



# **Domestic Work**

## **Level-II**

# **Learning Guide-26**

**Unit of Competence: Organize and Prepare Food  
in a Domestic Setting**

**Module Title: Organizing and Preparing  
Food in a Domestic Setting**

**LG Code: LSA DWR2 M14 LO1-LG-26**

**TTLM Code: LSA DWR2 TTLM 04 19v1**

**LO 1: Identify daily meal  
requirements**



## Instruction Sheet

## Learning Guide # 26

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Safety practices when cooking
- Daily meal requirements of employer.
- Developing, communicating and confirming basic menus.
- Catering special dietary needs.
- Techniques of food handling

This guide will also assist you to attain the learning outcome stated in the cover page.

Specifically, upon completion of this Learning Guide, you will be able to:

- Identify daily meal requirements for clients in consultation with employer.
- Develop, communicate and confirm basic menus with clients.
- Identify and cater Special dietary needs.

### Learning Instructions:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described below 3 to 6.
3. Read the information written in the information “Sheet 1, Sheet 2, Sheet 3, Sheet 4 and Sheet 5”.
4. Accomplish the “Self-check 1, Self-check t 2, Self-check 3, Self-check 4,and Self-check 5” in page -6, 16, 19, 24 and 32 respectively.
5. If you earned a satisfactory evaluation from the “Self-check” proceed to “Operation Sheet 1, Operation Sheet 2 and Operation Sheet 3 ” in page - 34.
6. Do the “LAP test” in page – 35 (if you are ready).



<b>Information Sheet-1</b>	<b>Safety practices when cooking</b>
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**1.1. Concepts of Safety practices when cooking: Food Safety**

Food safety is a discipline that includes handling, preparation, and storage of food in ways that prevent food-borne illness.

**1.2. The safety and hygienic practices in the kitchen includes:**

Wash your hands with soap and clean water before touching food and immediately after handling raw food (e.g. meat, eggs), handling bins, touching pets, or going to the toilet. Clean and disinfect all surfaces immediately after preparing food.

**1.3. Basic rules of kitchen safety**

- Store knives in a wooden block or in a drawer. ...
- Never cook in loose clothes and keep long hair tied back. ...
- Never cook while wearing dangling jewellery. ...
- Keep pot holders nearby and use them! ...
- Turn pot handles away from the front of the stove. ...
- Don't let temperature-sensitive foods sit out in the kitchen.

**1.4. Follow the following safety and personal hygiene**

- Everyone who handles food needs to be trained in food safety
- Perform daily cleaning of the kitchen
- Avoid cross contamination
- Use the correct equipment for the task
- Keep work areas clean and well organized
- Wash your hands correctly after cleaning, using the bathroom, smoking, cash handling, touching raw food, or changing work tasks
- Wear appropriate clean clothing and personal protective equipment such as gloves, hair covering, aprons and covered shoes
- Clean and sanitize surfaces and equipment
- Organize effective and safe waste disposal
- Keep food at the correct temperature (hot food above 60°C, cold food below 5°C)
- Only minimal jewelers should be worn
- Use FIFO /first in first out/ and LIFO /last in first out/ methods
- Handle utensils and equipments correctly



**Figure: 1.1. Personal protective equipment**

- **Uniforms** – Wear a clean uniform every day and only put it on at the workplace
- **Aprons** – Different full aprons should be worn at different prep stations (e.g. seafood and vegetables)
- **Gloves** – Different disposable gloves to be used when handling raw and cooked food
- **Shoes** – Wear only non-slip, full covered shoes



Figure: 1.2. Correct way of hand washing

Source: <https://www.google.com/search?client=firefox-b-d&q=food+safety>



Self-Check -1	Written Test
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Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page

1. If hot food kept at a temperature of between 5°C, - 60°C what will happen? (2 points)
2. What is food safety? (2 points)
3. List at least four professional safety and personal hygiene you have to follow while Cooking: (3 points)

**Note: Satisfactory rating – 7 points**

**Unsatisfactory – below 7 points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Score = \_\_\_\_\_

Rating: \_\_\_\_\_



## Information Sheet-2

## Daily meal requirements of employer

### 2.1. Daily meal requirements of employer: Concepts of Daily Meal

Daily meal requirements are the reference values used for the Daily Intake Guide, the composition and labeling requirements to a balanced diet food.

### 2.2. Daily meal requirements include:

- Difference in type of food to be cooked according to age groups and client preference
- Time and frequency of meals

### 2.3. What nutrition is required for different age groups?

Nutrients that become especially important as you age include protein, vitamin D, calcium and vitamin B12; older adults generally need fewer calories. However, their nutrient needs are just as high as or higher than when they were younger. The body generally gets hungry every three to five hours, but it's also used to your regular schedule. Try to eat at the same time every day. You can keep healthy, high-satiety snacks like vegetables and cheese around to eat between meals to curb your appetite. According to the nutritionists, a balanced diet for an average adult is made up of the following nutrients each day:

**Table: 2.1 Nutrition: balanced diet for an average adult**

Nutrient	Quantity Per Day
Energy	8,700 kilojoules
Protein	50 grams
Fat	70 grams
Saturated Fatty Acids	24 grams
Carbohydrates	310 grams
Sugars	90 grams
Sodium (salt)	2.3 grams
Dietary Fiber	30 grams

Remember: It's important to remember that the Daily Intake Guide is just a guide. It has been designed to provide someone with a guide to the nutritional composition of the food someone is eating. It can help to decide what's right for the human body. The Daily Intake values should be used as a guide to help to make informed choices about the foods you eat.



## 2.4. Nutrients in Daily Meal Requirements

In order to select appropriate Daily meal requirements to ensure optimum quality of end products one must have the knowledge of nutrients & their sources.

- Nutrient: is a substance that is needed to keep living things alive and to help it to grow.
- Nutrition: is the process by which living things receive the food necessary for them to grow and be healthy.

## 2.5. Types of nutrients

### 2.5.1. Protein

- It is necessary for the proper growth of body.
- To repair and replace cells which have become worn out.
- Is used as secondary sources of
  - ✓ energy sources: Animal sources –meat, fish, cheese, eggs, milk
  - ✓ Vegetable sources –soya beans, nuts, cereals, pulses



**Figure 2:1. Food which contain protein**

### 2.5.2. Carbohydrate

- It provides the energy we need to keep fit and active.
- Cellulose contains dietary fiber although it is not a food.

Sources:

- ✓ sugars- sugar, treacle syrup, jam, honey , fruit
- ✓ Starches- flour, other cereals, potatoes



- ✓ Cellulose- fruit, vegetables, bran, whole meal bread, whole cereals



**Figure: 2:2. Foods which contain carbohydrate**

### **2.5.3. Fat**

- Is a very good source of energy for all our activity
- is a layer of fat insulates the body, preventing the loss of heat /kidneys are protected by fat/
- Animal fat it contains vitamin A and D keeps you feeling full after a meal.
- It has a high satiety value.
  - ✓ Sources: Animal- milk, butter, cream, cheese, suet, fatty meat, oily fish
  - ✓ Vegetable – margarines, salad or cooking oil



**Figure: 2.3 Food which contain fat**

#### **2.5.4. Mineral**

Are used in the body growth, activity and general health

- Iron: needed to form the red blood cells which carry the necessary oxygen to all parts of the body. /Lack of iron may cause anemia.

Sources: liver, kidney, red meat, corned beef, green vegetables, bread, cocoa, treacle, Dried fruit

- Calcium: development of strong bones and teeth, together with phosphorus, vitamins D, C and A needed for clotting of blood.

Sources: milk, cheese, eggs, fish bones e.g. salmon added to white bread.

- Phosphorus- strong bones and teeth

Source –present in most proteins



**Figure: 2.4 Food which contain mineral**

#### **2.5.5. Vitamin**

**a)** Vitamin A /retinol/ -it is fat soluble.

For normal growth of children, especially bones and teeth.

Sources: Animal –fish-liver oil, oily fish, liver, dairy foods, margarine

Plant foods – as carotene, in orange/ yellow fruit and vegetables, green vegetables.

**b)** Vitamin D /calciferol/- it is fat soluble

- Works with calcium and phosphorus to form strong teeth and bones.
- Prevents rickets.

Sources: foods –margarine, oily fish, cod-liver oil, eggs sunlight acting on the fat layer under the skin forms vit. D

**C) Vitamin B complex:**

B1 Thiamin –for growth of children and good health

- helps liberate the energy from carbohydrate foods,
- Healthy nervous system.

Sources –found in a variety of natural unprocessed foods, whole meal flour, whole cereals, yeast, yeast extracts/marmite/ meat liver, eggs

B2 riboflavin –Similar to B2 and

Sources: similar to B 2 and also useful amount of milk.

B3 Niacin or Nicotinic acid –Similar to B1 and B2

Sources: similar to B1 and B2 but milk products do not provide much

**D) Vitamin C /Ascorbic acid/- used:**



- for Normal growth of children
- clear skin, healthy tissues, healing of wounds healthy teeth and gums.
- helps absorption of iron
- Prevents scurvy.

Sources- Fruit-black currants, rosehip syrup

- Citrus fruits- oranges lemons grapefruit, tomatoes, potatoes, fresh green vegetables.



Figure: 2.5 Food which contain vitamins

## 2.6. Common Middle Eastern food

Middle Eastern cuisine includes dishes found in Syria, Egypt, Iraq, Saudi Arabia and Lebanon as well as dishes traditionally associated with Bedouins. Most of the meat dishes are made with mutton, lamb, chicken, goat, or camel meat. The Muslim prohibition on pork is widely recognized.

Vegetables and pulses are the predominant staple of the great majority of the people in the Middle East. They are boiled, stewed, grilled, stuffed, and cooked with meat and with rice. Beans and pulses are crucial to the diet of the region, second only to cereals.

## 2.7. Some common Middle Eastern Food

Some common Middle Eastern Food includes:-

- Hummus. Which came first, hummus or pita
- Manakeesh. It's pizza, captain, but not as we know it
- Foul meddamas. Nothing foul about this delicious repast
- Tabouleh
- Fattoush.



### 2.7.1. Hummus

Which comes first, hummus or pita?

The big daddy chickpea spread can be slathered on anything from a burger or baked potato to the traditional hot pita bread. Veteran preference: more garlic, more better



Figure 2.6.Hummus

Source: <https://www.nestledessertsarabia.com/recipe-details/saudi>

### 2.7.2. Manakeesh.

It's pizza, captain, but not as we know it.

The pizza of the Arabic world, manakeesh is round bread sprinkled with either cheese, ground meat or herbs (zaatar). It's ideal for breakfast or lunch.



Figure: 2.7 Manakeesh.

Source: <https://www.nestledessertsarabia.com/recipe-details/saudi>

### 2.7.3. Foul meddamas.

Made of fava beans, olive oil, parsley, onion, garlic and lemon, this dish doesn't have the most appetizing of presentations -- blobby brown mush is about the best we can say of it. Taste and texture make up for it.



**Figure: 2.8 Foul meddamas**

**Source:** <https://www.nestledessertsarabia.com/recipe-details/saudi>

#### **2.7.4. Tabouleh**

You don't have to be a vegetarian to enjoy this magical combination of bulgur, parsley, mint, onion and tomatoes. But watch out, you just might be tempted to switch teams after a steady diet of this popular salad.



**Figure: 2.9 Tabouleh**

**Source:** <https://www.nestledessertsarabia.com/recipe-details/saudi>

#### **2.7.5. Fattoush**

This tangy salad is one of the Middle East's greatest contributions to world culture. Crispy lettuce, crunchy fried squares of pita, diced tomatoes, cucumbers and onion, garlic, lemon, olive oil and mint make for a refreshing addiction



**Figure: 2.10 Fattoush**

Source: <https://www.nestledessertsarabia.com/recipe-details/saudi>

Source: <https://edition.cnn.com/travel/article/middle-east-food-dishes/index.html>

**Self-Check # 2****Written Test**

Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. Give three examples of common middle east food (2point)
2. Write types of nutrients (3 points)
3. Define balanced diet(3 points)

**Note: Satisfactory rating – 7 points**

**Unsatisfactory - below 6 points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



<b>Information Sheet-3</b>	<b>Developing, communicating and confirming basic menus.</b>
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### **3.1. Concepts of Menu**

A menu is a list of food and beverages offered to consumer and the prices. Menus may be printed on paper sheets provided to the diners, put on a large poster or display board inside the establishment, displayed outside the kitchen, put on a digital screen or offered online.

### **3.2. Basic menus include:**

- Appetizers
- Breakfast items
- Juice and shakes
- Rice, noodles and pasta dishes
- Sandwiches
- Pita and others Arabian dishes
- Injera and other Ethiopian Dishes

### **3.3. Types of menu**

Menu type will vary according to employer need and may include:-

- Rotating/cyclical-as is the case in most domestic homes, hospitals or institutions
- Static- is one that offers the same dishes every day. These menus are used in restaurants and other establishments where the clientele changes daily or where enough items are listed on the menu to offer sufficient variety.
- A la carte – which presents a list of options from which customers choose, featuring a need for cooked to order meals
- Buffet – requiring smorgasbord style service
- Functions menus – requiring quantity food production and service
- Set menu (table d'hôte) - in which case a pre-established sequence of courses is offered

### **3.4. The time of day the menu is served for :-**

- Breakfast,
- lunch
- dinner & Supper
- snacks times, etc

**Self-Check # 3****Written Test**

Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. Describe menu. (1 point)
2. What is the difference between a la carte and table d'hôte? (2 points)
3. Write at least three nutrients. (3 points)
4. Write the nutritional value of protein. (2 points)
5. What is the difference between carbohydrate and fat? (2 points)

**Note: Satisfactory rating – 10 points**

**Unsatisfactory - below 9 points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



<b>Information Sheet 4</b>	<b>Catering Special Dietary Needs</b>
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#### **4.1. Catering Special Dietary Needs**

Special dietary needs are a Special Diet is also known as a therapeutic diet. Special Diets are meal plans that control the intake of certain foods or nutrients. It is part of the treatment of a medical condition and are normally prescribed by a physician and planned by a Registered Dietician. A therapeutic diet is usually a modification of a regular diet. This may be in the form of special nutrients, textures and even food intolerance or allergies.

