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Approximately 4/5 recipes suitable for a vegetarian/vegetarianian can diet are indicated by the symbol shown here. Caterers, pastry makers, roasters, and pork butchers hold licenses to prepare specific items. When it reaches approximately 338°F (170°C) it begins to turn golden brown. Add 1 qt (1 L) fish veloute, reduce slightly, and finish with 2 oz (60 g) raw butter, 2 tbsp (30 mL) chopped parsley, and lemon juice to taste. Reacting to what they saw as a heavy, stodgy, overly complicated classical cuisine, these chefs took Point's lighter approach even further. A braise consists primarily of salt dissolved in water, to taste to taste. White pepper? Nevertheless, the kitchen presents many hazards. To reduce the chances for making mistakes, these standards and procedures are written out. If the cook has to stop during service to do any of these things, orders will back up and service will fall behind. Servers must understand the menu well so they can explain each item to customers and avoid returned dishes. JUDGING QUALITY Bases vary greatly in quality. Ability to Work with People Few of you will work in an establishment so small you are the only person on the staff. What found in the following chapters: kinds of tasks are included in this term? Before you start your practical studies, covered in later chapters, it is good to know a little about the profession you are entering. Grater: Half a century ago, nearly all the most respected chefs working in the United States and Canada were European-born. To be successful, a cook must understand and manage food costs and other financial matters, manage and maintain proper inventories, deal with purveyors, and understand personnel management. Customer Preferences Even facilities with captive audiences, such as school cafeterias and hospital kitchens, must produce food that is appealing to their customers and in sufficient variety to keep those customers from getting bored with the same old things. Gisslen Procooking C06 104-133hr2.indd 122 People eat because they enjoy the flavors of good food, not just because they must fill their stomachs to stay alive. Some modern ovens have more sophisticated features, such as computerized electronic controls and special probes that sense when a roast is done and tell the oven to switch from cooking temperature to holding temperature. Subtract the total value of all the trim (blank 12) from the price you paid for the veal (blank 3). Carry fat-soluble vitamins. Add salt and pepper to taste. Convert it to yield 18 portions. Also, wear sturdy leather shoes with closed toes. 18. Do not use any equipment unless you understand its operation. Different broilers heat to different temperatures. The body sees a food substance as a foreign invader and attacks it, harming the body in the process. Continue to cook until the 8 oz 250 g Carrots, medium dice 8 oz 250 g Butter 8 oz 250 g Bread flour 6 qt 6 lb 8 oz 250 g Brown veal stock Tomato purée (see Variations) Sachet: 1/2 1/4 1/2 1 ml 6-8 6-8 Bay leaf Thyme Parsley stems roux is browned. • A new chapter, Chapter 14, combines common cooking methods for meats, poultry, and fish to sharpen the focus on basic techniques and procedures. Hair longer than shoulder length must first be tied back and then secured under a net or hat. Desired number of portions = Desired portion size = New yield 3. These fats occur naturally in small amounts only. Each guest may choose one selection from each course offered, and the total meal costs the single price indicated. Reductions of other liquids, especially red and white wines, are used a great deal in this way. (e) The finished sauce should be thick but pourable. Combination ovens, also available, are more controllable. Chefs became more knowledgeable not only about the traditional cuisines of other parts of Europe but about those of Asia, Latin America, and elsewhere. At a time when the interesting advances in cooking were happening in restaurants, Carême worked as a chef to wealthy patrons, kings, and heads of state. An operation's own recipes are used to control production. Simmer. Soy lecithin. Cool stock, vented, in a cold-water bath, and refrigerate. Botulism, one of the most dangerous forms of food poisoning, is caused by anaerobic bacteria. Pan gravy is a sauce made with the juices or drippings of the meat or poultry with which it is being served. If you have already read Chapter 6, or have even casually leafed through this book, you know it is not just a book of recipes. Perhaps the first important cookbook to appear at the end of the Middle Ages was Le Viandier ("The Cook"), by Guillaume Tirel, usually known as Taillevent, born about 1310. Simmer with sauce 15 minutes and force through a fine sieve. A china cap with very fine mesh. In order for portion control to be carried out, cooks and service personnel must be aware of proper portion sizes. Unlike meats such as beef or venison, veal has a mild, subtle flavor. This category includes not only cooked vegetables but also such items as cooked pasta, cooked rice, and tofu (soybean curd). PREVENTING STRAINS AND INJURIES FROM LIFTING 1. (a) Use a paring knife to cut thin strips from the peel, being careful to cut only the outer colored part, not the inner white pith. This is actually a form of volume measure. To cook slowly in fat without browning, sometimes under a cover. Remember that herbs and spices play only a supporting role. Wood-burning Ovens Ancient ovens were made of heavy masonry, brick, or clay and heated by building a wood fire inside them. STEAM COOKERS Steam cookers are ideal for cooking vegetables and many other foods rapidly and with minimum loss of nutrients and flavor. Because microwaves cook so rapidly, they will not break down the connective tissues of less tender meats. Poultry must be weighted to keep it submerged. • Check all perishables for freshness. Consistency and body. Smooth traffic patterns to avoid collisions between workers. (c) Lift the handle of the cutter outward, twist the cutter around, and remove the ball. "I'm satisfied with the very best." Point insisted every meal should be "a little marvel." Point's influence extended well beyond his own life. Grilling is popular because it can be done without first coating the food with fat. Gelatinization? Pour off and save the fat. Flavor liquido using a sachet d'épices, or spice bag. Toxin-mediated infections are also caused by bacteria that get into the body and grow. Because this recipe is designed for a single kitchen that always uses MS, only one set of measurements is needed. • Developed vegetarian menus receives more attention and updates. Many colloids are familiar to us. Most chefs find they get the best results by combining a cold (or cool) liquid with a hot roux, or a hot liquid with a cold roux. 1 1 Bay leaf, small 1 1 Small whole onion, peeled 1 1 Whole clove 4. The proportions of roux to liquid must be adjusted if another flour is used. For the second slice, raise the heel of the knife and pull it backward, but be sure the tip stays on the board. Note the procedures are divided into a sequence of steps that must be done in a certain order to make a finished product. A graduate of the Culinary Institute of America, he has written and worked extensively in the field of culinary arts with experience as a restaurant chef, test kitchen supervisor, and food and beverage consultant. This book introduces you for those who are students from culinary schools, or professionals who work as a line or prep cook, aspiring chefs working in restaurants, hotels, universities and companies. The reason for this is simple. Dry foods can be contaminated, even if they don't need refrigeration. The body is able to manufacture many of them, but there are nine amino acids it cannot manufacture and must get from foods. This doesn't mean it should be heavy and pasty. Open elements (burners), either electric coils or gas flames. Conduction Conduction occurs in two ways: 1. Instant. Comparable items in metric units are also available. 51) or sauteuse. You should memorize these thoroughly so you don't have to lose time making simple calculations. It is important to understand, however, that although small quantities are needed by the body, too much of any of them can be harmful. Whitewash is not recommended for use. Finally, more food today is served without sauces, so stocks aren't seen to be quite as necessary. Foods high in incomplete proteins include nuts, grains, and dried beans and other legumes. Sauces may be modified or added to in a great many ways. Used in tiny amounts, it gives a spicy richness to sauces and soups without actually altering the flavor. Do not wear nail polish. The Metric System The United States is the only major country that uses almost exclusively the complex system of measurement we have just described. WileyPLUS empowers them to take advantage of individual strengths with: • Timely access to resources that address demonstrated needs, with immediate feedback and remediation. The procedure is the same except the baskets are used to lift and shake small quantities of the product and to transfer them to the next basket. In addition, the new Chapter 14, "Cooking Methods for Meat, Poultry, and Fish," focuses directly on the common cooking methods for these products, allowing the student to master fundamental techniques, before exploring variations on these procedures unique to individual products in later chapters. Apply enough soap to make a good lather. Can opener. Weighing is the most accurate method of measuring ingredients. Then next time, when you are using those techniques, methods you will know what to expect and control to make great tasting food better. Example: a glass of orange juice. Don't just grab it with your bare hand. A round-bottomed, cup-shaped tool made of screen-type mesh or perforated metal. However, the chicken is considered the object of the game in this case. Haynes Lambton College Todd Jones Mattatuck Community College Mike Jung Hennepin Technical Center Sandy Kapoor Cal Poly Pomona Tom King Cabrillo College Darren Kreps CSC Frontenac Institution Jackson Lamb Metropolitan State College of Denver Heinz Lauer Le Cordon Bleu, Las Vegas Derek Lawday Confederation College Sunshine Layton Winnipeg Technical College Leslie Leacy St. Lawrence College Suzanne Little, M.S., R.D. San Jacinto College Shirley Lotze Western Wisconsin Technical Institute 2/20/14 1:31 PM PREFACE Robert M. Keep shelves and interiors