



# Apply basic techniques of commercial cookery

D1.HCC.CL2.01

Trainee Manual





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**Trainee Manual**



**William  
Angliss  
Institute**

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for foods, tourism  
& hospitality

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# Introduction to trainee manual

## To the Trainee

Congratulations on joining this course. This Trainee Manual is one part of a 'toolbox' which is a resource provided to trainees, trainers and assessors to help you become competent in various areas of your work.

The 'toolbox' consists of three elements:

- A Trainee Manual for you to read and study at home or in class
- A Trainer Guide with Power Point slides to help your Trainer explain the content of the training material and provide class activities to help with practice
- An Assessment Manual which provides your Assessor with oral and written questions and other assessment tasks to establish whether or not you have achieved competency.

The first thing you may notice is that this training program and the information you find in the Trainee Manual seems different to the textbooks you have used previously. This is because the method of instruction and examination is different. The method used is called Competency based training (CBT) and Competency based assessment (CBA). CBT and CBA is the training and assessment system chosen by ASEAN (Association of South-East Asian Nations) to train people to work in the tourism and hospitality industry throughout all the ASEAN member states.

What is the CBT and CBA system and why has it been adopted by ASEAN?

CBT is a way of training that concentrates on what a worker can do or is required to do at work. The aim of the training is to enable trainees to perform tasks and duties at a standard expected by employers. CBT seeks to develop the skills, knowledge and attitudes (or recognise the ones the trainee already possesses) to achieve the required competency standard. ASEAN has adopted the CBT/CBA training system as it is able to produce the type of worker that industry is looking for and this therefore increases trainees' chances of obtaining employment.

CBA involves collecting evidence and making a judgement of the extent to which a worker can perform his/her duties at the required competency standard. Where a trainee can already demonstrate a degree of competency, either due to prior training or work experience, a process of 'Recognition of Prior Learning' (RPL) is available to trainees to recognise this. Please speak to your trainer about RPL if you think this applies to you.

What is a competency standard?

Competency standards are descriptions of the skills and knowledge required to perform a task or activity at the level of a required standard.

242 competency standards for the tourism and hospitality industries throughout the ASEAN region have been developed to cover all the knowledge, skills and attitudes required to work in the following occupational areas:

- Housekeeping
- Food Production
- Food and Beverage Service

- Front Office
- Travel Agencies
- Tour Operations.

All of these competency standards are available for you to look at. In fact you will find a summary of each one at the beginning of each Trainee Manual under the heading 'Unit Descriptor'. The unit descriptor describes the content of the unit you will be studying in the Trainee Manual and provides a table of contents which are divided up into 'Elements' and 'Performance Criteria'. An element is a description of one aspect of what has to be achieved in the workplace. The 'Performance Criteria' below each element details the level of performance that needs to be demonstrated to be declared competent.

There are other components of the competency standard:

- *Unit Title*: statement about what is to be done in the workplace
- *Unit Number*: unique number identifying the particular competency
- *Nominal hours*: number of classroom or practical hours usually needed to complete the competency. We call them 'nominal' hours because they can vary e.g. sometimes it will take an individual less time to complete a unit of competency because he/she has prior knowledge or work experience in that area.

The final heading you will see before you start reading the Trainee Manual is the 'Assessment Matrix'. Competency based assessment requires trainees to be assessed in at least 2 – 3 different ways, one of which must be practical. This section outlines three ways assessment can be carried out and includes work projects, written questions and oral questions. The matrix is designed to show you which performance criteria will be assessed and how they will be assessed. Your trainer and/or assessor may also use other assessment methods including 'Observation Checklist' and 'Third Party Statement'. An observation checklist is a way of recording how you perform at work and a third party statement is a statement by a supervisor or employer about the degree of competence they believe you have achieved. This can be based on observing your workplace performance, inspecting your work or gaining feedback from fellow workers.

Your trainer and/or assessor may use other methods to assess you such as:

- Journals
- Oral presentations
- Role plays
- Log books
- Group projects
- Practical demonstrations.

Remember your trainer is there to help you succeed and become competent. Please feel free to ask him or her for more explanation of what you have just read and of what is expected from you and best wishes for your future studies and future career in tourism and hospitality.



# Unit descriptor

## **Apply basic techniques of commercial cookery**

This unit deals with the skills and knowledge required to Apply basic techniques of commercial cookery in a range of settings within the hotel and travel industries workplace context.

### **Unit Code:**

D1.HCC.CL2.01

### **Nominal Hours:**

50

## **Element 1: Select and use equipment**

### **Performance Criteria**

- 1.1 Select appropriate cooking equipment to prepare standard recipes
- 1.2 Use equipment in a safe manner according to manufacturer's and enterprise procedures
- 1.3 Clean and store equipment as appropriate to enterprise procedures

## **Element 2: Apply wet methods of cookery**

### **Performance Criteria**

- 2.1 Select appropriate wet cooking method for preparation of the dish/s
- 2.2 Apply appropriate wet cooking method for preparation of the dish/s
- 2.3 Identify and solve problems in the application of the cooking method
- 2.4 Coordinate the production of menu items
- 2.5 Communicate with front of house staff on the production/service of menu items

## **Element 3: Apply dry methods of cookery**

### **Performance Criteria**

- 3.1 Select appropriate dry cooking method for preparation of the dish/s
- 3.2 Apply appropriate dry cooking method for preparation of the dish/s
- 3.3 Identify and solve problems in the application of the cooking method
- 3.4 Coordinate the production of menu items
- 3.5 Communicate with front of house staff on the production/service of menu items



# Assessment matrix

## Showing mapping of Performance Criteria against Work Projects, Written Questions and Oral Questions

The Assessment Matrix indicates three of the most common assessment activities your Assessor may use to assess your understanding of the content of this manual and your performance – Work Projects, Written Questions and Oral Questions. It also indicates where you can find the subject content related to these assessment activities in the Trainee Manual (i.e. under which element or performance criteria). As explained in the Introduction, however, the assessors are free to choose which assessment activities are most suitable to best capture evidence of competency as they deem appropriate for individual students.

		Work Projects	Written Questions	Oral Questions
<b>Element 1: Select and use equipment</b>				
1.1	Select appropriate cooking equipment to prepare standard recipes	1.1	1, 2, 3	1
1.2	Use equipment in a safe manner according to manufacturer's and enterprise procedures	1.2	4, 5	2
1.3	Clean and store equipment as appropriate to enterprise procedures	1.3	6, 7	3
<b>Element 2: Apply wet methods of cookery</b>				
2.1	Select appropriate wet cooking method for preparation of the dish/s	2.1	8, 9, 10	4
2.2	Apply appropriate wet cooking method for preparation of the dish/s	2.2	11, 12, 13	5
2.3	Identify and solve problems in the application of the cooking method	2.3	14, 15	6
2.4	Coordinate the production of menu items	2.4	16, 17	7
2.5	Communicate with front of house staff on the production/service of menu items	2.5	18, 19	8
<b>Element 3: Apply dry methods of cookery</b>				
3.1	Select appropriate dry cooking method for preparation of the dish/s	3.1	20, 21, 22	9
3.2	Apply appropriate dry cooking method for preparation of the dish/s	3.2	23, 24, 25, 26	10
3.3	Identify and solve problems in the application of the cooking method	3.3	27, 28	11

		Work Projects	Written Questions	Oral Questions
3.4	Coordinate the production of menu items	3.4	29, 30	12
3.5	Communicate with front of house staff on the production/service of menu items	3.5	31, 32	13

# Glossary

Term	Explanation
<b>À la carte</b>	A style of menu, meaning to choose 'from the card'
<b>Au Jus</b>	Is the natural drippings from roasted meats. It is normally then used to make a light gravy
<b>Bain-Marie</b>	A hot water bath. Also means a piece of equipment used to keep food hot
<b>Blanching</b>	Where food is plunged into boiling water/ hot fat very quickly
<b>Blind bake</b>	Pastry is lined in a tin and covered with weighted paper, it is then lightly cooked without colour prior to be filled and baked fully
<b>Bouquet garni</b>	An aromatic flavouring bundle usually consisting of thyme, bay leaf, parsley stalks celery and black peppercorns
<b>Brat pan</b>	A large free standing frying pan which can be tilted to remove contents. Also known as tilting pan
<b>Cartouche</b>	A covering used to prevent dishes forming a skin or losing moisture, usually made of greaseproof or silicon paper
<b>Chinois</b>	A conical shaped strainer
<b>Clarify</b>	To clear a cloudy liquid by removing sediments
<b>Combi-oven</b>	A cooking appliance that combines the functionality of a convection oven with other types of cooking such as steaming and microwave
<b>Deglaze</b>	It is a process of removing or releasing browned food residue or flavour from a pan using liquid
<b>Ingredients</b>	Raw food components that are used to create a dish
<b>Induction cook top</b>	Induction cook tops use an electromagnetic field to heat up a pan while leaving the cooking surface cool to the touch and without heating the air around the cook top. It's much safer and more energy efficient than either gas or electric cooking

Term	Explanation
<b>Material safety data sheets (MSDS)</b>	These supply in-depth information about chemical substances, including directions for use, safe storage recommendations and first aid procedures
<b>Mise-en-place</b>	A French term which is translated as "putting in place". Referring to preparation prior to service
<b>Nape</b>	To coat evenly with a sauce/ is the consistency of a sauce where it is just thick enough to coat food evenly
<b>Occupational health and safety</b>	Legislation focused on maintaining a safe environment for employers, employees and customers by preventing accidents, illnesses and injuries in the workplace
<b>Personal protective equipment</b>	Attire that is worn by employees to prevent accidents, illnesses or injury when cleaning premises and equipment. This normally is part of a standard chef's uniform however may be specific equipment of items used (such as protective glasses) for specific tasks or activities
<b>Refreshing</b>	To stop the cooking process by plunging into cold or iced water
<b>Simmering</b>	To maintain the temperature of a liquid just below boiling point
<b>Skimming</b>	To remove impurities from the surface of liquids such as stocks during and at the completion of cooking
<b>Strain</b>	To press the liquids or solids through a sieve. A term also used to describe the area where food is served. Also referred to as 'pass'
<b>Sweating</b>	To cook food without browning
<b>Tang</b>	That means the steel extends all the way into the handle. The section of steel inside the handle is called the <i>tang</i> , and if it goes all the way to the end of the handle, it's called a "full tang."
<b>Teflon</b>	A non-stick coating for pans and other cookware



# Element 1:

## Select and use equipment

### 1.1 Select appropriate cooking equipment to prepare standard recipes

#### Introduction

Commercial kitchen equipment is generally designed for specific uses. Knowing what to select for a task and how the equipment is used correctly is important. Being well informed as to which equipment to choose and how to use it will assist you to work efficiently as well as safely.

Good quality commercial kitchen equipment is frequently expensive. Keeping it well maintained maximises its life and ensures that equipment is readily available for use; this allows you to get the most value from the high cost. You need to learn how to use all equipment correctly, including how it is safely assembled, disassembled, cleaned and maintained.

Kitchen equipment is usually divided into large equipment which may be fitted or free standing and small equipment. Some businesses supply all tools and equipment however due to the cost of commercial knives often a cooks personal kit will include a range of knives and some speciality equipment as well.

#### Large equipment

Large equipment usually refers to the fitted items in the kitchen which are permanently connected to a power source either gas or electricity. However it also applies to large free standing equipment that is not easily moveable due to its weight and size. In some cases this might also include wood burning equipment. The most common large equipment found in commercial kitchens is:

Stoves	Ovens	Grills	Other
<ul style="list-style-type: none"> <li>• Electric</li> <li>• Gas</li> <li>• Induction</li> </ul>	<ul style="list-style-type: none"> <li>• Gas, electric</li> <li>• Convection</li> <li>• Combination</li> </ul>	<ul style="list-style-type: none"> <li>• Flattop</li> <li>• Char</li> <li>• Salamander</li> <li>• BBQ</li> </ul>	<ul style="list-style-type: none"> <li>• Deep fryers</li> <li>• Microwaves</li> </ul>

These large pieces of equipment use different methods of heating to cook foods which make a difference to which you would select for a specific task.

## Convection ovens

Convection is the transfer of heat from one place to another by the movement of fluids. Convection is usually the dominant form of heat transfer in liquids and gases/air.

Convection ovens can also be fan forced, using fans to circulate air around food. The fans allow more heat to be transferred via convective heat transfer. This means food is cooked more evenly, in less time and at a lower temperature than in a conventional oven thus also saving energy. Fan speeds that can be regulated are useful when cooking delicate items like soufflés and meringues.

## Combination ovens

A combination oven is often referred to as a combi-oven or combi-steamer as it combines the functionality of a convection oven together with a steaming chamber. It can produce dry heat, moist heat or a combination of the two at a range of temperatures. It can therefore be used to:

- Bake
- Roast
- Grill
- Steam
- Braise
- Poach.

Some combination ovens also include the following cooking functions:

- Microwave
- Core temperature probe.

Besides the versatility a Combi oven is a valuable addition to the commercial kitchen because it can shorten cooking times and provide a more delicate cooking medium compared to traditional cooking methods. The combination provided by being able to vary the amount of steam at stages throughout cooking means that products can be kept moist whilst also achieving crispy crusts. This is ideal for pastries and is also advantageous when roasting large cuts of meat.

## Induction tops

Induction cook tops use an electromagnetic field to heat up a pan while leaving the cooking surface cool to the touch and without heating the air around the cook top. It's much safer and more energy efficient than either gas or electric cooking.

Induction cookers are beneficial because they are:

- Faster than traditional energy sources
- More energy-efficient than traditional electric cooking surfaces
- Are very precise in temperature variations
- The possibility of burn injury is significantly less than with traditional methods because the surface of the cook top is heated only by contact with the cooking vessel.

## Microwave

Microwave ovens heat food by passing an electromagnetic wave through it. The heat results from the absorption of energy created by the movement of the water molecules in the food. Food is generally heated more quickly, evenly and efficiently than traditional methods except when food is thick and dense.

Other more specialist large equipment which you may find in the commercial kitchen includes:

- Steamers
- Pressure cookers
- Wok burners
- Soup/stock kettles
- Smokers
- Brat or tilt pan
- Stand mixers
- Slicers
- Miners
- Silent or bowl cutter.



## Small equipment

Small kitchen equipment may include:

Small electrical equipment	Measuring Equipment	Preparation equipment	Serving equipment
<ul style="list-style-type: none"> <li>• Mixers</li> <li>• Blender / vitamiser</li> <li>• Jug blender</li> <li>• Bar blender</li> <li>• Stab blender</li> <li>• Hand/stick blender</li> <li>• Liquidisers</li> <li>• Food processors</li> </ul>	<ul style="list-style-type: none"> <li>• Scales</li> <li>• Jugs</li> <li>• Cups</li> <li>• Spoons</li> <li>• Thermometer</li> <li>• Timers</li> </ul>	<ul style="list-style-type: none"> <li>• Bowls</li> <li>• Whisks</li> <li>• Pestle and Mortar</li> <li>• Rolling pin</li> <li>• Mallet or cutlet bat</li> <li>• Strainers, colanders and Chinois</li> <li>• Saucepans, pots and stockpots</li> <li>• Frying and sauté pans</li> <li>• Griddle pans</li> <li>• Woks</li> <li>• Food mills:               <ul style="list-style-type: none"> <li>▪ Mouli</li> <li>▪ Ricers</li> </ul> </li> <li>• Graters:               <ul style="list-style-type: none"> <li>▪ Mandolin</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Tongs</li> <li>• Spatulas</li> <li>• Whisks</li> <li>• Ladle</li> <li>• Spider</li> <li>• Parisienne scoop</li> </ul>

Small electrical equipment	Measuring Equipment	Preparation equipment	Serving equipment
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## Cutting equipment / tools

A cook's knife kit/set is a very important component of the equipment used in the commercial kitchen. Due to the cost of professional knives most knives are owned by individual cooks. This allows a cook to personally select the pieces of equipment for their own kits that they will use everyday based on preferences and budget.

Most good quality knives are made from either stainless steel or a high carbon steel based alloy with handles of easy to clean solid construction of wood or plastic. The blades, referred to as the tang that is one solid piece continuing through the handle, are often the strongest and best balanced. These types of handles are secured with rivets. Wood handled knives cannot be placed in the dishwasher as over time moisture cracks the handle, reducing its life and rendering the knife unhygienic. However, many cooks prefer the wooden handled knives because they feel more comfortable to use and do not slip in the hand.

A range of modern knives have moulded plastic or metal handles which are often lighter. Additionally, ceramic bladed knives are available. These are highly prized as their cutting edge remains sharp longer than metal forged knives; however, they are brittle and can break if dropped and are very expensive. It is worthwhile trying a few different types of knives to see which type suits you best before you invest in a full selection.

A cook's knife kit may include:

Common knives	Specialised knives	Other equipment
<ul style="list-style-type: none"> <li>• Paring</li> <li>• Boning</li> <li>• Filleting</li> <li>• General cooks</li> <li>• Peeler</li> </ul>	<ul style="list-style-type: none"> <li>• Turning</li> <li>• Carving</li> <li>• Carving knife and fork</li> <li>• Slicing</li> <li>• Serrated</li> <li>• Bread</li> <li>• Cleaver</li> <li>• Chinese chopper</li> <li>• Saw</li> <li>• Cheese</li> <li>• Mincing</li> <li>• Pastry</li> <li>• Decorating</li> <li>• Oyster</li> </ul>	<ul style="list-style-type: none"> <li>• Palette knife</li> <li>• Scrapers</li> <li>• Brushes</li> <li>• Fish tweezers and pliers</li> <li>• Cutlet bat</li> <li>• Poultry shears</li> <li>• Corer</li> <li>• Parisienne cutter or melon baller</li> <li>• Zester</li> <li>• Honing steel</li> <li>• Sharpening stone</li> </ul>

Maintenance of knives includes appropriate cleaning as well as regular sharpening to ensure that they are hygienic, safe and efficient.



You will find many of the knives that have been listed and some additional speciality items at web sites like this:

<http://www.chef.com.au/>

<http://www.wusthof.ca/desktopdefault.aspx/country-aus/wlang-2/>

## Standard recipes

As stated the equipment you select will need to be appropriate for the recipe you are preparing. Recipes used in commercial kitchens are referred to as standard recipes as they are created in a standardised format that assists efficiency in both food production and the maintenance of budget requirements. They also assist in ensuring that all meals prepared are consistent. Additionally standard recipes are an excellent training tool for new kitchen staff members. Providing standard recipes that meet the standards and requirements of the establishment is helpful when you consider how many different versions there are for preparing even traditional dishes.

A well constructed standard recipe will be in a standardised format and should include the following information:

- Basic information:
  - Name of dish
  - Ingredients used in the recipe
  - Quantities of ingredients
  - Method of preparation and cookery:
    - Including timing
- Additional industry requirements:
  - Name or description of the menu item
  - Section of the menu or kitchen the item/dish is prepared for
  - Portion size of the item
  - Yield – how much does the recipe make:
    - Usually in multiples of 10 except items such as cakes and tarts which will be 12, 16 etc
  - Equipment list (optional)

- Photograph or diagram of the finished dish:
  - This may include service or plating instructions
  - Can include specific service plate or platters to be used
- Recipe number - for referencing
- Costing Information:
  - Date the item is costed
  - Cost of the purchase unit
  - Measurement of the purchase unit:
    - Is the product purchased by the kilogram (kg), litre, punnet etc
  - Food cost of the recipe
  - Food cost of a portion of the item
  - The food cost percentage:
    - This is the percentage of the cost of the food in relation to the selling price for the dish.



Listing the specific equipment requirements on a standard recipe helps cooks to efficiently select the correct equipment that is needed. Equipment can be gathered quickly in readiness for mise-en-place. Listing required equipment on recipes can also be useful when food preparation is carried out off site at functions or events. Equipment needs can more easily be listed on a checklist for packing all requirements to take to a venue.

Using the correct equipment will help you to produce menu items which are consistent in quality. Consistency in food production aids in achieving customer satisfaction which is an underpinning aim of the hospitality industry.

## Environmental sustainability

As commercial kitchens use large amounts of energy to operate and maintain equipment it is worthwhile considering ways which may aid in conserving energy. Think about the impact you make on the environment during a day in the commercial kitchen.

Energy can be saved by:

- Preheating ovens, deep-fryers and other equipment when needed not just as a routine at the commencement of a shift:
  - Alternatively you may reduce the temperature when not being immediately in use to reduce energy whilst still having the equipment nearly ready for use
- Turning gas flames, oven and hot plates off when not being used
- Place lids on pots where appropriate to increase heating speed
- Use the right sized equipment so you are not wasting energy heating larger than required equipment
- Turn lights off when they are not required
- Keep refrigerator, cool-room and freezer doors closed
- Maintain seals on oven and refrigerator doors
- Check and maintain oven thermostats.





## 1.2 Use equipment in a safe manner according to manufacturer's and enterprise procedures

### Introduction

Commercial kitchens can be hazardous places to work if safe work practices are not maintained at all times. The risks of accidents and even death are diverse and relate to the potential dangers which are part of the everyday operations in kitchen. These include the use of gas, electricity and knives.

