



REPUBLIC OF KENYA

LEARNING GUIDE

FOR

FOOD PRODUCTION (CULINARY ARTS)

LEVEL 6



TVET CDACC
P.O. BOX 15745-00100
NAIROBI

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FOREWORD

The provision of quality education and training is fundamental to the Government's overall strategy for social economic development. Quality education and training will contribute to achievement of Kenya's development blueprint and sustainable development goals. This can only be addressed if the current skill gap in the world of work is critically taken into consideration.

Reforms in the education sector are necessary for the achievement of Kenya Vision 2030 and meeting the provisions of the Constitution of Kenya 2010. The education sector has to be aligned to the Constitution and this has triggered the formulation of the Policy Framework for Reforming Education and Training (Sessional Paper No. 4 of 2016). A key provision of this policy is the radical change in the design and delivery of the TVET training, which is the key to unlocking the country's potential in industrialization. This policy document requires that training in TVET be Competency Based, Curriculum development be industry-led, certification be based on demonstration and mastery of competence and mode of delivery allows for multiple entry and exit in TVET programs.

These reforms demand that industry takes a leading role in TVET curriculum development to ensure the curriculum addresses and responds to its competence needs. The learning guide in Hospitality enhances a harmonized delivery of the competency-based curriculum for Food Production (Culinary Arts) Level 6.

It is my conviction that this learning guide will play a critical role towards supporting the development of competent human resource for the Hospitality sector's growth and sustainable development.

**PRINCIPAL SECRETARY, VOCATIONAL AND TECHNICAL TRAINING
MINISTRY OF EDUCATION**

PREFACE

Kenya Vision 2030 is anticipated to transform the country into a newly industrializing, “middle-income country providing a high-quality life to all its citizens by the year 2030”. The Sustainable Development Goals (SDGs) further affirm that the manufacturing sector is an important driver to economic development. The SDG nine that focuses on Building resilient infrastructures, promoting sustainable industrialization and innovation can only be attained if the curriculum focuses on skill acquisition and mastery. Kenya intends to create a globally competitive and adaptive human resource base to meet the requirements of a rapidly industrializing economy through life-long education and training. TVET has a responsibility of facilitating the process of inculcating knowledge, skills and attitudes necessary for catapulting the nation to a globally competitive country, hence the paradigm shift to embrace Competency Based Education and Training (CBET). The Technical and Vocational Education and Training Act No. 29 of 2013 and the Sessional Paper No. 4 of 2016 on Reforming Education and Training in Kenya, emphasized the need to reform curriculum development, assessment and certification to respond to the unique needs of the industry. This called for shift to CBET to address the mismatch between skills acquired through training and skills needed by industry as well as increase the global competitiveness of Kenyan labor force.

The TVET Curriculum Development, Assessment and Certification Council (TVET CDACC), in conjunction with industry/sector experts developed the Occupational Standards, which was the basis of developing competency-based curriculum and assessment of an individual for competence certification for a Food Production (Culinary Arts) Level 6. The learning guide is geared towards promoting efficiency in delivery of curriculum.

The learning guide is designed and organized with clear and interactive learning activities for each learning outcome of a unit of competency. The guide further provides information sheet, self-assessment, tools, equipment's, supplies, and materials and references.

I am grateful to the Council Members, Council Secretariat, Hospitality experts and all those who participated in the development of this learning guide.

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CHAIRMAN, TVET CDACC**

ACKNOWLEDGEMENT

This learning guide has been designed to support and enhance uniformity, standardization and coherence in implementing TVET Competency Based Education and training in Kenya. In developing the learning guide, significant involvement and support was received from various organizations.

I recognize with appreciation the critical role of the participants drawn from technical training institutes, universities and private sector in ensuring that this learning guide is in-line with the competencies required by the industry as stipulated in the occupational standards and curriculum. I also thank all stakeholders in the Hospitality sector for their valuable input and all those who participated in the process of developing this learning guide.

I am convinced that this learning guide will go a long way in ensuring that workers in Hospitality sector acquire competencies that will enable them to perform their work more efficiently and make them enjoy competitive advantage in the world of work

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COUNCIL SECRETARY/CEO
TVET CDACC

ACRONYMS

CDACC	Curriculum Development Assessment and Certification Council
HOS	Hospitality
FIFO	First In First Out
FP	Food Production
OSHA	Occupation Safety and Health Act
PPE	Personal Protective Equipment
TVET	Technical and Vocational Education and Training
SOPs	Standard Operating Procedures

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CHAPTER 1: INTRODUCTION

1.1 Background Information

This learning guide has been developed in line with the functions of TVET CDACC as stipulated in Article 45 (1a) of the Technical and Vocational Education and Training (TVET) Act No. 29 of 2013, the Sessional Paper No. 2 of 2015 that embraces Competency Based Education and Training (CBET) system. It is therefore, the sole intent of this document to provide guidelines for a Competency-Based Food Production (Culinary Arts) for Level 6

This learning guide consists of interactive learning activities, content, self-assessment and relevant and related references that enhances implementing of Food Production (Culinary Arts) Level 6 qualification. It enables the trainee to acquire the competencies that enable him/her to undertake the various processes in food production. The Guide further provides illustration, web links, case studies, examples and resources on how to implement all the learning outcomes/elements described in the Curriculum and occupational standards with a focus to a trainee.

1.2 The Purpose of Developing the Trainee Guide

Food Production (Culinary Arts) Level 6 Curriculum development process was initiated using the DACUM methodology where jobs/occupations were identified. Further, job analysis charts and occupational standards were generated in collaboration with the industry players under the guidance of TVET CDACC (Curriculum Development Assessment and Certification Council). The result of the process was a Food Production (Culinary Arts) Level 6 curriculum. The curriculum was further broken down to end up with units of learning. To effectively implement Food Production (Culinary Arts) Level 6 curriculum, learning guides are required to provide training content and guide the learners and trainers on the learning process aimed at imparting the relevant knowledge, requisite skills and the right attitude to the industry. Learning guides are part of the training materials.

1.3 Layout of the Trainee Guide

The learning guide is organized as per chapters. Chapter one presents the background information, and purpose of developing the trainee guide. Each of the units of learning/unit of competency is presented as a chapter on its own. Each chapter presents the introduction of the unit of learning/unit of competency, performance standard and list of the learning outcome/elements in the occupational standards.

- **Learning Activities**

For each learning outcome, the learning activities are presented covering the performance criteria statements and trainee's demonstration of knowledge in relation to the range in the occupational standard and content in the curriculum.

- **Information Sheet**

The information sheet is section under each learning outcome that provides the subject matter in relation to definition of key terms, method, processes/procedures/guidelines, content, illustrations (photographs, pictures, video, charts, plans, digital content, and simulation) and case studies.

- **Self-Assessment**

Self-assessment is to the performance criteria, required knowledge, skills and the range as stated in the occupational standards. The section further provides questions and assignments in which trainees demonstrate that they have acquired the required competences and an opportunity to reflect on what they have acquired. It is expected that the trainer keep a record of their plans, their progress and the problems they encountered which will go in trainee's portfolio. A portfolio assessment consists of a selection of evidence that meets the pre-defined requirements of complexity, authenticity and reliability. The portfolio starts at the beginning of the training and will be the evidence for the development and acquisition of the competence (summative and formative) by the student. It is important to note that portfolio assessment is highly emphasized in the learning guide

Finally, the guide presents tools, equipment's, supplies and materials for each learning outcome as guided by the performance criteria in occupational standards and content in curriculum. References, relevant links and addendums are provided for further reading. The units of competency comprising this qualification include the following common and core unit of learning:

Core Units of Learning

Table 1: Core Units of Learning

Unit Code	Unit Title	Duration in Hours	Credit Factor
HOS/CU/CA/CR/01/6	Food accompaniments preparation	150	15
HOS/CU/CA/CR/02/6	Stocks preparation	150	15
HOS/CU/CA/CR/03/6	Soups preparation	150	15
HOS/CU/CA/CR/04/6	Sauces preparation	150	15
HOS/CU/CA/CR/05/6	Meats preparation	150	15
HOS/CU/CA/CR/06/6	Salads preparation	150	15
HOS/CU/CA/CR/07/6	Breads preparation	150	15
HOS/CU/CA/CR/08/6	Pastries preparation	150	15
HOS/CU/CA/CR/09/6	Desserts preparation	150	15
HOS/CU/CA/CR/10/6	Beverages preparation	150	15
	Industrial Attachment	480	48
TOTAL		1980	198

The total duration of the **course is 2400 hours** inclusive of industrial attachment.

CORE UNITS OF COMPETENCY

CHAPTER 2: FOOD ACCOMPANIMENTS

2.1 Introduction

This unit specifies the competencies required to plan, prepare and present food accompaniments. It involves organising entremétier section: identifying, cleaning, preparing, cooking, presenting, and dispensing food accompaniments.

2.2 Performance Standard

- Demonstrated ability to assemble all the ingredients for preparing food accompaniments
- Demonstrated ability to portion food and maintain ratios
- Demonstrated expertise in using various cooking methods in preparing food accompaniments
- Demonstrated ability to combine texture, colour and taste
- Demonstrated complete understanding of the different nutritional values of various foods
- Demonstrated ability to present food
- Demonstrate ability to plan and cost menu

2.3 Learning Outcomes

2.3.1 List of the Learning Outcomes

These are the key learning outcomes, which make up workplace function:

- Organise entremétier section
- Identify ingredients for recipe
- Prepare and clean ingredients for food accompaniment
- Cook food accompaniments
- Present food accompaniments

2.3.2 Learning Outcome 1: Organising entremétier section

2.3.2.1 Learning Activities

The following are the performance criteria:

- Kitchen is aerated
- Lights are turned on and stoves are checked for defects
- Tools and equipment are assembled
- Temperatures of the cold rooms/fridges are checked
- Cleaning and sanitization is performed
- Stock levels of perishables and dry ingredients are checked
- Additional ingredients are requisitioned
- The menu of the day is interpreted

Trainees to demonstrate knowledge in relation to:

- Kitchen preparation
- Kitchen organisation
- Kitchen tools and equipment
- Kitchen safety

2.3.2.2 Information Sheet

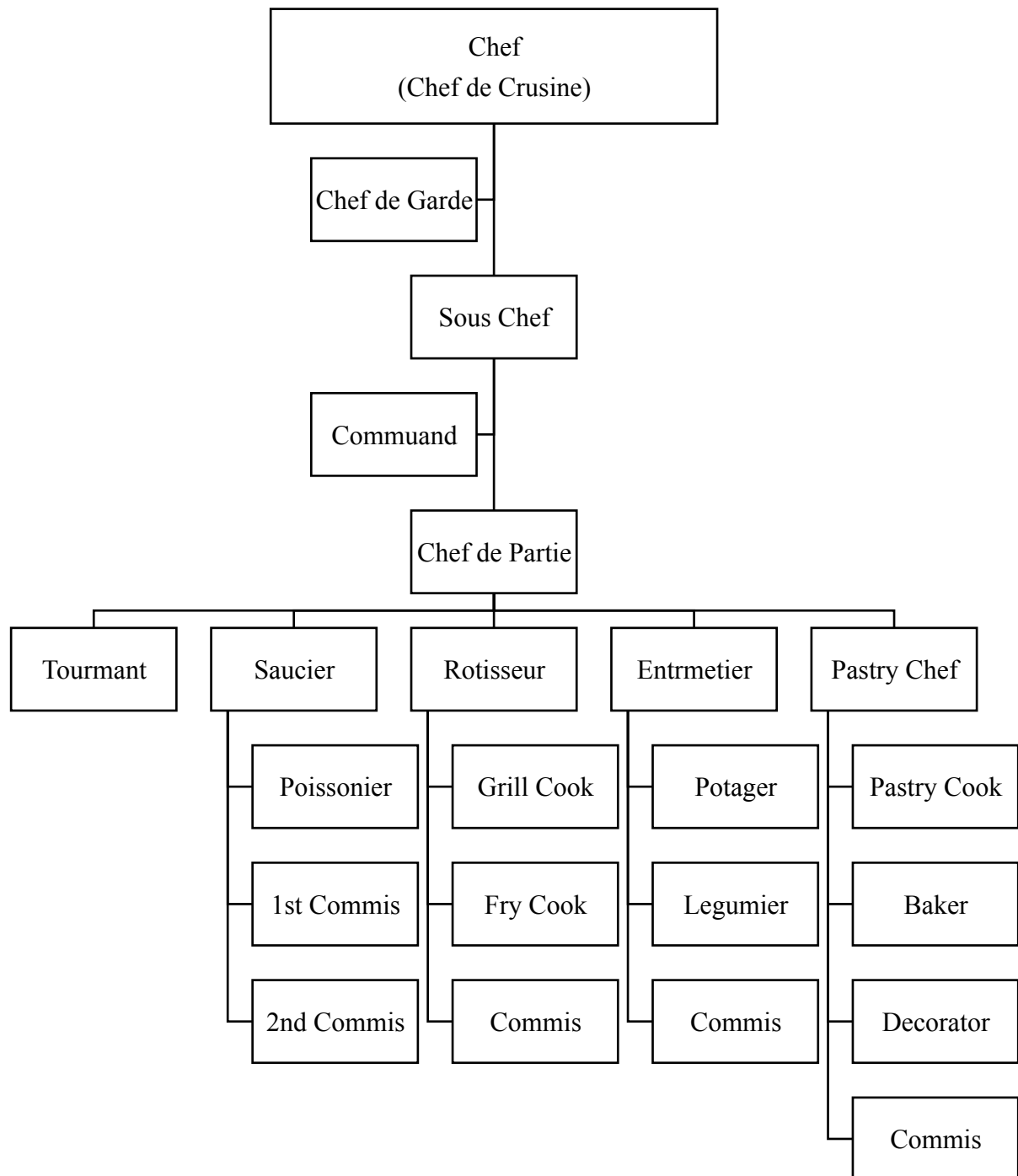
The purpose of **efficient kitchen organization** is to produce the required quality of food of the best possible standard for the required number of people – on time and by the most effective use of staff, equipment and materials.

The kitchen should be designed not only to be suitable for the proposed menu(s), but also to be flexible enough to cope with any menu changes that may occur.

Time and motion studies are essential for all the tasks. It is necessary to conserve the energy of the workers in the kitchen, especially when working under extreme stressful conditions such as hot environment and hard timelines for long durations. A skilled craftsman is a person who completes the task in minimum time, to the required standard and with minimum effort. Kitchen layouts should be simplified, smooth, and sequential for easy handling of equipment and tools.

Historically, large fine-dining kitchens modelled their structure on that of the army or navy where jobs were broken down into clearly defined and structured subdivisions – known as the **brigade system**.

In cooking, these subdivisions are referred to as ‘stations’ run by a lead chef responsible for reporting back to the executive chef. This structure ensures kitchens work optimally when producing large amounts of dishes to impeccable standards.



Source: <https://slideplayer.com/slide/5268302/>

Figure 1: Brigade system

Today, not many professional kitchens employ the full brigade system (or all cooking stations). However, many operate on a modified version and retain the traditional names. It is by far the most efficient way of working, especially when one considers the timing needed to execute dishes to a standard worthy of fine dining. The combination of stations in a kitchen is highly dependent upon two things: **cuisine** and **size**.

An **entremétier** is a **vegetable chef** responsible for the preparation of dishes that do not involve meat, fish or seafood. This includes egg-based dishes. In larger kitchens, an

entremétier often runs the station by overseeing both a legumier chef (all vegetable dishes) and a potager chef (all soup-based dishes).

Aside from essentials such as sauté pans and heavy-based soups pots, the entremétier station should be well stocked with a wide selection of knives to be able to create the right cuts, particularly when employing finer cutting techniques. A recommended selection of knives include:

- A chef's knife: very versatile in creating anything from fine slices through to rough chops
- A utility knife: similar to the above but more adept at producing even slices
- A cleaver: for chopping large vegetables such as melons
- A paring knife: good for intricate cuts and shaping vegetables for garnish

Read: About cooking station hierarchy and preparation:

<https://kamikoto.com/blogs/fundamentals/cooking-stations-explained-understanding-a-gourmet-kitchen>

Kitchen preparation and kitchen safety includes ensuring **ventilation** so that fumes from the stoves are taken out of the kitchen. Good **lighting** is essential so that kitchen staff can work efficiently; it will keep premises safer and help to prevent accidents. There should be adequate **supply of hot and cold water** for proper cleaning of kitchen area. Kitchen floors should be made of **quarry tile or vinyl sheet or epoxy resin** so that they can withstand considerable amount of wear and tear. Kitchen floors should be easily cleaned, even, smooth, non-slippery, without cracks or open joints and impervious (non-absorbent). Wall and ceilings should be strong, free from cracks and washable. Doors and windows should be well fitted.



Source: Google

Figure 2: Commercial kitchen set up

Kitchen equipment: Cooking equipment provides the backbone of any busy F&B operation. Kitchen equipment may be divided into three categories:

- Large equipment - ranges, steamers, boiling pans, fish-fryer, sink, tables
- Mechanical equipment - peelers, mincers, mixers, refrigerators, dishwashers
- Utensils and small equipment - pots, pans, whisks, bowls, spoons



Source: Google, <https://www.thebalancesmb.com/commercial-kitchen-equipment-checklist-2888867>

Figure 3: Kitchen equipment

Watch: Preparation of a professional kitchen: <https://slideplayer.com/slide/4291374/>

Watch: Kitchen sanitation: <https://youtu.be/1BEWYpBeN94>

Watch: Best practice for cleaning and disinfecting stainless steel commercial food equipment: <https://youtu.be/JCRSUS4YYIg>

Watch: Best practice for kitchen safety: https://youtu.be/L-b8gb6_vrw

Watch: Preparation and safety tips: <https://youtu.be/KBvU4Bmu5O0>

2.3.2.3 Self-Assessment

- i. List the health and safety guidelines for professional kitchen operation.
- ii. Make a list of the best practices for kitchen safety and sanitation.
- iii. The dimensions for knife cuts are standard industry wide. Discuss the importance of following these standards in your operation and the repercussions of ignoring these standards during food preparation.
- iv. If you had to set up an entirely new kitchen and only choose four major pieces of equipment, what would you order? Why?
- v. Develop and describe an emergency action for a kitchen. What rules and procedures will you establish? What events do you consider an emergency? What jobs and tasks need to be established and assigned in the event of each type of emergency?
- vi. In the traditional garde manger brigade, who cleans, stores and otherwise handles seafood?
- vii. Visit a professional kitchen and list the various tools and equipment made available for the chefs.
- viii. Prepare a layout plan for a professional kitchen for a coffee shop. Make reasonable assumptions related to menu. Which are the stations that are required for such an establishment. Incorporate how time and motion studies may support in making the kitchen efficient.
- ix. Set up the entremétier section with the appropriate tools and equipment.
- x. Select and prepare your knife set for efficient working at the entremétier section.
- xi. What is used for measuring food ingredients?
 - A. A blender
 - B. A food processor
 - C. A kitchen scale
 - D. A pasta cooker
- xii. An entremétier can also be called as?
 - A. Meat chef
 - B. Vegetable chef
 - C. Dessert chef
 - D. None of the above
- xiii. Which of the following is not a type of a knife?
 - A. Paring knife
 - B. Utility knife
 - C. Chef's knife
 - D. Slicing knife
- xiv. Identify the kitchen equipment displayed in the image:



Source: <https://foodschoollhospitality.weebly.com/hand-tools-and-equipment.html>

2.3.2.4 Tools, Equipment, Supplies and Materials

Stove, sauté pans, heavy-based soups pots, chef knife, utility knife, cleaver, paring knife, peeler, cutting board, sieve, spatula, ladle, whisk, colander, rolling pin, funnel etc.

2.3.2.5 References

- The Theory of Hospitality & Catering, authored by David Foskett & Patricia Paskins, 12th Edition (2011) (Hodder Education Publication), Chapter 5, Chapter 13 and 14.

2.3.3 Learning Outcome 2: Identifying ingredients for recipe

2.3.3.1 Learning Activities

The following are the performance criteria:

- Recipes are interpreted according to organizations' SOP's
- Ingredients are collected as per the recipes
- Organization standards and FIFO procedures are adhered to
- Ingredients are weighed/measured as per specifications

Trainees to demonstrate knowledge in relation to:

- Food nutrients
- Ingredients for various dishes
- Consumer market trends in relation to food
- Combining food textures and colours
- Factors to consider when selecting foods
- Maintenance of ingredients ratios
- Calculation of food quantities and costs

2.3.3.2 Information Sheet

Nutrition is defined as the intake of food, considered in relation to the body's dietary needs. Good nutrition - an adequate, well balanced diet combined with regular physical activity - is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity. The diet of an organism is what it eats, which is largely determined by the availability, processing and palatability of foods. A healthy diet includes preparation of food and storage methods that preserve nutrients from oxidation, heat, and that reduce risk of food-born illnesses.

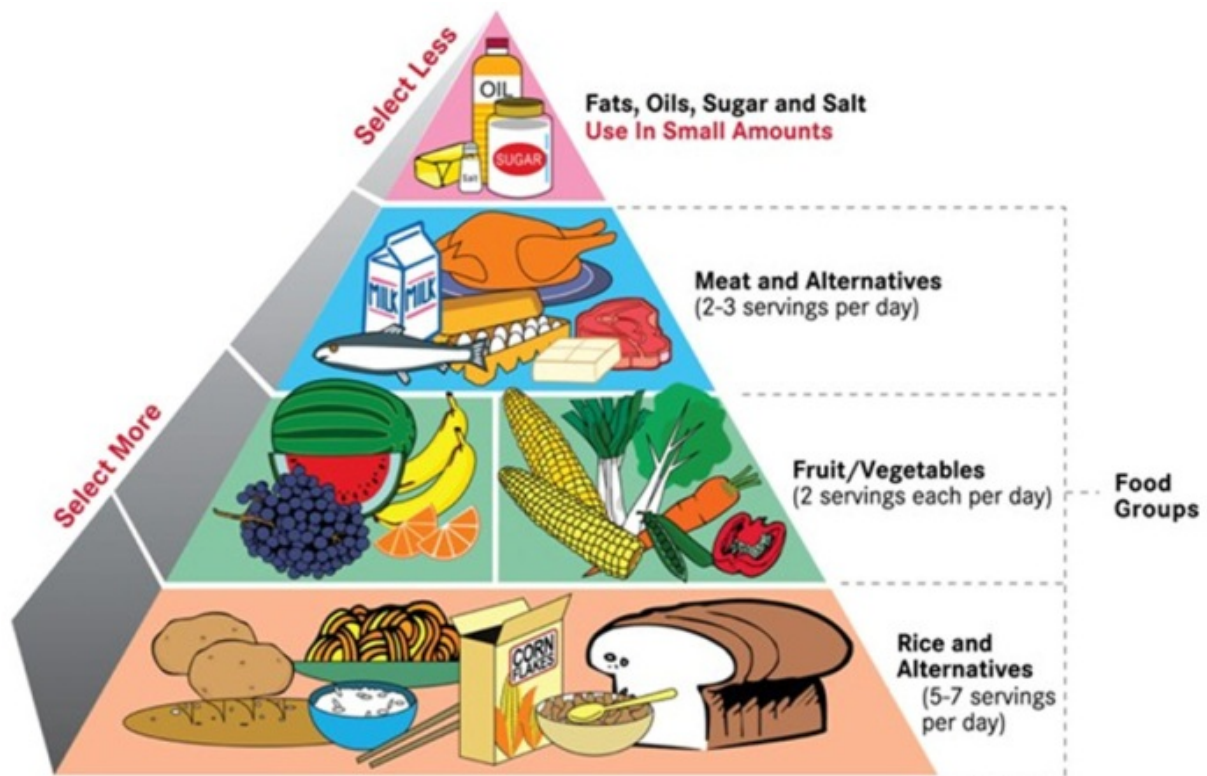
Eating a healthy, nutritious diet has been shown to prevent a variety of diseases, including cancer. Good nutrition is vital to good health, disease prevention, and essential for healthy growth and development of children and adolescents.

There are seven major classes of nutrients: carbohydrates, fats, fiber, minerals, protein, vitamins, and water.

- **Carbohydrates** - our main source of energy.
- **Fats** - one source of energy and important in relation to fat-soluble vitamins.
- **Roughage** (Fiber) - the fibrous indigestible portion of our diet essential to health of the digestive system.
- **Minerals** - those inorganic elements occurring in the body and which are critical to its normal functions.
- **Proteins** - essential to growth and repair of muscle and other body tissues.
- **Vitamins** - water and fat-soluble vitamins play important roles in many chemical processes in the body.
- **Water** - essential to normal body function - as a vehicle for carrying other nutrients and because 60% of the human body is water.

These nutrient classes can be categorized as either:

- **Macronutrients** (needed in relatively large amounts) - The macronutrients are carbohydrates, fats, fiber, proteins, and water.
- **Micronutrients** (needed in smaller quantities) - The micronutrients are minerals and vitamins.



Source: <https://truweight.in/blog/food-and-nutrition/balanced-diet-chart.html>

Figure 4: Balance diet pyramid

Read: Nutrition and deficiencies: <https://www.healthline.com/health/food-nutrition>

Read: How cooking affects the nutrient content of food:

<https://www.healthline.com/nutrition/cooking-nutrient-content>

Read: How to keep nutrients intact in food while cooking:

<https://nutritionstripped.com/keep-nutrients-intact-when-cooking/>

The main aim of food and beverage operations is to achieve customer satisfaction. In other words, meet customer needs. The key needs include: physiological, economic, social, psychological and convenience. Different markets have different trends in relation to food. However, the growing trends have been healthy food choice, zero wastage food, organic food etc.

Read: About global food trends for millennial:

<https://www.forbes.com/sites/josephcoughlin/2019/06/09/3-food-trends-inspired-by-millennials-that-older-consumers-are-eating-up/#5b4c9c877b96>

Read: Global food trends: <https://www.globalfoodforums.com/food-news-bites/2019-food-trends/>

Resources are needed for the selection, purchase and storage of food. A chef must consider the best use of these resources to produce the best results.

Food commodities that are purchased from the market must be stored well if they must keep their quality. As soon as you return from the market you need to group your item into the following categories.

- Dry storage items
- Frozen items
- Fresh items

Food is stored mostly because we want to keep it safe and prolong its shelf life. There are three types of food storage. These are:

- Dry storage
- Refrigerator storage
- Freezer storage

Dry storage: Foods that need to be kept dry are usually stored in cabinets or storerooms. Cereals, canned foods packaged foods and other dry food items should be kept in cool dry and clean places in the kitchen. Food should not be stored above refrigerator or cooker or near any heat outlet. The temperatures of these areas are warm and favourable for the growth of microorganisms. Storage areas must be kept clean so, you should wipe spills as soon as they occur to avoid attracting insects.

Refrigerator storage: Refrigerator temperatures should be between 0°C and 7°C. Temperatures in the refrigerator vary depending on the part of the refrigerator. The shelves on the door are not as cold as the inside. This area is good for storing eggs. The lower part of the refrigerator is also not very cold so vegetables can be stored there. Foods stored in the refrigerator must be covered well so that it would not dry out or absorb odours from other foods.

Freezer storage: The temperature of the freezer should be -18°C or below. Foods to be frozen should be wrapped in moisture and vapour proof wrapping and arranged properly in the freezer.

Canned and packaged foods should be placed in a cool and dry cupboard. When opened they must be refrigerated.

Read: Food selection, purchases and storage:

http://wikieducator.org/Lesson_6:_Food_Selection,_Purchasing_and_Storage

Chefs for catering typically prepare meals on location for events such as weddings, business meetings and birthday parties. To have a successful catering or restaurant business, you need to know how to calculate food costs and quantities needed. Food costs can increase without a proper plan in place. It is important to determine the number of guests. This will effect the cost and food quantity calculations.

Calculate food cost using a percentage. All business proposes food costs between 22 and 34 percent of total expenses. This allows for a minimum of 66 percent for labor and other expenses.

Calculate food cost per plate. A more technical way to determine food cost is breaking down elements of the menu item into its individual cost. For example, a whole chicken costs Ksh. 300 and makes three dishes. The cost per plate for chicken is Ksh.100 each. Continue this for each item in the dish.

Create a dish using standard portion sizes. Prepare for 10 percent more food. In general, adding 10 percent to the amount of food you need is a simple way to have a few extra plates ready for the event.

Read and Watch: How to calculate food quantity and cost:

<https://www.wikihow.com/Calculate-Food-Cost>

<https://bizfluent.com/how-7311900-calculate-cost-quantities-catering-food.html>

2.3.3.3 Self-Assessment

- i. Prepare a nutrition chart for breakfast, lunch and dinner menu.
- ii. Prepare a meal menu, using the concept of balanced diet.
- iii. What are the key trends in the F&B industry?
- iv. Prepare a lunch menu for birthday party for 20 children ages 4 to 8 years and 10 adults. Identify the costs and the quantity of items that you will need to procure for the menu.
- v. Try using online free apps for calculating menu pricing.
- vi. Halfway through breakfast service your kitchen runs out of potatoes for the hash browns. What would be an appropriate decision concerning the shortage? What factors lead you to your decision?
- vii. Part of being a successful chef is to recognize current trends and anticipate future trends within foodservice industry. What are some current trends you have recognized in today's foodservice landscape? What are some trends you think will be popular in the next five years?
- viii. Select a menu and break down the components according to their nutritional value.
- ix. Use the appropriate method for storing the following items: carrots, legume, chicken, aged beef, eggs, apple, watermelon, canned pineapple.

- x. Prepare different assorted vegetables assess the preservation of nutritional in different method of cooking.
- xi. Which of these is not a type of storage for food?
 - A. Dry storage
 - B. Room temperature storage
 - C. Refrigerator storage
 - D. Freezer storage
- xii. What should be the ideal freezer storage temperature?
 - A. -7°C
 - B. -5°C
 - C. -2°C
 - D. -18°C
- xiii. As a general rule, how much extra percentage of food should you make to cater for extra plates for an event?
 - A. 10
 - B. 20
 - C. 30
 - D. 40

2.3.3.4 Tools, Equipment, Supplies and Materials

Calculator, nutritional chart, menu, refrigerator, storing racks

2.3.3.5 References

- http://wikieducator.org/Lesson_6:_Food_Selection,_Purchasing_and_Storage
- <https://www.wikihow.com/Calculate-Food-Cost>
- <https://www.healthline.com/health/food-nutrition>
- The Theory of Hospitality & Catering, authored by David Foskett & Patricia Paskins, 12th Edition (2011) (Hodder Education Publication), Chapter 4
- FAO/Government of Kenya. 2018. Kenya Food Composition Tables. Nairobi, 254 pp. <http://www.fao.org/3/I9120EN/i9120en.pdf>

2.3.4 Learning Outcome 3: Preparing and cleaning of ingredients for food accompaniments

2.3.4.1 Learning Activities

The following are the performance criteria:

- Hygienic standards and procedures are observed while cleaning
- Quality of ingredients is checked during cleaning
- Cereals and legumes are selected before washing
- Ingredients are placed in specified containers after washing

Trainees to demonstrate knowledge in relation to:

- Checking quality of ingredients
- Sorting ingredients

- Cleaning procedures
- Preparation methods

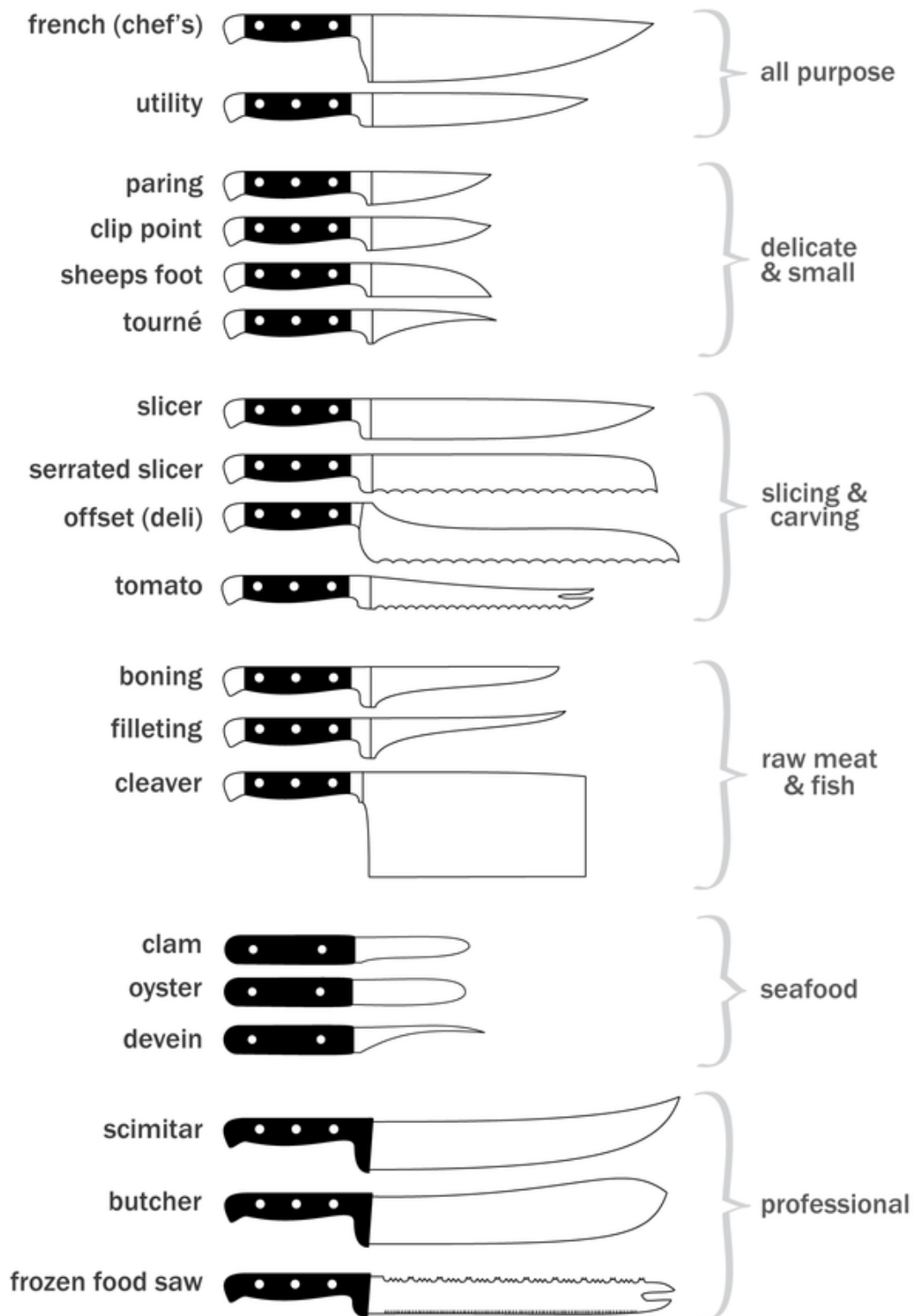
2.3.4.2 Information Sheet

Choosing the right vegetables involves considering a number of different factors. That includes seasonal awareness – knowing which vegetables peak at what time – and how the vegetables should look, feel and even smell. The same consideration is with meat. Be it chicken, beef, fish or lamb, meat is the cornerstone of many dishes. For the most part, your choice of meat will come down to two options: tender versus lean cuts. Tender meat comes from animals with mostly low-activity muscles, and is great for most recipes. When choosing a cut, look for few connective tissues, which impact taste, and a moderate amount of marbling. Lean cuts of meat, meanwhile, are better suited for use in braising or slow cooking. There are number of simple tests that help in identifying the quality of the produce.

Read: Selecting culinary ingredients: <https://www.escoffier.edu/blog/culinary-arts/tips-for-chefs-on-choosing-the-right-ingredients/>

Read: Simple tests for checking quality of food: <https://brightside.me/inspiration-health/10-quick-and-easy-food-quality-tests-347360/>

While cleaning and cutting ingredients, ensure washing your hands, keeping worktops clean and sanitize the workstation regularly.



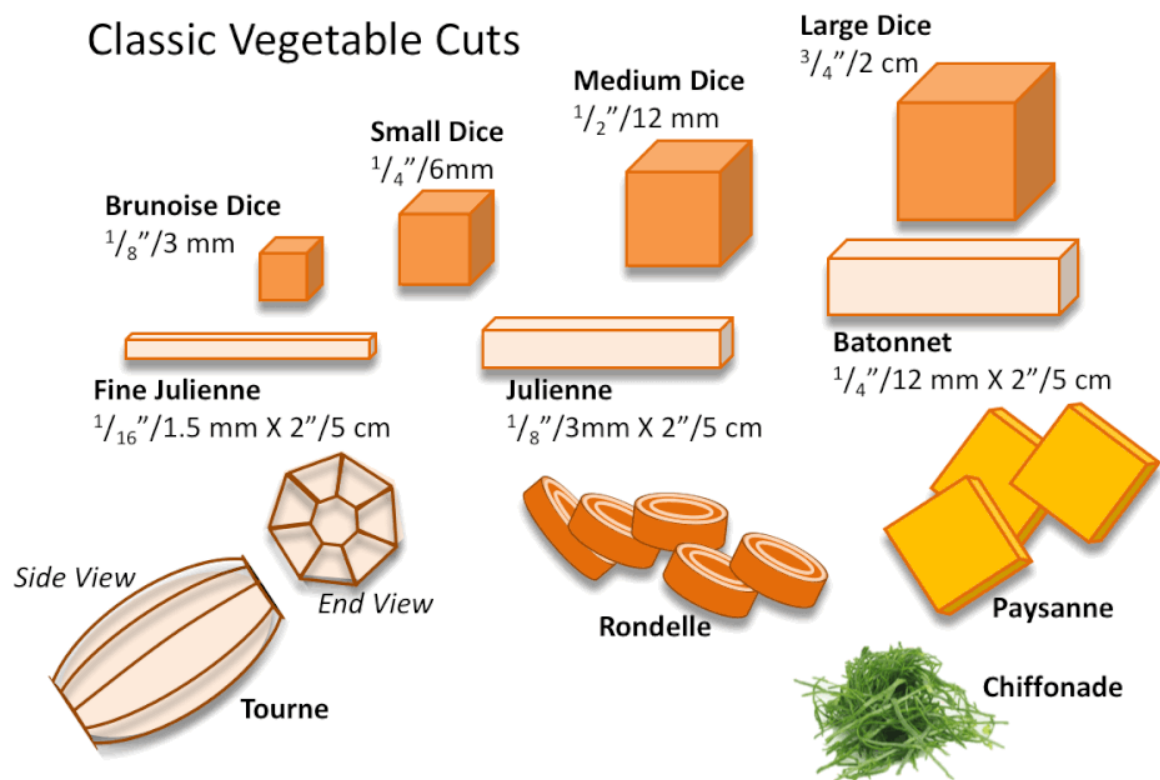
Source: <http://kitchengadgetqueen.com/buying-guide-knives-types/>

Figure 5: Selecting knife based on ingredient



Source: www.amazon.com

Figure 6: Knife bag



Source: <https://www.chefbgc.com/home/2019/1/26/knife-skills-1>

Figure 7: Vegetables cuts

Watch: 5 basic cooking skills: <https://www.youtube.com/watch?v=ZJy1ajvMU1k>

Culinary cuts for vegetables.

Watch: Basic knife skills for cutting ingredients:

https://youtu.be/t0ZZaRC_F3E

<https://youtu.be/8VBnaFhOEn8>

<https://youtu.be/G-Fg7l7G1zw>

- **Slice** (Chef's paring or serrated knife): Slicing is a general term that means to cut across the grain into thin, uniform pieces. Almost every fruit or vegetable can be sliced, as well as other ingredients like cheese and bread.
- **Julienne/French Cut** (Chef's or paring knife): In julienne (or French) cut, the ingredient is cut into long, uniform strips like matchsticks. Julienne cut is often used for salad ingredients and green veggies, like cucumbers, bell peppers, and zucchini.
- **Brunoise** (Chef's knife): To do a brunoise cut; the food must first be julienned then turned a quarter and diced again to create approximately 1/8-inch cubes. This cutting technique is ideal for carrots, onions, leeks, and celery, but can also be used with bell peppers and hard root vegetables like beets and turnips.
- **Dice** (Chef's knife): Generally smaller than a standard cube, the dice cut also creates uniform squares for even cooking and a polished look. Dicing is often used to make a classic salsa or mirepoix (a mix of carrots, onions, and celery).
- **Mince** (Chef's knife or food processor): Minced ingredients are cut very, very finely. Mincing is the ideal cutting technique for aromatics, like onion, garlic, and ginger, where a paste-like consistency is a desirable end result.
- **Chop** (Chef's knife): Used for a variety of foods, chopping is a casual, imprecise term that simply means to roughly cut food into bite-sized pieces.
- **Cube** (Chef's knife): Using a more precise method than chopping, cubed ingredients are cut to a uniform size (e.g. "1/2-inch cube"). This cut is used with many foods, from potatoes to meats to bread.
- **Chiffonade** (Chef's or paring knife): The chiffonade method is best for cutting herbs into long ribbons. Stack fresh basil or mint leaves, roll them up tight, and cut across hamburger style. This technique also works well for leafy greens like spinach, collards, and kale.

Watch: How to prepare herbs: <https://youtu.be/ZgbGdRCk6FA>

Watch: Different methods of cooking: https://youtu.be/_QuU6rs-n5Q

Volume and weight conversions are an important tool to have in the kitchen. When halving or doubling a recipe, making the correct conversions can make or break your final results.

Table 2: Volume and weight conversions

Teaspoons	Tablespoons	Ounces	Cups	Pints	Quarts	Gallons	Milliliters	Liters
3	1	1/2	1/16				15	0.015
12	4	2	1/4				60	0.06
24	8	4	1/2				125	0.125
48	16	8	1	1/2	1/4	1/16	250	0.25
		16	2	1	1/2	1/8	500	0.5
		32	4	2	1	1/4	950	0.95
		128	16	8	4	1	3800	3.8

Use this quick cheat sheet for the equivalents:

1 tablespoon = 3 teaspoons = 15 milliliters
 4 tablespoons = 1/4 cup = 60 milliliters
 1 ounce = 2 tablespoons = 30 milliliters
 1 cup = 8 oz. = 250 milliliters
 1 pint = 2 cups = 500 milliliters
 1 quart = 4 cups = 950 milliliters
 1 quart = 2 pints = 950 milliliters
 1 gallon = 4 quarts = 3800 milliliters = 3.8 liters

Most recipes in the United States use volume measurements in imperial units like teaspoons, tablespoons, cups, ounces, pints, quarts, and gallons. Most other countries use the metric system with units such as liters and milliliters. One liter is roughly equal to one quart (1.06L = 1qt).

The advantage of using the metric system is that you don't have to know any messy proportions. Everything is done in multiples of 10 and 100, without any oddball measures such as tablespoons, cups, quarts, etc. which match up in ratios other than 10, such as 4 quarts per gallon or 3 teaspoons per tablespoon. It is much easier to double or half recipes using the metric system. Once you get to 1000 milliliters, you have one liter. Simple as that.

Read: Reference to metric conversions <https://www.thespruceeats.com/metric-conversions-for-cooking-2355731>

2.3.4.3 Self-Assessment

- List the different kinds of knives and their uses in a kitchen.
- How can you sharpen a knife?
- List the steps for cleaning knife. What are the safety measures?
- What are the uses of scissors in a kitchen?

- v. Practice your knife skills to prepare vegetable and fruits for salad.
- vi. What kinds of activities can the tip of the knife blade be used for?
- vii. How should you safely carry a knife through the kitchen?
- ix. What are the steps for preparing chicken for stock?
- x. Practice cleaning of seafood.
- xi. Prepare julienne carrots, 500 gms.
- xii. Prepare batonnet carrot, 500 gms
- xiii. Prepare finely chopped parsley, 200 gms
- xiv. Prepare potato wedges for 1 kg of potato chips.
- xv. In which of the following cuts is the ingredient cut into long, uniform strips like matchsticks?
 - A. Chiffonade
 - B. Brunoise
 - C. Julienne/French Cut
 - D. Mince
- xvi. Which of the following cuts will you use to make mirepoix (a mix of carrots, onions, and celery)?
 - A. Slice
 - B. Cube
 - C. Chop
 - D. Chiffonade

2.3.4.4 Tools, Equipment, Supplies and Materials

Knife set, - chef's knife, filleting knife, butcher knife, boning knife, cutting board, onions, carrots, tomato, garlic, parsley, kitchen wipes, gloves, kitchen cleaner, table

2.3.4.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foscett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- <https://www.thespruceeats.com/volume-conversions-chart-1328757>

2.3.5 Learning Outcome 4: Cooking food accompaniments

2.3.5.1 Learning Activities

The following are the performance criteria:

- Hygienic standards and procedures are observed while cleaning
- Quality of ingredients is checked during cleaning
- Cereals and legumes are selected before washing
- Ingredients are placed in specified containers after washing
- Vegetable ingredients are prepared as per specification
- Starch ingredients are prepared as per specifications
- Cooking method applied as per the recipe
- Recommended equipment for cooking each food item used
- Temperatures are observed as per the recipe
- Timings are adhered to as per the recipe
- Recipe is adhered to
- Food accompaniments are either presented or preserved

Trainees to demonstrate knowledge in relation to:

- Menu planning and preparation
- Time planning and management
- Cooking methods
- Use of technology in food preparation
- Special requests and diets
- Food trends

2.3.5.2 Information Sheet

Menu is the list of food available or to be served in a restaurant or at a meal. There are essential considerations while preparing menu. These include – competition analysis, location, customer analysis, estimated customer spend per head, food trends, range and price structure, infrastructure of the operational kitchen, number of staffs, availability of supplies, food allergies etc. There are different types of menus such as – set price menu, a la carte, special part or functional menu, menus for children etc.

Watch: How to plan restaurant menu: <https://youtu.be/dS6J7C8VY1U>

Watch: Menu planning principles: <https://youtu.be/W30VR733E1U>

Watch: Menu types, design, planning, nutrition and special diet requirement: <https://youtu.be/RTzt72LzMHY>

Watch: Menu engineering for profitability: <https://youtu.be/RTzt72LzMHY>

Time planning and management is important for culinary production. Effectiveness and efficiency yields quality, quantity of food and overall profitability. In a food operations standard procedures are to be followed for ensuring the quality of the food. This is for the

beginning of the cooking process and includes – planning for the menu, buying, sorting, preparing and storing of food items. The complete supply chain of a food item should be understood to effectively utilize and prepare food. While cooking health and safety factors should be considered. Some of the best practices include labeling food with date for expiry.

Watch: Food safety cleaning and sanitizing:

<https://youtu.be/RAFMIXPq9BE>

<https://youtu.be/KBvU4Bmu5O0>

Watch: Temperature control and hot and cold holding: <https://youtu.be/0dL9et91nJA>

Cooking Methods: In cooking, there are some basic methods of cooking that are used. These commonly used basic cooking methods are divided into two general groups. The groups are: **Dry heat cookery methods** and **Moist heat cookery methods**. The methods of cooking are divided into these two groups because of the way food is cooked and the type of heat that is used.

Dry heat Cookery Methods: In dry heat cooking methods, the food being cooked does not use water to cook the food. The food is left dry and heat is applied to cook the food. Such methods of cooking are: baking, steaming, grilling, and roasting. When heat is applied to the food, the food cooks in its own juice or the water added to the food during its preparation evaporates during the heating process and this cooks the food. Heat is applied directly to the food by way of convection thus making the food to get cooked. The action or movement of air around the food cooks it. Let us now have a look at each of these cooking methods:

Baking: In baking method of cooking, the food is cooked using convection heating. The food is put into an enclosed area where heat is then applied and the movement of heat within the confined space, acts on the food that make it get cooked.

Steaming: To steam food, water is added to a pot and then a stand is placed inside the pot. The water level should be under the stand and not above it. There is no contact between the food and the water that is added to the pot. Food is then placed on the stand and heat is applied. The hot steam rising from the boiling water acts on the food and the food gets cooked. It is the hot steam that cooks the food, as there is no contact between the food and the water inside the pot. This method of cooking for vegetables is very good as the food does not lose its flavour and much of the nutrients are not lost during the cooking.