##### **4.1.1. Objectives of Special Dietary needs:**

- To identify the requirements for special diets according to instructions from relevant persons.
- To select ingredients essential for special dietary requirements.
- To modify food texture where appropriate to suit specific requirements.
- To present food in an appetizing and attractive manner

#### **4.2. Special dietary needs may include:**

- Cultural and religious requirement
- Health and nutrition requirement

##### **4.2.1. Cultural and religious requirement:-**

Special cultural groups include any ethnic, cultural or religious groups with special dietary requirements or sanctions, such as:-

- Kosher
- Halal - Haram
- Vegetarian
- Hindu

##### **4.2.2. Kosher**

Foods which are prepared according to the dietary laws considered Kosher. They eat only animals which have cloven/split/ hoofs and chew their cud and domestic fowl but they don't consume wild fowl and blood.

###### **4.2.2.1. Halal / permitted/**

In Arabic the word Halal means permitted or law full. This is the term used for food which is considered lawful.

###### **4.2.2.2. Haram /forbidden/**

Most Muslims can't consume foods such as:

- -Pork or pork by products



- -Dead animals, carnivores, bird pray
- -Land animals without eternal ears.

#### **4.2.2.3. Vegetarian**

Vegetarian are a group of people in different parts of the world who consume mainly vegetables or reject meat for the sack of style, health, religion, weight loss, culture, or any reason.

- The three types of vegetarians are:
  - ✓ Strict vegan diet.  
They need only food from plants. They don't consume any animal and animal product.
  - ✓ Lacto –vegetarian diet.  
They consume milk and dairy products as well as food from plant. They don't consume animal source (meat) and eggs.
  - ✓ Lacto –ovo vegetarian diet.  
They consume milk, dairy products, and eggs as well as foods from plant. They don't consume foods from animal such as fish, meat, sea foods and poultry.

#### **4.2.2.4. Hindu**

An increasing number of the people are choosing diet derived of meat but the Hindus' choose foods exclusive of meat because of religion, health and ethical consideration. They don't eat cow, mushrooms, onions and garlic. Research revels more than 30 % of them are strict vegetarian.

### **4.3. Health and nutrition requirement:-**

Nutritionists have a wide knowledge of the role of nutrients in health and disease. We know that people need many different nutrients if they are to maintain health and reduce the risk of diet-related diseases. The amount of each nutrient needed is called the nutritional requirement. For the concern of health various therapeutic diets including diabetic, limited saturated fat, low sodium and several others as ordered by a provider. A dietitian can be contacted if you have other specific dietary needs.



#### **4.4. Relevant persons who give instructions or requests for special dietary requirements**

- customers or family members
- supervisors and managers
- dieticians
- diet technicians
- health and medical personnel
- religious personnel



Self-Check # 4	Written Test
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Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. Describe special dietary needs. (2 point)
2. What do vegetarian people eat? (2 point)
3. Write at least four Special dietary requirements. (2 points)
4. What do Halal and Haram means? (2 points)

**Note: Satisfactory rating – 8 points**

**Unsatisfactory - below 6 points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## Information Sheet- 5

## Techniques of food handling

### 5.1. Concepts of Food Handling

A food handler can be defined as anyone involved in the production or preparation of food at any point in the food chain and can include people preparing, repairing, maintaining, cleaning or visiting food preparation areas or the act and process of the creation, preparation, transport, storage, packaging, sale, receiving, and etc.

This course studies to handle food safely during the storage, preparation, display, service and disposal of food within a range of service industry operations. It requires the ability to follow predetermined procedures as outlined in an organisation food safety program.

### 5.2. Food handling Policies and Procedures relate to:

- Food receiving, storage, preparation, display, service and disposal
- Methods of food hazard control for each critical point
- Systematic monitoring of hazard controls and record keeping
- Personal hygiene, suitable dress and personal protective equipment and clothing
- Record maintenance
- Corrective actions when hazards are found not to be under control
- Pest control
- Cleaning and sanitation
- Equipment maintenance

### 5.3. Food hazards

Anything related to food, including work practices and procedures that have a potential to harm the health or safety of a person. food hazards include the following

- Any food contaminated with chemical or microbiological elements
- Foods highly susceptible to microbiological contamination
- Food containing bacteria, moulds and yeast
- Food containing broken glass, metal or foreign objects
- Food containing chemicals and natural poisons
- Insects and vermin
- Processes where food is vulnerable to contamination including:



- Requirements for food to be touched by hand
- Requirements for re-thermalisation or defrosting
- Displays of food and buffets
- Working with temperatures that promote the rapid growth of micro-organism

#### **5.4. Critical control points**

Critical control points are those where there is high risk of contamination or food spoilage. Critical control points including:-

- Receiving
- Storing
- Preparing
- Processing
- Displaying
- Packaging
- Serving
- Transporting
- Disposing

#### **5.5. Hazard Analysis Critical Control Point (HACCP)**

This food handling management system can be used to help identify any potential hazards, and then to identify the critical control points or stages in any food process where hazards could occur. Once the hazards have been identified, measures are put in place to control them and keep the food safe.

#### **5.6. Concept of food safety monitoring**

Food safety monitoring means verifying that the relevant requirements of food law are fulfilled by food business operators at all stages of production, processing and distribution.

Areas of monitoring and surveillance/observation/ include:

- Microbiological
- Chemical
- Genetically Modified Food
- Irradiated Food
- Labeling
- Nutrition



#### **5.6.1. Food safety monitoring involves:-**

- monitoring and recording temperature of cold and hot storage equipment
- monitoring and recording food temperatures using a temperature probe
- checking and recording that food is stored within appropriate time limits of receipt of goods
- visual examination of food for quality review
- bacterial swabs and counts
- chemical tests

#### **5.7. Consequence of Non Controlled Of Food Hazard**

- Incidents where food hazards are found not to be under control may include:-
  - ✓ food poisoning
  - ✓ customer complaints
  - ✓ misuse of single use items
  - ✓ stocks of out-of-date foodstuffs
  - ✓ spoiled or contaminated food
  - ✓ unclean equipment
  - ✓ existence of pests and vermin

#### **5.8. Methods of food storage and temperature levels for each food item**

For food to remain in top condition and be safe to eat, correct storage is essential. Only approved suppliers who can assure that food is delivered in the best condition should be used. Food must be delivered in suitable packaging, within the required use-by or best-before dates and at the correct temperature. All deliveries should be checked against the delivery note then moved to the appropriate storage area as soon as possible and within 15 minutes of delivery for chilled/frozen food. Use a food probe to check the temperature of food deliveries: chilled food should be below 5°C; frozen foods should be at or below – 18°C. Many suppliers now provide a print-out of temperatures at which the food was delivered. Dry goods should be in undamaged packaging, well within best-before dates, be completely dry and in perfect condition on delivery. Remove food items from outer boxes before placing the products in the fridge, freezer or dry store. Food should be stored with correct labelling so that it is clear what the commodity is.



**The table 5.1 gives storage instructions and temperatures for different commodities.**

Food type	Storage temperature	Storage instructions
Refrigerated items in a multi-use fridge	Fridge running at below 5 °C	<p>All food must be covered and labelled with the name of the item and the date.</p> <p>Always store raw food at the bottom of the fridge with other items above.</p> <p>Keep high-risk foods well away from raw foods.</p> <p>Never overload the fridge; to operate properly cold air must be allowed to circulate between items.</p> <p>Wrap strong-smelling foods very well as the smell (and taste) can transfer to other foods, e.g. milk.</p> <p>Record the temperature at which the fridge is operating. Do this at least once a day and keep the fridge temperatures with other kitchen records.</p>
Frozen foods	Freezer running at –18 °C or below	<p>rate raw foods from ready-to-eat foods and never allow food to be refrozen once it has defrosted.</p> <p>Any food that is to be frozen must be well wrapped or placed in a suitable container with a lid (items may also be vacuum packed).</p> <p>Make sure that all food is labelled and dated before freezing.</p> <p>Record the temperature at which the freezer is operating. Do this at least once a day and keep the freezer temperatures with other kitchen records</p>



Raw meat and poultry	Fridges should be running at temperatures between 0 °C and 2 °C	Wherever possible, store in fridges just for meat and poultry to avoid drip contamination. If not already packaged, place on trays, cover well with cling film and label. If it is necessary to store meat or poultry in a multi-use fridge, make sure it is covered, labelled and placed at the bottom of the fridge, running below 5 °C, and well away from other items.
Dry goods (such as rice, dried pasta, sugar, flour, grains)	A cool, well ventilated Dry store area	Should be kept in clean, covered containers on wheels or in smaller sealed containers on shelves to stop pests getting into them. Storage should be in a cool, well-ventilated dry store area; well-managed stock rotation is essential. Retain packaging information as this may include essential allergy advice.
Fish	Fridge running at 1 °C to 2 °C	A specific fish fridge is preferable. Remove fresh fish from ice containers and place on trays, cover well with cling film and label. If it is necessary to store fish in a multi-use fridge, make sure it is well covered, labelled and placed at the bottom of the fridge, running below 5 °C, well away from other items. Remember that odours from fish can get into other items such as milk or eggs.
Dairy products and eggs	Milk, cream, eggs and cheese should be stored below 5 °C. Sterilised or UHT milk can be kept in the dry store. Eggs should be stored at a constant temperature; a fridge is the best place to store them.	Milk, cream, eggs and cheese should be stored in their original containers. For sterilised or UHT milk follow the storage instructions on the label



Fruit, vegetables and salad items	Dependent on type; refrigerated items should be stored at around 8 °C to avoid any chill damage.	Storage conditions will vary according to type, e.g. sacks of potatoes, root vegetables and some fruit can be stored in a cool, well-ventilated store room, but salad items, green vegetables, soft fruit and tropical fruit would be better in refrigerated storage
Canned products	Below 5 °C	These include a wide range of foods, e.g. pies, pâté, cream cakes, desserts and savoury flans. They will usually be 'high-risk' foods, so correct storage is essential. For specific storage instructions see the labelling on the individual items but, generally, keep items below 5 °C. Store carefully, wrapped and labelled, and well away from and above raw foods to avoid any cross-contamination.

**Table: 5.1. Storing Food safely**

**Source:** <https://www.sciencedirect.com/topics/food-science/food-handling>

**Source:** [https://en.wikipedia.org/wiki/Food\\_storage](https://en.wikipedia.org/wiki/Food_storage)

**Source:** <https://emmafoqt.com/what-is-a-special-diet/>

**Self-Check # 5****Written Test**

Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. What is food handling? (2 point)
2. What is Critical Control Point? (2 points)
3. What is HACCP? (2points)
4. What is the temperature of danger zone? (2 points)
5. What is the temperature of chilling room? (2 points)

**Note: Satisfactory rating – 10 points**

**Unsatisfactory - below 8 points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## Operation Sheet-1

## Techniques of food handling

### 1.1. Steps of proper food handling

Step 1: Receiving

Step 2: Transporting

Step 3: Storing

Step 4: Preparing

Step 5: Cooking

### 1.2. Techniques of identifying food handling problems

Step1: Identify hazards

Step 2: Identify Critical Control Points (CCPs).

Step3: Set critical limits for each CCP – for example, temperature requirements on delivery of fresh chicken.

Step 4: Monitor CCPs and put checks in place to stop problems happening.

Step 5: Corrective actions – what will be done if something goes wrong?

Step 6: Verification – check that the HACCP plan is working.

Step 7: Documentation – record all of the above.

### 1.3. In every step of food preparation: safety practices done when cooking

Step 1: Wear PPE / personal protective equipment/

Step 2: Clean — Wash hands and surfaces often.

Step 3: Separate — don't cross-contaminate.

Step 4: Cook — Cook to the right temperature.

Step 5: Chill — refrigerate promptly.



LAP Test	Practical Demonstration
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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Time started: \_\_\_\_\_ Time finished: \_\_\_\_\_

**Instructions:** Given necessary templates, tools and materials you are required to perform the following task1 within 30 minutes.

**Task 1:** Show Steps of proper food handling

**Task 2:** Show Techniques of identifying food handling problems

**Task 3:** Show safety practices done when cooking



### List of Reference Materials

1. <https://www.google.com/search?client=firefox-b-d&q=food+safety>
2. <https://www.sciencedirect.com/topics/food-science/food-handling>
3. <https://edition.cnn.com/travel/article/middle-east-food-dishes/index.html>
4. [https://en.wikipedia.org/wiki/Food\\_storage](https://en.wikipedia.org/wiki/Food_storage)
5. <https://emmafogi.com/what-is-a-special-diet/>



## **Domestic Work Level-II**

# **Learning Guide-27**

**Unit of Competence: Organize and Prepare Food  
in a Domestic Setting**

**Module Title: Organizing and Preparing  
Food in a Domestic Setting**

**LG Code: LSA DWR2 M14 LO2-LG-27**

**TTLM Code: LSA DWR2 TTLM 04 19v1**

## **LO 2: Prepare food and beverages**



## Instruction Sheet

## Learning Guide # 27

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Preparing menus appropriately.
- Common recipe to the Arabian countries.
- Steps to operate equipment and utensils.
- Prepare ingredients for menu.
- Method of Cookery
- Preparing beverage according to requirements

This guide will also assist you to attain the learning outcome stated in the cover page.

