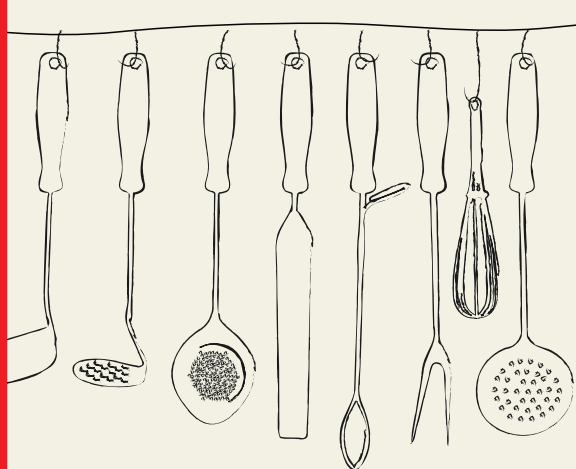


Professional Chef

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

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1 2 3 4 5 6 7 14 13 12 11 10

Brief Contents

Chapter 1	Introduction to the catering and hospitality industry	1
Chapter 2	Safety and hygiene in the kitchen	15
Chapter 3	Basic cookery	44
Chapter 4	Working with others	204
Chapter 5	Vegetables, fruit, eggs and farinaceous dishes	234
Chapter 6	Poultry	313
Chapter 7	Fish and shellfish	341
Chapter 8	Meat, game and offal	391
Chapter 9	Bakery, pastry and desserts	473
Chapter 10	Dietary and cultural needs	538
Chapter 11	Kitchen management	568

Contents

Resources Guide xi

Acknowledgements xiii

About the authors xv

Mapping Grid xvii

Foreword xviii

1	Introduction to the catering and hospitality industry	1
	Hospitality and catering	2
	The main features of establishments within the different sectors	3
	Qualifications, training and experience within the industry	6
	The correct uniform for work and the reasons behind it	9
	Chef's Profile – Nicole de Garis	11
	Chef's Recipe	12
	Assessment of knowledge and understanding	13
2	Safety and hygiene in the kitchen	15
	Following health, safety and security procedures	16
	Identifying hazards in the workplace	19
	Health and safety procedures	26
	Security in the workplace	28
	Following workplace hygiene procedures	31
	Cleaning and maintaining kitchen premises	33
	Safe food storage	36
	Implementing food safety procedures	39
	Bacteria and food poisoning	40
	Assessment of knowledge and understanding	42
3	Basic cookery	44
	Organising and preparing	45
	Organising your own work	45
	Recipes	47
	Working to deadlines	48
	An organised work area	50

Considerations in selecting equipment and utensils	50
How to use equipment and utensils correctly and safely	51
Different types of knives and cutting equipment and their uses	61
The correct and safe use of knives and cutting equipment	64
Knife safety	65
Cleaning, maintaining and storing knives	65
Preparing food safely	67
Vegetable cuts	68
Presenting food	69
Presentation	69
Basic cooking methods	74
Methods	74
Preparing stocks, sauces and soups	117
Basic stocks	117
Preparing, cooking and finishing basic hot sauces	121
Preparing and finishing basic cold sauces	129
Preparing, cooking and finishing basic soups	134
Hors d'oeuvres, appetisers and starters	139
Recipes	152
Chef's Profile – George Calombaris	197
Chef's Recipe	198
Assessment of knowledge and understanding	199
4 Working with others	204
The importance of personal appearance and hygiene	205
Communication skills with colleagues and customers	206
Communication with customers	210
Potential barriers to effective communication	211
Dealing with customer complaints	213
Customers with special needs	214
Communicating effectively with customers from diverse backgrounds	215
Dealing with cross-cultural misunderstandings	216
What makes a good team?	217
Identifying and understanding conflict situations	219
Resolving conflict situations	222
Identifying the need for on-the-job coaching	226

	Coaching on the job	226
	Assessment of knowledge and understanding	233
5	Vegetables, fruit, eggs and farinaceous dishes	234
	Vegetables and fruit	235
	Introduction	235
	Nutrition in vegetables	236
	Classifications	239
	Storage	247
	Soy products	249
	The use of fruit in desserts	250
	Fruits and their seasonal availability	251
	Different categories of fruits	252
	Preservation of fruit	252
	Cooking vegetables and fruits	253
	Eggs	257
	Nutritional information	257
	Types of egg	257
	Farinaceous dishes	261
	Potatoes	261
	Pulses	263
	Rice	266
	Pasta	272
	Grains	276
	Recipes	282
	Chef's Profile – Curtis Stone	309
	Chef's Recipe	310
	Assessment of knowledge and understanding	311
6	Poultry	313
	Introduction	313
	Chicken (poulet)	314
	Turkey (dinde)	315
	Duck (canard)	316
	Guinea fowl (pintade)	317
	Goose (oie)	317
	Poultry offal (giblets)	317

Game birds (feathered game)	319
The storage of poultry	319
Health and safety	319
Key preparation techniques for poultry	320
Recipes	326
Chef's Profile – David Coomer	337
Chef's Recipe	338
Assessment of knowledge and understanding	339
7 Fish and shellfish	341
Introduction to fish	342
Fish species	343
Categories of fish	344
Price and yields of fish	345
Waste minimisation	347
Fish seasonality	347
Ethical fishing	348
Nutrition	349
Preparation techniques	349
Storing and preserving fish	357
Cooking methods for fish	359
Introduction to shellfish	361
Classification of shellfish	361
Transportation and storage	362
Nutrition	363
Shellfish allergy	363
Univalve shellfish	364
Bivalve shellfish	365
Cephalopods	368
Crustaceans	369
Recipes	374
Chef's Profile – Jacqui Gowan	387
Chef's Recipe	388
Assessment of knowledge and understanding	389
8 Meat, game and offal	391
Introduction	392
Beef (boeuf)	404

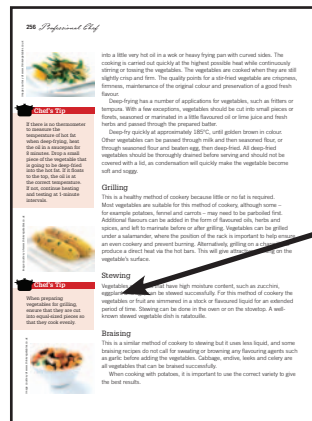
	Veal (veau)	408
	Lamb and mutton (agneau and mouton)	410
	Pork (porcine)	413
	Game	415
	Offal and specialty meats	437
	Recipes	446
	Chef's Profile – Warren Flanagan	469
	Chef's Recipe	470
	Assessment of knowledge and understanding	471
9	Bakery, pastry and desserts	473
	Breads and dough	474
	Pastes, tarts and pies	484
	Basic recipes for short pastes	485
	Introduction to desserts	497
	Hot and cold desserts	502
	Recipes (breads)	504
	Recipes (desserts)	512
	Chef's Profile – Daniel Alps	534
	Chef's Recipe	535
	Assessment of knowledge and understanding	536
10	Dietary and cultural needs	538
	Australian dietary guidelines for healthy eating	539
	Diets, food trends, healthy eating and intolerances	553
	Special dietary requirements	558
	Recipes	562
	Chef's Profile – Spencer Clements	565
	Chef's Recipe	566
	Assessment of knowledge and understanding	567
11	Kitchen management	568
	The importance of the design of the kitchen	569
	Catering operations	571
	Assessment of knowledge and understanding	585
	Glossary	587
	Recipe Index	597
	General Index	600

Resources Guide

For the Student

As you read this text you will find a wealth of features in every chapter to help you understand and enjoy your studies in Commercial Cookery.

Learning objectives at the start of each chapter give you a clear sense of what the chapter will cover.



Chef's tip boxes share helpful suggestions from the authors to help you improve your skills.



