

UNIT- 4

INDENTING

The importance of indenting needs considerable emphasis in volume catering establishments. The banqueting department in a hotel often makes more profit and revenue as compared to a restaurant. The food cost for a restaurant might be at 30 percent as compared to that for a banqueting operation, which might operate at a food cost of 12-15 percent depending on the type of function.

PRINCIPLES OF INDENTING FOR VOLUME FEEDING

For volume catering establishments the principles of indenting would be based on the number of people an establishment is catering to. In volume cooking, one has to look at the menu in totality and only then can he/she prepare an indent sheet.

HOTEL XYZ INDENT SHEET									
Type of function- Dinner									
Pax- 200									
Ingredients	Chicken curry	Tawa Machli	Jeera pulao	Yellow Dal	Paneer Makhani	Aloo gobhi	Total	Price/Unit	Cost
Chicken	20 kg	0	0	0	0	0	20 kg	Rs 100/kg	Rs 2000
Fish	0	30kg	0	0	0	0	30kg	Rs 180/kg	Rs 5400
Rice	0	0	10kg	0	0	0	10kg	Rs 90/kg	Rs 900
Chana dal	0	0	0	8kg	0	0	8kg	Rs 80/kg	Rs 640
Paneer	0	0	0	0	8	0	8 kg	Rs 200/kg	Rs1600
Potatoes	0	0	0	0	0	7kg	7kg	Rs 30/kg	Rs 210
Cauliflower	0	0	0	0	0	12kg	12kg	Rs 40/kg	Rs 480
Onion	6kg	0	0	3kg	0	4kg	13kg	Rs 30/kg	Rs 390
Tomato	5kg	0	0	3kg	15kg	3kg	26kg	Rs 20/kg	Rs 520
Refined oil	4lt	5lt	1lt	2lt	4lt	3lt	19lt	Rs 110/lt	Rs 2090
Total Cost =									Rs 14230

The advantage of preparing indent sheet is that it gives you a concise ingredient list and ensures that you have not missed any ingredients that

need to be ordered. This also helps to control production. Factors that guide the principles of indenting are as follows:

1. Yield of product

The yield of a particular commodity has a huge impact on the indenting for volumes. All the recipes should be updated with the yields, as we need to indent for the net weight in a recipe and not for the usable weight. Similarly, when a product is ordered for a particular recipe, the cuts listed in the recipe must be strictly followed to adhere to the costs and quality.

2. Type of event

The type of event for which the food is required also plays a major role in the indenting of food. A wedding function would have a huge range of menu catering to up to 1,000 people or sometimes even more. When the variety is more, the quantities consumed will be comparatively less as most of the guests would like to taste most of the varieties.

3. Regional influence

Regional food also plays an important role in deciding the indenting for a particular item. People from Bengal would love to eat seafood, while people from north India would prefer chicken. The type of dish also plays an important part in deciding the quantity to be procured. For example, batter-fried fish would be consumed more than the fish curry and rice, and similarly the consumption of chicken kebab will be more than chicken curry with bread or rice.

4. Service style

The style of service, whether buffet or a la carte, also determines the indenting and portion size of a dish. It is easy to predict the quantities for a fixed portion size, but the challenge arises when food is laid out on buffet for self-service. In many institutional caterings a buffet is controlled by the catering managers and strict portion control is

exercised food items, but in hotels, the food on a buffet cannot be controlled.

PORTION SIZES FOR VOLUME FEEDING

Strict control has to be exercised on portions. This means that there should be control on the quantity of a meal to be served to each customer. The prices of the food on a menu are based on the size or the quantity of a meal. If control is not exercised on the size of a meal then there could be monetary loss to an establishment. Every recipe must indicate a standard portion size. This is the cost control tool for ensuring standard in consistency in operations.

For proper indenting, we should follow standard portion size guideline and it is as follows:-

- I. 1 Kg Salad is sufficient for 15-20 persons.
- II. 1 Kg Lamb/ Fish/ Vegetables is sufficient for 6-8 persons (if dry served). For curry preparations, it will be sufficient for 8-10 persons.
- III. 1 Kg Chicken is sufficient for 4-5 persons (if dry served). If curry, then for 6-7 persons.
- IV. 1Kg Cottage cheese is sufficient for 10 persons.
- V. 1 Kg Lentils is sufficient for 15-20 persons.
- VI. 1 Kg Rice is sufficient for 8-10 persons.
- VII. 1 Kg Whole wheat flour will produce 30-35 rotis / 35-40 pooris/ 12-14 tandoori rotis.
- VIII. 1 Kg Refined flour will produce 8-10 naans.
- IX. 1 Kg Dessert is sufficient for 10-12 persons.

