

Produce Dishes Using Basic Methods of Cookery

Menu

Key features of a range of menu types and their application

- * A la carte: A French term meaning 'of the card'. This menu is found in cafes, restaurants and clubs. There is a variety of dishes available catering for the customers. A la carte menus are structured according to the types of food. Customers are able to select from this list which is individually priced and once the dish is ordered, it is prepared by food production. Once ordered, waiters adjust the cover if required. Each course is usually served within 20-25 minutes depending on the customer's needs.
- * Cyclic: This is also known as a rotating menu. It is changed on a weekly, fortnightly or monthly basis and is used by hospitals, armed forces, boarding schools, airlines, cruises and retirement homes. It is a set menu with limited choice and is used by these organisations so that customers don't get bored with the available.
- * Function: This is prepared for specific functions such as weddings, birthdays, anniversaries and school formals. It can be set by the establishment or designed by the client. It generally includes 2-3 courses and will be set in price. An 'alternate drop', where 2-3 different dishes are served alternatively to customers, is a popular method of delivery with function menus.
- * Set: This may also be referred to as function menus and are normally prepared for special occasions such as engagements, birthdays, weddings and conferences. It usually consists of two or more courses with a limited range. Sometimes each course is 50/50, that is half of it consists of one menu item and the other consists of another. This gives customers at a table the opportunity to swap meals amongst themselves if they are not happy with the item that has been served to them. The covers do not need to be adjusted as they have already been set before the customer arrives as this menu is pre-arranged.
- * Table d'hôte: This is a set menu characterised by a limited choice if any that consists of 2-4 courses at a fixed price. Table d'hôte menus are also available in restaurants for larger groups of diners so they can be served quicker, however many restaurants offer this type of menu for lunch so that they can manage the stock and rosters more effectively.

Dealing with customers special requests and special dietary needs

Food allergies and intolerances are increasingly common in today's society.

Establishments must take into consideration these dietary requirements when preparing their menus. Allergies to foods such as peanuts and other nuts, shellfish and eggs can have serious consequences, including life-threatening anaphylaxis, and therefore it is important that wait staff can inform the customer of what ingredients are in each dish. Other common special dietary requirements include gluten and lactose free items. These can be easily identified on a menu with a symbol or with a simple explanation within the item description.

Other special dietary requirements may include vegetarian or vegan means or consideration of special religious requirements such as kosher or halal preparation of food items.

Special requests are different as they relate to taste preferences rather than being health or religious requirements. As such, requests are, to an extent, at the discretion of the establishment or chef. A special request may include general omissions from menu items, such as no tomato in an omelette or no beetroot on a hamburger.

Cookery Methods

Heat Transference

Heat Transference	Definition	Methods of Cookery
Convection	This occurs then heat passes through a liquid, the air or steam and convection currents cook the food.	Boiling, steaming, poaching, braising, stewing, roasting, baking and deep frying.
Conduction	This occurs when heat is transferred to the food directly by contact with the equipment holding the food.	Shallow frying and grilling.
Radiation	This occurs when heat is transferred directly through the food, rather than through a liquid or by direct contact with the cooking vessel.	Microwaving and grilling.

Category of cookery

- * Moist methods of cookery: These methods use liquids, such as water, stock, milk, or fruit juice as a cooking medium. Moist methods of cookery include boiling, poaching, braising, steaming and stewing.

- * Dry methods of cookery: These methods don't use liquids as a cooking medium. Rather, heat is transferred through direct contact with the cooking medium via convection, conduction or radiation. Dry heat methods of cookery include deep frying, grilling, shallow frying (including stir frying, saute and pan frying), baking, roasting and microwaving.

Boiling

- * Definition: Is the immersion of foods in boiling water or cooking liquid.
- * Culinary Terms: **Blanching** is the brief immersion of foods in boiling water, followed by iced water. **Skimming** involves placing a spoon over the surface of the liquid and removing the scum that accumulates as it is leached out of the food.
- * Suitable Foods: Farinaceous products, vegetables, legumes, meat, poultry, eggs, fish, stocks, soups and sauces.
- * Recipes: Spaghetti Bolognese, Corned Beef with Vegetables and Stuffed Eggs.
- * Utensils and Equipment: Stock pot, stove top, saucepans, chinois and filters, spoons and ladles.
- * Safety and Hygiene Issues: Burns to hands and fingers, cross-contamination, failure of the food handler to regularly wash their hands and the use of unclean cooking equipment.
- * Characteristics: Vegetables should be tender while pasta and rice should be cooked al dente.
- * Effect on the Nutritional Value of food: There is some loss of water-soluble vitamins but generally boiling is a low-fat, healthy cooking method.
- * Cooking Time: Will vary according to the food chosen.
- * Cooking Temperature: 100 degrees Celsius.