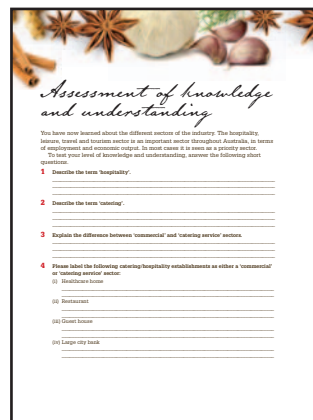
Health and safety boxes draw your attention to important health and safety information.



Step-by-step sequences illustrate each process and provide an easy-to-follow guide.

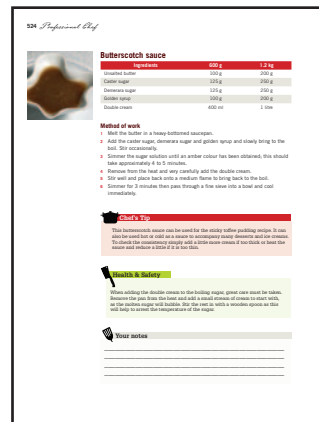


An **Assessment of knowledge and understanding** at the end of each chapter contains questions for you to test your own learning.



Chef's profiles from leading industry figures provide an insight into what motivated them during their training.

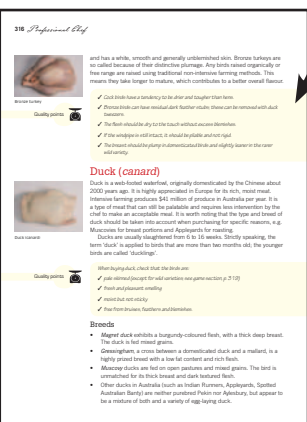
Modern and traditional **recipes** are provided in each produce chapter.



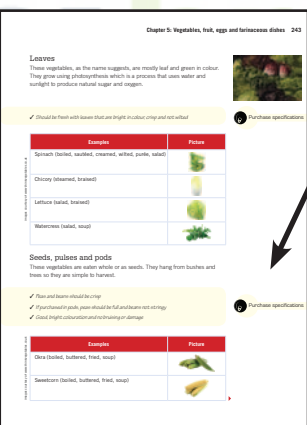
Video clip: If your institution adopts Virtual Kitchen (www.virtualkitchen.cengage.com.au), you will be able to view a video demonstration online.



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



Purchase specifications provide helpful advice for buying produce.



FOR THE INSTRUCTOR

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

ExamView®

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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Neil Rippington 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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Mapping Grid

SIT30807 Certificate III in Hospitality (Commercial Cookery)		Chapter									
1	2	3	4	5	6	7	8	9	10	11	
SITHCCC001A Organise and prepare food		•									
SITHCCC002A Present food		•									
SITHCCC003A Receive and store kitchen supplies	•										
SITHCCC004A Clean and maintain kitchen premises	•										
SITHCCC005A Use basic methods of cookery		•									
SITHCCC006A Prepare appetisers and salads		•									
SITHCCC008A Prepare stocks, sauces and soups		•									
SITHCCC009A Prepare vegetables, fruit, eggs and farinaceous dishes				•							
SITHCCC010A Select, prepare and cook poultry					•						
SITHCCC011A Select, prepare and cook seafood						•					
SITHCCC012A Select, prepare and cook meat							•				
SITHCCC013A Prepare hot and cold desserts								•			
SITHCCC014A Prepare pastries, cakes and yeast goods									•		
SITHCCC016A Develop cost-effective menus										•	
SITHCCC027A Prepare, cook and serve food for food service		•	•	•	•	•	•	•	•	•	
SITHCCC028A Prepare, cook and serve food for menus		•	•	•	•	•	•	•	•	•	
SITHCCC029A 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).

bresaola

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



<p>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.</p>	<p>carcass The skeleton of an animal (after removing the meat).</p>	<p>charcuterie Cured or smoked meat items.</p>	<p>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'.</p>
<p>broil The American term for browning under the grill.</p>	<p>career progression Changing from one job or role to another, usually as a promotion or to advance a career.</p>	<p>chaud Hot.</p>	<p>cocotte A fireproof dish usually made from porcelain.</p>
<p>buffet A buffet is a meal where guests serve themselves from a variety of dishes set out on a table or sideboard.</p>	<p>Caroline A savoury mini éclair that can be served hot or cold with a filling on buffets.</p>	<p>chaud-froid A dish that is prepared hot but served cold.</p>	<p>coddling Cooking just below the boiling point, for example coddled eggs.</p>
<p>butterfly To cut food (usually meat or seafood) leaving one edge joined and then open it out like the wings of a butterfly.</p>	<p>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.</p>	<p>chef A culinary expert. The chief of the kitchen.</p>	<p>collagen White connective tissue that gelatinises with long slow cookery.</p>
<p>buttermilk Milk product that is left after the fat is removed from milk to make butter.</p>	<p>carte du jour Menu of the day.</p>	<p>chef de garde manger The person in charge of the cold meat department.</p>	<p>collop Small thin slices of meat, poultry or fish, but mainly refers to slices across the tail of lobster.</p>
<p>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.</p>	<p>cartouche A circle of greaseproof or silicone paper used to prevent dishes from forming a skin or losing moisture.</p>	<p>chef de partie 'Chief of the section', a chef who leads a team of assistants in a section.</p>	<p>commis chef de partie A qualified chef who is an assistant to a chef de partie.</p>
<p>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.</p>	<p>carving Slicing or cutting items, usually for customers or in front of customers.</p>	<p>chemiser To line or coat a mould with a substance (either sweet or savoury).</p>	<p>compensation A payment made for damages (to health, property, reputation, etc.).</p>
<p>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.</p>	<p>casserole To cook in a covered dish in the oven in liquid such as stock or wine.</p>	<p>chiffonade 'Made from rags'. In cooking it refers to a small chopped pile of thin strips of an ingredient, usually raw but sometimes sautéed.</p>	<p>compôte Stewed fruit.</p>
<p>caramelize To allow the surface sugars of food to caramelize, giving a characteristic colour and aroma.</p>	<p>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).</p>	<p>chine Removal of the backbone on a cut of meat such as a rack of pork.</p>	<p>compound salad A salad with more than one main ingredient.</p>
<p>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.</p>	<p>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.</p>	<p>chinois A metal conical strainer used for straining.</p>	<p>comprehensive cleaning Thorough, deep cleaning.</p>
	<p>cell structure The way our cells in our bodies are organised.</p>	<p>Circulation of air The flow of air (evenly).</p>	<p>concassé Coarsely chopped, e.g. tomato concassé, which is tomato skinned with seeds removed, diced and lightly sautéed with onion.</p>
	<p>chapelure Dried fresh breadcrumbs.</p>	<p>Civet A stew of furred game.</p>	<p>condition to eat State or form in which food is appropriate and safe to eat.</p>
		<p>Clamart Any dish that contains peas or pea purée.</p>	<p>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.</p>
		<p>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.</p>	
		<p>clarify To clear a cloudy liquid by removing the sediment.</p>	
		<p>clouté An onion studded with cloves and bay leaf.</p>	
		<p>coagulate To solidify protein with heat.</p>	
		<p>coat To cover with a thin film of liquid, usually a sauce.</p>	



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

Force meat 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.

