze made by reducing meat juices").

Mayonnaise based dressings- ratio is 8 ounces oil to each egg yolk

Mayonnaise Based Dressings are very versatile. Mayonnaise is a cold sauce made from combining egg yolks with oil to form a stable emulsion. Emulsion is a mixture of two liquids that will not blend. Mayonnaise and sauces made with mayonnaise can be used as a spread, dip or salad dressing. The egg yolk provides the liquid, which holds the oil droplets in suspension; air, as well as lecithin form the yolk, acts as an emulsifier. The oil selected should not have a strong flavor since mayonnaise can be used as a base for many sauces. Acids such as lemon juice, wine or cider vinegar can be used to prepare mayonnaise. The acid along with water provides additional moisture for the emulsification.

Dairy based dressing-adjust consistency, thin for even coating, thick if a dip

Dairy based dressings are dressings that a dairy product like sour cream, crème fraiche, yogurt or buttermilk may be used alone or combined with mayonnaise for extra stability.

Plating and Presentation- arrange the components carefully, striving for a natural look. Colors and flavors add depth to your salad. Prepare each component perfectly to stand alone as well as enhances the complete salad. Arrange where natural textures and colors of the components are enhanced. Remember to show your skill set with the production of the salad by adding classical cuts and different cooking methods to showcase the components. Your salad will be critiqued on the following: appearance, portion size, texture, and flavor.

Team Assignments

Team A: Station 1-4
Team B: Station 5-8
Team C: Station 9-12

Present the following salads with correct components

Greek Salad
Potato Salad
Tossed Green Salad

Greek Salad

2 ea	tomatoes concassé, and diced
8 oz	romaine or green leaf, chopped bite size
1 ea	cucumbers, peeled and small diced
6 oz	feta cheese, crumbled
1 ea	red onion, diced
8 ea	olives, black, pitted and thinly sliced
8 ea	olives green, pitted and thinly sliced
TT	salt and pepper
4 ea	dolmades, sliced on the bias

Lemon parsley vinaigrette

3 oz	lemon juice
1 T	parsley, finely chopped
¼ oz	garlic, minced
6 oz	olive oil
1tsp	salt
½ tsp	pepper
½ tsp	sugar

1. Combine the lemon juice, parsley, and garlic

2. In a separate bowl, combine all vegetables and toss lightly with vinaigrette

3. Season with salt and pepper to taste

4. Plate on cold plates and present for service

Potato Salad

6 ea	potatoes, medium dice, parboiled
¼ cup	peppers, red -roasted and small diced
¼ cup	onions, red and brunoise
¼ cup	bacon, chopped
2 ea	onions, green, thinly sliced

2 oz	vinegar
6 oz	oil
3T	whole grain mustard
TT	salt and pepper

1. Clean potatoes and cut into medium dice. Parboil then bake at 375 degrees until tender
2. When potatoes are done, place in bowl with remaining vegetables
3. Add the dressing slowly into the mix until a light coat on the potatoes
4. Season and garnish then serve on a warm plate

Preparing and Presenting
Dinner for Two

Airline Chicken Breast filled with Prosciutto, Spinach and Boursin Cheese accompanied with classic Supreme Sauce

Roasted Garlic Mashed Potatoes

Seasoned Haricot Verts and Matignon Vegetables

DEMO NOTES

TIMELINE

START	

Seared Chicken Supreme filled with Spinach, Prosciutto and Boursin Cheese

4 ea	supremes & tenderloins
4 ea	prosciutto slices
4 oz	boursin cheese
4 T	spinach, sautéed
1 T	parsley, fresh, chopped
TT	salt & pepper

Prepare each breast for stuffing, set tenderloin aside

1. Stuff each breast (in this order) with equal parts cheese, spinach, and prosciutto, then seal with flattened tenderloin

2. Wrap bones and sear each breast (skin side down first) for about five minutes per side. Ensure the skin is nicely browned and crispy

3. Season and place in a roasting pan on matignon vegetables and finish in 400 degrees oven for 10-15 minutes, until done but remember to allow resting for 3-5 minutes before service.

Classic Supreme Sauce

Culinary Fundamentals pg. 346

1 qt	chicken veloute
1 C	heavy cream
8 oz	white mushrooms, thinly sliced (optional)
1 tsp	salt
½ tsp	white pepper, freshly ground
2 oz	butter, cut in cubes

1. Combine the veloute, heavy cream, and mushrooms, if desired, in a small saucepan. Simmer for about 8 minutes, stirring and skimming the sauce frequently until it coats the back of the spoon.

2. Strain the sauce and adjust the seasoning with the salt and pepper.

3. Stir in the butter to finish.

Oven Roasted Matignon Vegetables

6 oz	onion, medium diced
3 oz	carrots, medium diced
3 oz	celery medium diced
4 oz	mushrooms, sliced
2 T	butter
2 T	chives, chopped
TT	salt & black pepper
1 ea	slice of bacon, chopped

1. Render bacon
2. Add mirepoix, mushrooms, continue to cook until onions are translucent, and lightly season
3. Spread on the bottom of the roasting pan as a bed for the chicken breast
4. After roasting, but before service, add chopped chives and adjust seasoning if needed

Roasted Garlic Mashed Potatoes

1 lb	potatoes, russet
3 cloves	garlic, roasted & mashed
4 oz	butter
3 oz	heavy cream
TT	salt & white pepper

1. Peel and dice potatoes then simmer in salted water until soft
2. Strain and add butter, whip potatoes until smooth, transfer to heated bowl; adjust consistency with heated cream
3. Add roasted garlic in small amounts, adjust seasoning

Seasoned Haricot Verts

25 ea	haricot verts, cleaned and trimmed
2 T	oil/butter mix
TT	salt and pepper

1. Trim haricot verts
2. Par-cook in simmering salted water until about halfway done remove, and shock
3. Heat oil/butter and sauté the haricot verts until al dente
4. Season with salt and pepper

Nutrition

Culinary Fundamentals pg. 23

If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health

Hippocrates
Greek physician and Father of Medicine
460-377 BC

Nutrition Pre-Test

1. Name the six basic nutrients.

2. What nutrient is the body's preferred source of fuel (energy)?

3. Name one healthy fat.

4. Name one unhealthy fat.

5. Name two sources of fiber.

6. In the preparation and storage of food, what are two environmental factors that cause nutrient degradation?

7. Name three healthy cooking techniques.

8. Name two health conditions associated with an unhealthy diet.

9. If your customer has high cholesterol, list some foods you would recommend they consume in order to improve it.

10. If your customer has high blood pressure, list foods you would recommend they consume in order to improve it.

11. List three food sources of cholesterol?

12. You are preparing a basic recipe of banana bread. How can you reduce the fat in the recipe?

13. In the same recipe, how can you increase the fiber content?

14. The food label on your bottle of soy sauce states that it contains 920mg of sodium in one tablespoon. It is recommended to consume no more than 1500mg of sodium per day. If you add two tablespoons of soy sauce to your fried rice, what percentage of your daily limit for sodium is this providing?

15. It is recommended to get at least 20g of fiber per day. If you consume 5g at breakfast, 7g at lunch and 5g at dinner, what percentage is this of your daily requirement?

16. The nutrition facts label of your frozen turkey dinner meal states that it contains 1430mg sodium. It is recommended to consume no more than 1500mg sodium per day; 1 tsp salt contains 2300mg sodium. If you add one fourth teaspoon salt to your frozen dinner, what percentage of your daily limit for sodium is this meal providing?

17. Your fast food lunch consists of the following components and cholesterol content: double bacon cheeseburger (130mg), large fries (4mg), and medium vanilla shake (30mg). It is recommended to consume no more than 300mg of cholesterol per day. What percentage of your daily limit is this lunch meal?

Nutritional Benefits of Nutrition Recipes

Team A Menu

Grilled Swordfish with Horseradish Apple Sauce
Lentil Ragout
Sautéed Broccoli Florets
Oatmeal Pear Cookies

Swordfish: Low-calorie, lean protein that contains omega-3 fatty acids. Good source of vitamin D, niacin, selenium. This fish is not recommended for pregnant women as it contains mercury; the benefits of swordfish consumption outweigh the risks for the general population.

Lentils: High in fiber (manages blood sugar & reduces cholesterol), good source of B vitamins, minerals (Magnesium, iron), and is a lean protein.

Apple: Good source of fiber, vitamin C, and antioxidants.

Garlic: Good source of the antioxidants Vitamin B6 & Vitamin C that offer cardio-protective properties and antibacterial properties.

Yogurt: Good source of probiotics (good bacteria), calcium, protein, potassium.

Broccoli: Good source of fiber, antioxidants, Vitamins A, C, & K.

Pears: Good source of fiber, Vitamins A & C, potassium, copper.

Oats: Good source of fiber, antioxidants, vitamins such as thiamin, folic acid, and minerals such as zinc, selenium, copper.

