

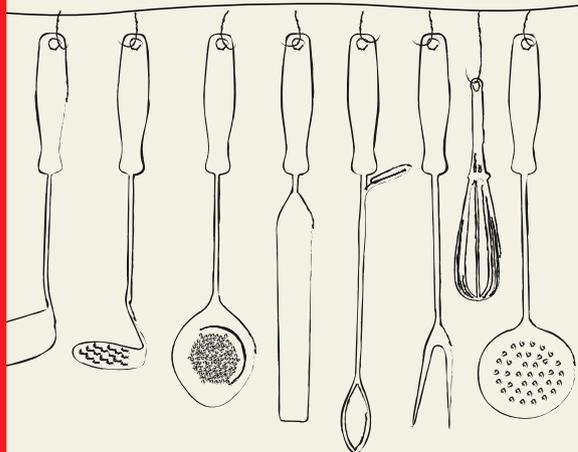


Professional Chef

JASON FORD MARK ZELMAN GARY HUNTER TERRY TINTON
PATRICK CAREY STEVEN WALPOLE NEIL RIPPINGTON

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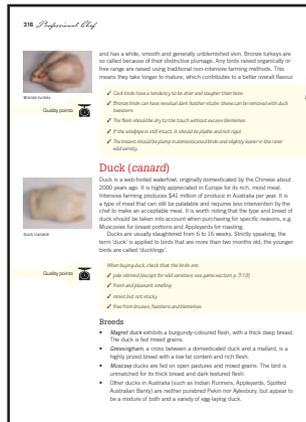
Modern and traditional **recipes** are provided in each produce chapter.



Quality points provide information to help you assess the freshness of products.



Quality points



Video clip: If your institution adopts Virtual Kitchen (www.virtualkitchen.cengage.com.au), you will be able to view a video demonstration online.

Purchase specifications provide helpful advice for buying produce.



Purchase specifications



FOR THE INSTRUCTOR

An Instructor Manual and ExamView testbank are available from www.cengage.com.au/chef.



ExamView Testbank

ExamView helps you create, customise and deliver tests in minutes for both print and online. The Quick Test Wizard and Online Test Wizard guide you step-by-step through the test-creation process. The program also allows you to see the test you are creating on the screen exactly as it will print or display online. With ExamView's complete word-processing capabilities you can add an unlimited number of new questions to the bank, edit existing questions and build tests of up to 250 questions using up to 12 question types. You can now export the files into Blackboard or WebCT.

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Mark Zelman

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About the authors

Jason Ford is a Chef and Hospitality Teacher with Southern Queensland Institute of TAFE, Kingaroy Campus. He has over 20 years of extensive experience in the food service industry. He spent many years working in award winning á la carte restaurants and international hotels, eventually establishing himself as a specialist pastry chef. He now lives and works in the South Burnett region of Queensland and is heavily involved in food writing, national culinary competitions and the promotion of the South Burnett wine and food tourism industry.

Mark Zelman is a Chef of 15 years experience and is a Hospitality Teacher for NMIT and WAI's Commercial Cookery Programs. He has worked in both Queensland and Victoria in various award winning fine dining restaurants and has run several Melbourne restaurants as Head Chef. Awards include the Restaurant and Catering Association, Queensland Branch, Excellence in Fine Dining in 1999 and 2000.

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Neil Ripington grew up in Bournemouth and got a taste for the catering industry at an early age by working in hotels while at school and college. Following a chefs' program at The Bournemouth and Poole College, Neil went on to work in a Michelin-starred restaurant in France and in London's Capital Hotel in Knightsbridge. Neil then went to work in the USA for two years before returning to the UK as a head chef in a country house hotel in the New Forest.

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Neil is married to Amanda and they have three children, Joseph, Luke and Freya. Neil is a keen sportsman and (still) plays football at club level.

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Steven Walpole is a lecturer with six years' experience from levels 1–4 within further and vocational education. He specialises in health and safety issues, nutrition and modern styles of cookery. He has appeared on regular TV cookery shows for both terrestrial and cable, and was the winner of the Annual Awards of Excellence 2000, from the Academy of Culinary Arts.

Mapping Grid

| SIT30807 Certificate III in Hospitality (Commercial Cookery) | Chapter | | | | | | | | | | | |
|---|---------|---|---|---|---|---|---|---|---|----|----|---|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | |
| SITHCC001A Organise and prepare food | | | • | | | | | | | | | |
| SITHCC002A Present food | | | • | | | | | | | | | |
| SITHCC003A Receive and store kitchen supplies | | • | | | | | | | | | | |
| SITHCC004A Clean and maintain kitchen premises | | • | | | | | | | | | | |
| SITHCC005A Use basic methods of cookery | | | • | | | | | | | | | |
| SITHCC006A Prepare appetisers and salads | | | • | | | | | | | | | |
| SITHCC008A Prepare stocks, sauces and soups | | | • | | | | | | | | | |
| SITHCC009A Prepare vegetables, fruit, eggs and farinaceous dishes | | | | | • | | | | | | | |
| SITHCC010A Select, prepare and cook poultry | | | | | | • | | | | | | |
| SITHCC011A Select, prepare and cook seafood | | | | | | | • | | | | | |
| SITHCC012A Select, prepare and cook meat | | | | | | | | • | | | | |
| SITHCC013A Prepare hot and cold desserts | | | | | | | | | • | | | |
| SITHCC014A Prepare pastries, cakes and yeast goods | | | | | | | | | | • | | |
| SITHCC016A Develop cost-effective menus | | | | | | | | | | | • | |
| SITHCC027A Prepare, cook and serve food for food service | | | • | | • | • | • | • | • | • | • | • |
| SITHCC028A Prepare, cook and serve food for menus | | | • | | • | • | • | • | • | • | • | • |
| SITHCC029A Prepare foods according to dietary and cultural needs | | | | | | | | | | | • | |
| SITHIND001A Develop and update hospitality industry knowledge | • | | | | | | | | | | | |
| SITXCOM001A Work with colleagues and customers | | | | • | | | | | | | | |
| SITXCOM002A Work in a socially diverse environment | | | | • | | | | | | | | |
| SITXCOM003A Deal with conflict situations | | | | • | | | | | | | | |
| SITXFA001A Implement food safety procedures | | • | | | | | | | | | | |
| SITXHRM001A Coach others in job skills | | | | | | | | | • | | | |
| SITXOHS001A Follow health, safety and security procedures | | | | | | | | | | | | |
| SITXOHS002A Follow workplace hygiene procedures | | | | | | | | | | | | |

Foreword



I started cooking in 1992 after many years of wondering what I would pursue as a career while finishing my VCE. My father suggested a job in a kitchen as a means to an end until I found what I was looking for. My first job was in Melbourne's Caffè e Cucina, and it was within these four walls that I found a career which was both creative and structured; just what I needed. I started studying at Box Hill TAFE and was wrapped to learn all of the basic techniques taught to me, not to mention the stories teachers told from their careers in kitchens all over the world. I very quickly realised this was the direction for me; and so, turned from a kid without much direction into a young man with a drive to travel, learn and then learn some more.