hummus

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



<p>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.</p> <p>knocking back To release pockets of gas in fermented dough before shaping and proving.</p> <p>labour costs The costs of employing staff.</p> <p>lait Milk.</p> <p>larding Larding is fat cut into strips and inserted into meat using a special needle. Used to add moisture to meat.</p> <p>lardons Bacon that is cut into small batons.</p> <p>legislation Law that has been passed by an official body.</p> <p>legumes Dried beans, peas, lentils etc.</p> <p>levain A dough that is used to make bread rise.</p> <p>liaison A binding agent made up of egg yolks and cream, used for enriching soups and sauces.</p> <p>licensed sector Pubs, e.g. bars and clubs.</p> <p>lubricate To make fluid and allow movement.</p> <p>lyonnaise Refers to dishes accompanied by sautéed onions.</p> <p>macédoine A neat dice of mainly vegetables which measure 1/2 cm square.</p> <p>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.</p>	<p>madeleine A small cake shaped like a rounded shell.</p> <p>manual handling Lifting procedures – very important to protect the back.</p> <p>manufacturer The producer of the product (e.g. food).</p> <p>marinade A mixture of wet and/or dry ingredients used to flavour or tenderise food prior to cooking.</p> <p>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.</p> <p>marketing potential The opportunity for positive advertising and promotion.</p> <p>marquise A chocolate dessert, a type of rich mousse that can be served chilled or iced.</p> <p>Melba Toast</p> <p>menthe Mint</p> <p>meunière Butter melted to nut brown for cooking fish; served with lemon and chopped parsley.</p> <p>minced Ground or chopped, usually refers to meat, fish or poultry.</p> <p>mirepoix A mixture of diced aromatic vegetables, e.g. carrots, onions, celery and leek.</p> <p>mise en place Basic preparation prior to cooking.</p> <p>misinterpretation Misunderstanding/ misreading a form of communication.</p> <p>miso A Japanese condiment of fermented soya.</p>	<p>moist environment Wet/humid atmosphere/ surroundings.</p> <p>monitoring food Checking and observing the food throughout the cookery process.</p> <p>monosodium glutamate A type of salt used as a flavour enhancer.</p> <p>monte au beurre Addition of butter to create an emulsion of cooking liquor and butter.</p> <p>mousse A sweet or savoury preparation that has a very light consistency.</p> <p>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.</p> <p>muscular structure The composition (arrangement) of muscles (i.e. in a piece of meat).</p> <p>muslin Delicate cotton fabric used in cookery for its infusion and straining properties.</p> <p>nage An aromatic court bouillon in which shellfish are cooked. Dishes prepared in this way are often called 'à la nage'.</p> <p>nape To cover an item with either a hot or cold sauce.</p> <p>nausea Feeling sick/sickness.</p> <p>navarin A brown stew of mutton or lamb.</p> <p>noir Black.</p> <p>noise The volume and type of sound that people may be exposed to.</p> <p>noisette A cut from a boned loin of lamb.</p> <p>nori An edible scented seaweed used in Japanese cookery.</p>	<p>Used as a powder, or pressed and dried for wrapping around sushi.</p> <p>nouilles Noodles.</p> <p>nutrient imbalance A disproportion – uneven and unsuitable range of nutrients consumed (eaten).</p> <p>nutrients The essential parts of food that are vital to health.</p> <p>nutritional deficiency A shortage of certain nutrients in the diet.</p> <p>nutritional requirements The nutrients (types of food) the body requires to function properly and efficiently.</p> <p>obesity Overweight/carrying a higher level of fat than is considered to be healthy.</p> <p>obligatory Compulsory, absolutely necessary.</p> <p>occupational health Health at work.</p> <p>oenology The study of wines.</p> <p>oeuf Egg.</p> <p>offal The edible internal organs of an animal e.g. liver, kidneys, heart, etc.</p> <p>open sandwich A sandwich that has a base only.</p> <p>organic farming A farming method which aims to maintain natural farming methods of growing crops or maintaining livestock without the use of chemicals.</p> <p>organism Life form.</p> <p>origin of food Where the food comes from (its source).</p> <p>oven chamber The oven compartment.</p> <p>palatable Pleasant to the taste and edible.</p>
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panache	A selection of vegetables.	pâtisserie	Sweet or savoury pastries and cakes, generally baked in the oven.	poach	To cook food in hot liquid over a gentle heat with the liquid slightly below boiling point.	ragout	A brown stew of meat or vegetables.
panada	A paste of various bases, either bread, flour or potato, used to thicken or bind products.	paupiette	Rolled and/or stuffed fillet of flat fish.	portable appliances	Small electrical equipment that can be moved from one location to another.	ramekin	Individual or small ceramic round baking dish.
pané	Passed through seasoned flour, beaten egg and then breadcrumbs.	pavé	A square or diamond-shaped piece of meat, poultry or fish, but can also be referred to pastry or cakes.	portion control	The number of portions expected from an item of food, e.g. a roast chicken to serve 4 people.	rasher	Thin slice of bacon.
pané à la Anglaise	A coating of flour, eggwash and breadcrumbs.	paysanne	'Peasant style' cut into many shapes.	PPE	Personal Protective Equipment.	réchauffer	Reheat food for service.
pané à la Française	Passed through seasoned milk and seasoned flour. Used as a coating for fried foods.	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.	premises	Building, property.	reduce	To concentrate the flavour of a liquid by boiling away the water content.
papillote	Cooked in foil or parchment paper to seal in flavour, then served and cut open at the table.	penetrate	To go through, e.g. for heat to penetrate food.	preserve	To protect and sustain the life of foods.	refresh	To plunge food into, or run under, cold or iced water after blanching to prevent further cooking.
parboil	To cook partially by boiling for a short period of time.	pesto	Rustic Italian dressing made with basil, garlic, olive oil and pine nuts.	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.	remedial action	Corrective action.
parfait	'Perfect', a smooth pâté or iced dessert which can be sliced leaving an even and consistent appearance.	petit	Small	productivity	The output from staff – how much work is produced in a period of time.	report	Usually a written document e.g. a record of an incident or situation/ recommendations for improvements.
partially absorbed	E.g. water is partially soaked up (e.g. when cooking pasta).	petit four	A small biscuit, cake or item of confectionery, usually served after dinner with the coffee.	programmed	Controlled by an automated system, e.g. computerised.	respiratory	The breathing process.
pass	Push liquids or solids through a sieve.	petit pois	Small peas.	prohibited	Forbidden, illegal, not allowed.	risk	The likelihood of the hazard actually causing harm.
PAT	Portable Appliance Testing (portable electrical products).	pig bones	Fine bones attached to the spine on a round fish that are in the fillets and have to be removed separately.	prove	To allow yeast dough to rise and double in size.	roast	To cook food in an oven or on a spit over a fire with the aid of fat.
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.	pipe	To shape or decorate food using a forcing bag or utensil fitted with a plain or decorated nozzle.	provide substance	To act as a core meal, providing the nutritional intake required at that point in the day, not a snack.	roe	Fish eggs. Roe from some fish, such as salmon or sturgeon fish, is processed and sold as caviar.
pate a frire	Batter for deep frying flour, salt, oil and water with the addition of lightly beaten egg whites.	piquante	A dish or sauce that is sharp to the taste.	purée	A smooth paste of a particular ingredient or a soup that is passed through a sieve.	roux	Fat and flour mixture used to thicken sauces and soups; can be cooked to white, blond and brown colours.
pathogen	Micro-organism that can cause food poisoning.	pluche	Small tips of salad leaves or herbs used as a garnish.	quenelle	A poached dumpling, mousseline or cream presented in an oval shape. Classically made of veal or chicken.	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.