Grilled Swordfish

1 T	lime juice
2 tsp	shallots, minced
2 ea	garlic cloves, minced
½ tsp	chervil, chopped
4 Ea	swordfish, cut to 3.5 oz portions

1. Combine all ingredients and spread on swordfish, refrigerate for 30 minutes

2. Grill swordfish until thoroughly cooked

Horseradish and Apple Cream Dressing

2 oz	ricotta cheese, part skim
5 oz	yogurt, non-fat, drained
1 oz	red wine vinegar
1 oz	granny smith apple, grated
2 tsp	horseradish, well drained
1 tsp	lemon juice
TT	black pepper

1. Puree ricotta until smooth; add vinegar, yogurt process until fully incorporated

2. Fold in apple and horseradish, add lemon juice and stir to combine

3. Serve 2-3 ounces per serving

Broccoli Florets

3 C	broccoli small florets, trimmed
4 C	water / with a pinch of salt
TT	salt, white pepper

1. Bring salted water to a boil, reduce to a simmer, add broccoli

2. Cook broccoli for 3-5 min. or until al dente

3. Drain, season, and serve 3/ 4 cup per serving

Lentil Ragout

1 ea	bacon slice, diced
1 oz	onion, small dice
1 oz	leek, quartered and thinly sliced crosswise
1 oz	carrot, small dice
1 oz	celery, small dice
1 T	garlic clove, minced
1 T	tomato paste
1 ½ C	chicken stock
2 oz	lentils, green
1 ea	sachet d'epices
1 T	Riesling wine
2 tsp	sherry vinegar
TT	Salt
TT	white pepper

1. Render the bacon fat in a soup med sauce pan. Sweat the onions, leeks, carrots, celery and garlic until the onions are translucent. Add tomato paste and sauté for 2-3 minutes

2. Add the stock to the tomato mixture along with the lentils, and the sachet, simmer until the lentils are tender, about 30 minutes

3. Remove the sachet, and then add the wine, vinegar, salt, and pepper, 1/2 cup per serving

Oatmeal Pear Cookies

5 oz	light brown sugar, packed
4 oz	honey
1 T	butter, unsalted, softened
1 oz	egg whites (about 1 large egg white)
1 T	evaporated skim milk
1 tsp	vanilla extract
5 oz	oats, quick cooking
4 oz	flour, all purpose
4 oz	pear puree
3.5 oz	pears, dried, diced
	vegetable spray

1. Cream together the sugar, honey, and butter
2. Beat eggs, milk, and vanilla. Combine to sugar mixture
3. Fold in the oats and flour. Stir in pear puree and dried pears
4. Place 1oz of dough on lightly oiled sheet pan. Bake at 350 for about 10 minutes
5. Place three cookies on plate for service

Nutritional Benefits of Practical Recipes
Team B Menu

Roasted Tenderloin of Pork with Honey Mustard Sauce
Haricot Verts with Toasted Walnuts
Quinoa Pilaf with Red and Yellow Peppers
Rice Pudding and Berry Coulis

Tenderloin: Lean protein

Quinoa: Complete protein, good source of fiber, B vitamins, minerals (magnesium, potassium, calcium, zinc) Quinoa is considered to be one of the healthiest grains

Black Pepper: Source of minerals and antioxidants; thought to have anti-inflammatory properties

Garlic: Good source of the antioxidants Vitamin B6 & Vitamin C that offer cardio-protective properties; thought to have antibacterial properties; medicinal uses

Thyme: Good source of Vitamin K, source of iron, manganese, photochemical/flavonoid; thought to have anti-microbial properties

Red & Yellow Peppers: Good source of the phytochemical carotinoid (antioxidant properties), Vitamins A, C, B6, and fiber. Red peppers contain higher amounts of Vitamin A & C than yellow peppers. Red & yellow peppers contain much more Vitamin C than green peppers

Berries: Good sources of Vitamin C, potassium, high in fiber, phytochemical/flavonoid (antioxidant properties)

Cinnamon: Source of vitamins & minerals, and antioxidants; thought to stabilize blood sugars and have anti-inflammatory properties; medicinal uses

Nutmeg: Source of vitamins & minerals, and antioxidants, photochemical/flavonoids; thought to improve digestion and circulation; medicinal uses

Vanilla: Source of phytochemicals; thought to have anti-inflammatory properties and to reduce insomnia

Roasted Tenderloin of Pork with Honey Mustard Sauce

1 ea	pork tenderloin
1 ea	garlic clove, minced
2 tsp	shallot, minced
2 T	mustard, whole grain
½ oz	tomato paste
2 tsp	thyme, chopped
1 tsp	black peppercorns, crushed
8 oz	demi glace
1 ¼ oz	red wine vinegar
1 oz	Honey

1. Dry sear the pork loin in a large sauté pan until browned on all sides. Remove pork loin and place on wire rack and roast at 325 degrees until loin reaches an internal temperature of 145 degrees. Meanwhile, deglaze the sauté pan with the stock and reduce until about 1 tablespoon remains. Add the garlic and shallots. Sweat until aromatic

2. Add the mustard, tomato paste, thyme, and pepper. Sauté until the tomato paste is browned. Stir in the demi glace, vinegar, honey, and salt. Simmer until the mixture is reduced to a sauce consistency, about 10 minutes, strain and hold

3. Once the pork is done, remove from oven and let rest for 5-10 minutes, covered in foil, then cut into 2.5 ounce portions

Haricot Verts with Toasted Walnuts

60 ea	haricot verts, trimmed
1 tsp	olive oil
2 tsp	shallots, small diced
1 ea	garlic clove, minced
¼ oz	walnuts, toasted
TT	salt and Pepper

1. Cook haricot verts in simmering water until tender, shock, drain, hold till service
2. Heat oil, add garlic and shallots, walnuts then haricot verts, and cook till heated through
3. Drain off excess oil and serve 15 per plate

Quinoa Pilaf with Red and Yellow Peppers

1 T	shallots, minced
1 T	garlic, minced
10 oz	simple stock
6 oz	quinoa, well rinsed
¼ tsp	Salt
TT	white pepper
1 ea	bay leaf, small
1 ea	thyme, fresh sprig
7 oz	red and yellow peppers, roasted

1. Sweat shallots and garlic in 2 oz of stock until shallots are translucent
2. Add quinoa, remaining stock, salt, pepper, bay leaf, and thyme, bring to a boil
3. Cover place in oven until tender and absorbed the liquid, about 15 minutes
4. Remove bay leaf and thyme. Fluff quinoa, fold in peppers ; 3/4 cup serving

Rice Pudding

4 oz	rice, parboiled
8 oz	water
2 oz	golden raisins
2 oz	sugar
1 tsp	lemon juice
TT	nutmeg
TT	cinnamon
TT	salt
2 oz	ricotta cheese, pureed
1 oz	yogurt, nonfat
1/2 oz	milk, skim
1 tsp	vanilla

1. Combine first eight ingredients in a saucepan. Cover and simmer until rice is tender and has absorbed the liquid. Line a sheet pan with plastic wrap and spread rice over to cool
2. Transfer the cool rice to a mixing bowl and fold in the remaining ingredients. Portion into serving dishes and refrigerate until needed. Plate ¼ cup per serving.

Berry Coulis

4 oz	sugar
1/2 oz	lemon juice
16 oz	fresh berries ,save some for garnish

1. Combine all ingredients and simmer for ten minutes.
2. Strain through sieve and adjust sugar and lemon juice as needed

Nutritional Benefits of Practical Recipes
Team C Menu

Grilled Yellow Tuna with Citrus Salad
Wild Rice Succotash
Apple Strudel

Yellow fin Tuna: Lean protein, good source of thiamin, selenium, Vitamin B6. Believed to be near target population levels and is harvested at a sustainable rate

Black Pepper: Source of minerals and antioxidants; thought to have anti-inflammatory properties

Jalapeno: Good source of Vitamin A, antioxidants, and the flavonoid capsaicin (provides the "heat") thought to improve digestion and when used as a cream, thought to reduce pain

Citrus fruits: Good source of fiber & Vitamin C, contains Vitamin E and some B Vitamins, Minerals (phosphorus, magnesium, copper), and photochemical (including lycopene)

Onion: Good source of fiber, Vitamin C, folic acid, phytochemicals and the flavonoid quercetin; thought to have anti-bacterial properties

Tomato: Excellent source of Vitamins C & A, good source of several B Vitamins, potassium, and photochemical (including lycopene)

Mushroom: Excellent source of selenium, good source of potassium, copper, several B Vitamins, and phytochemicals

Tarragon: Good source of Vitamins C, A, & several B, several minerals, and phytochemicals; thought to stimulate the appetite, improve circulation, and decrease toothaches; medicinal uses

Apples: Good source of fiber, Vitamin C, potassium, phytochemicals, and the flavonoid quercetin; thought to help stabilize blood sugars

Cinnamon: Source of vitamins & minerals, and antioxidants; thought to stabilize blood sugar and have anti-inflammatory properties; medicinal uses

Nutmeg: Source of vitamins & minerals, and antioxidants, photochemical/flavonoid; thought to improve digestion and circulation; medicinal uses