### Equipment safety

Consider the array of potential dangers that the following equipment may present:

- Electrical equipment
- Gas equipment
- Flames / fire
- Sharp knives
- Sharp blades.

Additionally the environment in which the equipment is used must also be considered. Kitchens are often small spaces where the nature of the work includes many people doing different tasks at the same time especially during service periods. Remember to practise safety in regards to the following:

- Slippery floors.
- Heavy lifting
- Extremes of heat, both hot and cold:
  - Hot foods especially liquids and oils
- Chemicals.

### Personal protective equipment (PPE)

Always use the provided personal protective equipment (PPE) such as gloves, face masks and goggles. It is important to make sure PPE is used correctly if it is to be effective. In many situations employers are required by safety laws to provide appropriate PPE and training on its correct use. Taking the time to be fully protecting in a potentially hazardous workplace can reduce the risk of suffering a debilitating injury. A well fitting cook's uniform is designed to protect cooks from the risks of burns and a hat reduces the risk of hair getting caught in machinery as well as falling into food.



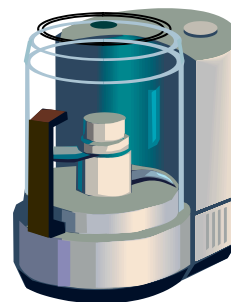
Always ensure you wear the correct protective clothing for the task you are completing these include:

Types of protective clothing	When to wear it	Comments
Uniform	At all times	A traditional cook's uniform has been designed specifically for the job you have to perform.  The uniform also represents the image of the company. Always wear it with pride and make sure it is clean and in good repair.
Apron	When handling food	Aprons provide an additional hygiene barrier between the food handler and the food.
Mesh gloves	Boning meats	Often used by butchers or when large amounts of butchery preparation is required.
Eye protection	Cleaning	Safety glasses with side shields are the minimum level of eye protection required when using hazardous chemical cleaning products.
Face mask	Cleaning	Masks provide protection against respiratory hazards when using chemical cleaning products.
Gloves	Gloves are used to: <ul style="list-style-type: none"> <li>• To protect food from cuts</li> <li>• Cleaning strong coloured foods, e.g. Squid ink or beetroot</li> <li>• Cleaning with chemicals</li> </ul>	Protective gloves come in many different types, they can protect against: <ul style="list-style-type: none"> <li>• Skin irritation</li> <li>• Bacteria</li> <li>• Chemicals</li> <li>• Heat</li> <li>• Cuts.</li> </ul>

## Electrical equipment

The combination of electrical equipment in tight working spaces, water and sharp blades increases the potential risk that applies to the use of electricity. Ensure that the following safety procedures are always used:

- Look after appliance cords:
  - Frayed and worn power cords should be repaired or discarded
- Avoid double adaptor and 'piggy-back' connections
- A licensed electrician should be used for all new maintenance and repair work
- Safety switches should be installed
- Electricity and water should not be mixed:
  - Check regularly for water leaks around fixed electrical equipment
  - Make sure your hands and towels are dry before touching electrical equipment
- Keep lighters, matches and other combustible items at a safe distance from electrical equipment
- Keep electrical equipment clean to reduce the build up of grease that can cause fires
- Never leave cooking unattended
- Unplug small electrical equipment such as blenders and food processors especially when they have sharp blades before dismantling and cleaning:
  - Never put your hand into electrical equipment that is plugged in.



## Gas equipment

As with electrical equipment gas equipment can be dangerous if not used correctly, most of the safety requirements for electrical equipment also apply to using gas fuelled equipment. Make sure that you are well acquainted with the safe use of gas appliances, including the following:

- Gas needs to be ignited as soon as the equipment is turned on:
  - Excessive build up of un-ignited gas can potentially cause an explosion
- Good ventilation is important when using gas equipment.



## Knives

Commercial knives are a potential danger especially if they are not handled or maintained correctly. The following safety procedures should always be kept in mind when working with knives in the kitchen environment:

- Knives should be stored carefully:
  - On a magnetic strip or in a knife block ready for use

- In individual pockets in knife kits and rolls
- Individual shields for the blades should be used if stored in a tool box
- Handle knives carefully:
  - Take care when cleaning, never leave in a sink
  - Make sure that knives are not concealed under food, equipment or cloths
  - Make sure knives are lying flat on boards and benches, not blade up:
    - A blade facing up is both more likely to cause an accident and can be harder to see
- Carry knives safely:
  - Pass knives by placing on the bench rather than handing to the person
  - In general hold the knife tip downwards and edge away from your body when carrying
  - Don't attempt to catch a falling knife!
- Keep knives sharp:
  - A blunt knife reduces the efficiency and quality of food production. A cook needs to use more force with a blunt knife thus increasing the risk of losing control
  - You need to learn how to keep your knives sharp, this involves two techniques, they are:
    - Honing with a steel
    - Sharpening with a stone
    - Each technique has a specific purpose, take the time to learn both well.



### Other equipment

There is a range of equipment which has specific safety requirements, these include:

- Steamers and Pressure Cookers:
  - Steaming can be done in a large specific purpose built steamer or on top of the stove using a water bath:
    - A large commercial steamer is a closed box or chamber, which is heated by filling it with steam. They can be freely vented which allows them to operate at about normal pressure (just above 100°C) or they may also be insulated and pressurised which means they can cook at higher temperatures
    - Stand-alone steamers used on a stove top can be simple steaming baskets of steel or bamboo or they may be pressurised pots
  - Safe use of all types of steamers and pressure cookers includes:
    - Taking care when handling all the utensils, steamer trays and steamer parts get extremely hot
    - Always using dry folded cloths to handle items
    - Keeping your sleeves down when handling items to protect your arms

- Making sure you and other kitchen members are safe when opening steamer doors. Stand beside the door using it as protection as you open it and wait for the heat and steam to clear before continuing
- The pot of boiling water used for stove top steamers must be checked and refilled regularly so it doesn't boil dry
- Always wipe out the steamer cabinet after use and clean up water spills immediately
- Reduce the pressure in a stove top pressure cooker by first removing it from the heat source and then undo the safety valve slowly - it can also be placed under cold running water to hasten the process - when no more steam escapes from the valve opening, the cooker is ready to be opened
- Safety valves must be checked regularly for blockages or corrosion
- Steamers must have a regular maintenance schedule



- Mandolins:

- Mandolins and other small hand-held slicers have extremely sharp blades which need to be handled with care:
  - Always use the safety guards provided

- Slicers:

- Electrical slicers have extremely sharp blades which need to be handled with care:
  - Always use the safety guards provided
  - Always turn the machine off and unplug it before touching the blade.



## Hot foods

- Moving and carrying large pots and trays of foods can be dangerous, always practise safe manual handling techniques. For example:
  - Use well folded dry clothes or mitts to pick up hot handles
  - Apply safe manual handling techniques:
    - Ask for assistance if carrying large heavy quantities
  - When straining and decanting hot stocks or boiled foods care needs to be taken especially when large quantities are involved:
    - Pour hot liquids away from the body
- Moving and carrying large flat trays of hot foods can also be dangerous as food can spill over the edges:
  - Apply safe manual handling techniques
- Oil and fat build up on a flattop grill can be dangerous:
  - Make sure it is regularly scraped.



## Hygiene procedures

Safe equipment handling includes food safety elements. This will be covered in more detail in the next section on equipment cleaning procedures.

### 1.3 Clean and store equipment as appropriate to enterprise procedures

#### Introduction

All food and surfaces have microorganisms present. Cleaning and sanitising of equipment and surfaces aims to prevent cross contamination from one surface to another and the build up of microorganisms to levels which can cause food poisoning. Any equipment or surface which comes into contact with food must be thoroughly and effectively cleaned.

All kitchen equipment should be clean and in a good state of repair. It is important to make sure that equipment is not chipped or cracked as this can impact on the user's physical safety and the hygiene safety of food prepared or served. Cleaning equipment correctly is vital to maintain food safety by limiting physical, chemical and bacterial contamination in the commercial kitchen.

#### Equipment cleaning

You need to know what the standard enterprise procedures are in regard to each type of equipment that you use. The frequency requirements of cleaning equipment varies and can be divided into general categories for tasks that need cleaning each time that they are used, on a daily or weekly basis and more general cleaning which can be scheduled periodically. A well organised system of cleaning is an integral feature of a well run kitchen. The following table lists some common examples of cleaning requirements:

After use	Daily	Weekly	Scheduled
<p>Most kitchen equipment needs to be cleaned immediately after it is used.</p> <p>This reduces the chances of food items being cross contaminated.</p>	<p>These are tasks that need to be done at least once daily or sometimes several times a day.</p> <p>These tasks are often allocated to the cooks and kitchen staff working in specific areas of the kitchen.</p>	<p>These are areas or items that need to be cleaned weekly.</p> <p>These tasks are often allocated in teams and will be rotated to evenly distribute the workload.</p>	<p>This includes the tasks that are done on a regular periodic basis such as deep cleaning.</p> <p>This cleaning will be planned and may involve using external contractors.</p>
<ul style="list-style-type: none"> <li>Knives</li> <li>Utensils</li> <li>Chopping boards</li> <li>Small mixing equipment</li> <li>Preparation surfaces</li> </ul>	<ul style="list-style-type: none"> <li>Stove tops</li> <li>Deep fryers</li> <li>Coolroom</li> <li>Garbage bins</li> </ul>	<ul style="list-style-type: none"> <li>Ovens</li> <li>Freezer</li> <li>Coolroom</li> </ul>	<ul style="list-style-type: none"> <li>Extraction fans above stove tops and deep-fryers</li> <li>Pilot lights on stove tops</li> <li>Freezer</li> </ul>



The frequency of cleaning will be determined by the amount of usage and the types of food which are prepared. Preparing foods which are potentially hazardous such as meats, poultry and fish require particular attention to minimise the risk of bacterial contamination however all equipment needs to be kept clean and hygienic. Some equipment such as large coolrooms may require a daily clean and a more thorough weekly clean. Cleaning schedules should be common practise, these list the following information:

- What is to be cleaned
- Why this is needed
- Who is responsible for carrying out the cleaning
- When the cleaning is to be done
- How the process should be done:
  - What equipment is to be used
  - What chemicals are to be used?



To make sure that all equipment is cleaned correctly it is useful to create a cleaning description sheet for each piece of equipment especially equipment which is complex or has special cleaning requirements.

#### Cleaning sheet – meat slicer

Step	Procedure	Standard
Collect rubber gloves	Place on hands	To protect your skin from chemicals and bacteria
Collect cleaning equipment	Take to the slicer	To save time if close at hand
Unplug the machine	Switch off power point and remove cable	To ensure safety
Set the blade to zero	Return the dial to zero	To ensure all surfaces are available for cleaning thoroughly
Remove excess food waste	Wipe all food surfaces with a damp cloth	To remove visible waste
Disassemble machine	Take off all the removable parts as instructed	Take care to put all components into a tray so they cannot be misplaced
Clean down all slicer surfaces	Use a hot soapy cloth	This is to be with hot water to which detergent has been added
Rinse the slicer using a clean cloth	Hot water	This will require at least two rinses
Sanitise slicer surfaces	Spray with leave on sanitiser	Hot water to a minimum of 77°C can also be used as a sanitiser

Step	Procedure	Standard
Dry	Allow to air dry if possible	Use clean paper towel to dry of air drying is not possible
Reassemble machine ready for use	Return all parts to the machine	All parts are to be securely reassembled and dial reset
Chemicals needed		Equipment needed
All purpose detergent Sanitiser		Clean dry cleaning cloth Paper towel
Special note		
Slicers are used for a broad range of products from vegetables to cheese, bread and meats. This means that cross contamination can occur if all parts are not washed efficiently between uses.		

When cleaning you need to use the correct cleaning products to ensure the process is effective. The following will assist you to select the most appropriate product:

Chemicals	Main uses	Comments
Abrasives	Clean by scratching.	<ul style="list-style-type: none"> <li>Are used for baked on products</li> <li>Use sparingly.</li> </ul>
Acids	Metal cleaners can be slightly acidic	<ul style="list-style-type: none"> <li>Can burn eyes and skin</li> <li>Use correct bottle with pouring cap</li> <li>Wear gloves</li> </ul>
Alkalis	Used as degreasers and oven cleaners Floor cleaners are slightly alkaline	<ul style="list-style-type: none"> <li>Can burn eyes and skin</li> <li>Wear protective clothing</li> </ul>
Disinfectants	Used to kill bacteria	<ul style="list-style-type: none"> <li>Should not be used in the kitchen proper</li> <li>Not an effective cleaner</li> </ul>
Detergents	Washing most kitchen equipment	<ul style="list-style-type: none"> <li>Use at correct dilution rates</li> <li>Are fairly neutral and easy to use</li> </ul>
Polishes	Silverware	<ul style="list-style-type: none"> <li>Apply as per manufacturer's instructions</li> </ul>
Sanitisers	Sanitising	<ul style="list-style-type: none"> <li>Cleaning including rinsing must be done first to remove grease which can deactivate sanitising agent</li> </ul>
Single purpose chemicals	Oven cleaners	<ul style="list-style-type: none"> <li>Use as directed</li> </ul>

Hazardous substances, including cleaning agents and pest control chemicals must be stored in an area (cupboard or separate room) dedicated to that use, and located away from food storage and preparation areas. Hazardous substances (including decanted hazardous substances) must be clearly and appropriately labelled. In most countries laws apply to how these products are to be handled and stored. Cleaning schedules and routines should be in place for all food preparation equipment and areas. Material safety data sheets (MSDS) will provide information on the correct use of chemical detergents and sanitisers.

## Cleaning and sanitising

Cleaning and sanitising is not the same thing:

- Cleaning means physically removing dirt, residues and food particles
- Sanitising means killing the microorganisms on the surface or piece of equipment.

It is not one or the other but both that ensures food preparation equipment is hygienic.

Wiping is not a substitute for cleaning or sanitising. It merely spreads the microorganisms across the surfaces.

The general rules which apply to cleaning and sanitising kitchen equipment are:

Equipment	Procedure
Large equipment	Hand wash in hot water and detergent. Sanitise
Small equipment	Wash in a commercial dishwasher if available
<p>The standard procedure for cleaning equipment is as follows:</p> <ul style="list-style-type: none"> <li>• Remove visible food residues by scraping or pre cleaning</li> <li>• Wash using detergent and hot water</li> <li>• Rinse</li> <li>• Sanitise: <ul style="list-style-type: none"> <li>▪ Using a leave on chemical sanitiser</li> <li>▪ Water which has been heated to above 77°C for at least 30 seconds</li> </ul> </li> <li>• Air dry.</li> </ul> <p>All of the steps above are necessary as cleaning and washing will remove the physical deposits of food allowing the sanitiser to effectively kill microorganisms or bacteria.</p>	

Some additional rules which need to be applied for special equipment include:

Equipment	Procedure
Knives	<ul style="list-style-type: none"> <li>Knives should be cleaned and dried immediately after they are used: <ul style="list-style-type: none"> <li>This protects them from damage from moisture and reduces the risk of bacterial contamination.</li> </ul> </li> </ul>
Wooden equipment	<ul style="list-style-type: none"> <li>Wooden items such as cutting boards are porous and can harbour bacteria if not handled correctly:</li> <li>This equipment can be salted to draw out excess moisture</li> <li>Most wooden equipment will need to be oiled, with food grade oil, after cleaning and sanitising to prevent it from drying out and cracking.</li> </ul>
Chopping boards	<ul style="list-style-type: none"> <li>Scrubbed clean with hot water, rinsed and stored upright to dry thoroughly</li> <li>Nylon boards should be routinely immersed in sanitiser after cleaning.</li> </ul>
Copper	<ul style="list-style-type: none"> <li>Can oxidise food so needs to be cleaned thoroughly before use.</li> </ul>
Aluminium	<ul style="list-style-type: none"> <li>Steel wool is not suitable as the fibres can remain embedded in the surface of cleaned equipment</li> <li>Don't use soda or acid based cleaners as they corrode the protective film applied to the surface of aluminium equipment.</li> </ul>
Piping bags	<ul style="list-style-type: none"> <li>Need to be thoroughly scrubbed, washed and rinsed, especially around the stitching.</li> </ul>

## Equipment storage

When storing kitchen equipment you need to consider convenience and ease of use together with hygiene and safety. It is recommended that utensils be stored under the bench in containers or drawers. Utensils that are stored on work surfaces or hung above benches can attract dust and grease, particularly if located near the exhaust fans or hoods above stove tops. Equipment stored in these areas can be a potential hazard to staff working in the area. Clean equipment needs to be stored appropriately so that:

- Contamination is minimised:
  - Stacking out of the way of falling food scraps
- It is easy and safe to access, especially during busy operations such as service periods
- Occupation, health and safety issues must be considered in relation to:
  - Weight, heavy items must be stacked low on shelves
  - Reaching over hot stoves and flames to get pans could potentially cause burns
  - Not stacked unevenly or too high which may cause equipment to fall
- It is not damaged or broken:
  - Stacking is appropriate for the weight bearing capacity of the items.



## Equipment Maintenance

A written maintenance schedule will assist the kitchen staff to regularly check the working order of the equipment that is being used. Following the manufacturer's instructions or the establishment's procedures will assist you to include tasks such as:

- Calibrate ovens
- Calibrate thermometers
- Sharpen meat slicers.

There are companies who specialise in maintaining the equipment of the hospitality industry. An example of the types of services that are provided can be found at this web site:

<http://www.cateringmaintenance.com.au/>



## Work Projects

It is a requirement of this Unit you complete Work Projects as advised by your Trainer. You must submit documentation, suitable evidence or other relevant proof of completion of the project to your Trainer by the agreed date.

1.1. List the main tools that you would select to efficiently carry out following tasks:

- Cutting mirepoix
- Spreading soft mixtures
- Boning a piece of meat
- Making 10 litres of stock
- Braising a casserole
- Poaching a whole fish
- Deep frying 2kg of potato chips.

1.2. Select a large piece of commercial kitchen equipment that you need to use for a food preparation task, for example a brat pan, pressure steamer, slicer, bowl cutter or large mixer:

- Identify and list the steps in assembling, using and dismantling the equipment safely
- Assemble the equipment, use the equipment to prepare a food item correctly and then disassemble ready for cleaning.

1.3. Select a large piece of commercial kitchen equipment for example a brat pan, pressure steamer, slicer, bowl cutter or large mixer:

- Identify and list the steps required to clean the equipment safely and hygienically
  - Carry out the cleaning process safely and hygienically.
-



## Summary

### Select and use equipment

Select appropriate cooking equipment to prepare standard recipes:

- Large equipment
- Small equipment
- Standard recipes
- Environmental sustainability.

Use equipment in a safe manner according to manufacturer's and enterprise procedures:

- Equipment safety
- Hygiene procedures.

Clean and store equipment as appropriate to enterprise procedures:

- Equipment cleaning
- Equipment storage
- Equipment maintenance.



## Element 2: Apply wet methods of cookery

### 2.1 Select appropriate wet cooking method for preparation of the dish/s

### 2.2 Apply appropriate wet cooking method for preparation of the dish/s

#### Introduction

The cooking of food dates back to the early development of human civilisation. Food is cooked to make it more pleasant to eat; this is referred to as palatability. The cooking process requires the application of heat which can change the structure and resulting texture, colour and smell of the food. Cooking food can also assist with keeping food safe by limiting the growth of harmful bacteria known as pathogens.

#### Heat transfer

All foods are made up of constantly moving molecules. When foods are heated the molecule motion is increased and the resulting friction creates heat transfer. Heat transfer occurs within foods, in the medium in which they are cooked and via the energy source used for cooking. There are three main types of heat transfer methods, they are:

#### Conduction

Conduction is the transfer of heat from one substance to another by direct contact.

- Metals are good conductors of heat:
  - For example, metal pots and pans
  - Cork, china (porcelain), wood, plastics do not conduct heat well therefore are used to keep items cool such as handles or trivets.

#### Convection

Convection is the transfer of heat between an object and its environment due to the movement of molecules within fluids:

- E.g. liquids and gases:
  - Water is a good conductor of heat:
    - Steam is the vaporous form of water so it heats even more effectively than water
  - Convection cannot take place in solids.



## Radiation

Radiation refers to energy that is radiated or transmitted in the form of rays or waves or particles.

This web site shows in simple terms how these types of heat are generated:

<http://www.wisc-online.com/Objects/ViewObject.aspx?ID=SCE304>

## Wet methods of cookery

The basic methods of cookery can be divided into two groupings, wet and dry methods of cookery. This element of the unit will explain the principles that apply to the wet methods of cookery. The wet methods of cookery require water or another liquid to be present and these acts as the conductor of heat.

The wet methods of cookery are:

- Boiling & simmering
- Poaching
- Steaming
- Braising
- Stewing.



## Boiling and simmering

Water is an excellent conductor of heat.

Boiling is a very effective method of cookery as liquid is an excellent conductor of heat, the process also assists in maintaining or adding moisture to foods. Boiling is ideal when foods require rapid movement to prevent them from sticking together such as farinaceous products and dense vegetables.

### Definition:

- Subjection of food to heat totally submerged in a liquid at 100°C
- Gentle boiling is referred to as simmering 95°C to 98°C.

