

# Food and beverage service control

## Level III

Based on November, 2022, Curriculum Version I,



Module Title: - **Developing and applying cookery skills**

Module code: -: **CTH FBC3 M02 0322**

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## Acknowledgement

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## Acronyms

L -Litter

CM- Centimeter

HACCP – Hazard Critical Control Point

OZ - Pound

OHS –Occupational Healthy and safety

WHS....Work Healthy and safety

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## Introduction

In food and beverage control field; the Developing and applying cookery skills is helps to Select and use cooking equipment and technology ; to Assemble and prepare ingredients for menu items; to Apply methods of cooking, and prepare and cook a range of given menu items, to Carry out safe work practices .

This module is designed to meet the industry requirement under the irrigation and drainage occupational standard, particularly for the Developing and applying cookery skills

## Module units

- Kitchen Cooking equipment and technology
- Assemble and prepare ingredients for menu items
- Apply methods of cooking, and prepare and cook a range of given menu items
- Carry out safe work practices

## Learning objectives of the Module

At the end of this session, the students will able to:

- Understand Kitchen cooking equipment's and technology
- Assemble and prepare ingredients for menu items
- Apply methods of cooking, and prepare and cook a range of given menu items
- Carry out safe work practices

## Module Learning Instructions:

- Read the specific objectives of this Learning Guide.
- Follow the instructions described below.
- Read the information written in the information Sheets
- Accomplish the Self-checks
- Perform Operation Sheets
- Perform lap test

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## Unit one: Kitchen cooking equipment's and technology

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

- Selecting equipment and technology
- using and maintaining equipment's setup hygienically

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Select and use appropriate equipment and technology for particular cooking methods
- Use and maintain Equipment's set up hygienically and safely



## 1.1 Selecting equipment and technology

Various types of equipment are used in a kitchen. The type, amount and size of equipment will depend on the type of menu being provided and number of people to dine. Kitchen equipment may be divided into three categories:

- **Large equipment**

### A. Ranges and Ovens

An oven is an enclosed compartment for heating, baking or drying. It is most commonly used in cooking and pottery. Two common kinds of modern ovens are gas ovens and electric ovens. Ovens used in pottery are also known as kilns. An oven used for heating or for industrial processes is called a furnace or industrial oven.

More modern ovens, such as General Electric's Trivection oven, may also provide combined thermal and microwave cooking. This can greatly speed the cooking of certain types of food while maintaining the traditional characteristics of oven cooking such as browning.



**Brick Oven**



**Modern 3 oven AGA cooker**



**Electric Trivection Oven**



**Gas Range on Oven**

Figure 1.1 Ranges and Ovens

### B. Steamers

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There are basically three types of steaming ovens: Atmospheric; Pressure; and Pressure less. There are also combination steaming ovens; pressure/ convection steam; pressureless/ fully pressurised; steaming/ hot air cooking; combination of hot air and steam; combination of hot air and steam with two settings. In addition, dual pressure steamers, switchable between low pressure and high pressure, and two pressure settings plus zero are available. Steaming ovens continue to improve and become more versatile. The modern combination steamers which can be used for steaming, stewing, packing, braising, roasting, backing, vacuum cooking, gratinating, reconstituting, blanching and defrosting. They have electronic controls for easier setting and more precise time/temperature controls.



Figure 1.2 Steamers

### C. Boiling Pans

Many types are available in different metals – aluminum, stainless steel, etc – in various sizes (10, 15, 20, 30 and 40 liter capacity) and they may be heated by gas or electricity. As they are used for boiling or stewing large quantities of food, it is important that they do not allow the food to burn. For this reason the steam-jacket type boiler is the most suitable. Many of these are fitted with a tilting device to facilitate emptying the contents.



Figure 1.3 Boiling Pans/Steam Jacket Kettle

### D. Deep Fat-Fryers

A deep fat-fryer is one of the most extensively used items of equipment in many catering establishments. Fryers are heated by gas or electricity and incorporate a thermostatic control in order to save fuel, regulate temperature and prevent overheating. There is a cool zone below the source of heat into which food panicles can sink without burning, thus preventing spoiling of other foods being cooked.

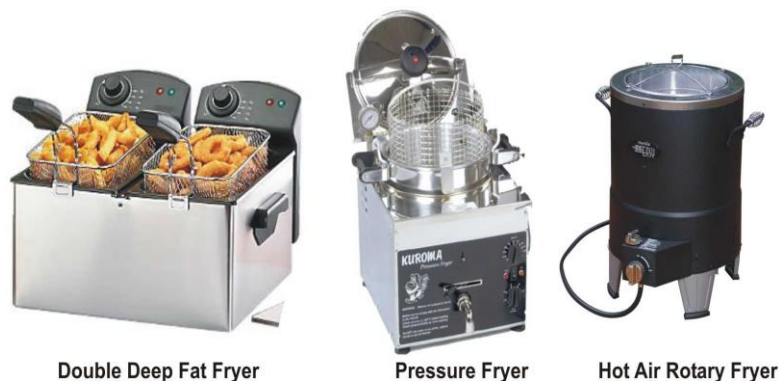


Figure 1.4 Deep Fat Fryers

### E. Grills and Salamanders

A salamander grill is a culinary utensil used to cook food. Mainly used to grill, the utensil can also be used for browning food, such as a pastry or pudding, as a portable stove, or as a broiler. The salamander or grill heated from above by gas or electricity probably causes more wastage of fuel than any other kitchen equipment through being allowed to bum unnecessarily for long unused periods.

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Figure 1.5 Grill & Salamander

## F. Barbecues

Barbecues are becoming increasingly popular because it is easy to cook and serve quick tasty food on them and the outdoor location, smell and sizzle develop an atmosphere which many customers enjoy. There are three main types of barbecue: traditional charcoal, gas (propane or butane) and electric. Remember that the charcoal fired type takes about an hour before the surface is ready. With gas and electricity the barbecue is ready to cook almost immediately.



Figure 1.6 Barbecue

## G. Sinks

A sink or basin is a bowl-shaped fixture that is used for washing. Different materials are used for sinks according to the purpose for which they are intended: Heavy galvanized iron for heavy pot wash; Stainless steel for general purposes.

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Figure 1.7 Sinks

- **Mechanical Equipment**

### Mincers

Mincers are used for chopping vegetables or meat. Mincers are compact, hygienically designed machines capable of providing a cool, efficient mincing action without squashing or pulping the product.



Figure 2.1 Mincers

### Mixers

A mixer is a kitchen appliance intended for mixing, folding, beating, and whipping food ingredients. Mixers come in two major variations, hand mixers and stand mixers. A hand mixer, as the name implies, is a hand-held mixing device. It typically consists of a handle mounted over a large enclosure containing the motor, which drives one or two beaters. The beaters are immersed in the food to be mixed





Figure 2.2 Mixer

## Blender

A blender or liquidizer is a kitchen appliance used to mix ingredients or puree food. The blending container can be made of glass, plastic, or stainless steel, and often has graduated markings for approximate measuring purposes. At the top of the container is a lid to prevent ingredients from escaping during operation. At the bottom is a serrated blade assembly, sometimes removable for cleaning purposes.



Figure 2.3 Blender

- **Utensils and small Equipments**

- I. Cookware and Bake ware**

Cookware and bake ware are types of food preparation containers commonly found in the kitchen. Cookware comprises cooking vessels, such as saucepans and frying pans, intended for use on a stove or range cooktop. Bake ware comprises

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cooking vessels intended for use inside an oven. Some utensils are both cookware and bake ware.

**A. Braising pans and roasting pans** (also known as braisers and roasters) are large, wide and shallow, to provide space to cook a roast (chicken, beef, or pork). They typically have two loop or tab handles, and may have a cover. Roasters are usually made of heavy gauge metal so that they may be used safely on a cooktop following roasting in an oven. Unlike most other cooking vessels, roasters are usually oblong or oval. There is no sharp boundary between braisers and roasters - the same pan, with or without a cover, can be used for both functions.

**B . Casserole pans** (for making casseroles) resemble roasters and Dutch ovens, and many recipes can be used interchangeably between them. Depending on their material ,casseroles can be used in the oven or on the stovetop. Casseroles are commonly made of glazed ceramics or Pyrex.

**C. Dutch ovens** are heavy, relatively deep pots with a heavy lid, designed to re-create oven conditions on the stovetop (or campfire).

**D . Large and small skillets** Frying pans, fry pans, or skillets provide a large flat heating surface and shallow sides, and are best for pan frying. Fry pans with a gentle, rolling slope are sometimes called omelette pans. Grill pans are fry pans that are ribbed, to let fat drain away from the food being cooked. Fry pans and grill pans are generally measured by diameter (20–30 cm).

**E. Saucepans** (or just "pots") are vessels with vertical sides about the same height as their diameter, used for simmering or boiling. Saucepans generally have one long handle. Larger pots of the same shape generally have two handles close to the sides of the pot (so they can be lifted with both hands), and are called sauce-pots or soup pots (3–12 liters). Saucepans and saucepots are measured by volume (usually 1–8 L). While saucepots often resemble Dutch ovens in shape, they do not have the same heat conduction characteristics.

**F. Sauté pans** used for sautéing, have a large surface area, like a fry pan, but with vertical sides, to prevent food from escaping during cooking.

**G. Stockpots** are large pots with sides at least as tall as their diameter. This allows stock to simmer for extended periods of time without reducing too much. Stockpots are typically measured in volume (6- 36 L). Stock pots come in a large variety of sizes to meet any need from cooking for a family to preparing food for a banquet. A specific type of stockpot exists for lobsters, and an all-metal stockpot usually called a caldera is used in Hispanic cultures to make rice.

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**H. Woks** are typically lens-shaped. This allows a small pool of cooking oil to be heated to a high heat using relatively little fuel, while the outer areas of the wok are used to keep food warm after it has been fried in the oil. In the Western world, woks are typically used only for stir-frying, but they can actually be used for anything from steaming to deep frying.

**I. Baking pans** are designed for use in the oven (for baking) and encompass a variety of different styles of bake ware such as cake pans, pie pans, and loaf pans. These are often made from light or medium gauge metal. The longest lasting baking's sheets and pans are made with heavy-gauge steel or aluminum. They are heavier in weight which helps in heat distribution evenly and prevents the metal from warping.

**J. Cake pans** include square pans, round pans, and specialty pans such as angel food cake pans and spring form pans often used for baking cheesecake.



Figure 3.1 Cookware

## II. Cutting, Mashing, Grating & Grinding Tools

**A. Cutting** - A chef's knife, also known as a French knife, is a cutting tool used in food preparation. It is the primary general-utility knife for most Western cooks. A chef's knife generally has a blade eight inches (20 cm) in length and 1 and a half inches in width, although individual models range from six to 14 inches (15 to 36 cm) in length.