Grilled Yellow Tuna with Citrus Salad

1 ea	Yellow fin tuna loin	
¼ tsp	Salt	
½ ea	zest of one lemon	
½ ea	zest of one lime	
1 tsp	Arrowroot	
2 ¼ oz	orange juice	combine for dressing
½ oz	jalapeno, roasted minced	
¼ tsp	Salt	
¼ tsp	black pepper	
2 T	peanut oil	
1 ea	grape fruit, cut into segments	
2 ea	orange, cut into segments, zest about 2T	
3 oz	fennel, sliced paper thin	
3 oz	red onion, sliced paper thin	

1. Clean tuna, sear for color ¼ all around then place on oven rack

2. Place zest in saucepan, cover with cold water, and bring to a boil. Drain and set aside

3. Combine arrowroot with enough stock to form slurry. Bring to simmer then add slurry. Stir until thick

4. Combine thickened stock with juice and oil to form vinaigrette

5. Combine citrus fruit, fennel and red onion. Dress with low-fat vinaigrette, season to taste

6. Finish tuna 400 for about 8-10 min, until medium rare, slice for 3.5 ounce per serving and 3/4cup of salad per serving

Wild Rice Succotash

2 T	olive oil
3 oz	corn
3 oz	mushrooms, chopped
6 oz	tomato concassé, small dice
2.5 oz	lima beans
2.5 oz	wild cooked rice
7 tsp	simple stock
½ ea	scallion, sliced thin
½ tsp	salt
2 tsp	tarragon, chopped
¼ tsp	black pepper

1. Heat oil; add corn and mushrooms, sauté until tender
2. Add tomatoes, lima beans, wild rice, stock, scallions and salt, stir in tarragon and pepper
3. Serve 3/4 cup per serving

Apple Strudel

2 lbs	granny smith apples, peeled, c cored, sliced
2 oz	brown sugar
1.5 oz	golden raisins, plumped in warm water
2 tsp	cinnamon, ground
¼ tsp	nutmeg, grated or ground
3 sheets	phyllo dough
1.5 T	butter, melted

1. Spread apples on parchment paper sheet pan. Bake at 350 until tender, 30- 45 minutes

2. Cool the combine with brown sugar, raisins, cinnamon and nutmeg in a mixing bowl

3. Lay down one sheet of phyllo and lightly brush with butter. Add second sheet on top, brush with butter; add third sheet and brush with butter. Mound filling down the long side of the phyllo dough. Roll the phyllo up of over the stuffing and continue to roll

4. Brush top and sides of strudel with remaining butter, score top with cuts for portion size About a 2 inch rectangle long piece per serving

5. Bake at 450 degree until golden brown, about 30 minutes. Slice two 2 inch while is still warm

Nutritional Hot Topics

Each team (A, B, C) need to prepare to give a 5-7 minute presentation on the assigned topic.

Work as a group, research and be creative on your presentation.

Presentations will take place during nutrition class and be a part of your overall grade

TEAM A Room 254
Phytochemicals and Antioxidants

TEAM A Room 255
Organic

TEAM B Room 254
Local produce, meat, wine, etc.

TEAM B Room 255
Sustainable seafood, agriculture

TEAM C Room 254
Food allergies like wheat, gluten

TEAM C Room 255
Healthy children's meals and culinary themes

Nutritional Review for Test

Six Basic Nutrients

1. Carbohydrates
    - Complex
    - Fiber
    - Simple
2. Protein
3. Fat
    - Saturated
    - Trans
    - Unsaturated
    - Monounsaturated
    - Polyunsaturated
    - Cholesterol
4. Vitamins
5. Minerals
6. Water

My Plate and the Five Food Groups

1. Grains
2. Fruits
3. Vegetables
4. Dairy
5. Protein

Dietary Guidelines for Americans

1. Weight maintenance
2. Foods to reduce
3. Foods to increase
4. Eating patterns & food safety

Conditions with Nutrition Implications

- Overweight/obesity
- Hypertension
- High Cholesterol
- Diabetes

Seven Principles of Healthy Cooking

- Enemies of nutrients
- Healthy cooking techniques
- Vegetarians
- Label reading
- Nutrient Claims
- Recipe Modifications
    - Fat
    - Fiber

Notes from Nutritional Class

Hors d’ oeuvres

Culinary Fundamentals pg.753

It be said that a good hors d’ oeuvres artist is a man to be prized in any kitchen for, although his duties do not by any means rank first in importance, they nevertheless demand of the chef the possession of such qualities as are rarely found united in one person: reliable and experienced taste, originality, keen artistic sense, and professional knowledge.

Auguste Escoffier
Le Guide Culinaire

Hors d' oeuvres

Culinary Fundamentals pg.753

Hors d'oeuvres are very small portions of food served outside the meal to whet the appetite. They are passed elegantly by waiters or displayed as artwork. Preparing hors d'oeuvres uses skills from almost every work station in the kitchen. Knowledge of food and how to pair different foods is a vital part of mastering hors d'oeuvres. **Hors d' oeuvre means "outside the work".** They are served separately from meal; they can be hot or cold. It can be suitable to eat with fingers or may require use of plates or forks. Hors d'oeuvres are meant to pique the taste buds and perk up appetite. It should be small enough to eat in one or two bites. It should be attractive should have pleasing; natural colors should have precise cuts, and follow the menu theme.

Types of hors d' oeuvres

Finger foods- are typical for outdoor occasions; neat self contained

Crudités-Raw veggies or fruits served with dip.

Canapés- Defined as small open faced sandwiches, includes base, a spread, a filling and a garnish

Raviers- French tradition that is usually served during luncheons with a selection of hot or cold items

Tapas-Spanish bars offer a selection of small dishes

Antipasto- Italian style of hors d' oeuvres that means before the pasta

Zakuski-boards of smoked fish, bilini, caviar and vodkas are from the Russians

Mezzos-are a wide array of foods from the Mediterranean

Antojitos-are Latin cuisines to include tamales, empanadas and salsa

There are only two limitations on the type of food and the manner of preparation that can be used for hors d'oeuvres: the chef's imagination and the foods at their disposal.

Guidelines for preparing hors d' oeuvres

Small, one to two bites
Flavorful and well seasoned, not overpowering
Visually attractive
Complement foods that follow, not duplicate their flavors

Hors d' oeuvres mise en place

Equipment gathered (sushi mats, tart pans, platters)
Ovens checked
Sanitation buckets prepped

Tenderloin canapé
- Gather all ingredients
- Cut bread bases
- Slice onion

Tomato Bruschetta
- Gather all ingredients
- Clean tomatoes
- Grate cheese
- Cut bread base