Grilling: There are two methods of grilling that are used these days. One type of grilling is the one that is commonly used by the people in the village. This is when food is cooked over hot charcoal on an open fire. The food is placed on top of the burning charcoal. Sometimes people improvise by using wire mesh and place it over the open fire to grill fish or vegetables. The other method is using grills that are inbuilt in stoves. In this method, the grill, which has a tray, is heated up and the food is placed on the grill tray to cook. The heat can be gas-generated or electric-generated depending on the type of stove used. The food is

again left to cook on the grill with the doors of the grill open. People who can afford to buy a stove would use the grilling part to grill their food. What happens in this type of cooking is the heat-seals the outside part of the food and the juice inside the food cooks it. The flavour of the food is not lost and much of the nutrients are not lost either. Food is frequently turned over to prevent it from burning and to ensure that equal heating and cooking time is applied to both sides of the food. By doing this, the food is cooked evenly and thoroughly.

Roasting: With roasting, direct heat is applied to the food. The heat-seals the outside part of the food and the juice inside the food cooks the food. Roasting is mainly used when cooking fleshy food like fish, meat or chicken. When heat is applied to the outer covering of the food, it seals it up thereby trapping all the juices inside the food. The action of direct heating, heats up the juices inside the food, which then cooks the food. Again there is very little nutrient lost and the flavour is not spoilt. Food is frequently rotated over the spit so that there is even heating applied to all parts of the food. This is so that heat is applied evenly to the food to make it get cooked properly.

Moist Heat Cookery Methods: In moist heat cookery methods, liquid is used as a medium to cook the food. Such medium could be water, coconut cream or oil. These liquids are added to the food before heat is applied to it or sometimes heat is applied to the liquid before the food is added into the cooking utensils to be cooked. The moist heat cookery methods include: boiling, stewing, shallow frying, deep-frying, barbequing and basting. All these moist heat-cooking methods use liquid to cook the food in.

Boiling: This is the most common method of cooking and is also the simplest. With this method of cooking, enough water is added to food and it is then cooked over the fire. The action of the heated water makes the food to get cooked. The liquid is usually thrown away after the food is cooked. In the case of cooking rice, all the water is absorbed by the rice grains to make it get cooked. During the heating process, the nutrients can get lost or destroyed and the flavour can be reduced with this method of cooking. If you over cooked cabbage, all the nutrients can get lost.

Stewing: In the process of cooking using the stewing method, food is cooked using a lot of liquid. Different kinds of vegetables are chopped, diced or cubed and added to the pot. Sometimes pieces of selected meat, fish or chicken is also chopped and added to the stew. The liquid is slightly thickened and stewed food is served in that manner. This method is also used when preparing fruits that are going to be served as desserts. With this cooking method, every food is cooked together at the same time in one pot. The flavour, colours, shapes and textures of the different vegetables that are used, makes stewing a handy method of cooking. The only disadvantage is that some of the vegetables might be overcooked and thus the nutrient content becomes much less. It is therefore important that the vegetables that take the longest to cook to be put into the pot first and the ones that need least cooking to be put in last. In this way much of the nutrient contents of the food does not get lost.

Frying: When food is fried using oil or solid fat it is important that you observe some rules in handling oil or fat. Simple rules to follow when frying:

1. Make sure there is enough oil or fat put in the frying pan or a deep frying pan.
2. The food to be cooked must not have water dripping from it. This is because when water comes into contact with hot oil or fat, you will have the oil sizzling and spitting out of the pan, which could burn your skin if you are not careful.
3. Put the food into the hot oil carefully. Try not to make a big splash as the oil could burn your skin.
4. The oil or fat should be heated to the right temperature before putting food into the pan to be fried. If the food is put in when the oil or fat is not heated to the right temperature, the food will soak up the oil and you will have food that is all oily or greasy. If the oil or fat is over heated, you will end up with food that is burnt. Sometimes the food especially doughnuts will turn brown on the outside but the dough inside is uncooked. To cook food using the frying method, there are two ways of doing it. There is the shallow frying and the deep-frying methods.

Shallow Frying: In shallow frying, food is cooked in a frying pan with a little amount of oil or fat. The oil or fat is heated to the correct amount and the food is put into the heated oil. The food is turned over a few minutes or is stirred around a couple of times before it is cooked and dished out. If patties, potato chips or coated foods are fried, it is best to put a piece of brown paper or paper napkin inside the tray to soak up any oil from the food before serving it.

Deep Frying: This is when a lot of oil or fat is used in cooking the food. The oil or fat is usually put into a deep pan and is heated to boiling point. Food is then put into the hot boiling oil and is cooked in that way. Such food as fish fingers, potato chips, meatballs, and doughnuts to name a few, are cooked using the deep-frying method.

Barbequing: The method of cooking food by barbequing is usually associated with fund raising activities, parties or picnics. It is most suitable to cooking meat cutlets, fish or chicken pieces. The food is usually marinated with spices and tenderizers (for meat cuts) for sometime before it is cooked. With this method of cooking, a sheet of metal with stands is heated up and oil is used to cook the food. A sufficient amount of oil is heated up and food is added. The food is then turned over a couple of times before it is dished out.

Basting: This method of cooking is usually associated with roasting. The juice or liquid that comes out of the meat being cooked is spooned over the roast frequently while it is being roasted. The outer part of the meat is moistened frequently during the cooking process with the juice that is being spooned over. Usually, the extra juice from the cooked meat is added to a mixture to make the meat sauce.

Table 3: Cooking techniques and equipment used

Method	Description	Use with
1. Blanch & Shock	Fruits and vegetable placed briefly in boiling water before being drunk in ice-cold water	Sauce pan, slotted spoon, deep bowl
2. Braising	First searing, then partially covering in broth and cooking low ad slow in the oven	Wooden turner, skillet pan, sauté pan, casserole dish, slow cooker
3. Broiling	Cooking using a single heat source above the food and a constant flow of hot air	Roasting tray, broiling pan, metal rack, cast iron skillet pan
4. Cold Oil Spherification	Liquid held together by a very thin gel membrane	Sauce pan, tall glass, syringe slotted spoon, sieve
5. Confit	Cooking in an oil at low temperature to avoid moisture loss	Sauce pan, casserole dish, slotted spoon
6. Deep Frying	Submerging food in extremely hot oil	Deep fryer, sauce pan, slotted spoon, strainer
7. Dehydrating	A light flow of hot air removing water content without cooking	Dehydrator, sheet pan, oven, microwave
8. Grilling	Cooking using a heat source directly below the food	Long handle tong, long handed spatula, basting brush, grill or barbeque
9. Pan roasting	Searing in a pan on a high heat before transferring to the oven to cook through	Skillet pan, tong
10. Poaching	A low simmer in flavoured liquid	Sauce pan, skillet spoon
11. Pressure Cooker	Steam pressure builds up inside a sealed pot, cooking faster	Pressure cooker
12. Sautéing	Frying ingredient in a very hot pan with little fat whilst constantly frying	Frying pan, sauté pan, skillet pan
13. Searing	Adding ingredient to searing oil undisturbed until its time to turn	Frying pan, sauté pan, skillet pan, tongs

Method	Description	Use with
14. Slow Roasting	Roasting in the oven at low temperature for long period of time	Roasting tray
15. Smoking	Food cooked over burning wood to give it a smoky flavour	Wood chip, grill or barbeque, foil pans, charcoal, long handled tong
16. Sous vide	Vacuum packaged food is placed in a water bath to cook over long periods of time	Sous vide machine, sauce pan, digital thermometer, Ziploc bag, binder clip
17. Stewing	Smaller pieces of meat immersed in liquid and slow cooked	Wooden turner, skillet pan, sauté pan, casserole dish, slow cooker
18. Stir frying	Frying in a little oil on very high heat	Wok, curved spatula

Source: <https://www.fairmont.com/infographics/gourmands-guide-cooking-techniques/>

The following table provides a detailed approach for the cooking techniques to be used for variety of ingredient. Understand that some cooking methods are more appropriate than others for specific ingredient, for example: what is the best way to cook a juicy steak? Or having crunchy chicken using less oil. Review the tables below to understand the best approach for cooking an ingredient and its best output – tender, juicy, crispy, crunchy, flavourful.

Table 4: Approaches for cooking meat

Cooking Method	Meat					
	Beef (tender)	Beef (tough)	Lamb (tender)	Lamb (tough)	Pork	Poultry
1. Blanch & Shock						
2. Braising						
3. Broiling						
4. Cold Oil Spherification						
5. Confit						
6. Deep Frying						
7. Dehydrating						
8. Grilling						
9. Pan roasting						
10. Poaching						
11. Pressure Cooker						
12. Sautéing						
13. Searing						
14. Slow Roasting						
15. Smoking						
16. Sous vide						
17. Stewing						
18. Stir frying						

Index				
Best outputs for ingredients				
Tender	Juicy	Crispy	Crunchy	Flavourful

Source: <https://www.fairmont.com/infographics/gourmands-guide-cooking-techniques/>

Table 5: Approaches for cooking vegetables

Cooking Methods	Vegetables				
	Roots (e.g. Carrot)	Cruciferous (e.g. Broccoli)	Podded (e.g. Peas)	Bulbs & Stem (e.g. Onion)	Tubers (e.g. Potato)
1. Blanch & Shock					
2. Braising					
3. Broiling					
4. Cold Oil Spherification					
5. Confit					
6. Deep Frying					
7. Dehydrating					
8. Grilling					
9. Pan roasting					
10. Poaching					
11. Pressure Cooker					
12. Sautéing					
13. Searing					
14. Slow Roasting					
15. Smoking					
16. Sous vide					
17. Stewing					
18. Stir frying					

Index				
Best outputs for ingredients				
Tender	Juicy	Crispy	Crunchy	Flavourful

Source: <https://www.fairmont.com/infographics/gourmands-guide-cooking-techniques/>

Table 6: Approaches for cooking other ingredients

Cooking Methods	Others				
	Fish	Shellfish	Eggs	Fungi	Juices & sauces
1. Blanch & Shock					
2. Braising					
3. Broiling					
4. Cold Oil Spherification					
5. Confit					
6. Deep Frying					
7. Dehydrating					
8. Grilling					
9. Pan roasting					
10. Poaching					
11. Pressure Cooker					
12. Sautéing					
13. Searing					
14. Slow Roasting					
15. Smoking					
16. Sous vide					
17. Stewing					
18. Stir frying					

Index Best outputs for ingredients				
Tender	Juicy	Crispy	Crunchy	Flavourful

Source: <https://www.fairmont.com/infographics/gourmands-guide-cooking-techniques/>

Watch: How to choose proper cooking techniques: <https://youtu.be/mBT5O3OXXkY>

Watch: Science of cooking technique: https://youtu.be/QO_V3h14Fyc

2.3.5.3 Self-Assessment

- Collect different types of menu from different locations and discuss.
- What criteria should chefs and restaurateurs take into account when determining the number of menu offerings for an operation? Analyze and discuss the importance of menu planning to overall operation and profitability of the facility.
- List reasons for having a standard operating procedure in the kitchen. What are the different SOPs in consideration?
- Consider the use of technology in the restaurant industry. Many restaurants have implemented technology as a way to expedite service to customers, increase customer

satisfaction, and manage various management tasks. What are some other current uses of technology in the restaurant industry? What uses do you envision technology being used for in the coming years?

- v. What should be done if you find broken glass in the ice machine?
- vi. The acronym HACCP stands for?
- vii. What type of fire extinguisher will put out a grease/oil fire?
- viii. Which of the following cookery method will you use for making fish fingers?
 - A. Frying
 - B. Shallow frying
 - C. Deep frying
 - D. Basting
- ix. A guests asks you to serve meat cutlets, fish and chicken pieces at a party she is hosting for her friends in her garden. Which of the following cookery method will you use?
 - A. Steaming
 - B. Barbequeing
 - C. Boiling
 - D. Baking
- x. In which of the following cookery method is the outer part of the meat moistened frequently during the cooking process with the juice from the meat?
 - A. Roasting
 - B. Grilling
 - C. Barbequeing
 - D. Basting

2.3.5.4 Tools, Equipment, Supplies and Materials

Pen, paper, stove, pots, knife, sieve, grill, sous vide machine, pan, casserole, turners, bowl, oil, water, ingredients

2.3.5.5 References

- The Theory of Hospitality & Catering, authored by David Foscett & Patricia Paskins, 12th Edition (2011) (Hodder Education Publication), Chapter 7, 8
- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foscett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- http://wikieducator.org/Different_methods_of_cooking_-_A
- <https://www.finedininglovers.com/blog/food-drinks/cooking-techniques/>
- <http://goldenspoonawards.com/golden-spoon-good-foods/18-different-cooking-techniques-explained-c988a20170916032637286.htm>

2.3.6 Learning Outcome 5: Presenting food accompaniments

2.3.6.1 Learning Activities

The following are the performance criteria:

- Equipment for presentation selected as per SOPs
- Aesthetics and hygiene standards are observed
- Food accompaniment temperatures are observed and maintained as per the recipe specification
- Portion sizes are maintained as per the recipe
- Hygiene standards are observed as per SOPs
- Temperatures are maintained as recipe
- Timings are adhered to

Trainees to demonstrate knowledge in relation to:

- Food presentation methods
- Food product display
- Increasing palatability of the food
- Developing a market name for the product/new recipe/menu

2.3.6.2 Information Sheet

The food is generally the focal point for the guest. It supplies the majority of the drama, excitement, and interaction and it falls to the chef to produce food that is flavourful and attractive. Food presentation is an important opportunity that allows chefs to emphasize the talents of the kitchen staff. The chef's task is to exploit the **full sensory potential** of every dish to create a presentation that is practical, functional, and appealing to all the senses, which heightens the guest's experience.

Menu selections and food presentation integrate all aspects of the foodservice operation – including the theme, the menu, the style of service, and your clients' expectations. The goal is never to simply meet those expectations and standards, but to exceed them.

Judgments about what is fashionable or beautiful are subjective. They change over time, sometimes quite rapidly. However, the basic principles behind **good design and presentation** remain constant, even if the specific expressions of those principles keep evolving into new styles and trends. It is important to remember and always think of these techniques as enhancements to the foods' appeal.

The food on a plate supplies important **visual elements: colours, textures, and shapes**. Additionally, the foods you serve also supply two important, but **non-visual, elements: aroma and flavour**. The design principles at the chef's disposal include symmetrical or asymmetrical compositions, contrasting or complementary arrangements, and the use of lines to create patterns or indicate motion.

A variety of words can be used to describe the elements and effect of plate design and presentation – **simple, elegant, balanced, integrated, unified**. A certain amount of

regularity and repetition is comfortable and appealing, but too much of anything becomes monotonous, whether it is an ingredient, a colour, a shape, a flavour, or a texture. The real importance and focus of the food should always lay, ultimately, in its flavour and texture.

Guests will associate **colour** in very specific ways; therefore, a food's natural colour is an important factor to consider in design and presentation of a dish. Green gives the impression of freshness and vitality. Browns, golds, and maroons are warming, comforting, and rich. Orange and red are intense, powerful colours.

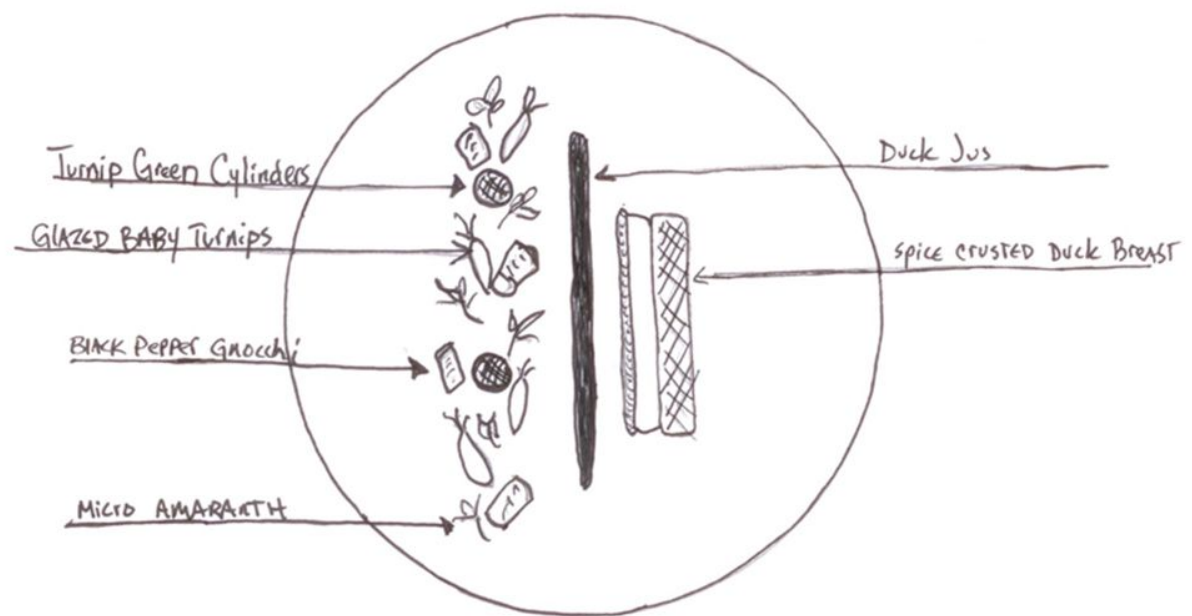
A dish should have colours that are in harmony (for example, green, blue, and violet are complementary colours, while blue and orange are contrasting). Clashing or contrasting colours are rarely an issue; a more common problem is the overuse of one colour, which has a tendency to make the food look flat and unexciting.

Texture is important to the way the food looks, as well as the way it feels in our mouths. The surface of a food will have a tendency to either reflect light or absorb it, making some foods glossy and others matte. Some foods have highly textured exteriors while others are very smooth. The way the food feels when you bite into it is another aspect of texture that the chef needs to include in a plan. Too much of the same texture is monotonous.

Food has many **dimensions and the shape, height, and lines** of the food are important components of presentation. Cubes, cylinders, spheres, pyramids, and lines are just some of the shapes food can assume.

Alternating or repeating shapes in a design is one way to add visual interest to food arrangements; you can modify the natural shape of a food by cutting or slicing it. To give height to foods that are naturally flat, you can roll or fold them, and arrange them in piles or pyramids.

Dimension can also be added to a dish by providing strong, clean lines that arrange the food neatly and logically; these lines can be straight, curved, or angled. When two lines meet, they create a shape and when a line is repeated, a pattern emerges. The more evenly spaced the lines, the more obvious the pattern, the wider the spaces, the more obvious they are as discrete lines.

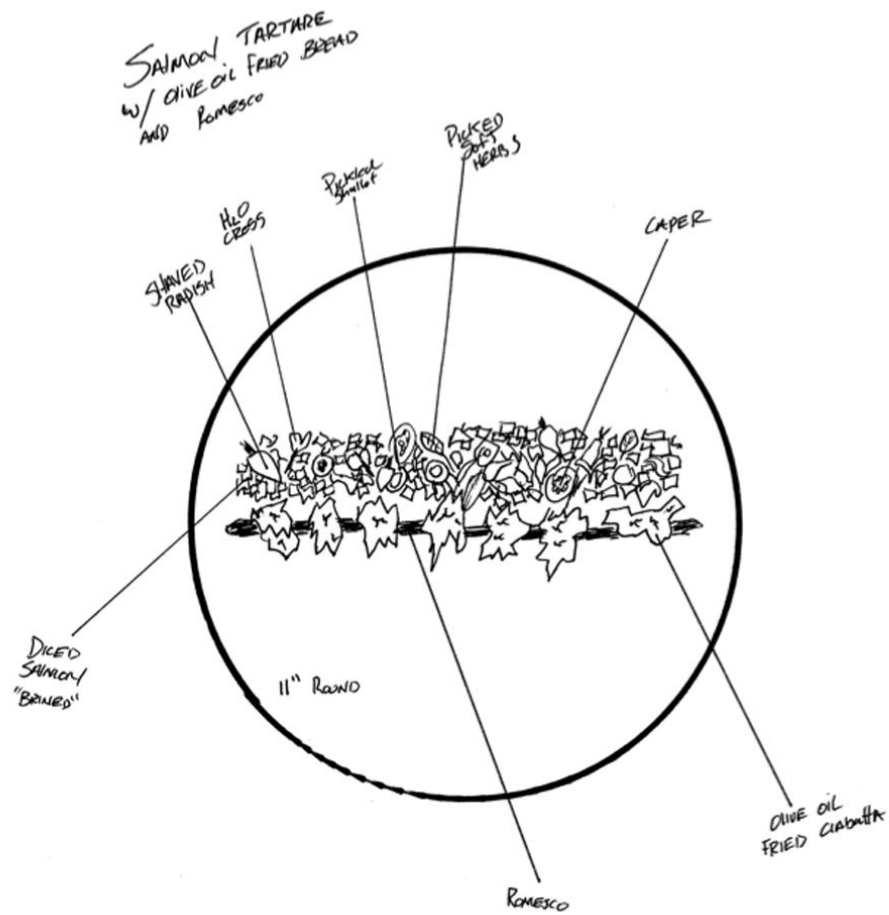


Duck Breast, spice glaze, turnips, black pepper gnocchi



Source: Pinterest by SLA

Figure 8: Plating drawing



Source: Pininterest by SLA

Figure 9: Plating drawing

By providing a **focal point** to a dish you can introduce a large shape into a field of smaller shapes while adding height and make the arrangement logical and sensible to the guest. One common focal point, sometimes referred to as a *grosse pièce* (literally “big piece”), is simply

a portion of a larger item, such as a roast leg of lamb or a terrine, left intact and arranged on the platter; the guest can instantly identify the food. Sometimes, in place of a *grosse pièce*, there may be one or more significant garnish elements. Such a garnish functions in the same way as a *grosse pièce*; they too are most effective, and attractive, when they offer some information about the food instead of simply adding a spot of colour.

The position of the focal point on a plate determines how the food is arranged. A **focal point** positioned off-centre means that one side of the arrangement appears to have more weight than the other. The lines extending away from the focal point are of different lengths. When the focal point is positioned in the center, it gives the impression that both sides of the arrangement are in equilibrium. The lines radiating from the focal point are the same length. Asymmetrical arrangements tend to look natural while symmetrical arrangements look formal.

The cooking technique is vital to great presentation, because no matter how artful the display, the way the food tastes is the most important element. In addition to assuring that foods are flavourful and at the right temperature, the process of cooking gives the chef a chance to enhance the food in other significant ways. “**Visual flavour**” is an important concept. Some techniques deepen or darken the food’s exterior; grilling, roasting, and smoking are a few examples. With these cooking methods, it is relevant for guests to be able to see the seasonings used on the food, i.e. specks of seasonings and herbs or the shine of oil from a dressing. Other techniques introduce new elements, such as coatings or wrappers; pan-frying and deep frying are two such techniques. For an interesting selection, you should introduce a number of different techniques for a variety of flavours, colours, and textures throughout the menu.

Watch: What is food presentation: <https://youtu.be/RNoboOPUx5o>

Watch: How to do basic food plating using various tools and techniques:

<https://youtu.be/r2tuI8uyzA8>

<https://youtu.be/YkW11oOGTVg>

<https://youtu.be/9YBnczqciHI>

There are a variety of tools used for presentation: Plate, plating spoon, brush wedges, plating molds, garnish bottles and tools like tweezers



Source: https://www.nisbets.co.uk/kitchenware-and-knives/utensils/plating-and-food-presentation-tools/_/a33-3

Figure 10: Plating tools

2.3.6.3 Self-Assessment

- i. Discuss the various methods of food presentation.
- ii. Prepare and present different plating methods using visual and non-visual cues.
- iii. Use a theme and prepare a menu and presentation theme.
- iv. Consider all factors as to why a chef is interested in mentally breaking down a dish into its various basic taste sensations. What is the value in doing so? How can these impact food qualities?

- v. Design food plate presentation for meat, dessert of your choice.
- vi. Design food plate presentation for a Kenyan lunch meal.
- vii. Colour plays an important role in the visual appeal of a dish. Which of the following has a tendency to make the food look flat and unexciting?
 - A. Complementary colours
 - B. Overuse of one colour
 - C. Contrasting colours
 - D. None of the above
- viii. The position of the focal point on a plate determines how the food is arranged. What impression does a focal point positioned in the center give?
 - A. One side of the arrangement appears to have more weight than the other
 - B. Both sides of the arrangement are in equilibrium
 - C. Both of the above
 - D. None of the above
- ix. Which of the following is a non-visual element of a dish on a plate?
 - A. Aroma
 - B. Texture
 - C. Shape
 - D. Colour

2.3.6.4 Tools, Equipment, Supplies and Materials

Plate, plating spoon, brush wedges, plating molds, garnish bottles and tools like tweezers

2.3.6.5 References

- The Professional Chef ® 8th edition, © The Culinary Institute of America
https://www.ciachef.edu/uploadedFiles/Pages/Admissions_and_Financial_Aid/Educators/Educational_Materials/Technique_of_the_Quarter/techniques-enhancing-food-prep.pdf

CHAPTER 3: STOCKS

3.1 Introduction

This unit specifies the competencies required to plan, prepare and present stock. It involves preparing of: vegetable stock, chicken stock, meat/lamb stock, fish and seafood stock.

3.2 Performance Standard

- Demonstrated the ability to select ingredients for preparing stocks as per recipe
- Demonstrated ability to prepare various stocks
- Demonstrated ability to brown/deglaze ingredients where necessary
- Demonstrated ability to observe hygiene in the kitchen
- Demonstrated ability to dispense and store stocks

3.3 Learning Outcomes

3.3.1 List of the Learning Outcomes

These are the key learning outcomes, which make up workplace function:

- Prepare vegetable stock
- Prepare chicken stock
- Prepare beef/lamb stock
- Prepare fish and seafood stocks

3.3.2 Learning Outcome 1: Preparing vegetable stock

3.3.2.1 Learning Activities

The following are the performance criteria:

- Ingredients are selected as per the recipe
- Ingredients are prepared as per the recipe
- Hygiene standards and procedures are observed as per HACCP
- Prepare vegetables for stocks e.g. chop, cut
- Cooking method applied to vegetable stock according to recipe
- Vegetable stock is strained as per the recipe
- Vegetable stock is cooled as per the recipe
- Store/use as per the specifications
- The menu of the day is interpreted

Trainees to demonstrate knowledge in relation to:

- Define stocks
- Uses of stocks
- Vegetable stock ingredients
- Methods of preparing vegetables
- Knife skills and vegetable cuts
- Methods of cooking stock
- Procedure of straining stock
- Qualities of a good stock
- Storage

- Food costing/budgeting
- Cooling and storing stock

3.3.2.2 Information Sheet

Stock may be defined as the liquid formed by the extraction during cooking of flavour nutrients and salts from bones, vegetables and aromatic herbs. Most commonly, it is used to make soups and sauces; but the **usage** is not just limited to this. White **stocks** are used in preparations of white sauces and clear soups, while brown **stocks** are used in brown sauces, red meat stews, and braised dishes. It is important to choose high quality ingredients for making stock. Using ingredients that are past their best, as they will affect the colour and the flavour of the stock.

Some points to remember are –

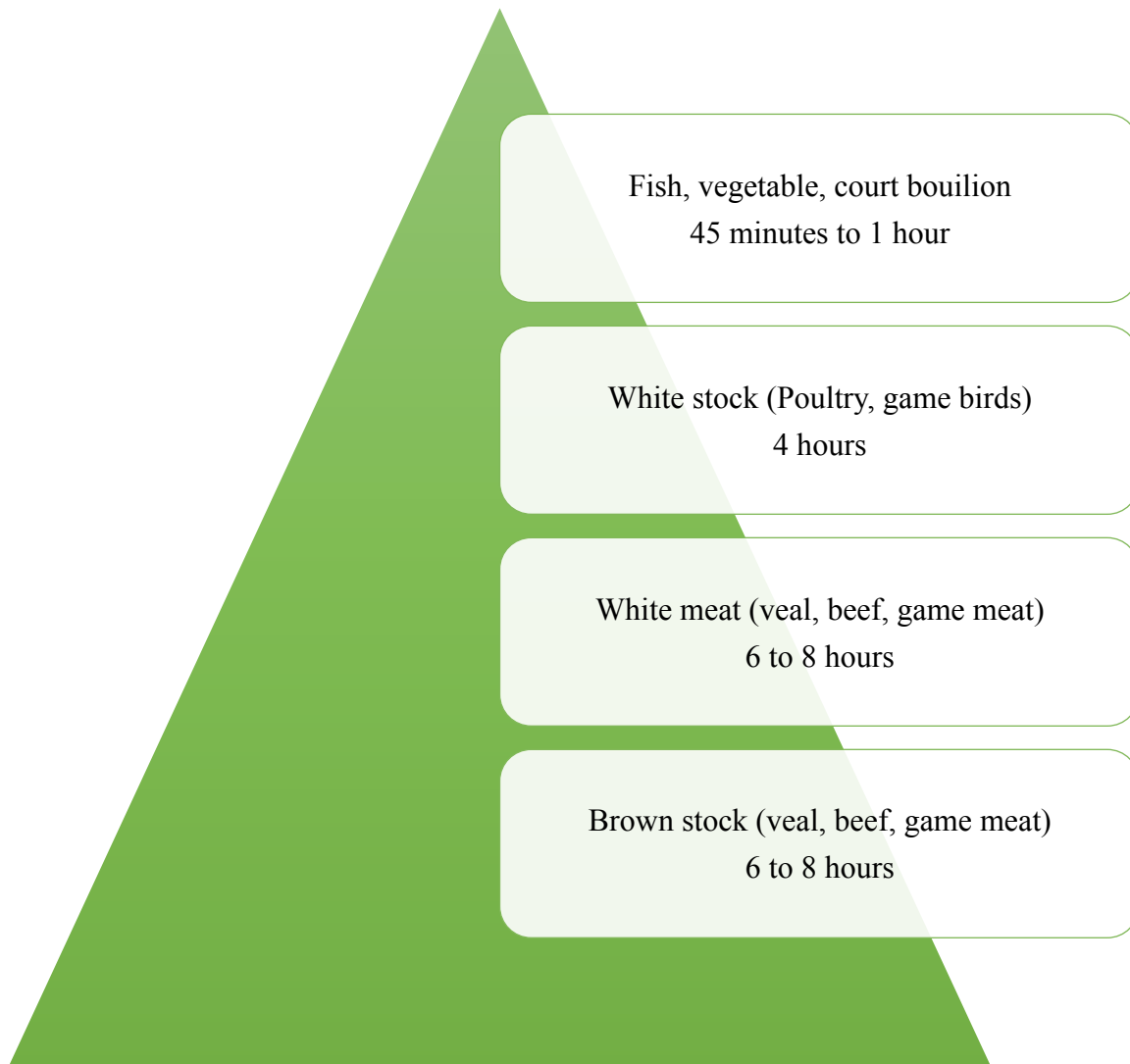
- Unsound meats or bone and decaying vegetable will give stock an unpleasant flavour and cause it to deteriorate quickly.
- Scum should be removed otherwise it will boil into the stock and spoil the colour and flavour.
- Fat should be skimmed-off otherwise stock will be greasy
- Salt should not be added to stock.

Key process of preparing stocks include – simmering, skimming and straining.

Watch: How to prepare for making soups, stocks and sauces: <https://youtu.be/ojZlgseX7Xo>

Qualities of a good stock

- **Good** flavor
- **Ideal** ingredients - the vegetables should be of good quality.
- **Good** texture



Source: <https://www.theculinarypro.com/stocks-soups-and-sauces-1>

Figure 11: Cooking time for stocks

Vegetable stock is a flavoured liquid base for making a sauce, stew or **soup**. Simmering vegetables, aromatic ingredients and water make vegetable stock. Vegetable stock ingredients can have different ingredients based on the preparation, for example using olive oil, large onion, celery, large carrots, green onions, garlic, one can make a delicious vegetable stock.

Watch: How to prepare vegetable stock:

<https://youtu.be/kecU9qHaWic>

<https://youtu.be/Ty-QU9j5UuU>



Source: Google

Figure 12: Vegetable stock

Methods of preparing vegetables

- Wash and chop the **vegetables** of variety. Vegetables should be cut into small pieces for easy cooking and straining.
- Combine the **vegetables**, seasonings, and water.
- Bring the **stock** to a **boil**.
- When cooked, **strain** through a **conical strainer** into a clean saucepan.
- Use stock or store stock.

To cool down your stock, place the stockpot in a sink of cold water. Allow cold water to run in and surplus to drain out of the sink or leave the pot to stand in a cool place until cool. Vegetable stock can be stored in a refrigerator for 3 to 4 days and may be frozen to extend shelf life. Freeze vegetable stock in airtight containers or heavy-duty freezer bags.

The costing of the stock will depend on the ingredients required. For example:

Ingredients	Quantity	Price (Ksh.)
Olive oil	50ml	130
Onion	100g	30
Green onion	100g	50
Celery	50g	50
Carrots	50g	50
Garlic	50g	30
Herbs	100g	150
Total		490

Recipe	Vegetable Stock
Ingredients	• 1 to 2 onions • 2 to 3 carrots • 3 to 4 celery stalks • 4 to 5 sprigs fresh thyme • 1 bay leaf • 1 small bunch fresh parsley • 1 teaspoon black peppercorns • Optional extras: leeks (especially the green parts), fennel, tomatoes, mushrooms, mushroom stems, parsnips
Preparation time	25 min
Cook time	1h
Ready in	1h 25 min
Direction	1. Gather some vegetables and herbs. Onions, carrots, and celery give stock a great base flavour, and you can round these out with any of the other vegetables listed above. You can also make stock using any amount of vegetables that you happen to have on-hand, but it's good to have a roughly equal portion of each so the resulting stock will have a balanced flavour. 2. Coarsely chop all the vegetables. Wash any visible dirt off the vegetables and give them a rough chop. You don't even need to peel them first unless you really want to. (Some people even advocate leaving on the onion skins!) Throw all the vegetables in a pot big enough to hold them plus a few extra inches of water. 3. Cover with water and bring to a simmer. Cover the vegetables with enough water that you can easily stir them in the pot. Less water means that your stock will be more concentrated; more water makes a lighter-flavoured stock. Set the pot over medium-high heat and bring it to just under a boil. Once you start to see some bubbling around the edges of the pot and a few wisps of steam on the surface, turn the heat down to medium-low. 4. Simmer for about 1 hour. This isn't an exact science, but one hour is generally enough time to infuse the water with vegetable goodness. If you need to take it off the heat a little early or don't get to it until a little later, it will be fine. Give it a stir every now and again to circulate the vegetables.

	5. Strain and store. Take the pot off the stove and remove all the vegetables with a slotted spoon. Set a colander or strainer over a big bowl and line it with cheesecloth or coffee filters. Pour the stock through. If not using immediately, divide the stock into storage containers, cool completely, and then freeze.
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3.3.2.3 Self-Assessment

- i. What are the qualities of a good stock?
- ii. What are the ways of storing vegetable stock?
- iii. Prepare vegetable stock using season vegetables and herbs.
- iv. Hot stock should not be cooled in a refrigerator. Explain why?
- v. A stock will turn cloudy if
 - A. It is skimmed of fat regularly
 - B. It is simmered gently
 - C. It is boiled rapidly
- vi. Prepare and begin to cook 2 litres of Vegetable stock.
- vii. You need to prepare a braised dish. Which of the following will you use?
 - A. White stock
 - B. Brown stock
 - C. Can use either white or brown stock
 - D. Can use neither white nor brown stock
- viii. Which of the following ingredient should not be added to a stock?
 - A. Olive oil
 - B. Garlic
 - C. Salt
 - D. Herbs
- ix. Which of the following is not a key process of preparing stock?
 - A. Simmering
 - B. Skimming
 - C. Straining
 - D. Sponging
- x. What is the normal cooking time for vegetable stock?
 - A. 45 minutes – 1 hour
 - B. 2-3 hours
 - C. 4-6 hours
 - D. 6-8 hours

3.3.2.4 Tools, Equipment, Supplies and Materials

Stove kitchen, slow cooker, pots, strainer, knife, spoons, water, vegetables, storage containers

3.3.2.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)

3.3.3 Learning Outcome 2: Preparing chicken stock

3.3.3.1 Learning Activities

The following are the performance criteria:

- Ingredients are selected as per the recipe
- Ingredients are prepared as per the recipe
- Hygiene standards and procedures are observed as per HACCP
- Prepare chicken stock ingredients as per the recipe
- Cook the stock according to recipe
- Boil and simmer ingredients as per the recipe
- The stock is strained as per the recipe
- Chicken stock is cooled as per the recipe
- Store/use as per the specifications

Trainees to demonstrate knowledge in relation to:

- Chicken stock ingredients
- Methods of preparing of stock ingredients
- Methods of cooking chicken stock
- Procedure of straining stock
- Storage of stock
- Food costing/budgeting

3.3.3.2 Information Sheet

Chicken stock is made with **chicken** liquid in which meat and vegetables are simmered; used as a basis for e.g. soups or sauces; chicken stock may be made either white or brown. Below are some of the ingredients that you may use to make a sweet chicken stock; bones from a cooked **chicken** carcass including skin, carrots, onion, celery, black peppercorns, dried bay leaf, fresh parsley stalks and sprig fresh thyme.



Source: <https://www.essentials.co.za/caxton/how-to-make-your-own-chicken-stock>

Figure 13: Chicken stock

The method of preparation will vary depending on whether you are preparing white chicken stock or brown chicken stock.

For **white chicken stock** you will first need to blanch the bones by covering them with cold water. Bring to the boil and simmer for a few minutes, then run off the water and wash the bones under hot water to remove all traces of fat and scum. Rinse under cold water until all impurities have been washed away.

For **brown chicken stock** you will first need to brown the bones in fat in an oven at 220 Celsius then strain off all surplus fat. Brown the vegetables in fat in a frying pan on top of the stove or in a hot oven then strain off the entire surplus fat.

The rest of the procedure is similar for both white and brown stock. Place the **chicken** carcasses, garlic, vegetables, herbs and peppercorns in a large, deep-bottomed

pan. Add the cold water and bring to the boil, skim, and then turn the heat down to a simmer. Continue to simmer gently for 3-4 hours, skimming as necessary.

To strain your stock, ensure you pass the stock through a fine sieve.

Chicken **stock** can be stored in the refrigerator for 4-5 days, frozen 6-9 months, or pressure-canned for 1 year, for best results. Once cooled, freeze **stock** in various increments - ice cube trays work great when needing a few tablespoons; 1/2 cup, 1 cup, 2 cups are common in recipes; 6-8 cups work best for soups.

Watch: How to make chicken stock:

<https://youtu.be/plz4JWEbchU>

<https://youtu.be/V23HlsUdbaM>

Watch: Difference between stock and broth: <https://youtu.be/kLiXg6sDu7Y>

Recipe	Chicken Stock
Ingredients	• 4 pounds chicken • 7 cups water • 1 large onion, halved • 3 stalks celery • 3 carrots, cut into 2 inch pieces • 1 bay leaf • 1 teaspoon grated fresh ginger • Salt to taste
Preparation time	1 h
Cook time	3 h
Ready in	4 h
Direction	1. Place the chicken in a large pot over high heat. Add water to cover and bring to a boil, then reduce heat to medium low and simmer for 1 hour. 2. Remove chicken from pot. Leave water in pot. Cool chicken. Remove skin and bones from chicken. Return bones and skin to pot. Add onions, carrots, celery, bay leaf, ginger, and salt. Continue simmering for 3 to 4 hours. 3. Strain and cool the stock, uncovered. 4. Use the meat for soups, salads, sandwiches, or other dishes where cooked chicken is needed. After stock has been defatted, use or freeze immediately.

3.3.3.3 Self-Assessment

- List the ingredients and methods for preparing white chicken stock.
- Prepare brown chicken stock.
- Identify the difference between white and brown stock.

- vi. Prepare carcass for chicken stock.
- v. Prepare and begin to cook 1litre of white chicken stock.
- vi. Which of the following can you use for preparing chicken stock?
 - A. White stock
 - B. Brown stock
 - C. Can use either white or brown stock
 - D. Can use neither white nor brown stock
- vii. What is the normal cooking time for white chicken stock?
 - A. 1 hour
 - B. 2 hours
 - C. 3 hours
 - D. 4 hours
- viii. For how long can frozen chicken stock be stored?
 - A. 4-5 days
 - B. 6-9 months
 - C. 1 year
 - D. It must be consumed immediately
- ix. How do you blanch bones for white chicken stock? By covering them with:
 - A. Cold water
 - B. Warm water
 - C. Hot water
 - D. Oil

3.3.3.4 Tools, Equipment, Supplies and Material

Stove kitchen, slow cooker, pots, strainer, knife, spoons, water, vegetables, storage containers, chicken

3.3.3.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)

3.3.4 Learning Outcome 3: Preparing beef/lamb stock

3.3.4.1 Learning Activities

The following are the performance criteria:

- Ingredients are selected as per the recipe
- Ingredients are prepared as per the recipe
- Prepare beef/lamb stocks ingredients as per the recipe
- Hygiene standards and procedures are observed as per HACCP
- Cook the stock according to recipe
- Boil and simmer ingredients as per the recipe
- The stock is strained as per the recipe
- Beef/lamb stock is cooled as per the recipe
- Store/use as per the specifications

Trainees to demonstrate knowledge in relation to:

- Meat/lamb stock ingredients
- Methods of preparing stock ingredients
- Preparing glazes and essences
- Methods of cooking meat/lamb stock
- Procedure of straining stock
- Storage of stock
- Food costing/budgeting

3.3.4.2 Information Sheet

The following are some of the ingredients you might use while preparing **meat/lamb stock**. Olive oil, raw lamb or beef bones, cold water, carrots, onions, celery, leek, garlic, parsley, thyme, salt, peppercorns, rosemary, bay leaves, whole cloves and whole pods cardamom.

Glaze is a reduced stock that is used to enhance the flavour of soups and sauces. To achieve a glaze, the stock must be clear and free from fat. Simmer the stock gently and the surface during the cooking to keep the glaze clear. Glaze is used to enhance flavor. **Watch:** How to prepare glazes: https://youtu.be/htw_rPW8-J8

Washing and chopping the ingredients should be done to enhance easy straining. The method of making brown meat/ beef stock is by first browning, then roasting and boiling.

Following are the steps for preparing brown stock:

- Add the oil to a large skillet over medium-high heat; add the bones and brown on all sides for about 5 minutes.
- Add the bones (along with any juices in the skillet) to a large stockpot along with the water; bring to a full boil over high heat, skimming off any foam or scum that rises to the top.
- Once boiling, turn heat down and simmer 1 hour with the lid on but slightly ajar, skimming off.

- Add the oil to a large skillet over medium-high heat; add the bones and brown on all sides, about 5 minutes.
- Add the bones (along with any juices in the skillet) to a large stockpot along with the water; bring to a full boil over high heat, skimming off any foam or scum that rises to the top.
- Once boiling, turn heat down and simmer 1 hour with the lid on but slightly ajar, skimming off any scum from the top.
- Add all remaining ingredients, turn heat up to high, and bring to a boil again; turn heat down and simmer uncovered 4 hours. Cool and strain through a cheesecloth-lined colander placed over a large pot to catch the stock, squeezing the cheesecloth to extract as much stock as possible; discard the solids.
- Pour the stock into freezer-safe storage containers, cool to room temperature, and then refrigerate overnight. The next day, skim the fat off the top; keep the stock in the fridge for up to 3 days or in the freezer for longer storage.



Source: <https://www.bonappetit.com/recipe/roast-beef-stock>

Figure 14: Beef stock

Watch: How to prepare lamb stock:

<https://youtu.be/USbJuOIE2m8>

<https://youtu.be/914uOWT-474>

https://youtu.be/QxvQMHf_SKw

Read: How to prepare meat stock: <http://www.rocook.com/en/recipes/elaboracion-base-fondo-de-carne.html>

Recipe	Beef Stock
Ingredients	• 6 pounds beef soup bones • 1 large onion • 3 large carrots • 1/2 cup water • 2 stalks celery, including some leaves • 1 large tomato • 1/2 cup chopped parsnip • 1 medium potato • 8 whole black peppercorns • 4 sprigs fresh parsley • 1 bay leaf • 1 tablespoon salt • 2 teaspoons dried thyme • 2 cloves garlic • 12 cups water
Preparation time	25 min
Cook time	5 h 45 min
Ready in	6 h 10 min
Direction	1. Preheat oven to 450 degrees F (230 degrees C). 2. Trim root end off onion. Slice or quarter the onion, peel and all. Scrub carrots and chop into 1-inch chunks. In a large shallow roasting pan, place soup bones, onion, and carrots. Bake, uncovered, about 30 minutes or until the bones are well browned, turning occasionally. 3. Drain off fat. Place the browned bones, onion, and carrots in a large soup pot or Dutch oven. Pour 1/2 cup water into the roasting pan and rinse. Pour this liquid into soup pot. 4. Scrub the potato and chop it into chunks, peel and all. Chop the celery stalks into thirds. Add celery, tomato, parsnip, potato, peppercorns, parsley (including stems), bay leaf, salt, thyme, and garlic to the pot. Pour in the 12 cups of water. 5. Bring mixture to a boil. Reduce heat. Cover and simmer for 5 hours. Strain stock. Discard meat, vegetables, and seasonings. 6. To clarify stock for clear soup: In order to remove solid flecks that are too small to be strained out with cheesecloth, combine 1/4 cup cold water, 1 egg white, and 1 crushed eggshell. Add to strained stock. Bring to a boil. Remove from heat, and let stand 5 minutes. Strain again through a sieve lined with cheesecloth.

3.3.4.3 Self-Assessment

- i. List the ingredients and describe the cooking method s for beef stock.
- ii. How you differentiate between white and brown meat stock.
- iii. Identify the nutritional value of meat stock. Compare meat stock with chicken stock.

- vi. Prepare 2 litres of beef stock.
- v. Prepare 2 litres of lamb stock. Use the stock to prepare lamb meal for lunch serving.
- vi. Why is Glaze used in soups and sauces?
 - A. To add shine to the soup/sauce
 - B. To add sweetness to the soup/sauce
 - C. To enhance the flavor of the soup/sauce
 - D. To thicken the soup/sauce
- vii. What is the normal cooking time for beef stock?
 - A. 2 hour
 - B. 3 hours
 - C. 4 hours
 - D. 6 hours
- viii. For how long can you refrigerate and use meat stock?
 - A. 3 days
 - B. 2 weeks
 - C. 1 month
 - D. It must be consumed immediately

3.3.4.4 Tools, Equipment, Supplies and Materials

Stove kitchen, slow cooker, strainer, knife, spoons, water, vegetables, storage containers, beef, lamb

3.3.4.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington, Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)

3.3.5 Learning Outcome 4: Preparing fish and seafood stock

3.3.5.1 Learning Activities

The following are the performance criteria:

- Ingredients selected as per the recipe
- Ingredients are prepared as per the recipe
- Hygiene standards and procedures are observed as per HACCP
- Prepare fish and sea food stocks ingredients as per the recipe
- Cook the stock according to recipe
- Boil and simmer ingredients as per the recipe
- The stock is strained as per the recipe
- Fish and sea food stock is cooled per the recipe
- Store/use as per the specifications

Trainees to demonstrate knowledge in relation to:

- Fish stock ingredients
- Methods of preparing of stock ingredients
- Methods of cooking fish stock

- Procedure of straining stock
- Storage of stock
- Food costing/budgeting

3.3.5.2 Information Sheet

Fish stock forms the basis of many dishes, particularly fish soups and sauces. Fish stock is usually made with fish bones and fish heads and finely chopped mirepoix. Concentrated fish stock is called "fish fumet". Stock can also be made using other seafood's. For example, prawn stock made from simmering prawn shells is used in Southeast Asian dishes such as laksa. Fish stock may be used in a dish known as; fish consommé is a type of clear soup made from richly flavored fish stock that has been clarified usually through a fining process involving egg protein.

Chowders a variation of classic fish stock where the head and trim are used. This can produce a fatty and cloudy stock as opposed to solely bones are a great use for stocks, as well as a poaching liquid for other fish.

Fish bones should be washed before use but never blanched as will lose flavor. Due to the short cooking time, mirepoix or other vegetables should be cut small and sweated to encourage flavor extraction. A few basic rules for preparing fish stock are:

- The stock ingredients are simmered starting with cold water.
- Stocks are simmered gently, with bubbles just breaking the surface, and not boiled. If a stock is boiled, it will be cloudy.
- Salt is usually not added to a stock, as this causes it to become too salty, since most stocks are reduced to make soups and sauces.
- The fish is added to a stock before vegetables, and the "scum" that rises to the surface is skimmed off before further ingredients are added.
- If the cook wants to remove the fat after the stock is finished, it can be cooled in a refrigerator. The fat then floats and separates into solid globs or into a sheet like ice on a lake, and can be removed with ease.
- Stocks can be frozen and kept indefinitely but are better fresh.