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 cindering 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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Recipe Index

- Aïoli 132
- apple
charlotte *Charlotte aux pommes* 519
Dutch apple tart *Appel taart* 512
fritters 116
and raspberry pie 513
- baking potato 100
- Balmain bugs cooked in a sweet curry
sauce with coconut rice 385
- banana sorbet 530–1
- béchamel 165
- beans
French bean, shallot and garlic
mayonnaise salad 192
- beef
barbecued baby black ribs 457
boiled salt beef with carrots
and dumplings 448
braised oxtail with black pudding
and champ potatoes 446–7
grilled steaks and their
garnishes 450–2
mixed grill 453
roast beef and Yorkshire
pudding 448–9
steak and kidney pudding 447
- béarnaise sauce 174
- black-eyed pea and red lentil curry 293
- blanquette of veal with onions and
mushrooms *Blanquette de veau à
l'ancienne* 461–2
- boiled potatoes *Pommes à l'Anglaise* 290
- bread
basic bun dough 508
basic white 504
basic wholemeal 505
grain cornbread 304
pitta 506
pizza dough 507
- beurre blanc 173
- boulangère potatoes *Pommes boulangère*
289
- brown sauce *Sauce Espagnole* 169
- buffalo stew, brown 467
- bulgur wheat and zucchini parcel with
apricots and goat's cheese 308
- bun dough, basic 508–10
- butternut squash ravioli with thyme,
tomato and a red onion butter
sauce 297–9
- butterscotch sauce 524
- cabbage
braised red 154
- cannelloni of chicken and red capsicum
with a sun-dried tomato cream sauce
299
- capsicum, sauce, roast 173
- caramel creams *Crèmes caramels* 155
- carrots
glazed *Carottes glacées* 284
- cartouche 90
- champagne and dill cream foam 175
- chasseur sauce 170
- chicken
chicken broth 182–3
cannelloni of chicken and red
capsicum with a sun-dried
tomato cream sauce 299
chasseur 328
coq au vin *chicken in red wine* 329
cream of chicken soup
Crème de volaille 180
hot and spicy chicken wings 329
Kiev 326
korma 330
light chicken jus 175
liver parfait with Cumberland
sauce 190
Niçoise salad 191
noodle soup with spiced
dumplings 183
paella with chicken, squid
and prawns 302
poached chicken breast 92
poached chicken duxelles 326–7
roast 104
roast chicken English style 327–8
roast chicken with bread sauce
and roast gravy 156–7
seared chicken livers with a
maderia jus, saffron risotto
and parmesan crisp 336
suprême (breast) 108
Thai chicken soup 188
white chicken stock 163
- chickpea stew with red onion and chillies
291
- chocolate
cake, gluten-free 566
and coffee éclairs *Éclairs au
café et chocolat* 515
mousse 532
soufflés 310
- choux paste *pâte à choux* 491–2
- clam chowder 181–2
- cockles with red wine and tomato with
toasted ficelle 381
- coffee and chocolate éclairs *Éclairs au café
et chocolat* 515
- consommé 186–7
- coq au vin *chicken in red wine* 329
- cornbread, grain 304
- coulis
raspberry coulis *Coulis
de framboise* 521
raw tomato 133
- court bouillon 161
- couscous salad with feta cheese, fruit 304
- crab and grain mustard beignets with an
iced gazpacho 384
- crayfish mousse with a saffron foam,
individual 386
- cream of chicken soup *Crème de
volaille* 180
- cream sauce 166
- crème Anglaise 520
- crème caramel 101–2
- crème brûlée
cappuccino and coconut 564
lemon crème brûlée with biscotti 528
- crème chantilly 523
- crème pâtissière 522
- crêpe Parisienne with strawberry
compote *crêpes Parisienne avec
compôte de fraises* 518
- crêpes (*thin pancakes*) 158
- curry sauce 172
- dark chocolate sauce 523
- Dauphine *Pommes dauphine* 287
- demi-glaze 170
- doughnuts *Boules de Berlin* 510–11
- duchesse potatoes *Pommes duchesse* 286
- duck
breast with grilled peach, bok
choy, carrot and leek salad
with honey and ginger 12
confit of duck leg 335
roast duckling a l'orange 333–4
- Dutch apple tart *Appel taart* 512
- eggs
boiled 294
fried 294
fried with ham, prawns
and vegetables 303
omelette *basic recipe* 295
poached eggs and spinach
Florentine 153
poaching 91
ratatouille 283
scrambled eggs 295
Spanish omelette *Tortilla* 296
- eggplant, stuffed *Aubergine farcie* 282
- falafel with a mint and lime
dip 292–3
- fennel a la grecque 192
- fish
baked trout with wilted spinach
and spiced tomato salsa 374
deep-fried trevally in beer
batter with chips 158–9
grilled Dover sole with
parsley butter 376
grilled sea bream on minted
crushed peas 375
grilled swordfish with wild rice,
mango, coconut, lime salsa
and coriander foam 380
mackerel and tiger prawn
skewers with sweet potato
sagaloo, curly endive and spiced
pineapple compote 380–1
- poached paupiette of lemon sole
with salmon and lemongrass
mousseline, champagne and
chervil fish cream sauce 377
- saffron fish sauce 176
- salmon fish cakes with a
citrus mayonnaise 379
- shallow-fried salmon 113
- smoked salmon with
traditional garnish 196
- steamed delicie of flounder with a
champagne sauce 378
- flageolet bean salsa with garlic
bruchetta 292
- fondant potatoes *Pommes fondantes* 290
- French bean, shallot and garlic
mayonnaise salad 192
- French onion soup *Soupe à l'oignon* 185
- game chips and gaufrette potatoes
Pommes chips et pommes gaufrettes 288
- garnishes and decorations
bubble sugar 525
caramel and almond swirls 527
chocolate acetate motifs 526
fruit crisps 525
- gâteau Pithivier 514
- gazpacho 189
- glazed carrots *Carottes glacées* 284
- gluten-free chocolate cake 566
- gnocchi Romaine, semolina 307
- goat's cheese and red capsicum tartlet,
with split balsamic dressing 193
- grilled Dover sole with parsley butter 376
- grilled polenta with mushrooms 306
- grilled sea bream on minted crushed
peas 375
- grilled steaks and their garnishes 450–2
- grilled swordfish with wild rice, mango,
coconut, lime salsa and coriander
foam 380
- grilled tournedos of venison with
pan-fried foie gras 464–5
- guinea fowl breast with mustard cream,
pancetta and oyster mushrooms 334
- hollandaise sauce 172
- hot cross buns 509
- ice cream, vanilla *crème glacée à la vanille*
529
- Irish stew 154–5
- ivory sauce 169
- jus roti 171
- kangaroo, roasted loin of, with baba
ganoush and balsamic syrup 466–7
- lacquered Glenloth pigeon, stir-fried
green-lip abalone, duck egg noodles,
shiitake mushrooms, XO sauce 338



