

**1.1.1 Hospitality and catering provision**

**Commercial establishments:** a business that provides in order to make a profit.  
*Residential:* a business that provides accommodation as well as catering & hospitality  
**Non- residential:** a business that provides catering & hospitality services, but not accommodation  
 Non-commercial establishment: a business that does not operate to make a profit

*Residential commercial establishments*  
 Examples: Hotels, guest houses, holiday parks, farmhouses, bed and breakfasts, campsites

**Non-residential commercial establishments**  
 Examples: Fast food outlets, cafes, bars, street food and pop-up restaurants, mobile vans

*Residential non-commercial*  
 Examples: Hospitals & care homes, prisons, armed forces, boarding schools, colleges and universities

**Non-residential non-commercial establishments**  
 Canteens in offices, day-care centres, lunch clubs, schools and nurseries, charity food suppliers, e.g. soup kitchens

**A**

**Types of service: This is the way food is served to the customer.**

- Formal
- Street food
- Self-service
- Fast food
- Cafeteria
- Takeaway
- Buffet
- Automatic vending
- Transport catering
- Hotel
- Bed & breakfast



**B**

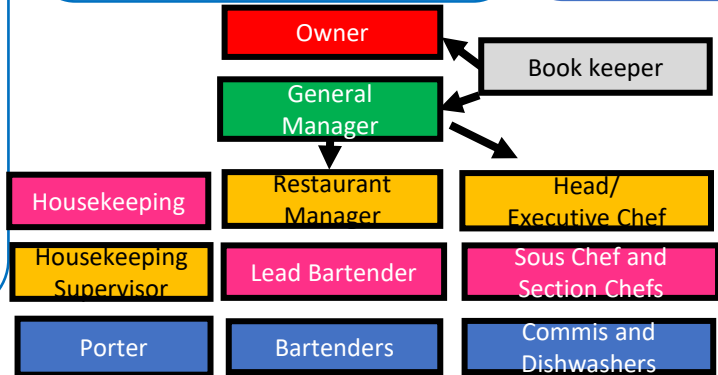
**Suppliers:** is where the establishment will source their food from. The suppliers used will depend on what food & beverages are sold. Suppliers can be from the:

- Primary market** – the source of the supply, e.g. farmers
- Secondary market** – wholesale from a distributor, this is a company that supplies goods from the source of supply to a retailer or customer, usually in large quantities and at low prices
- Tertiary market** – retailers or cash and carry warehouses

**C**

First introduced in 1956, the AA's Rosette Award scheme was the first UK-wide scheme for assessing the quality of food served by restaurants and hotels. Michelin Guides are a series of guide books published by the French tire company Michelin for more than a century. The term normally refers to the annually published **Michelin Red Guide**, the oldest European hotel and restaurant reference guide, which awards Michelin stars for excellence to a select few establishments. There are a number of online review sites where anyone can post their reviews of an establishment. With a large number of reviews, a restaurant's average score is likely to be reasonably accurate. There are guidelines to clamp down on establishments that give away freebies for a good review or give themselves good reviews!  
**Food hygiene ratings** are grades given to food handling businesses after an inspection has assessed how well they comply with food safety law.

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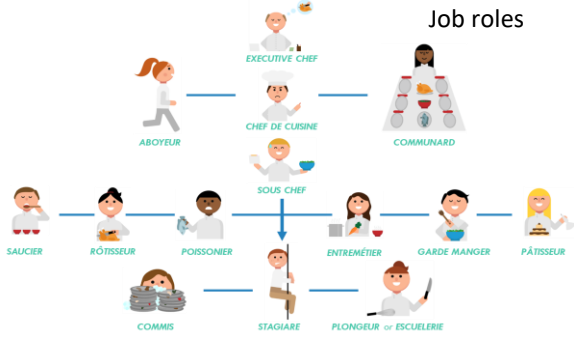


Hotel management	Average salary
Hotel management	£37,310
Head executive chef	£36,613
Pastry chef	£30,530
Housekeeper	£24,055
Receptionist	£21,596
Porter	£17,718
Waiting & bar staff	£16,735
Kitchen staff	£16,556