Source: <https://www.thespruceeats.com/homemade-fish-stock-recipe-996163>

Figure 15: Fish stock

Fish stocks can be prepared in various ways here are some of the ingredients that you may use; fish bone, olive oil, onions, leeks, celery sticks, fennel bulb, dry white wine, parsley stalks, thyme, white peppercorns lemons. The method of preparation is by:

- Washing the bones for one hour.
- Heat the olive oil in a pan that will hold all the ingredients and still have a 1cm gap at the top of skimming .Add all the vegetables and sweat without colour for 3minutes.
- Add the fish bones and sweat for a further 3minutes.
- Add the white wine and enough water to cover, bring to simmer, skim off the impurities and add the herbs, peppercorns and lemon. Turn off the heat.
- Infuse for 25 minutes, then pass into another pan and reduce by half .the stock is now ready for use.
- Strain using a muslin cloth to remove all sediment.

Recipe	Fish stock
Ingredients	• 2 pounds fish bones and heads, rinsed • 6 cups water • 1 cup dry white wine • 1 medium leek, sliced • 1 medium onion, thinly sliced • 1 celery rib, thinly sliced • 1 garlic clove, coarsely chopped • 3 bay leaves • 1 teaspoon whole black peppercorn • 1 teaspoon sea salt
Preparation time	15 min
Cook time	45 min
Ready in	1 h
Direction	In a large pot, combine the fish bones and heads with the water, white wine, sliced leek, onion and celery and the chopped garlic, bay leaves, peppercorns and sea salt and bring the fish stock to a simmer over moderately low heat. Simmer the stock for 30 minutes. Strain the fish stock through several layers of moistened cheesecloth.

Read: How to prepare fish stock: <https://www.bonappetit.com/recipe/easy-fish-stock>

Watch: How to prepare shrimp stock: <https://youtu.be/ua6Q4oAnUEw>

Watch: How to prepare fish stock: <https://youtu.be/6Y6-6190FWM>

Watch: How to prepare seafood stock: <https://youtu.be/5gSPL532SOo>

3.3.5.3 Self-Assessment

- List the ingredients and describe the cooking methods for shrimp stock.
- How should you store fish stock?
- Prepare 2 lts of fresh fish stock.
- Prepare list of menu based on utilizing fish stock efficiently.
- Prepare a costing of menu for fish stock.
- What is reduced fish stock called?
 - Fish scott
 - Fish fumet
 - Fish burlet
 - Fish laksa
- Why should fish bones be washed but never blanched before cooking?
 - Will lose flavor
 - Will become hard
 - Will become too soft
 - Will lose nutritious value

viii. Fish stock can be ready in?

- A. 1 hour
- B. 2 hours
- C. 3 hours
- D. 4 hours

3.3.5.4 Tools, Equipment, Supplies and Materials

Stove kitchen, cooker, strainer, knife, spoons, water, fish, storage containers, vegetables

3.3.5.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)

CHAPTER 4: SOUPS

4.1 Introduction

This unit specifies the competencies required to plan, prepare and present soups. It involves preparing various soups: cream, puree, clear, cold, national and bisques.

4.2 Performance Standard

- Demonstrated the ability to select ingredients for preparing various soups
- Demonstrated the ability to prepare various soups
- Demonstrated expertise in using various cooking methods in preparing soups
- Demonstrated ability to observe hygiene in the kitchen

4.3 Learning Outcomes

4.3.1 List of the Learning Outcomes

These are the key learning outcomes, which make up workplace function:

- Prepare cream soups
- Prepare puree soups
- Prepare clear soups
- Prepare cold soups
- Prepare national soups
- Prepare bisques

4.3.2 Learning Outcome 1: Preparing cream soups

4.3.2.1 Learning Activities

The following are the performance criteria:

- Ingredients selected as per the recipe
- Ingredients prepared as per the recipe specifications
- Hygiene standards and procedures observed as per HACCP
- Vegetables (where necessary) prepared as per the recipe
- Stock added as per the recipe
- Soup simmered till cooked
- Thickening agent (where necessary) added as per the recipe
- Seasoning and taste checked as per recipe
- Cream/milk added
- Garnish, Present and dispense soup as per recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Define soups
- Various types of soups
- Uses of different types of soups
- Soup ingredients and their selection
- Procedure for making cream soup
- Methods of preparing vegetables for soups e.g. sweating
- Ingredients for cream soups

- Thickening ingredients for soups
- Seasoning soups
- Garnishing soups
- Nutritional value of soups
- Presentation

4.3.2.2 Information Sheet

Soup is a popular menu choice as an appetizer or as a main course. Customers like the variety of flavours and nutrition that different soups provide.

Soups are frequently served at lunch and dinner. A lunch special may include a combination of soup and salad, soup and potato, or soup and sandwich. Soups are frequently served at lunch and dinner. A lunch special may include a combination of soup and salad, soup and potato, or soup and sandwich. The word soup originates from sop, a dish consisting of a soup or thick stew that was soaked up with bread.

Soup can help those on limited-calorie diets eat healthful, nutritious meals with fewer calories. Researchers from Penn State University gave some participants low-calorie soup made of chicken broth, broccoli, potato, cauliflower, carrots and butter before eating a main course. Other participants did not have soup. Participants ate 20% fewer calories when they had both the soup and the main course than when they did not have the soup. The researchers tested different varieties of the same soup recipe, and found that they all had the same effect.

Watch: Introduction to soups and history: https://youtu.be/xwzQYn_MPVE

Read: Nutritional benefits of vegetable soup: <https://www.livestrong.com/article/251690-nutrition-facts-for-vegetable-soup/>

Soups are usually classified as clear or unthickened soups, thick soups, and specialty soups. When making soups it is important to use fresh, quality ingredients, that have been peeled, prepared and weighted. Soup preparation uses base such as stock or cut vegetables. Soups may be passed or unpassed using a strainer to obtain consistency. Key finishing ingredients include – chopped herbs, cream, croutons etc.

Watch: How to prepare for making soups, stocks and sauces: <https://youtu.be/ojZlgseX7Xo>

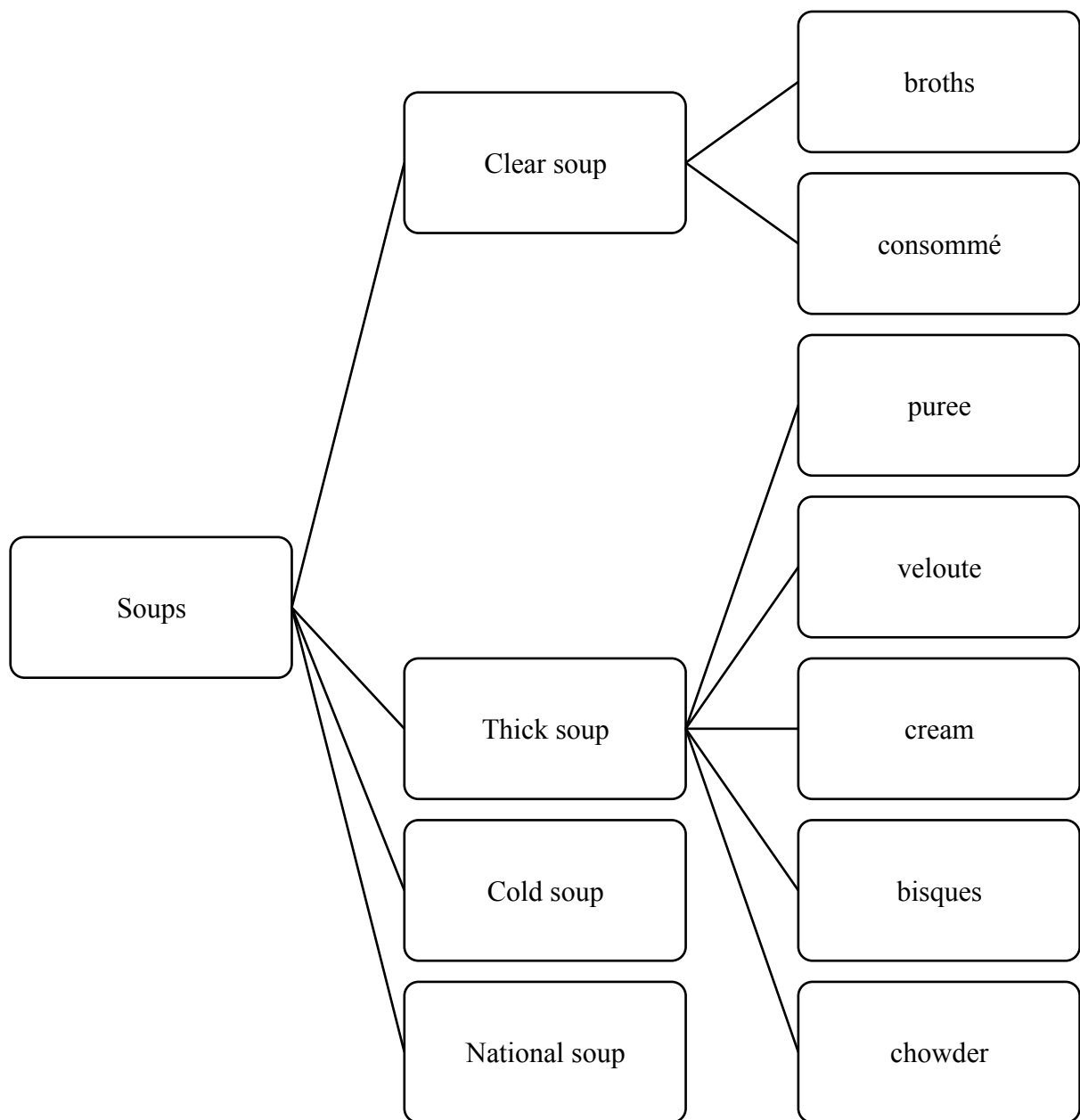


Figure 16: Types of soups

Cream soup Any type of soup that is prepared by adding cream at the end of the cooking process. Cream soup can be made from a veloute base such as cream of chicken and cream of mushroom, but they can be made from a puree base and finished with cream. For example, cream of vegetable soup and cream of green pea soup. The soup is often pureed before the cream is added. The finished soup has a smooth texture and rich flavor even when simple ingredients such as grains, vegetables, meat, or fish are used as the basis for the soup.



Source: <https://www.myrecipes.com/recipe/creamy-potato-soup-0>

Figure 17: Cream soup

Watch: How to prepare cream soup: <https://youtu.be/QkhvS-4veno>

Watch: Different types of soups: <https://youtu.be/vUEL9QAxm4>

Read: Quick and easy creamy vegetable soup recipe and presenting:
<https://youtu.be/qxeWU6ygnB8>

Read: How to thicken cream soup: <https://youtu.be/QGBzLguYRUI>

Read: List of recipes for cream soup: <https://www.allrecipes.com/recipes/172/soups-stews-and-chili/soup/cream-soups/>

Recipe	Chicken Cream Soup
Ingredients	• 1/2 cup butter • 6 tablespoons all-purpose flour • 2 cups milk • 2 cubes chicken bouillon • Ground black pepper to taste
Preparation time	10 min
Cook time	15 min
Ready in	15 min
Direction	1. Melt butter in a saucepan. Add flour and make a paste. Add milk and bouillon cubes. Cook over low heat until thickened. Add pepper to taste. Add more milk when adding the other soup ingredients, depending on the thickness you desire. 2. To this base you may add steamed broccoli and cheese; or chunks of baked potato (peel and all) with cheese, bacon pieces, and chives; or pureed, stewed tomatoes for a bisque; or leeks that have been cleaned well, steamed, and chopped; or cooked asparagus cut in pieces (if canned asparagus is used, add some of the liquid as well), topped with grated cheese and bacon pieces.

Recipe	Carrot Cream Soup with Ginger
Ingredients	• 1 tablespoon olive oil • 2 onions, finely chopped • 1 clove garlic, minced • 3 cups peeled and chopped carrots • 2 1/2 cups vegetable broth • 1 teaspoon finely grated fresh ginger salt and • Freshly ground black pepper to taste 1 pinch white sugar
Preparation time	10 min
Cook time	30 min
Ready in	40 min
Direction	1. Heat oil in a large pot over medium-low heat and cook onions until soft and translucent, about 5 minutes. Add garlic and cook until fragrant, about 1 minute. Stir in carrots and cook until softened, 3 minutes more. Pour in vegetable broth and bring to a boil. Season with ginger, salt, pepper, and sugar. Cover, reduce heat, and simmer until vegetables are soft and cooked through, about 15 minutes. 2. Puree carrot soup with an immersion blender until smooth. Add heavy cream and heat through. Puree once more quickly with immersion blender, and season with salt and pepper.

Recipe	Creamed Broccoli Soup
Ingredients	• 3 tablespoons butter • 1 onion, chopped • 4 large carrots, chopped • 1 clove garlic, chopped • 4 cups water • 4 tablespoons chicken bouillon powder • 1 pound fresh broccoli florets • 2 cups half-and-half • 3 tablespoons all-purpose flour • ¼ cup ice water • 1 tablespoon soy sauce • ½ teaspoon ground black pepper • ¼ cup chopped parsley
Preparation time	20 min
Cook time	45 min
Ready in	1h 5 min
Direction	1. Melt butter in a saucepan over medium heat; add chopped onions, carrots, and garlic, and cook for 5 minutes, stirring occasionally until softened. 2. In a medium-sized cooking pot, add 4 cups water and chicken bouillon granules and bring to boil. Add precooked onion mixture to soup pot. Add broccoli florets, reserving a few pieces to be added near the end of cooking time. Reduce heat and simmer, covered, for 15 to 20 minutes or until broccoli is just tender. 3. In a blender or food processor, puree soup in batches and return to pot. Stir in half and half cream and remaining broccoli florets. 4. In a cup, mix flour with 1/4 cup cold water to form a thin liquid. 5. Bring soup to boil; add flour mixture slowly, stirring constantly to thicken soup as desired. Add soy sauce, black pepper, and stir well. Garnish with chopped parsley (or carrot curls) when serving. Serve soup hot or cold.

4.3.2.3 Self-Assessment

- Soups are often flavored with a 'bag of herbs', herbs that are simply tied in cheesecloth and simmered in the liquid. What is the correct term for the spice bag?
- Define cream soup.
- List two types of cream soup.
- List the steps for preparing cream soup.
- You have ten litres of vegetable soup in the walk-in prepared by a chef on the morning shift. You are going to serve the soup this evening and the dinner shift lasts from 6PM to 10PM. How should you prepare the soup for service and what factors played into this decision?

- vi. You have a KOT for a guest. The guest is allergic to dairy product. The soup of the day is carrot cream soup. What are the alternatives that you could suggest to the waiter?
- viii. Prepare chicken cream soup and identify the nutritional benefits.
- ix. Which of the following is a popular cold soup?
 - A. Chicken soup
 - B. Gazpacho soup
 - C. Sweet corn soup
 - D. Fish consommé
- x. Miso soup is a _____.
 - A. Clear soup
 - B. Cream soup
 - C. Can be cooked both ways as above
 - D. None of the above
- xi. A good consommé has body and will thicken or solidify when cold because of its natural gelatin content.
 - A. True
 - B. False

4.3.2.4 Tools, Equipment, Supplies and Materials

Stove, stock pot, water, vegetable, flour, ladle, food processor, blender, and seasonings

4.3.2.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foscett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- <https://www.theculinarypro.com/soups>

4.3.3 Learning Outcome 2: Preparing puree soups

4.3.3.1 Learning Activities

The following are the performance criteria:

- Ingredients selected as per the recipe
- Ingredients prepared as per the recipe specifications
- Hygiene standards and procedures observed as per HACCP
- Vegetables (where necessary) prepared as per the recipe
- Stock added as per the recipe
- Soup simmered till cooked
- Thickening agent (where necessary) added as per the recipe
- Seasoning and taste checked as per recipe
- Garnish, present and dispense soup as per recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Puree soup ingredients
- Distinguish between various types of soups
- Uses of different types of soups
- Soup ingredients and their selection
- Procedure for making cream soup
- Methods of preparing vegetables for soups e.g. sweating
- Ingredients for cream soups
- Thickening ingredients for soups
- Seasoning soups
- Garnishing soups
- Nutritional value of soups
- Presentation

4.3.3.2 Information Sheet

A **purée (or mash)** is cooked food, usually vegetables, fruits or legumes, that has been ground, pressed, blended or sieved to the consistency of a creamy paste or liquid. **Pureed soups** or **Potages purées** are soups that are thickened through pureeing their main ingredients.

Ingredients for most pureed soups are pulses, vegetables or potatoes. Those ingredients define the type, taste and the thickness of the soup. While pulses have a relatively high proportion of starch and are enough to thicken a soup, vegetable or potato soups sometimes need further binders such as wheat flour or rice flour. Cooked soups are often mounted with butter or refined with fresh, chopped herbs, cream and/or a liaison. Some well known pureed soups are: farmhouse vegetable soup, green pea soup, potato soup, carrot soup etc.

Read: Introduction to puree soups and recipes: <http://www.wholeliving.com/185174/10-pureed-soup-recipes>



Source: <https://www.strongertogether.coop/food-lifestyle/cooking/pureed-vegetable-soups>

Figure 18: Puree soup

Watch: How to make a puree soup: <https://youtu.be/hq1MqH43j4w>

Watch: How to prepare vegetable puree soup: <https://youtu.be/zFsuWYbd3Ls>

Recipe	Potato puree soups
Ingredients	• 1 onion, chopped • 1/4 cup margarine • 5 baking potatoes, peeled and chopped • 8 cups chicken broth • 1 teaspoon salt • 1/2 teaspoon ground white pepper • 2 carrots, cut into • 1 inch pieces • 4 stalks celery tops • 1 (12 fluid ounce) can evaporated milk
Preparation time	15 min
Cook time	15 min
Ready in	15 min
Direction	1. In a stock pot, sauté onion in butter until yellow and soft. Add chicken stock, carrots, celery tops and potatoes. Stir in salt and white pepper. Bring to a boil and then reduce heat and cook until vegetables are tender enough to easily pierce with a fork.

	2. Remove carrots and celery tops and discard. Add evaporated milk and heat through. 3. Using a food processor or blender, puree soup in small batches. Return to stock pot and keep over low heat until ready to serve, making sure soup does not scorch if not serving immediately. Garnish with chives and serve.
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4.3.3.3 Self-Assessment

- i. What is a puree?
- ii. Provide two examples of puree soups.
- iii. What are the various thickening agents used for puree soup?
- iv. What is the main liquid in puree soup?
 - A. Stock or water
 - B. Stock or veloute
 - C. Broth or stock
 - D. None of the above
- v. Which of the following is a puree soup?
 - A. Bisque
 - B. Classic Tomato
 - C. Bouillon
 - D. Chowder
- vi. _____ is a cold puree soup containing leeks, potatoes and cream.
 - A. Vichyssoise
 - B. Mexican Posole
 - C. Mulligatawny
 - D. Pho

4.3.3.4 Tools, Equipment, Supplies and Materials

Stove, stock pot, water, vegetable, flour, ladle, food processor, blender, seasonings

4.3.3.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- <https://www.theculinarypro.com/soups>

4.3.4 Learning Outcome 3: Preparing clear soups

4.3.4.1 Learning Activities

The following are the performance criteria:

- Ingredients selected as per the recipe
- Ingredients prepared as per the recipe specifications
- Hygiene standards and procedures observed as per HACCP
- Vegetables (where necessary) prepared as per the recipe
- Clarify (Egg white added) as per the specification

- Stock added as per the recipe
- Soup simmered till cooked
- Seasoning and taste checked as per recipe
- Garnish, present and dispense soup as per recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Clear soup ingredients
- Distinguish between various types of soups
- Uses of different types of soups
- Soup ingredients and their selection
- Procedure for making clear soup
- Methods of preparing vegetables for soups e.g. sweating
- Ingredients for clear soups
- Seasoning soups
- Garnishing soups
- Nutritional value of soups
- Presentation

4.3.4.2 Information Sheet

A clear soup is made from clear stock or broth. Clear soups are not thickened. Broth, sometimes called a bouillon, is made from simmered meat and vegetables. Vegetable soup is made from a clear stock or broth that has been seasoned and may include meat, vegetables, and a starch such as potatoes, rice, or noodles. A concentrated, clear soup that is made from a rich broth is called a consommé.



Source: <http://www.americangarden.us/en/recipe/vegetable-clear-soup/>

Figure 19: Vegetable clear soup

Clear soups are made primarily of broths that can stand alone as a dish. Broths are more flavorful than stocks because the meat, not merely the bone, is simmered along with the other ingredients. A broth will have even more flavor when stock, rather than water, is used as the liquid ingredient for the soup. Clear soups are relatively simple to prepare. It is important that the ingredients are of the highest quality available.

Watch: How to make vegetable clear soup:

<https://www.youtube.com/watch?v=9RPfZ3QBLy0>

Watch: How to make broth: <https://www.youtube.com/watch?v=ftHl3FBdVBQ>

Consommé is made from stock or broth. The broth is reduced to evaporate some of the water. This makes the liquid more concentrated. A consommé's strong flavor is its most important characteristic, or feature. Second to its richness, however, is the clarity of the consommé. To clarify a consommé means to remove the particles as they float to the top. This way the particles do not cloud the consommé, and it remains clear. Because a consommé must be completely clear, starting with the best broth is very important.

Watch: How to make consommé:

<https://www.youtube.com/watch?v=IR3IDPmr2Xg>

<https://www.youtube.com/watch?v=S1JbSGiWdV8>

<https://www.youtube.com/watch?v=ElqFbU5cDFI>

Recipe	Clear soup
Ingredients	• Stock • Celery salt • Onion seasoning • Pepper
Preparation time	10 min
Cook time	15 min
Ready in	10 min
Direction	1. Remove all fat carefully from stock put into enameled pan and heat 2. Cut small pieces of vegetables boil until tender add to strained soup 3. Heat and serve.

Recipe	Chicken Clear Soup
Ingredients	• 400 gm Chicken boneless • 1 tbsp Ginger garlic paste • 4-5 pieces Onion cubes • 2 Potato medium size • 2 Carrots medium size • 4-5 pieces beans • 1 tbsp Olive oil

	• 2-3 cubes Butter • To taste Salt • 1 tsp black pepper • 1 tbsp lime juice
Preparation time	15 min
Cook time	30 min
Ready in	45 min
Direction	1. Heat oil in a deep pan add ginger garlic paste and onion and sauté. 2. Add carrots, beans, potato and salt and sauté. 3. Add chicken and add water and nice stir. 4. Add butter and black pepper and stir well. 5. Boiled it up to 20-25 min till the chicken and vegetables are cooked. 6. Add lime juice and serve hot.

4.3.4.3 Self-Assessment

- Give two examples for clear soup.
- At what temperature hot soups should be served?
- Prepare chicken clear soup
- Prepare vegetable clear soup using stock for serving for 4.
- Prepare 1 litre chicken broth.
- _____ is a rich flavorful stock or broth that has been clarified to make it perfectly clear and transparent.
 - Bisque
 - Chowder
 - Consommé
 - Bouillon
- The most important characteristic of a good consommé is _____.
 - Colour
 - Consistency
 - Ingredients
 - Strength
- The best cut of meat for clarifying consommé is _____.
 - Beef shank
 - Chicken breast
 - Pork ribs
 - Fish head

4.3.4.4 Tools, Equipment, Supplies and Materials

Stove, stock pot, water, vegetable, ladle, food processor, blender, and seasonings

4.3.4.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Fosskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder

Education an Hachette UK Company) (2015)

- <https://www.theculinarypro.com/soups>

4.3.5 Learning Outcome 4: Preparing cold soups

4.3.5.1 Learning Activities

The following are the performance criteria:

- Ingredients selected as per the recipe
- Ingredients prepared as per the recipe specifications
- Hygiene standards and procedures observed as per HACCP
- Vegetables (where necessary) prepared as per the recipe
- Stock added as per the recipe
- Soup simmered till cooked
- Seasoning and taste checked as per recipe
- Blend prepared ingredients with vegetable stock
- Chilling done if desired
- Garnish, present and dispense soup as per recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Cold soup ingredients
- Distinguish between various types of soups
- Uses of different types of soups
- Soup ingredients and their selection
- Procedure for making cold soup
- Methods of preparing vegetables for soups e.g. sweating
- Ingredients for cold soups
- Thickening ingredients for soups
- Seasoning soups
- Garnishing soups
- Nutritional value of soups
- Presentation

4.3.5.2 Information Sheet

Cold soups are a particular variation on the traditional soup, wherein the temperature when served is kept at or below room temperature. They may be sweet or savory. In summer, sweet cold soups can form part of a dessert tray. An example of a savory chilled soup is gazpacho, a chilled vegetable-based soup originating from Spain. Vichyssoise is a cold purée of potatoes, leeks, and cream. There are several types of cold soups, they include; Smoky Salmorejo, Spicy Avocado-Cucumber Soup, Chilled Persian Yogurt Soup among others. **Cold soup** is a soup that is made by combining ingredients of meat or vegetables with stock, or water.

Read: List of cold soups: https://en.wikipedia.org/wiki/List_of_cold_soups

Watch: How to prepare Gazpacho - Cold Spanish Tomato Soup:

<https://youtu.be/HF1yo3YFBXs>



Source: <https://www.drweil.com/diet-nutrition/recipes/cold-cucumber-soup/>

Figure 20: Cold soup

Watch: How to prepare cold cucumber soup recipe: <https://youtu.be/Fivx3DyWXjs>

Watch: How to prepare Vichyssoise Cream Soup Recipe: <https://youtu.be/lDDeRN3k8J0>

Read: Cold soup recipe and serving: <https://www.allrecipes.com/recipes/16138/soups-stews-and-chili/soup/cold-soups/>

Recipe	Cold cucumber soup
Ingredients	• 4 cucumbers - peeled, seeded, and coarsely chopped • 1 small garlic clove, chopped • 3 cups chicken broth, divided • 2 1/2 cups sour cream • 3 tablespoons white vinegar • 2 tablespoons seasoned salt
Preparation time	20 min
Cook time	1 hr
Ready in	1h20 min

Direction	1. Blend cucumbers, garlic, and 1 cup chicken broth in a blender until smooth. Add remaining 2 cups chicken broth, sour cream, vinegar, and seasoned salt; blend until smooth. Refrigerate soup until completely chilled, at least 1 hour.
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Recipe	Jade Garden Soup
Ingredients	• 2 tablespoons olive oil • 1 onion, chopped • 1 carrot, sliced • 2 stalks celery, sliced • 6 cups chicken stock • 1/3 cup uncooked white rice • 1 1/3 cups fresh spinach, washed and chopped • 1 1/3 cups butter lettuce - rinsed, and torn into small pieces • 1 1/3 cups chopped fresh parsley • Salt to taste • Ground black pepper to taste • 1 pinch cayenne pepper
Preparation time	25 min
Cook time	45 min
Ready in	1h 10 min
Direction	1. Heat olive oil in a large saucepan over medium heat. Stir in onion, carrot, and celery; cook and stir until the onion has softened and turned translucent and the vegetables are tender, about 5 minutes. 2. Pour in chicken stock and rice; bring to a boil. Cover, reduce heat to low, and simmer for 35 minutes or until rice is soft. 3. Stir in spinach, lettuce, and parsley; cook just until wilted. Season with salt, black pepper and cayenne pepper. Use an immersion blender (or blend in batches in a blender) until smooth. The soup may be thinned with more broth, if desired. Refrigerate overnight before serving. Garnish as desired.

Recipe	Green Gazpacho
Ingredients	• 2 cups diced honeydew melon • 1 English (seedless) cucumber, peeled and diced • 1 small onion, diced • 1 avocado - peeled, pitted, and chopped • 1 jalapeno pepper, seeded and coarsely chopped • 1 clove garlic, chopped • 1/4 cup white balsamic vinegar • 1 tablespoon lime juice salt and freshly ground black pepper to taste
Preparation time	25 min

Cook time	35 min
Ready in	55 min
Direction	1. Blend honeydew melon, cucumber, onion, avocado, jalapeno pepper, garlic, white balsamic vinegar, lime juice, salt, and black pepper in a blender until smooth. Adjust seasonings if desired and chill before serving.

4.3.5.3 Self-Assessment

- i. What are cold soups?
- ii. List the preparation and presentation steps for cold soups.
- iii. You are planning a wedding menu. Select appropriate cold soup for presentation. What are the ingredients required?
- iv. Prepare a cold soup of your choice and present.
- v. Why should you add cream to a cold soup at the last minute?
 - A. It helps prevent curdling.
 - B. It helps extend the soup's shelf life.
 - C. It helps add more flavour.
 - D. It helps in the consistency.
- vi. Cooked cold soups are considered potentially hazardous foods, especially if they contain
 - A. Potatoes
 - B. Beans
 - C. Dairy products
 - D. Carrots
- vii. Which cold soup is not a chilled version of a hot soup?
 - A. Consommé madrilène
 - B. Consommé portugaise
 - C. Vichyssoise
 - D. Gazpacho

4.3.5.4 Tools, Equipment, Supplies and Materials

Stove, stock pot, water, vegetable, ladle, food processor, blender, fridge, and seasonings

4.3.5.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foscett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- <https://www.theculinarypro.com/soups>

4.3.6 Learning Outcome 5: Preparing national soups

4.3.6.1 Learning Activities

The following are the performance criteria:

- Ingredients selected as per the recipe (specific to nationality)
- Ingredients prepared as per the recipe specifications
- Hygiene standards and procedures observed as per HACCP
- Vegetables (where necessary) prepared as per the recipe
- Stock added as per the recipe
- Soup simmered till cooked
- Seasoning and taste checked as per recipe
- Garnish, present and dispense soup as per recipe and style of service

Trainees to demonstrate knowledge in relation to:

- National soup ingredients
- Distinguish between various types of soups
- Uses of different types of soups
- Soup ingredients and their selection
- Procedure for making national soup
- Methods of preparing vegetables for soups e.g. sweating
- Ingredients for national soups
- Thickening ingredients for soups
- Seasoning soups
- Garnishing soups
- Nutritional value of soups
- Presentation

4.3.6.2 Information Sheet

Different nations have different soups available. Some of the most popular ones are - Thai Vegetable Curry Soup (Thailand), Butternut Squash Soup (South Africa), Miso Soup (Japan), French Onion Soup (France), Minestrone Soup (Italy) etc. (Source: https://en.wikipedia.org/wiki/List_of_soups)

Soups with strong ethnic identity use ingredients native to their place of origin. These soups fall into either category of clear or thick soups. Many are hearty varieties that can also be considered as stews.

Chowder – A hearty soup of French origin with a strong New England identity. The term chowder, from the French term faire chaudière, refers to the preparation of a fish stew in a cauldron. Chowders are prepared with clams or other seafood, but there are also vegetarian varieties, including corn and potato. They are traditionally cooked with salt pork and include potatoes as part of the garnish. Although often made as a thick soup with cream, chowder variations use tomato or a clear broth as well.

French Onion Soup (Soupe à l'oignon) – Recipes for this soup date back to the 17th century in France. The soup was often thickened with a little bread or flour but today is usually served as a clear soup with a cheese crouton gratinée. Cooking the onions until they are golden brown and caramelized lends incredible complexity to this soup.

Miso Soup (Misoshiru) – A traditional Japanese soup that incorporates dashi (stock), tofu, and miso. The dashi stock is prepared with niboshi (dried baby sardines), kombu (dried kelp), katsuobushi (thin shavings of dried and smoked bonito, aka skipjack (tuna), or hoshi-shiitake (dried shiitake). Although it is often prepared as a simple first course, miso soup may also include mushrooms, potatoes, seaweed, onion, shrimp, fish, and grated or sliced daikon.



Source: Google

Figure 21: National soups

Read: List of soups around the world: <http://kitchengeek.net/design/infographics/50-soups-and-stews-from-around-the-world/>

Read and Watch: The different types of national soups:
<https://visual.ly/community/infographic/food/national-soups-various-countries>

Read: About different national soups and their recipes:
<https://firstwefeast.com/eat/2014/11/global-soup-recipes>
<https://www.finecooking.com/collection/ultimate-classic-soups>
<https://www.brit.co/soups-around-the-world-recipes/>

Table 7: Variety of ethnic soups

Soups	Descriptions
Avgolemono	Greek soup prepared with chicken or meat, and thickened with egg, lemon and rice
Borscht	A beet soup of Eastern and Central European roots that is served hot or cold. Cold varieties include cultured cream or yogurt, and hot borscht include meat broth as its base
French Onion	A French soup of caramelized onion meat broth garnished with sherry or cognac, croutons and grated cheese
Gazpacho	A cold soup of Spanish origin made with bread, tomato, cucumber, bell pepper, onion and garlic, olive oil, wine vinegar and salt
Minestrone	An Italian soup with a meat or vegetable broth base, pasta or rice, bean, onions, celery, carrots and tomatoes
Miso	A Japanese soup made with dashi and miso, garnished with mushroom, potatoes, seaweed, onion, shrimp, fish or daikon
Oxtail soup	A popular soup in Asia, South America, and Europe made with beef tail, vegetables and barley or rice. IT may be a clear broth or thickened with flour
Pho	A Vietnamese noodle soup with beef or chicken and garnished with Asian basil, sawtooth herb, cilantro, green onion, lime and bean sprouts
Pozole	A Mexican soup or a stew with corn, pork, chicken or turkey, chilli pepper and other seasonings

Source: <https://www.theculinarypro.com/soups>

Recipe	Spice chicken Thai soup
Ingredients	• 3 lemongrass stalks, bottom two-thirds of tender inner bulbs only, thinly sliced • 4 cloves garlic, chopped • 1 (4 inch) piece fresh ginger root, chopped • 4 cups chicken broth • 1 tablespoon vegetable oil • 2 1/2 pounds skinless, boneless chicken thighs, cut into chunks • 12 ounces fresh white mushrooms, quartered • 2 teaspoons red curry paste • 3 tablespoons fish sauce • 1 lime, juiced • 2 (14 ounce) cans coconut milk • 1 red onion, sliced • 1/2 bunch cilantro, roughly chopped • 1 lime, cut into wedges, for serving • 1 fresh jalapeno pepper, sliced into rings
Preparation time	15 min
Cook time	1 min
Ready in	1h 15 min
Direction	1. Stir lemon grass, garlic, and ginger together in a large stock pot over medium-high heat. Stir in chicken broth and bring to a boil. Reduce heat to low and simmer for 30 minutes. 2. Strain chicken broth and set aside. Discard lemon grass, garlic, and ginger. 3. Heat vegetable oil in a large soup pot over medium heat; Stir in chicken; cook and stir for 5 minutes. 4. Stir in mushrooms and cook for 5 more minutes. 5. Stir in red curry paste, fish sauce, and lime juice until combined. Stir in chicken broth and coconut milk; return to a simmer and cook on low for 15 to 20 minutes. 6. Skim off any excess oil and fat that rises to the top and discard. 7. Stir red onion into the chicken mixture; cook and stir until onion softens, about 5 minutes. 8. Remove from heat and add about 1/2 the cilantro. 9. Serve with plates of cilantro, lime wedges, and fresh sliced jalapenos.

4.3.6.3 Self-Assessment

- List the top 10 national soups according to demand based on popularity.
- Prepare Asian and European soups. While identifying recipe, read and list origins and presentation practices.
- Prepare vegetarian soups using national ingredients. Example – Vegetable Thai Soup
- You have a medical conference in your hotel. Most of the guests are from South America. What kind of soup will you plan to prepare. What are the steps involved? What will be the budget for 100 people.
- What is the national soup of Japan?

- A. Menudo
 - B. Miso
 - C. Ginataan
 - D. Snert
- vi. _____ is a national soup that contains beets.
- A. Minestrone
 - B. French Onion Soup
 - C. Borscht
 - D. Tom Yum
- vii. What ingredients does Minestrone soup contain?
- A. Fish and leeks
 - B. Pasta and vegetables
 - C. Chicken and potatoes
 - D. Lamb and onions

4.3.6.4 Tools, Equipment, Supplies and Materials

Stove, stock pot, water, vegetable, ladle, food processor, blender and seasonings

4.3.6.5 References

<https://visual.ly/community/infographic/food/national-soups-various-countries>

4.3.7 Learning Outcome 6: Preparing bisques

4.3.7.1 Learning Activities

The following are the performance criteria:

- Ingredients selected as per the recipe
- Ingredients prepared as per the recipe specifications
- Hygiene standards and procedures observed as per HACCP
- Vegetables (where necessary) prepared as per the recipe
- Sauté ingredients as per the recipe
- Stock added as per the recipe
- Soup simmered till cooked
- Seasoning and taste checked as per recipe
- Garnish, present and dispense soup as per recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Bisque soup ingredients
- Distinguish between various types of soups
- Uses of different types of soups
- Soup ingredients and their selection
- Procedure for making bisque soup
- Methods of preparing vegetables for soups e.g. sweating
- Ingredients for bisque soups
- Seasoning soups
- Garnishing soups

- Nutritional value of soups
- Presentation

4.3.7.2 Information Sheet

Bisque is a smooth, creamy, highly seasoned soup of French origin, classically based on a strained broth (coulis) of crustacean. It can be made from lobster, langoustine, crab, shrimp, or crayfish.

Read: About bisque, origin and difference:

<https://www.thespruceeats.com/what-is-bisque-995579>

[https://en.wikipedia.org/wiki/Bisque_\(food\)](https://en.wikipedia.org/wiki/Bisque_(food))

The main characteristic of bisque is that it is smooth and has a velvety texture. Most recipes will include a wine and cream to give it its signature flavor and texture.

Watch: Difference between a soup and bisque: <https://youtu.be/w6NZ7-ctySI>

Watch: Ingredients of making bisque: <https://youtu.be/4thpMbDakgM>

Read: Procedure for vegetable bisque: <https://youtu.be/nBD5NIinQM0>

Read: Difference between bisque, soup and chowder: <https://youtu.be/w6NZ7-ctySI>



Source: Google

Figure 22: Bisque

Recipe	Corn and Crab Bisque
Ingredients	• 1/4 cup butter • 3/4 cup onion, chopped • 3 (14 ounce) cans chicken broth • 3 cloves garlic • 2 bay leaves 1/2 teaspoon cayenne pepper • 1 teaspoon Cajun seasoning salt and pepper to taste • 4 ears corn, kernels cut from cob • 1/2 cup half-and-half • 3 tablespoons all-purpose flour • 1/2 cup milk
Preparation time	15 min
Cook time	30 min
Ready in	45 min
Direction	1. Heat butter in a large pot over medium heat. Stir in onion; cook until soft and translucent. Pour in chicken broth, and bring to a boil. Stir in garlic, bay leaves, cayenne pepper, Cajun seasoning, salt, and pepper. Stir corn into boiling broth. Simmer about 10 minutes. Reduce heat to medium low. 2. Remove 1 cup of soup, and set aside to cool slightly. Then pour into a food processor. Pour in half-and-half. Puree for 30 to 45 seconds, and set aside. 3. In a small bowl, stir together flour and milk. Slowly stir into simmering soup. Stirring constantly, simmer for 1 to 2 minutes. Then stir in pureed mixture. 4. Reduce heat to low, stir in crab meat, and cook until warmed through, about 5 minutes.

Recipe	Tomato Bisque
Ingredients	• 2 cans stewed tomatoes • 1 cup heavy cream • 1 teaspoon dried basil
Preparation time	15 min
Cook time	30 min
Ready in	45 min
Direction	Place stewed tomatoes in a saucepan. Bring to boil, and then turn down to simmer. Stir in cream or nondairy creamer. Stir in basil, and serve.

Recipe	Tomato Bisque with Chicken
Ingredients	• 1 teaspoon dried basil • 1 teaspoon dried parsley • 2 cups shredded roasted chicken

	• 1/4 cup heavy whipping cream • 1 teaspoon sea salt, or to taste • Ground black pepper to taste
Preparation time	15 min
Cook time	20 min
Ready in	35 min
Direction	1. Heat olive oil in a large pot over medium heat. Cook and stir onion and garlic in hot oil until onion is soft, about 5 minutes. Sprinkle flour evenly over the onion mixture; add tomatoes, chicken broth, oregano, basil, and parsley. 2. Bring the liquid to a boil and cook until the tomatoes are softened, 8 to 10 minutes. 3. Pour soup into a blender no more than half full. Cover and hold lid in place. Pulse blender a few times before leaving on to blend. Puree soup in batches until smooth and return to the pot. 4. Stir chicken, heavy cream, sea salt, and pepper into the soup; simmer until the chicken is hot, about 5 minutes.

4.3.7.3 Self-Assessment

- What is a bisque?
- What is the finishing for bisque?
- Prepare prawn bisque.
- You are a chef at a Mombasa resort. You F&B Executive has asked you to prepare a menu plan for showcasing seafood. What are the options do you have? Prepare a detailed menu plan for the month. What are the inventories related aspects that you need to keep in consideration.
- You are given the responsibility of preparing SOPs for using seafood. There has been complaint from guest regarding the freshness of the seafood. What are the guidelines you will put in place?
- You are given a bowl of soup, bisque and chowder. How will you identify the differences between them?
- Traditional bisques are shellfish soups thickened with
 - Roux
 - Cooked rice
 - Cornstarch
 - Gelatin
- What might you use to prepare bisque?
 - Potatoes
 - Lobster
 - Carrots
 - Lamb
- Where does much of the bisque's flavor come from?
 - Wine
 - Tomato

C. Crustacean shells

D. Herbs

4.3.7.4 Tools, Equipment, Supplies and Materials

Stove, stock pot, water, fish or seafood, vegetable, seasoning

4.3.7.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foscett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)

CHAPTER 5: SAUCES

5.1 Introduction

This unit specifies the competencies required to plan, prepare and present various sauces. It requires the ability to select and prepare sauces but not limited to: brown, white, butter and mayonnaise sauces.

5.2 Performance Standard

- Demonstrated the ability to select ingredients for preparing various sauces
- Demonstrated ability to prepare various sauces
- Demonstrated expertise in preparing various sauces cooking methods in preparing food accompaniments
- Demonstrated ability to observe hygiene in the kitchen

5.3 Learning Outcomes

5.3.1 List of the Learning Outcomes

These are the key learning outcomes, which make up workplace function:

- Prepare brown sauces
- Prepare white sauces
- Prepare butter sauces
- Prepare mayonnaise sauces

5.3.2 Learning Outcome 1: Preparing brown sauces

5.3.2.1 Learning Activities

The following are the performance criteria:

- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Select type and size of equipment suitable to prepare the brown sauce
- Clean and cut ingredients as per the recipe
- Brown, deglaze (where necessary), add stock and cook as per recipe
- Reconstitute sauces as per the recipe
- Simmer, strain and season sauce as per the recipe
- Garnish, present/dispense sauces as per recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Define a sauce
- Uses of sauce
- Characteristics of brown sauce
- Brown sauce ingredients
- Cleaning and cutting ingredients
- Equipment used in sauce preparation
- Culinary cuts for vegetables
- Thickening ingredients for sauces
- Preparation of roux

- Seasoning sauces
- Garnishing sauces
- Storage of sauces
- Presentation

5.3.2.2 Information Sheet

Sauce is a term used in cookery to describe a wide range of flavoured liquids that are served as part of the meal, or dish. The addition of a sauce to a dish can be used to transform the overall presentation of a dish by adding flavor, moisture, richness and visual appeal.

Sauces are used for various purposes:

- **Flavour:** Sauces add flavour to the dish and at times, some liquids in which foods are cooked, are processed and served as accompanying sauces, or sometimes contrasting flavoured sauces are served to bring about the character of the dish. A succulent, well-roasted chicken is served with its own roast gravy but a duck is served classically with an orange sauce.
- **Moisture:** The most important reason to serve a sauce is to provide moistness to the food. A meat stew is a meal in itself and contains meat, starch such as potatoes, etc.
- **Visual Appeal:** Sauces are also used to provide a contrasting colour onto a plate, so that the overall appearance of the dish is enhanced and it looks like a work of art.
- **Texture:** This is one of the most important reasons as to why a sauce is served along with a dish. Sauces add texture to the food and enhance the overall experience.
- **Nutritional Factor:** The very need of providing the sauces in the first place was to use the liquid that has leached out during the cooking process. While roasting plump chicken, wonderful natural juices of the chicken ooze out from the flesh and get collected in the roasting pan. This way the nutrition is checked

Read and Watch: Different types of sauces: <https://www.slideshare.net/abgf19/the-different-kinds-of-sauces>

Watch: How to prepare for making soups, stocks and sauces: <https://youtu.be/ojZlgseX7Xo>

Brown sauce is a condiment used in the British and French cuisine. In some parts of the world, a combination of brown sauce and spirit vinegar is popularly served with fish and chips. It is either tarty or sweet with a peppery savor. Meat stock based brown sauce is more like gravy.



Source: Google

Figure 23: Brown sauce

There are four basic techniques for thickening sauces using the three most common ingredients: flour, cornflour, and arrowroot.

A **roux** is a combination of flour and butter that are cooked together to be used as a thickening agent for the sauce. The roux may be referred to as a white, blonde or brown roux, depending on the amount of cooking time allowed for the flour or mixture that increasingly darkens the roux as it cooks.

Watch: How make roux: <https://youtu.be/qx6tZ8ZU0qc>

A variety of seasoning techniques exist in various cultures, some of the common seasonings include: salt, pepper, light soya, garlic.

The word garnish comes from French and means "to grace or to provide". In kitchen operations we use the word garnish to refer to the decoration of food by the addition of other items. Garnishes come in a variety of shapes and sizes, depending on the meal being served and the level of service required. A common yet effective garnish used in many restaurants is a sprig of parsley (or other herb) on the side of a plate, or a wedge of lemon to be served with fish.

In addition to providing flavor, a sauce can serve as a visual accent. A sauce can be drizzled over the food, or on the plate before the food is placed on it. Straight lines of sauce can be a nice background for a dish. Two contrasting sauces can be used to form layered lines. A circle of sauce around the edge of the food is a simple and easy accent. In addition to an outer circle of sauce, a pool of sauce can be placed on the center of the plate. Surround the food

with a circle of sauce drops. Pool sauce on the plate, and add drops of a contrasting sauce. Drag a toothpick through the drops carefully. Place a spoonful of sauce on the plate, and drag the back of a spoon through the sauce.

Many sauces can be made ahead and refrigerated or frozen, which make them ideal as last-minute additions. Store in a small jar or bowl covered with plastic in the refrigerator or even in a heavy-gauge zip-top bag. A smaller container means less exposure to air and less spoilage. Gently reheat sauces to be served warm over low heat.

Watch: How to prepare brown sauce:

<https://youtu.be/tch6AfuJkWA>

<https://youtu.be/KgVTpX4TAkU>

Recipe	Brown Sauce
Ingredients	• 3 tablespoons unsalted butter • 3 shallots, finely chopped • 1 cup dry red wine • One 10 1/2-ounce can beef broth • Pinch of dried thyme • 3 tablespoons butter, softened • 3 tablespoons flour • Salt • Freshly ground black pepper
Preparation time	15 min
Cook time	20 min
Ready in	35 min
Direction	1. Melt the butter in a heavy-bottomed 1 1/2-quart saucepan. Add the shallots and sauté over medium heat until limp and golden. Stir in the wine and beef broth and bring to a boil. Season with thyme and cook over high heat until the liquid is reduced by almost half. 2. While the liquid is reducing, work the butter and flour together to a paste with your fingers and then roll it into tiny balls, called <i>beurre manié</i>. Drop the balls, one or two at a time, into the boiling liquid, and cook, stirring constantly with a whisk until the sauce is thickened to your liking. Don't add all the <i>beurre manié</i> at once as it will take a little time to break up and thicken the liquid. 3. Season to taste with salt and pepper, then pour the sauce through a strainer to eliminate the bits of cooked shallot.

5.3.2.3 Self-Assessment

- i. List different types of sauces. What are the key characteristics of sauces?
- ii. Distinguish between brown stock and brown sauce.
- iii. Prepare brown sauce and use it according to the recipe.
- iv. What are the five mother sauces?