- lamb
- meatballs with spaghetti 454
 - navarin of 96–7
 - roast stuffed saddle of lamb with rosemary jus 454–5
 - shepherd's pie 453
 - youghurt and mastic braised neck of lamb, olive oil pomme puree 198
- lemon crème brûlée with biscotti 528
- light chicken jus 175
- linguine of farmed prawns with a chive and mustard sauce 383
- lining paste *pâte à foncer* 486
- liver
- calf's liver stroganoff 468
- mackerel and tiger prawn skewers with sweet potato sagaloo, curly endive and spiced pineapple compote 380–1
- mashed potatoes *Pommes purées* 285
- mayonnaise 132
- mimosa salad 193
- minestrone soup 184
- mixed grill 453
- mornay sauce 165
- Moroccan salad 194–5
- mushrooms
- blanquette of veal with onions and mushrooms *Blanquette de veau à l'ancienne* 461–2
 - grilled polenta with mushrooms 306
 - lacquered Glenloth pigeon, stir-fried green-lip abalone, duck egg noodles, shiitake mushrooms, XO sauce 338
 - stuffed mushrooms *Champignons farcis* 284
- mustard sauce 166
- navarin of lamb 96–7
- oils, flavoured and scented 134
- omelette, Spanish *Tortilla* 296
- omelette *basic recipe* 295
- osso buco 459–60
- oysters
- deep-fried oysters with a Thai salad 383
- paella with chicken, squid and prawns 302
- parsley sauce 166
- parsnips, roasted in honey and grain mustard 285
- partridge and ale pie 563–4
- pasta
- blanching 89
 - cannelloni of chicken and red capsicum with a sun-dried tomato cream sauce 299
 - lamb meatballs with spaghetti 454
 - linguine of farmed prawns with a chive and mustard sauce 383
 - plain egg pasta dough 296–7
 - spaghetti carbonara 152
- pastry
- lining paste *pâte à foncer* 486
 - puff pastry *pâte à feuilletée* 488–9
- puff pastry recipe with pastry margarine *pâte feuilletée* 489–90
- shortcrust pastry *pâte brisée* 485–6
- sweet pastry *pâte sucrée* 487–8
- pear fritters with apricot sauce and almond ice cream 517
- pears poached in red wine 152
- pernod butter mussels with walnut bread 382
- pesto 133
- pigeon
- lacquered Glenloth pigeon, stir-fried green-lip abalone, duck egg noodles, shiitake mushrooms, XO sauce 338
 - pot-roasted pigeon in stout with onion and rosemary dumplings 465–6
 - spatchcock pigeon with lemon and basil butter 462
- pitta bread 506
- pizza dough 507
- plain egg pasta dough 296–7
- poached chicken breast 92
- poached chicken duxelles 326–7
- poached paupiette of lemon sole with salmon and lemongrass mousseline, champagne and chervil fish cream sauce 377
- polenta with mushrooms, grilled 306
- pork
- braised belly of pork with colcannon and cider sauce 458–9
 - fillet with pea purée, herb noodles and sherry jus 456
 - cutlet with cranberries 458
 - escalopes with Calvados sauce and apple compote 160
 - satay 195
- potatoes
- baking 100
 - boiled *Pommes à l'Anglaise* 290
 - boulangère *Pommes boulangère* 289
 - duchesse *Pommes duchesse* 286
 - Dauphine *Pommes dauphine* 287
 - fondant *Pommes fondantes* 290
 - game chips and gaufrette potatoes *Pommes chips et pommes gaufrettes* 288
 - mashed potatoes *Pommes purées* 285
 - potato and chive salad 194
 - potato soup *Purée Parmentier* 177–8
 - sauté potatoes *Pommes sautées* 287
- pot-roasted pigeon in stout with onion and rosemary dumplings 465–6
- poultry
- guinea fowl breast with mustard cream, pancetta and oyster mushrooms 334
 - see also* chicken; duck
- prawn bisque *Bisque de crevettes* 187–8
- puff pastry *pâte à feuilletée* 488–9
- puff pastry recipe with pastry margarine *pâte feuilletée* 489–90
- quail breasts, spiced tempura, with chilli dipping jam 464
- queen of puddings 535
- rabbit terrine 470
- rabbit with orange and chive, fricassée of 463–4
- raspberry coulis *Coulis de framboise* 521
- ratatouille 283
- raw tomato coulis 133
- rice
- braised (pilaff) 300
 - paella with chicken, squid and prawns 302
 - risotto 301–2
 - steamed basmati rice 300
 - sweetcorn and radish pearl barley 'risotto' 305
 - Valencia paella 388
- risotto 301–2
- roast beef and Yorkshire pudding 448–9
- roast capsicum sauce 173
- roast chicken 104
- roast chicken English style 327–8
- roast chicken with bread sauce and roast gravy 156–7
- roast duckling a l'orange 333–4
- roast stuffed saddle of lamb with rosemary jus 454–5
- roasted loin of kangaroo with baba ganoush and balsamic syrup 466–7
- roasted parsnips in honey and grain mustard 285
- Robert sauce 457
- saffron fish sauce 176
- salads
- Caesar salad 190
 - chicken Niçoise salad 191
 - deep-fried oysters with a Thai salad 383
 - duck breast with grilled peach, bok choy, carrot and leek salad with honey and ginger 12
 - French bean, shallot and garlic mayonnaise salad 192
 - fruit couscous salad with feta cheese 304
 - mimosa salad 193
 - Moroccan salad 194–5
 - potato and chive salad 194
 - Waldorf salad 196
- salmon fish cakes with a citrus mayonnaise 379
- sauce gribiche 133
- sauce remoulade 132
- sausages
- béarnaise sauce 174
 - brown sauce *Sauce Espagnole* 169
 - butterscotch sauce 524
 - chasseur sauce 170
 - cream sauce 166
 - curry sauce 172
 - dark chocolate sauce 523
 - hollandaise sauce 172
 - ivory sauce 169
 - madeira, sherry, port, wine or red wine sauce 171
 - mornay sauce 165
 - mustard sauce 166
 - parsley sauce 166
 - roast capsicum sauce 173
 - Robert sauce 457
- saffron fish sauce 176
- shellfish sauce 168
- suprême sauce 168
- salmon fish cakes with a citrus mayonnaise 379
- sauté potatoes *Pommes sautées* 287
- scones, plain 156
- scrambled eggs 295
- seafood
- crab and grain mustard beignets with an iced gazpacho 384
 - deep-fried oysters with a Thai salad 383
 - individual crayfish mousse with a saffron foam 386
 - linguine of farmed prawns with a chive and mustard sauce 383
 - mackerel and tiger prawn skewers with sweet potato sagaloo, curly endive and spiced pineapple compote 380–1
 - paella with chicken, squid and prawns 302
 - pernod butter mussels with walnut bread 382
 - prawn bisque *Bisque de crevettes* 187–8
 - seared scallops with a sweet caper dressing and cauliflower purée 384
 - shellfish sauce 168
 - see also* fish
- seared chicken livers with a madeira jus, saffron risotto and parmesan crisp 336
- seared scallops with a sweet caper dressing and cauliflower purée 384
- semolina gnocchi Romaine 307
- shepherd's pie 453
- shortcrust pastry *pâte brisée* 485–6
- smoked salmon with traditional garnish 196
- soups
- chicken broth 182–3
 - chicken noodle soup with spiced dumplings 183
 - clam chowder 181–2
 - cream of chicken soup *Crème de volaille* 180
 - cream of spinach soup 180–1
 - French onion soup *Soupe à l'oignon* 185
 - gazpacho 189
 - minestrone soup 184
 - potato soup *Purée Parmentier* 177–8
 - Thai chicken soup 188
 - tomato and basil soup 179
 - see also* consommé
- spaghetti carbonara 152
- Spanish omelette *Tortilla* 296
- spatchcock pigeon with lemon and basil butter 462
- spiced tempura quail breasts with chilli dipping jam 464
- spicy tempah wrap 562
- spinach
- spinach soup, cream of 180–1
 - poached eggs and spinach *Florentine* 153



steak and kidney pudding 447
 steamed basmati rice 300
 steamed delicé of flounder with a
 champagne cream sauce 378
 steamed fruit and jam roll 516
 steamed sponge pudding 94–5, 153
 sticky toffee pudding 516
 stilton, asparagus and leek tart 511
 stir-fry, vegetable 112, 161
 stock
 brown chicken 163
 brown veal, beef, lamb or
 game stock 164
 fish 162
 vegetable stock 162
 white chicken stock 163
 stock syrup 521
 strawberry bavarois *Bavarois aux fraises*
 533
 stuffed eggplant *Aubergine farcie* 282

stuffed mushrooms *Champignons*
 farcis 284
 stuffed plum tomato with braised split
 yellow peas 562–3
 suet paste *pâte à graisse de boeuf* 492
 supreme of turkey wrapped in bacon 333
 suprême sauce 168
 sweet pastry *pâte sucrée* 487–8
 sweetcorn and radish pearl barley
 ‘risotto’ 305
 swordfish with wild rice, mango,
 coconut, lime salsa and coriander
 foam, grilled 380
 terrine, rabbit 470
 Thai chicken soup 188
 tomato and basil soup 179
 trevally in beer batter with chips,
 deep-fried 158–9
 turkey

ballotine of 331
 escalope stuffed with a duo of cheeses
 and served with blackberry
 and redcurrant sauce 332
 supreme of turkey wrapped
 in bacon 333
 Valencia paella 388
 vanilla ice cream *crème glacée à la*
 vanille 529
 veal
 blanquette of veal with onions
 and mushrooms *Blanquette*
 de veau à l’ancienne 461–2
 braised veal cheeks with
 sweetbread 460–1
 osso buco 459–60
 white veal, beef of lamb stock 164
 veal jus 174
 vegetable kebabs 109–10

vegetable stir-fry 112, 161
 vegetable stock 162
 venison bitok lyonnaise 463
 venison with pan-fried foie gras, grilled
 tournedos of 464–5
 velouté 167
 vinaigrette 133
 Waldorf salad 196
 white chicken stock 163
 white veal, beef of lamb stock 164
 Yorkshire pudding 449
 Yorkshire pudding, roast beef and 448–9
 yoghurt and mastic braised neck of lamb,
 olive oil pomme puree 198

