



# FOOD PREPARATION



Printable Workbook included in the DVD



3G eLEARNING

# TABLE OF CONTENTS

<b>1. Aims and Objectives of Cooking Food</b>	<b>2.2 Combining and Mixing in the Preparation of Foods.....</b>	<b>47</b>
<b>1.1 Cooking.....</b>	<b>2.3 The Principles of Cooking Food.....</b>	<b>50</b>
1.1.1 Aims and Objectives of Cooking Food.....	2.3.1 Methods of Cooking Food.....	52
1.1.2 Advantages of Cooking.....	2.3.2 Moist- Heat Methods.....	53
<b>1.2 Food Constituents.....</b>	<b>3. Stock and Sauces</b>	
<b>1.3 Effects of Cooking.....</b>	<b>3.1 Stock.....</b>	<b>77</b>
1.3.1 Effects of Cooking on Different Types of Ingredients.....	3.1.1 Components of Stock.....	78
<b>1.4 Culinary Art.....</b>	<b>3.2 Categories and Types of Stocks.....</b>	<b>80</b>
1.4.1 Careers in Culinary Arts.....	3.2.1 White Stock.....	80
1.4.2 Cuisine.....	3.2.2 Brown Stock.....	82
<b>1.5 Cooking Materials.....</b>	3.2.3 Remouillage.....	84
1.5.1 Fats and Oils.....	3.2.4 Broth (or Bouillon).....	85
<b>1.6 Salt.....</b>	3.2.5 Fumet (or Essence).....	85
<b>1.7 Raising Agents.....</b>	3.2.6 Estouffade.....	85
1.7.1 Biological Leaveners.....	3.2.7 Court Bouillon.....	86
1.7.2 Chemical Leaveners.....	3.2.8 Chicken Stock.....	86
1.7.3 Mechanical Leavening.....	3.2.9 Fish Stock.....	88
1.7.4 Other Leaveners.....	3.2.10 Prawn Stock.....	90
1.7.5 Liquids.....	3.2.11 Master Stock.....	91
1.7.6 Flavourings and Seasonings.....	3.2.12 Glace Viande.....	91
1.7.7 Sweetenings.....	3.2.13 Vegetable Stock.....	92
<b>1.8 Thickening Agents.....</b>	3.2.14 White Stock VS Brown Stock.....	93
1.8.1 Roux.....	<b>3.3 Preparing the Bones.....</b>	<b>94</b>
1.8.2 Beurremanie.....	3.3.1 Blanching the Bones.....	94
1.8.3 Eggs.....	3.3.2 Browning the Bones and Mirepoix.....	94
<b>2. Preparation of Food Methods of Cooking Food</b>	3.3.3 Sweating Bones or Shells.....	95
<b>2.1 Preparation of Ingredients.....</b>	3.3.4 Bones for Making Stock.....	95
	<b>3.4 Basic Preparation Method.....</b>	<b>95</b>
	3.4.1 Evaluating Quality of Stock.....	96