### Principles:

- The item must be completely covered in liquid throughout the process
- Salted meat must be started in cold water to leech out excess salt
- Root vegetables must be started in cold water to allow for even cooking and in some cases leech out strong flavours
- Green vegetables must be started in boiling water to preserve green colour
- Green vegetables must be uncovered while cooking to retain colour
- Scum that rises must be removed by skimming
- Sauces and soups should be simmered, to prevent burning
- Stocks should be simmered to prevent them becoming cloudy
- Fish is unsuitable for boiling as it tends to break up.

With food totally covered by the liquid and the heat turned on high, bring the liquid up to 100°C and keep it there.

The water should be moving rapidly, and the bubbles break once they reach the surface.

SIMMERING is when the food you have brought to boil at a high heat has the temperature reduced and the water is moving gently for slower cooking (95°C to 98°C).

If the lid is left on, the amount of liquid evaporated is reduced, and the cooking time is shortened.

The exceptions to this are:

- Pasta can overcook and can stick together if not stirred
- Stock will go cloudy
- Green vegetables will lose colour.

There are three important things to keep in mind when boiling:

- Root vegetables are placed into cold water and then brought to the boil:
  - This removes the chemicals which can cause a bitter taste.
  - The vegetables will also cook more evenly
- Green and leafy vegetables are placed into boiling water:
  - This cooks them quickly and reduces the loss of colour and nutrition
- Pastas (and some boiled rice recipes) are placed into seasoned water that is already boiling:
  - This sets the starch and stops the food sticking together.

## Why do we boil food?

Food is boiled to tenderise and make it more palatable and digestible. Boiling also changes the muscular or fibre tissues and accentuates the flavour.

## How can we boil?

Foods can be boiled in a variety of liquids, these include:

- Water:
  - Water can be hot or cold:
    - This can make a marked difference to the flavour and texture of the finished products
    - Water enhanced with vegetables, herb, spices or other flavourings
- Milk
- Syrup.

## Foods suitable for boiling

- Pasta
- Rice (boiled rice recipes)
- Different grains
- Meat:
  - Such as corned silverside, offal, tough cuts of meat
- Poultry
- Eggs in the shell
- Root vegetables:
  - Such as carrots, parsnips
- Tubers:
  - Potatoes
- Green vegetables:
  - Such as beans, peas and broccoli
- Pulses or legumes
- Stocks, soups and some sauces.



Equipment used for boiling and simmering

Commercial pots range in size from 1 litre to over 100 litre capacity. Very large stockpots are often fitted with a tap on the bottom to assist the safe emptying of stock.

For products such as rice or pasta, a pot or other suitable container that is deep enough and can hold liquid at least twice the volume of food to be boiled.

Additionally equipment which can be used for boiling includes:

- Stockpots
- Spiders
- Ladles
- Chinois.



## Blanching

Blanching is the process of partly cooking food for later use by immersing in a hot liquid to:

- Remove the bitter taste from many vegetables
- Seal the product
- Partly cook food; speed up the cooking time
- Assist in removing the skin from some foods, i.e. tomatoes.

Blanching is often a preliminary process to other cooking principles such as sautéing, glazing braising or deep frying:

- Blanching can be done in either hot or cold water:
  - Cold water to open cells, remove blood, impurities and to leach out strong tastes and salt from salted meats

- Hot water to seal in flavours and juices, partly pre-cook foods and to assist in the removal of skins e.g. tomatoes and peaches
- Blanching can also be done in hot fat at 150°C to cook potato chips with minimum colour then they are coloured at a higher temperature of 190°C.

### Methods of blanching

Blanching is a process usually used during mise-en-place, it can be a cold water start or a boiling water start:

- Blanching in boiling water:
  - Seals in the flavour and juice of meat
  - Partially cooks vegetables to hasten the time needed to cook foods during service
  - To remove the skin of vegetables such as tomatoes
- Blanching in a cold water start:
  - Leaches out strong tastes in vegetables such as turnips
  - Reduces excess salt in cured meats such as pickled pork
  - Removes impurities such as blood in stock bones.



Some of the key points that need to be applied when preparing boiled, simmered or blanched foods are listed here:

Meats, poultry and fish	Vegetables	Farinaceous Foods	Stocks, soups and sauces
Some meats are blanched in boiling water to seal in juices. Flavouring such as bouquet garni, mirepoix and herbs and spices can be added to enhance flavour.	Root vegetables should be placed in cold water except when they are cut into small pieces. Green vegetables should be added to rapidly boiling water.	Water should be boiling before starchy foods are added. Foods should be regularly stirred to stop them from sticking together. Usually salt is added to the water to flavour foods.	Bones for stocks are sometimes blanched first to remove impurities - especially for clear stocks. Generally stocks should be started in cold water to extract impurities.
Fresh Meats, poultry and seafood	Root Vegetables	Pasta and Noodles	Stocks
Cured Meats	Tubers	Rice	Soups
Sausages	Green vegetables	Dumplings	Sauces

## Soaking

Most legumes (dried beans and peas) need to be soaked before cooking:

- So they slowly absorb the moisture and don't split during cooking
- To break down the oligosaccharides (the indigestible sugars that cause gas) which can cause intestinal discomfort
- When beans aren't soaked they take much longer to cook which can impact on their resulting nutritional value

## Skimming

- regularly skim the froth or foam which rises in boiling and simmering liquids such as stocks and sauces with a ladle

## Refreshing

Refreshing is when hot blanched food is plunged into cold water to stop the cooking process.

- Vegetables are often partially cooked during mise-en-place so they can be served quickly service periods
- Refreshing vegetables in chilled water halts the cooking process:
  - Refreshing prevents vegetables from continuing to cook from residual heat
  - Refreshing prevents vegetables from losing their vibrant colour.

## Poaching

Water is an excellent conductor of heat

### Definition:

Subjection of food to heat in a liquid held as close to boiling point as possible without movement of the liquid.  
Temperature for poaching is 93°C to 95°C.



### Principles:

- Item must be completely covered in the liquid
- Start process by bringing liquid to the boil, then reduce heat to poaching temperature before adding the food
- Whole large fish start in cold liquid to allow for even cooking
- Small fish and fish cuts start at poaching temperature
- For poaching eggs allow enough liquid for the egg to float freely
- Fruit is poached in stock syrup. It must be completely covered in liquid and covered.

## Why is food poached?

Fragile foods tend to fall apart when boiled. When poached, the food stays moist and tender. This is also seen as a nutritious way to cook (requiring no added fat), with food retaining natural flavour. Aromatics can also be added to the poaching liquid adding flavour to foods.



## Foods suitable poaching foods:

- Whole fish
- Lamb brains
- Fish fillets, fresh or smoked
- Fruit
- Beef fillet
- Eggs
- Seafood
- Chicken.



## Poaching techniques

Poaching is a gentler process of cooking than boiling and is more suitable for tender or delicate foods like fish, eggs and fruit.

It is important that foods which are to be poached need to be prepared in uniform size and added to the poaching liquid at times which ensure they are ready to be removed at the same time. This means that you will not be 'fishing' around in the liquid for items which could break delicate foods. Alternatively different ingredients may be poached in individual pots/pans.

Foods can be poached in a variety of liquids, all of which are aimed to enhance the flavour of the food not just provide a method of heat transfer. The following lists some typical poaching liquids and the foods that are commonly poached in them:

Poaching liquids	Foods
Court Bouillon: <ul style="list-style-type: none"> <li>• An aromatic cooking liquid of mirepoix and lemon or vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• Offal</li> <li>• Fish</li> <li>• Eggs</li> </ul>
Stock	<ul style="list-style-type: none"> <li>• Chicken cuts in chicken stock</li> <li>• Beef in beef stock</li> <li>• Fish in fish stock</li> </ul>
Stock syrup: <ul style="list-style-type: none"> <li>• A syrup of sugar and water:               <ul style="list-style-type: none"> <li>▪ Additional flavourings include spices and alcohol</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Fresh fruits</li> <li>• Dried fruits</li> </ul>
Wine: <ul style="list-style-type: none"> <li>• Red</li> <li>• White</li> <li>• Sweet</li> </ul>	<ul style="list-style-type: none"> <li>• Meats</li> <li>• Fruit</li> </ul>
Milk	<ul style="list-style-type: none"> <li>• Offal</li> <li>• Meringue quenelles</li> </ul>

When poaching food you may need to consider the following techniques:

**Submerging:**

- Poached foods need to be kept submerged so they don't discolour or dry out on top:
- A cartouche is ideal for this purpose

**Draining:**

- it important that poached foods are well drained before plating and saucing so that excess liquid is removed:
- Draining racks or absorbent paper can be used
- If items are delicate take care that foods do not stick to the rack or paper



**Reducing poaching liquids:**

- Poaching liquids can be reduced to make excellent sauces as they contain the flavours and some nutrients of the foods cooked in them.

**Poaching liquids**

- Water
- Sugar syrup
- Milk
- Court bouillon
- Stock.



The time needed will be determined by the structure of the food.

**Equipment used for poaching**

A shallow pan, pot or container filled to the required level with water raised to 60°C to 85°C.

A special fish poacher is available which is long enough to contain a whole fish. It features a wire rack with handles that is used to lift the fish out and avoid breaking it up.

Additionally equipment used for poaching includes:

- Sauteuse
- Spiders
- Slotted spoons
- Cranked / angled spatula.

## Steaming

Water is an excellent conductor of heat.

### Definition:

Subjection of food to heat in the form of steam in enclosed or confined space.

Pressure varies according to the type of equipment used:

- Atmospheric steaming – 103°C
- Pressure steaming – 121°C.

### Principles:

- Steaming is a quick method of cooking
- Atmospheric steaming is suitable for tender items of food
- Pressure steaming is suitable for tough cuts of food
- The steamer must be tightly closed or lidded
- Puddings in basins must be covered with greaseproof paper to prevent condensation falling into the pudding and making them soggy
- The steamer must be hot before placing food in so the food begins to cook immediately and timing is more accurate.



Advantages to steaming are:

- No loss of nutritional value
- No addition of fat.

### Why do we steam food?

- Steaming is a very quick method of cookery, approximately twice as quick as boiling
- A major benefit of steaming is that it retains the colour, flavour and nutritional value of food
- As a fat free method of cookery, it is also healthier
- Steaming (not unlike boiling) will not greatly enhance the flavour of a dish
- Care must be taken to ensure that a suitable flavour accompanies the steamed dish, unless it is specifically intended to be served without garnish relishes or sauce
- It should be noted that steaming green vegetables in non-atmospheric steamers will make them go brown
- The solution is to blanch them in boiling water first and steam them when required.

## Suitable foods for steaming

- Fish, whole or fillets
- Shellfish
- Chickens, whole or pieces
- Rice
- Puddings
- Dumplings
- Vegetables.



## Steaming techniques

Steaming is a very efficient method of cookery which can allow for large perforated trays of food to be cooked simultaneously. It is often considered to be a highly nutritious method of cookery as food is cooked quickly and nutrients are not lost in the cooking medium. Additionally if fat or oil is added it is usually only a small amount drizzled lightly over the finished item.

Steaming is not commonly used for cooking meats but in large bulk food production it may be used in conjunction with other methods of cookery. For example meat may be pressure steamed then finished as a braise.

Poultry and seafood are appropriate items to steam as are vegetables and dried fruits that are not likely to lose their colour. Steaming puddings is another traditional use of this method of cookery.

To achieve good quality products you may need to take account of the following processes in combination with steaming:

### Moulding

- Steamed items such as puddings and vegetable timbales are placed into individually portioned moulds for ease of service and presentation:
  - Moulds need to be lightly greased with butter or oil so food can easily be removed after cooking
  - Moulds will need to be sealed to prevent water vapour from making the products soggy during the cooking process

### Wrapped Foods

- Foods that are wrapped can be baked or steamed however it is the moisture from within the food that creates steam to effectually cook the items therefore this method works best with moist foods like fish:
  - En Papillote is a French method of wrapping foods in parchment paper
  - Leaves and bark can also be used.

It is very important to be very careful when steaming as the temperature of steam is higher than that of boiling water. Steam can cause painful burns. Additionally there are dangers associated with operating cooking equipment that is under pressure so be sure to follow instructions consistently.

## Steaming equipment

Types of steamers include:

Atmospheric:

- The steam operates at, or just slightly above, atmospheric pressure, Temperature approximately 103°C
- e.g. steaming bamboo baskets over the top of a pan of water or double saucepan.

Pressure steaming:

- The steam is contained at 35 – 50 kPa. Temperature approximately 121°C
- The pressure must be released before opening the door. This style of steamer is usually found in larger commercial environments.

High pressure steaming:

- The steam is contained at about 100 kPa. Before opening the steamer, pressure is released through a pressure valve. This type of steamer cooks food quickly and is suitable for high volume establishments
- Note: kPa is the amount of kilos of pressure of steam in an area of one square metre measured in a sealed unit.

Today commercial kitchens are increasingly turning to combi-ovens. These ovens offer a variety of uses and can steam as well as bake, roast, or combine steam and baking. This development in oven technology means that one piece of equipment can do several activities. Combi-ovens can provide both atmospheric and pressure steaming.

While microwaves can be used to steam food, they are not as quick as combi-oven steamers and cannot cope with volume steaming.

Additionally equipment used for steaming includes:

- Bamboo steamer
- Saucepans with steamer inserts and lids
- Perforated trays.

## Stewing

### Definition:

Stewing is the subjection of food to the action of heat in a minimum amount of simmering liquid or sauce.

### Principles

- The food item must be covered with liquid
- Foods to be simmered slowly to tenderise the meat and concentrate the flavours
- Suitable for tough items of food
- Item and cooking liquid are served together
- Meat for stews can be either seared in hot fat first (e.g. ragout) or left natural (e.g. Irish stew).

The searing or colouring of meats in hot fat that are to be stewed or braised is to flavour the dish not to seal in the moisture. The searing of the meat refers to the Maillard reaction that happens when meat is coloured at high heat during the cooking process.

### Suitable foods for stewing

Foods suitable for stewing are usually those that are tough in nature, particularly the cheaper cuts of meat:

- Some fish and shellfish
- Fruit vegetables such as eggplants, zucchini, tomatoes, capsicum
- Fruits, often in syrup.

### Stewing techniques

Stewing is a slow cooking method with temperatures between 120°C and 140°C. Cooking is generally on the stove top in an open vessel but the oven is also sometimes used particularly for large batches of foods. When stewing meats the flavourings that are added to the base meats will depend on the region or area of the world where the dish originates but usually include the liquid used for cooking together with vegetables, herbs and spices. In some areas stew will be vegetable or legume based such as the Vegetarian curries of India. Ultimately the ingredients in a stew infuse together so its many components become the flavourful completed dish. Fruit can also be stewed although this is a shorter process because of the structure of fruit.



A range of traditional savoury stews from around the world is listed here:

Traditional stews	Description
Beef Bourguignon	A rich red wine flavoured beef stew
Beef Stroganoff	A stew with beef, mustard, stock and sour cream from Russia
Bigos	Eastern European 'hunters' stew of meat, sausages, cabbage, sauerkraut and mushrooms
Blanquette	A French white veal stew
Bouillabaisse	A Southern French seafood stew of shellfish, fish and tomatoes
Cassoulet	A slow cooked French stew of pork, sausages, duck and white beans
Chilli con carne	A Texan spicy tomato based kidney bean and ground beef stew
Cozido	A Portuguese or Spanish dish of various meats stewed in broth
Goulash	A stew from Hungarian dish of meat and potatoes seasoned with paprika
Irish Stew	A traditional simple Irish dish of stewed lamb, potatoes, carrots, onions and parsley from Ireland

Traditional stews	Description
Lancashire Hotpot	A traditional slow baked English stew of lamb or mutton and onions topped with sliced potatoes
Navarin	A French lamb and vegetable stew
Pot-au-feu	A French beef and vegetable stew which varies from region to region
Ratatouille	A French Provençal vegetable stew consisting of tomatoes, onions, zucchini, eggplant, capsicum and herbs
Tagine	A North African dish named after the earthenware pot in which it is cooked

Many more stews from around the world can be found at this web site:

[http://en.wikipedia.org/wiki/Stew#List\\_of\\_stews](http://en.wikipedia.org/wiki/Stew#List_of_stews)

## Stewing equipment

The equipment used will depend on what is being stewed however as this method requires submersion in liquid or sauce the pots and trays used are often low sided and broad based.

A heavy based pan will assist in reducing sticking.

Additionally equipment used for stewing includes:

- Cartouche.

## Braising

### Definition:

Braising is the subjection of food to the action of heat in an oven, while it is enclosed in a container with liquid or sauce.

### Principles

- The food items to be braised should be of a tough nature
- Foods must be sealed before braising (except sweetbreads)
- Braising pan should be in keeping with the size of the item being braised
- Items must be half covered with liquid
- Container must be tightly lidded to stop evaporation
- Process must be carried out slowly to tenderise tough fibres in meats
- Liquid may be used to produce a sauce
- Braised vegetables may be served with a sauce made separately (the liquid is usually too strong and similar in taste to the vegetables).





## Suitable foods for braising

Foods suitable for braising are usually those that are tough in nature, particularly the cheaper cuts of meat:

- Tough cuts of meat
- Offal
- Whole fish
- Root vegetables
- Course vegetables such as cabbage, fennel, leek and celery.



## Braising techniques

Like stewing, braising is usually selected as a method of cookery to tenderise tough meats. Foods which are to be braised are sealed in some way before they are cooked. This enhances the flavours, moistness and may reduce nutrient loss. Foods can be sealed in a variety of ways, these are:

- Browning
- Sealing without colour
- Blanching and refreshing.

The liquids used for braising include:

- Stock
- Alcohol, wine, beer and cider
- Sauce
- Stock syrup.



## Braising equipment

The equipment used for braising will need to have a tightly fitting lid. Sometimes aluminium foil is used to enclose large trays of food to be braised.

A heavy based pan will achieve consistent heat across the base of the pan

Additionally equipment used for braising includes:

- Cartouche.

## Braising vs stewing

Braising and stewing have both similarities and differences.

The following may assist with your understanding of these cookery methods:

### Similarities

- Both methods are suited to tough cuts of meat
- Temperature range is similar
- Both are slow, wet cooking methods.

## Differences

Stewing	Braising
The liquor is used to prepare the sauce	Generally liquor is used as sauce with the exception of some strong flavoured vegetables
Uncovered	Covered/tightly lidded
Cooked on top of stove	Cooked in oven
Meats generally un-seared prior to wet cooking	Meats seared prior to wet cooking. Exception of sweetbreads
Foodstuff just covered with liquor	Foodstuff half covered with liquor
Foodstuffs generally cut prior to cooking	Large pieces of meat may be carved after being cooked

## 2.3 Identify and solve problems in the application of the cooking method

### Introduction

Cooking is an art and a science. To improve your skills you will need to appreciate the intrinsic splendour of food and its many combinations. You will also need to learn to identify what causes some of the more technical problems; this is usually the science of food. It is not necessary to learn molecular gastronomy to be a good cook but it is important to apply the principles of the basic cooking methods correctly.

Problems can often occur for undeveloped cooks in regards to the selection and application of appropriate preparation and cooking methods.



### Products

When you are selecting the methods of cookery you plan to use you need to carefully consider the characteristics of the products that they will be applied to. This is particularly relevant when considering animal foods as factors such as the age and cut of the animal will impact on how it will cook.

Muscle tissue develops with age so young animals are usually more tender than the equivalent mature animal. Muscle tissue also develops with use so the parts of the animals that do the most work such as the legs and shoulders are tougher than the cuts found around the loin area known as the Argentine in animals such as beef. Most animals carry their fat around the belly so these cuts will be the most fatty.

There are other factors which can have an impact on the resulting dish such as sex, bred, feed, environment, slaughter and ageing methods; however these are covered in more detail in other units as you progress through your training.

Here are some guidelines that will support you in making appropriate choices for the animal products you may select when preparing food using the wet methods of cookery:

Foods	Cut	Cooking Method
Beef	<ul style="list-style-type: none"> <li>Silverside</li> <li>Chuck</li> <li>Brisket</li> <li>Blade</li> </ul>	Braise, Stew
	Steak: <ul style="list-style-type: none"> <li>Fillet</li> </ul>	Poach
	Silverside: <ul style="list-style-type: none"> <li>Pickled</li> </ul>	Poach
	Osso Bucco	Braise
Pork	Belly	Poach
	Shoulder	Braise
	Shoulder: <ul style="list-style-type: none"> <li>Pickled</li> </ul>	Poach
Lamb	Shanks	Braise, Stew
	Shoulder	Braise, Stew
Chicken	Whole	Poach, steam
	Breast	Poach, Steam
	Leg	Braise
Duck	Leg	Braise
Fish	Whole	Poach, steam, braise
	Fillets	Poach, steam
Shellfish	All types	Poach, steam
Game	Jointed or diced	Braise

Remember there are always exceptions to the rule. It is usually advised that shellfish is cooked quickly to prevent it from becoming tough, using methods such as shallow frying but squid can also be poached slowly for a long period to tenderise the flesh.