of refrigerators clean. Do not worry about being able to convert between U.S. and metric units. This is a very important point to remember, especially if you think the metric system might be hard to learn. After several cuts, redistribute the pile and begin again. Lecithin, a component of egg yolks, is a powerful emulsifier that makes possible the production of mayonnaise. Be familiar with each spice's aroma, flavor, and effect on food. \$3.93 12 lb Net raw weight (1) (e) Strain the finished sauce through a china cap lined with cheesecloth. The purpose of the instructional recipes in this book is to teach basic cooking techniques. Prices must be kept in line with the customers' ability and willingness to pay. Unlike omega-6 fatty acids, omega-3 acids are not usually abundant in North American diets; so it is important to be aware of foods that supply them. Rubber spatula or scraper. Make light, even strokes, the same number on each side of the blade. Copy the price per pound and total cost from line 2 on blanks 2 and 3. • What are eight personal characteristics that are important to the success of a food-service professional? sweat. Small portion sizes are often used in the kitchen because of their convenience. • Gels. The best-known fish toxin is the one present in pufferfish, known in Japanese as fugu. Used for shredding and grating vegetables, cheese, citrus rinds, and other foods. Slope-sided sauté pan 7. This is a typical problem when adapting a quantity recipe to singleportion size for à la carte service. The major exception is fresh fruits and vegetables, which are not considered potentially hazardous foods. We have already seen some classic flavor combinations in our discussion of veal blanquette. The advantages of this system are: • Fresher food, because it is not held as long. We have already mentioned that glazes—reduced stocks—are used to flavor sauces. Whole spices take longer to release flavors than ground spices, so allow for adequate cooking time. Don't turn or twist your back while lifting. Covering the Pot To bring water to a boil on a cooktop, we apply heat to the bottom of a pot containing the water. Known as beurre noisette (burr nwh zett) in French, this is whole melted butter that has been heated until it turns light brown and gives off a nutty aroma. In addition, practice exercises are included for students to apply and reinforce these skills. The Steps of the HACCP System The purpose of HACCP is to identify, monitor, and control dangers of food contamination. They, along with other chefs in their generation, became best known in the 1960s and early 1970s for a style of cooking called nouvelle cuisine. • Directions for breaking down the station, cleaning up, and storing leftovers. 96). Unfortunately, it is common to see menus full of misspellings. Explain how the makeup of a menu depends on the type of meal and on the institution using it. Recipes can be said to be the building blocks of the menu. Uniform color, no dark specks in brown sauce. In recent years, however, Slow Food has expanded but also the health value and the environmental effects of genetically engineered foods and has addressed issues of race, poverty, and neared foods, of produce raised with chemical pesticides and fertilizers, and hunger as well as its moral concerns—the of animals raised with antibiotics and other drugs and hormones. Check through all the calculations to make sure you follow them. This is in contrast with more traditional platings in which the meat, poultry, or fish item covers about half the plate or more, with vegetable and starch accounting for the rest. Add to the stockpot. Add fresh mirepoix and sachet to the bones, cover with fresh cold water, and simmer about 4 hours. Structure, equipment, and electrical wiring in good repair. In other words, think of building the flavor profile of the entire plate. Trim, salvage, and waste: I te m Weight/Value/lb To t al Value (1) • Va u e (4) Although not as precise as immersion circulators, combi ovens (p. To operate, set areas of the grill to different temperatures and place foods in the areas with the appropriate cooking temperature. 4. I like good, simple food." No doubt this person puts ketchup on hamburgers, gravy on mashed potatoes, and tartar sauce on fried fish. Most quality-conscious chefs would probably answer "Yes!" But the correct answer is, "Not if the homemade KEY POINTS TO REVIEW stock is poorly made." No matter what products you use, there is no substitute for quality and care. This takes planning and timing, because large items take several days to thaw. What is the best solution to the problem of using up leftovers? While one hand controls the knife, the other hand controls the product being cut. It integrates the entire digital textbook with the most effective instructor and student resources, fitting every learning style. Because the purpose is to teach fundamental cooking techniques, it is important to illustrate them—and allow the student to experience them—with fundamental, straightforward recipes that reveal the connection between general theory and specific application. For any given hazard, there may be several control points, or several chances to control the hazard. Looking back at our list of conditions for growth of bacteria, we can see that protein foods with sufficient moisture and neutral pH are the most likely to host bacteria that cause disease. For example, a cake bought already prepared from a commercial baker and served as dessert will go through at least the three steps in Figure 2.4 on its way to the customer. Small, savory appetizers. A diploma does not make you a chef. It's not necessary to cook only "diet food," but a menu that offers French fries as the only available starch is not well balanced. In the commercial kitchen, the blender is used to mix, purée, and emulsify liquids such as soups, sauces, and batters. Châtel potatoes are about 2 inches. As a result, it is "clean" and easiest to work with. Soon commercial kitchens became divided into three departments: the rotisserie, under the control of the pastry chef, or rotisseur; and the stove, run by the cook, or cuisinier. Put the meat or poultry into the brine. foods also require proper handling to maintain their quality. Used for marinating a few minutes up to several hours or overnight. Do not use them around food. An increased health consciousness has affected the way we think about food and the way we cook. When the sauce is finished, it may be kept hot in a bain-marie or cooled for later use. Operations that depend on roux-based sauces and soups generally make quantities of roux in bulk and keep it available throughout the production period for thickening sauces. Add the tomato paste and cook until lightly caramelized. Hydrogenated fats are fats changed from liquid to solid by adding hydrogen atoms to the fat molecules. Gisslen Procooking C06 104-133hr2.indd 118 2/14 11:30 PM C o o k i n g M e th od s 119 Because it takes time to break down connective tissue, often 12–48 hours, tough meats are usually cooked to doneness, then immediately chilled and refrigerated for later use. General Concepts in Flavor Building There are no fixed rules for combining flavors, but the example just discussed suggests some general principles. Modifying portion sizes. Must be strong enough to hold heavy loads. Revolving Ovens Revolving ovens, also called reel ovens, are large chambers containing many shelves or trays on an attachment like a Ferris wheel. Add more stock if needed to adjust consistency. Thaw frozen foods properly. Neck bones and shankbones are also used a great deal. When you are converting recipes, you often have to change back and forth between large and small units to get measurements you can work with. Set the roasting pan over high heat and cook until all the moisture has evaporated, leaving only the fat, mirepoix, and the brown (caramelized) drippings. You develop a lot more understanding of what you are doing if you see Spanish rice and Turkish pilaf, for example, or coconut cream pie and chocolate pudding as variations of the same basic techniques rather than as separate, unrelated recipes. The chef often may wish to sell more of some items than others as part of inventory and cost control, so serving staff must also be trained to be effective but pleasant salespeople. Add the shallots and peppers. This may sound like a harsh way to begin a chapter, but the intent is not to intimidate you or scare you to inspire a healthy respect for the importance of proper safety and operating procedures. Santoku knife or Japanese cook's knife. Numerous line drawings also enhance the text, illustrating hundreds of pieces of equipment you'll encounter in the professional kitchen. Gisslen_Procooking_C08_154-223hr5.indd 189 2/3/14 12:14 PM 190 C H A P T E R 8 STOCKS AND SAUCES PROCEDURE for Clarifying Butter METHOD 1. The flavoring ingredient may need some kind of preparation before adding it to the oil. A steak that takes 10 minutes to broil may be cut and trimmed in advance, but broiling should be started 10 minutes before it is to be served. While many of the recipes in this book, especially the traditional ones, incorporate sauces prepared in advance, many of the others, especially the more modern ones, incorporate sauces made at the last minute. (Standard metric pan is 325 × 530 mm.) 15. Mushroom trimmings may also be added. Examples include cleaning compounds, polishing compounds, and insecticides. 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Most of these require advanced training in other fields in addition to food production: • Hospitality management in hotels, restaurants, large catering companies, and other organizations with a food-service component • Product development and research for food manufacturers • Product sales representatives for equipment companies • Restaurant design and consulting • Food styling for photography in books, magazines, and other publications, as well as for food packaging and marketing materials • Food writing for newspapers, magazines, food industry journals, and other publications—not only restaurant criticism but analysis and reporting on food-related topics such as nutrition and health, agriculture, and food supply • Training the next generation of chefs in culinary schools and in large hospitality companies with in-house training programs Standards of Professionalism What does it take to be a good food-service worker? Disposable plastic pastry bags are the most sanitary. 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The chefs who have come before us have already done much of this work so we don't have to. See discussion of Critical Control Points below and on pages 29–30. Strain and swirl in 3 oz (75 g) raw butter. Finally, I would like to thank everyone at John Wiley & Sons who worked so hard on this project: Jenni Lee, Helen Seachrist, James Metzger, Andrea Brescia, Jeff Rucker, Suzanne Bochet, Bill Murray, Michelene Frederick, Maureen Eide, and Harry Nolan. Aurora Add 6 oz (175 g) tomato purée to 1 qt (1 L) veal or chicken velouté, suprême sauce, or allemande sauce. ou need 1 1/4 lb (625 g) raw butter to make 1 lb (500 g) clarified butter; 1 lb (500 g) raw butter yields 12–13 oz (about 400 g) clarified butter. 1 All food-service operators are responsible for knowing the health department regulations in their own city and state. For example, add just enough lemon juice to the blanquette to balance the cream, not too much or too little. 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The chefs who have come before us have already done much of this work so we don't have to. See discussion of Critical Control Points below and on pages 29–30. Strain and swirl in 3 oz (75 g) raw butter. Finally, I would like to thank everyone at John Wiley & Sons who worked so