Braising

- * Definition: Is where food is half covered in liquid and cooked slowly in a tightly-lidded container.
- * Culinary Terms: **Mirepoix** consists of roughly cut vegetables such as carrots, celery and onion. **Larding** refers to inserting fat into a piece of meat to add flavour and moisture.
- * Suitable Foods: Vegetables, meat and offal, poultry, feathered game and rice.
- * Recipes: Braised chicken, White chocolate panna-cotta with braised strawberries and Braised steak and onions.

- * Utensils and Equipment: Larding needle, ladles, enamelled cast iron pans, chinois, saute pan, brats pan and tick bottomed pans.
- * Safety and Hygiene Issues: Burns to hands and fingers, cross-contamination, failure of the food handler to regularly wash their hands and the use of unclean cooking equipment.
- * Characteristics: Meats and vegetables should be tender and sauces should be rich and flavoursome.
- * Effect on the Nutritional Value of food: Can be a high-fat method of cookery, with some loss of heat-sensitive vitamins.
- * Cooking Time: Will vary according to the food chosen.
- * Cooking Temperature: 180 degrees celsius.

Steaming

- * Definition: Is where food is cooked by being suspended above a heated liquid.
- * Culinary Terms: **Atmospheric steaming** occurs when steam is introduced to the cooking vessel in a continuous flow at just above boiling point. **High Pressure steaming** occurs when steam enters the cooking vessel and builds up pressure.
- * Suitable Foods: Atmospheric - Fruits and vegetables, meat and poultry, seafood and puddings. High pressure - Vegetables, meat, poultry and offal.
- * Recipes: Steamed Fish, Golden Syrup Pudding and Steamed BBQ Pork Buns.
- * Utensils and Equipment: Bamboo steamer, steaming basket, stove top, high pressure steamers, pudding tins with lids, bamboo steamer, perforated trays, combi oven and saucepans with steaming baskets and lids.
- * Safety and Hygiene Issues: Burns to hands and fingers, cross-contamination, failure of the food handler to regularly wash their hands and the use of unclean cooking equipment.
- * Characteristics: Items should be tender and soft with a pleasing firm texture.
- * Effect on the Nutritional Value of food: There is very little loss of nutrients when steaming and it is a low-fat, healthy cooking method.
- * Cooking Time: Will vary according to the food chosen.
- * Cooking Temperature: 103 degrees Celsius for atmospheric steaming and 121 degrees Celsius for pressure cooking.

Poaching

- * Definition: Is a moist method of cookery where food is gently cooked in liquid below boiling point.
- * Culinary Terms: **Cartouche** is a circle of greaseproof paper that is cut according to the surface area of the cooking vessel to keep food submerged whilst poaching. **Stock syrup** is a sweet liquid used to poach both dried and fresh fruit.
- * Suitable Foods: Fruit, meat and offal, poultry and eggs, and seafood.
- * Recipes: Eggs Benedict, Vanilla Poached Pears and Poached Chicken Salad.
- * Utensils and Equipment: Egg poacher, palette knife, sauteuse, cranked spatula, saucepan, combi oven, stove top, slotted spoon, fish kettle and spoons.
- * Safety and Hygiene Issues: Burns to hands and fingers, cross-contamination, failure of the food handler to regularly wash their hands and the use of unclean cooking equipment.
- * Characteristics: Poached foods should be tender.
- * Effect on the Nutritional Value of food: This is a low-fat, healthy cooking method though there will be some loss of water-soluble vitamins.
- * Cooking Time: Will vary according to the food chosen.
- * Cooking Temperature: 96 degrees Celsius.

Stewing

- * Definition: Is where food is cut into pieces and cooked in a liquid.
- * Culinary Terms: **Goulash** refers to meat that is stewed. **Ratatouille** refers to vegetables that are stewed.
- * Suitable Foods: Fruits and vegetables, meat, poultry and feathered game, seafood and thickening agents such as liaison and roux.
- * Recipes: Navarin of Lamb, Apple and Rhubarb Stew with Yoghurt and Muesli and Thai-style Pork Stew.
- * Utensils and Equipment: Bratt pan, braisiere, spoons, oven, stove top, heavy based pots and tongs.
- * Safety and Hygiene Issues: Burns to hands and fingers, cross-contamination, failure of the food handler to regularly wash their hands and the use of unclean cooking equipment.

