



Institute of Hotel Management and Catering Technology Thiruvananthapuram

**ADVANCED FOOD PRODUCTION THEORY
BHM 351**

B Sc H & HA



Institute of Hotel Management and Catering Technology Thiruvananthapuram

S.No.	Topic	Page No
01	<p>INTERNATIONAL CUISINE</p> <p>A. Geographic location</p> <p>B. Historical background</p> <p>C. Staple food with regional Influences</p> <p>D. Specialities</p> <p>E. Recipes</p> <p>F. Equipment in relation to:</p> <ul style="list-style-type: none"> • Great Britain • France • Italy • Spain & Portugal • Scandinavia • Germany • Middle East • Oriental • Mexican • Arabic <p>CHINESE</p> <p>A. Introduction to Chinese foods</p> <p>B. Historical background</p> <p>C. Regional cooking styles</p> <p>D. Methods of cooking</p> <p>E. Equipment & utensils</p>	<p>4</p> <p>04</p> <p>10</p> <p>15</p> <p>25</p> <p>31</p> <p>36</p> <p>41</p> <p>46</p> <p>64</p> <p>70</p> <p>82</p> <p>87</p>



02	<p>BAKERY & CONFECTIONERY</p> <p>I. ICINGS & TOPPINGS Varieties of icings / Using of Icings / Difference between icings & Toppings / Recipes</p> <p>II. FROZEN DESSERTS Types and classification of Frozen desserts / Ice-creams – Definitions / Methods of preparation / Additives and preservatives used in Ice-cream manufacture</p> <p>III. MERINGUES Making of Meringues / Factors affecting the stability / Cooking Meringues / Types of Meringues / Uses of Meringues</p> <p>IV. BREAD MAKING Role of ingredients in bread Making / Bread Faults / Bread Improvers</p> <p>V. CHOCOLATE History / Sources / Manufacture & Processing of Chocolate / Types of chocolate / Tempering of chocolate / Cocoa butter, white chocolate and its applications</p>	<p>109</p> <p>118</p> <p>120</p> <p>123</p> <p>134</p>
03	<p>PRODUCTION MANAGEMENT Kitchen Organisation / Allocation of Work - Job Description, / Duty Rosters / Production Planning / Production Scheduling / Production Quality & Quantity Control / Forecasting & Budgeting / Yield Management</p> <p>PRODUCT & RESEARCH DEVELOPMENT Testing new equipment / Developing new recipes / Food Trails / Organoleptic & Sensory Evaluation</p>	<p>144</p> <p>178</p>
04	<p>FRENCH: Culinary French / Classical recipes (recettes classique) / Historical Background of Classical Garnishes / Offals/Game / Larder terminology and vocabulary</p> <p>Note: Should be taught along with the relevant topics</p>	



BRITISH CUISINE

INTRODUCTION

Great Britain, an island country in northwestern Europe, is really four countries -- England, Northern Ireland, Scotland, and Wales. It goes by the familiar names of Britain and the United Kingdom, as well. It ranks 73rd in size among the countries of the world and has about one percent of the population.

Though this country contains few natural resources, it has played a prominent role world-wide. It started the Industrial Revolution and founded the largest, most powerful empire in the world -- and then declined. By 1900 its empire covered one-fourth of the world's land, containing one-fourth of the people. Though still a leader, it is no longer the world power it once was.

British cookery has been much maligned and has improved romantically in the restaurants and country inns in the past decade.

Traditional British cuisine is substantial, yet simple and wholesome. The Brits have long believed in four meals a day. Their fare has been influenced by the traditions and tastes from different parts of the British empire: teas from Ceylon and chutney, kedgerree, and Mulligatawny soup from India. The British nanny has also played a role with her nursery favorites, such as Bread and Butter Pudding, and Treacle Tart. Roast beef with Yorkshire Pudding and Plum Pudding are important contributions to international cuisine. Other popular dishes include Cornish Pasties and Beefsteak and Kidney Pie. The English developed a line of spicy sauces including ketchup, mint sauce, Worcestershire sauce and deviled sauce.

Today there is an emphasis on fine, fresh ingredients in the better restaurants and their markets offer countless worldly items. Salmon, Dover sole, prawns, game, and lamb are choice items. Wild fowl and game are specialties.

Among English cakes and pastries, many are tied to the various holidays of the year. Hot Cross Buns are eaten on Good Friday, Simnel Cake is for Mothering Sunday, Plum Pudding for Christmas, and Twelfth Night Cake for Epiphany. Local delicacies include Bath Buns, Chelsea Buns, Eccles Cakes, and Banbury Cakes. Cheeses are choice regional specialties, including Stilton, farm-house cheddars and Cheshire Cheese.

The Scottish has their own national dishes, based upon wild products and food, locally produced in this northern region. They include oats, barley, fowl, game, mutton, salmon, herring, and haddock. Oat cakes, shortbread, black buns, bannocks, finnan haddies and haggis are specialties.

Ethnic restaurants -- French, Italian, Indian, Greek, Thai and many others -- are very popular in the British Isles

BRITISH FOOD:

British cuisine has always been influenced by many different cultures. In ancient times the food of the British was influenced by the Romans. Pies and puddings in



ancient times solved the problem of making dinner with inexpensive meats. Pies covered a stew with a crust, and puddings were made from butcher's scraps that were put in a sheep's stomach and steamed or boiled. This was when black pie, an animal stomach filled with pig's blood came to be a British dish. In the medieval times, most of their food was influenced by the French. At that time when the Frankish Normans invaded the island they introduced many different kinds of spices to the British People. These spices included mace, pepper, cinnamon, nutmeg, ginger, and saffron. At that same time sugar was brought into England and was considered to be a spice and before this arrival of sugar cane, fruit juices and honey were the only sweeteners available to use. During the Victorian period of time, the British stodge was survived with exotic spices from all over the empire. The British did get many foods and recipes from other countries because of the British Empire and they claimed to have kept those links to other countries today under the Commonwealth. A long time ago England adapted tea from East Asia, and curry spicing from India. In the nineteenth century, the British developed what became known as the Great British Breakfast. This was a very large breakfast that included meats, vegetables, dairy products, and fruits. Some of the food included in this very large breakfast like eggs, bacon, and toast with marmalade have been on the British breakfast table for more than one hundred years now. ("British Culture") Unfortunately during the two world wars the wide variety of British cuisine came to an abrupt halt. Because Britain is an island their supplies and goods during these two wars were easily cut off and therefore became short. Also, the war effort used up many supplies and goods that were not replaced because the ships that imported goods were few and had to travel in convoys which meant they had to take fewer journeys and it was harder to reach the main land without being attacked by enemies. During the Second World War, food was rationed and it did not stop until very late after the war. ("British Culture") Once the nineteen eighties hit, the British cuisine was ready to get started up again and this time they looked in new directions for ideas. Cooks began to look in their homeland for some ideas and inspiration. ("British Culture") "Calling on a rich and largely ignored tradition, and utilizing many diverse and interesting ingredients, the basis was formed for what is now known as modern British food ("British Culture")." Many traditional foods like game, Cornish pasties, fish and chips, roast beef, Yorkshire pudding, kidney pie and steak are still popular now as they were long ago. The consumption of potatoes and meat has dropped a little because of the introduction of pasta and rice. Curry is now a very popular national dish. ("British Culture") "Roast beef is still the national culinary pride ("British Culture")." Seafood is a very popular dish served in England, after all Britain is an island that has some of the riches water of fish. Many of the fish they eat include haddock, plaice, turbot, mullet, sole, hake, and cod which is the most popular fish chosen for fish and chips. The British also enjoy oyster and lobster as well as eel, which are commonly cooked into pie. Another popular dish is beef. Despite all the attention the beef industry in



Britain has been getting for mad cow disease, it is still a big popular industry. The Scottish Aberdeen Angus is a very famous beef-producing breed. Not only do the British have good quality beef, they also have good dairy cows. England is considered to be famous for their delicious cheeses, creams, and butter. ("British Culture") The British have many different forms of dessert such as pies, puddings, cakes and buns. The most common are the pies and puddings. Pies still today like they did a long time ago cover stew or other ingredients with a crust. Now, though, there are many sweet variations of pies, which usually have two crusts or just a bottom crust. Piecrusts can be made from many different things usually the key ingredient is short dough or puff pastry. Britain has pasties, which are filled turnovers that often contain snack and bar foods. Pudding now usually describes desserts in general or sweet mixes. Two very common types of puddings are plum pudding and rice pudding Plum pudding is usually a Christmas treat that contains steamed cake or beef suet and dried fruits with cognac. ("British Culture") Meals for the British are not like most other European countries. They have a big breakfast usually together as a family , which is eaten before work or school. Lunch is eaten from 12:30 p.m. and 1:30p.m.. They eat their dinner or what they call an evening meal between 6:30p.m. and 8:00p.m. after they get off work or school. Sunday is the one day out of the week where the British usually sit down and eat lunch together. This is also where they usually eat their typical "British food". ("A Brief Introduction") The most common and most looked forward to meal would consist of roast beef or as the British refer to as a joint, served with roasted potatoes, two vegetables, gravy, horseradish, mustard, and Yorkshire pudding. ("British Culture") Breakfast in Britain is bigger than most other countries. Today, it is not as big as it once was though. Most of the food is fried, like bacon, sausage, eggs, tomatoes, and bread. Sometimes black pudding is even eaten for breakfast. Cereal has become much more popular recently and the most popular kind is corn flakes. ("A Brief Introduction") The British annual consumption of bacon, sausage, and eggs is much higher than most other countries its size and it shows that these breakfast foods are still very popular. The Great British Breakfast is different from what it used to be in the nineteenth century. ("British Culture") Usually the Great British Breakfast consists of toast with jam or marmalade, pastries, fresh orange juice, freshly brewed coffee, a choice of cereal, porridge, stewed fruit, or half a grapefruit, The Simpson's Cumberland sausage, scrambled eggs, streaky and back bacon, black pudding, grilled mushrooms and tomatoes and a daily newspaper. Some British people like Americans just like to have coffee and read the newspaper. ("British Culture") Lunch is not a big meal in Britain except for Sundays. Usually during the week packed lunches are what they eat. (A Brief Introduction") A packed lunch most commonly contains "some sandwich, a packet of crisps, an apple and a can of something to drink, for example Coca-Cola ("A Brief Introduction")." Dinner is the next biggest meal after breakfast and the Sunday lunch. It usually consists of "meat and two veg" which is meat and two kinds of vegetables. They are covered in gravy.



The most common vegetable to be eaten is potato. (British Culture) Here is an interesting story about the origin of the sandwich. Most people think a sandwich came from America, but actually it originated in Britain. The name sandwich comes from the Earl of Sandwich who lived from 1718 to 1792. He was very interested in gambling and he participated in it a lot. When he was gambling, taking time for a meal was considered by him a rude and unwanted interruption. He then invented a meal that would not require him to exchange his gambling table for a dining table. This was a sandwich. ("British Culture")

INFLUENCES

The British Isles were cut off from the mainland by about 6500 BC. The food then was mostly berries, fish, fruits etc. Domestic animals were brought in by the Neolithic farmers (9350 BC). This provided milk and cheese. Then Celts arrived by 8 BC and added hen, goose etc. They tamed wild horses rather than eating them. They planted cereals and grains. They exported Beef to the Continent. They made wheat grain from the plant and honey and mead. They made unhopped beer and planted vines.

Romans (54Bc- 407 AD) Grew vines, peach, almonds, figs etc. Beef, mutton and pork was consumed. Snails and shellfish were cultivated. They started animal farms. Spices were brought in. Oats and rye were also cultivated. Eggs were used for cooking for the first time. Ovens were introduced then. White powdered mustard was mixed with vinegar to preserve vegetables. Lentils, Cheese and honey were used for cooking.

Early medieval (407-1066 AD) German tradesmen added ale to beverages. Herring and whale meat were used.

Medieval (1066-1485 AD) Cider was introduced. Strawberries were cultivated. Pies and pie makers abounded during this period.

(1485-1688) By 1540 Turkey was used to eat. Potatoes, tomatoes, pepper were used by 1640. Sugar was used most of which was imported from USA. Salads were popular.

1688-1750) AGRICULTURAL REVOLUTION Excess of fat and vegetables were used in cooking. Gin, coffee, cocoa were brought. Cocoa was mixed with vanilla, cinnamon, nutmeg, sugar and caked. This was then scraped and used for drinks, cakes etc.

(1700-1900) INDUSTRIAL REVOLUTION Food adulteration was common. Fish n chips, cod became common, bottling and canning of food were common.

20th CENTURY Food was imported, branding was started, breakfast became cornflakes. dehydrated veg: dried eggs & banana, boneless meat, convenience food were common. Microwave & precooked chilled meals were common. Popularity of ethnic food increased like Thai, Indian etc.

A Glossary of Foods and Terms

Tipsy Cake: A sherry-soaked pound or sponge cake with custard and cream.

Bubble and Squeak: Cabbage and mashed potatoes fried together.

Angels on Horseback: Oysters wrapped in bacon and grilled.



Roast Beef with Yorkshire Pudding: Possibly the most famous dish, prime rib of beef with a puffed flour, egg, and milk pudding.

Cornish Pasties: Individual potato and meat pies.

Fish and Chips: Deep-fried white fish and potatoes.

Hot Cross Buns: A yeast bun marked with a frosting cross.

Cumberland Sauce: A currant jelly, wine, and mustard sauce.

Old English Plum Pudding: A raisin and citron steamed pudding.

Welsh Rabbit: The original name for rarebit, the Welsh dish consisting of cheese melted with beer, then poured on toast and broiled.

INGREDIENTS:

Clotted Cream also called Devonshire cream, this rich English specialty has at least 55 percent butterfat and is spread able.

Double Cream a rich cream with a minimum butterfat content of 48 percent

Gammon mildly cured English ham.

Caster sugar superfine granulated sugar.

Golden Syrup An amber-colored syrup with a consistency of honey, made from refined cane sugar. Substitute one part dark corn syrup mixed with four parts light corn syrup.

DINING IN ENGLAND:

English breakfast The traditional English breakfast is a bountiful event, and generally included in the price of a stay at a bed and breakfast hotel. It includes a glass of orange juice, a bowl of cereal, and a plate of crisply grilled bacon, sausage, or finnan haddie, fried or scrambled eggs, and grilled tomato halves, sauted mushrooms, and fried bread. A rack of freshly made toast, butter, and marmalade and tea or coffee accompanies

Lunch in a Pub or as a Picnic: A Pub lunch is a fun way to enjoy the midday repast. Pubs are located throughout the country and offerings include both sandwiches and hot food along with beer and ales. Smoked salmon and cress on brown bread and the Plowman's Lunch, a plate of cheese, chutney, pickles, and bread are classic.

A picnic is a delightful way to savor a historic sight on a beautiful day. The delicatessens sell fine cheeses and meats and it is easy to pick up bread and fruit from small shops in the countryside.

AFTERNOON TEA:

Afternoon tea is a custom, often served between 4 and 6 PM. It can include a plate of delectable little sandwiches -- cucumber, seafood, deviled meat or egg -- scones, buns, tarts and cakes. Tea shops offer scones with clotted cream or Devonshire cream and jam

SOME IMPORTANT DISHES:

Chilled Cucumber Soup



Yorkshire pudding
Jacket Potatoes
Welsh Rarebit
Cumberland Sauce
Sherry Trifle
Lemon Curd.
Smoked Salmon Pinwheels

POPULAR DISHES:

Fish and Chips: Fried fish fillet is served with potato chips (French fries) and traditional sauces.

Bangers and Mash: Also known as sausages and mash, this traditional dish consists of sausages and mashed potato, and is often accompanied with peas and gravy. This dish can usually be found on a menu in most pubs across the country,

Full English Breakfast: This breakfast usually includes: bacon, sausages, eggs, baked beans, toast, mushrooms, tomatoes, hash browns and black puddings.

Sunday Roast: The Brits love their Sunday Roast dinners. This dish is made up of: roasted meat (beef, chicken, lamb or pork), roast potato, Yorkshire pudding, stuffing, vegetables (usually a selection of: roast parsnips, Brussels sprouts, peas, carrots, beans, broccoli and cauliflower, not necessarily all) and gravy.

Toad in the Hole: it includes sausages in Yorkshire pudding batter and is often served with gravy and vegetables. Yes, you've probably guessed British people love Yorkshire puddings.

Shepherd's Pie/Cottage Pie: in shepherd's pie you use lamb whilst in cottage pie you use beef. And to confuse you even more, neither of these dishes are pies in the usual sense with pastry. Shepherd's pie and cottage pie consists of: mince (lamb or beef), vegetables (such as; carrots, tomatoes, and onions), and potatoes which are on top of the meaty pie like filling.

Steak and Kidney Pie: The ingredients include: beef, kidney, fried onion and gravy all wrapped up in pastry

Black pudding: a blend of onions, pork fat, oatmeal and blood. It has protein, potassium, calcium and magnesium content.

Eccles cake: this dish is named after the Greater Manchester town of the same name, these are small, round cakes made with flaky pastry and filled with currants.

Laverbread: it is a traditional welsh dish that has little to do with bread. For making laverbread, seaweed is boiled, then minced or pureed and sometimes rolled in oatmeal before being fried.

Scotch egg: it is a classic British dish in which hard boiled eggs wrapped in sausage meat, coated in breadcrumbs and baked or deep fried.

Bread and butter pudding: this pudding is made by layering slices of stale buttered bread, raisins and egg custard mix.

Haggis: a savoury dish of minced sheep's heart, liver and lungs with onion, oatmeal, suet, spices and salt.

LOCAL FAMOUS FOOD:

Cornish pasties: it is made by placing the uncooked filling on a flat pastry circle and folding it to wrap the fillings and then seal, then cooked.

Yorkshire pudding: it is a dish that originated in Yorkshire, England. It is made from batter and usually served with roast and gravy.

Arbroath smokies: these are types of smoke haddock (fish).

Welsh cake: the cakes are known as bake-stones. Within Wales because they are traditionally cooked on a bake-stone, Welsh cakes are made from flour, sultanas, raisins and or currants cinnamon and nutmeg.

Kippers: kipper is a whole herring, a small, oily fish that has been split from tail to head, gutted, salted or pickled and cold smoked, for breakfast in English.



FRANCE

French Cooking means an Elaborate and expensive way to complicate or at least masking foods with sauces. Unfortunately French Cooking can also mean mediocre or pour or dis honest cooking served with Pomp in Pretentions restaurants everywhere ever in the city of Paris. There is of course another side of French cooking , what is called haute or grande Cuisine may be modern man's nearest approach to Pure cliss. However provincial cooking is something quite different from haute (grande) cuisine .It simply means the Cooking that springs from regional areas called Provinces. However Provincial cooking is something quite different from haute cuisine. Grande cuisines owes a lot to true Provincial cooking .Most of the great chefs came from villages in the Provinces . They have learnt to adopt the cooking styles as well as the raw materials from their regions to the kitchen of the rich and famous . In true Provincial Cooking , there is no need for complexity , food is cooked in its own juices and served right in the Casseroles which they are cooked.

Starting with the Bretagne (Brittany) in the North West , there are eleven regions divided according to their Culinary contribution to French Cooking.

BRETAGNE (BRITTANY)

It takes its food and Cooking Simply .The sea supplies an abundance of fish and Excellent Belon oysters and found along the Coast .Bretagne can also be credited with inventing the French version of the Pan cake the delicate crepe.

NORMANDE

It can boast of the richest milk, cream and butter in all of France , Norman cream is an important ingredient in some of the best French dishes , and much of the milk goes into the world famous cucumbers cheese .The meat from the region is also Excellent , especially the sheep and lamb .Pastured in the salt marshes along the coast . Apples grow abundantly , most of them going into cider the favourite accompaniment to Norman meals , or in the fierce brandy called Calvados.

CHAMPAGNE

It makes one Supreme Contribution to French Cuisine , the famous sparkling wine , named after the Province .Although its repertoire of food is limited , the region Produces excellent Sausages and neighbouring flandre has invented many different event ways serve the havings.

TOURAIN

It is often called 'the garden of France ' . Its recipes can be as delicate as Tront in aspic or as robust as Roast Pork with Prunes. The Loire valley that cuts through the Province is 'chateaux country ' where French kings relaxed in the splendour of their country estates while their chefs made the most of the regions five fruits and vegetables .Some of the best table grapes grow in Touraine.

ILE DE FRANCE



The fertile land surrounding Paris is the birth place of the classic cooking style known as Le Grande Cuisine .It was here , in the Cavernous kitchens of kings and lords that French cooking became a high art, Cooks Competed with one another to invent even more elaborate dishes.

ALSACE AND LORRAINE

Have often come under German domination and this is reflected in their Cooking . Alsatian food, with its sausages and sauerkraut has a Germanic heritage . The food of Lorraine is slightly more French in character. The most famous dish is the Quiche Lorraine . The Province is also known for its Excellent Potée, a Cabbage soup with salted Pork and vegetables. The famous Rhine wine of Alsace rivals those of Germany.

BOURGOGNE (Burgundy)

It is justly well known through the world for its wines , and these wines white and red , Play a dominant role in Boeuf Bourguignon the kind of beef stew and also in most regional dishes .An annual gastronomic fair held in Dijon, the region's Principal city and the mustard capital draws gourmets from all over the world .

BORDEAUX

Bordeaux and the family country around it are best known for their wines which are rank with the ones from Burgundy as the best of French Products . Bordeaux cooks have developed a highly specialized Cuisine to go with their great wines .Also in this region are cognac and Périgord , whose truffles go into the making of Pate de Foie gras the most extravagant delicacy of the French table .

FRANCHE – COMTE

Along with its neighbouring Provinces of Savoie and Dauphiné is mostly mountain country and the food is as robust as the climate . Perhaps the greatest contribution of this region to the national cuisine is the Bresse chicken , a small bird whose flesh is so delicate that even the inventive French prefer it simply roasted without any spices or sauces to obscure its flavour .The cows of this region produce more milk than its inhabitants can consume and much of the surplus is used to make cheese. The French version of Swiss Gruyère the Comté comes from this region.

LANGUEDOC FOIX AND ROUSSILLON

Languedoc was once an outpost of the Roman Empire and it has retained traces of Roman influence in its Cuisine specially Popular here are the old Roman Cassoulets ‘ which are rich concoctions of goose or duck, Pork or mutton plus sausage and white beans , to the west , along the Pyrenees in Foix and Roussillon , the Spanish culinary influence Prevails , Particularly in the Omelettes prepared with green Peppers , ham and tomato.

PROVENCE

It has been a favourite vacation center since Roman times .Like some other regions of the North Mediterranean, it bases its cooking on garlic , olive oil and tomatoes. Bouillabaisse, the famed fish stew comes from the Marseille waterfront. In general , the cuisine of Provence is much more highly flavoured than the rest of France.



THE BREAD OF FRANCE

It is enough to say that bread is to the French man , what rice is to the Chinese and potatoes to the German. It is also safe to say that most normal French man would rather starve than substitute their daily supply of bread . The bread must be fresh, baked not too long , before the time it has to be eaten. The loaf must be of a certain shape , depending on the conditioned wishes of the family. Bread is usually eaten at all three meals of the day. Always in the morning with hot milk, Chocolate or Coffee , always at noon throughout the main road and often at night with a bowl of hearty soup.

So, far the most popular kind of bread in France is the Boquette golden brown , rod shaped loaf , 2 ft long . Next comes the Petit Parisien which is shorter and fatter than the Boquette . There are whole grain breads like the one made of black eye flour are quick to recognize and cumins are both Austrian in origin whereas the Pain espagnol as the name suggests comes from Spain . The croissant , brioche and Vienna rolls are all special treats and are popularly known as Breakfast rolls.

SOUPS

In a great number of Provincial families , the main meal at noon is soupless. The soup is served for supper, which Perhaps a light egg dish to follow . In simple French fare , the soup is kept simple . Since it is eaten at the end of the day. However a complex dish such as Bouillabaisse is seldom served at night . In the same , category of main dish soups are Conterade (a pungent Breton Bouillabaisse , bourride (a garlicky, fish stew) and soups are Pistou (Aspicy Veg Soup). Each of these has a complimentary sauce . Rouille a Peppery concoction suited for Bouillabaisse and Conterade , aioli for bourride while the soups are Pistou gets its name from Pistou, a blend of garlic , herbs, tomato parts and cheese which is added to the soup.

FISH

Most non-Frenchmen are amazed by the eating habits of the French. A French man will look for and then prepare and eat with enjoyment foods which to us may seem outlandish a good Example of this is snails . Snails are usually Prepared in the Burgundian style, Served in their shells with a strong flavoured garlic butter .

Another creature that the French have raised to a lordly place on the table is the Frog. Frog legs (Cuisses de grenouilles are prepared and eaten in a way similar to chicken legs. Plainly anything that lives is edible in France atleast. Another delicacy in France is the cel, the delicate flesh of which is prepared in many various forms including smoked , roasted , fried, boiled, and broiled, Oysters are usually eaten raw but clams, scallops and mussels find their way into delicious Hors d'oeuvre or fish dishes on a dinner menu.



Depending on where they are caught , these shell fish may be Prepared with butter , cream and egg yolk in the north or with olive oil , tomato and garlic in the South, most of the supply of fish in France comes from the southern Part of Marseille.

The fish includes cels, mullet, Sardines, Shrimp, Clams, infish mussels, Oysters, sea urchins, bass, red snapper trout, cod , rock fish, white fish and mackeral.

POULTRY AND MEAT

France is known for its variety of poultry meats .Every house wife is well versed in the Preparation of various fricassees, stews and blanquettes .Best of all , Perhaps are the chickens , simply roasted with good butter, flavoured with tarragon or lemon juice .

They are served tender and Succulent with a slightly crackly skin. This method can be used for any domesticated fowl. A duck or goose with their higher fat content are much richer , wild birds , because of their diet and exercise are tougher , dryer but more flavour some .They must be cooked by slow simmering rather than roasting .Tender squabs and older Pigeons are also eaten . Cockercls leghorn and hens are atewed or braised and used in the making of that famous dish Coq ar vin . When William and Norman Conquered England in1066, he brought much more than armed low to the land The Normans ate their meals in Courses, often to music and they drank wine and made cooked dishes of their meats instead of tearing them from the bones ,half raw. To native Britians , these table manners seemed hilariously dainty at first but gradually such customs were accepted as Part of Every life . Thus it was the French who taught the English the art of gracious living.

Although in most part of the Western would a joint of beef is the symbol of a robust meal. In France , it is more likely to be lamb , veal or Pork ,roasted simply to bring out this best flavour . If a good piece of beef is to be served , it is generally browned first and then braised or stewed in its own juices along with a few vegetables .Lamb mostly often not served Pink in France and leg of body lamb is one of the favourite dishes of the French family. Besides these dishes , the French are also very fond of offals or innards as they are more Popularly known as any other part of the Carcasse Tripe brain , liver, kidney, tongue are all deliciously prepared and are among the favourites of the local French Population .

CHEESE

Cheese is many cooked or heated form can be used in any part of a well Planned meal to add flavour consistency and interest .It can be formed in Omelettes , Souffles and tarts to start a dinner or to be the main , course of a lighter lunch or supper .It can form an essential Part of many sauces or it can be used to variate colour , flavour in dishes .But to serve cheese as such is unthinkable in France until the end of meal. Then is the time to finish the last few bites of bread . It is a near truth , that cheese is never eater without bread, but there are Exceptions .Probably the best example is cocur a la crème a white creamed cheese served with strawberries.

Camembert



It is one of the most Popular of all French cheese .it is rich light yellow orange with a fine white Powdery dust, on the inside, it should be light pale yellow with a soft creamy textures.

Brie: It is next to Camembert in its popularity .It has a soft , Satin like texture. Another cheese from the Brie Camembert family in Conlommiers less mellow then brie and tastes somewhat like Camembert.

Roquefort: It is Salty tangy cheese with a grayish crustard an inside that is moist and mettled with green –blue flecks .Another popular blue –vined is Bleu –de – Bresse. Cantal is similar to cheddar , a semi hard smooth light lemon coloured cheese. Saint Paulin and Pork Salict are similar Cheeses semi drind mild and with a smooth buttery like texture.

Reblochon: Though in appearance , alike to Camembert is a much firmer cheese and in taste is somewhat like both Le Dauphinois and Deaumont.

Pont- L' Eveque It is a shaped cheese with a soft and Pale yellow interior .Fromage au mare do Raisin also called La Grappe is a Pale sweet . Pastry cheese that is rotted in a cruse of grape Pulp(Mare)

It is the French version of Swiss Gruyers (Complete with holes)

Saint Maure , Valencyy and Saint –Marcellin are all goat milk cheeses generally eaten while still fresh and produced in small quantities.

Mimolette: It resembles dutch Edam but has a much tangier flavour.

Murister: It is a strong flavoured , semi soft , Pungent cheese, Boursin and Belletoile are rich, fresh cheeses eaten by themselves with a little Powdered sugar sprinkled over .All cheeses are best eaten at room temperature , removed from the refrigerator 2-3 hours before service.

DESSERTS

Most good French Pastrymen hase their own specialities and Pride themselves on their Meringues and Pates Brisecs .There are two types of basic Pastry dough used in France in Countless ways, the Pates brisec , which is the same dough used for quiches and tarts that are Eaten as Hors d'ouevre and main dishes, but sweetened for desserts and then there is the Pate or chonx Pastry. The simple sponge cake used as a base for many other Confections is called a biscuit. Vanilla or Chocolate flavoured not more than an inch to an inch and a half high .It can also be cut into small squares for petit fows. It does not contain any baking Powder and its lightness depends on the mixing of beaten eggs whiter into the batter. A crème anglaise is a standard in any French housewives repertory.It can be thin , to pour over fresh or Poached fruits , some what thicker to half filled pie crust and thicker still to spread between two layers of sponge .The soufflé is one of the most Popular desserts normally kept plain and simple or Perhaps flavoured with a liqueur such as Grande marinla or grated lemon or orange rind. Crème caramel, Profit-eroles, gateau St.Honore and the Diplomasi are all traditional French favourites.



THE ITALIAN CUISINE

The Origins of the Italian Cuisine: Magna Grecia and the Etruscans. The history of Italian cooking begins with Magna Grecia, where the culture of the Greek colonies popularized the art. The daily fare was simple and sober (pork, salted fish, chickpeas, lentils, lupins, live pickles and dried figs) but at banquets the food was more varied and plentiful (soups, game in vinegar and honey sauces, sweets with almonds and walnuts) and also took on ritual and symbolic meanings. The Etruscans too had a simple diet based on the cereals favored by the fertile region (present-day Tuscany). The richest Etruscans were particularly fond of excellence and the pleasures of the table: The ancient Romans tell of sumptuous feasts.

Roman Cuisine in the Republican Era: Romans of the Republican Era were a sober people of frugal dietary habits: they usually had two meals a day, prandium and supper. The custom of a breakfast of cereal, honey, dried fruit and cheese was gradually introduced. For a long time the most widely consumed foods were boiled cereals (a kind of mush), legumes such as broad beans, lentils, chickpeas and lupins, vegetables of various types, bread and cake. The diet also included fish, game from the hunt (only eaten on festive days and there was no rearing of livestock), milk, cheese and fruit.

Roman Cuisine in the Imperial Age: The Romans had two main daily meals, but they often added a breakfast of bread soaked in wine, grapes, olives, milk and eggs. The midday meal was a light affair of cold dishes. Dinner was the main meal: a feast of hors d'oeuvres (mixed seafood) followed by game, pork, veal, goat, fowl and, especially, fish and finally sweets with a honey base, fresh and dried fruit. These courses were accompanied by sweet, scented wines, as well as often having interludes for entertainment. Cuisine had thus become a refined pleasure and, for some, a show of wealth and originality, as in the famous banquets of Lucullus and Trimalchio.

Cuisine in the Middle Age: The cuisine of the Barbarians who invaded Italy from the 5th century A.D. was considerably different from that of the Romans and was based on plentiful roast meats, stuffed pastries and oven-baked pies. However, for the Italian population reduced to poverty and servitude, food was rather poor and consisted of cereals, milk, cheese and vegetables. Gradually, culinary art began a revival (especially after 1000 A.D.) in the agricultural centers around the monasteries where the famished and terrorized population had taken refuge. The general tendency was to make food healthier, more appetizing and digestible, eliminating elaborate preparation and introducing more fresh fruit and vegetables.

Gastronomical Revival in the Feudal Courts: Around 1200 A.D. life in the courts became less difficult; commerce and social life resumed and the feudal lords frequently organized celebrations, feasts and tournaments. At the most important meals, the courses were legion but cooked and served with no variety or cohesion.



There was an endless series of roast meats seasoned with a garlic sauce (garlic, herbs, sweetmeats and almonds).

The meal was finished with cheese and fruit. There was little change from roman cuisine, but the spices of the East were beginning to arrive in greater quantity and their exotic aromas starting to scent the food - a prelude to coming refinements.

The Spice Trade: There was already a spice trade in the Early Middle Ages, but this really intensified after the Crusades and demand was as much for cooking as for medicine. Alongside the fascination of rarity and high price, spices had other more practical and important qualities: the preserving of meat and fish for longer periods and the flavoring of otherwise bland foods. There was also an obligatory route for spices fixed, as with other prized merchandise, by customs and taxes. For many years the last lap of the journey was the monopoly of the great Venetian merchants and bankers.

The Culinary Discoveries of the great Explorers: Among the many goods brought to Europe and Italy by the explorers there were some foods whose importance was understood only in time. First, there was maize, widespread in North Italy, which, at the time of the great famines of the 17th century, became the base for the most common dish: polenta (a sort of meal mush). Then there were potatoes, tomatoes, and beans. Rice from Asia was an instant success and joined pasta as the nation's first course. Venetian merchants imported sugar from the Orient and this, initially very expensive, was used in medicine and only later in cooking. Last there was coffee, of Turkish origin, and also first used as a medicine.

Cuisine in the renaissance: The 15th and 16th centuries were a particularly fortunate time for Italian cuisine. With respect to the preceding period, there was a greater variety and richness in the preparation of foods: soups, grilled, roast and boiled meats, meat pastries, fish, vegetable (also in oil) and refined salads, almond-based sweets, pine-nuts and candied fruits; cane sugar (then still expensive) began to replace honey. Renaissance court banquets were famous for their enormity and refinement, whilst the food of the common people remained rather simple: beans, lentils, chickpeas, buckwheat (used to prepare soups and porridges) as well as eggs, cheese and mutton.

Culinary Art and Etiquette in the Renaissance: Italian cuisine reigned supreme from the end of The Middle Ages to the 17th century and had a notable influence abroad. In particular, Catherine de` Medici popularized Italian recipes (especially sweets and ice cream) in France on her marriage to the future King Henry II. It was also in this period that the first menus and rules for courses were printed and table manners were improving, albeit very slowly. Within this latter context, the Italians were the educators of Europe and the famous 'Galateo' by Monsignor Della Casa was quickly



translated and distributed abroad. The principal innovation was the use of individual cutlery.

Cuisine in the 17th, 18th and 19th Centuries: The upper classes of the 17th, 18th and 19th centuries enjoyed a refined cuisine. Every official event became the pretext for sumptuous feasts where the courses were abundant and the servings enormous: charcuterie hors d'oeuvres and delicate French-style soups were followed by numerous meat and fish dishes, vegetables purees, intricate sweets and fruit, all presented with the utmost care, particularly in the rapidly spreading restaurants. However, the food of the common people remained frugal and monotonous, based on bread and vegetable soups, beans, cabbages and potatoes. Cheese and eggs were widespread as were polenta and pasta made from flour and eggs.

Foreign Influences and the Spread of New Foods: From the 17th to the 19th century many new dishes arrived from France: consommés, crepes, purees, jellies, gravies and delicate, tasty sauces such as mayonnaise and béchamel. The presentation of the food was very important and was executed with great refinement. Even English cooking found its typical dishes becoming widespread abroad: roast beef, pudding and, above all, tea which however remained less popular than coffee or chocolate (from America). The most elegant places were never without coffee, which in fact became as popular as to give rise to locales where it was the most consumed drink: the coffee house or cafe.

20th Century Cuisine: In the last few decades Italian cuisine has altered as a result of rapid and profound changes in lifestyle. The involvement of industry in the food sector and the subsequent improvements in preparation, conservation and distribution has led to modifications of the old system and a rising of food standards but perhaps at the cost of a certain loss of flavour in meats and fresh vegetables. Italian cooking, with its adaptability in preparation, has remained resistant to this, as well as keeping up with the pace of 20th-century life. Italy therefore remains a country with a noble culinary tradition and is renowned abroad as such.

Italian Cuisine Culture: Italy's cuisine is justifiably world famous, cooking styles varying from rich and creamy dishes of the north to hot and spicy specialties of the south. Italy is also in the largest wine-producing country in the world.

The Italian lifestyle is admired by many: The main characteristic of Italian cooking is its healthy balance, the excellent basic ingredients being simply cooked and retaining their original goodness and freshness. Simple and yet with such a variety of flavors and rich inventiveness in preparation, that even the most demanding gourmet is delighted.

Delicious Italy Eating Habits: 1) An outline of the basic food grown, available in shops and eaten. Each region of Italy produces its own local specialties e.g. radicchio near Treviso, but all regions produces cheese, pasta, olive oil, salami and wine which form the staple diet of Italy. For buying food in Italy there is a choice between the famous small family owned shops which sell better quality and tastier versions of the



staple products e.g. truffle oils, mozzarella di buffala, or the handful of big supermarket chains eg. Sma, which sell a limited variety of goods, but at a reasonable price. All in all quality is never sacrificed wherever you shop.

2) Explain how food is prepared e.g. equipment used or any special ways of preparing the food particular to the culture or a religion of the country. There is nothing faster than a pizza slice for a bite to eat and such snacks are now a part of the Italian daily diet as more people work and the family unit becomes more 'nuclear'. Nevertheless, home cooking is still important. A typical meal is a pasta with a simple sauce followed by a meat dish, perhaps chicken with cooked vegetables. A sweet dessert is optional. Pasta is rarely made in the home such is the availability of both dried and fresh versions

3) Explain how food is cooked e.g. equipment used and cooking methods used 'Lasagna al forno' is a classic dish cooked in the oven, as are roast meats and roast potatoes with rosemary. Salumi or hams are precooked or prepared and can be sliced at the table to be eaten with cheese. Pasta is boiled in salty water after which it is mixed with a sauce prepared in a frying pan.

4) Explain how food is served and eaten e.g. in bowls, plates, using fingers, forks and knives. It is impossible to imagine an Italian meal table without 'parmesan cheese', at least for non fish dishes and fresh bread. Pasta is eaten with a fork perhaps with the help of a spoon for the more difficult versions such as bucatini or spaghetti. In restaurants, diners will find at their table a big plate holding a smaller plate. The first plate is for the pasta after which it is removed and the main course or 'secondi' placed on the big plate. The more expensive restaurants will replace the knife and fork after each course. The more characteristic 'trattoria' will ask you to keep the same knife and fork throughout. Water is always served. Wine is optional.

5) When do they have mealtimes?

Breakfast: before 9am. A cappuccino, small cake or pastry, jams at a bar on the way to work. Cereals and milk are slowly making an impact at home. Lunch: 12.30-14.00. Basic pasta at home or pizza slice if working. In the north of Italy self service restaurants eg Brek, have become popular. Evening: 19.30-21.30. Family meal as described above.

THE REGIONS OF ITALY

Culinary wise Italy has been divided into various regions .Each region has its own history and its own distinctive way of Preparing food. The main region include Rome, Florence and Tuscany , Bologna , Venice and the North east , Genoe and Lingwia, Milan and Lombardy .Turin and Piedmont , Naples and the South and the islands .All Italians Consider restaurants serving dishes from other regions as being "International" .To a citizen of Bologna , a restaurant serving Roman. Genoese or sielian dishes is International but a Bologna restaurant serving Milanese , venetian or Florentine dishes is not regarded as International as those dishes are from



neighbouring region and have been assimilated into Bolognese cuisine .One reason that many Foreigners think Italian Cooking is Pretty much the same is that most Italian restaurants abroad are Neapolitan. It was from the relatively improvised south of the country that most immigrants came from , bringing with them their regional Cuisines .In the broadest terms , the dominant city of Northern Italian Cooking is Bologna and Naples is of the South. Besides having a large appetite for Pasta , South Italy also has bread as its staple .Bread not money is the gift for beggars . Bread is combined with cheese to produce the traditional “Mozzarella in Carrozza” (Mozzerelle in a carriage). The South also has a well developed sweet tooth .”Trudiddi are small biscuits fried in oil, dipped in honey and frosted with sugar or chocolate , mostaccioli are similar but flavoured with almonds Biscuits Tortoni invented by a Neapolitan of the same name led to the development of granite and gelati.

SICILY & SARDINIA

The two islands region of the coast of Italy have also greatly influenced the food of Italy . They share a certain insular conservatism, clinging to their own ancient culinary traditions .Sicily raises lush crops of citrus fruits , garden vegetables olives and grapes. Sardinia a fishes for tuna has some excellent wines and has about one third of the flock of sheep in Italy. The most famous creations of Sicilian cuisine are the sweets and Pastries . Home made cakes and breads are also Popular. The typical bread is Cartwheel shaped .Sicilians eat little meat and that too in the form of cured sausage .In Sardinia the meals are healthier .This is the land of cooking “FURRIA” Furria meaning to turn and turn on. This refers to spit roasting and whole animals such as wild boar , suckling Pig, basy lamb and young goats . Sardinia and sicily were once known as the Grannary of Italy.

THE REGION OF ROME

Sooner or later, for most visitors , all roads lead to Rome , as a Capital , Rome manages to embraces the culinary character of the entire country .The real Pride of the Roman Homeland ,however lies in its own native cooking . Romans know or care for the gastronomic split between the north and south .They have developed their own variation of both northern and southern Pasta. The city is famous for its Cannelonoi , fettucine, al burro and tagliatelle . Rome also has many dishes involving Maceroni and spaghetti (from South). Among the meat dishes, the popular ones include Porchette and abbachio (suckling lamb) another favourite is saltimbocca a veal and ham Escalope seasoned with sage and santeed in butter and then braised in wine .”Filetti di baccalle (thin strips of salt cod, dipped in butter and fried in olive oil). Pajata de Vitello (real offals with Pecorina cheese and rigatoni.) Coda alla Vaccinora (braised ox tails) Pemodori Cenriso (striffed tomatoes) and cipolline in agrodeolee are all Roman favourites .The neighbouring districts of Umbria and the Marches are also decidedly influenced by Latin (Rome) . Perogia the capital of Umbria the region north of Rome is known for its chocolates, the best in Italy as well as for Porchetta



Perugina a highly spiced version of the suckling Pig. Umbria is also famous for its crop of good quality vegetables including celery and Mushrooms. More exotic are its magnificent black truffles richer in taste than its French counterpart. Another source of food is the fresh water lakes of Trasimene and Piediluco where trout, Perch, grey mullet and cels.

FLORENCE & TUSCANY

Tuscany is considered the heart land of the nation, the place where the language is the purest, the traditions strongest and the culture liveliest. It is also the region where the food is thought to be least corrupted by outside influence. Great attention is paid to raw ingredients of the highest quality cooked with a minimum of seasoning and sauces. The heart of this heart land is Florence. To many foreigners, especially to those who know French cooking, the term a la Florentine is famous and would mean the use of spinach in the dish. This is not totally true. To a true Italian a la Florentine would mean the way a la Florentine cooks. One of the more famous dishes is trippa a la Florentine, tripe stewed in chicken stock with herbs and vegetables and served with grated Parmesan cheese. Another is arista a la Fiorentina (roast saddle of Pork seasoned with garlic, cloves and rosemary). Pullo a la diavola (tender quarter of chicken basted with a spicy butter sauce and broiled) and tortino careiofi a speciality of Florence an omelette like preparation involving artichoke hearts.

Tuscany is best known for its three gastronomic traditions- Beef, Beans and Chianti. Probably the oldest and heaviest of beef cattle in the world is the Chianina in Tuscany, they are well known for their speedy growth as well their great weight, when it reaches the table Chianina beef steak is probably one of the best of the world. Bistecca a la Fiorentina or Costata a la Fiorentina are referred dishes. The Costata rib steak grilled over cool and soft wood embers and seasoned with olive oil – is said to be the best of the best than can be had in Italy. Besides being big beef eaters the Tuscans are also known as Mangia Fagioli (bean eaters) by non Tuscans and this addiction to bean is common to all classes of people. Beans appear on the menu at every stage except the dessert. Hence, there is bean soup (Zuppa di fagioli), risotto a fagioli (rice and beans) and Ribollita and any left over dish, reheated and served with beans, Chianti is one of the best known Italian wine. Chianti country includes Florence and Siena, its boundaries marked by law. One of the best Chianti wine is Chianti Brolio, an ancient name in Tuscany. Besides Florence, other Tuscan towns are also famous. Arezzo is known for its hams, its delicately flavoured trout and particularly its delicious walnuts and chestnuts. Lucca produces the best olive oil in all Italy. In Grosseto, the tasty known as Capitone is very famous, while six miles inland on the river Arno in Pisa, the same is called 'la cie' or Ciecche. Another Tuscan city Livorno gives its name to a fish stew like soup Cacciucco a la Livornese something like the French Bouillabaisse.



Bologna and the North : The Italians refer to the Bolognese (People of the Emilia). Romagna has the richest style of cooking in all Italy. The cattle of the region are also well known and the two very Popular dishes are involtini a la Cacciatore (veal rolls stuffed with smoked ham and chicken livers) and Cuscinetti di Vitello (veal scallops , stuffed with cheese and ham moistened with ham and cooked in a skillet). One of the more popular Pastas from the region is Tagliatelle. Besides Lasagne a speciality of the city of Bologna is the mortadella sausage. Also from this region comes Pama Ham, Proscirtto di Parma , obtained from boned rear legs. Parma is also responsible for the famed Parmesan cheese (Parmigiano in Italian) used in soups and served with Pasta , rice and many other dishes. Another delicate Product from the region is the aceta balsamico a herb flavoured vinegar which adds sparkle to the salads and Pickled meats . The nearby Feuaro district is fertile and 60-65% Careage is given to apple orchards .This region is known for its bakery Prowess with breads being their Forte. Just South east of Feuare is the town of Ravenna known for its Brodetto (Fish Chowder).

VENICE AND THE NORTH EAST

Venicis menu like the city itself arises from the sea. Two of the most classic dishes are scampi and Risi e bisi (rice and peas). Scamppi are served in a variety of fashions in a Brodetto (Chowder) rolled in slices of ham or Plain boiled with an oil (vinegar dressings scampi can be baked , fried or grilled . Among the other fish dishes of Venice are stogie in saor (sole with herb sauce) Sardoni a scotadeo (Fresh Sardines , roasted and basted with lemon juices and bisato in tecia (with tomatoes and herb).These names may even sound to Italians for they are in a Jenetian dialect . Although fish dominates on the coast , a short distance inland , the sea food is built into rice dishes as in risotto con scampi . A Phenomenon among the rice dishes is rise con la va (literally meaning rice with grapes).

