

Introduction to cookery

Cookery: cookery is defined as a chemical process involving the application and withdraws of heat; proper mixing of ingredients decision-making and technical knowledge and skill but with the changing definition cooking is defined as both an art as well as technology. In French the word 'cuisine' means the art of cooking and preparing dishes and the place kitchen where they are prepared. The art of cooking is ancient and generally originated when by chance a chunk of meat fell into fire and came out to be more tasty and tender and it was from this point only that cooking has evolved to reach the present level of sophistication.

There are 3 classes of professional cookery associated with the craftsmen and they are graded according to the quality of material used.

Cuisine simple/plain cookery

Here the basic necessities are used and the craftsmen prepare the dishes of highest standard with the minimum materials.

Cuisine bourgeoise

This is a type of cookery, which provides better raw materials to produce the dishes of better quality.

Haute cuisine/high class cookery

In this cookery the best possible raw materials are used and the best quality dishes are prepared.

LEVELS OF SKILLS AND EXPERIENCES

Skills may be grouped into 3 general categories.

1) Supervisory level: The head of the food service, whether called executive chef or kitchen director, must have management and supervisory skills as well as thorough knowledge of food production.

He should be able to:

- Organize and motivate people under him.
- Planning menus and production procedures.
- Controlling costs and managing budgets.
- Purchasing food supplies & equipments.
- Must be an experienced chef in order to schedule food production.
- Train and instruct workers.
- Control quality.

- 2) Technical level :** The cooks are the backbone of the kitchen. These workers carry out the actual food production. They must have knowledge of and experience in cooking techniques. They must be able to function well with their fellow workers and co-ordinate with other departments. Cooking food in hotels is a team activity.
- 3) Entry level:** this level of workers usually requires no particular skills & experience. The jobs assigned to them are stewarding or basic pre-preparation of vegetables. As their knowledge, skill & experience increases, they may be given more complex tasks which will eventually make them skilled chefs. Many Ex-chefs begin their career as pot washers. Beginning in an entry level position and working one's way up has been the traditional way of advancing in a food service career. Today however, who are a graduate from hotel management start at entry level already possessing knowledge of food production practices, which would give them a head start over other beginners who have no knowledge.

B. ATTITUDES AND BEHAVIOUR IN THE KITCHEN

A CUISINE means the kitchen. Also 'Art of cooking'

- C care of equipment
- U understanding the basic method (to achieve quality)
- I integrity in handling & serving food (would i eat the food prepared by me)
- S safety in handling equipments
- I initiatives you will have to take
- N neatness during work & presentation.
- E efficiency of yourself.

“Be positive and think positive”

The emphasis of a food service education is on learning a set of skills. But attitudes are more important because a good attitude will help you not only to learn skills but also to preserve and overcome many difficulties you will face in your career. The successful foodservice workers follow an unwritten code of behaviour and set of attitudes, which may we call “professionalism”.

Set of qualities are:-

1. positive attitude towards the job: in order to be a good professional chef you must like cooking and want to do it well. Satisfaction of doing your job well and making everything run smoothly will give you enjoyment, which you will always cherish. A chef with a positive attitude work quickly, efficiently, neatly and

safely. Professional chefs take pride in their work and want to make sure that the work is something to be proud of.

2. Staying power: A food service personnel requires good health, physical and mental stamina and a willingness to work for longer hours.

3. Ability to work with people: works as a team & it is essential to be able to work well as a team and to co-operate with your colleagues.

4. Communication:

- With your supervisors: let them know your difficulties.
- With your colleagues: share knowledge and also learn from them. Nobody knows everything.
- With your subordinates: respect them & be courteous.
- With the food & beverage staff: control your temper.

5. Eagerness to learn: there is more to learn about cooking than you will learn in a lifetime. The food service industry is changing so rapidly that it is vital to be open to new ideas. No matter how good your techniques are, you might learn an even better way to do the same thing, which you must have been doing for a long time.

6. Must develop a full range of skills: A chef must not only be a good cook, but is also important to develop and maintain other skills that are necessary for the profession. Must be able to understand and manage food cost and other financial matters

- Manage and maintain proper inventories.
- Deal with suppliers.
- Understand personnel management.

7. Experience: there is no substitute for years of experience. Practice more & more to gain more experience.

8. Aiming for quality: whatever you do must have a distinctive sign of quality.

9. Creativity: sky is a limit, as in “nouvelle cuisine”.

10. Return to basic: experiments and innovation need good understanding of basics first.

11. Care of equipment: equipment has been put to your disposal to help you. TAKE CARE OF IT. Treat it as your own, even if it does not belong to you, for others will also be using it.

12. Safety: kitchens can be dangerous places injuries can occur by cuts, burns, handling of machines and equipment, falling etc. Think about yours as well as others safety first.

“NEVER RUN IN KITCHEN ALWAYS WALK”

FOOD HANDLER' S AND KITCHEN HYGIENE

food handler play an important role in ensuring food safety throughout the chain of production, processing, storage and preparation. Mishandling and disregard of hygienic measures on their part may enable pathogens to come into contact with food and in some cases, to survive and multiply in sufficient numbers to cause illness in the customer on consumer.