Type of contract	How it works
Full time, permanent	Working days and hours are specified; workers are entitled to sick pay and holiday pay
Part time, permanent	As the above, but reduced sick pay and holiday pay because this is calculated pro rate- depending on how many hours are worked
Casual work	This is usually seasonal or covering for a sick colleague, casual workers are entitled to sick pay and holiday pay based on the hours worked
Zero hours	A contract between an employer and a worker in which no minimum hours are given and the worker does not have to accept the work when it is offered, workers are entitled to the minimum wage and holiday pay

**UNIT 1 The hospitality & catering industry**

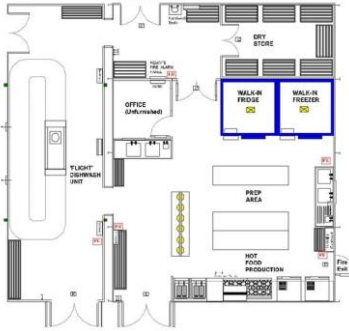
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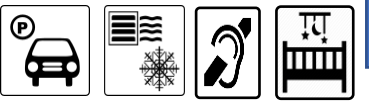
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**1.1 Contract caterer:** caterer supplying food and drinks at a venue where catering facilities are not available. They prepare food for functions such as weddings, banquets and garden parties in private houses. They may prepare and cook the food in advance and deliver it to the venue or they may cook on site. They may also provide staff to serve food if required. Contract caterers are used by a wide range of organisations as it relieves them of the pressures involved in catering for such events

**H**



**F** Kitchen layout



**K**

AC1.4/2.3: Customer Needs

**Salary:** a fixed payment from an employer to an employee per day period, for example monthly or annually.  
**Wage:** money paid by an employer to an employee in exchange for work done; usually an hourly rate  
**Tronc:** a fund in a hotel or restaurant into which tips and service charges are collected and then shared between staff  
**Troncmaster:** the person who collects and shares money in a tronc arrangement.

**UNIT 1 The hospitality & catering industry**

**Front of House Staff**  
Should be smart and presentable. They are the first point of contact for the customer. Desk staff should wear a suit and name badge with title to inform the customer of their responsibilities.

**Housekeeping Staff**  
Housekeeping staff should be equally as smart as they have a guest facing role. As they are the only staff that have access to guest rooms, guests should feel they have a high level of personal hygiene and presentation. Their uniform should also be practical and not restrictive as they have a physical job.

**Wait Staff**  
Another customer facing role, the wait staff directly speak to customers; taking orders and dealing with any issues. As they also present food to the customer it is essential customers feel they have high standards of personal hygiene. Wait staff should be presentable and represent the establishment accurately, regardless of the type of establishment. For example, fast food servers priority is to serve food quickly and efficiently, whilst waiters in a deluxe hotel would not want guests to feel rushed.



**L**

**Contract:** a formal document outlining the role & responsibilities of a job that is designed to protect both the employee and employer.  
**Pro rata:** proportional/proportionally



**The Chef**  
Chefs wear white to signify cleanliness, it also reflects the heat better than darker colours. White can also be bleached to maintain hygiene, darker colours cannot be bleached as the colour would fade. As kitchens are hot work areas they wear baggy pants to remain cool. The chef's hat, known as a toque, is not a mandatory part of their uniform but dates back to the 16<sup>th</sup> Century.

**Factors affecting the success of H&C providers**

**1.1.4 Contributing factors of H&C provision**

- Costs
- Profit
- The economy
- Environmental factors
- Seasonal foods
- Sustainable methods of farming
- Reducing energy and water use
- Food waste
- Packaging
- Technology
- Emerging and innovative cooking techniques
- Customer demographics, lifestyles and expectations
- Customer service
- Competition
- Trends
- Political factors
- Media

**The Equality Act 2010**



**1.1.2 Working in the hospitality & catering industry**

- Record keeping
- Stock control sheets
- Invoices
- Staff Rotas
- HACCP
- Food and drink orders
- Restaurant bookings
- Accident forms



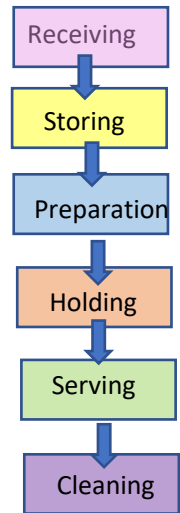
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**P**

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**1.1.3 Working conditions in the hospitality & catering industry**

**Kitchen layout**  
The size and space of a kitchen should enable staff to work: safely, efficiently and in comfort.



**1.3.2 Food safety**

An Act of Parliament, the Health and Safety at Work Act (HASAWA) 1974, regulates health and safety issues.