hearth inside the oven. Note that this particular form tells you how to do all the calculations. Gisslen_Procooking_C08_154-223hr5.indd 190 2/3/14 12:14 PM S auces 191 Easy as they are to make, compound butters can transform a plain broiled steak into a truly special dish. Chicken stocks may have a slight golden color. Local health departments have more detailed regulations. Most of the recipes in this book do not give cooking times, except as general guidelines to help you plan production. For this reason, they are beaten with heavy cream before use. Spanish Lightly sauté in oil without browning 6 oz (175 g) onion, small dice; 4 oz (125 g) green bell pepper, small dice; and 1 clove garlic, chopped fine. an à la Listing "ground round" and serving other ground beef. MECHANICAL DISHWASHING The steps in washing dishes by machine are the same as in the hand method, except the machine does the washing, rinsing, and sanitizing. Gisslen_Procooking_C08_154-223hr5.indd 168 2/3/14 12:14 PM S auces 169 USING BASES Bases can be improved with little labor by simmering the diluted or made-up product for a short time with some mirepoix, a sachet, and a few bones or meat trimmings, if possible. However, some kinds of menu inaccuracies result not from intentional deception but from simple misunderstanding. Cooks who prepare or finish hot à la carte items during service in a restaurant may be known as line cooks. Bacteria require food in order to grow. Temperatures between 41°F and 135°F (5°C and 57°C) promote the growth of disease-causing bacteria. Gisslen_Procooking_C08_154-223hr5.indd 195 2/3/14 12:14 PM 196 C H A P T E R 8 STOCKS AND SAUCES Small Sauces Foyot Add 1 oz (30 g) melted meat glaze (glace de viande) to 1 pt (500 mL) béarnaise. This situation can be remedied in any of three ways: • Change the recipe to eliminate the minimum-use ingredient. Gisslen_Procooking_C05_090-103hr1.indd 98 6. Manage consumption of carbohydrates. Procedure for Weighing Ingredients on a Portion Scale 1. • Examples: school cafeterias, banquets, employee dining rooms. Define convenience foods in the context of mise en place, and list eight guidelines for their use. Then continue with step 4 in recipe. It has a reputation for causing chest pains and headaches in some individuals. Deeper sizes are also available. To reduce au sec (oh seck) means to reduce until dry or nearly dry. These are all important nutrients that play vital roles in growth, in the immune system, in proper eyesight, and in cell structure. Aluminum, of course, cannot be used on induction cooktops, which work only with steel or iron (see p. Types Pressure steamers cook foods under a pressure of 15 pounds per square inch (1.05 kg/cm) in high-pressure steamers or 4–6 pounds per square inch (0.28–0.42 kg/cm) in low-pressure steamers. In the following pages, we discuss the principles that apply to planning the courses that make up a menu. Sizes: 8–200 quarts (liters). The numbers for blanks 1, 2, and 3 are taken from the raw yield test form, but you should double-check the net raw weight by weighing the item again before roasting. The harder the mixture is beaten or shaken, the longer it takes for it to separate. This is because the formula also contains egg yolk, which is a strong emulsifier. Toss the mirepoix with some of the reserved fat and brown well in oven. As we discuss individual foods throughout the remainder of this book, we learn more about doneness in meats, poultry, fish, vegetables, starches, and other foods. The term modernist cuisine has been popularized by Nathan Myhrvold in his massive set of books of the same name. Explain your answer. A good roux is stiff, not runny or pourable. FIGURE 7.1 When sharpening a knife, hold the blade at a 20-degree angle to the stone. Adding the bay leaf and clove attached to the onion makes removing them easier when cooking is finished. Again, every model is slightly different. Tuck in apron strings to avoid getting them caught in machinery. • The procedure appears below the ingredients rather than in a column to the right. The softening of fruits and vegetables in cooking is, in part, the breaking down of fiber. Braising is sometimes referred to as a combination cooking method because the product is first browned, using dry heat, before it is cooked with a liquid. These menus are used in restaurants and other establishments where the clientele changes daily or where enough items are listed on the menu to offer sufficient variety. However, as chicken velouté is much more common in North America, allemande sauce and the small sauces derived from it are often made with chicken velouté. 2/3/14 11:50 AM 140 C H A P T E R 7 MISE EN PLACE FIGURE 7.4 Using a steel. Dealing with this complexity is the basis of kitchen organization. Used for pan-frying when steady, even heat is desired. These include meats, poultry, fish, dairy products, and eggs, as well as some grains and vegetables. Leave the rounding digit alone, 2.19 oz butter, or a baking temperature of 348°F. Small-batch cooking also accommodates items prepared in advance and frozen or chilled for storage. There are six categories of nutrients: 1. Easily pourable; not too thick or too thin. In particular, note the following differences: • There are no metric units. This introduction of Italian cooking practices into France supposedly changed and modernized the cooking not only of France but of all of Western Europe. Though mirepoix is also cooked in the fat, the basic principle is the same as when you make a simple roux in a separate pot. Keep breakable items, such as dishes and glassware, out of the food production area. Add the browned mirepoix to the stockpot. Cook's fork. Similar to a shallow, straight-sided saucepan, but heavier. For example, if you break down a salad dressing recipe to make only a small quantity, you might find there is so little liquid in the mixing machine that the beaters don't blend the ingredients properly. A wide choice is available, depending on the purpose. Cooking methods that require no added fat, such as simmering, poaching, baking, steaming, and grilling, can be considered the most healthful. Rinse the bones in cold water. Thaw cooked food frozen in its package in the refrigerator. Customers are also more knowledgeable and therefore more likely to demand healthful, well-balanced menus. With a ladle or other serving implement, transfer a small amount of the food to a small dish. Saucepan Similar to a small, shallow, light saucepot, but with one long handle instead of two loop handles. What are their responsibilities? Explain the difference in preparation requirements for set meal service and extended meal service. Procedure for Calculating Portion Cost 1. Ingredients and proportions can vary greatly. Use stainless-steel containers. The new developments in food service received a great stimulus as a result of the French Revolution, beginning in 1789. Methods in which heat is conducted to foods without the use of moisture. However, it is extremely expensive and requires a great deal of care. With sophisticated cooling, freezing, and heating equipment, it is possible to prepare some foods further in advance and in larger quantities. • Integrated multimedia resources—including Math Tutor, audio pronunciations, technique videos, visual learning activities, flashcards with audio pronunciations and quizzes, and much more—for multiple study paths to fit each student's learning preferences and encourage more active learning. For simplification, the blanks in the form are of two types. Many organizations, including local and regional health departments and organizations such as the National Restaurant Association (in the United States), sponsor training programs leading to certificates of competency in food safety. Gisslen_Procooking_C05_090-103hr1.indd 97 1/8/14 2:15 PM 98 C h a p t e r 5 Nutrition • Make half your plate fruits and vegetables. What's more, they are not always rounded off in the same way. See discussion on page 158–159. Using bases requires taste and judgment, just as other • How does making brown stock differ areas of cookery do. Using less fat in cooking also means using ingredients with less fat. (The classical mirepoix of decades ago contained a wider variety of ingredients, sometimes including ham or bacon, leeks and other vegetables, and one or more fresh herbs. Keep your hands away from your face, eyes, hair, and arms. (a) Start the knife at a sharp angle, with the tip of the knife on the cutting board. All of these components may be leached out, or dissolved away, from foods during cooking. On the other hand, it is fair to say she and her offspring brought more refined manners and elegance to European dining rooms. Béarnaise Sauce YIELD: 24 FL OZ (720 mL) U.S. 1 lb 4 oz 1 oz METRIC 600 g 30 g 4 fl oz 2-3 120 mL 2-3 1/2 tsp 2.5 mL 6 6 to taste to taste 1 tbsp 2 tbsp to taste to taste 15 mL 30 mL INGREDIENTS PROCEDURE Butter 1. It is used in the making of many dishes. In the making of many dishes, it is used in the making of many dishes. (a) Butter 1. It is used in the making of many dishes. (b) Butter 1. It is used in the making of many dishes. (c) Butter 1. It is used in the making of many dishes.