**B. Grater** is a kitchen utensil used to grate foods into fine strips or crumbs. Several types of graters have different sizes of grating slots, and can therefore aid in the preparation of a variety of foods. They are commonly used to grate cheese and lemon or orange peel (to add zest), and



can also be used to grate other soft foods. They are commonly used in the preparation of toasted cheese, Welsh rarebit, and macaroni and cheese.

**C. Eggbeater** used to beat mixture vigorously and homogenize.

**D. Mortar and pestle** is a tool used to crush, grind, and mix substances. The pestle is a heavy stick whose end is used for pounding and grinding, and the mortar is a bowl. The substance is ground between the pestle and the mortar.

**E. Potato masher or bean masher** is a food preparation utensil used to crush soft food for such dishes as mashed potatoes, apple sauce, or refried beans.

**F. Meat mallets** tenderize or flatten meat. Made from wood or metal, they are typically two-sided, one flat with slight bumps, and the other with more pronounced protrusions. Meat mallets can be made from wood, plastic, or steel, but their use has lessened with the invention of cube steak machines and other electric tenderizers.

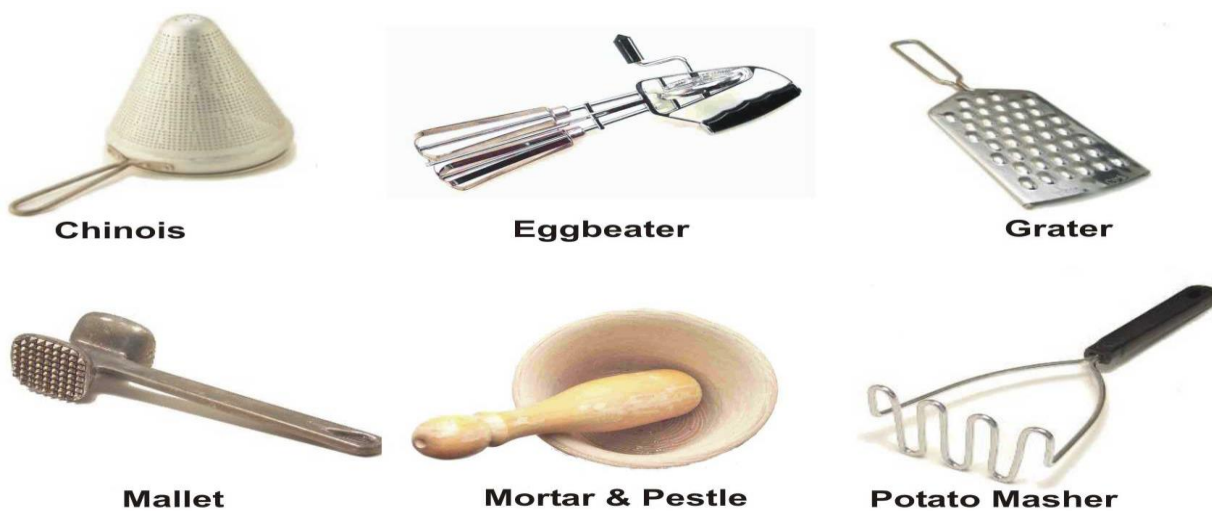


Figure 3.2 Mashing, Grating and Grinding Tools

### III. Vegetable Peelers

A peeler is a metal blade attached to a metal, plastic or wooden handle that is used for peeling vegetables, frequently potatoes. There are two main varieties, the 'Yorkshire' (or sometimes called a Lancashire peeler) design involving the blade as an extension of a handle, in much the same way as the blade is attached to a knife.

#### 1.2 using and maintaining equipment's setup hygienically

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Maintaining kitchen equipment comes with a fair share of reasons and advantages. Regular commercial kitchen servicing supported by a Planned Preventative Maintenance contract can ensure that all your equipment is safe, fit for use and running efficiently. Poor hygiene can cause breakdowns and more costly repairs. Suitably qualified catering equipment engineers will also highlight areas of poor hygiene and concern that may go unnoticed when taking equipment apart to service it.

The most significant reasons as to why you must maintain your kitchen equipment are mentioned below.

- **Cost-Effective**

Kitchen equipment is expensive, and so are the more significant repairs that are out of warranty. Regular check-ups and maintenance prove to be pocket-friendly in the long run. Minor faults and damages can be easily spotted and fixed when equipment is regularly maintained. This way, while standard maintenance cost is added to your wallet, in the bigger scheme of things cost of repairing equipment, damage of a higher degree is avoided.

The cost of repairing a high degree of damage is far more than regularly maintaining the equipment, which makes regular maintenance a much better option. Apart from that, poorly maintained equipment use more energy and will add to your energy bills.

Regular maintenance increases equipment life, so the cost of having to buy new equipment is also deferred. Even the cost of food wastage is decreased as the scenario of wastage due to poor machine performance is eliminated. To add to that, equipment warranties cover only the first few years wherein the chances of an enormous breakage is less. So using those warranties on regularly maintaining your equipment makes the entire process of equipment maintenance itself very cheap.

### Helps In Maintaining The Food Quality

The state of your equipment directly impacts the state of your food. Remember, even if the chefs cooking in your kitchen are the best of the best, if the tools that they use are faulty, there is only so much that they can do. The quality of food will deteriorate even if just slightly. On the other hand, if your equipment is well maintained, its performance will complement the chef and enable him/her to experiment, take risks, and create food that is leagues above other restaurants.

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## Help In Maintaining The Speed Of Operations

*What apart from food quality can equipment impact? The speed of operations in your kitchen. Depreciated equipment means slower preparation time, time-consuming work, and thus slow cooking and serving of food in the kitchen , which will make you lose both sales and customers. To ensure that this does not happen, you must make sure that all pieces of equipment that you have are in their best condition, which can be achieved only through regular maintenance.*

## Increases The Equipment Life

When equipment is operated upon regularly, normal wear and tear is a given. Regular maintenance ensures that there is no extra damage apart from this anticipated depreciation of the machine. Thus regular equipment maintenance in kitchen ensures that the equipment damage does not lead to its premature breakdown.

That way, the life of the equipment is sustained and, in fact, increased because even the effects of regular depreciation are substantially decreased. When you maintain your equipment regularly, you can spot minor damages and get them fixed, which averts more significant, more hazardous damages and increases equipment life.

## Healthy and Hygienic

Finally, Kitchen equipment needs regular maintenance because it is a healthy habit. Proper equipment maintenance includes regular sanitization.

## Reduces Fire Hazard

Most fires in restaurant kitchens are caused due to equipment breakdown. Regular maintenance of kitchen equipment ensures that there is no risk of a fire hazard.



Figure 2.1 Kitchen equipment's in free from hazard

## Maintenance Checklist for Kitchen Equipment

Now that it has been established that you need to maintain your kitchen equipment regularly, next comes how to do so. Here we have covered significant equipment maintenance practices in kitchens and some more tips regarding the same.

- **Vent, Hood and Duct Cleaning**

The vent, hood, and duct must be cleaned regularly to remove grease from vapor from the structure. This cleanup must be done by a qualified contractor at least once every six months. Between these six-month service dates, the staff should clean the visible parts at least.

- ***Grease Filter Cleaning***

Grease filters collect grease from the vapors traveling to the duct. While they make duct cleaning more manageable, the filters need to be cleaned regularly, or there may be a severe fire hazard. The filters must be cleaned at least once a week and more often if the cooking in the kitchen involves more greasy food.

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- **Deep Fat Fryer Inspection**

This is the biggest fire hazard of any commercial kitchen. The fryer needs to be maintained and cleaned as per the manufacturer's guidance and must be at least cleaned daily. Moreover, you need to get the fryer inspected by a qualified commercial cooking equipment contractor at least 12 months prior to its use for five years. The inspection is essential as it will include items that are inaccessible and potentially dangerous to untrained staff.

- **Automatic Extinguishing Systems Service**

In the case of a fire, your automatic extinguishing system must be ready to work in an instant. For that to happen, you must get this system inspected by a qualified contractor at least once every six months.

## Self-check 1

Directions: Answer all the questions listed below.

### Part I. Say True or False

1. Baines-Marries are used for holding large quantities of food for service.
2. Barbecues are hard to cook.
3. Refrigerators are extensively used to store foods which deteriorate at ambient temperatures
4. Coal is made by charring or burning wood with only a limited supply of air (oxygen)
5. Gas is highly combustible and explosive

### Part II. Fill in the blanks

1. An-----is an enclosed compartment for heating, baking or drying.
2. Fryers are heated by gas or electricity and incorporate a.....Control in order to save fuel, regulate temperature to provide constant and to prevent overheating.
3. ----- Are used for heating plates and serving dishes and for keeping food hot.
4. ...is made of a tightly woven cloth and is used for straining fine particles from a liquid suspension.
5. LPG is the abbreviation for .....

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## Unit Two: Assemble and prepare ingredients for menu items

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

- Identifying ingredients according to recipes
- Calculating correct quantities and preparing ratios
- Preparing cut and portion ingredients
- Assembling the ingredients according to the correct quantity, type and quality
- Preparing ingredients in the required form and timeframe

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Identify ingredients according to recipes
- Calculate correct quantities and preparing ratios
- Prepare cut and portion ingredients
- Assemble the ingredients according to the correct quantity, type and quality

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- Prepare ingredients in the required form and timeframe.

## 2.1 Identifying ingredients according to recipes

### Prepare ingredients for 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.

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- A recipe is a set of instructions that describes how to prepare or make something, especially preparation of food.
- 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/.

