

Textbook of  
**PROFESSIONAL CHEF**  
Grade X



**National Vocational & Technical Training Commission (NAVTTC)**

**Textbook of**  
**Professional Chef**  
**Grade – X**



**National Vocational and Technical Training commission**  
**H-9, Islamabad**

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## PREFACE

This book has been written to meet the requirements of Matric Tech to train the students in Professional cooking. Matric Tech in Professional cooking has been introduced first time in the history of Pakistan. We have totally revamped this book to mirror the way that individuals cook in the kitchen today, with the best of food sources and flavors from around the world. The book surveys fixings, hardware, and abilities of the expert culinary specialist. It then, at that point, investigates the methods for the full scope of food things: vegetables, potatoes, grains, vegetables, pasta, meats, fish and fish, poultry, eggs, organic products, soups, sauces, quick breads and cakes, yeast breads, and then some. The version includes another easy to understand plan and design, directing users through the essential standards behind every procedure initially, and afterward furnishing more inside and out data alongside bit by bit photography. Complete with many plans and four-shading photos all through, this is the fundamental reference for any trying gourmet specialist, culinary students, or cooking expert.

This book covers the topics to train students in Professional Chef. All the topics are explained in a convenient way understandable to the students of Matric Tech. This book will guide about professional cooking and its scope. It surveys fixings and abilities of the expert culinary specialist's chefs. This book gathers knowledge and recipes to become professional chef.

The book should not be crammed. It should be read conceptually. Perform all the activities and tasks to have hands on experience. The sequence of chapters can be adjusted as per convenience of the tutor. Make sure you never skip a pre-requisite of any chapter. Suggestions for the improvement of this book will be highly acknowledge.

**Executive Director**  
**National Vocational & Technical Training Commission**  
**(NAVTTTC)**



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## Chapter 1: Recipe and Menu development



### Students learning outcomes

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After completing this chapter, you will be able to:

- define recipe.
- learn the main standards of recipe writing.
- understand the role of recipe in cooking.
- learn classification of menu.
- understand the role of menu and significance in food service.
- learn the basic concept of yield calculation and its importance.
- understand costing of food.
- learn how to manage food cost and zero wastage concept.

### 1.1 Introduction to recipe

#### 1.1.1 Define recipe

A set of instructions along with the required amount of ingredients, for the preparation of a certain dish is called recipe.

The purpose of the recipe is to cook the food according to the standard taste and flavor and to have a complete record of the ingredients used, the proper amount of the ingredients needed, and the way they are combined and mixed together to form a dish.



In Every recipe all the instructions, standards, temperatures and equipment are mentioned to keep the production procedure according to the proper standards and guidelines according to the nature of the dish.

The following are **parts and resources** of every recipe:

- Yield numbers and size of total servings
- List of the ingredients with the required amount
- Procedure/Directions for preparing dish.
- Types and Sizes of the utensils
- Set temperature and Time according to the nature of the dish

#### 1.1.2 Standards of recipe writing

A well written recipe is a list showing the required amount of ingredients and procedure for making a dish.

- |                        |                           |
|------------------------|---------------------------|
| ➤ Standard Ingredients | ➤ Step by step directions |
| ➤ Temperature          | ➤ Nutrition analysis      |
| ➤ Time                 | ➤ Cost management         |
| ➤ Tools and equipment  | ➤ Yield                   |

The format for a standardized recipe will include:

- I. Menu
- II. Total yield
- III. Portion Size

The following are the basic techniques used for writing a standard recipe:

1. Know about the number and type of guest / audience
2. Add a recipe description
3. Write the preparation and cooking time.
4. Size of servings.
5. List of all the ingredients in a chronological order
6. The exact measurements and amounts of all ingredients
7. Separate all the ingredients for major step in a recipe
8. List the required utensils
9. Keep it simple and up to the point
10. Test your recipe before it is written
11. Indulge the storage suggestions
12. Include all the nutritional information about the ingredients



Ingredient	Quantity	Unit Cost	Total Cost	Procedure		
Total						
Food cost data		Output Data		Nutritional Data	Total	Per portion
Total cost		No. of portion produced/ Size of Portion		Fat		
Cost per portion				Calories		
Cooking time				Vitamins		
Total preparation time				Proteins		
Garnish						
Method of Service						

*Template of Standard recipe card*



### Banana Pancakes

FROM EMILIE JOHNS

*This 3-ingredient pancake recipe serves 8 and takes less than 10 minutes to prepare. It's a Johns' family favorite for Sunday mornings.*

#### Ingredients

1 small ripe banana  
1 medium egg  
2 tablespoons  
wholemeal self-raising  
flour  
oil for frying (optional)

#### Notes

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

#### Method

Mash banana in a medium bowl until smooth. Whisk in egg, then flour until smooth. Set aside for 5 minutes.

Lightly spray a medium non-stick frying pan with oil and heat over medium heat. Spoon 2 tablespoons batter into pan and spread out with the back of a spoon until 1cm thick. Repeat with remaining batter to make 2 more pancakes.

Cook for 1–2 minutes or until golden. Turn and cook for 1–2 minutes or until pancakes are golden and cooked through. Serve.