Specifically, upon completion of this Learning Guide, you will be able to:

- Prepare menus using appropriate method
- Source and consult recipes as necessary.
- Select and prepare equipment and utensils required for the type of food to be cooked and according to agreed menu are for use.
- Source and prepare ingredients for menus.
- Prepare Food using appropriate cooking method
- Prepare beverages according to requirements

### Learning Instructions:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described below 3 to 6.
3. Read the information written in the information “Sheet 1, Sheet 2, Sheet 3, Sheet 4, Sheet 5, and Sheet 6”.
4. Accomplish the “Self-check 1, Self-check t 2, Self-check 3, Self-check 4, Self-check 5 and Self-check 6” in page -41, 45, 54, 71, 75, and 82 respectively.
5. If you earned a satisfactory evaluation from the “Self-check” proceed to “Operation Sheet 2:1 to 2:5, Operation Sheet 4:1 to 4:16 and Operation Sheet 6:1 to 6:6 ” from page 83 -110.
6. Do the “LAP test” in page – 111 (if you are ready).



## Information Sheet-1

## Preparing menus appropriately

### 1.1. Concept of Menu

Menu is a list of the dishes served at a meal; bill of fare, any list or set of items from which to choose: What's on the menu this week the dishes served. Menu planning is the process of deciding what you will eat for each meal, including main dishes, side dishes, and desserts. It also entails knowing how many meals to plan for and when to serve them.

### 1.2. Preparing Menu

Preparing menus appropriately meaning knowledge required to organize, produce and serve food for menus. It incorporates all aspects of organizing, preparing, cooking and serving a variety of food items for a service period in food preparation area, using a range of cooking methods and team coordination skills.

### 1.3. Basic Considerations in menu planning

So what are the basics needs to learn in order to be a good menu planner for the new family. Let's take a look at the kind and quantity of meals, timeframes for preparation and eating, and budget at domestic level : -

- Kind and quantity of meals: In order to be good at menu planning, you need to know which meals you are in charge of, for example, breakfast, lunch, or dinner.
- Timeframe: this refers to how much time is available to make the meals, especially if you'll have to squeeze them in between activities.
- Budget: Knowing how much money is available to spend on groceries is important for menu planning. You need to make sure your employer's budget covers all of the ingredients required for each meal.

### 1.4. Benefits of menu planning:

- Save Time in the Kitchen
- Saves money
- Saves time.
- Improves nutrition.

Source: <http://organizedhome.com/kitchen-tips/menu-planning-save-time-kitchen>

**Self-Check # 1****Written Test**

Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. Describe menu. (2 point)
2. Write. Benefits of menu planning (3 points)

**Note: Satisfactory rating – 4 points**

**Unsatisfactory - below 3 points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## Information Sheet-2

## Common recipe to the Arabian countries

### 2.1. Common recipe to the Arabian countries

If you entered a home in Saudi Arabia and found the delicious aromas of appetizing spices wafting through the air, prepare yourself for a fantastic feast. Because a guest is always welcome and treated as a part of the family around the table. A fusion of old eastern spices and time-honored traditions give Saudi cuisine richly-flavored tastes and aromas that have transcended borders and are enjoyed all across the world. Even today, whenever a family gathers around to share a meal in Saudi Arabian home, it is these unique influences that are complemented by the warmth and love that make every occasion truly fulfilling.

The irresistible tastes of Saudi dishes are often enjoyed on dinner tables all across the Arab world. In fact, the popularity of Saudi cuisine can be attributed to the fact that whenever connoisseurs of good taste sampled these delicacies, their natural response was to learn how to recreate it. Over time, the serving of Saudi-inspired dishes came to signify an important addition to a feast or celebration and a housewife's way of welcoming a special guest.

Appetizing rice and vegetables, succulent tender beef and fresh chicken marinated with the finest spices – these are what make Saudi cuisine a treat for every taste. Add to this the rich aromas of kabssa, bukhari, salona, eish bill ahem or harissa and you'll find yourself experiencing absolute culinary delight. But the first bite is just the first step in trying out the many other delicious offerings that appeal to the taste buds and the heart. This is the true charm of Saudi cuisine.

Presentation adds to the appeal of even the most decadently delicious dish. Picture a spread of some of the most mouth-watering Saudi food decorated and presented with all the delicate finesse that Saudi housewives are known for, and you're sure to experience a surge of excitement. Add to this sight the delicious aromas that are typical to every item on a Saudi Arabian menu and you're in for a delightfully sensation experience. Take caution though, once you take the first bite, you'll definitely be longing for more.



## **2.2. Selecting Food item according to country/region of service**

The following are to be selected according to country/region of service include :-

- Basic egg dishes
- Basic fish and/or seafood dishes
- Basic meat and poultry dishes
- Simple deserts and pastry dishes
- Simple stock, sauces & soup
- Cultural dish
- Salads & appetizers



Self-Check # 2	Written Test
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Direction : Answer the question listed below. Use the Answer sheet provided in the next page:

1. Write common foods to the Arabian countries? (5points)

**Note: Satisfactory rating – 4 points                      Unsatisfactory - below 3 points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = _____
Rating: _____

Name: \_\_\_\_\_

Date: \_\_\_\_\_



### **3.1. Equipment and utensils**

Equipment and utensils are a set of assets used by a food production plant to carry out daily or ordinary activities within the value chain. These activities include:

- Food processing
- Packaging
- Storage of raw materials, works in progress, and finished products
- Logistics and transport

### **3.2. Select, Prepare and Use Equipment**

Select, Prepare and Use Equipment of the correct type and size for the job, and ensure that it is clean, safely assembled and ready before use and see equipment correctly, safely and hygienically

Equipment and utensils may include:-

- Equipments:
  - ✓ Mixers/Kneaders (planetary/spiral)
  - ✓ Dough pumps
  - ✓ Heat exchangers for liquid products
  - ✓ Dividers, rounder, molders, pan
  - ✓ Ovens, Slicers, Fridge, Refrigerator
  - ✓ Basic patisserie equipment such as moulds, shaped, cutters, cake tins, piping
- Utensils:
  - ✓ Spatulas
  - ✓ Brushes
  - ✓ Cutters
  - ✓ Peelers
  - ✓ Spoons
  - ✓ Bowls, scrapers
  - ✓ Straight tongs ,Rolling pins etc

**Source:** <https://bakerpedia.com/food-safety/equipment-and-utensils>



### 3.2.1. Pots, Pans, knives and Their Use

#### POTS, PANS & THEIR USES

##### 1. Stockpot

A large, deep, straight-sided pot for preparing stocks and simmering large quantities of liquids.



##### 2. Stockpots with spigots

This allow liquid to be drained off without disturbing the solid contents or lifting the pot. Sizes: 8-200 quarts.



##### 3. Saucepot

Round pot of medium depth. Similar to stockpot but shallower, making stirring or mixing easier. Used for soups, sauces and other liquids. Sizes: 6-60 quarts



##### 4. Brazier

Round, broad, shallow, heavy-duty pot with straight sides. Used for browning, braising, and stewing meats. Sizes: 11-30 quarts



##### 5. Saucepan

Similar to a small, shallow, light saucepot, but with one long handle instead of two loop handles. May have straight or slanted sides. Used for general range-top cooking. Sizes: 1 ½ -15 quarts.





#### 6. *Saute pan, straight-sided*

Similar to shallow, straight-sided saucepan, but heavier. Used for browning, sautéing and frying. Because of its broad surface area, the sauté pan is used for cooking sauces and other liquids when rapid reduction is required. Sizes: 2 ½ - 5 " deep; 6-16 " in diameter.



#### 7. *Saute pan, slope-sided*

Also called *fry pan* or *fry pan*. Used for general sautéing and frying of meats, fish, vegetables & eggs. The sloping sides allow the cook to flip and toss items without using a spatula, and they make it easier to get at the food when a spatula is used. Sizes: 6-14 " top diameter.



#### 8. *Cast-iron skillet*

Very heavy, thick-bottomed fry pan. Used for pan frying when very steady, even heat is desired.





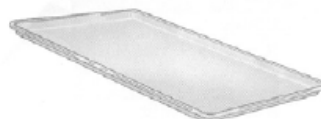
### 9. Double boiler

Lower section, similar to a stockpot, holds boiling water. Upper section holds foods that must be cooked at low temperatures and cannot be cooked over direct heat. Size of top section: 4-36 quarts



### 10. Sheet pan or bun pan

Shallow rectangular pan (1 1/25 mm deep) for baking cakes, rolls and cookies and for baking or broiling certain meats and fish. Sizes: full pan, 18x26 "; half pan, 18x13".



### 11. Bake pan

Rectangular pan about 2" deep. Used for general baking. Comes in a variety of sizes.



### 12. Roasting pan

Large rectangular pan, deeper and heavier than bake pan. Used for roasting meats and poultry.



### 13. Hotel pan, also called counter pan, steam table pan or service pan.

Rectangular pans usually made of stainless steel. Designed to hold foods in service counter. Also used for baking and steaming, and foods can then be served from same pan. Also used for storage.



### 14. Bain-marie insert, usually called simply bain-marie

Tall, cylindrical stainless-steel container. Used for storage and holding of foods in bain-marie (water bath)





## KNIVES & THEIR USES

### 1. French knife or chef's knife

Most frequently used knife in the kitchen, for general-purpose chopping, slicing, dicing and so on. Blade is wide at the heel and tapers to a point. Blade length of 10" is most popular for general work. Larger knives are for heavy cutting and chopping. Smaller blades are for more delicate work.



### 2. Utility Knife or salad knife

Narrow, pointed knife 6-8" long. Used mostly for pantry work, cutting and preparing lettuce, fruits and so on. Also useful for carving roast chicken and duck.



### 3. Paring knife

Small pointed blade 2-4" long. Use for trimming and paring vegetables and fruits.



### 4. Boning knife

Thin, pointed about 6" long. Used for boning raw meats and poultry. Stiff blades are used for heavier work. Flexible blades are used for lighter work and for filleting fish.



### 5. Slicer

Long, slender, flexible blade up to 14" long. Used for carving and slicing cooked meats.



Fig. 3.1.pots, pans, knife & their uses

### 3.2.2. Measuring Cup for Dry Ingredients

Measuring Cup for Dry Ingredients – is used to measure solids and dry ingredients, such as flour, fat and sugar. It is commonly made of aluminum or stainless material. Sizes range from 1, ½, ¾ and ¼ (nested cups) to one gallon. There are cups made of plastic and come in different colors, but could only be used for cold ingredients. They could warp, causing inaccurate measure.



**Figure: 3.2 Measuring Cups**

### 3.2.3. Measuring Spoons

Measuring Spoons come in variety of sizes, shapes, materials and colors. These are used to measure smaller quantities of ingredients called for in the recipe like: 1 tablespoon of butter or  $\frac{1}{4}$  teaspoon of salt.



**Figure: 3.3 Measuring spoons**

### 3.2.4. COOKING UTENSILS

- Saucepan- It is a cooking pot with handle used at the top of the stove.
- Saucepot – It is cooking pot with two handles and a lid.
- Steamer - It is used to steam foods/other raw materials.
- Casseroles - It is used for cooking/ stews foods.





- Kettle - It is used to boil water and to sterilize glass jars and other utensils.
- Double Boiler - It is used to simmer foods.



**Figure 3:4 Cooking utensils**

### 3.2.5. Weighing scale

Weighing scale of various capacities and sensitivities – used for measuring materials and ingredients



**Dietetic Weighing**  
**Heavy duty Weighing**



**Digital Weighing**



**Fig.3:5- Weighing scale**



### 3.2.6. Range and cook top

Range and cook top are used to cook food to the desired level.