## Portion control

Portion control should be applied throughout the food preparation process. Many problems with cookery arise because foods are not prepared or served consistently and this is where portion control can help. Portion control includes:

- Using standard recipes that list precise quantities of ingredients in each portion of a dish
- Preparing foods consistently so that they cook evenly
- Consistently serving standard quantities of dish components.

Applying good portion control techniques will assist you to produce quality dishes that enhance customer satisfaction rates.



## Problems – wet cooking methods

When preparing and cooking foods there are common problems that you are likely to encounter and you will find that the different cooking methods have the potential to cause specific concerns. Here are some common ones for each of the wet cooking methods:

### Boiling and simmering

Problem	Effect
Discoloured boiled eggs	<ul style="list-style-type: none"> <li>• Overcooked</li> </ul>
Cloudy stock	<ul style="list-style-type: none"> <li>• Boiled too vigorously</li> <li>• Not skimmed regularly</li> </ul>
Vegetables too soft	<ul style="list-style-type: none"> <li>• Overcooked</li> </ul>

### Poaching

Problem	Effect
Foods break up	<ul style="list-style-type: none"> <li>• Overcooked</li> <li>• Liquids above simmering temperature</li> </ul>
Fruit discolours	<ul style="list-style-type: none"> <li>• Not fully submerged in poaching liquid</li> </ul>
Eggs not well shaped	<ul style="list-style-type: none"> <li>• Eggs too old</li> <li>• Temperature of the water too high or too low</li> </ul>
Food stuck on bottom of the pan	<ul style="list-style-type: none"> <li>• Insufficient poaching liquid</li> </ul>

## Steaming

Problem	Effect
Unevenly cooked vegetables	<ul style="list-style-type: none"> <li>Not uniformly cut or prepared</li> </ul>
Soft foods	<ul style="list-style-type: none"> <li>Overcooked</li> </ul>
Broken foods	<ul style="list-style-type: none"> <li>Overcooked</li> <li>Not handled carefully</li> </ul>
Soggy puddings	<ul style="list-style-type: none"> <li>Not sealed adequately</li> </ul>

## Stewing

Problem	Effect
Meat is tough	<ul style="list-style-type: none"> <li>Undercooked</li> <li>Quality of meat not appropriate for dish</li> </ul>
Food is fatty	<ul style="list-style-type: none"> <li>Not skimmed adequately</li> </ul>

## Braising

Problem	Effect
Sauce too thin	<ul style="list-style-type: none"> <li>Not reduced enough</li> <li>Inadequate thickening added</li> <li>Too much liquid used</li> </ul>
Sauce burnt on the bottom of pan, or too thick or reduced too much	<ul style="list-style-type: none"> <li>Cooking temperature too high</li> <li>Ill-fitting lid</li> </ul>
Meat is tough	<ul style="list-style-type: none"> <li>Undercooked</li> <li>Quality of meat not appropriate for dish</li> </ul>

## Standard Recipes

Producing standard recipes for each of the preparations in a commercial kitchen is time consuming but they provide the documents which assist to produce consistent end products. Initially the standard recipe will list the basic ingredients, quantities and techniques of each of the recipes used in the establishment. However it is important to refine these documents as you cook. The types of changes that might need to be made include:

- Timing
- Equipment best used
- Variety of ingredients
- Variety of techniques
- Portion sizes.

Some of these changes might be required to improve the basic recipe and others to meet the specific dietary needs of the customers of the establishment. Additionally the world of food production is not static and you will find that new equipment, exposure to different ingredients and techniques will also alter the processes you use.

## Continuous improvement

Developing cooking skills should be seen as a process of continuous development. No cook has seen all the ingredients or all the techniques that exist throughout the diversity of cuisines around the globe. However, mastering the basic methods of cookery is an important first step as you will find many apparently unique dishes are based on the key basic methods.

Take the time to evaluate your end products in relation to the processes of wet cookery methods that have been covered in this section. Evaluation will need to include making any corrections to your standard recipes so that you have a record of the improvements you have made, there is a lot to learn and you might have forgotten the changes by the time you make this item again.

Over time the standard recipes you use in training and the workplace can be collated and become an excellent resource. These recipes will be more valuable to you as a cook if you make improvements to the finer points of the techniques you learn and use.



## 2.4 Coordinate the production of menu items

### Introduction

Commercial cooks need to learn how to coordinate food production for the many items that make up a menu. Some menu styles can be very straight forward such as a set function menu of two courses served 50/50 to alternating customers on a table. Alternatively à la carte and buffet style menus tend to have many more selections to be prepared and during service periods require substantially more coordination skill. The menu and cooking styles together with the physical constraints of mise-en-place storage will impact on the timing during production. It is important that all these elements are communicated with the front of house team prior to service.

### Menu and service styles

The nature of the menu or service style you are preparing for will impact on the types of cooking methods you need to use, especially for the items that are served hot during the service period. Here are a range of menu styles and the types of wet cooking methods that are generally selected or avoided for these styles:



Menu style	Description
Table d'hôte (Set menu)	Most commonly used for functions. Ease of service is important when serving large numbers of meals in a short period. Soup and short pasta items are useful choices as are braised and stewed dishes although these can be difficult to present nicely.
À la carte	All wet cooking methods can be used in the à la carte service style as small numbers of each item are prepared and served at a time.
Buffet	Ease of service is important with the menu items on a buffet as the food is generally served directly to the customer. Soups and braised or stewed items can be good choices on a winter buffet.
Cocktail	Most wet cooking methods are avoided for cocktail style service as the aim is usually to be able to pick up items in the fingers (often referred to as finger food).
Degustation	A degustation menu is a tasting menu so a broad range of dishes is offered as small courses. The overall menu should include variety in ingredients, flavours and textures. To achieve this a range of cooking methods from both wet and dry will usually apply.



You can apply your knowledge and skills in carrying out the correct procedures of the wet cookery methods by practising in a range of different service situations. What are the key points that you would need to follow to achieve quality end products in each of the following situations:

Situation	Key points
As part of the daily mise-en-place for the dessert menu, you are required to prepare and poach pears, and then reduce the liquid to provide a syrup of good coating consistency.	
You are responsible for serving the cream of pumpkin soup during the à la carte service to meet the standards of the establishment.	
As stipulated on the table d'hôte menu, all main course meals will be served with a selection of steamed vegetables. Select and prepare the vegetables and steam to order as required.	
The menu offers a main course special of the day; select and prepare a braised meat or poultry dish that would be appropriate.	

Dishes cooked by the wet methods of cookery must be finished and presented in a skilled manner. You will need to use sauces, accompaniments and garnishes to achieve this.

Finishing methods include consistency and proficiency in:

- Plate and crockery selection
- Portioning
- Plating:
  - Shape and height enhance the look of dishes
- Saucing or dressing
- Accompaniment choice
- Garnishing.



What finishing methods would you apply to the following dishes?

Dish	Finishing method
Poached eggs	
Spaghetti Bolognese	
Whole poached pear in red wine	
Steamed vanilla pudding	
Osso bucco	

## Cooking times

In general the cooking times for foods using the wet methods of cookery can easily be divided as is shown in the following table. However there are always exceptions, many fruits stew quite quickly and stock takes many hours on a simmer.

Fast	Slow
Poaching	Braising
Steaming	Stewing
Boiling, simmering, blanching	

Learning to judge how long menu items will take to cook in both the mise-en-place and service phases of food production is a fundamental skill you will need to learn. This will allow you to sequence your daily tasks and work efficiently. Achieving this during service periods will take practise which is why many training cooks start in the Cold Larder / Gardemanger sections of the kitchen where there is a little less preciseness required as the immediacy of serving hot foods is not a factor.

When you are familiar with the cooking times for items you will be able to respond more to problems where you may need to prepare an alternative item quickly. You can also provide suggestions for options for customers who may be in a hurry or wanting a specific item.

## Storage capacity

The menu items that are prepared in a commercial kitchen will be influenced by the types and amounts of equipment that the establishment has at its disposal. The range of equipment impacts on the ability to adequately store the produced items between and during service periods. For example if you prepare items like soups and braised dishes in bulk you will need large cooking vessels as well as adequate containers to decant and store these items in. Additionally the large equipment like fridges and freezers will need to be sufficient to hold both the raw ingredients required to make these dishes as well as the finished cooked products.

An à la carte menu will usually have differing storage requirements to a table d'hôte (set) menu. Refrigerated and heated mise-en-place storage requirements can be extensive if there are lots of menu items; equipment such as hot Bain Maries and inserts and chilled storage with inserts or containers are required.

Consider what equipment is needed for storing the following ready for service:

- 200 individual serves of steamed vanilla pudding
- 10 different hot sauces.



## Cooking systems

The most common system of preparing foods is traditional cook and serve, this means all foods are prepared in a way that is designed to be served within a relatively short time of them being cooked so they are at the freshest. There is of course variations as some items need to be cooked and served immediately such as steamed green vegetables and others can be stored and reheated for service over several days such as meat stews.

Alternative cooking systems that are used in commercial kitchens include:

- Cook/chill
- Cook/freeze
- Sous vide.

An example of the process used in these types of systems is:

- Food preparation:
  - Food items are prepared and cooked in bulk at your establishment or at a central location using strict control standards
- Bag fill:
  - When the exact degree of doneness is reached and while still above pasteurisation temperature, food is filled directly into special Cook Chill bags
- Bag seal:
  - The cook chill bag is then securely closed with a heat seal system or clip closure
- Chilling:
  - The sealed bag is immediately chilled to halt the cooking process by either:
    - Using a blast chiller
    - Placing it in iced water
- Store:
  - Food is stored refrigerated or frozen until ready to serve
- Reheat:
  - At the serving location the product can be reheated in several ways:
    - The bag can be placed in a steamer
    - The bag can be immersed in hot water
    - The bag can be opened and the contents poured into a cooking vessel to reheat the product
- Finished product:
  - Presented as you would freshly cooked foods.

The advantages of these systems are:

- Effective resource and time management by producing in bulk



- Flexibility in service:
  - More menu items
  - Menu items available at short notice
- Reduced waste and improved portion control
- Increased profitability.

You can find more information about these types of cooking systems at the following websites:

<http://www.plascongroup.com/the-cook-chill-system.html>

<http://www.hospitalityconsult.com.au/cook-chill.html>

## Communication

The hospitality industry is a service industry which means that an underpinning aim is to provide customers with the goods (dishes) and services that they require. To achieve the level of service customers are looking for requires kitchen staff to work effectively together as a team. During mise-en-place the kitchen team need to communicate well to ensure all the components of a menu are ready for service. During service the team need to use appropriate communication to coordinate the dishes so that the customers receive their meals as desired. When you are in training always make sure you ask for help when you require it.

Some of the key points that can help you to develop your communication skills include:

- Listen carefully to instructions
- Ask questions if you need requirements clarified
- Speak clearly when you are responding
- Use positive body language.



These points will assist you to work in a team with your colleagues.

## 2.5 Communicate with front of house staff on the production/service of menu items

### Introduction

The staff in food service establishments work in teams. The most significant of these teams are those of:

- Front of house (FOH) – service or waiting staff
- Back of house (BOH) – kitchen staff.

However in some establishments there are also administration staff and staff like dieticians who provide support to the FOH and BOH teams. Your job as a cook is to work with the back of house team that prepares the foods that will in most cases be provided to customers by the front of house or other service staff personnel. Production of menu items may be affected by requests from customers with special dietary requirements and this needs to be communicated to BOH preferably prior to commencement of production. Prior to service the back of house team needs to provide information to the front of house team regarding any components of the food production that will impact on service. This communication usually happens in a pre-service briefing.

## Pre-service briefing

The pre-service briefing ensures the FOH staff are aware of any factors which could impact on service, including:

- Portion numbers
- Cooking times
- Dishes for special dietary needs
- Service styles.



Making sure that the FOH are well informed prior to service will assist the kitchen operations during the busy production period. It is ideal if the FOH know in advance what they can offer the customer as this saves having to take the time to check when both teams are busy. It also presents a more professional image to the customer.

## Cooking timelines

The amount of time needed to cook or heat dishes during service needs to be communicated to the service staff during the pre-service briefing. Some dishes can be serviced quickly and others take more time. When considering the wet methods of cookery the cooking times for dishes can generally be divided into short and long cooking times as listed here:

Longer cooking/heating times	Short cooking times
<ul style="list-style-type: none"> <li>• Boiled</li> <li>• Braised</li> <li>• Stewed</li> </ul>	<ul style="list-style-type: none"> <li>• Steamed</li> <li>• Poached</li> </ul>
<ul style="list-style-type: none"> <li>• Most items that are prepared using long slow cooking methods will be prepared in bulk prior to service so that they only need to be reheated during service periods</li> <li>• Boiling may be a reasonably quick method of cookery but few dishes are served that are just boiled, usually this is just one part of the dish preparation</li> <li>• Steaming and poaching are fast cooking methods so can be useful when extra portions are need quickly especially for vegetables.</li> </ul>	

## Portion quantities

The portion quantities that are prepared for each of the items on a menu are usually based on a sales analysis from data collected over previous service periods. In an à la carte style of service this data is used by the chef to forecast the popularity of menu items and prepare the number of portions accordingly.

It is important to be aware of where there may be flexibility to offer additional serves of some menu items in urgent situations when the allocated portions have been exhausted. The most likely options of menu items which could be prepared quickly using wet cooking methods include:

- Steamed vegetables
- Poached foods such as eggs, chicken or seafood
- Excess prepared soups, sauces, braise and stews.

All this information needs to be communicated to the service staff during the pre-service briefing.

## Specific dietary needs

Customers may have specific dietary needs because of preferences or medical requirements. Those with medical dietary requirements will often have received instructions on what they should and should not eat from a medical specialist, doctor or dietician. They may provide written or verbal instructions to the cook, service staff or supervisors. As a commercial cook you will need to be aware of the common specific diets that customers may need and be able to prepare appropriate dishes for them.

Customers may require meals for a specific diet because of health issues such as:

- Weight imbalance:
  - Overweight or underweight
- Cardiovascular diseases:
  - High cholesterol
  - Atherosclerosis
  - Hypertension
- Diabetes
- Coeliac disease
- Lactose intolerance
- Food allergies.



Some methods of cookery are not appropriate for customers with some of these specific dietary requirements listed above. Here are a few of the key considerations for customers with the following dietary requirements:

Cardiovascular diseases	Coeliac disease	Lactose intolerance	Diabetes
Many of the dishes cooked by the wet methods are good choices as they use limited fat or oils.	Many meats that are braised are first dusted in flour - wheat flour is unsuitable.	Cream is commonly used to enrich soups. Dairy foods contain lactose.	Stock syrups used to poach fruit are high in sugars which are unsuitable.

You will need to check the labels of all prepared foods that you are using if a customer needs to avoid a particular food.

As food allergies are potentially the most dangerous of special dietary requirements due to the possibility of life threatening reactions it is vital that if you are unsure of any ingredients that may have been used in a dish you are responsible for serving then you need to check with your chef or supervisor.

Customers may also require special meals or menus because of other factors such as:

- Cultural practises or conventions
- Religious rules
- Ethical beliefs.

These may impact on how they would like foods cooked.



## Service styles

The type of service style you are using may influence the preparation methods that used and this may differ from the usual methods prepared by the establishment you work in.

À la carte	Function	Buffet
All wet methods of cookery are applied.	<p>Braised and stewed items are most likely due to ease of service.</p> <p>Soups and short or filled pastas are also useful function choices.</p>	<p>Braised and stewed items are most likely due to ease of service.</p> <p>Soups and short or filled pastas are also useful for buffet presentation.</p>



## Work Projects

It is a requirement of this Unit you complete Work Projects as advised by your Trainer. You must submit documentation, suitable evidence or other relevant proof of completion of the project to your Trainer by the agreed date.

2.1 Select an appropriate standard recipe for a dish for each of the following wet methods of cookery:

- Boiling
- Poaching
- Steaming
- Stewing
- Braising.

2.2. Prepare and present each of the dishes you selected in 2.1 to your trainer for evaluation meeting the following criteria:

- Read the recipe
- Collect the ingredients
- Store the ingredients
- Process ingredients to recipe specification's
- Present finished dish to trainer for evaluation and feedback
- Store unused items correctly for use at later time
- Clean the kitchen before leaving to go home.

2.3. Explain how you would solve the following problems:

- A thin sauce in a braised chicken dish
- Tough Osso Bucco
- Veal Blanquette that is too thick
- Poorly shaped poached eggs
- Cloudy stock
- Soggy steamed puddings
- Broken poached fish.

2.4. Prepare, cook and serve a simple dish using a wet method of cookery in the following situations:

- Table d'hôte menu service
- À la carte menu service.



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2.5 Provide a written pre-service briefing document that would provide FOH with all the information they would need for the service in regards to the dishes you have selected and prepared in 2.1 and 2.2. Include the following information:

- Cooking times during service
  - Standard portion quantities and whether additional portions can be prepared if needed
  - Information regarding special dietary factors
  - The service style the dish is generally prepared for.
-

## Summary

### Apply wet methods of cookery

Select appropriate wet cooking method for preparation of the dish/s:

- Heat transfer
- Boiling
- Poaching
- Steaming
- Stewing
- Braising.

Apply appropriate wet cooking method for preparation of the dish/s:

- Types of foods
- Appropriate equipment.

Identify and solve problems in the application of the cooking method:

- Products
- Portion control
- Problems – wet cooking methods
- Standard recipes
- Continuous improvement.

Coordinate the production of menu items:

- Menu and service styles
- Cooking times
- Storage capacity
- Cooking systems
- Communication.

Communicate with front of house staff on the production/service of menu items:

- Pre-service briefing
- Cooking timelines
- Portion quantities
- Specific dietary needs
- Service styles.

## Element 3:

# Apply dry methods of cookery

### 3.1 Select appropriate dry cooking method for preparation of the dish/s

### 3.2 Apply appropriate dry cooking method for preparation of the dish/s

#### Introduction

Making food more palatable is the aim of cooking. Dry methods of cookery often add texture to food as the cooking process dries out the food creating a crispy or crunchy texture. Cooking food also helps to keep it safe by limiting the growth of harmful pathogenic bacteria.

Each different method of cookery has particular types of foods which are more suitable to the style. Deep frying and shallow frying are ideal for small cuts of tender meat, poultry and seafood. Roasting is ideal for whole large joints or birds. Baking is used to create the crisp textures desired in pastry goods.

When you are cooking foods not only will you need to select the most appropriate cooking methods but you will need to also apply the specifics of these methods to ensure that your finished dishes and products are of the best quality.

#### Dry methods of cookery

The dry methods of cookery are:

- Baking
- Roasting:
  - Pot roasting
- Grilling
- Shallow frying
- Deep frying
- Microwaving.



## Baking

### Definition

Subjection of food to the action of dry heat in an oven

### Principles

- Preheat oven to required temperature
- Weigh ingredients accurately
- Understand ingredient function
- Distribute foods evenly on greased baking trays to assist even cooking
- For best results place foods in appropriate position in oven
- Even sized items on the same tray, small items bake faster than large items
- Do not mix different items on the same tray
- Clean equipment well.



### Why do we bake?

- Baking creates visual appeal, and produces a flavoursome texture
- Delicate liquid-based foods, such as crème caramel or other baked egg custards, are cooked 'au bain-marie' (water bath) which spreads heat more evenly and stops food overheating and boiling.

### Suitable baking foods

- Bread
- Cakes and muffins
- Pastries
- Egg-based dishes e.g. baked egg custard, crème caramel and soufflés
- Meringues
- Pies, pasties and sausage rolls.



Low oven temperature 100°-160°C	High oven temperature 160 – 220°C
Meringue products	Sponge cakes
Baked custards	Soufflés
Dense cakes	Yeast products
	Biscuits and pastries

## Baking food and techniques

Most foods can be baked but the moisture content needs to be taken into account. The moisture in cakes and pastries is achieved by the amount of fat or oil used in the preparation of the dish. Moisture can also be added by cooking in a water bath or by using the steam function on a combi-oven. Delicate foods that are likely to dry out too much in the oven can be wrapped or crusted, examples include:

- In the skin
- En Papillote – wrapped in paper
- Wrapped in pastry
- Encrusted
- Encased in a salt or clay crust.

In truth these goods are being partially cooked by the steaming as the moisture inside the wrapped or encased product is trapped inside. This is what keeps the product moist.



When baking the oven should always be preheated so that when goods are added the heat can provide the required lift and the shape can be set. This is especially important for pastry, cakes and bread goods. Products need to be well spaced in the oven to allow for good heat circulation which assists in ensuring cooking is even. Make sure there is enough room for the expansion which occurs during cooking – sideways and up!

Baking temperatures range from very low for items like meringues because you are dehydrating as much as baking to very hot for bread, a general setting is 180°C. Make sure you know the correct temperature for the product you are preparing, here are some examples:

Lower temperature baking		Higher temperature baking	
Meringues	120°C	Sponge	190°C
Baked custard	165°C	Soufflé	210°C
Dense cakes e.g. mud cake	160°C	Croissants	220°C
Puddings	170°C	Bread	230°C

When baking you may need to consider the additional following techniques:

- Greasing:
  - Trays, tins and moulds need to be greased so that the products do not stick and can easily be removed:
    - Butter or oil or non-stick spray and a light dusting of flour is generally used for cakes
    - Butter and a light dusting of sugar is common for sweet soufflés
  - Silicon coated paper or silicon baking sheets also prevent pastries and other baked goods sticking to trays
- Glazing:
  - Glazing baked products enhances their presentation:
    - Applying an egg wash prior to baking is the most common glaze
    - Milk is a simple cheap glaze which can also be applied prior to baking
    - Sugar syrup will produce a shiny finish, this is applied after baking
- Cooling:
  - Baked goods need to be cooled on cooling racks to prevent the bottoms from becoming soggy.