- * Characteristics: Food should be tender, with the browning of the meat done before the food is stewed.
- * Effect on the Nutritional Value of food: This is a nutritious form of cooking as the liquid, served with the food, absorbs the nutrients lost in the stewing process.
- * Cooking Time: Will vary according to the food chosen.
- * Cooking Temperature: 180 degrees Celsius.

Grilling

- * Definition: Is where food is exposed to radiated heat.
- * Culinary Terms: **Broiling** is an American term for cooking under the salamander. **Gratinating** refers to browning foods under the salamander.
- * Suitable Foods: Fruit and vegetables, meat, poultry, seafood and accompaniments with grills such as relishes and tomato sauce.
- * Recipes: Grilled Beef Wraps, Grilled Madeira Squares with Butterscotch Apples and Asian Kebabs.
- * Utensils and Equipment: Spatula, tongs, pastry brush, salamander, barbecues/ Charcoal grills, barbecue kettles and grill or griddle plates.
- * Safety and Hygiene Issues: Burns to hands and fingers, cross-contamination, failure of the food handler to regularly wash their hands and the use of unclean cooking equipment.
- * Characteristics: Meats will be tender if not overcooked and grilling also promotes browning and caramelisation.
- * Effect on the Nutritional Value of food: There is very little loss of nutrients, making grilling a low-fat, healthy cooking method.
- * Cooking Time: Will vary according to the food chosen.
- * Cooking Temperature: Will be dependent on the type of griller used.

Baking

- * Definition: Is where food is cooked in a oven by dry heat.
- * Culinary Terms: **Docking** involves pricking pastry that is placed in a baking pan with a fork prior to cooking. **Folding in** is combining ingredients gently using a spoon to avoid a reduction in volume.

- * Suitable Foods: Yeast products such as pizza and bread, vegetables, cakes and flour based products, pastries, egg based dishes such as custard, cookies, pasta, seafood and meat.
- * Recipes: Quiche Lorraine, Baked Rice Custard and Bread and Butter Pudding.
- * Utensils and Equipment: Convection oven, baking trays, cookie cutters, proving cabinets, bain marie, pastry brushes, bakers oven, cooling racks, cake tins, mixers, rolling pins, scrapers, moulds, sieves and blow torch.
- * Safety and Hygiene Issues: Burns to hands and fingers, cross-contamination, failure of the food handler to regularly wash their hands and the use of unclean cooking equipment.
- * Characteristics: Baking helps retain moisture in foods and the use of water baths can further help with this in dishes such as baked custard.
- * Effect on the Nutritional Value of food: There is very little loss of nutrients when baking and it is a low-fat, healthy cooking method.
- * Cooking Time: Will vary according to the food chosen.
- * Cooking Temperature: 180 degrees Celsius.

Roasting

- * Definition: Is where food is cooked in an oven while being barded or basted in fat.
- * Culinary Terms: **Carry over cooking** refers to meat being resting prior to carving. **Basting** is the process of brushing food with a marinade or a small amount of fat so that it doesn't dry out whilst cooking.
- * Suitable Foods: Vegetables, meat and poultry.
- * Recipes: Roast Beef with Vegetables, Roasted Chicken Maryland and Asian Roast Duck.
- * Utensils and Equipment: Basting syringe, ladles, convection oven, spoons, stove top, carving knife, roasting pans, carving fork, meat thermometer, carving board and racks.
- * Safety and Hygiene Issues: Burns to hands and fingers, cross-contamination, failure of the food handler to regularly wash their hands and the use of unclean cooking equipment.
- * Characteristics: Roasted foods should be browned and crisp on the outside and tender and juicy on the inside.
- * Effect on the Nutritional Value of food: This can be a high-fat method of cookery but there is little to no loss of water-soluble vitamins.

- * Cooking Time: Will vary according to the food chosen.
- * Cooking Temperature: 180 degrees Celsius.

Deep Frying

- * Definition: Is where food is totally immersed in hot oil or fat.
- * Culinary Terms: **Skimming** involves placing a spoon or ladle over the surface of the liquid to remove debris such as batter that has fallen off. **Coatings** refer to food that is coated to protect it from the high temperatures used in deep frying.
- * Suitable Foods: Fruit and vegetables, poultry and eggs, seafood, ice cream, rissoles, falafel and camembert cheese.
- * Recipes: Deep Fried Ice Cream, Fish and Chips, Sweet and Sour Pork.
- * Utensils and Equipment: Deep fryer, trays, frying basket, bucket, spider, filtering equipment, racks and absorbent paper.
- * Safety and Hygiene Issues: Burns to hands and fingers, cross-contamination, slips and trips due to oil on the floor, failure of the food handler to regularly wash their hands and the use of unclean cooking equipment.
- * Characteristics: Batters should be crunchy and deep-fried foods should be tender inside the protective coating.
- * Effect on the Nutritional Value of food: This is a high-fat method of cookery but there is minimal loss of water-soluble vitamins.
- * Cooking Time: Will vary according to the food chosen.
- * Cooking Temperature: 180 degrees Celsius (though higher temperatures can be used).