With my knives in hand I travelled to Italy, Switzerland and London working in kitchens and meeting people who have become lifelong friends. While travelling, I also learnt another language and some fantastic skills. I can't imagine not being in a kitchen and, when I'm away, I can't wait to get back in there turning ideas and feelings into dishes.

Working in kitchens is a hard job and you must be passionate if you're to make it in this industry, but once you're a qualified chef the world is your oyster and every person's experiences are different. For me, there is no better feeling than sourcing ingredients and working on a dish with your team, serving the dish and then seeing smiling faces in the dining room.

Inside *Professional Chef* you will learn about some amazing chefs who share their wealth of knowledge from both Australia and overseas. This book is super special as it is written by such a broad variety of chefs, providing you with concise step-by-step guides to some fantastic dishes, not to mention the little tips they have learnt during their careers.

I wish you all the best through the tough times (there will be many) and the good times. Treat your food and workmates with the utmost respect, always carry a notepad and pen, write everything down and make big plans of your own. Don't take the easy road, ask lots of questions and tackle the jobs that you find scary. Most importantly, have fun and guard this book with your life.

Go hard,
Tobie Puttock



Glossary

00 flour

Speciality flour used in pasta making, as it has a high gluten content and is very finely milled.

à l'Anglaise

In an English style; coated with breadcrumbs and deep fried.

à l'Orly

Coated in batter and deep fried.

à la

The style of; e.g. à la Française (in the style of the French).

à la bourgeoisie

In the style of the family (family style).

à la broche

Cooked on a skewer.

à la carte

Used to describe items on the menu that are priced individually and cooked to order.

à la Florentine

'In the style of Florence'. Generally refers to dishes served on a bed of spinach and gratinated with sauce Mornay.

à la Française

In a French style; coated with milk and flour and deep fried.

à la Juive

In a Jewish style; coated with flour and beaten egg and deep fried.

à la minute

Cooked at the last minute.

à la Provençal

Describing dishes prepared with garlic and olive oil.

à la Russe

In the Russian style.

à point

Food cooked just to the perfect point of doneness: when cooking beefsteaks, 'à point' means that a steak is cooked medium.

abats

Offal.

abrasions

Scratches to the surface of the skin.

absorb

To soak up a liquid (such as fat or oil) in a similar way that a sponge soaks up water.

accident

An unintended incident.

accommodation

Somewhere to stay e.g. a room in a hotel.

acetic acid

A natural organic acid present in vinegar and citrus juices.

acid ingredient

An ingredient that is sharp and acidic, such as lemon or lime juice.

acidulate

To give a dish or liquid a slightly acidic, tart or piquant taste by adding some lemon juice, vinegar or fruit juice. Also, one can acidulate fresh cream by adding lemon juice to produce sour cream.

acidulated water

Water to which a mild acid, usually lemon juice or vinegar, has been added to prevent sliced fruits (especially apples and pears) and peeled or cut-up vegetables (e.g. artichokes and salsify) from turning dark during preparation.

acknowledging the customer

Showing the customer that you know they are there.

additives and preservatives

Additional ingredients, sometimes chemically based, to enhance (improve) flavours and extend the life of the product. Additives are strictly regulated. Manufacturers must prove that the

additives they include in foods are safe.

adversely affected

Harmed as a result or consequence.

agar-agar

An extract of seaweed from the Indian and Pacific Oceans. When dissolved in water, it will set into a jelly on cooling. Often used as a vegetarian or vegan substitute for gelatine.

ageing

A term used to describe the holding of meats at a temperature of 1–4°C for a period of time to break down the tough connective tissues through the action of enzymes, thus increasing tenderness.

agneau

Lamb.

al dente

Italian for 'to the tooth': refers to the firm but tender consistency of a perfectly cooked piece of pasta.

albumen

The protein portion of the egg white, comprising about 70 per cent of the egg. Albumen is also found in animal blood, milk, plants and seeds.

alloy

A mixture of two or more metals (used to make knives).

almond paste

A confectionery preparation consisting of ground almonds mixed with a sugar solution to form a paste. Sometimes referred to as marzipan, it can be a raw paste or a cooked paste.

aloyau de boeuf

Sirloin of beef.

amandine

Describing a dish prepared or garnished with almonds.

ambient temperature

The surrounding air temperature; room temperature.

amuse bouche

A pre-starter or 'mouth pleaser', given by a restaurant as an opener to the coming menu.

anaphylaxis

A severe allergic reaction that can be fatal.

antibacterial gel

Gel that sterilises and prevents contamination.

anti-oxidants

Substances that inhibit the oxidation of meat, vegetables and fruit. They help prevent food from becoming rancid or discoloured.

anti-perspirant

A preparation that prevents sweating.

Apicius

Marcus Gavius Apicius, born around AD 25, is credited with writing cookery books and devising recipes. His book *Cuisine in Ten Books* was used as a reference work for several centuries.

appareil

A mixture of different ingredients to be used in a recipe.

appetising

Appealing, tasty and attractive.

aromatic ingredients

Ingredients that lend an aroma or fragrance to the dish – e.g. herbs and roots.

arrowroot

The starch extracted from the stems of certain tropical plants. A fine, white powder, it is used to thicken sauces and soups and certain desserts.

ascorbic acid

Vitamin C.