Crab Louis
- Gather ingredients
- **Prepare** phyllo cups

Gazpacho
- Gather ingredients

Salmon Cakes
- Gather ingredients
- **Bake** salmon

Sushi
- Gather all ingredients
- **Prepare** Rice

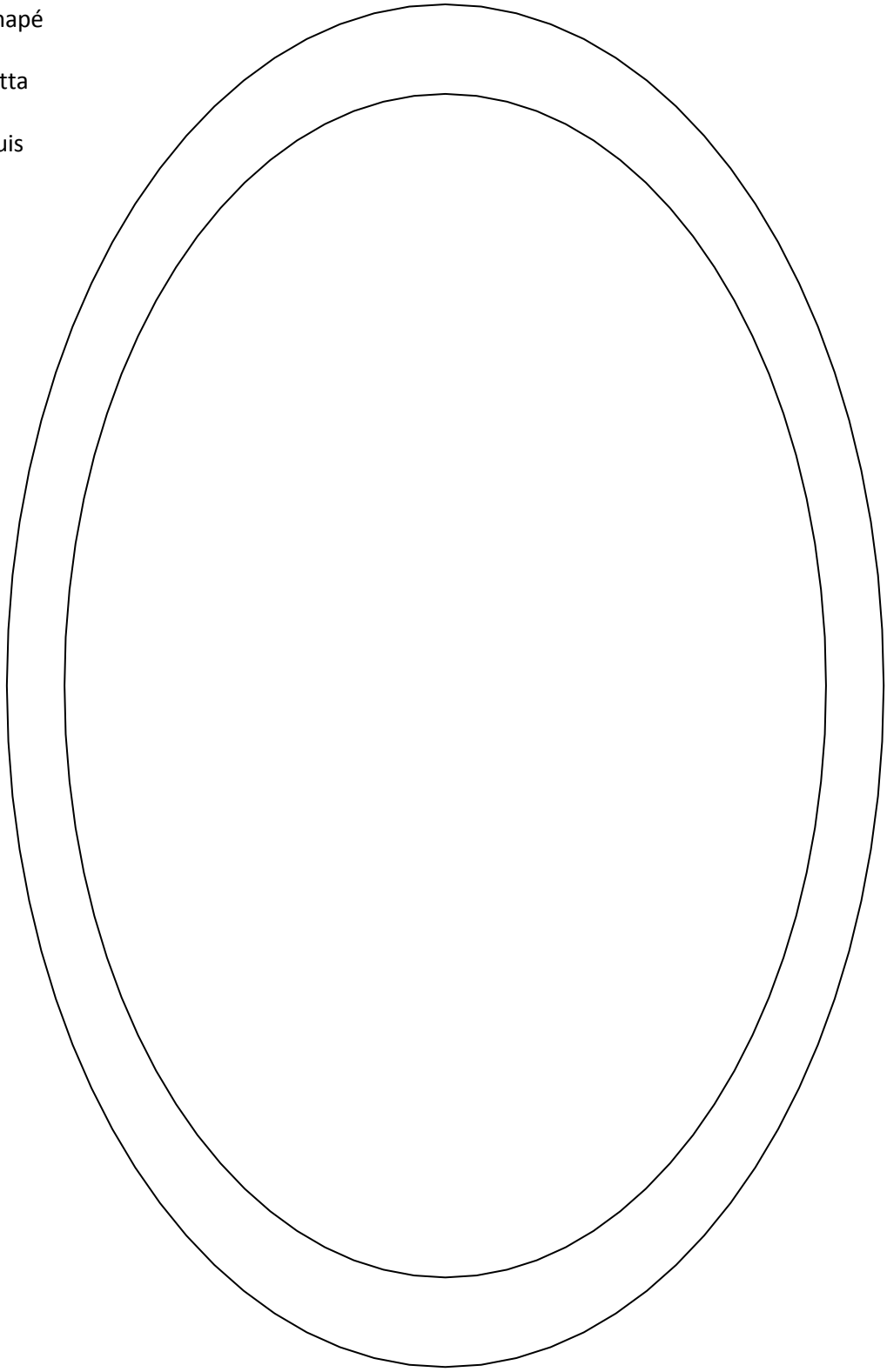
STUDENT ACTION PLAN

Platter One

Beef canapé

Bruschetta

Crab Louis

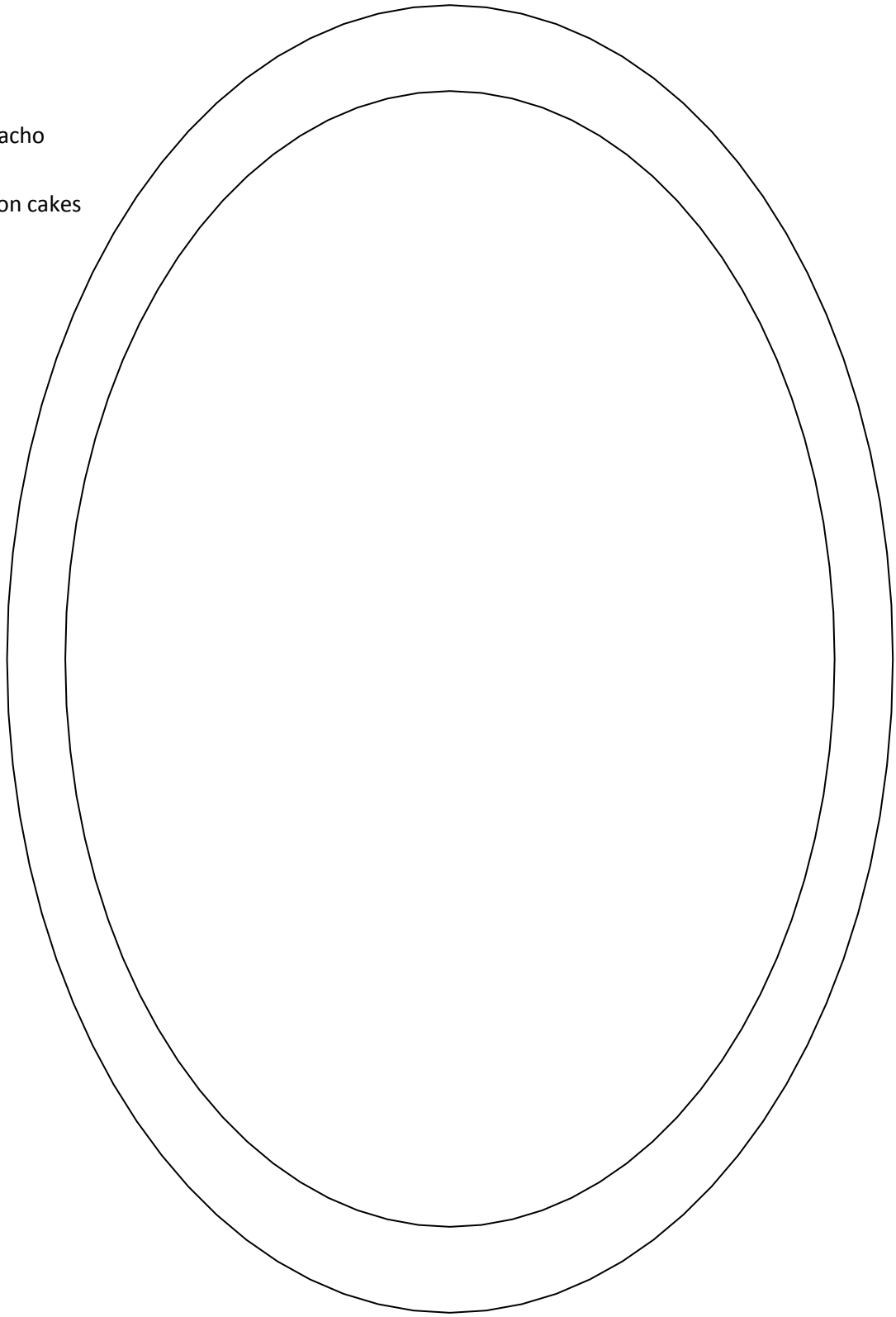


Platter Two

Sushi

Gazpacho

Salmon cakes



Tomato Bruschetta

6 ea	plum tomatoes
1 T	garlic, minced
1 T	shallots, minced
½ C	basil leaves, fresh
TT	salt and pepper
½ tsp	lemon juice
¼ C	olive oil
7 ea	round peasant bread, ¼ in slices
2 T	parmesan cheese, grated
As needed	melted butter

1. Concassé tomatoes into brunoise. Toss in garlic and shallots

2. Chop basil coarsely and add tomato mix, juice, oil, seasoning

3. Adjust seasoning as needed and set aside

4. Using baguettes slice ¼ inches thick

5. Brush toast with butter and toast until golden brown

6. Spoon on the tomato mixture and garnish with cheese

Petite Crab Louis

7 ea	3 phyllo sheets (2 x 2 square)
¼ C	lettuce, chiffonade
4 oz	crab meat , picked over
½ C	mayonnaise (DO NOT MIX INTO CRAB)
1 tsp	Catsup
	Mrs. Dash seasoning and melted butter
½ tsp	heavy cream
1 tsp	scallions, red and yellow pepper, brunoise
½ tsp	lemon juice
¼ tsp	Horseradish

1. Prepare 2 inch squares using three sheets of phyllo pastry
2. Layer each sheet while brushing with butter and seasoning
3. Cut into 2 x 2 squares. Lying squares opposite on top to form a star pattern
   Press into a petite muffin tin and bake at 350°F until lightly golden in color, cool
4. Chiffonade lettuce and brunoise peppers and slice scallions
5. Pick over fresh crabmeat and remove all shell matter
6. For the sauce combine catsup, cream, juice, horse radish and mayo in a bowl. Set aside to chill
7. Assembly-place a pinch of lettuce in the bottom of the pastry shell, top with crabmeat, then top with small dollop of dressing. Finish with garnish

Beef Tenderloin Canapé

8 oz	beef tenderloin
¼ ea	onion, thinly sliced
1 T	balsamic vinegar
4 oz	cream cheese, softened
2 T	Horseradish
2 tsp	tarragon, chopped
8 ea	bread base
TT	salt and white pepper
3 T	olive oil
3 T	blue cheese for garnish

1. Heat oil, season beef with salt and pepper, sear all sides for two minutes, cook at 350, until medium rare. (About 15-18 min)

2. For spread- place softened cream cheese in bowl, add horseradish, tarragon, season to taste

3. For garnish- in a small sauté pan, heat oil to caramelize onions, finish with vinegar

4. Assemble- place spread on base, arrange sliced beef atop, garnish with onions and blue cheese

Gazpacho

2 T	jalapenos, minced
¼ C	tomato concassé, brunoise
¼ C	green peppers, brunoise
3 T	green onions, diced
1 Ea	English cucumbers, peeled, seeded
¼ C	celery, small diced
3 T	basil, chopped
1 tsp	tarragon, chopped
1 tsp	olive oil
1 tsp	balsamic vinegar
1 tsp	Worcestershire sauce
TT	salt
TT	white pepper
TT	Tabasco sauce

1. Combine all ingredients
2. Chill in refrigerator till time for service.
3. Cut the English cucumber into one inch cup like vessels, that half cleaned out for gazpacho

Salmon Cakes

1C	Salmon flaked
1 T	olive oil
4 T	unsalted butter
¼ C	small-diced red onions
¼ C	small-diced celery
¼ C	small-diced red pepper
¼ C	minced parsley
¼ tsp	hot sauce
½ tsp	Worcestershire sauce
1 T	old bay
½ C	Panko flakes
¼ C	mayo
1 T	dijon mustard
2 ea	eggs/ beaten
1 T	lemon juice
TT	salt and pepper
	dill sprigs for garnish