Ravigo and Padua are another two towns in the region with culinary contributions . All sorts of Coffee originated from there. Cappucino takes its name from the colour of the roses of the Cappucino monks of Padua. Paduans also like Caffè a la Borgia , Coffee laced with apricot brandy and cinnamon.

NAPLES & THE DEEP SOUTH

Perhaps the most famous example of Neapolitan style cooking is the Pizza. The style is also Exemplified in the regions macaroni and Sphagetti . In expensive hearty and highly varied the cooking of Naples represents the entire south . Naples is the Culinary capital of the south . The South of Italy is not a land of great wines, one Exception is the Lachrima Christi Produced from grapes grown on the slopes of vesuvius.

The Compania region (in which lies Naples) is superior to the remaining Parts. Because of its fertile volcanic soil, agricultural Produce is abundant and Voluminous with its large coastline, the south depends on the sea for much of its Produce .Each sardines , tubular Pasta, there is plenty of home made Pasta as well. The basic



refinement for Pasta is the sauce . There is Sphagetti and Macaroni con le vongole (clam sauce) , other Neapolitan Faromites include al Sugo (meat sauce) or al Pomodoro (tomato sauce) However , the most favoured is Pommorda in Coppa that is Pasta topped with fresh tomatoes , onions , bacon and garlic browned with olive oil. From Capsi comes Spaghetti ai totani (use of squid in the sauce).

PASTA

No doubt, most non-Italians if asked to name Pastas would probably mention Spaghetti and macaron's and Perhaps Cavioli and Vermicilli . This is not many from a list which includes agnolotti , amorini, bucatini , Cenellon, Capellini, Capalletti, Covatoni, Conchiylie, ditali, ditalini, faifalle, faifalette, fedelini, fettucea, fettucelle, fettucine, fritelle, fusilli, losagne, linguine, lumache, Macherancelli, Mafalde, Malfatti, Manicotti, Margherite, Maruzelle, Mezioni, Mostaccioli, Papardelle, Passatelli, Pastine, Penne, Pennoni, Perciatelli, riccidine, rigati, rigatoni, spaghettoni, spiedini, stelline, stivaletti, tagliarini, tagliatell, tagliolioni, tonarelli, tonnellini, tortelli, tortellini, torteloni, trenette, tripalini, tubettini, tufoni, & ziti. Most names describe the shape , origins or filling of the Pastas at times , they are in local dialects and at times, even nicknames among those which are translatable are agnolotti (little lambs) amorini (little cupids) , Cannelloni (Big Pipes) Conchiglie (Counch Shells) , farfaller (butterflies), fusilli (spindles) linque de Parseo (Sparroni tongues) viceiolini (little cinls) Stivalatti (little boots and vermicelli (little worms).

Pastas can be cooked in variety of ways including boiling , frying , baking . Besides the above list , they are doughy varieties of gnocchi which are Pasta like dumplings made of flour, semolina, Potatoes or a mixture of these . There are also a whole range of sauces including Pesto, “ Besciamella” and ragu Bolognese” that go along with these Pastas. After Pasta , the sea , infact , is Italy's more important sauce of food . Every Italian Provenca , with a sea coast has its own delicious variety of chowders. From its long Coastline along the Tyrrhenien and Adriatic seas , Italian net around 700 million tonnes of fish each year. These includes varieties such as , red mullet sole bars, anchovies, sardines, mackerel, tuna and .

The sea also Provides vast quantities of shell fish and crustaceans cysters, clams , mussels , spiny lobsters , shrimp, cray fish, and the famous scampi also squid , cuttle fish and Octopus varieties not very Popular outside Italy.

While Pasta and fish may be the staple diet , the greater glories of Italian cuisine lies in its fruits and vegetables.

No Italian kitchen is without fresh or dried bunches of Parsley, sweet basil, wild marjoram , sage, tarragon, bay leaves, oregano mint, fennel seeds and juniper berries. Along with spices such as cloves , coriander , and flavouring like saffaron , garlic shallots, lemon juice, vinegar, olives and celery from a wide spectrum of Enhances to choose from. In this list, the olive has a special place .Some of the best



olive oil comes from Italy .Lucca in Tuscany and Saseria in Sardia produce top quality olive oil .

Italy in Europe biggest producer of rice and its per acre production is not matched anywhere in the world . Arborio is a top quality rice used in the making of Rizotto. By the end of the 18th century . The rice grown in the Piedmont region in the North was so superior that its cultivation methods was a closely guarded secret .It was illegal to take the seed out of the region.

Although Italians are not ordinarily great meat eaters , it is not true that Italy does not have good meat. Italian veal, Pork and even beef are very good , but most Italian prefer veal, among other popular meats are the processed Pork in the form of Parma , Ham , Bologna sausage , Mortadello sausage . Duck geese children and turkey are also prepared in a variety of ways.

Italy also has a fair amount of good quality cheese , Although they do not compare with the variety of France , cheeses such as Parmesan , Gorgonzola and Bel Paese are now world famous.

Italian ice creams are probably the best in the world .It comes in two basic varieties , the gelati (milk based , such as vanilla , chocolate) and granita (shorbet like made of a thin Powdery ice flavoured with lemon , Coffee etc.,

ITALIAN FOOD REGION BY REGION

PIEDMONT – The name means at the foot of the mountain , which it is , bordering on both France and Switzerland .Mainly mushrooms and truffle are grown in this area.

LOMBARDY – The mention of Milan , the Capital of the Province , Produces immediate thoughts of the wonderful risotto named after the city and also the Milanese soufflé flavoured strongly with lemon veal dishes including vitello tonnato and ossobuco are responsible specialities of the region.

TRENTINO – ALTO ASIGE – This is an area of mountains , rich green valleys and lakes where fish are Plentiful .There is a strong German influence , Particularly when it comes to the wines . There are also several German style liqueurs produced such as Aquavit , Kummel and Slivovitz.

VENETO – Polenta is served with almost everything .

LIGURIA – The Genoese are Excellent Cooks , and all along the Italian Riviera can be found excellent trattorias which produce amazing fish dishes flavoured with Olive oil. Pesto sauce comes from this area.

EMILIA – ROMAGNA – Tortellini and lasagne are among the many Pasta dishes which feature widely , as do Saltimbocca and other veal dishes. Parma is famous for its ham , Prosciutto di Parma.

TUSCANY – BEANS ARE FAMOUS , T boned steak bistecca alla fiorentina.

UMBRIA / MARCHES – PORK and fresh ingredients are important , spit roasting and grilling are Popular , Excellent local olive oil is used for cooking.



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LAZIO – Lamb veal ‘Saltimbocca ‘ and offal all with generous amounts of herbs and seasonings.

ABRUZZI AND MOLISE – Lamb , Cheese , ham, herbs.

CAMPANIA – Naples is the home of Pasta dishes and tomato sauce .Pizza is said to have been created in Naples . Pizzaiola steak mozzarella comes from this region.

PUGLIA (Apulia) – Good fruits, olives vegetables and herbs and sea food . Puglians are said to be champion Pasta eaters.



SPANISH CUISINE

History and geography have intertwined to create one of the most varied and rewarding cuisines in the world. Located in southwestern Europe, Spain is the third largest European country. It controls the crossroads between two seas -- the Mediterranean and the Atlantic. It is exceptionally mountainous and climatically it is much drier than the rest of Europe. The landscape ranges from arid mountain pasture to lush orchards and meadows, from magnificent coasts to rural or sophisticated towns.

Spain's location and the mineral wealth of its sub-soil have exercised an attraction for many people, especially foreign political and ethnic interests. Thus, its ethnic and cultural heritage is complex. It is an area of Europe much fought over and invaded.

Its history began with Phoenician, Greek, and Carthaginian coastal settlements. Later the Romans, and more importantly the Moors, brought with them elements of their own cooking which lingered and blended with Spain's culinary heritage. Imports from the New World included the tomato, potato, sweet potato, vanilla, chocolate, many varieties of beans, zucchini, and the pepper tribe. There are olives in profusion, vineyards and citrus fruit. Spaniards are very fond of garlic, they love all types of sweet and hot peppers and their beloved jamon serrano -- cured ham. The golden spice saffron enhances many Spanish foods, paella in particular. Spain's most famous wine -- sherry, both dry and sweet -- flavors entrees and desserts.

Cuisine in the Iberian peninsula echoes the cooking of the Middle East (honey and cumin) and that of the Americas (dishes combining meat with chocolate). Yet, essentially, it is family cooking, comparatively simple to prepare and characterized by fresh ingredients. Besides meat, poultry, game, and fish entrees, there are a wealth of dishes featuring beans, rice, eggs, vegetables, and savory pies that make a meal. Tapas -- small morsels or appetizers in great variety -- play a role in meals throughout the day.

Spanish life-style is vastly different from Americans'. A typical dining pattern involves a light breakfast at 8 a.m.; a mid-morning breakfast at 11 a.m.; tapas at 1 p.m. with a three-course lunch following at 2 to 3 p.m.; a merienda for tea and pastries or a snack at 5 to 6 p.m.; evening tapas at 8 p.m. or later, and a three-course supper at 10 p.m. The two main meals of the day -- la comida, or lunch, and la cena, dinner -- are no less opulent because of in-between snacks.

Regions



While eating habits and hours are more or less uniform throughout Spain, the cooking can be quite different. Spain is sharply divided by regions, each with its own culinary traditions and dialects.

The northwestern area, Galicia, prominently displays its ancient Celtic heritage. Meat and fish pies are found here along with famed scallops and fine veal. Farther east along the coast, Asturias is known for its legendary bean dish, fabada, and a strong blue cheese, queso Cabrales. Hard cider is preferred as a drink.

The Basque country features fish dishes principally, such as fish soup, garlicky baby eels, squid, and a variety of dried cod dishes.

Cataluna is considered the most gastronomically distinctive and exciting region of Spain. Catalan cuisine is inventive with fish, such as mixed seafood zarzuela, meats or poultry, which are typically combined with local fruits. Valencia is a region of tidal flatlands and rice is prepared here in endless styles on a daily basis. Paella is the region's most famous dish. Andalusia to the south is a parched and arid region, best suited to grape vines and olive trees. Gazpacho is native to this area.

A Glossary of Cooking Terms and Ingredients

The tapa tradition is as important for the conversation and company as for the delicious food. Every Spaniard has his favorite tasca, as the tapa bars are called, where he goes regularly to meet his friends or business acquaintances. Tapas will be found in even the smallest bar in a tiny village. The word tapa, meaning cover or lid, is thought to have originally referred to the complimentary plate of appetizers that many tascas, would place like a cover on one's wine glass. Tapas can vary from simple to complex and include cheese, fish, eggs, vegetable dishes, dips, canapes, and savory pastries. A quantity of tapas can make an excellent meal.

Olive oil is indispensable in preparing many of the recipes. Chorizo is the best-loved Spanish sausage and blood sausage is also popular throughout Spain. Vegetables are not overly favored, except for potatoes, which often come fried with an entree. Salads are served as first courses and are invariably offered undressed, accompanied by cruets of oil and vinegar.

Fish and bean soups can make a meal. Paellas provide colorful and festive dishes for a crowd. A beachside cafe is the place to find fine shellfish and tackle a tray of unshelled ultra-fresh crustaceans. Game birds have wide appeal in Spain. Baby lamb and pig have reached cult status and are often prepared in a woodburning oven with thyme, rosemary or oak for fragrance.



The Arabs and Moors left their influence in dessert making, introducing almonds, egg yolks, and honey. Orange and lemon zest also play a role in flavoring sweets. Ground almonds often replace flour in cake baking and beaten egg whites are invariably the leavening agent in cakes.

A panaderia sells bread, while a pasteleria provides sweet breads, pastries, cookies, and candies. A helageria dispenses ice cream and a bomboneria is a candy shop.

Foods and Cooking Equipment

Azafrán

saffron, an Arab word for yellow. Stigmas of a purple crocus flower.

Bacalao

dried salted codfish.

Butifarra sausage

a white sausage popular in Cataluna.

Cazuelas

glazed earthenware dishes.

Chorizo

the most typical Spanish sausage, heavily scented with paprika and garlic.

Pimentón

paprika, or ground sweet red pepper, from Spain.

Turrón

an almond and honey candy of Arab origin that comes in a hard bar and in a soft marzipan-like form.

Recipes

Sangria

makes 8 servings

- 2 bottles (4/5 quart each) dry red wine
- 2 bottles (10 ounces each) bitter lemon soda
- 1 orange, sliced
- 1 lemon, sliced
- Sugar to taste
- Ice cubes
- Mint sprigs

Combine the wine, bitter lemon, and sliced orange and lemon in a large pitcher. Add sugar. Chill. To serve, pour over ice cubes in glasses and garnish with mint.



Tapas

Serve a selection of little morsels: shrimp, white albacore tuna, roasted red peppers, green olives, chunks of sweet French bread, anchovies; green onion, spinach, or potato fritatta.

Potato Omelet (Tortilla Espanola)

makes 4 servings

- 1/3 cup olive oil
- 4 large potatoes, peeled and sliced 1/8-inch thick
- Coarse salt
- 1 large onion, thinly sliced
- 4 eggs

Heat three tablespoons of the oil in a 9-inch non-stick skillet and add the potato slices and onions, salting lightly. Cook slowly, lifting and turning occasionally, until tender but not brown. Beat the eggs, add the potatoes and let sit a few minutes. Add the remaining oil to the skillet, heat until very hot, and add the potato and egg mixture, spreading it with a pancake turner. Lower heat to medium, shake pan to keep potatoes from sticking, and when brown underneath, place a plate on top and invert, then slide back into the skillet and brown the other side.

Gazpacho Andalusian

makes 8 servings

- 1 large cucumber, peeled and coarsely chopped
- 1 sweet white onion, coarsely chopped
- 6 large tomatoes, peeled and coarsely chopped
- 4 or 5 garlic cloves, minced
- 1 can (10-1/2 ounces) condensed beef broth
- 3 tablespoons each white wine vinegar and olive oil
- 2 slices sourdough French bread
- 1 small carrot, peeled and grated
- 1/2 cup water
- Salt and pepper to taste
- Condiments: chopped green onions, croutons, diced avocado



Place the cucumber, onion, tomatoes, garlic, broth, vinegar, oil, bread, and carrot in a blender and blend until almost smooth. (Prepare in two batches if necessary.) Thin to desired consistency with water and season with salt and pepper. Chill. Serve in bowls, passing condiments to be spooned into the soup.

Rice with Shellfish (Paella con Molluscs)

makes 8 servings

- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 large tomato, peeled and chopped
- 1/4 cup olive oil
- 1-1/2 cups long-grain white rice
- 1/2 teaspoon saffron
- 1 bottle (8 oz.) clam juice
- 1 1/2 cups hot water
- 1/2 cup dry white wine
- 16 large prawns, unshelled
- 16 small butter, rock or steamer clams, unshucked
- 1 crab, cooked and cracked or 8 very small lobster tails, cooked
- 1 package (10 ounces) frozen tiny peas, blanched for two minutes in boiling water
- 1/2 pound baby asparagus, parboiled (optional)
- 1 jar (2 ounces) sliced pimiento
- Lemon wedges

In a large frying pan or four-quart casserole, sauté onion, garlic, and tomato in oil until vegetables are glazed. Add the rice, saffron, clam juice, water, and wine. Cover and simmer for 20 minutes. Arrange prawns and clams on top, cover and steam until the clam shells open. Transfer to a large paella pan or serving casserole. Add the crab, peas, asparagus, and pimiento. Heat through or keep warm in a low oven until serving time. Garnish with lemon wedges.

Rice with Chicken (Arroz Con Pollo)

makes 4 to 6 servings

- 2 tablespoons olive oil
- 3 pound broiler-fryer, cut in pieces
- 1 garlic clove, minced
- 1/2 cup chopped onion
- 1 green or red pepper, seeded and chopped



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3 tomatoes, diced
2 cups chicken broth
1 cup rice
1/4 teaspoon cayenne
2 teaspoon salt
Pinch saffron

Garnish:

3/4 cup cooked tiny peas
1 pimiento, cut into strips

In a large skillet, heat one tablespoon oil and brown the chicken well on all sides. Remove from pan and add the garlic, onion, and pepper and sauté until the onion is golden. Return the chicken to the skillet, add remaining oil, and sauté for 15 minutes. Add tomatoes and broth, bring to a boil. Add rice and seasonings. Cover and simmer over low heat until the chicken and rice are tender and the liquid is absorbed, about 20 minutes. Garnish with peas and pimiento.

Flan

makes about 8 servings

1 1/4 cups sugar
3 1/2 cups milk
6 eggs
2 egg yolks
Zest of 1 lemon

In a saucepan, heat 1/2 cup of the sugar over moderate heat, shaking the pan frequently, until the sugar melts and turns amber. Pour at once into a 1-1/2 quart ring mold and quickly tilt the mold in all directions to coat the bottom and sides evenly. Heat the milk, but do not boil. Beat together the eggs and egg yolks just until blended, then beat in the remaining sugar and vanilla. Gradually stir in the hot milk. Pour the mixture into the caramel-lined mold and place in a pan of hot water. Bake in a preheated 325°F oven for one hour or until a knife inserted comes out clean. Let the custard cool, then chill it. To serve, run a knife around the sides of the mold to loosen the custard. Place a large round platter over the mold and quickly invert; lift off the mold.



PORTUGUESE CUISINE

INTRODUCTION:

If you have never tried Portuguese cuisine you may be surprised to find that it is completely different from that of other European or East European countries. For centuries, Portugal has been isolated from the rest of Europe and, for that matter, from the world. Her Eastern coastline completely borders on the Atlantic Ocean, while Spain frames it on the east and north. Although Portugal has had some Spanish influence, for centuries, Spain was a hostile neighbor thus further isolating the country...and the cuisine.

Despite this isolation, influences on the Portuguese cuisine can be attributed to Portuguese explorers in the East Indies, the Far East and in the New World and their discoveries of new types of food. In the south of the country and on the island of Madeira, Moorish and African influence can be detected, while Spanish cooking managed to make its mark especially in the north where dishes similar to Galicia across the border can be found. The southern border of Portugal touches on the Mediterranean from whence garlic and pasta were introduced. Still, Portugal has accepted these influences in its own way. Its national dishes are completely her own...unique and delicious.

Portuguese cuisine is a hearty fare, originally prepared to satisfy hard working peasants. Later, it was slightly refined for all the classes and the foreign visitors. The countries position in the Atlantic Ocean is reflected in her cuisine which features a vast if not confusing assortment of fish dishes including salt dried cod. a staple in the Portuguese diet. Pork is the most popular meat stemming from the countries shortage of sizable pastures. A wide variety of tantalizing spices are used in Portuguese dishes, even touches of curry.

In general the regional dishes of Portugal are innumerable and varied. Thus, whatever your taste dictates, you will surely find a favorite dish Portuguese style !

History

The Peranakan or Straits Born Chinese, also known as the Baba-Nyonyas, have a rich culture and culinary tradition which is particularly well appreciated by locals. The style of cooking is quite elaborate involving a fine blending of many ingredients of spices, herbs and plants with onions, garlic and chili. The juices of certain seeds and fruits are added to gravies and curries to enhance the flavours. Portuguese Cuisine Much like the Peranakans, the decendants of the Portuguese who settled in Melaka have a tradition of cooking which is also notable. Many of the dishes use the herbal ingredients and spices similar to Peranakan cooking but there are differences that distinguish the cooking. Portuguese food reflects a unique blending of spice paste, pounded herbs, lemon grass and shallots. The addition of vinegar, lime juice,



tamarind juice and sour fruits like pineapple and carambola makes the food rich in flavours.

Typical Portuguese Dishes.

Travelling around Portugal is a real treat for the senses, and no visit would be complete without trying some (or all) of our country's gastronomic specialities - let your taste-buds guide you.

In a country that has such an extensive coastline, it is not surprising that the sea should be one of the main sources of its cuisine.

The tasty caldeiradas (stews made with all kinds of different fish) are a perfect example of this, just like the traditional sardinha assada (grilled sardines), which are to be found all summer round at practically every popular festivity from the north to the south of Portugal.

You will also certainly want to taste Ameijoas na Cataplana, (clams steamed in a copper pan, a dish that originates from the Algarve), mexilhões (mussels) or the various crustaceans. Or, if you prefer a lighter dish, why not try our delicious grilled fish, such as salmonete (Mullet), dourada (gilthead), orlenguado(sole).

The national dish is, of course, bacalhau (dried and salted cod), which the Portuguese used to fish for regularly off the coast of far-off Newfoundland, and for which they have invented 1001 different ways of cooking it.

We should perhaps stress the most simple way of all, boiled with potatoes and cabbage. This is the dish that you will find served in most Portuguese houses for the traditional Christmas Eve Supper.

There are also many interesting freshwater fish from our rivers, such as Lampreia (lamprey-eel, cooked with rice), truta (trout) from the mountains of Serra da Estrela or sável (shad) from the Ribatejo region, all of which are greatly appreciated by connoisseurs.

But a good meal in Portugal should always begin with a soup. Perhaps the best-known is the caldo verde (a thick soup made from shredded cabbage and potatoes), which originates from the Minho province and is generally seasoned with a sprinkling of olive-oil and a slice of chouriço.

A very traditional dish from the Ribatejo is the famous `sopa da pedra´ (literally stone soup). This was invented by a monk who wanted to make a soup, but only had a stone, and so he asked in each of the houses that he visited if the people living there could give him just one more ingredient for his soup. In this way, he managed to put together enough ingredients to provide a very substantial dish.

In the Alentejo, there is also the famous sopa de cação (skate soup), made from fish and bread. In this traditionally important region for wheat-growing (it is frequently referred to as the `granary of Portugal´), the lack of different food resources and general poverty proved a great test of the local inhabitants` imagination. Bread was



therefore used as the basic ingredient, to which aromatic herbs were then added, resulting in the extremely tasty Migas and Açordas

All over the country, one of the most traditional dishes is Cozido à portuguesa (a stew made from boiled pork and beef, vegetables and various kinds of sausages). In the Azores, this has the added spice of being cooked in the vapours of the hot spring waters at Furnas.

It is very difficult to choose from amongst the various meat dishes. We should perhaps draw attention to the famous cabrito assado no forno (oven-roast kid), which is found in practically all regions, and is the dish traditionally served at family gatherings at Easter time. Equally tasty dishes are Chanfana (lamb stewed in red wine), from the Beiras region, Ensopado de borrego (lamb-stew from the northern Alentejo region), leitão assado da Bairrada (roast suckling pig, from the Bairrada region to the north of Coimbra), whilst in Madeira there are the traditional espetadas em pau de loureiro (beef kebabs grilled on a laurel stick).

One of the most popular dishes in the Azores is Alcatra (made from beef). Beefsteak with a fried egg on top - popularly known as a 'bitoque' - is a dish that is most popular amongst the Portuguese. You will find it almost everywhere and there are some restaurants that have added a special sauce. Smoked meats, especially presunto (ham), chouriço, paio and salpicão sausages, are all deservedly praised for their high quality.

The city of Porto has its own very special tripe dish, 'Tripas à moda do Porto', of which the local population are justly proud, in view of the history that gave rise to this dish and testifies to their great powers of resistance. At a time when the city was under siege from foreign invaders, the few animals remaining there, which were meant to be used for food, were thrown off the city walls to give their attackers the idea that there was still plenty of food left inside. This act of sheer bravado led the invaders to abandon their plans, whilst in reality the inhabitants were left to feed themselves on tripe. the various crustaceans. Or, if you prefer a lighter dish, why not try our delicious grilled fish, such as salmonete (mullet), dourada (gilthead) or linguado (sole) The national dish is, of course, bacalhau (dried and salted cod), which the Portuguese used to fish for regularly off the coast of far-off Newfoundland, and for which they have invented 1001 different ways of cooking it.

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Ementa / *Menu*

Entradas / *First Course*



Sopa do Dia :Soup of the day

Sopa Fria de Cenoura e Laranja: Chilled carrot and orange soup

Salada Mista: Market greens with Portuguese vinaigrette dressing

Salada de Verão :Summer salad of chick peas, cucumber, lettuce and hard boiled eggs

Salada de Polvo: Octopus carpaccio with a caper vinaigrette

Escabeche de Sardinhas: Portuguese sardines in a red pepper and onion vinaigrette

Chouriço Assado com Aguardente: Portuguese sausage flambée tableside with 'aguardente'

Ameijoas na Cataplana: Steamed clams with wine, garlic, cilantro, tomatoes and chouriço served in a Cataplana

Seleção de Queijos Portugueses: Ensemble of Portuguese cheeses

Pratos Principais / Second Course

Peixes / Fish

Bacalhau Espiritual - A velvety gratin of codfish with shrimp

Bacalhau à Lagareiro - Grilled codfish with salt roasted potatoes and broccoli rabe

Bacalhau Fresco com Broa - Fresh codfish served with Portuguese corn-wheat bread, onions and red pepper and basil coulis

Pargo com Arroz de Lagosta - Red Snapper fillet over lobster rice

Sardinha Assada na Brasa - Grilled Portuguese sardines with potatoes and roasted red peppers 16

Açorda com Gambas - Tiger prawns on a lemon shellfish bread pudding

Mariscada Alfama - Lobster, shrimp, squid, clams, mussels, monkfish and potatoes in a tomato wine sauce served in a cataplana

Carnes / Meats

Pato Assado com Arroz Doce - Roasted duck with orange marmalade rice and asparagus tips

Peito de Frango Alfama - Sautéed organic chicken breast in a fresh tomato sauce over a potato tart.

Bife na Pedra - Stone-grilled filet mignon finished at the table and served with steak fries and salad

Bife Grelhado à Mirandesa - Grilled filet mignon with potatoes, onions, spinach and chouriço with a warm garlic vinaigrette

Carré de Borrego Grelhado - Grilled rack of lamb over shoestring potatoes and green market vegetable salad in a Port-thyme reduction

Lombo de Porco "Almeida Garrett" - Roast pork tenderloin with potato purée and glazed carrots



SCANDINAVIAN CUISINE

The culinary repertoire of the Scandinavian countries relies on fish, potatoes, pork, beetroot (red beet) cucumber, fruit, dill, horseradish, cream and butter. It preserves the distant heritage of the Vikings who had mutton, shellfish, wild birds, reindeer, and bear and were adept at making butter and beer.

The natural isolation of the Scandinavian countries has contributed to the survival of some very old recipes, notably raw salmon marinated with pepper dill sugar and served with mustard sauce. Bread is traditionally made at home. Hence the variety of Scandinavian barley or rye cakes and breads. In addition the climate is conducive to the widespread practice of drying smoking and marinating. Cod and herring have therefore become the main stay of the Scandinavian diet. One particular dish is SURSTROMINGSOUR

Herrings pickled in the sun in a barrel of brine, strong sharp dish eaten with sour black bread and potatoes.

Dairy products play an important role in the Scandinavian cookery. Double (heavy) or soured (diary sour) cream, butter, and cottage cheese.

Each of the Scandinavian countries has its own culinary characteristics. Denmark has rich fatty foods. Norway is a wilder country, hence fish, reindeer, mutton are important here. Finland has rustic dishes and Sweden has the most varied cuisine.

DENMARK:

Solid plentiful and mild, Danish cookery makes use of butter and cream, pork and potatoes are the predominant foods. Two great classics are loin of pork stuffed with prunes and apples and roast leg of pork with crackling. Stews are also popular Fricandelles (meat balls of minced veal and pork with onions) as well as stuffed cabbage and Hakkebiff (minced beef with onion covered with brown sauce). Poultry dishes which are reserved for special occasions include Chicken stuffed with parsley and roast goose. In addition to potato, cabbage is widely used, especially braised red cabbage with apples, which is served with pork, goose or duck. Boiled kale, chopped and combined with cream sauce is a favorite garnish for ham. The offal specialties include a famous black pudding (black sausage), calf's head en tortue and stuffed ox's heart with cream sauce. Liver pate is a very popular dish and is one of the main items in the cold buffet, the traditional Danish lunch which includes salads, herring, scrambled eggs with bacon and cheese on slices of buttered whole meal or black bread, together with various foods which are easy to slice such as RULLEOOESE(spiced rolled belly of pork).

However the best known items of Danish cookery are the pastries and dessert, ranging from simple pancakes stuffed with vanilla ice cream, fruit pudding and rodgrod, to the more elaborate apple cake(made of several layers of sweet pastry



interspersed with jam and bread crumbs mixed with melted butter and topped with whipped cream). Home made biscuits(cookies)includes the BRUNE KAGE(made with spices almonds and brown sugar) ginger bread and short bread. Some Danish pastries are very popular such as the soft flaky turnovers of various shapes, filled with cream jam or dried fruits. The most impressive set piece is the KRANSEKAGE, eaten on birthdays and at weddings. As high as 80 inches, it is made of piled up rings of pastry decorated with crystallized fruit, studded with little flags, and patterned with icing designs.

However, a less rich culinary tradition exists in Denmark, going back to rural origins of the country some examples are the milk porridge topped with butter and salt-pork gravy, and ollebrod, a thick soup with beer and rye bread.

NORWAY:

The traditional Norwegian breakfast is based on salt or marinated fish, strong cheese, bacon, fried potatoes, egg and various types of bread, together with butter and jam. The midday meal is often only sandwiches except in the country where the two main fishes of Norway ie: mutton and fish are often eaten. The main meal of the day is dinner. Sour (dairy sour) cream is widely used in soups and sauces, porridge, waffles and with salt meat pork products and salads. The natural taste of foods are appreciated, with such dishes as salt mutton chops grilled over a birch wood fire and served with kohlrabi purees; fried trout coated with cream and sprinkled with parsley; fish salad with horseradish, dill, and onion; and ham with 'rkal' a sort of sauerkraut with cumin. The old Norwegian national dish is 'rommegrot' a porridge made with soured cream, flour and milk, dusted with cinnamon and sugar and melted butter and red currant or black berry juice: it has now given way to the more popular rice puddings.

Meat is often dried, salted and smoked; leg of mutton prepared in this way is called fenalar and is cut into long thin slices, and spekeskinke is dried ham eaten in the spring with vegetables. In the winter more fortifying foods are eaten, such as far I kal a mutton cabbage stew with black pepper. There are some original recipes for game: ptarmijin casserole with cranberry, roast venison with goat's milk cheese sauce and smoked elk.

There are numerous ways of preparing fish trout is prepared by pickling as well as other methods, and salmon is grilled (broiled). Smoked or cooked stocks are served cold with horseradish butter and cucumber. Sea fish are widely used. Boiled salt cod is served with melted butter and egg sauce or cooked with potatoes and young peas with mustard sauce. Another very popular dish is cod's tongue, which are often mixed with various types of fish in aspic. As in other Scandinavian countries herrings are prepared in many different ways but mackerels are highly priced; marinated and then grilled, they are served with tomato butter, aquavit, beer. There



is also a fish pudding made with smoked haddock and cod served with shrimp sauce and fish soup from bergin, made with green vegetables soured cream and egg yolk.

SWEDEN:

Of all Scandinavian cookery that of Sweden is best known abroad. The most famous culinary tradition is the smorgasbord, a sumptuous buffet that features in domestic cookery and in all the restaurants. The Swedes are also proud of a court culinary served with mountain cranberry and potatoes and fillet of beef oskar (with asparagus and béarnaise sauce).

Swedish home cookery is always full of flavor. Yellow pea soup with thyme and marjoram served with a slice of pork, can be followed by pancake topped with cranberry compote, fried pork sausages with pickled beet root, beef and beer stew and salmon pudding (made with potatoes and onions, topped with egg custard). The potato recipe shows great inventiveness: potato balls stuffed with pork, baked potatoes filled with fresh cream and topped with cod's roe, little potato pancakes with chives and pepper as well as the famous PYTT I PANNA (small potatoes and meat dice fried with onion sprinkled with parsley and served with raw egg yolk or fried egg).

The other typical Swedish dishes should be mentioned: beef linsdrom (minced beef with beetroot juice, capers, and onion); Rolled slices of beef stuffed with anchovies and onions, and rolled slices of veal stuffed with leeks.

The patisserie is particularly rich and varied, and saffron and cardamom are used a great deal.

The abundance of fish, mainly Herring, had its influence on traditional cooking. Although the salted Herring, which was used as trading goods hundreds of years ago, is not part of modern Swedish dishes, we will still find it in several cookbooks as one of the national food elements.

Within the Arctic Circle, whether Sweden, Norway or Finland, The meat par excellence is Reindeer. Smoked to the bone and then dried, it can be kept for a long time. But it can also be cooked fresh, stewed with bone. The Swedes maintain some old traditions like salted black coffee into which they dip reindeer milk cheese.

FINLAND:

Finnish culture is characterized by foods with robust flavors such as VORSHMACK (a hash of mutton, beef and salted herring spiced with garlic and onion.)

Accompanied by RYVPPY (strong grained alcohol, which is drunk, chilled). Soup made of lake fish and potatoes and onion is served with a hunk of buttered rye bread, a soup made of chopped offal's cooked with carrots and potatoes is thickened with blood and garnished with barley balls. The Finns are fond of sweets (RUTABAGA), raw salmon (LOKI), and strong liqueurs which they make themselves such as lakka



(based on Arctic cranberries). They also use a lot of milk in the form of thick butter milk in porridges and puddings; these include puddings made with rye malt, treacle and bitter orange peel, and barley porridge served with rose-nip puree, raisins, or melted butter.

Wild mushrooms from the forest are widely used in soups, sauces, stews, pickles and salads and wild berries are made into purees and cream desserts. Other typical foods are turbot roe, smoked reindeer tongues, crayfish cooked in stock with fennel. The Russian influence is significant: borsch pashka and blinis are common dishes and in karalla rye pastries variants of piroshki and kou libiaka are the typical dishes; these include piirakka, with a rice and fish filling served with melted butter and hard boiled egg and the famous kalakukko, filled with small fresh water fish and minced pork. Other Finnish dishes are liver stew with rice and mutton, pork and veal stew.

Preparation Methods for Scandinavian Cooking

Each traditional dish has a special cooking method, which is more or less general in all of the country's regions. Meat is one of the main elements of most Scandinavian dishes and Herring is extremely popular, together with other fish types. Salmon is abundant in the area of the Peninsula, and it constitutes a very popular dish, both on a local and international level.

Cold food is often eaten viciously, or "consumed" in the Scandinavian region – smorgasbord is a buffet table consisting mainly of cold dishes of herrings, fish, meat, salad and cheeses. The smorgasbord is accompanied by slices of buttered bread and it constitutes one of the most frequent meals in the Peninsula. Smorgasbord begins with cured herrings and cold fish and meat dishes including roasted meats follow, together with hot or cold vegetables and a salad. Scandinavian dishes are still prepared, even by modern chefs, in the traditional way – using simple tools and basic ingredients, but utilizing them to the maximum, so as to create a delicious and nutritious meal.

Whether you are cooking Swedish meats and balls, or "meatballs" the Danish Leverpostej (rough-chopped liver paste served on dark rye bread) or the Norwegian smoked salmon, you will notice that the Scandinavian cuisine produces excellent results with simple and fast cooking methods.

Special Equipment for Scandinavian Cooking

Most Scandinavian dishes don't require you to purchase any special tools. However, having a coffee grinder helps with roasting and grinding spices and maximizes their volatile oils, which, in turn, provides your food with more flavor. One can successfully prepare quite a few Scandinavian dishes by using just basic kitchen instruments, but it is recommended that you stock your kitchen with a well balanced set of utensils that will help you reduce cooking time and will enable you to present your Swedish, Danish or Norwegian dishes in a more attractive way.



Essential utensils like serving spoons, spatulas, forks, turners, scrapers and tongs should be part of your cooking “arsenal”, together with other cooking instruments that make work in the kitchen more efficient. Ranging from cake pans, can openers, colanders, egg rings, poachers and holders, food dishers & portioners, food pans & food containers to other kitchen utensils, such as food scales, food scoops and fryer baskets & accessories, the Scandinavian cuisine needs a diverse cooking equipment set in order to produce the most sophisticated Scandinavian dishes.

You should consider insulated food carriers if you are transporting the food and a full set of kitchen linens and uniforms if you wish to look like a pro. Here are a few other items that will come handy while cooking Scandinavian food: juicers, kitchen knives, kitchen slicers, kitchen thermometers, measuring cups & measuring spoons, miscellaneous utensils, mixing bowls and skimmers & strainers.

Scandinavian Food Traditions and Festival

Festivities are moments of joy, when the family comes together in all the Scandinavian countries. Christmas is one of the most important holidays of the year. Food is very important on Christmas and on the smorgasbord or dinner table you can expect to find dishes such as: rice pudding, Christmas Ham, stockfish, Herring, cheese and bread, meatballs, small frying sausages, red cabbage, liver pâté, Veal brawn, spare ribs and the list goes on.

Easter is also festively celebrated, although less stress is placed on the culinary aspect, as the religious aura tends to dominate the celebrations. Some of the most expected celebrations are national days – this is when each Scandinavian enjoys a traditional, home made meal. Each of the Scandinavian countries takes pride in their own variations of the food specific to the area.

The Scandinavian cuisine is a rather conservative one, still, there are strong influences from the Italian and French cuisines. Many new restaurants are populating the large Norwegian, Danish or Swedish cities, and some of them often an extremely varied and exotic cuisine choice. Scandinavians love home cooking but they also love eating out, and for many festivities it is customary for the family to enjoy a dinner in a restaurant.



GERMAN CUISINE

German Food - A Challenge from Bratwurst to Something Else. When somebody thinks about Germans and eating, it is mostly the masses of Sauerkraut and Bratwurst one is thinking of Liters or gallons of beer.

Would you believe that Germany is a country with a population of 80 million people, all eating sauerkraut all their lives long? No, the times have changed. Changed towards a more lighter cooking, towards lighter Grande Cuisine. There are movements towards a new revival of the regional cuisine in Germany. The Germany that is a very small country, with a lot of differences. The North is near the stormy North Sea with the Frisians, speaking a complete different language (at least some of them), and eating different things like "Labskaus," a mix of corned beef, potatoes, beet roots, herring and such, or gravied fishes; "hamburger eel soup" which doesn't contain eel at all, and so on. Or it is the Germany of the South, with Bavaria and the Alps. They eat differently: Nice crusty "Braten" and they have "Brotzeit" a late breakfast with those wonderful brown breads and "Wurst." But all of this is not German cooking of today. German cooking today is much more a regional-based, light kitchen style. Like Joerg Mueller in his star-awarded restaurant on the Island of Sylt, the most northern island of Germany, where he prepares "Tomato Aspic with Langostinos" or his "Mousse of Three Different Paprikas." Or from the south, the highest rated German chef, Harald Wohlfarth of the Traube Tonbach Hotel in the Black Forest, presents his "Salad of Asparagus Tips with Slices of Sweetbread" or "Rabbit in a Morels Sauce with Spinach Noodles." We also do modern German cooking in our Restaurant Lachwehr with a "Poached Filet of Beef on a Mustard Sabayone with Apple-Celery Puree" or the "Sauerkraut-soup"

German cooking uses masses of real cream, tons of real butter, just the way nature gave it to. But to that, we leave out the starchy things. Due to the knowledge that one can eat as much butter and fat as he wants and he will not put on weight unless he is having starch with his meals. Fat can't be burned by one's body unless there is the starch that helps. We eat lighter. We take more time for our meals, Germany today is not a country on welfare; even the average worker earns enough to spend at least two times a year abroad.

Geography

Germany is a nation that until a few years ago was divided in two parts, West and East Germany. Reunited since 1990, it is now, with its capital-designate, Berlin, one of the largest, most populated and productive European countries, covering about 137,828 square miles with an estimated population of 81,912,000 people. **Germany is a federation of sixteen smaller states: Baden-Wuerttemberg** (with Stuttgart as the capital); **Bayern/Bavaria** (with the city of Muenchen/Munich); **Brandenburg** (with Potsdam); **Bremen** (with Bremen); **Hamburg** (with Hamburg); **Hessen** (with Wiesbaden); **Mecklenburg-Vorpommern** (with Schwerin); **Niedersachsen/Lower**



Saxonia (with Hannover); **Nordrhein-Westphalen** (with Duesseldorf); **Rheinland-Pfalz** (with Mainz); **Saarland** (with Saarbruecken); **Sachsen** (with Dresden)
; **Sachsen-Anhalt** (with Magdeburg); **Schleswig-Holstein** (with Kiel);
Thuringen

(with Erfurt); and **Berlin** (with the internationally known city of Berlin, which is both capital of the state and capital designate of the country). Germany is located in the heart of Europe and borders Denmark, Poland, the Czech Republic, Austria, Switzerland, France, Luxembourg Belgium and the Netherlands.

Germany is not only BMW, Volkswagen, Mercedes-Benz, Braun kitchen appliances, and Kaiser cake pans. It is a land of northern flat and green lowlands, northeastern wide lakes and woodlands, northwestern and eastern rich coal fields, western long and winding rivers flanked by steep sided valleys lined with vineyards, and a southern region famous for its castles, and for events like "**Oktoberfest**" (Festival of October).

Germany is, more importantly, Germans, with their "Gemuetlichkeit" (friendly joviality), their hearty cuisine that has adapted to healthy trends and tastes of recent immigrants, their dairy products and sausage industry, and their cheering spirit, which in time has given impetus to an industry of beers, wines, and distilled spirits, like Hacker-Pschorr and Lowenbrau beers, Asbach Uralt brandies, Joseph Freiderich's wines, and Fuerst Meternich Sekt.

REGIONAL CUISINES:

Typical German cuisine varies according to each German state's culinary tradition, to its regional agriculture, and to the new tastes of new Germans who have settled in the reunited Germany. Nordrhein Westfalen, Rheinland-Pfalz, Saarland and Baden-Wuertenburg's traditional specialties, for example, include ingredients typified in the agriculture around the Black Forest and the Rhein river, and by a wine tradition influenced by the proximity to Belgium, France and Switzerland. They include dishes like the "Badener Schneckensuepple" (a snail chowder flavored with herbs), "Schwarzwaldler Kirschtorte" (Black Forest cake), and "Rheinischer Sauerbraten" (beef roast stewed with wine). Bayern/Bavaria and Hessen's cuisine, with their abundance of beer, meats, and dairy products, feature specialties like "Spannferkel" (spit roasted baby pig), "Handkaes" (a smelly type of cheese mixture made with sour cream) and "Schwaebische Kasespaetzle" (small drop-shaped flour dumplings topped with cheese and butter). Thuringen, Bremen, and the Saxonian states (Niedersachsen/Lower Saxonia-Sachsen-Sachsen Anhalt), include "Dresdner Stollen" (a holiday fruit cake shaped like a wrapped infant and covered with confectioner's sugar), "Blechkuchen" (a simple flat layer of cake dough covered with seasonal fruit), and "Welfenspeise" (vanilla flavored dessert made with wine). Schleswig Holstein, Hamburg, Mecklenburg-Vorpommern, Brandenburg and Berlin,



with their access to the North and Baltic Seas, their availability of spices, and their exchange of culinary know-how with Scandinavian and Eastern countries, include "Rote Gruetze" (fruit soup), "Sauerfleisch" (meat in aspic made with fish gelatin), "Bulletten" (meat balls), "Helgolander Krabbensalat" (Helgoland shrimp Salad), and "Soeier" (pickled eggs).

Principal crops grown now throughout the German states and used in its regional way of cooking include **hops (Germany is the second largest producer in the world), sugar beets, barley, wheat, potatoes, oats, and rye. Cabbage and carrots are the most important vegetable crops, and apples, pears, currants, strawberries, and raspberries are the most important fruit crops.**

A typical German meal today may include from two to seven courses. It is commonly made up by an appetizer (Vorspeise), a soup (Suppe), a main course (Hauptspeise) with one or two either raw or cooked side dishes (Beilagen). After-meal treats are called "Nachspeise." With a fine meal, Germans drink either beer, wine or "Sekt" (champagne type sparkling wine). With their meals, young and old Germans also like to drink soft drinks that have interesting names like "Radler" (literally translated, "bike rider" -- a light beer mixed with lemonade or apple juice) or "Limo" (sweetened sparkling water combined with lemonade). Throughout the day, Germans love to drink drip coffee brewed in large automatic coffee makers with either paper or metallic filters, and then serve majestic "Torte" or "Kuchen" (cake). No good German "Hausfrau" would want to be so rude to not serve coffee and cake to her welcomed guests! German coffee is usually lighter in caffeine content compared to Austrian and Italian coffees. When it is very light it is also called "Bluemchenkaffee" (small flower coffee). The tradition of this last term originates from wartime, when real coffee was substituted with the roasted roots of chicory, which has a small blue flower.

STAPLES

Pork meat (Schweinefleisch) and Sausage (Wurst)

Pork meat is the most popular source of meat in German cuisine. Cured pork meats and sausages from Germany are renowned all over the world. They come packed in cans, glass jars, or vacuum packed. There are about 1,500 kinds of sausages on the German sausage market. Germans also like to prepare dishes with veal (Kalb), beef (Rind), chicken (Huhn) and venison (Wild).



Herring (Hering) Herring are, especially in the northern part of Germany, a staple favorite. The small silvery fish are fished in the North and Baltic Seas; they are eaten raw, pickled, smoked and canned.

German cottage cheese (Quark)

Quark is an all-round favorite ingredient in German cuisine. It accounts for half of the total cheese consumption in Germany. It is very similar to cream cheese but has a mild yogurt flavor, is softer and creamier.

Wines, sparkling wines, brandies (Wein, Sekt, Weinbrand)

Wines, champagnoise-type sparkling wines, (called "Sekt" in German), and brandies are usually first quality in Germany where stringent production, labeling, and denomination laws regulate the making and distribution of these alcoholic beverages. Riesling, for example, is a legal denomination of a fairly light and fruity wine made from the white Riesling grape variety, the name "Sekt" always indicates a sparkling wine; and "Weinbrand" is the legal German term for brandy distilled from grape products. German wineries are usually grouped in member cooperatives that represent growers who are periodically checked for product quality. With the wine cooperatives system, German wineries can combine traditional wine making skills with the latest technologies in wine making and wine marketing. Famous **German wines** are produced throughout the wine growing regions of **Ahr, Mittelrhein, Mosel-Saar Ruwer, Rheingau, Nahe, Rheinhessen, Pfalz, Franken, Hessische Bergstrasse, Wuerttemberg, Baden, Saale-Unstrut and Sachsen.**

SPICES:

Caraway (Kuemmel): Small seeds, usually sold dry, that look almost like celery seeds or cumin seeds, which are vital in German cuisine. They are a must in rye bread, in cabbage and in sauerkraut specialties. Their flavor and aroma is totally different from cumin, but they are often mistaken because of the similarity in their name.

Cumin in German is "Kreuzkuemmel."

Juniper (Wacholder): Dark blue juniper berries grow on stout prickly bushes and are easily found in higher wooded areas in Germany. They have a clean flavor that is first slightly bitter, and later almost sweet. Juniper berries often substitute bay leaf in the typical German "bouquet garni." They are also used in marinades of venison to cut the game flavor of the meat, in sauerkraut specialties, and to make a white transparent distilled spirit called "Steinhaeger."