### **General Kitchen menu (Recipes)**

- Appetizers, salads and soup
- Stocks and sauces
- poultry and game
- fish and shellfish
- meat
- hot and cold desserts
- cakes and yeast goods
- Cultural foods

#### **I. appetizers and salads**

##### **A. Needed ingredients for vegetable salads**

#### **Ingredients**

- carrot
- cucumber
- green pepper
- onion
- lettuce
- Vinaigrette sauce

##### **B. Chicken cream soup**

#### **Ingredients**

- onion
- butter or margarine
- flour
- chicken stock Bouquetgarni Salt, pepper
- milk or
- cream



- Cooked diced of chicken (garnish)

## II. Stocks and sauces

### A. Vinaigrette

#### Ingredients

- olive oil
- French mustard
- vinegar
- salt and pepper

### B. Mayonnaise sauce

#### Ingredients

- egg yolk
- vinegar
- mustard
- olive oil
- Mustard
- pepper

## III. poultry and game ( spicy fried chicken wing)

#### Ingredients

- seasoning salt
- crushed red pepper flakes
- black pepper
- cayenne pepper
- poultry seasoning
- lemon-pepper
- whole chicken wing, cut in half at the joint
- egg
- hot sauce
- crushed red pepper flakes
- black pepper

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- cayenne pepper
- all-purpose flour
- vegetable oil, for frying
- sour cream
- horseradish
- chili sauce
- cayenne pepper
- salt, to taste
- black pepper, freshly ground, to taste

#### IV. fish and shellfish (fillet fish stew)

##### Ingredients

- Olive oil
- Onion
- Garlic cloves crushed
- Carrot
- Green pepper
- Fresh parsley
- Tomato
- Tomato paste
- Vegetable stock
- Dry white wine
- Fish fillets
- Pinch of dry oregano
- Pinch of dry thyme ,bay leaf
- Tabasco sauce (or more to taste)
- Freshly ground black pepper to taste

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- Salt to taste

## V. Meat

### A. grilling or broiling meat

#### Ingredients

- Sirloin steak
- Salt and pepper
- Vegetable oil
- Maitre d' hotel butter

### B. Beef steak

#### Ingredients

- sliced beef
- Vinegar
- Mustard
- Garlic
- Ginger
- Soya sauce
- Pepper
- Salt
- Onion
- Mush room
- Flour
- Small amount of water
- White wine

## VI. cakes and yeast goods (yellow chiffon cake)

#### Ingredients

- Cake flour
- Sugar
- Salt
- Baking --powder
- Vegetable oil

- Egg yolks
- Water
- Vanilla
- Egg whites
- Sugar
- Cream of tartar

## VII. Ethiopian cultural dish

### A. Yeshimbra assa

#### ingredients:

- water
- red onions (chopped)
- chick pea flour
- oil
- red pepper (berbere)
- cardamom
- ginger
- To taste salt

### B. Ayib be gomen

#### ingredients:

- Collard green
- Cottage cheese
- Black pepper
- Butter
- To taste salt

### C. Doro wat

#### Igradants

- lemon juice
- Salt, plus more as needed
- Chicken thighs

- Onions
- Garlic cloves
- Fresh ginger
- Water (optional)
- Butter
- Paprika
- Perbere paste
- Phicken stock
- Red wine
- Cayenne pepper, or to taste
- Freshly ground black pepper
- Eggs
- Injera bread or hot cooked rice

## 2.2 Calculating correct quantities and preparing ratios

### 2.2.1 Calculating quantities of Recipe and Menu Costing

A standardized recipe is a set of written instructions used to consistently prepare a known quantity and quality of food for a specific location. A standardized recipe will produce a product that is close to identical in taste and yield every time it is made, no matter who follows the directions.

A good standardized recipe will include:

- **Menu item name** – the name of the given recipe that should be consistent with the name on menu
- **Total Yield** – number of servings, or portions that a recipe produces, and often the total weight or volume of the recipe
- **Portion size** – amount or size of the individual portion
- **Ingredient list/quantity** – exact quantities of each ingredient (with the exception of spices that may be added to taste)
- **Preparation procedures** – Specific directions for the order of operations and types of operations (e.g., blend, fold, mix, sauté)

- **Cooking food**
- **Cooking temperatures and times**, including HACCP critical control points and limits to ensure the dish is cooked properly and safely
- Special instructions, according to the standard format used in an operation
- Service instructions, including hot/cold storage
- Plating/garnishing

### Types of measurement use in kitchen

There are three types of measurements used to measure ingredients and to serve portions in the restaurant trade. Measurement can be by volume, by weight, or by count.

**Number or Count** is only used when accurate measurement is not critical and the items to be used are understood to be close in size.

. **Volume** is usually used with liquids or fluids because such items are awkward to weigh. It is also used for dry ingredients in home cooking, but it is less often used for dry measurement in the industry. to measure by volume, you would use cup and spoons.

**Weight** is the most accurate way to measure ingredients or portions. When proportions of ingredients are critical, their measurements are always given in weights. This is particularly true in baking where it is common to list all ingredients by weight, including eggs (which, as mentioned earlier, in almost all other applications are called for by count).

There are times when you need a recipe to produce more or less than originally written. Consistency and accuracy, use one of two formulas:

### Converting Total Yield Recipe

New Yield / Old Yield = Conversion Factor

Example: New Yield 15 gallons / Old Yield 1 gallon = Conversion Factor 15

Multiply each measured ingredient in the recipe by the Conversion Factor

1.5 quarts of tomato juice / 1.5 x (C.F.) 15 / = 22.5 quarts of tomato juice

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## Converting Portion and Portion Size

Original Portion x Original Portion Size = Old Yield

Example: Original Portion 48 x Original Portion Size 3oz = Old Yield 144

New Portion x New Portion Size = New Yield

New Portion 120 x New Portion Size 2 Oz = New Yield 240

New Yield / Old Yield = Conversion Factor

New Yield 240 / Old Yield 144 = Conversion Factor 1.67

2cups Onions, diced / 2 x (C.F.) 1.67 / = 3.34 cups Onion, diced

### 2.2.2 Preparing food ratios

#### 1. Appetizers and salads

##### A. Needed ingredients for vegetable salads

###### Ingredients

- Carrot----- 100gm
- Cucumber-----100gm
- Green pepper-----50gm
- Onion -----50gm
- Lettuce -----25gm
- Vinaigrette sauce----- 2tbs

##### B. 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)

## 2. Stocks and sauces

### A. Vinaigrette

#### Ingredients

- 3-6 tbsp- Olive oil
- 1 tsp -----French mustard
- 1 tsp-----Vinegar
- 1 tsp ----Salt and pepper

### B. Mayonnaise sauce

#### Ingredients

- 2 egg-----Yolk
- 2 tsp----- Vinegar
- 1/8 tsp----- Mustard
- 250 ml -----Olive oil
- Mustard
- Pepper
- 

## 3. Poultry and game ( 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-----Ssour 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

#### 4. Fish and shellfish (fillet fish stew)

##### Ingredients

- 6 Tbs 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

#### 5. Meat

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## A. 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

## B. 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

## 6. cakes and yeast goods (yellow chiffon cake)

### Ingredients

- Cake flour----500 g
- Sugar 400 g
- Salt---12g
- Baking powder --25g
- Vegetable oil 250g
- Egg yolks 250g
- Water 350g
- Vanilla 12g
- Egg whites 500g
- Sugar 250g

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- Cream tartar 2.5g

## 8 . Ethiopian cultural dish

### A.Yeshimbra Assa

#### 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

### B.Ayib be gomen

#### Ingredients:

- 1 lb. Collard green
- 1 lb. Cottage cheese
- 1 tsp. Black pepper
- 3 Tbsp. Butter
- To taste salt

## 9. Doro wat

#### Igradants

- 1/4 cup lemon juice
- 2 tablespoons salt, plus more as needed
- 4 bone-in chicken thighs
- 3 cups chopped onions
- 3 garlic cloves, minced
- 1 tablespoon peeled, minced fresh ginger (1/2-inch piece)
- water (optional)
- 1/4 cup butter

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- 2 tablespoons paprika
- 1 cup berbere paste
- 3/4 cup chicken stock
- 1/4 cup red wine
- 1 teaspoon cayenne pepper, or to taste
- freshly ground black pepper
- 4 hard-boiled eggs, peeled
- injera bread or hot cooked rice, to serve

## 2.3 Preparing cut and portion ingredients



### 2.3.1 Prepare for cutting ingredients





#### A. Types of vegetables cuts

Following are vegetable cutting and chopping styles that every serious cook should master. Taking time to learn and practice these techniques will go a long way in simplifying and expediting your cooking process.

- **Julienne:** The Julienne technique allows you to cut foods into long, thin match stick like pieces. This is a cutting style that is normally used for zucchini, carrots, celery and capsicum, but it can be used on virtually any type of vegetable. 1mm thin stripes
- **Mincing:** Roughly chop vegetable on cutting board with chef's knife.
- **Brunoise (dice):** The Julienne technique allows you to cut foods into long, thin match stick like pieces. This is a cutting style that is normally used for zucchini, carrots, celery and capsicum, but it can be used on virtually any type of vegetable. 1mm cubes.
- **Macedonia:** This particular technique is used to cut vegetables and fruit into large cubes, which is ideal for preparing vegetables that will be used in soups. Cooks also cut melons and other types of large fruit using this technique. When using this technique, it is important to have flat surface to cut on 5mm cubes.
- **Jardinière:** 2x2x15mm stick shaped
- **Scallops (slice):** Slicing is a technique in which you cut food into thin slices that are relatively broad in comparison to the slice depth. You can use this technique on meats, fruit and vegetables for use in any number of vegetables. 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

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

Jardinière	
Scallops (slice)	
Cubes	
Paysanne (different shapes):	



Button	
--------	--

Table 1.3.1: Different types of vegetable cuts

## B. Common meat cuts

### 1. Back ribs( Ribs)

Back ribs are flavorful, and great when cooked on the grill.



Figure 2.3.1 Back ribs

### 2. Ground Chuck

Versatile, flavorful and economical. Shape into burger patties, meatballs or meatloaf; or brown and crumble for a variety of dishes.



Figure 2.3.2 Ground Chuck

### 3. Ball Tip (Bottom Sirloin Roast)

A lean cut from the bottom sirloin, this economical choice is best when carved into thin slices.



Figure 2.3.3 Bottom Sirloin Roast

#### 4. Boneless Ribeye Roast (Prime Rib)

A rib roast without the bones. Rich, beefy flavor; juicy and tender with generous marbling throughout.



Figure 2.3.4 Prime Rib

#### 5. Boneless Strip Steak (New York Strip)

This premium lean steak is a steakhouse classic, known for its marbling, tenderness and flavor.



Figure 2.3.5 New York Strip

#### 6. Ribeye (Filet of Ribeye)

This boneless steak is rich, tender, juicy and full-flavored, with generous marbling throughout





Figure 2.3.6 .Filet of Ribeye

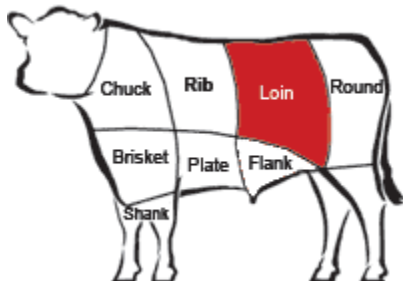


Figure 2.3 1 Cutting part of cow meat

### C. Types Of Fish Cutting

#### 1. Bullets or Rounds

Headed & Gutted with fins and tail removed



Figure 2.3.7 Bullets or Rounds

#### 2. Butterfly or Cutlet

- One side of the fish is sliced from behind the head, around the belly, and tapered toward the tail.
- The process is repeated on the other side of the fish, producing a connected or double fillet
- Two kinds of Butter fly cut, with boneless (fillet) or bone in.