Human Rights in employment Act (1998)

- Prohibits discrimination illegal to dismiss employee on grounds of:
- dress code
  - political opinion
  - Religion
  - disability





1.3.1 Health and safety in hospitality and catering

AC3.2/3.3/2.1: Safety and Security in Hospitality Establishments



- **Theft:** the taking of property belonging to the customer, employee of employer; this includes food, drink and equipment.
- **Burglary:** theft with trespass.
- **Robbery:** theft with assault, e.g. of banking cash or collection cash.
- **Fraud:** e.g. making false claims for damage, using counterfeit money or stolen credit cards.



Data Protection Act 1998



The Environmental Health Officer 1.4.4

- Inspecting business for food safety standards
- Follow up complaints
- Follow up outbreaks of food poisoning
- Collecting samples for testing
- Giving evidence in prosecutions
- Maintaining evidence
- Submitting reports

T

UNIT 1 The hospitality & catering industry

W

1.3.2 Food safety and 1.4.1 & 2 & 3

U Food Poisoning

Food spoilage and contamination

1. Food spoilage may be caused by many various microorganisms – bacteria, yeast and moulds – as well as by enzymes naturally present in the food products

Microorganisms

1. Tiny organisms visible only under a microscope e.g. bacteria, yeast and mould.
2. Warmth – ideally a temperature between 5c-63c.
3. Water – microorganisms grow better in moist conditions
4. Good – ideally protein, but sometimes also sugar
5. Time – the longer the time, the more time the microorganisms have to multiply
6. DANGER ZONE – 5c-63c. Bacteria growth above and below these temperatures is slower.
7. Growth controlled – by storing food in proper conditions, freezing and refrigerating food, cooking food before eating, not refreezing food once it has been defrosted.

Enzymes

1. Enzymes – Biologically active protein-based molecules.
2. Catalysts – speed up the rate of chemical reactions
3. Enzymes are necessary for fruit to ripen.
4. Enzymic browning – darkening of fruit and vegetables caused by enzymes and should be avoided to preserve the nutritional value of food. Browning can be stopped by blanching and use of acids
5. **Best before** – applied to food quality (look, flavour and colour) and it's relatively safe to eat 4. the food after that date: it is used on dry, frozen or tinned foods and eggs.
6. **Use by** – applies to food safety so it might be harmful to eat a food after that date: used on fresh foods such as milk and dairy.

	SYMPTOMS	SOURCE	GOOD PRACTICE
<b>LISTERIA</b>	diarrhea, fever, muscle aches	unpasteurized milk, soft cheeses	cooking raw food thoroughly
<b>CAMPYLOBACTER</b>	nausea, fever, cramps, diarrhea	raw milk, raw meat	cooking raw food thoroughly
<b>CLOSTRIDIUM PERFRINGENS</b>	nausea, vomiting, pain, diarrhea	stews, soups, gravies held at warm temperature	hold food at below 40°F (4°C) or above 140°F (60°C)
<b>SALMONELLA</b>	diarrhea, chills, fever, vomiting, cramps	undercooked poultry, eggs or products containing eggs	cooking raw food thoroughly
<b>ESCHERICHIA COLI</b>	cramps, diarrhea, fever, vomiting	contaminated ground beef, unpasteurized juice, milk	cooking raw food thoroughly, eat pasteurized food

V

**Ambient storage** – storing at room temperature 7. usually around 20°C.

British Lion Scheme – food safety mark which 8. guarantees that eggs are produced in the UK and that all the hens have been vaccinated against salmonella.

Cross-contamination – is when bacteria, toxins or food particles are transferred to a food product.

Caused by:-

- Waste food and rubbish
- Pests and rodents
- The cooks hand
- Work surfaces and equipment
- Other contaminated foods, including high-risk foods.



Anaphylactic shock – is a life-threatening reaction

Most common allergens – nuts, fish and seafood, milk and eggs.