*Recipe card*

### 1.1.3 Role of recipe in cooking

Recipes are the guidelines for the cooking. It is very important to read and understand the recipes before you start cooking. For preparation of a perfect standard dish, it is important to know each and every aspect of the recipe of the dish.

The very first thing which is written in the recipe is the name of the dish and yield that how many servings are there in the dish which are to be prepared.

Then the ingredients should be listed in the same order they are used in the recipe in order to prevent leaving out any ingredient. Cooking methods, time of cooking and the required temperature.

**Do you know:** The ingredient standard list is one of the most important parts of a recipe.

## 1.2 Types of Menu

### 1.2.1 Classification of menu

#### Menu

The list of food or drink items available to be served along with the prices mentioned against each of the dish is called menu. A menu is one of the most important internal advertising tools that can



be used to educate a guest about the names, prices and servings of the dishes and menu is also used to tell the guests about the experience they are about to have.

The literal definition of a menu is a "bill of fare" \*or a list of food items a restaurant prepares and serve to their customers

**Important note!**

The basic cooking components are

Standard ingredients      Heating (if required)

Handling techniques      Serving techniques



**Classification of Menu**

The menu is classified into the 5 types which are commonly used now a day's these types are as follows:-

**1. A la carte menu**

Ala cart is a French word which means "by the card" and a la cart menu list is the list of items that are available for individual purchase. In this menu a guest will order single item which is not a part of any meal and course. A la carte offerings tend to be more expensive than they would be purchased as part of a meal or combination.



Standard menu card

**2. DU jour menu**

Du jour is a French word which meanings are "of the day".

A Du Jour menu changes every day and the list of the items available on that particular day.

Soups are often part of this menu. For example, a restaurant offer lentil soup one day, vegetable soup the next day, chicken noodle soup the day after that, and so on Du Jour items are sometimes called as "daily special" or "today's special".

### 3. Cycle menu

Cycle menu is somehow similar to the Du jour menu however; cycle menu items are offered on specific days and are repeated weekly.

### 4. Static menu

Static menu is the menu which does not change often. It is the main type of the menu at most of the restaurants. In the static menu items are divided into different categories such as appetizer, main course, salads, and beverages.

### 5. Fixed menu

A fixed menu is the menu in which very less options are available but on a fixed total price.

There are 2 common types of this menu

- Table d'hôte
- Prix fixe

An appetizer, soup, salad, entrée and dessert are all for a set price per person. The selections can vary for example an appetizer, an entrée and a dessert.

### 6. Beverage menu

In beverage menu all the drinks rather alcoholic or non-alcoholic offered by the restaurant to the guests.

**Do you know!** The menu is also called "the driver" of a food service operation.

## 1.2.2 Role of menu and significance in food service

### Role of Menu

The menu is an important component of the food industry and food service operations. The menu is also called "the driver" of a food service operation. So it is clear that every part of the food service operation is highly affected by the "menu". The menu is a managerial tool and it manages very important functions according to the nature of the restaurant and food service operation.

### Significance in food service

The menu is the tool of advertisements for the restaurant that is to be read by a guest on arrival to the restaurant.

If your menu is clean and appealing your guests will get impressed with this and for a food service operation a guest is the first priority. So a menu can decide the success of any food brand.

## 1.3 Food costing

### 1.3.1 Yield calculation and its importance

In culinary term, yield refers to that how much finished or processed product you will get. You can also define yield as the amount of useable product after it has been processed such as peel, cook, butchered. The yield is calculated by this formula

$$\text{Actual Yield} = \text{Quantity of prepared product}$$

#### Importance of yield:

Yield percentage is important because it tells several things

- The idea of how much quantity of raw material would be use to prepare a particular food item.
- How much useable product you will have after processing
- How much raw product to actually ordered and the actual cost of product per rupee spend

Yield Calculator				
Raw Product	Jumbo Yellow Onions		Date	2/2/2018
Beginning Weight	50 lb.		Raw cost per lb	\$ 0.22
Total Cost	\$ 11.00		Yield cost per lb	\$ 0.24
Finished Unit	Qty	Unit Weight	Finished Weight	Unit Cost
Chopped onions	30	1 LB	30.000	0.24
Onion Rings	14	1 LB	14.000	0.24
Soup stock	2	1 LB	2.000	0.24
	0	0 OZ	-	-
	0	0 OZ	-	-
	0	0 OZ	-	-
<b>Usable Product Weight</b>			<b>46.000</b>	<b>92.0%</b>
<b>Scrap/Waste/Shrink</b>			<b>4.000</b>	<b>8.0%</b>

*Example of yield calculation*

### 1.3.2 Costing of food

Food costing is the ratio of restaurants cost of ingredients (food inventory) and the revenue that produce from menu items sold. Food cost is also generally refers to as food cost percentage within the food industry.



The terms are often used interchangeably. Food cost is always expressed as a percentage known as the food cost percentage. To calculate food cost percentage, you divide inventory cost by the revenue produced.