- aspic**
Clear savory jelly.
- aspiring chefs**
Those who are aiming to become chefs.
- assessment**
A measurement or review of skills and/or knowledge.
- au blanc**
Meaning 'in white'. Foods, usually meats, that are not coloured during cooking.
- au bleu**
1. A term for the cooking method for trout: Truite au bleu. The fish is taken from a fish tank, killed, gutted, trussed and slid into boiling court bouillon. The fish skin is not washed. This gives a characteristic silver blue finish to the finished dish. 2. A steak cooked very rare.
- au four**
Baked in the oven.
- au gratin**
Food topped with cheese or a mixture of breadcrumbs and cheese, then baked or glazed under a salamander.
- au jus**
Served with natural juices.
- au lait**
With milk.
- au naturel**
Food that is cooked simply, with little or no interference in its natural appearance or flavour.
- au vin blanc**
Cooked with white wine.
- bacteria**
Micro-organisms that can cause food poisoning.
- baguette**
A French bread that is formed into a long, narrow cylindrical loaf. It usually has a crisp brown crust and light, chewy interior.
- bain marie**
Water bath used to cook or store food.
- bake**
To cook in an enclosed oven.
- baking powder**
A raising agent consisting of bicarbonate of soda and cream of tartar. It is commonly used in the baking of cakes.
- ballotine**
A prepared meat, poultry, game or fish dish where the flesh is boned out, rolled and tied before cooking whole; sometimes stuffed with a farce or mousseline.
- bard**
To wrap meat, poultry or game with bacon or pork fat. The bard will render during cooking and impart succulence and flavour.
- barquette**
Boat-shaped pastry case or mould.
- baste**
To pour drippings, fat, or stock over food while cooking.
- Baumé**
The Baumé scale is a hydrometer scale developed by French pharmacist Antoine Baumé in 1768 to measure density of various liquids. Notated variously as degrees Baumé, B°, Be°, Bé°, Baumé.
- bavarois**
A cold dessert made from a cooked egg custard set with gelatine and lightened with whipped cream.
- beard**
The common name for the hair-like filaments that shellfish such as oysters and mussels use to attach themselves to rocks. They must be trimmed before the shellfish are prepared.
- beat**
To introduce air into a mixture using a utensil such as a wooden spoon, fork or whisk, in order to achieve a lighter texture.
- benefit from the process**
Become better, helped or improved by using the process being discussed.
- beurre blanc**
A sauce made with reduced alcohol or vinegar and shallots into which butter is whisked.
- beurre fondue**
Melted butter.
- beurre manié**
A raw mixture of flour and butter in equal quantities used as a thickening agent.
- beurre noir**
Black butter; can be served with skate wings and brains.
- beurre noisette**
Nut-brown butter served with fish meuniere.
- bicarbonate of soda**
An alkaline powder: used to soften water for cooking vegetables and is one of the main ingredients of baking powder.
- blanch**
To place foods in boiling water or oil briefly, either to partially cook them or to aid in the removal of the skin (e.g. nuts, tomatoes). Blanching also removes the bitterness from citrus zests.
- blanchir**
Soup or stock is slowly brought to the boil so the scum can be removed.
- blanquette**
A white veal, pork or chicken stew cooked in stock. The cooking liquid is used to make the sauce.
- blend**
To mix together ingredients, usually of different consistencies, to a smooth and even texture, using a utensil such as a wooden spoon or blender.
- bleu**
Rare or 'blue'; the food is cooked very briefly to seal the outside.
- blind bake**
To bake pastry without a filling. Metal weights or dried beans are usually used to keep the pastry from rising.
- blinis**
Pancakes made from buckwheat flour and yeast.
- bodily functions**
The various work the body performs e.g. walking, talking, listening, repairing injuries, etc.
- boil**
To bring a liquid to boiling temperature and to maintain it throughout the cooking time. To boil rapidly, food is submerged into boiling liquid over a high heat and the bubbling state is maintained throughout the required cooking period. This method is also used to reduce sauces by boiling off the liquid and reducing it to a concentrated state.
- bouchée**
A small puff pastry case with high sides and a hollow middle.
- bouillabaisse**
A tomato stew of fish and shellfish.
- bouillon**
1. Any broth made by cooking vegetables, poultry, meat or fish in water. The strained liquid is the bouillon, which can form the base for soups and sauces. 2. A salt paste used as a stock.
- bouquet garni**
A bunch of herbs and aromatic vegetables, usually parsley, thyme, bay leaf, carrot, leek and celery, tied together and usually dangled into a stockpot on a string or wrapped in muslin. These herb bundles give the stew, soup or stock an aromatic seasoning. The bouquet garni is removed before serving.
- braise**
A cooking method where food (usually meat) is first browned in oil and then cooked slowly in a liquid (wine, stock or water).
- brisaola**
Beef cured in a wine-rich brine. It is then air dried and sliced very thinly for service.
- brine**
A strong solution of water and salt used for pickling or preserving foods.
- Brix**
The Brix scale was originally developed by Adolph Brix. Degrees