#### 3. Dame or Steak

- Dame or Steak cut is a thick. cross-section cut around the fish, perpendicular to the spine.

- Thickness from 1/2 to 1 inch thick.
- Dame cuts are skinned and scaled or just scaled such as salmon steaks usually retain the skin

#### 4. Delice

Delice is a fillet that is neatly stuffed and folded



**Figure 2.3.8** Delice fillet fish

#### 5. Dressed Cut

- Upon request, most markets will dress a whole fish, free of charge.
- Dressed fish is scaled, all internal organs, removed

#### 6. En Tresses

A braided or platted fillet.

#### 7. Fillet

- A fillet is a cut that removes the bones and is sliced parallel to the spine.
- A fillet is one of the more common cuts of fish because it is easy to eat.

There are two Types of Fish Fillet:

1. Fish fillet – skin on
2. Fish Fillet – skin off (without skin)

#### 8. Goujons

Strips 2" x 1/4th " from the fillets of small fish such as sole or plaice

#### 9. Troncon

This is a steak-cut (bone-in) from a flatfish such as flounder, halibut, sole, or turbot. In the US these are called a Steak cut

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Figure 2.3 9 Troncon fish

## D. Poultry Meat Cuts

### 1. White Meat Cut

White or light meat comes from the breast and wings. The breast and wings are generally separated, but a chicken breast with the drumette portion of the wing still attached is called a supreme. Wings can be broken down into three parts: wing tip, winglet, and wing drumette.



Figure 2.3.10 *Segmented chicken wing*

The breast can also be broken down further and the tenderloins (fillets) removed. The portion without the tenderloin can be split and pounded into a thin cutlet known as a paillard.

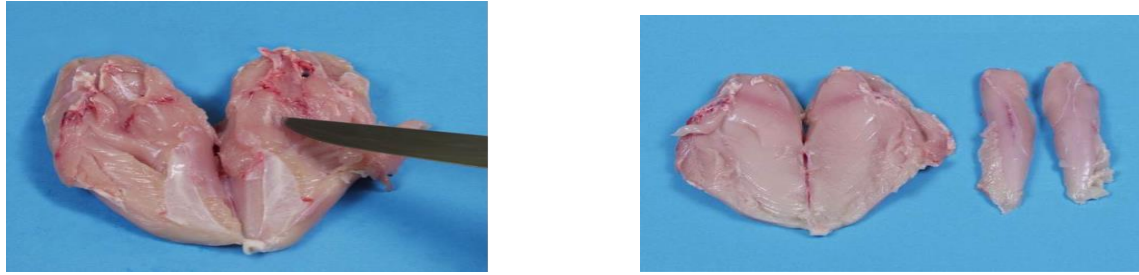


Figure 2. 3 .11 Boneless skinless chicken breast with fillets remove

## 2. Dark Meat Cuts

The dark meat of poultry comes from the legs, which can be broken down into two parts: the thigh and the drumstick. In restaurants, you may occasionally find a boneless leg that has been stuffed, which is called a ballotine.

Chicken legs are split at the knee joint to separate the thigh from the drumstick. Drumsticks are usually cooked bone in, while thighs can be deboned and skinned to use in a variety of dishes, including slicing or dicing for stir-frys and similar dishes.

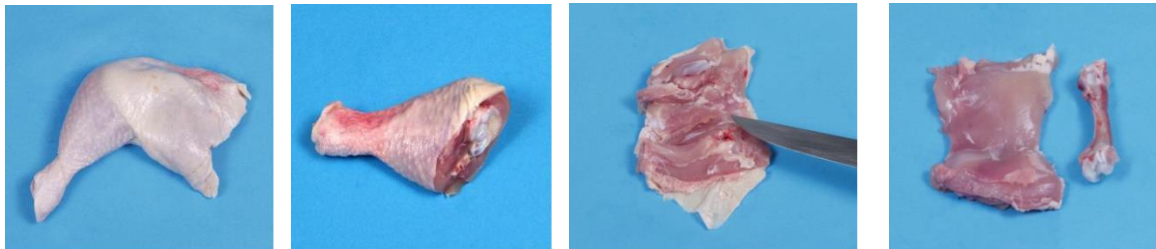


Figure 2.3.12 Breakdown of chicken leg



Figure 2.3.13 lists the common chicken cuts

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## 2.3.2 Portion Ingredients

The term “portion” means how much of a food you are served or how much you eat. A portion size can vary from meal to meal. For example, at home you may serve yourself two small pancakes in one portion, but at a restaurant, you may get a stack of four pancakes as one portion. A portion size may also be bigger than a serving size. For example, the serving size on the nutrition label for your favorite cereal may be 1 cup, but you may actually pour yourself 1½ cups in a bowl.

Portion size can be a problem when eating out. To keep your portion sizes under control, try ordering smaller appetizers instead of an entrée as your meal, or share an entrée with a friend. Or eat just one-half of an entrée and take the rest home to enjoy as a meal the next day.

### TYPES OF RATIOS

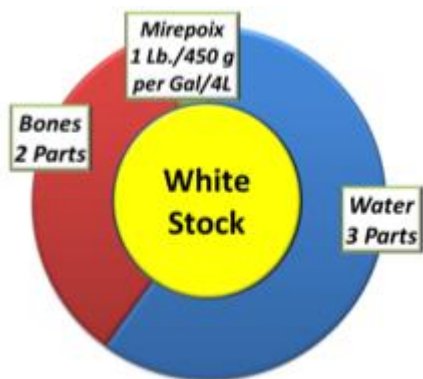
Ratios are calculated by weight, volume, or through mixed methods incorporating a combination of weight, volume, or count. Examples of ratios by weight include a roux (equal parts fat and flour) or a bread dough (flour and water), by the volume they include a simple syrup (equal parts water and sugar) or a rice pilaf (2 parts liquid to 1 part rice), or by count when preparing a hollandaise sauce (6 egg yolks for every 1 lb. of butter). As a way of speeding and simplifying the cooking process, these and other simple ratios are helpful and, compared to a recipe, relatively easy to memorize.

### Ratio guidelines and challenges

Ratios are basic science formulas of ingredients and do not include information on procedures or techniques. They also don’t take into account individual preferences of taste, texture, consistency, or the addition of other ingredients. Knowledge of fundamental culinary techniques, good organization skills, accurate measuring, and the ability to balance flavors and seasonings are essential to their success.

Ratios based on weight are the most accurate method for a professional kitchen but also require the ability to convert between different measurements. For example, a ratio for preparing a stock calls for 3 parts liquid to 2 parts bones (3 lbs. water to every 2 lbs. of bones), which means converting the water to a liquid measure (knowing that a one-pint liquid measure equals one pound takes out the mystery).

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Basic Stock Ratio		
Yield	1 Gal/4 L	5 Gal/20 L
<i>Ingredient</i>	<i>Quantity</i>	<i>Quantity</i>
Bones, cut 3"/7.5 cm	6-8 Lb./2.7-3.6 K	40 Lb./18 K
Water	5-6 Qt./5-6 L.	6-7 Gal./24-28 L
Mirepoix, large dice	1 Lb./453 g	5 Lb./2.25 K

Ratios include only the major components of food preparation and don't include additional ingredients, flavorings, or seasonings that may alter their mix or cause yields to fluctuate (large-scale cooking often requires seasoning or leavening adjustment). For example: In a standard 3:1 ratio for vinaigrette, oils differ in flavor and viscosity, while vinegar differs in color, flavor, and intensity, so changing from white wine vinegar to balsamic vinegar, or from neutral-tasting vegetable oil to a full-flavored olive oil will alter the taste and the ratio. This is where the science of cooking becomes art and requires the judgment of the chef to adjust the ratio according to the desired outcome.

### Use the Ratios

We use ratios as a quick culinary reference. Unless otherwise noted, ratios here and throughout the website are based on weight. To understand a ratio, recall that each “part” is in relation to the next “part” (for example, the ratio for a white stock is 3 parts water to 2 parts bones). In the case of a stock, start by thinking of a part as specific weight, such as 1 part equaling 1 pound, so for every 2 pounds of bones, three pounds (or three pints) of water is needed. If a gallon of stock is desired, multiplying the ratio quantity by three will require 9 pounds or 9 pints of water (which equals 4 ½ quarts or a little over one gallon) and 6 pounds of bones. For each gallon of stock

desired, aromatic vegetables (onions, celery, carrots) in the form of a mirepoix are also added at 1 lb./450 g per gallon. Remember that ratios are general guidelines that will not always add up to even quantities.

### Other Kitchen Measurement Methods

In addition to traditional recipes and ratios, scaling recipes by percentages is a method used in culinary and pastry production. Percentages differ from ratios, and a clear understanding of the differences will help avoid calculating errors. Percentages are based on a total of 100 percent for all ingredients combined in a preparation. A mirepoix can be expressed as a ratio of 2-parts onion to 1-part carrots and 1-part celery, or it can also be expressed as 50% onions, 25% carrots, and 25%. Percentages are useful in recipe development and analysis similar to ratios.

### Baker's percentage/baker's math

A baker's percentage, also known as baker's math, differs from a simple percentage and is used in large-scale production applications. In recipe formulas, all ingredients are expressed as a percentage in relation to the weight of flour, which is always expressed as 100 percent. If flour is not an ingredient in the preparation, substitute the ingredient of the highest proportion, for example, cream in a custard. All ingredients, including eggs and liquid, are scaled not by volume or count, but by weight. An example of a recipe formula for a cake using baker's math is illustrated in the chart on the right.

<i><b>Sponge Cake</b></i>	<i><b>Baker's %</b></i>	<i><b>Quantity</b></i>
Flour	100%	1 lb./450 g
Sugar	166%	27 oz./750 g
Eggs	166%	27 oz./750 g
Salt	3%	½ oz./15 g

Since each ingredient is weighed based on its mass, bakers are able to work with precision using a single unit of measure that can be easily scaled up or down. It also makes it possible to quickly assess a formula simply by analyzing the percentages of ingredients. **You can refer from the above topic of recipe.**



## 2.4 Assembling the ingredients according to the correct quantity, type and quality

### Combining and mixing in the preparation of food

**Beat:** Combine ingredients vigorously with a spoon, fork, wire whisk, hand beater or electric mixer until smooth.

**Blend:** Combine ingredients with a spoon, wire whisk or rubber scraper until very smooth, or to combine ingredients in a blender or food processor.

**Cut in:** Thoroughly combine butter, margarine or shortening with dry ingredients. As you cut in the fat, it will begin to clump with the dry ingredients. Use a pastry blender with an up-and-down rocking motion until the particles are the desired size, such as the size of a pea. Or cut in by crisscrossing two knives or using the side of a table fork.