- v. Which of the following is a key ingredient used to prepare Hollandaise sauce?
 - A. White stock
 - B. Milk
 - C. Egg yolk
 - D. Tomato
- vi. Which is NOT a common ingredient for thickening sauces?
 - A. Yogurt
 - B. Flour
 - C. Cornflour
 - D. Arrowroot
- vii. Roux is a combination of _____.
 - A. Egg yolk and butter
 - B. Flour and butter
 - C. Milk and butter
 - D. Cream and butter

5.3.2.4 Tools, Equipment, Supplies and Materials

Stove, saucepan, spoon, knife, cutting board, vegetable, meat, seasoning, strainer

5.3.2.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)

5.3.3 Learning Outcome 2: Preparing white sauces

5.3.3.1 Learning Activities

The following are the performance criteria:

- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Select type and size of equipment suitable to prepare the sauce
- Clean and cut ingredients as per the recipe
- Sauté the ingredients
- Add stock/milk (as necessary) and cook as per recipe
- Reconstitute sauces as per the recipe
- Simmer, strain and season sauce as per the recipe
- Garnish, present/dispense sauces as per recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Uses of white sauce
- Characteristics of white sauce
- White sauce ingredients
- Cleaning and cutting ingredients
- Equipment used in sauce preparation

- Culinary cuts for vegetables
- Thickening ingredients for sauces
- Preparation of roux
- Seasoning sauces
- Garnishing sauces
- Storage of sauces
- Presentation

5.3.3.2 Information Sheet

White sauce is the English term for what the French call “**Béchamel**” sauce, a simple foundation sauce whose liquid is milk. White sauce is one of the most important and versatile sauces in any kitchen. There are lots of other dishes that work well with a white sauce such as Macaroni cheese, Vegetable bake, Mornay sauce, Carrots and parsley sauce, Fish pie etc. A white sauce is very easy to make. It has just three ingredients: flour and butter and milk.



Source: <https://www.verybestbaking.com/recipes/32016/bechamel-sauce-white-sauce/>

Figure 24: Béchamel sauce

White sauce is a creamy white, smooth, thick sauce of pouring consistency. If the main ingredients are used in the correct proportion, and the recipe is followed correctly, the resultant sauce would conform to the ideal qualities of a perfect sauce.

Read: How to prepare white sauce: https://www.bbc.com/food/recipes/whitesauce_1298

Watch: How to make white sauce:

<https://youtu.be/D1PSKUKW1y4>

https://youtu.be/_gYzSSwVlw

Read and Watch: variety of approach for preparing white sauce based recipes:

<https://www.allrecipes.com/recipe/21171/white-sauce/>

Recipe	White Sauce
Ingredients	• 2 tablespoons butter • 2 tablespoons all-purpose flour • 1 cup milk
Preparation time	5 min
Cook time	10 min
Ready in	15 min
Direction	1. In a small saucepan over medium heat, melt butter. Add flour and stir until the butter and flour are well combined. Pour in milk, stirring constantly as it thickens. Add more milk depending on desired consistency.

Recipe	White Sauce with Ham and Herbs
Ingredients	• 1 tablespoon olive oil • 1 onion, minced • 1 cup finely chopped ham • 1 cup water • 1 cube chicken bouillon • 2 tablespoons chopped fresh parsley • 2 tablespoons chopped fresh basil • 4 teaspoon ground black pepper • 1 cup heavy whipping cream
Preparation time	10 min
Cook time	40 min
Ready in	50 min
Direction	1. Heat the olive oil in a large skillet over medium-high heat. Stir in the onion and ham; cook until onions turn translucent. Pour in the water; season with the bouillon cube, parsley, basil, and black pepper. 2. Simmer for 30 minutes, uncovered, stirring occasionally. Pour in the heavy cream, and simmer for an additional 2 minutes.

5.3.3.3 Self-Assessment

- i. Why is white sauce called the mother of all sauces?
- ii. What are the key ingredients for white sauce?
- iii. Use white sauce for preparing fish based recipe.
- iv. Prepare white sauce for pasta.
- v. What is the main liquid ingredient of a Béchamel?
 - A. Water
 - B. Milk
 - C. Vinegar
 - D. Olive oil
- vi. What are the key ingredients of a white sauce?
 - A. Flour, butter, milk
 - B. Olive oil, milk, water
 - C. Flour, water, cream
 - D. Egg yolk, milk, flour
- vii. What should Hollandaise sauce taste like?
 - A. Rich, smooth, meaty
 - B. Smooth tomato puree
 - C. Rich, creamy, lemony butter
 - D. Light, sweet and lemony

5.3.3.4 Tools, Equipment, Supplies and Materials

Stove, saucepan, spoon, knife, cutting board, flour, cream, seasoning, strainer

5.3.3.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education and Hachette UK Company) (2015)

5.3.4 Learning Outcome 3: Preparing butter sauces

5.3.4.1 Learning Activities

The following are the performance criteria:

- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Select type and size of equipment suitable to prepare the sauce
- Clean and cut ingredients as per the recipe
- Clarify butter, add other ingredients and cook as per recipe
- Reconstitute sauces as per the recipe
- Simmer, strain and season sauce as per the recipe
- Garnish, present/dispense sauces as per recipe and style of service.

Trainees to demonstrate knowledge in relation to:

- Uses of sauce

- Characteristics of butter sauce
- Butter sauce ingredients
- Cleaning and cutting ingredients
- Equipment used in preparation
- Culinary cuts for vegetables
- Seasoning sauces
- Garnishing sauces
- Storage of sauces
- Presentation

5.3.4.2 Information Sheet

Butter sauce is an emulsion - the end product should have a thick, creamy consistency and the light color of cold butter. It's an indulgent sauce but perfect for pairing with low-fat lobsters and steamed clams. There is variety of approach for using butter as sauce such as - clarified butter that has been melted and skimmed, beurre noisette, beurre fondu and compound butter sauce.



Source: <https://lifecurrentsblog.com/garlic-butter-dipping-sauce/>

Figure 25: Butter sauce

Watch: Basic of butter sauce: <https://youtu.be/84zkT4FIaOk>

Watch: How to make butter sauce: <https://youtu.be/qMYuUKVbJno>

Watch: How to make garlic butter sauce: https://youtu.be/l9XtQ4bGb_s

Recipe	Creamy Sage Butter Sauce
Ingredients	• 1 stick unsalted butter • 10 fresh sage leaves • 1 cup heavy cream • 1/2 cup chicken broth • 1 pinch salt and ground black pepper to taste
Preparation time	5 min
Cook time	5 min
Ready in	10 min
Direction	1. Melt the butter in a skillet over medium heat; add the sage leaves and cook for 2 minutes. Pour in the heavy cream and chicken broth and cook until hot; about 2 minutes more. Season with salt and pepper to serve.

Recipe	Norwegian Butter Sauce
Ingredients	• 2 lemons, juiced • 1/2 cup heavy cream • 5 tablespoons cold, unsalted butter, cut into cubes • Salt to taste • Cayenne pepper, to taste • 2 tablespoons chopped fresh Italian parsley
Preparation time	10 min
Cook time	17 min
Ready in	27 min
Direction	1. Place lemon juice in saucepan over medium heat; simmer until lemon juice reduces to less than a tablespoon and almost disappears, 4 or 5 minutes, being careful not to let it burn. Quickly add cream; whisk to combine. Continue to cook until cream reduces and is thick enough to coat the back of a spoon, 5 or 6 minutes. Reduce heat to low. 2. Whisk in 2 or 3 pieces of cold butter, stirring until butter melts before adding more. Add 2 or 3 more butter cubes. (If cream mixture cools too quickly, the sauce may break.) Continue adding butter a few pieces at a time until all butter is emulsified into the cream, 8 to 10 minutes. Add salt, cayenne pepper, and 2 generous tablespoons chopped parsley. Whisk until well blended. Keep sauce warm until ready to use.

5.3.4.3 Self-Assessment

- List the ingredients for butter sauce.
- Prepare butter sauce.
- Prepare creamy sage butter sauce.
- Identify pairing for variety of butter sauce.

- v. Which of the following would butter sauce NOT be traditionally paired with?
 - A. Lobsters
 - B. Chips
 - C. Ravioli
 - D. Steamed clams
- vi. What should be the consistency of butter sauce?
 - A. Thick and creamy
 - B. Thin and watery
 - C. Can be either of the above
 - D. None of the above
- vii. Which of the following do not pair well with butter sauce?
 - A. Sage
 - B. Garlic
 - C. Pepper
 - D. Yogurt

5.3.4.4 Tools, Equipment, Supplies and Materials

Stove, saucepan, spoon, knife, cutting board, butter, cream, broth, seasoning, strainer

5.3.4.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships. Authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe. Published by Hodder Education an Hachette UK Company (2015)

5.3.5 Learning Outcome 4: Preparing mayonnaise sauces

5.3.5.1 Learning Activities

The following are the performance criteria:

- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Select type and size of equipment suitable to prepare the sauce
- Ingredients whisked as per the recipe
- Reconstitute sauces as per the recipe
- For variations, add ingredients as per recipe

Trainees to demonstrate knowledge in relation to:

- Uses of sauce
- Characteristics of mayonnaise sauce
- Mayonnaise sauce ingredients
- Cleaning and cutting ingredients
- Equipment used in sauce preparation
- Seasoning sauces
- Garnishing sauces
- Storage of sauces

- Presentation

5.3.5.2 Information Sheet

Mayonnaise is a **thick**, creamy sauce that is made of oil, egg yolks, lemon juice or vinegar, and seasonings. It's not the same as salad dressing, which doesn't contain egg yolks and is generally **sweeter** than mayonnaise. Traditionally it is made with egg yolk, oil and vinegar. Mustard and spices are added to it as taste enhancers. Mayonnaise is made by combining lemon juice or vinegar with egg yolks.

Read: Introduction to mayonnaise sauce and its storage:

<https://www.cooksinfo.com/mayonnaise>

Watch: How to make mayonnaise: <https://www.youtube.com/watch?v=T7k9LuWL8AM>

Read and Watch: How to make mayonnaise sauce:

<http://dish.allrecipes.com/making-mayonnaise/>

Read: Recipes using mayonnaise sauce: <https://www.yummly.com/recipes/mayonnaise-sauce-chicken>

Recipe	Wasabi Mayonnaise Sauce
Ingredients	• 1/2 tablespoon wasabi powder • 1 teaspoon water • 3 tablespoons mayonnaise
Preparation time	5 min
Cook time	5 min
Ready in	10 min
Direction	In a small bowl, mix wasabi powder and water to form a paste. Let sit for 1 minute, and then add mayonnaise.

5.3.5.3 Self-Assessment

- Prepare mayonnaise sauce based chicken recipe.
- List the difference between salad dressing and mayonnaise sauce.
- One of your guest is allergic to dairy product. What are the alternate options for the guest?
- Mayonnaise sauce is a _____ sauce.
 - Cold
 - Hot
 - Warm
 - Frozen
- Which of the following is plain mayonnaise NOT traditionally flavoured with?
 - Lemon juice
 - Mustard

- C. Vinegar
- D. Sugar
- vi. The primary ingredients used to make mayonnaise sauce are:
 - A. Vinegar, egg yolk and vegetable oil
 - B. Mustard, egg white and olive oil
 - C. Lemon juice, butter and egg yolk
 - D. Cheese, egg white and vegetable oil

5.3.5.4 Tools, Equipment, Supplies and Materials

Stove, saucepan, spoon, knife, cutting board, eggs, seasoning, strainer

5.3.5.5 References

- <http://dish.allrecipes.com/making-mayonnaise/>
- <https://www.cooksinfo.com/mayonnaise>

CHAPTER 6: MEATS

6.1 Introduction

This unit specifies the competencies required to plan, prepare and present various meat dishes. It requires the ability to select, prepare, and portion meat using relevant equipment, cooking and food storage methods.

6.2 Performance Standard

- Demonstrated understanding of the different classifications of meats
- Demonstrated ability to use a wide range of meat types, cuts and products
- Demonstrated ability to use safe and accurate cutting techniques
- Demonstrated ability to use a variety of preparation techniques for meats
- Demonstrated ability to prepare and cook a variety of meats and meat dishes using suitable cooking techniques
- Hygienically handled and stored meats

6.3 Learning Outcomes

6.3.1 List of the Learning Outcomes

These are the key learning outcomes, which make up workplace function:

- Prepare butchers meats (beef/lamb, mutton/game/pork)
- Prepare poultry
- Prepare fish
- Prepare sea food
- Prepare cold cuts
- Prepare hot/cold starters, sandwiches, canapés

6.3.2 Learning Outcome 1: Preparing butchers meats (beef/lamb, mutton/game/pork)

6.3.2.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the meats
- Meat cuts and other ingredients identified and selected as per the recipe.
- Weigh and measure meats/ingredients according to recipe
- Thaw frozen meat cuts as per food safety guidelines where required and as per the standard operating procedures
- Hygiene and procedures are observed as per HACCP
- Meats prepared as per the recipe
- Aging of meats done as per the standard operating procedures
- Cooking method applied to meats as per the recipe
- Season meats as per recipe
- Carve meats (where necessary) using carving tools and techniques, taking account of meat and bone structure and waste minimization
- Portion (where necessary) meats as per recipe
- Where meats are required for cold cuts cool and store as per recipe
- Add sauces and garnishes according to recipe

- Present/dispense meats as per recipe and style of service.

Trainees to demonstrate knowledge in relation to:

- Types of meat
- Factors to consider when selecting meats
- Thawing meats
- Meat preparation equipment
- Portioning meats
- Aging of meats
- Method of marinating meats
- Methods of cooking meats
- Seasonings
- Garnishing
- Presenting meats
- Storing meats

6.3.2.2 Information Sheet

Meat – the muscle tissue of animals that are used in food preparation. There are different types of meat – beef (wild ox domesticated), veal (calves), lamb (sheep), pork (pig) etc. There are **three major components of muscle tissue** – **water** (comprising 75% muscle tissue), **protein** (an important nutrient and the most abundant solid material in meat. About 20% muscle tissue is protein) and **fat** (accounts for up to 5% of muscle tissue). There are two kind of fat – cover fat and inter-muscular fat. Meat can be broadly classified as "red" or "white" depending on the concentration of myoglobin in muscle fibre. Generally, the meat of adult mammals such as cows, sheep, and pig is considered red, while chicken and turkey breast meat is considered white.

Read: Different types of meat and their nutritional benefits:

<https://www.nutritionadvance.com/types-of-meat/>

Inspection of meat is the examination of meat for wholesomeness, ensuring it's free of diseases and able to be consumed by humans. Meat inspection does not determine the quality of the meat such as texture, firmness, color, age or maturity of animals, marbling. These factors are determined by meat-quality grading.

While storing meat ensure:

- Check purchases on arrival to ensure that purchased meat is of good quality
- Do not wrap tightly. Bacteria and mold thrive in moist, stagnant places. Air circulation inhibits their growth. Store loosely to allow air circulation between pieces, but cover cut surfaces to prevent excessive drying.
- Do not open vacuum-packed meats until ready to use.
- Store at 32F-36F (0-2C). Meat does not freeze until 28F (-2C).
- Keep meats separated in cooler to avoid cross-contamination.

- Used as soon as possible. Fresh meats keep well for only two to four days. Ground meats keep even less well because so much surface area is exposed to bacteria. Smoked and cured products may be kept up to one week.
- Do not try to rescue meats that are going bad by freezing them.
- Keep coolers clean.

To cook meat successfully, you should know: Which meats are high in connective tissue and which are low? And, what is the best ways to make tough meats tender?

Red: Recipes for lamb: <https://www.bbcgoodfood.com/recipes/collection/lamb>

Watch: Recipe for ham: <https://youtu.be/khF85lmhNik>

Watch: Recipe for beef tenderloin: <https://youtu.be/lkvcewGSjDY>

Cuts of beef are first divided into primal cuts, pieces of meat initially separated from the carcass during butchering. These are basic sections from which steaks and other subdivisions are cut. The term "primal cut" is quite different from "prime cut", used to characterize cuts considered to be of higher quality. Since the animal's legs and neck muscles do the most work, they are the toughest; the meat becomes tenderer as distance from hoof and horn increases. Different countries and cuisines have different cuts and names, and sometimes use the same name for a different cut; e.g., the cut described as "brisket" in the US is from a significantly different part of the carcass than British brisket. "Cut" often refers narrowly to skeletal muscle (sometimes attached to bones), but can also include other edible flesh, such as offal (organ meat) or bones without significant muscles attached.

Following are some of the beef cuts:

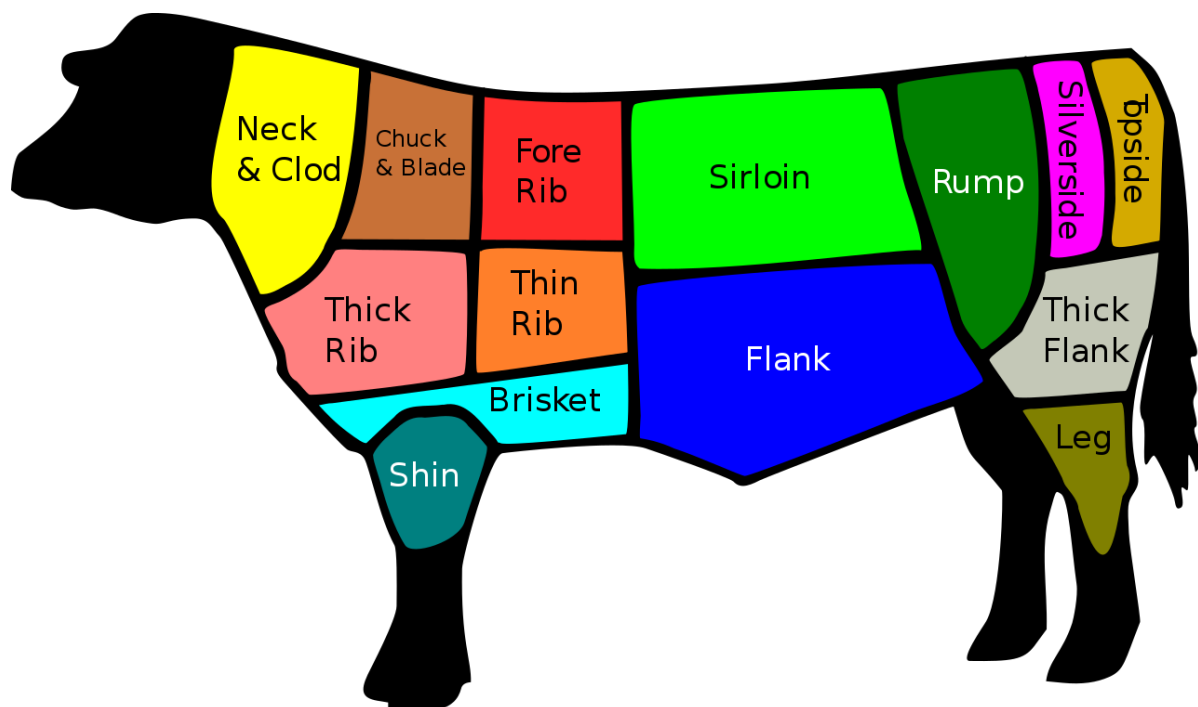
- Tongue
- Necks and clod
- Chuck steak & blades
- Sirloin
- Rump
- Silverside
- Topside
- Top rump
- Fore rib
- Rib eye steak
- T-bone steak
- Thick rib
- Thin rib
- Brisket
- Shin and leg
- Flank

- Thick flank
- Feather blade
- Fillet

Watch: How beef is butcher: <https://youtu.be/WrOzwoMKzH4>

Watch: Basics of beef cuts: <https://youtu.be/nf3ny9W0M8A>

Watch: How to butcher beef tenderloin: <https://youtu.be/9mG-3A2EdDo>

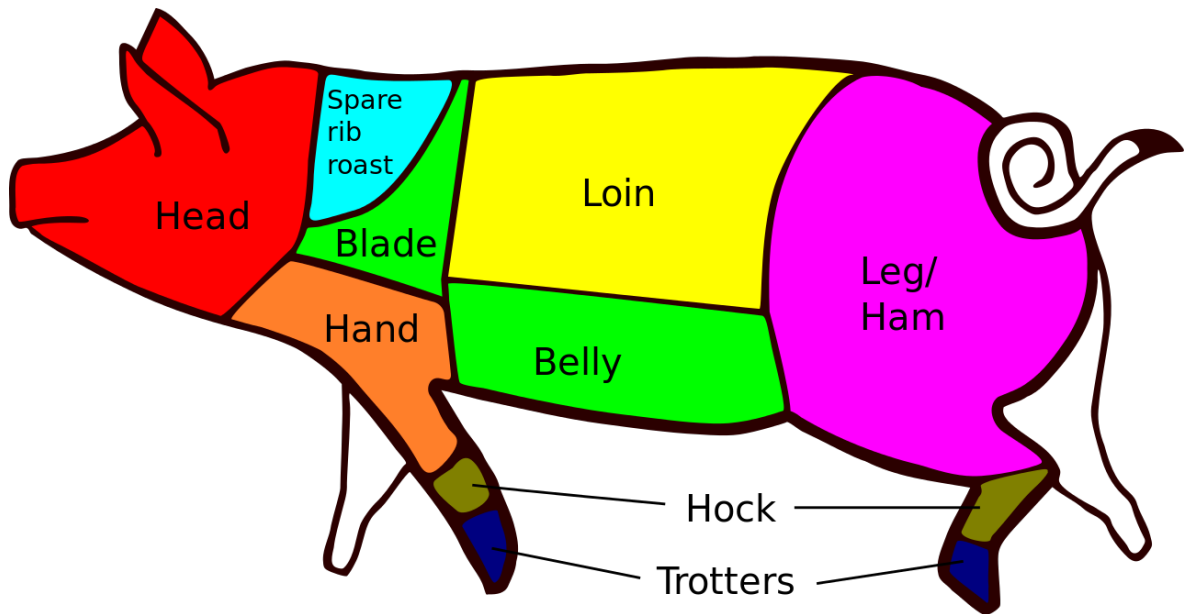


Source: https://en.wikipedia.org/wiki/File:British_Beef_Cuts.svg

Figure 26: Beef cuts

Meat aging is a process of preparing beef for consumption, mainly by breaking down the connective tissue.

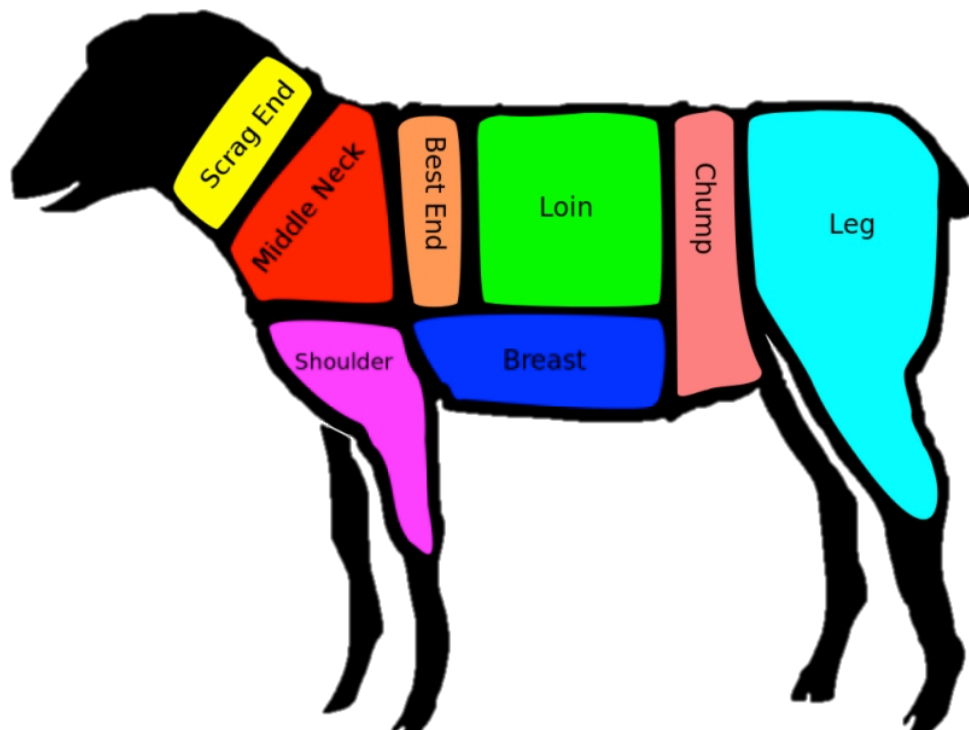
Watch: How to age beef: <https://youtu.be/tGaVzrCIB4>



Source: https://en.wikipedia.org/wiki/File:British_Pork_Cuts.svg

Figure 27: Pork cuts

Watch: How to butcher a pig and pork cuts: <https://youtu.be/JtnsZ2JaKso>



Source: https://www.pinclipart.com/pindetail/iobobi_british-cuts-of-lamb-primal-cuts-of-lamb/

Figure 28: Lamb cuts

Watch: Lamb cuts: https://youtu.be/Uq_GB3ldQW8

Read: About meats: <http://www.primecuts.co.ke>

Table 8: Factors determining tenderness of meat

Age	Younger animals are more tender than older ones
Breed	Some breeds are considered superior tasting because of their muscle and fat conformation
Gender	Although female animals tend to produce more tender and juicy meats, their muscle groups are smaller producing a lower carcass yield than male animals
Grass fed or grain fed	Grain fed animals have more intramuscular fat (marbling), grass fed animals must be rotationally pastured for longer time to get similar results
Quality grade	Quality grades are based on visual inspection of texture, firmness, colour, age, marbling and the perceived tenderness of the animal
Yield grade	Some animals, like beef and lamb are also graded on the proportion of lean meat to fat and bone. Prime beef for example will be graded lower in yield because of the amount of marbling and exterior fat
Specific cut	Cuts from muscles of locomotion, from the shoulder, legs for example, have more connective tissue and are less tender. Those in the rib and loin areas have less connective tissue, are minimally used, so are more tender
Dry and wet aging	All meats need some aging to tenderize their muscles. Some meats and poultry, including beef, lamb, will produce a meatier taste when aged for extended periods
Cooking methods	Pairing the specific cut to the best cooking technique will enhance tenderness
Degree of doneness	Tender meat, like steak and chops, taste juicer and are more tender if cooked to a medium to medium-rare doneness. Tough cuts, like beef briskets, are cooked until they are fork tender

Source: <https://www.theculinarypro.com/meat-and-poultry-cooking-methods>

Table 9: Cooking methods for protein

Types of cut	Tender cuts	Medium-tender cuts	Tough cuts
Cooking method	Poach, grill, broil, sauté fry, roast, sous vide	Roast, braise, grill or broil	Braise, stew, simmer, sous vide, barbecue
Meats	Tenderloin, rib roast, chops, steaks, loin roast	Leg, round, fresh ham, sirloin, flank steak	Shoulder, brisket, belly plate, breast, shanks, short ribs, spare ribs, back ribs
Poultry	Breast	Leg	Leg
Fish	Most species	Shark, monkfish	
Shellfish	Crab, lobster, shrimp, scallops, mussels, oysters, squid	Clams	Squid, octopus, snails

Source: <https://www.theculinarypro.com/meat-and-poultry-cooking-methods>

Game is animals or birds that are hunted for food. Since the animals and birds are from the wild they have certain more enzymes than poultry (domesticated fowls). Some of the furred games are – hare, rabbit. Some of the feathered games are – wild goose, pheasant, pigeon, quail etc.

A perfectly seasoned meal can become the star of the evening, or maybe even the whole week.

Table 10: Spices for meat

Meat	Spices
Beef	Basil Bay leave Black pepper Cayenne Cumin Curry powder Dry mustard powder Garlic Green pepper Onion Oregano Rosemary Sage Thyme
Lamb	Basil Cinnamon

Meat	Spices
	Cumin Curry powder Garlic Marjoram Mint Onion Oregano Rosemary Sage Savory Sesame seed Thyme
Pork	All spice Celery seed Cloves Coriander Fennel Ginger Juniper berries Dry mustard powder Paprika Sage Savory

Source: <https://www.spicesinc.com/p-510-what-spices-go-with-what-meat.aspx>

Read: Seasoning for meat: <https://www.spicesinc.com/p-510-what-spices-go-with-what-meat.aspx>

Dietary restrictions related to religion:

Be mindful of guests at events during times when people of certain religions are restricted from eating some foods or foods that are forbidden by some religions.

Buddhism

Forbidden: None. Many people will not eat meat or fish however.

Fast: Only for Buddhist monks.

Christianity

Forbidden: None.

Fast: Catholics will refrain from consuming meat on Fridays of Lent and on Ash Wednesday and Good Friday.

Hinduism

Forbidden: Meat, fish, poultry and eggs. Some people also avoid garlic, onions, alcohol, tea and coffee.

Fast: Sundays, day of the new moon, the full moon, 10th and 11th of each month, the feast of Shivaratri, the 9th day of the month of Cheltra, the 8th day of Sravana, and days of eclipses, equinoxes, solstices, and conjunction of the planets.

Judaism

Forbidden: Emulsifiers and stabilizers of animal origin, gelatin, non-kosher meat, birds of prey and non-kosher fish such as prawns, shellfish, turbot skate and sturgeon.

Fast: Yom Kippur and Tisha b'Av, during this time eating and drinking are forbidden for a 25-hour period. Partial fast days (no food or drink from sunrise to sunset) include Tzom Gedallah, Tenth of Tevet and Seventeenth of Tamuz, Ta'anit Ester and Ta'anit Bechorim.

Islam

Forbidden: Pork, lard or any pork substance, gelatin from animal source that is not halal, meat that is not slaughtered in the prescribed Islamic way, meat coming from a lawful animal which died before slaughter, blood, any food or drink with alcohol, all carnivorous animals and birds of prey and some non-halal additives.

Fast: Voluntary fasting is common on Mondays and Thursdays. Ramadan is a mandatory fasting period. Muslims are also encouraged to fast 6 days during the month of Shawwal, on the 10th day of Muharram, and the 9th day of Zul Hijjah.

Read: More about dietary restriction related to religious beliefs:

<http://libguides.webster.edu/holidays>

6.3.2.3 Self-Assessment

- i. What are aged meats?
- ii. What are the indicators for a good beef?
- iii. List the storage practices for meat.
- iv. What are game? How is game different from poultry?
- v. What does it mean to 'mince' meat?
 - A. To mash the meat into a paste.
 - B. To boil the meat until it melts.
 - C. To cut the meat into small pieces.
 - D. To slice the meat into thin strips using a knife.
- vi. Which of the following is a tender cut of meat?
 - A. Chops
 - B. Leg
 - C. Short Ribs
 - D. Shanks
- vii. Which of the following is the correct method of cooking clams?
 - A. Barbeque
 - B. Fry

C. Braise

D. Poach

6.3.2.4 Tools, Equipment, Supplies and Materials

Stove, saucepan, spoon, knife, cutting board, meat seasoning, strainer, grill, fryer etc.

6.3.2.5 References

- <https://libguides.sullivan.edu/c.php?g=546197&p=3748520>
- <https://www.theculinarypro.com/about-meat-and-poultry>
- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Fosskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenya Food Composition Tables. Nairobi, 254 pp. <http://www.fao.org/3/I9120EN/i9120en.pdf>
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp. <http://www.fao.org/3/I8897EN/I8897en.pdf>
- <http://solr.bccampus.ca:8001/bcc/file/8762ccf0-5053-43e9-a256-433b2bdcc4bd/1/Meat-Cutting-and-Processing-for-Food-Service-1441740649.html>
- <https://www.theculinarypro.com/meat-and-poultry-cooking-methods>
- <https://www.meateaters.co.nz/meat-cuts/>

6.3.3 Learning Outcome 2: Preparing poultry

6.3.3.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the meats
- Poultry and other ingredients identified and selected as per the recipe.
- Weigh and measure poultry/ingredients according to recipe
- Thaw frozen poultry as per food safety guidelines where required and as per the standard operating procedures
- Hygiene and procedures are observed as per HACCP
- Poultry as per the recipe
- Aging of poultry done as per the standard operating procedures
- Cooking method applied to poultry as per the recipe
- Season poultry as per recipe
- Carve poultry (where necessary) using carving tools and techniques, taking account of meat and bone structure and waste minimisation
- Portion (where necessary) poultry as per recipe
- Where poultry are required for cold cuts cool and store as per recipe
- Add sauces and garnishes according to recipe
- Present/dispense poultry as per recipe and style of service.

Trainees to demonstrate knowledge in relation to:

- Types of poultry
- Factors to consider when selecting poultry
- Food contamination in poultry
- Thawing poultry
- Poultry preparation equipment
- Portioning poultry
- Method of marinating poultry
- Methods of cooking poultry
- Seasonings
- Garnishing
- Presenting poultry
- Storing poultry

6.3.3.2 Information Sheet

Poultry is domestic fowl bred for food and includes – chicken, ducks, turkey etc. Poultry is generally the least expensive and most versatile of all main-dish foods. Poultry muscle composition include:

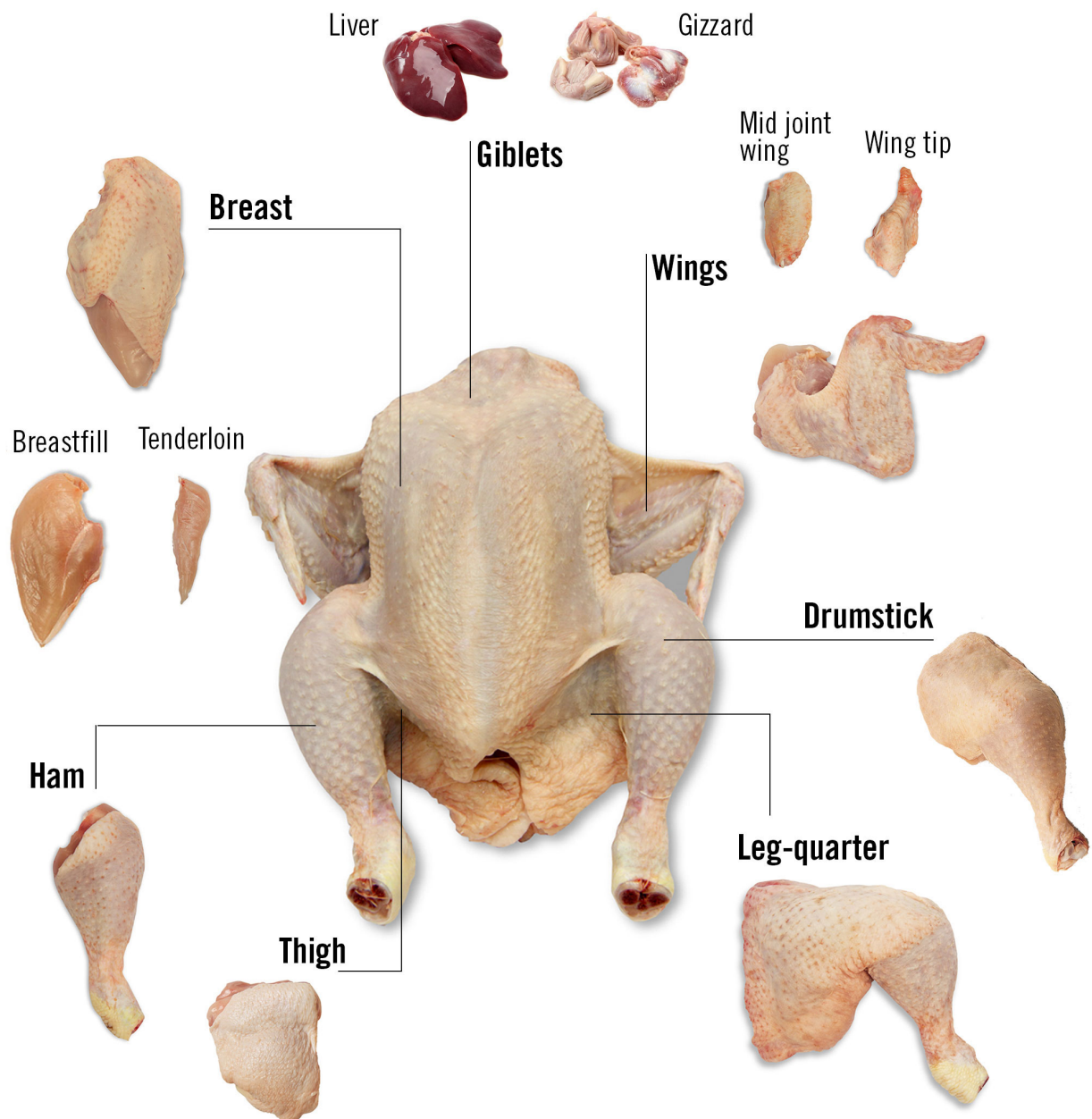
- Contains no intramuscular fat
- Fat is stored under the skin and in the abdominal cavity
- Poultry fat has a lower melting point than other animal fats

Read: Nutritional value of different size of chicken roasted and cooked:

<https://www.nationalchickencouncil.org/chicken-the-preferred-protein-for-your-health-and-budget/the-nutritional-value-of-chicken/>

Parts of chicken

- **Wings:** They are cheap and the best option is to serve them as an appetizer.
- **Thigh:** In whole piece or escalope. It is a very juicy meat, very suitable for coating with bread, serve as brochette or chopped with sauces.
- **Breast:** This is the most versatile cut. Fatless breastfills, deboned and skinless, allow a large number of cooking techniques: grilled, fried, baked or filled. The tenderloin is the most tender part.
- **Drumstick:** Chicken drumsticks are the lower part of the leg, just under the knee joint. This is the most preferred part for children.
- **Drumstick with backbone:** Drumsticks bearing backbone part can be cut with the bone or in steaks. Meat here is darker and tastier, and it is very suitable to cook brochettes.
- **Giblets:** Perfect for a good soup. Gizzards can be coated and deep fried or served with rice and vegetables.



Source: <https://www.torrentifills.es/en/nutricion-salud.html>

Figure 29: Parts of chicken

The following are the key points for quality for poultry: Poultry should be plumb breast, pliable breastbone and firm fresh. The skin should be white and unbroken.

Watch: Preparation on poultry:

<https://youtu.be/GSvzRyu2h5g>

Watch: How to buy chicken and cutting:

<https://youtu.be/qTcv23MV2A>

<https://youtu.be/-8WRIhn5rNk>

Watch: How to debone a chicken:

<https://youtu.be/WHmyAoY-HrA>

<https://youtu.be/3JdJqDEs2IU>

There are a variety of recipes for poultry.

Watch: How prepare chicken using roasting and braising; <https://youtu.be/tiuQj5pgH9M>

Watch: Recipe for Chicken Wings: <https://youtu.be/FJtC88IjdTM>

Watch: Recipe for Turkey:

<https://youtu.be/y4tcW6EzxnE>

<https://youtu.be/e5PFXhdfVT8>

Watch: Culinary presentation of poultry:

<https://youtu.be/eOK8ipvpCaQ>

<https://youtu.be/0g0nN1KDqLk>

Table 11: Spices for poultry

Meat type	Spices
Poultry	Basil Bay leave Cilantro Cinnamon Curry Powder Garlic Mace Marjoram Mint Onion Paprika Parsley Rosemary Sage Saffron Savory Tarragon Thyme

Source: <https://www.spicesinc.com/p-510-what-spices-go-with-what-meat.aspx>

Read: Seasoning for meat: <https://www.spicesinc.com/p-510-what-spices-go-with-what-meat.aspx>

Poultry should be stored at 1 to 4 degree Celsius.

- Poultry is a potentially hazardous food
- It is highly perishable
- Particularly susceptible to contamination by salmonella bacteria
- Store on ice
- Thaw under refrigeration

Recipe	Perfect Turkey
Ingredients	• 1 (18 pound) whole turkey, neck and giblets removed • 2 cups kosher salt • 1/2 cup butter, melted • 2 large onions, peeled and chopped • 4 carrots, peeled and chopped • 4 stalks celery, chopped • 2 sprigs fresh thyme • 1 bay leaf • 1 cup dry white wine
Preparation time	30 min
Cook time	4 hrs.
Ready in	17 hrs.
Direction	1. Rub the turkey inside and out with the kosher salt. Place the bird in a large stock pot, and cover with cold water. Place in the refrigerator, and allow the turkey to soak in the salt and water mixture 12 hours, or overnight. 2. Preheat oven to 350 degrees F (175 degrees C). Thoroughly rinse the turkey, and discard the brine mixture. 3. Brush the turkey with 1/2 the melted butter. Place breast side down on a roasting rack in a shallow roasting pan. Stuff the turkey cavity with 1 onion, 1/2 the carrots, 1/2 the celery, 1 sprig of thyme, and the bay leaf. Scatter the remaining vegetables and thyme around the bottom of the roasting pan, and cover with the white wine. 4. Roast uncovered 3 1/2 to 4 hours in the preheated oven, until the internal temperature of the thigh reaches 180 degrees F (85 degrees C). Carefully turn the turkey breast side up about 2/3 through the roasting time, and brush with the remaining butter. Allow the bird to stand about 30 minutes before carving.

Recipe	Cranberry Stuffed Game Hens
Ingredients	• 2 cups 1/2-inch bread cubes (such as walnut bread) • 3 tablespoons butter • 1/4 cup minced shallots • 2 tablespoons chopped green onions salt and freshly ground black pepper to taste • 1/4 cup dried cranberries • 1 cup chicken broth • 1 tablespoon chopped fresh thyme1 teaspoon minced fresh rosemary • 1/4 teaspoon dried sage1 pinch cayenne pepper1 large egg, beaten • 3 tablespoons olive oil, divided, or as needed • 3 sprigs fresh thyme, or to taste • 3 sprigs fresh rosemary, or to taste • 2 Cornish game hens • 2/3 cup chicken broth • 1/4 cup fresh cranberries • 2 tablespoons maple syrup
Preparation time	25 min
Cook time	1 h40 min.
Ready in	2 h15 min.
Direction	1. Preheat oven to 250 degrees F (120 degrees C). Spread bread cubes in a single layer on a baking sheet. 2. Toast bread in the preheated oven until golden, crispy, and completely dry, 20 to 40 minutes. Transfer bread to a large bowl. 3. Melt butter in a large skillet over medium heat. Cook and stir shallots and green onions with a pinch of salt in hot butter until shallots are translucent and soft, 3 to 4 minutes. Add dried cranberries to shallots; cook and stir until cranberries are warmed through, 2 o 3 minutes. 4. Pour chicken broth into skillet; bring broth mixture to a simmer and pour mixture over dried bread cubes. Stir until liquid is absorbed. Season with chopped thyme, minced rosemary, sage, cayenne pepper, salt, and black pepper. Mix beaten egg into bread mixture, cover the bowl with plastic wrap, and let stuffing sit until liquid is absorbed, 10 to 15 minutes. 5. Preheat oven to 400 degrees F (200 degrees C). 6. Drizzle the bottom of a roasting pan with 2 tablespoons oil and lay thyme sprigs and rosemary sprigs on the bottom of the pan. 7. Generously season each hen cavity with salt. Stuff each hen with about 1/2 the bread-cranberry mixture. Tie legs together and set into prepared roasting pan on top of thyme and rosemary sprigs. Brush hens with remaining olive oil and season with salt and black pepper. 8. Bake hens in the preheated oven until no longer pink at the bone and

	the juices run clear, about 1 hour. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 165 degrees F (74 degrees C). Remove hens to a platter, tent loosely with aluminum foil, and let rest for 10 minutes. 9. Place roasting pan over medium-high heat. Stir chicken broth, fresh cranberries, and maple syrup into the pan and bring to a boil while scraping the browned bits of food off of the bottom of the pan with a wooden spoon. Cook and stir until sauce reduces and thickens, 1 to 3 minutes. Spoon sauce over stuffed hens.
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6.3.3.3 Self-Assessment

- i. List qualities of good poultry.
- ii. Identify the various cuts for poultry.
- iii. Why is the breast section so often-dry when whole chickens or turkeys are roasted?
- iv. Which chicken pieces are very meaty?
 - A. Breasts
 - B. Legs
 - C. Thighs
 - D. All of the above
- v. Poultry includes all of the following EXCEPT
 - A. Chicken
 - B. Turkey
 - C. Ham
 - D. Duck
 - E. Goose
- vi. For a chicken to be safe to eat, what internal temperature should it be cooked at?
 - A. 300 degrees Fahrenheit
 - B. 180 degrees Fahrenheit
 - C. 100 degrees Fahrenheit
 - D. 290 degrees Fahrenheit
- vii. The standard cuts of poultry are:
 - A. Maryland, supreme, breast, thigh, drumstick, wing
 - B. Leg, thigh, drum, winglet
 - C. Balotine, breast, wings, thigh, drumstick
- viii. Fabricate one whole chicken into:
 - 2 drumsticks
 - 2 thighs
 - 1 wing
 - 1 boneless chicken breast
 - 1 supreme, frenched
- ix. Prepare chicken carcass as if it was to be used for stock (to be presented, not for use in the chicken stock); carcass must be free of usable meat.
- x. Sauté the chicken breasts applying appropriate seasonings and methodology, and serve as a main course with appropriate vegetable and starch accompaniments. Follow recipes provided.

6.3.3.4 Tools, Equipment, Supplies and Materials

Stove, saucepan, spoon, knife, cutting board, chicken, seasoning, strainer, grill, fryer etc.

6.3.3.5 References

- <https://www.theculinarypro.com/about-meat-and-poultry>
- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenya Food Composition Tables. Nairobi, 254 pp. <http://www.fao.org/3/I9120EN/i9120en.pdf>
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp. <http://www.fao.org/3/I8897EN/I8897en.pdf>

5.3.4 Learning Outcome 3: Preparing fish

5.3.4.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the fish
- Fish and other ingredients identified and selected as per the recipe.
- Remove scales (where necessary) from fish as per the SOP's
- Weigh and measure fish/ingredients according to recipe
- Thaw frozen fish as per food safety guidelines where required and as per the standard operating procedures
- Hygiene and procedures are observed as per HACCP
- Fish prepared as per the menu and recipe
- Fish portioned as per specifications
- Marinate (where necessary) fish as per the recipe
- Fish cooked as per the recipe
- Presentation equipment identified and used as per the specification
- Garnish and dispense fish as per the recipe and style of service.

Trainees to demonstrate knowledge in relation to:

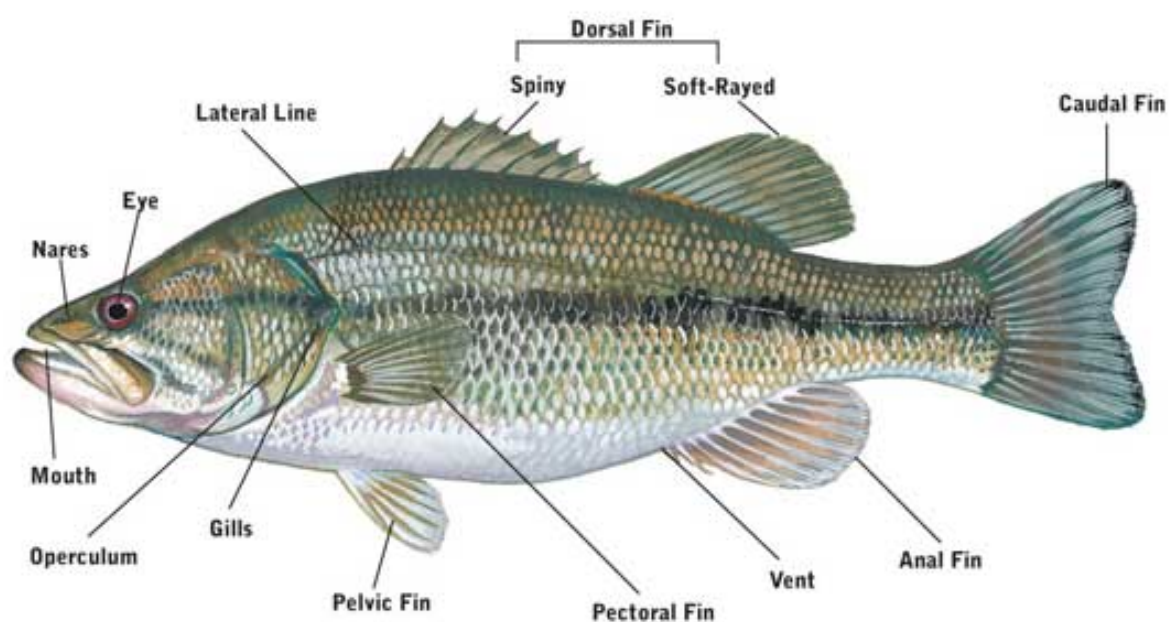
- Types of fish
- Factors to consider when selecting fish
- Food contamination poultry
- Removing fish scales
- Portioning fish
- Preparing fillets
- Methods of cooking fish
- Garnishing fish
- Storing fish
- Presenting fish

6.3.4.2 Information Sheet

Fish are vertebrate (animals with a backbone) and are split into two primary groups: flat and round fish. From this group they can be further split into - oily fish, white fish, and shellfish.