- Brix** (symbol °Bx) is a measurement of the mass ratio of dissolved sugar to water in a liquid. It is measured with a saccharometer, which shows the density of a liquid. It largely replaced the Baumé scale in the early 1960s.
- broil**
The American term for browning under the grill.
- buffet**
A buffet is a meal where guests serve themselves from a variety of dishes set out on a table or sideboard.
- butterfly**
To cut food (usually meat or seafood) leaving one edge joined and then open it out like the wings of a butterfly.
- buttermilk**
Milk product that is left after the fat is removed from milk to make butter.
- calorie**
Unit of energy; 1 calorie = 3.968 btu = 4.1868 joules. The heat required to raise the temperature of 1 g of water by 1°C.
- canapé**
A base of bread, pastry or porcelain onto which savoury food is placed as a pre-dinner snack or as a course at the end of a meal prior to dessert.
- caper**
The flower bud of a shrub that is native to eastern Asia and is widespread in hot regions of the world. Capers are pickled in vinegar or preserved in brine.
- caramelise**
To allow the surface sugars of food to caramelize, giving a characteristic colour and aroma.
- carbohydrate**
There are three major groups of carbohydrates which are found in fresh fruits, vegetables and cereals: sugars (e.g. sucrose, fructose, glucose), starches and cellulose.
- carcass**
The skeleton of an animal (after removing the meat).
- career progression**
Changing from one job or role to another, usually as a promotion or to advance a career.
- Caroline**
A savoury mini éclair that can be served hot or cold with a filling on buffets.
- carpaccio**
Originally, paper thin slices of raw beef with a creamy sauce, invented at Harry's Bar in Venice. In recent years, the term has come to describe very thinly sliced vegetables, raw or smoked meats and fish.
- carte du jour**
Menu of the day.
- cartouche**
A circle of greaseproof or silicone paper used to prevent dishes from forming a skin or losing moisture.
- carving**
Slicing or cutting items, usually for customers or in front of customers.
- casserole**
To cook in a covered dish in the oven in liquid such as stock or wine.
- cassoulet**
A classic French dish from the Languedoc region consisting of white beans and various meats (such as sausages, pork and preserved duck or goose).
- caul**
Also known as crepinette (lamb) or crepin (pork), it is a thin, fatty membrane that lines the stomach cavity of pigs or sheep. It resembles a lacy net and is used to wrap and protect foods such as pâtés, ballotines etc. The fatty membrane melts during cooking. It should be soaked in slightly salted water before use.
- cell structure**
The way our cells in our bodies are organised.
- chapelure**
Dried fresh breadcrumbs.
- charcuterie**
Cured or smoked meat items.
- chaud**
Hot.
- chaud-froid**
A dish that is prepared hot but served cold.
- chef**
A culinary expert. The chief of the kitchen.
- chef de garde manger**
The person in charge of the cold meat department.
- chef de partie**
'Chief of the section', a chef who leads a team of assistants in a section.
- chemiser**
To line or coat a mould with a substance (either sweet or savoury).
- chiffonade**
'Made from rags'. In cooking it refers to a small chopped pile of thin strips of an ingredient, usually raw but sometimes sautéed.
- chine**
Removal of the backbone on a cut of meat such as a rack of pork.
- chinois**
A metal conical strainer used for straining.
- Circulation of air**
The flow of air (evenly).
- Civet**
A stew of furred game.
- Clamart**
Any dish that contains peas or pea purée.
- clarified butter**
Clarified by bringing to the boil until it foams and then skimming the solids from the top or straining through muslin before use.
- clarify**
To clear a cloudy liquid by removing the sediment.
- clouté**
An onion studded with cloves and bay leaf.
- coagulate**
To solidify protein with heat.
- coat**
To cover with a thin film of liquid, usually a sauce.
- coat the spoon**
When a substance is rendered thin/thick enough so that when a wooden or metal spoon is inserted into it and taken out, the substance leaves a thin film 'coating the spoon'.
- cocotte**
A fireproof dish usually made from porcelain.
- coddling**
Cooking just below the boiling point, for example coddled eggs.
- collagen**
White connective tissue that gelatinises with long slow cookery.
- collop**
Small thin slices of meat, poultry or fish, but mainly refers to slices across the tail of lobster.
- commis chef de partie**
A qualified chef who is an assistant to a chef de partie.
- compensation**
A payment made for damages (to health, property, reputation, etc.).
- compôte**
Stewed fruit.
- compound salad**
A salad with more than one main ingredient.
- comprehensive cleaning**
Thorough, deep cleaning.
- conçassé**
Coarsely chopped, e.g. tomato concassé, which is tomato skinned with seeds removed, diced and lightly sautéed with onion.
- condition to eat**
State or form in which food is appropriate and safe to eat.
- confit**
A method of preserving meat (usually goose, duck or pork) whereby it is lightly cured and slowly cooked in its own fat. The cooked meat is then packed into a crockpot and covered with its cooking fat, which acts as a seal and preservative. Confit can be stored in a refrigerator for up to 6 months.

**consistent finished dish**

A reliable and repeatedly good quality dish.

consolidated

Combined, brought together.

consommé

Clear soup.

consumption

The intake/eating of certain foods.

contamination of food

Affected by bacteria.

contraction of muscle

Tightening of the muscle structure.

contribution

The input individuals make towards a goal/target.

control measure

A measure to control the risk.

conventional cookery methods

Traditional cooking using the standard methods of cookery.

coquille

Shell

cordon

A dish that is surrounded by a thin line of sauce.

Cordon Bleu

'Blue ribbon'. A term used to describe high quality household cookery.

correct

To adjust the seasoning and consistency of a soup or sauce.

correcting seasoning and consistency

Adjusting the seasoning and consistency to improve a sauce before eating.

corrosion

Something (material) that is subject to decay.

coulis

Fine purée of fruit.

coupe

A rounded dish of varying size. Often used classically for presenting an ice cream-based dessert with accompaniments such as fruit, salads and biscuits.

court bouillon

A cooking liquor made by cooking mirepoix in water for about 30 minutes then adding wine, lemon juice or vinegar. The broth is allowed to cool

before the vegetables are removed.

couverture

A type of chocolate used for the preparation of cakes, confectionery and a variety of desserts; containing at least 35 per cent cocoa butter and a maximum of 50 per cent sugar.

creaming fat and sugar

The process where sugar and softened fat such as butter or yolks are beaten together until the mixture is light, pale and well blended.

creativity

Originality, imagination, vision, inventiveness.

Crecy

Any dish that contains carrots.

crêpe

Pancake.

crimp

To seal the edges or two layers of dough using the fingertips or a fork.

croquebouche

A decorative cone-shaped presentation of choux buns glazed with caramel, usually placed on a base of nougatine and decorated with pulled sugar ribbons and flowers.

cross-contamination

The transfer of pathogens from contaminated food to uncontaminated food.

croûte

A bread or pastry base that is used to hold sweet or savoury items.

croûtons

Shaped bread that is fried or toasted to accompany soups, entrées or as a base for canapés.

crudites

Raw vegetables, served with a dip.

cuisine

The style of food produced and offered by a restaurant.

curdle

When a liquid or food, such as eggs, divides into liquid and solids, usually due to the application of excess heat or the addition of an acid such as lemon juice.

curing

The preservation of food items, using acidic liquids, salt or marinating.

cut in

To incorporate fat into a dry ingredient, such as flour, by using a knife and making cutting movements in order to break the fat down.

cutlet

A cut of lamb or veal from the loin with the rib bone attached.

dariole

Small mould used to cook individual portions of food, e.g. summer pudding.

darne

A cross-cut of round fish on the bone.

daube

A slow-cooked stew, usually of beef in stock with vegetables and herbs. Traditionally cooked in a sealed daubière.