### How do you calculate food cost?

Use the following equation for food costing

$$\text{Percentage} = \text{food cost} / \text{menu price}$$

You can use this figure in 2 ways.

1. If you know the menu price and want to see what your food cost should be in order to be within the budget, multiply the menu price with percentage

$$\text{Food cost} = \text{menu price} \times \text{percentage}$$

For example: in menu, the price of sandwich is 300 rupees and food cost percentage is 35 %.

$$35\% = 0.35$$

$$300 \times 0.35 = 105$$

2. If you know the food cost and want to determine what the menu price should be add a Particular percentage, divide the cost by the percentage

$$\text{Menu price} = \text{Total food cost} / \text{percentage}$$

Example: food cost is 150 and food cost percentage is 40%

$$150 / 40\% = 150 / 0.40 = 375$$

So the total food cost is 375 rupees.

$$\text{Total cost} = \text{Raw material cost (RMC)} + \text{overhead charges}$$

There are basic 3 principles of food costing

- Supplier selection
- Good receiving controls
- Balancing menu

### 1.3.3 Management of food cost and zero wastage

How to reduce food cost in food production management

1. Closely manage your inventory; Conduct daily and weekly report
2. Automate manual processes; forecast year sale round
3. Use inventory tracking to reduce wastes; purchase inventory at the right level
4. Recipe costing; track usage and yield on each food item
5. Menu planning; price menu item properly

6. FIFO reflects zero wastage
7. Ensure transparency and accuracy in vendor contract price

Factors affecting the food cost are:

- Supply and demand
- Weather
- Disease outbreaks
- War
- Natural disasters

Zero waste means designing and managing products and processes to systematically avoid wastage of different materials. It also eliminate the volume and toxicity of the waste. In zero wastage cooking, the food packaging done via different tactics like using disposable and reusable containers to buy in bulk, using fewer ingredients preserve the food and make most of the meals at home.

In different restaurants, the new trend is introduced by the management of different restaurants that if there guest finish all the meal they ordered and left zero wastage. They will get 10 % off on their invoice. If an employee who is making food, work with zero wastage strategy and if/she will keep it in mind that no leftover of any food product are left than they will get extra bonuses with their salaries.

### Key points

- A recipe is the list of ingredients and set of instructions used for the production and preparation of a certain dish, any kind of food and beverage are included in this category.
- The purpose of the recipe is to cook the food according to the standard taste and flavor and to have a complete record of the ingredients used, the proper amount of the ingredients needed, and the way they are combined and mixed together to form a dish.
- The very first thing which is written in the recipe is the name of the dish and yield that how many servings are there in the dish which you are making.
- The ingredients must be listed in the sequential order according to the procedure. Cooking methods, required time of cooking and setting temperature all must be mentioned in recipe card.

- A menu is one of the most important internal advertising tools that can be used to educate a guest about the name, price and serving of the food products and menu is also used to convey the guests about the experience they are about to have.
  - Ala cart is a French word which means "by the card" and a la cart menu list is the list of items that are available for individual purchase. In this menu a guest will order single
  - Item which is not a part of any meal and course.
- The menu is an important component of the food industry and food service operations. The menu is also called "the driver" of a food service operation. So it is clear that every part of the food service operation is highly affected by the "menu".

### Exercise

#### Select the most appropriate option.

1. Food making process is known as
  - a. Cooking
  - b. mise -en- scene
  - c. Weighing
  - d. both a& c
2. Hi tea is a type of
  - a. A la Carte
  - b. Cycle Menu
  - c. Buffet Menu
  - d. None of these.
3. The French word "restaurant" means
  - a. food that can be eaten
  - b. food that can be served
  - c. food that restored
  - d. food that can make
4. A menu should be
  - a. tough and complex
  - b. easy and understanding
  - c. clear and simple
  - d. both b & c

#### Give short answers of the following questions.

1. What type of language should be used in recipe writing?
2. What is the difference between Mise-en-place and Mise-en-scene?
3. Define Buffet Menu?
4. Write the formula for relation between dishes and its cost written on menu card?

**Answer the following questions in detail.**

1. Write down the main standards of recipe writing.
2. What is the significance of menu in food service?
3. How can you manage food cost in production of food?

**Activity**

- Prepare recipe card for lunch and calculate food cost individually.
- Prepare a menu card for small scale restaurant.
- Derive the food cost of any recipe given by teacher and set the sale price according to mentioned percentage.

**Teacher's guide**

- The teacher is required to explain students that how to create menu with zero wastage. He/she is also required to instruct students about the methods for the control of food wastage.
- The teacher is required to give demonstration to students for calculation of food cost in various dishes produced in class.





## 2.1 Rice & Starches

Rice is seed of the grass species *oryza sativa* (Asian rice) or less commonly *oryza glaberrima* (African Rice). Rice is primary composed of carbohydrates, which is almost 805% of its total dry weight. Most of the carbohydrates in rice are starch. Starch is common foam of carbohydrate in food. Starch is made up of long chains of glucose called amylose and amylopectin.



*Rice*



*Types of Starch*

### 2.1.1 Categories of rice and starches

There are 3 major categories of rice are there which are based on the grain length

1. Long grain rice
2. Medium grain rice
3. Small grain rice

The length of the grain is based on cooked rice and its traditional preparation and usage.