Black and white pepper (Schwarzer und Weisser Pfeffer): Black and white pepper corns are native to Asia and are an imported product in Germany. They are the small berries of a plant called Piper Nigrum. Both black and white pepper corns come from the same basic plant, and are used abundantly in all German dishes. Black kernels have been picked still red when the pepper berry is not yet fully mature while white kernels are simply the mature pepper product removed of its outer coating. The difference is in appearance and in flavor. Black peppercorns have a stronger flavor; white peppercorns have a milder aroma.

HERBS:

Dill (Dille): It is frequently mistaken for fennel and anise because of its feathery green appearance when fresh. It has a pungent and unique flavor. It is often added to potato salads, to pickled cucumbers, and to seafood dishes like northern shrimp cocktails. Dried dill herb is used during winter months in soups. Dill seeds are frequently used to flavor German bread specialities.

Marjoram (Majoran): This green-stemmed plant with round, almost hairy leaves is similar in flavor to oregano but tastes milder. It has a slightly bitter savory flavor and is added frequently to meat dishes and herb butters (Krauterbutter).

Parsley (Petersilie): Native to Mediterranean regions, it is available fresh, with curly and flat leaves, and dried everywhere in Germany. It is rich in vitamin C, has a pleasant mild flavor, and goes very well with minced garlic and onion mixtures. It is a must in German herb butters.

POPULAR/FAMOUS DISHES:

1. **Schwarzwaldler Kirschtorte:** it means Black forest cake which is a dessert.
2. **Rheinischer Sauerbraten:** it is a roasted beef stewed with wine.
3. **Badener:** a snail chowder flavored with herbs.
4. **Spannferkel:** spit roasted baby pig.
5. **Handkes:** a small type of cheese mixture made with sour cream.
6. **Schwaebische Kasespaetzle:** small drop shaped flour dumplings topped with cheese and butter.
7. **Dresdner Stollen:** a holiday fruit cake shaped like a wrapped infant and covered with confectioner's sugar.
8. **Blechkuchen:** a simple flat layer of cake dough covered with seasonal fruits.
9. **Welfenspeise:** vanilla flavored dessert made with wine.
10. **Helgolander Krabbensalat:** Helgoland shrimp salad
11. **Soeier:** pickled eggs
12. **Sauerfleisch:** meat in aspic made with fish gelection.



MIDDLE EAST CUISINE

During the first decades of the seventh century, Muhammad, a merchant from Mecca, converted many of his fellow Arabs to a new religion, Islam, which was conceived as the continuation and fulfillment of the Judeo-Christian tradition (see Islam, ch. 2). By 629 the religious fervor and pressures of an expanding population impelled Muslim Arab tribes to invade lands to the north of the Arabian Peninsula. They called these lands bilad al sham, the country or land of Sham--the name Arabs often used to designate Damascus. The word sham derives from the Arabic word for dignity, indicating the high regard most Arabs have had for Damascus. Arabs, including Syrians, have referred to Syria by this name ever since, and call Syrians Shammis.

In 635 Damascus surrendered to the great Muslim general, Khalid binn al Walid. Undermined by Persian incursions, religious schisms, and rebellions in the provinces caused by harsh rule, Byzantium could offer little resistance to Islam.

In succeeding centuries, Muslims extended and consolidated their rule in many areas, and by 1200 they controlled lands from the Atlantic to the Bay of Bengal, from central Russia to the Gulf of Aden. Wherever they went, they built mosques, tombs, forts, and beautiful cities. The ruins of such structures are found widely in Greater Syria, a heartland of Islamic and Arab culture.

Muhammad made Medina his first capital, and it was here that he died. Leadership of the faithful fell to Abu Bakr (632-634), Muhammad's father-in-law and the first of the four orthodox caliphs, or temporal leaders of the Muslims. Umar followed him (634-644) and organized the government of captured provinces. The third caliph was Uthman (644-656) under whose administration the compilation of the Quran was accomplished. Among the aspirants to the caliphate was Ali, Muhammad's cousin and son-in-law, whose supporters felt he should be the Prophet's successor. Upon the murder of Uthman, Ali became caliph (656-661). After a civil war with other aspirants to the caliphate, Ali moved his capital to Mesopotamia and was later assassinated at Al Kufah. Ali's early followers established the first of Islam's dissident sects, the Shia (from Shiat Ali, party of Ali). Those who had accepted the before and after Ali successions remained the orthodox of Islam; they are called Sunnis--from the word sunnia meaning orthodox

North Africa

Unlike the invasions of previous religions and cultures, the coming of Islam, which was spread by Arabs, was to have pervasive and longlasting effects on the Maghrib. The new faith, in its various forms, would penetrate nearly all segments of society,



bringing with it armies, learned men, and fervent mystics, and in large part replacing tribal practices and loyalties with new social norms and political idioms.

Nonetheless, the Islamization and arabization of the region were complicated and lengthy processes. Whereas nomadic Berbers were quick to convert and assist the Arab invaders, not until the twelfth century under the Almohad Dynasty did the Christian and Jewish communities become totally marginalized.

The first Arab military expeditions into the Maghrib, between 642 and 669, resulted in the spread of Islam. These early forays from a base in Egypt occurred under local initiative rather than under orders from the central caliphate. When the seat of the caliphate moved from Medina to Damascus, however, the Umayyads (a Muslim dynasty ruling from 661 to 750) recognized that the strategic necessity of dominating the Mediterranean dictated a concerted military effort on the North African front. In 670, therefore, an Arab army under Uqba ibn Nafi established the town of Al Qayrawan about 160 kilometers south of present-day Tunis and used it as a base for further operations.

Abu al Muhajir Dina, Uqba's successor, pushed westward into Algeria and eventually worked out a *modus vivendi* with Kusayla, the ruler of an extensive confederation of Christian Berbers. Kusayla, who had been based in Tilimsan (Tlemcen), became a Muslim and moved his headquarters to Takirwan, near Al Qayrawan.

This harmony was short-lived, however. Arab and Berber forces controlled the region in turn until 697. By 711 Umayyad forces helped by Berber converts to Islam had conquered all of North Africa. Governors appointed by the Umayyad caliphs ruled from Al Qayrawan, the new wilaya (province) of Ifriqiya, which covered Tripolitania (the western part of present-day Libya), Tunisia, and eastern Algeria.

Paradoxically, the spread of Islam among the Berbers did not guarantee their support for the Arab-dominated caliphate. The ruling Arabs alienated the Berbers by taxing them heavily; treating converts as second-class Muslims; and, at worst, by enslaving them. As a result, widespread opposition took the form of open revolt in 739-40 under the banner of Kharijite Islam. The Kharijites objected to Ali, the fourth caliph, making peace with the Umayyads in 657 and left Ali's camp (khariji means "those who leave"). The Kharijites had been fighting Umayyad rule in the East, and many Berbers were attracted by the sect's egalitarian precepts. For example, according to Kharijism, any suitable Muslim candidate could be elected caliph without regard to race, station, or descent from the Prophet Muhammad.

After the revolt, Kharijites established a number of theocratic tribal kingdoms, most of which had short and troubled histories. Others, however, like Sijilmasa and Tilimsan, which straddled the principal trade routes, proved more viable and prospered. In 750 the Abbasids, who succeeded the Umayyads as Muslim rulers, moved the caliphate to Baghdad and reestablished caliphal authority in Ifriqiya,



appointing Ibrahim ibn Al Aghlab as governor in Al Qayrawan. Although nominally serving at the caliph's pleasure, Al Aghlab and his successors ruled independently until 909, presiding over a court that became a center for learning and culture.

Just to the west of Aghlabid lands, Abd ar Rahman ibn Rustum ruled most of the central Maghrib from Tahirt, southwest of Algiers. The rulers of the Rustumid imamate, which lasted from 761 to 909, each an Ibadi (see Glossary) Kharijite imam (see Glossary), were elected by leading citizens. The imams gained a reputation for honesty, piety, and justice. The court at Tahirt was noted for its support of scholarship in mathematics, astronomy, and astrology, as well as theology and law. The Rustumid imams, however, failed, by choice or by neglect, to organize a reliable standing army. This important factor, accompanied by the dynasty's eventual collapse into decadence, opened the way for Tahirt's demise under the assault of the Fatimids.

The Persian Gulf: THE FIVE COUNTRIES covered in this volume--Kuwait, Bahrain, Qatar, the United Arab Emirates, and Oman--are all Arab states on the Persian Gulf that share certain characteristics. But they are not the only countries that border the gulf. Iran, Iraq, and Saudi Arabia share the coastline as well, and they too shared in the historical development of the area. Of the five states covered in this volume, Oman has a particular culture and history that distinguish it from its neighbors. It also is the state with the shortest coastline along the Persian Gulf. Most of Oman lies along the Gulf of Oman and the Arabian Sea

The main element that unites these countries is the nature of their involvement with people and nations beyond the region. The gulf has been an important waterway since ancient times, bringing the people who live on its shores into early contact with other civilizations. In the ancient world, the gulf peoples established trade connections with India; in the Middle Ages, they went as far as China; and in the modern era, they became involved with the European powers that sailed into the Indian Ocean and around Southeast Asia. In the twentieth century, the discovery of massive oil deposits in the gulf made the area once again a crossroads for the modern world. Other factors also bring these countries together. The people are mostly Arabs and, with the exception of Oman and Bahrain, are mostly Sunni (see Glossary) Muslims. Because they live in basically tribal societies, family and clan connections underlie most political and economic activity. The discovery of oil and the increasing contact with the West has led to tremendous material and social changes.

Important distinctions exist, however, among the five countries. Bahrain is an island with historical connections to the Persian Empire. Kuwait is separated from the others by Saudi Arabia. In Oman high mountain ranges effectively cut off the country's hinterland from the rest of the region (see fig. 2). Moreover, various tribal loyalties throughout the region are frequently divisive and are exacerbated by



religious differences that involve the major sects of Islam-- Sunni and Shia (see Glossary)--and the smaller Kharijite sect as well as Muslim legal procedures.

The rich traditions of twenty-two Arab countries fill our Cultural Village. There you can drift on the words of poets as you have your name written in beautiful Arabic Calligraphy. Admire the photography exhibit highlighting Arab architecture and Arabesque. Acquaint yourself with the Arab age of enlightenment, from the 8th to the 14th century AD, and Arab contributions to sciences, philosophy, mathematics, and astrology. Relax to the gentle melodies of the nai and oud as elaborate exhibits take you on a journey through ancient and modern Arabic history. Discover the magnificent Arab fashions from the exquisite embroidery of Palestine to the silken dresses of Saudi Arabia. Look ahead for more info on Arab Culture.

Delicious Middle Eastern food prepared by renowned gourmet chefs will whet your appetite. The aroma of spicy Shish Kabab spread on exquisite Middle Eastern hot rice decorated with raisins will surely entice you to visit our food court, where you can sample Arabian delicacies. Enjoy our luscious salads of Hummus and Bavaghanouj. And remember to save room for our world celebrated Baklava deserts decorated with almonds and stuffed with pistachios. Ahead are links for more information and recipes of various Arab foods and how you can bring your restaurant or cafe to Arabian Fest this year!

Arabic cuisine has its roots in tent cookery. Nomadic tribes could use only transportable foods such as rice and dates, or ambulatory stock like sheep and camels in their recipes - which tended to be rough sketches rather than strict formulae.

As the caravans journeyed throughout the Middle East, new seasonings and vegetables were discovered and added to the existing repertoire. Each new discovery was incorporated into the diet in quantities palatable to a particular tribe - a fact that many cooks believe is responsible for the anomalies found in some Arabic dishes today.

The nomadic Bedouin influence is broadened by other cuisines from the Arab world, notably from Syria, Lebanon, Palestine and Egypt, resulting in a highly diverse food and drink culture.

Lebanese contributions have been the greatest influence on modern Middle Eastern cuisine, in no small part due to the entrepreneurship of the Lebanese that has helped to spread Arabic cuisine throughout the world from its centre in the Levant in such areas as Aleppo, Damascus, Beirut and Nablus. Lebanese culinary influence and business skills provide the framework for the exotic cuisine recognised internationally as Arabic.

Hospitality in the Arab world is second to none, and nowhere is it better expressed than in the age-old custom of serving freshly-brewed coffee or mint tea to every guest, whether the gathering be business or social.



The foreigner who takes time to learn and experiment with this excellent cuisine will be immediately won over and rewarded with many wonderful surprises. Arabic food can rival any international gastronomy for originality and good taste, and, because it basically comprises simple, natural and easily digested foodstuffs, it ranks high in nutritional value with today's fitness-conscious society.

Glossary of Arabic Cuisine

Arabic Bread (Khuzb Arabi, pita): Flat, round bread, which can be easily split to make a sandwich, or broken apart and used as a utensil for scooping food

Arayess: Deep-fried lamb sandwich

Ataif (gatayef, kataif): Small pancakes stuffed with nuts or cheese and doused with syrup

Baba Ghanoush: Char-grilled eggplant, tahina, olive oil, lemon juice and garlic purée - served as a dip

Baharat (bjar): Arabic mixed spices

Bamia: Baby okra and lamb in tomato stew

Baklawa (baklava): Dessert of layered pastry filled with nuts and steeped in honey-lemon syrup - usually cut into triangular or diamond shapes

Basboosa: Semolina tart soaked with syrup

Bukhari Rice: Lamb and rice stir-fried with onion, lemon, carrot and tomato paste

Burghul (bulghur wheat, bulgar): Parboiled and dried wheat kernels processed into grain, used in tabbouleh and mixed with lamb in kibbeh

Cardamom: Aromatic spice, member of the ginger family, used to flavour Arabic coffee, yoghurt and stews

Coriander (cilantro): Lacy, green-leaf relative of the parsley family with an extremely pungent flavour akin to a combination of lemon, sage and caraway.

Ejje: Arabic omelette

Falafel: Small deep-fried patties made of highly-spiced ground chick-peas

Fatayer: Pastry pockets filled with spinach, meat or cheese

Fattoush: Salad of toasted croutons, cucumbers, tomatoes and mint

Foul (ful): Slow-cooked mash of brown beans and red lentils, dressed with lemon, olive oil and cumin

Gahwa (kahwa): Coffee

Haleeb: Milk

Halwa (halva): Sesame paste sweet, usually made in a slab and studded with fruit and nuts

Hamour: Red Sea fish of the grouper family

Hommus: Purée of chickpeas, tahina, lemon and garlic - served as a dip with Arabic bread

Jarish: Crushed wheat and yoghurt casserole

Jebne: White cheese



- Kabsa:** Classic Arabian dish of meat mixed with rice
- Kebab:** Skewered chunks of meat or fish cooked over charcoal
- Kamareddine:** Apricot nectar used to break fast during Ramadan
- Khubz Marcook:** Thin, dome-shaped Arabic bread
- Kunafi (kunafah)**
Shoelace pastry dessert stuffed with sweet white cheese, nuts and syrup
- Kibbeh (kibbe):** Oval-shaped nuggets of ground lamb and burghul
- Kibbeh Naye:** Raw kibbeh, eaten like steak tartar
- Koshary:** Cooked dish of pasta, rice and lentils to which, onions, chillis and tomato paste are added
- Kouzi:** Whole lamb baked over rice so that rice absorbs the juice of the meat
- Kufta (kofta):** Fingers, balls or a flat cake of minced meat and spices that can be baked or charcoal-grilled on skewers
- Laban:** Tangy-tasting sour milk drink widely used in cooking as a substitute for milk
- Labenah:** Thick creamy cheese, often spiced and used as a dip
- Lahma Bi Ajeen:** Arabic pizza
- Loubia (fassulya):** Green beans cooked in tomato sauce
- Ma'amul:** Date cookies shaped in a wooden mould called a tabi
- Makloubeh:** Meat or fish with rice, broad beans and cauliflower
- Mai:** Water
- Mantou:** Dumplings stuffed with minced lamb
- Markok:** Lamb and pumpkin stew
- Mehshi:** Means stuffed - aubergines, courgettes, vine leaves or cabbage may be stuffed with a mixture of minced meat, rice and onions
- Melokhiyyah:** Green, spinach-like vegetable
- Mezze (mezza, meze, mezzah):** The Arabic word for appetiser
- Mish mish:** Apricots
- Mouhammara:** Mixture of ground nuts, olive oil, cumin and chillis, eaten with Arabic bread
- Moutabel:** Eggplant dip made with tahina, olive oil and lemon juice
- Mubassal:** Onion pancakes
- Muhalabiyyah:** Silky textured semolina pudding served cold
- Musakhan:** Chicken casserole with sumac
- Mutabak:** Sweet or savoury pastry turnovers usually stuffed with cheese, banana or meat
- Najil:** Saddle-back grouper
- Rocca:** Aromatic salad green with a peppery mustard flavour, used in salads or mixed with hot yoghurt
- Sambusek:** Triangular pies filled with meat, cheese or spinach
- Sayyadiya:** Delicately-spiced fish dish served on a bed of rice



Seleek: Lamb and rice dish where the rice is cooked in milk rather than the juice of the meat

Shai (chai): Tea

Shaour: Red Sea fish from the emperor family

Shawerma: A cone of pressed lamb, chicken or beef roasted on a vertical spit where the meat is shaved off from the outside as the spit keeps turning. Saudi Arabia's most popular sandwich is Arabic bread filled with shawerma meat, salad, hot sauce and tahina

Sheesha (hubbly bubbly): Pipe for smoking tobacco leaves or dried fruit through a water filter

Shish Taouk: Skewered chicken pieces cooked over charcoal

Shourba: Soup

Snober: Pine nuts

Sukkar: Sugar

Sumac: Ground powder from the cashew family, used as a seasoning

Tabbouleh: Salad of burghul, tomato, mint and parsley

Taklia: Spice consisting of ground coriander and garlic

Tahina: An oily paste made from ground sesame seeds, used in hommus, moutabel and baba ghanoush

Tamr: Dates

Taratour: A thick mayonnaise of puréed pine nuts, garlic and lemon, used as a sauce or dip

Um Ali: 'Ali's mother' is a pastry pudding with raisins and coconut steeped in milk

Warak Enab (warak dawali): Stuffed vine leaves

Yansoon: Hot spiced tea, used for medicinal purposes

Zatoon: Olives

Zattar: Blend of spices including thyme, marjoram, sumac and salt

LEBANESE CUISINE

INTRODUCTION: Cuisine from the Middle East is known world wide for its richness and goodness. In Lebanon, it is probably the best country to enjoy it, since it is believed that one thing that unites all Lebanese is the love of eating... Restaurants, cafes and snack bars are present everywhere and offers excellent international cooking as well as the delicacies of the local cuisine. It is with food that the Lebanese express their generosity and hospitality. The most casual and fast offered is a cup of coffee, which is the strong Turkish variety with a thick sediment. It is served often and is an important part of the Lebanese way of life. It is served in tiny cups and the



sediments is left in the bottom. International food in Lebanon, especially in Beirut, is generally of a high standard. French and Italian cuisines are very common, and Japanese, Chinese and Thai food are becoming increasingly popular too.

FOOD HABITS: Lebanese food is typically Mediterranean. The average meal is high on vegetables, low on meat and big on flavor. The ideal Lebanese meal starts with a with "**Mezza**"(hors d'oeuvres) served with drinks. **Mezza**, a selection of small portions of dips, pickles, salads and nibbles eaten with the Arabic bread called "**khibbiz**". Mezze items can include anything from starters to pastries. In fact, the mezze are appetizers that can make a whole meal out of them. **Salads** include fattouch and tabbouleh.

The main course usually consists of a meat, cooked vegetable, together with the usual accompaniments of salad, bread and the most important is the Lebanese olives, whether black or green. Grilled meat, chicken or fish, eaten with bread or spiced rice and the leftovers of the mezze are also served. **Meals are generally accompanied by wine or arak.** Lebanon is rich with grapes that are high in sugar content and perfect for wine production thanks to the natural climate of the Bekaa valley. There are **three wine** producers, **Ksara, Kefraya** and **Chateau Musar**. All are excellent and eager to give visitors a tour. **Arak** is a powerful Lebanese aniseed liquor that turns from clear to a milky white color when mixed with water. Alcohol is generally not a taboo in Lebanon.

Desserts: At the completion of the main course, fresh fruits are placed in the centre of the table and coffee is served, include many different variations of sweets pastries such as **baklava, kenafeh, maamoul, karabige...**

At the end of the meals, black coffee is generally offered. It is served **Turkish style**, that means extra strong with grounds at the bottom of the cup, and hot tea (called "**chai**" in arabic) is also a popular drink.

In Lebanon, lunches usually begin at 1 or 2 PM and could finish at 4 or 5 PM. Dinners often do not begin before 9 or 10 PM.

MEZZA :Is a selection of hors d'oeuvres, often comprising thirty or more small dishes. It is traditionally served as an appetiser but due to its variety it is eaten as a meal in itself. The most popular alcoholic beverage is the "**Arak**" extracted from grapes flavoured with aniseed, besides various wines, beers and sodas. Now to make up mezza you may choose a selection of "kibbi, nuts, pickles, dips such as "hommus" & "baba ghannouj", "tabbouleh", grape vine rolls (with meat or parsely)and the various savoury pastries. You will be able to find different mezza dishes, healthy and easy to prepare.



MEZZA DISHES

BABA GHANNOUJ (Eggplant with Tahini)

- 1 large Egg plant
- 4 - 5 Tablespoon of Tahini*
- 2 Cloves of Garlic
- 1 1/2 t.salt
- 1/4 Cup of Lemon juice(approximately)
- 1/4 Cup of finely chopped parsley to garnish

Remove the green from around the neck of the eggplant, but leave the stem. Place in a hot oven until soft (15-20 mints) Or you may place it over open grill turning from time to time until eggplant has softened. Allow to cool. Then remove the skin carefully, while holding the stem. Mash the pulp thoroughly with a fork or place in the blender and slowly add the tahini mix well then add the lemon juice. Crush garlic with salt add it to the eggplant mixture. Adjust salt to taste. Pour into shallow serving dishes or platters and garnish with chopped parsley, and little of oil. Serve with Lebanese bread.

* **Tahini** is a white, slightly bitter sesame paste made from raw sesame seeds. It can be obtained from continental delicatessens and health food stores and will keep indefinitely. Do not confuse it with the brown, nutty sesame paste made from roasted sesame seeds, which is sold at Chinese stores.

Hoummus b'Tahini (Chick Pea Dip)

- 1 1/2 cups chick peas, soaked overnight in water*
- 2 teaspoons salt
- 2 cloves of garlic approx.
- 3/4 cup tahini (see above)
- 1/2 cup lemon juice
- pinch cayenne pepper
- 2 tablespoons chopped parsley to garnish.

Drain the soaked chick peas. place in a pot and add three times their amount of water. Add 1 teaspoon salt and bring to the boil. Boil vigorously for about 10 minutes, turn the heat down, cover the saucepan and simmer until the chick peas are very soft __approx 1 hour. Drain liquid off and reserve.

Reserve 1/2 cup of the whole, cooked chick peas for garnish. Puree the remainder of the peas by pressing through a sieve or placing in blender.

Crush the garlic with the remaining teaspoon of salt. Beat or blend it into the puree.



Slowly beat in the tahini and lemon juice alternately. Blend in a little of the reserved liquid to make the mixture a thick creamy consistency. Adjust salt and lemon to taste.

Serve on a platter garnished with a pinch of cayenne pepper, parsley and the reserved chick peas.

Makes: approx 3 cups

cooking time: approx 1 1/2 hours.

***Dried Peas**

Dried peas should always be soaked before cooking. The best way to do this is to soak them overnight in a large bowl with three times their amount of cold water and a pinch of bicarbonate of soda, however if you are in a hurry you can reduce the time by omitting the bicarbonate of soda and bringing the beans and water to the boil, boiling for 2 minutes, then turning off the heat and allowing to stand for one hour.

when you are ready to cook the peas, drain off the water in which they were soaked, replace it with 3 times their amount fresh water and bring to the boil. Cover and simmer strongly, stirring occasionally, until the water is well reduced __ approx 20-30 minutes, Turn down the heat and simmer slowly, adding more water if necessary, until tender (test by pressing a pea between the fingers). Be careful not to overcook the peas..

TABBOULEH The Traditional Lebanese (Parsley Salad)

- 1/2 cup bur'ghul*
- 8-10 spring onions
- 2 teaspoons salt
- 1/4 teaspoon black pepper
- 5 cups very finely chopped parsley
- 1/4 cup very finely chopped fresh mint OR
(2 teaspoons dried mint)
- 3 large tomatoes, finely chopped
- 1/4 cup lemon juice(approx)
- 1/4 cup olive oil

Wash the bur'ghul and drain well by squeezing out excess water with cupped hands. Place in a bowl and refrigerate for at least 1 hour.

Trim the spring onions to leave about 8 in. of green. Finely chop the green of the spring onions and place it with parsley, mint and tomatoes on top of the bur'ghul mixture. Set aside in the refrigerator until ready to serve.

Just before serving, add the lemon juice, olive oil and toss well. Adjust salt and lemon juice to taste.



TABBOULEH is usually served in a wide based bowl or deep serving dish and garnished with lettuce leaves. When it is served as mezza a large spoonful is placed in a romain lettuce leaf, wrapped into a roll and eaten with fingers. (serves 4)

* Bur'ghul Is a crushed wheat which has been boiled, dried in the sun and then grounded into fine (to be used in Tabbouleh & Kibbeh), semi fine and cracked wheat. It can be obtained from health food stores and delicatessens under the names of "bur'ghul" or "Lebanese crushed wheat". The quantities given in the recipes refer to the dried grain, however it will swell up when you wash and drain it .

STUFFED GRAPE VINE LEAVES

3 lb fresh tender grape vine leaves OR Orlando grape leaves(jars)

1 1/2 cup Rice, washed and drained

1/2 cup spring onions finely chopped

1 t salt

1/4 t Pepper

2 t dried mint

2 medium Tomatoes finely chopped

1/2 cup finely chopped parsley

1/2 t thyme

1 cup Olive oil

3 T Lemon juice.

1 Potato sliced (1/2 inc.) thick.

Place the potato slices in a layer on the bottom of the saucepan.

Place the washed and drained rice in a bowl and add to it the rest of ingredients. Toss well. Take out the grape leaves one at a time, lay it down with rough side up and place a teaspoonful of stuffing in the center. fold the bottom of the leaf over the stuffing, then fold it in from each side to the middle. Roll tightly, forming a roll about (3-4 in) long and (1/2 -1 in) thick.

Pack the rolls, open ends down, in tight rows and layers in the saucepan, on top of the potatoes slices, Sprinkle each layer with salt and lemon juice. When the stuffing is finished, cover the stuffed leaves with some very large grape leaves, take a heatproof plate and turn it upside down over the top of the stuffed grape leaves pressing down firmly. Add enough water to cover the plate while it is under pressure. Leave the plate in place and cover the saucepan securely. Bring quickly to the boil, turn down heat & simmer very slowly until the grape leaves and stuffings are tender and the liquid reduced and thickened. For maximum flavour leave the stuffed grape leaves to cool in the saucepan with as little juices as possible.

To serve turn the saucepan onto a large flat platter. Decorate it with thin lemon slices. Serves 6



MEAT PASTRY ROLLS

The Basic and Simple Pastry

2 1/2 cups self-raising flour

½ teaspoon salt

2 Tablespoon butter or vegetable oil

¾ cup water (approx.)

Sift the flour and salt together and rub in the butter or oil. Add the water gradually to make a soft dough. Knead until smooth, adding more water if necessary. Cover with a damp cloth and place in refrigerator for half an hour before rolling out.

Makes: 1 lb.

The Meat and Nut Filling

3 Tablespoons butter or vegetable oil

½ cup pine nuts

2 medium onions finely chopped

1 lb. Meat coarsely ground or finely chopped ¼ teaspoon pepper

½ teaspoon mixed spices (see my home page)

¼ teaspoon ground cinnamon

Makes: 2 cups

Heat the butter or vegetable oil and lightly brown the pine nuts. Remove and set aside. add the meat and fry for a few minutes until the raw look disappears. Before the meat browns, mix in the chopped onions, salt, pepper, mixed spices and cinnamon. Cover, turn down to medium heat and continue to cook until meat is very tender and the juices are absorbed (approx.20-25 minutes)

Remove from heat and mix in the pine nuts.

MEAT PASTRY ROLLS

2 Cups Meat and Nut Filling

approx 2 Tablespoonsp vinegar

approx 2 Tablespoons lemon juice

1 lb. Simple Pastry (as above)

¼ Cup melted butter or vegetable oil

Place the Meat and Nut Filling in a bowl and mix the vinegar and lemon juice.

Take one small ball of pastry at a time and roll into a thin sheet on a floured board.

Cut into strips approx 3in - 4 in. Place 2 teaspoons of filling along the centre of each pastry strip. Roll up firmly and place on a well greased baking tray.

Brush the top of roll with melted butter or oil and bake in a moderately hot oven until golden.

Makes: 30

Cooking time: 15minutes



MAIN COURSE DISHES

Kafta Meat Loaf

basic kafta mixture

- 2 lb. finely ground beef, lamb or hamburger meat
- 1 cup finely chopped parsley
- 1 cup finely chopped or ground onions
- 3 t. salt
- 1 t. mixed spices*
- 1/2 t. black pepper
- 1/2 t. dried mint

Mix all the ingredients together in a large bowl and knead well. Place the mixture through the fine blade of a grinder twice or alternatively knead well for a soft mixture.

Spread the kafta mixture evenly over a large baking tray, approx.(12in X 10in) and (1 in) thick. Bake in a moderate oven until lightly browned, approximately 20 minutes. Mix 3 T. of tomato paste with 1 cup of water, pour over the meat in the tray and continue baking until half the juice is absorbed into the meat, approx.10 minutes. Remove the tray from the oven, place on a hotplate and keep at moderate heat until most of the juice is absorbed into the meat, approx.10 minutes.

Cut into squares and serve hot with mashed potatoes and cooked vegetables.

*Mixed spices

A combination of cinnamon, nutmeg, cloves and ginger in equal parts.

This is the basic Meat and Rice Stuffing that is always used for vegetables

Meat And Rice Stuffing

- 1 1/4 cups rice
- 1 lb. coarsely ground or finely chopped meat. (preferably lamb shoulder)
- 1 teaspoon black pepper.
- 1 teaspoon cinnamon or mixed spices (see above)
- 2 teaspoons salt.

Mix salt, cinnamon and black pepper or spices into the rice. Add the meat and water. Mix well.

CABBAGE ROLLS

(Mihshi Malfouf)



1 medium cabbage
1 Tablespoon butter or vegetable oil
5 cloves of garlic
4 cups Meat and rice stuffing
1 1/2 cup lemon juice
1 teaspoon dried mint
Water as required (see above)

Remove the core from the cabbage, separate and wash leaves. Dip them into boiling water a few at a time until they become wilted and pliable. Trim the large central veins flat (removing them if they are too hard to roll). Cut very large leaves in half but leave small ones whole.

Put the hard large central veins that were previously removed in the bottom of the saucepan in which the cabbage rolls are to be cooked and add 3 cloves of garlic. Cover with one layer of cabbage leaves.

Take one of the remaining cabbage leaves at a time, lay it down with the inside up and place a tablespoonful of stuffing in the centre. Fold the bottom of the leaf over the stuffing, then roll tightly, forming a roll about 4-6 in. long and 1 1/2 in. wide.

Pack the rolls, open ends down, in tight rows and layers in the saucepan, on top of the cabbage leaves covering layer. Crush the remainder of the garlic, mix with the remainder of lemon juice and pour over the last layer of rolls. Sprinkle with mint.

Cook as directed above

Serves: 6 Cooking time: 1 1/2 hrs

HOW TO COOK STUFFED VEGETABLES : When the stuffed vegetables have been packed tightly in the saucepan as directed in the individual recipes, take a heatproof plate and turn it upside-down over the top of the vegetables, pressing down firmly. Add enough water to cover the plate while it is under pressure.

Leave the plate in place and cover the saucepan securely. Bring quickly to the boil, turn down heat and simmer very slowly until the vegetables and stuffing are tender and the liquid has reduced and thickened. For maximum flavour leave the vegetables to cool in the saucepan with the juices. Reheat before serving.

To serve, drain the juice from the saucepan. Turn the stuffed vegetables onto a large platter and pour the juice over the top.

RICE PILAF (Ruz Bissh'irreeyeh)

1 Cup broken up vermicelli or fine egg noodles
2 1/2 Tablespoons margarine
2 cups rice (preferably long grained), washed and drained



1 1/2 teaspoons salt
4 cups boiling water
ground cinnamon

Saute the vermicelli or noodles in the margarine until a light brown colour, stirring constantly to avoid burning.

Mix the rice and salt well into the vermicelli then add the boiling water. Give one final stir, allow a few seconds to bubble, then cover the rice tightly. Turn heat down to very low and simmer until cooked _ approx 20 minutes.

When ready to serve, stir the rice gently with a fork, turn onto serving dish and sprinkle ground cinnamon lightly over the top.. Serves: 6 - 8 Cooking time: 30 minutes.

Variations Lightly fried pine nuts may also be sprinkled over the rice.

*** When served with chicken, half chicken broth may be substituted for half the amount of water. Alternatively, add 2 chicken stock cubes to the water.**

Meat and Yoghurt Stew

2 lbs stewing meat (preferably lamb) cut into large pieces.
8 small whole white onions, peeled or 2 medium quartered.
2 teaspoons salt
1/2 teaspoon pepper
1 Cinnamon stick
2 1/2 cups cooked yoghurt
2 cloves garlic
1 tablespoon butter or substitute
1 teaspoon ground coriander

Place the meat and onions in a saucepan, add salt, pepper and cinnamon stick. Cover with water, bring to the boil, cover and simmer until the meat is very tender and most of the water has been evaporated, If too much water is left after the meat is cooked, drain some of it off. Remove cinnamon stick.

Bring the yoghurt to the boil and , stirring well add it to the cooked meat and onions while they are still simmering. Continue to simmer this mixture uncovered for 15 minutes.

Crush the garlic with a little salt. Fry it in butter with the coriander until the garlic smells sweet. Stir this mixture into the cooked stew. Adjust seasoning to taste. Serves : 8 Cooking time : 1&1/2 hr.

DESSERT

Lebanese cakes, pastries, desserts, jams and preserves are very sweet. They are always served to visitors with coffee, and are often eaten as snacks between meals.



However they are not necessarily served as desserts at the end of a meal, but may be replaced by a bowl of fresh fruit in season.

The most popular Lebanese sweets are the Baklawa and K'naafeh pastries which, are coated in a fragrant sugar syrup.

Lebanese sweets are traditionally made to celebrate religious or family festivities, **Oo'whamat**, for example are made for the **Gh'taas (baptism of Christ)** celebration **Ma'amool b'Jowz** are special Easter cakes, and **Meghli** is a rice pudding served to well wishers when a baby is born.

Plain Rice Pudding (Ruz b'Haleeb)

- 3 1/2 cups milk
- 1/2 cup sugar
- 1/2 cup rice, washed and drained
- 1/2 cup water
- 1 teaspoon rosewater or orange blossom water*
- 1/2 cup blanched slivered almonds for decoration

Bring the milk and sugar to the boil. Add the rice, mixed with the water, and stir until it comes to the boil again. Turn down the heat to a low simmer and cook gently until the mixture becomes very creamy --approx. 45 minutes. (Add a little more milk during cooking if necessary.)

Add the rosewater or orange blossom water, stirring until bubbles appear on the surface.

Remove from the heat and cool slightly, then pour into a bowl and refrigerate.

Serve chilled, decorated with slivered almonds.

Serves: 6 Cooking time: 45 minutes.

*** These are diluted essences available from chemists, drug stores, health food shops and some continental delicatessens. Pure essence, which is much more expensive, may be substituted but the quantities should be reduced to a few drops.**

Ground Rice Pudding (M'hal'abeeyeh)

- 2 Tablespoons cornflour/cornstarch
- 1/4 cup ground rice
- 1.25 litres OR (2 pints)Milk
- 1 cup sugar
- 1 teaspoon rosewater OR orange blossom water(see above)

Blanched slivered almonds or some Crystallized Flowers for decoration. *

Mix the cornflour/cornstarch and ground rice to a paste with a little of the milk. Mix the remaining milk with the sugar and bring to the boil. Warm the paste with a few talbespoons of the boiling milk.



Lower the heat to a simmer and, using a wooden spoon, gradually stir the warm paste into the milk. (Be careful not to scrape the bottom of the pot with the spoon so that you do not dislodge particles of burned milk which may have occurred during boiling.) Continue stirring the mixture until it thickens enough to coat the spoon. Stir for a further minute, then remove from the heat and stir in the rosewater or orange blossom water. Cool slightly, pour into individual dishes and refrigerate. Serve chilled, decorated with sliced almonds or Crystallized Flowers.

Serves: 6 - 8 Cooking time: 20 minutes.

*** Crystallized Flowers (Zah'rit Succar)**

Egg white

Fruit blossom, violets, rose petals or mint leaves

Caster sugar

Beat the egg white with a fork and pour it over the blossom, petals or leaves. Dip them into the caster sugar, then set aside on crinkled kitchen paper to dry in a cool place. Use for decorating puddings, cakes and other sweets.

Dough Balls in Syrup (Oo'whamat)

3 1/2 cups plain flour

7.5g (1/4oz) dried yeast or 15g 1/2oz fresh yeast.

2 1/2 cups lukewarm water

1 teaspoon sugar

4 cups Atter syrup*

Nut or corn oil for frying.

Ground cinnamon (optional)

Warm a mixing bowl and sift the flour into it.

Dissolve the yeast in 1/4 cup of the lukewarm water, add the sugar and set aside until it rises and foams.

Beat the remaining water into the yeast, then gradually add the flour, beating constantly until the mixture becomes a sticky batter. Cover with a damp cloth and place in a warm spot to rise--approx. 1 1/4 hours. During the first hour beat the mixture vigorously at quarter hour intervals.

Place 5 cm (2in) oil in a frying pan and heat until very hot. With a wet teaspoon scoop up the dough and drop it into the hot oil. The dough balls will swell up and float to the top, at which stage you should turn the heat down to medium and keep cooking until they are crisp and golden brown. Serve hot or cold.

Makes: approx 50 balls. Cooking time : 5 minutes per batch.



ATTER Sugar syrup

- 3 cups sugar
- 1 1/2 cups water
- 1 Tablespoon lemon juice
- 1 Teaspoon rosewater or orange blossom water.

Dissolve sugar in water, add lemon juice and bring to the boil. Skim the foam from the surface and continue to boil, stirring occasionally until syrup thickens slightly -- approx 10 minutes. Add the rosewater or orange blossom water towards the end of the cooking time. Stand syrup to cool.

Festive Rice Pudding (Meghli)

- 1 cup ground rice
- 5 cups of cold water
- 1 cup sugar
- 1 teaspoon of aniseed OR 1/2 teaspoon powdered
- 1 teaspoon of fennel seeds OR 1/2 teaspoon powdered
- 1 teaspoon of caraway seeds OR 1/2 teaspoon powdered.
- 2 teaspoons ground cinnamon.
- 1/2 cup blanched slivered almonds for decoration.

Mix the ground rice to a smooth paste with some of the cold water. Add the sugar, aniseed, fennel, caraway and cinnamon.

Bring the remaining water to the boil. Add the ground rice mixture gradually, stirring vigorously with a wooden spoon. Continue stirring until it comes to the boil again, then lower the heat and simmer, stirring occasionally, until cooked - approx. 1 hour.

The mixture is cooked when it is thick enough to coat the spoon. Cool it slightly, pour into individual bowls and refrigerate.

Serve chilled, decorated with the almonds.

This is also one of the festive dessert prepared upon the arrival of a new baby to the family.



Institute of Hotel Management and Catering Technology Thiruvananthapuram

ORIENTAL- THAI CUISINE

Rice is a staple component of Thai cuisine, as it is of most south-east Asian cuisines. Fairly bland rice or noodle dishes are accompanied by highly aromatic curries, stir-fries and other dishes, incorporating large quantities of chillies, lime juice and lemon grass.

Many Thai dishes use kaffir lime leaves, usually fresh - its characteristic flavour appears in nearly every Thai soup (e.g., the hot and sour tom yam), stir-fry or curry.

In Thai cuisine, kaffir lime is frequently combined with garlic, galangal, ginger and fingerroot, together with liberal amount of chillies. Fresh Thai basil is needed for the authentic fragrance.

Famous Thai dishes:

Tom Yum Gung - hot & sour soup with seafood

Tom Yum Gai - hot & sour soup with chicken

Tom Ka Gai - hot sweet soup with chicken and coconut

Satay - grilled meat served with peanut sauce (originated in Indonesia)

Pad Thai - pan-fried rice noodles with various ingredients

Red Curry

Gaeng Keow Waen - sweet green curry

Yellow Curry

MALAYASIAN CUISINE

Malaysian cuisine reflects the mix of cultures of Malaysia itself with influences from Malay, Indonesian, Chinese and Indian ethnic groups. Rice, noodles, bread, curry, fruit, coconut, seafood and chicken tend to dominate the dishes of this southeast Asian nation.

It's not easy to find authentic ethnic Malay food in Malaysian restaurants. However, you can take your pick of Chinese, **Nyonya** (a local variation on Chinese and Malay food - Chinese ingredients, local spices), Indian, Indonesian or (sometimes) Western cuisines. **Satays** (meat kebabs in spicy peanut sauce) are a Malaysian creation and they're found most everywhere. Perhaps the unofficial national dish of Malaysia is **nasi lemak**, literally coconut rice, which comes as a platter with curry chicken, cucumber, small dried anchovies, hard boiled egg and hot spicy sauce, among others. For breakfast, the Indian influence comes through -- there is **roti canai** (also known as roti chennai), which is layered Indian bread served with curry chicken gravy, or dosai, which are thin Indian crepes originating from southern India.

Some other notable dishes include fried soybean curd in peanut sauce, sour tamarind fish curry, fiery curry prawns and spiced curried meat in coconut marinade. Muslim Indian dishes have developed a distinctly Malaysian style. The variety of wonderful



tropical fruits and fruit juices available is huge, and strange sweet concoctions include **cendol** (sugar syrup, coconut milk and green noodles) and **ais kacang** (beans and jellies topped with shaved ice, syrups and condensed milk). An unusual mix can be found with **rojak**, which is a fruit salad with a topping of thick dark prawn paste.

There are also localised Chinese cuisine that are found in parts of Malaysia.

Examples include:

Hokkien fried mee, a dish of thick yellow noodles fried in thick black bean sauce and crispy pig fat and pork

Prawn noodles, a meal of thin yellow noodles served in a soup made from boiled prawns, chilli and fried onions with slices of steamed pork and prawns, steam chicken served with broken rice balls

Bak kut teh usually served in claypots with pork ribs, sea cucumber, green mushroom and taufu pok (made of bean curd)

Asam laksa (also known as penang laksa) a bowl of thick white rice noodles served in a soup made of fish meat, asam, pineapple and cucumber in slices.

Hainanese chicken rice is poached chicken served with "oily" rice (cooked with chicken stock) and chicken soup.

Char kway teow are stir fried rice-flour noodles, with prawns, eggs and beansprouts. Black pepper crab

The best **Hokkien fried mee** tends to be found in Kuala Lumpur. The best chicken rice with rice ball and bak kut teh served with sea cucumber are found in Malacca and the best assam laksa is found in Penang.

VIETNAMESE CUISINE

Modern Vietnamese cuisine is heavily influenced by the French colonists.

However, traditional Vietnamese cuisine is similar to Chinese cooking, **only instead of using soy sauce, they use fish sauce almost exclusively.**

Vietnamese recipes use a lot of **lemon grass, lime and kaffir lime.**

They also have their own version of Buddhist vegetarian dishes.

Famous Vietnamese dishes:

Shrimp rolls wrapped in rice paper

Pho - beef noodles, a north Vietnam breakfast. However, in the **U.S.**, it is eaten as lunch and dinner too.

Grilled pork or shredded pork over rice noodles



Extremely strong coffee

LAO CUISINE

Lao cuisine is the cuisine of the Lao people of Northeast Thailand and Laos. Contrary to the common belief, it is not really similar to Thai cuisine, even though some dishes are common to both. **The staple food of the Lao is sticky rice.**

JAPANESE CUISINE

There are many views of what is fundamental to Japanese cuisine. Many think of **sushi** or the elegant stylized formal **kaiseki** meals that originated as part of the Japanese tea ceremony. Many Japanese, however, think of the everyday food of the Japanese people--especially that existing before the end of the Meiji Era (1868 - 1912) or before World War II.

DOMESTIC FOOD : Traditional Japanese cuisine is dominated by white rice, and few meals would be complete without it. Anything else served during a meal--fish, meat, vegetables, pickles--is considered a side dish. Side dishes are served to enhance the taste of the rice. Traditional Japanese meals are named by the number of side dishes that accompany the rice and soup that are nearly always served. The simplest Japanese meal, for example, consists of **Ichiju-Issai** ("soup plus one" or "one dish meal"). This means soup, rice, and one accompanying side dish--usually a pickled vegetable like **daikon**. A traditional Japanese breakfast, for example, usually consists of **miso** soup, rice, and a pickled vegetable. The most common meal, however, is called **Ichiju-Sansai** ("soup plus three")--soup, rice, and three side dishes, each employing a different cooking technique. The three side dishes are usually raw fish (**sashimi**), a grilled dish, and a simmered (sometimes called boiled in translations from Japanese) dish -- although steamed, deep fried, vinegared, or dressed dishes may replace the grilled or simmered dishes. Ichiju-Sansai often finishes with pickled vegetables and green tea.

This uniquely Japanese view of a meal is reflected in the organization of traditional Japanese cookbooks. Chapters are organized according to cooking techniques: fried foods, steamed foods, and grilled foods, for example, and not according to particular ingredients (e.g., chicken or beef) as are western cookbooks. There are also usually chapters devoted to soups, sushi, rice, noodles, and sweets.

Being an island nation, its people take in much seafood including fish, shells, octopus/squid, crabs/lobsters/shrimp and seaweed. Although not known as a meat eating country very few Japanese consider themselves vegetarians by any sense of the word.



Noodles although mostly from China have become so much a part of Japanese cuisine that they are sometimes considered Japanese and also make up a fair portion of dishes in Japan with ramen and udon being the most notable.

Traditional Japanese Table Settings

The traditional Japanese table setting has varied considerably over the centuries, depending primarily on the type of table common during a given era. Before the 19th century, small individual box tables (**hakozen**) or flat floor trays were set before each diner. Larger low tables (**chabudai**) that accommodated entire families were becoming popular by the beginning of the 20th century, but these gave way almost entirely to western style dining tables and chairs by the end of the 20th century.

Traditional table settings are based on the classic meal formula, Ichiju Sansai, or "soup plus three." Typically, five separate bowls and plates are set before the diner. Nearest the diner are the rice bowl on the left and the soup bowl on the right. Behind these are three flat plates to hold the three side dishes, one to far back left (on which might be served a simmered dish), one at

far back right (on which might be served a grilled dish), and one in center of the tray (on which might be served boiled greens). Pickled vegetables are often served as well, and eaten at the end of the meal, but are not counted as part of three side dishes.

Chopsticks are generally placed at the very front of the tray near the diner with pointed ends facing left and supported by a chopstick holder.