program's simplification and automation of such tasks as making assignments, scoring student work, managing your gradebook, and more. The information you are given in the recipe instructions is intended primarily to encourage you to think and to learn a technique, not just to turn out a product. Mirepoix: 2. Gisslen Procooking C07 134-153hr.indd 139 (d) Draw the knife across the stone all the way to the heel of the blade. Necessary for healthy muscles and nerves. Skin and let stock continue to simmer. Griddling is done on a solid cooking surface called a griddle, with or without small amounts of fat to prevent sticking. Check the consistency. Even more important, poor sanitation and safety can cost a lot of money. These may make scratches where bacteria can hide. For example, think of how we use lemon to balance the richness or fattiness of the cream in the blanquette. After finishing your trimming and cutting, you find you have 18 pounds of veal scallopine. Volume Volume measures how much space an item fills. Other pureed or finely ground ingredients, such as ground nuts, add texture as well as flavor to a sauce. Gisslen Procooking C06 104-133hr2.indd 109 Figure 6.2. Parties (such as starch) in the continuous phase stabilize an emulsion by helping keep droplets of the dispersed phase from coming together and merging. Périgueux Garnish Madeira sauce with finely diced truffles. Shallots may be left in sauce or strained out. The dotted lines are to be filled by reading your invoices and by taking the weights from your actual yield test, 45), and with both functions on at once, as a high-humidity oven, 200 for information on cream reductions) or butter (see p. • What is the difference between seasoning and flavoring? To say a food is contaminated means that it contains substances not originally present in it. When costs permit, it is a good idea to include leeks in the mirepoix in place of the onions in a white mirepoix, as indicated in Table 8.1. They give an excellent flavor. Remember, a rapid boil is no longer than a slow boil. Reduce the clarified butter to 1 fl oz (30 ml). The Guiding Hand (b) Contains no knife lights along the stem, bringing the blade down in a smooth arc. Leave space between items so cold air can circulate. McDonough Elie Community College Marca. • For the functions of fats in emulsions, see below. Their flavor contribution is probably more important than its acidity. • Check all containers and packaging for damage. 2000 Oldways Preservation & Exchange Trust. Froid foods should show no signs of having been thawed and refrozen. • What are the three ways to protect against bacterial? Stirring redistributes the heat and helps prevent this. The dough arm or hook is used for mixing and kneading yeast doughs. Add the onion and carrots, and sauté until slightly softened, but do not brown. The correct duration might be to return the yogurt to the oven until the temperature reaches the critical limit. This broth can then be like stock. This includes oil used for cooking, salad dressings, margarine and mayonnaise. Some of the main applications of short video clips are to demonstrate tools and techniques. Furthermore, customers who feel confused by a certain method may benefit from watching a video. In this case, demiel-glace may be used to stabilize a well-flavored broth that has been reduced by half. Thickened with flour or other starches or left unthickened (except for a few gelatin). Wash hands after handling raw meat, chicken, and before preparing cooked food. The flavor is often used for flavorful fish stock, especially salmon. In order to prevent cross-contamination and the spread of food-borne diseases, we must be aware of the procedures for each task. 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Trim, salvage, and waste: I to m Weight Value(l), b Total Al Val e (Lb + Va + u) \$0.30 (4) For sauces, chefs usually prefer a more flavorful fish stock called a fumet. Gisslen Procooking C08 154-223hr5.indd 202 2/3/14 12:14 PM S auces Ultra-Tex 3 and Ultra-Tex 8. Sodium alginate. It has been used for years to give structure to gluten-free breads and other baked goods. Foods of high nutrient density are those that provide relatively many nutrients per calorie. The term braising is used for large cuts of meat, and stewing is used for smaller items. Cutting into small pieces is necessary for releasing flavors in a short time, as when the mirepoix will be used for fish stock. In this section, we introduce the topic of heat management with a summary of two of the most common kinds of heat control problems. Remember that some fatty acids are essential nutrients, and fats also carry fat-soluble vitamins. Another important point made in Chapter 6 is that acids inhibit gelatinization. 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While the chef is the head of an establishment, the cooks are the backbone. • Unless you operate a specialty restaurant like a steak house or a seafood restaurant, balance the menu among meats (beef, pork, lamb, veal), poultry, and fish. Follow procedure in basic recipe, but reduce cooking time to 3-4 hours. What is the importance of cleaning and sanitizing equipment and cutting boards immediately after working on raw poultry? Holding temperature is the temperature at which a product is kept for service or for storage. Sheet pan or bun pan. The discussion in this section, however, is concerned mostly with aroma and taste. These foods are the sources of the most healthful carbohydrates. In the most effective systems, nothing is left to chance. Trim, salvage, and waste: I to m Weight Value(l), b Total Al Val e (Lb + Va + u) \$0.30 (4) For sauces, chefs usually prefer a more flavorful fish stock called a fumet. Gisslen Procooking C08 154-223hr5.indd 202 2/3/14 12:14 PM S auces Ultra-Tex 3 and Ultra-Tex 8. Sodium alginate. It has been used for years to give structure to gluten-free breads and other baked goods. Foods of high nutrient density are those that provide relatively many nutrients per calorie. The term braising is used for large cuts of meat, and stewing is used for smaller items. Cutting into small pieces is necessary for releasing flavors in a short time, as when the mirepoix will be used for fish stock. In this section, we introduce the topic of heat management with a summary of two of the most common kinds of heat control problems. Remember that some fatty acids are essential nutrients, and fats also carry fat-soluble vitamins. Another important point made in Chapter 6 is that acids inhibit gelatinization. But I don't think you need it because the recipes and techniques are important when working as a culinary professional. Technique Videos Nearly 200 technique videos that clearly demonstrate essential kitchen skills are available as part of your WileyPLUS course. Few food-service operations depend on nothing more than a range and an oven, an assortment of pots and pans, and knives and other hand tools. Glazes dilute to original strength do not taste like the stocks they were made from. Copper reacts chemically with many foods to create poisonous compounds, so copper pans must be lined with another metal, such as tin or stainless steel. Season to taste with salt, cayenne, and a few drops of lemon juice. Nevertheless, tastes vary by region, by neighborhood, by age group, and by social and ethnic background. Vitamins 3. Hold the blade at a constant 20-degree angle to the stone, as shown in Figure 7.1, 2. This applies particularly to proper refrigeration. For example, if you served roast chicken for dinner one day, you might plan on chicken salad for a luncheon special the next day. As we said in the beginning of this section, every recipe assumes you have certain knowledge that enables you to understand the instructions and follow them correctly. Managers must ensure that all employees are trained to follow procedures and have the equipment needed to do the job. Use clean, warm water to rinse off detergent. Escoffier Georges-Auguste Escoffier (1847-1935), the greatest chef of his time, is still revered by chefs and gourmets as the father of twentieth-century cookery. • Select the GLOSSARY tab to access definitions from Professional Cooking's glossary, as well as hundreds of additional defined terms and audio pronunciations. Blades are usually 5 inches (13 cm) long. If the liquid is hot (such as simmering milk for bêchamel sauce), you must heat especially well because the starch will gelatinize quickly. This is addressed whenever cooking techniques are explained in the remainder of this book. 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used for its distinctive flavor, but just a dash can perk up the flavor of a cream sauce without being detectable by most people. Per 1 fl oz (29.57 mL): Calories, 2; Protein, 0 g; Fat, 0 g (0% cal.); Cholesterol, 0 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 3 mg. Interior temperature is also important for food safety, as we learned in the discussion of minimum internal cooking temperatures on page 23. HANDLING CONVENIENCE FOODS Convenience foods play an increasingly prominent role in the food-service industry. Steam tables are standard holding equipment for serving lines. Caused by cooking foods in zinc-plated (galvanized) utensils. Chefs use regular gelatin as well as other jelling agents, such as agar-agar, which is derived from seaweed. Drain the bones and rinse them well. Fruits, vegetables, whole grains, and low-fat or fat-free milk and milk products are the foods with the highest nutrient density. Smaller until thickened and clear. The complex cuisine of the aristocracy—called Grande Cuisine—was still not much different from that of the Middle Ages and was anything but simple and light. Butcher knife Scimitar 10. Cook until the cut surface is dark brown until all the brown drippings are dissolved or loosened. Catering and banquet operations depend on menus that are easily prepared for large numbers but that are lavish enough for parties and special occasions. Use the trimmings for mashed potatoes or soup. Kind of Meal Menus vary not only by kind of operation, but by meal as well. For roux, measure enough of the fat from step 2 to make the correct amount of roux for the volume of gravy. Because the microwave oven is a unique tool in food service, the cook should observe the following special points regarding its use: 1. Although too much of any kind of fat is unhealthy, these fats are more healthful than saturated fats. Some reduction takes place in nearly all sauces, depending on how long they are simmered. Unfortunately, it is not always possible to keep the proportions exactly the same because the U.S. system is not decimal-based like the metric system. 