#### **Do You Know!**

Which type of rice is good for health?

**Brown rice** is the type of rice which is considered as a healthy diet because it contains extra nutrients and fibers which are good for health. It lowers the cholesterol and controls blood sugar levels.

Following are the types of rice



Arborio rice. This your go-to rice for making any risotto dish



Basmati rice. This is a type of long-grain, Indian rice



Jasmine rice



Brown rice



Sticky rice



Long grain white rice





Risotto rice

Starch or amyllum is a polymeric carbohydrates consisting of many glucose units joint by glycosides bonds. Starch is an odorless and tasteless white substance occurring widely in plant tissues and its high amount is obtained from cereals and potatoes.

**Types of starch for cooking:**

Starch can be found in 2 varieties

- Native starch –It is a natural derivative of vegetable
- Modified starch – It is chemically modified as a thickener

The most common starches are used in cooking (gluten free cooking):



Corn starch



Arrow root starch



Tapioca



Potato starch



	
Wheat starch	Rice starch

### 2.1.2 Effects and use of starch in cooking

In cooking, starch takes place as a tiny granule to which water, broth or liquid bonds. In the cooking, starch is used as thickening agents because it absorbs the liquid from the dish on the time of cooking and it gets thickened, that is why starch is the major secret behind the perfect pie filling of custard.

Food starches are also used for stabilizers in food such as puddings, soups, sauces, gravies, pie fillings, custards and salad dressing. Starches are used to make many food items such as pasta and noodles.



*Uses of starch*

Starch is the source of sugar in animals' diet. Animal's breakdown starch using an amylase an enzyme found in saliva and pancreases that breaks down the starch and make energy from it.

### 2.1.3 Uses of rice and pastas as staple foods

Staple food is a food that is eaten every day and it makes a dominant part of a diet.

Examples of food staples are "**cereals**" such as

- rice
- maize
- millet

Some starchy tubers or root **vegetables** such a

- Potatoes
- Sweet potatoes
- Cassava
- Yams

Meat, fish eggs milk cheese dried legumes all are staple food.

Main **uses of rice** as staple food

- Rice is the most important food crops is all over the world and it is a staple food of more than half of the world population. Rice is rich in nutrition and vitamins and minerals also.
- Rice is a staple food which is predominant dietary energy source for 17 countries in Asia and the Pacific, 9 countries in north and South America and 8 countries in Africa.
- Rice provides 20% of the overall world's dietary energy supply.
- Rice is the staple food which is cooked by boiling, or sometimes it is used as flour.
- Rice is eaten alone and with different dishes of vegetables, meats, pulses, and legumes in different cuisines worldwide. It is used as a main dish in Asia, Middle East and many other countries like India and China.
- Rice is also used as breakfast cereals, noodles, and in the preparation and production of different alcoholic beverages such as "Japanese Sake".



Main uses of Pastas as a staple food:

- Pasta is a staple food of Italian cuisine both dried and fresh pastas are in many shapes and varieties which all are different from one another.
- Pasta is cheap, convenient and versatile this is the only reason behind the popularity of pastas.
- Pastas are made up from grain. Grains are one of the basic food nutritive diets. In pastas vegetables, Poultry, fish and fruits can be included which all are the very good source of energy and they can give you fiber too. Pastas are made up from whole grain. That is very good and healthy and it also helps in the stomach as well as cholesterol issues.



*Different types and shapes of pastas*

## 2.2 Processing, cooking and storage

### 2.2.1 Cooking methods for the preparation of rice and farinaceous dishes

The cooking methods involved to prepare rice are as follows

- Boiling
- Steaming(or sometime combination of these)
- Japanese method
- Pilaf
- Risotto

In the boiling and steaming it absorbs water, long grain rice tends to remain separate or fluffy after cooking while the other types which are medium grain and short grain rice will tend to stick together.

Each method of cooking rice requires a different water proportion for example in boiling water is 12 times much as rice, in Japanese method water is 5 times much and in the steaming water is 2 - 1/2 time much.

In different methods specific type of rice is used to achieve the desired flavor, texture and color.



*Farinaceous dishes*

The **Cooking methods** involved to prepare farinaceous dishes

Do you know about farinaceous dishes?

The dishes made from rice, pasta, noodle, polenta or gnocchi. Fully cooked farinaceous dishes can be prepared using very different types of heat treatments.

The heat treatment /cooking methods which are used in the preparation of the farinaceous dishes are

- Oven Baking
- Frying
- Infrared radiation
- Superheated steam
- Hot air impingement

### 2.2.2 Recognize tools & equipment to cook rice and farinaceous dishes

	
Pots	Steamers
	
Colander	Slices
	
Strainer	Rice cooker

**Activity:** Make group of 3 students and recognize tools and equipment to cook rice and farinaceous dishes correctly

### 2.2.3 Quality points for cooking rice and pasta

The quality points of meals are the quality characteristics of any food type which is acceptable to consumers.