Temperature control

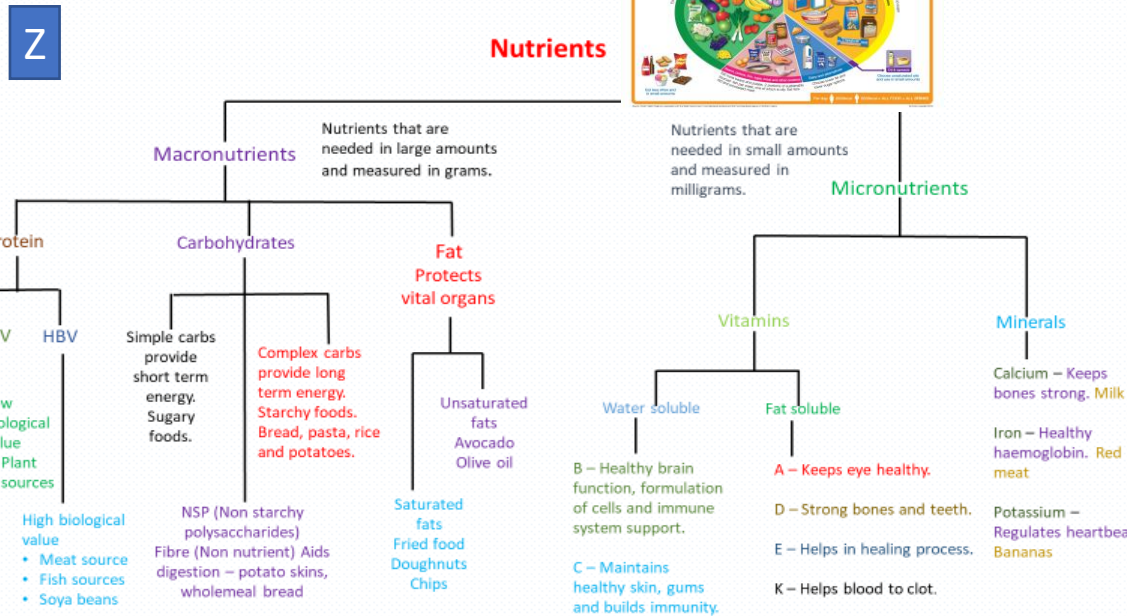
Tainting – means that the m=smell of one food contaminates other food. Always cover.

Freezer burn – involves the dehydration and oxidation of food caused by improper freezing. E.g inadequate packaging.



Freezing	-18c
Chilling	0—5c
Cooking	Above 75
Reheating	Above 75
Hot holding	63c

2.1.1 The importance of nutrition



**Nutritional needs for different activity levels**  
**BMR** – basal metabolic rate is the amount of energy we need to keep our body alive  
**Energy balance** – the amount of energy we get from food each day is the same as the amount of energy we use each day  
**Energy dense** – a food that contains a lot of fat and/or carbohydrate (sugar, starch) and has a high energy value  
**PAL** – this means physical activity level, and is the amount of energy we use for movement and physical activity every day

X

**Energy**

**Jobs in the body** – growth and movement, chemical reactions, using the brain, making sound and body warmth. It is measured in Kcals KJ – 1g carbohydrate=3.75 kcals/16 KJ, 1g fat= 9 kcals/37 KJ, 1g protein = 4 kcals/16 KJ

**Energy dense foods** contain lots of fat and sugar. The amount of energy needed depends on BMR, PAL and life stage. The macro nutrients are converted to glucose in the body to produce energy. Too much energy in the diet (excess) causes gradual weight gain and obesity  
**Balanced weight** is equal amount of energy eaten to used  
**Energy deficiency** is not enough eaten for energy used. Results in lack of energy in diet (energy deficiency) Gradual weight loss

Y

**Special diets**

**Diabetes:** is a condition caused because the pancreas doesn't produce any, or enough, insulin to control the amount of sugar in the blood.  
**Coeliac:** is a person suffering from coeliac disease.

1

**Kosher:** refers to food that is allowed to be eaten because it is considered clean in Judaism.

**Halal:** meat which has been slaughtered in a specific way.

**Lacto vegetarian:** are vegetarians who eat no fish, meat, meat products, or eggs, but eat dairy foods.

**Lacto-ovo vegetarian:** are vegetarians who eat no fish, meat, meat products, but eat eggs and dairy products.

**Vegan:** are vegetarians who eat no fish, no meat, meat products, eggs or dairy foods. Only plant foods are eaten.

**Ethical:** relating to moral principles or the branch of knowledge dealing with these.

2

**How nutritional needs vary depending on age**

As we age our nutritional needs change due to a number of reasons.  
**YOUNG CHILDREN** – growth spurt – require more protein, calcium and vitamin D. Teething – calcium, fluoride and Vit D, developing immune system, fewer sugary sweets and drinks to prevent overweight and tooth decay.