15. Gisslen Procooking C02_014-035hr3.indd 13 2/3/14 5:00 PM CHAPTER 2 SANITATION & SAFETY Rules of personal hygiene and sanitary food handling were not invented just to make your life difficult. Hotels must provide a variety of services for their guests, from budget-minded tourists to businesspeople on expense accounts. Because of the long cooking times, avoid cooking temperatures below 149°F (65°C). Fish and chicken bones don't need to be cut, but whole carcasses should be chopped for more convenient handling. Skin the froth from the surface. Make sure the machine is properly assembled before use. Some items, like frozen French fries, have wide acceptance, while others more fully prepared foods continue to be resisted by both customer and operator. An operation can choose any recipe format, but the operation using this recipe wants to emphasize collecting and measuring all ingredients before beginning to cook. Shields The State University of New York—Delhi Eberhard Werthman St. Paul Technical College J. Place the vegetables in a blender and blend to a puree. This is especially popular on luncheon menus, where quick service is desired. • Special thermometers are used to test the accuracy of oven, refrigerator, and freezer thermostats. Usually roasted poultry, accompanied by or followed by a salad. An alternative to writing everything out on the menu is to educate the serving staff so they know the dishes well enough to fill in any missing details for the customer. 1/2 in. Explain how the size and type of an operation influence the organization of the modern kitchen. In order to avoid overcooking, you may need to undercook the large batch slightly. The body can change alpha-linoleic acid into other omega-3 fatty acids called DHA and EPA. By contrast, if we cook the steak at a low temperature, there is less temperature difference between the outside and inside, so the doneness of the meat is more uniform. Key Points to Review from outside to inside. Every bite is intended to be an exploration or an adventure. The procedure begins the same as for cooking medium dice. PROCEDURE for Making a Cream Sauce Reduction 1. This device is usually nothing more complicated than an electric heating element that heats small blocks or chips of the wood so they are hot enough to smoke but not hot enough to burst into flame. Think of the U.S. and metric columns as belonging to key points to review separate recipes. But if you buy whole lobsters or whole fish and cut them yourself, you have to do a yield cost analysis in order to determine your costs. Set up and use a standard breasting station. We use this book religiously in class. Consequently, HDL is seen as a major preventer of heart disease. SMALL SAUCES The major leading causes of heart disease are: 1. Too much saturated fat in the diet. 2. Too little fiber in the diet. 3. Too much cholesterol in the diet. 4. Too much salt in the diet. 5. Too much sugar in the diet. 6. Too much alcohol in the diet. 7. Too much tobacco in the diet. 8. Too much physical inactivity. 9. Too much stress. 10. Too much weight gain. 11. Too much blood cholesterol. 12. Too much blood triglycerides. 13. Too much blood glucose. 14. Too much blood pressure. 15. Too much blood platelets. 16. Too much blood clotting factors. 17. Too much blood viscosity. 18. Too much blood volume. 19. Too much blood vessels. 20. Too much blood vessels. 21. Too much blood vessels. 22. Too much blood vessels. 23. Too much blood vessels. 24. Too much blood vessels. 25. Too much blood vessels. 26. Too much blood vessels. 27. Too much blood vessels. 28. Too much blood vessels. 29. Too much blood vessels. 30. 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salad calls for cooked, diced chicken, you must first cook the chicken before you can proceed with the recipe. Dry the kettle, heating elements, and baskets thoroughly. A cook with a positive attitude works quickly, efficiently, neatly, and safely. If the sauce becomes too thick to beat before all the butter is added, beat in a little of the lemon juice. As proteins are heated, the colls gradually unwind. In every kitchen, a great many tasks must be completed over a given time and by a limited number of workers. FIGURE 7.28 Setup of station for Standard Breadmaking Procedure. *Yields are reduced in most large-quantity recipes to no more than 8–12 portions. VA R AT T O N S Herbed Butter Sauce Add your choice of chopped fresh herbs to finished beurre blanc, or use an herbed compound butter instead of plain raw butter to make beurre blanc. Similarly, when making brown stocks, be careful not to add too much tomato, which can make the stock cloudy. In general, items cooked by dry heat methods, such as broiled steaks, sautéed fish, and French-fried potatoes, do not hold well. BASIC CUTS AND SHAPES Cutting food products into uniform shapes and sizes is important for two reasons: 1. Stock pots and other equipment properly on pot racks so they are stable and not likely to fall. "Imported." An item labeled imported must come from outside the country. It is not as important to be able to recite the names of disease-causing bacteria as it is to be able to prevent their growth in food. Food-handling practices have come a long way since Escoffier's day. When you are cooking at such low temperatures, and you need appropriate equipment for cooking sous vide. To cook in water or other liquid that is bubbling soft, such as 185°–205°F (86°–96°C), Gisslen ProCooking C08 154-223hr.indd 184 Normandy To 1 qt (1 L) fish veloute add 4 oz (125 mL) mushroom cooking liquid (or 6/7 oz 25 g mushroom trimmings) and 4 oz (125 mL) oyster liquid or fish fumet. Within these general guidelines, there is room for a number of variations. In addition, you will also find vegetable recipes in Chapter 11 (pp. Certain chemical also kill bacteria). Explain the functions of sanitizers, and list five qualities a sauce adds to food. Per 1 fl oz (29.57 mL) Calories: 40; Protein: 1.93. Give six examples of foods that might be blanched or parboiled during pre-preparation, and give a reason for each. Total cost (3) Helps the breaking stick to the product. Identify critical control points (CCPs). Jeanne Milwaukee Area Technical college Frank Diamond Academy Canada Giller Godin Novala South Community College Franklin R. A separate container is a water bath containing calcium. Consume less than 10 percent of calories from saturated fatty acids. But the enjoyment comes from the satisfaction of doing your job well and making everything run smoothly. Having to discard and replace badly cooked food costs. Shitols, a top 3 rated restaurant in the section HACCP, pp. In large establishments, those persons has the title of executive chef. Professional blends Consistency of flavoring products. This is called converting the recipe. For metric example, see Appendix 4, pages 1024–1029. Thin out the oil with water to reduce the oil content. Consider adding a small amount of water to the dish. Cook until the meat is well done. It is best to mix with what would otherwise be a strong flavor. Seasoning with salt and pepper. Heat up or (120 °C) 250°F. Roast until the carcass reaches a golden brown. 2/3/14 12:14 PM 176 C H A P T E R 8 STOCKS AND SAUCES FINISHING TECHNIQUES Remember that the three basic elements of a finished sauce are a liquid, a thickening agent, and additional seasoning and flavoring ingredients. Stock with model Courtesy of Hobart Corporation. Not a knife, but an essential part of the knife kit. • What are the 12 steps in the process of manual dishwashing? Although there are no fixed rules, you can learn for these illustrations, it is possible to list the most common types of problems encountered so you can be on the alert for them when making recipe conversions. Once you create a user name and password, you can log onto Culinary Companion® from your computer, tablet, or mobile device. Purées of starchy vegetables, such as squash or dried beans, may need to be thinned with stock, broth, or water. Be sure the machine is properly assembled before using. Two basic slicing techniques are illustrated in Figures 7.9 and 7.10. Roux or 250g Clarified butter or 250g Braud flour 1 gal 4L 2. Clean the cover look knob, or the machine will not turn on. • The roux cook or rôtissoire (roux-tur) prepares: roasted and braised meats and their gravies and braised meats and other items to order. Fats: Meats, poultry, and fish. Dicing products Eggs Cooking fats and shortening. Salad dressings Supply food energy (calories). The basic cooking methods and preparations we study today are based on Escoffier's work. The object is to keep the recipe proportions and the total yield as close as possible to the original while arriving at practical measurements. Chill foods as quickly as possible over ice or in a cold-water bath before placing in the refrigerator. Immung Joliet Junior College David Schneider Macomb Community College D. These include fresh (not dried) herbs, sherry or flame brandy, and condiments like prepared mustard and Worcestershire sauce. • When you are heating several foods at once on a plate, put the moist, quick-heating items like vegetables in the center and the denser, slower-heating items at the edges. Colorful vegetables are especially valuable for enlivening the appearance of meats, poultry, fish, and starches, which tend to be mostly white or brown. The following discussion is based on information presented in those books. Thicken the gravy with the roux or starch slurry. When you increase the recipe greatly, you find you have too much to do by hand, fornia, in 1971. Alternatively, finish by enriching with cream (see p. The only way to know, for example, that a roast has reached the required internal temperature is to measure it, using a clean, sanitized thermometer. Minimum-use ingredients are those that are used in one or two items on your menu. List six safety guidelines for cooking sous vide. Combine wine, vinegar, and shallots in a saucierpan. RODENT AND INSECT CONTROL. Rats, mice, flies, and cockroaches can spread disease by contaminating food and food contact surfaces. Prevents beriberi. 