**Fold:** Lightly combine ingredients without removing air. With a rubber spatula, cut down vertically through the mixture. Next, slide the spatula across the bottom of the bowl and up the side, turning the mixture over. Continue this down-across-up-over motion while rotating the bowl 1/4 turn with each series of strokes.

**Mix:** Combine ingredients in any way that distributes them evenly.

**Process:** Use a food processor or mini-chopper to liquefy, blend, chop, grind or knead food.

**Stir:** Combine ingredients with a circular or figure-eight motion until thoroughly blended.

**Whip:** Beat ingredients to add air and increase volume until light and fluffy (cream, egg whites).

### Mixing Tools

**Fork or Hand Beater:** Use a fork or hand beater to lightly beat eggs, sauces and salad dressings as well as some batters.

**Hands:** Use your hands for mixing doughs, streusel toppings and very thick mixtures, such as meat loaf. Wash your hands thoroughly before and after handling the food, or if you prefer, wear plastic or rubber gloves.

**Pastry Blender:** Use a pastry blender for cutting solid fat into flour for pie crusts and biscuit doughs. Lift it up and down with a rocking motion.

**Rubber Spatula:** Use a rubber spatula for folding, mixing and stirring batters or sauces. Use a

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heatproof rubber spatula for mixing hot foods in saucepans and skillets.

**Spoon:** Use a spoon for general all-purpose mixing and stirring. Most people prefer sturdy wooden or plastic cooking spoons.

**Wire Whisk:** Use a wire whisk for beating eggs, egg whites and thin batters as well as for stirring puddings, sauces and gravies to remove lumps.

### Electric Mixing Appliances

**Blender:** For liquefying or blending mixtures or chopping small amounts of nuts, herbs or bread crumbs. Most batters or doughs are too thick for a blender.

**Food Processor:** For blending, pureeing, chopping, slicing, dicing, grinding, pulverizing and shredding many foods. Some food processors mix and knead dough.

**Hand Blender:** For liquefying or blending mixtures. This smaller, less-powerful blender may not perform as well as a regular one for some mixtures.

**Handheld Mixer:** For all but the thickest batters. Use for recipes in this book that specify "electric mixer." We used a handheld mixer for testing recipes.

**Mini-Chopper:** For mixing small amounts of sauces and dips or chopping small amounts of vegetables, nuts and herbs.

**Stand Mixer:** Has a more powerful motor than a handheld mixer, and it frees up your hands. It may have added attachments, including a dough hook.

## Self-check 2

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Directions: Answer all the questions listed below.

**Part I. Choose the best alternative answers.**

1. ----- is a list of the dishes served at a meal  
 A. Recipe                      C. Menu  
 B. Ratio                      D. Ingredients
2. A recipe is a set of instructions that describes how to prepare or make something, especially preparation of food.
3. A. Recipe                      C. Menu  
 B. Ratio                      D. Ingredients
4. An ingredient is a substance that forms part of a mixture (in a general sense).  
 A. Recipe                      C. Menu  
 B. Ratio                      D. Ingredients

**Part II. Short answer**

1. What is ratio.....  
 .....
2. List the recipe of vegetable salad.....  
 .....
3. What is beating?.....
4. What is blending? .....

## Unit three: methods of cooking, prepare and cook a range of given menu items

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

- Preparing dishes
- Completing cooking process
- Identifying problems with the cooking process and taking corrective actions
- Presenting menu items
- Ensuring kitchen team members work together

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Prepare dishes
- Complete cooking process
- Identify problems with the cooking process and taking corrective actions
- Present menu items
- Ensure kitchen team members work together

## 3.1 Preparing dishes

### 3.1.1 methods of cooking food

The cooking of food involves heating it in a variety of ways to make it more palatable. The heat to cook the food comes from a variety of sources, including electric elements or hotplates; gas flame from a stove or barbecue; the heat from a conventional oven; and heat generated by a microwave oven.

Different cooking methods are suited to different kinds of foods. For example some meats are high in connective tissue and will be tough unless the tissue is broken down slowly by moist heat. There are many other factors to consider when choosing cooking methods for meats, fish and vegetables such as the flavor and appearance imparted by browning, the flavor imparted by fats, and firmness or delicacy of the product. The basic cooking methods are explained in detail.

Cooking methods are mainly classified as:

- Moist heat methods and
- Dry heat methods.

#### Moist- heat methods

Moist-heat methods of cooking use a liquid cooking medium, usually stock, water, milk or fruit juice. The liquid cooking medium transfers the heat to the food, and cooks the food by convection. Methods of cooking with moist heat include boiling, poaching, steaming, braising and stewing. In this method heat is conducted to the food product by water (including stock, sauces, etc.) or by steam.

The following are the moist heat methods:

#### a. Boiling

Boiling is cooking food in boiling water, or other water-based liquids such as stock or milk. The boiling point is defined as the temperature at which the vapor pressure of the substance equals the pressure above the substance. Increasing the pressure as in a pressure cooker raises the temperature of the contents above the open air boiling point.

#### Advantages of Boiling:

- Older, tougher, cheaper cuts of meat and poultry can be made digestible.
- It is appropriate for large-scale cookery.

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- Nutritious, well flavored stock is produced.
- It is safe and simple.
- Maximum color and nutritive value is retained when cooking green vegetables, provided boiling time is kept to the minimum.

#### Disadvantages of Boiling:

- There is a loss of soluble vitamins in the water.
- Boiling water with the lid on wears out the pot.
- It can be a slow method.
- Foods may look unattractive



Figure 1.3.1 Boiling of Vegetables

#### b. Simmering

Simmering is a cooking technique in which foods are cooked in hot liquids kept at or just barely below the boiling point of water (at average sea level air pressure), 100°C (212°F). To keep a pot simmering, one brings it to a boil and then adjusts the heat downward until just before the formation of steam bubbles stops completely. Water normally begins to simmer at about 94°C or 200°F. Simmering ensures gentler treatment than boiling to prevent food from toughening and/or breaking up. Simmering is usually a rapid and efficient method of cooking.

#### c. Poaching

Poaching is the process of gently simmering food in liquid, generally water, stock or wine. Poaching is particularly suitable for fragile food, such as eggs, poultry, fish and fruit, which

might easily fall apart or dry out. For this reason, it is important to keep the heat low and to keep the poaching time to a bare minimum, which will also preserve the flavor of the food.

#### **Advantages of Poaching:**

- No special equipment is needed.
- Quick method of cooking and therefore saves fuel.
- Poached foods are easily digested since no fat is added.

#### **Disadvantages of Poaching:**

- Poached foods may not appeal to everybody as they are bland in taste.
- Food can be scorched if water evaporates due to careless monitoring.
- Water soluble nutrients may be leached into the water.



Figure 1.3.2 Poaching of Chicken

#### **d. Blanching**

Blanching is a process of food preparation wherein the food substance, usually a vegetable or fruit, is plunged into boiling water, removed after a brief, timed interval and finally plunged into iced water or placed under cold running water (shocked) to halt the continuing cooking process.

#### **e. Steaming**

Steaming is a method of cooking using steam. Food is cooked in the steam produced by a boiling liquid (rather than placing the food itself in the boiling liquid). Steaming relies on the steam produced being under pressure. The amount of pressure produced is determined by the type of equipment used.

#### **f. Braising**

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Braising (from the French “*braiser*”) is to cook covered in a small amount of liquid, usually after preliminary browning. The meat is usually browned first using a dry-heat method such as pan-frying. A desirable taste and flavor can be obtained to the product and the sauce.



Figure 1.6.1 Braised Cabbage

### Dry-heat methods

Dry-heat methods are those in which the heat is conducted without moisture that is by hot air, hot metal radiation or hot fat. This type of cooking happens under a broiler, on a grill, in an oven, or in a deep-fryer, wok, skillet, or sauté pan on the top stove. These methods serve to caramelize both natural and added sugars in food as it cooks, resulting in great flavor, texture and appearance. Generally foods prepared using dry-heat methods have a crusty surface and call for a minimum of additional liquid.

The dry heat methods are further divided into two categories:

- Dry-heat without fat and
- Dry-heat with fat.

#### A. Dry-Heat Without Fat

##### 1. Roasting

Roasting is a cooking method that utilizes dry heat, whether an open flame, oven, or other heat source. Roasting usually causes caramelization of the surface of the food, which is considered a flavor enhancement. Meats and most root and bulb vegetables can be roasted. Any piece of meat, especially red meat that has been cooked in this fashion is called a roast. Also, meats and vegetables prepared in this way are described as "roast", e.g., roast chicken or roast squash. Some foods such as coffee and chocolate are always roasted.

There are four types of roasting: spit roasting, oven roasting, pot roasting and pan roasting.

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### **Pit Roasting:**

The food is brought in contact with direct flame. The food is braised with fat and is also turned regularly to ensure even cooking and browning e.g. barbecued meat.

### **Oven Roasting:**

Cooking food in an oven with the aid of fat. The food is placed in a fairly hot oven for 5 to 10 minutes. Cooking at a moderate for a longer time temperature produces a better product than cooking in high temperature for shorter period. Meat, poultry and vegetables are cooked by this method. For roasting the food may be placed on a rack, in a roasting pan or, to ensure even application of heat may be rotated on a spit or rotisserie.

### **Pot Roasting:**

In thick heavy pan, enough fat is added and when fat is hot the meat joint is browned. It is then lifted out and 2 or 3 skewers are put into the pan, on which the joint is placed. The joint should touch the fat. The pan is covered tightly with a lid and cooked on a slow fire. The joint can be basted occasionally with fat. Meat joints, potatoes and other root vegetables can be cooked by this method.

### **Pan Roasting:**

Pan is heated and grains are added, occasionally stirring. Little fat, or sand is added to prevent burning. Roasting enhances the flavor. Corn is made into popcorn by pan roasting method.

## **2. Baking**

Baking is the technique of prolonged cooking of food by dry heat acting by conduction, and not by radiation, normally in an oven, but also in hot ashes, or on hot stones. It is primarily used for the preparation of bread, cakes, pastries and pies, tarts, and quiches. Such items are sometimes referred to as "baked goods," and are sold at a bakery.

## **3 . Grilling**

Grilling is cooking by dry heat. The food is placed on a grid iron over the fire or on a grid placed in a tin under a gas or electric grill or between electrically heated grill bars.

**Grilling over the Heat** - Food is placed on greased grill bars and cooked on direct flame. The grill bars are brushed with oil to prevent food sticking and can be heated by charcoal, coke, gas or electricity. The bars should clear the article on both sides to give the distinctive flavor of grilling. Meat, poultry and fish can be prepared by this method.