## Baking equipment

A gas or electric oven is used for baking.

A fan forced ovens will hasten the speed of cooking as they force hot air to circulate more evenly around food. This also creates a more evenly cooked product.

Wood burning ovens may be found in speciality establishments.

Additionally equipment used for baking includes:

- Baking trays
- Cake, tart, muffin and biscuit tins and moulds
- Resting rack
- Pastry brush
- Silicon coated baking paper
- Silicon mats
- Dry cloths or oven mitts.

## Roasting

### Definition

Subjection of food to the action of heat in an oven, or while it is rotating on a spit – in both cases fat or oil is used as a 'basting agent'

### Principles

- Items should be of a good quality and tender
- Before roasting all items should be seasoned
- Large roasts should be raised to prevent them from frying in melted fat. Bones or mirepoix can be used
- Items must be basted during roasting process
- The cooking process must be started in a hot oven to seal juices then lower the temperature to allow even cooking
- Roast vegetables should be started in hot fat before placed in the oven
- Roast meats should be rested before carving to prevent excessive loss of juices
- Check doneness with thermometer or juices running clear in poultry, pink in red meats.

### Roasting foods and techniques

Roasting is a versatile cooking method as it can be applied to a board variety of products from individual portions to whole birds or joints of meat. There are a range of different roasting techniques. Foods can be roasted in an oven, on a spit roast, in a pot in the oven or slow roasted over very long periods. Roasted meats can be served in an à la carte situation or carved at a buffet table in front of the diners.

Foods for roasting must be tender and of good quality. The roasting process requires basting throughout the cooking process, this helps to provide moistness but also the crusty exterior which is a central quality of roasted dish. For many customers the best part of the roast pork is the crackling!

Poeleing or pot roasting is an ideal way of roasting foods which are lean such as poultry and game, as the enclosed pot helps to retain moisture. Pot roasted foods are also basted in fat which is the criteria for a roasted item.

Some of the foods you might typically roast include:

Foods	Specific Cuts
<b>Meats:</b> <ul style="list-style-type: none"> <li>Lamb</li> <li>Beef</li> <li>Veal</li> <li>Pork</li> </ul>	<ul style="list-style-type: none"> <li>Large cuts either on or off the bone:               <ul style="list-style-type: none"> <li>Lamb, Pork and Veal legs on the bone or boned and trussed</li> <li>Lamb, Pork and Veal shoulders can be slow roasted – this is usually at around 120°C for up to 8 hours!</li> </ul> </li> <li>Smaller lean cuts such as fillet can be trussed</li> <li>Individual portions:               <ul style="list-style-type: none"> <li>Rack of lamb</li> <li>Fillet of beef</li> <li>Veal rump or topside</li> </ul> </li> </ul>
<b>Poultry:</b> <ul style="list-style-type: none"> <li>Chicken</li> <li>Duck</li> <li>Turkey</li> <li>Goose</li> </ul>	<ul style="list-style-type: none"> <li>Whole chicken and ducks are ideal for roasting</li> <li>Large birds such as turkey and goose may be roasted whole but often just the breast is roasted as the leg can be too tough. The buffet breast which is the two breast fillets on the bone is a common method of roasting turkey</li> <li>Poultry can also be boned, rolled and trussed which enhances even cooking and makes it easy to carve/slice during service</li> </ul>
<b>Game:</b> <ul style="list-style-type: none"> <li>Feathered</li> <li>Furred</li> </ul>	<ul style="list-style-type: none"> <li>Most game is lean so pot roasting should be considered especially for small cuts</li> <li>Large joints can be barded or larded to add moisture</li> </ul>
<b>Fish</b>	<ul style="list-style-type: none"> <li>Small whole fish</li> <li>Portions of fillet or cutlet:               <ul style="list-style-type: none"> <li>Sealed in a pan first</li> </ul> </li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Root vegetables are the most commonly roasted vegetables</li> <li>Pumpkin, capsicum and eggplant are also roasted</li> </ul>



The internal temperature of roasted meats is used to determine if the meat is cooked to the correct degree, a probe thermometer is used for this. Pork and poultry are usually fully cooked as the texture of the meat is not pleasant to eat when rare or medium. The temperatures that are required are as follows:

Foods	Degree of cooking	Temperature
Beef	Rare	60°C
	Medium	70°C
	Well done	80°C
Pork	Well done	80 – 85°C
Lamb	Medium	70 – 75°C
	Well done	80°C
Poultry	Thoroughly cooked	75°C

When roasting you will need to apply some of these additional following techniques:

Techniques	
Stuffing	<ul style="list-style-type: none"> <li>• Stuffing is inserted into roasted meat and poultry to provide variety and flavour: <ul style="list-style-type: none"> <li>▪ If made of meat it is important for food safety that the stuffing is completely cooked</li> </ul> </li> <li>• Stuffing can be made of meat, vegetables and grains: <ul style="list-style-type: none"> <li>▪ Fruit, nuts, herbs and spices are used for additional flavour and texture</li> </ul> </li> <li>• Stuffing is sometimes cooked separately for safety reasons: <ul style="list-style-type: none"> <li>▪ Particularly with chicken</li> </ul> </li> </ul>
Trussing	<ul style="list-style-type: none"> <li>• Trussing means to tie foods to make them more compact or retain their shape: <ul style="list-style-type: none"> <li>▪ Roasted foods cook more evenly if trussed</li> <li>▪ Trussing helps to keep the stuffing inside</li> <li>▪ Assists with even portioning</li> </ul> </li> </ul>
Basting	<ul style="list-style-type: none"> <li>• All roasted foods should be basted regularly by spooning hot fat or oil and the cooking juices over the item during the roasting process: <ul style="list-style-type: none"> <li>▪ This helps to keep the item moist</li> <li>▪ It also adds the characteristic colour and flavour of roasted foods</li> </ul> </li> </ul>

Techniques	
Larding	<ul style="list-style-type: none"> <li>Larding means to insert chilled solid fat with a larding needle into lean meat which is to be roasted prevent it drying out and providing extra flavour: <ul style="list-style-type: none"> <li>Spec (pork back fat) is used for larding</li> </ul> </li> </ul>
Barding	<ul style="list-style-type: none"> <li>Barding means to wrap the item to be roasted in fat to prevent it drying out: <ul style="list-style-type: none"> <li>Bacon and spec (pork back fat) slices are used for barding</li> </ul> </li> </ul>
Resting	<ul style="list-style-type: none"> <li>Meat must be rested after cooking before it is served or carved to allow the muscle to relax and the juices to settle</li> <li>For a large cut 20 minutes in a warm place is ideal</li> </ul>

During the roasting process juices from meat and poultry drain into the roasting pan. These juices should be incorporated into the accompanying sauce (gravy) as they enhance the natural flavours. It is important to take care to drain excess fat and oil from these juices otherwise the resulting sauce will be too greasy.

Traditionally gravy and roasted vegetables such as potatoes, pumpkin and onions are served with roasted meats. Additional accompaniments that you are likely to serve with roasted meats include:

- Yorkshire pudding. mustard or horseradish with beef
- Mint sauce with lamb
- Apple sauce with pork
- Game chips with game.



## Roasting equipment

A gas or electric oven is used for roasting.

A fan forced oven will hasten the speed of cooking as they force hot air to circulate more evenly around food. This also creates a more evenly cooked product.

Wood burning ovens may be found in speciality establishments.

Additionally equipment used for roasting includes:

- Roasting trays
- Lidded pots for pot roasting
- Carving knife and fork
- Rotisserie
- Spit
- Meat thermometer
- Basting tool.

## Poeleing / confit

### Definition

Subjection of food to the action of heat in an oven while it is enclosed in a sealed container with butter/fat.

### Principles

- Suited to lean cuts of meat, game and poultry
- All items must be of good quality
- Size of the dish should be in keeping with the item
- Sliced vegetables and herbs in addition to the meat will enhance the flavour
- Sufficient butter/fat must be used to allow for adequate basting
- No liquid to be used in the process
- The container used must have a tight fitting lid
- The temperature must be high
- Lid will have to be removed during the last third of the process to allow the item to colour
- Vegetables and sediment should be used to prepare the sauce.

## Grilling

### Definition

It is best to clarify the terms grilling and broiling.

The heat source for grilling comes from the bottom, whereas the heat source from broiling comes from the top and bottom.

### Grilling principles

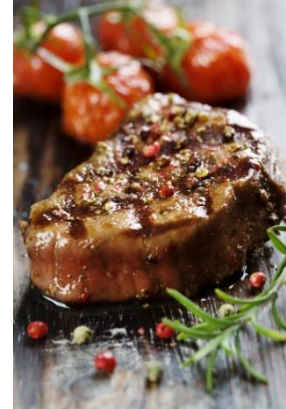
- Food must be small in size (large items would become charred before the inside would be cooked)
- Food items must be of good quality and tender
- Food items must be lightly oiled and seasoned before grilling
- Heat must be fierce enough to enable instant sealing to keep in the juices
- Grill bars must be hot, clean and oiled lightly so as to prevent the food items from sticking.



### Why do we grill?

- Grilling is a quick method of cooking suitable for prime cuts of meats, poultry and fish. To achieve even cooking ensure that the item that is being cooked is as evenly sized as possible
- Grilling seals the food which is cooked to a crispy, golden colour
- Sealing allows juices to remain in the product

- Grilling can be achieved in three different ways:
  - Over heat, i.e. charcoal, char-grills, barbecues and heated grill plates
  - Under heat, i.e. salamander
  - Between heat, i.e. heated grill plates or bars
- Steaks, chops, chicken breasts and fish fillets, etc should be sealed on the hottest part of the char-grill to keep the juices in
- Turn over after one minute or when starting to brown
- Place on cooler part of the grill to continue cooking or finish product in oven
- Chicken pieces are generally cooked when the juices run clear (usually after 8 – 10 minutes)
- Shellfish grills quickly, e.g. green prawns can cook within one minute
- Prime cuts should be cooked to the customers' request:
  - Rare meat is red in the centre
  - Medium rare meat is pink in the centre
  - Well done meat is brown through:
    - Ask your Trainer to demonstrate correct degrees of 'doneness' until you are sure of them.



### Foods suitable for grilling

- Prime cuts of meat, like sirloin, rump and fillet steak
- Vegetables, e.g. eggplant (aubergines), peppers, tomatoes and zucchini
- Small cuts of meat, e.g. Lamb chops and cutlets
- Meat products, e.g. hamburgers, rissoles, sausages and bacon
- Poultry, e.g. chicken breasts and thigh fillets, small chickens and quail
- Fish, e.g. fillets and small whole fish
- Shellfish, e.g. prawns
- Gratinee dishes, e.g. cauliflower Mornay.



### Grilling foods and techniques

Grilling is a very popular method of cookery especially for steak. Small tender cuts of meat and vegetables with a soft texture are ideal for grilling. It is important that grilled food is seasoned immediately prior to grilling

You will find the different types of grills are used more commonly for certain dishes. Here are some of the typical grilled foods which would be cooked or partially prepared using each of the following types of grill:

Salamander	Flat top grill	Char grill or Barbeque
Bacon	Steak, chops, cutlets and medallions	Steak, chops, cutlets and medallions
Tomatoes	Offal	Sausages
Polenta	Eggs	Kebabs, satays and skewers
Soft fruits like stone fruit, pineapple	Mushrooms	Whole small fish and cutlets on the bone
Au gratin dishes: <ul style="list-style-type: none"> <li>This is dishes which have a cheese topping</li> </ul>	Pancakes	Soft vegetables such as zucchini, capsicum, pumpkin, eggplant and asparagus
Heating already cooked meats like sausage and salami	Fruit	Shellfish
	Fish fillets and cutlets	Hamburgers
	Hamburgers and patties	Whole small birds such as quail or baby chicken
		Corn on the cob

When you are grilling you may need to consider the additional following techniques:

- Flattening or batting out:
  - Batting out of meats helps to produce a uniform thickness which promotes even cooking
  - Pounding or batting out can also help break down the connective tissue in meat making it more tender
- Marinating:
  - Marinating helps to keep foods to be grilled moist
  - Marinades assist in adding flavour to grilled foods
  - The marinade may include ingredients such as acids and fruit enzymes which help break down the connective tissue in meat making it more tender
- Oiling:
  - Food to be grilled should be oiled to prevent it from sticking to the grill surface
  - The oil or fat is also a good conductor of heat so contributes to the colouring of grilled foods.



## Grilling equipment

There are a range of types of grills available including:

Char-grill:

- Products are cooked over the char-grill, with heat induced by either gas or electricity
- Food juices drip onto the charcoal or volcanic rocks which feed the flames and provide a distinctive aroma. Resultant heat creates a criss-cross (trellising) appearance, which is an effective presentation
- If you do not have access to a char-grill and wish to give a trellised appearance to food, this can be achieved by heating a heavy duty wire grid.

Grill plate or flat top grill:

- Products are cooked over the grill plate, with heat induced by either gas or electricity.

Salamander:

- Also known as a grill. Food is placed on a tray or dish under the flame or element
- The food will be cooked and browned from radiated heat
- Some salamanders heat from both sides, which greatly speeds up the cooking process.
- The Salamander is also used to 'gratinee' foods. This means to colour the top of food items.

Barbeques (BBQ):

- These can be enclosed kettles, flat grills, char grills or grill bars
- These can be fired by gas, electricity or wood.

Additionally equipment used for grilling includes:

- Tongs
- Silicon BBQ cooking mats
- Wire brush
- Skewers.

## Shallow frying

### Definition

Shallow frying is a dry method of cookery where food is cooked using hot oil or fat in a shallow pan. The amount of oil is usually half the depth or thickness of the food.

### Principles

- Foods suitable – fish, meat, poultry, must be tender, of good quality
- Food items must be seasoned before being shallow fried. Also, in some cases, coated to reduce sticking
- The presentation side of the food item should be cooked first. This reduces the risk of overcooked crumbs showing on the presentation side

- Food item must be placed in hot fat to seal it. This will prevent absorption of fat and loss of juices
- Turn products only once using tongs or a palette, using a fork will allow the fat in and the juices out
- Food item must be well drained after cooking.

### Why do we shallow fry food?

Food is shallow fried for variety as well as making it more palatable and digestible. There are several variations to this.

They are:

- Sautéing:
  - Cooking food to colour by tossing in minimal amount of hot oil. It is normally combined with other cooking processes to complete the cooking
- Sweating:
  - Food is cooked with minimal oil on a gentle heat until it wilts but does not colour
- Stir frying:
  - Fast frying strips of meat, chicken or vegetables in a wok or frying with a minimum of oil. Associated with Asian cookery
- Griddling:
  - Foods are cooked on lightly oiled griddle plates (solid metal plates) and frequently turned.

In shallow frying the cooking of food is in a pan, over heat source using a small amount of hot oil or fat:

- The important factors to remember when shallow frying are:
  - The food cooks very quickly
  - The food must be evenly and thinly cut and sliced
  - The pan and oil must be hot before adding the food or it will absorb too much fat and stick to the pan
  - An Asian wok is best for preparing stir fry dishes
  - Some foods, e.g. fish or chicken, need to be coated in either a light dusting of flour or crumbed to protect the flesh.



### Suitable foods for shallow frying

- Small or thin pieces of good quality tender foods:
  - Schnitzels
  - Medallions
  - Cutlets
  - Strips for stir fry
- Offal



- Seafood's:
  - Fish fillets
  - Shellfish
- Vegetables – usually coated
- Farinaceous such as pasta, gnocchi, polenta and pancakes or crepes
- Eggs.



## Shallow frying food and techniques

Shallow frying is a very useful method of cookery as it can be applied to most good quality small cuts of food and is very quick. Creating crisp golden brown products or lightly tossed vegetables are an excellent way to add texture to the menu choices. It takes time to master learning to control the temperature of the pan whilst shallow frying. During à la carte service a skilled chef can manage many different items shallow frying at the same time or during mise-en-place can rotate crepes in and out of 6 or so pans simultaneously.

The process of shallow frying can take on a few different forms and each has a variation to the technique used to achieve the desired end product. Here are some of the most common types of shallow frying and the key points that need to be applied when preparing them:

Sweat	Shallow frying	Sauté	Stir frying
<p>This technique is to cook in oil or fat but without colour.</p> <p>This technique is usually just the first part of the cooking in a soup or stewed dish.</p>	<p>Referred to as pan frying, food is cooked in hot oil or fat.</p> <p>Food is turned over part way through the cooking to ensure it is evenly cooked.</p>	<p>The word means to jump or toss and this is what is needed in the technique of sautéing.</p>	<p>Usually done in a wok and is sometimes referred to as wok tossing.</p> <p>Food for stir frying is cut into small even pieces and moved quickly and often as it is cooked.</p>
Vegetables	<ul style="list-style-type: none"> <li>• Thin cuts of meat</li> <li>• Seafood</li> <li>• Eggs</li> <li>• Offal</li> <li>• Farinaceous food such as gnocchi or polenta</li> <li>• Pancakes, patties and crepes</li> </ul>	<ul style="list-style-type: none"> <li>• Soft or blanched Vegetables</li> <li>• Small cuts of meat, poultry or seafood</li> <li>• Some pasta dishes</li> </ul>	Stir fry meat, vegetables rice or noodles



## Shallow frying equipment

The equipment used for shallow frying includes a gas, electric or induction stove top.

Additionally equipment used for shallow frying includes:

- Sauté pans
- Woks

Fry pans:

- Teflon coated
- Tongs
- Absorbent towel.

It is important to 'prove' a traditional frying pan before it is used to create a surface ideal for frying that the food does not stick on. This is done by either brushing the pan with oil or filling with salt and then heating for around ten minutes on a low to medium heat. The pan should then be wiped out with a clean cloth or paper towel and lightly oiled ready for use.

## Deep frying

### Definition

Subjection of food to heat while it is immersed in hot fat

### Principles

- All food items should be seasoned prior to coating with the exception of chips which should be salted after cooking and draining
- Meat, poultry and fish should be able to cook quickly, not too thick
- Potatoes must be dry before frying to avoid splatter of hot fat
- The fat must be hot enough to seal the outside of the food. Keeps the moisture in the food
- Temperature range 160°C to 190°C
- Do not overload the fryer (this will reduce the temperature of the fat). Food will absorb the fat, lose its juices and could break up. Maximum fat/food ratio 8:1
- Drain all foods well before serving.

### The DO'S of successful deep frying – Do:

- Preheat frying medium by selecting desired frying temperature sufficiently far enough ahead so that the fryer is up to temperature before frying is commenced
- Drain or dry excess water from the surface of all foodstuffs before attempting to fry them. This water will have a tendency to lower the temperature of the fat and to produce excess steam
- Coat all delicate foodstuffs with batter, breadcrumbs or other coating before frying. Animal fats that contaminate frying medium will drastically reduce the life expectancy of the fat

- Drain all deep fried foods well. Deep frying compound is expensive and should be allowed to drain from foods thoroughly before serving them. The foods will be less greasy and you will save frying medium
- Top up fryer to recommended level. This will allow the fryer to cook foods to their optimum by shortening the recovery time
- Filter fat regularly – preferably after each service. Burning crumbs etc shorten the life of frying compounds
- Ensure that when deep fryers have been cleaned that they are thoroughly rinsed and dried and the tap closed. Detergent is a contributory factor to fat breakdown
- Have a spider handy.

### **The DON'TS of successful deep frying – Don't:**

- Overload the deep fryer. A maximum ratio of one part food to eight parts frying medium is recommended i.e. 1 kg of chips for each 6 kg of frying oil
- Overheat fat. Do not exceed the manufacturer's recommended frying temperature, probably 190°C. The result will be smoking fat that not only has an unpleasant taste and represents a risk of flaming, but a shortened life of the frying oil
- Attempt to fry chips in one action. Chips should be blanched at 165°C to allow them to begin to cook. They should then be removed from the oil and the temperature increased to 190°C. Return the chips to the fryer to make them crisper on the outside and to colour
- Salt fried foods near the deep fryer. If salt is allowed to come into contact with the frying oil it will reduce the frying efficiency and shorten the life of the fat
- Attempt to fry in fat that is not up to temperature. The foodstuffs will absorb fat and may break up. Fat should be hot enough to seal in flavour and moisture
- Leave fryer at operating temperature for long periods when not required. Rather reduce temperature to stand-by, approximately 100°C. The fryer will quickly recover and be ready for use within minutes
- Use tongs to remove foodstuffs from a deep fryer. You run the risk of being burned by hot fat, aside from the risk of damaging the surface of the fried food
- Keep water and other liquids near the deep fryer, they may cause a fire
- Drop food into the deep fryer, hot oil splashing may cause burns and/or slip hazards.