As a food handler, one must ensure that the food provided to the consumer is free from all types of contaminations.

The ability of the food handler to ensure the wholesomeness of the food prepared and served will depend upon following a few basic rules of personal hygiene and good food handling. These rules can be divided into 3 groups.

1. **General personal hygiene:** A hygienic appearance of professionals is indicated by high standards of personal cleanliness and is shown by cleanliness of hair, hands, face ,clothing and shoes. Good personal hygiene helps prevent food borne disease; therefore these points must be put into practice.
 - Shower or bath daily.
 - Wear clean clothes and uniform.
 - Do not work if suffering from a communicable disease.
 - Handle food as little as possible.
 - Wash hands before and during work and every time after using the toilet.
 - Keep hair clean and do not handle them in kitchen.
 - Do not touch nose & mouth with hands.
 - Do not cough or sneeze over food, use a tissue.
 - Do not wear rings, earrings, jewellery & watches.
 - Do not smoke in food preparation areas.
 - Taste food with a clean spoon.
 - Do not sit on a work surface.
 - Footwear should be clean, safe and topped with steel toe.
 - Chef cap should always be worn when handling food.
 - Open cuts, burns etc. Must be covered with waterproof dressing.
 - Persons suffering from diarrhea, sore throat, vomiting, cold etc. Must not handle food.

If a person becomes aware that they are suffering from or are carrier of typhoid, paratyphoid, salmonella or staphylococcal infection, the person responsible for the operation must be informed, who then must inform the medical officer of health.

2. **Clean hands: healthy food :** The following actions require immediate hand washing before continuing work.
 - i. Contact with infected or otherwise unsanitary areas of the body.
 - ii. Use of handkerchief or tissue.

- iii. Hand contact with unclean equipment and work, surfaces, soiled clothing or cleaning towels.
- iv. Handling raw food, particularly meat, poultry and fish items.
- v. Cleaning away soiled dishes and utensils.

3. Food handling

HYGIENE IN HANDLING FOOD

1.DRY FOOD STORAGE: Avoid moisture, use air tight container, and avoid insect & rodent.

2.FREEZER STORAGE: Well packed food with label store at -18*c, follow FIFO & thaw properly before use.

3.COLD ROOM STORAGE: cooked items away from raw item. Store everything in container. Chill food before refrigeration. Keep temperature under 5*c.

4.HOT FOOD STORAGE: Do not reheat in bain marie. Cover all the food, keep food above 65*c.

5. FOOD HANDLING:

- Work with fresh & safe food.
- Use clean equipment & work table.
- Wash & wipe tools(knives,chopping board etc.) after every use.
- Wash ingredients.
- Reboil stocks, sauces, soups, milk before reuse.
- Do not mix batches of cooked food.
- Use separate tools for vegetables & meats.
- Use separate tools for raw & cooked food.
- Quickly chill all high risk food for cold storage.
- Keep work area clean.
- FIFO(first in first out)

D. UNIFORMS & PROTECTIVE CLOTHING

CHEF CAP

- Should cover the hair.
- Retain sweat on the face.

SCARF

- Retaining sweat around the neck.
- Decreases risk of catching cold when going inside a walk in.
- Also brings neatness to uniform.

CHEF COAT

- Protect the chest from heat (double breasted cotton made chef coat).
- White colour (shows when dirty, less heat absorber)

APRON

- protect chef coat & trouser
- not to be used to wipe hands.

TROUSER

- Generally black or black & white check.

SHOES

- Ankle high shoes.
- Low heal.
- Leather out skin with rubber, PVC or even wooden sole.
- Always wear black socks and change them very frequently.

UNIFORM SELECTION

CHEF COAT

Thick coat: Acts as insulation against the heat

White colour: absorbs less heat, white colour will get soiled quickly and a cook would have to change it, since personal hygiene is very important in the kitchen.

Double breasted: chef coat is always double breasted as the thickness in the cloth will prevent the chef from being scalded by hot liquid or oils.

CHEF TROUSER

Straight and without cuffs, this can trap debris and any hot liquid spills.

CHEF CAP

Use disposable paper cap which can be changed if required. Good sweat absorber.

SCARF

Good colour contrast with uniform. Cloth should be good.

APRON

- Made of thick cloth fabric.
- White colour.

SHOES

- Non slippery sole.
- Should be closed by laces.

E. SAFETY PROCEDURE IN HANDLING EQUIPMENT

- Do not use equipment unless you understand the operation.
- Use all guards & safety devices on equipment.
- Do not touch or remove food, from any kind of equipment, while it is running.
- Remove particles of food with cloth, palette knife, needle or brush from cutting machine.
- Unplug electrical equipment before disassembling or cleaning.
- Make sure the switch is off before plugging in equipment.
- Do not touch or handle electrical equipment including switches, if your hands are wet or if you are standing in water.
- Before use , test that the equipment is properly assembled and then plug in and switch on.
- Wear properly fitting clothing and tuck in apron string to avoid getting them caught by machinery.
- Use equipment only for the purpose intended to.
- Stack pots, pans and other equipment properly on racks so that they are stable and not likely to fall.