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General Index

- a la carte menu 71, 576
- abalone 364–5
- accompaniments for roasts 107
- alcohol and diet 549
- Alps, Daniel 534
- alternative drop '50/50' menu 70
- amuse bouches 139
- antipasti 139
- antojitos 139
- appetisers 139, 140
- apron 10
- assault 29
- atmospheric steaming 75, 79

- bacteria 35, 40–1
- Bacillus cereus* 41
- bain-marie 56, 101
- bakery
 - eggs 495
 - fats and oils 493–4
 - nuts 495–6
 - storage 496
 - sugar 494–5
 - terms 479–81
 - use of flour 475–6, 493
- baking 76, 82, 99–103
 - bread 478
 - equipment, specialist 481–3
 - faults found in 479
 - fish 359–60
 - vegetables 255
- bar blenders/liquidisers/vitamisers 58
- barbeque 109
- barding a roast 105
- barley 278, 560
- bars 5
- basting a roast 105
- batting out 110
- beans 264–5
- béarnaise 124, 127
- béchamel 123
- beef (*boeuf*) 404–7
 - cattle types 405–6
 - primal cuts 406–7
- beurre blanc 124, 127
- beurre manie 127
- bisque 135
- blanching and refreshing 97–8, 253
- boiling 74, 78, 88–9
 - associated techniques used when 89
 - placing food into cold water and brining to the boil 88
 - placing food into liquid 88–9
 - vegetables 254–5
- bone marrow 443
- boning knife 62
- bowls 60
- brains 443
- braising 76, 81, 98, 99
 - vegetables 256
- brassicas (flower heads) 240–1

- brat pan 57
- bread making methods 475–9
- breads
 - bakery terms 479–81
 - baking equipment, specialist 481–3
 - function of yeast 476–8
 - over-ripeness 479
 - role of other ingredients 474
 - under-ripeness 479
 - use of flour 475–6, 493
 - use of liquids in making 474
 - see also* bakery
- breastfeeding 549
- broiling 76
- broth 135
- browning 97
- brunoise 68
- buckwheat 278
- buffet menu 71
- bulbs (vegetables) 243
- bulgur wheat 279
- bun varieties 509–10
- business services 5
- butter sauces 121, 127

- café de Paris butter 127
- Calombaris, George 197
- calorie guidelines 543
- camel 428
- Campylobacter* 40
- can openers 64
- canapés 145–6
- carbohydrates 550
- cartouche, making a 90
- carving a roast 105, 325
- carving knife 62
- catering 2–3
- catering operations 571–84
- catering services, contract 573
- caul (*crépinette*) 444
- cereals and diet 545
- ceviche 358
- chargrill 109
- chat 139
- cheeks (offal) 445
- cheese and diet 545–6
- chef
 - chef de partie 575
 - commis chef 575
 - head chef (chef de cuisine) 574
 - head pastry chef (chef pâtissier) 575
 - hierarchy 574–5
 - second chef (*sous chef*) 574
- chef's hat 10
- chef's jacket 9–10
- chicken (*poulet*) 314–15, 322–4
- chiffonnade 68
- chilled soups 136
- chinois 61
- chopping 69
- chopping boards, cleaning 34–5

- chowder 135–6
- clams 365
- cleaning 33–6
 - equipment 33–4
 - kitchen cloths 35
 - knives 65–7
 - products 35
 - reporting maintenance issues 35–6
 - utensils 35
 - worktop and chopping boards 34–5
- clear (soup) 135
- cleavers 64
- Clements, Spencer 565
- Clostridium perfringens* 41
- clubs 5
- coaching, on-the-job 226–32
- cockles 365
- cocktail 'finger food' menu 71
- colanders 61
- cold meat products 141–2
- cold presentation, foods for 146–7
- cold sauces 129–34
 - derivatives 129
 - storage 129–30
- colleagues, conflict among 220–1, 225
- combination ovens 52
- commodities 140–7
- communication
 - barriers to effective 211–13
 - dealing with cross-cultural misunderstandings 216–17
 - interpersonal 216
 - and negotiation 223–4
 - skills 207–10, 224
 - with customers 210–11, 215–16
- computerised fryers 114
- conflict situations 219–23
 - colleagues 220
 - difficult/demanding customers 221
 - disputes between customers 222
 - resolving 222–6
 - suppliers and contractors 221–2
- consommé garnishes 138
- contract catering menus 580
- contract food service 3
- contractors and conflict 222–1
- conventional ovens 51
- cooking al dente 254
- cooking methods 78–85
 - basic 74–7
- cooling racks 60
- Coomer, David 337
- corers 63
- coring 69
- corn 279
- cosmetics and hygiene 33
- cost, six elements to control food 583–4
- cost control 581–2
- coulis 130–1
- couscous 279
- crab 371–2

- crayfish 369–70
- cream 128, 135, 500–1
- crème fraîche 501
- crocodile 430
- crockery 61
 - and food presentation 71–2
- cross-cultural misunderstandings (customers) 216–17
- croûtes de flûte 138
- croutons 138
- crushing 69
- cured meats 142
- customers
 - communication with 210–11, 215–16
 - complaints, dealing with 213–14
 - difficult/demanding 221
 - disputes between 223
 - with diverse backgrounds 215–16
 - who refuse to leave 224–5
 - with special needs 214–15
 - violent/threatening 225
- cutlet bat/mallet 59
- cuts 32
- cutting
 - general 69
 - vegetables 68–9
- cutting equipment
 - correct and safe use of 64–5
 - types and uses 61–4
- cycle menu 71

- dairy-based products for starters 144
- dairy product substitutes 555
- de Garis, Nicole 11
- deadlines, working to 48–50, 219
- deep fryers 54
- deep-frying 77, 84, 114–16, 360
- deer (cerf) 429–30
- degazing 119
- degree of cooking 106
- degree of 'doneness' 105
- demi-glace 123
- desserts 497–501
 - classical 502
 - cold 503–4
 - hot 502
 - milk and milk-based products 499–501
- dicing 69
- diet trends 553
- dietary guidelines for healthy eating 539–53
- dietary requirements, special 558–61
- dim sum 139
- dough
 - bulk fermented (straight dough) 478
 - and ferment 477, 478
 - function of yeast 476–8
- drug–food interactions 554–5
- drum sieve 61