### **Some common misbeliefs of deep fryer use**

- Some people believe that a deep fryer will heat up more quickly if the machine is turned up to full. This is false
- If the desired temperature is selected, all electric and gas deep fryers will work to their maximum capacity until the set temperature is reached and then shut off. Thus ensuring that the frying medium doesn't burn
- The practice of adding new frying medium to older fat which shows signs of breakdown e.g. foaming or excessive smoking is not recommended. This does not extend the life of the frying medium to any worthwhile degree and is a waste of money.

Remember the factors that accelerate frying medium breakdown are:

- Salt
- Detergent
- Copper
- Iron
- Sunlight
- Foreign fats
- Water
- Burning food particles, but most often excessive heat.



### Suitable foods for deep frying

- Small pieces of good quality tender foods
- Foods need to be coated except raw starchy vegetables.

### Deep frying foods and techniques

Deep fried dishes are possibly the most popular of all menu items across the broad hospitality industry. There are a range of reasons that this might be so. If deep fried food is cooked correctly it is the crispiest of all the methods of cookery. Deep frying is a quick method of cooking so food prepared in this manner can be ready quickly making it a common choice for take away and fast foods. Fat is one of the elements of food which provides the characteristic flavours of many of the foods we eat so fried food is particularly flavoursome. And perhaps another factor that may influence customers' choice is whether they can prepare the items easily themselves and deep frying is not straight forward. Deep frying requires specialist equipment, lots of oil, can be dangerous and messy!

The frying mediums used in the deep fryer include:

- Vegetable oil
- Animal fat.

Remember the key points when deep frying:

- All foods must be coated:
  - Season foods before coating
  - Starchy vegetables such as potatoes are an exception:
    - Make sure vegetables are very dry before deep frying – oil and water DO NOT MIX!
- The fat/oil should be hot enough to seal the food – between 160°C and 190°C
- Drain deep fried foods well before serving.



When deep frying you will need to coat foods before they are placed in the deep fryer, this can be done a variety of ways including the following common coatings:

Crumbs	Batters	Wrapping in pastry
<ul style="list-style-type: none"> <li>• Seafood: <ul style="list-style-type: none"> <li>▪ Fish</li> <li>▪ Shellfish</li> </ul> </li> <li>• Small pieces of meat or poultry: <ul style="list-style-type: none"> <li>▪ Chicken</li> <li>▪ Pork</li> <li>▪ Veal</li> </ul> </li> <li>• Arancini balls</li> <li>• Offal</li> <li>• Vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Fish</li> <li>• Seafood</li> <li>• Tempura: <ul style="list-style-type: none"> <li>▪ Seafood</li> <li>▪ Vegetables</li> </ul> </li> <li>• Onion rings</li> <li>• Potatoes</li> <li>• Doughnuts</li> <li>• Fruit fritters</li> </ul>	<ul style="list-style-type: none"> <li>• Spring rolls</li> <li>• Wontons</li> <li>• Samosas</li> <li>• Curry puffs</li> <li>• Cannoli</li> <li>• Fruit turnovers</li> <li>• Choux pastry</li> </ul>

It is important that food is cut into small enough pieces otherwise it will still be uncooked on the inside when the outside is golden brown. Most deep fried items will float to the top of the deep fryer when they are cooked but make sure you adequately check all foods before they are served to the customer.



## Deep frying equipment

The most common type of deep fryer is a thermostatically controlled model. These can be heated with either gas or electricity.

Other types of deep fryers include:

- Pressure fryers
- Computerised fryers.

Additionally equipment used for deep frying includes:

- Spiders
- Baskets
- Slotted spoons
- Absorbent paper.

## 3.3 Identify and solve problems in the application of the cooking method

### Introduction

As you spend more time in the commercial kitchen you will learn to recognise to identify what causes some of the more technical problems that occur when cooking. You will also begin to seek solutions to these problems so that your cooking skills improve.

### Products

As with the wet methods of cookery selecting methods which enhance the characteristics of the products that you are using is the key to producing good quality dishes. Remember that meat is the muscle of animals. The animal and the part of the animal you are using will impact on how it will cook.

Carefully consider the characteristics of the products you are using. Here are some guidelines that will support you in making appropriate choices for the animal products you may choose for the dry methods of cookery:

Foods	Cut	Cooking Method
Beef	<ul style="list-style-type: none"> <li>Whole porterhouse</li> <li>Whole rump</li> <li>Rib-eye roll</li> </ul>	Roast
	<ul style="list-style-type: none"> <li>Steak:               <ul style="list-style-type: none"> <li>Rump</li> <li>T-bone</li> <li>Porterhouse</li> <li>Scotch</li> <li>Fillet</li> <li>Mince</li> </ul> </li> </ul>	Grill
Pork	<ul style="list-style-type: none"> <li>Shoulder</li> <li>Leg</li> </ul>	Roast
	<ul style="list-style-type: none"> <li>Chops</li> <li>Loin</li> <li>Escalope</li> </ul>	Grill, pan fry
Lamb	<ul style="list-style-type: none"> <li>Rack</li> <li>Leg</li> <li>Shoulder</li> </ul>	Roast
	<ul style="list-style-type: none"> <li>Cutlet</li> <li>Backstrap</li> </ul>	Grill, pan fry

Foods	Cut	Cooking Method
Chicken	Whole	Roast
	Breast	Grill
	Breast	
	Tenderloins	Deep fry
	Leg	Roast
	Wing	Deep fry
Duck	Whole	Roast
	Breast	Roast, pan fry, grill
Fish	Whole	Bake, shallow fry
	Fillet	Shallow fry, deep fry, grill
Shellfish	Whole	Shallow fry, deep fry, grill

## Portion control

Remember to practise good portion control throughout the food preparation process including:

- Standard recipes
- Consistent food preparation techniques
- Standardised serving processes.



## Problems – dry cooking methods

It is likely that you discovered some of the common problems that occur when you were learning the wet methods of cookery. Likewise when preparing and cooking foods using the dry methods of cookery there are common problems and again the different cooking methods have the potential to cause specific concerns. Here are some common ones for each of the dry cooking methods:

### Baking

There are many potential problems with baking as unlike many of the other methods of cookery recipes for pastries, cakes, desserts and yeast goods require precise ratios of specific ingredients to be successful. Incorrectly selected or measured ingredients can lead to tough, chewy, shrunk and unset baked goods. The technique used to make many baked goods is also very important as over or under mixing or whipping, folding and resting times all contribute to the quality of end products. Always follow recipes for baked goods with care and ask questions if you are unsure.

Some of the more straightforward problems that can occur include:

Problem	Effect
Products are too dark	<ul style="list-style-type: none"> <li>• Temperature of the oven too low</li> <li>• Product incorrectly positioned in oven</li> </ul>
Products are too light – not golden brown	<ul style="list-style-type: none"> <li>• Temperature of the oven too high</li> <li>• Product incorrectly positioned in oven</li> </ul>
Products are unevenly cooked	<ul style="list-style-type: none"> <li>• Heating elements in the oven may require maintenance</li> <li>• Oven door seals need to be replaced</li> </ul>
Pastry shrinks	<ul style="list-style-type: none"> <li>• Too much liquid use in pastry</li> <li>• Not enough fat used in pastry</li> <li>• Over mixed during preparation</li> <li>• Not rested enough before baking</li> </ul>

## Roasting and pot roasting

Problem	Effect
Products are tough and dry	<ul style="list-style-type: none"> <li>• Oven temperature too high</li> <li>• Product not basted enough</li> <li>• Product not turned in the oven</li> <li>• Product not suitable for roasting due to fat content: <ul style="list-style-type: none"> <li>▪ Product should have been barded or larded before roasting</li> </ul> </li> </ul>
Surface of roasted meat item too dark	<ul style="list-style-type: none"> <li>• Oven temperature too high</li> </ul>
Surface of the roasted meat item unevenly browned	<ul style="list-style-type: none"> <li>• Product not evenly trussed</li> </ul>
Surface of the roasted meat not browned	<ul style="list-style-type: none"> <li>• Oven temperature too low</li> </ul>

## Grilling

Problem	Effect
Products not browned	<ul style="list-style-type: none"> <li>• Temperature too low</li> <li>• Insufficient fat or oil used as cooking medium</li> </ul>
Product is dry	<ul style="list-style-type: none"> <li>• Temperature too high</li> <li>• Insufficient fat or oil used as cooking medium</li> <li>• Product not adequately coated</li> <li>• Product held too long before service</li> </ul>

## Shallow frying

Problem	Effect
Product not browned	<ul style="list-style-type: none"> <li>• Fat or oil not correctly chosen</li> <li>• Fat or oil not hot enough</li> <li>• Product is not appropriately coated for shallow frying</li> <li>• Too much of the ingredient added to the pan at one time</li> </ul>
Product is soggy	<ul style="list-style-type: none"> <li>• Fat or oil not correctly chosen</li> <li>• Fat or oil not hot enough</li> <li>• Product is not appropriately coated for shallow frying</li> <li>• Too much of the ingredient added to the pan at one time</li> </ul>
Product is discoloured	<ul style="list-style-type: none"> <li>• Frying was too long</li> <li>• Frying medium is overheated before frying commences</li> </ul>

## Deep frying

Problem	Effect
Product browns but food is not cooked inside	<ul style="list-style-type: none"> <li>• Oil temperature is too hot</li> <li>• Food is too thick</li> <li>• Oil needs changing</li> </ul>
Product does not brown	<ul style="list-style-type: none"> <li>• Oil temperature is not hot enough</li> <li>• Deep fryer is over-loaded</li> </ul>
Food is soggy	<ul style="list-style-type: none"> <li>• Oil temperature too low</li> <li>• Food is too wet</li> <li>• Food is not served immediately after deep frying</li> <li>• Food is covered after it is removed from the deep-fryer</li> </ul>



## Microwaving

Problem	Causes
Liquids overflow	<ul style="list-style-type: none"> <li>Cooking container is too small</li> </ul>
Products explode	<ul style="list-style-type: none"> <li>Skin or shell not pricked before cooking</li> </ul>
Products are dried out	<ul style="list-style-type: none"> <li>Overcooked</li> <li>Wrong setting used</li> <li>Moisture needed to be added</li> </ul>
Sauces are lumpy	<ul style="list-style-type: none"> <li>Not stirred enough during cooking process</li> </ul>

## Standard recipes

Take care to update the standard recipes that you are using as you go, noting any amendments you have made to:

- Ingredients
- Quantities
- Methods of preparation
- Methods of cookery
- Timing.



## Continuous improvement

There is a lot to learn in commercial food preparation. Take the time to develop and hone the basic cooking skills that will underpin your career. And keep adding to your recipe resource.

## 3.4 Coordinate the production of menu items

### Introduction

As you spend more time in the commercial kitchen environment as a cook you will learn to coordinate food production for the many items that make up a menu more efficiently whether it is large numbers of a few dishes like for set function menu or the many components that are needed for à la carte service. You will also become more aware of the importance of always communicating these elements with the front of house team prior to service.

## Menu and service styles

The range of menu styles and the types of dry cooking methods that are often used or avoided for these styles are listed here:

Menu style	Description
Table d'hôte (Set menu)	Most commonly used for functions. Ease of service is important when serving large numbers of meals in a short period. Roasted large joints of meat are used as are individually roasted cuts of chicken beef and lamb which can be sealed and laid out on trays in advance ready for roasting.
À la carte	All dry cooking methods can be used in the à la carte service style as small numbers of each item are prepared and served at a time.
Buffet	Ease of service is important with the menu items on a buffet as the food is generally served directly to the customer. Roasted large joints of meat and whole poultry are impressive when carved directly to the customer.
Cocktail	Deep fried and baked items are commonly used cocktail foods because they are crisp and convenient for customers to pick up in their fingers.
Degustation	A degustation menu is a tasting menu so a broad range of dishes is offered as small courses. The overall menu should include variety in ingredients, flavours and textures. To achieve this a range of cooking methods from both wet and dry will usually apply. Like an à la carte all dry cooking methods can be used as small numbers of each item are prepared and served at a time.

You can apply your knowledge and skills in carrying out the correct procedures of the dry cookery methods by practising in a range of different service situations. What are the key points that you would need to follow to achieve quality end products in each of the following situations:

Situation	Key points
As part of the daily mise-en-place for the dessert menu, you are required to bake profiteroles.	
<p>Your establishment provides the option of having all fish either grilled or fried with chunky chips.</p> <p>Docket number 4765 would like:</p> <ul style="list-style-type: none"> <li>• 1 portion grilled</li> <li>• 2 portions fried</li> <li>• Proceed to fill the order</li> </ul>	

Situation	Key points
As stipulated on the table d'hôte menu, all main course meals will be served with a selection of sautéed vegetables. Select and prepare the vegetables and sautéed to order as required.	
The menu offers a main course roast of the day; select and prepare a roasted meat or poultry dish that would be appropriate.	

Dishes cooked by the dry methods of cookery must be finished and presented in a skilled manner. You will need to use sauces, accompaniments and garnishes to achieve this.

Finishing methods include consistency and proficiency in:

- Plate and crockery selection
- Portioning
- Plating:
  - Shape and height enhance the look of dishes
- Saucing or dressing
- Accompaniment choice
- Garnishing.



What finishing methods would you apply to the following dishes?

Dish	Finishing method
Grilled sirloin steak	
Slow roasted sirloin of beef	
Apple Fritters	
Stir fried beef	
Apple crumble	

## Cooking Times

Generally you can divide the cooking times for foods using the dry methods of cookery into those shown in the following table:

Fast	Slow
Deep frying	Roasting
Shallow frying	Pot roasting
Grilling	Baking

Learning to judge how long menu items will take to cook in both the mise-en-place and service phases of food production is a fundamental skill you will need to learn. This will allow you to sequence your daily tasks and work efficiently. Achieving this during service periods will take practise which is why many training cooks start in the Cold Larder sections of the kitchen where there is a little less preciseness required as the immediacy of serving hot foods is not a factor.

When you are familiar with the cooking times for items you will be able to respond more to problems where you may need to prepare an alternative item quickly. You can also provide suggestions for options for customers who may be in a hurry or wanting a specific item.

## Storage capacity

Being able to store all the menu items that are prepared in a commercial kitchen appropriately between and during service periods is vital for quality and food safety.

Consider what equipment is needed for storing the following ready for service:

- 20 whole roasted chickens
- 5 kg of deep fried beer battered prawns.



## Cooking systems

As discussed in the section on wet cookery methods the most common system of preparing foods is traditional cook and serve. And there are alternative cooking systems that are used in commercial kitchens such as cook/chill, cook/freeze and sous vide.

In general the alternative cooking systems are used mainly for the wet methods of cookery such as boiling, braising and stewing as products made using these methods are more appropriate to reheat.

## Communication

Keeping in mind that you are working in a service industry will help you to use the communication required to meet the needs of the customers.

For example:

- Communicating effectively during mise-en-place to ensure the kitchen team prepares all the components of a menu ready for service
- Communicating appropriately during service to coordinate the dishes so that the customers receive their meals as desired
- When you are training always make sure you ask for help when you require it.

Good communication includes listening, speaking and body language. Practising your communication skills will assist you to work as a productive team with your colleagues and assist in building the workplace as an enjoyable environment.



## 3.5 Communicate with front of house staff on the production/service of menu items

### Introduction

The staff in food service establishments work in teams. The most significant of these teams are those of:

- Front of house (FOH) – service or waiting staff
- Back of house (BOH) – kitchen staff.

However in some establishments there are also administration staff and staff like dieticians who provide support to the FOH and BOH teams. Your job as a cook is to work with the back of house team that prepares the foods that will in most cases be provided to customers by the front of house or other service staff personnel. Production of menu items may be affected by requests from customers with special dietary requirements. This needs to be communicated to BOH preferably prior to commencement or production. Prior to service the back of house team needs to provide information to the front of house team regarding any components of the food production that will impact on service. This communication usually happens in a pre-service briefing.

### Pre-service briefing

The pre-service briefing ensures the front of house staff are aware of any factors which could impact on service, these include:

- Portion numbers
- Cooking times
- Dishes for special dietary needs
- Service styles.



## Cooking timelines

The amount of time needed to cook or heat dishes during service needs to be communicated to the service staff during the pre-service briefing. Some dishes can be served quickly and others take more time.

Longer cooking/heating times	Short cooking times
<ul style="list-style-type: none"> <li>• Roasting</li> <li>• Baking</li> </ul>	<ul style="list-style-type: none"> <li>• Deep frying</li> <li>• Shallow frying</li> <li>• Grilling</li> </ul>
<ul style="list-style-type: none"> <li>• The slow cooking methods of roasting and baking mean that they are usually prepared just prior to service. It is not ideal to reheat roasted meats or baked goods as they dry out so these items are made for each service period</li> <li>• Grilling, deep frying and shallow frying are fast cooking methods so can be useful when extra portions are needed quickly especially meats, poultry and seafood.</li> </ul>	

## Portion quantities

The portion quantities that are prepared for each of the items on a menu are usually based on a sales analysis from data collected over previous service periods. In an à la carte style of service this data is used by the chef to forecast the popularity of menu items and prepare the number of portions accordingly.



It is important to be aware of where there may be flexibility to offer additional serves of some menu items in urgent situations when the allocated portions have been exhausted. The most likely options of menu items which could be prepared quickly using dry cooking methods include:

- Grilled meats, poultry and seafood
- Deep fried seafood.

All this information needs to be communicated to the service staff during the pre-service briefing.

## Specific dietary needs

An awareness of the common dietary requirements of your customers is useful. To provide the services they desire you must be able to prepare appropriate dishes.

Customers may require meals for a variety of specific diets based on:

- Medical conditions
- Cultural practises or conventions
- Religious rules
- Ethical beliefs

Some dry methods of cookery are not appropriate for customers with some of these specific dietary requirements. Here are a few of the key considerations for customers with the following dietary requirements:

Cardiovascular diseases	Coeliac disease	Lactose Intolerance	Diabetes
Roasted, deep and shallow frying is not suitable as excess fat/oils are used	Most deep fried and many shallow fried items are coated with batter, crumbs or flour made from wheat which is not suitable	Milk is used in egg wash which is used extensively on baked, shallow and deep fried items	Sugar is used in most pastries and cakes baked for desserts

## Service styles

The type of service style you are using may influence the preparation methods that used and this may differ from the usual methods prepared by the establishment you work in.

À la carte	Function	Buffet
All dry methods of cookery are applied	Roasted items are most likely due to ease of service	Roasted items are most likely due to enhanced presentation

## Work Projects

It is a requirement of this Unit you complete Work Projects as advised by your Trainer. You must submit documentation, suitable evidence or other relevant proof of completion of the project to your Trainer by the agreed date.

- 3.1 Select an appropriate standard recipe for a dish for each of the following dry methods of cookery:
  - Grilling
  - Baking
  - Roasting
  - Shallow frying
  - Deep frying.
- 3.2. Prepare and present each of the dishes you selected in 3.1 to your trainer for evaluation meeting the following criteria:
  - Read the recipe
  - Collect the ingredients
  - Store the ingredients
  - Process ingredients to recipe specification's
  - Present finished dish to trainer for evaluation and feedback
  - Store unused items correctly for use at later time
  - Clean the kitchen before leaving to go home.
- 3.3. Explain how you would solve the following problems:
  - Crème caramel (egg custard) not set
  - Grilled chicken not browned
  - Roasted pork pink in the middle
  - Soggy French fries or potato chips
  - Grilled sirloin steak too dry.
- 3.4. Prepare, cook and serve a simple dish using a dry method of cookery in the following situations:
  - Table d'hôte menu service
  - À la carte menu service.
- 3.5 Provide a written pre-service briefing document that would provide FOH with all the information they would need for the service in regards to the dishes you have selected and prepared in 3.1 and 3.2. Include the following information:
  - Cooking times during service



- Standard portion quantities and whether additional portions can be prepared if needed
  - Information regarding special dietary factors
  - The service style the dish is generally prepared for.
-

## Summary

### Apply dry methods of cookery

Select appropriate wet cooking method for preparation of the dish/s:

- Baking
- Roasting
- Grilling
- Shallow frying
- Deep frying.

Apply appropriate wet cooking method for preparation of the dish/s:

- Types of foods
- Appropriate equipment.

Identify and solve problems in the application of the cooking method:

- Products
- Portion control
- Problems – dry cooking methods
- Standard recipes
- Continuous improvement.

Coordinate the production of menu items:

- Menu and service styles
- Cooking times
- Storage capacity
- Cooking systems
- Communication.

Communicate with front of house staff on the production/service of menu items:

- Pre-service briefing
- Cooking timelines
- Portion quantities
- Specific dietary needs
- Service styles.

# Appendices: Recipes

## Vegetable stock

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### Ingredients:

1	Onion
1	Carrot
1 stalk	Celery
1/2	Leek
1/2	Tomato
40 ml	Vegetable oil
1	Bay leaf
Sprig	Thyme
6	White peppercorns
1/8 bunch	Parsley stalks
2 lt	Cold water

### Method:

- Combine all ingredients in a stock pot
- Bring to the boil, turn down to a simmer
- Simmer for 1 – 2 hours.