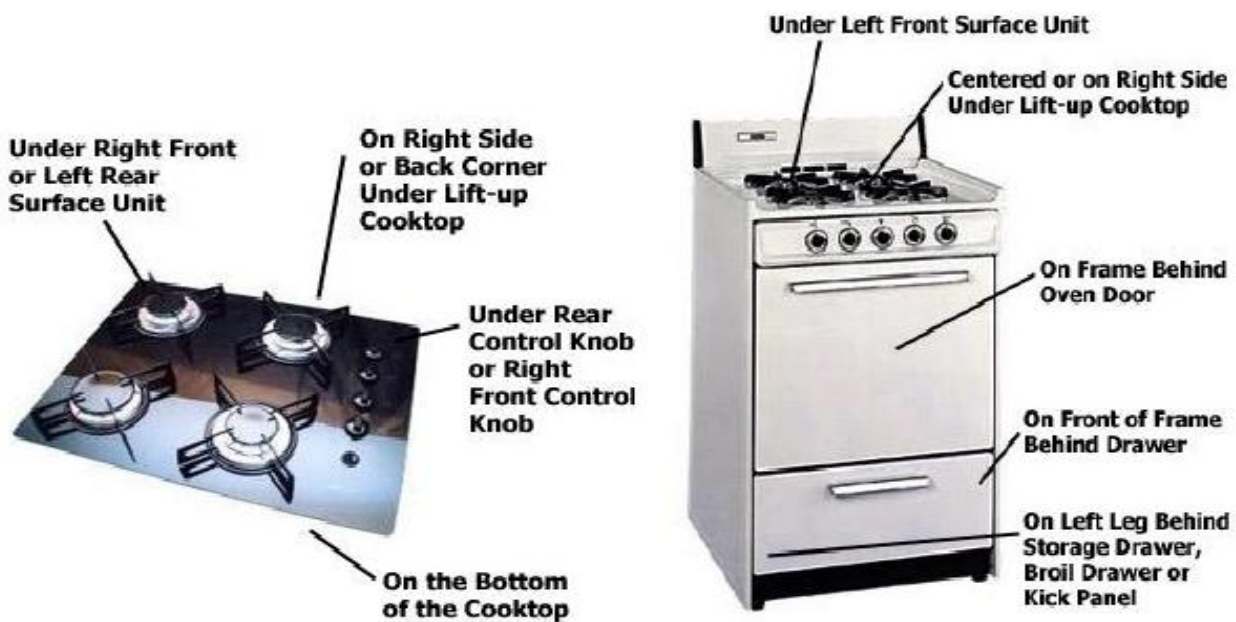


Fig.3.5. Range and cook top

**Self-Check # 3****Written Test**

Directions : Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. Write at least three types of equipments? (2points)
2. What are equipment and utensils? 2points)
3. What is the difference between measuring cup & spoon? 2points)

**Note: Satisfactory rating – 5 points**

**Unsatisfactory - below 34points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



#### Information Sheet-4

#### Prepare ingredients for menu.

##### 4.1. Definition

- An ingredient is a substance that forms part of a mixture (in a general sense). For example, in cooking, recipes specify which ingredients are used to prepare a specific dish/food/.
- A *recipe* is a set of instructions that describes how to *prepare* or make something, especially preparation of *food*.
- Menu is a list of food and beverage items that can be offered by a food service outlet. The menu "like much of the terminology of cuisine, is French in origin. It ultimately derives from Latin "minutus," something made small.
- Cooking is act of preparing food for eating. It encompasses a vast range of methods, tools and combinations of ingredients to improve the flavor or digestibility of food. It generally requires the selection, measurement and combining of ingredients in an ordered procedure in an effort to achieve the desired result.

##### 4.2. Preparation of food include:

- Cleaning and preparing pasta, rice, noodles and other cereals and grains
- Cleaning and preparing vegetables and fruits
- Preparing and portioning fish and seafood
- Preparing and portioning meat and poultry
- Preparing batters, coatings and oils
- Preparing spices, dressings, garnishes and sauces
- Preparing stocks
- Preparing appetizers and salads
- Preparing desserts
- Preparing cultural foods

##### 4.3. Food Service Periods

Food must be prepared, cooked. and served for all of the following periods:-

- breakfast
- lunch
- dinner
- special function

##### 4.4. Food items to be prepared, cooked and served include:-

- appetizers and salads
- stocks, sauces and soups
- vegetables, eggs and farinaceous products
- poultry and game



- fish and shellfish
- meat
- hot and cold desserts
- pastries, cakes and yeast goods
- Cultural foods

#### 4.4.1. Appetizers and salads

- **Appetizers**

Appetizers are small amount of food you have before meal. They are very important in having an appetite. Appetizers are food items served before the main course of a meal. Appetizers in other words are horsd'oeuvre or starters it is served prior to the main course.

Example: Canapé, sandwich & burger

- **Canapés**

Canapés are small items of food hot or cold which are served at cocktail, parties, buffet, and receptions. Small toasted are spread with butter and garnished with slices of ham slices of meat, liver, slices of smoked salmon, fine slices of ox tongue cut into different shapes. Triangle, rectangle, circle... insert tooth pick in the center and arrange 1m platter attractively.

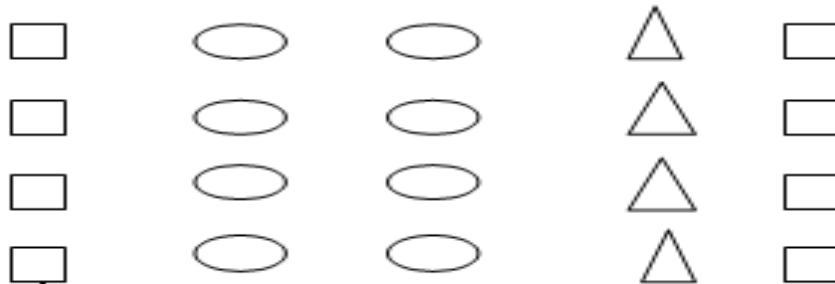


Figure 4, 1: Different Shapes of Small Canapés

- **Sandwich**

A 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. .

Basic sandwich ingredients:

- **Bread**
- **Filling**
- **Spread**
- **Garnish**



**Figure: 4.2. Sandwich**

- **Burger**

A burger is a flat round mass of minced meat or vegetables, which is fried and often eaten in a bread roll. Burger is also called Hamburger steak or beef burger.



**Figure: 4.3. Burger on a plate**

- **Salad**

Salad is a cold food that is made of vegetables, fruits, meats, nuts, fish, poultry, cereals, with the combination of various dressing.

Salad can be served as a main course, as salad course or as an accompaniment.

**Part of salads**

- ✓ Base – green vegetable (leaf lettuce) use to avoid bareness to give good eye appeal



- ✓ Body – the main part of salads use to give more attention represents the main part
- ✓ Dressing or sauces – is served with all types of salads, adds flavor to give food value and facilitates food digestions
- ✓ Garnish – it could be edible or refuse. It is use to give good eye appeal. Different color or contrast (single or not over decorated) salads may be served as an accompaniment to hot and cold or cold foods, as dishes in their own weight. They may be served for lunch, tea, dinner, supper and snack meals.



**Figure: 4:4. Salad**

#### **4.4.2. Stock**

Stock is a flavored water preparation. It forms the basis of many dishes, particularly soups and sauces. It is a liquid containing some of the soluble nutrients and flavor of food which are extracted by prolonged and gentle simmering (with the exception of fish stock which requires only 20 minutes) such liquid is foundation of soups, sauces and gravies. Stocks are White Stock & Brown Stock.



**Figure: 4.5. Stock**



#### 4.4.3. Sauces

Sauces - a sauce is a liquid which has been thickened by roux, corn flower (arrow root) burre mannie (kneaded flour), egg yolk cream, or butter, vegetable or fruit puree.



Figure: 4.6. Sauces

#### 4.4.4. Soup

Soup is a generally warm food that is made by combining ingredients such as meat and vegetables with stock, juice, water, or another e.g. Vegetable soup



Figure 4:7. Vegetable soup

#### 4.4.5. Vegetables & fruits

- Vegetables are the edible portions of herbaceous plant whose fruit, seeds, roots, tubers, bulbs, stems, leaves, or flower parts are used as food, such as the tomato, bean, beet, potato, onion, asparagus, spinach, or cauliflower.
- Fruits are the sweet and fleshy products of a tree or other plant that contains seeds and can be eaten as food. They are rich in food value, containing cellulose



minerals, vitamins and are a valuable source of fibre. Fruits are used in many different ways. They are used freshly in hors d'oeuvres of fruit cocktail and juices. They are served as dessert after a heavy meal or for breakfast.



**Figure 4: 8.Types of vegetables and fruits**

#### **4.4.5.1. Types of vegetables cuts**





- Julienne: 1mm thin stripes
- Mincing: Roughly chop vegetable on cutting board with chef's knife.
- Brunoise (dice): 1mm cubes
- Macedonia: 5mm cubes
- Jardinière: 2x2x15mm stick shaped
- Scallops (slice): 12mm diameter
- Paysanne (different shapes): Triangle 10mm each side, Square 10 mm each side, circle 10mm diameter
- Cube bigger than dice
- Button bigger than julienne



**Table 4.1: Different types of vegetable cuts**

Name of cuts of vegetable	Image of cuts
Julienne	
Mincing	
Brunoise (dice)	
Macedonia	
Jardinière	



<p>Scallops (slice)</p>	
<p>Cubes</p>	
<p>Paysanne (different shapes):</p>	
<p>Button</p>	



#### 4.4.6. Egg

Eggs have a hard shell of calcium carbonate enclosing a liquid white, a single yolk (or an occasional double yolk) and an air cell. Eggs can be cooked by boiling, poaching, frying, microwaving, or baking and they are one of the most common ingredients used for a variety of recipes. Egg dishes should, unless otherwise required, use hen eggs that may be fresh, dried, frozen or preserved.



**Figure 4:10. Half cooked egg**

#### 4.4.7. Farinaceous Dishes

The word farinaceous is derived from “farina” meaning flour and is used to classify culinary products prepared from rice and pasta. Farinaceous dishes are commonly referred to as pasta.

There are two main types of pasta, dried (readymade) and fresh (homemade). Pasta is cooked al dente which means firm to bite. Pasta is cooked using plenty of boiled and salted water with addition of some cooking oil. Farinaceous foods include:- pasta, rice, polenta, noodles, couscous, semolina, pulses, cracked wheat



RICE



MACORONI



PASTA

**Figure 4:11. Farinaceous dishes**

#### 4.4.8. Poultry

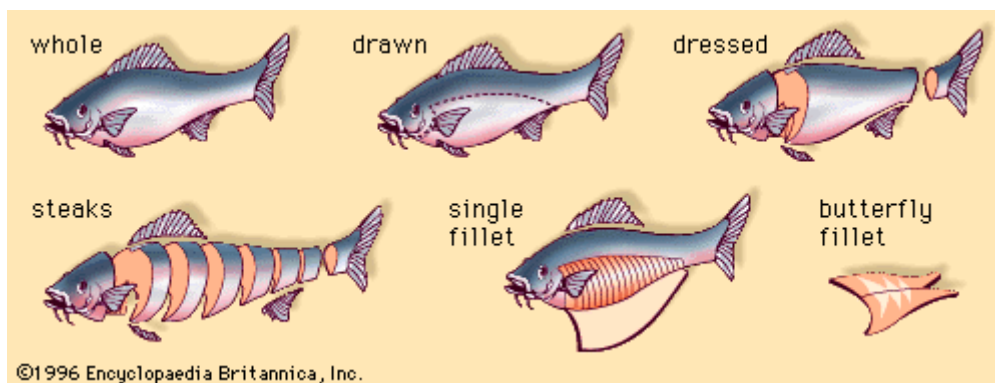
Poultry is the catch-all term for domesticated birds that are meaty enough to eat. Poultry tends to be lower in saturated fat than other meats, so it's a good choice for health or weight. The fat can be still more lowered by removing the skin and by using light meat from the breast instead of the darker meat from the thighs and legs. Younger birds are more tender than older ones, so they're best for grilling, roasting, and frying. Older, tougher birds do better if they're cooked in stews or soups. Poultry includes the different varieties and sizes of chicken, turkey ducks; geese and guinea fowls.



**Figure 4:12 Poultry: Chicken**

#### 4.4.9. Fish

Fish, like meat, is composed of muscle, tissue, fat and bone which have high protein and provides wide variety of dishes. As compared to other meat items, fish takes short cooking time because of its soft tissue. The fat content helps to determine the method of preparation. Fish that has fat will produce superior eating quality if cooked or boiled because of their natural fat which keeps them from drying during cooking. Lean fish are best poached, boiled or steamed.



**Figure: 4.13 Different Types of Fish Cutting**

#### 4.4.10. Meat

Meat may often be the most expensive ingredient on the centre of the plate. It is sensible therefore to cook it in a way that maximizes the yield of each portion, and minimizes cooking losses. An average cooked serving of meat weighs 140 - 160g. The amount of raw meat required for that serving depends on how much the meat shrinks during cooking as well as the particular cut, its size, fat and bone content and the degree of doneness. Generally, cooking losses range from 1/4 to 1/3 of the raw meat weight. Remember, cooking losses in small roasts and portion cuts tend to be greater than in larger cuts. Beef is meat from full-grown cattle about 2 years old.



**Figure 4:14 meat**

#### 4.4.11. Dessert

Desserts are sweet foods eaten (taken at the end of a meal).

Desserts and sweets may include:-

- puddings, pies, tarts, flans and fritters
- custards and creams
- prepared fruit
- charlotte, bavarois, mousse, soufflé and sabayon
- meringues, crepes and omelettes



- Sorbet, ice-cream, bombe and parfait.
- Cake



**Figure 4:15 different types of dessert**

#### **4.5. Cultural Dishes of Ethiopia**

Ethiopian cuisine (Amharic: የኢትዮጵያ ምግብ) characteristically consists of vegetable and often very spicy meat dishes. This is usually in the form of wat, a thick stew, served atop injera, a large sourdough flatbread, which is about 50 centimeters (20 inches) in diameter and made out of fermented teff flour. Ethiopians eat most of the time with their right hands, using pieces of injera to pick up bites of entrées and side dishes.





The Ethiopian Orthodox Tewahedo Church prescribes a number of fasting (tsom, Ge'ez: ጽዮም ṣōm, excluding any kind of animal products, including dairy products and eggs) periods, including Wednesdays, Fridays, and the entire Lenten season, so Ethiopian cuisine contains many dishes that are vegan.