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Figure 3 .1 Chicken Grilled over the Heat

**Grilling under the Heat** - Salamander, cooking on grill bars or on trays under direct heat. Steaks, chops etc. are cooked on the bars but fish, tomato, bacon, and mushroom are generally cooked on trays.

#### 4. Broiling

Cooking by direct heat from a gas flame, electric wire or coal. Usually used for tender cuts of meat and the temperature is high enough to sear the surface

#### 5 .Gridding

It is done on a solid cooking surface called a griddle without any amount of fat. The temperature is adjustable and is much lower around 3500°F / 1770°C than on a grill. In addition to meats, items such as eggs and pancakes are cooked on a griddle

### B. Dry-Heat Methods Using Fat

#### 1 Sautéing

Sautéing is a method of cooking food that uses a small amount of fat in a shallow pan over relatively high heat. Sauter means "to jump" in French — the food is cooked until it jumps. Food that is sautéed is usually cooked for a relatively short period of time over high heat, with the goal of browning the food while preserving its color, moisture and flavor.

#### 2 Frying

Frying is a method of cooking where in the food to be cooked is brought directly in contact with hot fat. Frying techniques vary in the amount of fat required, the cooking time, the type of cooking vessel required, and the manipulation of the food. Stir frying, pan frying, shallow frying, deep frying are all standard frying techniques.

##### a. Stir Frying:

In this frying method a traditionally round-bottom iron pan called a wok is heated to a high temperature. A small amount of cooking oil is then poured down the side of the wok followed by dry seasonings (including ginger and garlic), then at the first moment the seasonings can be smelled, meats are added and agitated.

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### b. Shallow Fat Frying:

Only a little fat is used and the food is turned slowly on both sides to ensure that both sides of food are evenly cooked and browned. This method is generally applied to precooked foods or foods that require less time to work e.g. omelet, liver, fish etc.) or for food that contain fat in themselves e.g. bacon, sausages, etc. Fat absorption is greater when food is shallow fried than deep fried.



Figure 2.2 Shallow Fat Frying

### c. Deep Fat Frying:

The food is completely immersed in large quantity of hot fat, (350°F to 400°F). Fats and oils should not be heated to high temperatures (smoking point) as the fat decomposes at high temperatures. On the other hand if the fat is not hot enough the food beaks up and it absorbs extra fat thus making the product too oily for consumption.



Figure 2.3 Deep Fat Frying

### 3.1.2 Preparation of food

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

#### 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 horsdoeuvre 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 tong cut into different shapes. Triangle, rectangle, circle... insert tooth pick in the center and arrange 1m platter attractively.

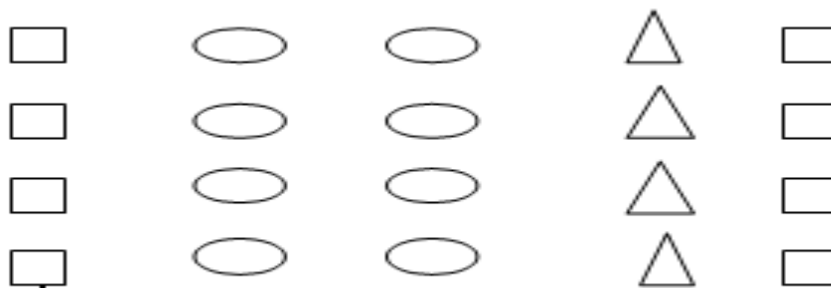


Figure 4,1: Different Shapes of Small Canapés

- **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 .Example of sandwich is meat ,egg sandwich and etc .

Basic sandwich ingredients:

- Bread
- Filling
- Spread
- Garnish



Figure: 3.2. 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: 3.3. 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. Example of salad is vegetable salad, Fruit salad etc  
It's simple to prepare a salad, cut them in to slices, rings, rondelles or strip to mix together. It use Boil and steam cooking methods.



Figure: 3:4. Salad

### Stock

Stock is a flavored **water** preparation. It forms the basis of many **dishes**, particularly **soups** and **saucers**.

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

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minutes) such liquid is foundation of soups, sauces and gravies. Stocks are White Stock & Brown Stock.



Figure: 3.5. Stock

### 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.

e.g Tomato sauces, béchamel sauce and etc.



Figure: 3.6. Sauces

### 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 3:7. Vegetable soup

### 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 3: 8.Types of vegetables and fruits

## 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 3:10. Half cooked egg

## 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 3:11. Farinaceous dishes

## 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 3:12 Poultry: Chicken

## 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.

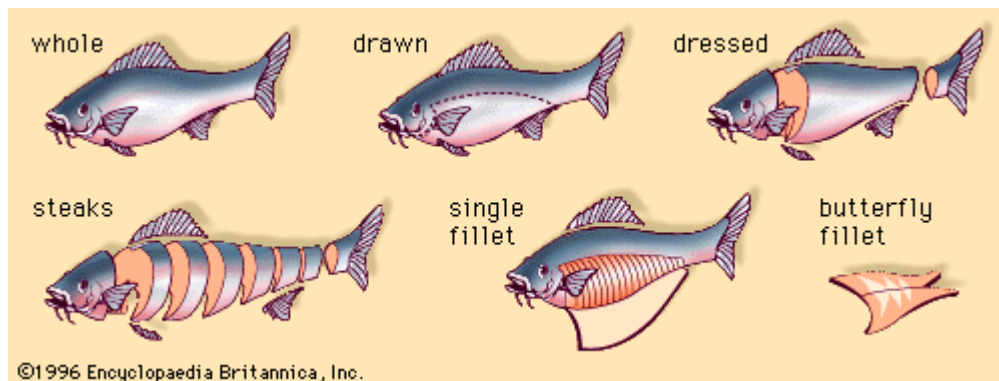


Figure: 3.13 Different Types of Fish Cutting

## 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 3:14 meat

## 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



Fig

ure 3:15 different types of dessert

## 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**: ጾም ም, 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**: እንሰት inset), a type of **ensete**. The plant is pulverized and fermented to make a bread-like food called qocho or **kocho**




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(Ge'ez: ቆጭ ḵōḵō), which is eaten with kitfo. The root of this plant may be powdered and prepared as a hot drink called bulla (Ge'ez: ቡላ būlā), 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

### 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



	<p><b>Almond</b> is a species of tree native to Mediterranean climate regions of the Middle East</p>
	<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>
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Table: 3.16. Image and explanation of spices and ingredients

## 3.2 Completing cooking process

**Complete Cooking Process in a Logical, Planned and Safe Manner**== Preparing and cooking during service should be done in a logical manner. This involves food preparation in a way that all ingredients will be complete at the same time .In a commercial kitchen, you would usually be assigned a station. Each cook and their team would work from their stations to prepare dish simultaneously. A logical manner would require that you are aware of how long certain components of a dish is cooked and timing yourself to that.

In commercial kitchens, food is prepared quickly because some ingredients can be prepped before hand. Food for one table is supposed to be served at the same time, which means that all dishes must all be prepared at the same time. This involves knowing different cooking times of each component of each dish and prepare food in that order.

**Preparation Time** This will often depend on the skill of the cook. In a commercial kitchen, two or more dishes are made at the same time. Some may be drawing on mise en place while others may require preparation from scratch. Work schedules need to be planned each day, and this is best learnt in a practical situation.

### 3.3 Identifying problems with the cooking process and taking corrective actions

#### 3.3.1 Identifying the cooking process problems

##### Common kitchen problems

Every kitchen faces day-to-day problems as it is one of the busiest and most hardworking areas of the home. That's why it is necessary to have a well-planned and organized kitchen which is easy to maintain. This guide will help you resolve frequent kitchen troubles so that you can cook in a pleasant, hygienic and clutter-free space.

##### A. Foul odour and blockage in the sink

One of the most common kitchen issues is foul odour from the sink or blockages caused due to food residue. Whenever you face this issue, pour a cup of baking soda and lemon juice into the sink and let it stay for 15 minutes. Now add a cup of white vinegar, let the bubbles appear, then flush the sink with a jug of boiling hot water. As a precaution, you can also use a sink strainer to stop food residue from blocking the drain.

##### B. Inadequate counter space

Increase the existing countertop space by keeping it clutter-free. Do not store things on the countertop, keep all the smaller kitchen appliances like the mixer, grinder, toaster and blender within closed cabinets and hang your pots, ladles, spatulas etc., on the kitchen backsplash.

##### C. Poor Ventilation

Since kitchens produce lot of smoke, odors and house many indoor pollutants, ensure the space is well-ventilated. Include a chimney with high suction power and an exhaust fan within the kitchen. Clean the chimney regularly and replace its air filters periodically.

##### D. Greasy Surfaces

Regular cooking produces a lot of grease and grime which sticks on the walls and cabinetry. One can get rid of the grime by spraying a solution of white vinegar on the sticky surfaces and wipe it with a micro fiber cloth.

##### E. Cluttered Space

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Make sure you *organize your kitchen* skillfully so that you can create a clutter-free space. Include modular kitchen accessories like spice racks, spoon holders, bottle racks and cutlery trays. Go for sleek built-in appliances instead of standalone appliances. Make sure that all kitchen appliances, storage containers, pantry and utensils are stored neatly and are easy to access.

## F. Lack of Storage

*Insufficient storage* is a major problem in most kitchens as it leads to a lot of chaos. Therefore increase the kitchen storage by making use of the vertical space with full-height overhead cabinets and store the less frequently used items in the topmost shelves. If space permits, include a compact kitchen island as it can accommodate a lot of storage and double up as a multifunctional dining or breakfast table.

## G. Damaged Cabinets

Due to constant usage, the screws of the hinges may get loose or the channels of the *drawers* may get damaged. It is advisable to bring in a carpenter to tighten all the screws and replace any damaged or rusty hardware. Do not fill the drawers with excess weight to prevent them from sagging. Clean the kitchen hardware regularly with a damp cloth dipped in warm soapy water and lubricate the hinges with oil.

## H. Insufficient Lighting

If there isn't sufficient natural light within the kitchen then go for brighter LED lights or CFL lights. Incorporate additional lighting like recessed spotlights or LED strip lights below the overhead cabinets so that there is provision for good task lighting during food preparation.

### 3.3.2 Take corrective actions

Corrective actions are the actions that must be taken if a critical limit is exceeded at any step of food production in a food business (e.g. delivery, storage, preparation).

Critical limits mark the minimum or maximum acceptable level of an identified food safety hazard at each critical control point (CCP). The 2 hour / 4 hour rule, for example, identifies the maximum acceptable amount of time that food can be in the Temperature Danger Zone (5°C - 60°C) before it must be thrown out.