## Whole poached pear in red wine

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### Ingredients:

1	Pear
1	Stock syrup
1	Cinnamon stick
300 gm	A1 sugar
250ml	Water
500 ml	Red wine
½	Lemon squeezed
1	Star anise
3	Coriander seeds
2	Cardamon
1	Bay leaf

### Method:

- Put the ingredients for the stock syrup in a pot, including the squeezed lemon half
- Bring to the boil and simmer for 10 minutes
- Turn down to poaching temperature
- Peel the pear, leaving the stalk on
- Remove core and seeds using a parisienne cutter
- Place the pear in the pot and cover with a cartouche
- Cook pear until tender
- Check by using a wooden skewer piercing through the core hole
- Remove from heat and let cool in poaching liquid
- Serve cold pear on a pool of syrup and garnish.

## Stewed apple

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### Ingredients:

1	Apple
20 gm	Butter
20 gm	Sugar
squeeze	Lemon juice

### Method:

- Peel and chop the apple into bite size pieces
- Melt butter add apple and sweat
- Add sugar and continues to stir
- Add lemon juice and stew until tender.

## Apple crumble

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### Ingredients:

100 gm	Stewed apples
50 gm	Flour
50 gm	Oats, rolled
50 gm	Castor sugar
50 gm	Butter

### Method:

- Rub flour and butter together to form a 'breadcrumb' like consistency
- Add oats and sugar to form crumble mix
- Place apple mix into an oven proof dish, make sure to leave enough room for the crumble mix to go on top
- Spread crumble mix on top so apple is fully covered
- Place dish into a pre-heated oven of 200°C and bake until apple mix is hot all the way through and the crumble mix is lightly colour
- If more colour is required on the top place under a salamander to achieve the desired colour.

## Fish in Kataifi

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### Ingredients:

1	Fish fillet
1 clove	Garlic
½ tsp	Coriander seed, ground
½ tsp	Cumin, ground
½ tsp	Paprika
5 gm	Coriander, fresh
50 gm	Clarified butter
½	Lime
Sheet	Kataifi pastry
10 ml	Extra virgin olive oil

### Method:

- Make a marinade by crushing garlic and adding the cumin, coriander seed, paprika, lime juice, olive oil
- Place fish fillet into the marinade and coat thoroughly
- Lay Kataifi pastry on a bench, place fish onto pastry and roll up until fish is completely surrounded in pastry
- Place onto a baking tray and brush gently with clarified butter
- Place into a pre-heated oven of 180°C, until the pastry is golden brown and the fish is cooked through
- Serve on a hot plate garnished with some fresh coriander leaves.

## Crème caramel

### Ingredients:

60 gm	Sugar
45 ml	Water
250 ml	Milk
2	Eggs
25 gm	Sugar, castor
trace	Vanilla essence

### Method:

- To make a caramel, heat the sugar and 30 ml of water in a pan. Boil til the caramel turns a golden brown colour
- Remove from the heat and add another 15 ml of water, swirl the caramel in the pan to blend together
- Pour into metal dariole moulds and leave to cool
- Heat milk and vanilla essence in a pan to nearly boiling
- Mix eggs and sugar in a bowl, pour in hot milk and mix well
- Pour over caramel and place moulds into a baking dish
- Fill baking dish  $\frac{1}{2}$  -  $\frac{3}{4}$  with hot water
- Cover with foil to prevent drying the top of pudding during the cooking process
- Cook in a pre-heated oven, approx 160°C for approx 40 minutes until the custard has set
- Remove from the oven
- Remove the dariole mould from the water and place onto tray
- Place custards into refrigerator to cool, cover again to prevent contamination
- The custards must be cold before turning out. Take care in turning them out so the custard doesn't break open. It should come out in one piece.

### Points to remember:

- Hot water in baking dish: If you use coldwater it will take longer for the custards to cook
- Oven temperatures will vary, they need a low oven temperature
- Be careful when lifting dish with custards into and out of the oven as the water is difficult to keep still and it will splash everywhere
- Keep checking to see if your custards are cooked. You want the custard to 'set'. Check to see if the custard is set by gently moving one dariole mould. If it move like water in centre then it is not set. If it moves as one mass then it is set

- Do not allow custard to boil, the egg protein will set too firm and the water will 'split' away
- When the custard is set it should be 'soft and gentle' in the mouth feel.
- If the custard beaks when 'turning out', do not serve it.

## Grilled chicken with wasabi butter

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### Ingredients:

2	Chicken thigh (skin on)
2 gm	Cumin
2 gm	Ginger, ground
2 gm	Coriander seed, ground
1 clove	Garlic, crushed
2 gm	Paprika

### Method:

- Combine all the spice to make spice rub
- Dry the chicken thighs with a paper towel and rub with spice mix
- Place skin side down on a well oiled grill. Turn the chicken when the skin freely comes away from the grill
- Continue to cook until the chicken is cooked through, turning regularly to ensure it does not burn.



## Wasabi butter

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### Ingredients:

100 gm	Butter
¼ tsp	Wasabi powder
¼ tsp	Dijon mustard
¼ tsp	Coriander leaves
¼ tsp	Parsley, chopped
¼ tsp	Dill, chopped
¼ tsp	Chives, chopped
¼ tsp	Lemon juice

### Method:

- Bring the butter to room temperature
- Mix in all other ingredients and put to one side
- To Serve
- While chicken is still warm place on a warm plate
- Add a dollop of the wasabi butter and allow it to melt over chicken
- You could also sprinkle some toasted sesame seeds over the top if you wished.

## Pot-roasted quail

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### Ingredients:

1	Quail
30 gm	Carrot
30 gm	Leek
30 gm	Onion
¼ tsp	Thyme, chopped
40 gm	Butter
30 ml	White wine
30 ml	Chicken stock
60 ml	Cream

### Method:

- Clean and truss quail
- Finely chop mirepoix and sweat
- Melt butter in suitable poêle dish, add mirepoix and thyme
- Add quail season and baste with melted butter
- Cover with tight fitting lid and place in oven at 180°C Wait until three quarters cooked (12-15 minutes approx) Remove lid and brown in oven or under salamander
- Remove the quail, cover with foil and leave to rest
- The Sauce
- Drain away most of the butter
- Over heat add wine and chicken stock and reduce by 1/3
- Next add cream, reduce more to coating consistency and season
- Strain and keep the mirepoix warm
- To Serve
- Remove the wings at the first joint
- Remove the legs through the thigh joint
- Take each breast of the bone and trim to neaten
- Spoon a nest of mirepoix in the centre of the plate
- Arrange the quail pieces over the mirepoix
- Nappe with sauce and garnish.

## Roast carrot

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### Ingredients:

100 gm	Carrot, peeled and turned
10 gm	Oil
trace	Salt and pepper

### Method:

- Method
- Toss the carrot pieces in oil and seasoning
- Place in a roasting tray and cook in a pre-heated oven 180°C
- Continue to baste and turn the carrot while it is cooking in the oven
- When carrot is cooked test for doneness with a skewer, it should offer no resistance
- Drain off excess fat and serve hot.

## Slow roast sirloin of beef

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### Ingredients:

300 gm	Sirloin of beef
trace	Salt and pepper
10 ml	Oil
100 ml	Brown beef stock

### Method:

- Trim the piece of sirloin and rub with oil, season, seal in a hot pan
- Place the sirloin on a rack over a roasting tray and place in a pre-heated oven at 160°C Cook to medium rare
- Rest in a warm place, covered with foil
- Pour the excess fat off the tray, deglaze with stock and reduce. Strain
- Carve the meat across the grain and serve hot with the sauce.

## Grilled sirloin steak

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### Ingredients:

180 gm	Sirloin steak
5 ml	Oil
	Seasoning

### Method:

- Trim sirloin steak, removing some not all of the fat
- Heat a clean grill plate
- Rub the steak with oil and lightly season
- Place on the hot grill plate and cook until blood appears on the surface. Make sure the grill is not so hot it will burn the steak
- Turn the steak and cook on the other side. Ensure the steak is cooked evenly on both sides
- Remove from the heat and rest the steak in a warm place for 5 minutes
- Serve on a warm plate.

## Roast beetroot

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### Ingredients:

1	Beetroot
20 ml	Oil

### Method:

- Preheat oven to 180°C
- Brush the outside of the beetroot with oil
- Place in the oven until cooked (tender but holding its shape)
- Once cool, peel and remove the stalks
- Toss in extra virgin olive oil and salt and pepper.

## Roast pumpkin

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### Ingredients:

100 gm	Pumpkin, peeled, seeded and cut into pieces
10 ml	Oil
trace	Salt and pepper

### Method:

- Toss the pumpkin pieces in oil and seasoning
- Place in a roasting tray and cook in a pre-heated oven 180°C
- Continue to baste and turn the pumpkin while it is cooking in the oven
- When pumpkin is cooked test for doneness with a skewer, it should offer no resistance
- Drain off excess fat and serve hot.

## Roast potato

---

### Ingredients:

200 gm	Potato, peeled and turned
20 ml	Oil
trace	Salt and pepper

### Method:

- Blanch potatoes to par cook
- Toss the potatoes in oil and seasoning
- Place in a roasting tray and cook in a pre-heated oven 180°C
- Continue to baste and turn the potatoes while they are cooking in the oven
- When potatoes are cooked test for doneness with a skewer, there should be no resistance
- Potatoes should be golden brown.

## Apple fritters

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### Ingredients:

100 gm	Flour
1	Egg
5 gm	Yeast
125 ml	Water (warm 37°C)
10 ml	Oil
1	Apple
10 ml	Lemon juice
10 gm	A1 sugar
pinch	Salt
pinch	Cinnamon

### Method:

- Mix yeast and with warm water
- Lightly beat an egg in a bowl, pour into the yeast mixture, add oil
- Sift flour into a bowl and make a well in the centre
- Pour in the yeast-egg-oil mixture and mix to a smooth batter
- Cover and leave to prove for 1 hour/double in size
- Peel and core the apple, then slice to 1 cm thick. Coat with lemon juice
- Dry apple, dust with flour, dip in the batter using a bamboo skewer to avoid finger marks (Trainer will demonstrate)
- Deep fry at 180°C until golden brown
- Drain on paper towel, then toss in cinnamon sugar, serve hot.

## Roast capsicum

---

### Ingredients:

1            Capsicum  
20 ml       Oil

### Method:

- Preheat oven to 180°C
- Brush the outside of the capsicum with oil
- Place in the oven until the skin blisters and begins to turn dark in colour
- Remove from oven, place in a stainless steel bowl, cover with Glad Wrap and leave to cool
- Once cool, peel and remove the core and seeds
- The capsicum can now be further prepared in several different ways.

**Note:** You can burn the capsicum directly on an open flame.

## Bread and butter pudding

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### Ingredients:

5 slices	Bread, old (croissant or Danish is good substitute)
30 gm	Butter
40 gm	Sultanas
20 ml	Rum, dark
	Custard
250 ml	Milk
2	Eggs
30 gm	Castor sugar
5 ml	Vanilla essence
30 gm	Sugar, brown

### Method:

- Macerate sultanas in rum by warming together in microwave for 30 seconds and let stand until cool
- Butter the bread and cut to fit container, usually in triangles, sprinkle sultanas in between not on top
- Make the custard
- Place eggs and sugar in stainless steel bowl and whisk together
- Heat milk and pour over egg mix and whisk together
- Add vanilla essence and strain mix to remove lumps of albumin
- Pour custard over bread in container, allow to stand to absorb liquid for 10 minutes
- Sprinkle brown sugar evenly over top
- Place into baking dish and half fill with hot water
- Place into oven and bake until set at 165°C to 170°C.



## Pommes Lyonnaise

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### Ingredients:

150 gm	Potato
15 gm	Onion
5	Butter
20 ml	Oil
5 gm	Parsley, finely chopped

### Method:

- Boil potatoes in their jackets until just cooked, refresh and cool
- Slice onions into julienne and sauté in a small amount of oil and butter until soft and golden brown
- Peel potatoes and slice about 5 mm thick. Fry in the butter and oil until golden brown, take care not to break the potato discs
- Once golden brown mix potato and onions together with chopped parsley and serve hot on a warm plate.

## Fish in filo pastry

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### Ingredients:

20 gm	Carrot
20 gm	Onion
20 gm	Leek
100 gm	Fish fillet
2 sheets	Filo pastry
20 gm	Butter, melted
	Fresh coriander leaves

### Method:

- Sauté julienne of vegetables in butter and season. Take them out on paper towel to absorb extra moisture
- Brush pastry with melted butter. Wrap fish and vegetables in pastry and brush with butter outside
- Bake in a hot oven at 200°C until golden brown
- Note: Do not seal the fish before wrapping.

## German potato pancake (Kartofelpuffer)

### Ingredients:

200 gm	Potato, peeled
¼	Egg
10 gm	Flour
¼ tsp	Caraway seeds
to taste	Salt and pepper

### Method:

- Grate potato and squeeze excess moisture out
- Mix with the rest of the ingredients
- Heat a fry pan with a little oil
- Drop some of the mixture into the pan and form a pancake approx 1 cm thick and 10 cm in diameter, repeat with the remaining mix
- Fry on low heat until golden brown on both sides
- Serve hot
- Note: Use the mixture immediately, so the mixture doesn't go brown.

## Pommes frites (French fries)

### Ingredients:

200 gm	Large potato
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### Method:

- Pre-heat one fryer to 160°C and another to 180°C
- Peel potato and cut into 1 cm x 1 cm x 6 cm and wash and dry well
- Blanch potatoes until they are cooked through and pale in colour
- Drain well and leave to cool
- Fry the chips until golden brown and crisp
- Drain well, season and serve hot
- Note: All deep fried food must be served immediately while it is still hot and crisp.

## Quick stir fried beef with spring onion

---

### Ingredients:

120 gm	Beef sirloin, very finely sliced (no fat, no connective tissues)
1 tsp	Shao-Shing wine
1 tsp	Oil
3 pinch	Crushed black pepper
1 tsp	Cold water
1 tsp	Cornstarch
3 pinch	Baking powder
2 cloves	Garlic, sliced
4 tsp	Oil
2 tsp	Soy sauce
1 tsp	Sesame oil
2	Spring onion, sliced
to taste	Salt

### Method:

- Prepare marinade with all ingredients, marinade for 30 minutes
- Trim sirloin and slice paper thin and add to the marinade, rest for 30 minutes
- Heat the pan and add oil and bring it to smoking temperature
- Add garlic and beef along with marination and toss for 10 seconds ONLY
- Splash soy sauce over beef, toss and remove the beef into a bowl.

## Stir fry vegetables

### Ingredients:

50 gm	Broccoli, cut into florets
50 gm	Cauliflower, cut into florets
50 gm	Carrots, cut into flowers
50 gm	Baby corn, roll cut
½	Medium onion, cut into bites size pieces
1	Spring onions
1/5	Capsicum
150 ml	Vegetable stock
½ tsp	Salt
½ tsp	Sugar
1 tsp	Soy sauce
1 tblsp	Oyster sauce
1 tsp	Corn flour

### Method:

- Wash and prepare vegetables (make sure they are all even in size, not too small)
- Add a small amount of oil to a pot of boiling water and blanch carrots, broccoli, cauliflower and corn. Drain well
- Mix stock, salt, sugar, soy sauce and oyster sauce and set aside
- Mix corn flour with a small amount of cold water to make a slurry
- Heat wok until it starts to smoke, add oil and onions and toss
- Add blanched vegetables and stir fry for approx 30 seconds
- Add enough stock mixture to coat vegetables and stir fry for another 30 seconds
- lightly thicken sauce with corn starch slurry
- Add spring onions and toss through
- Serve neatly presented on a hot plate
- Add 1 teaspoon oil to the pan and add spring onions and stir for 5 seconds on high heat and garnish.

## Trevally fillet in egg and herb topped with tomato concasse

---

### Ingredients:

150 gm	Trevally fillet
1	Egg, beaten
3	Chives, small pieces
2 sprigs	Fresh thyme, picked
to taste	Salt and pepper
to dust	Flour
to fry	Oil
1	Tomato
20 gm	Onion
1 clove	Garlic
1 tsp	Tomato paste
to taste	Salt and pepper
garnish	Chives, chopped

### Method:

- Beat egg and add the herbs
- Prepare tomato concasse
- Trim the fish fillet add salt and pepper dust with flour
- Dip the fillet in egg mix and pan fry on medium heat
- Place the cooked fillet on warm plate and top-it with concasse and chives.

## Beer batter

---

### Ingredients:

100 gm	Flour
190 ml	Beer
1 pinch	Salt
1 tsp	Baking powder

### Method:

- Sieve flour, baking powder and salt into a bowl
- Add beer and whisk until smooth
- Cover with Glad Wrap and rest for 30 minutes
- Drain commodities, season and coat lightly in flour
- Dip in batter; let the excess batter drain off and gently place into a hot fryer
- Cook until golden brown, turning to ensure even colour
- Drain well on a paper towel, serve on a hot plate and garnish.

## Chicken à la King

---

### Ingredients:

1	Chicken leg, boned
100 gm	Mirepoix
1 sprig	Thyme
200 ml	Chicken stock
50 gm	Red capsicum, cut in julienne
50 gm	Green capsicum, cut in julienne
100 gm	Mushrooms, sliced
100 gm	Butter
50 gm	Flour
50 ml	Cream

### Method:

- Cut chicken leg into pieces about 2 cm across
- Put in a pot with mirepoix, thyme and chicken stock and simmer until cooked through and tender, approx 20 minutes
- Make a fawn roux with 50 gm of butter and allow to cool
- When chicken is cooked, remove from the stock and keep warm, discard the thyme and mirepoix
- Make a veloute with the roux and stock, and allow to cook out. Check seasoning and consistency
- Sauté the capsicum and mushrooms in remaining butter, add to veloute with the chicken pieces and reheat. Finish with cream and serve hot.



## Sautéed chicken in a mushroom and cream sauce

---

### Ingredients:

200 gm	Chicken, cut into even pieces
	Flour for dusting
20 gm	Onions, finely diced
30 gm	Mushrooms, wiped and sliced
15 ml	Oil or clarified butter
20 ml	White wine
50 ml	Chicken stock
60 ml	Cream
2 drops	Tabasco sauce
to taste	Salt and pepper
1	Spring onion, cut in small pieces

### Method:

- Dust chicken pieces lightly in flour
- Sauté chicken in a hot pan and remove
- Sauté onions and mushrooms
- Deglaze pan with white wine
- Add chicken stock and reduce to approx 20 ml
- Add cream and Tabasco sauce
- Reduce sauce to desired consistency (approx half)
- Season sauce to taste
- Add chicken pieces and spring onion
- Mix well to heat through and coat with sauce
- Serve immediately.

## Grilled mushrooms

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### Ingredients:

1	Large field mushroom
10 gm	Garlic
25 gm	Butter mushroom

### Method:

- Rub mushroom with a damp cloth to remove excess dirt, remove stalk gently
- Crush garlic and mix in with butter
- Place mushroom on a grill tray with underside frills facing up
- Place garlic butter on mushroom
- Place under a pre-heated salamander and cook until mushroom is soft and tender
- Serve immediately on a warm plate.

## Chicken Holstein

---

### Ingredients:

120 gm	Chicken breast
	Crumbing set (flour, egg wash and breadcrumbs)
25 gm	Butter, clarified
50 ml	Oil
1	Egg
1	Anchovy fillet, cut julienne
4	Capers

### Method:

- Clean, trim and flatten chicken breast to an even thickness as necessary, then crumb
- Heat oil in a frying pan
- Fry chicken golden brown, turning once only
- Allow enough oil up to ½ the depth of the schnitzel
- Heat 10 g of clarified butter in a clean fry pan and fry the egg, taking care not to break the yolk
- To serve place escalope on a hot plate
- Place fried egg on top of the chicken, garnish with 2 julienne strips of anchovy fillet with capers.

## Chicken schnitzel

---

### Ingredients:

120 gm	Chicken breast
	Crumbing set (flour, egg wash and breadcrumbs)
25 gm	Butter, clarified
5 ml	Oil

### Method:

- Clean, trim and flatten chicken breast to an even thickness as necessary
- Pass the meat through seasoned flour, remove excess flour, dip into egg wash mix then into breadcrumbs
- Allow the crumbed meat to rest in fridge to allow the crumb mixture to bind to the meat
- Heat 5 gm of butter and 5 ml oil in a frypan
- Fry chicken golden brown, turning once only
- Place on to paper towel.

## Grilled vegetables

### Ingredients:

80 gm	Zucchini or eggplant or capsicum
10 ml	Olive oil

### Method:

- Slice into ½ cm slices
- Toss gently in olive oil and seasoning
- Place onto a hot grill and seal before turning over
- Cook until tender but still holding its shape.

## Marinated eggplant

### Ingredients:

½	Eggplant (medium)
½	Garlic clove, crushed
20 ml	Balsamic vinegar
60 ml	Extra virgin olive oil
	to taste sea salt flakes and fresh cracked black pepper

### Method:

- Mix garlic, vinegar, olive oil in a bowl
- Cut the eggplant length ways, ½ cm thick
- Brush with oil and grill on a hot French grill
- Once both sides have golden brown grill lines, toss through the marinade
- Season with sea salt flakes and fresh cracked black pepper
- Serve at room temperature.