Fish is an excellent source of high quality proteins and omega-3 fatty acids. It also contributes to the intake of nutrients, such as iodine, selenium, calcium, iron and vitamins A and D. Omega-3 fatty acids such as DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid) are found in every kind of fish, but are especially high in fatty fish (e.g. salmon and yellow croaker). Omega-3 fatty acids help lower the risk of coronary heart disease and stroke, and are important for foetal neurological development. While calcium and vitamin D are important in developing healthy teeth and bones, iodine is needed for the production of thyroid hormones. A deficiency of iodine in the diet is associated with the development of goitre and arrested growth.

Read: Benefits of fish: <https://www.healthline.com/nutrition/11-health-benefits-of-fish#section7>



Source: http://aquaticnation.org/library/Lib_Gen_Fishbodypart01.php

Figure 30: Parts of fish

The following are the factors when selecting fish: Whole fish should have – clear bright eyes, bright red grills, no missing scales, moist skin, stiff tail, fresh smelling and no trace of chemical smell such as ammonia.

Watch: Guide how to buy fish: <https://youtu.be/g3q-ze3oKcE>

Watch: How to check if fish is fresh:

https://youtu.be/_e5rkVnFIJo

<https://youtu.be/jbzDJXWxXQI>

Quality of fish can vary according to the season. Once caught fish can be stored for 10 to 12 days if properly refrigerated at 0 to 4 degree Celsius. The ways of preserving fish are – freezing, canning, salting, pickling and smoking.



Source: <https://www.serious-eats.com/2015/10/how-to-fillet-a-fin-fish-prep-freshness-knife-skills.html>

Figure 31: Fish fillet

When preparing fish it is important to have appropriate tools. Preparation equipment may include – chef's knife, filleting knife, scissors, board etc. All fish must be washed under cold water before and after preparation. Preparation include – trimming, scaling, gutting, skinning, filleting, coating and marinating. Incase there are any issue with the quality or cut of the fish, it should be reported immediately to supervisors.

Fish has very little connective tissues. This is one of the most important differences between fish and meat. It means that:

- Fish cooks very quickly, even at low heat
- Fish is naturally tender
- Moist-heat cooking are used not to create tenderness but to preserve moistness
- Cooked fish must be handled very carefully or it will fall apart

Watch: How to prepare fish:

<https://youtu.be/T21phFISCmw>

<https://youtu.be/codtvhRYAUw>

<https://youtu.be/uXSgGtMkgro>

Watch: How to fillet a tilapia: <https://youtu.be/sEue4x5FASw>

Cooking techniques for fish include – shallow frying, deep frying, stir frying, grilling, poaching, sous-vide, boiling, roasting, baking, steaming, braising, stewing etc.

Watch: How to prepare different types of fish recipe:

<https://youtu.be/EziM5ckJbo4>

https://youtu.be/NUWxXh_YK-I

Watch: How to prepare a salmon: https://youtu.be/rR9wq5uN_q8

Watch: Fish and chips recipe: <https://youtu.be/qHl1MoXPXz0>

Following are some of the allergies that need to be considered:

Fish: People with fish allergies are most commonly allergic to salmon, tuna and halibut, although it is advised to avoid all fish. Many people who are allergic to finned fish are not allergic to shellfish. Be advised that fish protein can become airborne in the steam released while cooking. Some unexpected sources of fish:

- Caesar dressing
- Worcestershire sauce
- Bouillabaisse
- Imitation fish or shellfish
- Meatloaf
- Barbecue sauce
- Caponata (Sicilian eggplant relish)

Shellfish: Shrimp, crab and lobster cause most shellfish allergies and 60% of people with this allergy experienced their first reaction as an adult. There are two kinds of shellfish: crustacean (shrimp, crab and lobster) and mollusks (clams, mussels, oysters and scallops). Most shellfish reactions tend to be severe. It is also best to avoid all shellfish if there is an allergic reaction to any of them. Shellfish to avoid:

- Barnacle
- Crab
- Crawfish
- Krill
- Lobster
- Prawns

- Shrimp

Mollusks shellfish to avoid:

- Abalone
- Clams
- Cockle
- Cuttlefish
- Limpet
- Mussels
- Octopus
- Oysters
- Periwinkle
- Sea cucumber
- Sea urchin
- Scallops
- Snails
- Squid
- Whelk

Read: More about fish allergies:

<https://www.webster.edu/specialevents/planning/food-information.html>

<http://www.foodallergy.org/allergens>

Table 12: Spices for fish

Meat type	Spices
Fish	Bay leave Cayenne Curry powder Celery seed Chives Dill Fennel Lemon zest Marjoram Mint Dry mustard powder Onion Paprika Parsley Red pepper Sage Sesame seeds

Meat type	Spices
	Tarragon Thyme Turmeric

Source: <https://www.spicesinc.com/p-510-what-spices-go-with-what-meat.aspx>

Read: Seasoning for meat: <https://www.spicesinc.com/p-510-what-spices-go-with-what-meat.aspx>

Recipe	Grilled Salmon I
Ingredients	• 1 1/2 pounds salmon fillets • Lemon pepper to taste • Garlic powder to taste • Salt to taste • 1/3 cup soy sauce • 1/3 cup brown sugar • 1/3 cup water • 1/4 cup vegetable oil
Preparation time	15 min
Cook time	16 min.
Ready in	2 h31mins.
Direction	1. Season salmon fillets with lemon pepper, garlic powder, and salt. 2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours. 3. Preheat grill for medium heat. 4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

Recipe	Chinese-Style Steamed Fish
Ingredients	• 1 1/2 pounds halibut, cut into 4 pieces • 3 green onions, cut into • 3 inch lengths • 2 fresh mushrooms, sliced • 6 leaves napa cabbage, sliced into 4 inch pieces • 2 slices fresh ginger root, finely chopped • 2 cloves garlic, chopped • 1/4 cup low-sodium soy sauce • 1/8 cup water • Crushed red pepper flakes to taste • Fresh cilantro sprigs, for garnish
Preparation time	15 min
Cook time	20 min
Ready in	35 min
Direction	1. Arrange 1/2 of the green onions on the bottom of the steaming bowl (it is important to steam in a container in order to retain the steam and juices around the fish). Place 1/2 of the mushrooms and Napa cabbage sections on top of the onions. Place fish on top of the vegetables. Sprinkle ginger, garlic, and red pepper flakes over fish. Top with the remaining green onions, mushrooms, and napa cabbage. Drizzle soy sauce and water over everything. 2. Place steam bowl in a steamer over 1 inch of boiling water, and cover. Steam for 15 to 20 minutes, or until fish flakes easily. Garnish with cilantro, if desired.

6.3.4.3 Self-Assessment

- What is the difference between white fish and oil fish?
- What are the temperatures for storing fishes?
- List cooking methods for different types of fishes.
- People who eat fish regularly have a lower risk of:
 - Heart disease
 - Stroke
 - Depression
 - All of the above
- Most of the health benefit of eating fish comes from:
 - Omega-3 fatty acids
 - Omega-6 fatty acids
 - Omega-9 fatty acids
- What is the proper temperature at which fish must be stored?
 - 0-4 degrees Celsius
 - 4-8 degree Celsius

- C. 8-12 degree Celsius
- D. 12-16 degree Celsius
- vii. Which of the following is not a way to preserve fish?
 - A. Freezing
 - B. Pickling
 - C. Smoking
 - D. Oiling

6.3.4.4 Tools, Equipment, Supplies and Materials

Production kitchen, baking equipment, variety of ingredients, knife, board, tray, containers

6.3.4.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenya Food Composition Tables. Nairobi, 254 pp.
<http://www.fao.org/3/I9120EN/i9120en.pdf>
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>
- https://www.cfs.gov.hk/english/multimedia/multimedia_pub/multimedia_pub_fsf_108_01.html

6.3.5 Learning Outcome 4: Preparing seafood

6.3.5.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the sea food
- Seafood and other ingredients identified and selected as per the recipe.
- Scales removed scales (where necessary) from sea food as per the SOP's
- Weigh and measure sea food/ingredients according to recipe
- Thaw frozen sea food as per food safety guidelines where required and as per the standard operating procedures
- Hygiene and procedures are observed as per HACCP
- Sea food prepared as per the menu and recipe
- Sea food portioned as per specifications
- Marinate (where necessary) food as per the recipe
- Sea food cooked as per the recipe
- Presentation equipment identified and used as per the specification
- Garnish and dispense sea food as per the recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Types of seafood
- Factors to consider when selecting seafood
- Food contamination in seafood
- Procedure of removing shell from seafood
- Scaling seafood
- Portioning seafood
- Preparing fillets
- Methods of cooking seafood
- Garnishing seafood
- Storing seafood
- Presenting seafood
- Portioning seafood
- Methods of cooking seafood
- Garnishing seafood
- Presenting seafood

6.3.5.2 Information Sheet

Seafood includes – lobsters and crabs. These are invertebrates (which means that they do not have internal skeleton). Seafood may be split into two groups – molluscs and crustaceans.

Molluscs are those with soft un-segmented body usually enclosed in a shell such as oyster, mussels, squid, octopus etc.

Crustaceans are shellfish with segmented body covered by exoskeleton consisting of hard upper shells and soft under shell. Crustaceans include lobsters, crab, shrimp and crawfish.



Source: Google

Figure 32: Crustacean

When choosing and buying seafood ensure that – shells are not cracked or broken, mussels and oyster shells should be tightly shut, lobster, crabs and prawn should have a good colour and be heavy for their size and have all the limbs in place.

Watch: How to clean, devein and cut for shrimp:

<https://youtu.be/bMLRMFWmSdI>

<https://youtu.be/5JHUW-yucBE>

Watch: How to clean a lobster: <https://youtu.be/qwfMZDeLJBA>

Watch: How to prepare and cook lobster: <https://youtu.be/B9QA4L8FtAw>

Watch: Recipes for seafood:

<https://youtu.be/IwkHyDZynF0>

https://youtu.be/NUWxXh_YK-I

Read: Recipes for seafood: <https://www.allrecipes.com/recipes/93/seafood/>

Recipe	Mediterranean Seafood Medley
Ingredients	• 20 baby squid (tubes and tentacles), cleaned • 3 cups milk • 2 tablespoons extra-virgin olive oil • 8 cloves garlic, minced • 2 small onions, chopped • 2 large carrots, chopped • 2 tomatoes, chopped • 1 small fennel bulb, diced • 1/2 cup tomato paste • 1 cup dry white wine • 3 cups chicken stock • 1/2 bunch fresh parsley • 1/2 bunch fresh tarragon • 1/2 bunch fresh thyme • 2 bay leaves • 1 teaspoon black peppercorns • 1 tablespoon loosely packed saffron threads • 2 tablespoons extra-virgin olive oil • 6 cloves garlic, minced • 1/2 cup oil-packed sun-dried tomatoes, drained and cut into strips • 6 baby fennel bulbs, halved • 1/2 bunch fresh thyme, chopped • 10 fresh oysters in shells, well scrubbed • 20 littleneck clams • 20 fresh mussels • 6 (6 ounce) fillets fresh sea bass • Salt and pepper to taste • 2 tablespoons extra-virgin olive oil • 6 sprigs parsley, for garnish
Preparation time	1h
Cook time	1h
Ready in	3h
Direction	1. Soak squid in milk for 1 to 5 hours, the longer the better. When the squid has finished soaking, strain, and discard the milk. 2. Heat 2 tablespoons olive oil in a large pot over medium heat. Stir in the garlic, onions, carrots, tomatoes, and diced fennel. Cook and stir until the vegetables soften, about 10 minutes. Stir in tomato paste, and cook an additional 10 minutes. Pour in wine, and increase heat to high. Once the mixture comes to a boil, add the chicken stock, parsley, tarragon, thyme, bay leaves, peppercorns, and saffron. Return to a boil, then reduce heat to medium, and simmer until the

	liquid has reduced to 1 1/2 cups, about 15 minutes. Strain out the liquid, and discard the solids. 3. Heat 2 tablespoons olive oil in a large pot over medium heat. Stir in garlic, and cook until fragrant, about 45 seconds. Add sun-dried tomatoes and fennel; cook for 2 minutes. Pour in the strained saffron broth and chopped thyme; increase heat to medium-high and bring to a boil. Place oysters on top of the fennel, cover, and cook for 1 minute. Set the clams and mussels into the pot, cover, and cook until the shellfish begin to open, about 4 minutes. Stir in the drained squid, recover, and cook for 1 minute, just until the squid firms. 4. While the shellfish are cooking, season the sea bass fillets with salt and pepper. Heat the remaining 2 tablespoons olive oil in a large skillet over medium-high heat. Place fish into skillet, skin-side down. Cover, and cook until the skin is crispy and the flesh of the fish has firmed and is no longer translucent. 5. Pour the fennel-seafood mixture onto a serving platter and place the sea bass fillets on top. Garnish with parsley sprigs and serve.
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Recipe	Steamed Clams from Swanson
Ingredients	• 1 tablespoon olive oil • 1 bulb fennel, trimmed and sliced • 1 clove garlic, minced • 1/4 teaspoon crushed red pepper flakes • 1 cup seafood stock • 1/2 cup white wine • 24 littleneck clams • 1/4 cup chopped fresh parsley • 1 loaf Italian or French bread
Preparation time	25 min
Cook time	
Ready in	35 min.
Direction	1. Heat the oil in a 6-quart saucepot over medium heat. Add the fennel, garlic and red pepper and cook and stir for 2 minutes. Add the stock and wine and heat to a boil. 2. Increase the heat to medium-high. Add the clams to the saucepot. Cover and cook for 5 minutes or until the clams open. Discard any clams that do not open. Sprinkle with the parsley. Serve with the bread for dipping.

Recipe	Marinated Grilled Shrimp
Ingredients	• 3 cloves garlic, minced • 1/3 cup olive oil • 1/4 cup tomato sauce • 2 tablespoons red wine vinegar

	• 2 tablespoons chopped fresh basil • 1/2 teaspoon salt • 1/4 teaspoon cayenne pepper • 2 pounds fresh shrimp, peeled and deveined • Skewers
Preparation time	15 min
Cook time	6 min
Ready in	55 min.
Direction	1. In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice. 2. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade. 3. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.

6.3.5.3 Self-Assessment

- What is the difference between fish and seafood varieties?
- What are the key factors considers for buying seafood.
- Prepare a recipe using lobster.
- Oysters raise libido.
 - True
 - False
- Seafood is the most common cause of food allergies.
 - True
 - False
- You are buying seafood. Which of the following will you not buy?
 - Prawns that have a good colour
 - Crabs that are heavy for their size
 - Mussels with open shells
 - Oysters with uncracked shells

6.3.5.4 Tools, Equipment, Supplies and Materials

Production kitchen, baking equipment, variety of ingredients, knife, tray, fridge

6.3.5.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenya Food Composition Tables. Nairobi, 254 pp. <http://www.fao.org/3/I9120EN/i9120en.pdf>
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.

- <http://www.fao.org/3/I8897EN/I8897en.pdf>

5.3.6 Learning Outcome 5: Preparing cold cuts

5.3.6.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the cuts.
- Hygiene and procedures are observed as per HACCP
- Previously cooked meats identified as per the recipe
- Portions of cuts prepared and displayed as per the recipe
- Garnish and dispense cuts as per the recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Definition of cold cuts
- Different methods of thawing foods
- Holding temperatures for cold and hot foods
- The food temperature danger zone

6.3.6.2 Information Sheet

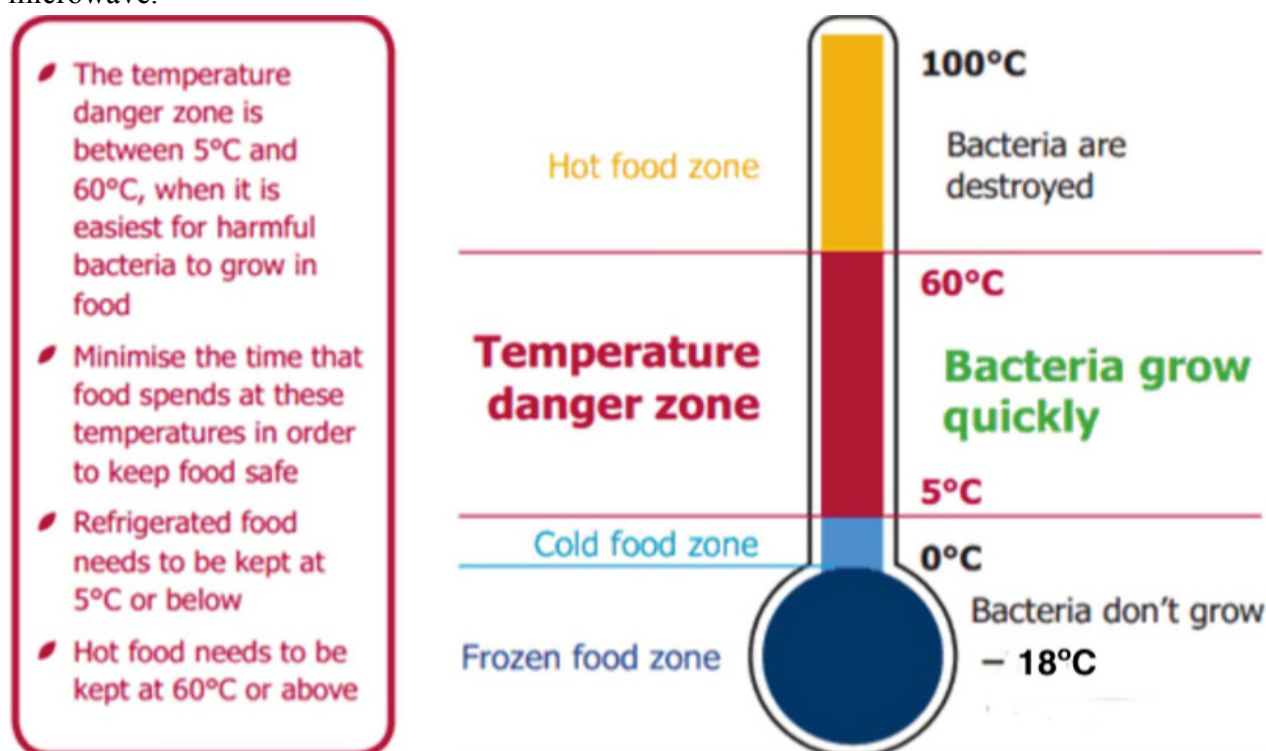
Lunch meats, also known as cold cuts, luncheon meats, cooked meats, sliced meats, cold meats and deli meats, are precooked or cured meat, often sausages or meat loaves, that are sliced and served cold or hot on sandwiches or on party trays. Most pre-sliced cold cuts are higher in fat, nitrates, and sodium than those that are sliced to order, as a larger exposed surface requires stronger preservatives. As a result, processed meats significantly contribute to incidence of heart disease and diabetes, even more so than red meat.



Source: <http://www.delimenuprices.com/consumers-vote-for-the-most-popular-cold-cuts/>

Figure 33: Cold cuts

There are three safe ways to defrost cold cuts: in the refrigerator, in cold water, and in the microwave.



Source: https://www.cookingforbusymums.com/rice-food-safety/temperature-danger-zone-graphic-final_edited-2/

Figure 34: Temperature zones

Read and Watch: Thawing methods:

<https://meatscience.org/TheMeatWeEat/topics/article/2015/11/24/methods-for-defrosting-frozen-meat>

Watch: How to defrost food:

<https://youtu.be/eS6mRtRKG8Y>

<https://youtu.be/4a2hQpj6Dxc>

Watch: Presentation for cold cuts: <https://youtu.be/b3cjLxMfSSM>

Recipe	Hot Ham and Cheese Sandwiches
Ingredients	• 1/4 cup butter, softened • 2 tablespoons prepared horseradish mustard • 2 tablespoons chopped onions • 1 teaspoon poppy seeds • 1 teaspoon dill seed • 8 slices Swiss cheese • 8 slices cooked ham • 8 hamburger buns
Preparation time	10 min

Cook time	20 min
Ready in	30 min.
Direction	1. Preheat oven to 250 degrees F (120 degrees C). 2. Combine butter, mustard, onions, poppy seeds and dill seed. Spread insides of buns with this mixture. Place a slice of cheese and a slice of ham inside each bun. 3. Wrap buns in foil and place in preheated oven. Bake for 15 to 20 minutes, until cheese has melted.

Recipe	Miso Paste Ham Sandwich
Ingredients	• 2 slices whole wheat bread, toasted • 1 teaspoon miso paste • 1/2 teaspoon wasabi paste (optional) • 2 teaspoons mayonnaise • 2 slices ham • 1 leaf lettuce • 1 slice Cheddar cheese
Preparation time	1 min
Cook time	2 min
Ready in	3 min.
Direction	1. Spread the miso paste and wasabi paste onto one side of one slice of bread. Spread the mayonnaise onto the other slice. Layer the ham, lettuce and cheese over the mayonnaise, and top with the other slice of bread, with the miso facing the inside.

6.3.6.3 Self-Assessment

- What are cold cuts?
- What is danger zone?
- What are the safe measures for thawing cold cuts?
- There are four acceptable thawing methods that can be used in the kitchen (under running water, refrigeration, as part of the cooking process, and in a microwave) Discuss appropriate foods, scenarios, and conditions for which you would use each thawing method. Also discuss the principles behind each thawing method to show a complete understanding of how each method works to thaw the food.
- Most pre-sliced cold cuts are higher in fat, nitrates, and sodium than those that are sliced to order.
 - True
 - False
- Cold cuts are also known as _____ meats.
 - Breakfast
 - Lunch
 - Tea-time
 - Dinner

- vii. Which of the following is not a safe way to defrost cold cuts?
 - A. In the refrigerator
 - B. In cold water
 - C. In hot water
 - D. In the microwave
- viii. What is the temperature danger zone when it is easiest for harmful bacteria to grow on food?
 - A. >0 degrees
 - B. 0-4 degrees
 - C. 5-60 degrees
 - D. <60 degrees

6.3.6.4 Tools, Equipment, Supplies and Materials

Production kitchen, baking equipment, variety of ingredient

6.3.6.5 References

- https://en.wikipedia.org/wiki/Lunch_meat
- <https://meatscience.org/TheMeatWeEat/topics/article/2015/11/24/methods-for-defrosting-frozen-meat>

6.3.6 Learning Outcome 6: Preparing hot/cold starters, sandwiches, canapés

6.3.6.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the hot/cold starters, sandwiches, canapés.
- Hygiene and procedures are observed as per HACCP.
- Ingredients for hot/cold starters, sandwiches, canapés identified as per the recipe.
- Preparation of hot/cold starters, sandwiches, canapés done as per the recipe.
- Portions made according to the recipe and style of service.

Trainees to demonstrate knowledge in relation to:

- Types of hot/cold starters, sandwiches, canapés.
- Importance of preparing hot/cold starters, sandwiches, canapés in menus.
- Ingredients for hot/cold starters, sandwiches, canapés.
- Procedure for preparing hot/cold starters, sandwiches, canapés.
- Presentation.

6.3.6.2 Information Sheet

Starters on a restaurant menu is the small course that precedes the main course in a three-course meal, i.e., the course which in British usage is often called the “starter” and in American usage the “appetizer”. **Hot/cold starters, sandwiches and canapés** are food known to increase appetite and thus known as Appetizers, which is just English to the French word Apéritif or Hors d’oeuvre or simply a starter in colloquial.

Hot starters include foods like: Grilled king prawns.

Watch: Examples of hot starters: <https://youtu.be/j0XsqKDCOEw>.

Examples of cold starters include: Crab-stuffed avocados, Asparagus and Crab salad, Smoked wild Irish salmon with chive pancakes among others.

Watch: Example for cold starter: <https://youtu.be/YnIAz-NqezE>

Sandwich is a food typically consisting of vegetables, sliced cheese or meat, placed on or between slices of bread, or more generally any dish wherein two or more pieces of bread serve as a container or wrapper for another food type. The bread can be either plain, or coated with condiments such as mayonnaise or mustard, to enhance its flavour and texture.

Watch: Example of preparing sandwich: <https://youtu.be/Ni6s8J9f9FY>



Source: https://www.iga.net/en/inspiring_recipes/recipes/shrimp_and_cucumber_canapes

Figure 35: Canapé

Canapé is a type of hors d'oeuvre, a small, prepared and often-decorative food, consisting of a small piece of bread (sometimes toasted), puff pastry, or a cracker topped with some savoury food, held in the fingers and often eaten in one bite. Types of canapés include: **Peach and Prosciutto Canapés**, **Smoked Salmon Mousse**, **Asparagus-Blue Cheese** among others.

Watch: How to prepare canapés: <https://youtu.be/1Taq1wD2VBA>

Watch: How to present canapés: <https://youtu.be/cMW9cudsXMA>

Recipe	Grilled Mediterranean Vegetable Sandwich
Ingredients	• 1 eggplant, sliced into strips • 2 red bell peppers • 2 tablespoons olive oil, divided

	• 2 portobello mushrooms, sliced • 3 cloves garlic, crushed • 4 tablespoons mayonnaise • 1 (1 pound) loaf focaccia bread
Preparation time	20 min
Cook time	40 min
Ready in	3 h.
Direction	1. Preheat oven to 400 degrees F (200 degrees C). 2. Brush eggplant and red bell peppers with 1-tablespoon olive oil; use more if necessary, depending on sizes of vegetables. Place on a baking sheet and roast in preheated oven. Roast eggplant until tender, about 25 minutes; roast peppers until blackened. Remove from oven and set aside to cool. 3. Meanwhile, heat 1-tablespoon olive oil and cook and stir mushrooms until tender. Stir crushed garlic into mayonnaise. Slice focaccia in half lengthwise. Spread mayonnaise mixture on one or both halves. 4. Peel cooled peppers, core, and slice. Arrange eggplant, peppers and mushrooms on focaccia. Wrap sandwich in plastic wrap; place a cutting board on top of it and weight it down with some canned foods. Allow sandwich to sit for 2 hours before slicing and serving.

6.3.6.3 Self-Assessment

- What are starters and appetizers?
- What are the key ingredients of sandwich?
- What are canapés? List the key characteristics of a canapé.
- Which of these is a hot starter?
 - Crab-stuffed avocados
 - Asparagus and crab salad
 - Smoked wild Irish salmon
 - Grilled prawns
- Which of the following is a hors d'oeuvre?
 - Canapé
 - Tuna sandwich
 - Chicken breast
 - Lamb chops

6.3.6.4 Tools, Equipment, Supplies and Materials

Production kitchen, baking equipment, variety of ingredient

6.3.6.5 References

- <https://www.foodnetwork.ca/entertaining/blog/23-hot-cold-appetizer-recipes-14230/>

CHAPTER 7: SALAD

7.1 Introduction

This unit specifies the competencies required to plan, prepare and present salads. It requires the ability to select, prepare and cook (where necessary) ingredients, and use relevant equipment.

7.2 Performance Standard

- Demonstrated ability to prepare salads
- Prepared salad dressing and dress the salads as per the recipe
- Demonstrated ability to use special vegetable cuts to prepare salad ingredients
- Demonstrated ability to present appetisers and salads attractively and creatively
- Demonstrated ability to prepare salads within typical workplace time constraints
- Hygienically handled and stored salads

7.3 Learning Outcomes

7.3.1 List of the Learning Outcomes

These are the key learning outcomes, which make up workplace function:

- Prepare simple salads
- Prepare compound salads
- Prepare own creation salads
- Prepare specialty salad
- Prepare salad dressings

7.3.2 Learning Outcome 1: Preparing simple salad

7.3.2.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the simple salads.
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Special vegetable cuts used to prepare salads according to recipe
- Prepare dressings, sauces and store at recommended temperature until required.
- Portion and prepare salad ingredients as per recipe
- Follow standard recipes and make adjustments as per recipe.

Trainees to demonstrate knowledge in relation to:

- Define salads
- Uses of salads
- Ingredients for simple salads
- Selecting equipment for salads preparation
- Vegetable cuts
- Portioning salads
- Presenting salads

7.3.2.2 Information Sheet

Salad is a dish of raw green vegetables, often tossed with pieces of other raw or cooked vegetables, fruit, cheese, or other ingredients and served with a dressing. A cold dish of chopped vegetables, fruit, meat, fish, eggs or other food, usually prepared with a dressing, such as mayonnaise. Salad greens are an especially healthful food; greens contain virtually no fat and few calories. Salad greens are high in vitamins A and C, iron and fiber.

Garnishing salad greens with an oil-based dressing, mayonnaise or cheese adds fat and calories. The key parts of a salad are: **Base**, **Body** (main ingredients of the salad, consists of cooked or raw fruits, vegetables, meat, fish, poultry, egg, or noodles), **Dressing** (a mixture of a well-seasoned liquid with or without oil to add flavor zest and color) and **Garnish**.



Source: Google

Figure 36: Salad

Essentials for making good salad:

- Use clean, crisp, tender and fresh lettuce or other greens, desired. To insure crispness, wash in cold water but do not soak, drain and place in a covered container and refrigerate.
- Cut cooked vegetables in uniform size and shape. Pieces should be of sufficient size to retain identity.
- Canned fruits and vegetables should be well drained. Dry thoroughly fresh vegetables.
- Chill all ingredients before mixing.
- Cover with lemon to prevent the darkening of cut surface of apples and bananas.
- Use stainless knives for cutting vegetables and fruits.
- To improve the flavor, marinate the meat, vegetables (potatoes) and fish.
- Handle all salad materials as little as possible. Toss lightly, do not over mix the ingredients.
- Combine materials just before serving.
- Garnishes attractively.

- Serve in medium sized portion. Make dish salads look natural. Do not smooth the top and never hang lettuce over the edge of the container.
- Always serve salads cold or chilled.

Safety tips for salad making:

- Wash hands and wear single use gloves when handling uncooked salad greens
- Do not soak greens
- Wash salad greens in a clean sink filled with cool water
- Float greens in several changes of water until all grit removed

Storage of salad:

- Some are heartier and can be kept for a week
- Others are more delicate and need to be consumed in a few days
- Store in the original protective cartons
- Store at temperature between 34°F and 38°F
- Do not store close to apples and tomatoes
- Do not wash until needed

Salads may be served at any point during a meal:

- **Appetizer salads:** light, smaller-portion salads served as the first course of the meal.
- **Side salads:** to accompany the main course as a side dish.
- **Main course salads:** usually containing a portion of a high-protein food, such as meat, fish, eggs, legumes, or cheese.
- **Dessert salads:** sweet versions containing fruit, gelatin, sweeteners or whipped cream.

Simple salad is served as an appetizer and uses one ingredient example - Broccoli with vinaigrette.



Source: Google

Figure 37: Simple salad

Watch: How to prepare simple salad:

<https://youtu.be/589lJY-uUa8>

<https://youtu.be/BhkL268vpb0>

Recipe	Strawberry Spinach Salad
Ingredients	• 2 tablespoons sesame seeds • 1 tablespoon poppy seeds • 1/2 cup white sugar • 1/2 cup olive oil • 1/4 cup distilled white vinegar • 1/4 teaspoon paprika • 1/4 teaspoon Worcestershire sauce • 1 tablespoon minced onion • 10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces • 1 quart strawberries - cleaned, hulled and sliced • 1/4 cup almonds, blanched and slivered
Preparation time	10 min
Cook time	1h
Ready in	1h 10 min
Direction	1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour. 2. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

Recipe	Broccoli Salad
Ingredients	• 10 slices bacon • 1 head fresh broccoli, cut into bite size pieces • 1/4 cup red onion, chopped • 1/2 cup raisins • 3 tablespoons white wine vinegar • 2 tablespoons white sugar • 1 cup mayonnaise • 1 cup sunflower seeds
Preparation time	15 min
Cook time	15 min
Ready in	30 min.
Direction	1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. 2. In a medium bowl, combine the broccoli, onion and raisins. In a small bowl, whisk together the vinegar, sugar and mayonnaise. Pour

	over broccoli mixture, and toss until well mixed. Refrigerate for at least two hours. 3. Before serving, toss salad with crumbled bacon and sunflower seeds.
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Recipe	Shieldzini
Ingredients	• 3 cucumbers • 1 teaspoon salt • 1 tablespoon vegetable oil • 2 teaspoons white sugar • 3 tablespoons rice wine vinegar • 3 tablespoons soy sauce
Preparation time	10 min
Cook time	1h
Ready in	1h 10 min.
Direction	1. Cut cucumbers lengthwise, scoop out seeds with a spoon, and slice cucumbers into bite-sized pieces. Transfer to a salad bowl. 2. In a small bowl, mix together salt, oil, sugar, rice wine vinegar, and soy sauce. Pour over cucumbers, and gently toss. Refrigerate for at least an hour before serving, tossing every now and then.

7.3.2.3 Self-Assessment

- What are the different types of salads?
- List the different steps for preparing simple salad.
- List the precautionary measures while preparing and presenting salad.
- The purpose of an appetizer is to:
 - Tide you over until the meal is served
 - Help to curb your appetite
 - Whet your appetite
 - None of the above
 - A and B
- Salad greens are rich in which of the following?
 - Vitamin A and C
 - Vitamin A and B
 - Vitamin B and D
 - Vitamin B and C
- Salads may be served at any point during a meal
 - True
 - False
- Main course salads usually contain a portion of a high _____ food.
 - Carbohydrate
 - Protein
 - Fat

D. Fiber

7.3.2.4 Tools, Equipment, Supplies and Materials

Production kitchen, variety of ingredients, bowls, wooden spoon, knives

7.3.2.5 References

- <https://www.allrecipes.com/recipes/96/salad/>

7.3.3 Learning Outcome 2: Preparing compound salad

7.3.3.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the compound salads.
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP.
- Special vegetable cuts used to prepare salads according to recipe.
- Portion and prepare salad ingredients as per recipe.
- Cook (optional) and combine salad ingredients according to recipe.
- Prepare marinades, flavourings and sauce mixtures and store at recommended temperature until required.
- Follow standard recipes and make adjustments as per recipe.

Trainees to demonstrate knowledge in relation to:

- Ingredients for compound salads
- Preparing various types of compound salads

7.3.3.2 Information Sheet

Composed salads are salads in which the ingredients are arranged rather than mixed. The dressing - mayonnaise or similar - is often added over the **salad** or served as an accompaniment.

Ingredients for **compound salads** are mixtures of fruits, vegetables, meat, cheese, eggs, and noodles. The dressing is richer than the one used for light or simple salad. They may form the main dish of a meal and that is referred to as a salad plate.

When preparing a compound salad, take a **primary ingredient** and build a salad around it using other ingredients. Compound salads can be protein-based (chicken or tuna salad), carbohydrate based (potato, rice or quinoa salad), or vegetable based (broccoli, carrot and raisin, coleslaw). When designing a compound salad, there are four elements to consider: Flavour, colour, texture and nutritional value.



Source: Google

Figure 38: Compound salad

Watch: Salad making basics: <https://youtu.be/prGw7TFc62w>

Watch: How to prepare cabbage salad with bell pepper:
<https://youtu.be/CljKON8u8wM>

Watch: How to prepare Caesar salad and presenting: https://youtu.be/H3ZfEPiX_qc

Watch: How to make three different types of chicken salad:
<https://youtu.be/Sx9RaUcaqFc>

Watch: How to prepare avocado and corn salad: <https://youtu.be/Nr3eqepQVPc>

Watch: How to present garden salad: <https://youtu.be/9awHosSrQDs>

Recipe	Quinoa Salad
Ingredients	• 1 cup quinoa • 2 cups water • 1/4 cup extra-virgin olive oil • 2 limes, juiced • 2 teaspoons ground cumin • 1 teaspoon salt • 1/2 teaspoon red pepper flakes, or more to taste • 1 1/2 cups halved cherry tomatoes

	• 1 (15 ounce) can black beans, drained and rinsed • 5 green onions, finely chopped • 1/4 cup chopped fresh cilantro • Salt and ground black pepper to taste
Preparation time	20 min
Cook time	10 min
Ready in	30 min
Direction	1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool. 2. Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl. 3. Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

Recipe	Holiday Chicken Salad
Ingredients	• 4 cups cubed, cooked chicken meat • 1 cup mayonnaise • 1 teaspoon paprika • 1 1/2 cups dried cranberries • 1 cup chopped celery • 2 green onions, chopped • 1/2 cup minced green bell pepper • 1 cup chopped pecans • 1 teaspoon seasoning salt • Ground black pepper to taste
Preparation time	15 min
Cook time	-
Ready in	15 min
Direction	1. In a medium bowl, mix together mayonnaise with paprika and seasoned salt. Blend in dried cranberries, celery, bell pepper, onion, and nuts. Add chopped chicken, and mix well. Season with black pepper to taste. Chill 1 hour.

7.3.3.3 Self-Assessment

- What is a salad?
- List the nutritional benefits of having salad?
- Prepare a compound salad.
- A compound salad is a salad in which the ingredients are _____.
A. Mixed

- B. Tossed
- C. Arranged
- D. Blended
- v. In compound salads, the dressing is _____ than that used in the simple salad.
 - A. Lighter
 - B. Richer
 - C. Sweeter
 - D. Spicier

7.3.3.4 Tools, Equipment, Supplies and Materials

Production kitchen, saucepan, whisk, salad plates or bowls, cutlery, baking equipment, variety of ingredients

7.3.3.5 References

- <https://www.allrecipes.com/recipes/96/salad/>

7.3.4 Learning Outcome 3: Preparing own creation salads

7.3.4.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare own creation salads
- Ingredients identified and selected as per the recipe
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Special vegetable cuts used to prepare salads according to recipe
- Portion and prepare salad ingredients as per recipe
- Cook (optional) and combine salad ingredients according to recipe
- Prepare dressings, sauces and store at recommended temperature until required
- Follow standard recipes and make adjustments as per recipe

Trainees to demonstrate knowledge in relation to:

- Importance of own creation salads
- Ingredients for own creation salads
- Preparing various types of own creation salads

7.3.4.2 Information Sheet

Salad can be modified for catering to personal taste and choice. While providing for creation salads you need to provide - a base (like classic romaine lettuce or something more unique, like roasted beets), toppings (like fruits, veggies, nuts, cheeses, and more), a protein (like tofu, tuna, or chicken), and a dressing. Generally, own creation salads are presented in the salad bar.



Source: <https://chicago.eater.com/maps/best-salad-bar>

Figure 39: Salad bars

A salad bar is a buffet-style table or counter at a restaurant or food market on which salad components are provided for customers to assemble their own salad plates. Most salad bars provide lettuce, chopped tomatoes, assorted raw, sliced vegetables (such as cucumbers, carrots, celery, olives and green or red bell peppers), dried bread croutons, bacon bits, shredded cheese, and various types of salad dressing. Some salad bars also have additional food items such as cooked cold meats, (turkey, chicken, ham, or tuna), cooked beans (e.g., chick peas, garbanzo beans or kidney beans), boiled eggs, cottage cheese, cold pasta salads, tortilla chips, bread rolls, soup, and fresh cut fruit slices.

Watch: Introduction to salad bar for creation salad: <https://youtu.be/zRg3YqiiiDM>

Watch: How to set a salad bar for children: <https://youtu.be/JHohc-EzsZc>

Watch: Approach for salad bar: https://youtu.be/67Zq6c9B_tw

Watch: Presentation in a salad buffet: <https://youtu.be/AZdJ3zWZotE>

Create own salad provides customers healthier option and helps them to personalize their eating preferences by avoiding allergies etc.

Recipe	Fresh Fruit with Poppy Seed Dressing
Ingredients	• 1 banana, sliced • 1/2 cup orange juice • 1 tablespoon lime juice • 2 tablespoons poppy seeds • 1 tablespoon raspberry vinegar • 1/4 teaspoon olive oil • 1/4 cup raspberries • 1/8 teaspoon salt • 1/8 teaspoon cayenne pepper • 1 cup seedless red grapes • 1 cup cubed watermelon • 1 cup halved fresh strawberries • 1 cup cubed cantaloupe • 1 cup blueberries • 1 cup sliced plums
Preparation time	15 min
Cook time	-
Ready in	15 min.
Direction	1. In a blender or food processor, combine banana, orange juice, lime juice, poppy seeds, raspberry vinegar, olive oil, raspberries, salt and cayenne pepper, and puree until smooth. Cover tightly and refrigerate until ready to use. 2. Combine grapes, watermelon, strawberries, cantaloupe, blueberries and plums in a large bowl. Pour dressing over fruit and toss to coat.

Recipe	Mexican Cornbread Salad
Ingredients	• 1 (8.5 ounce) package dry corn bread mix • 1 (4 ounce) can chopped green chili peppers • 2 (16 ounce) cans pinto beans, drained • 1 (16 ounce) bottle Ranch-style salad dressing • 1 green bell pepper, chopped • 2 (15.25 ounce) cans whole kernel corn, drained • 2 tomatoes, chopped • 1 (3 ounce) can bacon bits • 8 ounces shredded Cheddar cheese • 1 green onions
Preparation time	20 min
Cook time	50 min
Ready in	3h 10min.
Direction	1. Prepare corn bread mix according to package directions, adding green chilies. Set aside, allow to cool, and crumble. 2. Place half of cornbread in bottom of large bowl. Evenly layer with 1 can of beans, 1 cup salad dressing, 1/2 chopped bell pepper, 1 can corn, 1 chopped tomato, 1/2 jar bacon bits, 1/2 package cheese and 1/2 green onions. Repeat layers in same order using remaining ingredients, beginning with crumbled cornbread. 3. Cover, refrigerate 2 hours and serve chilled.

7.3.4.3 Self-Assessment

- List items for preparing a spread of own creation salad?
- In group, prepare a salad bar for a select group of audience –e.g. school children, aged, corporate meeting buffet.
- At a salad bar, which of the following can customers do?
 - Order their choice of salad plates
 - Assemble their own salad plates
 - Order salad based drinks like juices etc.
 - Order fresh salad ingredients

7.3.4.4 Tools, Equipment, Supplies and Materials

Production kitchen, variety of ingredients, containers, tongs, bar display

7.3.4.5 References

- https://en.wikipedia.org/wiki/Salad_bar

7.3.5 Learning Outcome 4: Preparing specialty salad

7.3.5.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the specialty salads.
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Special vegetable cuts used to prepare salads according to recipe
- Portion and prepare salad ingredients as per recipe
- Cook (optional) and combine salad ingredients according to recipe.
- Prepare dressings, sauces and store at recommended temperature until required.
- Follow standard recipes and make adjustments as per recipe.

Trainees to demonstrate knowledge in relation to:

- Define specialty salads
- Preparing various types of specialty salads
- Cooked salads

7.3.5.2 Information Sheet

Specialty salad is a combination of salads containing chicken or meat or cheese in addition to greens and vegetables. Preparation of specialty salad is just the same as the rest of the salads. Some example of specialty salad include - Autumn Salad with Figs and Blue Cheese, Chicken Salad with Blue Cheese and Grapes, Ham and Cheese on Rye Bread Salad, Beet and Blue Cheese Salad, Spicy Thai salad etc.

Read: List of specialty salad: <https://www.wc-wi.org/index.cfm/weddings-parties/menu/specialty-salads/>

Watch: How to prepare specialty salad: <https://youtu.be/VPFmudvabUg>

Watch: The definition of specialty salads: <https://youtu.be/VPFmudvabUg>

Watch: How to prepare Thai beef salad: <https://youtu.be/C5o0YKZ15GU>

Watch: Variety of specialty salads: <https://www.pinterest.com/erecipecards/52-specialty-salads/>

Watch: How to cook salad: <https://youtu.be/AfecS9W-skA>

Recipe	Fruity Curry Chicken Salad
Ingredients	• 4 skinless, boneless chicken breast halves - cooked and diced • 1 stalk celery, diced • 4 green onions, chopped • 1 Golden Delicious apple - peeled, cored and diced • 1/3 cup golden raisins • 1/3 cup seedless green grapes, halved • 1/2 cup chopped toasted pecans • 1/8 teaspoon ground black pepper • 1/2 teaspoon curry powder • 3/4 cup light mayonnaise
Preparation time	45 min
Cook time	-
Ready in	45 min.
Direction	1. In a large bowl combine the chicken, celery, onion, apple, raisins, grapes, pecans, pepper, curry powder and mayonnaise. Mix all together. Serve!

Recipe	Beet Salad with Goat Cheese
Ingredients	• 4 medium beets - scrubbed, trimmed and cut in half • 1/3 cup chopped walnuts • 3 tablespoons maple syrup • 1 (10 ounce) package mixed baby salad greens • 1/2 cup frozen orange juice concentrate • 1/4 cup balsamic vinegar • 1/2 cup extra-virgin olive oil • 2 ounces goat cheese
Preparation time	10 min
Cook time	30 min
Ready in	40 min.
Direction	1. Place beets into a saucepan, and fill with enough water to cover. Bring to a boil, then cook for 20 to 30 minutes, until tender. Drain and cool, then cut in to cubes. 2. While the beets are cooking, place the walnuts in a skillet over medium-low heat. Heat until warm and starting to toast, then stir in the maple syrup. Cook and stir until evenly coated, then remove from the heat and set aside to cool. 3. In a small bowl, whisk together the orange juice concentrate, balsamic vinegar and olive oil to make the dressing. 4. Place a large helping of baby greens onto each of four salad plates, divide candied walnuts equally and sprinkle over the greens. Place

	equal amounts of beets over the greens, and top with dabs of goat cheese. Drizzle each plate with some of the dressing.
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7.3.5.3 Self-Assessment

- i. List variety of specialty salad that can be selected for different occasion.
- ii. Prepare poultry based specialty salad.
- iii. A main dish salad must contain which nutrient?
 - A. Carbohydrates
 - B. Protein
 - C. Fat
 - D. Vitamin C
 - E. All of the above
- iv. Which of the following ingredient would make a salad a specialty salad?
 - A. Lettuce
 - B. Olives
 - C. Cheese
 - D. Corn

7.3.5.4 Tools, Equipment, Supplies and Materials

Production kitchen, baking equipment, variety of ingredient

7.3.5.5 References

- <https://www.wc-wi.org/index.cfm/weddings-parties/menu/specialty-salads/>

7.3.6 Learning Outcome 5: Preparing salad dressing

7.3.6.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the salad dressings.
- Ingredients identified and selected as per the salad dressing to be prepared
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Prepare dressings as per the recipe
- Garnish and dispense sea food as per the recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Define salad dressing
- Types of salad dressings
- Use of salad dressing
- Ingredients for salad dressing
- Prepare various salad dressings e.g. French dressing
- Presentation

7.3.6.2 Information Sheet

Sauces for salads are often called “dressings”. The concept of salad dressing varies across cultures. Salad dressing is chosen to complement not mask flavor of the salad ingredients.

Watch: Variety of salad dressings: <https://youtu.be/A6mxdKtJ0yI>

Read: History of salad dressing sauces and recipes:
<https://dressings-sauces.org/history-of-salad-dressings/>

There are two basic types of salad dressing:

- **Vinaigrettes** based on a mixture (emulsion) of salad oil and vinegar, often flavored with herbs, spices, salt, pepper, sugar, and other ingredients.
- **Creamy dressings** usually based on mayonnaise or fermented milk products, such as yogurt, sour cream (crème fraîche), or buttermilk.

Blue cheese dressing is a popular salad dressing and dip. It is usually made of some combination of blue cheese, mayonnaise, and buttermilk, sour cream or yogurt, milk, vinegar, onion powder, and garlic powder.