Shallow Frying

- * Definition: Is where food is cooked in a frying pan with a small amount of fat.
- * Culinary Terms: **Stir Frying** is the most popular Chinese cooking method because it is quick and doesn't use much oil. **Pan Frying** is a dry heat method of cookery whereby food is semi-submerged in hot oil in a pan on the stovetop. **Saute** refers to tossing food in a small amount of fat.
- * Suitable Foods: Meat and offal, vegetables, seafood, poultry and eggs.
- * Recipes: Veal Schnitzel, Chilli Jam Chicken Stir Fry, Pan Fried Fish with Lemon and Dill, and Sautéed Prawns and Spinach.

- * Utensils and Equipment: Tongs, spatula, saute pan, omelette pan, palette knife, crepe pan, frypan, flambe pan, wok and bratt pan.
- * Safety and Hygiene Issues: Burns to hands and fingers, cross-contamination, failure of the food handler to regularly wash their hands and the use of unclean cooking equipment.
- * Characteristics: Food should be crisp on the outside if pan-fried while sautéing and stir-frying seal in flavour.
- * Effect on the Nutritional Value of food: There is very little loss of nutrients when shallow-frying.
- * Cooking Time: Will vary according to the food chosen.
- * Cooking Temperature: Will vary depending on the equipment used and the food chosen.

Microwaving

- * Definition: Is where food is cooked by the transference of energy to food by electromagnetic radiation.
- * Culinary Terms: **Overexposure** occurs if the food has been cooked for too long resulting in spoilage due to overheating. **Arcing** is a popping sound or sparks that occur when metal such as aluminium is used in the microwave or it is switched on when it is empty or from food spills.
- * Suitable Foods: Vegetables, meat, poultry, fish, rice, pulses and pasta, convenience products such as roast lamb and chicken parmigiana and cakes.
- * Recipes: Spinach and Ricotta Lasagne, Salted Caramel Cake and Pumpkin Soup.
- * Utensils and Equipment: Microwave ovens, microwave safe containers and lids and utensils for stirring food.
- * Safety and Hygiene Issues: Burns to hands and fingers, cross-contamination, failure of the food handler to regularly wash their hands and the use of unclean cooking equipment.
- * Characteristics: This is energy efficient and fast but not suitable for all forms of foodstuffs or for browning food and it is also easy to overcook food.
- * Effect on the Nutritional Value of food: Vitamins and minerals are retained, minimal fat and small quantities of water, but, there might be some loss of water soluble vitamins.
- * Cooking Time: Will vary according to the food chosen.
- * Cooking Temperature: The cooking temperature will vary.

Cooking Process

Safety and hygiene considerations

Regardless of the method of cookery there are some basic hygiene requirements that must always be followed when preparing foods. These include:-

- * High levels of personal and environmental hygiene.
- * Washing your hands regularly.
- * Avoiding cross-contamination.
- * Avoiding storing high-risk foods in the danger zone.
- * Not working while ill and covering any sores, wounds or open cuts.

Safety precautions when using basic methods of cookery are outlined below.