Essential Japanese Ingredients

Short or Medium Grained White Rice

Vegetables (spinach, cucumber, eggplant, burdock (gobo), daikon, sweet potato, lotus root)

Seafood

Pickled Vegetables

Mushrooms (Shiitake, Matsutake, Enokitake)

Seaweeds (Nori, Konbu, Wakame, Hijiki)

Noodles (Udon, Soba, Somen)

Processed Seafood (Niboshi, dried Cuttlefish, Kamaboko)

Eggs (Chicken, Quail)

Meats (Pork, Beef, Chicken, Lamb)

Beans (Soy, Adzuki)

Essential Japanese Flavorings

It is not generally thought possible to make authentic Japanese food without shoyu and dashi.



Shoyu, Dashi, Mirin, Sugar, Rice Vinegar, Miso, Sake.

Konbu, Katsuobushi, Niboshi.

Onion, Garlic, Leek, Chive, Shallot -- all discouraged by Buddhism, but popular in modern Japan

Sesame Seeds, Sesame Oil, Walnuts or Peanuts to dress.

Wasabi (and imitation wasabi from Horseradish), Mustard, Red Pepper, Ginger, Shiso (or Beefsteak) leaves, Sansho, Citrus.

Famous Japanese Foods & Dishes

Deep-Fried dishes (Agemono)

Donburi - one-bowl dishes of hot steamed rice with various savory toppings

Oyakodon - Chicken and egg ("Mother and Child") donburi dish

Tempura - deep-fried batter-coated bite-sized foods.

Tonkatsu - deep-fried breaded pork cutlet

Grilled and Pan-Fried dishes (Yakimono)

Teriyaki - grilled, broiled, or pan-fried meat, fish, chicken or vegetables glazed with a sweetened soy sauce.

Gyoza - savory Japanese dumplings, often filled with pork, tofu or vegetables

Hamachi Kama - grilled yellow tails jaw and cheek bone

Okonomiyaki - pan-fried batter cakes with various savory toppings

Nabemono (One Pot Cooking)

Sukiyaki - mixture of noodles, thinly sliced beef, egg and vegetables boiled in a shallow pan

Motsunabe - cow intestine, hakusai (bok choy) and various vegetables are cooked in a light soup base

Kimuchinabe - similar to motsunabe, except with a kimuchi base and using thinly sliced pork. Kimchi is a traditional Korean dish, but it has also become very popular in Japan, particularly in the southern island of Kyushu, which is situated closest to South Korea.

Noodles (Menrui)

Soba - thin brown buckwheat noodles served chilled with various toppings or in hot broth

Ramen - thin light yellow noodle served in hot broth with various toppings; thought to be of Chinese origin, it is a popular and common item in Japan

Udon - thick wheat noodle served with various toppings or in a hot shoyu and dashi broth.

Champon - yellow noodles of medium thickness served with a great variety of seafood and vegetable toppings in a hot broth; originated in Nagasaki as a cheap food for students

Other

Agedashi Tofu - cubes of deep-fried silken tofu served in hot broth



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Bento or Obento - combination meal served in a wooden box

Hiyayakko-cold tofu dish

Osechi - Traditional food eaten at the New Year

RICE (Gohanmono)

Mochi - rice cake

Ochazuke - green tea poured over white rice.

Onigiri - Japanese rice balls

Sashimi - slices of fresh seafood served with a dipping sauce and simple garnishes

SOUPS (Suimono & Shirumono)

Miso soup - soup made with miso, dashi and seasonal ingredients like fish, kamaboko, onions, clams, potato, etc.

Dangojiro - soup made with dumplings along with seaweed, tofu, lotus root, or any number of other vegetables and roots

Butajiro - similar to Dangojiro, except with pork being its principle ingredient

Sushi - Vinegared rice topped or mixed with various fresh ingredients.

SWEETS

Anmitsu- a traditional Japanese dessert.

Dango - Japanese dumpling

Kakigori

Macha Ice (Green tea ice cream) - green tea flavored ice cream

Oshiruko - a warm, sweet red bean soup with rice cake

Uiro - a steamed cake made of rice flour



MEXICAN CUISINE

A brief history of what is now Mexico begins with her Indians: Aztecs, Mayans, Toltecs, and Zapotecs being their most illustrious representatives. These cultures were highly advanced and produced great botanists, farmers, scientists, and engineers, among other achievements. They developed chocolate, beans, corn, chiles, pumpkins, and many other crops that would become major players in the world of eating, trade, and politics. In 1519, Cortes arrived. Along with rape and carnage, Cortes and his followers also brought wheat, pigs, cattle and their dairy products, rice, and Catholicism. It is perhaps momentous that the Spaniards, in a jealous attempt to protect their own olive oil and wine trades, forbade the cultivation of grapes and olives in Mexico, where they most certainly would have thrived.

Today, both pre- and post-colonial ingredients are put to work during the five food breaks that traditionally punctuate a day in Mexico. And while most people don't partake of them all, each is worth considering. Early in the morning, before going to work, one drinks a cup of coffee, strong and filled with milk, perhaps with a sweet roll. This snack is not meant to be breakfast, it's just an eye-opener. The first major meal of the day comes only after a few hours work. At around 11 am, one sits down to *almuerzo*. This is a substantial meal that might include eggs poached in a poblano chile broth; black bean *huaraches* (deep-fried, sandal-shaped, turnovers) with eggs and tomatillo salsa; or eggs scrambled with potatoes, bacon, and *rajas* (roasted red peppers coated in cream and cheese). It is accompanied by coffee or fruit juice. Back to work. At two in the afternoon comes the big meal of the day, *comida corrida*. Four courses lade the table, and then fill the belly of the eater, who must retire to a long siesta immediately afterwards. He doesn't return to work until five or six in the evening. At seven he might take in a light snack, equivalent to tea or a coffee break with a tamale or pastry. At night comes the final meal of the day, *cena*, meaning something like supper. This is a light meal of leftovers from lunch, some soup, or a taco. It is often skipped altogether. Of course, if there is a feast or celebration, *cena* becomes an all-night affair.

Dining is one of the most delicious treats of any Mexico visit. The first rule for most North American visitors is to forget what you thought was Mexican food. Many of the dishes we commonly associate with Mexican cooking are either not Mexican at all (fajitas, for example), or are prepared using less than authentic techniques and ingredients (melted Cheez Whiz heaped over a dish of corn chips for nachos). Salsa has surpassed ketchup in US sales.

Mexican cuisine is delightfully diverse, strongly regional and almost always bold (although not necessarily hot) in flavour. Since Mexico spans several climatic zones, the types of foodstuffs available varies greatly from region to region. Mexico's jumbled topography has limited the "homogenisation" of dishes in terms of their ingredients and preparation. What's a favourite on the coast may be unavailable further inland. Herein lies the allure of dining in Mexico. Remember, Mexican cuisine



(much like its history) has been strongly influenced by foreign countries. Spanish, French, and North American practices intermingled with the nation's century-old Pre-Columbian

culinary heritage, producing a rich blend of dishes that are copied and envied around the world. As to ingredients, the world can thank Mexico and Central America for **beans, corn, squash, tomatoes, jicama, chocolate, avocado, papaya, guava, vanilla,** dozens of **spices,** and of course, **chile peppers.**

DINING TIPS

Choosing a Restaurant: Use the same judgement and common sense you'd use back home- if the place is full, there's probably a good reason. Don't be afraid to venture from the hotel. Expensive doesn't always mean better.

Zona de no Fumar? Mexico Restaurant Assoc. has launched a pilot program to encourage members to offer No Smoking sections. Look for implementation in late '99.

Mexico has **very good international dining** - from Italian to Japanese to Lebanese.

Never buy food from street vendors. Most have good food at bargain prices, but one bad taco can cost you dearly.

Dining prices have risen in the last few years, but a currency devaluation in early 1995 has made dining a sound value. While resorts are more costly than inland cities, expect better values and prices than in 1994.

The typical day of meals in Mexico goes something like this: a hearty breakfast of fresh fruit, eggs, juice, pan dulce, hot chocolate or coffee whenever you roll out of bed; a satisfying lunch around 1-3pm (more like our dinner); appetisers and drinks about 8pm, followed by dinner between 9-10pm.

Meals take longer in Mexico, since service is often slower and Mexicans enjoy long, lingering meals. The check (la cuenta) is never brought until it is asked for, and then you can expect to wait a while for your change. **BE PATIENT...YOU'RE ON HOLIDAY.**

BEER, WINE AND ALCOHOL: Go native- Mexico arguably has the finest selection of beers (cerveza) of any country in the hemisphere. Our favourites are **Bohemia, Pacífico, Noche Buena** (a Christmas beer), **Negra Modelo,** and **Superior.** Domestic wine is inexpensive, and overall good, although rarely great. Try **L.A. Cetto, Calafia, Monte Xanic, Domecq, Santo Tomás** or **Los Reyes** brands. Stick to domestic brands for distilled spirits, or be prepared to pay top dollar.

TEQUILA: The national spirit of Mexico is distilled from the fermented juice of the crushed, pineapple-like base of the Agave cactus. Tequila is native to the State of Jalisco, and is believed to have first been made in the 18th century. As any Mexican will tell you, all tequila is not alike - tastes range from harsher white tequilas (known as blancos and used in mixed drinks) to darker añejos that have mellow, brandy-like qualities. Best brands: **Hornitos, Herradura Reposado, Don Julio, Don Porfidio,** and



Tres Generaciones. Note that recent domestic shortages of Mexico's finer tequilas have driven up prices for certain brands. It's common to pay \$5-6 U.S. per shot for the good stuff!

OTHER ALCOHOL: The "margarita" cocktail made in Mexico might catch you off guard - it's stronger and less frosty than the ones made back home. Try a "sangrita," a fruit juice made from sour orange and the juice of crushed pomegranates, and sipped with a shot of tequila. Several regions have their own distilled spirits, often concocted from plants indigenous to the area.

MEZCAL (Mess-KAHL): Produced mostly in the State of Oaxaca, this close cousin of Tequila is sometimes bottled with a small worm, and is available in several flavours.

DAMIANA: Herbal-based distilled spirit made from an herb native to Baja California and the State of Sinaloa; reputed to be an aphrodisiac.

XTABENTUN (Shta-ben-TUNE): Subtle anise-flavoured, honey based liquor made in the Yucatán region.

SOFT DRINKS: The ubiquitous Coke and Pepsi are almost everywhere, but try local beverages like **Sidral**, or **Sangría** (non-alcoholic). Mineral waters (plain or flavoured) from **Peñafiel** or **Tehuacán** are excellent. **Horchata**, and **agua fresca de flor de jamaica** or **tamarindo** are delicious native drinks.

BREAKFAST: You might be missing something special if you order the typical American breakfast in Mexico. Be adventurous and try **huevos rancheros** (a fried egg served on a fried tortilla smothered in spicy salsa), **huevos a la mexicana** (scrambled eggs with salsa), **chilaquiles** (tortillas cooked in a green tomato sauce and served with chicken, cheese and cream), or **huevos con machaca** (scrambled eggs with dried beef). Try a **café de olla** (coffee with cinnamon and dark brown sugar) instead of regular coffee- it's delicious.

REGIONAL DISHES: Known as **platos regionales**, these dishes feature complex ingredients and preparation techniques. They often come from century-old recipes that date back to the arrival of Cortés. Some of the more savory dishes include **pozole** (a hominy and pork soup), **mole** (a delicious, dark brown sauce made from over 30 ingredients, served over chicken or turkey), **tamales** (corn meal stuffed with meat, cheese or vegetable and steamed in corn or banana husks), **menudo** (a hearty tripe stew great for hangovers, known in Mexico as unacruda

Breads, Tortillas and Sandwiches:

Bread at a restaurant usually means a **bolillo**, a delicious French-style roll. Surprisingly, it can be difficult to find tortillas at some resort-area restaurants! Tasty sandwiches, known as **tortas**, are Mexico's answer to the hamburger.

Seafood: Known as **mariscos**, seafood is abundant and deliciously prepared. Try **camarones al mojo de ajo** (shrimp grilled in garlic and butter), **filete de pescado** (fish filet prepared in numerous fashions, with and without sauce), **ceviche** (an appetiser of conch or fish marinated in lime juice with onion, garlic, chile, and tomato).

Desserts: Top off your meal with one of these favourite **postres**: **flan** (caramel



custard), **mangos flameados** (flambéed mangoes), **pastel de queso** (light, Mexican cheese cake), or **helado** (ice cream).

The Bread Baker: In Oaxaca, Mexico, the market called **Mercado 20 de Noviembre** lies across the street on the south side of the more famous Mercado Juárez, which is located near the main plaza, where all the tourists gather. Mercado Juárez mostly sells fruits, vegetables, and handicraft, but Mercado 20 de Noviembre consists mostly of *comedores* offering cheap prepared food and stalls selling locally baked bread. One bread stall stands next to the other, and as I wander among them I gain the impression that among the breads of each stall there is always at least one bread unique to just that stall alone. I pause before the stall pictured to the left. Here basketball-size, glazed, tan-colored loafs are packaged in clear plastic bags. Inside each bag there is this printed label: The label declares this to be "Delfinita Bread," a product of Oaxaca; the words *pan con yemas de huevo* mean "bread made with egg yolk." The slogan *De lo bueno lo mejor* means, "From what's good comes the best." The label further says that more information is available at Stalls #123 and #124 in Mercado 20 de Noviembre. As I'm admiring the bread, a young woman of about twenty walks up. She is approximately as bubbly and giggly as a young woman selling bread can be. I ask for her name. "Delfinita," she laughs. "No, I mean your full name." "Delfinita, that's all," she repeats, with a firmness indicating that, really, that's the only name she's willing to give. But she does say that since business is a little slow right now, she'd be glad to tell me about her work, even though she can't imagine anyone having any interest at all in what she does. "I'm from the town of Santo Domingo Tomaltepec," she begins, now looking rather serious. "We are a town of about 500 adults, and most of us are bakers, maybe fifty to sixty percent of us. My parents also bake, as do several other members of the family. Yes, we're a village of bakers. There are other baking villages around Oaxaca, but they bake different bread. If you're from Oaxaca and you see our bread, you know that it's from Santo Domingo Tomaltepec because all of us in Santo Domingo bake the same kind of bread. In Oaxaca there must be fifty different kinds of bread -- each with its own characteristic blend of ingredients, manner of being baked, and with its own unique shape. Our bread is special because it contains egg yolk, is flavored with anise, and topped with sesame seed. Also, though we do have some nice French-made machines that do our kneading for us, we bake our bread in traditional brick ovens, and use the firewood called *encino negro* (black oak)." I ask if it's a very profitable business, and she just laughs, and begins quoting some figures. "We have to buy that *encino negro*, which costs between U.S. \$6.67 and \$8.33 per load. With a load we can bake approximately 300 small loaves, or buns, and each bag of ten buns brings us 83 cents. We also must buy the sesame seed, flour, eggs, butter, and anise. Then atop that there's the cost of the plastic bags and the printed labels, plus we have to pay for transporting the bread from Santo Domingo to here, and we must rent two market stalls from which to sell the bread. In other words, I've figured out that I need to



invest about 67 cents for every 83-cent bag of buns I sell. I have to bake, bag, transport, and market an 83-cent bag of ten buns in order to clear 16 cents; of course that means that I'm making a profit of just 1.6 cents per bun. And you've been here for about fifteen minutes, and you tell me how many people have come by buying my buns... " No one during the last fifteen minutes has bought any Delfinita Buns. "I think about these figures every morning when I get up at 6 o'clock to prepare the dough, and I think about them every time I take the bread from the oven and the hot vapor just pours out, hitting me in the face, burning my eyes. It's so hot, so terribly hot. And then you go out in the cold air, and that affects you again. It's the drastic changes in temperature all the time that really hurt you... "

THE AZTECS AND THEIR GASTRONOMIC HISTORICAL FACTS

It's interesting to learn how important was for the Aztecs their eating habits from choosing merchants and the quality of their products in the market place to how to behave at the table while sharing their foods with others.

They had a balanced judgment between a good merchant and his good merchandise and a bad merchant and his bad merchandise. That measure shows clearly their concern about sustaining high quality foodstuffs within their cultural standards.

Their concern about equilibrium between abstinence and indulgence left a serious mark in their food lifestyle, when the Europeans arrived and introduced the heavy-meat diet and new sources of alcohol, the Aztecs elders pointed out to them that it was this overindulgence in meat and drink that was causing the catastrophic population decline.

It was equilibrium that was important, good things were gifts of the gods, "so that we wouldn't die of sadness, our lord gave us laughter, sleep, and sustenance. Sahagun (description at the bottom),1950-1982,6:93. Americas First Cuisines Sophie D. Coe 4:65, 4:81)

The belief that life in this world was a ceaseless search for balance and moderation was inculcated by lengthy homilies to the children about, among other things, food and eating.

Cooking was part of the education of every girl. The umbilical cords of newborn baby girls were buried under the metate the grinding stone, as the umbilical cords of new born boys were buried with shield and arrows, in the direction from which the enemy was expected. This shows how this ancient culture shaped the food and culinary habits in the Mexican kitchen today. Surprisingly in the modern Mexican kitchen and professional culinary world we see more female cooking than male chefs, however there is a limited male presence in the kitchen.

"A woman who is good at her duties knows how to taste her cooking, is clever and clean at her work and makes fine and tasty dishes" (Sahagun,1950-1982,6:93)



AZTEC DIET:

The Aztec's diet was based on corn, tortillas, tamales and many varieties of chilies.

AZTEC BASIC INGREDIENTS:

Mexico enjoyed the use of original food products, like: Maize; chile; beans; cacao; achiote; honey; salt; Bixa Orelana; amaranth seeds; sugar; chia; jitomate; agave; fruits.

Domesticated animals: Turkey, muscovy duck, the dog, the bee, and the cochineal insect.

This culture before Christopher Columbus arrival in 1492 had not dairy products like milk, cream butter and cheese. Their dishes didn't have any beef, pork or lamb and they didn't know fried foods either. Then Christopher Columbus brought to America in his second 1493 voyage all the food stuff that later became the hybrid contribution to Mexican cuisine, a clear example of this seed of colonization would be their meat, milk, and cheese that made possible the creation of barbecued beef carnitas, pork stuffed tamales and of course chicken tacos and cheese filled quesadillas and consecutively the Mestizo cuisine personality of which Mexicans and all of us get pleasure from today. However, long before the Spanish Conquest brought the first domestic animals to Mexico's shores, vegetables and seafood were the basis of the regions varied and flavorful cuisines from the coast.

It was a creative encounter of products from Europe and native products from America. Atoles (a drink) and cacao drinks benefit from sugar and milk; tortillas after being fried or sprinkled with chorizo (Spanish pork sausage), will become garnachas, chalupas, sopes, tostadas, tacos, enchiladas, chilaquiles, infladas, molotes, bocoles, pellizcadas. Tamales will be fluffier with lard, refried beans will be more delicious than plain boiled beans. The union of corn and cheese will give birth to quesadillas; like Spanish empanadas with little bits of chili, or with squash blossoms or with epazote.

ALBAHACA. Basil

ONCIMUM BASILICUM: Sunny annual. Many varieties with flavors ranging from lemony to minty to cinnamon-like. Not often used in Mexican cooking but occasionally in vinaigrette.

CHEPIL. Chepil, Chipil

CROTALARIA LONGIROSTRATA: A 6-foot flowering shrub, deep-rooted and drought-resistant. Leaves and flowers eaten as a vegetable, sometimes steamed. Flavor like snap beans. Leaves added to tamales.

CILANTRO. Cilantro, coriander, Chinese parsley

CORIANDRUM SATIVUM: Sunny annual that reseeds easily. Unique tangy flavor



used in everything from salsa to mole, with cheese, in broth, rice, beans.

Seed has a very different flavor from the fresh leaf. Leaf flavor lost through drying.

CORTEZA DE MAGUEY OR MIXIOTE. Century plant, agave

AGAVE AMERICANA: The leaf membrane of the maguey is peeled and dried to produce a parchment-like material used as a roasting pouch for meats and poultry.

EPAZOTE. Epazote, Mexican tea, wormseed

CHENOPODIUM AMBROSIOIDES: Tough camphor-smelling perennial that reseeds prolifically. Grows wild in parts of central and southern Mexico. Considered by many to be indispensable to a good pot of beans. Digestive, used for intestinal disorders.

Culinary uses are many: chopped fresh and added to sauteed mushrooms or omelets, used in quesadillas, moles, broths. Can be carefully dried for winter use. Very easy to grow.

FLOR DE FRIJOL. Bean flower

PHASEOLUS VULGARIS: Flowers of the bean group that contains kidney, navy, green, pinto, snap, string and wax beans. Flowers are sauteed fresh, added to cooked beans and fresh salsas.

HIERBA BUENA. Spearmint

MENTHA SPICATA: A shady perennial, easily propagated from root cuttings.

Aromatic flavor added to guacamole, broth, meats, meatballs, cooked sauces. Fresh leaf used in cold drinks.

HIERBA DE CONEJO. Indian paintbrush

CASTILLEJA LANATA: Zapotec herb used in the cooking of beans and rice. Used fresh or dry.

HIERBA SANTA OR HOJA SANTA. Hierba santa

PIPER AURITUM: tender woody-stemmed perennial. Velvety, heart-shaped leaves used in green mole, for wrapping tamales, with chicken, beef, shrimp.

HOJA DE AGUACATE. Avocado leaf

PERSEA AMERICANA : The leaf of the tropical avocado tree is used fresh or dried in broths, chicken dishes, beans, tamales and with fish. Provides delicate, slightly aromatic flavor. It is said that the poorer the fruit of the tree, the tastier its leaves will be. Avocados grown in the U.S. are usually West Indian or Guatemalan races; fragrant, anise-scented leaves and stems are characteristic of the Mexican race only.

HOJA DE MAIZ. Corn husk

ZEA MAIS: The husk of any variety of corn is used both fresh and dried, primarily to wrap tamales. Fresh corn is delicious grilled directly in the husk. Remove silk and add butter and salt, wrap husks back around the ear and roast.

HOJA DE PLATANO. Banana leaf

MUSA PARADISIACA: Banana trees are tropical but can be grown in colder climates if the bulb or root is dug before frost and stored in a cool, dry place. Return



to the garden in spring. Will grow annually to 15 feet if handled in this way. Leaves used to wrap tamales.

HUAUZONTLE Huauzontle

CHENOPODIUM BERLANDIERI: Aztec plant with a flavor like broccoli. Only the tender tip is used, cooked with onion and garlic, sometimes dipped in butter and deep-fried.

LAUREL. Bay leaf bay, bay laurel

LITSEA SSP: Mexican bay is thinner-leafed, more silvery and more delicate in flavor than Mediterranean bay (*LAURIS NOBILIS*). It is used for pickling, in cooked sauces, soup, meat dishes.

MANZANILLA. Chamomile, German chamomile.

MATRICARIA RECUTITA: The Spanish name means "little apple," which describes the aroma of this sun-loving perennial with small yellow, daisy-like blooms. Used in Mexico to make a digestive, mildly diuretic tea, an eyewash, or a hair rinse.

MENTA. Peppermint

MENTHA PIPERITA: A shady perennial, easily propagated from root cuttings. Used much like spearmint.

PAPALO OR PAPALOQUELITE Papalo

POROPHYLLUM RUDERALE: Pungent digestive herb eaten raw by the sprig with tacos, guacamole, salad. From *PAPALOTL*, the Nahuatl for "butterfly."

PEPICHA Pepicha

POROPHYLLUM TAGETOIDES: Sunny annual with a flavor like cilantro but stronger. Used with squash, corn, cuitlacoche.

PEREJIL. Parsley

PETROSELINUM CRISPUM: Sun-loving biennial that reseeds easily. Mexican parsley is the flat-leafed variety. Used in rice, stews, casseroles, green mole. Add toward the end of cooking.

QUELITES. Lamb's quarter

CHENOPODIUM BERLANDIERI: Sunny annual growing to 3 feet. Young growth eaten raw or used as a cooked vegetable, with a spinach-like flavor. Used by Indians of Southwestern U. S. in much the same way as in Mexico. Combined with pumpkin seeds and chile strips in pre-Hispanic cooking.

ROMERITO. Romerito

SUAEDA TORREYANA: Used fresh or as a cooked green, especially during Lent and The Day of the Dead. Small succulent leaves resemble those of purslane.

TE LIMON. Lemon grass

CYMOPOGON CITRATUS: Tall, sun-loving tender perennial with the appearance of a large clump of decorative grass. Lemon-scented leaves. Traditionally used only for tea but added to chicken broth or soup in contemporary cuisine.



TOMILLO. Thyme, garden thyme

THYMUS VULGARIS; Sunny aromatic perennial. Used in pickled chiles and marinades, with meats, mushrooms, cooked sauces.

TORONJIL. Balm-gentle.

AGASTACHE MEXICANA: The citrus-scented toronjil is an annual that grows to 4 feet in good soil and germinates readily from seed. Used to make a diuretic tea which is considered good for weight control and for blood cleansing.

VERDOLAGA. Purslane

PORTULACA OLERACEA: Low-growing, sun-loving succulent grown as an annual. Archaeological evidence that it was eaten by American natives ca. 1200. Sharp, cooling flavor. Eaten raw in salad or steamed, sauteed with onion and chile, in green mole.

OLIVE OIL: Olive groves line the rocky hillsides of Italy and the Mediterranean coast. For millennia, the region has produced gorgeous olives (they were a favorite street snack in ancient Rome) and olive oils (tools for making olive oil that date back 4500 years have been found in Crete). The average age of southern Italian olive trees is between 300 and 600 years -- the olive tree doesn't even begin producing edible fruit before its 25th year. Today, Spain, France, Greece, Italy, and California all produce high quality olive oils from those old olive trees.

Olive oils come in various grades and intensities. Hand-culled olives for the highest quality oil must be pressed quickly -- within 24 to 48 hours for best results. The first pressing happens between great rollers of stone or steel. Stone is best because it is softer than steel and it doesn't conduct heat. The first oil produced is called "extra-virgin olive oil." The mashy pulp left over is then mixed with hot water and processed to make second and third press oils. The state regulates the labeling of olive oils according to the level of acidity. "Extra virgin" has less than 1 percent oleic acidity and less than 0.5 percent in the very best oil; "superfine virgin" can have up to 1.5 percent acidity; "fine" or "regular virgin" ranges from 1.5 to 3 percent acidity; and "virgin" or "pure" has up to 4 percent. Any oil with an acidity level higher than 4 percent is only good for lamps. This classification, however, can be misleading because modern chemical processing can greatly reduce acid levels no matter what the quality of the oil. A lesser oil can be processed to a .05 percent acidity level, be packaged as "extra virgin," and still taste terrible. One clue to look for -- if a label reads "cold pressed" then it has not been refined and is of a higher quality. It will also be of a higher price.

Comida Corrida: The Big Mexican Meal

Sopas y Caldos

Comida corrida starts with soups (*sopas*) or broths (*caldos*). Mexicans are great soup makers. One reason is their method of boiling or poaching all meat as at least a first step in the process of meat preparation. As a result, good homemade stock is always available. These aromatic broths can be turned into a delicious soup by simply



adding a dollop of guacamole (sopa de aguacate), stirring in some sauteed julienne of squash blossoms (for *sopa de flor de calabaza*), or by whisking hot stock into a spicy paste made from chiles, garlic, tomato, onion, and cilantro, and topping the soup with a wedge of lime. There are endless variations on the simple broth-based soup. Heartier soups are also common. *Posole* is hominy stewed with meat, usually pork or pig's feet, and vegetables, finished with various fresh garnishes like avocado, lettuce, raw onion or chile, and limes. *Sopa verde* is a fish soup wherein vegetables and fish are boiled together, puréed, and whisked into a paste of poblano, cilantro, and garlic, and finished with whole shrimp. Black bean and tortilla soups are more well-known Mexican soups. Accompanying this course, and all those following, up to dessert, is a non-stop supply of fresh tortillas.

Sopa Seca: The second course is called *sopa seca*, or dry soup. This is most often a pasta course, such as linguine with roasted garlic, roasted chipotle chiles, or wild mushrooms and tomatillos. It could also be a spiced rice dish, a rice and bean casserole, or tortillas cooked in broth.

Platos Fuertes: The main course of the *comida corrida* is the *plato fuerte*. Most often this course is a meat served with one or two vegetables. In the northern states, you might eat a steak marinated in a paste of cumin, chile, and garlic, then seared in a cast iron skillet. Further south, one of many complex and amazing mole sauces might grace your chicken, or even seafood. Pork loin pairs with guava and plum sauce. Further south still, lobster is matched with tamarind sauce, or a seafood taco is filled with pomegranate seeds. The main course usually closes with beans.

Postres: Dessert is usually a fruit or custard served with coffee. Chocolate is of course indigenous, but is used in main courses as much or perhaps more than in confections. Local homemade sorbets are frozen freshness made from mangoes, figs, or limes. *Churros* are a popular deep-fried dessert fritter that is shaped like a flute. *Bunelos* are also fritters, traditionally eaten at Christmas. To make bunelos, a yeasted dough with a hint of anise is deep-fried then drenched in a syrup of brown sugar, cinnamon, and guava. Flan is perhaps the most well-known Mexican dessert. It is a simple caramelized egg custard that has many variations.

No alcohol, except an occasional beer, is drunk with *comida corrida*. This doesn't mean that Mexicans are a teetotaling bunch. It is amazing how many recipes (such as *menudo*, the famous tripe soup) are described as having miraculous powers to banish a hangover. Beer and tequila are local favorites.

BEANS AND GREEN MEXICO: Beans (*frijoles*) are a part of everyday eating, and many beans are grown among the cornstalks of Mexico. The south has black beans, and the north favors pinto beans, but there are many varieties to choose from. (A bean-cooking tip: don't salt the water when you cook dried beans, as it will make the skins tough). Other vegetables that make Mexican cooking distinctive include plantains, avocados, jicama (a tuber with a sweet, apple-like taste when served raw), cactus paddles (or *nopales*, fleshy oval leaves of the *nopal* -- prickly pear -- cactus),



tomatillos (which resemble small green tomatoes with papery husks), tomatoes (both green and red), chickpeas, onions (of course), purple skinned garlic, wild mushrooms, and *chayote* (a native squash). Citrus fruits such as the citron, bitter (Seville) orange, and lime are central Mexican flavors. Tropical fruits like mango, tamarind, pomegranate, pineapple, coconut (and coconut milk) become more and more prevalent as one travels south.

MEXICAN SNACKS: Street food, snacks (*bocados*), and appetizers (*antojitos* or *botanos*) make up a food category all their own in Mexico. This category of foods includes all the variations on the taco, enchilada and tostada, salsas and dips, *tortas* (crusty sandwiches), cheeses, *ceviche*, quesadillas, *carnitas* (pork taco), chiles rellenos and other stuffed vegetables, empanadas, tamales -- and the list goes on and on. In Mexico, any dish that involves a tortilla or something like a tortilla will always be considered a snack and won't make it to the big afternoon *comida*. In the States, with burrito stands on every corner and salsa outselling ketchup, many of these foods seems more than familiar. But, just in case you're not 100% sure what a hot tamale is when it's not movie-theater candy, here's a quick run-down of some *bocados* and *antojitos*:

Burritos: For the burrito, as so many know so well, a large flour tortilla is wrapped around a savory filling.

Chiles Rellenos: A large, gorgeous (these black/green peppers are spectacular) poblano chile, is filled with cheese or anything you like, then dipped in batter and deep fried. Sometimes a sauce is poured on top. Other variations on the stuffed chile are not deep fried -- for example, a poblano filled with shrimp and onions and then baked, is light and sharp.

Empanadas: A specialty of northern Mexico where wheat is cultivated, empanadas fill a disk of wheat-flour dough with something savory or sweet, fold it in half, seal, and deep-fry until crispy.

Enchiladas: A corn tortilla is rolled around a meat or cheese filling, quickly deep fried, and served hot. Enchiladas should not be fried to a crisp -- only until soft.

Flautas: Corn tortillas filled with cheese are rolled into 'flute' shaped tubes and deep-fried. The flutes are then served with a green tomatilla, serrano, and avocado sauce, and a red chile sauce. Toppings of cheese and cream cool off the concoction.

Quesadillas:

Especially popular in central Mexico, corn tortillas are folded in half (as empanadas) around a filling of anything, from mushrooms to tripe to cheese, and then deep fried.

Sopes: Masa is fried into crispy, silver-dollar sized boats and spread with all sorts of toppings -- anything from the raw to the cooked.

Tacos: Most (but not all!) tacos in Mexico are soft. Fresh corn tortillas, two-thick, are folded around something tasty -- perhaps meat, perhaps potatoes with sauce and cilantro or seasoned with chile. Sometimes the corn tortillas are fried first to keep them from drying out, and then they are folded around the tidbit. Sometimes the taco



Institute of Hotel Management and Catering Technology Thiruvananthapuram

is rolled instead of folded. Pretty much anything with a corn tortilla and a filling can be called a taco -- even a burrito, which uses a flour tortilla, has a taco name -- *taco de harina*. So much for crunchy Taco Bell.

Tamales: Mexicans have been making tamales for a long, long time. They were given as gifts to the Aztec gods during the twelfth month of the eighteen-month year. A tamale is a parcel of corn dough filled with nearly anything, wrapped in a package made from a corn husk or a banana leaf, and steamed.

Tostadas: Thick, meaty tortillas are cut up (or not) and fried for chips -- tostadas.



ARAB CUISINE

Arab cuisine, flavoured by fragrances enriching its recipes, represents a worthy world ambassador of culture and history of this region. Spices help in rendering the traditional Arab cuisine definitely refined, while even simpler dishes are served with such a friendly attitude that you feel warmth enfolding the whole atmosphere at any unforgettable time, for both guests and house-masters.

Tea ceremony is one of such memorable moments. Totally changing from a country to another, and from a city to another too, Arab cuisine is renowned for the use of herbs, spices and sauces. Muslim religion binds together the East and the West of Arab world in the use of halal meat (bloodless) either red or white, and in pork and alcohol prohibition. Besides such common marks, diversities remain regarding the whole range of dishes and their preparation. If Maghreb cuisine is generally abundant with anise, carvi and coriander, each country maintains its traits.

In Algeria the use of garlic and white sauces defines a researched cuisine; the essence of orange flowers water is usually added to desserts and cakes. In Tunisia, harissa, a garnishment made of crushed chilly peppers, falls between all the dishes, while in Morocco saffron, zaafran, gives rice a beautiful yellow.

Soups detain a dominant role in north-African and middle-eastern meals: Moroccan harira, a vegetables and meat soup, the Algerian shorba, based on broken wheat, vegetables and lamb, Egyptian molokheya, a vegetarian soup named after the plant used for its preparation. Maghreb is known thanks to its tajin (meats cooked with chick peas and vegetables) and for its shrank sauces, fish barbecues, chilly starters. Couscous is Maghreb's typical dish, represented through an endless variety of preparations. In fact, besides bran, wheat in the north or millet in the south, steamed and garnished with olive oil or butter, it is the never-ending range of sauces, changing according to seasons and occasions, that makes this multifaceted dish.

White or red sauces are normally lamb-based, fish or chicken otherwise, rarely veal. Such dish is unknown in the Middle East, where rice and broken wheat are mainly used (as in the mentioned Algerian shorba), accompanied by a parsley, lemon juice, chopped tomatoes and cucumber salad in one of the most famous Lebanese recipe, the tabulé. Eastern Mediterranean area conceals the secret of meat delicacy, of stuffed or roasted pigeons, in Egypt, and of the famous milk rice; patiently worked out starters based on sweet'n'sour vegetables in Syria and Jordan, meat rolled with a grape leaf with Palestinian yoghurt; dishes that would stimulate even the laziest appetites.

Croutons with sesame, broad beans, aubergines, chick peas purées, flavoured with mint leaves and garnished with olive oil; they decorate the starter plates of eastern tables.

The more you shift Eastward, to the Gulf countries, the more sauces become watery; bread is craftily prepared, with the crust decorated by sesame seeds, while home-made cheese, djeben, and fresh butter, zebda, never ever miss a meal.



The preparation of such dishes requires fresh and good quality products, hard to find in European urban markets, and definitely slow cooking times.

You can partially find them in maghrebine or middle-eastern restaurants, where you can taste typical dishes prepared by immigrant chefs: certain varieties of couscous, tabulé, falafel, fried broad beans purée-balls, some tajin, chick peas and sesame seeds purée. Preparations of Arab cuisine take time, two hours for lamb tajins, in fact they can be prepared the day before and, heated up when served, they even taste better.

The ingredients required are anyway available in Rome; to spot particular spices and aromatic herbs we suggest a walk on Vittorio square market. In North Africa most of them have an almond and peanut basis, more frequently pistachios and puff-pastry based in the Middle East, with the presence of cakes with almonds and pine seeds. Good examples are the um ali, Egyptian speciality, or the baklawa, typical of the whole Arab world: a puff-pastry, almonds and honey cake, thinly sliced in the shape of little rhombus.

In the occasion of religious celebrations or weddings, a great variety of cakes is prepared: the well known Maghreb's zelabiya, a fried pastry soaked in honey, to be eaten during the Ramadam, and the kunafeh, made of almonds wrapped in puff pastry and honey, which occupies the seat of honour in every feast, from to Egypt to Palestine.

Beverages

Eventually, Arab cuisine comprehends beverages such as the refreshing palm tree sap, to be drunk cool, before it ferments and becomes as fizzy as certain wines. Mint green tea, crowning every meal, without whom Arab hospitality isn't fulfilled; it could be simple, merely sugared, served in small proper cups, or with the addition of pine seeds floating on the glass surface, as in Tunisia. Coffee, with a drop of orange flowers' essences, in maghrebine countries, or a cardamom nut in the Middle East, in a finely ground coffee boiled in water, sugared at times.

Sharbat in the end, a lemon squash flavoured with vanilla, served throughout the Arab countries on occasion of exams succeeded and engagements.

Introduction to the Arab World

The Middle East is an area of international concern for several reasons: strategic location, oil resources, and the recurring political instability. It is also the birthplace of three great religions: Christianity, Judaism, and Islam. The region is composed of fifteen nations and four major languages: Arabic, Hebrew, Turkish and Farsi. It is a region of many people with extraordinary histories and cultures. However, most of its habitants practice Islam and are Arabs. The word "Arab" is applied to Muslims, Jews and Christians who speak the Arabic language and identify themselves with the Arab way of life.



It was in the Arab world where people first developed the system of writing; scientific advances were also developed. Rich cultures like Ancient Egypt, Assyria and Babylonia began in this region. The Arab culture has had many influences but Islam has shaped the culture like no other. The message of Islam appeared for the first time in the Arabian Peninsula in the early seventh century, and soon the faith expanded across North Africa, the entire Middle East and extended to the borders of China. A new and dynamic civilization was founded. In fact, while most of Europe was in the dark ages, the Arab/Islamic civilization was at its most glorious moment, making significant contributions to science, arts and the humanities that are still very alive in the world. Today, most of the ancient cities, such as Marrakech and Baghdad with its great flavors and customs, still exist and modern cities have been developed beside them. Unfortunately, they carry with them the common problem of modernization like overpopulation and pollution.

The Arab world straddles two continents, Asia and Africa, and its long coastline gives it access to critical waterways. The region offers a variety of climatic conditions from dry to seasonal rainfalls in Morocco, Tunisia and the mountains of Lebanon. Agriculture is a very important activity in the Arab world. The most import products are wheat, dates, rice, and olive oil, which are main ingredients in the Arab cuisine. Although there are differences among the Arab people from Morocco to the Persian Gulf, Arab people enjoy a common bond of history, culture and tradition.

INTRODUCTION: The full grace of Arab hospitality has been developed in Lebanon, where the traders of the known world have been welcomed since the earliest times. So fortunately situated at the eastern end of the Mediterranean, this country found early prosperity as the link between overland caravan routes from the East and the sailing ships and galleys of the West. Today, as for centuries, Lebanon plays host to the people and commerce of the world. It is proud of its importance to tourists and businessmen alike, with the result that its hotels and restaurants satisfy the demands of travellers as well as discerning residents.

Good food is plentiful in Lebanon and its skilful cooks are masters of the intricacies of Arab cuisine. Because of the country's long and continuous contact with travellers, Lebanese hospitality has become quite articulate and it illustrates Arab customs in a manner easily understood by foreigners.

An appreciation of Lebanese hospitality - as specifically expressed in this case through its cooking - carries with it an understanding of Arab hospitality as a whole.

An Arab will offer his guest the best food and comfort that he can afford, often denying himself in deference to his guest. Following this tradition the Lebanese woman takes great pride in her home and seeks to make it the center of family living and social life. To create an attractive and inviting home she must be a good cook. She learns the art of cooking from her mother, adapting the traditional recipes to her modern needs. She has learned to simplify some of the old recipes so that she will be



able to prepare the food her family likes and at the same time give part of her day to other activities.

Lebanese hospitality leans heavily on the necessity that an abundant table should be set at all times. A hostess has food on hand to offer a guest no matter at what time of day or night he may arrive. She will urge her guests to eat heartily of the wide variety of foods which she has prepared for their enjoyment. There is an Arabic proverb to the effect that the measure of a guest's regard for his host is the amount of food which he eats. *

Coffee is essential to hospitality in Lebanon, as it is in all Middle Eastern countries. It is the traditional sign of welcome. Its price makes it a luxury and so its serving is a mark of respect for a visitor. Arabic (or Turkish) coffee cannot be reheated successfully because it must be freshly brewed to be good; so a guest is consciously flattered in the knowledge that he is being served a cup of coffee made expressly for him. The intricacies of the coffee ritual are explained later on in this book.

Menus are carefully planned by Lebanese hostesses, tradition playing an important role in the selection of food for certain occasions. Many foods have significance in the Arab cultural pattern. These dishes are reserved for specific occasions. For instance, special sweets are prepared to celebrate the birth of a baby boy or to mark the cutting of a baby's first tooth. Special cakes called ma'moul are baked only at Easter or Christmas. The most famous of all Lebanese dishes, the rich pounded meat mixture called kibbeh (of which dozens of variations are possible) is served only at happy gatherings and would never be served after a funeral when a family is in mourning or at any farewell. The occasion also determines the amount of sugar added to Arabic coffee. Generally, the sweeter the coffee, the more joyous the occasion.

A section of menus has been included in this book to illustrate how various dishes are combined on the table. The Lebanese have some hard and fast rules about food. They will never serve their variant of yoghurt, laban, at the same meal with fish, nor will they mix laban and the taheeni sauce they prepare from sesame seed oil. Arabic cooking can be very economical. Very little food is wasted and ingenious uses are found for ingredients which might be discarded by less thrifty and less imaginative cooks. Western cooks who must coax interesting meals from mundane ingredients will have inspiration in Arab cooking for many variations of familiar themes. The wide selection of food available in Lebanon makes their diet the most varied of all Middle Eastern countries. The semitropical Mediterranean littoral produces excellent citrus fruits and bananas. The market gardens of the lower hillsides and valleys and the fields of the Bekaa' Valley yield a variety of cereals and vegetables all year around. The terraced orchards and vineyards of the mountains slopes produce apples, pears, peaches, grapes and many other fruits and berries. Additional fruits and vegetables are imported from nearby countries and Europe to further increase the variety available to Lebanese cooks. Such imported delicacies as avocados, Belgian endives, pineapples and coconuts appear with seasonal regularity. Beirut shops stock



a wider selection of canned and packaged foods than one usually finds in most grocery shops in Europe and America.

The fine lamb and mutton raised in the Middle East is the favorite meat of the people. It is plentiful and not as expensive as beef. Many kinds of fish are available to coastal dwellers. Milk from cows or goats is usually converted to laban (yoghurt), or made into the cream cheese, labneh. The main cereals are rice and cracked wheat, called burghul. Potatoes are consumed in quantity. The Arab cuisine depends to a great extent on oil. Food is cooked in it or dressed with it for serving. The choice of cooking fat often identifies the country from which the recipe originates. The Lebanese like to use their own fresh olive oil, or a clarified butter called samneh. The Turks use olive oil, vegetable shortening or butter, while in Saudi Arabia the preferred fat is ghee, usually obtained from goat or sheep milk.

Olives, nuts, raisins, salted chick peas, toasted pumpkin seeds are always on hand as appetizers. Pickles made from turnips, beets, onions, green cauliflower and cucumbers are relished along with fresh greens. Bread is very important in the diet and its variations throughout the Middle East are explained in greater detail later on.

The Arabs like to spread their bread with olive oil, or with soft white cheese, or to dip it in the delicious oily purees which they make from chick peas, broiled eggplant or parsley flavored with pungent sesame seed oil. In the recipes, seasonings and ingredients remain authentic. Garlic may be omitted or decreased in quantity and vegetable shortening or butter may be substituted for the Arab shortening or fat. The amount of salt used in the recipes can be adjusted and is left to the discretion of the cook.

Ingredients in this book are all given their local names. English equivalents of the "foreign words" are given in the glossary. In many recipes both the traditional and the revised pressure cooker methods are given so that the cook may make her own choice on how the dish will be prepared. All measurements are standard. The adjectives "minced ", "ground ", and "chopped " are used interchangeably with regard to meat



CHINESE CUISINE

INTRODUCTION

As on travels found the world today, one cannot help being impressed by the extent to which Chinese food and cooking have become established in almost every corner of the earth. But this population of Chinese cuisine seems to have gathered a sudden and over whelming momentum only during the last couple of decades or so, what is it that has caused this sudden success of Chinese cuisine. The answer lies in the unique tradition and techniques of Chinese cooking, and in the inherent appeal of Chinese food and flavors to the palate. Also Chinese food can be extremely economical as well as being highly nutritious, because most ingredients are cut into small pieces, then quickly cooked so as to retain all their natural goodness.

Trade and cultural exchanges between China and the outside world took place as early as the time of the Roman Empire, and over the past centuries, foreign influences and modern technology have affected nearly all walks of everyday life in China except one namely the culinary art of China. In fact foreign food stuffs have been introduced into China since the dawn of history, but they all became integral ingredients of Chinese food.

Obviously, Chinese culinary art has gone through thousands of years of refinement and development, but the Chinese unique way of preparing and cooking food remains basically unchanged. Archaeological finds of the Bronze Age (Beginning around 1850 BC) indicate that the Chinese had utensils such as bronze 'cleaver' for cutting up food into small pieces and cooking them in animal fat, using a bronze pot not dissimilar to the modern wok. We have textual data to prove that as long ago as the Zhou Dynasty (12th century BC) the Chinese used Soy sauce, Vinegar, Rice wine, fruit jam and spices as seasoning for their cooking, and that elaborate and complicated cooking methods were already being employed.

By the time of China's greatest sage Confucius (551-479 BC) who was an acknowledged Gourmet besides, it was recorded that the importance of there application and the blending of different flavours were emphasized in Chinese cooking and the use of high, moderate or low heat, the blending of sour, piquant, salty bitter or sweet flavours were all given their correct applications in order to achieve a harmonious whole. This theory of hermology is one of the main characteristics of Chinese cuisine to this day.