Watch: How to prepare blue cheese dressing: <https://youtu.be/-rtf2vEhbhA>

Vinaigrette dressing (temporary emulsion) is also known as basic **French dressing**. Vinaigrette is prepared using standard ratio 3 parts oil to 1 part vinegar. This ratio may be adjusted depending on the types of oils and vinegars used. Different types and combinations of oils and vinegars can create many flavor variations. Substituting the vinegar with other acid ingredients can add to flavor combinations. Other flavoring agents such as herbs, spices, garlic or sugar can be added to enhance flavour.

Watch: Preparing vinaigrette dressing: <https://youtu.be/4e65535UK0M>

Ginger dressing also called sesame ginger dressing or sesame dressing. The in ginger dressing ingredients intends to evoke East Asian cuisine. It is made with seasoned rice vinegar, minced garlic, minced onion, ginger, vegetable oil, scallions, sesame seeds, soy sauce, peppers, honey or corn syrup, and water. Ingredients for a typical ginger dressing (in this case a sesame ginger dressing): water, vegetable oil, sugar, soy sauce, garlic, onion, ginger, vinegar, and brown sugar.

Watch: Preparing ginger dressing: https://youtu.be/yjb963OqY_8

Thousand Island dressing is an salad dressing and condiment based on mayonnaise and can include olive oil, lemon juice, orange juice, paprika, Worcestershire sauce, mustard, vinegar, cream, chili sauce, tomato purée, ketchup or Tabasco sauce.

Watch: Preparing Thousand Island dressing: <https://youtu.be/m3GBzJQMAj4>

Honey mustard dressing is a type of dressing usually comprising of honey, cider vinegar, mayonnaise and oil. Creamy and tangy with a touch of sweet. A true crowd pleaser, use for leafy greens and roasted vegetables. It goes fantastic with my Roasted Sweet Potato Salad.

Read and Watch: Honey-mustard dressing recipe: <https://youtu.be/N51ARksymtQ>

Italian Dressing is a type of dressing that not only is it tasty to greens, it's also delicious to pasta salad widely used to marinade chicken, pork or beef.

Watch: Italian homemade dressing: <https://youtu.be/OZUP2x4M7to>

Cocktail dressing or sauce is one of several types of cold or room temperature sauces often served as part of the dish(es) referred to as seafood cocktail or as a condiment with other seafood.

Read: Cocktail dressing: <https://www.bbcgoodfood.com/recipes/6347/prawn-cocktail-salad>

Read: Different variety of salad dressing, preparation and use: <https://allabouteve.co.in/good-taste-not-always-fashion-salad-dressings-beyond-mayo/>

Read: Gourmet salad: <https://www.mygourmetconnection.com/shrimp-cocktail-salad/>

Read and Watch: Cocktail dressing:

<https://youtu.be/IB0c2VzVWT4>

<https://youtu.be/zdr0jBHdT2Y>

Recipe	Vinaigrette Salad Dressing
Ingredients	• 1-2 tablespoons fresh chopped herbs like dill, basil, parsley, cilantro, mint, or thyme (dried herbs work, too, just use 1-2 teaspoons instead) • A finely minced garlic clove • 2 teaspoons finely minced or grated ginger • 2 teaspoons finely chopped shallots, scallions, or onion • 2 tablespoons finely grated or crumbled Parmesan, Pecorino Romano, Gorgonzola, or feta • Pinch of crushed red pepper flakes, 1 tablespoon horseradish, or 1/4 teaspoon Sriracha • 1 teaspoon Dijon mustard • 1/2 – 1 teaspoon sugar or honey
Preparation time	2 min
Cook time	-
Ready in	2 min

Direction	1. Add all of the ingredients to a small mason jar, screw on the lid, and shake until blended. You can also whisk the ingredients together in a bowl or whirr them together in a blender. 2. Taste and adjust seasonings if desired. Add to salad, toss, and serve. 3. Keep leftover dressing in a sealed jar in the refrigerator for 2 – 3 days.
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7.3.6.3 Self-Assessment

- Prepare four types of salad dressing for a salad bar.
- What are the primary ingredients of vinaigrettes?
 - Egg yolk and olive oil
 - Water and olive oil
 - Butter and olive oil
 - Yogurt and olive oil
- Which of the following dressings is best used to marinade chicken?
 - Mayonnaise
 - Blue cheese dressing
 - Honey mustard
 - Italian dressing
- Ginger dressing is also known as _____ dressing.
 - Sesame
 - Rye
 - Cumin
 - Mustard
- Which of the following dressings is best known as basic French dressing?
 - Mayonnaise
 - Cocktail dressing
 - Honey mustard
 - Vinaigrette

7.3.6.4 Tools, Equipment, Supplies and Materials

Production kitchen, variety of ingredient, containers, spoons, sieve

7.3.6.5 References

- <https://allabouteve.co.in/good-taste-not-always-fashion-salad-dressings-beyond-mayo/>
- <https://dressings-sauces.org/history-of-salad-dressings/>

CHAPTER 8: BREAD

8.1 Introduction

This unit specifies the competencies required to plan, prepare and present breads. It involves preparing: white, whole meal, sweet yeast, deep fried, puff pastry, special and unleavened breads.

8.2 Performance Standard

- Demonstrated ability to conduct pre-start checks on ovens used for baking
- Demonstrated ability to start, operate, monitor and adjust ovens to achieve required quality outcomes
- Baked breads as per the quality standards
- Demonstrated ability to apply safe work practices and identify OSH hazards and controls
- Demonstrated ability to safely shut down ovens
- Demonstrated ability to monitor baking process, including: steam injection crust colour, sheen, uniformity of shape and size as per the recipe
- Demonstrated ability to apply food safety procedures
- Hygienically handled and stored breads

8.3 Learning Outcomes

8.3.1 List of the Learning Outcomes

These are the key learning outcomes, which make up workplace function:

- Prepare white breads
- Prepare whole meal breads
- Prepare sweet yeast puff pastries
- Prepare sweet breads
- Prepare deep fried breads
- Prepare special breads
- Prepare unleavened bread

8.3.2 Learning Outcome 1: Preparing white breads

8.3.2.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the white breads.
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Mix dry ingredients as per the recipe
- Liquid ingredients added as per the recipe
- Dough handled as per the recipe
- Dough proofed as per the recipe
- Oven preheated to the temperatures recommended in the recipe
- Baking trays prepared and dough placed on the trays as per the recipe.
- Baking period/time observed as per the recipe
- Bread cooled on cooling racks as per SOPs

- Presentation and display equipment identified and used as per the specification
- Serve white bread as per the specifications and style of service

Trainees to demonstrate knowledge in relation to:

- Define baking
- Different types of bread
- Baking equipment e.g. baking tins, trays, ovens
- Ingredients for making white breads
- Methods of preparing breads e.g. baking, deep frying, roasting
- Handling dough
- Recipes for baking white breads
- Presenting bread

8.3.2.2 Information Sheet

Baking is a method of preparing food that uses dry heat, normally in an oven, but can also be done in hot ashes, or on hot stones. The most common baked item is bread but many other types of foods are baked. **Bread and bread products** form the basis of our diet and are staple products in our society.

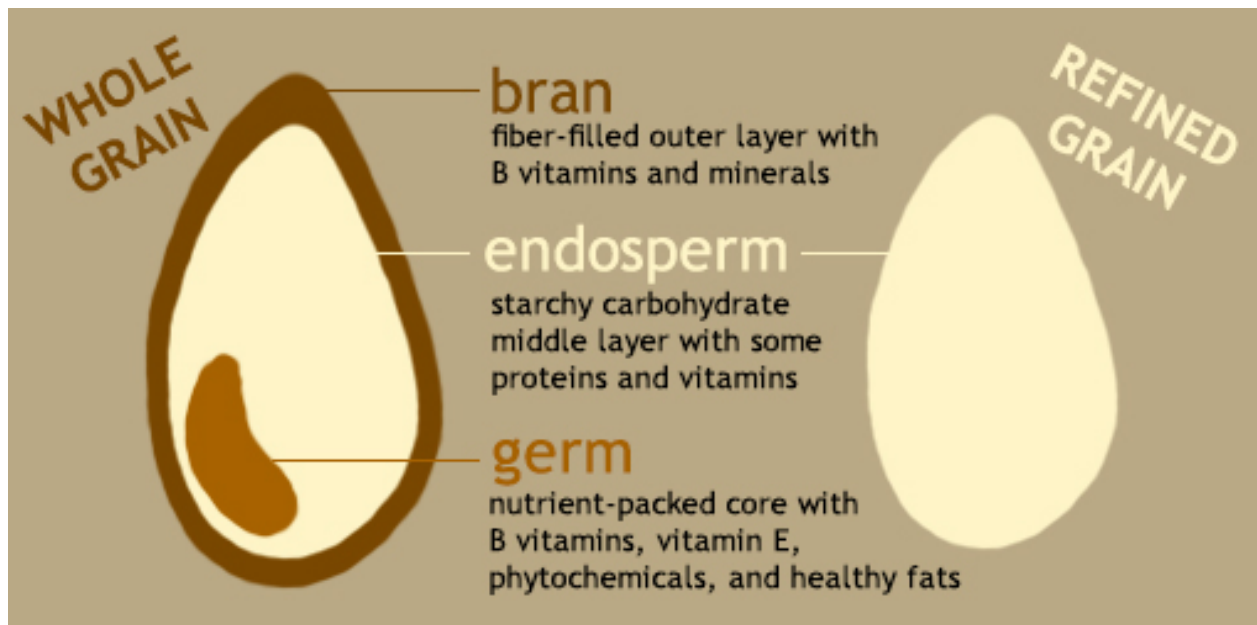
Watch: Documentary on origin and history of bread making:

<https://youtu.be/YcYmTPvJUkk>

Making bread dates back to as far as the Neolithic age; it's undergone a massive change since its humble beginnings. Bread is made using different kinds of flour and ingredients that lend it a unique flavor, often enhancing a meal's experience. It can be cooked in a variety of ways that don't always require an oven. It can either be leavened or unleavened, depending on whether yeast has been added to it or not, to help it rise and acquire that beautiful fluffiness.

Along with flour and water, other ingredients like salt, fat and/or leavening agents, like yeast and baking soda are used as part of the bread-making process. Commonly used ingredients include icing sugar, spices, fruits, vegetables, seeds, nuts, and herbs.

Brown bread or whole wheat **bread** includes all parts of the grain 'the bran, endosperm and the germ', thus making it more nutritious and healthy than the **white bread**, hence **white bread** is known to be made from 'refined flour' whereas **brown bread** is made up of 'whole wheat flour'. Flour-based products provide energy, vitamin and minerals. Wholemeal products also provide roughage, an essential part of healthy diet.



Source: <https://www.hsph.harvard.edu/nutritionsource/2016/03/31/the-whole-grain-is-greater-than-the-sum-of-its-parts/>

Figure 40: Difference between whole and refined grain

There are various methods of preparing bread, which are:

- Activated Dough Development (ADD)
- Straight Dough Method.
- Delayed Salt Method.
- Sponge and Dough Process (S&D)
- Ferment Dough Process.

Watch: Bread making process – scaling, mixing, bulk fermentation, folding over, dividing, pre-shaping, bench rest, final fermentation, scoring, baking, cooling of variety of bread:

https://youtu.be/3jDCV_WMSQw

Watch: Process of variety of bread making: <https://youtu.be/EGbNI26PPYg>

For dough to become leavened bread (bread that has risen, rather than flat bread) it must go through fermentation process. Fermentation is done with the help of yeast - a living microorganism rich in protein and vitamin B. The yeast reacts with enzymes in the dough, which converts sugar into alcohol, producing the characteristic flavor of bread. The fermentation process produces carbon di-oxide, which makes the bread rise. For quality production of dough's one must ensure:

- Ingredients are weighed carefully
- Time and temperature are essential when cooking dough product (Warm 22- 30 degree C)
- Warm liquid
- Re-knead the dough carefully once proved, this helps expel the gas and allow the yeast to be dispersed properly
- Proving allows the dough to ferment

Watch: How to bake bread: <https://youtu.be/EGbNI26PPYg>

Read: Chemistry of bread making: <https://www.compoundchem.com/2016/01/13/bread/>

Other methods of preparing breads include - baking, deep-frying, roasting

White bread: White bread typically refers to breads made from **wheat flour** from which the bran and the germ layers have been removed from the whole wheat berry as part of the flour grinding or milling process, producing a light-colored flour.

Ingredients for making white bread – yeast, flour, water and salt additional ingredients include – nuts and seeds, milk and egg etc.

Watch: How to prepare French white bread: <https://youtu.be/l6Q2QMbEgZk>

Watch: Master class on white bread: <https://youtu.be/kXV8mayG3W0>

Watch: How to make a white bread loaf: <https://youtu.be/XpuJUB1MAZs>

Recipe	Traditional White Bread
Ingredients	• 2 (.25 ounce) packages active dry yeast • 3 tablespoons white sugar • 2 1/2 cups warm water (110 degrees F/45 degrees C) • 3 tablespoons lard, softened • 1 tablespoon salt • 6 1/2 cups bread flour
Preparation time	20 min
Cook time	30 min
Ready in	2h30 min
Direction	1. In a large bowl, dissolve yeast and sugar in warm water. Stir in lard, salt and two cups of the flour. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. 2. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour. 3. Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into two equal pieces and form into loaves. Place the loaves into two lightly greased 9x5 inch loaf pans. Cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes. 4. Preheat oven to 425 degrees F (220 degrees C).

	5. Bake at 375 degrees F (190 degrees C) for about 30 minutes or until the top is golden brown and the bottom of the loaf sounds hollow when tapped.
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Recipe	Perfect White Bread
Ingredients	• 2 cups milk, scalded • 2 tablespoons white sugar • 2 teaspoons salt • 1 tablespoon shortening • 1 (.25 ounce) package active dry yeast • 1/4 cup warm water (110 degrees F/45 degrees C) • 6 cups bread flour
Preparation time	30 min
Cook time	40 min
Ready in	3h
Direction	1. In a small saucepan, heat milk until it bubbles. Remove from heat and add the sugar, salt and shortening. Cool to lukewarm. While milk mixture is cooling, dissolve yeast in warm water and let stand until creamy. 2. Combine cooled milk mixture with yeast and water in a large mixing bowl. Stir in 2 cups of the flour, and then add the remaining flour, 1/2 cup at a time, to make moderately stiff dough. Knead on a lightly floured surface for 8 to 10 minutes, or until smooth and elastic. Place the dough in a lightly oiled bowl and turn to coat the dough. Cover the bowl with a damp towel and let rise in a warm place until the dough has doubled in volume (about 1 1/4 hours). 3. Lightly grease two 9x5 inch loaf pans. Punch down the dough and turn it out onto a lightly floured surface. Shape into 2 balls, cover and let rest 10 minutes. Shape dough into 2 loaves and place in pans; let rise until doubled (about 1 hour). Preheat oven to 400 degrees F (200 degrees C). 4. Bake in the preheated oven for 35 minutes or until the top is golden and the loaf sounds hollow when tapped on the bottom.

8.3.2.3 Self-Assessment

- What is baking?
- Explain the process of fermentation.
- Why is temperature so important when making bread?
- What are the key ingredients for white bread?
- You have two hours to complete the following sequence of tasks:
 - Scale, Mix, Knead, and Round 1 recipe of basic white bread dough.
 - Scale, Mix, and Roll out, and bake 1 recipe of sweet tart dough into 2 tart pans
 - Reproduce a sample of chocolate piping created by the instructor

4. Prepare a dessert sauce (crème anglaise, fruit coulis, caramel sauce, etc.), one cup of crème Chantilly, and plate 1 portion of cheesecake that will be provided.
- vi. White bread is healthier than brown bread.
A. True
B. False
- vii. Which of the following is used to ferment dough to make bread?
A. Butter
B. Egg yolk
C. Yeast
D. Olive oil
- viii. Which of the following is not an ingredient to make traditional bread?
A. Flour
B. Salt
C. Pepper
D. Water
- ix. Why is it advisable to re-knead the dough carefully once proved?
A. It helps expel the gas and allow the yeast to be dispersed properly
B. It helps make the dough softer
C. It helps make the dough smoother
D. It helps break the enzymes better

8.3.2.4 Tools, Equipment, Supplies and Materials

Production kitchen, rolling pin, bowls, oven, oven trays, loaf pans and ingredients

8.3.2.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenya Food Composition Tables. Nairobi, 254 pp.
<http://www.fao.org/3/I9120EN/i9120en.pdf>
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>

8.3.3 Learning Outcome 2: Preparing whole meal breads

8.3.3.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the brown breads
- Ingredients identified and selected as per the recipe
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Mix dry ingredients as per the recipe
- Liquid ingredients added as per the recipe
- Dough handled as per the recipe
- Dough proved as per the recipe
- Oven preheated to the temperatures recommended in the recipe
- Baking trays prepared and dough placed on the trays as per the recipe
- Baking period/time observed as per the recipe
- Bread cooled on cooling racks as per SOPs
- Presentation and display equipment identified and used as per the specification
- Serve brown bread as per the specifications and style of service trays as per the recipe
- Oven preheated at the temperatures recommended in the recipe
- Baking period/time observed as per the recipe
- Presentation equipment identified and used as per the specification
- Serve brown bread as per the specifications

Trainees to demonstrate knowledge in relation to:

- Ingredients for making whole breads
- Recipes for baking whole breads
- Preparation of whole breads

8.3.3.2 Information Sheet

Whole wheat bread or whole meal bread is a type of bread made using flour that is partly or entirely milled from whole or almost-whole wheat grains. Ingredients for making whole meal bread are whole meal bread flour, preferably stoneground, salt, dried yeast, water, honey, butter and white flour dust.



Source: <https://www.kingarthurflour.com/recipes/100-whole-wheat-bread-for-the-bread-machine-recipe>

Figure 41: Brown bread

Watch: How to bake whole meal bread:

<https://youtu.be/ko77Pw1wr1w>

<https://youtu.be/ennSwCbEk9Y>

<https://youtu.be/9H3gCli6Sdo>

<https://youtu.be/-Rjd1NZfG4Y>

Read and Watch: Variety of whole wheat bread:

<https://www.allrecipes.com/recipe/6773/simple-whole-wheat-bread/>

Depending on the type of bread made, there are different finishes that are applied to the dough product. Certain breads are scored before they are baked. This helps to produce an appealing visual finish to bake the product.

Gluten is the protein found in bread. A lot of people are allergic to gluten.

Read: About gluten and why it is bad for some people:

<https://www.medicalnewstoday.com/articles/318606.php>

Recipe	Simple Whole Wheat Bread
Ingredients	• 3 cups warm water (110 degrees F/45 degrees C) • 2 (.25 ounce) packages active dry yeast • 1/3 cup honey • 5 cups bread flour • 3 tablespoons butter, melted • 1/3 cup honey • 1 tablespoon salt • 3 1/2 cups whole wheat flour • 2 tablespoons butter, melted
Preparation time	20 min
Cook time	30 min
Ready in	3h
Direction	1. In a large bowl, mix warm water, yeast, and 1/3 cup honey. Add 5 cups white bread flour, and stir to combine. Let set for 30 minutes, or until big and bubbly. 2. Mix in 3 tablespoons melted butter, 1/3-cup honey, and salt. Stir in 2 cups whole-wheat flour. Flour a flat surface and knead with whole-wheat flour until not real sticky - just pulling away from the counter, but still sticky to touch. This may take an additional 2 to 4 cups of whole-wheat flour. Place in a greased bowl, turning once to coat the surface of the dough. Cover with a dishtowel. Let rise in a warm place until doubled. 3. Punch down, and divide into 3 loaves. Place in greased 9 x 5 inch loaf pans, and allow to rise until dough has topped the pans by one inch. 4. Bake at 350 degrees F (175 degrees C) for 25 to 30 minutes; do not over bake. Lightly brush the tops of loaves with 2 tablespoons melted butter or margarine when done to prevent crust from getting hard. Cool completely

Recipe	Flax and Sunflower Seed Bread
Ingredients	• 1 1/3 cups water • 2 tablespoons butter, softened • 3 tablespoons honey • 1 1/2 cups bread flour • 1 1/3 cups whole wheat bread flour • 1 teaspoon salt • 1 teaspoon active dry yeast • 1/2 cup flax seeds • 1/2 cup sunflower seeds
Preparation time	10 min

Cook time	30 min
Ready in	3h
Direction	1. Place all ingredients (except sunflower seeds) in the pan of the bread machine in the order recommended by the manufacturer. Select basic white cycle; press start. Add the sunflower seeds when the alert sounds during the knead cycle.

Recipe	Maple Whole Wheat Bread
Ingredients	• 2 1/2 cups whole wheat flour • 1/2 cup bread flour • 1/3 teaspoon salt • 1 1/4 cups water • 4 tablespoons maple syrup • 2 tablespoons olive oil • 1 1/2 teaspoons active dry yeast
Preparation time	5 min
Cook time	-
Ready in	5 min
Direction	1. Place ingredients in the pan of the bread machine in the order recommended by the manufacturer. Select wheat bread cycle; press Start.

8.3.3.3 Self-Assessment

- How is white bread different from whole meal bread?
- List the nutritional benefits of whole meal bread.
- Prepare whole meal bread.
- _____ is the protein found in bread.
 - Keratin
 - Gluten
 - Elastin
 - Collagen
- Brown bread is always whole grain.
 - True
 - False
- Eating too much bread could raise your blood pressure.
 - True
 - False
- Which of these is boiled before it is baked?
 - White bread
 - Bagel
 - Brown bread
 - Pita

8.3.3.4 Tools, Equipment, Supplies and Materials

Production kitchen, rolling pin, bowls, oven, oven trays, loaf pans and ingredients

8.3.3.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>

8.3.4 Learning Outcome 3: Preparing sweet yeast puff pastries

8.3.4.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the sweet yeast puff pastries.
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Mix dry ingredients as per the recipe
- Liquid ingredients added as per the recipe
- Dough handled as per the recipe
- Dough proved as per the recipe
- Oven preheated to the temperatures recommended in the recipe
- Baking trays prepared and dough placed on the trays as per the recipe.
- Baking period/time observed as per the recipe
- Bread cooled on cooling racks as per SOPs
- Presentation and display equipment identified and used as per the specification
- Serve sweet yeast puff pastries as per the specifications and style of service trays as per the recipe
- Oven preheated at the temperatures recommended in the recipe
- Baking period/time observed as per the recipe
- Presentation equipment identified and used as per the specification
- Serve sweet yeast puff pastries as per the specifications

Trainees to demonstrate knowledge in relation to:

- Ingredients for making yeast puff pastry breads
- Recipes for baking yeast puff pastry breads
- Preparation of yeast puff pastry breads using recipes
- Presentation

8.3.4.2 Information Sheet

Basic sweet yeast dough is enriched dough, also known as rich dough. This means that the dough is made with fat, sugar, and sometimes eggs, as opposed to lean dough that do not

have any fat present. The addition of fat to yeast dough creates bread that is soft and tender as opposed to crispy and chewy. A puff pastry is made from light layer if fine paste, separated by butter or pastry fat that produces steam to push the layers apart during the baking process.

Read and watch: Steps for preparing sweet yeast puff pastry:

<https://bakerbettie.com/basic-sweet-yeast-dough-recipe/>

<https://snapguide.com/guides/make-basic-sweet-yeast-dough/>

<https://youtu.be/P0O2-4PFXXc>

Watch: How to prepare Danish dough: <https://youtu.be/sevB6yqejUc>

Watch: How to prepare cinnamon pastry: <https://youtu.be/hf8aOUi21NA>

Pastry can be presented with garnishes such as jams, fruits and sauces.

Recipe	Cinnamon Rolls
Ingredients	• 1 cup water • 3 tablespoons vegetable oil • 2 tablespoons nonfat dry milk powder • 3 ½ tablespoons white sugar • 1 teaspoon salt • 3 cups all-purpose flour • 2 teaspoons active dry yeast • ⅓ cup white sugar • ¾ teaspoon ground cinnamon • 3 tablespoons butter, softened
Preparation time	10 min
Cook time	20 min
Ready in	2 h30 min
Direction	1. Place the water, oil, dry milk powder, 3 1/2 tablespoons sugar, salt, flour, and yeast into a bread machine in the order recommended by the manufacturer. Run the machine on the Dough cycle. At the end of the cycle, remove the dough and place it on a floured work surface. 2. Mix 1/3 cup of sugar with the cinnamon in a bowl, and set aside. Spray a 9x13 inch pan with cooking spray. 3. Roll the dough out into a 10x15 inch rectangle. Spread the softened butter over the dough and sprinkle evenly with the sugar-cinnamon mixture. Roll up the dough from the long side into a tight roll. Cut the roll into 12 slices about 3/4 inch thick and place the slices into the prepared baking pan with the rolls barely touching each other. Cover with a cloth, and let rise in a warm place until doubled, 30 to 60 minutes.

	- Preheat oven to 375 degrees F (190 degrees C). - Bake the rolls in the preheated oven until the tops of the rolls are golden brown, 15 to 20 minutes.
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Recipe	Buttermilk Cinnamon Rolls
Ingredients	2 (.25 ounce) packages active dry yeast 1/4 cup warm water (110 degrees F/45 degrees C) 1 1/2 cups buttermilk 1/2 cup vegetable oil 4 1/2 cups all-purpose flour 1 teaspoon salt 1/2 teaspoon baking soda 1/2 cup butter, melted 1 1/4 cups brown sugar 1 1/2 teaspoons ground cinnamon
Preparation time	30 min
Cook time	25 min
Ready in	55 min
Direction	- In a large bowl, dissolve yeast in warm water. Let stand until creamy, about 10 minutes. In a small saucepan, heat the buttermilk until warm to the touch. - Pour the buttermilk and oil into the yeast mixture; mix well. Combine the flour, salt and baking soda. Stir the flour mixture into the liquid 1 cup at a time, until a soft dough forms. Turn dough out onto a lightly floured surface and knead 20 times. Cover and let rest for 15 minutes. In a small bowl, stir together the butter, brown sugar and cinnamon. - On a lightly floured surface, roll dough out into a large rectangle. Spread the brown sugar and butter mixture over the dough, roll up into a log and pinch the seam to seal. Slice into 1 inch pieces and place cut side up in a lightly greased 10x15-baking pan. Cover and let rise 30 minutes or cover and refrigerate overnight. If baking immediately, preheat oven to 400 degrees F (200 degrees C). - Bake in preheated oven for 20 to 25 minutes, until golden brown. Let stand for 2 to 3 minutes before serving.

Recipe	Poppyseed Stollen (Mohn Stollen)
Ingredients	For the Fondant: 1 1/2 cups water 1/2 teaspoon cream of tartar 4 1/2 cups white sugar 2 tablespoons lemon juice

	• For the Sponge: • 3/4 cup milk, room temperature, divided • 1 1/2 (0.6 ounce) cakes cake yeast • 1 teaspoon white sugar • 1 cup unbleached flour • For the Dough: • 3 cups unbleached flour • 1/4 cup white sugar • 1 pinch salt • 2 eggs, room temperature • zest from 1 lemon • 3/4 cup unsalted butter, room temperature and cut into chunks • 1/2 cup ground almonds • For the Filling: • 3/4 cup milk • 3 tablespoons unsalted butter, at room temperature • 1/3 cup white sugar • 2 1/2 cups poppy seeds • 1 1/2 teaspoons lemon zest • 1/2 teaspoon ground cinnamon • 1 egg, room temperature
Preparation time	2h
Cook time	40 min
Ready in	1 d 4 h 55 min
Direction	1. First, make the fondant. It needs to be refrigerated overnight before using. To make the fondant, you'll need a marble slab or a baking sheet and an offset spatula to fold the candy. If you're using a baking sheet, rinse it with water, leaving a few drops on the pan. 2. Dissolve the cream of tarter in the water in a heavy-bottomed saucepan. Add the sugar and bring the mixture to a boil over medium-high heat. Swirl the pan occasionally to help dissolve the sugar. Do not stir once the sugar syrup begins to boil. Heat to 240 degrees F (115 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface. 3. Immediately pour the candy onto the baking sheet or marble slab and let cool for 10 minutes. Use a spatula to vigorously knead the candy, folding it over itself. Knead until it begins to look cloudy, 5 to 10 minutes; allow it to cool. Transfer the fondant to a heatproof bowl or the top of a double boiler. Refrigerate overnight. 4. To make the sponge, dissolve the yeast and 1 teaspoon sugar in 1/4 cup of the room-temperature milk. Pour the remaining 1/2 cup milk

	into the bowl of a stand mixer. Add 1 cup of flour and the yeast mixture. Mix with a fork to combine. Cover the bowl with a towel and allow to rest until bubbly, 10 to 15 minutes. 5. Stir the remaining 3 cups of flour, 1/4 cup sugar, salt, room-temperature eggs, and zest from 1 lemon into the sponge. Use the dough hook to mix the dough on the lowest setting. Mix the dough for about 5 minutes, occasionally scraping the dough off of the hook and down the sides of the bowl. 6. Increase the speed to medium-low and add the softened butter 1 tablespoon at a time until fully incorporated. Allow the dough to mix for an additional 5 minutes, scraping the dough down as needed. Add the ground almonds and turn the mixer on for 1 or 2 turns, mixing just until incorporated. Transfer the dough to a lightly floured work surface and shape it into a ball. Place the ball in an oiled mixing bowl and cover with plastic wrap and a kitchen towel and let it rise until doubled, 1 1/2 to 2 hours. 7. While the dough is rising, prepare the filling. Heat the milk in a heavy 4-quart saucepan until it begins to boil; stir in the butter and sugar. Remove the pan from the heat and add the poppyseeds, 1 1/2 teaspoons of lemon zest, and the cinnamon. Let the mixture stand for 30 minutes to soften the poppyseeds. When the mixture is cool, whisk in the egg. 8. Punch down the dough and roll it out into a 10 1/2- by 16-inch rectangle. Spread the filling evenly over the dough, leaving a 1-inch margin on all sides. Roll the dough up into a log, starting with the long side, and pinch the edges together to form a seam. Place the loaf, seam-side down, on a parchment-lined baking sheet. Cover it with greased plastic wrap or a well-floured kitchen towel and allow it to rise for an additional 30 to 40 minutes. 9. Preheat an oven to 400 degrees F (200 degrees C). 10. Bake the stollen until golden brown on the bottom of the loaf, about 40 minutes. Let the bread cool completely before glazing. 11. To glaze the bread, add the lemon juice to the fondant. Place the bowl over a pan of simmering water, stirring frequently with a rubber spatula until soft and glossy. Pour the fondant over the stollen and allow it to cool before slicing.
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8.3.4.3 Self-Assessment

- i. What is the ratio of fat to flour for – short pastry, puff pastry and sweet pastry?
- ii. How is fat added to prepare sweet puff pastry?
- iii. _____ makes a dough enriched.
 - A. Protein
 - B. Fiber
 - C. Salt

- D. Fat
- iv. Which of these is not a sweet yeast puff pastry?
 - A. Strudel
 - B. Sausage roll
 - C. Danish pastry
 - D. Cinnamon rolls

8.3.4.4 Tools, Equipment, Supplies and Materials

Production kitchen, rolling pin, bowls, oven, oven trays, loaf pans and ingredients

8.3.4.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foscett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)

8.3.5 Learning Outcome 4: Preparing sweet bread

8.3.5.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the sweet bread
- Ingredients identified and selected as per the recipe
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Mix dry ingredients as per the recipe
- Liquid ingredients added as per the recipe
- Dough handled as per the recipe
- Dough proved as per the recipe
- Oven preheated to the temperatures recommended in the recipe
- Baking trays prepared and dough placed on the trays as per the recipe.
- Baking period/time observed as per the recipe
- Bread cooled on cooling racks as per SOPs
- Presentation and display equipment identified and used as per the specification
- Serve sweet bread as per the specifications and style of service trays as per the recipe
- Oven preheated at the temperatures recommended in the recipe
- Baking period/time observed as per the recipe
- Presentation equipment identified and used as per the specification
- Serve sweet bread as per the specifications
- Bread cooled on cooling racks as per SOP's
- Presentation equipment identified and used as per the specification
- Serve sweet bread as per the specifications

Trainees to demonstrate knowledge in relation to:

- Ingredients for making sweet breads
- Recipes for baking sweet breads
- Preparation of sweet breads using recipes

8.3.5.2 Information Sheet

Sweetbread, also referred to as pan dulce, buns or coffee bread, is a bread or cake that is typically sweet in flavor. Some sweet breads that originated as cake-breads, such as lardy cake, Bath buns and Chelsea buns, are classified as sweet breads in contemporary culinary taxonomy, even though some still have the word “cake” in them.

Pan dulce is considered to be a Mexican cuisine even though its origins are European. Other countries in Latin America and even Europe have adapted some of Mexico’s pastries, but it is in Mexico that the creative new shapes originate. Today, pan dulce is seen in many parts of the world, as a result of migration.

Read: List of sweet bread: https://en.wikipedia.org/wiki/List_of_sweet_breads

Read and Watch: How to prepare sweet bread:

<https://www.allrecipes.com/recipe/27023/best-basic-sweet-bread/>



Source: <https://www.kingarthurflour.com/recipes/100-whole-wheat-bread-for-the-bread-machine-recipe>

Figure 42: Sweet bread

Watch: Recipes for sweet bread:

<https://youtu.be/d9WLORbM3yg>

<https://youtu.be/hEsu1Qct82w>

Note: The term sweetbreads are also used for the thymus gland of veal.

Recipe	Portuguese Sweet Bread
Ingredients	• 1 cup milk • 1 egg • 2 tablespoons margarine • 1/3 cup white sugar • 3/4 teaspoon salt

	• 3 cups bread flour • 2 1/2 teaspoons active dry yeast
Preparation time	5 min
Cook time	3 h
Ready in	3h 5 min
Direction	1. Add ingredients in order suggested by your manufacturer. 2. Select "sweet bread" setting.

Recipe	Best Basic Sweet Bread
Ingredients	• 1 cup milk • 1/3 cup white sugar • 1/3 cup butter • 1 tablespoon active dry yeast • 4 cups all-purpose flour • 1/2 teaspoon salt • 2 eggs • 2 tablespoons vegetable oil
Preparation time	20 min
Cook time	20 min
Ready in	40 min
Direction	1. In a small saucepan over medium heat, combine the milk, sugar and butter. Heat until slightly warm to the touch then remove from heat and stir in the yeast. Let stand until foamy, about 10 minutes. 2. In a large bowl, stir together the flour and salt. Mix in the eggs, oil and the yeast mixture. Mix until dough pulls away from the sides of the bowl. Turn dough out onto a floured surface and continue to knead until the dough is smooth and elastic, about 10 minutes. Grease a large bowl with 1 tablespoon of oil. Place the dough into the bowl and turn once to coat. Cover and let stand in a warm place until double in size, about 1 hour. 3. Use remaining oil to grease a cookie sheet or 9x13 inch pan. For plain rolls, punch down dough and divide into 12 equal pieces. Roll the pieces into balls and place them into the greased pan side by side. Let dough rise for 20 to 25 minutes, or until almost double. Preheat oven to 375 degrees F (190 degrees C). 4. Bake for 20 to 25 minutes in the preheated oven, until rolls are golden brown.

8.3.5.3 Self-Assessment

- Name the ingredients of making sweet bread.
- Prepare sweet bread using appropriate ingredients.
- Where did pan dulce (sweet bread) originate?

- A. Mexico
- B. Spain
- C. France
- D. Italy
- v. Veal can also mean meat.
 - A. True
 - B. False

8.3.5.4 Tools, Equipment, Supplies and Materials

Production kitchen, rolling pin, bowls, oven, oven trays, loaf pans and ingredients

8.3.5.5 References

- https://en.wikipedia.org/wiki/List_of_sweet_breads
- <https://www.allrecipes.com/recipe/27023/best-basic-sweet-bread/>
- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>

8.3.6 Learning Outcome 5: Preparing deep fried bread

8.3.6.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the deep fried breads.
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Mix dry ingredients as per the recipe
- Liquid ingredients added as per the recipe
- Dough handled as per the recipe
- Spice bread as per the recipe (where necessary)
- Dough proved as per the recipe
- Oil heated to the recommended temperatures in the recipe
- Deep fry the bread as per the recipe
- Drain oil briefly as per SOP's
- Presentation and display equipment identified and used as per the specification
- Serve deep fried breads as per the specifications and style of service trays as per the recipe

Trainees to demonstrate knowledge in relation to:

- Ingredients for making fried breads
- Recipes for baking sweet bread

- Making of fried breads using given recipe
- Presentation

8.3.6.2 Information Sheet

Fry bread is flat dough **bread, fried** or **deep-fried** in oil, shortening, or lard. Made with simple ingredients, fry bread can be eaten alone or with various toppings such as honey, jam, powdered sugar, venison, or beef. Ingredients for preparing deep fried bread are flour, salt and baking powder. Deep fried breads are prepared by combining flour, salt, and baking powder. Stir lukewarm water. Knead until soft but not sticky. Shape **dough** into balls (or specific recipe based shapes). **Fry** one at a time, turning to brown on both sides. Drain on paper towels. One of the most popular fried bread is doughnuts.

Read: About doughnut bread: <https://www.bbcgoodfood.com/recipes/598627/doughnut-bread>

Watch: How to prepare fried bread: <https://youtu.be/wA92msyA53Q>

Watch: How to prepare doughnut: <https://youtu.be/a4JTsd9nbWc>

Watch: How to prepare Mandazi: <https://youtu.be/-LKrZiRuz6k>



Source: <http://thehelpguide.altervista.org/choosing-the-type-of-fryer-for-doughnuts-everyone-will-desire/>

Figure 43: Fried bread

Recipe	Crispy and Creamy Doughnuts
Ingredients	• 2 (.25 ounce) envelopes active dry yeast • 1/4 cup warm water (105 to 115 degrees) • 1 1/2 cups lukewarm milk • 1/2 cup white sugar • 1 teaspoon salt • 2 eggs • 1/3 cup shortening • 5 cups all-purpose flour • 1 quart vegetable oil for frying • 1/3 cup butter • 2 cups confectioners' sugar • 1 1/2 teaspoons vanilla • 4 tablespoons hot water or as needed
Preparation time	10 min
Cook time	30 min
Ready in	2h 40 min
Direction	1. Sprinkle the yeast over the warm water, and let stand for 5 minutes, or until foamy. 2. In a large bowl, mix together the yeast mixture, milk, sugar, salt, eggs, shortening, and 2 cups of the flour. Mix for a few minutes at low speed, or stirring with a wooden spoon. Beat in remaining flour 1/2 cup at a time, until the dough no longer sticks to the bowl. Knead for about 5 minutes, or until smooth and elastic. Place the dough into a greased bowl, and cover. Set in a warm place to rise until double. Dough is ready if you touch it, and the indentation remains. 3. Turn the dough out onto a floured surface, and gently roll out to 1/2 inch thickness. Cut with a floured doughnut cutter. Let doughnuts sit out to rise again until double. Cover loosely with a cloth. 4. Melt butter in a saucepan over medium heat. Stir in confectioners' sugar and vanilla until smooth. Remove from heat, and stir in hot water one tablespoon at a time until the icing is somewhat thin, but not watery. Set aside. 5. Heat oil in a deep-fryer or large heavy skillet to 350 degrees F (175 degrees C). Slide doughnuts into the hot oil using a wide spatula. Turn doughnuts over as they rise to the surface. Fry doughnuts on each side until golden brown. Remove from hot oil, to drain on a wire rack. Dip doughnuts into the glaze while still hot, and set onto wire racks to drain off excess. Keep a cookie sheet or tray under racks for easier clean up.

8.3.6.3 Self-Assessment

- i. What are fried bread?
- ii. List variety of fried breads.
- iii. List the safety and hygiene precautions for preparing fried bread.
- iv. Which of these is an example of deep fried bread?
 - A. Croissant
 - B. Churros
 - C. Baguette
 - D. Sourdough bread
- v. Which of the following is not a traditional sweetener for deep fried bread?
 - A. Powdered sugar
 - B. Cinnamon
 - C. Carom seeds
 - D. Honey

8.3.6.4 Tools, Equipment, Supplies and Materials

Production kitchen, rolling pin, bowls, oven, oven trays, loaf pans and ingredients

8.3.6.5 References

- <https://www.bbcgoodfood.com/recipes/doughnut-dough>
- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>

8.3.7 Learning Outcome 6: Preparing special bread

8.3.7.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the special breads.
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Mix dry ingredients as per the recipe
- Liquid ingredients added as per the recipe
- Dough handled as per the recipe
- Dough proofed as per the recipe
- Oven preheated to the temperatures recommended in the recipe
- Baking trays prepared and dough placed on the trays as per the recipe
- Baking period/time observed as per the recipe
- Bread cooled on cooling racks as per SOPs
- Presentation and display equipment identified and used as per the specification

- Serve special bread as per the specifications and style of service trays as per the recipe
- Oven preheated at the temperatures recommended in the recipe
- Baking period/time observed as per the recipe
- Presentation equipment identified and used as per the specifications
- Serve special bread as per the specifications

Trainees to demonstrate knowledge in relation to:

- Ingredients for making special breads
- Recipes for baking special breads
- Preparation of special breads

8.3.7.2 Information Sheet

Special bread includes bread such as – garlic bread, rye bread, gluten free bread, sourdough, etc.

Watch: How to prepare sourdough:

<https://youtu.be/2FVfJTGPXnU>

https://youtu.be/_V1jqzwaYhg

Watch: How to prepare rye bread: <https://youtu.be/btzPMb4-mhY>

Watch: How to prepare garlic bread: <https://youtu.be/h5FPRJ71cFQ>



Source: Google

Figure 44: Special bread

Recipe	Sourdough Rye
Ingredients	• 1 cup rye flour • 1/2 cup bread flour • 2/3 cup water • 1/4 cup water • 1/2 tablespoon salt • 1 tablespoon white sugar • 1 tablespoon olive oil • 1 tablespoon caraway seed • 1 cup rye flour • 1 cup bread flour • 1 cup sourdough starter • 1/2 cup water (optional) • 1 teaspoon salt (optional)
Preparation time	30 min
Cook time	40 min
Ready in	16h 40 min
Direction	1. The night before you want to bake the bread, feed the starter with 1 cup rye flour, 1/2 cup bread flour, and 2/3 cup water. Cover, and let stand at room temperature overnight. 2. In a large bowl, mix together expanded starter, 1/4 cup water, salt, sugar, oil, seeds, and 1 cup each rye and bread flour. Add more or less flour as necessary to get soft dough. 3. Turn dough out onto a lightly floured surface, and knead until satiny. Place in a well oiled bowl, and turn once to oil the surface. Cover with a damp cloth. Allow to rise in a warm spot until doubled. 4. Punch down dough, and shape into loaves. Place on a greased baking sheet. Allow to rise until doubled in bulk. 5. Bake at 350 degrees F (175 degrees C) for 40 minutes, or until it sounds hollow when thumped on the bottom. 6. Alternate baking method for chewier, salty crust: Bake 20 minutes at 350 degrees F (175 degrees C). In a small bowl, mix together 1/2 cup water and 1 teaspoon salt. Remove loaves from oven and brush crust with salt water. Continue baking for 25 minutes more, brushing at 10 minute intervals.

Recipe	Challah
Ingredients	• 2 cups water • 1/2 cup margarine • 7 cups bread flour, divided

	• 1/4 cup white sugar • 1/4 cup brown sugar • 3 (.25 ounce) packages active dry yeast • 1 tablespoon salt • 4 eggs • 1 egg, beaten • 1 tablespoon poppy seeds
Preparation time	30 min
Cook time	45 min
Ready in	3h 10 min
Direction	1. In a small saucepan, combine water and margarine in a small saucepan. Heat until margarine is melted and very warm, but not boiling. 2. In a large bowl, mix together 3 cups flour, white sugar, brown sugar, yeast and salt. Add water and margarine mixture; beat well. Add 4 eggs, one at a time, beating well after each addition. Stir in the remaining flour, 1/2 cup at a time, beating well after each addition. When the dough has pulled together, turn it out onto a lightly floured surface and knead until smooth and elastic, about 8 minutes. 3. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour. 4. Deflate the dough and turn it out onto a lightly floured surface. Divide the dough into six equal pieces and form into long 'ropes'. Braid the pieces together to form two large loaves. Place the loaves on two lightly greased cookie sheets, cover the loaves with a damp cloth and let rise until doubled in volume, about 40 minutes. 5. Preheat oven to 350 degrees F (175 degrees C). 6. Brush the risen loaves with the beaten egg and sprinkle with poppy seeds. Bake in preheated oven for 45 minutes, until loaf sounds hollow when tapped.

8.3.7.3 Self-Assessment

- Prepare special bread using recipe of your choice.
- Which is a popular special bread of Jewish cuisine?
 - Brioche
 - Challah
 - Pita
 - Kulcha
- _____ combined with yeast (starter) makes the sourdough bread different from regular bread.
 - Bacteria
 - Butter

- C. Amino acids
- D. Sugar
- iv. Why is rye bread considered good for you?
 - A. It is made without sugar
 - B. It is made with less butter
 - C. It is 100% wheat-free
 - D. It is fortified with vitamins

8.3.7.4 Tools, Equipment, Supplies and Materials

Production kitchen, rolling pin, bowls, oven, oven trays, loaf pans and ingredients

8.3.7.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>

8.3.8 Learning Outcome 7: Preparing unleavened bread

8.3.8.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare the unleavened breads.
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Mix dry ingredients as per the recipe
- Liquid ingredients added as per the recipe
- Dough handled as per the recipe
- Dough proved as per the recipe
- Oven preheated to the temperatures recommended in the recipe
- Baking trays prepared and dough placed on the trays as per the recipe.
- Baking period/time observed as per the recipe
- Bread cooled on cooling racks as per SOPs
- Presentation and display equipment identified and used as per the specification
- Serve unleavened bread as per the specifications and style of service trays as per the recipe
- Oven preheated at the temperatures recommended in the recipe
- Baking period/time observed as per the recipe
- Presentation equipment identified and used as per the specification
- Serve unleavened bread as per the specifications

Trainees to demonstrate knowledge in relation to:

- Ingredients for making unleavened breads
- Recipes for baking unleavened breads
- Preparation of special breads

8.3.8.2 Information Sheet

Unleavened bread is any of a wide variety of **breads** which are not prepared with raising agents such as yeast. **Unleavened breads** are generally flat **breads**, however, not all flat breads are unleavened. Unleavened breads, such as the tortilla and roti, are staple foods in Central America and South Asia, respectively.

Leavened bread contains baking **yeast**, baking powder or baking soda – ingredients that cause the dough to bubble and rise and create a light, airy product.

Ingredients

- 3 cups all-purpose flour
- 2 tablespoons butter or cooking oil
- 3 large eggs
- 1/2-cup water or milk
- 1 teaspoon salt

Watch: Difference between leavened and unleavened bread: <https://youtu.be/ULnxbwCSSDI>

One can prepare unleavened bread by flour, oil, and salt together in a bowl; add water and mix using a pastry cutter until dough is soft.

Read and Watch: Recipes for unleavened bread:

<https://www.allrecipes.com/recipe/241680/unleavened-bread-for-communion/>

Watch: How to prepare pita bread: <https://youtu.be/NPiA69p4gqE>

Watch: How to prepare flatbread: <https://youtu.be/BFZafniWRIQ>

Watch: Two variety of unleavened bread recipe: <https://youtu.be/t06BDMfCRco>

Some of the common allergies include:

Wheat: Not to be confused with gluten intolerance, wheat allergies can be mild or life threatening. Many people with wheat allergies can tolerate other grains, but it's safe to stay away from them if you don't know for sure. Some unexpected sources of wheat:

- Couscous
- Cracker meal
- Flour
- Glucose syrup
- Soy sauce

- Starch
- Beer
- Processed meat
- Salad dressing
- Ice cream
- Potato chips

Read: More about allergies related to wheat and breads:

<https://www.webster.edu/specialevents/planning/food-information.html>

<http://www.foodallergy.org/allergens>

Recipe	Unleavened Bread for Communion
Ingredients	• 1 cup all-purpose flour • 1/3 cup vegetable oil • 1/8 teaspoon salt • 1/3 cup water
Preparation time	10 min
Cook time	10 min
Ready in	20 min
Direction	1. Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper. 2. Mix flour, oil, and salt together in a bowl; add water and mix using a pastry cutter until dough is soft. Form dough into 6 balls and press into disks onto the prepared baking sheet using your hands. 3. Bake in the preheated oven until bread is cooked, 8 to 10 minutes.