482). Sheet pan 10. Do not use aluminum for storage or for long cooking of strong acids because it reacts chemically with many foods. Alternatively, a fire can be kept going in the back of the oven while foods are roasted toward the front, with the fire kept open. Tongs 13. Georges-Auguste Escoffier. 3. Bring foods to holding temperature as quickly as possible by using ovens, steamers, range-top pots and pans, or other cooking equipment. The availability of water to bacteria is indicated by a measure called water activity, abbreviated aw, 150. School and hospital food services must, of course, plan menus carefully to meet basic nutritional needs. Everyone knows what was meant by Tourmonds Chasseur. Suprême de Volaille Orly, and Sole Nantua, and these terms meant the same dish on any menu. Open-burner gas ranges with griddle. Courtesy of Vulcan Hart Company. Open lids away from you to let steam escape safely. Quarts works well in a wide range of temperatures, and it does not corrode metals, while chlorine and iodine can both be corrosive. The most important technique required for integral sausages is deglazing (see pp. Pizza can be baked at this temperature. You will see that the starch settles to the bottom. Or protein molecules may break apart and reform with a different structure. The growth of the food-service industry creates a demand for thousands of skilled people every year. Make even, regular strokes. New yield 15 = 1.65 L old yield 10 Broccoli: 1,500 g x 1.5 = 2,250 g. Sause: 600 mL x 1.5 = 900 mL. In order to make these procedures clearer, let's work through the conversion of a full recipe to give you practice with the equations. FIGURE 7.25 Beef chuck in a raw marinade of red wine, wine vinegar, spices, and aromatic vegetables. Proteins 6. Eggs may or may not be used. Don't let food touch anything that may contain disease-producing bacteria, and protect food from bacteria in the air. Rinse bones in cold water. Stocks and sauces are almost never served by themselves but are components of many other preparations. FOOD PROCESSOR Food processors were used in commercial kitchens long before home models were introduced. • Nontraditional thickeners. The name is a trademark of the National Starch Company, which makes it. Standard flour, Whitewash is a thin mixture of flour and cold water. The moisture would hinder browning. The notes that follow explain several aspects that may be puzzling. (b) Cut the strips of peel into julienne. Health departments in many localities require the use of some kind of barrier between hands and any foods that are ready to eat—that is, foods that will be served without further cooking. The small models have a handoperated mixing baffle, which moves the food into the blades. Because we know how bacteria get from meal to meal, we should be able to keep them from getting into our food. Keep the water level above the bones. Vegetable. (a) Place the half cutter across the potato as shown. 2/3/14 12:14 PM 166 C H A P T E R 8 STOCKS AND SAUCES Vegetable Stock YIELD: 1 GAL (4 L) U.S. METRIC 11 1/2 fl oz or 25 ml INGREDIENTS Oil 1. It rusts quickly unless kept properly conditioned (see p. Gross profit for a food operation can be defined as 100 percent of sales minus food cost. His two main contributions were (1) the simplification of classical cuisine and the classical menu, and (2) the reorganization of the kitchen. Calculating yield. Flavor the product. If you put two steaks in the broiler, it still takes 15 minutes to cook them, not 30 minutes, venting. 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No one likes thick, pasty cream sauces on vegetables or oversalted but otherwise flavorless brown sauces gumming up the meat. Wrapped in paper (or sometimes foil) for cooking so the enclosed food is steamed in its own moisture. Cover cuts or cores with clean bandages. Forcing the product through a fine sieve of these three methods, the third, forcing through a fine sieve, usually makes the smoothest puree, but it is also the most time-consuming. The liaison is used for both texture and flavor, adding richness and creaminess. Bottom row, left to right: juniper berries, cardamom, star anise. Top row, left to right: celery seed, dill seed, coriander seed, caraway seed. Now, however, most herbs are available fresh. In addition to the onions in the mirepoix, an onion brûlé (awn yohn bro le; French for "burnt onion") is sometimes added to brown stock to give it color as well as flavor. As food workers, we are interested in a way of classifying them that may be less scientific but is more practical to our work. This is the purpose of a recipe. Skim the surface and strain off the stock through a china cap lined with several layers of cheesecloth. A dry marinade, also called a dry rub or a spice rub, is a mixture of salt, spices, and herbs that is rubbed or patted onto the surface of a meat, poultry, or fish item. Gisslen ProCooking C08 154-223hr.indd 178 2/3/14 12:14 PM 5 auses 179 CHART 8.2. The Small Sauces S econd ay B a s i c I n g re d i e n t s Lead ing S auce M u l t i p l e S auces V ariety. The small models have a handoperated mixing baffle, which moves the food into the blades. Because we know how bacteria get from meal to meal, we should be able to keep them from getting into our food. Keep the water

liquid are tied loosely in a piece of cheesecloth (called a sachet) for easy removal. Types of Cooktops 1. Blond roux, or pale roux, is cooked a little longer, just until the roux begins to change to a slightly darker color. These two gums can be used alone or in combination to produce a wide variety of textures. Whip 4 fl oz (125 mL) heavy cream until stiff and fold into 1 pt (500 mL) hollandaise. Follow instructions for Madeira sauce, but use port wine instead of Madeira. The meat chef and pastry chef reported to the cuisinier, who was also known as chef de cuisine, which means "head of the kitchen." Carême Marie-Antoine Carême. Do not work with food if you have any communicable disease or infection. Listing a product, such as a carbonated beverage, by brand name and serving another brand. The following menus are made up of dishes prepared from recipes in this book. Do not keep flat-top ranges on high heat unless items are being cooked over them. In North America, for example, a restaurant has to offer the usual selection of fruits, juices, eggs, cereals, breads, pancakes, waffles, breakfast meats, and regional specialties because this is what customers want and expect. DREDGING WITH FLOUR Purpose The purpose of dredging is to give a thin, even coating of flour to a product. 11/2 qt (1.5 L) Brown lamb stock Sachet: 1 2 sprigs Bay leaf 2. Gisslen Procooking C02 014-035h.3.indd 205 3/2/14 11:22 AM 6 C H A P T E R 3 TOOLS AND EQUIPMENT Gisslen Procooking C03 036-057h.indd 36 2/3/14 11:33 AM 3 TOOLS AND EQUIPMENT Thorough knowledge of equipment is essential for success in the kitchen. Both enclosed (lyophilized) rotisseries and open or unclosed units are available. Reduce by two-thirds. Add 3-4 fl oz (100 mL) Madeira wine. • Placing ready-to-eat foods on a lower refrigerator shelf and allowing juices from raw fish • ALLERGENS AND INTOLERANCES Health professionals make a distinction between food allergies and intolerances. Too much cooking results in loss of flavor. Several ways Florida Community College Amedeo Lamarcus George Brown College EAT Fast Community College Royal Mai Kingsborough Community College Elsie Raw Linson Culinary Sherri Stolfo The Chef's Academy Christopher Thielman College of DuPage Jean Yves Vedeneve Savannah Technical College Christine Walker George Brown College Ron Wong Northern Alberta Institute of Technology 2/20/14 1:31 PM XH Wiley Culinary Companion TM Recipe Management Software Supporting chefs and foodservice managers throughout their careers, Culinary+Companion TM includes all recipes from Professional Cooking, Eighth Edition, plus hundreds of additional recipes, color photographs, audio publications, and illustrated procedures. Do not use stale bread which has off-flavor. When preparing a dish, it is best to use 100 percent exacting and must depend on the chef's judgment. When chefs who practice the art of cooking, they must make use of the word hydrophilic to describe unusual methods and jelling agents, such as sodium alginate, agar, gelatin, and agar. Foods can either be solid or liquid at room temperature. This gives us a total of 132 ounces (22 x 6), or 81/4 pounds. Lot the reduction cool a little. Note in particular that proteins take up less than a quarter of the plate. Finish, off heat, with 2 oz (60 g) raw butter. 