A typical dish consists of injera accompanied by a spicy stew, which frequently includes beef, lamb, vegetables and various types of legumes, such as lentils. Gurage and most southern Ethiopia cuisine also makes use of the false banana plant (enset, Ge'ez: ኢንሳት inset), a type of ensete. The plant is pulverized and fermented to make a bread-like food called qocho or kocho (Ge'ez: ቆጭ kōḫō), which is eaten with kitfo. The root of this plant may be powdered and prepared as a hot drink called bulla (Ge'ez: ቡላ bülā), which is often given to those who are tired or ill. Another typical Gurage preparation is coffee with butter (kebbeh). Kita herb bread is also baked.



Figure Ethiopian cuisine

#### 4.6. Description of some spices and ingredients

Image of ingredients		Description
		<b>Parsley</b> or garden <b>parsley</b> ( <i>Petroselinum crispum</i> ) is a species of flowering plant in the family Apiaceae that is native to the central Mediterranean region
		<b>Pearl barley</b> , or <b>pearled barley</b> , is whole grain barley that has been processed to remove its fibrous outer hull
		<b>Black pepper</b> ( <i>Piper nigrum</i> ) is a flowering vine in the family Piperaceae, cultivated for its fruit
		<b>Almond</b> is a species of tree native to Mediterranean climate regions of the Middle East



	<p><b>Garlic</b> (<i>Allium sativum</i>) is a species in the onion genus, <i>Allium</i>. Its close relatives include the onion, shallot, leek, chive, and Chinese onion.</p>
	<p><b>Cinnamon</b> is a spice obtained from the inner bark of several tree species from the genus <i>Cinnamomum</i>. <b>Cinnamon</b> is used mainly as an aromatic condiment.</p>
	<p><b>Cumin</b> (<i>Cuminum cyminum</i>) is a flowering plant in the family Apiaceae, native to a territory including the Middle East and stretching east to India</p>
	<p><b>Cardamom</b> is an Indian spice made from the seeds of several plants known for its intense flavor and its use in traditional medicine, such as to help with digestion. <b>Cardamom</b> is one of the most expensive spices in the world.</p>
	<p>Mustard is a condiment made from the seeds of a mustard plant, the whole, ground, cracked, or bruised mustard seeds are mixed with water, vinegar, lemon, etc. <b>Mustard</b> is one of the worlds oldest condiments</p>
	<p><b>Oregano</b> is a culinary and medicinal herb from the mint, or Lamiaceae family. It has been used in medicine and cooking for thousands of years.</p>

**Table: 4.2. Image and explanation of spices and ingredients**

**Source: <https://en.wikipedia.org/wiki/>**

**Self-Check # 4****Written Test**

Directions : Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. Write at least three types of food items to be prepared? (2points)
2. What is ingredient? ( 2points)
3. What is the preparation of food? (2points)
4. What are farinaceous dishes? (2points)
5. From what the Ethiopian dish Kocho is made? (2 points)

**Note: Satisfactory rating – 7 points**

**Unsatisfactory - below 6points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



Information Sheet-5	Method of Cookery
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### 5.1. Cooking methods

There are a whole range of cooking methods that are used; cooking it to ensure the food is tenderized, tasty, nutritious and safe to eat.

### 5.2. Cookery methods include:-

- Boiling: is the cooking of foods in a liquid such as water, stock, milk etc. at a boiling temperature. A boiling liquid bubbles strongly and agitates highly.
- Simmering: is cooking in a liquid bubbling very gentle approximately (180<sup>0</sup>-205<sup>0</sup> F) or (85<sup>0</sup>-96<sup>0</sup> c). Vegetables, meat, egg, and fish can be simmered.
- Poaching: is cooking food in a liquid, which is hot but actually bubbling.

Poaching rules:

A/ The water should only come half way up the food.

B/ The heat should be applied slowly

C/ Delicate foods are usually poached

- Steaming: is cooking food in steam which is coming out of boiling water.
- Stewing: is the slow cooking of food and the food is cut in to piece and cooked in the minimum amount of liquid (water, stock, or sauce) and the sauce is served together with the food. The temperature ranges 82 degree centigrade approximately.
- Stewing is both economical and nutritional, cheaper cuts of meat and poultry, which would be unsuitable for roasting and grilling, can be made tender in this method.
- Braising: is cooking in the oven unlike roasting or baking the food is cooked in liquid in a covered pan or pot. It is combination of stewing & roasting.

Rules:

A/ Slow cooking is essential for efficient braising

B/ to reduce evaporation use lid

C/ Ideal temperature is approximately 170 degree centigrade

Associated technical terms of braising

- Sealing :- applying heat to the surface of meat to prevent the escape of natural juices
- Larding :- inserting stripes of bacon into meat
- Basting: - frequents spooning of cooking liquid over meat to moisten.



### 5.3. Difference between stewing and braising

#### Stewing

1. Cut in cubes
2. There is string
3. There is bouquet garni
4. Served with vegetable flour products

#### Braising

1. Large cuts are used
2. String is used
3. Without bouquet garni
4. Served without vegetable

- Baking: is the cooking in an oven using hot air. It is a term usually applied to bread, pastry and vegetable products as well as meat.

#### Safety:-

- ✓ Use thick and dry clothes for handling trays
  - ✓ Jacket sleeves should be rolled down to prevent burns from hot trays and ovens
  - ✓ Do not overload trays and ovens
  - ✓ Roasting:(spit roasting ,oven roasting & pot roasting)
- Spite roasting: is cooking in dry heat with the aid of fat or oil in oven or on a spit.
  - Oven roasting: is a cocking in dry heat in the oven with open pan.
  - Pot roasting: is a cocking in dry heat in the lidded pot.
  - Grilling (also called broiling b the Americans) is cooking on open grid over a heat source, which may be charcoal, electric or gas.  
The cooking could be done with small amount of fat to prevent sticking.
  - Frying:
    - ✓ Shallow frying:-is the cooking of food in a small quantity of pre – heated fat or oil in a shallow pan. It is also referred to as pan frying.  
The presentation side of the food should be fried first for better appearance.  
Pan frying is used for small cuts of fish, meat, poultry and egg, certain vegetables and pancakes.
    - ✓ Sauté: - is a French word, which means, “to jump’. It shows the action of tossing small pieces of food is sauté pan. It means to cook quickly in a small amount of fat.
    - ✓ Deep frying: it is the cooking of food in pre-heated deep oil or fat. The food is carefully placed into the fat until cooked and then drained before serving.  
Deep fried item except potato are caused with milk and flour, egg and breadcrumbs. Batter or pastry in order to: -prevent excessive dryness.



<b>Self-Check # 5</b>	<b>Written Test</b>
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Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. Write at least three types of methods of food preparation? (2points)
2. What is the difference between stewing and braising? (2points)
3. What is baking? ( 2points)

**Note: Satisfactory rating – 5 points**

**Unsatisfactory - below 4points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## Information sheet 6

## Preparing beverage according to requirements

### 6.1. Preparing beverage according to requirements

Beverages are any liquid that can quench the thirst are called beverage. Beverage is any kind of liquid. We are always taking water, Water is a beverage item. Water, tea, coffee, milk, juice, beer and any kind of drinks item are listed in beverage items. Actually, beverage means any kind of Liquid item.



Figure 6.1: Water

Source: <http://fandbfood.com/what-is-beverage/>

### 6.2. Division of beverages

Beverages are divided into two as alcoholic and non alcoholic..

#### 6.2.1. Alcoholic Beverages

Those are containing alcohol. Example: beer, wine, spirit, liquor, cocktails, hard alcohol.

#### 6.2.2. Non-alcoholic Beverages

Those are without alcohol, Example: water, milk, tea, coffee, soft drinks, juices, mixed drinks / Mock tails /, milkshakes. It requires skill and knowledge to prepare and serve a range of teas, espresso coffees, non-espresso coffees and other non-alcoholic beverages. It requires also the ability to select ingredients and equipment and to use a range of methods to make and present drinks.

##### 6.2.2.1. Mock tails

A non-alcoholic mixed drink (also known as virgin cocktail or mock tail) is a cocktail-style beverage made without alcoholic ingredients non-alcoholic mixed drinks. This is a list of non-alcoholic mixed drinks, virgin cocktails (cocktails made without alcohol; also called mock tails), and punch with some non-alcoholic that do not contain any alcohol.

### 6.3. Preparation methods of non-alcoholic beverages

Preparation methods of non-espresso coffees, teas and other non-alcoholic beverages:



- blending
- brewing
- juicing
- mixing
- shaking

#### 6.4. Benefits of Non-Alcoholic Beverages

Non-Alcoholic Beverages has the following three benefits, they are:-

- Stimulating beverages (tea, coffee)
- Refreshing beverages (mineral water, syrup)
- Nourishing beverages (milk and malt based drinks)

#### 6.5. Best fruits to juice

- Apples
- Pineapples
- Papaya
- Tomatoes
- orange

#### 6.6. The Mocktails to Make at Home

Mocktail is non-alcoholic beverages which help to add a touch of class to the drinking of mixed non alcoholic beverages. Some common mocktails are listed below:

- Mojito

This is one of the most famous mocktails around and refreshing drink.



**Figure 6.1: Mojito mocktail**



- **Virgin Pina Colada**

Virgin Pina Coladas is totally tasty and completely alcohol free version of the classic mocktail.



**Figure 6.2: Virgin Pina Colada**

- **Virgin Strawberry Daiquiri**

Nobody can resist a frozen mocktail Virgin Strawberry Daiquiri especially on warm days.



**Figure 6.3: Virgin Strawberry Daiquiri**

### **6.7. Range of options to meet specific customer preferences relating to:**

- garnishes
- glassware
- ice



- temperature
- taste

Remember: Ensure correct strength, taste, temperature and appearance for each drink prepared. Present drinks attractively in appropriate crockery or glassware and garnish attractively.

### 6.9. Hot beverage

Hot Beverages are served hot. Hot beverages typically include tea, spiced tea, milk, hot chocolate, and varieties of coffee such as espresso, latte, and cappuccino, etc.

- **Tea**

Tea is an aromatic beverage commonly prepared by pouring hot or boiling water over tea leaves.



**Figure 6:4- Tea**

- **Coffee**

Coffee is a brewed drink prepared from roasted coffee beans. The genus Coffee is native to tropical Africa, Ethiopia.



**Figure 6:5- Coffee**



- **Macchiato**

Macchiato Caffè macchiato sometimes called espresso macchiato, is an espresso coffee drink with a small amount of milk on it usually foamed.



**Figure 6:6. Macchiato**

**Source:** <https://en.wikipedia.org/wiki/Caff%C3%A8>

**Self-Check # 6****Written Test**

Directions : Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. Write preparation methods of non alcoholic beverage? (2points)
2. What is non alcoholic beverage? (2points)
3. What is mock tail? (2points)
4. Write the difference between non alcoholic beverage & alcoholic beverage? (2points)

**Note: Satisfactory rating – 7 points**

**Unsatisfactory - below 6points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



## Operation Sheet-1

## Techniques of preparing menus appropriately

### 1.1. Techniques of preparing menus appropriately

Step 1: Write down dates and ideas. At the beginning of the menu planning process, you will write out the days of the week and the ideas you have for meals each day.

Step 2: Find recipes. Once you have some ideas about meal choices, you can look for recipes.

Step 3: Collect and save recipes. When you find a good recipe, you can add it to your collection. This will help with future meal planning.

Step 4: Finalize the menu calendar. After tallying the days and number of meals and coordinating them with recipes, you can complete a finalized menu calendar. This gives you something to refer to all week.

Source: <http://organizedhome.com/kitchen-tips/menu-planning-save-time-kitchen>

## Operation Sheet-2

## Demonstrate common recipe to the Arabian countries

### 2.1. Techniques of preparing beef and vegetable Soup

Beef and Vegetables Soup



**Figure 2.1: Beef and Vegetables Soup**

Demonstrate common recipe to the Arabian countries

Ingredients

- ✓ ¼ cup pearly barley or 40 g
- ✓ 200 g lean beef, cut into small cubes
- ✓ 5 cups water or 1250 ml
- ✓ 1 teaspoon ground dried thyme
- ✓ 1 small carrot or 70 g, cut into small cubes
- ✓ 1 small onion or 70 g, chopped



- ✓ 1 sachet MAGGI® 11 Vegetables Soup
- ✓ 2 tablespoons fresh parsley, chopped for garnishing

- **Procedure of making Beef and Vegetables Soup**

- ✓ Add pearled barley and beef cubes to a large saucepan.
- ✓ Add water and bring to boil.
- ✓ Cover and simmer on low heat for 10 minutes.
- ✓ Add the remaining ingredients and simmer on low heat for another 10 minutes.
- ✓ Garnish with chopped parsley and serve

Source: <https://www.maggime.com/en/recipes/saudi-rice-with-lamb---rice-kabli/9188>

operation Sheet-2:2	Demonstrate common recipe to the Arabian countries
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- **Procedures for making Lamb Tomato and Green Peas Rice**



**Figure 2.2: Lamb Tomato and Green Peas Rice**

Lamb Tomato and Green Peas Rice

**Ingredients**

- 750 g lamb, cut into big chunks
- 8 cups water or 2 liters
- 3 tablespoons vegetable oil
- 1 medium onion or 125 g, chopped



- ½ teaspoon ground cardamom
- ½ teaspoon ground cinnamon
- ½ teaspoon ground turmeric
- ½ teaspoon ground coriander
- ½ teaspoon ground nutmeg
- 2 medium tomatoes or 300 g, peeled and diced
- 1 tin canned green peas or 400 g, drained
- 2 tablespoons tomato paste
- 3 cubes MAGGI® Chicken Stock Bouillon Cube
- 2½ cups basmati rice or 500 g, washed and drained

#### **Procedure**

- Put lamb chunks and water in a large pot. Bring to boil and remove froth as it appears. Simmer over low heat for 1½ hours or until lamb becomes tender. Set aside.
- Heat the vegetable oil in a large saucepan, add and cook onions over medium heat for 5-6 minutes or until they become golden brown in color.
- Add spices, tomatoes, green peas, tomato paste and MAGGI Chicken Stock cubes. Stir for 2 minutes then add the cooked lamb with 4½ cups of the cooked lamb stock, if the lamb stock is not enough add the some normal water.
- Add the rice and stir occasionally. Bring to boil then reduce heat, cover and simmer for 25 minutes or until rice is cooked.