There are many factors that influence the portion size of the food. Some of them are as follows:

- **Type of establishment**

The portioning of food is largely dependent on the type of the establishment and its service style. Food in the airlines will be

controlled in terms of portions as compared to an a la carte order. The food served to employees in factories involving heavy workload would be of a bigger portion size than the food that is portioned out for children in an institutional establishment.

- **Type of menu**

The type of menu also has an impact on portion control. The portion sizes of vegetables in a thali would be less as compared to the portion size of an a la carte dish. The portion sizes will also depend on the number of courses being served in a meal. A three-course menu might have comparatively larger portion sizes as compared to a seven-course menu. An average adult can consume almost 400-500 gm of food along with liquid intake, so the portion sizes of the dishes will vary accordingly.

- **Quality of commodity**

The quality of the supply available in the market also plays a major role in the portioning and pricing of the food. Good quality product would give a better yield as compared to a commodity of low quality. Like, a good quality prime cut of meat would yield a good portion size, whereas a piece of meat with lots of trimmings, fat, and bones will yield a lesser portion size.

MODIFYING RECIPES FOR VOLUME CATERING

Volume catering has its own unique challenges when it comes to production of dishes as compared to an a la carte operation. Modifying a recipe for volume catering would enclose many other things apart from just changing the quantities on a standard recipe card. For example, in airline catering many times the omelette is not cooked completely as it would be reheated for a considerable amount of time before being served to a guest. The guidelines on the modification of recipes for volume cooking are as follows:

Legend	Modification
Recipes	<ul style="list-style-type: none"> • Careful assessment of certain ingredients should be made as per taste and not by simply multiplying the recipe. Salt and sugar usually do not work well when the recipe is multiplied. • The effect of fresh ingredient in a recipe should also be assessed. Freshly-chopped onions in a small recipe might be used for flavour, but in large recipes the same onions might alter the overall taste of the food. • The recipes should also be calculated on the volume that equipment can handle.
Equipment	<ul style="list-style-type: none"> • The selection of equipment is crucial when it comes to cooking a dish for volume catering. For example, a cake for an a la carte order might be made in individual moulds, but in volume cooking the same would be baked in large trays and portioned accordingly. • The recipes need to be modified when choosing the kind of equipment. A dish made in a large flat utensil would need more oil to sauté onions as compared to a kadhai which has a spherical base.
Method of cooking	<ul style="list-style-type: none"> • The method of cooking is also at times modified when cooking for volumes. For example, while preparing paneer makhani for small portions one would toss the cottage cheese with the gravy, but in the case of volume cooking the paneer would be arranged on the pan and gravy poured over the same and cooked in the oven for a few minutes. • For making flavoured rice like jeera pulao, the cumin will be crackled in clarified butter and then combined with precooked rice. • Making of basic gravies in advance helps to cook a range of curries and other dishes as per requirement.
Serving	<ul style="list-style-type: none"> • The dishes made for volume catering should be presented in a way that is easy and quick to serve. Dishes should not be heavily garnished either.

PRACTICAL DIFFICULTIES FOR VOLUME CATERING

Food and beverage control tends to be more difficult than the control of materials in many other industries. The main reasons for this are given as follows:

1. The perishability of produce

Food, whether raw or cooked, is a perishable commodity and has a limited life. The caterer, therefore, has to ensure that he/she buys produce in correct quality and quantity in relation to estimated demand, and that it is correctly stored and processed.

2. The unpredictability of the volume of business

Sales instability is typical of most catering establishments. There is often a change in the volume of business from day to day, and in many establishments from hour to hour. This causes basic problem with regard to the quantities of commodities to be purchased and prepared as well as to the staffing required.

3. The unpredictability of the menu mix

In order to be competitive and to satisfy a particular market, it is often necessary to offer a wide choice of menu items to the customer. It is, therefore, necessary to be able to predict not only the number of customers who will be using the facility at a particular period of time, but as to what the customer's selection will be from the alternatives offered on a menu.

4. Departmentalization

Many catering establishments have several production and service departments, offering different products and operating under different policies. The coordination between such departments becomes a challenge in itself.