**TEENAGERS** – Calcium and vitamin D for growth spurts and bones, iron to prevent anaemia, eat regularly for energy, fewer sweets and sugary drinks to prevent obesity.

**Portion size and costing when planning a meal.**

Eating the correct portion size ensures that individuals nutritional ad energy needs are met. Must stay within the family budget.

3

**Special diets continued**

**Gluten:** is a general name for the proteins found in flour.

**Lactose intolerance:** means you cannot digest lactose.

**Allergy:** conditions caused by hypersensitivity of the immune system to something in the environment that usually causes little or no problem in most people. These diseases include hay fever, food allergies, atopic dermatitis, allergic asthma, and anaphylaxis.

**Multicultural:** relating to or containing several cultural or ethnic groups within a society.

**Cuisine:** is a style of food characteristics to a particular country or region

**Food intolerance:** is a sensitivity to some foods.

**Lactose:** is the sugar naturally found in milk.

**Coeliac disease:** is a bowel disease; a sensitivity to gluten.

**Seasonal:** refers to foods that are only available at certain times of the year.

**Disposable income:** is what money is left over for saving or spending after taxes are subtracted from income.

**Food miles:** are the distance that food is transported as it travels from producer to consumer.

**Carbon footprint:** is the amount of greenhouse gases produced in the production and transportation of foods.

**Anaphylaxis:** Anaphylaxis is a severe and potentially life-threatening reaction to a trigger such as an allergy. It's also known as **anaphylactic shock**.



## 2.2 Factors affecting menu planning

### Deficiencies – Too much, too little

**Hypertension** – condition in which blood pressure is too high. Due to obesity, smoking ..

**Iron deficiency anaemia** – condition caused by a lack of iron in the diet.

**Obesity** – Condition in which fat is stored by the body in large amounts.

**Coronary heart disease** – condition in which blood vessels in the heart are narrowed by cholesterol plaque build –up.

**Type 2 diabetes** – chronic condition in which blood sugar levels are abnormally high.

**Skeletal disorders** – group of diseases of the skeletal system caused by a deficiency of micronutrients.

**Energy** – is the number of calories you need to consumer every day to maintain function and body mass.

**Energy needs** – depend on sex, age, height, weight, occupation, lifestyle, body composition.

**BMR** – basal metabolic rate.

**PAL** – physical activity level

**BMR x PAL = total energy expenditure (TEE)**

**BMI** – body mass index.

4

**Rastafarians** – eat i-tal (clean, natural and pure), coconut oil, herbal tea, fruit and veg. Don't eat pork, salt, milk coffee, alcohol.

**Buddhists** – eat a vegetarian diet, don't eat meat and alcohol.

**Muslims** –eat halal food only, don't eat pork, alcohol, fish and shellfish, without scales.

**Jews** – eat kosher food, don't eat shellfish, pork, meat with diary.

**Hindus** –eat milk, main vegetarian, don't eat beef and alcohol.

**Sikhs** – eat a vegetarian diet,, don't eat alcohol, kosher, halal, beef.

**Christians** –eat generally everything, don't eat meat on a Friday.

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### Ethical beliefs

May be based on – animals suffering, how food is made or how food production affects the environment.

**Fair-trade** – global movement focused on ensuring fair working conditions, prices and wages to farmers and workers in developing countries.