Recipe	Unleavened Bread
Ingredients	• 3 cups all-purpose flour • 1 teaspoon salt • 3 large eggs • 2 tablespoons butter, melted • 1/2 cup milk
Preparation time	20 min
Cook time	15 min
Ready in	35 min
Direction	1. Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet. 2. Mix flour and salt in a large bowl. Make a well in the center of the flour mixture. 3. Beat eggs and melted butter together; pour into the well in the flour mixture and mix with a fork until crumbly. Slowly add milk to the flour mixture, using hands to mix the dough into a ball.

	4. Roll dough into a flat loaf and put onto the prepared baking sheet. 5. Bake in preheated oven until lightly browning along the edges, 15 to 20 minutes.
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8.3.8.3 Self-Assessment

- i. Name the different types of unleavened bread
- ii. What is the difference between leavened and unleavened bread?
- iii. Which of the following will you not use in unleavened bread?
 - A. Sugar
 - B. Flour
 - C. Baking powder
 - D. Water
- iv. Roti is an example of _____.
 - A. Leavened bread
 - B. Unleavened bread
 - C. Deep fried bread
 - D. Sweet bread

8.3.8.4 Tools, Equipment, Supplies and Materials

Production kitchen, rolling pin, bowls, oven, oven trays, loaf pans and ingredients

8.3.8.5 References

- https://en.wikipedia.org/wiki/Unleavened_bread
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>

CHAPTER 9: PASTRIES

9.1 Introduction

This unit specifies the competencies required to plan, prepare and present a range of pastries. It involves preparing cakes, pastries, tarts, pies, flans and cookies.

9.2 Performance Standard

- Demonstrated ability to conduct pre-start checks on ovens used for baking
- Demonstrated ability to start, operate, monitor and adjust ovens to achieve required quality outcomes
- Baked pastries as per the quality standards
- Demonstrated ability to apply safe work practices and identify OSH hazards and controls

- Demonstrated ability to safely shutdown ovens
- Demonstrated ability to monitor baking process, including: steam injection crust colour, sheen, uniformity of shape and size as per the recipe
- Demonstrated ability to apply food safety procedures
- Hygienically handled and stored breads

9.3 Learning Outcomes

9.3.1 List of the Learning Outcomes

These are the key learning outcomes, which make up workplace function:

- Prepare cake
- Prepare basic pastries
- Prepare tarts and pies
- Prepare flans
- Prepare cookies

9.3.2 Learning Outcome 1: Preparing cake

9.3.2.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare cakes.
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Prepare a variety of cakes and according to standard recipes and organisations standards
- Follow the recipe including the recommended culinary technique or mixing method
- Oven preheated at recommended time and temperatures in the recipe
- Recommended temperatures and baking period/time observed as per the recipe
- Presentation equipment identified and used as per the specification
- Serve cake as per the recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Define cakes and baking

- Different types of cakes
- Baking equipment and other equipment used in cake making
- Ingredients for making different types of cakes
- Oven preparation and temperatures
- Cake decorating
- Presenting cakes

9.3.2.2 Information Sheet

Cake is a form of sweet food that is usually baked. In their oldest forms, cakes were modifications of breads, but cakes now cover a wide range of preparations that can be simple or elaborate, and that share features with other desserts such as pastries, meringues, custards, and pies.

The most commonly used cake ingredients include flour, sugar, eggs, butter or oil or margarine, a liquid, and leavening agents, such as baking soda or baking powder. Common additional ingredients and flavourings include dried, candied, or fresh fruit, nuts, cocoa, and extracts such as vanilla, with numerous substitutions for the primary ingredients. Cakes can also be filled with fruit preserves, nuts or dessert sauces (like pastry cream), iced with buttercream or other icings, and decorated with marzipan, piped borders, or candied fruit.

Cake is often served as a celebratory dish on ceremonial occasions, such as weddings, anniversaries, and birthdays. There are countless cake recipes; some are bread-like, some are rich and elaborate, and many are centuries old.

Cakes are broadly divided into several categories, based primarily on ingredients and mixing techniques. Although clear examples of the difference between cake and bread are easy to find, the precise classification has always been elusive. For example, banana bread may be properly considered either a quick bread or a cake. Cakes may also be classified according to the occasion for which they are intended. For example, wedding cakes, birthday cakes, Christmas cakes etc.

- **Butter cakes** are made from creamed butter, sugar, eggs, and flour. They rely on the combination of butter and sugar beaten for an extended time to incorporate air into the batter. A classic pound cake is made with a pound each of butter, sugar, eggs, and flour. Baking powder is in many butter cakes, such as Victoria sponge. The ingredients are sometimes mixed without creaming the butter, using recipes for simple and quick cakes.
- **Sponge cakes (or foam cakes)** are made from whipped eggs, sugar, and flour. They rely primarily on trapped air in a protein matrix (generally of beaten eggs) to provide leavening, sometimes with a bit of baking powder or other chemical leaven added as insurance. Sponge cakes are thought to be the oldest cakes made without yeast. An angel food cake is a white sponge cake that uses only the whites of the eggs and is traditionally baked in a tube pan. The French G noise is a sponge cake that includes clarified butter.

Highly decorated sponge cakes with lavish toppings are sometimes called *gateau*, the French word for cake.

- **Chiffon cakes** are sponge cakes with vegetable oil, which adds moistness.
- **Chocolate cakes** are butter cakes, sponge cakes, or other cakes flavoured with melted chocolate or cocoa powder. German chocolate cake is a variety of chocolate cake. Fudge cakes are chocolate cakes that contains fudge.
- **Coffee cake** is generally thought of as a cake to serve with coffee or tea at breakfast or at a coffee break. Some types use yeast as a leavening agent while others use baking soda or baking powder. These cakes often have a crumb topping called streusel or a light glaze drizzle.
- **Baked flourless cakes** include baked cheesecakes and flourless chocolate cakes. Cheesecakes, despite their name, aren't really cakes at all. Cheesecakes are in fact custard pies, with a filling made mostly of some form of cheese (often cream cheese, mascarpone, ricotta, or the like), and have very little flour added, although a flour-based or graham cracker crust may be used. Cheesecakes are also very old, with evidence of honey-sweetened cakes dating back to ancient Greece.
- **Butter or oil layer cakes** include most of the traditional cakes used as birthday cakes, etc., and those sold as packaged cakes. Baking powder or bicarbonate of soda are used to provide both lift and a moist texture. Many flavourings and ingredients may be added; examples include devil's food cake, carrot cake, and banana bread.
- **Yeast cakes** are the oldest and are very similar to yeast breads.

Read: Classification of cakes: <https://en.wikipedia.org/wiki/Cake>

Watch: History and types of cakes: <https://www.slideshare.net/breakfreez/cak>

There are four methods of cake making, they include; creaming method, rubbing-in method, melting method and whisking.

Read: About the different methods of making cake: <https://crushmag-online.com/four-basic-baking-methods/>

Watch: Rubbing method of cake making: <https://youtu.be/ZQM5cxLczy0>

Watch: Creaming method of cake making: <https://youtu.be/HlJkjV1qRhs>

Watch: Whisking method of cake making: <https://youtu.be/hPz3p5eN-ow>

Watch: How to make a Red Velvet cake: <https://youtu.be/4n3L1OFFxsE>

Watch: How to make a carrot cakes: <https://youtu.be/8Gz0W84kEi8>

Watch: How to make a chocolate birthday cake: <https://youtu.be/s0n11F3wH7g>

Watch: How to make a caramel pastry cream cake: <https://youtu.be/8FHvQXnGfAg>

Baking can be defined as cooking food by dry heat without direct exposure to flame, typically in an oven. The equipment used in baking are: baking tins, mixing bowl, wooden spoon, sieve, metallic spoon, oven or a jiko among others.

Read and Watch: Steps of making a cake: <https://www.foodnetwork.com/how-to/articles/how-to-bake-a-cake-a-step-by-step-guide>

Oven preparation must be done prior to heat up the oven and making it ready for baking. Pre-heating the oven should be at 150 degrees. Depending on the cake recipe and the ingredients, oven pre-heating and duration are determined.

Testing cake for readiness measures are needed in order to have quality cake and also looking presentable. Below are some procedures:

- Before removing a cake from the oven, test it by inserting a clean skewer, if the cake is sufficiently cooked the skewer will come out dry.
- Should there be any difficulty in removing the cake from the tin, Place the tin in a damp cloth for a few minutes. The cake will turn out easily.

Read: Testing for cake readiness:

<https://www.wikihow.com/Test-a-Cake-to-See-if-it-is-Done>

Factors that may cause a cake to have a poor quality or not fully baked may come about during baking. These are some of the causes;

- The proportion of flour to that of other ingredients may be too much or low.
- The oven wasn't pre-heated.
- The choice of equipment used.

Decorating a cake should follow these procedures;

- The cake should be cold before applying cream
- The cream should be like a soft dough for easy application

Watch: Cake decorating techniques: <https://youtu.be/p2Qmv-5Uh78>

Watch: How to make fondant: <https://youtu.be/y6OOuYD3iaQ>

Watch: Decorating cake with fondant: <https://youtu.be/HDYE1ywAJDA>

Presentation of cake in the restaurant should be done from the right hand side of the customer accompanied with a sauce or a hot beverage in a saucer or in a dessert bowl.

Recipe	Creamy Coconut Cake
Ingredients	• 1 (16 ounce) package white cake mix • 1 (14 ounce) can cream of coconut • 1 (14 ounce) can sweetened condensed milk • 1 (16 ounce) container frozen whipped topping, thawed • 1 (10 ounce) package flaked coconut
Preparation time	10 min
Cook time	35 min
Ready in	2 h 25 min
Direction	1. Prepare cake according to package directions. Bake in a 9x13 inch pan. Cool completely. 2. In a small bowl combine cream of coconut and condensed milk. 3. Poke holes in cake with a straw. Pour milk mixture over cake and spread with whipped topping. Sprinkle coconut over cake. 4. Serve chilled.

Recipe	Tiramisu Layer Cake
Ingredients	• CAKE: • 1 (18.25 ounce) package moist white cake mix • 1 teaspoon instant coffee powder • 1/4 cup coffee • 1 tablespoon coffee flavored liqueur • FILLING: • 1 (8 ounce) container mascarpone cheese • 1/2 cup confectioners' sugar • 2 tablespoons coffee flavored liqueur • FROSTING: • 2 cups heavy cream • 1/4 cup confectioners' sugar • 2 tablespoons coffee flavored liqueur • GARNISH: • 2 tablespoons unsweetened cocoa powder • 1 (1 ounce) square semisweet chocolate
Preparation time	5 min
Cook time	20 min
Ready in	2 h
Direction	1. Preheat oven to 350 degrees F (175 degrees C). Grease and flour 3 (9 inch) pans. 2. Prepare the cake mix according to package directions. Divide two

	thirds of batter between 2 pans. Stir instant coffee into remaining batter; pour into remaining pan. 3. Bake in the preheated oven for 20 to 25 minutes, or until a toothpick inserted into the center of the cake comes out clean. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely. In a measuring cup, combine brewed coffee and 1 tablespoon coffee liqueur; set aside. 4. To make the filling: In a small bowl, using an electric mixer set on low speed, combine mascarpone, 1/2 cup confectioners' sugar and 2 tablespoons coffee liqueur; beat just until smooth. Cover with plastic wrap and refrigerate. 5. To make the frosting: In a medium bowl, using an electric mixer set on medium-high speed, beat the cream, 1/4 cup confectioners' sugar and 2 tablespoons coffee liqueur until stiff. Fold 1/2 cup of cream mixture into filling mixture. 6. To assemble the cake: Place one plain cake layer on a serving plate. Using a thin skewer, poke holes in cake, about 1 inch apart. Pour one third of reserved coffee mixture over cake, then spread with half of the filling mixture. Top with coffee-flavored cake layer; poke holes in cake. Pour another third of the coffee mixture over the second layer and spread with the remaining filling. Top with remaining cake layer; poke holes in cake. Pour remaining coffee mixture on top. Spread sides and top of cake with frosting. Place cocoa in a sieve and lightly dust top of cake. Garnish with chocolate curls. Refrigerate at least 30 minutes before serving. 7. To make the chocolate curls, use a vegetable peeler and run it down the edge of the chocolate bar.
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9.3.2.3 Self-Assessment

- i. What is the correct method to check for cake doneness?
- ii. Which is an inappropriate technique for filling pans for an un-shortened cake?
- iii. What are your inferences if you observe a hump in the center of a cake?
- iv. How many 2"X 2" servings of cake can be cut from 18"X 26" cake?
- v. What ingredients are combined to create a simple butter cream?
- vi. Follow recipe and prepare cake.
- vii. Often in bakeries, there is a refrigerated case that contains items such as custard, custard filled donuts, and éclairs. Why do these pastries need to be refrigerated while other baked items can be held and retailed at room temperature?
- viii. Adding vegetable oil to sponge cakes makes them chiffon cakes. What does the vegetable oil do to the cake?
 - A. Enhances flavour of the cake
 - B. Makes cake spongy
 - C. Adds moistness to the cake
 - D. Increases shelf life of the cake

- ix. A cake should be _____ before applying cream for decoration.
 - A. Warm
 - B. Hot
 - C. Cold
 - D. Frozen
- x. A classic pound cake is an example of a _____.
 - A. Butter cake
 - B. Chiffon cake
 - C. Coffee cake
 - D. Yeast cake
- xi. The French word for cake is _____.
 - A. Éclairs
 - B. Gateau
 - C. Croissant
 - D. Mille-Feuille

9.3.2.4 Tools, Equipment, Supplies and Materials

Stove kitchen/production kitchen, baking tins, mixing bowl, wooden spoon, sieve, metallic spoon, oven or a jiko, baking equipment, variety of ingredient

9.3.2.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>

9.3.3 Learning Outcome 2: Preparing basic pastries

9.3.3.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare basic pastries
- Ingredients identified and selected as per the recipe
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Prepare a variety of basic pastries according to recipes and desired product characteristics.
- Make basic pastries as per the recipe
- Oven preheated at recommended time and temperatures in the recipe
- Recommended temperatures and baking period/time observed as per the recipe
- Presentation equipment identified and used as per the recipe
- Serve pastry as per the specifications and style of service

Trainees to demonstrate knowledge in relation to:

- Ingredients for making pastries

- Preparing of various types of pastries using given recipes
- Presenting pastries

9.3.3.2 Information Sheet

Pastry is a baked or fried stiff paste of flour, fat and liquid. The basic ingredients used are; plain flour, fat, liquid, seasonings, air (raising agent).

The proportion and method of incorporating the ingredients determines the variety and texture of the finished pastry. The finished product should be – **Light, Flaky, Crispy, Soft, should crumble easily.**

There are five basic types of pastry, these include: **Short crust pastry, choux pastry, flaky pastry, plain pastry, and hot water pastry.** Types of pastries are determined by the method of incorporating fat:

- Rubbing fat into flour (**short crust pastry**) e.g. sweet pies, tarts and flans.
- Adding fat in small flakes/applying fat generously onto the dough, then folding and rolling (**flaky pastry**) e.g. sausage rolls, meat pie.
- Melting fat with liquid (water/milk) and mixing with flour (**choux pastry**) e.g. chocolate éclairs
- Boiling liquid and fat then adding flour and continue cooking to form a stiff mixture (**hot water pastry**) e.g. ham pie
- Mixing flour and liquid to form a stiff dough then apply fat/oil to form or separate layers (**plain pastry**) e.g. chapatis.

Watch: How to make puff pastry dough: https://youtu.be/g-dF_j3AVTw

Watch: How to make French croissants: <https://youtu.be/K689erbK3XI>

Read: How to make Viennese wafers: <http://www.startribune.com/viennese-wafers-with-lemon/70459792/>

Watch: How to make variety of Danish pastry:

<https://youtu.be/HRJgOzIgRO0>

<https://youtu.be/hf8aOUi21NA>

<https://youtu.be/gIm8uDfII70>

Watch: How to make Brioche: <https://youtu.be/2wNtO253Ycs>

Presentation of pastries comes with a variety of ways, they include;

- While presenting a pastry as a dessert, do some mix up texture. Not only is it more fun to eat but also fine to look at.
- Choice of equipment is also a factor that doesn't sound as a big deal but always use the bowl or plate that suits the dessert.

- Try to mix hot and cold when serving and presenting.

Recipe	Pumpkin Brioche
Ingredients	• 1 (.25 ounce) package active dry yeast • 1 pinch white sugar • 3 tablespoons warm water • 1 cup pumpkin puree • 3 3/4 cups unbleached all-purpose flour, divided • 1/2 cup packed light brown sugar • 1 teaspoon salt • 1 teaspoon ground cinnamon • 1/2 teaspoon ground nutmeg • 1/2 teaspoon ground allspice • 4 eggs • 1 cup butter, cut into pieces • 1 egg yolk • 1 tablespoon milk
Preparation time	1 h
Cook time	30 min
Ready in	14 h 30 min
Direction	1. Sprinkle the yeast and sugar over 3 tablespoons of warm water in a small bowl. The water should be no more than 100 degrees F (40 degrees C). Let stand for 5 minutes until the yeast softens and begins to form a creamy foam. Combine the pumpkin, 1 cup of flour, brown sugar, salt, cinnamon, nutmeg, and allspice in a large bowl. 2. Mix yeast mixture into the pumpkin mixture; stir until smooth. Beat in the eggs, one at a time. Stir in 2 cups of flour, mixing well after each addition. Stir in the butter a few pieces at a time, beating until incorporated. Stir in the remaining 3/4 cup of flour, mixing until creamy. Lightly oil a large bowl, then place the dough in the bowl and turn to coat with oil. Cover with a light cloth and let rise in a warm place (80 to 95 degrees F (27 to 35 degrees C)) until doubled in volume, about 3 hours. Gently deflate the dough, then cover tightly with plastic wrap. Refrigerate overnight. 3. Lightly grease a 9x5-inch loaf pan. Deflate the dough and turn it out onto a lightly floured surface. Use a knife to divide the dough into eight equal pieces-don't tear it. Shape into dough rounds and let rest for 10 minutes. Form the dough into balls, and place each ball into the prepared pan, making two rows of four balls. Whisk the egg yolk and milk together in a small bowl. Brush the top of the dough with the egg wash, then cover the loaf with a damp cloth and let rise

	until doubled in volume, about 40 minutes. 4. Preheat an oven to 400 degrees F (200 degrees C). Bake in the preheated oven for 20 minutes. Reduce heat to 350 degrees F (175 degrees C) and continue baking until the top is golden brown and the bottom of the loaf sounds hollow when tapped, 10 to 15 minutes. Cool in the pan for 10 minutes before removing to cool completely on a wire rack.
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Recipe	French Brioche
Ingredients	• 1/3 cup warm water (110 degrees F/45 degrees C) • 3 eggs • 2 egg yolks • 3/4 cup butter, softened • 3 1/3 cups all-purpose flour • 1/4 cup white sugar • 1/2 teaspoon active dry yeast • 1 egg white • 2 tablespoons water
Preparation time	15 min
Cook time	20 min
Ready in	2 h 35 min
Direction	1. Place the first seven ingredients in bread machine in order suggested by your manufacturer. Select dough cycle. 2. Turn finished dough out onto a lightly floured board and knead 5 to 10 times. Separate into 2 or 3 pieces. Roll with hands into strips. Braid or twist strips together. Place onto a parchment lined baking sheet. Set aside to rise in a warm place until doubled in size. 3. Preheat the oven to 350 degrees F (175 degrees C). Whisk together 1 egg white and the water. Brush onto the top of the loaf. 4. Bake in the preheated oven until deep golden brown, about 20 minutes.

Recipe	Danish Pastry Apple Bars
Ingredients	• 2 1/2 cups all-purpose flour • 1 teaspoon salt • 1 cup shortening • 1 egg yolk • 1/2 cup milk • 10 apples - peeled, cored and thinly sliced • 1/2 cup light brown sugar • 1/4 cup white sugar

	• 1/2 teaspoon ground cinnamon • 1/4 teaspoon ground nutmeg • 1 egg white
Preparation time	10 min
Cook time	35 min
Ready in	2 h 25 min
Direction	1. Preheat oven to 375 degrees F (190 degrees C.) 2. In a large bowl, combine flour and salt. Cut in shortening until mixture resembles coarse crumbs. Beat egg yolk in measuring cup and add enough milk to make 2/3 cup total liquid. Stir into flour mixture until all flour is damp. Divide the dough in half. On floured surface, roll half the dough into a rectangle and fit into a 9x13 inch pan. 3. In large bowl, combine apples, brown sugar, white sugar, cinnamon and nutmeg. Put apple mixture in pan. Roll out remaining dough and place over apples. Seal edges and cut slits in top dough. Beat egg white till frothy and brush on crust. 4. Bake in the preheated oven for 50 minutes, or until golden brown.

9.3.3.3 Self-Assessment

- What are pastries?
- While mixing your muffin batter in the stand mixer, a coworker requested your help. You remembered to turn the mixer off ten minutes later. Would you use this batter? Predict what kind of batter you think it would produce.
- Which of these is a characteristic of a good pastry?
 - It is rich and dense
 - It is moist
 - It crumbles easily
 - It is sweet
- Flour gives structure to the pastry.
 - True
 - False
- Fat makes pie tough because it causes gluten development in flour.
 - True
 - False

9.3.3.4 Tools, Equipment, Supplies and Materials

Stove kitchen/production kitchen, baking tin, mixing bowl, wooden spoon, sieve, metallic spoon, oven or a jiko, baking equipment, variety of ingredients

9.3.3.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder

9.3.4 Learning Outcome 3: Preparing tarts and pies

9.3.4.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare tarts and pies
- Ingredients identified and selected as per the recipe
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Prepare a variety of tarts and pies according to recipes and desired product characteristics
- Make tarts and pies as per the recipe
- Select, prepare and use recommended equipment as per the recipe
- Presentation equipment identified and used as per the recipe
- Serve tarts and pies as per the specifications and style of service

Trainees to demonstrate knowledge in relation to:

- Define tarts and pies
- Uses of tarts and pies
- Ingredients for making tarts and pies
- Recipes for preparing tarts and pies
- Preparation of tarts and pies using given recipes
- Presentation of tarts and pies

9.3.4.2 Information Sheet

Tart is a sweet or savoury dish with shallow sides and only a bottom crust. A **Pie** is a sweet or savoury dish with a crust and a filling. Some of the reasons why tarts are used:

- They require few ingredients compared to pastries.
- They take few minutes unlike pastries they can even take hours
- Easy to make thus saves time and resources.

In the case of pies, these are some reasons why are used;

- Pie incorporates fruits that act as fillings.
- Pies have comparative less sugar.

Ingredients used in tarts and pies are highly derived from pastries hence the ingredients are similar to those of pastries. Below are the ingredients; **flour**, **fat(s)**, **liquid**, **seasonings**

Read: Difference between tarts and pies: <https://www.thekitchn.com/pie-vs-tart-whats-the-differen-68710>

Preparation of tarts and pies are inclined to the pastry way of making thus there's no different method of pastries and tarts and pies. Some of the important points are:

- Addition of flour onto the dough should be minimum.
- The correct choice of ingredients

- Pastry should be handled very lightly
- Mix and let pastry stand overnight in a very cold place.

Read: Approaches of making tarts and pies: <https://www.craftybaking.com/learn/baked-goods/pies-and-tarts>

Read: About different recipes for tarts and pies: <https://www.ciafoodies.com/category/pies-tarts/>

Read: How to make short crust pastry: <https://www.thespruceeats.com/tips-for-making-best-shortcrust-pastry-435121>

Read: Learn about tarts and pies recipe and fillings: <https://www.allrecipes.com/recipes/824/desserts/pies/tarts/>

Watch: How to make fruit tart: <https://youtu.be/tsAFoUyTsrk>

Watch: How to decorate pie: <https://youtu.be/woN4a9KsZPw>

Just as pastries, tarts and pies follow the concept of serving and presenting pastries therefore, the method of presenting is by placing them in dessert bowls or in a hollow ware and present it to the customer.

Recipe	Double Layer Chocolate Peanut Butter Pie
Ingredients	• 1/2 (8 ounce) package cream cheese, softened • 1 tablespoon white sugar • 1 tablespoon cold milk • 1 cup peanut butter • 1 (8 ounce) container frozen whipped topping, thawed • 1 (9 inch) prepared graham cracker crust • 2 (3.9 ounce) packages instant chocolate pudding mix • 2 cups cold milk • 4 peanut butter cups, cut into 1/2 inch pieces
Preparation time	20 min
Cook time	-
Ready in	4 h 20 min
Direction	1. In a large bowl, mix cream cheese, sugar, 1 tablespoon milk and peanut butter until smooth. Gently stir in 1 1/2 cups of whipped topping. Spread mixture on bottom of pie crust. 2. In a second bowl, stir pudding mix with 2 cups milk until thick. Immediately stir in remaining whipped topping. Spread mixture over peanut butter layer. 3. Scatter peanut butter cups over top of pie. Cover and refrigerate for

	4 hours.
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Recipe	Home Made Top Tarts!
Ingredients	• 1 (15 ounce) package refrigerated pie crusts • 1/4 cup strawberry jam, divided • 2 cups confectioners' sugar • 2 tablespoons milk • 1/2 teaspoon vanilla extract • 1 tablespoon colored decorating sugar, or as needed
Preparation time	20 min
Cook time	10 min
Ready in	50 min
Direction	1. Preheat oven to 425 degrees F (220 degrees C). Line baking sheets with parchment paper. 2. Unroll the pie crusts, place on a lightly floured work surface, and roll the crusts slightly with a rolling pin to square the edges. Cut each crust into 8 equal-sized rectangles. Place about 2 teaspoons of strawberry jam in the center of 8 squares, and spread the jam out to within 1/4 inch of the edge of the pastry square. Top each with another pastry square, and use a fork to crimp the squares together, sealing in the jam. Use a knife to trim the pastries, if desired. Move the filled pastries to the prepared baking sheets. 3. Bake in the preheated oven until the edges are lightly golden brown, about 7 minutes. Allow to cool on the baking sheets. Meanwhile, stir together the confectioners' sugar, milk, and vanilla extract in a bowl to make a spreadable frosting. Spread the cooled tarts with frosting and sprinkle with colored sugar.

Recipe	Tart Lemon Triangles
Ingredients	• 3/8 cup butter • 1/4 cup confectioners' sugar • 1 cup all-purpose flour • 3 eggs • 1 cup white sugar • 1 tablespoon grated lemon zest • 1/4 cup lemon juice • 3 tablespoons all-purpose flour • 2 tablespoons confectioners' sugar for dusting
Preparation time	-
Cook time	35 min
Ready in	35 min
Direction	1. Preheat oven to 350 degrees F (175 degrees C).

	2. Process butter, 1/4 cup confectioners' sugar and 1 cup flour in food processor 10 seconds, or blend with pastry blender. Pat dough evenly into 9 inch round pie plate. 3. Bake 12 to 15 minutes, until golden. 4. Combine eggs, white sugar, lemon zest, lemon juice and 3 tablespoons flour and mix until smooth; pour mixture over hot crust. 5. Bake 15 to 20 minutes more, until firm. Let cool completely in baking dish. Sprinkle with confectioners' sugar and cut into 12 triangles.
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9.3.4.3 Self-Assessment

- i. List the similarity and difference between tarts and pies.
- ii. Prepare sweet and savory tarts.
- iii. Identify recipes for fruit filling pies.
- iv. Prepare a list of different top decoration for pies.
- v. What are the ingredients for preparing flaky piecrust?
- vi. You have two hours to complete the following sequence of tasks:
 1. Scale, Mix, Knead, and Round 1 recipe of basic white bread dough.
 2. Scale, Mix, and Roll out, and bake 1 recipe of sweet tart dough into 2 tart pans
 3. Reproduce a sample of chocolate piping created by the instructor
 4. Prepare a dessert sauce (creme anglaise, fruit coulis, caramel sauce, etc.), one cup of creme chantilly, and plate 1 portion of cheesecake that will be provided.
- vii. Piecrusts are made from four basic ingredients: flour, fat, salt, and water.
 - A. True
 - B. False
- viii. Addition of _____ onto the dough should be minimum while preparing tarts and pies.
 - A. Sugar
 - B. Salt
 - C. Flour
 - D. Water
- viii. A tart can be either sweet or savoury.
 - A. True
 - B. False

9.3.4.4 Tools, Equipment, Supplies and Materials

Stove kitchen/production kitchen, baking tin, mixing bowl, wooden spoon, sieve, metallic spoon, oven or a jiko, baking equipment, variety of ingredients

9.3.4.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foscett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common

mixed dishes with nutrient value. Nairobi, FAO. 349 pp.

<http://www.fao.org/3/I8897EN/I8897en.pdf>

9.3.3 Learning Outcome 4: Preparing flans

9.3.3.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare flans
- Ingredients identified and selected as per the recipe
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Prepare a variety of flans according to recipes and desired product characteristics
- Make flans as per the recipe
- Select, prepare and use recommended equipment as per the recipe
- Presentation equipment identified and used as per the recipe
- Refrigerate (where necessary) at the recommended temperature and time to cool before serving.
- Serve flans as per the specifications and style of service

Trainees to demonstrate knowledge in relation to:

- Define flans
- Uses of flans
- Ingredients for making flans
- Recipes for preparing flans
- Presentation

9.3.3.2 Information Sheet

A **flan** is a type of pastry that can be made in a day advance with a hollow filled with sweet or savoury. It's also a pastry that is advantageous and less bulky. Flan is a popular creamy custard dessert in Spain and all over Latin America, and there are many versions of it.

Flans are easy to make, they are light but not fragile, it can be stored easily and doesn't contain fat, thus making it cholesterol free. Ingredients used in flan making are: sugar, liquid, eggs, vanilla extract, corn starch. Flan has a special way of preparing, unlike pastries flan doesn't contain any flour thus the way of making is quite different. The most common type of flan is caramel flan. Flan can be served at room temperature or cold depending on the recipe.

Read and Watch: How to make flan, recipe, equipment and presentation:

<https://www.thespruceeats.com/caramel-flan-individual-servings-2343004>

The way of presenting and serving caramel flan is by use of hollow ware or in a dessert bowl together with a sauce and a spoon at the dessert.

Read: Difference between Flan and Custard:

<https://delicioustoswallow.commons.gc.cuny.edu/2013/08/13/200/>

Recipe	Spanish Flan
Ingredients	• 1 cup white sugar • 3 eggs • 1 (14 ounce) can sweetened condensed milk • 1 (12 fluid ounce) can evaporated milk • 1 tablespoon vanilla extract
Preparation time	20 min
Cook time	1 h
Ready in	1h 20 min
Direction	1. Preheat oven to 350 degrees F (175 degrees C). 2. In a medium saucepan over medium-low heat, melt sugar until liquefied and golden in color. Carefully pour hot syrup into a 9 inch round glass baking dish, turning the dish to evenly coat the bottom and sides. Set aside. 3. In a large bowl, beat eggs. Beat in condensed milk, evaporated milk and vanilla until smooth. Pour egg mixture into baking dish. Cover with aluminum foil. 4. Bake in preheated oven 60 minutes. Let cool completely. 5. To serve, carefully invert on serving plate with edges when completely cool.

Recipe	Creamy Caramel Flan
Ingredients	• 3/4 cup white sugar • 1 (8 ounce) package cream cheese, softened • 5 eggs • 1 (14 ounce) can sweetened condensed milk • 1 (12 fluid ounce) can evaporated milk • 1 teaspoon vanilla extract
Preparation time	15 min
Cook time	1 h 15 min
Ready in	8h
Direction	1. Preheat oven to 350 degrees F (175 degrees C). 2. In a small, heavy saucepan over medium-low heat, cook sugar, stirring, until golden. Pour into a 10 inch round baking dish, tilting to coat bottom and sides. Set aside. 3. In a large bowl, beat cream cheese until smooth. Beat in eggs, one at a time, until well incorporated. Beat in condensed and evaporated milk and vanilla until smooth. Pour into caramel coated pan. Line a roasting pan with a damp kitchen towel. Place baking dish on towel, inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with boiling water to reach halfway up the sides of the baking dish.

	4. Bake in preheated oven 50 to 60 minutes, until center is just set. Cool one hour on wire rack, then chill in refrigerator 8 hours or overnight. To unmold, run a knife around edges of pan and invert on a rimmed serving platter.
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9.3.3.3 Self-Assessment

- i. What is a flan?
- ii. List the ingredient for preparing basic flans?
- iii. Flan does not contain
 - A. Eggs
 - B. Water
 - C. Fat
 - D. Sugar
- iv. The most common type of flan is _____ flan.
 - A. Honey
 - B. Caramel
 - C. Cinnamon
 - D. Jam

9.3.3.4 Tools, Equipment, Supplies and Materials

Stove kitchen/production kitchen, baking tin, mixing bowl, wooden spoon, sieve, metallic spoon, variety of ingredients

9.3.3.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Fosskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>

9.3.4 Learning Outcome 5: Preparing cookies

9.3.4.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare cookies
- Ingredients identified and selected as per the recipe
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Prepare a variety of cookies according to recipes and desired product characteristics
- Make cookies as per the recipe
- Select, prepare and use recommended equipment as per the recipe
- Presentation equipment identified and used as per the recipe
- Refrigerate (where necessary) at the recommended temperature and time to cool before serving.
- Serve cookies as per the specifications and style of service

Trainees to demonstrate knowledge in relation to:

- Define cookies
- Types of cookies
- Uses of cookies
- Ingredients for making cookies
- Preparation of various types of cookies using given recipes
- Presentation

9.3.4.2 Information Sheet

A cookie is a baked or cooked food that is typically small, flat and sweet. It usually contains flour, sugar and some type of oil or fat. It may include other ingredients such as raisins, oats, chocolate chips, nuts, etc. The word cookie refers to "small cakes" derived from the Dutch word "koekje" or "koekie." Cookies contain many of the same ingredients as cakes except that they have a lower proportion of liquid with a higher proportion of sugar and fat to flour. Cookie recipes can be prepared in myriad shapes, flavors and textures, and can be decorated.

Cookie recipe types are usually categorized by the fluidity of their batter or dough, determining the way they are formed - Bars, Dropped, Icebox / Refrigerator, Molded, Pressed, or Rolled. In addition, some cookie types are subtypes of others. The type of cookie recipe to be prepared determines their mixing method, but for most, the conventional cake or creaming method is used.

Read: History and classification of cookies: <https://en.wikipedia.org/wiki/Cookie>

Read: Introduction to cookies: <https://onlinepastrytrainingschool.com/en/112-english/pastry-training/video-introduction/678-introduction-to-cookies>

Read and Watch: How to make cookies:
<https://www.bbcgoodfood.com/videos/techniques/how-make-cookies>

Watch: How to make Choco chip cookie: <https://youtu.be/rEdl2Uetpvo>

Cookies can be stored in cool in an airtight container. Cookies stay crispy longer if they are kept in glass containers. All cookies can be stored in the freezer for 4-5 months.

Recipe	Outrageous Chocolate Chip Cookies
Ingredients	• 1/2 cup butter • 1/2 cup white sugar • 1/3 cup packed brown sugar • 1/2 cup peanut butter • 1/2 teaspoon vanilla extract • 1 egg • 1 cup all-purpose flour • 1 teaspoon baking soda • 1/4 teaspoon salt • 1/2 cup rolled oats • 1 cup semisweet chocolate chips
Preparation time	15 min
Cook time	10 min
Ready in	25 min
Direction	1. Preheat oven to 350 degrees F (175 degrees C). 2. In a medium bowl, cream together the butter, white sugar and brown sugar until smooth. Stir in the peanut butter, vanilla and egg until well blended. Combine the flour, baking soda and salt; stir into the batter just until moistened. Mix in the oats and chocolate chips until evenly distributed. Drop by tablespoonfuls on to lightly greased cookie sheets. 3. Bake for 10 to 12 minutes in the preheated oven, until the edges start to brown. Cool on cookie sheets for about 5 minutes before transferring to wire racks to cool completely.

Recipe	Elvis Cookies
Ingredients	• 1 cup butter, softened • 2 cups brown sugar • 1 cup white sugar • 1 1/2 cups peanut butter • 2 teaspoons vanilla extract • 3 ripe bananas • 2 1/2 cups all-purpose flour • 1/2 teaspoon baking powder
Preparation time	15 min
Cook time	10 min

Ready in	25 min
Direction	1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet. 2. Stir together the butter, brown sugar, white sugar, peanut butter, and vanilla in a bowl. Mash the bananas into the mixture until there are few lumps. Sift together the flour and baking powder in a separate bowl; add to the banana mixture and stir until thoroughly incorporated. Drop rounded tablespoons of mixture onto the prepared baking sheet. 3. Bake in preheated oven until lightly brown and firm, about 10 minutes.

9.3.4.3 Self-Assessment

- What are cookies? How are they different from biscuits?
- Prepare a healthy single serving cookie using own or standard recipe. Also prepare the pricing and list the nutritional facts related your healthy cookie.
- The word cookie is derived from a _____ word.
 - A. German
 - B. French
 - C. Dutch
 - D. Spanish
- As compared to cakes, cookies have a _____.
 - A. Higher proportion of sugar and fat to flour
 - B. Lower proportion of sugar and fat to flour
 - C. Higher proportion of liquid
 - D. Lower proportion of sweetness

9.3.4.4 Tools, Equipment, Supplies and Materials

Stove kitchen/production kitchen, baking tin/tray, mixing bowl, wooden spoon, sieve, metallic spoon, oven, variety of ingredients

9.3.4.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foscett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>

CHAPTER 10: DESSERTS

10.1 Introduction

This unit specifies the competencies required to plan, prepare and present desserts.

10.2 Performance Standard

- Demonstrated ability to select ingredients, and equipment for preparing desserts
- Demonstrated ability to prepare a variety of different types of desserts
- Demonstrated ability to present desserts attractively and decoratively
- Hygienically handled and stored desserts

10.3 Learning Outcomes

10.3.1 List of the Learning Outcomes

These are the key learning outcomes, which make up workplace function:

- Prepare fruit desserts
- Prepare mousses
- Prepare cream custards
- Prepare sweet sauces
- Prepare hot/frozen desserts

10.3.2 Learning Outcome 1: Preparing fruit desserts

10.3.2.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare fruit desserts
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Follow special dietary recipes to produce desserts for those with special dietary requirement
- Prepare desserts in shapes and sizes and with preferred fillings, according to recipe
- Decorate and present desserts on service-ware as per the recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Define desserts
- Importance of desserts in meal planning
- Ingredients for desserts
- Identification and selection of equipment used for desserts
- Special dietary requirements in desserts preparation
- Preparation of fruit desserts
- Desserts presentations

10.3.2.2 Information Sheet

The majority of desserts are sweet, served towards the end of a meal and are often the highlight. Sweet desserts usually contain cane sugar, palm sugar, honey or some types of syrup such as molasses, maple syrup, treacle, or corn syrup.

Sugars contribute moisture and tenderness to baked goods. Flour or starch components serve as a protein and give the dessert structure. Fats contribute moisture and can enable the development of flaky layers in pastries and pie-crusts. The dairy products in baked goods keep the desserts moist. Many desserts also contain eggs, in order to form custard or to aid in the rising and thickening of a cake-like substance. Egg yolks specifically contribute to the richness of desserts. Egg whites can act as a leavening agent or provide structure. Further innovation in the healthy eating movement has led to more information being available about vegan and gluten-free substitutes for the standard ingredients, as well as replacements for refined sugar.

Desserts can contain many spices and extracts to add a variety of flavours. Salt and acids are added to desserts to balance sweet flavours and create a contrast in flavours. Some desserts are coffee-flavoured, for example an iced coffee soufflé or coffee biscuits. Alcohol can also be used as an ingredient, to make alcoholic desserts.

When planning for a plated dessert, there are five characteristics that should be considered. Three apply to mouth feel and flavour, and are the most important:

- Flavour
- Texture
- Temperature

The other two are visual:

- Colour
- Shape

Too many cream desserts or chocolate desserts will not create a well-balanced dessert menu. When a dessert from each category is included the dessert menu it will offer a greater choice to the customer. When you include a dessert from each category your dessert menu will offer a greater choice to the customer.

In years past, dessert menus only had to accommodate two kinds of people—those who wanted a thick slice of chocolate cake and those who were watching their weight by eating a small bowl of cut fruit as their after-dinner treat. Today, however, with consumers following different dietary restrictions such as non-dairy diets, vegan diets or gluten-free diets, restaurant operators are working hard to ensure those diners can still order dessert.

Read: Special dietary food restrictions. <http://www.healthyfoodhealthyplanet.org/swapping-ingredients/special-dietsallergies/>

Read: Recipes related to dietary restrictions. <https://www.myrecipes.com/special-diet>

Fresh, seasonal fruit is quickly and easily transformed into **fruit desserts**.

Read: Recipes of fruit desserts preparation and presentation:

https://www.huffpost.com/entry/healthy-fruit-desserts_n_56ea0c31e4b065e2e3d8766c

<https://www.allrecipes.com/recipes/17140/desserts/fruit-desserts/>

Recipe	Stuffed Strawberries
Ingredients	• 1 pint fresh strawberries • 1 (8 ounce) package cream cheese, softened • 1/2 cup confectioners' sugar, or to taste • 2 tablespoons orange flavored liqueur, or to taste
Preparation time	30 min
Cook time	-
Ready in	30 min
Direction	1. Cut the tops off of the strawberries and stand upright on the cut side. Make a cut 3/4 of the way down from the tip of the strawberry towards the bottom. 2. Beat together the cream cheese, sugar, and liqueur until smooth in a mixer or a food processor. Place into a piping bag with a star tip. Pipe into each strawberry and arrange on a serving platter.

Recipe	Berry trifle
Ingredients	• 1 (12 ounce) package frozen blueberries • 1 prepared angel food cake, cut into chunks • 2 cups chopped fresh strawberries • 1 (12 ounce) package frozen peach slices, chopped • 1 (6 ounce) container fresh raspberries • 2 (16 ounce) tubs reduced-fat frozen whipped topping, thawed
Preparation time	15 min
Cook time	1 h
Ready in	1h 15 min
Direction	1. Pour the blueberries into a strainer, rinse with water, and shake off excess water. Spread the berries out onto paper towels to dry slightly. 2. In a deep, clear glass bowl or trifle bowl, spread a layer of angel food cake chunks. Scatter the cake with chopped strawberries in a thin layer. Sprinkle the strawberries with a layer of blueberries, followed by a layer of chopped peach slices. Sprinkle a few fresh raspberries over the peaches. Dollop a layer of whipped topping, then repeat layers until all cake and fruit has been used. Finish trifle

	with a layer of whipped topping. Cover the trifle, and refrigerate until chilled, about 1 hour.
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10.3.2.3 Self-Assessment

- i. What are desserts?
- ii. Prepare fruit dessert using seasonal fruits.
- iii. What kind of icing traditionally goes on carrot cake?
 - A. Butter Cream
 - B. Sour Cream
 - C. Whip Cream
 - D. Cream Cheese
- iv. You have two hours to complete the following sequence of tasks:
 1. Scale, Mix, Knead, and Round 1 recipe of basic white bread dough.
 2. Scale, Mix, and Roll out, and bake 1 recipe of sweet tart dough into 2 tart pans
 3. Reproduce a sample of chocolate piping created by the instructor
 4. Prepare a dessert sauce (creme anglaise, fruit coulis, caramel sauce, etc.), one cup of creme chantilly, and plate 1 portion of cheesecake that will be provided.
- v. The dairy products in baked goods keep the desserts _____.
 - A. Moist
 - B. Fresh
 - C. Tasty
 - D. Sweet
- vi. Desserts can contain spices to add flavour.
 - A. True
 - B. False
- vii. When planning for a plated dessert, which of these do you not need to consider?
 - A. Shape
 - B. Texture
 - C. Temperature
 - D. Fragrance

10.3.2.4 Tools, Equipment, Supplies and Materials

Production kitchen, baking tin/tray, mixing bowl, wooden spoon, sieve, metallic spoon, oven, variety of ingredients

10.3.2.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Fosskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>

10.3.3 Learning Outcome 2: Preparing mousses

10.3.3.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare mousses
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Prepare mousses according to recipe
- Decorate and present desserts on service-ware as per the recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Define mousses
- Ingredients for mousses
- Identification and selection of equipment used for mousses
- Special dietary requirements in mousses preparation
- Preparation of mousses
- Mousses presentations

10.3.3.2 Information Sheet

A **mousse** (French 'foam' /' mu:s/) is a soft prepared food that incorporates air bubbles to give it a light and airy texture. It can range from light and fluffy to creamy and thick, depending on preparation techniques.

Sweet mousses are typically made with whipped egg whites, whipped cream, or both, and flavored with one or more of chocolate, coffee, caramel, puréed fruits, or various herbs and spices, such as mint or vanilla. In the case of some chocolate mousses, egg yolks are often stirred into melted chocolate to give the final product a richer mouth feel. Mousses are also typically chilled before being served, which gives them a denser texture. Sweetened mousse is served as a dessert, or used as an airy cake filling. It is sometimes stabilized with gelatin. Four basic components of mousse are:

- Bases: It gives flavor. A base can be fruit desserts base is fruit puree or chocolate mousse base is melted chocolate or cocoa powder
- Egg Foam: Provides airy texture
- Gelatin
- Whipped cream

Read: About mousse and the steps involved in preparation (ingredient, base, folding etc.)

<https://food52.com/blog/15633-everything-you-need-to-know-to-make-mousse>

The following are two types of mousse:

Fruit Mousse: Incorporating gelatin and flavoring with fruit purée and then folding in egg foam and whipping cream.



Source: www.recipeflour.com

Figure 45: Mousse

Watch: How to prepare passion fruit mousse with gelatin:

<https://www.youtube.com/watch?v=McpdHeF-gn0>

Watch: How to prepare mango mousse without gelatin:

<https://www.youtube.com/watch?v=ufHSISdqMC0>

Watch: How to prepare mango mousse without egg:

<https://www.youtube.com/watch?v=JQasekzTcow>

Chocolate Mousse: Folding egg foam and whipped cream into melted chocolate.

Watch: How prepare chocolate mousse: <https://www.youtube.com/watch?v=LcYy2nCQvE0>

Watch: How to prepare classic French chocolate mousse:

<https://www.youtube.com/watch?v=uqPgtVXL-rc>



Source: https://www.bbc.co.uk/food/recipes/basicchocolatemousse_93648

Figure 46: Chocolate mousse

Recipe	Ultimate Irish Cream Chocolate Mousse
Ingredients	• 4 ounces dark chocolate, chopped • 3 eggs, separated • 1 tablespoon Irish cream liqueur • 1 cup whipped cream • Chocolate shavings
Preparation time	15 min
Cook time	5 min
Ready in	20 min
Direction	1. Melt the dark chocolate in a small saucepan over low heat. Remove from heat and allow to cool. In a bowl, beat the egg yolks and stir in the melted chocolate and Irish cream. Fold in 1/2 of the whipped cream. 2. In a separate bowl, beat the egg whites until stiff. Fold the egg whites into the chocolate mixture. Pour the mousse into serving glasses and garnish with remaining whipped cream and chocolate shavings before serving.

Recipe	Brazilian Passion Fruit Mousse (Maracuja)
Ingredients	• 8 passion fruits • 1 tablespoon white sugar • 1 (14 ounce) can sweetened condensed milk • 2 cups cream

Preparation time	15 min
Cook time	1h
Ready in	1h15 min
Direction	1. Break passion fruits in half, and empty contents into a bowl. Use a little water to help rinse the juice out of the skins. Mix with hands to soften pulp. Strain through a sieve or cheesecloth. Stir in sugar and sweetened condensed milk. 2. In a chilled bowl, beat cream until stiff peaks form. Fold 1/3 of the cream into the passion fruit mixture, then quickly fold in remaining cream until no streaks remain. Refrigerate for 1 hour.