debone

To remove bones from meat, fish or poultry.

decorative work

The detail that makes food very pleasing to the eye.

deep fry

The process of cooking food by immersion in hot fat or oil in a deep pan or electric fryer to give a crisp, golden coating.

degaze

To add liquid such as wine, stock, or water to the bottom of a pan to dissolve the caramelised drippings so that they may be added to a sauce, for added flavour.

degrease

Skim the fat from food, e.g. stock.

delicate flavours

Subtle, fine flavours (e.g. in a soup or sauce).

delice

Literally meaning 'delight', this usually refers to a folded fish fillet that may contain scallops or other seafood.

demi glace

A thick, intensely flavoured, glossy brown

sauce that is served with meat.

derivative

A sauce derived or made from a base sauce.

desalting

The removal of salt from foods. Food is soaked in cold water or washed under running water to dissolve the salt. Some foods such as salt cod require long, overnight soaking.

détrempe

A mixture of flour and water for making a dough or a puff paste.

diced

Cut into cubes.

dictated by the customer

At the choice of the customer/according to their order.

dietician

A person qualified to regulate feeding and the kinds of foods eaten.

digestion

Food/nutrients being absorbed/processed by the body.

dimension

Another level (additional) of flavour.

directly exposed

Bare or uncovered/in first line contact with.

disgorge

To soak meat, poultry, game, offal in cold water to remove impurities.

disposable towels

Towels that are thrown away after use.

dock

To prick or spike a raw pastry base using a metal pastry tool such as a fork or a specialised pastry docker.

domestic

Used at home rather than in a commercial (working) environment (situation).

dorure

Glazing with an egg mixture on raw pastries and dough before baking to produce an attractive coloured finish.

drawing

To eviscerate; to remove the entrails, as from poultry or fish.



- dredging**
To coat with dry ingredients, such as flour or breadcrumbs.
- drizzle**
To drip a liquid substance, such as a sauce or dressing, over food.
- dry butter**
European-style butter, with a fat content of 82 per cent or above, available in specialty pastry shops. It is used widely in the production of puff pastry and confectionery because it has reduced moisture content.
- drying off**
The removal of excess moisture from foods during cooking. Not to be confused with drying or reducing. An example of drying off is when potatoes are placed over a low heat after having been drained in order to dry them off before mashing.
- durian**
An oval fruit weighing up to 5 kg. The flesh is cream coloured and textured and has a distinctive putrefying odour. It is found in Southeast Asia.
- dusting**
To sprinkle with sugar or flour.
- duxelle**
Minced mushrooms and onions cooked until dry for stuffing.
- economical**
The cheapest or providing the best value.
- economy**
The relationship between money, industry and employment in a country.
- ecossaise**
Scottish.
- egg wash**
Beaten egg with a little milk added, used to coat food as a glaze or as a binding agent.
- EHO**
Environmental Health Officer.
- elastin**
Yellow connective tissue that does not break down during cooking.
- electric shock**
The shock received if the body comes into direct contact with an electricity source.
- Emergency Services**
Police, Fire Brigade, Ambulance.
- emincé**
Cut fine, or sliced thinly.
- emulsify**
The blending of two liquids that would not naturally combine into each other without agitation. The classic examples are oil and water, French dressing and mayonnaise.
- en croute**
Cooked in pastry, e.g. beef Wellington.
- en papillote**
See papillote
- enhanced**
Improved by the addition (e.g. of herbs).
- enhance presentation**
Improve the presentation of the dish.
- enrober**
To completely cover a food item with a liquid.
- entrecôte**
A steak cut from the boned sirloin.
- entrée**
A starter or first course.
- entremet**
The sweet course. An entremet is usually a dessert of some distinction and can be presented with a showpiece (usually made from sugar or chocolate). Can be hot but are usually cold or iced and in the form of a layered gâteau which is glazed to conceal its contents.
- escalope**
A thinly sliced, boneless, round cut of meat that is batted until very thin.
- espagnole**
Basic brown sauce.
- étuvée**
French term to describe the slow stewing of a main ingredient (usually vegetable based).
- evacuation route**
A planned route to leave a building or premises in the case of emergency (e.g. fire).
- excreta**
Waste discharged from the body – faeces, urine.
- exposure**
Being in contact or in the direct environment e.g. exposure to loud noises could cause hearing problems.
- extract flavours**
Bring out flavours.
- farce**
Forcemeat or stuffing.
- farci**
Stuffed (poultry, fish, etc.).
- feuilletage**
Puff pastry.
- fillet**
A boneless piece of meat or fish. To cut the bones from a piece of meat or fish, thereby creating a meat or fish fillet.
- fire detection equipment**
E.g. smoke alarms, equipment that detects smoke and/or heat and raises the alarm.
- flake**
To separate segments naturally, e.g. cooked fish into slivers.
- flambé**
Ignite alcohol on a dish, e.g. crêpe Suzette or Christmas pudding.
- flammable**
Substances materials/ liquids that will ignite (catch fire).
- fleurons**
Crescent-shaped puff pastry used to garnish fish dishes.
- flute/fluting**
Used in pastry or biscuit making as a decoration. Pies and tarts are fluted around the edge by pinching the pastry between the forefinger and thumb to create v-shaped grooves.
- foie gras**
The liver of a specially fattened duck or goose.
- fold in**
To gently combine lighter mixtures with heavier ones without the loss of air, usually using a metal spoon or spatula in a cutting or slicing 'J' movement whilst slightly lifting the utensil.
- food sector**
A segment or part of the industry as a whole.
- forcemeat**
Ground meat or meats mixed with seasonings, used for stuffing.
- frangipane**
A pastry cream used in the preparation of various desserts, cakes and sweets. It is an almond based cream that was derived from the Italian Marquis Muzio Frangipani, who invented a perfume for scenting gloves based on bitter almonds. This inspired pastry chefs of the time to make an almond-flavoured cream, which was named 'frangipane'.
- free range**
A term used to describe animals, particularly chickens, that have been farmed in an environment where they have space to move around and access to outside areas. Regulations for produce that can be identified as 'free range' vary between states.
- freezer burn**
Food that is left uncovered in the freezer desiccates (dries out) and becomes unusable.
- friand**
A small puff pastry case traditionally baked in oval shapes that contains almonds and possibly coconut, chocolate and/or fruit.
- friandise**
A small delicacy, e.g. petit fours or small sweets.
- fricassée**
A white stew where the meat or poultry is cooked in the sauce.
- fritture**
Deep fat fryer.
- froid**
Cold.
- fromage**
Cheese.
- fume**
Smoked.
- fumet**
A liquid obtained by reducing a stock or cooking



liquid that can be added to a sauce to enhance the flavour.