**Source:** <https://www.maggime.com/en/recipes/saudi-rice-with-lamb---rice-kabli/9188>



<b>Operation Sheet-2:3</b>	<b>Demonstrate common recipe to the Arabian countries</b>
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### **Roasted chicken with green beans**



**Figure 2:3. Roasted chicken with green beans**

### **Techniques of preparing roasted chicken with green beans**

Roasted chicken with green beans

Demonstrate common recipe to the Arabian countries

Roasted chicken with green beans

Saffron rice

#### **Ingredients**

- 1 whole chicken or 1200 g
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- 3 tablespoons vegetable oil
- For the rice:
  - 4 tablespoons vegetable oil
  - 1 medium onion or 125 g, chopped
  - Pinch of saffron filaments
  - 15 whole cardamom pods
  - 2 cups frozen green beans or 300 g, thawed
  - 3 cubes MAGGI® Chicken Stock Bouillon Cube
  - 4½ cups water or 1125 ml
  - 2½ cups rice or 500 g, washed and drained
  - ¼ cup pine seeds or 50 g, fried
  - ¼ cup almonds or 50 g, peeled and fried



## Procedures

- Put whole chicken in an oven tray and mix with salt, ground black pepper and oil. Put in preheated oven of a 200°C for 45-50 minutes or until chicken becomes tender.
- Meanwhile, heat the oil in a large sauce pan and fry the onions for 3-4 minutes or until they become golden in color. Add the saffron leaves, whole cardamom, green beans, MAGGI Chicken Stock cubes and water. Bring to boil.
- Add the rice and stir occasionally until the mixture boils then reduce the heat, cover and simmer over low heat for 25 minutes or until rice is cooked.
- Spoon the cooked rice on a large serving dish, cut and arrange the roasted chicken on top of the rice and garnish with fried nuts.

<b>Operation Sheet-2:4</b>	<b>Demonstrate common recipe to the Arabian countries</b>
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### Rice with Lamb and Potato



F.g 2.4 Rice with Lamb and Potato

## Techniques of preparing Rice with Lamb and Potato

### Ingredients

- 2 cups vegetable oil, for frying
- 2 medium potatoes or 500 g, cut into medium cubes
- 1 medium onion or 125 g, chopped
- 2 cloves garlic, crushed
- 250 g minced lamb
- 2 dried limes, cut into halves
- ¼ teaspoon ground cumin
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground black pepper



- ¼ teaspoon saffron filaments
- 2 cubes MAGGI® Chicken Stock Bouillon Cube
- 1 tablespoon tomato paste
- 4½ cups water
- 2½ cups basmati rice or 500 g, washed and drained

#### **Procedure**

- Heat oil in a sauce pan (reserve 3 tablespoons of oil) and fry the potato cubes until the potatoes become golden in color and tender. Set aside.
- Heat the left 3 tablespoons in a large pot. Fry onions for 3-4 minutes or until golden in color then add garlic and stir for another minute.
- Add minced lamb and fry for 5 minutes or until it becomes brown in color. Add dried limes, spices, MAGGI Chicken Stock cubes and tomato paste, stir for 1 minute then add the water and bring to boil.
- Add the rice and the fried potatoes, bring to boil with occasional stirring, cover and simmer on low heat for 20-25 minutes or until rice is cooked.

**Source:** <https://www.maggime.com/en/recipes/saudi-rice-with-lamb---rice-kabli/9188>

**Operation Sheet-2:5****Demonstrate common recipe to the Arabian countries****Techniques of preparing Spinach Lentil Soup****Ingredients**

- 1 tablespoon olive oil
- 1 small onion or 50 g, chopped
- 150 g minced beef
- 1 cup fresh spinach or 75 g, chopped
- 1 small potato or 100 g, cut into medium cubes
- 1 small carrot or 100 g, cut into medium cubes
- ½ teaspoon ground cumin
- 5½ cups water or 1375 ml
- 1 sachet MAGGI Lentil Soup
- 1 tablespoon lemon juice

**Procedure**

- Warm olive oil in a large saucepan. Add onion and cook for 2 minutes.
- Add minced beef and fry for 4 minutes or until brown and cooked.
- Add spinach, potato, carrot and cumin powder. Stir for 3 minutes then add water and MAGGI Lentil Soup. Bring to boil, stirring then simmer for 10–15 minutes or until vegetables are cooked.
- Add lemon juice, stir and serve

**Operation Sheet-4:1****Methods how to Prepare ingredients for menu salads****Methods for preparing vegetable salad****Ingredients**

- 100g- carrot
- 100g- cucumber
- 50g- green pepper
- 50g onion
- 25g lettuce
- 2tbsp- vinaigrette sauce

**Procedure**

- Peel and wash the carrot, cucumber and onion
- Remove the seeds from cucumber



- Cook carrot in salted water and Refresh and drain well
- Cut the vegetables in to julienne
- Correct the seasoning and serve  
Vinegratte sauce– 4-6 portions
- Ingredients
  - ✓ 3-6 tbsp- olive oil
  - ✓ 1tsp – French mustard
  - ✓ 1 tsp- vinegar
  - ✓ 1 tsp – salt and pepper
- Procedure
- combine all ingredients

<b>Operation Sheet-4:2</b>	<b>Methods how to Prepare ingredients for menu soup</b>
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### **Methods for preparing Chicken cream soup**

#### **Ingredients**

- 100g onion
- 50g butter or margarine
- 50g flour
- 1 litter chicken stock Bouquet garni Salt, pepper
- 25ml milk or
- 125ml cream
- Cooked diced of chicken (garnish)

#### **Procedure**

- Gently cook the sliced onions, leek and celery in a thick bottomed pan in the butter or margarine without coloring
- Mix the flour, cook over a gentle heat to a sandy texture without coloring
- Cool slightly, gradually mix in the hot stock; stir to the boil.
- Add the bouquet garni and season.
- Simmer for 30-45 minutes; skim when necessary.
- Remove the bouquet garni.
- Liquidize or pass through a fine strainer.
- Return to a clean pan, reboil and finish with milk or cream; correct the seasoning.
- Add the garnish and serve.



<b>Operation Sheet-4:3</b>	<b>Methods how to Prepare ingredients for menu vegetables soup</b>
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### Methods how to prepare Vegetable soup

#### Ingredients

- 2 Tbsp olive oil
- 1 1/2 cups chopped yellow onion (1 medium)
- 2 cups peeled and diced carrots (about 5)
- 1 1/4 cups diced celery (about 3)
- 4 cloves garlic , minced
- 4 (14.5 oz) cans low-sodium chicken broth or vegetable broth
- 2 (14.5 oz) cans diced tomatoes (undrained)
- 3 cups peeled and 1/2-inch thick diced potatoes (from about 3 medium)
- 1/3 cup chopped fresh parsley
- 2 bay leaves
- 1/2 tsp dried thyme
- Salt and freshly ground black pepper
- 1 1/2 cups frozen or fresh green beans
- 1 1/4 cups frozen or fresh corn
- 1 cup frozen or fresh peas

#### Procedure

- Heat olive oil in a large pot over medium-high heat.
- Add onions, carrots, and celery and saute 4 minutes then add garlic and saute 30 seconds longer.
- Add in broth tomatoes, potatoes, parsley, bay leaves, thyme and season with salt and pepper to taste\*.
- Bring to a boil, then add green beans.
- Reduce heat to medium-low, cover and simmer until potatoes are almst fully tender, about 20 - 30 minutes.
- Add corn and peas and cook 5 minutes longer. Serve warm.

<b>Operation Sheet-4:4</b>	<b>Methods how to Prepare ingredients for menu sauce</b>
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### Methods how to prepare Mayonnaise sauce

#### Ingredients

- 2 egg yolk
- 2 tsp vinegar
- 1/8 tsp – mustard



- 250 ml – olive oil
- Mustard
- Pepper

#### Procedures

- Bring bowl & place egg yolk & vinegar
- Beat by dropping oil slowly
- Last add mustard, pepper & salt
- Serve

Operation Sheet-4:5	Methods how to Prepare ingredients for menu poultry
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#### Methods how to prepare spicy fried chicken wing

##### Ingredients

- 1 tbsp seasoning salt
- 1 tbsp crushed red pepper flakes
- 2 tsp black pepper
- 2 tsp cayenne pepper
- 2 tsp poultry seasoning
- 1 tsp lemon-pepper
- 12 whole chicken wing, cut in half at the joint
- 2 egg
- 2 tbsp hot sauce
- 1 tbsp crushed red pepper flakes
- 1 tsp black pepper
- 1 tsp cayenne pepper
- 2 cup all-purpose flour
- 1 vegetable oil, for frying
- 1 cup sour cream
- 2 tbsp horseradish
- $\frac{1}{4}$  tbsp chili sauce
- $\frac{1}{2}$  tsp cayenne pepper
- 1 salt, to taste
- 1 black pepper, freshly ground, to taste



## Procedure

- Prep 15 min
- Cook 25 min
- Ready 40 min
- In a small bowl whisk together seasoning salt, 1 tablespoon red pepper flakes, 2 teaspoons black pepper, 2 teaspoons cayenne pepper, poultry seasoning, and lemon pepper. Reserve 2 tablespoons in a separate bowl.
- Place chicken wings in a shallow baking dish. Sprinkle evenly with the seasoning, cover, and marinate in the refrigerator for 1 hour.
- Whisk together eggs, hot sauce, 1 tablespoon red pepper flakes, 1 teaspoon black pepper, and 1 teaspoon cayenne pepper in a medium size mixing bowl. Put flour in a shallow dish or pie plate.
- Heat vegetable oil in a large deep-fryer or Dutch oven to 350 degrees F (175 degrees C) on a deep fry thermometer.
- Dredge chicken wings in egg mixture, then flour. Carefully place wings 3 at a time into the hot oil and cook for 8 to 10 minutes, turning occasionally, until cooked through and golden brown. Transfer to a paper towel lined baking sheet. Make sure the oil returns to temperature before adding the next batch. Sprinkle chicken with reserved seasoning for extra hot wings.
- For the dipping sauce: In a bowl, mix together sour cream, horseradish, chili sauce, 1/2 teaspoon cayenne pepper, and salt and freshly ground black pepper to taste.

Source: <http://www.kitchme.com/recipes/spicy-fried-chicken-wings>

<https://www.youtube.com/watch?v=YJ-KIMJI4dM&t=23s>

<https://www.youtube.com/watch?v=YJ-KIMJI4dM>

**Operation Sheet-4:6****Methods how to Prepare ingredients for menu fish****Methods how to prepare fillet fish stew**

- **Ingredients**

- ✓ 6 Tbsp olive oil
- ✓ 1 medium onion, chopped (about 1 1/2 cups)
- ✓ 3 large garlic cloves crushed
- ✓ 1cup carrot cut into jullienne
- ✓ 1cup green pepper cut into medium sized
- ✓ 2/3 cup fresh parsley, chopped
- ✓ 1 1/2 cups of fresh chopped tomato (about 1 medium sized tomato)
- ✓ 2 teaspoons tomato paste (optional)
- ✓ 4cups vegetable stock
- ✓ 1/2 cup dry white wine
- ✓ 100 g fish fillets , cut into 2-inch pieces
- ✓ Pinch of dry oregano
- ✓ Pinch of dry thyme ,bay leaf
- ✓ 1/8 teaspoon Tabasco sauce (or more to taste)
- ✓ Freshly ground black pepper to taste
- ✓ Salt to taste

- **Procedure**

- ✓ Heat olive oil in a large thick-bottomed pot over medium-high heat.
- ✓ Add onion, carrot, green pepper & garlic and sauté 4 minutes,. Add tomato and stir 2 minutes.
- ✓ Add parsley, and gently cook for 10 minutes .And add oregano, thyme, Tabasco
- ✓ Add vegetable stock, dry white wine, and fish. Bring to a simmer and simmer until the fish is cooked through and easily flakes apart, about 3 to 5 minutes.
- ✓ Add lemon juice
- ✓ Add salt and pepper to taste. Ladle into bowls and serve.