Recipe	Coffee-Banana Mousse
Ingredients	• 30 regular marshmallows • 1/3 cup strong coffee • 1/2 teaspoon vanilla extract • 1 ripe banana, mashed • 1 cup heavy whipping cream • 1 tablespoon grated chocolate, or to taste
Preparation time	15 min
Cook time	5 min
Ready in	1h 5 min
Direction	1. Put a metal bowl and metal beaters in the refrigerator to chill for at least 15 minutes. 2. Melt marshmallows and coffee together in top of a double boiler over simmering water, stirring frequently and scraping down the sides with a rubber spatula to avoid scorching. Stir banana and vanilla extract into marshmallow mixture; set aside to cool. 3. Pour cream into the chilled bowl and beat using electric mixer with cold beaters on high speed until stiff peaks form. Gently fold whipped cream into marshmallow mixture until well incorporated. Spoon or pipe mixture into small dessert dishes; garnish with chocolate shavings. Refrigerate until chilled, at least 30 minutes.

10.3.3.3 Self-Assessment

- What is a mousse?
- Name the four components of mousse?
- You have a catering order for family function. The host couple has children who wants mousse by they have egg protein allergy. What kind of mousse you will recommend?
- What the difference between fruit mousse and chocolate mousse?
- Which of these is a component of a mousse?
 - Egg white
 - Poached egg

- C. Egg foam
- D. Boiled egg
- vi. A mousse may be sweet or savory.
 - A. True
 - B. False

10.3.3.4 Tools, Equipment, Supplies and Materials

Refrigerator, bowls, rubber spatula, pastry bag, measuring cup, ingredients – eggs, gelatin, whipping cream, fruits etc.

10.3.4.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>

10.3.4 Learning Outcome 3: Preparing cream custards

10.3.4.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare cream custards
- Ingredients identified and selected as per the recipe
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Follow special dietary recipes to produce desserts for those with special dietary requirements.
- Prepare cream custards according to recipe
- Decorate and present desserts on service-ware as per the recipe and style of service

Trainees to demonstrate knowledge in relation to:

- Define cream custards
- Ingredients for cream custards
- Identification and selection of equipment used for cream custards
- Special dietary requirements in cream custards preparation
- Preparation of cream custards
- Cream custards presentations

10.3.4.2 Information Sheet

Custard is a variety of culinary preparations based on milk or cream cooked with egg yolk to thicken it, and sometimes also flour, cornstarch, or gelatin. Depending on the recipe, custard may vary in consistency from a thin pouring sauce (crème anglaise) to the thick pastry cream (crème pâtissière) used to fill éclairs. The most common custards are used in desserts or

dessert sauces and typically include sugar and vanilla, however savory custards are also found, e.g. in quiche.

The basic ingredients of custard are milk, egg and sugar. Custards are categorized by how they are thickened:

Pure or basic custards are thickened and set by eggs alone. These are the most delicate custards; they require careful attention during cooking, which is usually done in the even heat of a water bath, as they can quickly go from undercooked to broken and curdled.

Starch-thickened custards contain ingredients such as flour or cornstarch for added thickening power. These starches give custards more body, making them sturdy enough to endure cooking with direct heat.

Watch: Understand the difference between cornstarch and corn flour:
<https://www.youtube.com/watch?v=IMmKg6tZVXA>

Gelatin-set custards have an alluring richness from the structural boost that only gelatin can provide.

Read: Science behind making custard: <https://www.finecooking.com/collection/custards-101>

Custard is usually cooked in a double boiler (bain-marie), or heated very gently in a saucepan on a stove, though custard can also be steamed, baked in the oven with or without a water bath, or even cooked in a pressure cooker. Custard preparation is a delicate operation, because a temperature increase of 3–6 °C (5–10 °F) leads to overcooking and curdling. Generally, a fully cooked custard should not exceed 80 °C (~175 °F); it begins setting at 70 °C (~160 °F). A water bath slows heat transfer and makes it easier to remove the custard from the oven before it curdles. A sous-vide water bath may be used to precisely control temperature.

Watch: How to prepare vanilla custard:
<https://www.bbcgoodfood.com/videos/techniques/how-make-custard>

Watch: How to prepare custard: <https://youtu.be/ZDqrMDw6QRY>

Watch: How to prepare and present vanilla bean custard:
<https://www.youtube.com/watch?v=OtVD5DYwHC8>

Watch: How to prepare and present fruit custard with jelly:
<https://www.youtube.com/watch?v=oXorD58kQrw>

Recipe	Prepare Custard Cream
Ingredients	• 2 cups whole milk • ½ cup granulated sugar • 4 egg yolks • ½ stick vanilla • 2 tbsp all-purpose flour • Lemon zest to taste
Preparation time	5 min
Cook time	20 min
Ready in	25 min
Direction	1. Pour the milk into a large pot, add ½ vanilla bean and lemon peel (cleaned of the white part, which has a bitter taste). Place the pot over medium heat and bring milk to a boil. 2. Meanwhile, pour the egg yolks and sugar into a small bowl, whisk until all the mixture is light in color. 3. Add sifted flour to the eggs, mixing carefully so that no lumps are formed. 4. When the milk begins to boil, remove the vanilla and lemon peel, and slowly pour a little hot milk into egg and flour mixture. 5. Mix well, then transfer the mixture into the pot with boiling milk, stirring thoroughly. Bring the cream to a boil again, cooking it for another couple of minutes. 6. Once ready, you can do to cool the cream and use immediately or store in the fridge for two days maximum.

10.3.4.3 Self-Assessment

- What are the main components of custard?
- Prepare and present custard for a summer lunch.
- What is a custard dessert with a hard shell of burned sugar on top called?
 - Crème brûlée
 - Pecan Pie
 - Pot de crème
 - Crème caramel
- What is Fruit custard dessert baked with a crust topping called?
 - Tart
 - Cobbler
 - Galette
 - Neapolitan
- The basic ingredients of custard are:
 - Milk
 - Egg
 - Sugar

D. Salt

10.3.4.4 Tools, Equipment, Supplies and Materials

Bowls, measuring cup, thick bottom pan, ingredients – eggs, gelatin, milk etc.

10.3.4.5 References

- <https://www.finecooking.com/collection/custards-101>
- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships. Authored by: David Foscett, Neil Rippington Patricia Paskins and Steve Thorpe. Published by Hodder Education an Hachette UK Company (2015)

10.3.5 Learning Outcome 4: Preparing sweet sauces

10.3.5.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare sweet sauces
- Ingredients identified and selected as per the recipe
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Produce a range of hot and cold sauces to a desired consistency and flavour
- Use thickening agents suitable for sweet sauces where appropriate
- Decorate and present desserts on service-ware as per the recipe and style of service
- Store sauces to retain desired quality and characteristics

Trainees to demonstrate knowledge in relation to:

- Define sweet sauces
- Ingredients for sweet sauces
- Identification and selection of equipment used for sweet sauces
- Special dietary requirements in sweet sauces preparation
- Preparation of sweet sauces
- Sweet sauces presentations

10.3.5.2 Information Sheet

Sweet sauces enhance desserts by both their flavour and their appearance, just as savoury sauces enhance meats, fish, and vegetables. Crème anglaise, chocolate sauce, caramel sauce, and the many fruit sauces and coulis are the most versatile. One or another of these sauces will complement nearly every dessert.

Following are examples of dessert sauces:

- **Caramel sauce:** A proper caramel flavour is a delicate balance between sweetness and bitterness. As sugar cooks and begins to change colour, a flavour change will occur. The darker the sugar, the more bitter it will become. Depending on the application for the finished caramel, it can be made mild or strong. At this point, a liquid is added. This liquid will serve several roles: it will stop the cooking process, it can add richness and

flavour, and it will soften the sauce. The fluidity of the finished sauce will depend on the amount of liquid added to it, and the temperature it is served at. Dairy products, such as cream, milk, or butter, will add richness; use water for a clear sauce; use fruit purées to add different flavour elements.

- **Chocolate sauce:** Sometimes called fudge sauce, chocolate sauce is generally made from cream (or milk), butter, and chocolate, and can be served hot or cold. The proportion of each of the ingredients will affect the thickness of the final product.
- **Compote:** French for “mixture,” a compote is cooked fruit served in its own cooking liquid, usually a sugar syrup. Compotes can be made with fresh, frozen, or dried fruits, and served hot or cold.
- **Coulis:** French for “strained liquid,” a coulis is most often an uncooked, strained purée. Flavours remain pure, and the colours bright. One of the drawbacks of using a coulis is that it may separate quickly when used as a plating sauce. It’s best to use à la minute.
- **Crème anglaise:** French for “English custard,” crème anglaise is a rich, pourable custard sauce that can be served hot or cold over cake, fruits, or other desserts. Made with eggs, sugar, and milk or cream, it is stirred over heat until it thickens into a light sauce. However, it’s a delicate operation: too much heat turns it into scrambled eggs! It should not get above 85°C (185°F) during the cooking process. Vanilla is the classic flavouring, but coffee, spices, chocolate, or liqueurs can be added. With additional yolks and heavy cream, it becomes the “custard” used for French ice cream. With additional yolks, gelatin, whipped cream, and flavouring, it becomes Bavarian cream.
- **Curd:** A curd is creamy and fruit based, with citrus and berry flavours being the most popular. Made from fruit juices, eggs, butter, and sugar cooked in a process similar to crème anglaise, curds can be thick, pourable sauces or spreads.
- **Fruit butter:** Fruit butter is a spread made from whole fruits, cooked, reduced, and puréed (if you don’t want any chunks in it) until very thick. It does not contain any butter; the term refers to the consistency.
- **Fruit sauce:** A fruit sauce is a fruit purée, cooked and thickened with a starch. It is normally served cold.
- **Hard sauce:** This traditional sauce for Christmas pudding, or any steamed pudding, is made by combining butter, sugar, and flavourings, often liqueurs. It is normally piped into shapes and chilled, then placed on the warm dessert just before serving.
- **Sabayon:** Sabayon is a mixture of egg yolks, flavouring, and sugar beaten over simmering water until thick, then beaten until cool. It is traditionally flavoured with sweet

white wine or liquor, then served over fresh fruit and grilled (when it is called a gratin). The Italian version of this is called a zabaglione and is flavoured with Madeira wine.

- **Whipped cream:** This very popular dessert topping can be served plain, sweetened, or flavoured. Crème chantilly, a classic version of this, is a combination of whipped cream, sugar, and vanilla.

Applying dessert sauces: Except in the case of some home-style or frozen desserts, sauces are usually not ladled over the dessert because doing so would mar the appearance. Instead, the sauce is applied in a decorative fashion to the plate rather than the dessert. Many different styles of plate saucing are available.

Pouring a pool of sauce onto the plate is known as **flooding**. Although plate flooding often looks old-fashioned today, it can still be a useful technique for many desserts. Flooded plates can be made more attractive by applying a contrasting sauce and then blending or feathering the two sauces decoratively with a pick or the end of a knife. For this technique to work, the two sauces should be at about the same fluidity or consistency.

Rather than flooding the entire plate, it may be more appropriate for some desserts to apply a smaller pool of sauce to the plate, as this avoids overwhelming the dessert with too much sauce.

A variation of the flooding technique is outlining, where a design is piped onto the plate with chocolate and allowed to set. The spaces can then be flooded with colourful sauces.

A squeeze bottle is useful for making dots, lines, curves, and streaks of sauce in many patterns. Or just a spoon is needed to drizzle random patterns of sauce onto a plate. Another technique for saucing is applying a small amount of sauce and streaking it with a brush, an offset spatula, or the back of a spoon.

Sauces are a great way to highlight flavours. Choose ones that will create balance on the plate, not just for colour, but with all the components. A tart berry sauce will complement a rich cheesecake or chocolate dessert because sourness (acid) will cut through fat, making it taste lighter than it is. A sweet sauce served with a sweet dessert will have the overall effect of hiding flavours in both. Hold back on sweetness in order to intensify other flavours.

Many modern presentations may have a minimal amount of sauce. Sometimes this is done just for aesthetic reasons and not for how it will complement the dessert. Think of the dish and the balance of the components. This is the most important factor: flavour first, presentation second.

Read: About dessert sauces and presentation:

<https://opentextbc.ca/modernpastryandplateddesserts/chapter/prepare-dessert-sauces/>

Recipe	Sweet sauces
Ingredients	• 1 cup ketchup • 1 cup red wine vinegar • 1 (8-ounce) can tomato sauce • 1/2 cup spicy honey mustard • 1/2 cup Worcestershire sauce • 1/4 cup butter or margarine • 2 tablespoons brown sugar • 2 tablespoons hot sauce • 1 tablespoon seasoned salt • 1 tablespoon paprika • 1 tablespoon lemon juice • 1 1/2 teaspoons garlic powder • 1/8 teaspoon chili powder • 1/8 teaspoon ground red pepper • 1/8 teaspoon ground black pepper
Preparation time	10 min
Cook time	30 min
Ready in	40 min
Direction	Bring all ingredients to a boil in a Dutch oven. Reduce heat, and simmer sauce, stirring occasionally

10.3.5.3 Self-Assessment

- Identify different sauce and prepare a detailed pairing chart for your quick reference.
- Practice variety of dessert plating styles.
- Caramel flavour is a delicate balance between sweetness and _____.
 - Saltiness
 - Bitterness
 - Sourness
- Pouring a pool of sauce onto the plate is known as _____.
 - Flooding
 - Puddling
 - Pooling
- Coulis is a French word for
 - Mixture
 - Strained liquid
 - Sauce

10.3.5.4 Tools, Equipment, Supplies and Materials

Production kitchen, bowls, measuring cup, thick bottom pan, variety of ingredient

10.3.5.5 References

- <https://opentextbc.ca/modernpastryandplateddesserts/chapter/prepare-dessert-sauces/>
- <https://opentextbc.ca/modernpastryandplateddesserts/back-matter/appendix-standard-recipes-for-dessert-garnishes/>
- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)

10.3.6 Learning Outcome 5: Preparing frozen dessert

10.3.6.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare frozen desserts
- Ingredients identified and selected as per the recipe
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Produce a range of frozen desserts to a desired consistency and flavour
- Freeze desserts to the recommended temperatures as per the recipe
- Decorate and present desserts on service-ware as per the recipe and style of service
- Store sauces to retain desired quality and characteristics

Trainees to demonstrate knowledge in relation to:

- Define frozen desserts
- Ingredients for frozen desserts
- Identification and selection of equipment used for frozen desserts
- Special dietary requirements in frozen preparation
- Preparation of frozen desserts
- Frozen presentations desserts frozen desserts

10.3.6.2 Information Sheet

Ice cream, gelato, sorbet and shaved-ice desserts are frozen dessert. Ice cream is a cream base that is churned as it is frozen to create a creamy consistency. Gelato uses a milk base and has less air whipped in than ice cream, making it denser. Sorbet is made from churned fruit and is not dairy based. Shaved-ice desserts are made by shaving a block of ice and adding flavoured syrup or juice to the ice shavings.

Believe it or not, not anything can be called **ice cream**. The industry is heavily regulated and enforced by the food standards. An ice cream is made from a mix of dairy products and must contain at least 10 per cent butterfat before it can be even called an “ice cream” legally. All ice cream is made the same way using a simple custard base, which is then flavoured. In culinary terms ice cream is an emulsion of dairy and dairy fats, which is then whipped and frozen. The key is fat and air. The more air you can whip in the lighter and smoother the texture. The balance has to be just right. The better the ice cream usually the less air and the more fat it has to make for a thicker more indulgent texture.

- **Gelato** is an Italian style ice cream. Made still from an ice cream base it typically is churned and whipped slower and for longer periods when being made. This allows for less air to be added to the mix making it thicker. It is typically also served at slightly higher temperatures than ice cream to give it a creamy and thicker feel when eating. Butterfat levels tend to be lower than ice cream.
- **Sherbet:** Still a form of dairy dessert, sherbet should not be confused with sorbet. It is made using milk and/or egg whites to give a lighter texture. Butterfat levels tend to be 1 to 2 per cent butterfat making it lighter than ice cream.
- **Frozen Yogurt** is made without any cream. Instead bacteria cultures are added to an ice cream base to emulsify the dairy solution. It tends to yield a soft mouth feel and the added bacterial culture is what gives frozen yogurt its pro-biotic element. A trend has been to start using Greek yogurt as the base. Greek yogurt has about double the amount of protein to regular yogurt and is strained more intensely to remove excess liquid whey and lactose making it a thicker and creamier texture.
- **Sorbet** is basically a sugar syrup water solution, which is then flavoured. Simply take a jug of water and add sugar, some more sugar and then a little bit more sugar before cooking to dissolve in the water. The result is a syrup solution that you can flavour. Fruits tend to be used most commonly for flavouring because of sorbets high water content. Sorbets tend to be fat free, but are much higher in sugar content. Also the high water content gives them an icy texture.

Preparing ice cream: Ice cream is a relatively soft frozen dessert made with dairy products (milk, cream or yogurt), and/or fruits and flavourings. Examples of other names for ice cream are gelato, sorbet, frozen custard, etc. Ice cream may be served with other desserts, such as apple pie. Bacteria flourishes in protein-rich foods such as ice cream; protein in the egg yolks, milk, and cream. Food poisoning is the primary danger of eating ‘old’ ice cream. Practicing proper hygiene techniques will help prevent foodborne illness. It’s important to understand that an ice cream that smells and tastes just fine doesn’t mean the ice cream is good. A big misconception is that bacteria get eliminated in the freezer. Freezer temperature simply slows the growth of bacteria that is already there. If you haven’t followed strict food safety techniques in washing, rinsing, and sanitizing the equipment that you used to make ice cream, chances are that there are bacteria in the ice cream mixture even before churning. Personal hygiene is also very important. The shelf life of ice cream partly depends on the technique used to make the ice cream.

Watch: Preparation of ice cream:

<https://www.youtube.com/watch?v=WK3L0iHWNGM&feature=youtu.be>

Watch: To understand what is meant by bad recipe or preparation of ice cream.

<https://www.youtube.com/watch?v=h7ow8SQ1Qek&feature=youtu.be>

Recipe	Cake Batter Ice Cream
Ingredients	• 1 cup milk • 1/2 cup white sugar • 2 egg yolks, beaten • 1 teaspoon vanilla extract • 2 cups heavy whipping cream • 3/4 cup white cake mix, sifted
Preparation time	5 min
Cook time	4h
Ready in	4h 5 min
Direction	1. Whisk together milk, sugar, egg yolks, vanilla, cream, and cake mix in a saucepan until well blended. Cook over medium-low heat until mixture reaches 160 degrees F (70 degrees C), stirring frequently. Remove from heat and place in the refrigerator or freezer until liquid is cold. 2. Pour the chilled mixture into an ice cream maker and freeze according to manufacturer's directions until it reaches "soft-serve" consistency. Transfer ice cream to a one- or two-quart lidded plastic container; cover surface with plastic wrap and seal. For best results, ice cream should ripen in the freezer for at least 2 hours or overnight.

Recipe	Peanut Butter and Baileys Frozen Yogurt
Ingredients	• 3 cups non-fat Greek yogurt (such as Kirkland®) • 1 cup white sugar • 3/4 cup peanut butter • 1/2 cup Irish cream liqueur (such as Baileys®) • 1 teaspoon vanilla extract
Preparation time	30 min
Cook time	30 min
Ready in	1 h
Direction	1. Combine yogurt, sugar, peanut butter, Irish cream liqueur, and vanilla extract together in a bowl. Refrigerate yogurt mixture until chilled, 30 to 45 minutes. 2. Process yogurt mixture in an ice cream maker according to manufacturers' instructions for churning.

10.3.6.3 Self-Assessment

- What is frozen dessert?
- Discuss various recipes for ice-cream desserts.
- Identify two hot desserts and describe how to prepare each.
- Name eight (8) different styles of desserts.

- v. To be called an “ice cream” legally, it must contain at least ____ percent butterfat.
 - A. 2
 - B. 5
 - C. 8
 - D. 10
- vi. Gelato is _____ style ice cream.
 - A. Spanish
 - B. Italian
 - C. American
 - D. French

10.3.6.4 Tools, Equipment, Supplies and Materials

Production kitchen, bowls, measuring cup, thick bottom pan, refrigerator, mixer, variety of ingredients

10.3.6.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foskett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)
- FAO/Government of Kenya. 2018. Kenyan Food Recipes. A recipe book of common mixed dishes with nutrient value. Nairobi, FAO. 349 pp.
<http://www.fao.org/3/I8897EN/I8897en.pdf>

10.3.7 Learning Outcome 6: Preparing hot dessert

10.3.7.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare hot desserts
- Ingredients identified and selected as per the recipe
- Weigh and measure ingredients according to recipe
- Hygiene and procedures are observed as per HACCP
- Produce a range of hot desserts to a desired consistency and flavour
- Decorate and present desserts on service-ware as per the recipe and style of service
- Store sauces to retain desired quality and characteristics

Trainees to demonstrate knowledge in relation to:

- Define hot desserts
- Ingredients for hot desserts
- Identification and selection of equipment used for hot desserts
- Special dietary requirements in hot preparation
- Preparation of hot desserts
- Hot presentations desserts

10.3.7.2 Information Sheet

Hot desserts - These are desserts that were prepared using heat or fire. These include the baked foods such as cakes, brownies, custards, tarts, and cookies. Fried desserts are can be placed under this category too, like doughnuts.

Read: Different hot dessert recipes:

<https://www.bbcgoodfood.com/user/29422/collections/328206>

Watch: How to prepare hot chocolate soufflé:

<https://www.bbcgoodfood.com/recipes/2922/hot-chocolate-souffl->

Always ask guests for their dietary restrictions on invitations to any event where food will be served. Someone with dietary restrictions will convey that they are vegetarian or vegan and will expect you to provide a meal that meets his or her dietary needs.

- Vegan – A plant based diet with no animal products. They do not eat meat, fish, eggs or dairy products.
- Ovo-Vegetarian – Eat mostly plants in addition to eggs. They do not eat dairy products, meat or fish.
- Lacto-Vegetarian – Eat mostly plants in addition to dairy products. They do not eat eggs, meat or fish.
- Lacto-Ovo Vegetarians – Eat mostly plants in addition to dairy products and eggs. They do not eat meat or fish.
- Pescetarians – Vegetarian diet but they also eat fish. They do not eat meat.

There are plenty of delicious meals that can be prepared for the above diet as well as modifications to popular meat dishes. Caterers are used to preparing meals to accommodate vegetarians and vegans.

Some of the common food allergies include:

Peanut: A peanut allergy is very common and could cause a serious and possibly fatal reaction. If a guest has a peanut allergy you should avoid any kind of nut, even artificial. Also be mindful of dishes that may be cooked in peanut oil.

Some unexpected sources of peanuts:

- Chili
- Egg rolls
- Hot sauce
- Pesto
- Gravy
- Salad dressing
- Pancakes

- Specialty pizzas
- Some vegetarian food products advertised as meat substitutes

Milk: A milk allergy is different than lactose intolerance and is most common in infants and young children, although most will outgrow the allergy. Cow milk and products should be avoided, as reactions can be mild, such as hives, and sometimes life threatening. It is also wise to avoid milk from all other animals.

Some unexpected sources of milk:

- Baked goods
- Luncheon meat, hot dogs, sausages
- Nondairy products (look for casein)
- Shellfish is sometimes dipped in milk to mask the odor
- Restaurants sometimes put butter on steaks for flavor

Egg: Egg allergies are the second most common childhood allergy and most children will outgrow it. Reactions can be mild, such as hives, and sometimes life threatening. Eggs from other birds should also be avoided.

Some unexpected sources of eggs:

- Egg substitutes
- Macaroni
- Marzipan
- Lecithin
- Marshmallows
- Pasta
- Pretzels are sometimes dipped in egg wash before they are salted

Soy is another common infant and childhood allergy that is often outgrown. Soy allergies can be mild or severe, though severe reactions are rare.

Some unexpected sources of soy:

- Canned tuna and meat
- Cereals
- Cookies
- Crackers
- High-protein energy bars and snacks
- Low-fat peanut butter
- Processed meats
- Sauces
- Canned broths and soups

Special dietary restriction for consideration for desserts:

- Diabetic
- Gluten free
- High or low energy
- High or low protein
- High fibre
- Low cholesterol
- Low fat
- Modified sodium or potassium
- Modified texture
- Vegan
- Yeast free

Read: More about allergies related to desserts:

<https://www.webster.edu/specialevents/planning/food-information.html>

<http://www.foodallergy.org/allergens>

Recipe	Hot chocolate Mars sauce with ice -cream
Ingredients	• 2 Mars bar • 200 ml Whipping Cream
Preparation time	5 min
Cook time	10 min
Ready in	15 min
Direction	Cut mars bars in 1cm thick slices, and place in a pyrex bowl. Set the bow over a pot off boiling water and allow the chocolate to melt. The nugget and caramel will take longer to melt then the chocolate, so stir vigorously until all the lumps have melted. Remove from the heat, add the whipped cream and stir well. You can add a little milk if the consistency is too thick. Serve over ice cream.

Recipe	Hot Fudge Sundae Cake
Ingredients	• 1 cup all purpose flour • 3/4 cup granulated sugar • 2 tbsp baking cocoa • 2 tsp baking powder • 1/4 tsp salt • 1/2 cup milk • 2 tbsp vegetable oil • 1 tsp vanilla • 1 cup chopped nuts, if desired • 1 cup packed brown sugar

	• 1/4 cup baking cocoa • 1 3/4 cup very hot water • 1 ice cream, if desired on the side
Preparation time	15 min
Cook time	40 min
Ready in	1 h
Direction	1. Heat oven to 350°F. 2. Mix flour, granulated sugar, 2 tablespoons cocoa, the baking powder and salt in ungreased square pan, 9x9x2 inches. Mix in milk, oil and vanilla with fork until smooth. Stir in nuts. Spread in pan. 3. Sprinkle brown sugar and 1/4 cup cocoa over batter. Pour water evenly over batter. 4. Bake about 40 mins or until top is dry. Cool 10 mins. 5. Spoon warm cake into dessert dishes. Top with ice cream. Spoon sauce from pan onto each serving.

10.3.7.3 Self-Assessment

- Prepare hot chocolate soufflé.
- Ice cream can be part of a hot dessert
 - True
 - False
- Almond apple pie is a hot dessert
 - Yes
 - No
- Prepare a list of recipes for hot desserts.
- Some desserts can be served hot or warm, however, guest might have preferences. Explain.
- Prepare and present as per the SOPs for hot desserts.

10.3.7.4 Tools, Equipment, Supplies and Materials

Production kitchen, variety of ingredients, plates, blowtorch, oven

10.3.7.5 References

- Practical Cookery, 13th Edition for Level 2 NVQs and Apprenticeships, authored by David Foscett, Neil Rippington Patricia Paskins and Steve Thorpe (Publisher Hodder Education an Hachette UK Company) (2015)

CHAPTER 11: BEVERAGES

11.1 Introduction

This unit specifies the competencies required to plan, prepare and present beverages.

11.2 Performance Standard

- Demonstrated ability to prepare and present a diverse range of beverages
- Demonstrated ability to present beverages
- Used the correct equipment, ingredients and standard measures
- Worked with speed and efficiency to deal with numerous service tasks simultaneously
- Served major types of teas, coffees, chocolates and other non-alcoholic beverages
- Applied organizational and traditional presentation standards

11.3 Learning Outcomes

11.3.1 List of the Learning Outcomes

These are the key learning outcomes, which make up workplace function:

- Prepare hot beverage
- Prepare cold beverage

11.3.2 Learning Outcome 1: Preparing hot beverages

11.3.2.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare beverages
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Beverages are prepared using recommended methods as per the recipes
- Taste, strength, temperature and appearance for each drink is prepared as per the recipe
- Beverages are presented according to standard operating procedures and style of service

Trainees to demonstrate knowledge in relation to:

- Types of hot beverages
- Benefits of hot beverages
- Factors to consider when selecting hot beverage ingredients
- Equipment for preparing hot beverages
- Methods of preparing hot beverage
- Presenting and serving hot beverages
- Storing hot beverages

11.3.2.2 Information Sheet

Beverages are potable drinks, which have thirst-quenching, refreshing, stimulating and nourishing qualities. Beverages can be classified according to alcoholic and non-alcoholic beverage. Non-alcoholic beverages can be classified as hot or cold.

Read: Nutritional factors in beverages: <https://doi.org/10.1016/B978-0-08-100596-5.03409-0>

A hot beverage is typically served hot and includes beverages like: **tea**, masala **tea (spiced tea)**, milk, hot chocolate, and variants of coffee such as espresso, latte, and cappuccino.

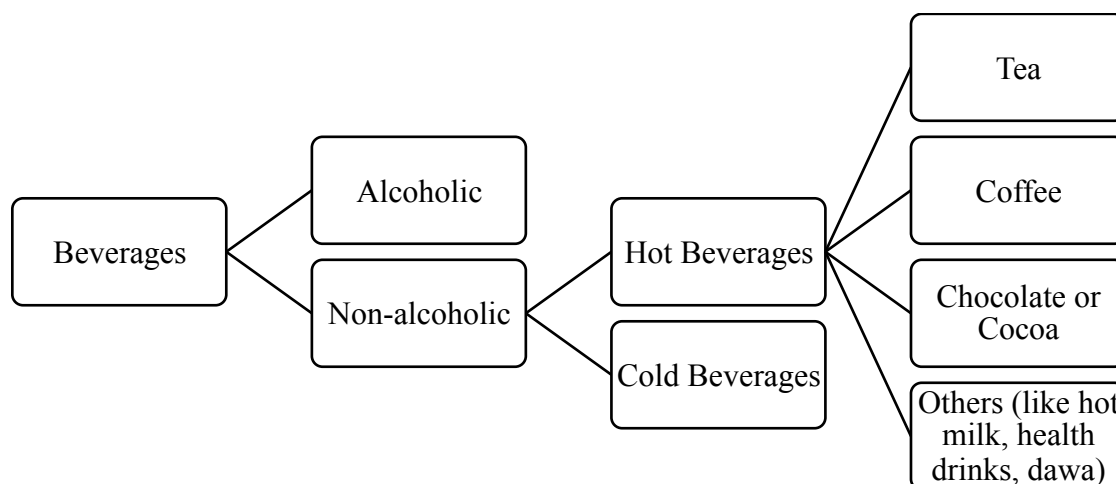


Figure 47: Classification of beverages (hot)

Tea is one of the most widely consumed stimulant beverage in the world. It has a cooling, slightly bitter, astringent flavor. It has almost no carbohydrates, fat, or protein. Tea is a natural source of the amino acid theanine, methylxanthines such as caffeine and theobromine, and polyphenolic antioxidant catechins.

The climate, soil conditions where the tea is grown, and how the tea is processed, determines the flavor characteristics of the tea. Tea is harvested after each flush - the sprouting of the top two leaves and bud. Tea pickers' motto is 'two leaf and a bud.' The top two leaves and bud are hand plucked and then processed into any of the four types of tea, which are Black, Green, Oolong, and White.

Watch: Learn about different types of tea:

https://www.youtube.com/watch?v=Caq0AMr3f_s

Watch: Learn about different types of tea around the world:

<https://www.youtube.com/watch?v=DXLCphNBqso>

When making tea in bulk and calculating quantities of tea required for a party, allow approximately $\frac{1}{6}$ litre per cup or 24 cups per 4.546 litres. If breakfast cups are used, capacity approximately $\frac{1}{4}$ litre, then allow only 16 cups to 4.546 litres. Because tea is an

infusion the flavour is obtained by allowing the tea to brew. To achieve good results, a few simple rules can be applied:

- Heat the pot before putting in the dry tea so that the maximum heat can be obtained from the boiling water.*
- Measure the dry tea exactly*
- Use freshly boiled water.
- Make sure the water is boiling on entering the pot.
- Allow the tea to brew for 3–6 minutes (depending on the tea) to obtain maximum strength from the brew.*
- Remove the tealeaves at the end of the brewing period if required, but especially if making the tea in multi-pot insulated urns.
- Ensure all the equipment used is scrupulously clean.

* Recommended time and water temperatures for brewing different teas can vary. Based on 3g of tea per 250ml of water, examples are: 180 seconds at 95 degree Celsius for black teas, 180 seconds at 75 degree Celsius, for green teas and 300 seconds at 65 degree Celsius for white teas. For oolong teas it is 6g to 250ml for 60 seconds at 85 degree Celsius.

Watch: How to make Kenyan Spicy Masala tea:

<https://www.youtube.com/watch?v=MIupgH2Ccb0>

Characteristics of tea: Tea should have:

- Good flavor
- Good aroma
- Good colour when milk or cream are added – not grey
- Good body

Reasons for bad quality tea:

- Water not fresh
- Water has not reached boiling point
- Infusion time too long or too short
- Stale or old tea has been used
- Too much or too little tea used
- Dirty equipment
- Tea re-heated
- Brewed tea being kept too long before use or kept at wrong temperature.

Coffee is a widely consumed stimulant beverage prepared from roasted seeds, commonly called coffee beans, of the coffee plant. Once brewed, coffee may be presented in a variety of ways. Drip brewed, percolated, or French-pressed / cafetière coffee may be served with no additives (colloquially known as black) or with sugar, milk or cream, or both. When served cold, it is called iced coffee.

Coffee making methods

Coffee may be made in many ways and the service depends on the method used. A description of the various methods is given below:

- **Instant:** This may be made in individual coffee or teacups, or in large quantities. It involves mixing soluble coffee solids with boiling water.
- **Saucepan or jug method:** This is method of making coffee is more often used in the home than in a catering establishment. A set measure of ground coffee is placed in a saucepan or jug and the required quantity of freshly boiled water is poured onto the coffee grounds. This should then be allowed to stand for a few minutes to extract the full flavour and strength from the ground coffee. It is then strained and served.
- **La cafetière (coffee or tea maker):** La cafetière, or jug and plunger method, makes coffee simply and quickly by the infusion method and to order. This ensures that the flavour and aroma of the coffee are preserved.
- **Percolator method:** This method is used more in the home than commercially. A set quantity of coffee grounds is placed in the percolator, which is then filled with freshly drawn water. The water, upon reaching boiling point, rises up through a tube and percolates the coffee grounds, extracting the full flavour, colour and strength. Hot or cold milk, cream and sugar may be added to taste. This method of making coffee is in decline.
- **Vacuum infusion ('Cona'):** This traditional method of making coffee has considerable visual appeal in the restaurant and has the advantage that the coffee served is always fresh as only limited quantities are made at one time.
- **Filter (café filtre):** This is a method originating from and traditionally used in France and may be made individually in the cup or in bulk. The filter method produces excellent coffee. Fresh boiled water is poured into a container with a very finely meshed bottom, which stands on a cup or pot.
- **Espresso:** This method is Italian in origin. The machines used in making this form of coffee can provide cups of coffee individually in a matter of seconds, some machines being capable of making 300–400 cups of coffee per hour.

Watch: Understand the difference between Cappuccino, Latte, Flat white and Mocha:

<https://www.youtube.com/watch?v=p9jY5clw3P0>

Watch: Equipment and procedures of espresso based hot beverages:

<https://www.youtube.com/watch?v=xVtXN-wBPB0>

Watch: How to prepare and present Coffee Latte:

https://www.youtube.com/watch?v=h4Zx0R3tO_M

Watch: How to make a Latte art: https://www.youtube.com/watch?v=_Jfe5OaKFfE

Watch: How to prepare and present Espresso Macchiato:

<https://www.youtube.com/watch?v=Lab404mgybg>

Characteristics of good coffee: Coffee should have:

- Good flavour
- Good aroma
- Good colour when milk or cream are added – not grey
- Good body

Reasons for bad quality coffee:

- Water not fresh
- Water has not reached boiling point
- Insufficient or too much coffee used
- Infusion time too short or too long or at wrong temperature
- Coffee not roasted correctly
- Stale or old coffee used
- Incorrect grind of coffee used for equipment in operation
- Coffee kept too long before use or kept at wrong temperature
- Dirty equipment
- Sediment remaining in storage or serving compartment

Chocolate and cocoa come from the fruit of the plant *Theobroma cacao*, in the form of beans containing up to 25–30 white seeds. This cocoa plant is grown in countries as far afield as Mexico, Central and South America, West Africa and Asia. This beverage is very popular and may come sweetened or non-sweetened and as a powder or soluble granules. It may be mixed with hot water or hot milk. Whipped cream from a whipped cream dispenser, marshmallows or a sprinkling of powdered chocolate may be added upon request. There are also flavoured chocolates available such as ginger, hazelnut and chili. Usually offered as large, medium or small and served in a tall glass or mug.

Watch: How to make hot chocolates: <https://www.youtube.com/watch?v=GLMwRaGR9UE>

The characteristics of these beverages vary according to the exact ingredients used and in what proportions. This has an impact on – flavor, consistency, sweetness/bitterness, milkiness /smoothness and overall presentation.

Problems arising with the quality of the beverage produced may be due to:

- Incorrect amount of drinking chocolate (powder or granules) to liquid (water or milk),
- Affecting consistency and strength
- The temperature of the liquid used is not sufficient to dissolve the powder or granules
- Poor storage has affected the commodity being used
- Dirty equipment and no regular cleaning or maintenance

Watch: How to prepare and present Dawa: A hot beverage with ginger and honey:

https://www.youtube.com/watch?v=dKpgSRFwi_k

Recipe	Chai Tea Mix
Ingredients	• 1 cup nonfat dry milk powder • 1 cup powdered non-dairy creamer • 1 cup French vanilla flavored powdered non-dairy creamer • 2 1/2 cups white sugar • 1 1/2 cups unsweetened instant tea • 2 teaspoons ground ginger • 2 teaspoons ground cinnamon • 1 teaspoon ground cloves • 1 teaspoon ground cardamom
Preparation time	30 min
Cook time	2 min
Ready in	32 min
Direction	1. In a large bowl, combine milk powder, non-dairy creamer, vanilla flavored creamer, sugar and instant tea. Stir in ginger, cinnamon, cloves and cardamom. In a blender or food processor, blend 1 cup at a time, until mixture is the consistency of fine powder. 2. To serve: Stir 2 heaping tablespoons Chai tea mixture into a mug of hot water.

Recipe	Hot Buttered Rum Batter
Ingredients	• 1 pound butter • 1 pound brown sugar • 1 pound confectioners' sugar • 1 quart vanilla ice cream, softened • 1 tablespoon ground cinnamon • 1 teaspoon ground nutmeg
Preparation time	10 min
Cook time	10 min
Ready in	40 min
Direction	1. Melt butter in a large pot over medium heat. Blend in brown sugar and confectioners' sugar. Remove from heat, and whisk in the ice cream, cinnamon, and nutmeg. Pour mixture into a plastic container, seal, and freeze. 2. In a coffee mug, measure 1 tablespoon Hot Buttered Rum Batter and 1 fluid ounce of rum, then fill cup with boiling water. Stir, and sprinkle top of drink with nutmeg.

11.3.2.3 Self-Assessment

- What are the four different types of teas?
- You can make ginger tea using _____.
- In a formal tea service, a slop bowl is used for?

- iv. When brewing a pot of tea, what should be some of the good practices?
- v. What is the effect of adding milk to coffee?
- vi. What is the meaning of the term espresso?
- vii. Prepare various types of tea available in your pantry and note down the characteristics and test them for taste.
- viii. Prepare various types of coffee available in your pantry and note down the characteristics and test them for taste.
- ix. Which of these can be a reason for bad quality coffee?
 - A. Fresh water
 - B. Adequate amount of coffee used
 - C. Water reaching boiling point
 - D. Long infusion time

11.3.2.4 Tools, Equipment, Supplies and Materials

Production kitchen, percolators and urns, rip filter systems, plungers, teapots, and variety of ingredients.

11.3.2.5 References

- Food & Beverage Service 9th Edition (2014), authored by John Cousins Dennis Lilicrap & Suzanne Weekes (Published by Hodder Education an Hachette UK Company)

11.3.3 Learning Outcome 2: Preparing cold beverages

11.3.3.1 Learning Activities

The following are the performance criteria:

- Select type and size of equipment suitable to prepare cold beverages
- Ingredients identified and selected as per the recipe.
- Weigh and measure ingredients according to recipe.
- Hygiene and procedures are observed as per HACCP
- Cold beverages are prepared as per the recipe
- Chilling done (optional)
- Prepare and mix a range of cocktails
- Beverages are presented according to standard operating procedures and style of service

Trainees to demonstrate knowledge in relation to;

- Types of cold beverages
- Benefits of cold beverages
- Factors to consider when selecting cold beverage ingredients
- Equipment for preparing cold beverages
- Method of preparing cold beverage
- Presenting and serving cold beverages
- Storing cold beverages

11.3.3.2 Information Sheet

Cold beverage is typically served cold and includes – juices, smoothies, milkshake etc. Environmental pollution has led to the rise in temperatures throughout the globe. The weather conditions become worse, especially during the summer season. The scorching heat is dangerous especially for children and older people who have a weaker immune system. Problems like dehydration and heat strokes are common. Although soft drinks may provide relief, it's not the best solution. Nothing beats the health benefits of clean water and fresh juices.

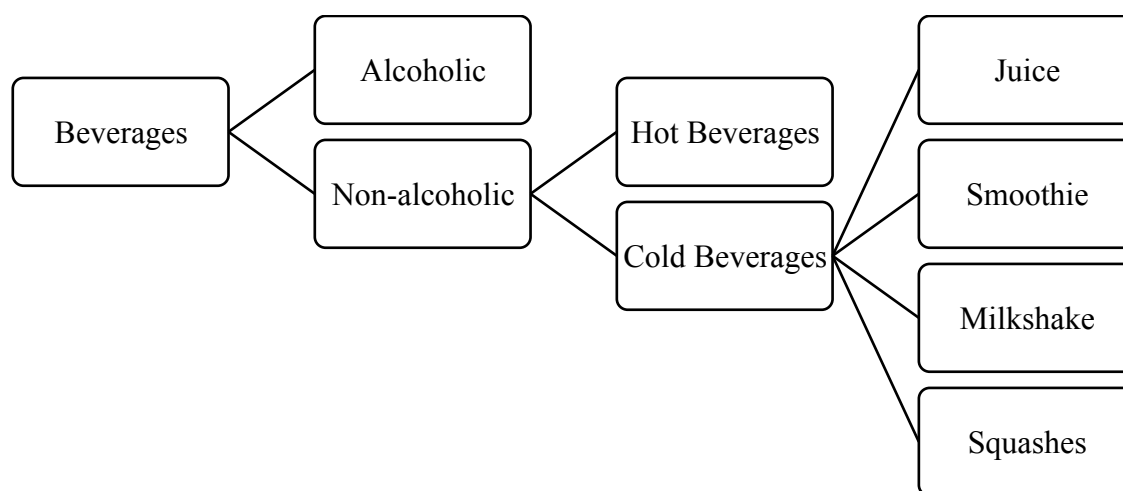


Figure 48: Classification of beverages (cold)

Juices: The main types of juices held in stock in the dispense bar are:

- Bottled, canned or in cartons: orange juice, pineapple juice, grapefruit juice, tomato juice.
- Fresh juice: orange juice, pineapple, mango, watermelon, tree-tomato etc. Apart from being served chilled on their own, these fresh juices may also be used in cocktails.

Watch: Prepare pineapple juice https://www.youtube.com/watch?v=XzXvm6_pj8o

- **Syrups:** The main uses of these concentrated, sweet, fruit flavourings are as a base for cocktails, fruit cups or mixed with soda water as a long drink. The main ones used are: cassis (blackcurrant), cerise (cherry), citronelle (lemon), framboise (raspberry), gomme (white sugar syrup), grenadine (pomegranate), orgeat (almond). Syrups are also available as ‘flavouring agents’ for cold milk drinks such as milk shakes.
- **Milkshakes:** These are made from: chilled milk, syrups (concentrated flavourings) and ice cream.

Watch: 10 ideas for milkshakes: <https://www.youtube.com/watch?v=WlxOy62n584>

- **Smoothies:** Smoothies are made in a blender and have become increasingly popular. The ingredients required might include fresh fruit or vegetables, the latter being sweetened if necessary. Also frozen fruit, frozen yogurt, fruit juices, milk and honey may be used in a recipe. Crushed ice is often used to ensure the product is well chilled on serving.

Watch: 12 ways of making smoothie: <https://www.youtube.com/watch?v=YuDhbLQtt2k>

Watch: How to prepare tropical smoothie:

<https://www.youtube.com/watch?v=ILoKhF6oq34>

- **Squashes:** A squash may be served diluted with water, soda water or lemonade. Squashes are also used as mixers for spirits and in cocktails, or used as the base for such drinks as fruit cups. Examples are: orange squash, lemon squash, lime juice.
- **Natural vegetable juices:** Often known as ‘health drinks’, these include carrot juice and beetroot juice.
- **Alcoholic Beverages:** These are served cold. Alcoholic beverages are intoxicating and contain **ethanol**, commonly known as alcohol. Such beverages need to undergo fermentation and distillation to generate alcohol contents. The percentage of alcohol varies in the range of 0.5% to 95% depending upon the methods of fermentation and distillation.
 - Wine, Cider, Perry, and Champaign are fermented alcohols.
 - Beer, ale, and lager are fermented and brewed alcohols.
 - Gin, Vodka, Whisky, Rum, Brandy, and Tequila are distilled alcohols.

If a beverage contains at least 20% **Alcohol by Volume (ABV)**, it is called **spirit**. **Liquors** are similar to spirits. The only difference is that liquors come with added sweetness and flavoring. Liquors and spirits, both are strong alcoholic beverages.

Watch: How to prepare beetroot juice:

<https://www.youtube.com/watch?v=vzU0YA-MLFc>

The juice of fresh vegetables and fruits are rich in vitamins, minerals, and nutrients that help in the balanced and proper functioning of your body:

- Fresh juices are rich in concentrated nutrients and make a brilliant source of instant energy
- They’re also rich in antioxidants and cleanse body system
- It promotes digestion by cleansing - stomach, kidneys, and intestines
- Skin feels hydrated making it glow, smooth, and clear
- The various nutrients strengthen the immune system and regulate blood pressure
- Maintain cholesterol level, and the chances of heart attacks are reduced.

- Drinking a glass of fresh juice every morning will help with weight loss and maintaining physical health.

Recipe	Beer Margaritas
Ingredients	• 1 (12 fluid ounce) can frozen limeade concentrate • 12 fluid ounces tequila • 12 fluid ounces water • 12 fluid ounces beer • Ice • 1 lime, cut into wedges
Preparation time	5 min
Cook time	-
Ready in	5 min
Direction	1. Pour limeade, tequila, water, and beer into a large pitcher. Stir until well blended, and limeade has melted. Add plenty of ice, and garnish with lime wedges. Adjust with additional water, if needed.

Recipe	Spicy Bloody Mary Mix
Ingredients	• 1 (46 fluid ounce) can tomato juice • 1/2 (10.5 ounce) can condensed beef consommé (such as Campbell's®) • 3 tablespoons Worcestershire sauce • 1 tablespoon lemon juice • 1 tablespoon hot pepper sauce (such as Tabasco®) • 1 tablespoon celery salt • 1 tablespoon ground black pepper
Preparation time	5 min
Cook time	
Ready in	35 min
Direction	1. Mix the tomato juice, beef consommé, Worcestershire sauce, lemon juice, hot pepper sauce, celery salt, and black pepper together in a pitcher; chill.

Recipe	Kale, Banana, and Peanut Butter Smoothie
Ingredients	• 2 bananas, cut into small chunks • 1 1/2 cups unsweetened vanilla-flavored almond milk • 1/2 bunch kale - stems removed and discarded, leaves torn into bite-size pieces • 4 cubes ice, or more if desired • 1 tablespoon peanut butter • Add all ingredients to list
Preparation time	10 min

Cook time	-
Ready in	10 min
Direction	1. Blend bananas, almond milk, kale, ice, and peanut butter in a blender until smooth.

11.3.3.3 Self-Assessment

- i. What is the difference between hot and cold beverages?
- ii. What are the different types of cold beverages? Mention two benefits of having cold beverages.
- iii. What are the factors for selecting ingredient for cold beverages?
- iv. If a beverage contains at least ____% Alcohol by Volume (ABV), it is called a spirit.
 - A. 5
 - B. 10
 - C. 15
 - D. 20
- v. All cold beverages are healthy
 - A. True
 - B. False
 - C. Not sure
- vi. Milkshakes and smoothies are similar to each other as they have milk as key ingredient
 - A. True
 - B. False
 - C. Not sure

11.3.3.4 Tools, Equipment, Supplies and Materials

Production kitchen, blenders, fridge, juicers, milkshake machines, variety of ingredients

11.3.3.5 References

- Food & Beverage Service 9th Edition (2014), authored by John Cousins Dennis Lilicrap & Suzanne Weekes (Published by Hodder Education an Hachette UK Company)