1. Place the salmon on a sheet pan, skin side down. Brush with oil and season. Roast for 1 0 t o 1 5 minutes (350 degrees F), until cooked

2. Place 2 T of butter, 2 tsp olive oil, onion, celery, red pepper, parsley, hot sauce, Worcestershire sauce, old bay, salt, pepper, in a large sauce pan over med-low heat and cook until the vegetables are soft, cool

3. Flake the chilled salmon into a large bowl. Add the panko, mayo, mustard, and eggs. Add the vegetables and mix, cover and chill. Shape into small rounds in line with phyllo cup size

4. Heat the reaming butter and oil (2 Tbsp of each) in a large saucepan over med heat. In batches, add the salmon cakes and fry for 3-4 min on each side, or until browned. Garnish with remoulade sauce and dill

Remoulade Sauce

Culinary Fundamentals pg.714

½ C	mayonnaise
1 T	capers, chopped
2 tsp	chives, chopped
2 tsp	tarragon, chopped
1 tsp	mustard, dijon
TT	salt, pepper
TT	Worcestershire and tabasco

Combine all ingredients and mix well, adjust seasoning with salt and pepper, Worcestershire, and tabasco sauces garnish the salmon cakes and serve hot

Sushi (California Roll)

1 Sheet	Nori
12 oz	sushi rice (recipe follows)
10 ea	avocado, julienne
10 ea	cucumber, julienne
10 ea	red pepper, julienne
10 ea	carrots, julienne
TT	green onion
TT	rice vinegar

1. Place a bamboo mat on a cutting board and lay one sheet of nori on top. Evenly spread 4oz. of rice over the nori sheet, leaving a ½-inch band along one of the long sides of the nori sheet exposed

2. Place avocado, cucumber, red pepper, green onion, and carrots on rice across the long edge of nori. Roll up carefully, brush exposed strip of nori with rice vinegar and press to seal

3. Cut into 1 inch rounds , in line with phyllo cups size

Sushi Rice

1 C	sushi rice
1 ½ C	water
1 T	rice wine vinegar

1. Rinse rice with cold running water until water is clear. Cover rice with water and bring to a boil, lower heat. Cover and simmer for 10 minutes. Turn off and let the rice stand for 15 minutes

2. Put hot rice in large bowl and pour vinegar evenly over the rice mix wine into with quick cutting strokes using a spatula, and with other hand fan the sushi to cool it down. The rice should look shiny and be at room temperature when you are ready to use it

Midterm Review Notes

Plating and Design
- Focal point
- Sequencing
- S.C.H.I.F.T.
- Color wheel
- Asymmetrical
- Strong line
- Contrasting flavors

Classical Cuts
- Measurements
- Terminology

Knife Sharpening
- Parts of a knife
- Types of knives
- Techniques for sharpening knives

Meat Fabrication
- Purchasing
- Storing
- Terminology
- Categories
- USDA grades

Cooking Methods
- Dry Heat Techniques
- Moist Heat Techniques
- Terminology

Stocks and Sauces
- Types of Basic Roux
- A broken Hollandaise can be saved by
- Ratios
- Terminology
- Techniques
- Cooking times for stocks

Starches Origins
- Techniques
- Categories of potatoes
- Legumes

Soup and Salads
- Types of soups and salads
- Techniques
- Ratio

Dinner for two
- Terms
- Techniques

Dessert Sauces and Crunches

CF p.819/ATP pg. 94

Basic Sauces

Liaison (lie: to bind)

Slurry: Starch + liquid
Example: Raspberry sauce
Egg yolk
Examples: vanilla sauce, sabayon
Pectin: clear gel, gel powder + liquid

Reduction

Slow simmering of a liquid to concentrate solids and flavor by evaporating moisture, to get proper viscosity. (Also concentrates sweetening)
Example: Sweet wine or port reduction

Monter au beurre

Emulsion of a hot reduced liquid and butter; need to be served hot. (Makes it fluffier, same time richer, 20 to 25 % butter.)
Example: Raspberry Monter au beurre

Miscellaneous sauces

Caramel, Chocolate, Fruit Coulis

Note:
-All sauces should pair in flavor and texture with the different component of the dish.
-Some sauces will have to be served at room temperature or hot if butter has been used (a result of a deglazing, cold would taste fatty)

Vanilla Sauce

Culinary Fundamentals pg 865

1/2 pt	milk
1/2 pt	heavy cream
1 ea	vanilla bean, split
8 oz	sugar
14 ea	egg yolks

1. Heat milk, cream, vanilla bean and half the sugar in a saucepan until mixture reaches the boiling point

2. Combine egg yolks and the rest of the sugar and temper the mixture into the hot milk

3. Stirring constantly, heat slowly to 180*F

4. Remove the milk mixture immediately from the stove and strain through a sieve, directly into a container set in an ice bath

Chocolate Sauce

Culinary Fundamentals pg 870

1 qt	Heavy Cream
4 lb	Dark or bittersweet chocolate, finely chopped
Pinch	Salt (optional)

1. Place the cream in a saucepan and bring it to a boil over medium heat.
2. Place the chocolate in a bowl and pour the hot cream over the chocolate. Let the mixture rest for several minutes, and then stir until very smooth.

3. Add the salt as you stir the mixture if desired. The glaze or sauce is ready to use now or it may be chilled, covered, and refrigerated for up to 2 weeks. Warm the glaze or sauce over low heat to rewarm before using as a glaze or sauce.

Chocolate Soufflé

3T	butter
3T	flour
1C	milk
1/3C	sugar
6oz	semi-sweet chocolate
4ea	egg yolks
1tsp	vanilla
4ea	egg whites

1. Thoroughly butter and sugar ramekin dishes. Preheat oven to 400º F

2. Melt butter and add flour, cook over low heat, gradually add the milk, stirring constantly until the mixture is thickened and smooth

3. In a double boiler, melt the sugar and semi-sweet chocolate until the mixture is smooth

4. Add chocolate to *béchamel* an*d* blend thoroughly, add vanilla to yolks then stir into base

5. Whip egg whites until stiff peaks form, and then fold into base. Fill the ramekins according to size. Bake in 400º F oven for 15 to 18 minutes, or until done

Raspberry Coulis

4 oz	sugar
½ oz	lemon juice
16 oz	raspberries

1. Combine all ingredients and simmer for ten minutes

2. Strain through chinois and adjust sugar and lemon juice as needed

Pastry Cream for Soufflés

Culinary Fundamentals pg 866

21 fl oz	milk
6 ½ oz	sugar
4 oz	all purpose flour
2 ea	eggs
3 ea	egg yolks

1. Combine 6 fl oz of the milk with half the sugar in a saucepan and bring to a boil, stirring gently with a wooden spoon.
2. Meanwhile, combine the flour with the remainder sugar. Stirring with a wire whip, add the remaining 15 fl oz of milk. Add the eggs and egg yolks, stirring with a wire whip until mixture is completely smooth.
3. Temper with the egg mixture by adding about 1/3 of the hot milk, stirring constantly with a wire whip. Return the mixture to the remaining hot milk in a saucepan. Continue cooking, vigorously stirring with the whip, until the pastry cream comes to a boil and the whip leaves a trail in it.
4. Pour pastry cream onto a large shallow container or bowl. Cover with plastic wrap placed directly against the surface of the cream, cool over and ice bath.
5. Store the pastry cream, covered, under refrigeration.

Genoise Cake

Baking Fundamentals pg 318

3 lb	eggs
1 lb 14 oz	sugar
1 lb 6 oz	cake flour
8 oz	cornstarch
10 oz	melted butter

1. The cornstarch plus the flour equal 100 percent for formula balancing. The warm- foaming method is the recommended mixing procedure for this formula. Combine the eggs and sugar in a mixing bowl. Place over a double boiler lightly whip the eggs until the mixture reaches 110 degree F.

2. Whip the egg mixture at high speed. Once the eggs reach their full volume, continue whipping at high speed until they recede to drop in volume. Reduce the speed of mixer to low; whip for an additional 10 minutes.

3. Sift all of the dry ingredients two or three times to incorporate maximum air. Fold the sifted, dry ingredients into the egg mixture.

4. Melt the butter in a saucepan, and fold it into the mixture. Portion into cake pans. Bake at 375 to 390 degrees depending on pan size, for approximately 35 minutes.

5. Using your index finger, touch the cake lightly in the center. If the cake feels springy and indentation fills up when you remove your finger, the cake is done.