Source: <https://www.youtube.com/watch?v=ah6NRRpxfa8>

**Operation Sheet-4:7****Methods how to Prepare ingredients for meat****Methods how to prepare grilling or broiling meat**

- **Ingredients**

- ✓ 1 pc. (200gms.) sirloin steak
- ✓ As needed salt and pepper
- ✓ As needed vegetable oil
- ✓ 30 gms. Maitre d' hotel butter



## • Procedure

- ✓ Clean the grill by scouring the rods well with a wire grill brush to remove any build up of charred food particles. Then, rub the rods with a cloth dipped in vegetable oil to lubricate and clean them before preheating.
- ✓ Season the steaks with salt and pepper and dip in oil. Allow any excess drain away before placing on rods.
- ✓ Place the seasoned food on the preheated grill or broiler rods to start cooking and mark it.
- ✓ Turn the food over and continue cooking to the desired doneness.
- ✓ Evaluate the quality of the finished grilled or broiled meat.
- ✓ Present your Grilled Sirloin Steak with appropriate side dish and garnishing
- ✓ .Serve

### Operation Sheet-4:8

### Methods how to Prepare ingredients for meat

## Methods how to prepare bake stuffed rice

### Ingredients

- 6 bell peppers, any color
- 4 tablespoons olive oil, plus more for drizzling
- 8 ounces lean ground beef
- Kosher salt and freshly ground black pepper
- 1 onion, finely diced
- 2 cloves garlic, chopped
- 1 medium zucchini, finely diced
- 4 Roma tomatoes, seeded and finely diced
- Red pepper flakes, as needed
- 1 cup cooked long-grain and wild rice

### Procedure

- Preheat the oven to 350 degrees F.
- Cut the tops off the peppers. Remove and discard the stems, then finely chop the tops; set aside. Scoop out the seeds and as much of the membrane as you can. Place the peppers cut-side up in a baking dish just large enough to hold them upright.
- Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat. Add the beef, season with salt and pepper and cook, breaking up the lumps, until the meat is cooked through and just beginning to brown, 8 to 10 minutes. Remove to a paper towel-lined plate to get rid of the fat.



- Wipe out the skillet and add the remaining 2 tablespoons olive oil. Add the onions and chopped peppers and cook until beginning to soften, 3 to 4 minutes. Add the garlic and zucchini and cook for another minute. Add the tomatoes and season with salt and a pinch or 2 of red pepper flakes. Cook until everything is heated through, then stir in the beef and rice. Taste and adjust the seasoning. Stir in 1 cup of the cheese.
- Fill the peppers with the rice mixture and top each with a sprinkle of the remaining 1/2 cup cheese. Pour a small amount of water into the bottom of the baking dish and drizzle the peppers with a little olive oil. Cover with foil and bake for 30 minutes. Uncover and bake until the peppers are soft and the cheese is melted and lightly browned,

**Source:** <https://www.foodnetwork.com/recipes/ree-drummond/stuffed-bell-peppers-3325315>

[https://www.youtube.com/watch?v=D\\_wyhDFuAZE](https://www.youtube.com/watch?v=D_wyhDFuAZE)

<b>Operation Sheet4:9</b>	<b>Methods how to Prepare ingredients for meat</b>
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#### **Methods how to prepare beef steak**

- Ingredients
  - ✓ sliced beef
  - ✓ Vinegar
  - ✓ Mustard
  - ✓ Garlic
  - ✓ Ginger
  - ✓ Soya sauce
  - ✓ Pepper
  - ✓ Salt
  - ✓ Onion
  - ✓ Mush room
  - ✓ Flour
  - ✓ Small amount of water
  - ✓ White wine
  - ✓ Salt
- Procedure
  - ✓ Marinate the meat with Vinegar, Mustard, Garlic, Ginger, Soya sauce, Pepper & Salt to an hour in the fridge.
  - ✓ Heat the pan with oil & place the meat & sauté after that remove the meat
  - ✓ on the same pan add white wine



- ✓ Add onion & mushroom
- ✓ Add flour & Small amount of water
- ✓ Seasoning
- ✓ Serve with steak

Source: <https://www.youtube.com/watch?v=VioFJSm6zl0&t=30s>

<b>Operation Sheet-4:10</b>	<b>Methods how to Prepare ingredients for menu cakes</b>
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**Methods how to prepare yellow chiffon cake**

- **Ingredients**
  - ✓ Cake flour 500 g
  - ✓ Sugar 400 g
  - ✓ Salt 12 g
  - ✓ Baking powder 25 g
  - ✓ Vegetable oil 250 g
  - ✓ Egg yolks 250 g
  - ✓ Water 375 g
  - ✓ Vanilla 12 g
  - ✓ Egg whites 500 g
  - ✓ Sugar 250 g
  - ✓ Cream of tartar 2.5g
- **Procedure**
  - ✓ In a bowl mix all the ingredients except cream of tartar, sugar & white eggs.
  - ✓ In a separate bowl beat cream of tartar & white eggs. Add the sugar.
  - ✓ Mix with the above mixture.
  - ✓ Grease baking pan & shake with flour
  - ✓ Place the paste to greased baking pan & put in to the oven.
  - ✓ serve

<b>Operation Sheet-4:11</b>	<b>Methods how to Prepare ingredients for menu cakes</b>
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**Methods how to prepare waffle cake**

- **Ingredients**
  - ✓ 350g flour
  - ✓ 700 ml milk
  - ✓ 3 tsp margarine
  - ✓ 2 egg



- ✓ 150 g sugar
- ✓ 1 tsp baking powder
- ✓ ½ tsp baking soda
- ✓ ½ tsp vanilla

- Procedure

- ✓ .In a bowl mix all the ingredients except margarine & milk
- ✓ .Add the milk to the mixture and add margarine on the top.
- ✓ put to safe place to rest for 15 minutes.
- ✓ Heat pan with 1tsp oil and bake it.
- ✓ serve

<b>Operation Sheet-4:12</b>	<b>Methods how to Prepare ingredients for menu egg dish</b>
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#### **Methods how to prepare fried egg**

- **Ingredients and procedures**

Fried Eggs: Crack 4 eggs into a skillet with 2 teaspoons bacon drippings, butter or oil. Add salt and pepper; cook until the edges are opaque, 2 minutes. Cover and cook 4 to 6 more minutes.

<b>Operation Sheet-4:13</b>	<b>Methods how to Prepare Ethiopian cultural dish</b>
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#### **Preparing Ethiopian cultural dish yeshimbira assa**

##### **UTENSILS:**

- medium cooking pan
- Large flat baking pan/cookies sheet

##### **INGREDIENTS:**

- 2 cups water
- 2 cups red onions (chopped)
- 2 cup chick pea flour
- 1 ½ cup oil
- ½ cup red pepper (berbere)
- ½ tsp. cardamom
- ¼ tsp. ginger



- To taste salt

**PREPARATION:** Cook onions in a medium pan until brown. Add 5 Tbsp. water and mix. Add red pepper and 1 cup oil stirring to mix. Add the remaining water, mix and cover till the mixture boils. Set aside.

Mix pea flour with water in a bowl. Add half of the oil and rub between fingers. Preheat oven to 350. Shape dough in little fish-like figures, place on cookie sheet, and bake until golden brown. Set aside to cool.

Replace the pan of cooking onions on medium heat and add spices. Put the chick pea cakes into the pan and stir gently for 15 minutes. Add salt to taste. Serve hot. Makes 6 servings. Refrigerate.

This vegetarian delicacy acts as chicken stew during lent. Eat with injera or bread.

<b>Operation Sheet-4:14</b>	<b>Methods how to Prepare Ethiopian cultural dish</b>
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**Preparing Ethiopian cultural dish ayib be gomen**

**UTENSILS:** medium cooking pan covered container

**INGREDIENTS:**

1 lb. Collard green  
1 lb. Cottage cheese  
1 tsp. Black pepper  
3 Tbsp. Butter

**PREPARATION:** Wash the collard green in running water and chop. Boil the collard green in 6 cups of water for 5-10 minutes. Discard the water and set aside. Add 1 tsp. black pepper, 3 Tbsp. butter and mix with cottage cheese. Add the chopped collard green and mix well with the cottage cheese. Makes 6 servings refrigerate to store.

Ayeb be Gomen makes a tasty dish with bread or injera. It is always served as side dish with kitfo.

**Operation Sheet-4:15****Methods how to Prepare Ethiopian cultural dish annebabero****Preparing Ethiopian cultural dish annebabero****UTENSILS:**

- medium mixing bowl
- Medium pizza pan
- Small bowl

**INGREDIENTS:**

2 lbs.               Teff (Wheat) flour  
1 tsp.               Baking powder  
To taste           Salt  
1 Tbsp. red pepper (berbere) or red pepper paste (awaze)  
1 cup               butter or oil  
4 cups water (lukewarm)

**PREPARATION:** Add wheat flour to lukewarm water and rub with your fingers to form a pancake-like mix. Add baking powder and salt, mix well. Spread in a round pizza pan and bake over a low heat for 50 minutes; remove and set aside. Make a second crust of the same size and in the same way. Before the second crust is well-done, pour some of the butter (about ½ cup) on it, spread and put the first crust top (like a sandwich). Repeat this process until you run out of the first cup of the butter. In a small bowl, mix remaining butter or oil with red pepper and spread lightly over the hot crusts. Make sure that both sides are spread evenly. Cut in small squares or pizza slices to serve. Should make about 4 annebaberos cover and store in a cool place. Serve hot or cold. Annebabero is a delicious snack or appetizer.

**Operation Sheet-6:1****Preparing beverage according to requirements****Steps of preparing mock tail nojito**

- **Ingredients**
- ✓ 1 oz of lime juice
- ✓ 4 oz of club soda/ lemonade
- ✓ mint leaves
- ✓ 2 tsp of brown sugar



- **Mixing Method**

- ✓ Add the lime juice, brown sugar and mint leaves in a highball glass
- ✓ Bruise a few mint leaves using a spoon and add to the glass
- ✓ Let the mix rest for a few hours
- ✓ Fill the glass with ice and stir
- ✓ Top with Club Soda (or lemonade)
- ✓ Add a sprig of mint for decoration

<b>Operation Sheet-6:2</b>	<b>Preparing beverage according to requirements</b>
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**Steps of preparing mocktail Virgin Pina Colada**

- **Ingredient**

- ✓ 1 part pineapple juice
- ✓ 1 part coconut cream
- ✓ 1 slice of fresh pineapple
- ✓ 1 maraschino cherry
- ✓ 1 cup of ice cubes

- **Mixing Method**

Fill a glass with ice cubes and empty in to a blender

Chill glass whilst finishing this recipe

Add the pineapple juice and sweetened coconut cream to the blender

Blitz vigorously until the mix has the texture of a thick milkshake

Pour into the chilled glass

Add the pineapple slice and maraschino cherry to garnish

<b>Operation Sheet-6:3</b>	<b>Preparing beverage according to requirements</b>
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**Steps of preparing mocktail Virgin Strawberry Daiquiri**

- **Ingredients**

- ✓ 1 small can of pineapple chunks in juice
- ✓ 12 oz of frozen strawberries
- ✓ 2 tablespoons of superfine sugar
- ✓ juice of 2 medium limes
- ✓ fresh strawberries for garnish



- **Mixing Method**

- ✓ Add pineapple, frozen strawberries, sugar and lime juice to a blender
- ✓ Puree until smooth
- ✓ Pour into glasses, garnish with fresh strawberries and serve immediately

<b>Operation Sheet-6:4</b>	<b>Preparing beverage according to requirements</b>
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### **Steps of preparing tea at the domestic setting**

#### **Ingredients**

- Water
- Tea leaves
- Sugar

#### **Methods of preparation**

- Boil water in the pot or get boiled water from some source
- Put tea leaves or bag
- Add sugar and serve by tea cup

<b>Operation Sheet-6:5</b>	<b>Preparing beverage according to requirements</b>
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### **Steps of preparing coffee at the domestic setting**

#### **Ingredients**

- Water
- Coffee powder
- Sugar

#### **Methods of preparation**

- Boil water in the pot or get boiled water from some source
- Put coffee powder boil altogether for a while or pure hot water on it
- Add sugar and serve by coffee cup



## Operation Sheet-6:6

## Preparing beverage according to requirements

### Steps of preparing macchiato at the domestic setting

#### Ingredients

- Water
- Coffee powder
- Milk
- Sugar

#### Methods of preparation

- Boil water in the pot or get boiled water from some source
- Put coffee powder boil altogether for a while or pure hot water on it
- Add small amount of boiled milk on it
- Add sugar and serve by coffee or macchiato cup



LAP Test	Practical Demonstration
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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Time started: \_\_\_\_\_ Time finished: \_\_\_\_\_

Instructions: Given necessary templates, tools and materials you are required to perform the following tasks within 4 hour.

Task 1 Show techniques of preparing menus appropriately.

Task 2 Prepare beef and Vegetables Soup

Task 3 Prepare lamb Tomato and Green Peas Rice

Task 4 Demonstrate roasted chicken with green beans

Task 5 Prepare Saudi Rice with Lamb and Potato

Task 6 Demonstrate spinach Lentil Soup

Task 7 Prepare vegetable salad

Task 8 Prepare Chicken cream soup

Task 9 Prepare vegetable soup

Task 10 Prepare mayonnaise sauce

Task 11 preparing tea at the domestic setting

Task 12 preparing coffee at the domestic setting

Task 13 preparing macchiato at the domestic setting



### List of Reference Materials

1. <http://organizedhome.com/kitchen-tips/menu-planning-save-time-kitchen>
2. <https://www.maggime.com/en/recipes/saudi-rice-with-lamb---rice-kabli/9188>
3. <https://www.nestledessertsarabia.com/recipe-details/saudi-wheat-and-rice-sweet-al-ashouriah/68>
4. <https://www.youtube.com/watch?v=VioFJSm6zl0&t=30s>
5. [https://www.youtube.com/watch?v=D\\_wyhDFuAZE](https://www.youtube.com/watch?v=D_wyhDFuAZE)
6. <https://www.youtube.com/watch?v=YJ-KIMJI4dM>
7. <https://training.gov.au/Training/Details/SITHFAB004?tableQualifications-page=2&setFocus=tableQualifications>



# **Domestic Work**

## **Level-II**

# **Learning Guide-28**

**Unit of Competence: Organize and Prepare Food  
in a Domestic Setting**

**Module Title: Organizing and Preparing  
Food in a Domestic Setting**

**LG Code: LSA DWR2 M14 LO3-LG-28**

**TTLM Code: LSA DWR2 TTLM 0419v1**

**LO 3: Complete post cooking clean  
up**



## Instruction Sheet

## Learning Guide # 28

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Techniques of cleaning and drying equipment and utensils.
- Storage of tools, utensils and equipment location.
- Storage of raw materials and ingredients.
- Replenishing raw materials and ingredients where necessary.