galantine

A dish made from poultry, game, pork, veal or rabbit usually incorporating stuffings. The flesh is boned out and the whole meat (with the skin intact) is rolled and pressed into a symmetrical or sometimes a cylindrical shape. Galantines can also be made using fish.

galette

A flat round cake of variable size, can be sweet or savoury based.

game

Name given to wild feathered and furred animals hunted in certain seasons.

ganache

A flavoured chocolate-based cream used to decorate desserts, fill cakes and make petit fours.

garnish

To decorate. Also refers to food used as decoration.

gastrique

A reduced mixture of vinegar and sugar used in the preparation of sauces and dishes with a high degree of acidity. For example, tomato sauce.

gastronomy

The art of good eating and appreciation of fine food and drink.

gastronorm

Plastic storage containers used by the catering industry. They come in standard sizes.

gelatine

A colourless substance extracted from the bones and cartilage of animals. Supplied in powder or leaf form, it will dissolve into warm liquids and set the liquid when cooled. Widely used for making desserts.

gills

The 'breathing' apparatus of fish. Fish use their gills to take in oxygen from water.

gingerbread

A type of cake. British gingerbread is made using ginger and treacle and the French version, pain d'épiceuses, contains honey and a variety of spices.

gizzards

Found in the lower stomach of fowl, this muscular pouch grinds the bird's food, often with the aid of stones or grit swallowed for this purpose.

glace

Crystallised fruits in a syrup or liqueur, or to gratinate a dish under the salamander.

glaze

To give a food a shiny appearance by coating it with a sauce or similar substance, such as aspic, sweet glazes or boiled apricot jam.

glucose

A clear simple sugar made by heating starch with an acid. Used in the production of jam and syrups, and also extensively used by the pastry chef in sugar work.

goujons

Small strips cut from a fillet of flat fish, often panéed or dipped in batter and then deep fried.

goulash

A hungarian stew, traditionally made with meat and vegetables.

gourmet

Food connoisseur.

grate

To reduce a food to very small particles by rubbing it against a sharp, rough surface, usually a grater or zester.

graze

To nibble or use as a snack/a light bite.

grease

To cover the inside surface of a dish or pan with a layer of fat, such as butter, margarine or oil, using a brush or kitchen paper.

grill

1. To cook foods with radiated heat. 2. Cooking equipment that radiates

heat from below, e.g. barbecue.

hacher

To cut very finely (often with a mincing machine).

hanging

To suspend a slaughtered animal carcass (e.g. beef, lamb) as a process for ageing and tenderising the meat.

harassment

Unwanted behaviour which makes the receiver feel uncomfortable or threatened. Harassment can be of a verbal, physical or sexual nature.

hazard

Something with the potential to cause harm.

hazardous substances

Materials/liquids that could cause injury or damage to health.

health implications

Consequences/potential impact on our health.

hors d'oeuvres

Small dishes served as the first course of the meal.

humidity

The amount of moisture in the air.

humus

A dish made from cooked chickpeas crushed with sesame oil; usually accompanies hors d'oeuvres.

husbandry

A controlled process for the quality breeding of domestic animals for human consumption.

husk

The tough outer casing of wheat, barley and rye. The French expression of farine de gru is used for wholemeal flour.

icing

A preparation of icing sugar used to coat cakes and confectionery.

immune system

The body's natural resistance to disease. This protects the body and promotes recovery.

impart additional flavours

To pass on flavours from one food to another.

induction

A period of induction and initial training in the work place/organisation.

influence of alcohol

The power that alcohol has and the way it changes a person's behaviour.

infusion

The process of steeping an aromatic substance in a cool or warm liquid until the liquid has absorbed the flavour.

ingestion

Eating.

inhalation of smoke

Breathing in smoke.

innovation

New ideas and styles.

insulated containers

Lined, protected.

intense method

Severe and powerful.

intensify flavour

Make stronger.

inferior

Of a lower standard.

interpersonal relationships

The way people get along/the relationship (working) between people.

iron

An essential mineral that is found in food sources such as liver, red meat, spinach and egg yolks.

jardinière

Batons of vegetables.

jelly

A cold dessert made of fruit juice, wine or liqueur to which sugar and gelatine have been added.

julienne

A cut of meat, poultry or vegetables, which has the same dimensions as a match.

jus

'Juice', usually refers to the natural juice from meat.

jus lie

Thickened gravy.

jus roti

Roasting juices.