3.4.2	Cooking Times.....	97	5.1.5	Oats .....	151
3.4.3	Storage .....	97	5.1.6	Barley.....	152
3.4.4	Stock Tips.....	98	5.1.7	Other Cereals .....	153
3.4.5	Steps to Flawless Stock .....	100	<b>5.2</b>	<b>Pulses.....</b>	<b>154</b>
<b>3.5</b>	<b>Sauces .....</b>	<b>102</b>	5.2.1	Varieties of Pulses .....	155
3.5.1	Importance of Sauces .....	103	<b>5.3</b>	<b>Yoghurts and Creams.....</b>	<b>161</b>
3.5.2	Thickening Agents Used in Sauces.....	103	5.3.1	Yoghurt .....	162
<b>3.6</b>	<b>Mother Sauces .....</b>	<b>104</b>	<b>5.4</b>	<b>Creams .....</b>	<b>166</b>
3.6.1	Bechamel Sauce.....	105	5.4.1	Types of Cream.....	166
3.6.2	Brown (Demi-Glace) or Espagnole Sauce.....	106	<b>6.</b>	<b>Vegetables, Fruits and Nuts</b>	
3.6.3	Veloute Sauce.....	107	6.1	Vegetables.....	170
3.6.4	Tomato Sauce .....	109	6.1.1	Types of Vegetables .....	170
<b>3.7</b>	<b>Emulsions .....</b>	<b>110</b>	<b>6.2</b>	<b>Cooking of Vegetables.....</b>	<b>198</b>
3.7.1	Hollandaise Sauce .....	111	<b>6.3</b>	<b>Fruits.....</b>	<b>199</b>
3.7.2	Mayonnaise.....	112	6.3.1	Type of Fruits.....	200
<b>4.</b>	<b>Herbs, Spices and Condiments</b>		<b>6.4</b>	<b>Stone Fruits.....</b>	<b>212</b>
4.1	Herbs.....	116	<b>6.5</b>	<b>Nuts.....</b>	<b>213</b>
4.1.1	Varieties of Herbs.....	117	6.5.1	Varieties of Nuts.....	214
4.1.2	Uses of Herbs .....	126	<b>7.</b>	<b>Kitchen Equipment and Cooking Fuel</b>	
4.1.3	Preserving Fresh Herbs .....	126	7.1	Kitchen Equipment .....	218
<b>4.2</b>	<b>Spices.....</b>	<b>128</b>	7.1.1	Large Equipments.....	218
4.2.1	Varieties of Spices .....	129	<b>7.2</b>	<b>Mechanical Equipment .....</b>	<b>227</b>
4.2.2	Uses of Spices.....	132	<b>7.3</b>	<b>Utensils and Small Equipments....</b>	<b>231</b>
<b>4.3</b>	<b>Condiments.....</b>	<b>132</b>	7.3.1	Cookware and Bakeware .....	231
4.3.1	Varieties of Condiments.....	133	7.3.2	Cutting, Mashing, Grating & Grinding Tools.....	233
4.3.2	Uses of Condiments .....	137	7.3.3	Vegetable Peelers .....	235
<b>4.4</b>	<b>Salami and Sausages.....</b>	<b>137</b>	7.3.4	Extracting and Straining Tools... 236	
4.4.1	Types of Sausage.....	139	<b>7.4</b>	<b>Cooking Fuel.....</b>	<b>236</b>
<b>4.2</b>	<b>Salami.....</b>	<b>140</b>	7.4.1	Sources of Energy .....	237
<b>5.</b>	<b>Cereals and Pulses</b>		<b>7.5</b>	<b>Systems of Generating Heat for Cooking.....</b>	<b>237</b>
5.1	Concept of Cereals .....	144	<b>7.6</b>	<b>Kitchen Organization.....</b>	<b>240</b>
5.1.1	Cereal Varieties.....	146	7.6.1	Kitchen Brigade .....	241
5.1.2	Rice.....	146	7.6.2	Duties and Responsibilities of Kitchen Staff.....	242
5.1.3	Wheat.....	148			
5.1.4	Corn .....	149			

<b>8. Hors D'Oeuvre, Soups and Sandwiches</b>	<b>8.5 Preparation of Soups</b> ..... 258
8.1 Hors D'oeuvres ..... 246	8.5.1 Preparation of Cream of Carrot Soup ..... 259
8.2 Types of Hors D'oeuvre ..... 248	8.5.2 Preparation of Chicken Soup ..... 260
8.2.1 Canapés..... 248	8.5.3 Preparation of Mixed Vegetable Soup ..... 261
8.2.2 Crudités ..... 249	8.5.5 Garnishing For Soups..... 261
8.2.3 Snack Food ..... 249	8.5.6 Method of Serving Soup ..... 262
8.2.4 Dumplings ..... 250	<b>8.6 Sandwiches</b> ..... 263
8.2.5 Bruschetta ..... 252	8.6.1 Types of Sandwiches..... 264
<b>8.3 Soup</b> ..... 252	<b>8.7 Types of Breads used in Sandwich Making</b> ..... 269
8.3.1 Meaning of Soup..... 254	8.7.1 Type of Spreads, Fillings and Seasonings used in Sandwich Making ..... 269
<b>8.4 Types of Soups</b> ..... 254	
8.4.1 Thin Soups..... 255	
8.4.2 Thick Soups..... 256	
8.4.3 Special & International Soup Varieties ..... 258	

### **Bibliography**