THE MAIN CHARACTERISTICS OF CHINESE CUISINE

There exists a certain 'uniqueness' that distinguishes Chinese cooking from other food cultures, to start with, there is the Chinese division, when preparing and serving food, between Fan, grains and other starch foods, and Cai, meat and



vegetables dishes. Grains in various forms of rice or wheat flour (bread, pancakes, noodles or dumpling etc) make up the fan half of the meal. Vegetables and meats (including poultry and fish etc), cut up and mixed in various combinations into individual dishes constitute the cai half.

A balanced meal must have an appropriate amount of both fan and cai. It is in combining various ingredients and the blending of different flavours for the preparation of cai that lie the time art and skill of Chinese cuisine.

The other distinctive feature in Chinese cuisines is the harmonious blending of colour, flavours, shapes and textures in one single cai dish. The principle of blending complementary or contrasting colours and flavours is a fundamental one - the different ingredients must not be mixed indiscriminately the matching of flavours etc. should follow a set pattern and is controlled, not casual. The cutting of ingredients is another important element in Chinese cuisine. In order to achieve the proper effect slices are matched with slices, shreds with shreds, cubes with cubes, chunks with chunks and so on. This is not only for the sake of appearance but also because ingredients of the same size and shape required about the same amount of time in cooking.

This complexity of interrelated elements of colours, flavours and shapes in Chinese cuisine is reinforced by yet another feature texture. A dish may have just one, or several contrasting textures, such as tenderness, crispness, crunchiness smoothness and softness. The textures to be avoided are: Sogginess, stringiness and hardness. The selection of texture in the single dish is an integral part of the blending of flavours and colours.

The desired texture or textures in any dish can only be achieved by the right cooking methods. In all the different methods of cooking, the correct degree of heat and duration of cooking time are of vital importance.

INITIAL PREPARATION & COOKING TECHNIQUES

A Chinese dish is usually made up of more than one ingredient because when a single item is served on its own, it lacks contrast, therefore there is no harmony. Some cooks like to mix contrasting flavours and unrelated textures, others prefer the matching of similar tastes and colours. Some wish the flavour of each ingredient to be preserved, others believe in the infusion of flavours.

To start with, first choose the "main" ingredient, then decide which type or types of "supplementary" ingredients will go best with it, bearing in mind the differences of colours, flavours and texture and so on. For instance, if the main ingredient is chicken breast, which is white in colour and tender in texture, then one would choose as a supplementary ingredient something crisps like celery, which is also pale in colour or one would perhaps choose something more colourful like green or red peppers, both crisps or something soft like mushrooms.



By combining different supplementary ingredients with the main one and by the addition of various seasonings, it is possible to produce almost an endless variety of dishes without resort to unusual and exotic items. That is why a Chinese cook abroad can always produce a Chinese meal even using only local ingredients. For the Chinese, the essence of the food depends entirely on how it is prepared and cooked, not what ingredient is used.

As mentioned earlier, the cutting of various ingredients into different sizes, thickness and shapes is an important element in Chinese cuisine. The Chinese practice of cutting their food into small, neat pieces before cooking, partly because of fuel conservation and partly because small pieces of food are easier to be served and eaten with chopsticks, since knives and cleaver have not been used on Chinese tables since ancient times. Of course small pieces of food only require a short cooking time, thus retain much of the natural flavours and nutritious value.

The size and shape of the cut ingredient must, first of all, be suitable for the particular method of cooking. For instance ingredients for quick stir-frying should be cut into small thin slices or shreds, never large, thick chunks. Learn and understand the character of the ingredients, their texture and their colour changes is an important factor that helps you to choose the appropriate cutting and cooking methods. Tender ingredients can be cut thicker than tougher ones that require more cooking time, and most meats change color when cooked, chicken and pork become paler, white beef and lamb tend to go darker after being cooked.

After cutting, the next step in the preparation of food (usually only applies to ingredients such as meats, poultry and fish, not to vegetables) before actual cooking is marinating. The basic method is to marinate the white meats and fish in salt, egg white and corn flour in order to preserve the natural delicate texture of the food when cooked in hot oil. For red meats the basic marinade usually consists of salt, sugar, sauce, rice wine and corn flour. The purpose of this marinating is to enhance the flavours of the meat.

When it comes to the actual cooking, the most important factors are degree of heat and duration of cooking. These two factors are so closely related to each other, that it is quite impossible to separate them. That is why it is very difficult to give a precise cooking time in most recipes, since much depends on the size and condition of the ingredients, and above all, on the type of the stove and cooking utensils used.

All in all, there are well over 50 different distinct methods of cooking in Chinese cuisine. They fall roughly into the following categories.

WATER COOKING

Boiling, poaching and simmering

OIL COOKING

Deep frying, shallow frying, stir frying and braising



FIRE COOKING

Roasting, baking and barbecuing

STEAM COOKING

Steaming

CHINESE REGIONAL COOKING STYLES

The Chinese food tradition changed very little during its history of several thousand years, but what about the various styles of regional cooking? It is true that China being such a vast country, with different climates and natural products so varied from region to region, the cooking style should reflect these divisions. Yet the fundamental character of Chinese cooking remains the same throughout the land. Whether the Peking cuisine in the north or the Cantonese cooking in the south, they all prepare, cook and serve their food in accordance with the fancai (Fancai) principle-what distinguishes one from the other is that in the north, the fan half is more likely to be wheat-flour food, whilst it is almost always rice in the south. Some of the cooking methods may vary a little from one region to another, also the emphasis on seasonings may differ, for instance, Sichuan in the west is renowned for its hot and spicy food, but basically they are all unmistakably "Chinese". Obviously there are a number of specialties from various regions, but with modern transportation, these specialties are no longer confined to their place of origin.

MENU PLANNING

As mentioned earlier, the main distinctive feature in Chinese cuisine is the harmonious balanced of colours, aromas, flavours and textures as well as shapes and forms, not only in a single dish, but also in a course of different dishes. This aspect of serving Chinese food often puzzles most people in the West, particularly because the order of different courses served at a Chinese meal bears no resemblance to the western convention of soup-fish, poultry, meat, cheese sequence.

The Chinese cooking tradition makes it proper harmony of living, an aspect of Chinese cuisine which has often been overlooked there is a great feeling of togetherness in the way the Chinese eat. We gather together around a table and partake of all the dishes which are placed on the table in communal style. Nobody is served just an individual portion in the western way, the chopsticks are used not only as eating implements, but also to help others to a choice piece especially from a particular dish, this is usually an expression of respect and affection.

Due to the multi-course nature of a Chinese meal, eating and dining have always been very much a family or communal event and Chinese food is best eaten in this way, for only then can you enjoy a variety of dishes. An informal Chinese



dinner served at home is essentially a buffer-style affair, with more hot dishes than cold served on the table at the same time, to be shared by everyone. Only at formal dinner parties or banquets that dishes are served singly, or in groups course by course, and the order in which different course or dishes are served depends more on the method of cooking, and the way the ingredients are prepared before cooking, rather than on the actual food itself.

A typical dinner menu for 10-12 people would consists of 8-10 dishes served in the following order:

First course-3-4 cold starters or an assorted hors d'oeuvre dish.

Second course - 2-3 or 4 quick stir fried dishes or deep fried or quick braised dishes(which should always be 'dry' rather than full gravy), the exact number and variety of dishes are flexible here, it all depends on the scale of the occasion, or what was served before and to follow.

Main course-1,2 or 3 (or even 4) 'big' dishes, these can be steamed, long braised (red cooked) or roasted, but usually consisted of a whole chicken, duck, fish, and joint of meat. Again the number and variety of dishes are dependent to the occasion.

Rice course: Noodles and dumplings are often served instead of, or as well as rice at the end of a big meal.

Dessert: Only served at formal banquets in China, soup is often served for lesser grand occasions. As a compromise, fresh fruit and China tea can always be served at the end of a big Chinese meal instead of pudding.

When it comes to planning the menu, just remember that, as a rule, allow one dish per person, but two dishes should be enough for 3-4 people, three dishes for 4-6 people, and four dishes for 6-8 and so on. But also remember the Chinese never serve an individual dish to each person, you all share the same dishes on the table. The only exception is for a light snack when a dish of chow-main a bowl of noodles soup is served, only then each person is given his or her own portion.

A Chinese meal is served absolutely ready to eat-there is no last minutes serving on the table, nor dishing cut separate items such as meat, vegetables, gravy or sauce and with all their attendant condiments, there is no long prelude when you all wait for every body to be served before you start. At a Chinese meal, as soon as the first dish or course of dishes is placed on the table the host will raise his glass and say 'gan boi' (cheers) or Bon Appetit.

REGIONAL COOKING STYLES

Looking at a map of China, it is not difficult to understand why there should be such rich variety of different cooking style throughout the land.

There is no official classification of the various regional cuisine in China, but it is generally agreed that SICHUAN in the west, SHANDONG in the north, CANTON in the south and JIANGSU in the east represent the four major regional



cooking styles of China. In addition, four more provinces ZHEJIANG, FUKIEN, LNHUI in the east, and HUNAN in the west are usually included in the roll of honour, when one talks of the 'Big Eight' distinguished schools of cuisine in China.

Now Peking cuisine is quite a different matter - it is not a separate regional school, but rather the combination of all China's regional style of cooking. Being the capital of China for many centuries, Peking (or Beijing as it is now called) occupies a unique position in the development of Chinese culinary art. Peking cuisine has been defined by the eminent Chinese Government Kenneth Lo as the crystallization of the many inventions and performances of the generations of imperial chefs of the different Dynasties which have ruled in Peking for nearly a millennium and the grass root dishes of the locality which the people of Shandong and Hebei have been in the habit of preparing together with all the culinary contributions which have flowed in from the far-flung regions and provinces of China and which over the years have established their reputation in the old capital. Peking cooking is in sort, the top table of Chinese culinary art."

Finally the central province HUBEI in the middle reaches of Yangtze River has a distinct style of cooking. known as 'The province of Thousand Lakes' as well as 'Land of fish and Rice'. one of Hubei's specialties is its fish cookery.

The Northern School

Archeological evidence shows that in about 5,000 BC the inhabitants of north China has begun to farm, settle down and make painted pottery eating and cooking vessels. Some of the most conspicuous trace of early Chinese culture have been found at sites that lie along the valley of the Yellow River, which is why this area is sometimes described as the cradle of Chinese civilization.

The two ancient capitals of Luoyang and Kaifeng are both situated just south of the Yellow River in HENAN province ('he' is the Chinese word for river and 'nan' means south). The noblemen and imperial families live in such luxury that their chefs invented and perfected many of the Chinese classic dishes. These recipes were passed down through the centuries and the same recipes are still followed all over China even to this day with very little changes.

Besides the cooking of Tianjin in HEBEI, in which province Peking is also situated, the northern school embraces the distinguished cooking style of SHANDONG and SHANXI as well as the Chinese Moslem cooking of the inner Mongolia and XINJIANG. (details of the Chinese Moslem food will be discussed under a separate heading).

THE WESTERN SCHOOL

The red basin of SICHUAN or SZECHWAN is one of the richest lands of China, owing to its geographical position it was practically inaccessible from the rest of China until recently therefore it developed a very distinct style of cooking. It



richly flavoured and piquant food has influenced its neighbouring provinces of HUNAN and GUIZHOU although they both have a style of their own.

The province of sichuan is the most populous in china, with an estimated one billion inhabitants or about 10% of the nations total population. The basin is encircled by high mountains, fencing off the cold air from the world. So Sichuan has hot summers and mild winters. It is virtually frost free with abundant rainfall in winters and spring. Plant growth continues the whole year round. One of Chinas important rice bowls, the Sichuan basin also yields a wealth of sub-tropical products, including fruits, silk, and tea all of which have earned Sichuan the name of 'Land of Abundance'. The cuisine of sichuan has a wide following both at home and abroad. Its richly flavoured and hot food is particularly popular in the Indian sub-continent. But not all the sichuan dishes are hot and spicy: any people outside China believe that all you need to cook sichuan food is to use a lot of garlic, ginger, pepper and chilli. This is entirely untrue. The sichuan pride themselves into distinct creating one hundred distinct flavours for one hundred individual dishes.

Hot chillis are used not to paralyze the tongue, but to stimulate the palate. One of the characteristics of Sichuan cuisine is that each dish usually contains a number of different flavours such as sweet, sour, bitter and hot, salty, aromatic and fragrant. When the palate is stimulated by mildly hot chillis, it becomes more sensitive and is capable of taking in several different flavours simultaneously.

THE EASTERN SCHOOL

The Yangtse, Chinas longest river (about 5000kms in length) which traverses the width of China from west to east, flows through Chinas leading agricultural regions (Sichuan and Human on the upper reaches, Hubein, Jiangxi and Anbui on the middle reaches, Jiangsu and Zhejiang on the lower reaches), which contains some of the most fertile land in China.Both wheat and rice and soya including barley, corn, sweet potatoes and soya beans. Fisheries abound in the multitude of lake and deep sea fishing has long been establishes in the costal provinces of Jiangsu and Zhejianana. The area that covers the middle and the lower reaches of the Yangtsa is refered to as the 'Land of fish & rice',and is collectively known as Jiangnan (jiang means a great river, where refers to the Youngtse and Nan to then south), and it beasts a number of distinctive cooking styles.

The Yangtse river delta has its own cooking style known as HUIYANG with the culinary centre in Shanghai, Chinas largest city, which lies on the Yangtse estuary. South east China has always been regarded as the most culturally developed and economically prosperous region.Both danjing in Jiangsu and Hangzhou in Zhejiang have been Chinas capital of several dynasties, other culinary centres are to be located in YANGZHOU (Yangchow), SUZLOU and ZHENJIANG, Yangehow fried rice, chow mein (fried noodles) , wantons, spring rolls, dumpling and many other famous cantonese dimsum dishes are all originated from here.



South of ZHEJIANG is the province FUJIAN (FUKIEN) which is sometimes grouped in the Eastern school, but its cooking style is more strongly influenced by its own southern neighbours canton, so very often FUJIAN cuisine is included with Cantonese in the southern school.

THE SOUTHERN SCHOOL

The pearl river delta with canton as the provincial capital of GUNGDONG (KUANGTUNG) is undoubtedly the home of most famous of all Chinese cooking styles. Unfortunately, the reputation of Cantonese cuisine has been badly damaged by the so called 'chop suey' food has no rival and has a greater variety of dishes than any other school. Because canton was the first Chinese port opened for trade, therefore foreign influences are particularly strong in its cooking.

Fisheries play a major role in the coastal economy and GUANGDONG contributes about one quarter of Chinese fish catch (over 20% of the fish caught in GUANGDONG are fresh water fish). Rice is the dominant food grain, the other groups are tea, tobacco, peanuts & sugar grain, and sub tropical fruits such as bananas, pineapple, oranges, tangerines and lychees. HAINAN island is the only truly tropical area of China and produces coconut, coffee, natural rubber and figs.

The southern school consists of three distinctive regional style of cooking: Canton, CHAOCHOW (SWATOW) and DONGJIANG also known as HAKKA which means family of guests which offers to the immigrants from north China to south during the SONG dynasty after the invasion of the MONGOLS in the 13th C. So it was the HAKKAS who introduced noodles wontons and dumplings etc., into the cantonese diet.

There was a mass immigration overseas there after in the 17th C both by the Cantonese and Hakka. When SWARON war opened to foreign trade in 1858, it became a major part for Chinese immigration to South east Asia, America and Europe. That is why, the first Chinese restaurants to open abroad introduced only cantons cooking to the outside world.

Apart from these four major regional school of cooking, there are two other schools, though not regional in character, nevertheless should be included here amongst Chinas various styles schools of cooking namely the Moslem school and vegetarian school.

THE MOSLEM SCHOOL.

The Chinese Moslems known as Hui, though Chinese speaking are distinguished from ethnic Chinese by their affiliation with the sunni branch of Islam. One theory is that they are descendants of the Moslems who settled in China in the 13th C and adopted the Chinese language and culture.



There are nearly 5 million HUI widely distributed through almost every province in China, but their traditional area of settlement is the north west, with heavy concentration in HENAN, SHANXI, HEBEI AND SHANDONG. They form the Chinese Moslem school, together with two other national minorities, the UYGUR group in XINJIANG (4 million) virtually all mosleme and about 1.5 million Hongols, who are traditionally nomadic and therefore like the Moslems, do not eat pork. Their daily diet consists mainly of beef, mutton, milk & butter, items an average Chinese has no taste for.

THE VEGETARIAN SCHOOL

Chinese vegetarians are not allowed anything remotely associated with animals, apart from eggs and milk. They obtain their protein mainly from the soy bean and its by products such as bean curd(tofu) and nuts and fungi.

Chinese vegetarians has a long history. Its origin can be traced to as far back as around 500 BC when the TAOIST school of thought developed the hygienic and nutritional science of fruits & vegetables. Some centuries later, when Buddhism, which abhors the killing of any living creature and the eating of fish in any form, was introduced into China from India, this philosophy was readily graced into TAOIST school of cooking and a new form of vegetarianism was born. Apart from the extensive use of fresh and dehydrated vegetables the vegetarian chef have developed a new art by certain foods that have become known as imitation packs. These imitation pack 'imitation chicken, imitation fish and imitation prawns and so on bear an amazing resemblance to their fleshy counter parts in form & texture, though not quite in flavour.

EQUIPMENT

UTENSILS

The Chinese **batteries de cuisine** consists of very few basic implements, to start with, only four of the most rudimentary implements are essential in order to cook Chinese food, i.e, chopping block,wok,stirrer and cleaver .

In a western kitchen equivalent equipment are always available cutting knives and board, pots and frying pans, fish slices and cooking spoons, so on and so forth. But the Chinese cooking utensils are of ancient design, they are made of basic and inexpensive materials, and they have been in continuous use for several thousand years, therefore they do serve a special function that their more sophisticated and much more expensive western counterpart prove to be rather inadequate.



As for the rest of cooking utensils such as sieves, spatula, strainer casserole and steamer etc. again you will find the western version to be less effective.

CLEAVER

Let me state straight away that I disagree heavily with calling the Chinese kitchen knife a cleaver. As you know, the term 'cleaver' applies to a heavy duty chopper that serves only one function, and in my mind not all the efficiently unless you buy one that weigh a ton and probably will cost you an arm and a leg - sorry about the pun!. While as the Chinese cleaver (I will call it by that name for the time being, since it is the generally accepted term in English) is on all purpose cook's knife that used for slicing, shredding, peeling pounding, crushing, chopping, and even for transporting cut food from the chopping board to a plate or directly into the wok.

At first sight, a Chinese cleaver may appear to be hefty, gleaming and sharp. But in reality it is quite light, steady and not at all dangerous to use provided you handle it correctly and with care. Once you have learnt to regard it as a kitchen tool mainly used for cutting and not just a chopper, then you will be surprised how easy and simple it is to use compared with an ordinary kitchen knife.

Cleavers are available in a variety of materials and weights. They all have a blade about 3-9 inches (2-23 cm) long and 3-4 inches (8-10 cm) wide. The heaviest, weighing almost 21(b) (1kg) called CHOPPER, is really meant for the professionals, and is excellent for chopping bones such as drumsticks and pork-spare ribs. The smaller and much lighter SLICER with thinner and sharper blade is convenient for slicing meat and vegetables. But most Chinese cooks prefer a medium weight, dual purpose cleaver known as the CIVIL AND MILITARY KNIFE (wen-wu dao in Chinese). You use the lighter, front half of the blade for slicing, shredding and scoring etc, and the heavier, rear half the blade for chopping and so on.

A Chinese cook used the back of the blade as a pounder and tenderizer and the flat-side of the blade for crushing and transporting the end of the handle acts as a pestle for grinding spices etc.

The blades of a down should be made of tempered carbon steel a wood handle. Stainless steel cleavers with metal handles, while may look good, they require more frequent sharpening, the handles get slippery, therefore they are less satisfactory both for safety and steadiness.

Always keep you cleaver razor sharp and clean to prevent it rusting and getting stained, wipe it dry with cloth or kitchen paper after use. Sharpen it frequently on a fine-grained wet stone. Try get a wet stone (also known as oilstone, which is man made composition of silicon carbide) that has two different grades of surface. Use the rough grained surface for a sharp finish to the edge. Lubricate the stone with vegetable oil or water, then put a old damp cloth beneath it for stability.



Hold the cleaver evenly on both sides to keep the blade straight and sharp. After cleaning the blade and wiping in dry hand the cleaver by the handle to keep the blade from becoming dulled on the other metal in a drawer.

CHOPPING BLOCK

The traditional Chinese chopping block is a cross section of a tree trunk, made of hardwood, they range from about 12 inches (30cm) in diameter and 2 inches (5cm) thick, to giant ones up to 20 inches (50cm) by 6-8 inches (15-20 cm). The ideal size should be about 16 inches (40cm) in diameter and at least 3-4 inches (7-10cm) thick to be of any real use.

To prevent it from splitting, season a new block with a liberal dose of vegetable oil on both sides. Let the wood absorb oil as it will take, then sponge the block with salt and water and dry it thoroughly. Never soak the block in water nor wash any detergent after each use, just scrape it clean with the blade of your cleaver, then wipe the surface with a sponge or cloth wrung out in plain hot water. Always stand the block on its side when not in use.

In a professional kitchen, the health regulations specify that you must never cut you raw ingredients and cooked food on the same surface. In other word, you should use a different block or board for the two types of food for hygienic reasons. One answer to this is to get a plastic chopping board made of white acrylic which will not spit, smell or warp. and easy to clean. But it has no aesthetic appeal whatever, personally would recommend a large, rectangular board of hardwood, at least 2 inches (50cm) thick that will take the heaviest blows from a cleaver. if you use one side for chopping only, then the other side should remain smooth enough for pastry making.

WOK

The Chinese cooking utensils known as **WOK** is the Cantonese for 'pot' or 'pan' the correct transliteration should be **guo**. But wok it is, and wok shall remain.

The wok was designed with a rounded bottom to fit snugly over a traditional Chinese stove or oven, which burn wood, charcoal or cooking coal. It conducts and retains heat evenly, and because of its shape, the food always returns to the center of the wok where the heat is most intense, that is why it is ideally suited for quick stir-frying. Of course the wok is far more versatile than just a frying-pan it is also ideal for deep frying. Its conical shape requires far less oil than a flat-bottomed deep fryer, and has more depth (which means more heat) and more frying surface (which means more food can be cooked more quickly at one go). Furthermore, since the wok has a larger capacity on the upper end, and as the oil level rises when the



raw ingredients are added to it, there is little chance for the oil to overflow and cause the pan to catch fire as often is the case with a conventional deep-fryer.

Besides being a frying pan (deep or shallow) a wok is also used for braising, steaming, boiling and even smoking in other words, the whole spectrum of Chinese cooking methods can be executed in one single utensil. Basically, there are only two different types of wok. The DOUBLE-HANDLED WOK with two handles at opposite sides, and the frying pan type SINGLE HANDLES WOK. Both types are usually made of light weight iron or carbonised steel, and the diameter ranges from about 12 inches (32 cm) to 3 inches (45 cms)

The single handed wok may appear to be unsteady and slightly tipped to one side, but in fact it is quite safe much easier to handle, particularly for quick stir-frying, since it offers you plenty of leverage for titling and tossing. The disadvantage of using a double handled wok is that you need strong wrists and oven gloves when they are reinforced with heat resistant plastic or wood.

A dome shaped lid would be another useful item for certain braising and steaming dishes, wok lids are usually made of light weight metal such as aluminium, with a wooden or plastic knob on top as a handle. The domed shape allows the cooking of a whole chicken or duck in the wok, and the natural curve will guide the condensation inside the lid sliding down along the edge, rather than dropping down directly into the food that is being cooked.

STIRRERS

Some wok sets often consist of a pair of stirrers in the shape of a ladle and a spatula, made of iron or stainless steel, both have a long metal handle with wooden tip. Of the two, the ladle or scooper is more versatile. It is an indispensable utensil in the professional kitchen, since it is used for adding ingredients and seasonings to the wok besides being a stirrer and scooper during cooking, as well as transferring food from wok to serving dish or bowl. It is also a measurer for the cook : a standard size ladle will hold about 6 fluid oz (180 ml or 2/3 cup) liquid, slightly smaller than a rice bowl.

The spatula or shovel has a rounded end to match the contours of the wok, therefore it can be very useful for scraping and lifting food from the bottom of the wok-such as when cooking a whole fish etc. Some time, it is used in conjunction with the ladle for stir frying, rather like when you are mixing and tossing a salad with a pair of spoon and fork.

One common factor regarding the wooden tip attached at the end of the handles : it often becomes loose and fall off in your hand during cooking. So make sure it is nailed or glued firmly in place - you may have to do this yourself, since very seldom will you find this has been done by the manufacturers.

How to Season and Clean and Iron or Steel wok.



A new wok is either coated with machine oil or a film of wax to keep it from rusting. This coating has to be removed and a new coat of seasoning must be applied to the surface after cleaning, and be maintained throughout its life in order to keep the wok from rusting as well as preventing food stuck to the bottom.

If the new wok is covered with only grease then just wash in warm soapy water with a stiff brush until clean but if the wok is coated with wax, you will have to remove it by burning it over a hot stove first, then clean it in warm, soapy water with a stiff brush, rinse well. After that, place the clean and smooth wok over a moderate heat to dry, wipe the surface with a pad of kitchen paper soaked in cooking oil until clean. The wok is now seasoned and ready for use.

After each use, wash the wok under hot or cold water tap, never use any detergents as that will remove the seasoning and cause food to stick to the surface the next time you cook. Should any food that you stuck in the wok, scrap it off with a stiff brush or nylon scourer without soap. Rinse and dry the wok thoroughly over low heat, rub some more oil over the surface if it is not to be used in soon, otherwise the wok might go rust.

After you have cooked with a new wok some 8-10 times, and if you never have to clean it with detergents or metal abrasive, then you will acquire a beautiful, glossy finish like a well seasoned omelette pan. This is the 'patine' much treasured by Chinese Chefs as the 'wok flavour'.

COOKING METHODS

The Chinese divide the temperature of heat into "Military" (high or fierce, and medium) and 'civil' (low or gentle, and weak) heat. And proper control of temperature and cooking time is the key to success or failure.

High or fierce heat- Usually used for cooking for crisp and tender foods. Different kinds of frying, steaming, instant boiling etc, and call for a high heat.

Medium or moderate heat- can be used for quick-braising, stewing and boiling.

Low or gentle heat- Is used for slow cooking allowing the flavours to penetrate through all the ingredients such as roasting and simmering.

Weak heat- Is used for long-cooking, turning hard ingredients to soft ones.

Here are 25 commonly used methods in Chinese Cooking. One dish may require one or two or three methods each will produce a different effect.

1. CHUAN- Quick or rapid boiling: This simple cooking method is often used for making soups. Bring the water or stock to boil over high heat, add the ingredients and seasonings, serve as soon as the soup re-boils. No thickening agent is added and vegetable will be crisp and fresh.



2. SHU - Instant boiling or rinsing: Thinly sliced ingredients are dipped into boiling water for a second or two, occasionally drinking it as if rinsing, then serve with a dip sauce. This cooking method keeps the ingredients fresh and tender.

3. AQ - Stewing or brising: Flavour a little hot oil with spring onions and ginger root, then stir fry the ingredients for a short time. Now add stock or water and seasonings. Simmer over a low heat. The food should be soft and tender.

4. HUI - Braising or Assembling: A method of cooking a dish that consists of several different ingredients. Stir-fry the ingredients first, add stock or water and seasoning, boil over high heat for a short while, then thicken the gravy before serving. Alternatively, prepare the gravy first, then add the partly cooked ingredients (deep-fried or steamed), cook over low heat, thicken the gravy and serve.

5. BAN - Mixing salads: This method does not actually involve cooking, but simply calls for cutting the raw or cooked ingredients, and dressing it with seasonings.

6. QIANG - Hot salads: Here the raw ingredients are paraboiled or blanched first, then dressed with seasonings.

The difference between cold salads and hot salads dressing is as follows:

Cold salad dressing: Soy sauce, Vinegar and Sesame seed oil. **Hot salad dressing:** Finger shreds, Sichewan pepper corn, salt, Sugar and Sesame seed oil.

7. YAN - Pickling: Pickle the food with salt and sugar, or with salt and wine. Dishes prepared this way have a subtle fragrance and crisp.

8. JIAN - Shallow frying: A flat bottomed pan is used, little oil and medium or low heat. Seasonings are added when food is half done. The pan should be turned from time to time during cooking so that the heat is evenly distributed.

9. TA - Pan frying: The ingredients are coated with batter and fried in a small amount of oil on both sides over a low heat until done. The ingredients may be deep fried first, then finished off by pan frying. Seasonings and sauce are added towards the end of cooking.

10. TIE - Pan sticking frying: This is basically a form of shallow frying, but only one side is fried. The food is not turned over, so that one side is golden brown and the other side is soft and tender.

11. ZHA - Deep frying: Food is fried in a large quantity of oil over a high or medium heat. There are different variations of deep frying.

a). Neat deep frying: The raw ingredients are not coated with batter or flour.

b). Dry deep frying: Raw ingredients are coated with dry flour or bread crumbs

c). Soft deep frying : Raw ingredients are coated with batter.

d). Crisp deep frying Raw ingredients are boiled or steamed first and then deep fried for crispness.

12. LIU - Saute: This is a special technique which involves two stages of cooking: First deep fry quick or rapid boil, steam or boil the ingredients until done, then mix with seasonings to make a sauce. next either:

a). Dark brown sauté: Pour the sauce over the cooked foods and serve.



- b). Slippery sauté : Stir fry the raw ingredients and pour the sauce over half way through cooking, stirring constantly until done.
- c). Soft sauté: Steam or boil the ingredients and then while they are still hot, add a thin and delicate sauce.

13. CHAO -Stir frying : Stir fry the ingredients in a little hot oil over a very high heat. This method is widely used and has many variations:

- a). Pure stir frying: The raw ingredients are not marinated nor coated with a batter, they are just stir fried in hot oil, and seasoning are added toward the end of cooking. Most vegetables are cooked in this way.
- b). Braising stir frying: The main and supplementary ingredients are cooked in this way, separately at first and then brought together with the addition of seasoning and stock or a thickening agent (usually corn flour mixed with water) and braised very quickly over high heat.
- c). Twice cooked stir frying: One ingredient has been previously cooked and is here cut into smaller pieces and stir fried with other ingredients and seasoning.

14. BAQ- Rapid stir frying: Another form of stir frying, the ingredient or ingredients have been deep fried or rapid boiled first, they are then quickly stir fried over very high heat for a short period time. Variations in this method include Rapid stir frying in oil, Rapid stir frying in bean sauce, and Rapid stir frying in with spring onions.

15. PENG - Quick braising: This is one of the important cooking techniques and is always used together with deep frying. The ingredients are cut into small pieces and deep fried first, then taken out of the oil and a sauce is added while the sauce is hot stir fry over high heat and remove the wok from heat and combine stirring a few more times before serving.

16. DUN- Slow cooking: There are two kinds of slow cooking in water. Slow cooking in water is a form of stewing, slow cooking out of water involves a double boiling techniques when the pot that contains the food is immersed in a larger pot of boiling water.

17. MEN: Slow braising: The food must be fried first (lightly browned) Then all the ingredients (seasoning etc) are put in a tightly covered pot and simmered over a very low heat, slowly like a casserole.

18. LU - Soya stewing: A soya gravy is made first, the ingredients are stewed in this gravy over a low heat.

19. JIANG - Soya braising: The difference between soya stewing and soya braising is that the ingredients are marinated first in the sauce in which it is cooked, with additional stock or water. The sauce is reduced or thickened and is served with the dish.

20. SHAO - Red Cooking: In this widely used method of cooking, the meat is cut into small chunks, then fried, deep fried, par boiled or steamed until half done.



Seasonings (soya sauce, wine ginger, and sugar etc) stock or water are then added to it, the whole thing is brought to a boil and simmered until done.

21. PS - Braising in sauce: In this method, a little oil is first flavoured with spring onions and or ginger root, the ingredients are then placed in the wok or pot and simmered until done.

22. ZHU - Boiling: Boil the ingredients directly in water over low heat.

23. ZHENG - Steaming: Another widely used method in China not only for cooking but also for treating raw ingredients before cooking by other methods, or to keep food warm after they have been cooked.

24. KAO - Roasting: The ingredients are first marinated or treated then either cooked in an oven or over an open fire like barbequing.

25. SHUN - Smoking: Cooking with heat and smoke from burning materials such as Sawdust, tea leaves, cypress branches, bamboo leaves or granulated sugar.

Learn these methods carefully and practice with different ingredients for each method, bear in mind that certain food may or may not be suitable for a particular cooking method.

Most important point to remember is cooking time, even a slight variation in time or temperature will lead to different results. So you should use your eyes, nose and ears while cooking. Once you have learnt to control each temperature and cooking time, you should be able to judge the precise moment when a dish is done.

BLENDING OF FLAVOURS AND SEASONINGS

A dish is made up of one or more ingredients. The ingredients are usually divided between the "main" ingredients and "supplementary ingredients or ingredients". The main ingredients is the major item used for the dish, and the supplementary ingredients served as contrast to it, as well as blend the flavours for the dish.

In selecting the ingredients for a dish or a course of dishes, attention should be paid to:

1. Quantity: The main ingredients colour, aroma, flavour, and shape should be maintained. If there is no marked distinction between the main and supplementary ingredients, then equal proportions should be used.

2. Flavour: The main ingredients flavour should dominate the dish, the supplementary ingredients should be lighter in flavour. If the main ingredients itself is light in flavour, then heavily seasoned supplementary ingredients will complement the main one.

3. Texture: The texture of the various ingredients can be similar or in contrast which offers a more interesting result. Attention should be paid to the temperature of heat and duration of cooking time for each individual item, so that each ingredient retains its proper texture.



4. Shape: Shape affects the appearance of the dish and the cooking itself. Usually the shape of the main ingredient is the most prominent. And in selecting dishes for a complete meal, there should be variety of shapes slices, cubes shreds etc in order to avoid monotony.

5. Colour: Colour will affect presentation of the dish and its flavour. Once colour may be chosen for the dish and all the ingredients will then match. Alternatively, different colours will often and harmonious contrast.

There are five basic flavours in Chinese Cuisine:

1. Salty: Flavouring agents: Salt, soy sauce, soyabean paste etc.

2. Sweet: Sugar, honey, jam etc.

3. Sour: Vinegar, plum saucage, tomato sauce etc.

4. Hot: Chilli, chilli sauce, pepper, ginger, mustard etc.

5. Bitter: Almond, orange peel, herbs etc.

In addition, certain regional cuisine include two extra flavours.

6. Aromatic: Flavouring agents: wine, garlic, spring onions, sichwan pepper, sesame seeds, sesame seed oil, spices etc.

7. Delicious: This is a literary translation from the Chinese character XIAN, made up by joining a fish with a goat, which produces the delicious flavour. Flavouring agents: Monosodium glutamate, oyster sauce, shrimp sauce, chicken and meat stock etc.

Out of these basic flavours a chinese cook can create several combination flavours:

Sweet and sour : Salt, sugar, vinegar etc

Sweet and salty: Salt, soy sauce etc

Hot and sour: Chilli, chilli bean paste, vinegar etc

Salty and hot: Soy sauce, chilli sauce etc

Aromatic and salty: Salt, sichwan pepper

The most famous and popular sweet and sour sauce has many regional variations, but there are only two basic styles:

1. Cantonese sweet and sour sauces: The cantonese usually make their sweet and sour sauce in large quantity, which is used for different dishes, be it pork, chicken fish or prawns.

Ingredients;

1 Ltr vinegar

450 gm sugar

3 tablespoons salt

100g m tomato puree

100 gm soy sauce

Method :

Dissolve the sugar in vinegar over medium heat, then add the rest of the ingredients blend until smooth.



2. Peking and sour sauce: The peking style is used throughout the rest of China with only very slight variations according to regional taste for instance, in eastern China (Shanghai and Soudrwo) more sugar would be used, while in Western China (Sichwan), more vinegar would be used. Also the sauce is always made just for an individual dish, therefore adjustment could be made to suit a particular ingredient.

Ingredients:

2-3 tablespoons oil

2-3 table spoons vinegar

3--3 1/3 table spoon sugar

1-2 tablespoons dark soy sauce

1 tablespoon cornflour mixed with water

2-3 tablespoon stock or water

finely chopped spring onions, 1 ginger root and garlic (about 1/2 teaspoon of each)

Method:

1. First heat the oil, then flavoured the oil with spring onions, ginger and garlic, stir until aromatic. Add stock or water, soy sauce, sugar and vinegar, blend well and bring to the boil. Finally thicken the sauce with cornflour and water paste.

The Principles of Seasoning

Marinated the raw ingredient with basic seasonings (salt, sugar, soy sauce Vinegar, wine, cornflour etc) create a basic flavour for, or defuse certain strong flavour in the ingredient. Seasonings added to the ingredients during cooking enhance the flavour of the food. After cooking, supplementary seasoning added to the dish in the form of garnishes (sesame seed oil, spring onins, coriander etc) further enhance the appearance and flavour of the dish. Also in certain cooking methods such as deep frying, instant boiling, steaming or blanching etc, seasonings in the form of dips or garnishes can make up for the flavour deficiency.

Balance : You should know what is the correct flavour of the dish. If it is calls for several different spices or seasonings, make the leading flavour stand out.

The nature of the Ingredient : Fresh foods should not be seasoned too highly, or their original delicacy will be lost. Food that has a strong flavour be highly seasoned in order to reduce or eliminate the strong flavour.

The seasons : People's tastes change with the seasons : Generally they like light food during the hot season, and heavier food in colder and milder seasons.

INITIAL PREPARATIONS

CUTTING TECHNIQUES :



The cutting of various ingredients into different sizes thickness and shapes is an important element in Chinese cuisine. As mentioned earlier , the Chinese always cut their food into small , neat pieces before cooking, partly because of fuel conservation : Small pieces can be cooked quickly before the sticks of fire wood burn out; and partly because small pieces of food are easier to be served and eaten with chop sticks, since knives and carvers have never been used on Chinese tables . The fact that small pieces of food only require a short cooking time thus retain much of the natural flavours and nutritious value is an added bonus in chinese cooking , which must be regarded as an incidental discovery.

So that Chinese started cutting their food into small pieces before cooking for practical reasons ; but as their cuisine developed into a fine art , naturally the cutting too became more and sophisticated .We must have found out the close relationship between cooking and cutting so instead of cutting everything into small bits and pieces indiscriminately , we gradually worked out the following basic rules that govern cutting food.

1. The size and shape of the cut ingredients must , first of all be suitable for the particular method of cooking. For instance , ingredients for quick stir frying should be cut into small, thin slices of shreds ,never large ,thick chunks.
2. Learn and understand the character of the ingredients, their textures and their colour changes -an important factor that helps you to choose the appropriate cutting and cooking method. Tender ingredients can be cut thicker than tougher ones that require more cooking time ; And most meats change colour when cooked (Chicken and pork become paler , while beef and lamb tend to go darker after being cooked).
3. The ingredient must be cut into pieces of uniform shape , size and thickness - this is not only important to create aesthetic harmony , but because each piece must be cooked evenly; Larger pieces will be under cooked and smaller ones will be over cooked.
4. Whenever possible , different ingredients for the same dish should be cut into pieces of the same shape and size ; slices are matched with slices ,shreds with shreds ,cubes with cubes chunks with chunks and so on.

There are certain shape which are standard in Chinese cooking: slice,strip, shred, chunk, piece,dice,cube,grain and mince. The actual shape is decided by the character of the ingredient and the cooking method required.

SLICE : Slices are thin , flat pieces of the ingredient .Cut them by first cutting them into sections as required by dimensions of the slices , then slice the sections according to the desired thickness. The required size of a slice is often decided by the cooking method.



STRIP , SHRED: Strips and shreds are similar - one is thicker ,the other is thinner .First cut the ingredients into slices , then pile them one on top of the each other like a pack of playing cards and cut them into strips or shreds as desired.

CHUNKS,PIECE :There are many kinds of chunks and pieces: diamond, hexagonal ,rectangular or wedge shaped. Cut them by first cutting them into broad strips or sections and then into smaller pieces as required.

DICE ,CUBE :Diced cubes and small cubes are pieces cut from strips.

GRAIN,MINCE: Grains are finely chopped ingredients and are cut from shreds .Mince is even finer and is cut by chopping and pressing with the flat of the blade.

In addition to this there are FLOWER CUTTING and SCORING for thick pieces such as kidney ,squid and fish in order to allow more heat and sauce penetration .

CHOPPING UP A WHOLE CHICKEN OR DUCK FOR SERVING

1. Detach the wings at the joints , then cut each wing into two pieces at the joint, discarding the wing tips.
2. Detach the two wings by cutting through the skin around the joints with a sharp knife or the tip of the cleaver. Seperate the legs (drum sticks) from the thighs through the joints, one at a time.
3. Lay the limbless bird on its side and seperate the breasts from the back bone section by cutting down through the soft bone from the tail to the neck.
4. Carve away the skin and meat from the back bone section , cut into small bite size and arrange them in a straight row in the centre of an oval serving platter.
5. Lay the bird breasts on the skin and remove the wishbone as well as the min breast bone by hand. turn the meat over so the skin side is now facing upwards ,cut the two breasts in half lengthwise then chop each breast cross wise into small, neat pieces. Transfer the breast meat pieces, one half at a time, with the blade of the cleaver and arrange them on top of the backbone meat on the serving platter.
6. Chop the legs and thigh crosswise into small bite size pieces and arrange them on each side of the breast halves. Arrange the two wings , one on each side ,near the upper part of the breast meat ,so that the original shape of the chicken or duck is now approximated.

BATTERS AND THICKENING AGENTS :

Batters are used to coat ingredients before cooking.They help the food retain freshness,flavour and moisture.They will also give the cooked food a crisp outside and a tender and soft inside. Batters help in retain the natural nutrients in food that would other wise be lost in the cooking process.Finally , batters help the food retain shape where they might have been broken up or shrunken during cooking.

The primary ingredients in batter include egg , cornflour ,wheatflour baking powder and bread crumbs.

- 1.Eggwhite batter: Made of egg white ,cornflour and salt.



2. Egg and flour batter : Made of whole egg , cornflour or wheat flour and salt.
3. Water and cornflour batter : Made of cornflour & water.
4. Baking powder batter : Made of baking powder , flour and water.
5. Egg batter and flour dredge : The food is first coated with a thin layer of dry cornflour , then dipped in batter before cooking.
6. Egg batter and bread crumb dredge : The food is first covered with batter and then rolled in bread crumbs before deep frying.

THICKENING AGENTS : A thin paste made of cornflour and water when added to food shortly before it is done , will thicken the gravy or sauce . It serves to :

1. Bring the seasonings and the ingredients together to heighten the flavours.
 2. Make the surface of the cooked dish smooth and soft and make the colours bright; in another words, it improves the appearance of the dish.
 3. Create a transparent coating around the food keeping the heat in the food so that the dish doesn't get cold too quickly.
 4. In some soup dishes , heavier ingredients tend to sink to the bottom , the thickening agent make the ingredients remain more evenly distributed in the soup .
- There are two types of paste : **thick and thin**. **Thick paste** is further divided into two types: a thick coating paste , which sticks to the ingredients , leaving no liquid in the dish , and a fluid paste which thickens the gravy in a dish . **Thin paste** also falls into two categories : glazing paste , which is added to the gravy left in the wok after the food is removed, this is then heated and poured over the food as a sauce ; and creamy sauce , which thickens the gravy only slightly after been poured into the dish.

CHINESE COOKERY FOR HEALTH

Chinese people generally look younger than their age and very few have a weight problem . This must be because Chinese food when done properly , often using simple and easy methods of preparation and cooking , retains its natural flavours as well as the nutritional value .

A nutritious substance is also known as nutrient and all edible items consist of a number of nutrients these include energy producing calories (fat, carbohydrate & proteins) , dietary fibre , the essential fatty acids , the essential amino acids and the micronutrients comprising vitamins and essential minerals , including the trace elements.

The human body needs food and drink as nourishment to sustain its growth and maintenance, but good health requires a well balanced diet based on a variety of different food and drink , since the nutritional value in different foods vary enormously. From the earliest days of their civilization the Chinese have always been highly aware of (one could say , mostly obsessed with the idea of) the close relationship between food and health.

The Chinese consider the human body and mind as a whole , they do not make so strong a distinction between the mental , the spiritual and the physical as



do the people of the Western world- this school of thought is closely related to the ancient philosophy of YIN-YANG principles : "a healthy mind within a healthy body" , whereas the Confucians were more concerned with the physical aspects of food appearance ,flavour and texture .The Taoists ,who were primarily responsible for the development of hygienic and nutritional science of food were concerned with the 'spiritual' or life-giving attributes of various food: "the nourishment of body and happiness of life".

The main distinctive features of Chinese cuisine is the emphasis of the harmonious blending of colours ,aroma ,flavours and texture both in one single dish and a courses of dishes for a meal . Consciously or unconsciously, a Chinese cook from the house wife to the professional chef all works to the YIN-YANG principles i.e. harmonious balance and contrast in conspicuous just a position of different colours ,aromas, flavours and textures by varying the ingredients, cutting techniques, seasonings and cooking techniques and so on.

Perhaps one of the best examples for the YIN-YANG principle in the Chinese cuisine is in the way we blend different seasonings in complimentary pairs: sugar(yin)&vinegar(yang) , salt(yin) & sichuan pepper(yang) , spring onions(yin) & root ginger(yang) , soy sauce(yin) & rice wine(yang) and so on.

There is no set rules for the exact YIN-YANG combinations , it is all done by subtle institution and the 'feel' of the process an experienced cook knows by instinct that what does not go together, just as a true gourmet will judge the success or failure of a dish purely on its visual appeal : if it does not look right ,then it won't taste right.

The Chinese attitude to eating further characterised by the ideas and beliefs that most foods are also medicines-the overriding idea is that the kind of food one eats is intimately relevant to one's health .Many foods are classified into those that possess the yin quality and the yang quality . When the YIN-YANG forces in the body are not balanced , illness results ,therefore proper amounts of food of one kind or the other may then be administered (i.e. cooked and eaten) to counter balance the disorder.

With "health food" and " cooking for health" in mind ,a Chinese cook concentrates on three points :

(a) The selection of the raw materials : This requires a deep understanding of the various ingredients to be used -what are their nutritional value and whether there is sufficient balance in variety ;are they fresh and in their prime conditions . Above all they must be fresh in the case of fish or seafood and vegetables.

(b) The cooking method employed : A significant quantity of vitamins is destroyed through prolonged cooking ,therefore the various cooking methods can drastically alter the nutritional value in any given food. The Chinese quick stir frying , braising , steaming rapid boiling etc are all cooking methods particularly favourable for nutrition -preservation.



(c) How to make the dishes delicious : A good Chinese cook prides himself on being able to make a dish highly palatable without resorting to too much flavouring agents or seasonings. At the back of the Chinese mind, there is a strong conviction that any food that is fresh should retain its natural flavour, therefore is bound to be delicious to the palate and be nutritious as well.