- duck (*canard*) 316
- duck, wild 422–3
- E. coli* 319–20
- ears (offal) 445
- egg yolks and cream (*liaison*) 129
- egg-based sauces 122
- eggs
 - allergy and intolerance 555–6
 - and bakery 497
 - cooking and holding
 - temperatures 260
 - culinary uses 259–60
 - nutritional information 257
 - production 258–9
 - quality 258
 - for starter 143
 - sizes 257
 - types of 257–60
- electricity safety 24–5
- emergency procedures 25–6
- employment rights and responsibilities 7, 8–9
- emu 423–4
- emulsified sauces 128
- entrees 139
- equipment
 - cleaning 33–4
 - correct usage and safety 51–61
 - gathering close to work area 46–7
 - large equipment and its use
 - in the kitchen 51–7
 - preparing for use 47
 - selecting 50–1
 - small, and its use in the
 - kitchen 57–61
- equipment safety 23
- escabeche 358
- establishments and food presentation 70
- explosions 24
- fan assisted (convection) oven 51
- farinaceous dishes 261
- fats
 - and bakery 493–4
 - and diet 546
 - in food 550–1
 - for frying 113–14
- feet (offal) 444–5
- filleting knife 62
- fire and explosions 24
- fire extinguishers 24, 25
- first aid training 19
- fish
 - allergy and intolerance 557
 - categories 344–5
 - cooking methods 359–60
 - cross-cut filleting 351
 - and diet 545
 - ethical fishing 348–9
 - flesh type 342
 - habitat 343
 - nutrition 349
 - oily, preparation of 354–6
 - preparation techniques 349–56
 - price and yields 345–6
 - shape 342–3
 - seasonality 347–8
 - species 343–4
 - for starters 143–4
- storing and preserving 357–9
- waste minimisation 347
- white, preparation of flat 350–4
- white, preparation of round 349–50
- see also* shellfish
- Flanagan, Warren 469
- flour, use of in bakery 475–6, 493
- foams 130
- food
 - allergies and intolerances 553–7
 - and deep-frying 114–16
 - drug–food interactions 554–5
 - fish and shellfish intolerance 557
 - labelling 552, 561
 - milk allergy and intolerance 555–6
 - nut allergy and intolerance 556–7
 - and nutrients 550–1
 - portion sizes 553
 - quality of ingredients 551–3
 - safe preparation of 67–8
 - special dietary requirements 558–61
- food hygiene 31, 549
- food mill 61
- food poisoning 31, 40–1
- food presentation 69–74
- food processors 58
- food safety procedures 39
 - hazard analysis 39
 - hazard controls 39–40
 - temperature 39
- food storage 549
 - safe 36–9
 - and temperatures 38–9
- foreign (soups) 136
- fraud 28
- freezers 55
- French grill 60
- freshwater crayfish 372
- fruits
 - categories 252
 - cooking 253–6
 - and diet 544–5
 - preservation of 252–3
 - purchasing 250–1
 - seasonal availability 251–2
 - for starters 142
 - storing 250–1
 - use in desserts 250–1
 - vegetable 244–5
- fungi 246
 - for starters 144
- frying 77, 83–5, 111–16
 - fish 360
 - vegetables 255–6
- frying pan 60, 111
- game 415–36
 - birds 319, 417, 419–24, 430–3
 - cold products 141
 - furred 418, 424–30, 433–6
 - preparation techniques 430–6
 - shot damage 417
 - types of 419–30
- garnishes and food presentation 73–4
- geese 423
- general chef's knife 62
- gluten 476, 493, 557
- gluten-free 557, 560–1
- goat, wild (*chevre*) 426
- goose (*oie*) 317
- Gowan, Jacqui 387
- grains 276–81
 - average cooking times 281
 - classification of 278–80
 - preparation of 280
 - storage 280–1
- graters 63
- gravity slice 58
- gravlax 358
- gravy 107, 122, 124
- grill 53
- grill pan 60
- grilling 76, 83, 107–11
 - fish 360
 - vegetables 256
- gros brunoise 68
- guinea fowl (*pintade*) 317
- handling procedures 22–3
- hares (*lievre*) 424–5
- Hazard Analysis Critical Control Point (HACCP) 36
- hazards, identifying workplace 19–26
 - causes of slips, trips and falls 20–1
 - electricity 24–5
 - emergency procedures 25–6
 - fire and explosions 24, 25
 - injuries caused by equipment 23
 - injuries caused by manual
 - handling 21
 - lifting and handling procedures 22–3
 - reporting 26
 - signage in the kitchen
 - environment 27
- head (offal) 445
- health and safety 16–19, 36
 - benefits of following good
 - practices 18
 - commonly used terms 20–1
 - consequences of non-compliance 18–19
 - environmental factors 17
 - first aid training 19
 - human factors 17–18
 - occupational factors 16
 - personal protective equipment (PPE) 21, 26
 - and poultry 319–20
 - procedures 26–7
 - responsibilities 18–19
 - workplace 16–18
- healthcare 4
- healthcare menus 579
- healthcare homes 572
- healthy eating, dietary guidelines for 539–53
- heart 443–4
- herbs 143
- hollandaise 124, 127
- hooves (offal) 444–5
- hors d'oeuvres 139, 140
- hospitality 2–3
- hospital menus 576
- hospitals 4, 572
- hot items and safety 87
- hot sauces 121–9
 - definitions 123–5
 - holding and storing 125
 - pureed and blended vegetable 126–7
 - quality points 122
- reducing 126
- straining and passing 125
- thickening agents 126
- hotels 4, 572
- hotplate/hotbox 55
- hulling 70
- hygiene
 - personal 31–2, 205–6
 - workplace 31–3, 47
- incidents, reporting 26
- induction hob 52
- ingredients
 - food 551–3
 - measuring 47
- injuries
 - caused by equipment 23
 - caused by manual handling 21
 - caused by slips, trips and falls 20–1
- intestines 444
- Islamic food 558–9
- jardinière 68
- jewellery and hygiene 33
- job roles 6–7
- julienne 68
- jus 107, 122
- kangaroo 426–7
- kidney 440–1
- kitchen
 - design 569–71
 - environment and signage 27
 - hierarchy, traditional 573–5
 - kitchen clothes 10
 - cleaning 35
- knives
 - cleaning, maintaining
 - and storing 65–7
 - safe use of 64–5
 - safety 65
 - sharpening 66–7
 - types and uses 61
- kosher food 558
- lactose-free 561
- ladle 59
- lamb and mutton (*agneau* and *mouton*) 410–13
- langoustine (scampi) 372
- larding a roast 105
- leaves (vegetables) 243
- legumes and diet 544–5
- lentils 264
- lifting and handling procedures 22–3
- liquids for stewing and braising 98
- liver 438–9
- lobster 369–70
- lungs (lights) 443
- macedoine 68
- maize 278
- mandolins 63
- manual handling injuries 21
- marinating 111
- marrons 372
- mayonnaise 131
- measuring jug 58
- meat
 - ageing 395