**Animal welfare** – Movement focused on ensuring the well-being of animals and humane conditions for rearing animals.

**Organic foods** - Plants and animals are grown and reared in the most natural way possible.

**GM foods** – Plants or animals in which DNA has been altered.

**Local produce** – local food fresher, tastier, cheaper, fewer food miles and lower carbon emissions.

**Food miles** – Distance from a farm to the plate.

**Carbon footprint** – amount of carbon dioxide and other greenhouse gases emitted during the production of the food.

**Greenhouse gases** - carbon dioxide, water vapour, nitrous oxide, ozone .

6

### Medical Conditions

**Food intolerances** – reaction of the digestive tract to a food ingredient.

**Most common intolerances** – lactose, gluten (in wheat, barley, rye and oats)

**Symptoms and diet** – cause bloating, stomach cramps or diarrhoea.

**Food allergy** – reaction of the immune system to a food ingredient.

**Most common allergens** – nuts, eggs, milk, wheat, fish and shellfish.

**Symptoms and diet** – can cause a severe, life threatening reaction.

**Anaphylactic shock** – must avoid the food.

**Factors influencing food choices:**

**Physical activity level** – amount of energy needed to perform daily tasks.

**Healthy eating** – a balanced and varied diet.

**Lifestyle** – the way people live.

**Food availability** – the amount and variety of food available.

**Seasonality** – availability of foods.

7

## HOSPITALITY & CATERING YR 10 & 11

## UNIT 2 Hospitality and catering in action

**Cost of food** – the price of food products.

**Income** – disposable income is the amount of money a family can spend on rent and food.

**Preferences** – some prefer sweet or savoury.

**Enjoyment** – eat certain foods for enjoyment.

**Time available to prepare food** – busy

**Celebration** – plays an important part for special occasions

8

**Why do we cook food?**

**Making it safe** – heat kills bacteria, inactivates harmful enzymes and toxins.

**To develop flavours** – water evaporation, adding sugar – caramelisation and other reactions add flavour.

**To improve texture** – makes food easier to eat.

**To improve shelf life** – cooking kills bacteria

**To increase variety** – one product may be cooked in many different ways

**Smell** – Olfactory system responds to aroma stimuli and sends information to the brain.

**Touch** – helpful in judging the texture, consistency and mouthfeel of the food.

**Eyesight** – important when presenting food, more appetising, colourful, neat and decorated.

**Hearing** – crunchiness and crispiness indicates its freshness.

**Taste** –5 tastes – sweet, sour, salty, bitter and umami.

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### Local and seasonal foods

**Characteristic of countries or regions, as well as certain seasons of the year. Fresher, more nutritious and tastier**

**Empowers local farmers and support local communities**

**May be cheaper than imported foods Supports biodiversity of species**

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### Cooking methods - how does cooking affect food?

**Appearance** – meats shrink, cakes rise, eggs become solid, sauces thicken, rice pasta increase in size.

**Colour** - Foods become golden or brown, red and green vegetable may lose colour.

**Flavour** – may become sweeter, more pronounced, rich.

**Texture** – eggs set, vegetables and meats soften, chips become crunchy, bread becomes crispy, custard becomes creamy, sauces thicken.

**Smell** – is more pronounced because essential oils fill the air and are more easily detected by the olfactory system.

### Cooking methods – oil based methods

**Deep fat frying** – foods become golden and crunchy, but their nutritional value is poor. (loss of vitamins, high fat content)

**Shallow frying** – seals the surface of food and helps to obtain crunchy top and juicy interior.

**Stir frying** – low fat. Helps to preserve nutritional value of food.

### Cooking methods – water based methods

**Steaming** – Helps preserve nutritional value of food. Low in fat.

**Boiling** – May cause vitamin loss. Low in fat.

**Simmering**- long time required. Causes vitamin loss

**blanching** – prevents enzymic browning and oxidation, preserves nutritional value.

**Poaching** - deal for preparing delicate ingredients

**braising** – long time required. Causes vitamin loss

### Cooking methods – dry methods

**Baking** - long time required. Causes vitamin loss. Palatability is improved (cakes and other baked goods become sponge like and often have crispy top).

**Roasting** - Helps to reduce amount of fat in food. Long time required. Decreases vitamin content.

Helps to obtain a crispy skin or surface.

**Grilling** – may create harmful substances.

Usually low in fat.

**Dry-frying** – Reduces amount of fat n food.

Nutritional value is preserved.

Sensory needs

Sight (appearance of food)

Sound (eg. crispy, crunchy, fizzy)

Smell (aroma of food)

Taste (flavour of food)

11

**Limited offer/ small variety of foods offered**  
**Limited availability/ short time for purchase**  
**Depends on weather conditions and local climate**

**May be more expensive than imported foods**

**Other factors to consider when menu proposing dishes for menus:** Skills of staff, equipment available, time available, type of provision, finance, client base

**How dishes on a menu address environmental issues:** Danger of carbon dioxide – production creates carbon dioxide.

This creates a layer around the earth which reflects warmth back onto the earth. Average temp rise

**Carbon footprint** – amount of CO<sub>2</sub> and greenhouse gases emitted into the environment. By input, processing and output.  
**Global warming** – rise in average temperature on earth due to extravagant release of greenhouse gases.

