

FOOD PREPARATION 1



BASICS FOOD PREP 1.1

- As a line cook, you will be working in many aspects of preparing full course meals. As your knowledge and experience increases, you may be given more difficult meals to prepare.
- It is important to be able to prepare foods as requested and to maintain consistency.
- Preparing food products means to:
 - Identify types of food to cook
 - Prepare items for cooking
 - Determine menu and recipe specifications
 - Assemble food items
 - Select appropriate methods of cooking

BASICS FOOD PREP 1.2

- **Line cooks must be able to:**
- Cook items to menu or guest specifications
- Test for doneness; ensure items are not overcooked or undercooked
- Finish items; drain, season, slice, carve, glaze
- Meet plate-to-menu specifications, such as adding garnish and fixings
- Maintain plating consistency and standards for presentation and quality
- Coordinate guest check items with other team members involved

STOCKS

- Kitchens depend on stock as the foundation and basic component soups and stocks.
- When working with stocks do the following:
 - Identify and prepare ingredients
 - Prepare stocks as per recipe and quantity
 - Identify key steps to making stock
 - Identify the four different types of stock which are; white, brown, fish and vegetable.

INGREDIENTS FOR STOCKS

- What is a Mirepoix ?
- Mirepoix: a mixture of sautéed chopped vegetables used in various sauces
- White stock: bones, mirepoix (celery, carrot, onion), and cold liquid.
- Brown stock: browned chicken, beef, lamb or veal bones, mirepoix, cold liquid.
- Fish stock: fish heads and bones, white mirepoix, bouquet garni (combination of fresh herbs tied together, used for flavouring), cold liquid.
- Vegetable stock: chopped vegetables – carrots, onion, celery, mushrooms, leeks; herbs and spices, cold liquid.

BASIC STOCK COOKING METHODS

- Prepare ingredients
- Put ingredients into a pot
- Add cold liquid
- Heat to simmer
- Skim as needed
- Strain carefully
- Cool rapidly, such as in a cold bath (large container or sink filled with ice and water to cool down soups, stocks safely)
- Label and date
- Store covered, off floor, and in refrigerator

SOUP KNOWLEDGE

- All soups are based on stock, regardless of the soup's final ingredients. The quality of the soup depends on the stock Ex: chicken, beef
- A line cook must be able to prepare various types of soups, and be able to cool them rapidly for storage, and maintain their core temperatures for service
- A line cook must know the different types of soup: thin, thick, puree, chowder, cream, specialty
- A line cook must be able to taste and season appropriately
- Thickeners are used to add body to the soup these include using a roux (flour, butter and thick almost paste like) slurry (flour and or water and butter, thinner) etc.

TYPES OF SOUPS

- Thin soups are clear in appearance and made with un-thickened broth or stock. Ex: broth/bouillon, consommé
- Thick soups are opaque. Usually thickened by using a roux, or slurry
- Bisque is a type of thick soup usually made from pureed shellfish, typically thickened with rice and finished with cream.
- Chowder is a thick soup made from fish and shellfish and/or vegetables, often thickened with a roux
- Cream soup is thickened with a white sauce, most notably bechamel (milk whipped into a roux).
- Puree is any food that has been mashed, pressed, blended or strained to the consistency of a thick liquid.

THE MOTHER SAUCES (BETHV)

- **Bechamel:** A white sauce, usually referred to as a cream sauce. Butter, flour, milk whisked together
- **Espagnole:** A brown sauce, butter and flower cooked till brown in color, tomato paste, browned vegetables, herbs, and beef stock
- **Tomato:** A red sauce made from pureed tomato's
- **Hollandaise:** A rich yellow buttery sauce made from egg yolks, lemon juice, oil, and butter
- **Veloute:** A white sauce similar to a bechamel except its made with chicken, veal, or fish stock. Instead of milk.

COMMON SAUCES

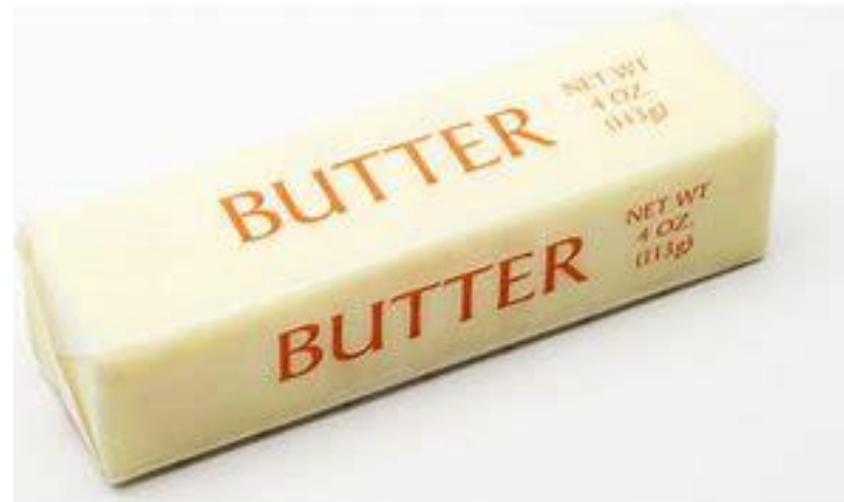
- Au jus is a light gravy made from the juices that comes off of cooked meat
- Pan gravy is very similar to au jus, but is thickened with flour. It is a little thicker than au jus.
- Demi-glace is a brown stock simmered and combined with espangole sauce in a half and half ratio.