Vanilla Tuile Paste

4 oz	unsalted butter
4 oz	granulated sugar
4 oz	egg whites
1 tsp	Vanilla
4 oz	Flour

1. Melt butter and cool slightly
2. In a mixer, combine with sugar
3. Add egg whites, one at a time until incorporated
4. Add vanilla, then flour and mix until smooth
5. Refrigerate for ½ hour or until workable
6. Smooth a small portion of mixture out on the back of a sheet pan in a paper/plastic template
   Remove template
7. Bake at 375 degrees F until light, uniform color is achieved
8. Immediately remove and shape as desired

Brandy Snaps

3 oz	butter
3 oz	brown sugar
3 oz	golden corn syrup
3 oz	all purpose flour sifted
1 tsp	ginger powder

1. Heat butter, sugar and syrup in a saucepan. Melt butter half way, turn off heat and let residual heat melt it the rest of the way. Allow to cool slightly. Then add remainder of ingredients and allow mixture to go cold in refrigerator
2. Roll in small balls and flatten on the back of a sheet pan
3. Cook for 8-10 min. at 350 degree's till lightly browned.
4. Allow mixture to set a little until you can lift it slightly off the pan
5. Cut to form and mold to whatever shape desired

Classic Chocolate Truffles

½ C	heavy cream
2 T	unsalted butter
1 tsp	light corn syrup
8 oz	semi-sweet chocolate

1. Mix the cream, butter and corn syrup together in a saucepan. Place over medium heat and bring to a boil. Turn off heat
2. Add the chocolate, and gently swirl the pan. Do not stir. Allow to rest for 5 minutes
3. After 5 minutes, whisk slowly to combine
4. Transfer the mixture to a bowl and refrigerate for 45 minutes, stirring every 15 minutes

Three Course Practical

Salad

Sundried Tomato Crusted Salmon
Caper Dill Sauce
Over Dressed Mixed Greens

Entrée

Seared Fillet Mignon
Tourné Potatoes
Sautéed Asparagus and
Roasted Chippolini Onion atop
Mushroom Ragout

Dessert

Chocolate Soufflé
Raspberry Monte Beurre

Three course mise en place

Equipment gathered
Plates gathered
Ovens checked
Sanitation buckets prepped

First Course:

Salad course
- clean greens
- Make sauce

Sundried salmon
- Measure ingredients
- cut salmon
- make topping for salmon

Second Course:

Fillet Mignon
- Measure all ingredients

Ragout
- Cut the beef scraps
- Measure all ingredients

Chippolini onion
- Gather ingredients

Tourné Potato
- Peel/wash
- Tourné rutabaga

Asparagus
- Prep asparagus

Third Course:

Soufflé and sauce
- Prep ramekins
- Measure ingredients

Notes from Demo

Student timeline

START	

Timeline continue

Sundried Tomato Crusted Salmon on Mixed Greens with Caper Dill Sauce

2 oz mixed greens
½ tsp finely chopped kalamata olives
½ tsp finely chopped green olives
1 Tbsp oil packed sun-dried tomatoes
1 ea roasted garlic clove
4 Tbsp melted butter
½ tsp fresh parsley
½ tsp fresh thyme
2 Tbsp whole grain mustard
½ C panko
8 oz salmon fillets

Caper Dill Sauce:
1 Tbsp whole mayonnaise
1 Tbsp whole sour cream
1 tsp capers
1 Tbsp caper juice
¼ tsp fresh dill

1. Pre heat oven to 300 degrees F. Mix together the first 9 ingredients in order (Hold back 1 Tbsp. of whole grain mustard for later use) in a medium size bowl.

2. Butter a baking pan. Place the salmon fillets on the sheet. Spread the remaining mustard over the top of each fillet. Pack crust onto the top of the mustard coated salmon fillet.

3. Bake in oven until fish flakes lightly when touched. (approx 15-20 min)

For the caper dill sauce: Mix the 4 ingredients in a bowl, check the consistency and chill until ready to use.

Seared Fillet Mignon

4 ea	3 ounce fillet mignon
1 T	kosher salt
1 T	black pepper
2 T	olive oil

Preheat the oven to 350 degrees F

1. Heat oil in a large skillet, sear off roast until nicely browned on all sides
2. Put the meat in the oven and roast until the internal temperature of the meat registers 130-135 degrees F on an instant-read thermometer, about 40-50 min. Remove the beef to a carving board and let it rest for 10 minutes. Carry over heat will bring the internal temp to approx 140 degrees F (Medium rare)

Mushroom and Beef Ragout

4 oz	Beef
1 T	olive oil
1 oz	Leeks
2 oz	red wine
1 C	brown stock
2 oz	mushrooms, diced
TT	salt and pepper

1. Sauté beef add the leeks and cook until soft. Deglaze with red wine, add stock and mushrooms season to taste, and reduce heat to simmer till tender

Chippolini Onion

3 ea	chippolini onions
1 T	olive oil
1 T	white wine vinegar

1. Toss onions in olive oil and vinegar
2. Roast at 350 degrees until soft

Tourné Potatoes

8 ea	potatoes cut into tourné
2 T	butter
TT	salt/pepper

1. Blanch tourné in salted water until tender, then ice bath
2. Finish with butter in a skillet, season well.

Sautéed Asparagus

12 ea	asparagus, trimmed
3 T	butter
TT	salt/pepper

1. Blanch in salted water one minute then shock in ice bath, drain and dry
2. Finish with butter in a skillet, season to taste

Chocolate Soufflé

3T	butter
3T	flour
1C	milk
1/3C	sugar
6oz	semi-sweet chocolate
4ea	egg yolks
1tsp	vanilla
4ea	egg whites

4. Thoroughly butter and sugar ramekin dishes. Preheat oven to 400º F

5. Melt butter and add flour, cook over low heat, gradually add the milk, stirring constantly until the mixture is thickened and smooth

6. In a double boiler, melt the sugar and semi-sweet chocolate until the mixture is smooth

4. Add chocolate to *béchamel* an*d* blend thoroughly, add vanilla to yolks then stir into base

5. Whip egg whites until stiff peaks form, and then fold into base. Fill the ramekins according to size. Bake in 400º F oven for 15 to 18 minutes, or until done

Raspberry Monte Beurre

2 T	butter
4 oz	sugar (as needed)
½ oz	lemon juice
16 oz	Raspberries

Combine all ingredients and simmer for ten minutes. Strain through chinois and adjust sugar and lemon juice as needed. Melt in butter to finish the sauce

Food Presentations for Buffets

CF pg. 898/ ATP pg. 408

The excitement and beauty of a well designed buffet table depends on the arrangement of food on platters and serving dishes. One can sell any theme with creative menus, decorations, and artistic food presentations.

Food Presentation for Buffets

CF pg. 898/ ATP pg. 408

Personnel

Dining Room Staff (5 people)

1 Captain- supervise the wait staff and dining room area
2 Front waiters- butler the fresh food
1 Back waiter - police buffet area and clear
Action Station/live station (1 person)
Where food is prepared or carved to order in dining room
Great eyes on buffet needs
Allows dinners to ask questions about the buffet
Work with captain and back waiters

Kitchen Staff (7 people)

1 Executive Chef- progressive cooking, ck food temps
4 Sous chefs- maintain integrity of first to last plate
2 servers- replenish buffet items

Need to think about

Easy access to both the staff and guest
Variety of cooking techniques
Variety of ingredients
Seasonal food, color, texture, flavor
Choose items that hold well (chafing dishes)
Progressive cooking

Safety concerns for buffets

Proper temperatures
No new food to old food
Chafing dishes are not to heat food, just maintain heat
Careful when changing chafing dishes
Clean utensils/replace often
Ample amount of plates for guest

Introduction to Wine

"A meal without wine is a boring event"

Julia Childs

Introduction to Wine

Red Wine - color can be derived from a vast assortment of grape varietals ranging from grapes that are reddish, deep purple, and even a beautiful blue on the color scale. These grapes give rise to a wine that is color classified with such descriptors as garnet, almost black, dark red, light red, ruby red, opaque purple, deep violet, maroon and the list goes on. It is the grape skins that are responsible for the red wine's distinct color spectrum. The skins are in contact with the grape's juice during the fermentation process, allowing the dispersion of both color and tannins. The individual hue depends on the grape type used in the process and the length of time the skin's pigmentation is in contact with juice. Red Wines are classified by "body-type of light, medium and full bodied.

> **Light-bodied** wine will have fewer tannins present and less presence on the palate. These wines tend to be less demanding partners with flavor-filled foods.
>
> **Medium-bodied** red wine will contain more tannins than the above Beaujolais Nouveau, but will not have near the pucker power of a high-powered California Cabernet Sauvignon or an Italian Super Tuscan.
>
> **Full-bodied** red wines boast the highest tannin (and often alcohol) content. Prime examples of full-bodied reds are France's esteemed *Bordeaux* wines, California's key *Cabs* and Italy's sizzling *Super Tuscans*. In general, light-bodied wines tend to "feel" more like water in the mouth. In contrast, "full-bodied" wines feel heavier, more like milk, this effect is due in large part to the higher tannin (and again, alcohol) content.