## Chapter 2: Rice, Pasta and Farinaceous dishes

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There are two types of factors are included in it.

1. External factors such as appearance like size, shape, color, gloss and consistency, texture and flavor etc. Some factors such as federal grade standards of eggs.
2. Internal factors such as chemical, physical and microbial factors. Quality points to look for in rice when cooking. It relates to:
  - Grain length
  - Stickiness
  - Aroma
  - Texture
  - Flavor

### 2.3 Serving methods

#### 2.3.1 Different serving methods

##### Different Serving Methods

Serving methods of rice, pasta and farinaceous dishes are varying according to the nature of the dish and according to the serving size either the dish is served for 1 person or more. The proper portion of one serving of rice is 1/2 cups while cooked. This size can be understood by an example of 1 cupcake wrap. For two Persons it will make one cup of cooked rice.

Pasta and farinaceous dishes a serving size is about two ounces of dry pasta about 1 or 1/2 cup of cooked pasta, but keep it in mind that you will bulking up the dishes with sauces and garnishing it with different condiments. The more attraction and uniqueness can be added to the dish with the difference and interesting garnishing.



**Activity:** Arrange the class into small groups, each group will make one farinaceous dish and present and garnish differently.

#### 2.3.2 Storage procedures for cooked dishes

##### Storage Procedure of cooked rice

Serve rice as soon as it has been cooked. If not then cool them quickly. Keep the rice and the rice dishes into the refrigerator for no more than 1 day until reheating.

The best way to reheating the rice is:

- 1) Open the containers in which you store the rice remove its lid. Add little bit of water into it. For each cup of rice add 1-2 tablespoons of water.
- 2) Place the container (ovenproof) into the microwave oven and heat it for 3-4 minutes or according to the quantity.
- 3) Make sure the internal temperature of the rice is at 165° F or higher than this. You can use a thermometer for checking the temperature correctly.
- 4) Serve immediately or as soon as possible.



*Storage of cooked rice*

If you want to keep rice moist after cooking then you have to add humidity and keep them covered you can also chill the rice and reheat it in small batches with the addition of few drops of water.

If you want to keep rice moist after cooking then you have to add humidity and keep them covered you can also chill the rice and reheat it in small batches with the addition of few drops of water.

### **Storage procedure of pasta and farinaceous dishes**

Cooked pasta can be stored after boiling. Boiling is the first step of cooking the pasta.

After boiling drain the excess water from it and allow cooling it down. Drizzle it with a little bit of olive oil and put an airtight sealed container. Store it into the refrigerator for 5 - 6 days or it can also freeze it for up to two months.



*Storage of Pasta's*

**Note:** It is convenient to separate pastas into portions according to the quantity for every dish.

### Recipes

#### Egg fried rice

<b>Name of dish</b>	Egg fried rice	<b>Preparation time:</b> 60 mins	<b>Cooking time:</b> 15 mins
<b>Number of portions:</b>	4	<b>Size of unit</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Boiled rice	500 gm.	Spring onion	3-4 stalks
Soy sauce	10 ml.	Schezwan sauce	15 ml.
Rice vinegar	8 ml.	Eggs	3
Chopped garlic	10 gm.	Chopped carrot	125 gm.
Crushed black pepper	2 gm.	Diced bell peppers	125 gm.
Salt	As per required	Cabbage shredded	125 gm.
Oil	20 ml.		

#### Method

- Boil and stain the rice
- Heat a pan with oil add chopped garlic into it fry it for 30 seconds
- Add spring onion whites and fry for a minute
- Add chopped veggies and fry for about 2 minutes. ( veggies should be crunchy)
- Slide all the veggies to one side of the pan.
- Pour egg into the pan and scrambled it cook till they are soft and fluffy but not overcooked
- Pour the soy sauces and vinegar into it.
- Add cooked rice, salt, ground black pepper and spring onion greens.
- Fry on the highest flame for about 2 minutes.
- Adjust salt and spice as needed
- Garnish it with some spring onion greens



*Egg fried rice*

## Alfredo pasta

<b>Name of dish</b>	Alfredo pasta	<b>Preparation time:</b> 20 mins	<b>Cooking time:</b> 30mins
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Butter	250 gm.	Garlic crush	8 gm.
Cream	20 ml.	Parmesan cheese	125 gm.
Salt	As per required	Fettuccini pasta	300 gm.
Black pepper	As per required		

### Method

- Add water in a pot and bring it to boil
- Add salt into it and then fettuccini pasta in it.
- Cook for 10 mins and then drain the water
- Heat cream with butter on medium heat in a saucepan.
- Add salt, pepper and garlic in it.
- Add cheese and stir until thick sauce produce
- Add pasta into sauce and serve hot.



*Alfredo pasta*

### Boiled rice

<b>Name of dish</b>	Boiled rice	<b>Preparation time</b> 20 mins	<b>Cooking time</b> 20mins
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Water	900 ml.	Salt	2 gm.
Long grain rice	540 gm.		



### Method

- Pour water and salt in a pot.
- Bring it to boil.
- Wash and soak rice for 20 minutes.
- Add rice into boiling water
- Cook for 20 minutes.
- Strain the water and serve.