knead

A process where dough is made smoother, softer and more elastic by



- applying gentle pressing and stretching actions to it. One end of the dough is secured by the heel of one hand and stretched away then pulled back over the top. In bread making, two hands are used.
- knocking back**
To release pockets of gas in fermented dough before shaping and proving.
- labour costs**
The costs of employing staff.
- lait**
Milk.
- larding**
Larding is fat cut into strips and inserted into meat using a special needle. Used to add moisture to meat.
- lardons**
Bacon that is cut into small batons.
- legislation**
Law that has been passed by an official body.
- legumes**
Dried beans, peas, lentils etc.
- levain**
A dough that is used to make bread rise.
- liaison**
A binding agent made up of egg yolks and cream, used for enriching soups and sauces.
- licensed sector**
Pubs, e.g. bars and clubs.
- lubricate**
To make fluid and allow movement.
- lyonnaise**
Refers to dishes accompanied by sautéed onions.
- macédoine**
A neat dice of mainly vegetables which measure 1/2 cm square.
- macerate**
To soak a fruit in a liqueur or wine. This softens the fruit while releasing its juices and the fruit absorbs the macerating liquid's flavours.
- madeleine**
A small cake shaped like a rounded shell.
- manual handling**
Lifting procedures – very important to protect the back.
- manufacturer**
The producer of the product (e.g. food).
- marinade**
A mixture of wet and/or dry ingredients used to flavour or tenderise food prior to cooking.
- marinate**
To let food stand in a marinade (such as a liquid, dry cure or paste) before cooking. Some marinades add flavour, while those that contain acids or enzymes help to tenderise, e.g. made with fruits such as lemon, mango, papaya or kiwi fruits, or with wine, vinegar or yoghurt.
- marketing potential**
The opportunity for positive advertising and promotion.
- marquise**
A chocolate dessert, a type of rich mousse that can be served chilled or iced.
- Melba**
Toast
- menthe**
Mint
- meunière**
Butter melted to nut brown for cooking fish; served with lemon and chopped parsley.
- minced**
Ground or chopped, usually refers to meat, fish or poultry.
- mirepoix**
A mixture of diced aromatic vegetables, e.g. carrots, onions, celery and leek.
- mise en place**
Basic preparation prior to cooking.
- misinterpretation**
Misunderstanding/ misreading a form of communication.
- miso**
A Japanese condiment of fermented soya.
- moist environment**
Wet/humid atmosphere/ surroundings.
- monitoring food**
Checking and observing the food throughout the cookery process.
- monosodium glutamate**
A type of salt used as a flavour enhancer.
- monte au beurre**
Addition of butter to create an emulsion of cooking liquor and butter.
- mousse**
A sweet or savoury preparation that has a very light consistency.
- mousseline**
Various dishes based on meat, fish, shellfish or foie gras (usually pureed) to which whipped cream or, less frequently, beaten egg whites are added to lighten the texture.
- muscular structure**
The composition (arrangement) of muscles (i.e. in a piece of meat).
- muslin**
Delicate cotton fabric used in cookery for its infusion and straining properties.
- nage**
An aromatic court bouillon in which shellfish are cooked. Dishes prepared in this way are often called 'à la nage'.
- nape**
To cover an item with either a hot or cold sauce.
- nausea**
Feeling sick/sickness.
- navarin**
A brown stew of mutton or lamb.
- noir**
Black.
- noise**
The volume and type of sound that people may be exposed to.
- noisette**
A cut from a boned loin of lamb.
- nori**
An edible scented seaweed used in Japanese cookery.
- Used as a powder, or pressed and dried for wrapping around sushi.
- nouilles**
Noodles.
- nutrient imbalance**
A disproportion – uneven and unsuitable range of nutrients consumed (eaten).
- nutrients**
The essential parts of food that are vital to health.
- nutritional deficiency**
A shortage of certain nutrients in the diet.
- nutritional requirements**
The nutrients (types of food) the body requires to function properly and efficiently.
- obesity**
Overweight/carrying a higher level of fat than is considered to be healthy.
- obligatory**
Compulsory, absolutely necessary.
- occupational health**
Health at work.
- oenology**
The study of wines.
- oeuf**
Egg.
- offal**
The edible internal organs of an animal e.g. liver, kidneys, heart, etc.
- open sandwich**
A sandwich that has a base only.
- organic farming**
A farming method which aims to maintain natural farming methods of growing crops or maintaining livestock without the use of chemicals.
- organism**
Life form.
- origin of food**
Where the food comes from (its source).
- oven chamber**
The oven compartment.
- palatable**
Pleasant to the taste and edible.



- panache**
A selection of vegetables.
- panada**
A paste of various bases, either bread, flour or potato, used to thicken or bind products.
- pané**
Passed through seasoned flour, beaten egg and then breadcrumbs.
- pané à la Anglaise**
A coating of flour, eggwash and breadcrumbs.
- pané à la Française**
Passed through seasoned milk and seasoned flour. Used as a coating for fried foods.
- papillote**
Cooked in foil or parchment paper to seal in flavour, then served and cut open at the table.
- parboil**
To cook partially by boiling for a short period of time.
- parfait**
'Perfect', a smooth pâté or iced dessert which can be sliced leaving an even and consistent appearance.
- partially absorbed**
E.g. water is partially soaked up (e.g. when cooking pasta).
- pass**
Push liquids or solids through a sieve.
- PAT**
Portable Appliance Testing (portable electrical products).
- pate**
'Paste'. 1. Pâté is either a smooth or coarse product made from meat, poultry, fish, vegetable, offal or game that has been blended and cooked with cream, butter and eggs. 2. Pate is different base pastry products: sweet, short, lining, puff, choux.
- pate a frire**
Batter for deep frying flour, salt, oil and water with the addition of lightly beaten egg whites.
- pathogen**
Micro-organism that can cause food poisoning.
- pâtisserie**
Sweet or savoury pastries and cakes, generally baked in the oven.
- paupiette**
Rolled and/or stuffed fillet of flat fish.
- pavé**
A square or diamond-shaped piece of meat, poultry or fish, but can also be referred to pastry or cakes.
- paysanne**
'Peasant style' cut into many shapes.
- pectin**
A natural gelling agent found in plants and is abundant in certain fruits, such as apples, quinces, redcurrants and lemons. Pectin is an important ingredient when making jams and jellies.
- penetrate**
To go through, e.g. for heat to penetrate food.
- pesto**
Rustic Italian dressing made with basil, garlic, olive oil and pine nuts.
- petit**
Small
- petit four**
A small biscuit, cake or item of confectionery, usually served after dinner with the coffee.
- petit pois**
Small peas.
- pin bones**
Fine bones attached to the spine on a round fish that are in the fillets and have to be removed separately.
- pipe**
To shape or decorate food using a forcing bag or utensil fitted with a plain or decorated nozzle.
- piquante**
A dish or sauce that is sharp to the taste.
- pluche**
Small tips of salad leaves or herbs used as a garnish.
- pluck**
To remove the feathers from poultry or feathered game.
- poach**
To cook food in hot liquid over a gentle heat with the liquid slightly below boiling point.
- portable appliances**
Small electrical equipment that can be moved from one location to another.
- portion control**
The number of portions expected from an item of food, e.g. a roast chicken to serve 4 people.
- PPE**
Personal Protective Equipment.
- premises**
Building, property.
- preserve**
To protect and sustain the life of foods.
- pressing**
To apply pressure to items to help shape or remove excess moisture, e.g. terrines to help them keep an even layering or sweetbreads to remove excess liquid.
- productivity**
The output from staff – how much work is produced in a period of time.
- programmed**
Controlled by an automated system, e.g. computerised.
- prohibited**
Forbidden, illegal, not allowed.
- prove**
To allow yeast dough to rise and double in size.
- provide substance**
To act as a core meal, providing the nutritional intake required at that point in the day, not a snack.
- purée**
A smooth paste of a particular ingredient or a soup that is passed through a sieve.
- quenelle**
A poached dumpling, mousseline or cream presented in an oval shape. Classically made of veal or chicken.
- ragout**
A brown stew of meat or vegetables.
- ramekin**
Individual or small ceramic round baking dish.
- rasher**
Thin slice of bacon.
- réchauffer**
Reheat food for service.
- reduce**
To concentrate the flavour of a liquid by boiling away the water content.
- refresh**
To plunge food into, or run under, cold or iced water after blanching to prevent further cooking.
- remedial action**
Corrective action.
- report**
Usually a written document e.g. a record of an incident or situation/ recommendations for improvements.
- respiratory**
The breathing process.
- risk**
The likelihood of the hazard actually causing harm.
- roast**
To cook food in an oven or on a spit over a fire with the aid of fat.
- roe**
Fish eggs. Roe from some fish, such as salmon or sturgeon fish, is processed and sold as caviar.
- roux**
Fat and flour mixture used to thicken sauces and soups; can be cooked to white, blond and brown colours.
- rubbing in**
The incorporation of fat into flour. Butter is softened and cubed then gently rubbed into the flour between the thumb and forefinger, lifting and mixing at the same time. When the fat is fully incorporated the mixture resembles fine breadcrumbs.
- salad tiède**
A salad with the addition of warm or hot ingredients.