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There are two types of corrective action: immediate and preventative. Immediate corrective actions are reactive, whereas preventative corrective actions are proactive.

### **Immediate corrective actions**

- Throwing out food items that show signs of spoilage (e.g. bad smell, slimy skin)
- Rejecting a food delivery with bite marks on the packaging (or other signs of pest infestation)
- Transferring unrefrigerated perishable food items into cold storage (5°C or below)
- Disposing of food items that have been in the Temperature Danger Zone for more than four hours
- Sending an employee home if they are experiencing symptoms of food-borne illness (e.g. fever, nausea, diarrhea)

### **preventative corrective actions**

- Repairing broken, cracked or chipped equipment, dishware or glassware.
- Replacing food preparation surfaces (e.g. chopping boards, countertops) with cracks or deep scratches.
- Changing work procedures to improve food safety and / or quality.
- Appointing a Food Safety Supervisor to manage food safety risks in the business.
- Ensuring that all staff receive comprehensive food safety training.

### **Recording corrective actions**

Corrective actions must be recorded and communicated to the appropriate person(s) in the business. The record should include details of the food safety breach (e.g. what critical limit was exceeded at what critical control point), details about the corrective action that was taken and why it was taken.

Recording corrective actions makes it possible to identify recurring problems and trends that could be putting customers at risk — and sending operational costs through the roof.

For example, if there is a very high number of immediate corrective actions related to spoiled food, it could mean that there are underlying issues related to:

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- Ineffective inventory management (e.g. ordering too much).
- Poor stock control (e.g. not practicing First In, First Out).
- Gaps in employee food safety knowledge or skills (e.g. poor understanding of food safety risks and how to prevent food safety hazards).

### 3.4 Presenting menu items

A menu is a list of dishes or drinks-perhaps including a lamb wine pairing-available for sale at a restaurant. The term itself is French in origin, but ultimately comes from the Latin root word *minutus*. *Minutus* means "something made small", so it can be inferred that menus were viewed as a way to take a large list of dishes and offerings and distilling them down into a smaller list for patrons. In bars, they're generally used to establish wine bottle price, wine by the glass, liquor prices, and more.

While the majority of the time the meaning of menu is applied to food and beverages, that's not always the case. The word menu is also used frequently in the context of electronic devices and computer programs. There it usually refers to a navigable list of options a user can interact with.

And, of course, the meaning of menu can be applied in virtually any context where a list of services or options is presented to a customer or user. Think of a dog groomer with a menu of services.

#### Type of Menu

**An à la carte menu** will always be presented to employers /customers as they will need to make their selections from this menu.

**Table d'hôte** and set menus don't need to be given to guests as they have no selections to make from the menu

- /Providing *information* to employers/ customers

Employers/ Guests may also require a worker to explain descriptions given on the menu, such as broiled or roasted. People will ask about the dish, its cooking method, the cut of meat/fish used and what it is served with.

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- Answer customer questions

### **Employers/Customers require waiters to be able to:**

- Describe and recommend menu items.
- Know about the ingredients in menu items and possible substitutions that could be available.
- Recommend food and non items that are available from discussions about customers' preferences.
- An ability to give specific directions to customers to these areas is also important.

## **3.5 Ensuring kitchen team members work together**

**Team work is** Teamwork is generally understood as the willingness of a group of people to work together to achieve a common aim. For example we often use the phrase: “he or she is a good team player”. This means someone has the interests of the team at heart, working for the good of the team.

But teamwork is not exclusive to teams. For example, you can see evidence of teamwork in a committee, which might not necessarily see itself as a team. In this context, teamwork might be random co-operation, effectively working together for periods of time. But not always!

To define teamwork it might also be worth clarifying what it's not, and thinking about the distinction between teams and teamwork. In our view, a team exists when individual strengths and skills are combined with teamwork, in the pursuit of a common direction or cause, in order to produce meaningful results for the team members and the organization. A team combines individual strengths with a shared commitment to performance, it's not just about getting on well together.

Teamwork is absolutely fundamental for teams to work effectively. Only when the skills and strengths of individual team members are joined with shared goals, and a focus on collective performance, will you start to see the benefits of a team at work.

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### **characteristics of a great kitchen team**

The importance of communication in the kitchen is the most important characteristic when it comes to teamwork. Members within the kitchen team need to be competent in communication with the rest of the team otherwise the whole team will fail.

In the kitchen there may be many different levels of skill set; this is when we have collaboration. This ensures that everybody within the team is involved with the task at hand and that we have 100% effectiveness in the kitchen.

Successful teams encourage team members to share ideas, consider solutions and solve problems together. Good teams benefit individual members by offering added support and opportunities for development.

#### **Successful teams typically have the following:**

- Clear communication
- Commitment to their roles
- Responsibility and accountability
- Diverse perspectives and experiences
- Shared culture
- Goal-oriented mind set
- Open to learning
- An effective leader.

### **Importance of good team work**

- More People, More Ideas
- Improved efficiency means better results
- Better work environment
- Great learning opportunities
- Teamwork promotes good synergy

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## Self-check 3

Directions: Answer all the questions listed below.

### Part I. True or False

1. Sugar decreases the boiling point of water.
2. There is a loss of water soluble vitamins when it is boiled.
3. Water begins to simmer at about 100°C.
4. Blanching destroys enzymes in vegetables.
5. Oil is not required for preparation of food using steam

### Part II. Tick (ü) the correct answer

1. It is best to boil food in a
 

a) flat pan	c) lot of water
b) Deep pan	d) Pressure cooker

### Part III. Fill in the blanks

1. The process of cooking food directly on hot fire is called-----
2. To serve chicken safely, it has to reach a temperature of-----
- 3 .....carries much more heat than boiling water and cooks food very rapidly.
1. A person who prepares baked goods as a profession is called a----- is cooking by dry.

## Operation Sheet-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

### Vinaigrette 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

## Operation Sheet: 2

Methods how to Prepare ingredients for menu soup

### Methods for preparing Chicken cream soup

#### Ingredients

- 100g onion
- 50g butter or margarine
- 50g flour
- 1 liter 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.

## Operation Sheet 3:

Methods how to Prepare ingredients for menu vegetables soup

## 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 almost fully tender, about 20 - 30 minutes.
- Add corn and peas and cook 5 minutes longer. Serve warm.



<b>Operation Sheet 4</b>	Methods how to Prepare ingredients for menu sauce
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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

<b>Operation Sheet :5</b>	Methods how to Prepare ingredients for menu poultry
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#### Methods how to prepare spicy fried chicken wing

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## 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

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1. 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.
2. Place chicken wings in a shallow baking dish. Sprinkle evenly with the seasoning, cover, and marinate in the refrigerator for 1 hour.
3. 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.
4. Heat vegetable oil in a large deep-fryer or Dutch oven to 350 degrees F (175 degrees C) on a deep fry thermometer.
5. 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.
6. 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.

## Operation Sheet 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 julienne
- 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.

<b>Operation Sheet 7</b>	Methods how to Prepare ingredients for meat
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Methods how to prepare grilling or broiling meat

- **Ingredients**
- 1 pc. (200gms.) sirloin steak

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- 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

<b>Operation Sheet 8</b>	Methods how to Prepare ingredients for meat
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Methods how to prepare bake stuffed rice

### Ingredients

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- 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,

## Operation Sheet-9

Methods how to Prepare ingredients for menu cakes

Methods how to prepare yellow chiffon cake

### Ingredients

- C 500 g  
cake flour 400 g
- S 12 g  
sugar
- S 25 g  
salt
- B  
baking powder
- V 250 g  
vegetable oil 250 g
- E 375 g  
egg yolks 12 g
- W  
water
- V  
vanilla
- E 500 g  
egg whites 250 g
- S 2.5g  
sugar
- C  
cream of tartar

### 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 10</b>	Methods how to Prepare ingredients for menu cakes
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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

## Operation Sheet 11

Methods how to Prepare Ethiopian cultural dish

### 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 3500. 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.

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## Operation Sheet 12

Methods how to Prepare Ethiopian cultural dish

### 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
To taste	salt

**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 13

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

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. Annebaberois is a delicious snack or appetizer

<b>LAP Test</b>	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 5 hour each food recipe.

Task 1 Show techniques of preparing menus appropriately.

Task 2 Prepare salad and Vegetables Soup

Task 3 Prepare mayonnaise sauces and Vinaigrette sauce

Task 4 Demonstrate roasted chicken with green beans

Task 6 Demonstrate spinach Lentil Soup

Task 7 Prepare Yellow chiffon cake and Waffel cake

Task 8 Prepare Chicken cream soup and Spicy fried chicken wing

Task 9 Prepare Yeshimbira assa ,Ayib begomen and Anebabro

## Unit Four: Carry out safe work practices

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

- Complying legislative and regulatory requirements
- Maintaining clean and tidy workplaces by maintenance staffs
- Following workplace food hygiene and safety procedures

This unit will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Comply legislative and regulatory requirements
- Maintain clean and tidy workplaces by maintenance staffs
- Follow workplace food hygiene and safety procedures

## 4.1 Complying legislative and regulatory requirements

### Food Safety Compliance

Food safety encompasses the tactics used, including procedures and regulations, to prevent food supply contamination. This necessitates a robust approach, as there are many links in the food supply chain and many different processes food products undergo in any facility. For instance, the preparation, handling, and storage of food must all have preventive measures to promote food safety.

Compliance with food safety and hygiene legislation is important as it ensures that consumers can buy and consume food with confidence. If you don't comply with food safety and hygiene legislation, you will be subject to investigation by the UK Food Standards Agency. To comply with food safety and food hygiene legislation, you must comply with the principles stated in the Hazard Analysis Critical Control Point (HACCP). Knowing how to comply with food safety and hygiene legislation is therefore of the utmost importance for food businesses.

Food safety legislation exists to protect the public from unsafe food. To comply with food hygiene and standards, you must ensure that you have food safety management procedures in place and that you consider the suppliers you use, the traceability of your food, and how you transport it.

### Food safety management procedures

All catering and retail food business operators must have in place food safety management procedures based on the Hazard Analysis and Critical Control Point (HACCP) principles.

HACCP is an internationally recognized system of food safety management that helps you:

- identify potential food safety problems - or 'hazards' - in your business
- introduce procedures to remove the hazards, or reduce them to an acceptable level

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These guides will not only help you comply with food hygiene regulations, but will also help you understand how to:

- make food safely
- train staff
- keep records to show that your food safety procedures are effective
- protect your business' reputation
- improve your business' efficiency - eg by wasting less food

There are also guides that can help you comply with food hygiene legislation and give advice on good practice. For example:

**Cross-contamination guidance** - it focuses on the steps taken to avoid cross-contamination will also help control other harmful bacteria.

