

FOOD PREPARATION 2



INTRODUCTION

- Knowing the basics of food preparation and cooking is fundamental to becoming a successful line cook
- **Topics in this section:**
 - Pasta
 - Rice and other grains
 - Potatoes

STARCHES

- Starches are a major item on menus. Understanding different varieties of pasta, rice, grains and potatoes and their use and preparation will allow you to meet the quality and presentation standards of the establishment.

PASTA

- Pasta is made from a mixture of flour, water and, in sometimes eggs. Restaurants today serve not only Italian pastas but also Asian varieties as well
- When working with pasta, a line cook must:
- Be able to prepare pasta as per recipe demand
- Be able to cook pasta
- Be able to identify the different pasta shapes, and sizes
- Be able to identify and prepare ingredients



PASTA - SHAPES

- Spaghetti: long, round noodles
- Linguine: long, thin, flattened noodles
- Lasagna: broad, flat noodles, often with rippled edges
- Fettuccine: flat noodles
- Penne: tube-shaped noodles cut on an angle; can be smooth or ridged
- Macaroni: hollow, round tubes
- Fusilli: long, corkscrew-shaped noodles
- Rigatoni: tube-shaped noodles, slightly larger than penne (sometimes curved)
- Stuffed: pasta with filling: includes ravioli, tortellini, manicotti, etc



RICE, GRAINS AND LEGUMES



TYPES OF RICE 1.1

- Arborio rice: is an Italian variety of short-grain rice, essential for making risotto
- Brown rice: is rice on which the bran layer is not removed, giving it a light brown colour. It is slightly coarse, with a crunchy texture and nutty flavor
- Brown rice takes twice as long to cook as white rice
- Long-grain rice: Long-grain rice stays separate and fluffy when cooked



TYPES OF RICE 1.2

- **Basmati rice:** is an extra-long-grain rice, used widely in India
- **Jasmine rice:** is a fragrant long-grain white rice that is native to Thailand
- **Converted rice:** is a par-boiled rice that is polished with its outer case removed. It's the most common rice used in restaurants
- **Short-grain rice:** Short-grain rice is small and round, and becomes sticky when cooked (sushi)

MORE GRAINS

- Couscous: is made by rolling durum wheat flour with salted water to create small kernels
- Quinoa: mild flavor, lightly crunchy, gluten-free and high in protein
- Wild rice: is from four different types of grasses, it looks long and slender, hard, and dark in colour, and is native to Canada and the United States

LEGUMES

- Legumes can be eaten on their own, pureed to make dips/spreads, used as a source of protein on salads, added to pasta, soups or sauces
- Legumes can be referred beans, peas and lentils
- **Beans:** include kidney, lima, mung, pinto and navy beans; soybeans can also be used to make tofu
- **Peas:** can be kept fresh, canned or frozen, yellow and green split peas, chickpeas are used to make hummus dip
- **Lentils:** popular in Indian and Middle Eastern cooking; include red, brown, continental and split



POTATOES

- The potato is one of the most important, and vastly used food that a line cook will work with. Potatoes are vegetables, but because of its high starch content it usually serves the same function on menus as grains and other starchy foods
- A line cook must be able to select the appropriate potato for a recipe, cook potatoes using various methods, identify the different class of potatoes that include; waxy, mealy, and all-purpose



CLASS OF POTATOES

- There are three basic class types of potatoes:
- **Waxy or new potatoes:** low starch; small, round, thin, smooth skin, red, white or yellow in colour; best for boiling, salads, and soups
- **Mealy or starchy potatoes:** high starch; long, normal shaped potatoes, slightly rough skin; best for traditional baking or French fries
- **All-purpose potatoes:** irregularly/odd shaped; best for pureeing or mashing

TYPES OF POTATOES

- **Russet potatoes:** medium to large, oblong; light to medium brown skin, white to pale yellow flesh, mild in flavor; best for baking, frying, mashing or roasting.
- **Red potatoes:** small to medium, round or slightly oblong, smooth, thin red skin, white flesh, waxy and smooth skin, and creamy in texture, sweet flavor; best for roasting, mashing, salads, soups and stews
- **Yukon gold:** medium and oblong, light yellow to golden brown skin, yellow flesh, waxy texture, sweet flavor; best for boiling, baking and frying
- **Fingerling potatoes:** 2-4 inches long, finger-shaped or oblong, red, orange, purple, yellow or white flesh, waxy, firm texture; best for pan-frying, roasting and salads

PREPARING POTATOES

- Before preparing the potatoes, line cooks must first choose a quality potato. To check for quality, you should look for a potato that has the following:
- Has a firm smooth texture, dry skin, shallow eyes, no sprouts and not green colour
- Potatoes will turn green when they're exposed to sunlight. This green colour shows the presence of solanine, toxic in large quantities

COOKING METHODS FOR POTATOES

- A line cook must be familiar with the most common ways to cook potatoes, which are:
- Baking
- Boiling or steaming
- Deep frying
- Pan frying
- Roasting

END