**salamander**

A small contact grill and poker used to brown or gratin foods, or a term to describe an overhead grill.

salami

An Italian charcuterie product made of ground pork or beef.

Salmis

A stew of feathered game.

sanitisation

Very clean and hygienic.

sauté

Cook quickly in shallow fat.

savouries

A small after-meal dish or item as an alternative to a dessert or cheese.

savoury sorbet

A flavoured water ice using savoury ingredients such as tomatoes.

scald

To heat a liquid, usually milk, until it is almost boiling, at which point very small bubbles begin to form around the edge of the pan.

scalding

Burn caused by water vapour or hot liquid.

score

To make shallow incisions with a small knife.

seal

To caramelize the outer surface of meat.

sear

To brown the surface of food in fat over a high heat before finishing cooking by another method, in order to add flavour.

season to taste

Usually refers to adding extra salt and pepper.

sec

Dry

sector

A part/division of the whole (industry), e.g. restaurants are one sector of the hospitality and catering industry.

sediments

The residue that forms in the bottom of a pan or dish while cooking food

septic

An injury that has become infected.

servicing

Equipment checked/ examined by professional people to ensure that it is safe and in good working order.

shallow fry

To cook in oil or fat that covers the base of a shallow pan.

shred

To tear or cut food into thin strips.

sift

To pass a dry ingredient, such as flour, through a sieve to ensure it is lump free.

simmer

To maintain the temperature of a liquid at just below boiling.

simple salad

A salad with only one main ingredient, e.g. tomato salad.

singe

To burn off the feathers from poultry or feathered game.

skim

To remove impurities from the surface of a liquid, such as stock, during or after cooking.

skin

To remove the skin from meat, fish, poultry, fruit, nuts and vegetables.

slice

To cut food, such as bread, meat, fish or vegetables, into flat pieces of varying thickness.

smoked foods

Foods that have been cured or cooked by placing in a smoke-filled environment (e.g. from cinderling oak chips) to impart flavour, e.g. smoked salmon, smoked duck breast, smoked garlic, etc.

soak

To immerse in a liquid to rehydrate or moisten a product.

sorbet

A smooth frozen ice made with flavoured liquid-based ingredients, such as fruit juices.

sous chef

'Under chief', second to the head chef.

specific requirements

Exactly what is needed.

specification of a dish

The conditions expected or desired in a dish, e.g. quality checks – size, appearance, taste, etc.

spores

A resistant form taken by some bacteria in response to adverse conditions.

steam

To cook food in steam, over rapidly boiling water or other liquid. The food is usually suspended above such liquid by means of a trivet or steaming basket, although in the case of puddings the basin actually sits in water.

steep

To soak food in a liquid such as alcohol or syrup until saturated.

stir fry

To fry small pieces of food quickly in a large frying pan or wok, over a high heat, using very little fat and constantly moving the food around the pan throughout cooking, keeping it in contact with the hot wok.

stock

A cooked, flavoured liquid that is used as a cooking liquor or base for a sauce.

stock rotation

Ensuring that stock is used in the correct order to minimise waste and/or deterioration.

submerged

Placed under/flooded by, e.g. water or oil.

supreme

A dish made with the breast and wing of a chicken or other fowl.

sweat

To cook gently in a little fat without colour.

table d'hôte

A set menu at a set price.

tainted (by fumes)

Spoilt by the flavour imparted by the fumes.

terrine

A dish used to cook and present pâté.

thermostatic control

A device that senses and controls temperature.

thumbing up

Producing an edge all the way around the top of a flan by pinching in with the thumb and forefinger.

timbale

A small high-sided mould.

transfer of heat

Heat moving from one location to another – i.e. from the heat source into the pan, then from the pan into the oil and finally from the oil into the food (in shallow frying).

transferable shelf

A shelf that can be moved to various areas, e.g. of a grill or oven.

tronçon

A cross-cut of flat fish on the bone.

truss

To tie up meat or poultry with string before cooking.

vegan

Someone who will not eat any animal product.

vegetarian

Someone who will not eat meat or fish but will eat animal products such as milk, eggs and cheese.

velouté

A sauce made with stock and a blond roux, finished with a liaison of cream and yolks.

ventilation

Circulation of clean/fresh air.

versatility

Flexible and very useful.

viande

Meat

visually clear

Apparent by sight, e.g. a surface could be extremely hot but this may not be made clear by its appearance.

vulnerable groups

People who are at a higher risk than normal.



whip

To beat an item, such as cream or egg whites, to incorporate air.

whisk

To beat air into a mixture until soft and aerated.

working in isolation

Working alone.

working methodically

Working in a well organised, systematic and thoughtful way.

working practices

The systems/approaches to work.

workplace

Place of work.

zester

A hand-held tool with small, sharp-edged holes at the end of it, which cuts orange, lemon or grapefruit peel into fine shreds.

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