To return to my earlier remarks about the Chinese regarding the human body and mind as whole, I would like to quote you a paragraph from the preface to "The Correct Guide To Food And Drink by HU SIHUI, the fourteenth century Imperial Dietitian (literally 'food doctor official') " :

"What determines human life is the mind which is the master of the body, if the body is at ease and in harmony with

its environment, the mind will be able to deal with all changes in life. Thus it is important to keep the body in good repair and maintenance, the essence of which is to keep the golden mean, that is not to be deficient in nutrition and not to indulge in excesses. Use the five flavours (salty, sweet, sour, bitter and piquant) to temper the five vital organs. If these are at peace, the vital fluid in us will flow smoothly, then our mind will find its equilibrium, and the whole person will find himself in a supreme state of well being.



ICINGS AND TOPPINGS

INTRODUCTION: Icings and toppings complement cakes. Butter cream is rich, appearing as the filling, coating and decoration of many European cakes. Soft icings are more classical, notably fondant which offers a mirror-smooth background. Simple whipped toppings are more frivolous and may also double as fillings. Others include pastry cream thick custard, ricotta and cream cheese. With the exception of whipped or Chantilly cream, icings and toppings are usually added ahead so flavours mellow.

FUNCTION OF ICING

- The function of an icing or topping is to highlight the cake itself.
- Flavours should be lively; otherwise a finished cake can taste unpleasantly sweet and rich. Colouring should be added with a light hand for soft pastel shades. Nuts, shredded coconut or chocolate shavings may provide a final decorative touch.
- Making the product look more decorative.
- Make it more nutritious and rich.
- Contribute flavour and also it gives a coating to improve its quality.
- To protect from drying or moistening.

TYPES OF ICING

BUTTER CREAM

- The most common butter cream is made with egg yolks beaten with hot sugar syrup to a light mousse, then mixed with creamed butter.
- A lighter version uses egg whites.
- Flavourings vary from coffee and chocolate to liqueurs and fruit purees.
- Use un-salted butter and beat thoroughly for lightness.
- It may also be lightened by folding in an equal volume of pastry cream to make pastry butter cream (Fr. creme mousseline). It has the same use as butter icing.
- Firm decoration cannot be made with this because of its creamy texture. Storage period is lesser than butter icing.

Butter cream variations

- White butter cream : Makes 375 g butter cream. Following the recipe, substitute Italian meringue made with 2 egg whites, 100 g sugar, and 60 ml water, for egg yolk mousse. Cream the butter and gradually beat in the cooled Italian meringue.
- Chocolate or coffee butter cream : Melt 175 g chopped plain chocolate or dissolve 2 tbsp instant coffee in 2 tbsp hot water, cool slightly and beat into 375 g butter cream.
- Orange or lemon butter cream : Beat grated rind of 2 oranges or lemons, 60 ml orange or lemon juice and 45 ml Grand Marnier into 375 g butter cream.



- Praline butter cream : Beat praline, made with 90 g whole un-blanched almonds and 90 g sugar, into 375 g butter cream.
- Raspberry butter cream : Puree 250 g fresh raspberries, strain and beat into 12 oz/375 g butter cream

BUTTER ICING

- This is a domestic version of butter cream, consisting simply of equal weights of creamed butter and sugar thoroughly beaten together.
- Icing sugar gives a smooth filling, granulated sugar adds crunch, while brown sugar has more taste.
- Flavourings are the same as for butter cream.
- For fruit and vegetable cakes, cream cheese may be substituted for the butter.
- It is mainly used on light cakes and sponge cakes.
- Used over biscuits and also as fillings.
- It is also used in making Birth Day cakes.

SOFT ICINGS

- Soft icings vary in complexity from a simple glaze of icing sugar and water to the shimmering density of fondant, the favourite of European pastry chefs.
- The aim is a thin sugar coating, smooth enough to shine and soft enough to slice easily.
- Maintaining the correct temperature, so that coarse crystals do not form, is the key to smoothness, assisted by stabilizers such as glucose, golden syrup, cream of tartar and lemon juice.
- A glaze is thinner than icing, giving a semi-transparent coating; it may be added after baking or baked with the batter, as for some buns.

Types of soft icing:-

- **Glaze icing:** It is normally used on a light sponge , coffee cakes , danish pastries and sweet rolls.
- It is also called Water Icing or Flat Icing.
- **Honey glaze:** Makes 250 ml glaze. In a saucepan mix 100 g sugar, 60 ml milk, 60 g butter and 4 tbsp honey.
- Heat gently, stirring until melted, and bring just to the boil. Spread on batter or dough for baking.
- **Chocolate sachertorte icing:** For a 9 in cake. In a heavy saucepan combine 250 g sugar and 125 ml water. Bring just to the boil and leave to cool. Melt 175 g chopped plain chocolate and gradually stir into the sugar syrup. Cook in a water bath over low heat, stirring, for 5 minutes. Take from the heat, stir in 1/2 tsp vegetable oil and allow to cool, stirring gently until just warm and of coating consistency.

CHOCOLATE FUDGE ◦



- It is more often used over chocolate cakes, for coating biscuits and cookies and for coating gateaux. ◦ Ingredients :- Icing Sugar 170 gm , Butter 100 gm , Chocolate Powder 30 gm and Milk 2 tsp.

ROYAL ICING:

- Royal icing is made of icing sugar beaten to a smooth paste with egg white and a little lemon juice for whiteness. It holds a crisp, stiff shape . ◦ They may be white or delicately tinted to show clearly against a plain white background of royal icing. ◦ Royal icing is also handy for writing on soft coatings.

AMERICAN WHIPPED FROSTING

- It is commonly used in Christmas cakes and the colour usually kept white. ◦ Ingredients :- Grain Sugar 225 gm , Water 75 ml , Egg White 1 no. and Vanilla Essence.
- Frosting is an apt name for these light toppings.
- The most common whipped frosting is Italian meringue , made by adding hot sugar syrup to whipped egg whites. This stabilizes the egg whites so the frosting can be kept for two to three days.
- Americans are particularly fond of whipped frostings, such as boiled fudge frosting made by boiling chocolate with sugar and milk, or seven-minute frosting, beaten until thick in a double boiler.
- Whipped frosting sets on standing so it must be spread in freeform swirls and peaks while still warm.
- Vanilla is commonly used as a flavoring, though chopped nuts or raisins may be folded into the icing just before spreading.
- Whipped frosting can be used as both filling and topping.

WHIPPED FROSTING

- Boil sugar in water at 240°F. Whisk egg white to stiff. Let bubbles of the boiled sugar be upside then pour this on the egg white from a good height. Beat continuously. Whisk mixture till soft peaks are formed. Used over any surface as desired.

COATING WITH:

- **White mountain frosting:** Add 1 tbsp golden syrup when making sugar syrup in Italian meringue and 1 tsp vanilla essence just before using.
- **Sultana or nut frosting:** Fold 75 g sultanas or chopped slivered nuts into Italian meringue before using.
- **American fudge: Boiled frosting:** In a heavy saucepan, combine 60 g chopped unsweetened chocolate with 300 sugar, 125 ml milk, 60 g butter, 1 tbsp golden syrup and a pinch of salt. Boil 1 minute, stirring constantly Cool and add 1 tsp vanilla essence and beat until thick.
- **Seven-minute frosting:** In the top of a double boiler, mix 150 g sugar, 2 tbsp water, 1 tbsp light golden syrup, pinch of salt and 1 egg white. Beat by hand for 1 minute, Set over boiling water and beat until stiff peaks form, about 6



minutes. Remove from the heat and continue beating until thick enough to spread. Can be flavoured with vanilla, coffee, shredded coconut or chopped nut.

I a. FONDANT ICING:

Sugar	450 gm
Water	150 ml.
Liquid glucose	20 gm
Colour and flavour	As required

Method:

1. Boil together sugar and water and remove the scum.
2. Add the liquid glucose and remove when the temperature reaches to 115°C.
3. When the mixture is cooled to 65°C stir well with the help of a wooden spatula.
4. As soon as mixture reaches white shiny appearance and pour allow to get cooled.
5. Store in an air tight container.
6. To use, reheat the mixture over a double boiler to 38°C then add colour, flavor and pour on food.

b. FONDANT MOULDING PASTE:

Icing sugar	450 gm.
Egg white	1 no.
Liquid glucose	50 gm

Method:

1. Beat together icing sugar and egg white until smooth.
2. Add liquid glucose and mix well.
3. To use, flatten the mixture on a table with rolling pin by dusting with icing sugar then cover foods likes and mousses.

II. a. BUTTER CREAM:

Icing sugar	200 gm
White butter / margarine	110 gm
Milk	15 ml.
Colour and flavour	As required

Method:

1. Beat butter to a light texture then add the sugar gradually and whisk.
2. Lighten the mixture with 15 ml of milk or cream or one egg yolk.
3. Add required colour and flavor and then spread on cakes and pastries.



b. CREME AU BEURRE:

White butter	125 gm
Egg white	2 no
Icing sugar	125 gm
Colour and flavor	As required

Method:

1. Beat together egg white and icing sugar opera double boiler at about 65-70°C until the mixture becomes stiff and cool.
2. Whip the butte for 3 minutes and fold into the prepared mixture.
3. This can be spread on cakes and also piped.

c. CONTINENTAL BUTTER CREAM:

Castor sugar	75 gm
Egg yolk	2 no
Water	60 ml
White butter	15 ml

Method:

1. Heat together sugar and water, when the mixture reaches 107°C, remove.
2. Whisk egg yolk and pour sugar syrup gradually and continue to whisk until a light emulsion is formed.
3. Whip butter or fresh cream and fold into the prepared mixture.
4. Use on cakes.

d. CREME PATISSIERE (Confectioners custard)

Milk	300 ml
Castor sugar	50 ml
Flour	20 gm
Cornflour	15 gm
Egg yolk	2 no
Egg white	1 no.
Butter	20 gm
Essence and colour	As required

Method:

1. Boil together milk, butter and sugar.
2. Dissolve flour and corn flour with about 100 ml cold milk and pour into boiling milk mixture and whisk briskly,
3. Beat together egg white and yolk with little warm sauce and pour back into vessel and stir cool and use.



III. FOAM TYPE ICING:

Foam type icing is very light and stiff. These are used to spreads used to cover food like cakes, puddings and pastries. These are also known as meringue icings.

a. AMERICAN FROSTINGS:

Grain sugar	450 gm
Water	150 ml
Cream of tartar	¼ tsp
Eggs	2 nos
Colour	As required

Method:

1. Make sugar syrup with water, sugar and cream of tartar.
2. When the mixture reaches 115°C remove.
3. Contribute to whisk until the mixture becomes cool.
4. Add colour and use.

b. CARAMEL FROSTING:

Soft brown sugar	175 gm
Egg white	1 no
Hot water	30 ml
Cream of tartar	1/8 tsp

Method:

1. Combine all the ingredients in a pan and whisk over bain-marie for about 10 minutes and use.

c. FUDGE ICING:

Butter	75 gm
Milk	45 ml
Brown sugar	25 gm
Clack tracheal	15 gm
Icing sugar	300 gm

Method:

1. Heat together butter, milk, brown sugar and black over a double boiler until dissolves.
2. Add in icing sugar and whisk until the mixture reaches to smooth and light texture.
3. Pour over the cake or biscuits and set.

IV. FLAT ICINGS:



Flat icings are similar to other icings but are firm in texture and become hard when set. Basically icings sugar and water are used to make flat icings.

Basic recipe:

Icing sugar	300 gm
Water	60 ml
Corn syrup	30 gm

Method:

1. Combine all the ingredients in a pan and melt over a double boiler.
2. At the time of application maintain the temperature of mixture at 38°C.

B. GLAZED ICING:

Icing sugar	225 gm
Hot water	30-40 ml
Colour	As required

Method:

1. Combine sugar and water, then cream well to a shiny mixture.
2. Apply on food when the mixture is still warm.

C. ROYAL ICING:

It is similar to fondant molding paste but by adjusting the amount of sugar various textures can be obtained for the different purposes.

Icing sugar	225 gm
Egg white	2 no
Lime juice	5 ml
Colour	As required

Method:

1. Beat together all the ingredients to a fine creamy paste. Then pipe of molded cakes or make fancy designs and then set on cakes. By increasing the quantity of sugar and by adding 3-5% corn flour, dummy moulds can be prepared and used. There is lot of other toppings which does not come under these categories. They are piping gels, Marzipan and rubs.

MARZIPAN

Castor sugar	100 gm
Icing sugar	100 gm
Almond paste	225 gm
Lime juice	5 ml
Almond flour	50-80 gm
Egg	1 no

Method:



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1. Beat together egg & castor sugar, until stiff. Add almond paste, lime juice & mix.
 3. Then combine icing sugar and almond flour to make firm mixture.
 4. This can be used to cover cakes and mousses
- Also used to make fancy decorative pieces like rose, animals, vegetables etc.



FROZEN DESSERTS

DEFINITION • Frozen dessert is the generic name of desserts made by freezing liquids, semi-solids, sometimes even solids. They may be based on flavored water (shave ice, ice pops, sorbet, snow cones etc.), on fruit purees (such as sorbet), on milk and cream (most ice creams) and others. • They are cold desserts made by a flavored mixture or a concoction made from flavored full milk.

TYPES AND CLASSIFICATION OF FROZEN DESSERTS Frozen dessert are of two types

1 **STILL FROZEN**:- they may be made by freezing the mixture without any agitation.

EXAMPLE OF STILL FROZEN • Mousses • Soufflés • Parfait • Biscuit glace or ice cream cake • Bombe glace

2 **FREEZE CHURENED ICES**:-They may be made by mechanically churning during the freezing process which result in a smooth creamy texture.

EXAMPLE OF FREEZE CHURNED • Ice creams • Fruit ices • Sorbet • Granita • Marquises

- **Punch Mousse** :-A French term meaning form is applied to dishes with a foamy texture. They are usually cold, and often sweet but also savoury and sometimes even hot.
- **Soufflé**:-A French word which literally means –puffed up and is used as a culinary term in both English and French. It is a light, frothy dish just stiff enough to hold its shape, and which may be sweet or savoury, hot or cold.
- **Parfait**:-An iced desserts very similar to Bombe, made from fresh cream which gives it smoothness and prevents it from melting easily and can be cut into slices. Ice cream cake/ biscuits
- **Glace**:-An iced dessert made of alternate layers of different flavored ice creams and a bombe mixture-frozen brick shape. After removing from the mould the ice cream is cut into even sizes and then arrange in small paper cases and kept frozen till serving it.
- **Bombe**:-A frozen dessert made from a bombe mixture, enrich with various ingredients and frozen in a mould. This dessert was named after the spherical moulds with rounded tops which were use to make it.
- **Ice cream**:-Ice cream are cold desserts made by freezing a flavoured mixture. Freezing is carried out commercially in an ice cream maker or churn freezer so that electrically driven blades stir the mixture throughout the operation to incorporate air and make it smooth. They may be then be molded and frozen.

Method of preparation Egg yolks 7 nos Sugar 150 gm Cream 100 gm



METHOD:- Beat egg yolks with sugar till thick and creamy. Heat cream to boiling point add above gradually and cook over double boiler till it coats the back of a wooden spoon, cool immediately and then freeze in ice cream maker.

- Fruit ices and water ices:-the most important factor in making these desserts is the density of sugar+ flavouring+ lemon juice which must be appropriate for it to freeze to a slushy density-1.425 to 1.2407 sp gravity. In case of fruit ices the puree of the fruit used should be equal to sugar of the above mentioned sp. Gr.
- Sorbet:-A Type of water ice that is more granular than ice cream as it does not contain any fat or egg yolks. The basic mixture for all sorbet is a combination of sugar syrup and fruit or fruit juices and other flavoring. It is the lower fat content and higher acidity content (0.35%) that distinguishes sorbet from ice cream.
- Marquise:-Any of various delicate desserts eg chocolate marquise is a desserts half way between a mousse and a parfait. It is based on butter, eggs. Sugar and flavoring and served with custard cream or Chantilly cream.
- Punch:-A cold punch is an iced drink, which can be made with tea, sugar or fruits or fruit juices, rum or brandy. The word originally described a British colonial drink derived from the Hindi word ‘panch’ which means five ingredients i.e. tea lemon sugar, cinnamon and rum which were used, a forerunner of the cocktail.
- Granita:-IT is a type of an Italian sorbet, popularized by tortoni in paris in the 19th century. It is a half frozen preparation with a granular texture (hence its name) made of lightly sweetened syrup and a flavouring strawberry or pineapple or coffer or kirsch.

ADDITIVES AND PRESERVATIVES USED IN ICE- CREAM

Some of the additives used for frozen desserts are:-

- Colouring agents- E signifying nature identical exact synthetic copies of natural substances A) natural caramel. B) cochineal c) chlorophyll E) yellow lacto flavones; F) xanthophylls
- Anti oxidants- which prevents fats and oils from going rancid a) Tocopherol b) sulphurous anhydride c) lactic acid
- Antioxidants and general stablizers:- A)B.H.Abutylatedhydroxyanisole B) citric acid C) lecithns • Emulsifiers- e.g. a) gum Arabic b) pectin •
- Improvers such as coal tar dyes.



MERINGUE

It is a type of dessert or candy, often associated with Italian, Swiss, and French cuisine,

- Traditionally made from whipped egg whites and sugar, and occasionally an acidic ingredient such as lemon, vinegar, or cream of tartar.
- A binding agent such as salt, flour, or gelatin may also be added to the eggs.
- The key to the formation of a good meringue is the formation of stiff peaks by denaturing the protein ovalbumin (a protein in the egg whites) via mechanical shear.
- Meringues are often flavoured with vanilla, a small amount of apple juice, or orange juice, although if extracts of these are used and are based on an oil infusion, an excess of fat from the oil may inhibit the egg whites from forming a foam.
- They are light, airy and sweet confections. Homemade meringues are often chewy and soft with a crisp exterior, while many commercial meringues are crisp throughout. A uniform crisp texture may be achieved at home by baking at a low temperature (80–90 °C or 176–194 °F) for an extended period of up to two hours.
- It has been claimed that meringue was invented in the Swiss village of Meiringen and improved by an Italian chef named Gasparini between the end of the 17th century and the beginning of the 18th century. However, this claim is contested; the *Oxford English Dictionary* states that the French word is of unknown origin. It is sure nevertheless that the name *meringue* for this confection first appeared in print in François Massialot's cookbook of 1692.

Types of Meringue

There are several types of meringue: the sweetened, beaten egg whites that form the “islands” of floating island (also known in French as *île flottante*); the partly cooked toppings of lemon meringue pie and other meringue-topped desserts; and the classic dry featherweight meringue. Different preparation techniques produce these results.

- **French meringue**, or *basic* meringue, is the method best known to home cooks. Fine white sugar (caster sugar) is beaten into egg whites.
- **Italian meringue** is made with boiling sugar syrup, instead of caster sugar. This creates a much more stable soft meringue which can be used in various pastries without collapsing. In an Italian meringue, a hot sugar syrup is whipped into softly whipped egg whites until stiff, and until the meringue becomes cool. This type of meringue is safe to use without cooking. It will not deflate for a long while and can be either used for decoration on pie, or spread on a sheet or baked Alaska base and baked.



- *Swiss meringue* is whisked over a bain-marie to warm the egg whites, and then whisked steadily until it cools. This forms a dense, glossy marshmallow-like meringue. It is usually then baked.
- *Vegan meringue* is imitation meringue made using aquafaba with a small dose of vinegar and caster sugar. It holds similar characteristics to that of egg-based meringue, but it will quickly burn if torched or baked incorrectly. Another variation uses potato protein instead of aquafaba.

COMPOUND INTERACTIONS

There are three main ingredients in a meringue recipe that interact to form the foam structure, egg whites, sugar, and cream of tartar or acid.

- The backbone of the foam structure is made up of **proteins, amino acid chains**.
- Egg whites provide the meringue with necessary proteins that form the meringue foam. The proteins are originally oriented in a tangled ball but must be uncoiled into strands; this is referred to as denaturation.
- There are two ways a protein can be denatured, through physical or chemical process. When forming a meringue the egg whites are beat until the proteins are denatured, a physical process. Also by beating the egg whites, air is incorporated into the protein structure creating an air-water protein mixture interface.
- The friction from beating the eggs adds heat to the process, which causes the proteins to increase in elasticity. As the proteins are being stretched during the denaturation process they are also coagulating together forming a protein network.
- After the denaturation process the egg whites will become six to eight times their original size. If the proteins are beat for too long they will become stretched out too far and become too weak to support the foam structure.

Cream of tartar:

Also known as potassium hydrogen tartrate, $KC_4H_5O_6$, is added to the egg whites before the denaturation process.

- Cream of tartar is an acid that is used to help stabilize and coagulate the proteins, which aids in a stronger protein network to trap air for the foam formation. Cream of tartar has a low pH to help bring the proteins near their isoelectric point to allow them to be denatured easier. The isoelectric point is a specific pH where a molecule, in this case protein, has no net electrical charge. The electrical charge on a protein would normally hold the protein together in its coiled clump.
- The cream of tartar also acts as a catalyst affecting the sugar structure. Sucrose is a disaccharide made up of **glucose and fructose**. Cream of tartar inverts the sugar during the baking process, meaning the molecule is split into two parts containing glucose and fructose. This prevents the sugar from recrystallizing and giving the meringue a gritty, undesirable texture.



3. Sugar:

- Sugar is the final ingredient that is used to help form and stabilize the foam structure.
- Sugar is **hydrophilic**, extracting water out of the egg whites. This will lighten the protein network, allowing the foam to be stronger and more elastic. The sugar dissolves in the protein network but does not become part of the protein network.
- The sugar must be added slowly to the egg whites, while continuously mixing. If it is added all at once, it will not be evenly distributed, causing the protein network to collapse due to the weight of the sugar in one area of the meringue.
- After a strong protein network has formed a complete foam, the meringue is ready to be baked. Adding heat to the mixture is the final step to strengthen the foam structure. The meringue must be baked at a low temperature for a long period of time. This allows the proteins to finish coagulating, strengthening the meringue evenly throughout. If the proteins are not baked evenly, the bottom of the meringue will not be able to support the structural weight, causing the meringue to collapse. The heat causes the air bubbles to expand, creating an airier structure. The water in the structure evaporates, causing the meringue to become lighter with a stronger foam structure. It is important to not evaporate all of the water out of the meringue, as some water is necessary to hold the foam together.



BREAD MAKING ADDITIVES IN BREAD

FAT

Any type of fat or oil can be used although butter and lard will obviously give a better flavour. The advantages claimed by the use of fats are as follows:

1. Gives an increased volume to the bread.
2. Produces a more tender and thinner crust.
3. Improves the colour of the crumb.
4. Softens the crumb
5. Reduces toughening in milk bread
6. Increases energy value
7. Improves flavour if butter or lard is used.

Fat can be used at the rate of approximately 1.5% (15g per kilo) of the weight of flour, but usually half this qty is sufficient to bring about a marked improvement

CRUMB SOFTENER

As the name suggests, these agents bring about a more marked improvement than fat in the softness of the crumb in Bread. There are four in wide use today, some as a component in proprietary improvers. They are as follows:

(a) **Glyceryl Monostearate** - This is a cream colored, free flowing powder or flaked product which should be added at the rate of 90 g per 100 kg flour (3-4 oz per sack), before use however, it must be made in to an emulsion, one part being whisked with five parts of hot water.

(b) **Stearyl Tartrate** - This is another emulsifying agent similar to glyceryl monostearate but used at only half the quantity.

(c) **Lecithin** - Another powerful emulsifying agent which when used at the rate of 90-180 per kilos flour or 4-8 oz per sack, reduces stickiness in a dough and allows more water to be used. It is often used by mixing it with fat and flour as a premix in the proportions of lecithin 11 parts, shortening 4 parts, flour 5 parts. This can then be incorporated at the rate of up to 1% of the flour qty.

SOYA

This is a very useful bread additive and the following advantages are claimed for its use.

- (1) Softens the crumb
- (2) Enables more water to be used.



- (3) Natural enzymes present have a bleaching effect.
- (4) Improved appearance and color of the crust.
- (5) Slightly increases the protein content of the bread.

It is used at the rate of 70 g per 100kg flour usually mixed first with an equal weight of water ,but it can also be added dry or mixed with fat .

SUGAR

Any sugar may be added to bread but in practice we usually use the following : Granulated, castor or syrup. This should first be dissolved into some of the dough water(liquid). Ensure that it is not brought into direct contact with the yeast.

Fondant because this contains invert sugar it is more quickly fermented and the bloom of the crust and crumb is improved .For exhibition bread, a mixture of fondant and lard in equal proportions rubbed into the dough at the knock-back stage is claimed to bring about a marked improvement in the bread produced.

We can now summarize the use of sugar in fermented goods as follows:

In bread-

- (a) To increase gas production
- (b) To impart color and bloom to the crust.

In fermented goods-

- (a) As a sweetening agent.
- (b) To dress the tops of buns, etc ,for decoration.

MALT

Available as either high, low or non-diastatic and their uses must be well understood if disastrous results are to be avoided.

High -diastatic malt: these malts are very high in enzyme activity being capable of breaking down the ruptured starch cells in flour to produce maltose sugar and dextrin .This occurs at temperatures beyond that at which yeast is killed ,therefore more sugar is produced than can be utilized by the yeast in fermentation. Used with the wrong flour and process therefore ,they will produce bread showing the characteristics of a high -maltose flour with sticky crumb and high crust colour. The use of this type of malt is beneficial with short process dough when a very strong flour is used . This is because of the action of the oteolytic enzymes in the



malt which can soften the gluten and therefore produce a softer crumb. These malts are pale in colour.

Low-Diastatic Malt : The use of this will provide the yeast with more fermentable sugar with less of the enzyme effect of the former. The softening effects will therefore be less. This malt is cured at a higher temperature and therefore darker in colour.

Non-Diastatic Malt : There is no enzyme activity with these malts because they have been killed at a higher temperature, resulting in a darker colour and a more pronounced flavour. Their use will only provide a source of fermentable flavour and sugar.

The following advantages are claimed from the correct use of malt

1. Aids the thorough ripening of the dough to give an increase in volume and gas production.
2. Improve the crust colour due to the extra sugar produced.
3. The bloom is improved because of better fermentation.
4. A softer and lighter crumb is also produced because of more thorough fermentation.
5. Flavour is improved.
6. Improve the keeping properties.

Salt : Principally this is used to impart flavour into what would otherwise be an insipid foodstuff. Apart from enhancing flavour it has side effects as follows :

- a) Act as a stabilizer by strengthening the gluten of the dough.
- b) Improves the colour and bloom to both the crust and the crumb.
- c) Reduces staling.
- d) Retards fermentation.

This last effect must be considered when making dough to see that the yeast and the salt do not come into close contact with each other. The concentration of salt in a dough is tolerated by the yeast, provided that at the mixing stage it is kept in a sufficient dilute solution. Salt may be added either with some water at the mixing stage or sifted dry with all the other ingredients. For long fermentation dough, an increased quantity of salt is often used especially in Scotland as this helps to control the fermentation.

Quantities in Use:



This can vary according to local preferences. Typical amounts are as follows :

Low: 1 kg 420 g per 100 kg flour
High: 2 kg 500 g per 100 kg flour
Average: 1 kg 785 g per 100 kg flour

BREADMAKING PROCESS

Basically bread is made from a mixture of four ingredients flour, yeast, salt, and water in correct quantities. This is usually left for a period of time and at certain temperature to ferment and be brought to the correct condition from which good bread can be produced. Before dealing with the individual process we ought to explain the terms temperature and time in relation to fermentation.

TEMPERATURE

At 0°C (32° F) yeast is dormant but as the temperature increases so too does the activity of the yeast up to a maximum of about 35° C (95° F). At about 44° C (110° F) the yeast cells are killed and fermentation ceases. Since extreme cold does not entirely kill yeast, it makes it possible for unbaked dough to be deep frozen and there is now a very large market in this commodity.

The best working temperatures for bread making are between 21-29 °C (70-85° F) although it is common practice in plant bakeries at the final stages of proving to increase the temperature to 38°C (100 °F) for the maximum gas production in tin bread. For dough made on a no time dough process, higher temperature of approximate 32°C (90 °F) are often used to stimulate gas production and the rapid ripening of the dough. Too high a bulk fermentation temperature encourages undesirable bacterial growth and increases the dough kinning unless adequately covered.

Water Quantity :



The consistency of a dough will obviously depend upon the type of bread, being produced, the strength and type of flour used, the length of process, the strength and type of flour used.

Type of bread : Obviously if baked in a pan or tin which supports its shape, a much softer dough containing more can be made. Bread which is baked without a pan, ie. Co burgers, cottage or bloomer loaves, needs to be made with less water in order to produce a dough which will support the shape into which it is molded.

In some fermented products the finished dough resembles a batter, as for example in crumpets, which are poured onto a hotplate to bake. The water content influences bread in several ways as follows :

Shelf life : The more water the longer it takes for the loaf to lose its freshness hence the longer it keeps most.

Mould : Wrapped bread with a high moisture content is more prone to go mouldy and mould inhibitors are widely used by the large producers to help minimize this effect.

Crust : In unwrapped bread, the crust of bread made from tight dough cracks into large pieces whilst from slack dough, the crust crazes into many more small pieces. In wrapped bread, the crust of high moisture of the loaf.

Flour : The water absorption of flour is to a large extent influenced by its strength, the gluten for strong flours requiring considerably more water for its hydration during dough making than that of weak flours.

Length of process : During fermentation there is a softening of the dough and this can only be compensated for by reducing the water content and making the dough tight initially. Long fermentation process are now out of favour because a considerable loss of yield results due to this reduction of moisture. No time and very short processes can use dough which can carry greatly increased moisture content.

SUMMARY OF THE BREADMAKING PROCESS

Dough making :



The materials in the recipe are first weighed and then mixed to a dough. Whether this is done by hand or machine the aim should be to produce a clear elastic dough free from any stickiness. During the mixture of the flour and water, the gluten is first formed and then developed. During this stage, the gluten imbibes water to become fully hydrated, a process which is essential if bread of good volume is to result. Care should be taken to ensure that the yeast and salt are separately mixed into the dough.

Bulk Fermentation : The dough is now set aside, covered to prevent skinning, for a period of time, called the bulk fermentation time (B.F.T) which is taken from the time from which the dough is actually made until it is taken for weighing, moulding and proving. Ideally the dough should be allowed to ferment at this stage at a temperature approx. to that at which it was made. If left in colder conditions or in the presence of draughts it will become chilled, the fermentation rate will be reduced and under ripeness will result. Conversely, if left in too warm an environment, fermentation will proceed at too fast a rate causing over ripeness.

Knocking back : This is carried out at about 3/4 or 2/3 of the BFT. It consists of remixing the dough for a few minutes. This achieves three objectives:

- 1) It expels the gas thus reducing the volume of the dough.
- 2) Equalizes any unequal temperatures in the dough.
- 3) Has a beneficial action upon the gluten structure in the dough by the stretching action involved.

Whilst it is possible to make good bread without knocking back, this process certainly improves the quality of the bread produced.

Scaling: At this stage the dough is divided into pieces ready to be individually moulded into shapes. When scaled by hand it is weighed into the approximately sized pieces according to the legal requirements. Since there is approx a 10-12.5% loss of water due to its transformation to steam in the oven, the dough has to be scaled at a weight greater than that required of the bread, in order to compensate for the loss. A loaf to retail at 800g (28oz) has to be weighed at 910g (32oz).

If divided by machine, the pieces are divided by volume and not by weight, although check weighing has to be carried out to ensure that legal requirement is met. Bread which requires a longer baking time, such as crusty bread, may have to be scaled at an even greater weight to compensate for the loss of moisture during baking. For plantain bread, baked in the minimum time, the weight above can be slightly reduced.



Handing Up : This is preliminary moulding stage at which the dough pieces are moulded to a round ball shape. They should have a fine unbroken and smooth skin.

Intermediate proof : The pieces are now given approx. 12-15 minutes rest in which to recover and regain their extensibility before being moulded into their final shape.

Final Moulding : The shape of the finished bread as well as its largely governed by the final moulding it receives. Hand moulding can often produce better results than a machine because the hand is sensitive to the pressure required to bring the dough piece to the desired shape. The dough must first be flattened to expel the gas and then moulded into the required shape without trapping any gas which will result in holes in the texture and a poor shape. Great care has to be taken with moulding machines to ensure that pressure plates etc are so adjusted as to neither tear the dough nor mould it too loosely. Both faults will greatly affect the crumb structure of the dough. A perfectly moulded dough piece should not only have a good shape but have a smooth unbroken skin.

Final Proof : Final moulding should have resulted in the dough piece degassed and the gluten knitted together to form a compact piece of dough. The aim of the final proof is now to allow a uniform expansion of this dough piece to take place prior to it being baked. To prevent skinning this should be in a humid atmosphere either in a prover in which these conditions are generated, or by being kept well covered. The temperature can also be increased. The final proof time varies considerably according to the process used, the type of goods being made and the temperature. It can vary from 30 mts. for no time doughs made and proved at a high temperature to 1hr 45 mts for longer process cool dough from which exhibition bread can be produced. Correct proof is essential to produce a loaf which is of good volume but has a stable texture.

Accurately judging the final proof can only be acquired with experience. Not only is final proof judged by the volume of the dough piece, but also when the surface is gently pressed with the fingers, it should spring back. If the impression of the fingers remains, it is a sign that the dough is either over ripe or over proved. Also excessive steam should be avoided as this too weakens the dough surface.

Baking : The temperature range for bread is between 232-260° C (450-500 F). The baking of bread extracts a lot of heat from the oven and it is often the practice of bakers to load bread into an oven hotter than required because of the fall in



temperature which occurs afterwards. The time of baking depends upon the size of the loaf and the volume being baked at one time.

As a guide

400 g (14oz) loaf requires approx 30-35 mts.

800 g (28oz) loaf requires approx 35-40 mts.

1600 g (56oz) loaf requires approx 40-50 mts.

A good method to test whether bread is baked is to tap the underside. If it is thoroughly cooked it will give a hollow echo.

Despite these high temperatures it is an interesting fact that the centre of the loaf rarely reaches the boiling point of water. The time taken by the bread to be adequately baked varies according to its size, the type of the oven and whether the oven is fully loaded or not. In some ovens it is possible to bake bread in under 30 minutes for a 400 g (14 Oz) loaf

Pans : The type of bread tin or pan used will affect the baking time. Solidly constructed tins will take longer for the heat to penetrate than ones of a lighter construction. Aluminum tins will conduct heat quicker than steel and have the advantage of being lighter in weight. Bread tins should have a dulled surface to prevent heat being radiated away from the loaf during baking. New tins which have a shiny surface should be placed in an oven at approx. 204°C (400°F) for at least 3 hours for its surface to become dulled before being put to use.

CHANGES WHICH TAKE PLACE IN BAKING

Once the dough is subject to the heat of the oven a series of changes takes place. Firstly there is an expansion of the gas already in the dough piece followed by an increase of gas production by the yeast as the temperature rises. Water vapour and ethyl alcohol may also slightly contribute to this expansion. At approximately 43°C (110°F) the yeast becomes inactive and is eventually killed at 54°C (130°F). By this time the final volume of the loaf is more or less fixed, the difference between the volume before baking and after baking is called, oven spring. Gelatinization of the starch occurs about 65°C (199°F) some being converted into maltose and dextrin by the diastatic enzymes present. This is followed by the coagulation of the gluten which begins at 74°C (165°F) by which time the loaf has set. Crust formation occurs as the outside of the loaf reaches the high oven temperature and gradually a brown color is formed from the combination of sugars and dextrin which form on the surface. The formation of the latter is assisted by steam and results in the production of a glaze. A loaf of bread is usually judged to be



baked by having a satisfactory crust colour and also a hollow sound when tapped with the knuckles.

Steam : The steam in the oven is essential for well volume symmetrical loaves to be produced. **There are four main advantages.** :

1. It prevents the premature drying out of the crust so that the expansion of the dough piece can be unrestricted and uniform, giving a good shape.
2. The excessive evaporation of water from the loaf is prevented thereby helping to reduce the loss of dough weight.
3. Assists in the distribution of heat in the oven.
4. Produces a glaze on the crust.

Excessive use of steam will produce a tough and leathery crust and must be avoided. Steam is usually injected into an oven from a special boiler designed to produce either dry or wet steam, the latter containing droplets of water. In the first few minutes of a loaf entering the oven the steam condenses onto its surface immediately gelatinizing the starch and producing the dextrin which forms the glaze.

Cooling : Before bread can be sliced and wrapped it must be cooled so that the internal temperature is lowered to approx 27°C (80°F). This can be achieved by stacking the bread in such a way that cool air can circulate around it. In automatic plants special conveyor belts carry the bread through and air conditioned chamber but the principle is the same. When properly cooled it should be possible to produce a stable clean crumb free slice which can be easily buttered.

Staling : A considerable amount of research has gone into the vexed question of why the bread stales. Basically there are two forms of staling :

1. Gradual evaporation of moisture from the loaf.
2. Change in the chemical structure of the starch content.

If we briefly examine these, we get an insight into the various ways by which staling of the bread may be least be delayed.

1. It is obvious an advantage to make bread having high moisture content as possible by making the soft dough or using improver which will help to retain more moisture. A mechanical development of the dough allow more water to be used in doughmaking. Having now managed to make a bread with a higher moisture content we must take steps to see that it is not rapidly lost. Several factors can play their part here.



- a) Use of short baking time.
- b) Use of steam in the oven.
- c) Proper cooling.
- d) Either wrapping in waxed paper or cellulose film or keeping covered in a tin or container.

2. The change which occurs in the starch molecule during bread staling is termed chemical staling and is the result of starch changing its physical state from a soft gel to hard solid with a loss of moisture. This change takes place once the temperature falls below 55°C (131°F) and can only be arrested by freezing the bread to -5°C (23°F). This chemical staling is much more rapid near the freezing point of water and therefore in winter it may present more of a problem. Housewives often make the mistake of thinking that their bread will keep longer if it is placed in a normal refrigerator. Staling will of course be more rapid at this temperature. This type of staling can be partially reversed by heating the bread to a point above 55° C (131° F), a fact which is often employed to restore old bread by heating it in an oven. The above refers to the staling of the crumb of bread. Crust staling refers to that state when the crust turns leathery as it absorbs the moisture from the crumb and occurs much more rapidly.

TYPES OF PROCESSES

STRAIGHT DOUGHS :By this mean dough which are made in one stage i.e. all the ingredients are mixed together in the dough which will be ultimately made into bread.

These may be as follows:

a) No-time dough - Dough which are scaled and moulded immediately they are made i.e. given no bulk fermentation time. Such dough are usually made with dough temperatures up to 32°C (90°F) e.g. . Hovis.

b) Short fermentation process - Dough which are given only a few hours bulk fermentation time e.g. 1 or 2 hours. Most bakers to day make their bread on this type of short processes. Not only can fluctuations of temperatures be more closely controlled but yield is not sacrificed.

c) Medium fermentation process - From 3-6 hours fermentation.

d) Long fermentation process - These are given six or more hours bulk fermentation . It was usual before the 1935-45 war to find bakers making overnight dough, particularly if they are worked almost single handed. Such bakers were beset with



problems when the temperature of the weather fluctuated between the time at which the dough was made and the time at which it was scaled. Bread from the dough made under such conditions usually had a very good flavour but it was often either over or under ripe. Some bakers found an answer to this by the use of a sponge and dough.

SPONGE AND DOUGH:

In this process a very slack dough is made from most of the water and the yeast but only a proportion of the flour. After the "sponge" as it now called had fermented for the required time, the rest of the flour and salt etc. is mixed in it to form the dough. A short process of 2 hours approx involving a sponge is called a "flying sponge".

For overnight sponges it is usual to leave approx. 6-7% of water out of the initial sponge. and add this at the time of incorporating the rest of the flour. The temperature of the finished dough can thus be adjusted by the temperature of this added water. It is safer, however, to make up long sponge processes with cold water to minimize excessive temperature fluctuations.

The extra work entailed by this two stage process is offset by the above obvious advantage and the better flavoured bread which results. A saving in the yeast quantity may also be made.

When making sponge and dough three other points need to be considered .

1. Since a more thorough ripening takes place a stronger flour may be used.
2. Considerable softening takes place so that the longer the fermentation, the stiffer it should be made.
3. The shorter the process the more flour which should be used in the sponge so that a greater bulk can be ripened.

DELAYED SALT METHOD:

In this process the salt is omitted at the initial stage of dough making but added by dusting into the dough at the knock back stage. It is important that the salt should be free flowing to execute this properly and it might be necessary to sieve it first. Lumps of salt do not easily disperse in a medium like dough and could find their way into the finished loaf.



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The advantages of leaving out the salt for up to 3/4 of the bulk fermentation time is as follows :

1. A more thorough ripening of the gluten results in a finer crumb structure.
2. Crumb stability is improved.
3. Fuller fermentation results in a better flavour.
4. The dough behaves when the subjected to automatic plant processing giving better release characteristics yet exhibiting stickiness to help to seal the seam of the moulded loaves.



CHOCOLATE

Cocoa beans were first brought to Europe by Columbus in 1494. The cacao tree is cultivated in the most tropical countries. It yields thick skinned pods containing seeds or beans surrounded by a soft pulp. The beans and the pulp are allowed to ferment during which the pulp is changed to CO₂ and alcohol. The alcohol is oxidized to acetic acid and packed for shipment.

At the chocolate factory the beans after sorting and cleaning are roasted. This renders the skins easy to remove and at the same time improves the flavour. The roasted beans are then broken into small pieces and blended with other broken beans in such a way that a desired flavor color and eating quality is eventually attained. The blended pieces are then milled to a fine particle size during which the temperature rises causing the cocoa butter to melt so that the whole changes to a thick viscous mass known as crude chocolate. After further milling it is run of into moulds and allowed to set. This is the unsweetened block chocolate that is ideal for flavoring and coloring creams, fondant and cakes.

COCOA

There are two methods of producing cocoa The Dutch Process and the Natural process. With the Dutch process the beans are treated with an alkali during roasting resulting in the elimination of acetic acid giving the cocoa mass a better flavor and a richer color .The mass is then pumped to hydraulic presses where some of the cocoa butter is removed. When cool the pressed cake is reduced to powdered cocoa sieved and packed.

The natural process differs only in that the beans are not treated with an alkali, grinding and pressing is the same as for the Dutch process.

CHOCOLATE: The blended and processed chocolate is mixed with cocoa butter, sugar and in the case of milk chocolate with milk solids and refined until the particle size is reduced to an extreme fineness. The viscosity is adjusted by the addition more cocoa butter .The process is slow but necessary if fine chocolate is to be produced.

The chocolate now known a couverture is run into moulds and when set it is wrapped ready for distribution or run into temp. Controlled tanks from where it can be pumped into water tankers for bulk liquid delivery.

BAKERS CHOCOLATE: This is a chocolate made for coating cakes and fancies .It is similar to couverture except that most of the cocoa butter is removed and replaced by a hydrogenated fat together with a stabilizer such as lecithin.

Bakers chocolate cuts easily and unlike couverture it dose not splinter. It maybe bought as either plain or milk. Because of the removal of cocoa butter which is a complex mix. Of fats with different. Melting points and replacement by other fats, this product does not have to be tempered.

The flavor is different from couverture. It is not suitable for chocolate dipping or for moulding unless specially made for this purpose.



CHOCOLATES: Chocolates have the advantage for the confectioner that they can be made all the year round since there is always a regular demand. Thus the confectioner is always able to offer them freshly made to its customers. For first-class chocolates it is necessary it use only first quality materials and to use great care in there preparation. Chocolate centers are made from variety of basic mixture such as ganache, gianduja, marzipan, fondant, jelly and various nougats and praline .The centers are then coated with a layer of couverture thick enough to protect the center from the chocolate while keeping them soft and thin enough for them to be dainty and appealing .The chocolate coating should be bright and glossy and this can only be achieved if the couverture itself is correctly tempered and the centers are the same temp. As the room where they are being dipped.

According to the type of center the basic mixture may be rolled or poured out between strips of wood and then cut out with cutters or a knife. For truffles the mixture is forced out of a mixture bag fitted with a plain pipe into ropes which are then cut up with a special caramel cutter and the pieces rolled into balls by hand.

The confectioner is able to produce a wide range of chocolates by skillful blending of centers and flavours. The craftsman proud of his product will use parchment paper carrying the negative imprint of his name on this he places the dipped chocolate. Thus giving a personal touch to his products.

LIQUEUR CHOCOLATES: These chocolates are prepared by pouring liqueur syrup into cavities made with moulds pressed into a bed of starch.

The starch should be very dry and sifted directly to shallow wooden boxes about one inch deep .The starch is then beaten up with a metal whisk so as to make it light and then is leveled off with a strip of wood and excess starch removed. Plaster moulds attached to a strip of wood are then pressed into the starch to produce the cavities.

LIQUEUR CHOCOLATES MADE WITH STARCH: This are made by lining hinged metal moulds with couverture and then filling them three quarters full with the liqueur syrup at 28°C.Coat the lids of the moulds with couverture and close them .When they are cold the chocolate s are removed from there moulds and wrapped individually like other liqueur chocolates.

FONDANT CHOCOLATES: This are prepared in the same way as liqueur chocolates but flavoured and coloured fondant is poured while warm the cavities in place of the liqueur syrup. When the fondant is quite set remove the centers from the starch, brush them and dip in vanilla couverture.In the same way novelties are obtained such as bells, mice etc.

CHOCOLATE: Chocolate is a mixture of cocoa solids in fine fractions, cocoa butter and flavors. It may contain sugar and milk solids. Whether it is plain milk it is known in the British Isles as couverture, as distinct from bakers' chocolate, made especially for coating and decorating cakes and fancies. It remains comparatively soft and unlike couverture does not splinter when it was cut. Couverture needs correct tempering before it is used; baker's chocolate does not.



COUVERTURE:

The importance of tempering: Cocoa butter, which is an important constituent of couverture, is a complex, mixture of fats, each having, a different melting and setting point. It is the presence of these different fats fractions that make it so important that couverture is correctly tempered.

To prepare couverture, it is first cut into small pieces and put into a dry bowl placed on a saucepan containing warm water. It is of the greatest importance that no water, or water in the form of condensed steam, comes in contact with any chocolate or it will thicken and be useless for dipping and moulding therefore the bowl must be perfectly dry. It is of equal importance that the chocolate does not come in contact with direct heat, or the fine flavor will be lost; in addition, chocolate will quickly burn and will have to be thrown away.

Approximately temperatures for tempering are given below but there may be variations due to the type of couverture used. Reputable chocolate manufacturers will provide detailed instructions and these should be observed.

When the couverture, which should be stirred from time to time, has reached temperature of 115-118° F (46-47°C) (milk couverture 110°F / 43°C) it is removed from the heat, and after the bottom of the bowl has been dried with a cloth, it is poured on to a dry marble slab and spread with a palette knife until it begins to set. It is then quickly returned to the bowl and very carefully taken to temperature of 88°F (31°C) milk couverture at 84°F (29°C). Great care must be taken at this stage for it will be found that the retained heat in the metal bowl is almost sufficient to take the couverture up to these figures. If the temperatures are exceeded, then the tempering must started all over again. Couverture must be all times stirred gently; vigorous stirring will introduce air bubbles which will spoil the smooth surface of the finished goods.