**CO<sub>2</sub> layer – heat cannot escape – rise in temp – glaciers melt- fierce hurricanes, rainfall-crop failure – food shortage.**

**Greenhouse gases** – vapour, CO<sub>2</sub>, nitrous oxide  
 methane, ozone, CFC's, absorb infrared radiation

**Food miles – distance from the field to the plate.**

**Food production – direct and indirect effect on the environment** by creating various pollutants and by causing deforestation.

**Packaging** – using fossil fuels to produce, tonnes thrown away, unrecycled creates pollution, animals, birds and

**Food availability** – climate change affects food availability. Droughts, flood causes crop failure. Therefore no plants to eat and no food for animals.

12

**Food security** – when all people, at any time, have access to nutritious, healthy food in sufficient amount.

Seasonal foods – foods which are characteristic of a given season when they ripen and are harvested.

**Food waste** – due to buying or cooking too much, not eating before it goes off. Effect – waste of money, pollution, carbon footprint increased. Prevention – planning, only cook what's needed, store leftovers, prevent spoilage, make compost from left-overs.

**Food sources** – where and how food is made depends on climate, soil quality, availability of water, resources, availability of land, size of population. Religion, ethical beliefs.

**Grown** – orchards, fields, polytunnels.

**Reared** – sheds, barns, fish farms

**Gathered** – in forests, near the roads,

**Caught** – open spaces and forests oceans and seas.

**Sustainable fishing** – fishing in natural fisheries limited to certain period of time. Giving the shoal time to reproduce and restore itself. Policy set by the Marine Stewardship Council.

**Advantages of fish farms** – protect the natural ecosystems, prevent overexploitation of fisheries, keep animal welfare standards, protect wild species diversity. Prevent by catch.

**By catch** – accidental catch of a sea organism which wasn't the primary goal of the fishing.

**Disadvantages of fish farms** – fish tanks often overcrowded, fed low-quality feed affecting their flavour and nutritional value, might be fed antibiotics, increasing risk of antibiotic resistance.

**Farming**

**Organic farming** – No chemicals, little or no use of pesticides no artificial fertilisers, no herbicides, no GM feed or seeds antibiotics are only used when necessary. Crop rotation may be applied to preserve soil quality. Animal welfare standards are kept.

**Intensive farming** – Chemicals such as pesticides, herbicides and artificial fertilisers are used to prevent crop failure.

**Antibiotics are used to prevent diseases in livestock, not to cure them.**

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**GM feed and seeds are used to obtain high –yield crops. Animal welfare standards are often violated.**

**Genetically modified foods**

**Come from GM animals or plants, or GM**

**Intensive farming –**

**Chemicals such as pesticides, herbicides and artificial fertilisers are used to prevent crop failure. Antibiotics are used to prevent diseases in livestock, not to cure them. GM feed and seeds are used to obtain high –yield crops.**

**Animal welfare standards are often violated. Microorganisms are used during production. Resistance to pests and unfavourable weather conditions. More nutrients, e.g. beta-carotene in golden rice. Fewer pesticides and herbicides are used.**

**How menu dishes meet customer needs**

**Nutritional:** The nutritional needs of the customer should be considered carefully (nutritional needs) You should consider when people eat out and the need for healthy eating. You should also consider the different life stages and take these into consideration.

Organoleptic: using the senses to assess the qualities of food  
 Appetising: food that appeals to your senses

Cost: this needs to be considered when planning menus

**Planning production of dishes for a menu** -Sequencing, timing - Production plan

**2.2.2 How to plan production** When you have decided on your menu or choice of dishes the writing of the time plan is the next difficult concept. The following method is a successful way of working out a time plan. Although it takes a lot of time to start with it ensures no stages are missed out. Go through each dish and list the stages in making each one from mise en place through to serving. Number each stage as shown.

You then need to 'dovetail' (fit together) each stage of each dish into a final time plan. Start with the dishes that need:

- ☑ the longest cooking time e.g. casseroles or pies
- ☑ the longest cooling time e.g. cakes that need to be decorated
- ☑ the longest setting time e.g. cheesecakes and mousses

Finish with the final garnish and serving. Make sure you START and FINISH at the correct times.

Allow at least 10 minutes for final garnish and decoration before serving.