63 Figure 4.2 An example of two tasting menus from a fine-dining establishment. Also known as EPQ (stable portion quantity). Gisslen Procooking C08 154-223h.indd 158 2/3/14 12:14 PM 5 tucks 159 TABLE 8.2 White Stock (Chicken) To M size: 1 C gal on Bones 8 1/2 lb Mirepoix, standard – or white 1 L Water 5-6 oz of Sachet 1 4 Lite r s 4 kg 500 g 5-6 L 1 TABLE 8.3 White Stock (Beef and Veal) To M size: FIGURE 8.3 Ingredients for vegetable stock. In addition, these pans are useful for stir-fry cooking because they enable cooks to sauté foods with little or no added fat. Cooking times are discussed again in the next chapter. Butter can be used if it is not necessary to avoid all animal products. How is a permanent emulsion formed? As the solids become more concentrated, the sauce becomes thicker. An unthickened liquid carrying the concentrated flavor of a specific ingredient. The basic cooking methods (dry-heat methods, moist-heat methods, and so on) are introduced early. Foods dry out quickly under holding lamps. • What are some good ways to keep food costs as low as possible? Used for opening clams. A menu item described as "grilled" or "roasted" should be cooked by the method indicated. Gisslen Procooking C02 014-035h.indd 20 2/3/14 11:22 AM 21 S sanitation ALLERGENS An allergen is a substance that causes an allergic reaction. Cast iron cracks easily if dropped. Tasting menus may change daily, depending on the chef's choices and the availability of ingredients. You will often be able to create new recipes. Season with cayenne to taste and strain. One tomato may be riper than another; one carrot more tender or sweeter than another; one onion saltier than another. Fat-soluble vitamins (A, D, E, and K) can be stored in the body, so they do not need to be eaten every day as long as the total amount eaten over time is sufficient. But if you double the volume of the cube, the top surface area is not doubled but is in fact only about 11/2 times as large. Verify the system is working. All the diet schemes and fashions in the world—at least the ones that are medically sound—can be reduced to this. Total utilization of foods must be planned into menus. Watch cooking times closely. For example, lack of attention at the grill station often results in meats returned by the customer for being overcooked. Fungi 4. For example, when mustard is added to the mixture, the vinaigrette stays emulsified longer. Seafood Toxins Some toxins can occur in fish or shellfish that have eaten a kind of algae that contains the toxins. This is an important motivation, but it is also important to develop and maintain other skills necessary for the profession. Name six basic vegetable cuts, and give their dimensions. Used for lifting and turning meats and other items. 1 lb 500 g onions, medium dice 2, 1/16 in. Simmer the sauce very slowly for 1 hour. Vitamins are classified as water-soluble and fat-soluble. 1/6 1/14 12:37 PM 64 C h p t e r 4 Menus, Recipes, and Cost Management Modern Menus: Courses and Arrangement Such extensive classical menus are rarely served today. The same is true of large roasts. Per 1 fl oz (29.57 mL) Calories, 40; Protein, 1 g; Fat, 3 (63% cal.); Cholesterol, 10 mg; Carbohydrates, 3 g; Fiber 0 g; Sodium, 30 mg VA R I AT O N S N L S Light Béchamel Heavy Béchamel Use 12 oz (375 g) roux. (b) Whip over a hot-water bath. Gisslen Procooking C07 134-153h.indd 146 (b) Cut crosswise into thin strips or shred. Milk and Alternatives 2 2 3 3 4 3 2 4 3 2 3 Select lower fat milk alternatives. The following outlines give procedures for making basic stocks as well as the reason for every step. The Modern Menu First Course Appetizer Soup (Fish) Salad Main Dish Meat, poultry, or fish Vegetable accompaniment Dessert Salads Salad Fruits and cheeses Sweets Notes • Appetizers, soup, and salad are the three courses usually served before the main course. The scale runs from 0 (meaning no water available) to 1.0. Most pathogens grow best in an environment from 0.85 to 1.0 aw. Another important invention that changed the organization of kitchens in the eighteenth century was the stove, or potager, which gave cooks a more practical and controllable heat source than an open fire. Cut the bones into pieces, 3-4 inches (8-10 cm) long, as for white stock. Roasting at a high temp? What are the three ways in which heat perature produces a strong gradation of doneness, from well energy is transferred to foods? Allemange Sauc YIELD: 2 QT (2 L) U.S. METRIC 2 qt 4 8 fl oz 1/2 fl oz or 2450 mL 15 mL INGREDIENTS PROCEDURE Veal velouté (see Note) 1.187. Clearly marked exits. • Sous vide methods are enhanced by a larger recipe collection. • When green vegetables are cooked, it's a wealth of information, offers variations to recipes and classic ways of doing it. The sidebar indicates important nutrients supplied by these food groups. • Fat thermometers and candy thermometers test temperatures of frying fats and sugar syrups. Moderate drinking—one or two drinks a day—appears to do little harm and may, in fact, be of some benefit. Brown stocks should have a richer, deeper flavor, but with no charred flavor from bones that were browned too heavily. Refrigerate. Cover bones loosely with a round of brown paper or parchment. Today, in supermarkets as well as in restaurants, a much greater variety of high-quality foods is available than there was 40 or 50 years ago. Salt and other seasonings are also added at the beginning of cooking, particularly for larger pieces of food, when seasonings added at the end would not be absorbed or blended in but just sit on the surface. 7. Clean and sanitize the mallet and the work surface. 2/3/14 11:50 AM P preliminar y C ooking q u and F l av or g 14 17 14. Fish sauce (also called nam pla, nuoc man, and nuoc nam) is a thin, salty liquid with a pungent aroma, made from raw deer or dried fish or shellfish. That's what this book is about. Omnit flour. Hollandaise and its cousin, béarnaise, are likely the sauces we have been studying because their major ingredient is not stock or milk but butter. Don't repeat foods with the same or similar texture. Sauté the mirepoix in butter until well browned (Figure 8.12). Other toxic plants to avoid are rhubarb leaves, water hemlock, apricot kernels, and nightshade. Chapter 15, Understanding Meats, offers more information about these substances. Gisslen Procooking C08 154-223h.indd 175 (b) Stir the tempered liaison back into the remaining sauce. Remove the meat from the brine, dry it, and proceed with the recipe. These hazards include plant toxins, seafood toxins, and allergens. Eventually, you should be able to identify any spice on your shelf by aroma, taste, and appearance without looking at the label. Cooking on a spit in front of an open fire may also be considered roasting. A heavy, two-pronged fork with a long handle. Also extracted from soybeans, lecithin is used to stabilize many mixtures that would separate without it. Drip pans catch juices, which can be used for basting or gravy making. The food pyramid continues to be used to show healthful food choices in other food cultures, such as Mediterranean, Asian, and Latin American diets (Figures 5.1b, 5.1c, and 5.1d). Reduce the heat to a rapid simmer and cook until most of the liquid has evaporated. Devise balanced menus that contain an adequate variety of foods and that can be efficiently and economically prepared. If we can add a liquid to a sauce, then reduce it to concentrate it, why can't we reduce a liquid first and then add it to a sauce? What func- Phytochemicals A phytochemical is any of several hundred compounds that are found in foods in tiny amounts and may help reduce the chance of cancer or heart disease. Put screens on all windows and doors. Brown sauce should not have too reddish a color from using too much tomato product. Viruses are inactive or dormant until they enter a living cell. Throughout North America, traditional dishes and regional specialties combine the cooking traditions of immigrant settlers and the indigenous ingredients of a bountiful land. It is important, then, to select cooking methods that preserve, as much as possible, a food's nutrients, taste, and appearance. But no matter how detailed it is, a written recipe can't tell you everything, and some judgment by the cook is always required. Vitamins and pigments may be destroyed by heat, by long cooking, and by other elements present during cooking. (In the case of vegetable stocks, they are the most important.) Mirepoix (mire-pew) is a combination of onions, carrots, and celery. These are merely examples to stimulate your thinking. Chicken bones or even pork bones are sometimes added in small quantity. Restaurants and inns could serve diners reflecting the talent and creativity of their own chefs rather than being forced to rely on licensed caterers to supply their food. Because of the salt and sugar concentration in the meat, pan drippings may not be useable for deglazing. FIGURE 7.18 Chopping with a French knife. Both kinds of unsaturated fats are found in other plant products as well, including whole grains, nuts, and some fruits and vegetables. Harmless bacteria. © 1996-2014, Amazon.com, Inc. You remove both of them from the oven when the temperature at the center is 135°F (57°C). White stock is made from beef or veal bones, or a combination of the two. The coagulated proteins form a solid network of bonds and become firm. A static menu may be in place indefinitely, or it may change at regular intervals, such as every season, every month, or even every week. This means for a diet of 2,000 calories daily, calories from fat should be between 400 and 700. Why not just taste? FIGURE 7.15 To make oblique cuts, cut the vegetable at a sharp angle, roll one quarterturn, and make another cut. 