The reason for tempering is not easy to explain in simple terms; nevertheless an understanding of it is necessary if it is to be done consistently well. When the couverture is to be taken to a higher figure, all the fats in the cocoa butter are melted and well distributes. The spreading assists in rapid cooling during which some of the fat fractions set. When the couverture is reheated to lower figures these fractions remain crystallised to act as nuclei on which compete crystallisation is effected when the couverture sets after dipping and moulding.

If tempering is not done correctly, it will be found that the couverture will not set quickly and moulded figures will not leave the moulds. When at last the couverture sets, it will be found to have a flat bloom on the surface. This is due to the fat fractions not being mixed so that they float to the surface, to be seen as a grey film completely spoiling the gloss that is the beauty of correctly prepared couverture. Another form of bloom is the result of the dampness when the sugar on the surface dissolves and re-crystallises in larger form on drying. This is known as sugar bloom.



MOULDING: To produce chocolate figures, cups and Easter eggs, moulds are necessary, which may be either metal or plastic. Metal moulds are more durable, but plastic moulds being semi transparent give the chocolate craftsman the opportunity of seeing whether or not the figure has come away from the mould.

The moulds are prepared by polishing them with a soft cloth or cotton wool, so that the moulding surface is not only perfectly clean but highly polished. If any of the moulds contains pieces of chocolate, they should be warmed and melted chocolate wiped out. On no account should be chocolate removed from a sharp object or the moulds will be scratched which will show on the finished goods. When the moulds are not in use they should be cleaned and wrapped in soft paper before being stored in dry place. Mould for chocolate are in one or two parts. Those in two parts are either totally enclosed or with open ends in which the chocolate can be pored.

Single moulds are filled with the prepared couverture; tap well to bring any air bubbles away from the moulded surface. The other half of the mould is placed over it and both sections securely fastened with clips. The mould is then rotated evenly to distribute the chocolate over both surfaces, tapping the mould from time to time to remove air bubbles from inner surface. When set the clips are removed, the mould carefully opened and the figure taken out.

With open ended moulds, the two sections are first clipped together. Prepared couverture is poured in until they are well almost full, after which they are tapped well to remove the air bubbles. After a short time they are taken one at a time and up ended and tapped with a stick so that the balance of the melted chocolate is returned to the bowl, leaving a shell of couverture in the mould. The moulds are then stood up on greaseproof paper, so that any melted chocolate will run down, sealing the open end to form a pedestal so that the chocolate figure can be stood up.

When completely set, the moulds are unclipped and if the couverture has been properly tempered, the figures should leave the moulds, with a fine gloss.

EASTER EGGS

Easter eggs are made in two ways:

1. Prepared couverture is poured into the polished moulds which are then tapped to remove bubbles, when about six are filled, the first are inverted on the bowl and shaken with a rotary motion of the hand to remove the surplus chocolate. This will leave a shell of even thickness in the mould. That each is dealt with; it is inverted onto paper so that some of the melted chocolate runs down to form a flange round the inner rim.

2. The couverture is brushed into the prepared moulds with a soft dry brush; when it is set another coat is applied. A third may be done if necessary. When the last coating has been applied the moulds are inverted on to paper as described above.

If the couverture has been correctly tempered it will leave the mould on setting; this is because the chocolate will contract more than the metal or plastic of the mould.



Before removal from the mould, however, the edge should be trimmed with a stout piece of plastic care being taken not to remove the flange.

To assemble eggs, a little melted chocolate is piped on to the flange; two sections can be fixed together. Easter eggs can be decorated in many ways, with the piping chocolate, cut out or modeled flowers crystallised violets or raised petals. Nylon ribbon will also give an excellent finish. Care should always be exercised with the finished chocolate products; careless handling will leave fingerprints and smears and fine gloss will be spoiled.

When the confectioner is working with chocolate, he needs a special room for the dipping and moulding if good results are to be obtained, ideally, the room should be kept at a temperature of 68° F (20°C). Praline centers to be coated with couverture must be dry and of same temperature as the room where the work is to be done. If they are colder, the couverture will set too rapidly and will have a dull appearance; on the other hand, if the centers are too warm, the couverture will turn grey on account of separation of the cocoa butter from the chocolate. Even when the chocolates have cooled down, they must not be subjected to variations in temperature as they could become discoloured and lose their gloss. They should be stored at a temperature of 55-60°F (12-15° C) away from sunlight and dampness.

STORING

In concluding this section, mention should be made of the means of storing chocolate products. Here are the advantages of wrapping them individually in cellophane.

1. The chocolate retains its flavour.
2. The mouldings are kept free from dust.
3. Finger prints and other marks are eliminated.
4. Storage is simplified, since some mouldings can be placed inside each other (the shells

of Easter eggs, for instance)

CHOCOLATE CUT-OUTS

To make chocolate cut-outs for decorating gateaux and ices, prepared couverture is spread onto thick paper. The paper is picked up and allowed to drop several times so that then chocolate runs level. When it is set, it is cut with the point of a knife or with sharp scissors to desired shapes. The pieces are easily removed by inverting the paper on to a clean sheet and peeling it off. The shapes can then be collected and the debris returned for the further use.

BAKERS CHOCOLATE

This chocolate can be purchased as either plain or milk. It is similar to couverture except that almost all the cocoa butter has been removed and replaced by a hydrogenated fat, together with a stabilizer as lecithin, to prevent the fat used and its increased stability, this chocolate does not need tempering.



Baker's chocolate is prepared initially in the same way as couverture and then taken to a temperature of 130°F (54°C). The temperature is then allowed to drop until the desired consistency is reached. The higher the temperature, the thinner the chocolate. The generally accepted rule is that it should be warmer for larger articles such as gateaux and cooler, 105-110°F (40-43°C) for smaller fancies. These are optimum temperatures, although it is possible to use baker's chocolate at a temperature range between 90-130°F (32-54°C) with satisfactory results. As with couverture, no water or steam must come in contact with the chocolate or it will thicken and be useless for either dipping or spreading.

PIPING CHOCOLATE

Piping chocolate can be purchased from the manufacturer and should be used accordingly to instructions. It can be made by the craftsman, however, by very carefully adding a little glycerine or stock syrup to melted couverture which can be either plain or milk. A very small addition will thicken the couverture to a consistency so that it can be piped. Piping chocolate is an excellent medium for piping, lettering outlines and chocolate motifs for gateaux, torten, fancies and ices etc. It can be applied directly on to the product, or on to a wax paper, when after it is set, it can be removed and placed on to the article to be decorated.

Chocolate cigarette or rolls: The successful making of chocolate requires a great deal of skill and this is acquired only from practice and patience. Pour a little tempered couverture on to a marble slab and spread thinly with a palette knife and continue working it until the surface is semi set and has a grey appearance. With the edge of a knife or with a scraper on the surface of the chocolate, move it from left to right in an upward direction which gives a cutting action. If the couverture will curl into rolls.

Chocolate shavings: Proceed exactly as for chocolate rolls but the couverture need not to be tempered. Alternatively, the block of chocolate can be shaved with a sharp knife.

Chocolate leaves: A variety of chocolate leaves can be made by using a natural or plastic leaf as a mould. The leaf is carefully cleaned and dried, then very thinly smeared with olive oil, after which the chocolate is carefully spread on the surface. When set, the leaf will easily peel off. Chocolate holly leaves make an excellent form of decoration for Christmas gateaux, torten and fancies.

Chocolate Petals: These are made by placing dabs of tempered couverture on to a greaseproof paper with a palette knife, so that as the knife is withdrawn from the paper, petal shapes are formed that are thicker at the edges and thin in the centers.

GANACHE

Ganache is an easily made mixture of chocolate couverture and cream. A cheaper variety can be made by using a mixture of cream and milk, or by using milk alone.

The couverture used may be plain or milk. Because plain couverture imparts a pronounced flavour of chocolate, additional flavour is not generally used. Ganache



made from milk couverture may be flavoured with rum, kirch or coffee. Here is the recipe for ganache.

Couverture	4.0 Kg
Cream	2.5 Kg

Ganache is made first by melting the couverture, then bringing the cream or milk to the boil. The two are mixed thoroughly together and left in a cool place for 24 hours before use.

The consistency of ganache may be adjusted by decreasing or increasing the proportion of chocolate; an increase is advised in hot weather. A further increase will cause the ganache to set quite firm when it can be cut for chocolate centers.

Ganache is normally used for spreading and piping. It is prepared by beating until it is light and workable. If it should curdle or separate during beating, it should be warmed a little warm chocolate may be run in. Properly prepared, ganache should be soft when used; it will, however, set quickly making it suitable for dipping into fondant or chocolates.

TRUFFLE

A subterranean fungus lives in symbiosis with certain trees, mainly the oak but also the chestnut, hazel and beech. A highly esteemed foodstuff, the truffle (from the Latin tuber, meaning 'outgrowth' or 'excrescence') is rounded, of variable size and irregular, and black, dark brown, or sometimes grey and white in colour; it is found especially in chalky soil or clay, quite near the surface (less than 30 cm (12 in) deep. French truffle production (particularly in the southwest and southeast) has greatly declined since the beginning of the 20th century, because of the deforestation, the deterioration of the suitable land, the use of pesticides etc. Before 1914, some 1800 tons of truffles were harvested in the whole of the France. These figures explain why the liberal use of truffles in certain classic recipes is now impracticable. Methodical truffle cultivation has not yet given conclusive results.

MYSTERIOUS ORIGINS AND SMALL SCALE HARVESTING: The Truffle has been known and appreciated since ancient times. The Egyptians ate truffles wrapped in goose fat and cooked en papillote. The ancient Greeks and Romans attributed therapeutic and aphrodisiac powers to them; the latter quality was still recognised in the 19th century, when Alexandre Dumas wrote, 'They can, on certain occasions, make women more tender and men more lovable.' Up to the beginning of the 18th century, their origin was shrouded in mystery : 'Since, during storms, flames, leap



from the humid vapours and dark clouds emit deafening noises, is it surprising that lightening, when it strikes the ground, give rise to truffles, which do not resemble plants?' asked Plutarch. In the Middle Ages, when they were looked upon as the manifestation of the devil, they fell into oblivion. Having returned to popularity during the Renaissance they subsequently suffered a further eclipse, but came back to favour under Louis XIV and have resigned supreme since then, La varenne recommended ragout of dried, cooked in wine, seasoned with salt and pepper, and served on a napkin or in a dish garnished with flowers. In 1711, Claude Joseph Geoffroy, a French botanist, published a paper, entitled Vegetation de la truffe, which definitely classified the truffle among the mushrooms.

The practice of using muzzled pigs to seek out truffles was common in the 17th century; in 1705 Lemery wrote: 'There are dogs which can detect them as well as pigs. Some peasants, in areas where truffles are found, have taught themselves through long experience to recognise the places where they are

Hidden.' Nowadays, the many varieties of truffles are always gathered with the assistance of an animal (pig or dog) that can detect their presence. In some cases, the movement of the fly may reveal that truffles are nearby. With the animal on a leash, the 'digger' follows its footsteps and unearth the truffles as soon as the animal begins to root in the ground. He then carefully replace the clod of earth so that no traces remain- the other truffles must be left to mature and the curiosity of potential poachers should not be aroused. Truffle cultivation remains essentially empirical and small scale: truffles are neither sown nor planted. They spring up spontaneously when the fungal spore or mycelia encounter the rootlets of an oak tree (or another symbiotic species) and form a fruiting body of the fungus and does not appear to be connected by any filaments to the mycorrhiza.

THE TRUFFLE IN COOKERY: A good black truffle must be well rounded and in a single piece. It is not at its best until ripe, which prompted Grimod de La Reyniere to say: 'Truffles are only really good after Christmas.... So let us allow ignorant fops, beardless gourmards, and inexperienced palate triumph of eating the first truffles.'

Although its use in cookery is more restrained than in the past, because of its rarity and high price, the prestige of the truffle remains intact and the superlatives attributed to it bear witness to its almost mythical quality: 'diamond of cookery' (Brillat Savarin), 'fairy apple' (George Sand), 'black queen' (Emile Goudeau), 'gem of poor land' (Colette), 'fragrant nugget' (J. de Couquet), 'black pearl' (Fulbert Dumonteil), and holy of holies for the gourmet (Alexandre Dumas). Regarding their cost, JL Vaudoyer is said to have observed : ' There are two types of people who eat truffles : those who thinks truffles are good because they are dear and those who know they are dear because they are good.'



Truffles are eaten raw or cooked, cut into strips or slices, diced or shredded, in the form of juice, fumet or essence, or simply for the fragrance: 'When you feel like eating boiled eggs, if you have some truffles in the house, put them in a basket with eggs and the next day you will have the best boiled eggs you have ever tasted in your gastronomic life.' (M. des Ombiaux). Truffles occur, frequently associated with the foie gras, in all recipes called Perigueux or a la perigourdine; these can include game, meat, poultry, pate, forcemeat, black puddings (blood sausages), egg dishes, and salads. They also feature in various sauces (diplomat, financiere, Joinville, regence, and riche) and garnishes (banquiere), Belle-Helene, Berny, cardinal, Chambord, Demidof, favorite, Frascati, Godard, Lorette, Luculus, reforme, and Rohan). Other prestigious dishes including truffles are: fillet of beef Prince Albert; timbale Talleyrand; chicken a la d'Albufera, demi-deuil, and Edward VII; fillet of sole a l'imperiale and Renaissance; lobster with Victoria sauce, tournedos Rossini; etc.

However, as Colette says, 'You must pay its weight in gold for it, and then in most cases you put to some paltry use. You smear it with foie gras, you bury it in poultry overloaded with fat, you, you chop it up and drown it in brown sauce, you mix it with vegetables covered in mayonnaise.....To hell with thin slices, strips, trimmings, peelings of truffles! Is it not possible to like them for themselves?' Indeed, the true connoisseur enjoys truffles whole and fresh, either raw, with butter or salad, or cooked (in embers, braised with white wine or champagne, or in a puff pastry case).

Colette also gives us a delicious recipe: 'Steep in good very dry white wine (keep your champagne for banquets; the truffle does very well without it), lightly seasoned with salt and pepper, Cook in a covered black cocotte. For 25 minutes it dances in the boiling liquid with 20 or so lardoons - like tritons playing around a black Amphitrite - which gives substance to the cooking juices. No other spices whatsoever! And to hell with the pressed napkin, tasting and smelling of chlorine, the final bed of the cooked truffle! Your truffles should come to their table in their court bouillon. Take a generous helping: the truffle whets the appetite and assists the digestion.'

CANNING Truffles are now sold in cans, peeled and scrubbed, ripe and whole. They are graded: surchoix (with firm flesh, black, and of a uniform size and colour), extra (with firm flesh, more or less black, and slightly irregular in size), premier choix (with more or less firm flesh, sometimes light in colour, of irregular size, and possibly with abrasions). They are also canned in pieces (at least 5mm (1/4 in) thick, dark in colour, with up to 2% impurities), peelings (of variable colour, with 20% cracks at most and up to 3% impurities), and fragments (with up to 5% impurities.)



PRODUCTION MANAGEMENT: KITCHEN: LAYOUT AND DESIGN

People in management often complain that kitchen seem to be added to hotels, hospitals, and other institutions as an afterthought without receiving sufficient attention during early planning. A kitchen plan or layout should be determined on the basis of catering policy when the establishment's overall plan is first being developed. This policy is affected by many factors, including the type of food to be served, the establishment's location, the type of customer anticipated, seasonal pressures, and the possibility of expansion.

In determining kitchen layout (as well as in organizing subsequent work within it), the fundamental intention remains constant no matter what specific features the operation has: to receive a variety of commodities and convert them into meals in such a way that food and service are acceptable and attractive, within limitations of economy, time, and quantity. All aspects of foodservice planning hinge on this basic combination of considerations. Subsidiary details should not be introduced so early that basic issues are obscured. Premature preoccupation with detail can result in poor design, subsequent operating confusion, and failure to achieve aims.

When planning, allowances should be made for future developments such as new equipment, new organizational concepts, and continuing inflation in labor, food, and fuel costs. Future trends stemming from today's economic problems include:

Greater mechanization (for ex. The use of conveyor belts in place of busing carts)

Development of new cooking appliances and methods (for ex. Cook-freeze or cook-chill systems that help smooth out the work load by allowing earlier food preparation and longer food holding)

Simpler operations (for ex. Through the use of convenience or pre-prepared foods, or through labor-saving approaches such as self-serve buffets)

Use of new commodities (for ex., soy and other vegetable proteins)

Reduced size of food production area (kitchens), concurrent with more frequent preparation of food in smaller quantities for immediate service, reducing the need for hot storage equipment (using pre-prepared food reduces the need for vegetable preparation areas and equipment, as well)

Development of specialty or forms of service that give distinctive character to an establishment.

Decisions about catering policy and the basic kitchen plan should be reflected in the menu. The menu then serves as a blueprint for all details regarding kitchen design and appliance selection.

INFORMATION REQUIRED



Before kitchen planning can begin, answers to various questions about catering policy are needed. For example:

1. What types of meals will be offered?
2. How many persons will be served?
3. When will these meals be required? Will the main meal be A M or P M - that is, will it be a lunch or dinner service or day long and/or night long?
4. What will be the extent of beverage service requirements - that is how much tea and coffee for lounge as well as restaurant will be required?
5. Is allowance to be made for special functions?
6. To what extent will "convenience" foods be used?
7. What area of floor space is available?
8. What is the position of windows, ventilation, drainage, water supply, and so on?
9. What type of service is proposed - self -service, cafeteria, or waiter/waitress service?

Area Required

Kitchens are sometimes designed in a reduced size in order to provide more space and increased seating in the restaurant. This reduction does not necessarily increase a restaurant's trade, however, because cramped kitchens lead to delays and other faults in service that discourage customers from returning. A reduction in kitchen size must, therefore, be accompanied by plans to maintain (or even increase) productivity while still presenting a satisfactory workplace for employees.

Calculating in advance the kitchen area needed is difficult for many reasons. Generally speaking, as the number of patrons increases, the kitchen area needed per person tends to decrease; but information about numbers alone is not sufficient. Knowledge of peak loads (based on experience or intelligent forecasting) is essential. In addition, the nature of the establishment plays a role. The dining room (including tables and passageways) at a coffee shop may have as little as 0.93 square meters (10 square feet) of space per person, while a luxury hotel restaurant may have 1.67 square meters (18 square feet) of space per person. Some experts believe that kitchen space per customer should be about one-half that of the dining room. Very small places serving less than fifty people may need about 0.84 to 0.93 square meters (9 or 10 square feet) of kitchen space per person.

Approximate indication of kitchen requirements. From Fuller, professional Kitchen Management

Numbers eating in busiest period	Kitchen area desirable per customer
100	0.46 - 0.84 sq.m (5 - 9 sq.ft)
100 to 250	0.37 - 0.56 sq.m (4 - 6 sq.ft)
250 to 500	0.37 - 0.46 sq.m (3 - 4 sq.ft)
500 to 1000	0.28 - 0.37 sq.m (4- 5 sq. ft)



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Over 1000	0.23 - 0.28 sq.m (2.5 - 3 sq.ft)
Note: Area reductions may be made when for example, convenience foods are fully exploited . The lower figures relate to such simpler operations, and the higher for more complete catering.	

Possible areas, on a daily basis, of catering capacity. From Fuller, Professional Kitchen Management

Total meals per day	Restaurant area in		Kitchen are in		Total catering floor space in	
	sq.m	sq.ft	sq.m	sq.ft	sq.m	sq.ft
100	34.83	375	13.93	150	48.77	525
250	51.02	560	19.97	215	72.00	775
500	88.25	950	27.87	300	116.12	1250
1000	139.35	1500	45.45	500	185.80	2000

Seating Capacity	Restaurant area in		Kitchen area in		Estimated possible number of meals per hour
	sq.m	sq.ft	sq.m	sq.ft	
60	63.03	700	27.87	300	75
75	92.90	1000	37.86	400	115
100	116.12	1250	46.85	500	150
125	162.58	1750	69.67	750	190
200	255.48	2750	116.12	1250	300

Approximate kitchen space required in non-profit institutions. Adapted from Fuller, Professional Kitchen Management

Number eating	Kitchen Space	
	sq. m	sq.ft
150	51.10	550
250	74.32	800
450	125.40	1350
600	160.00	1730

Areas designed as school lunchrooms or industrial service kitchens are more generous than those commonly used in profit-making establishments because the possibility of



staggering meals in the former is less. Since the workload has higher peaks, the available space must be greater.

Of the total area of a kitchen, between 15% and 25% is likely to be required for storage, according to the nature of the operation and the supplies it uses. The remaining space goes to food preparation, cooking, and serving.

Calculating the various areas needed by a particular establishment does not yield exact results, of course, because each establishment has unique needs and limitations. The rules of thumb provided here are only rough estimates. Architects and kitchen engineers must calculate space requirements based on each operation's scope.

PLANNING

Teamwork and the Chef's Role

As in other details, initial planning of catering areas is not a job for one person alone. It normally involves a project planning team that includes the owner-manager, the chef or maitre d'hotel, design consultants, and kitchen engineers, all of whose activities are coordinated by the architect.

A chef may never have a decisive voice in determining the space allotted to the kitchen's activities. Despite being on the planning team, the chef may be unable to give advice that is followed by the others. Nevertheless, the chef should have an interest in the whole kitchen concept and should be prepared to provide information on culinary matters in the planning, construction, and equipping of the kitchen. If the chef's input is not relevant, accurate, or articulate, the rest of the team cannot fairly be blamed for all design mistakes that follow. The chef must work hard to build and present a sound case to avert design mistakes before they are implemented. Wisdom after the event is no substitute for intelligent anticipation by a trained and experienced person.

Work and Method Study

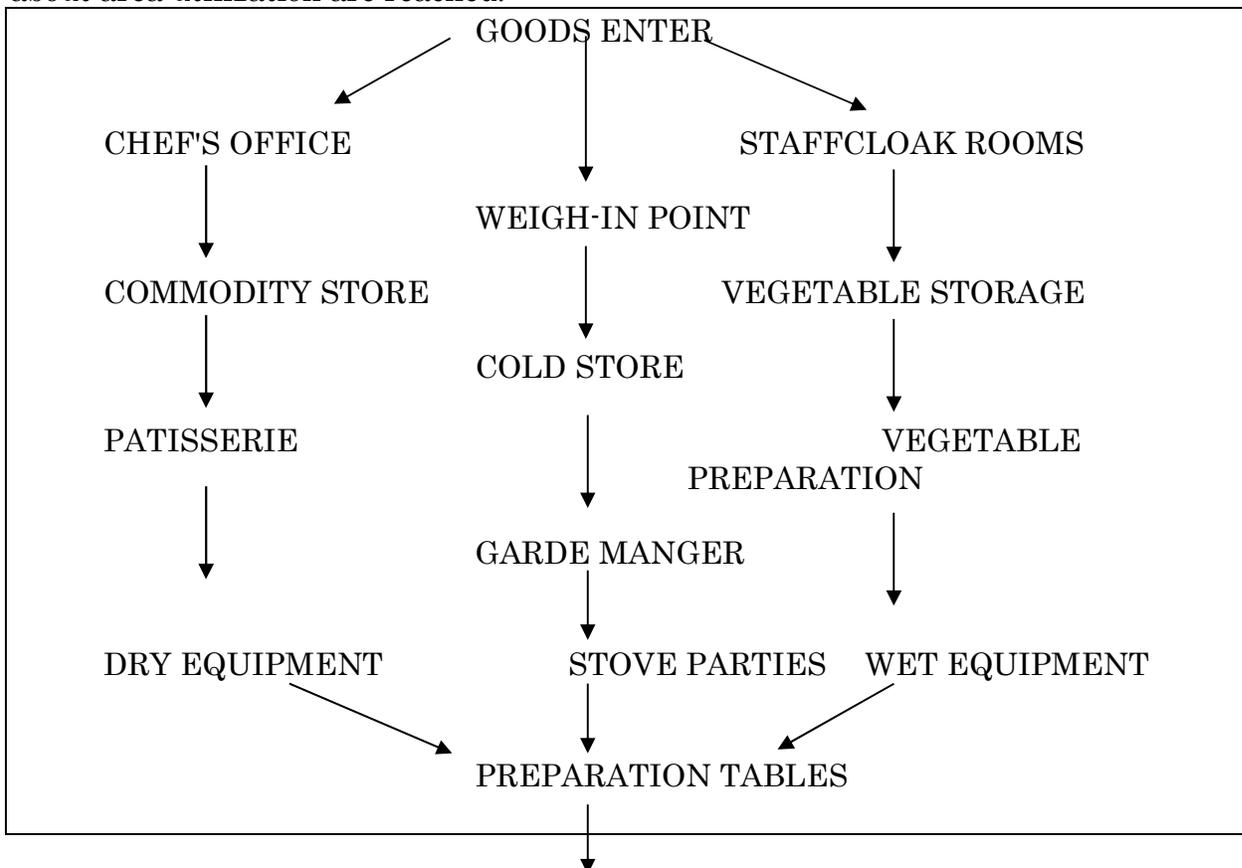
A layout is based on a good work-flow from the receipt of raw materials to the final serving of dishes to guests. Over familiarity with traditional processing sometimes inhibits creative thinking; a detached, analytical view is helpful, and a work-study specialist can provide it. Even a small operation can probably afford to engage a part-time consultant. When possible, chefs should be trained to practice work-study techniques. These may include using a process chart (which breaks work into small parts called elements), films of spatial movements of workers within their work areas, and string diagrams that indicate work pathways. Above all, the planner must ask questions: What is done? Why is it done? What should be done? Similar questions about the where, when, how and why of every task should be asked. Can a particular task be eliminated or combined with another? Can its sequence of movements be changed or simplified? Chefs should try to anticipate procedural bottlenecks and other barriers to efficiency, and then should prevent these by using work-study and work-simplification procedures when planning or altering kitchens.

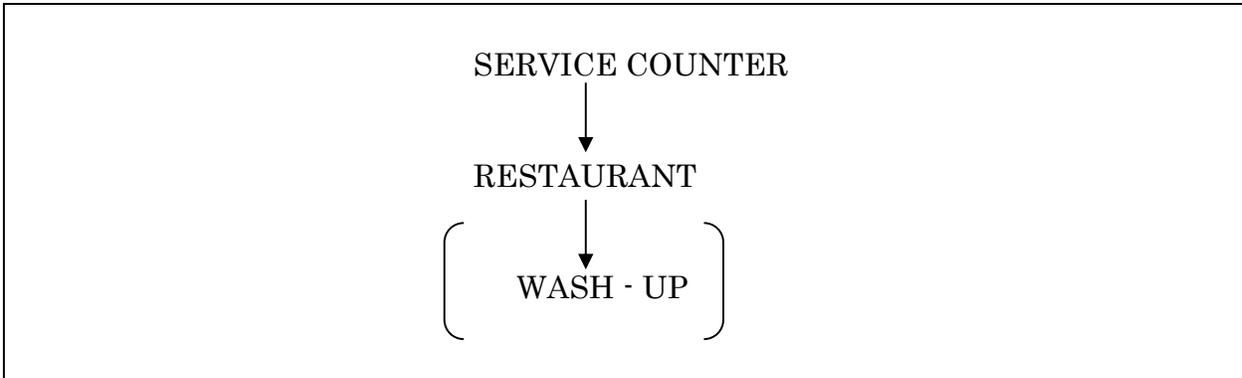


Flow of Work:

Intelligent placement of preparation machinery, sinks, and work benches can reduce the total daily "kitchen mileage" covered by the food and cut down on unnecessary traveling by the staff. A perfect kitchen from this point of view is one in which raw and cooked material undergo minimum movement and never cover the same route twice. Therefore, if each section or partie has been satisfactorily planned - individually and in combination - the layout must comply as nearly as possible with the flow chart. To obtain a continuous flow of goods from section to section as illustrated, the design of each section must be considered carefully to ensure that paths do not cross and that staff members do not have to backtrack needlessly because of poor planning.

This may seem simple, but in many cases, the task involves streamlining an existing old kitchen or laying out a new kitchen within existing premises. Many difficulties can arise in the course of developing a work-flow system, and often the best that can be made of limited opportunities is a distinctly imperfect system. Kitchen planners, engineers, and caterers frequently find that area allocation is done first and that their detail work must follow. But they should at least consider in detail the arrangement of necessary equipment in the kitchen - before final decisions about area utilization are reached.





Work flow diagram. A well-planned layout depends largely on the following requirements, which, if properly provided for, establish good basic kitchen conditions: incoming supplies and raw materials (checking and weighing); food storage; food preparation; cooking; serving area arrangements; pan-washing arrangements; crockery and cutlery wash-up. From Fuller, Professional Kitchen Management

AREAS OF CONSIDERATION

Traffic Lanes and Work Aisles

Adequate and properly devised traffic lanes and work aisles are indispensable to achieving a satisfactory work-flow-one with minimum path-crossing and backtracking. The main traffic flow should avoid work aisles, which should if possible be at right angles to main traffic lines. Distances between key points such as receiving areas, storerooms, preparation tables, cooking areas, and the serving line should be as short as is practicable. Aisles should be wide enough to accommodate the volume and type of traffic they will sustain.

Passages and Ancillary Offices and Facilities

Passages to and from the kitchen must be unobstructed, with adequate space for the entry of goods, the exit of containers, and the easy movement of staff members. Space must also be allowed for such staff facilities as lavatories, offices, a staff dining room, and a cloakroom for kitchen employees. Each of these areas should be located near the work areas in order to facilitate supervision and communication between sections, as well as to encourage staff usage.

Goods Receiving Facilities

External space is needed for delivery van parking. At the entry point for goods, sufficient space should be reserved to allow goods to be received and checked and hand trucks and/or trolleys to be parked. There must also be space to accommodate receiving equipment such as weighing machines, checking tables, and desks- as well as room for temporarily holding delivered goods reception are should be provided for waste bins and empty containers. In larger kitchens, a separate room



for refuse and waste may be required. Having a tiled floor with a central drain facilitates daily cleaning of lower walls and floor.

Storage

The storage space a kitchen requires depends on the nature of the supplies (their types, quantities, and frequency of delivery) and containers (sacks, cartons, and so on) to be stored. Different areas must be provided for dry goods and for refrigerated ones. All storage areas should be close to the receiving point and on the same floor level with it to facilitate the use of trolleys and carts.

Storage Space Allocation. Total storage for good and equipment should generally not exceed one-quarter of the kitchen area. The dry goods storage area alone is seldom more than a room representing 10% to 13% of the total kitchen area. A rule of thumb is to set aside 0.20 square meters (2 square feet) of vegetable storage and 0.37 square meters (4 square feet) of commodity or dry goods storage per person accommodated in the dining room. This would be enough space to handle a moderated in the dining room. This would be enough space to handle a 5 day supply of perishables and a 2 week supply of dry land frozen produce. Another way of looking at storage requirements is that storage space per meal should be about 0.46 square meters (5 square feet) on the average, with a minimum of about 0.28 square meters (3 square feet) for large operations and a maximum of 0.65 square meters (7 square feet) for small ones.

Work aisle and traffic lane widths. From Fuller, Professional Kitchen Management

- * 750 mm (30 in) width allows two persons to pass
- * 600 mm (24 in) width plus cart width for one person to pass one cart
- * 1.5 m (60 in) width for one cart to pass two persons working back to back
- * 1.5 m (60 in) minimum for main traffic lane
- * 900 mm(36 in) minimum clearance between equipment and work tables
- * 1 to 1.20 m (3.5 to 4 ft) minimum in front of cooking equipment (to which food is conveyed by cart)

While large-scale or bulk buying can lower purchase prices per unit, buying in smaller quantities and holding minimum stocks may reduce costs in installing and maintaining more specialized storage equipment. Small caterers in more remote locations, however, might find it hard to persuade suppliers to deliver to them with sufficient frequency to make the small -quantities approach feasible. Caterers who lower or eliminate food preparation through increased use of convenience foods usually need to increase the area of refrigerated storage they maintain. Accurate



forecasting of actual requirements can help reduce the amount of storage space that is set aside unnecessarily.

Storage Trends. Precise guidance about amounts of storage space required cannot be given because so much depends on delivery frequency, on the establishment's food purchasing policy, on its proximity to suppliers, on shelving arrangements, and on storeroom design. There are several general trends, however, in force today:

Increased storage at -18°C (0°F) for quick -frozen items such as:
uncooked foods (fish, meat, poultry, vegetables, fruit, and frozen desserts)
prepared or cooked foods (confectionery and baked goods, ready-cooked individual items, and completely cooked meals)

Increased storage provision for dehydrated, dried, canned, plastic wrapped, and ready-mixed products (soups and sauces, vegetables, fruits, potatoes, confectionery, and pie fillings)

Receded storage provision for vegetables, fruit, meat, poultry, and fish at chill temperatures those between -7°C and 1°C (between 19°F and 34°F)

Storage Temperatures. Storage temperatures (without refrigeration) recommended for dry goods and fruit and vegetable storage are approximately 5 to 21°C (41 to 70°F) for dry goods; 18 to 24°C (64 to 75°F) for ripening fruits and vegetables; 10°C (40°F) for potatoes; and 9°C (48°F) for other vegetables. These temperatures should be maintained by natural ventilation or by air conditioning in warm weather.

Vegetable Storage: Vegetables should be stored and prepared in an area separate from the kitchen so that soil brought in with them does not come into contact with other foods. Vegetables packed close together in warm, unventilated corners will deteriorate rapidly. They will last much longer if stored on raised platforms with slats or on open mesh racks so that they are kept as cool and as exposed to circulating air as possible. Galvanized tubing is preferable to wooden shelves. Racks should be mounted at least 230 millimeters (inches) above the floor and fitted at the bottom with removable dust collection trays. In the adjacent vegetable section should be included an electrically operated peeling machine, a tank, a sink, and preparation tables.

Dry Storage: A dry storage area should accommodate such grocery items as canned and packaged goods, together with unpacked or bulk-stored sugar, flour, dry cereals, and legumes. Conveniently arranged, adjustable shelving allows maximum space utilization. Shelving equipped with wire trays (metal is superior to wood) allows complete aeration of food. Having shelves mounted on wheeled stands makes transporting supplies to the kitchen easy. Shelves should be at least 230 millimeters (9 inches) above the floor for ease of cleaning. All bench work and shelving should be mounted at least 100 millimeters (4 inches) away from the wall for the same reason. The dry storeroom should be equipped with both platform and table-model weighing



scales for checking receipts and issues of daily supplies. These scales should be positioned at the entrance of the storage area for convenience. The most frequently handled goods should also be placed near the entrance. Dry stores should be protected against vermin of all kinds. The store-room should be lockable, well-ventilated, and long and narrow rather than square, in order to economize on floor space.

Equipment, Cleaning, and other Storage Rooms. In addition to commodity storage (l'econome) and the vegetable store, adequate provision must be made for storing spare utensils and equipment, cleaning material, and empty returnable containers.

Bread Storage: A bread storeroom should be well-ventilated and provided with shelves of open construction to permit maximum exposure of the goods to air circulation. Shelves should be arranged for bread to be stacked methodically, with new deliveries going to the rear so that older loaves are used first. An adequate amount of shelving is important: bread should not be stacked too high or too close.

Larder Storage: Steel, tile, or marble shelving, which gives a cold and easy-to-clean surface, is desirable for larder storage. Leftover perishable foods should be kept in refrigerated storage for maximum safety.

Refrigerated Storage. Because catering operations vary so much, the amount of refrigerated storage a kitchen requires will be different for each individual establishment. For example, using convenient foods minimizes larder and preparation space requirements, but increases the need for refrigerated space. Forecasting actual food requirements within a clear operational policy is vital to calculating exact refrigerator needs and the types of apparatus required. Walk-in units become feasible at quantities above 300 to 400 meals served daily; their capacity ranges upward from a minimum of about 112 cubic feet (3.17 cubic meters). In these, aisles should be 900 millimeters (36 inches) wide if trolleys or wheeled racks are not used, but 1.25 meters (4 feet 2 inches) if they are. Because of these aisles, only about half the space in a walk-in-refrigerator is usable. Reach-in units require less floor-space and most of the inside capacity can be used for actual storage. As a general guide, about 20.52 kilograms (45 pounds) of encased frozen food and 15.96 to 18.24 kilograms (35 to 40 pounds) or refrigerated food can be accommodated per cubic foot of storage space.

In terms of refrigerator temperatures, there are two basic zones; -20°C (-4°F) for frozen foods, and 0°C (32°F) for chilled foods. Other aspects of refrigeration to consider are ice-making, display cases (whether enclosed or open), chilled drinks, and blast freezing and rapid chilling (for cook-freeze and cook-chill catering systems respectively). Because of its high moisture content and the danger of other foods becoming flavor-tainted, fish cannot be successfully stored in a normal refrigerated room. Special fish storage cabinets should be kept at 0°C (32°F) and provided with high humidity to prevent drying out.



Standard size Modular Food Containers. Whenever possible, the same container should be serviceable for more than one purpose. Containers of uniformly standard size are available for multiple purposes-for example, storage (including cold storage), cooking, and placing directly into a service counter. Figure 9-10 illustrates the efficiency of this flexible approach. There are many advantages to such a system. Standard containers provide:

An uncomplicated flow of food from one section to another in the proper operational sequence.

Increased stacking space within smaller areas

Simplified kitchen layout and work methods, leading to shorter working paths and consequent savings in staff time and effort

Universal use of transport and storage units.

Such standard containers come in many sizes . The British 500 millimeter by 325 millimeter size, for example, can be used for fast-food service, snacks, and light meals in institutions, such as hospitals and schools. The 600 millimeter to 700 millimeter modules are designed as medium weight equipment and fit fryers, griddles, boiling rings, ovens, hot cupboards, and bain-maries. The 700 -millimeter to 800 millimeter modules fulfill the same functions, but can handle larger food loads.

Recommended Minimum Refrigeration Space for Average Full-Menu Restaurant, Not including Beverage Cooling or Frozen Foods	
Number of meals served daily	Recommended capacity
75 to 150	20 cu ft
150 to 250	45 cu ft
250 to 350	60 cu ft
350 to 500	90 cu ft
Source: Ohio Department of Health	

Refrigerated storage temperatures. From Fuller, Professional Kitchen Management

General cold room	4°C (39°F)	Milk and dairy	4°C (39°F)
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		produce	
Fresh meat	1°C (34°F)	Ice cream	-10° (0°F)
Frozen meat	- 7°C (19°F)	Deep freezer	- 21°C (- 5°F)
Wet fish	0°C (32°F)	Blast freezer	-34°C (- 30°F)

The Kitchen's Task: Preparing, Cooking and Keeping Ready

Kitchens must have facilities for handling food at every stage, from preparation tables and cooking ovens to holding vessels. Different types of food should have different preparation areas. Cooking equipment should be cited close to the appropriate preparation point; boiling pans should be close to vegetable preparation, pastry ovens should be close to pastry preparation, and so on. Arrangements for holding prepared foods ready for serving must ensure that hot foods are kept hot and cold foods cold.

Vegetables, Fish, Meat, and Poultry Preparation

If quick-frozen and/or dehydrated vegetables are fully exploited, vegetable washing and cleaning areas can be limited to those needed for salad preparation only. Peelers and sinks for potatoes may be required in some operations but the availability of "instant" dried potatoes and quick-frozen potatoes may satisfy the demands of some establishments.

Most types of meat, fish and poultry can be obtained in ready-to-cook forms. Taking advantages of these renders trimming and dressing space unnecessary, allowing preparation areas to be restricted to simple washing facilities and a work bench. For items that are purchased already portioned, breaded, and so forth, no preparation area is needed.

Apparatus Requirements: Cooking and serving high-quality food in large quantities, and on a strict time schedule, is an exacting task, even under the most favorable conditions. By the correct choice, disposition, and use of cooking equipment's, pretty physical strain can be eased. Moreover, the favorable environment of an adequately equipped kitchen leaves greater scope for exercising skill, maintaining quality, and controlling costs.

Economical cooking of any dish depends on the use of an apparatus designed for its purpose and deployed to meet actual conditions. In a new kitchen, it is important to guard against putting in too much equipment. The ideal is to prepare, cook, and serve food with the minimum number of appliances that will do the job well. This keeps down both initial capital outlays and operating costs.

In improving an old kitchen, it is important to bear in mind the capacities of existing appliances and particularly the uses to which they are put. In many cases, smaller but more efficient equipment is preferable to the equipment already in place.



Types of Cookery and Categories of Apparatus

Whatever commodities are used, equipment must be provided for the different cookery processes. These include:

Roasting and baking

Boiling

Grilling and toasting

Steaming (vegetables, fish, puddings)

Deep frying (fish, French fries)

Shallow and griddle frying

Soup, stew and stock making

Plate and food holding in hot cupboards

Beverage making (tea, coffee, other hot drinks, and milk)

Heating water for culinary purposes

The apparatus required naturally reflect the types of cookery being planned.

Important items of equipment likely to be considered are:

Ranges or cookers

Roasting, general-purpose, and pastry ovens

Forced-air convection, bakers', and microwave ovens

Boiling tables

Bain-marie and hot cupboards

Steaming ovens, pressure steamers, and convection steamers

Shallow tilting fry pan or skillets

Boiling pans and vegetable boiling pans

Water-boiling apparatuses

Deep fryers, pressure fryers, and oil-filtering appliances

Grills/toasters/salamanders

Stockpot stands

In deciding on the type and size of a needed apparatus, the chef in a good restaurant or hotel kitchen may have to make provision for a la carte or specialty restaurant menus in addition to coffee shop or table d'hôte service. Additional equipment may also be necessary to deal with special dishes. Furthermore, in restaurants that cater for parties and banquets, allowance must be made for equipment to deal with unusually large loads.

Consequently, it is essential to know the cooking capacity of an item before buying it. Before final selection of equipment, it is advisable to visit other catering establishments where cooking equipment has recently been installed; so that first-hand up-to-date knowledge can be obtained.

There are many recent trends which may continue in the future:

More wheel-mounted kitchen equipment

More cantilevered equipment, which is recognized as having advantages in accessibility, convenience, hygiene, and strength



Less equipment for quantity preparation of fresh vegetables; more equipment devised for faster cooking of smaller quantities of frozen vegetables.

More use of the tilting steam-jacketed boiler than of traditional stewing pans.

Greater use of the self-generating steam oven for frequent batch cooking.

Ovens with improved temperature control, and increased use of forced convection ovens, which give speedier cooking and more even temperature.

More microwave ovens, which permit high-speed cooking and reheating.

Equipment Placement: Positioning ranges or cookers is important. One efficient way is to install stove equipment in a cluster, with a ventilation canopy above. There should be room for a cook at the center of this work "island", and plenty of space around it. Bain-marie and stockpot stands should be close to ranges. Boiling tables, steaming ovens, and vegetable boiling pans should be near the center of the kitchen and easily accessible to workers at vegetable preparation tables. Adequate provision for carts, mobile racks, and other mobile processing apparatuses should be made. The deep fryer should be conveniently sited near the main ranges, but with a separate extract canopy of its own.

Generally, a canopy edge should project beyond the cooking equipment by at least 45mm (18 inches) on the side where equipment doors open and 305 mm (12 inches) on the other sides. It should be mounted 2 meters (6 feet 9 inches) above floor level. Canopies should be lifted with a small gutter around the bottom to deal with any condensation caused before the canopy heat up. This condensation gutter need not be connected to a drain because evaporation is rapid.

Canopies are usually made of one of three materials: metal, glass, or plastic. Whatever the material of construction, they should be functional, pleasing in appearance, easy to clean, and designed without any horizontal surfaces to collect dust. Metal canopies are best constructed of anodized aluminum, with bulkhead lighting; these are lightweight glass with an aluminum section frame. These look attractive, are easy to clean, and allow light to pass through, but they are also heavy. Plastic hoods made of corrugated, transparent plastic sheets and mounted on an aluminum frame are lightweight, easy to clean and colorful.

Stillrooms should have a coffee-maker or quick boiler, as well as other equipment for providing hot and cold drinks. The stillroom or other special service point may also need quick-service cooking equipment such as a contact grill, toasters, and a griddle plate. Additional hot cupboards in or near the main restaurant may also be needed for hot storage of plates, coffee cups, and other crockery.

Food Preparation surfaces

Preparation tables topped with stainless steel, laminated plastic, or some other impervious material are easy to clean, and thus hygienic.

Human beings vary; in size and reach. Yet table and work surfaces must be sufficiently high for everyone. It is better to err on the side of their being too high rather than too low; shorter employees can always use a stand, but taller employees



should not be forced to bend. The best solution is an adjustable table with screw-out legs. Failing that, the table heights which will suit most people are as follows: for light work, average work table heights are 925 to 975 millimeters (37 to 39 inches) for women and 975 to 1,000 millimeters (39 to 41 inches) for men; for heavy work, a height of about 900 millimeters (36 inches) is good.

People can reach about 370 to 500 millimeters (14 1/2 to 20 inches) without stretching. A worktable's width should be between 700 and 750 millimeters (24 to 30 inches). If the table has to accommodate containers or other material at the back, then a 900-millimeter (36 inch) width is okay. About 1.2 to 1.8 meters (4 to 6 feet) of table length is adequate for one person, and 2.4 to 1.8 meters (4 to 6 feet) suffices for two people working side by side. These figures are all average estimates only and should not be considered definitive.

Cutting Boards: Chefs long preferred wooden cutting boards, but it is now known that these are more easily contaminated than impervious surfaces having no cracks or pores to collect food particles and bacteria. Washing wooden boards at temperatures below about 42°C (108°F) does not kill the bacteria. As a result, butcher's blocks and cutting boards now have synthetic surfaces made of polypropylene, rubber clay compound, synthetic rubber, or some other impervious material. Chefs must select boards according to cost, operational requirements, and their own experience.

Sinks: Ancillary tasks are also important. Arrangements for washing of pans, crockery, and cutlery must be convenient as well as sanitary. There should be adequate racking for washed dishes and space for those awaiting treatment. Mechanized systems with conveyor belts should be used if affordable. Sinks and draining boards should be fitted wherever possible along external walls. More natural light will be available to people working at them if they are placed under windows. The guidelines mentioned previously for worktable heights and widths should also be applied to sinks. Detachable tops for sinks may be useful (especially in vegetable rooms) in providing extra preparation space. In addition to stainless steel sinks, for dishwashing, porcelain sinks should be available for ordinary hand-washing.

Flooring: Important requirements for the floor area are:

- Ease of cleaning

- Good, clean-looking appearance

- Nonslip surfaces for foot comfort and safety of kitchen workers.

New floor surfaces are continually being developed. Terrazzo and granolithic chips embedded in concrete make good, hard-wearing floors. Glazed, kiln-fired ceramic tiling provides a durable and stain-resistant kitchen floor surface but it is slippery when wet. Asphalt and vinyl tiling provide softer floors, which are easier on the back: moreover, they are not slippery, even when wet. Skirting and corners, whatever the material used, should be covered to facilitate cleaning. As all kitchens



must be equipped with drains, it is important that floors be sloped towards drainage outlets to ensure speedy and efficient flow-way.