White Wines- are not always white at all, but yellow, golden or straw-like in color. Its color can be derived from an assortment of grape varietals. White wines are made from the grape juice and grape skin of green, gold or yellowish colored grapes or from just the juice (not the skin) of select red grapes (as in some Champagnes). White Wines are often consumed with lighter meals, think lunch, smaller dinners, and appetizers or as an *aperitif* themselves. They are more refreshing, lighter in both style and taste than the majority of their red wine counterparts, making them ideal for spring and summer occasions. The old guideline of "white wine with white meat" still holds true in many instances, but there are plenty of exceptions and palate preferences that dictate which. White wines have a different glass style altogether from red wines. They are best presented in narrower glasses, as the sharper taper at the top of the glass allows for better aroma.

W**ine Tasting Steps**

Look- at the color and clarity. Tilt glass away and check out color of wine from rim edges to middle of glass (it's helpful to have a white background). What color is it? Red wine is the color maroon, purple, ruby, garnet, red, brick or even brownish. A white wine is it clear, pale yellow, straw-like, light green, golden, amber or brown in appearance. Move on to the wine's opacity. Is the wine watery or dark, translucent or opaque, dull or brilliant, cloudy or clear? Can you see sediment? Tilt the glass a bit, give it a little swirl - look again, is there sediment, bits of cork or any other floaters? An older red wine will be more translucent than younger red wines.

Smell- Our sense of smell is critical in properly analyzing a glass of wine. To get a good impression of the wine's aroma, gently swirl the glass (this helps vaporize some of the wine's alcohol and release more of its

natural aromas) and then take a quick whiff to gain a first impression. Still Smelling- now stick your nose down into the glass and take a deep inhale through your nose. What are your second impressions? Can oak, berry, flowers, vanilla or citrus be smelled? A wine's aroma is an excellent indicator of its quality and unique characteristics. Gently swirl the wine and let the aromas mix and mingle, and sniff again.

Taste-Finally, take a taste. Start with a small sip and let it roll around your tongue. There are three stages of taste- the attack phase, the evolution phase and the finish.

The Attack Phase is the initial impression that the wine makes on the palate. The Attack is comprised of four pieces of the wine puzzle: **alcohol content**, **tannin levels**, **acidity** and **residual sugar**. These four puzzle pieces display initial sensations on the palate. Ideally these components will be well-balanced one piece will not be more prominent than the others. These four pieces do not display a specific flavor. They come together to offer impressions in intensity and complexity, soft or firm, light or heavy, crisp or creamy, sweet or dry, but not necessarily true flavors like fruit or spice.

The Evolution Phase is next, also called the mid-palate or middle range phase; this is the wine's actual taste on the palate. Analyze the flavor profile of the wine. If it's a red wine you may start noting fruit – berry, plum, prune or fig; perhaps some spice – pepper, clove, cinnamon, or maybe a woody flavor like oak, cedar, or a detectable smokiness. In the Evolution Phase of a white wine you may taste apple, pear, tropical or citrus fruits, or the taste may be more floral in nature or consist of honey, butter, herbs or a bit of earthiness.

The Finish is appropriately labeled as the final phase. The wine's finish is how long the flavor impression lasts after it is swallowed. This is where the wine culminates, where the aftertaste comes into play. Did it last? several seconds? Was it light-bodied (like water) or full-bodied (like the consistency of milk)? Can you taste the remnant of the wine on the back of your mouth and throat? Do you want another sip or was the wine too bitter at the end? What was your last flavor impression – fruit, butter, oak? Does the taste persist or is it short-lived?

Serving Wine

In very general, red wines are served at cooler room temperatures and white wines are best served chilled. When wines are served too warm they tend to taste unbalanced with an alcohol edge. When wines are served to cold the innate flavors and aromas are significantly suppressed.

Optimal Wine Serving Temperatures:
White Wines: 45-50 °F or 7-10 °C
Red Wines: 60-65 °F or 10-18 °C
Rosé Wines: 45-55 °F or 7-13 °C
Sparkling Wines: 42-52 °F or 6-11 °C
Fortified Wines: 55-68 °F or 13-20 °C

As with any great change in social customs, there are fads that come and go, but proper etiquette will never go out of style

Service Etiquette
Oretha Swartz

Table Service

Basic Rules-There should be at least twenty four inches of table space for each guest, this is called *cover.* The table should be balanced to include center pieces and candles.

Napkin Size-	14” – 16”	square napkins are for informal events
	18” – 22”	square napkins are used for formal luncheons
	24”	square for a formal dinner and banquets

Napkin Placement -For formal settings napkins are placed on the left of the forks, one inch from the edge of the table, on line with the plate and silverware. Open edges may be placed towards the plate and table edge, or towards the left.

Table China- Plates to include charger should be placed 1” from the edge of the table

Main course or Dinner plate- 10”
Luncheon plate- 9”
Flat dessert or salad plate- 8”
Soup plate- 9“- 10”

Silverware Placement- in the order in which it is going to be used, starting from outside and working in towards the plate. Silverware must be placed 1” from the edge of the table. **Forks are placed to the left** of the plate and no more than **three** (If more are needed they should be brought in with the course). **Knives and spoons are to the right** of the plate, with the blade facing in .Spoons for tea and coffee are placed on the saucers, at the right of the handles, before service. Dessert silverware usually on the dessert plate

Table Decoration -The size of the centerpiece depends on the size and shape of the table, but it should not be so tall or large that guest cannot see over it.

Rules of Service -Serve food from left and remove from the right, beverage will be served from the right side. The charger is removed with the main course.

Coffee Service-Two servers work as a team, the first holding a small tray with a coffeepot, sugar and cream, and one cup. The second server follows with a large tray filled with cups and saucers. The first server asks each guest his preference for cream and sugar, then offers the cup on his tray.

Introduction to Ice Carving

Safety Requirements

Gear -

(a) Waterproof clothing- protection of moisture/cold weather
(b) Steel toe shoes-protect feet if equipment/ice fall
(c) Gloves-protection from cold weather/slipping of equipment on ice
(d) Safety glasses-protection from flying ice particles
(e) Ear plugs (inside/outside)-protection of noise damage
(f) NO Loose clothing it can getting caught in equipment

Environment-

(a) Proper drainage or equipment to clear standing water, prevent shock
(b) Spectators' should be at a safe distance away from actual block of ice protection from flying debris/ noise. No one should be behind the ice while it's being carved. If there is a door nearby, tape up a "warning: Ice Carving Class in Process" sign.

Equipment to be inspected-

(a) Power tools need surge protectors to ground equipment-prevent damage to tool.
(b) All Cords must be in good shape, no nicks, frays, or tape, this will protection against shock.
(c) Always use ice Tongs for movement of ice this will cause less strain on individuals. At the minimum two people per block of ice for movement should be used.
(d) Ice carts should be in good shape.
(e) All tools should be kept in one area for accountability and safety reasons.
(f) Ice Chisels should be sharp and in good shape, use caution at all times.
(g) Power tools need to be fully disengaged before passing it to another person or resting.

Ice Carving Steps

Prepare the template

Prepare the equipment handling the ice

(a) Ice block should be placed on a cardboard or Styrofoam on a height adjustable ice cart
(b) Ensure that the floor where the ice carving will be done has a drainage system
(c) Before carving the ice, the ice block must be *tempered*

T*emper* Ice- leave out of the freezer covered with a plastic bag for 30 to 40 minutes, and then uncovered for about an hour or until all the white disappears

Carving the Ice

(a) Remove large excess ice by sawing, cutting, chipping or chiseling; Do not get too close to the outline. Keep weight off fragile areas.
(b) Use flat chisels for inside, detail work such as shape the fins of an angelfish.
(c) Round Chisels to smooth edges like the ears of a horse.
(d) Use angle ("V") chisel for critical scoring such as feathering, fish scales, and fin definition.
(e) Ice knife for final shaping and removing "teardrops."

Scoring to enhance the sculpture

(a) Scoring is cutting groves (1/2” to 2” deep) into the ice. This technique adds beauty to base line, vases, numbers and baskets.

(b) Chain saw works best for deep, incisive scoring that is distinctive of Waterford crystals.

Finishing with Final Touches

(a) Smooth the outer edges, remove any “teardrops”, make critical definitions (eyebrows, whiskers), and make all the final touchups to finish the carving.

(b) To put broken pieces together, pack with ice shavings around the broken part like you would do with a snowman. After the ice freezes, shave off the excess shavings. A salt solution in a spray bottle is an effective mending technique, but must be used with caution since salt melts ice.

Storing and Displaying the Ice

(a) Place a large plastic bag over the carving to help protect it from extreme temperature change. Move the ice on a dolly or ice cart with cardboard underneath to facilitate moving it from one location to next.

(b) Make sure the ice carving fits the drip pan. The bottom edge of the sculpture can be decorated with ice cubes, flowers, fruits or anything appropriate to the event

Final Exam Review

includes material from entire course

Culinary Foundation-Chefs and their accomplishments

Plating and Design

Focal point/Sequencing

S.C.H.I.F.T.