Replenishing raw materials and ingredients where necessary. This guide will also assist you to attain the learning outcome stated in the cover page. Specifically, upon completion of this Learning Guide, you will be able to:

- Clean, dry and store equipment and utensils used for preparing the food in appropriate location.
- Store raw materials and ingredients appropriately.
- Replenish raw materials and ingredients where necessary.

Learning Instructions:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described below 3 to 6.
3. Read the information written in the information “Sheet 1, Sheet 2, Sheet 3 and Sheet 4”.
4. Accomplish the “Self-check 1, Self-check 2, Self-check 3 and Self-check 4” in page -120, 122, 127, and 130 respectively.
4. If you earned a satisfactory evaluation from the “Self-check” proceed to “Operation Sheet 1, Operation Sheet 2 and Operation Sheet 3 ” in page -132.
5. Do the “LAP test” in page – 133 (if you are ready).



<b>Information Sheet-1</b>	<b>Techniques of cleaning and drying equipment and utensils</b>
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### **1.1. Techniques of cleaning and drying equipment and utensils**

All items that come into contact with food must be effectively cleaned and sanitized. This is a 4 step process that removes food waste, dirt, grease and destroys food-borne disease pathogens.

The domestic worker must be used to ensure the premises and equipment is kept in a clean and sanitary condition. Domestic work may use a combination of procedures and methods to clean.

### **1.2. Cleaning and sanitizing food premises and food equipment**

#### **1.2.1. Definition of cleaning and sanitizing**

- Cleaning defines clean as meaning clean to touch and free of extraneous visible matter and objectionable odor.
- Cleanliness as meaning there is no accumulation of:
  - garbage (except in garbage containers)
  - recycled matter (except in containers)
  - food waste
  - dirt
  - grease
  - other visible matter.

Cleaning and sanitizing are usually 2 separate processes. Effective cleaning must occur before sanitizing, as sanitizers may not work as well if the food contact surface or utensil has not had all visible contamination removed.

Cleaning is often achieved with detergent, water and agitation, etc then rinsed and removed with clean water.

- Detergents are chemicals that remove dirt and grease however detergents do not kill bacteria and other microorganisms. Microorganisms may be removed during the cleaning process, however cleaning is not intended to destroy microorganisms, sanitizing is required for this purpose.
- Sanitizing is the term sanitary refers to the state of a food contact surface or utensil where it does not contain microorganisms at a level that would forbid the transmission of infectious disease or compromise food safety. Sanitizing is usually achieved using chemicals and / or heat, or a combination of both methods. An effective alternative to chemical sanitizers is hot water used at (75°C or hotter) to soak items for 2 minutes or more.



### 1.2.2. Things You Should Clean Daily

- The dishes
- Kitchen counters
- refrigerator
- The kitchen garbage
- Sinks
- Plates
- Oven
- dishes
- Pans etc

#### Steps in Washing Dishes



**1.) Prepare.** Wear rubber gloves if you have dry hands or other skin problem. If you are wearing long sleeves, roll them up or put them under the gloves. Wear aprons too.

**2.) Scrape** all the large pieces of food on the dishes and place it in a compost bin or garbage can.





3.) Stack the dishes in the proper order namely: glassware, silverware, chinaware, and utensils. Stack them to the right of the sink so that work progresses from right to left.

4.) Fill the sink with water and add a considerable amount of detergent. The hotter the water, the better it's sanitizing and grease-cutting properties but use tolerable heat (66°C (150°F) or above.) so not to scald yourself. Use rubber gloves.





Figure1.1: Steps on dish washing



Figure 1.2: Three sinks for dish washing



Self-Check # 1	Written Test
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Directions : Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. Write at least three types of kitchen equipments ? (3points)
2. What is the difference between cleaning & sanitizing? 2points)
3. What is detergent? 2points)

**Note: Satisfactory rating – 6 points**

**Unsatisfactory - below 5points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



<b>Information Sheet-2</b>	<b>Storage of tools, utensils and equipment location</b>
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### **2.1. Concepts of Storage of tools, utensils and equipment location**

All tools and equipment are well organized and maintained in good working condition. They should be stored in a separate secure place so that they are safe and easy to find. Lost tools are expensive to replace and much time can be wasted if they are not available and ready to use when needed.

#### **2.1.1. Storing tools, utensils and equipment**

Store kitchen equipment in cupboards or drawers where they will not collect dust and grime. Before storing kitchen equipment, disinfect storage receptacles and shelving with a commercial disinfectant or with a solution of 1 tablespoon of bleach to 1 gallon of water. You can also use vinegar heated to 150 degrees as a milder and less expensive alternative. Ensure that dishes and equipment have been cleaned and dried completely before storing them.



**Figure 2.1: Storing tools, utensils and equipment**



Self-Check # 2	Written Test
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Directions : Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. How do you store utensils in a small kitchen? (3points)
2. What is the importance of proper storage? 3points)

**Note: Satisfactory rating – 5 points**

**Unsatisfactory - below 4 points**

You can ask your teacher for the copy of the correct answers.  
Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



### **Information Sheet-3**

### **Storage of raw materials and ingredients.**

#### **3.1. Definition of raw materials and ingredients**

Raw materials and ingredients are the inputs or resources that a food cook uses to produce finished cooked foods. In other words, this is the unprocessed material, raw materials, ingredients, processing aids, and packaging, are the foundation of finished food products.

Examples of raw materials: Grains such as wheat and rice, Vegetables such as carrots and onions, Meat such as beef and chicken, etc.

#### **3.2. Points to follow when storing ingredients & foods the fridge**

- Some foods need to be kept in the fridge to help slow down germs' growth and keep food fresh and safe for longer. These are foods marked with a "use by" date and "keep refrigerated" on the label, such as milk, meat and ready meals.
- Cool down leftovers as quickly as possible (within two hours), store them in the fridge and eat them within two days.
- Avoid putting open tin cans in the fridge, as the food inside may develop a metallic taste.
- Follow the manufacturer's instructions or place the contents in a storage container or covered bowl before refrigerating.
- Keep your fridge temperature at 5C or below.
- Clean and inspect your fridge regularly to ensure it remains hygienic and in good working order.
- Make sure your food storage containers are clean and in good condition, and only use them for storing food.
- Cover foods with tight-fitting lids, foil or plastic film to minimize potential contamination. Transfer the contents of opened cans into suitable containers.



**Figure 3.1: Foods stored in the fridge**

### **3.3. Freezing food**

Freezing means keeping food in  $-18^{\circ}\text{C}$ . It helps to preserve the food for long up to six months. You can freeze pretty much everything, including:

- yoghurt
- cheese (except soft cheese as the freezing process affects the texture)
- milk
- meat
- fish
- eggs, including boiled eggs
- bananas: peel and wrap them or place in an airtight container before freezing
- baked goods, etc
- Anything with high water content like strawberries and tomatoes will go squishy

but are still fine for cooking.

Remember: Place food in an airtight container or wrap it tightly in freezer bags or similar before placing in the freezer otherwise the cold air will dry it out and make it unfit for use.



**Figure 3.2: Deep fridge with food**

### **3.4. Storing Dry Foods**

The storeroom for dry foods should be located near the receiving area and close to the main kitchen. Points to be observed in the care and control of the dry storeroom are:-

- The area should be dry and cool to prevent spoilage and the swelling of canned goods. The ideal temperature range is 10°C to 15°C (50°F to 59°F).
- The storeroom should be easy to keep clean and free from rodents and vermin. This means all wall, ceiling, and floor openings should be sealed and protected to prevent access.
- It should be designed so it is easy to arrange and rearrange supplies to facilitate stock rotation FIFO OR LIFO.
- The area should be well lit.
- Shelving must be at least 15 cm (6 in.) above the floor. Do not store items right on the floor.
- Areas should be wide enough to allow room for carts or dollies, which should be used to prevent possible injuries from lifting.
- Food and supply storage areas should be kept under lock and key to prevent pilferage.



**Figure 3.3: Stored dry food in cool room**

**Source:** <https://opentextbc.ca/foodsafety/chapter/storage-temperatures-and-procedures/>

**Self-Check # 3****Written Test**

Directions : Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. Describe Raw materials? (2points)
2. Give three types of dry goods? (2points)
3. Frozen foods should be stored at\_\_\_\_\_ temperature? (2points)
4. What is temperature of cool room? (2points)

**Note: Satisfactory rating – 8 points**

**Unsatisfactory - below 7points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



#### Information Sheet-4

#### Replenishing raw materials and ingredients where necessary.

##### 4.1. Replenishing raw materials and ingredients where necessary.

Replenishment is the movement of inventory from upstream or reserve product storage locations to downstream or primary storage, picking and shipment locations. The purpose of replenishment is to keep inventory flowing through the supply chain by maintaining efficient order and line item fill rates.

##### 4.2. Replenishment cycle

It is recurring process flow from the time one order is placed to the time the next order must be placed to replenish depleted inventory. The replenishment cycle may be triggered at any point of the production, distribution, or sales cycle depending on what works best for a specific industry. For example, a business may wish to have the replenishment cycle recur while there is still enough stock on hand to meet orders for the next 30 days; or it may put off replenishment until a specific minimum order quantity is reached.

##### 4.3. Why is stock control important?

Inventory control is also important to maintaining the right balance of stock in your warehouses. You don't want to lose a sale because you didn't have enough inventory to fill an order. Too much inventory can trigger profit losses whether a product expires, gets damaged, or goes out of season

##### 4.4. What are the advantages of stock control?

To maintaining good stock control, stock management devices such as raw materials and equipments help improve your efficiency and productivity. These tools will help eliminate manual processes .

Examples of inventory that domestic work may have include: raw materials, such as perishable and non perishable to make a shelf. work-in-process inventory, such as an unfinished cake in a food manufacturing . finished goods inventory, such as bre finished making.

##### 4.5. Advantages of replenishment

An efficient replenishment system offers three broad benefits: Reduced process costs. Lower stock levels and improved inventory turnover. Higher service levels.

**Self-Check # 4****Written Test**

Directions : Answer all the questions listed below. Use the Answer sheet provided in the next page:

1. What is replenishment? (2points)
2. What is the advantage of replenishment? (2points)
3. What is replenishment cycle? (2points)

**Note: Satisfactory rating – 5 points**

**Unsatisfactory - below 4 points**

You can ask your teacher for the copy of the correct answers.

Answer Sheet

Score = \_\_\_\_\_

Rating: \_\_\_\_\_

Name: \_\_\_\_\_

Date: \_\_\_\_\_



<b>Operation sheet 1:1</b>	<b>Steps of cleaning and sanitizing kitchen equipment and utensils</b>
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#### **Steps of cleaning and sanitizing kitchen equipment and utensils**

- Preparing wear gloves and up sleeves.
- Scrap left over foods.
- Stack dishes in the proper order (Glass ware, silver ware, china ware, and utensils)
- Fill the sink with hot water 66°C or more and add detergent, use gloves to protect your hands from heat.
- Wash based on proper order and rinses by clean & hot water and sanitizer
- Let to be dry by air on the proper rack.

<b>Operation Sheet-1:2</b>	<b>Techniques of cleaning and drying equipment and utensils</b>
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#### **Techniques of cleaning and drying equipment and utensils**

- Preparation. Remove loose dirt and food particles. ...
- Cleaning. Wash with hot water (60 °C) and detergent. ...
- Sanitizing (bacteria killing stage) Treat with very hot, clean, potable water (75 °C) for at least 2 minutes. ...
- Air drying.

<b>Operation Sheet-4:1</b>	<b>Show steps of replenishing raw materials and ingredients where necessary.</b>
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#### **Step of replenishing raw materials and ingredients.**

- Step 1 receiving goods
- Step 2 checking them
- Step 3 marking the goods with information
- Steps 4 delivering them



LAP Test	Practical Demonstration
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Name: \_\_\_\_\_ Date: \_\_\_\_\_

Time started: \_\_\_\_\_ Time finished: \_\_\_\_\_

Instructions: Given necessary templates, tools and materials you are required to perform the following tasks within 1 hour.

**Task 1** Show steps of cleaning and sanitizing kitchen equipment and utensils

**Task 2** Show techniques of cleaning and drying equipment and utensils

**Task 3** Show steps of replenishing raw materials and ingredients



### List of Reference Materials

1. [https://ww2.health.wa.gov.au/Articles/A\\_E/Cleaning-and-sanitising-food-premises-and-food-equipment](https://ww2.health.wa.gov.au/Articles/A_E/Cleaning-and-sanitising-food-premises-and-food-equipment)
2. <https://opentextbc.ca/foodsafety/chapter/storage-temperatures-and-procedures/>
3. [https://ww2.health.wa.gov.au/Articles/A\\_E/Cleaning-and-sanitising-food-premises-and-food-equipment](https://ww2.health.wa.gov.au/Articles/A_E/Cleaning-and-sanitising-food-premises-and-food-equipment)