### Vegetable macaroni

<b>Name of dish</b>	Vegetable macaroni	<b>Preparation time:</b> 20 mins	<b>Cooking time:</b> 30mins
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Water	1 liter	Oil	12 ml.
Macaroni	300 gm.	Onion	1 medium (chopped)
Salt	As per taste	Carrot	50 gm. (chopped)
Black pepper	As per taste	Capsicum	50 gm. (chopped)
Chilli sauce	12 ml.	Cabbage	50 gm. (chopped)
Soya sauce	12 ml.		

### Method

- Boil the macaroni for 15 minutes in boiling water along with oil and salt.
- Fry the onion in oil.
- Add capsicum, cabbage and carrot.
- Add boiled macaroni in it
- Add sauces and spices and cook for 10 minutes.
- Remove from heat and serve.



*Vegetable macaroni*

### Key points

- Starch is a major source of carbohydrates. The main sources of starches are rice, pasta, wheat etc. Rice is primarily composed of carbohydrates, which is almost 80.5% of its total dry weight.
- Starch is an odorless and tasteless white substance occurring widely in plant tissues and its high amount is obtained from cereals and potatoes.
- In cooking, starch takes the place as a tinny granule to which water, broth or liquids bond. In the cooking, starch is used as thickening agents because it absorbs the liquid from the dish on the time of cooking and it gets thickened, which is why starch is the major secret behind the perfect pie filling of custard.
- Serving methods of rice, pasta and farinaceous dishes vary according to the nature of the dish and according to the serving size either the dish is served for 1 person or more.
- Each method of cooking rice requires a different water proportion for example in boiling water is 12 times much as rice, in Japanese method water is 5 times much and in the steaming water is 2 - 1/2 time much.

### Exercise

#### Select the most appropriate option

1. The soaking time for basmati rice is:  
a. 30 mins      b. 25 mins      c. 20 mins      d. 50 mins
2. Which of the following is the main source of starch?  
a. potato      b. meat      c. spices      d. none of these
3. Which of the following type of flour is best for pasta dough?  
a. White flour    b. Wheat flour    c. Self-rising flour    d. Multi grain flour with yeast
4. Starch is used for which of the following purpose?  
a. Thickening      b. Rising      c. Binding      d. Jellifying

#### Give short answers to the following questions.

- What is the serving temperature of rice, pasta and farinaceous dishes?
- State various types of rice and pasta?
- Define Pilaf and Risotto.
- State the nutritional values of rice, pasta and farinaceous dishes?
- Write down the storage conditions for cooked pasta?

### **Answer the following questions in detail.**

Describe categories of rice and starches?

1. Explain quality points for the cooking of rice and farinaceous dishes?

### **Activity**

- Arrange different types of rice and pastas and prepare any one dish of rice and pasta.
- Arrange the class into small groups; each group will prepare rice by using one cooking method.
- Arrange the students into small groups, each group will prepare one pasta dish and serve in class.
- Arrange the class into small groups, each group will prepare, cook and finish one rice based sweet dish.

### **Teacher's guide**

- The teacher is required to demonstrate the quality points and tips of cooking rice, pasta and farinaceous dishes by using different cooking methods.
- The teacher is required to give knowledge to students for the handling of rice dishes and prevent them from over cooking.
- The teacher is required to recognize different types of pastas. He/she will also demonstrate about the production of different pastas.

## Chapter 3: Pulses and legumes



### Students learning outcomes

After completing this chapter, you will be able to:

- learn about types & categories of pulses and legumes.
- understand main usage of pulses and legumes in cooking.
- understand standard processing of pulses and legumes dishes.
- use appropriate methods to cook and process pulses and legumes .
- understand the finishing and presentation techniques.
- demonstrate storing cooked/par cooked food items as per standard.



### 3.1 Pulses and Legumes






#### 3.1.1 Types of pulses and legumes

A “Legume” refers to the plant family that would include its leaves, stems, and pods. A pulse is the edible seed from a legume plant. Pulses include beans, lentils and peas. For example a pea pod is a legume, but the pea inside the pod is the pulse.

#### Types & categories of pulses:

Following are the types and categories of pulses:

	
Red pulse (masoor daal)	Green gram whole pulse (whole mung daal)
	
Green gram split (chilka mung daal)	Green gram skinned (mung daal)
	
Yellow pulse (daal mong)	Brown lentil (whole masoor)

	
Chickpeas (chana and garbanzo beans)	Garden peas (mutter)
	
Black-eyed peas	Runner beans
	
Broad beans	Kidney beans (lobia)
	
Butter beans	Haricots
	
Soya bean	Black eye beans (white lobia)



## Types of Legumes

The following are the categories of legumes:

	
Peanuts	Black beans
	
Green peas	Lima beans
	
Kidney beans	Black eyed peas
	
Navy beans	Great northern beans
	
Soy beans	Lentils

### 3.1.2 Usage of pulses and legumes in cooking

#### Usage of Pulses

- Red lentils are used for making dal, soups, purees, casseroles, patties and loaves
- Deep fried lentils and made up with different spices and used as a snack food.
- Flour are combined with cereal flour which are used to make breads and different types of cakes
- Cooked or baked whole beans are used in soups, purees, snack foods, baked goods and in different types of breakfast.
- Pulses are very healthy part of our diet. Pulses provide protein, minerals, dietary fiber and many types of healthy vitamins. They also contain a plant chemical named as "photochemical" this chemical is the chemical which reduces the risk of certain types of harmful diseases such as cancer.
- Pulses are the great source of protein. Pulses are very important for those who don't get protein by eating meat, fish or dairy products which are the only source for the protein. But on the other hand if you are meat lover you can add pulses into the several meat dishes such as soups, meat sauces and casseroles to add extra flavor, taste and texture in your food.
- The pulses are the good source of iron and Fiber too. Fiber is helpful for lower the blood cholesterol, this is the reason that pulses are beneficial for heart too.

#### Usage of Legumes

- All the legumes are very different from one another and have their own different nutritional values as well. The legumes are used in many ways in different dishes and cuisines such as salads, purees, soups, sauces, stew casseroles etc.
- Legumes can be used in the creativity of different dishes in versatile cuisines.
- Enjoy minestrone, split pea, black bean or lentil soup instead of the usual chicken noodle.
- Spread sandwiches with hummus (hummus is the puree of chickpeas) instead of mayonnaise.
- You can also add chickpeas to whole-grain dishes such as barley and brown rice pilafs.



**Do you know!**

Moong daal is low in fat content and rich in protein.

Moong daal is the dal which is considered to be one of the bestest plant - based sources of protein.

## 3.2 Processing and cooking of beans, pulses & legumes

### 3.2.1 Standard processing of pulses and legume dishes

#### Processing of pulses

Processing of pulses is of primary importance in improving their nutritive value. The processing methods used are soaking, cooking, fermentation and germination.






In the processing of pulses the very first step is soaking the pulses in water. After soaking, add them in heavy duty large pan and add water in it, also add spices in it. Always use large sauce pan or pot for cooking pulses as they will double or triple in volume during cooking. Boil the pulses on high heat, then airtight the pan and simmer them until fully tender.

Pulses are the good source of energy and dietary fiber. Cooking can decrease the overall dietary fiber from the pulses but still increase the starch content.

#### Processing of Legumes

Traditional techniques used in the processing of legumes are soaking, roasting, boiling, cooking (ordinary cooking and pressure cooking) , frying, steaming, popping , fermentation, germination, pounding and grinding etc.

Steps in processing of pulses
1. Cleaning
2. Washing
3. Soaking
4. Boiling
5. Simmering
6. Drying

Type	Name Color	Uses	Soak Time	Cooking Time
	Brown lentil	Soups, salads, stews	None	35 minutes
	Beluga lentil, black	Soups, salads, stews	None	40 minutes
	French le Puy, green lentil	Soups, salads, stews	None	40 minutes
	Red lentil, red-orange	Soups, salads, stews	None	30 minutes
	Split Peas, yellow or green pea	Soups	None	1 hour

### Processing of Legumes

## 3.2.2 Methods to process and cook pulses and legumes

### Procedure for cooking pulses and legumes

<b>Name of dish</b>	Chickpea salad	<b>Preparation time:</b> 15mins	<b>Cooking time:</b> <b>0</b>
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Avocado	50 gm.	Cucumber (sliced)	50 gm.
Lemon	5 ml.	Bell pepper(sliced)	50 gm.
Chickpea (boiled)	200 gm.	Olive oil	70 ml.
Red onion (chopped)	50 gm.	Vinegar	8 ml.
Tomato (sliced)	50 gm.	Salt	As per taste
Black pepper	As per taste		

### Method

- Cut avocado, onion, cucumber, tomato, bell pepper in slices
- Combine olive oil, salt, black pepper and vinegar.
- Toss all vegetables in it.
- Add boiled chickpeas in it
- Chill for one hour and serve.

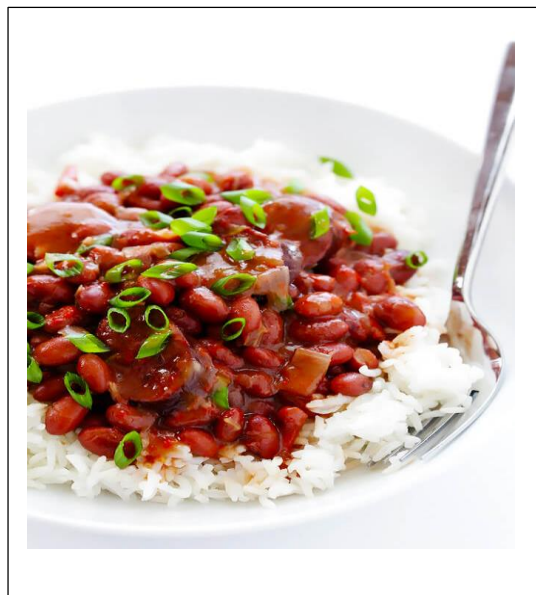


### Red bean with rice

<b>Name of dish</b>	Red bean and rice	<b>Preparation time:</b> 15mins	<b>Cooking time:</b> <b>40 mins</b>
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Basmati rice	250 gm.	Red bean	350 gm.
Oil	12 ml.	Chicken stock	650 ml.
Onion	1 medium	Hot sauce	10 ml.
Capsicum	1	Bay leaves	1
Celery	2	Salt	As per taste
Tomato paste	20 gm.	Parsley	For garnishing
Garlic chopped	3 cloves		