Walls: Kitchen walls should be:

- Easy to clean
- Attractive and hygienic-looking
- Able to reflect light

Many wall surfaces - for example, plastics and washable paints - give good results in kitchens. Nevertheless, wall tiling (with either low-gloss or high-gloss finish) should be used to a height of 1.5 to 1.8 meters (5 to 6 feet) above the floor. Above the tiling, sound-absorption and anti condensation materials are advisable. Where cost is a factor, such special protection may have to be limited to sink and stove areas.

Lighting: Some kitchens are in basements or other locations where there is little natural light. Artificial lighting is almost invariably required. Lighting in kitchens and serving areas is important not only for supporting comfortable and efficient operation, but also for promoting cleanliness and preventing color distortion, which can make food look less appetizing. White bulbs should be used. At 0.91 meters (3 feet) above floor level (the height of tabletops and other equipment tops), at least 20 lumens per square foot is generally thought necessary.

Kitchens that have off angles and variable heights present special problems. Equipment and fittings may also cast shadows. A thoughtfully planned fluorescent tube installation is likely to be most satisfactory in reducing shadows and in illuminating interiors of cupboards, ovens, and other fittings. Canoes over cooking equipment, especially if made of metal, should have bulkhead light fittings that are watertight. If fluorescent tubes are used, control gear should be externally mounted.

Condensation and grease are commonplace in conventional kitchens: light fittings should therefore be cited and mounted for ease of cleaning. For example, reflector fluorescent tubes designed to throw settling on their tops. Particular attention needs to be paid to lighting under canopies and lighting for sinks and worktables. Because of its complexities, lighting is often a matter in which an expert lighting specialist should be consulted.

Ventilation: The efficiency and productivity of the kitchen staff may be hampered or enhanced by the kitchen's levels of heating and ventilation. Kitchen ventilation must be sufficient to maintain comfortable working conditions, prevent condensation, and confine cooking smells to the kitchen.

Color: The color of walls, ceilings, and floors can aid staff efficiency and cleanliness, by increasing light reflection, and can affect staff moods, by providing an encouraging and pleasant workplace. Advice should be sought from an architect, interior designer, or other expert regarding the reflective value of colors and their most effective use.



Different paint manufacturers often use different descriptive names for the same basic shades of color. But the following are rough indications of the percentages of light reflected by various colors:

- White, off-white, ivory, and buttermilk - 84 %
- Pale yellow, green, blue, bluish green, and pink - 72 %
- Mushroom and light pinkish-brown - 42%
- Apple green - 30%
- Light reds - 20%
- Strong blues and golden browns - 12 %
- Dark red - 9%
- Various browns and chocolate - 7% to 2%

Strong functional reasons, as well as aesthetic ones, therefore exist for decorating kitchens in pale shades that have a high reflective value (at least 72%). Colors with a reflective value of less than 50% are not suitable for extensive wall areas in kitchens, although they are very useful for emphasis in outlining doorframes or other borders.

Color is also important in creating effects of spaciousness or closeness. The cool colors (blue, green, ivory), for instance, make an area seem larger and airier. The hot colors (red, orange, yellow), on the other hand, make a space seem smaller. Careful use of color gives the decorator an opportunity to "modify" faults that cannot be structurally altered.

Ceilings: On kitchen ceilings, paints that inhibit moisture condensation should be used. Ceilings need no longer be very high to accomplish ventilation purposes because fans and air conditioners are common. Nevertheless, a high ceiling up to about 3 meters (10 feet) can give workers a psychological lift and also aid in lighting. A hemmed-in, oppressive room is to be avoided. On the other hand, higher-ceiling kitchens are noisier kitchens unless sound-deadening materials are used.

Recipe for a Pleasant Kitchen

Yield:

An attractive kitchen that encourages staff morale and efficiency

Ingredients:

Nonskid floors with a good drainage system

Walls tiled to a height of about 6 feet, with sound-absorbent material above that

Sound-inhibiting ceilings about 10 feet high

Walls and ceilings painted with cool, soft colors that reflect light well

Adequate lighting to provide full, even illumination

Enough space for work and free movement



Good ventilation and temperature control

Method:

Consider the needs and preferences of the staff members who must work in the kitchen, as well as the costs of various alternatives. Otherwise, it is easy to be penny-wise on initial expenses, only to be pound-foolish on later operating costs.

Conclusion

In addition to the general considerations involved with floors, walls, and ceilings, some final points regarding the kitchen are that it should be:

Able to withstand the presence of fire hazards

On the same story-level as its departments (all of which should be at the restaurant or service level)

Exposed to the outside air and light whenever possible

When lighting, wiring, ventilation, plumbing, and hot and cold water services of a kitchen are being planned, appropriate specialists should be consulted at an early stage.

The problems of catering and kitchen management are many, and only experience can teach the caterer how to avoid pitfalls in kitchen planning. But most problems can be anticipated if the human factor is considered alongside the restaurant's policy, menu, and economic constraints.

KITCHEN ORGANIZATION EMERGENCE AND DEVELOPMENT

Introduction to the Partie System:

Partie is a French word meaning "part (of a whole) or section." A Partie system is one in which an operation's space equipment, and jobs are divided up into sections. The Partie system for chefs evolved in the Escoffier era from an analysis of the tasks needed for production and then a grouping of those tasks so as to maximize production speed and efficiently. The original system lasted up to the 1930s and was designed primarily for large restaurants, especially those in major hotels providing extensive a la carte and table d'hôte menus in the classic French tradition. As the task of

the professional kitchen came to involve serving more customers in more and different ways, its organization inevitably became more complex. Highly elaborate dishes required highly specialized experts rather than general chefs who must handle all types of cookery at once.

Modern restaurants and other foodservice systems with quite different styles and sizes of menus cannot adopt the original Partie system in its entirety, but they can apply the same basic principles of organizing to their own production systems. Such a systems analysis approach should take into account the type of menu and



style of service desired, the people (staff and customers) involved, and the physical resources (equipment and layout) of the kitchens to be used. It must organize all of these for efficient meal production. The quantity and quality of work skills required will be determined by the menu; the aim is to assign skilled work to the most skilled individuals so that their abilities are fully used. Repetitive jobs, such as those on the grill or griddle, may be broken down into simplified elements and assigned to staff with lesser or no skills. Many jobs may be considered for "deskilling" in this way.

Each type of operation will naturally need its own unique organization for best results. The organizational charts used in this chapter to describe the Partie system are therefore for illustration purposes only. They should not be implemented without extensive revision adapting them to precise actual purposes and needs. Nevertheless, the way in which traditional luxury hotel kitchens originally developed their staffing is worth considering in order to grasp the principles of their approach. Such historical knowledge also gives insight into the various customs of the kitchen that have evolved over the years.

Basic Divisions of Kitchen Work

Even in the earliest times and in the simplest kitchens catering to the public, cooks probably divided the work of preparing and cooking so as to minimize effort. The broad features of a kitchen organization soon began to emerge in divisions such as:

- The storage of commodities, both perishable and nonperishable
- The preparation of meat, fish, and poultry (larder work)
- The preparation and cooking of pastries and desserts (the pastry)
- The preparation of vegetables
- The assembly and cooking of prepared food (the general stove section)

In small kitchens today, this basic arrangement can to some extent be contracted and simplified. As kitchens increase in size and volume of work, this basic arrangement can be expanded as needed.

Historic Overview

Careme was typical of the great chefs who served royalty and nobility rather than a larger public. After him, the organizational pattern that developed in the kitchens of the large private clubs of London was emulated in much of Europe and North America, especially at the modern hotels that began to develop near the end of the nineteenth century. The great writer-chefs of this period, however, tended to write with a view to the domestic cook of the private house. Most of the left behind little information about how to organize work on a large scale. But the greatest chef of the Victorian era, Alexis Soyer, did include kitchen organization in his book, *The Gastronomic Regenerator*, written and published in the middle of the nineteenth



century when the author was at the height of his fame. In fact, this book, subtitled *A simplified and entirely New System of Cookery*, included, in Soyer's words, "correct and minute plans how kitchens of a royal palace to that of the humble cottage, are to be constructed and furnished. Soyer's kitchen plan provided for a larder department with specialized subsections for each type of meat, a separate pastry and confectionery room, and an L-shaped kitchen with different sections for roasting, cooking, and so on. The exact details of Soyer's designs are unimportant now because they were based on methods such as open fire roasting and physical constraints such as nonrefrigerated storage that are now obsolete. But the principle of designing the physical layout of the kitchen to use one's available methods to best advantage remains.

After Soyer came Escoffier, the first famous chef to use his cooking talents in a large modern hotel, where they would benefit the broader public. This presented for the first time the challenge (which still exists) of how to serve a wide variety of freshly prepared, excellent dishes to a large number of people. Escoffier met this challenge by adding the principle of task organization to that of kitchen layout, thus perfecting the *Partie* system. Escoffier studied the food and cookery work behind the recipes and allocated tasks to different specialists so as to help produce even the most complex dishes regularly, efficiently, and swiftly. This sometimes meant breaking down processes and allocating different tasks to different sections for the production of single dishes. Veal escalope, for example, might be cut by the butcher, flattened and breadcrumbed by the larder cook, sautéed in butter by the sauce cook, and then assembled by the chef, using appropriate garnishes prepared in other corners of the kitchen.

The *Partie* system today, however, is simpler than it was in Escoffier's time because of several historical developments:

- The introduction of machinery to do work previously done by people.

- Changing public tastes toward simpler menus and meals

- Economic factors that encourage the reduction of expensive labor and the simplification of recipe and service'

- The processing of food by freezing, canning and dehydration, which eliminates a great deal of basic preparation work.

The *Partie* system will undergo still more change as automation, method study, and work simplification are increasingly applied within the kitchen. Understanding the *Partie* system will remain useful, however, because further improvements are more likely to be achieved by those who know both the traditional system and new technological breakthroughs. This ensures progress rather than haphazard changes which can hurt, or at least fail to help, productivity.

Adaptation and Summarization



The essence of the Partie system is the division of work into sections; each section or Partie is controlled by a chef de Partie, who might be regarded as the section foreman as well as a craft specialist. All the parties come under the control of the chef de cuisine, who is aided by one or more sous chefs. In large establishments, a sous chef has no Partie duties, although in smaller one, a sous chef may also serve as an important chef de Partie. The chain of responsibility and the organization of a large kitchen under the partie system is illustrated in figure 7 -1. In the largest hotels and restaurants, about a dozen principal parties are established under the chef de cuisine and his sous chefs. The team of cooks and all their assistants under the partie system is commonly called the "brigade".

Adaptations Due to Size

Only a few of the top luxury hotels still carry a brigade of cooks divided into parties that include every section that will be referred to in the next chapter. As hotels in restaurants have become more widespread, smaller, and more specialized, varied adaptations of the partie system have taken place (figures 7-2 and 7-3) and new but related systems have developed. Common variations include:

The garde manger - either alone or with a small staff - handling all the different tasks relating to meat, poultry, and fish

Joining together two or more kitchen parties - for example, soup preparation and vegetable cookery.

Having a broad three-part division into larder work, pastry work, and the main kitchen work (even here, in very small establishments, there is often intermingling of the branches of work)



The smallest establishments - those employing not a chef and one or perhaps two assistant cooks - cannot be regarded as operating even an adaptation of the partie system because they lack sufficient people to apportion the tasks in a meaningful way. Each person in such small establishments must therefore be prepared to do almost the full range of tasks.

Adaptations Due to Modern Trends

Apart from simplification of the partie system in response to size limitations, other factors increasingly affect the organization of the kitchen. For example, the widespread purchasing of already prepared foods such as portion-controlled cutlets and frozen vegetables greatly reduces and streamlines the food preparation workload. Whereas a good staff ratio in a conventional system is one employee per twenty meals, it is one employee per thirty-five to forty meals in some of the frozen meal systems. The development of microwave ovens and other modern kitchen equipment has also promoted significant progress. New and better apparatuses require continual changes in the way kitchens are operated. The best future adaptations in kitchen organization will be brought about by those who make a careful study of the work procedures involved in light of new facilities, products, and techniques.

KITCHEN ORGANIZATION: STAFF AND RESPONSIBILITIES

The staff categories and duties defined in the partie system described in this chapter were developed in the past and survive today only in a few larger hotels and restaurants. Even in these few places, they have been radically revised. Nevertheless, the partie system operated by Escoffier has so affected present-day chefs that a detailed discussion is valuable; it remains an integral part of the culinary craft's tradition and illustrates the enduring principles involved in detaining task grouping. It can also serve as a starting point for meaningful future reorganization.

The basis of the old partie system and its modern counterparts is the degree of specialization that must exist among an establishment's cooks. In a large foodservice establishment, the operation as a whole runs more smoothly when each person has clearly defined tasks to perform and when these are all coordinated by a supervisor.

PRODUCTION MANAGEMENT

PLANNING FOR PRODUCTION:

Production planning is simply getting ready for production. All operations need to be planned to have better coordination and avoid under utilization or over utilization of resources. Planning starts at FORECASTING, quantities of products



required need to be determined. These projections may be based on historical records. Careful analysis of previous sales helps to control leftovers. Seasons, weather, special events affect production estimates and need due consideration.

EQUIPMENT SCHEDULING

Based on production plans, labor and equipment needs to be scheduled to make optimum use of available resources. Special catered events require production in large quantities and long duration of equipment usage. Scheduling will ensure optimum usage.

DIAGRAM OF EQUIPMENT SCHEDULE :

THE PRODUCTION SHEET :

The production is the final control required before the menu begins to govern kitchen production. It tells the purchasing department, the quantity of items to be purchased on any particular day. Production scheduling prevents over purchasing and production which are the major reasons for high food cost. By promoting proper purchasing and production, the production sheet reduces waste and reduces food cost percentage. Every meal served must have a separate production sheet. Overloading of refrigerators, using excessive labor, producing too much food can be eliminated by using production sheets.

Production sheets should be prepared for items under each food category.

Example of these forms :-

1. Summary Requisition Sheet.
2. Production Work Schedule.
3. Consumption Sheet .
4. Leftover Utilization Plan.

PRODUCTION SHEETS FORMAT ATTACHED :

SELLING PRICE :

Selling price is determined from standard recipes and yield tests. Selling price varies with quantity of food served, type of service and other factors. Selling price must cover all cost of the operations as well as give a profit. There are three methods of calculating selling price

1. MULTIPLIER METHOD :

This method bases selling price on food cost alone. Selling price is determined by multiplying food cost two or three times depending upon the multiplication factor.



Multiplication factor = $100 / \text{Desired food cost percentage}$. For e.g. $100 / 40 = 2.5 =$ Multiplication factor. The problem with this method is that selling price may be unfair to the products that require less labor, for eg. ice cream, fruit juice.

2. PRICING FACTOR METHOD :

The pricing factor method offers a solution to the problems of the multiplier method. It seeks to divide the cost more equitably between foods that require preparation and those that do not. The food is divided into prepared foods: (Foods that require preparation) and non-prepared foods (that do not require preparation). The cost of cook labor is charged only to prep foods, other labor costs are charged equally among the two to arrive at the multiplication factors, one for prep foods and one for non prep foods. The advantage of this system is that menu prices will be quite different from other food service operations reflecting actual costs and having a most satisfied customer. Refer pricing factor method chart.

3. PLANNED PROFIT METHOD :

This method is based on budget that determines operating cost percentage, labor cost percentage and planned profit percentage. The balance is food cost. Selling price is determined as a multiplier of food cost. This method ensures constant profit irrespective of other costs.

Eg. Operating cost percentage	- 40 %
Labor cost percentage	- 17 %
Planned profit	- 13 %
Total	<hr style="width: 100px; margin-left: auto; margin-right: 0;"/> - 70 %

$$\text{Food cost} = 100 - 70 = 30 \%$$

$$\text{Selling price} = 100 / 30 \times \text{Food cost.}$$

MENU ENGINEERING :

It is a method of fixing selling prices based on the popularity of dishes and their contribution. Popularity is determined by working a menu mix determining the number of portions of each dish sold \div total number of dishes sold. Any item that has a menu mix percentage of less than 70 % of the average is considered unpopular and vice versa. Contribution is determined as selling price - food cost.

Using this information, dishes can be classified as :

- a) High contribution High popularity called STARS.
- b) Low contribution high popularity called PLOUGH HORSES.
- c) High contribution low popularity called PUZZLES.
- d) Low contributions low popularity called DOGS.

Pricing strategy can be based on these patterns for maximum leverage of sales.

QUALITY CONTROL :



Quality control in a food service facility relies on the establishment of standards. To be meaningful, these standards must apply to all aspects of an operation. The standards should apply to all edible products and their contact points. An effective quality control program results in better overall control of the product and increased customer satisfaction.

Perception of quality is affected by a consumer's background and lifestyle as well as by the surroundings in which the meal taking place. In addition to psychological influences, tangible attributes of the product such as taste, texture, color, appearance and nutritional value all contribute to the perception of quality. Quality guidelines have been defined to some extent by the Food and Drug Administration whether a product is safe for consumption) and grades (for defining the composition of the product.)

Comparisons of various products provide a useful technique for determining whether a product meets the standards of a particular establishment. It is not unusual for purveyors to offer samples for exactly this purpose. Once the product is in the food service establishment, it is up to the employees to maintain the quality of the product.

RECEIVING AND STORAGE :

The product may go through any number of processes once it is inside the doors of an establishment. Inspection during the receiving is the first step in any quality control program. Purchasing specifications establish standards for the ordering and receiving of goods. At receiving, the products must be inspected to ensure that it matches what was ordered in number, weight, and quantity. The packaging should be examined for breaks or leaks. Frozen goods should be checked for signs of thawing or freezer burns.

During storage, a number of factors can influence the quality of the product. The shelf lives of the foods vary and this must be taken into consideration in arranging and maintaining storage. Fresh foods tend to have very short shelf lives in some cases a brief 24 hours - so ordering exactly the amount needed is essential. Frozen foods have longer shelf lives, but they deteriorate over time as well. Maintaining proper storage temperatures for frozen or refrigerated foods is imperative. Carefully watching temperatures during thawing is important also.

For the most part products must be allowed to thaw under refrigerating, unless they can begin cooking while still frozen. Dry goods and groceries tend to last indefinitely; however, poor storage conditions (such as exposure to moisture or high temperatures) can have a negative impact on the quality of dry foods and can shorten their storage life. In many cases, proper observance of the first in, first out (FIFO) inventory systems helps in keep inventory fresh.

PRODUCTION AND HOLDING :

Once the product has entered the preparation of production, various elements work together to ensure its continued high quality. Here again the



standardized recipe plays an important role by outlining the correct procedures, timing, and use of equipment for proper presentation of an item. To ensure consistency of quality standards, the recipe should be followed scrupulously. Sanitation standards establish a basis for maintaining quality during preparation as well. Proper handling of the product and rigorous observance of sanitary procedures are necessary. In this respect, the equipment, too, must be kept sanitary and in good working condition. Tools and utensils must be properly cleaned to avoid contamination of food during preparation; equipment should be subject to a regular maintenance schedule and should be repaired immediately in the event of breakdown. A cook who does not possess the correct tools in proper condition cannot be expected to produce a high quality product.

Once cooking has begun, control of temperatures and timings becomes important. Ovens need to be checked on a regular basis for the accuracy of their thermostats. Even if the oven is gauged properly, loss of heat from a bad seal or from cold spots can have a negative effect. In any event, cooks should be encouraged to carry and use thermometers to check internal cooking temperature. The fat should be filtered after each shift and covered when not in use. In a busy kitchen, it is not unusual to lose track of how long something has been cooking. The timer serves as a reminder that helps avoid costly overcooking or burning of the food.

Observing proper temperatures during holding is necessary not only for sanitary reasons but to maintain quality. Foods, whether they are to be served hot or cold, must be held at the proper temperatures. It is not unusual for lettuce to wilt or for sauces to separate if their temperatures are not controlled. Products have a holding life that must not be exceeded. Some foods hold much better than others, without diminishing in quality. In many cases, recipes can be modified to facilitate holding.

GUESTS EXPECTATIONS :

Even without conscious marketing plans a property's history shapes the level of quality guests will perceive as adequate and come to expect. The status quo - "how we've always done things" - often influences how things will be done in the future. In this situation it is difficult either to reduce quality standards or increase quality requirements. Quality is not fixed standard; it evolves as expectations change. Quality is relative to market perceptions of the food and beverage operations. Successful food and beverage managers know their guests quality standards and work hard to meet them consistently.

Work	Sheet	for: _____.
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Date: _____.			
Article	Amount and Size	Time	Job and Special Directions

An Example of Production Worksheet: -ii

Manager : _____.					
Date: _____.					
Meal: _____.					
Product	Number of serving	If to be Held and Served at Next Meal, Indicate Whether it is to be		If Sold to Another Unit, Indicate to Whom Product Was Given	Major ingredients
		Refrigerated	Frozen		

An example of a Leftover utilization Plan: -iii

Date: _____.	No. of Guest
: _____.	



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Function: _____ Manager: _____ No. of Staff _____						
Menu items	Amount Prepared	Amount Left Over	Total Cost	Cost Per Serving	Credit Allowed	Adjusted Cost
APPETIZERS						
ENTREES						
SALADS & DRESSING						
BREADS						
CREAM						
BUTTER						
MISCELLANEOUS						
TOTAL COST OF PRODUCTION: RS. _____ TOTAL CREDIT ALLOWANCES: RS. _____ TOTAL ADJUSTED COST: RS. _____ LABOUR COST: RS. _____ FOOD AND LABOUR : RS. _____						

An Example of Consumption Sheet:-iv

BUDGETARY CONTROL & FORECASTING

Budgetary Control and forecasting is not a substitute for the management .It is discipline of action and Policy making administered by the management . To ensure that short term and further objectives are attained .It makes Possible the maximum use of the assets, material and labour available and more importantly imposes on the management the obligation to specify its objectives.



Profit is the motive of all Commercial Enterprises . The intelligent application of forecasting and budgetary control will enable the management. To tackle the problem in the and effective manner to this end , having first defined its target.

The immediate gains of an efficient budgetary control and forecasting system to the long term advantage are:

- a). Individual ability and skill can be demonstrated.
- b). Training and requirement scheme to meet known needs can be more purposefully arranged.
- c). The efficient and equitable incentive scheme to encourage activists requiring Stimulus can be introduced.
- d). The development of continuous trained management aware of the necessity to keep up to date.
- e). The Confidence that whatever difficulties the future may hold, the team will be able and willing to surmount them.

Control of Waste

Essential Elements in any form of Control of Waste up to date Planning , Effective Supervision and Maintaining records .As in any business , the following three items must be kept under constant examination.

- Correct use of Payroll
- Job description , work schedules, Job analysis
- Communication
- Staff Consultation
- Staff feeding & Welfare.

- Essentials of Purchasing
- Store and Stock Control
- Records of goods in and out
- Quality and Quantity goods
- Correct handling and storage
- Correct issues.

Kitchen Control

- Not to over order
- Correct yield
- Strict Control of issues
- Correct Supervision
- Replacement of outdated
- Cost Comparison for particular Period of etc.,



PRODUCTION MANAGEMENT: STANDARD RECIPE

What do you understand by the word "Standard Recipe". It means that a recipe which has been tried out, sampled, written down, photographed; if necessary and made good for a particular situation. A standard recipe of an establishment need not be good for the other since it may differ in the equipment, fuel, ingredients, portions etc. in preparation of the same.

ESSENTIALS OF STANDARD RECIPE

- a) The exact amount of each ingredient to be used.
- b) Listed in order in which they will be considered and grouped together if necessary.
- c) Proper and simple terminology should be used eg. beating, stirring, folding.
- d) The cooking time and temperature required for each process must be written down.
- e) Portion size and the exact yield of the recipe must be stated.
- f) A step by step procedure must be given.

A standard recipe must be written so that new cooks and relievers can cook according to the set standards. Lack of a standard recipe will result in lack of uniformity and depending on one's judgment to engineer the product.

Standard recipes are a tool for sound basis for determining portion costs. This information is a must for internal control system. If an economical way to find desired results if required there has to be a starting point and standard recipe is the one.

Once a recipe has been documented, various ways of food with different ingredients can be tested.

STANDARD PROCEDURE

Certain items like tea or coffee do not require exact recipes but must have concise instructions regarding preparation and quantity to be used should be mentioned.

PORTION CONTROL

Lack in portion control results in loss and dissatisfied customers. The guest expect standard portions each time they come like you would expect standard quality from suppliers.

EQUIPMENT

You should have accurate sales either balance type or bounce type. There should be scoops, ladles, measuring cups, size of plates, glass dishes etc. of specific measurements to maintain uniformity.



KITCHEN TESTS

Testing of recipes may be considered a kitchen test. The purpose of the test is to determine the amount of usable food in relation to quantity purchased. The result may be used for the following purpose.

- a) To determine portions cost. This is initially as well as on a continuous basis.
- b) Purchasing data- This will be the basis for quantity to be purchased for the given number of portions.
- c) Determining the best methods of preparation-This indicates the cooking time, temperature etc.
- d) Basis for specifications for best yield.
- e) Testing adherence to established specifications on a continuing basis.
- f) Checking how well the employees follow the establishment recipes and procedures. The kitchen employees should be made to perform these tests.
- g) Check the skill of the employees.

BUTCHERY TESTS

The butcher test card is used in computing the usable portion for meats, fish and poultry. For example from ribs of several by-products such as short ribs, hamburgers fats and bones are obtained.

In determining portion costs, of the finished rib of beef credit must be given for the value of those usable by product having value.

FOOD COST PERCENTAGE

FOOD COST: Food cost is the expenditure on food and raw materials which the largest single element of cost in any catering establishment. The maintenance of food cost at predetermined level is therefore important because the food cost percentage determines to a large extent the profit.

Food cost percentage is the percentage found on the total sales i.e. cost of materials, labor, overheads and profit.

ELEMENTS OF FOOD COST: Basically food cost consists of cost of foods consumed less staff meals. Thus in calculating the food cost, the formula used is:-

$$\text{opening stock} + (\text{purchases} - \text{staff meals}) - \text{closing stock}$$

Food cost control: Cost control when applied to food facility undertaking. The cost control is very important because of as stated earlier, food cost or material cost is the single largest element in cost and what is termed as variable cost, which varies with the proportion of sales/output. Thus by controlling the food cost, one can be successful in a catering establishment.

OBJECTIVES OF FOOD COST CONTROL

a. ANALYSIS OF INCOME AND EXPENDITURE: In food cost control, stress is placed not only in analysis of sales, cost of sales, profit etc. but also on the analysis of total quantities as between various sections of the business.



b. PRICING OF FOOD AND QUOTATIONS: It provides sound basis for menu pricing expenses for banquets.

c. PREVENTION OF WASTAGE AND INEFFICIENCY: The purpose control is to ensure that current results are accordance with predetermined objectives. For this, all wastage must be prevented so that food cost remains as originally fixed.

d. DATA FOR MANAGEMENT REPORTS: It provides data for periodical reports on food operations.

OBSTACLES TO FOOD COST CONTROL: What are the obstacles to food cost control:-

1. Unpredictability of volume of business: Sales instability is inherent in all establishment. Moreover, the sale of food/drinks varies day to day and even during the day.

2. Perishability of food: Food is perishable, hence there should be no over buying and food prepared must be in line with the anticipated demand to keep food cost in check.

3. Daily variations in food production.

4. Short cycle of operations: The cycle of operations in any catering establishment is short, hence control procedures must be frequent and periodic reports are a must.

5. High degree of departmentalization: Each catering establishment has several selling outlets.

FOOD COST COMPUTATION: Thus food cost % is calculated by first calculating the cost of sales less the net profit % less the labor cost and overheads which give the food cost % on sales.

This has to be kept in check or may be even reduced as long as quality of food is not changed. This will be in more profit.

ANALYSIS OF RESULTS WITH THE STUDY OF CAUSES AND REMEDIES

INTRODUCTION : There is no ideal food cost%, but it varies from organization to organization. Normally, the food cost% is between 30-40% or may be even less. If a food cost% is more, it means that the profit will be less.

METHODOLOGY OF FOOD COST CONTROL : The development of an effective system of food cost control involves 3 phases :

1. BASIC POLICY DECISIONS REGARDING FINANCIAL & CATERING POLICIES OF THE ESTABLISHMENT

The financial policy deals with fixing the food cost% while the catering policy deals with deciding type of customer, type of menu, methods of buying, food quality standards, type and quality of service, cost and profit targets as determined by the financial consideration.

2. OPERATION CONTROL

The second phase consists of built checks, technological procedures and clerical procedures.



CATERING CYCLE: The catering cycle consists of

- a. Buying
- b. Receiving
- c. Storing and issuing
- d. Preparing
- e. Selling

a. Buying : The control procedures must be firstly yield testing and on this necessary purchase specifications/modifications.

b. Receiving : First is quality control and quantity inspection and finally clerical procedures.

c. Storing and Issuing : Proper stock records must be obtained. Proper pricing of issues must be ensured. Stock taking must be considered. Proper effective clerical procedures like indents, stock registers must be maintained.

d. Preparing : The cost of food consumed depends on the no. of meals produced and food cost per meal. Thus to control food costs we must

- i) control the no. catered for ie. volume forecasting
- ii) control the food cost per meal in advance by having standard recipes, portion control.

e. Selling : There should be a proper pricing policy effective restaurant checking system and proper cash control.

3. CONTROL AFTER THE EVENT

1. Food cost reporting : This must be done daily, weekly, covering both short and long periods. Analytical reports must be prepared for each department.

2. Assessment of results : The present Food Cost must be then evaluated and assessed against budgeted food cost %.

3. Corrective action : The corrective action takes depends on the ability and capability of the manager.

PORTION CONTROL IMPLEMENTATION

In order to achieve the profit target we should implement some full proof measures to control the portion size. Hence standard portion sizes are determined by the establishment. Standard portion sizes will ensure that the customer also gets the right portion sizes for the money's worth. A standard portion is the quantity of a particular food item that will be served to the customer. The portion sizes of the food item is determined by management in conjunction with the heads of both the kitchen and restaurant departments.

Standard portion sizes may be established in several ways :

- a) By buying in pre-portioned food items like rump steaks/fish fillets etc
- b) By buying in items in bulk and portioning in the production kitchen before service.
- c) By portioning the food items as they are being served to the customer.



In establishments operating more than one level of service there may be varying portion sizes for the same food items, for the different catering outlets. Standard portion sizes are an aid to food costing as once the standard portion size has been established the gross profit may be calculated for the dish. Any fluctuations in the sizes for the portion for example serving large portions will therefore be reflected in the restaurant's gross profit.

It is important to provide kitchen and restaurant staff with the correct portioning equipment so that if the customer is to receive 3 oz of vegetables, the operative has a 3 oz ladle to serve the dish with. Spot checks should also be regularly made to ensure that the correct portioning equipment is being used. As far as possible try to avoid using wrong portioning equipment, often if a certain sized ladle goes missing the operative will simply use another which could be 1 or 2 oz larger. As with the standard recipes, details of standard portion sizes should be made available to all necessary employees. The food and beverage department should regularly review the portion size of a particular food item with reference to its current price as it may be necessary either to reduce the standard portion size if the cost of a particular food item has increased substantially ;increase the selling price ; or possibly remove the dish from the menu for a period of time until the cost price is acceptable eg. Shell fish. In the kitchen and restaurant the standard portion sizes of a dish are often combined with the standard recipes and together may be displayed on a wall chart to which all employees may refer.

There are therefore a number of techniques that may be employed by an establishment to assist in the planning of food production requirements one of which is portion control implementation.

Every type of food has a range of 'normal' portions which will vary slightly from establishment to establishment and even in an establishment the portion sizes may vary for an a la carte, table de hote and buffet services. The portion sizes will be different for different outlets within an establishment. There may be changes in the lunch and dinner portions too. The portion sizes and formulation of menu prices are determined by the food and beverage control together with the Chef in charge and F & B Manager.

Given below is a brief list of portion sizes for the various meats and other dishes:

Dinner portion size

Meat, boneless, lean with traces of fat	120-220 gm
Meat, bone in (steak or chops)	220-450 gm
Meat bone less (steak or chops)	180-450 gm
Stews, lishes, meat mixtures (pasta, rice)	180-360 gm
Chicken, poultry , bone	220-450 gm
Poultry boneless	120-220 gm
Fish whole	140-450 gm



Institute of Hotel Management and Catering Technology Thiruvananthapuram

Fish fillets	120-280 gm
Shell fish, clams, oysters in shell	85-360 gm
Shell fish shucked(shelled)	85-220 gm
Lobsters in shell	450-900 gm
Vegetables	60-140 gm
Liquids (soups, juices, coffee)	85-220 gm
Fruits (net edible) excluding juices	60-220 gm
Rice, pasta (cooked) not as main dish	120-220 gm

N.B. : Lunch portions may be less than the dinner portions. With the wide variety of portion sizes for any given item it is possible for the food cost of any operation to be controlled in such a manner that the operating food cost percentage can be adjusted or changed by adjusting the portion sizes.

Secondly the variance in the quality of the raw produce purchased and the purchase prices for these products will also allow an operator to adjust the food cost for any given menu item. These adjustments, however, are all made within the framework of the menu structure as originally determined by the management.



PRODUCT AND RESEARCH DEVELOPMENT

TESTING NEW EQUIPMENT

Any new equipment launched in the market has to be first tested for its performance and efficiency. To do this, the company which launches its new product in the market has to show the clients the worthiness of the new product.

Whenever new equipment is used for the first time, it must run for at least 4-6 hours. The testing of each equipment would depend on various factors such as-

Type of equipment- various types of kitchen equipment are introduced in the kitchen throughout the operations. This is done to replace the old worn out equipment or to introduce new ones to improve the quality and efficiency. One needs to plan for the induction of the new equipment and is normally done once a year, at the time of capital budgeting. The intake of the new equipment should be done keeping in mind the existing electrical loads, drainage systems, water inlets etc.

Testing the equipment- The new equipment should be tested for its performance by organizing the demonstrations with the company which is launching the new product. The equipment should be put for trial runs for at least 24 hours. This ensures that the equipment operates efficiently as per its design specifications and provides the desired output.

The qualified technicians from the company should be called for installation. It is all the more important if the equipment is imported.

To check if it can be installed within the parameters of the present facilities- Many a time it has been found that the inlet or the outlet pipe is too short to be connected to the water municipal connection or electrical plug top does not conform to the country's standards. Minor adjustments need to be made to the facilities or to the equipment.

To check the operational manual of the product- The equipment is also tested to verify the operating instructions of the machinery. This time is utilized to train end- users, such as chefs, so that the equipment is not mishandled.

DEVELOPING NEW RECIPES

Eating habits of people have changed around the world. To be on top of the business and to be modern and updated, one must constantly develop new products, new processes and new ways.

Developing new recipes is a common feature in almost all business houses and food chains, to constantly evolve their products to suit the different market segments. Example- McDonald's serve beef burgers all over the world but in India, they had to change their product recipes due to sensitive religious constraints



The recipe developers work as a separate team and may consist of chefs, food technologists, scientists and each of them has a distinctive role play.

Recipe development comprises various stages, which may differ from organization to organization.

Chefs create new recipes by different methods. The most common is the trial and error method. Based on his culinary skill and knowledge, a chef combines flavours and ingredients to create a new product.

The product is offered to a panel of food tasters.

The feedback is collated and the recipe is further refined and then standardized.

Many factors are built into the new recipe when it is ready to be listed on the new menu. The factors include production planning, forecasting the number of portions to be sold and also creating the menu specification sheet.

Developing recipes for a food chain, which is to be launched in various outlets across the globe, may take more than 6-8 months before the process is complete.

Methodology to develop a recipe or a new product –

Evaluate the objective of the organization as to what it wants to develop, whether the product is for short or long term.

To develop an action plan, to be able to plan in a sequential manner.

To develop the product in small portions, in the kitchen.

Thereafter, the team of developers will figure out how this product to be made in bulk, deconstructed and reconstructed, at the different outlets.

In order to achieve this, the product is tested for the temperature changes that it has to undergo, and the time it will be cooked for.

During the various stages, the judgement of the physical factors such as environment, communication, marketing has to be kept in mind for the success of the launched product.

1. The recipe is thus created in a monitored environment, to see how it is stored and dispensed to avoid microbial growth and contaminations.
2. The biggest challenge is to obtain a product, which despite having gone through an immense number of processes, is flavoursome, moist and as fresh.

DEVELOPING STANDARD RECIPES

Developing standard recipes does not require throwing out existing recipes and starting over. Rather, it requires standardizing existing recipes according to a series of steps.

Select a time period for standard recipe development. For example, you may choose to standardize three recipes at each

Weekly cooks meeting, or spend one hour each week to develop standard recipes. At these meetings, ask the cook talk through the preparation of the item. What are the ingredients and how much of each ingredient is needed? What are the procedures? What are cooking/baking temperatures and times? What portion-control tools are, or can be, used? On what plate or in what glassware is the item served?



What garnish is used? Double-check the recipe by closely observing the cook as the item is actually prepared.

Record the recipes in a standard format that will be helpful to those preparing the items. For example:

Decide on the desirable yield. If 25 portions of a food item are prepared for slow periods and 60 portions are needed for busy times, recipes should be designed to yield these servings.

List all ingredients in the order they are used.

Decide whether to use weights or measures or both. Weighing is always more precise than measuring, and it is just as practical to weigh liquids, flour, etc., as it is to measures. Avoid confusion by using consistent abbreviations throughout all the standard recipes you are developing.

Whenever possible, express all quantities in amounts that are practical for those preparing the item. For example, convert all measures into the largest possible units like four cups to half liters, or three teaspoons to one tablespoon. At this point you need to be sure that the proper equipment is available. It does little good to specify a 30 gms quantity when an accurate measuring scale is not available. Also, when applicable, recipes should be developed that call for standard-size pans and other equipment.

Record procedures in detailed, concise, and exact terms. Avoid ambiguous statements. For example, what does "one cup whipping cream" mean? Does it mean one cup of cream which has been whipped or does it mean one cup of cream which must be whipped? When mixing is called for, tell how to mix (by hand or by machine) and provide the exact time and speed if a machine is used. State the size and type of equipment needed and always list used. State the size and type of equipment needed and always list exact temperatures, cooking times, and other necessary controls.

Provide directions for portioning. Indicate the type and size of the serving dish. Also, indicate portioning equipment, such as ladle or scoop, and specify the expected number and size of portions. If garnishes or sauces are needed, these should be listed.

After the standard recipes have been recorded, share them with other production staff. Solicit their ideas about accuracy and possible refinements.

Finally, test the recipes to be certain that they yield products of the desired quantity and quality. Many food service operations use a tasting committee or panel. This group may include management staff, cooks, other interested employees and even guests. A rating scale can be used to evaluate a menu item on the basis of specific characteristics.

For example, baked goods may be evaluated on the basis of external appearance and flavor; meats on the basis of aroma, tenderness, and juiciness; vegetables on the basis of color, moisture content, texture, and taste.

After successful testing the recipe may be considered standardized. Production staff should now be given copies, trained in their use, and supervised to ensure



compliance. In some instances, pictures can be used showing the finished product after portioning to give additional help to production and service staff.

Despite the advantages of using standard recipes, there may be some difficulties encountered in implementing them. Employees who have never used standard recipes may have negative attitudes about them. Cooks for example, may feel that they can no longer be creative in the kitchen or behind the bar. They may resent the need to put things down on paper. Other difficulties may be related to concerns about time. It takes time to standardize existing recipes, and it takes time to train production employees.

These concerns, however are minor when compared to the points already noted in favor of using standard recipes. In addition, managers can minimize difficulties with implementing standard recipes by explaining to employees why standard recipes are necessary and by involving them in developing and implementing the recipes.

RECIPE SOURCES

Trade magazines, quantity food cookbooks, and friendly competitors are examples of good recipe sources that can be useful to your operation. However, when standardizing the recipe of an item for your menu, as long as the menu is used. Seafood, certain fruits, or fresh mushrooms may not be available or may become very expensive if a menu is used over several months. You may wish to exclude such items from the menu or, to avoid disappointing guests, simply qualify their listing on the menu with phrases such as "when available".

Regardless of the source, recipes must be tested. Even minor variations of equipment and temperature can make a big difference in the quality of the item produced. You should test the recipe at your operation and fine-tune it before adding the item to the menu.

When standardizing recipes from external sources it is especially important to address possible production concerns. Production and management staff must agree that the recipe is concise, accurate, and readable in regards to:

- Amounts
- Types of ingredients.
- Production procedures
- Service procedures

Such agreement will ensure efficient use of time and energy and help eliminate human error as much as possible. Once the recipe has been adapted for use, the menu item's popularity with guests and the equipment, skills, and number of labor hours needed to produce the item should be routinely reviewed.

FOOD TRAILS AND TRAILS



Introduction

Evaluating food by a panel of specialists or consumers for critiquing is termed as a food trial.

Food trials can be of different types-

- Trials while opening a new establishment, or introducing new dishes or menu to existing establishment. Food trials are done for two primary reasons- first to train the staff to be able to produce the product as per the standard recipe and presentations and to moderate the recipes and create new standard recipes before the launch of the product.

The tasting panel could comprise of the regular guests, food specialists, chefs, Food & Beverage professionals from the industry or a select group of consumers.

The recipes are refined with the advice of the food tasters.

- Trial as a recruitment tool for hiring new staff for a food production operation. A panel of judges comprising of chefs, human resource manager evaluate the food so as to judge the skill level of the aspirant or the candidate. This enables the organization to hire the right person for the right job.

The candidate is provided with ingredients and resources and is allowed to prepare a menu for evaluation. Post presentation, the food is judged on various parameters such as workflow and food hygiene and sanitation, appearance, taste, texture, flavour etc.

This evaluation is done by minimum 3 persons and the average score decides the selection of the candidate. The three components- right attitude, knowledge and skill of the candidate make them the most suitable one.

EVALUATION OF FOOD

Quality is the ultimate criterion of the desirability of any food product. It can be evaluated by following 2 methods-

1. Sensory or organoleptic evaluation- subjective
2. Objective methods

Difference between Trial and Trail:

The **Trial** is a process where a new food recipe is invented by chef and the higher dignitaries inspect the food for its taste, appearance and nutritive value etc.

The **Trail** means “Track”, a food trail can be an effective illustration of the depth of a local food product in a region. it can help to provide the exposure of a food destination in a local area of the region.

ORGANOLEPTIC & SENSORY EVALUATION

Introduction

Organoleptic properties are the aspects of food, water or other substances that an individual experiences via the senses—including taste, sight, smell, and touch.



Sensory evaluation is an invaluable tool for Quality Control as well as Research and Development. Customers perceive product quality with their senses, and as a result, **organoleptic evaluations** are an essential component of any Quality Control evaluations.

The aim of the sensory testing is to describe the product. Distinguishing two or more products: are there any differences between the quality, its magnitude and direction. Performing: the expert or the consumer. So the enjoyment is the sum of the organoleptic characteristics.

Various Organoleptic Factors

SIGHT

- The appearance of the food to our eyes is the most critical parameter. One eats with the eyes first!
- It is this feature of our senses the judges the food for its freshness, colour, appeal, dullness, glossy, juicy etc.
- If the eye appeal is not good then the food goes in for a complete rejection.

SMELL

- The smell of the food is defined as flavour in cooking and it can be of 3 different types-
1. odour- odour contributes to the pleasure of eating. Volatile molecules from the food stimulate olfactory nerves and they guide our perceptions of food being sweet, bitter, spicy, sour or acidic. All these perceptions are associated with taste.
 2. Aroma- is the smell of the food mixed with the taste buds. Flavour can be obtained by smelling but the aroma of the dish, one has to taste the dish.

TASTE

- Taste is registered on the taste buds on the tongue. The taste buds register the food being salty, acidic, bitter, spicy or pungent.
- There is another taste known as the sixth sense, which is an undefined taste. It is known as umami factor in Japanese. This taste cannot be described as it is a mix of many tastes that coat the tongue but one can feel the sensation on the palate for a long time.

TOUCH

- This feature of the food can be defined in many ways such as texture, mouthfeel and even temperature of the food. We all expect tea coffee or soup to be very hot or chilled. If not served at the right temperature, it will be rejected.
- Many adjectives such as crunchy, soft, brittle, smooth describe the texture of food.
- Texture can also be described as a consistency. Liquids, semi-liquids

SOUND

- The crispy bite of fresh sliced onions or the crackling sound of the crispies satisfies the sound element of the food.



One can thus see that the balance of organoleptic tasting completes the feeling of satisfaction. If even one element in the meal is missing, the overall experience does not seem to be right.

The tasting of food is not only limited to the food trials and trade tests but also been done for F & B industry. Today tea, coffee and wine experts are being hired for tasting. Tasters are people whose sensitivity and consistency have been established by training and repeated tests. Such people are called connoisseurs.

Categories of Organoleptic Tests

Discrimination Test

These types of tests are performed to differentiate products from one another. They are 3 major types

- **Paired comparison test**– several pairs of coded samples are given, different from each other. They are tested and evaluated.
- **Duo-trio test**– the panel is presented with three samples of which one is the original product, the second is similar to the original, the third is the sample product to be tested. The comparison is then done to reach a conclusion.
- **Triangular test**– this method employs three samples, two of which are identical, while the third is different.

Hedonic Test

Also known as consumer test, hedonic tests are based on pleasant/ unpleasant experiences of consumers or an honest expression of a consumer's personal liking or disliking.

These tests are generally carried out on more than 50 end users. It is limited to a particular market segment.

Numerical Scoring Test

This testing is done by a trained panellist who follows the sensory characteristics and marking is done on a score sheet on various parameters such as appearance, flavour, taste and mouthfeel, temperature etc,

Objective Evaluation

- Many food processing industries, hotels and restaurants, resort to the objective method of evaluation.
- In these tests, the quality of food is measured along various parameters such as moisture, freshness, specific gravity, viscosity, microbial contamination.
- Such tests are conducted by the use of sophisticated gadgets and are more reliable than sensory evaluations.



Why is the term Sensory Evaluation used instead of Organoleptic?

The origin of the term Organoleptic was based on the smell and taste organs, the tongue and olfactory system. Sensory Evaluation takes into account all the senses and the physiological systems that are associated with each. Like Organoleptic, basic tastes are perceived on the tongue and aroma is perceived by the olfactory system.

Sensory Evaluation also considers texture which is perceived through multiple systems in the body. Somesthesia is the sensory system associated with skin surface: epidermis, dermis, subcutaneous tissue. This system is used to evaluate touch, pressure, heat, cold, itching, tickling. Kinesthesia the sensation of movement or strain in muscles, tendons, and joints: the system is used to evaluate tension, relaxation, and mechanical movement.

Appearance is also a key component of Sensory Evaluation. The vision system is the detector of appearance. Using the eyes, we can measure optical and physical characteristic. Optical characteristics include;

- Intensity – Intensity of the color (light to dark)
- Hue – Actual color name (red, green, blue)
- Chroma – Clarity/purity of color (dull/muddy to bright color)
- Shininess – Gloss on surface (dull to shiny)
- Transparency – Visibility through product (transparent to opaque)
- Physical characteristics include;
 - Size – Actual Dimensions (L, W, D,) (small to large) (short to long)
 - Shape – Description of geometry (circular, square)
 - Thickness – Textural Properties (Stickiness, rough/smooth, loose particles/crumbs, oiliness)