- chemical tenderising 396
- cold red/white products 140–1
- connective tissue 393–4
- costing 403
- cured and smoked 142, 397
- cuts of 401–2
 - and diet 545
- electrical stimulation 396
- equipment 398
- fat 393
- hammering 396
- labelling 399–400
- marinating 396
- mechanical tenderising 396
- muscle 392–3
- nutrition 403–4
- price and portion control 402
- quality 398–9
- speciality 437–45
- specifications for ordering 400–2
- storage 396–8
- tender stretching (hanging) 395–6
- tenderising 395
- toughness 394
- wastage 404
- yield testing 402–3
- menu
 - basic cost control 581–2
 - elements to control food cost 583–4
 - planning 575–81
 - gross and net profit 582–3
 - types of 576–80
- menus, types of 70–1
- meze 139
- microwave cooking 77, 85
- microwave ovens 52
- milk
 - allergy and intolerance 555
 - and desserts 499–501
 - and diet 545–6
- millet 279
- mincers 63
- minerals in food 551
- miropoix 68
- mixers 58
- moulds 60
- mouli 61
- mousses 145
- mushrooms 144
- mussels 368
- mutton bird (sooty shearwater) 421–2
- neck (offal) 444–5
- necktie 10
- noisette 68
- nose (offal) 445
- nutrients in food 551–2
- nuts
 - allergy and intolerance 556–7
 - and bakery 495–6
- oats 278–9
- occupational health and safety (OHS) 19
- octopus 369
- offal 437–45
 - storage 438
 - types 438–45
- oil and safety practices 86–7
- oils
 - and bakery 493–4
 - flavoured 130
- for frying 113–14
- on-the-job coaching 226–32
- organising your work 45–7
 - gathering ingredients, tools and equipment 46–7
 - measuring ingredients 47
 - preparing tools and equipment 47
 - practising good sanitation 47
 - reading the recipe 46
 - selecting equipment and utensils 50–1
 - work area 50
- ostrich 423–4
- oven roasting 103
- ovens
 - combination 52
 - conventional 51
 - fan assisted (convection) 51
 - microwave 52
- oysters 367
- palette knife 62
- pan-frying 85
- parboiling 254
- parfaits 145
- paring knife 62
- parisienne 68
- parsley butter 127
- partridge 420–1
- pasta 272–6
 - blanching 89, 275
 - composition 272
 - cooking 275, 276
 - fresh or dried 274, 276
 - making 272–3
 - preparation 275
 - storage 276
 - stuffed 274
- pastes 484–5
 - convenience 496–7
- pâtés 145
- paysanne 68
- peanuts 556–7
- peas 265
- peelers 63
- peeling 69
- personal hygiene 31–2, 205–6
- personal protective equipment (PPE) 21, 26
- pestle and mortar 59
- pheasant 422
- pickling 358
- pies 484–5
- pig, wild (*sanglier*) 427
- pigeon 419–20
- pipis 365
- placement of food (presentation) 73
- planning 45–7
- poaching 75, 79, 90–3, 359
- Pods (vegetables) 243–4
- poeling 76, 82
- pork (*porcine*) 413–15
- portioning
 - food 553
 - and food presentation 72
- possum 425–6
- potatoes 261–2
- pot-roasting (poeling) 76, 82
- poultry 313–25
 - boning 320–1
 - breast fillet, trussing 321–2
 - carcass 321
 - carving 325
 - cold products 141
 - and diet 545
 - health and safety 319–20
 - names of cuts 318
 - preparation techniques 320–5
 - storage 319
 - white meat and dark meat 318
 - see also* chicken; duck; game birds; goose; guinea fowl; turkey
- prawns 373
- preparing food safely 67–8
- presentation of food 69–74
- preservation of fruits 252–3
- pressure fryer 114
- pressure steamer 54
- pressure steaming 75, 80
- protein 551
- proving cabinet 56
- public houses (pubs) 5
- pulses 145, 243–4, 263–5
- puree 122, 135
- puree based sauces 124
- quail 419
- quinoa 279–80
- qualifications 7, 8–9
- rabbit (*lapin*) 424–5
- ramekins 60
- recipes 47–8
 - measuring ingredients accurately 47
 - reading 46
- reduction sauces 122, 125
- refrigerators 55
- reporting
 - incidents 26
 - maintenance issues 35–6
- reporting procedures, workplace hygiene 33
- restaurants 5, 572
- rice 144, 266–72
 - cooking 270–1
 - other products made from 269–70
 - preparing 270–1
 - storage 271–2
 - texture 271
 - types of 266–9
- ricer 61
- roast, carving a 105, 325
- roasting 76, 81, 103–6
 - a chicken 324
 - fish 360
 - vegetables 255
- rolling pin 59
- root vegetables 239–40
- roux sauces 121
- rye 280, 560
- safe food
 - storage 36–9
 - preparation 67–8
 - procedures 39–40
- safety 16–19
 - benefits of following good practices 18
 - commonly used terms 20–1
 - consequences of non-compliance 18–19
 - environmental factors 17
 - and equipment 23
 - first aid training 19
 - human factors 17–18
 - identifying workplace hazards 19–26
 - and knives 65
 - occupational factors 16
 - oil 86–7
 - personal protective equipment (PPE) 21, 26
 - procedures 26–7
 - and poultry 319–20
 - responsibilities 18–19
 - with water (hot/boiling) 86
 - workplace 16–18, 86–8
 - see also* hazards, identifying workplace
- safety shoes 10
- salads 147–9
- salamander 53, 108–9
- Salmonella* 40, 319–20
- salsa 131
- salt and diet 546–7
- salting fish 358
- sandwiches 149–51
- sauce *see* cold sauces; hot sauces
 - for braising 99
- saucepans 60
- sauses and food presentation 73–4
- sauté pan 60, 111
- saws 63
- scales 57
- scallops 365–6
- school meals 573
- school menus 579
- scissors 64
- scoring 69
- sea urchin 364
- sealing meat 97–8
- security in the workplace 28–31
- seeds (vegetables) 243–4
- segments 69
- seitan 249
- semolina 279
- serrated knife 62
- service equipment and food presentation 71–2
- set menu 71
- shallow-frying 77, 83, 111–13, 360
- sharpening knives 66–7
- sharpening stones 64
- shellfish
 - allergy 363–4, 557
 - bivalve 365–8
 - cephalopods 368–9
 - classification 361–2
 - crustaceans 369–73
 - nutrition 363
 - transportation and storage 362–3
 - univalve 364–5
- shins (offal) 445
- shredding 69
- shoots (vegetables) 245
- short pastes 485
- sieves 61
- signage in the kitchen environment 27
- simmering 75, 78, 359
- sippets 138
- skimming 119
- slice/offset spatula 59
- slicing 69–70
- smoked meats 142



- smoking (tobacco) 32
- smoking fish 358
- solid top (or target top) 53
- soup classification 135
- soups 134–8
 - garnishes and accompaniments 137–8
 - healthy options 137
 - serving temperatures and quantities 138
 - use of tools and equipment 136
- soy products 249–50, 557
- spatchcock 325
- specials menu 71
- spider 59
- spit roasting 104
- split dressings 131
- squid 368–9
- stab blenders 58
- staffing structures 6–7
- Staphylococcus aureus* 40–1
- starch-thickened sauces 122
- steak, cooking 106
- steam kettle/jacket 57
- steaming 75, 93–5
 - fish 359
 - vegetables 254–5
- steels 64, 67
- stems (vegetables) 245
- stewing 75, 80, 95–9
 - fish 360
 - vegetables and fruits 256
- stir-frying 77, 84
- stocks
 - basic 117–21
 - deglazing 119
 - health and safety 120
 - reducing 120–1
- skimming 119
- storage 120
- straining and passing 120
- Stone, Curtis 309
- strainers 61
- stuffing and roasts 104
- subsidies 3
- sugar
 - and bakery 494–5
 - and diet 547–9
- suppliers and conflict 222–1
- sweetbreads 441–2
- table d'hôte 'table of the host'
 - menu 71, 577
- tailbone (offal) 444–5
- tapas 139
- tarts 484–5
- team work 217–19
- tempeh 249
- temperature, food safety 39
- temperatures
 - and food storage 38–9
 - table (cooking) 106
- terrines 145
- terrorism 29
- textured vegetable protein (TVP) 249
- theft 28
- thermostatically controlled deep-fryer 114
- thickening agents 126
- time management 218
- times, cooking 106
- tofu 249
- tongue (offal) 445
- tools
 - gathering close to work area 46–7
 - preparing for use 47
- training
 - on-the-job coaching 226–32
 - opportunities 7–8
- traying up
 - grilling 110
 - steaming 94
- triticale 560
- trimmings 69
- tripe 444
- trotters (offal) 444–5
- trousers 10
- trussing a roast 105
- tubers (vegetables) 241–2
- turkey (*dinde*) 315–16
- turning (precision cuts) 68
- turning knife 62
- uniforms 9–10
- utensils
 - cleaning 35
 - correct usage and safety 51–61
 - and food presentation 71–2
 - selecting 50–1
 - small, and its use in the kitchen 57–61
- vandalism 29
- veal (*veau*) 408–9
- vegans 559–60
- vegetable cuts 68–9
- vegetable fruits 244–5
- vegetables
 - classifications 239–47
 - cooking 253–6
 - and diet 544–5
 - nutrition in 236–8
 - quality points 250
 - sea 247
- seasonal availability 247
- for starters 142
- storage 247–9
- vegetarianism 559
- veloute 123, 135
- vinaigrettes 131, 133
- vinegars, reduced 131
- visitor attraction industry 6
- vitamins 551
- wallaby 426–7
- waste, energy 87–8
- water buffalo (*buffle*) 428
- water and diet 546
- water safety (hot/boiling) 86
- wedge 69
- weight gain, preventing 544
- weight loss 553
- wheat 279, 557, 560
- whelks 364
- whisk 59
- wok 60, 111
- work area organisation 50
- workflow plans 48–50
- working to deadlines 48–50, 219
- workplace hazards *see* hazards, identifying workplace
- workplace hygiene 31–3
- workplace security 28–31
- worktops, cleaning 34–5
- wounds, septic 32
- yabbies 372
- yeast in bread making 476–8
- yoghurt and diet 545–6
- zest 69