**Menu chosen::** Chicken Chasseur  
 Creamed Potatoes, peas and Strawberry Gateau

Time	Order of work	Notes
8.30	Mise en place. Set up table. Collect serving dishes. <b>Peel and chop potatoes. Prepare garnishes and decorations (whip cream, fan strawberries). Chop parsley. Peel and chop onion, dice bacon, chop mushrooms. Tidy table for start.</b>	Refrigerate perishables (chicken and cream). Potatoes in water to prevent discolouration. Light oven Gas 6 or 200C.
9.00	<b>Gateaux- make sponge using whisking method. (Whisk eggs and sugar till thick, fold in flour). Divide between 2 tins.</b>	Fold in gently. Bake- Gas 6 – 20 mins.
9.45	Wash up. <b>Put potatoes onto boil, once boiling reduce the heat and simmer. Simmer 20 mins on low heat.</b>	Stir chasseur. Add tsp salt.



Knife Skills – Bridge, Claw, Cross-cutting. Chefs knife, vegetable knife. Cuts – julienne, dice, brunoise  
Sauce making – Roux, bechamel, reduction, emulsion

15

2.3 and 2.1.2 How to prepare and make dishes (including 2..1.2 How cooking methods can impact on nutritional value

Techniques used in food production

Weighing and measuring. Shaping, peeling, whisking, meting, rubbing in, sieving, segmenting, hydrating, blending

HOW TO PORTION A CHICKEN

Take the chicken out of the packaging and place onto a chopping board. (why are you doing this?)

Place the packaging into the bin immediately. (what are you trying to prevent? Explain what food poisoning bacteria chicken might contain)

Using a SHARP knife start by removing the legs. Where the legs meet the body of the chicken use the knife to cut through the skin.

Once the bone is reached, use the tip of your knife to find the joint where the thigh meets the main body. Pressing down between the joint, cut through the cartilage and separate the leg from the body.

Following the angle of the breast bone, cut the breast away from the carcass.

Cut down one side of the keel bone (breast bone)

Cut through the joint carefully to separate into two parts (What is the name of these two cuts of chicken?)

To separate the leg into two portions, feel the chicken leg, to find the middle joint (Describe what you can feel)

Finally, cut the wing away from the carcass.

Food Safety & Hygiene!



Ensure all equipment is washed in hot soapy water  
This includes wiping down any surfaces that may have been in contact with the chicken or its juices  
Finally, wash your hands thoroughly!



★Thigh ★ Drumstick ★Wing ★Breast ★ Marinade ★Tend

★ Cross Contamination ★ Pathogens ★ Salmonella



2.3.3 Food safety practices

Dish selection – did your dishes show a range of basic, medium and complex skills?  
Dish production – Did you follow the production of the dish in a logical order in your production plan? Did you have any problems during the production of your dishes?  
Health and safety – Did you store your ingredients correctly? Did you clear up regularly? Did you use the correct chopping boards? Did you use a food probe? Did you work safely with knives, heat, equipment?  
Hygiene – Were you dressed hygienically to work in a kitchen? When did you wash your hands? Did you cover any sores/cuts on your hands? Did you cough or sneeze over the food?

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Selection of dishes, organization of your work station, mise en place, preparing dishes, use of equipment  
Organoleptic – Appearance, flavour and aroma, texture  
Presentation of your dishes – Appearance and temperature  
Food and other waste – Food waste and recycled waste  
Decision making – how the production was planned and carried out  
Organisation, planning and time management

1. Rinse the slime off the fish, lay it on a cutting board, and insert the knife tip into the fish's anus. You can use a small towel to help get a secure grip on the fish as you're cleaning it. Cut upward along the belly to the head. Keep the knife blade shallow so you don't puncture the intestines.

2. Make a cut at the throat to separate the gills from the head.

3. Spread the body open and remove the gills and entrails.

4. Fish have a kidney along the length of the backbone. Scrape it out with a spoon or your thumbnail.

5. Cut off the head; if desired, and remove the dorsal fin. Rinse the fish in cold, clean water and keep the fish cool until ready to prepare.

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Commodities: Fish, eggs, vegetables, rice, poultry, meat, cereals, fruit, dairy, soya

2.3.2 Presentation techniques– fanning, waterlily effect, scoring, twists, ribbons, curls, blending, coulis, creaming, cutting and stenciling, glazes, icing, dressings, fluting, foams, glazing, jus, latticing, layering, moulding, piping, shaping



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