## Fillet of fish en Papillote

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### Ingredients:

150 gm	Fish fillet
2	Spring onion, sliced thin
1	Chilli, sliced thin
½ clove	Garlic, sliced
20 gm	Ginger, julienne
20 ml	Fish sauce
squeeze	Lime juice
zest	Lime half
1-3 tsp	Palm sugar
few drops	Soy sauce
few drops	Sesame oil
1	Coriander root (with leaves)

### Method:

- Skin fish fillet, remove the bones
- Finely chop the root of the coriander and reserve leaves for garnish
- Place a piece of silicon paper, approx 30 cm square, on your board
- Place the fish fillet on top and put the white of spring onion, chilli, coriander root, garlic and ginger on the fish
- Mix the lime juice, zest, palm sugar, fish sauce, soy sauce and sesame oil. Pour over the fish
- Fold the other side of the paper over the fish and fold the edges to seal the parcel. As per demo
- Cook in the oven at 180°C for 10-15 minutes (depending on the thickness of the fillets)
- To serve, open the paper parcels and place the fish on a serving plate with the other ingredients. Garnish with a wedge of lime or lemon and sprigs of coriander with the green part of spring onion.

## Pommes gratinee

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### Ingredients:

1	Large potato
10 gm	Butter
15 gm	Onions
15 gm	Bacon
10 gm	Cheddar cheese, grated
2	Spring onion (for garnish)

### Method:

- Bake potato in oven at 180°C until soft (about 1 hour depending on the size of potato)
- Sauté brunoise of onion and brunoise of bacon until light brown colour
- Cut a lid out of the bake potato and scoop out flesh and mash the flesh. Mix with onion and bacon. Season with salt and pepper
- Place this mixture back into the potato shell and sprinkle cheese over it and gratinate under salamander or hot oven
- Garnish with chopped spring onion.

## Yorkshire pudding

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### Ingredients:

80 ml	Dripping
125 ml	Milk
1	Egg
125 gm	Four
	pinch Salt

### Method:

- Pre-heat oven to 220°C
- Prepare batter by mixing egg and milk together, then mixing into flour and salt to form a smooth batter. Allow batter to rest for 30 minutes
- Pour 20 ml of melted dripping into each muffin mould
- Place muffin mould into a roasting tray and place immediately into hot oven
- Allow dripping to heat up, approx 5-8 minutes
- Once the dripping is hot, pour your batter into each mould until half full. Do this quickly as we do not want the temperature to drop
- Place back into the oven and cook for a further 12-15 minutes, or until the puddings are golden brown on top. DO NOT open the oven too early as the puddings will drop
- Once cooked remove from the oven and serve immediately.



## Roast chicken

---

Cooking time: approx 50 minutes per kg.

### Ingredients:

1	Chicken (makes 4 portions)
60 ml	Oil
1 tsp	Salt and pepper
100 gm	Mirepoix

### Method:

- Preheat the oven to 210°C
- Mix the salt, pepper
- Coat chicken with oil
- Generously season the inside and outside of the chicken
- Place mirepoix into roasting tray
- Place the chicken on top of the mirepoix, breast side up
- Place tray into hot oven (210°C)
- Once you have the desired colour on the outside of the chicken turn the oven down
- Turn the oven down to 180°C and return the chicken to the oven
- Baste the chicken regularly – every 15-20 minutes
- Check the chicken after 45 minutes for a temperature above 75°C
- If the juices run clear put the chicken aside, cover with foil and leave to rest
- To serve (roast chicken)
- Portion chicken by removing string, then cut down the middle
- Take out the backbone, separate the leg and breast
- Cut through the leg joint to separate the thigh and drumstick, chop the knuckle off the drumstick
- Remove the rib bones from the breast leaving the wing attached, cut the breast into 2 equal weighted pieces
- Serve a piece of light and dark meat and garnish.

## Ratatouille

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### Ingredients:

50 gm	Onion
50 gm	Zucchini
50 gm	Eggplant
50 gm	Capsicum, red and green
20 ml	Vegetable oil
1 stick	Oregano, strip from stalk and rough chop
1	Garlic clove, sliced
1	Tomato concasse
1 tsp	Tomato paste
2 tblsp	Water (as required to keep moist)
	Salt and pepper
1tbs	Wine, white

### Method:

- Cut all the vegetables in to 1½ cm cubes
- Heat saucepan and add oil
- Sauté onion
- Add all vegetables (except tomato) cut into 1½ x 1½ cubes, garlic, oregano, thyme and sauté
- Add 1 teaspoon of tomato paste
- Add wine, water, salt and pepper
- Add tomato concasse
- Do not overcook.

**Note:** When you overcook the vegetables, they will lose colour and shape.

## Crumbed eggplant

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### Ingredients:

½	Medium eggplant
1	Crumbing set
50 ml	Oil
50 ml	Clarified butter

### Method:

- Organise and prepare the crumbing set
- Slice the eggplant length ways, approx ½ cm thick
- Pass through the crumbing set to coat, refrigerate for 10 minutes
- Heat oil and butter in a sauté pan
- Place the eggplant presentation side down first in the pan
- Fry until golden brown on both sides, turning once.

## Osso Bucco ‘Gremolata’

### Ingredients:

1	Osso Bucco
	Flour (for coating)
30 ml	Oil
1 clove	Garlic
20 gm	Tomato paste
200 ml	Brown beef stock
50 ml	Red wine
100 gm	Mirepoix (3 mm x 3 mm dice)
1tbs	Parsley, chopped
1tbs	Lemon zest, grated
½ clove	garlic, minced

### Method:

- Season and flour the Osso Bucco.
- Heat the butter and oil in a frying pan and fry the Osso Bucco until it is lightly coloured
- Place the Osso Bucco in an oven-proof dish
- Sweat the mirepoix and garlic, add the tomato paste and mix in
- Add the red wine, bring to the boil and reduce by half. Add stock and bring back to the boil
- Pour over the Osso Bucco to  $\frac{3}{4}$  cover the meat, reserve excess liquid
- Cover tightly and place in oven (170°C) for about 1½ hours
- Check sauce level after 1 hour
- When the meat is tender remove from the oven. Tender means the meat comes off easy from the bone
- Check the flavour and consistency of the sauce, and adjust if necessary with reserved liquid or reduce or thicken to a coating consistency
- Dress into a service dish and sprinkle with chopped parsley.

## Rice pilaf

---

### Ingredients:

30 ml	Vegetable oil
30 gm	Onions, finely diced
1 cup	Long grain rice
1 1/3 cup	Stock
1/2	Bay leaf
20 gm	Butter
to taste	Salt and pepper

### Method:

- Sweat onions in oil – don't colour onion
- Add rice, glaze without colour
- Add very hot stock – it will boil immediately it hits the hot rice
- Stir so that there are no grains of rice above the level of the liquid
- Add bay leaf
- Cover with foil to seal without delay (or a tight fitted lid)
- Place in pre-heated oven 170°C for 17 minutes
- Don't interrupt cooking process
- Remove from oven
- Don't remove foil for the next 10 minutes
- After 10 minutes remove foil, bay leaf and discard
- Fork through butter and season with salt and pepper.

## Braised white cabbage

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### Ingredients:

100 gm	Cabbage, chiffonnade
20 gm	Butter
20 gm	Bacon, batons
45 gm	Onion, finely sliced
50 ml	White stock

### Method:

- Remove outer leaves of cabbage, remove core and cut cabbage
- Sweat bacon and onion, add cabbage and sweat for 2 minutes until starts heating up
- Add stock and seasoning, cover with a lid and cook in oven at 170°C until cooked.

## Boiled potatoes

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### Ingredients:

2	Turned potatoes
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### Method:

- Place potatoes in a pot cover with cold water and add a pinch of salt
- Bring to the boil and simmer for approx 20 minutes
- Check with a wooden skewer, there should be no resistance.

## Blanquette of veal

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### Ingredients:

300 gm	Veal shoulder cut into dice
500 ml	Chicken stock
1	Studded onion
50 gm	Carrots, chopped
25 gm	Butter
25 gm	Flour
25 ml	Cream

### Method:

- Put the veal in a pot cover with cold water, blanch and refresh under hot water to remove fat
- Place the veal in a clean pot, add enough stock so the meat is just covered, bring to the boil, skim
- Add studded onion and carrot, simmer until tender 45 – 60 minutes
- Make a fawn roux with the butter and flour
- Strain the stock off the meat and reserve the stock and meat separately, discard the carrot and onion
- Add the reserved stock to make a veloute, simmer for 20 minutes
- Season the veloute, add the cream and adjust the consistency to coating
- Add the meat and reheat. Serve hot and garnished.

## Braised red cabbage

---

### Ingredients:

10 gm	Onions, finely sliced
10 ml	Oil
200 gm	Red cabbage, outer leaves and core removed, shredded
10 ml	Raspberry vinegar
40 ml	Red wine
1	Bay leaf
2	Cloves
10 gm	Sugar
¼	Apple, peeled, cored and grated
2tbs	water

### Method:

- Heat oil in a pan and sweat the onion
- Add cabbage and sweat for a few minutes
- Add the wine, vinegar, bay leaf, cloves, sugar, apple and water
- Cover and cook in a preheated oven 170°C until tender about 20-30 minutes.



## Thai chicken curry

---

### Ingredients:

400 ml	Coconut milk
10 gm	Palm sugar, grated
½ tsp	Green curry paste
100 gm	Chicken thigh, diced
1 tsp	Tamarind water
1 tsp	Fish sauce
10	Thai basil leaves

### Method:

- Combine all ingredients in a pot except basil leaves and bring to a simmer
- Cook until chicken is tender. Approx. 25-30 mins
- Adjust seasoning and stir the basil leaves into mixture
- Serve on a warm plate.

## Pommes fondant

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### Ingredients:

1 Large	Potato
50 ml	White wine
50 ml	Chicken stock
10 gm	Butter

### Method:

- Peel potato and shape into a 'hockey puck' disc
- Place potato into a small saucepan or fry pan
- Pour wine and stock over the top, place on heat and bring to the boil
- Once boiled, remove from heat, place knob of butter on top of potato
- Cover saucepan with foil, and place in a pre-heated oven of 180°C
- Cook until potato is tender but still holds its shape
- Remove from oven, all liquid should have been absorbed or cooked off
- Nape some of the melted butter over the top of the potato and place under the salamander to colour slightly
- Season and serve immediately on a warm plate
- Serve hot.

## Blanched green beans

---

### Ingredients:

1 portion	Green beans
1	Pot of salted water

### Method:

- Trim beans, 'top 'n' tail'
- Bring a pot of salted water to the boil (ensure you have a minimum of 10 parts water to 1 part beans)
- Place beans into boiling water until they are tender but still retain their bright green colour
- Once cooked remove from pot and place immediately into iced water, to ensure they retain their colour.

## Steamed bok choy

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### Ingredients:

1 portion	Baby bok choy
5 ml	Soy sauce
5 ml	Sesame oil

### Method:

- Prepare steamer as per demo
- Cut baby bok choy in half, lengthwise
- Wash thoroughly, and drain
- Toss cleaned bok choy in soy sauce and sesame oil
- Place into preheated steamer, steam until tender but still retaining bright colour
- Once cooked, remove and season with salt and pepper. Place on a warm plate and serve immediately.

## Steamed turned root vegetable

---

### Ingredients:

1 portion              Root vegetable (carrot, potato, turnip, suede)

### Method:

- Prepare steamer
- Turn vegetable
- Place into preheated steamer, steam until tender but still retaining bright colour
- Once cooked, remove and season with salt and pepper.
- Place on a warm plate and serve immediately.

## Steamed vanilla pudding

This will yield 2-3 100ml dariole mould size puddings.

### Ingredients:

50 gm	Unsalted butter
50 gm	Castor sugar
1	Egg
75 gm	Flour
1 level tsp	Baking powder
25 ml	Milk
few drops	Vanilla essence
1 pinch	Salt

### Method:

- Place whole eggs into a bowl of warm water to reach room temperature
- Sift the flour and baking powder together
- Cream the butter and sugar until light and fluffy
- Add ½ of the flour and baking powder mixture
- Add the egg gradually, beating well, taking care not to split the mixture
- Add the rest of the flour
- Add the milk and fold into the mixture. Be careful not to lose volume
- If using metal moulds butter and sugar the moulds. If using plastic moulds you do not need to grease them
- Fill the moulds to ¾ full, cover the moulds with greased grease proof paper, then foil
- Place in a pre-heated steamer and cook for 35-40 minutes. To check if they are cooked, insert a skewer into the middle, it should come out clean
- Rest the cooked puddings for a few minutes before turning them out.

## Poached eggs

---

### Ingredients:

2	Eggs
	Water
60 ml	White vinegar (per 1 litre of water)

### Method:

- Heat water and vinegar in a deep pot until bubbles are forming on the bottom, but not breaking the surface (the temperature is vital)
- Crack each egg into a small cup and gently pour into the liquid
- As the egg falls through the water it should set into an egg shape and then float to the surface when the white is set
- Cook until the white is set and the yolk is still runny approx 2½ - 3 minutes according to size
- Remove with a slotted spoon, drain and trim whites before serving
- Alternatively store in cold water and then reheat in hot water.

## Berry compote

---

### Ingredients:

200 ml	Water
100 gm	Sugar
100 gm	Mixed berries

### Method:

- Make a sugar syrup by simmering the water and sugar together for 5 minutes
- Add the fruit and remove from heat
- Gently turn the fruit over with a metal kitchen spoon and leave to cool
- Serve as an accompaniment for a dessert or as part of a breakfast menu.

**Note:** You can add other flavourings to the sugar syrup such as vanilla bean or lemon zest.

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## Microwave broccoli

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### Ingredients:

1 portion	Broccoli
15 ml	Water

### Method:

- Place broccoli and water in a microwave safe dish and cover with cling wrap
- Cook in the microwave on high for approx 40 – 50 seconds
- Let it stand for a couple of minutes check, if it needs more put in for extra time
- Allow for carry over cooking, drain and serve hot.





# Presentation of written work

## 1. Introduction

It is important for students to present carefully prepared written work. Written presentation in industry must be professional in appearance and accurate in content. If students develop good writing skills whilst studying, they are able to easily transfer those skills to the workplace.

## 2. Style



Students should write in a style that is simple and concise. Short sentences and paragraphs are easier to read and understand. It helps to write a plan and at least one draft of the written work so that the final product will be well organized. The points presented will then follow a logical sequence and be relevant. Students should frequently refer to the question asked, to keep 'on track'. Teachers recognize and are critical of work that does not answer the question, or is 'padded' with irrelevant material. In summary, remember to:

- Plan ahead
- Be clear and concise
- Answer the question
- Proofread the final draft.

## 3. Presenting Written Work

### *Types of written work*

Students may be asked to write:

- Short and long reports
- Essays
- Records of interviews
- Questionnaires
- Business letters
- Resumes.



### *Format*

All written work should be presented on A4 paper, single-sided with a left-hand margin. If work is word-processed, one-and-a-half or double spacing should be used. Handwritten work must be legible and should also be well spaced to allow for ease of reading. New paragraphs should not be indented but should be separated by a space. Pages must be numbered. If headings are also to be numbered, students should use a logical and sequential system of numbering.

**Cover Sheet**

All written work should be submitted with a cover sheet stapled to the front that contains:

- The student's name and student number
- The name of the class/unit
- The due date of the work
- The title of the work
- The teacher's name
- A signed declaration that the work does not involve plagiarism.

**Keeping a Copy**

Students must keep a copy of the written work in case it is lost. This rarely happens but it can be disastrous if a copy has not been kept.

**Inclusive language**

This means language that includes every section of the population. For instance, if a student were to write 'A nurse is responsible for the patients in her care at all times' it would be implying that all nurses are female and would be excluding male nurses.

Examples of appropriate language are shown on the right:

Mankind	<i>Humankind</i>
Barman/maid	<i>Bar attendant</i>
Host/hostess	<i>Host</i>
Waiter/waitress	<i>Waiter or waiting staff</i>

## Recommended reading

Bailey, Adrian & Ortiz, Elisabeth Lambert, 1915-2003 & Dowell, Philip & Radecka, Helena, 1939- 1980, *The book of ingredients*, Michael Joseph, London

Bittman.M; 2012; *How to Cook Everything The Basics: All You Need to Make Great Food*; Houghton Mifflin Harcourt

Cersani, Kinton & Foskett; 1995 (8<sup>th</sup> edition), *Practical Cookery*; Hodder and Stoughton

Cracknell.H, Kaufmann.R; 2009 (3<sup>rd</sup> edition); *Practical Professional Cookery*; Cengage Learning

Dark .Graham, McLean. Deirdre & Weatherhead. Sarah; 2011 (2<sup>nd</sup> edition); *Kitchen Operations 2<sup>nd</sup> Ed*, Pearson Australia

Dodgshun. Graham,Peters.M; 2012 (6<sup>th</sup> edition); *Cookery for the Hospitality Industry*; Cambridge University Press

Draz, John & Koetke, Christopher 2014, *The culinary professional*, Second edition, Tinley Park, Illinois The Goodheart-Willcox Company, Inc

Ford, J., Zelman, M., Hunter, G., Tinton, T., Carey, P., Walpole, S. and Rippington, N; 2010; *Professional Chef*; Cengage Learning

Graham Dark, Deirdre McLean & Sarah Weatherhead 2011; *Kitchen Operations 2<sup>nd</sup> Ed*; Published by Pearson Australia

H.L. Cracknell & R.J. Kaufman, Revised Third Edition, 1999; *Practical Professional Cookery*; Published by The Macmillan Press Ltd, UK

Harold Magee, 2004; *Magee on Food and Cooking*; Published by Hodder and Stoughton, United Kingdom

McGee. H; 2004; *McGee on food and cooking: an encyclopedia of kitchen science, history and culture*; Hodder & Stoughton

McLean.D,Satori.I, Walsh C&S; 2004;*The Professional Cook's book: Commercial Cookery*; Tertiary Press

Shirley Cameron, Suzanne Russell; *Cookery the Australian Way, 7th ed.* 2006; Macmillan Education Australia

The Culinary Institute of America (CIA); 2011 (9<sup>th</sup> edition); *The Professional Chef*; Wiley

The Culinary Institute of America (CIA); 2014 (4<sup>th</sup> edition); *Techniques of Healthy Cooking*; Wiley



# Trainee evaluation sheet

## Apply basic techniques of commercial cookery

The following statements are about the competency you have just completed.

Please tick the appropriate box	Agree	Don't Know	Do Not Agree	Does Not Apply
There was too much in this competency to cover without rushing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Most of the competency seemed relevant to me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The competency was at the right level for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I got enough help from my trainer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The amount of activities was sufficient.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The competency allowed me to use my own initiative.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My training was well-organized.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My trainer had time to answer my questions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understood how I was going to be assessed.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I was given enough time to practice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My trainer feedback was useful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enough equipment was available and it worked well.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The activities were too hard for me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

The best things about this unit were:

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The worst things about this unit were:

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The things you should change in this unit are:

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# Trainee Self-Assessment Checklist

As an indicator to your Trainer/Assessor of your readiness for assessment in this unit please complete the following and hand to your Trainer/Assessor.

## Apply basic techniques of commercial cookery

		Yes	No*
<b>Element 1: Select and use equipment</b>			
1.1	Select appropriate cooking equipment to prepare standard recipes	<input type="checkbox"/>	<input type="checkbox"/>
1.2	Use equipment in a safe manner according to manufacturer's and enterprise procedures	<input type="checkbox"/>	<input type="checkbox"/>
1.3	Clean and store equipment as appropriate to enterprise procedures	<input type="checkbox"/>	<input type="checkbox"/>
<b>Element 2: Apply wet methods of cookery</b>			
2.1	Select appropriate wet cooking method for preparation of the dish/s	<input type="checkbox"/>	<input type="checkbox"/>
2.2	Apply appropriate wet cooking method for preparation of the dish/s	<input type="checkbox"/>	<input type="checkbox"/>
2.3	Identify and solve problems in the application of the cooking method	<input type="checkbox"/>	<input type="checkbox"/>
2.4	Coordinate the production of menu items	<input type="checkbox"/>	<input type="checkbox"/>
2.5	Communicate with front of house staff on the production/service of menu items	<input type="checkbox"/>	<input type="checkbox"/>
<b>Element 3: Apply dry methods of cookery</b>			
3.1	Select appropriate dry cooking method for preparation of the dish/s	<input type="checkbox"/>	<input type="checkbox"/>
3.2	Apply appropriate dry cooking method for preparation of the dish/s	<input type="checkbox"/>	<input type="checkbox"/>
3.3	Identify and solve problems in the application of the cooking method	<input type="checkbox"/>	<input type="checkbox"/>
3.4	Coordinate the production of menu items	<input type="checkbox"/>	<input type="checkbox"/>
3.5	Communicate with front of house staff on the production/service of menu items	<input type="checkbox"/>	<input type="checkbox"/>

**Statement by Trainee:**

I believe I am ready to be assessed on the following as indicated above:

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Note:**

For all boxes where a **No\*** is ticked, please provide details of the extra steps or work you need to do to become ready for assessment.