THICKENERS

- Line cooks must also be familiar with thickeners:
- A roux is equal parts butter and flour. It's used to start sauces and soups, and should be cooked prior to adding the liquid
- A whitewash, or slurry, is equal parts water and flour, and should be added when the soup or sauce is almost done, the sauce or soup should be cooked longer once the slurry is added, as the flour still needs to cook

COMPOUND BUTTERS

- Compound butters are mixtures of butter and ingredients such as herbs, spices or aromatic liquids, used to enhance the flavour of various dishes. The butter is then rolled and put into the fridge until it is firm enough to be sliced, and can be melted on top of various dishes.



COMPOUND BUTTER FLAVOURS

- Beurre a la bourguignonne is made by whipping butter together with garlic so (garlic butter) It can be used to put on sea food, bread, and other dishes
- Maitre d'Hotel is a butter that is made by whipping butter together with chopped fresh parsley and lemon juice



CONVENIENCE FOODS

- A convenience food is a product that has been partially or completely premade or processed by someone outside of the kitchen
- Every kitchen uses convenience foods differently
- When handling convenience foods, a line cook should treat them as if they were fresh, raw foods and use proper cooking methods
- If the convenience foods are frozen line cooks should look over the products as soon as you receive them, and make sure that they have not thawed, and then store and defrost the foods properly

PRODUCE

- Good quality produce adds to the overall success quality of the meal
- Line cooks must be able to properly store the produce to ensure overall freshness, be able to select appropriate produce, identify the different types of vegetables, fruits and herbs, and must be able to peel, clean, trim and cut produce

PROCESSING FRESH VEGETABLES

- The three stages of processing vegetables:
- 1. Washing
- 2. Soaking
- 3. Peeling and Cutting

MAINTAINING TEXTURE

- Cooking affects the texture, flavor, colour and nutrients of vegetables.
- A vegetables shape and firmness are defined by its fibre. Exposure to heat breaks down these fibres and makes vegetables softer. The longer a vegetable is cooked, the softer it will become
- To regain a vegetables firmness; add acids or sugar to fruit or some vegetables
- To prevent overcooking; do not warm vegetables longer than necessary, or undercook vegetables, cool them rapidly and then refrigerate and reheat when needed.

MAINTAINING FLAVOUR

- To prevent the loss of flavour: cook vegetables until they're done, steam vegetables whenever appropriate; steaming takes less cooking time and maintains the flavour, use salted cooking water, add a small amount of oil to cooking water; oil will absorb some flavors and remain on the vegetables once they have been drained
- To prevent a fulfilling flavour for vegetables such as cabbage: use large amounts of cooking water, leave vegetables uncovered while cooking. Add a small amount of sugar to the water when cooking older vegetables, as they lose some of their natural sweet flavor

MAINTAINING NUTRIENTS

- Vegetables are nutritious foods; however their nutrients are easily lost through cooking and some are lost regardless of how you cook them
- To keep nutrient loss as low as possible:
- Do not cook vegetables for a long amount of time, or at too high of a temperature
- Cook most vegetables with only as much water as needed
- Never use baking soda with green vegetables

COOKING GUIDELINES

- To prevent the loss of nutrient, texture, flavour and colour when cooking vegetables, line cooks should follow the following:
- Do not overcook, cook as close to service time as possible, and if a vegetable must be cooked ahead of time, undercook it slightly, cool it rapidly, and reheat at service time, do not use baking soda with green vegetables, cut vegetables the same size for even cooking, add vegetables to salted boiling water
- Cook green and strong flavored vegetables in an uncovered pot, cook the green vegetables in just water, cook red and white vegetables in a slightly acidic liquid and do not mix batches of cooked vegetables.

SPICES, HERBS, SEASONING AND FLAVOURINGS 1.1

- Plain, unseasoned foods will taste bland and will have little to no flavour; most kitchens use spices, seasonings and flavouring to enhance the dishes taste and aromas.
- List of common spices
- <http://elearning.basecorp.com/Courses/SiteUploads/PDF/CTHRC-PCI-D004.pdf>

SPICES, HERBS, SEASONINGS AND FLAVOURINGS 1.2

- Seasonings enhance but does not significantly change the natural flavor of food. Salt and pepper are the most common seasonings
- Flavouring modifies the original taste of a food by adding a new flavor
- Herbs are the leaves of certain plants, while spices are the buds, fruits, flowers, bark, seeds and roots of plants and trees. When working with herbs and spices: it's a good idea to be familiar with each spice's flavor and effect on food, and store dried herbs and spices in a cool dry place(dry storage room or pantry) and in an opaque covered container

END