Asymmetrical /Strong line

Contrasting flavors

Classical Cuts Measurements/Terminology

Knife Sharpening

Parts of knife/Types of knives

Techniques for sharpening knives

Meat Fabrication Purchasing /Storing/ Terminology

Categories USDA grades

Cooking Methods

Dry Heat Techniques/ Moist Heat Techniques

Terminology

Stocks and Sauces

Types of Basic Roux

A broken Hollandaise can be saved by

Ratios /Terminology/ Techniques

Cooking times for stocks

Starches

Origins

Techniques

Categories of potatoes

Types

Soup and Salads

Types of soups and salads

Techniques

Ratio

Dinner for two

Techniques/ Terminology

Hors d' oeuvre

Terminology/Components

Serving vessels

Dessert

Ratio/Techniques

Terminology

Three Course

Terminology/Techniques

Table Setting and Service

Serving and Clearing procedures

Table setting

Types of Service/Terminology

Wines

Types of wines/Terminology

Sanitation-HACCAP

Temperature Danger Zone

Food Contaminations/ cross contamination

Food thawing procedures

Types of Pathogens

Food cooling procedures

Exam Review Notes

End of Course Meal

Eight courses EACH COURSE SHOULD HAVE ALL COMPONENTS

Three hors d' oeuvres (ONE SHOULD BE VEGETABLE BASED)

Three truffles ("TO GO" item for guest, will need to include packaging)

Two beverages (one with hors d' oeuvres and one served with entire meal)

Menu due **Monday Week 3**

Recipes and Ration list due **Wednesday Week 3**

Typed Menu (first draft) due **Tuesday Week 3**

Typed Final Menu and Recipe packets due **Thursday Week 4**

Possible course selections

- Antipasto
- Appetizer
- Soup
- Salad
- Pasta
- Caviar
- Seafood
- Shellfish
- Fish
- Poultry
- Beef
- Game
- Entrée
- Cheese
- Dessert

1. Appetizer
2. Soup
3. Seafood
4. Salad
5. Game
6. Sorbet
7. Entrée
8. Dessert

1. Appetizer
2. Soup
3. Salad
4. Poultry
5. Sorbet
6. Entrée
7. Cheese
8. Dessert

End of Course Meal

Course One:
Components:
Stations Responsible:

Course Two:
Components:
Stations Responsible:

Course Three:
Components:
Stations Responsible:

Course Four:
Components:
Stations Responsible:

Course Five
Components:
Stations Responsible:

Course Six:
Components:
Stations Responsible:

Course Seven:
Components:
Stations Responsible:

Course Eight:
Components:
Stations Responsible:

End of Course Meal

Your Team will also need:

Ice carving, will have help once your theme and idea is expressed
Menu (template provided)
Menu packets for guest (example packets provided)
Decorations
Kitchen Strategic Plan-timeline of each course & component of each course (template provided)

Information to Remember as you work on your menu

No recipe from class will be allowed to be reproduced

Please feel free to take your experience and knowledge gained throughout this course and showcase your skills

Please work as a team and start today……
Decide on a theme
Pick the eight courses and start research

Don't forget what you have been learned…….
Quality is the STANDARD and we will work and rework and rework in order to achieve the best

All will be graded on your individual contributions and overall work ethic

Laboratory Clean Up, Inventory and Equipment

1. Work Stations
   - ☐ Remove all equipment from workstations
   - ☐ Clean and sanitize the workstations, top to bottom to include drawer and workstation legs
   - ☐ Clean and sanitize the stovetops, ovens, and drip pans
   - ☐ Sweep under the stations
   - ☐ Mop and sanitize under and around the workstation floor
   - ☐ Set up the workstation with clean and sanitized equipment according to the layout diagram
   - ☐ Conduct inventory of equipment. Identify missing items, turn-in , list to the class leader

2. Ration Storage Shelves-
   - ☐ Remove all rations from the shelves
   - ☐ Pull the shelves away from the wall
   - ☐ Wash, rinse, sanitize, and air dry the shelves
   - ☐ Wash, rinse, and sanitize the walls
   - ☐ Consolidate all ration items (sugar, flour, pasta, etc)
   - ☐ Wipe down all ration items
   - ☐ Restock the shelves, FIFO
   - ☐ Restock with at least two of each item

3. Refrigerators and Freezers-
   - ☐ Remove all rations from the refrigerators and freezer
   - ☐ Pull the refrigerators and freezers away from the wall
   - ☐ Wash, rinse, and sanitize interior of the refrigerators; pay special attention to the door gaskets.
   - ☐ Wash, rinse, and sanitize the exterior of the refrigerators.
   - ☐ Wipe out the interior of the freezer with a dry paper towel; to include the door gaskets.
   - ☐ Wash, rinse, and sanitize the exterior of the freezer
   - ☐ Wash, rinse, and sanitize the walls.
   - ☐ Restock the refrigerator and freezer, FIFO
   - ☐ Replace sheet pans with clean ones
   - ☐ Check dates on all items, FIFO method (Let instructors know before you throw out any item)
   - ☐ Spray and rub down the refrigerator and freezer exterior with the stainless steel cleaner

4 .Sanitation area
   - ☐ Clean and sanitize the mop and broom storage area
   - ☐ Clean and sanitize all sinks
   - ☐ Clean and sanitize grease trap (empty and scrape down sides of tank)
   - ☐ Remove all equipment from the pot and pan racks
   - ☐ Clean and sanitize the pot and pan racks
   - ☐ Properly store and stack the equipment on the pot and pan racks
   - ☐ Empty, clean and sanitize all trashcans. Reline them with new trash bags
   - ☐ Conduct an inventory on the cleaning supplies. Turn supply list in to the instructor

5. Instructors Workstation
   - ☐ Clean and sanitize instructor's workstation, shelves, and equipment
   - ☐ Clean and sanitize the stovetops, ovens, and drip pans
   - ☐ Change lining on equipment trays and utensil bucket
   - ☐ Clean mirrors with glass plus & back w/ stainless steel cleaner
   - ☐ Sweep under the station
   - ☐ Mop and sanitize under and around the workstation floor
   - ☐ Clean student seats and desktops
   - ☐ Clean and sanitize the trashcan. Reline it with a new trash bag
6. Produce Room
   - ☐ Remove all rations from the refrigerators and freezers
   - ☐ Pull the refrigerators and freezers away from the walls
   - ☐ Wash, rinse, and sanitizes the interior of the refrigerators; include door gaskets
   - ☐ Wash, rinse, and sanitizes the exterior of the refrigerator
   - ☐ Sweep out the interior of the freezer with a dry paper towel; include door gaskets
   - ☐ Wash, rinse, and sanitize the exterior of the freezer
   - ☐ Wash, rinse, and sanitize the walls
   - ☐ Check all item the refrigerator and freezer, FIFO
   - ☐ Replace sheet pans with clean ones
   - ☐ Spray and rub down the refrigerator and freezer exterior with the stainless steel cleaner
   - ☐ Clean, sanitize, and air-dry all stainless steel tables
   - ☐ Clean, sanitize, and organize the equipment/rations shelves
   - ☐ Organize behind blue curtain (supplies and table skirts)
   - ☐ Organize the ice carving cabinets
   - ☐ Clean and sanitize the mop and broom storage area
   - ☐ Clean and sanitize all sinks
   - ☐ Sweep, mop, and sanitize the floor
   - ☐ Empty, clean, and sanitize all trashcans. Reline them with new trash bags
   - ☐ Conduct an inventory on the cleaning supplies. Turn supply list in to class leader
7. Classroom and dining room
   - ☐ Organize the storage closets in the dining room
   - ☐ Re-arrange dining tables, student tables and chairs
   - ☐ Sweep and mop the floor
   - ☐ Vacuum the carpets
   - ☐ Empty, clean, and sanitize all trashcans. Reline it with a new trash bag
8. Liquor Inventory
   - ☐ Inventory liquor and organize the liquor. Inventory list should be given to an instructor.
   - ☐ All open bottles should be consolidated and store in the instructor refrigerator
9. Specialty Equipment Inventory
   - ☐ All specialty equipment such as terrine molds and tourné knives need to be inventoried and stored properly.

All areas will be inspected by the Class Leaders prior to the Instructors

Advanced Culinary Skills Training Course Critique

CLASS NO: _____DATE: _____
Please explain all answers, this is a tool for our staff to learn, grow and make the course better

1. Was the training environment conducive to learning?

2. How can the training course be improved?

3. Was the course challenging?

4. What was your favorite block of instruction?

5. What was your least favorite block of instruction?

6. Were all examinations and evaluations conducted in fair and unbiased manner?

7. Were you inspired by course and/or instructors?

Any Additional Suggestions-

CULINARY CODE

As a proud member of the American Culinary Federation, I pledge to share my professional knowledge and skill with all culinarians. I will place honor, fairness, cooperation and consideration first when dealing with my colleagues. I will keep all comments professional and respectful when dealing with my colleagues. I will protect all members from the use of unfair means, unnecessary risks and unethical behavior when used against them for another's personal gain. I will support the success, growth, and future of my colleagues and this great federation.

ACF MEMEBERS

“One can never know too much, the more one learns, the more one sees the need to learn more and that study as well as broadening the mind of the craftsman provides an easy way of perfecting yourself in the practice of your art.”

Auguste Escoffier