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No matter how carefully a recipe is written, the skill of the cook is still the most important factor in a preparation turning out well. They know you would know it's 150°. The most effective way to prevent bacterial growth is to keep food below 41°F (5°C) or above 135°F (57°C). This applies to any predominant flavor, whether it is the flavor of the spices, the flavor of the meat, or the flavor of the marinade. Both kinds of unsaturated fats are found in other plant products as well, including whole grains, nuts, and some fruits and vegetables. Harmless bacteria. © 1996-2014, Amazon.com, Inc. You remove both of them from the oven when the temperature at the center is 135°F (57°C). White stock is made from beef or veal bones, or a combination of the two. The coagulated proteins form a solid network of bonds and become firm. A static menu may be in place indefinitely, or it may change at regular intervals, such as every season, every month, or even every week. This means for a diet of 2,000 calories daily, calories from fat should be between 400 and 700. Why not just taste? FIGURE 7.15 To make oblique cuts, cut the vegetable at a sharp angle, roll one quarterturn, and make another cut. Furthermore, home machines are not able to regular liquids, so they can't pack meats with marinades. The best-known plant toxins are found in certain wild mushrooms. How do you set the burner if the instructions say "Cook over medium heat"? 94. Food Cost Percentages An individual operation's food cost percentage is usually determined by the budget. Stir to dissolve the caramelized juices on the bottom of the pot. \$1.60 \$1.60 = \$4.00 40.40 Gisslen Procooking C04 058-089h.indd 81 Gross Profit and Net Profit. When you are working with cost figures, it is important to understand the difference between gross profit and net profit. Naturally, because they usually don't contain an acid, you can't expect dry marinades to produce the slight tenderizing effects of liquid marinades containing acids. Hot hors d'oeuvres. Taillevent invented many dishes, especially sauces and soups. Roasting charts that give cooking times for various cuts of meat can be used only as guidelines, and the cook must use his/her judgment to make the final determination of doneness. (d) Add a sachet d'épicées. Dropped into hot oil so that it toasts and foams up slightly; the flavor of used in Indian and Middle Eastern dishes Basil Fresh and dried leaves Aromatic leaf; member of mint family Tomatoes and tomato dishes, pesto (Italian basil sauce), egg dishes, lamb chops, eggplant, peas, squash Bay leaf Whole Stiff, dark green, oblong leaves; pungent aroma One of the most important herbs for stocks, soups, stews, braised meats Caraway seed Whole Dark brown, curved seeds; familiar rye bread Seasoning Yeast, bread, cabbage, sauerkraut, pork, cheese spreads. Eastern European dishes Cardamom Whole pod, ground Seed Tiny brown seeds inside white or green pod; sweet and aromatic; expensive Pickling, Danish pastries, carries Cayenne (red pepper) Ground form of hot red chili; looks like paprika but is extremely hot in small amounts in many sauces, soups, meat, fish, egg, and cheese dishes (see p. Recipes) Some specify with weight they are referring to. No matter how carefully a recipe is written, the skill of the cook is still the most important factor in a preparation turning out well. They know you would know it's 150°. The most effective way to prevent

cut back on spices and salt in a converted recipe. That means the lemon wedge and parsley garnish for the fish filet, the cream and sugar that go with the coffee, and the oil that used for pan-frying the eggplant. Never reach under the bowl cover while the machine is running. Do not wash. deglaze. The example just given, of cooking a large batch of soup in a steam kettle or in a tilting skillet, is among the kinds of problems that can arise when you change cooking utensils. These methods may be used: • In a refrigerator, so that the food maintains a temperature of 41°F (5°C) or less. PRODUCTION BÉCHAMEL The classic version of the standard white sauce, béchamel, was made with lean veal and herbs and spices simmered with the sauce for an hour or with white veal stock added to the sauce and then reduced. Food mill. You can use the same ratio of stock to mirepoix as for espagnole. It is more important than ever for cooks to keep up to date with the latest nutritional understanding. Interior temperature is the most important factor when we are cooking tender meats. For example, if the cost of an item is \$2.00 and the seasoning cost percentage is 5 percent, the total cost is \$2.00 plus 5 percent of \$2.00, or \$2.10. If no carbohydrates are available, the body then burns fat. Physical contamination is contamination of food with objects that may not be toxic but may cause injury or discomfort. This bonding is called coagulation. Used for general sautéing and frying of meats, fish, vegetables, and eggs. The figure emphasizes the fruit, vegetable, grain, protein, and dairy food groups and represents them in proper proportions on a plate. Cooking must take place over low heat so the roux browns evenly without scorching. Sizes in quarts are marked on the sides of large bowls and on the tops of attachments. 157) 11 lb 5.5 kg Bones from lean fish 24 fl oz 750 mL Clarified butter White wine (dry) Sachet: 1 1/2 tsp 3-4 1/2 tsp 1 Bay leaf 2 mL Peppercorns 3-4 Parsley stems 2 mL Dried thyme 1 gal 4L Water, cold PROCEDURE 1. Keep the kettles filled to the fill line. Determine the best way to hold each item at its final stage of pre-preparation. At the start of the French Revolution, there were about 50 restaurants in Paris. (d) Looking from this angle shows how the slices have been stacked up. Stack or deck ovens Copyright Blodgett Corporation. Gisslen_Procooking_C06_104-133hr2.indd 111 2/4/14 3:08 PM 112 C h a p t e r 6 Basic Principles of Cooking and Food Science 2. List and describe the six categories of nutrients, explain their functions in the body, and name some food sources of each. Additional Student and Instructor Resources The following student and instructor supplements are also available: Student Study Guide (978-1-118-63675-6) contains review materials, practice problems, and exercises. Sweep up—don't pick up—broken glass. • What foods are good sources of carbohydrates? Used for stir-frying, especially in Chinese cuisine. The expediter also calls for orders to be finished and plated at the proper time and inspects each plate before passing it to the dining room staff. Foods reheated in a microwave oven must be reheated to 165°F (74°C), then stirred, covered, and allowed to stand for 2 minutes after reheating. Herbs and spices are usually tied in a cheesecloth bag called a sachet d'épices (sa-shay day peace; French for "spice bag"), often called simply sachet for short. (An exception might be if you have equipment based on one system but want to use a recipe written in the other.) If U.S. kitchens change to the metric system, everyone will use scales that measure in grams and kilograms, volume measures that measure in liters and deciliters, and thermometers that indicate degrees Celsius. Items such as breads and pizzas are baked directly on the floor of the oven, just as in modern deck ovens. Chop coarsely. VA R I AT I O N S Chicken Stock Chicken stock is usually made with a standard mirepoix, since chicken bones impart a slight yellow color of their own, so a little more color from carrots is usually not harmful. Some of these bacteria, if given the chance to grow in food, will make people ill. For these reasons, chefs and health officials are especially cautious about sous vide cooking and have instituted strict guidelines. Why are unrefined carbohydrates more healthful than refined starches and sugars? 7. Continue to brown until tomato paste turns a rusty brown color. (2) To cook certain vegetables slowly in a small amount of liquid without preliminary browning. Other meats are low in connective tissue and naturally tender. In solids, the molecules stay mostly in place, but they vibrate with more energy. Directions must be as complete and exact as possible. The final product is only as good as the ingredients and the care that go into it. One or more dishes may be served before the main dish. Thickened liquids with cornstarch and other starches. Skillful cooks know exactly what changes they want to make and what they have to do to get them right. Agar-agar. Gisslen_Procooking_C01_002-013hr.indd 7 Key Points to Review • How have the following developments changed the foodservice industry: development of new equipment; availability of new food products; greater understanding of food safety and nutrition? For example, for hundreds of years, cooks boiled meats before roasting them on a rotisserie in front of the fire. Add lemon juice, salt, and white pepper to taste. Adrià explores new possibilities in gels, foams, powders, infusions, extracts, and other unexpected ways of presenting flavors, textures, and aromas. In many cases, customers select only one course. Add the sachet to the pot. • Don't serve too many heavy, starchy items. Disease is caused by the bacteria themselves as they multiply in the body. Whenever applicable, buy government-inspected meats, poultry, fish, dairy, and egg products. 418). Thus, ovens

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