**Food safety for food delivery guidance** - it provides hygiene and allergy advice specifically for takeaways and food delivery businesses

**Food handlers fitness to work guidance** - it gives advice on preventing the spread of infection by clarifying what illnesses and symptoms staff should report and what managers should do in response

## Food hygiene

Anyone who handles food must ensure that their practices minimize the risk of harm to the consumer. Part of complying with food safety is managing:

**Food hygiene**, including requirements on cleaning, cooking, chilling food and cross-contamination

Practicing good food hygiene is the best way to prevent food poisoning, so it's important to follow regulations surrounding this closely. An easy way to remember these regulations is to think about the 4 Cs:

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1. **Cleaning** – Food areas need to be cleaned and disinfected regularly. Make sure kitchen staff clean as they go, and don't allow food waste to build up.
2. **Cooking** – Cook meat thoroughly to remove the risk of harmful bacteria in the middle. It's generally good practice to cook food until it has a core temperature of 70°C.
3. **Chilling** – Some foods should be kept chilled to prevent bacteria growth. Pay attention to any use-by dates, and ensure that cooked dishes, salads and desserts are kept in the fridge.
4. **Cross-contamination** – Make sure that raw meat does not drip onto ready-to-eat food. Contamination can also happen if you use the same equipment for different types of food, so be sure your chefs keep these separate.

**Food standards**, legal standards for labeling and composition of food products

You must also meet the legal requirements for food packaging and labeling.

### **Food allergens and additives**

To keep your customers safe, you must follow the allergen information rules which require you to:

- provide accurate allergen information
- handle and manage allergens properly in the food preparation area

Find out more about food allergies, food intolerances and labeling.

## **4.2 Maintaining clean and tidy workplaces by maintenance staffs**

Having a clean workplace or keeping your business clean means much more than a sparkling, fresh building. Numerous studies have revealed that employees working in a clean and orderly office are positively impacted, which improves their productivity significantly.

### **The importance of tidiness in the work Area**

Keeping your work area neat and orderly matters a lot: studies have reaffirmed the fact that if your place of work is cluttered, information-processing becomes difficult, let alone focusing on priorities, tasks, and projects. Other than reduction in productivity, an office that is messy will also negatively impact your emotional, professional, and psychological well-being: however, the

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silver lining is that clean-up of your workspace is a low-cost, high-impact activity that has perceptible and immediate benefits for both the workers and the business owners alike.

**Reducing Clutter Workplace Stress:** A major cleaning challenge of a workplace is the paper clutter, simply because documents can easily get displaced. This causes immense stress in a situation when your superiors in the office or the clients are waiting for you to furnish the required documents. Equally stressful is not having a clue regarding what to do with client files, reports, memos, or other documents, for which a company eventually has to invest money just for storing multiple copies of same documents. A remedy to this problem can be setting up guidelines to determine what needs to be kept and what should be tossed out.

**Cleaning Inspires a “Feel Good” Feeling:** De-cluttering is an important part of cleaning up. Once you get rid of things that you aren't using, it frees up time for you to concentrate on important office tasks. Also, you can get more work done in much lesser time in a tidy office. Therefore, you can rejoice in a feeling of accomplishment when the day ends and head for home on time for your personal needs, like being with your family, relaxing, or even exercising.

**Cleanliness Boosts Your Confidence:** When your clients, prospective employees, visitors, vendors and colleagues visit your office, they are likely to form an opinion about you and your office at first sight. If your workplace is messy and cluttered, it won't inspire a confidence in them regarding your professionalism or in your ability to manage finer details. To ensure office cleanliness, you will need the cooperation of your employees. For this, you can send a memo to staff to keep office clean during or after business hours.

#### **ways to maintain clean and organized workplace:**

- Place a trash-can within easy reach
- Clean your desk regularly
- Create a recurring to-do cleaning list of major items
- Avoid eating at your desk
- Organize your drawers
- Stop stockpiling supplies

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- Throw trash out immediately

## The benefits of clean and tidy in work place

Every business should keep its premises clean. We're not just saying that; cleaning can actually have several tangible benefits for your company. In this post, we'll go over six of the main benefits of keeping your workplace clean and tidy.

**1. Give a good impression to clients** The appearance of your premises sends a message to your clients about who you are and what your business represents. You want this impression to be a good one because otherwise, you might see potential customers walk out the door. This is why it's so important to keep your premises clean: it conveys the message that your business is professional and worthy of your customers' patronage.

**2. Increase the productivity of your employees** Studies show that cluttered and untidy environments are distracting. Since distraction in the workplace can cost your business valuable man-hours, it's definitely something you want to cut down on. Keeping your office tidy and organized is a good way to cut down on distraction.

**3. Make your employees happy** Of course, your employees will also be happy for keeping their workspace clean – after all, wouldn't you rather work in a clean office instead of a messy one?

**4. Safeguard your employees' health** Cleanliness also reduces the chances of your employees getting sick. Bacteria thrive in office environments because people spend so much of the day there. Keeping your workplace clean can therefore reduce sickness and therefore reduce lost work days. This is why it's important that your office has a good cleaning strategy in place.

**5. Reduce hazards** As well as preventing your employees from getting sick, cleanliness can also save lives. In the event of a fire, for example, you don't want obstacles like boxes in corridors to slow down your employees as they leave the building. You also don't want there to

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be fire hazards like old cardboard boxes and paper. Regular cleaning of your building can help you to keep on top of anything that might be an issue in the event of an emergency

**6. Keep your office running smoothly** When your workplace is clean and free of clutter, you'll find it easier to stay organized. It's easier to keep track of papers, for one thing; documents are quicker to find when your office is tidy. It's also less difficult to stay on top of any repairs that need to be done to machinery.

### 4.3 Following workplace food hygiene and safety procedures

In the hospitality workplace there are many hazards/dangers which can cause injury diseases or even death to you and others.

Every year in hospitality work place, many workers are died and injured because of workplace illness and injury. So that being safe in the workplace is very important for the well being of hospitality service workers. Workplace health and safety is usually called “OHS” (occupational health and safety) or “WHS”(work health and safety).

**Health, safety and security procedures May involve:**

- emergency, fire and accident
- incident and accident reporting
- consultation
- hazard identification
- risk assessment
- risk control
- security, including: documents, cash, equipment, people, key control systems

#### 4.3.1 Safety Tips for Food Preparation

In addition to the hazards from heat and sharp objects, the kitchen also presents safety concerns surrounding food preparation. Improper food prep can lead to food poisoning like salmonella. Use these tips to prepare food safely for yourself and staffs.

#### A. Shop with Safety in Mind

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Food safety actually starts before you even get to the kitchen. At the grocery store, use these tips to guide your process:

- Do not buy dented or damaged cans.
- Do not buy meat in a torn or leaking package.
- Don't buy any food that is past the expiration date.
- Shop for your perishable foods last.
- When buying meat, put it in an extra plastic bag before placing it in your car

## **B. Store Your Food Properly**

How you store your food is also an important part of kitchen safety. Use these storage rules to keep food from spoiling:

- Keep your refrigerator temperature below 40 degrees Fahrenheit and the freezer below zero degrees.
- Refrigerate food within one to two hours, depending on room temperature.
- Wrap meat securely so it will not leak on other food and store it on a bottom shelf so it doesn't drip on other foods.
- Use canned foods before the expiration dates. For home-canned food, the National Center for Home Food Preservation recommends using items within one year.

## **C. Wash Your Hands**

Wash your hands well with soap and water before you begin preparing a meal. Over the course of the day, your hands come in contact with a variety of bacteria and viruses that can cause illness. Thoroughly washing your hands reduces your risk of spreading these diseases.

## **D. Thaw Meat and Seafood Safely**

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The freezer is a great way to preserve meat until you're ready to use it, but it's essential that you use the proper procedures to freeze and thaw meat safely. Otherwise, you put your family at risk for food poisoning.

## E. Avoid Cross-Contamination

Meat, fish, and poultry are more susceptible to certain food-borne pathogens, so it's important to keep these foods separate from vegetables and other items. Follow these guidelines to avoid cross-contamination.

- Use separate, clean cutting boards for each type of food. Be sure to use plastic cutting boards that you can sanitize in the dishwasher and that are in good condition.
- Sanitize other food surfaces after prepping meat or fish. Use a weak bleach solution on countertops.
- Wash your hands thoroughly after cutting meat.
- Never return cooked food to the same plate you used for raw food.

### 4.3.2 Cleaning Practices for a Safe Kitchen

Having a clean kitchen is an essential part of having a safe kitchen. This means using proper procedures to sanitize surfaces and take care of spills.

#### A. Sanitize Surfaces

Wash all your countertops and tables with hot soapy water immediately before and after use. If you're cutting up meat, poultry, seafood, or using eggs, sterilize the surfaces with a weak solution of bleach and water.

#### B. Don't Forget the Sink

The kitchen sink can be a dangerous place when it comes to food-borne pathogens. Rinsing chicken breasts, scraping dirty dishes, and other tasks can deposit bacteria on this surface.

When you rinse vegetables, wash dishes, or drain pasta, you can inadvertently contaminate "clean" foods and surfaces with the dirty sink water. Regularly use a cleanser with bleach to kill harmful germs.

#### C. Clean Utensils Well

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Your cooking and prep utensils also need to be thoroughly cleaned. Immediately wash knives in hot, soapy water and dry thoroughly. Don't use wooden utensils for meat dishes as wood cannot be sanitized in the dishwasher. When in doubt, soak utensils in a bleach/water solution to rid them of pathogens.

#### **D. Use Paper Towels for Hands**

Paper towels are safer for drying than cloth dish towels for use on your hands and for cleaning up spills. Cloth towels can easily become contaminated with germs. When that happens, it's too easy to spread those germs to other surfaces.

#### **E. Wash Dishcloths and Sponges Regularly**

Germs can live in damp sponges and dishcloths, so it's important to clean or replace these items on a regular basis. For dishcloths, wash them in your washing machine using hot water. According to tests conducted by Good Housekeeping, soaking sponges in bleach water was the most effective way to clean them

## Self-check4

Directions: Answer all the questions listed below.

### Part I. True or False

1. The kitchen sink can be a dangerous place when it comes to food-borne pathogens.
2. Refrigerate food within one to two hours, depending on room temperature.
3. Food areas need to be cleaned and disinfected regularly.
4. Cook meat thoroughly to remove the risk of harmful bacteria in the middle.

### Part II. Explain.

1. What is the guideline of comply with food hygiene legislation and give advice on good practice?.....
  2. what is food hygiene and safety?.....
  3. Write the Safety Tips for Food Preparation?.....
  4. Write the benefits of clean and tidy in work place?.....
- .....

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