Method	Safety Precautions
Baking and roasting	<ul style="list-style-type: none"> * Always use PPE when removing baked or roasted foods from the oven. * When roasting, be aware of the hot fat in roasting pans as they may spit. * Pans should be handled with care.
Boiling and poaching	<ul style="list-style-type: none"> * Remove lids from saucepans away from yourself to avoid steam burns. * Be aware of hot water or steam running up tongs. * Always use utensils to remove items from boiling water.
Braising and stewing	<ul style="list-style-type: none"> * Remove lids from saucepans away from yourself to avoid steam burns. * Always handle braising pans and stewing pots with care and use PPE to protect hands from burns on hot handles. * Take care when stirring braising or stewing foods as pans will become very hot and may cause liquid to splash, causing burns.
Deep-frying	<ul style="list-style-type: none"> * Never add cold, frozen or wet foods to hot oil. * Never leave hot deep fryers unattended. * Be aware of hot oil running up the handle of tongs.
Grilling	<ul style="list-style-type: none"> * Never leave food unattended in a griller. * Always switch a griller off after use. * Use PPE to prevent burns when removing items from the griller.
Shallow-frying	<ul style="list-style-type: none"> * Never add cold, frozen or wet foods to hot fat or oil. * Lower food items into the hot fat gently, using tongs. * Keep heat at a medium level, as fats and oils will smoke and burn with prolonged exposure to high heat.
Steaming	<p>Atmospheric steaming:-</p> <ul style="list-style-type: none"> * Always remove steamer lids away from yourself to avoid steam burns. * Use PPE when removing steamers from saucepans or woks. <p>High-pressure steaming:-</p> <ul style="list-style-type: none"> * Ensure pressure cookers are well maintained. * Always use tongs to remove food from a steamer.
Microwaving	<ul style="list-style-type: none"> * Never place metal or aluminium containers or utensils in the microwave. * Don't heat sealed items in the microwave as pressure may build up.

Problems in the cooking process

The common problems and solutions of a range of problems in the cooking process are outlined below.

Method	Problem	Cause/Solution
Boiling	Discoloured boiled eggs.	Overcooked.
	Cloudy stock.	Not skimmed effectively.
Poaching	Poached fish is rubbery or tough.	Temperature of the liquid is too high.
	Fruit is discoloured.	Fruit wasn't fully submerged during the cooking process.
Steaming	Steamed pudding is soggy.	Needs wrapping to prevent moisture entering the pudding.
	Vegetables aren't evenly cooked.	Uneven portion sizes.
Braising	Meat has shrunk too much.	The fat or oven is too high when browning.
	Sauce too dark or pale.	The meat and vegetables are either burnt or not browned enough.
Stewing	Meat is tough.	Meat undercooked.
	Sauce is too greasy.	Stew has not skimmed adequately.
Grilling	Meat not browned.	Temperature of the grill was too low.
	Mushrooms dry.	Not brushed with enough oil.
Deep-Frying	Smoking.	Frying at a very high temperature.
	Oil spattering.	Excess liquid getting into the oil.
Baking	Food is too dark.	Temperature is too high.
	Pastry is tough and chewy.	Wrong flour used, too much liquid, too much fat and wrong temperature used.
Roasting	Weight loss of meat.	Varies with the degree of doneness and method of cooking.
	Surface of meat not browned.	Oven not hot enough.
Shallow Frying	Yolk on a egg breaks.	Eggs was not fresh.
	Sautéed meat not browned.	The oil was not hot enough.
Microwaving	Sparking inside microwave.	Switch off microwave and preform an inspection.
	Microwave runs but then stops.	Faulty door switch and failed transformer.

Environmentally friendly work practices

This is mentioned below.

Waste minimisation and efficient energy use

There are a number of things that can be done when preparing food in a commercial kitchen to ensure minimal food wastage and efficient use of energy. These measures include:-

- * Not over-ordering commodities.
- * Measuring and weighting food accurately.
- * Practicing portion control when preparing food.
- * Re-using food pans where possible.
- * Using stock rotation methods.
- * Only running appliances when needed and ensuring they are switched off at the end of the day, only using dishwashers when fully loaded.
- * Avoiding running water excessively or installing low-flow taps to minimise water usage.
- * Recycling kitchen oils and coffee grounds.
- * Kitchen waste can be effectively managed by following environmentally sustainable practices.

Presentation of Food

Importance of food presentation

When a customer receives a dish, they are not only tasting the food but also using all of their senses to enjoy their meal. Excellent presentation is essential and adds to the appeal of a dish.

Considerations when plating food

Things to consider when presenting a meal include:-

- * Choosing appropriate crockery, cutlery and utensils.
- * Matching the temperature of crockery to the dish.
- * The portion size should be suited to the course of the meal and the chosen plate.
- * The presentation should adhere to the establishment procedures.
- * The sauces, condiments, garnishes or decorations should be appropriate to the dish.

Current trends in food preparation, presentation and service

- * Preparation trends: There is an increased popularity of pickled and fermented foods. Other trends include slow food, charcoal grills, sous vide and smoked foods.
- * Presentation trends: Serving dishes with added height by using PVC piping to stack food, and meals such as apple crumble that have been 'deconstructed'. Other trends include the use of highly patterned or mismatched crockery.
- * Service trends: Include cooking at the table, such as done in Japanese teppanyaki or at some Korean eateries. Pop-up eateries are becoming popular, with food trucks becoming a feature in big cities.