### Method

- Boil rice in a large saucepan of 2 cups water and strain it.
- Heat vegetable oil in a large pot over medium heat. Add onion, bell pepper and celery.
- Cook, stirring occasionally, until tender, about 3-4 minutes.
- Stir in tomato paste, garlic, about 1 minute.
- Stir in red beans, chicken stock, hot sauce, bay leaf and sausage; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer for 15 minutes. Uncover; continue to simmer until reduced, an additional 15 minutes.
- Mash beans until slightly thickened, if desired; season with salt and pepper, to taste.
- Garnished with parsley and serve.



**Shami kabab**

<b>Name of dish</b>	Shami kabab	<b>Preparation time:</b> 20 mins	<b>Cooking time:</b> 40 mins
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Channa daal	200 gm.	Coriander seeds	5 gm.
Chicken boneless	400 gm.	Green chilli	4-5
Water	1 liter	Whole spice powder	5 gm.
Red crush chilli	5 gm.	Yogurt	20 gm.
Ginger/ garlic paste	10 gm.	Egg	2
Salt	As per taste	Oil	For frying
Cumin seeds	8 gm.		

**Method**

- In pot, add daal and chicken
- Add water in it
- Add all spices in it
- Cover and cook until tender
- Then cook on high flame to reduce water
- In chopper add coriander leaves, green chillies and grind it.
- Add egg and spices and mix well.
- Make 15-18 kababs and fry them in oil.

*Shami kabab***Daal mash**

<b>Name of dish</b>	Daal mash	<b>Preparation time:</b> 20 mins	<b>Cooking time:</b> 40 mins
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Daal mash (soak for 1 hour)	250 gm	Tomato	2
Onion (chopped)	20 gm.	Oil	65 ml.



Garlic (chopped)	8 gm.	All spice	2 gm.
Chilli powder	As per taste	Green chilli	2-3
Turmeric	1 gm.	Coriander	30 gm.
Salt	As per taste		

### Method

- Boil daal with haldi, salt and 1 cup of water till daal nearly tender.
- Heat oil; fry onion till light golden add garlic paste, chopped ginger, tomatoes, salt, chili powder and bhuno mixture well.
- Add in boiled daal, green chilies, all spice.
- Simmer for 5 mins.
- Masalaydaar Daal Mash ready to serve, garnished with coriander leaves.



*Daal mash*

### Daal channa

<b>Name of dish</b>	Daal channa	<b>Preparation time:</b> 20 mins	<b>Cooking time:</b> 40 mins
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Daal channa	250 gm.	Chopped tomatoes	125 gm.
Water	750 ml.	Green chilli	5 gm.
Turmeric powder	2 gm.	Red chilli powder	2 gm.
Oil	24 ml.	Turmeric powder	1 gm.
Cumin seeds	5 gm.	Garam masala powder	2 gm.
Chopped garlic	5 gm.	Coriander powder	2 gm.
Chopped onion	125 gm.	Chopped coriander	4 gm.

## Method

- Pick and rinse the chana daal well in running water.
- Soak the dal in enough water for an hour.
- Drain the lentils and add them to a pressure cooker along with turmeric powder.
- On a high flame, pressure cooks the lentils for 10 to 11 minutes or for 7 to 8 whistles or more, till the daal is softened and well cooked.
- Keep the cooked chana dal aside.
- Making Chana Daal Fry
- In another pan, heat oil or ghee.
- Add the cumin first and fry for a few seconds till they splutter.
- Then add the garlic and fry till they become light brown.
- Now add the onions and fry till they get golden.
- Now add the tomatoes, ginger and green chili.
- Stir and add all the dry spice powders – turmeric powder, red chili powder, garam masala powder, and coriander powder.
- Saute till the tomatoes get cooked and the oil starts to leave the side of the mixture.
- Add the kasoori methi and stir.
- Pour the cooked chana dal along with its stock to the sauteed masala mixture or vice versa. season with salt.
- Stir and simmer the dal for 6 to 8 minutes till you get medium consistency of the dal. The chana dal is neither thick nor thin.
- Garnish with chopped coriander leaves.
- Serve the chana dal hot with some basmati rice or roti or bread.



**Activity:** Use appropriate method to cook and process pulses and legumes, simmering, boiling, frying etc.

### 3.3 Serving and storage

Uncooked and dry pulses are stored in a sealed container in a cool and dry place; it may be possible that the color may fade slightly during the long time storage but the flavor will not be affected. Neem leaves are also used for the storage of the pulses pluck Neem leaves in the quantity of 40-50 leaves per kg of grains and keep them in dry shade.



**Do you know?** Dry pulses are one of the world's most shelf stable foods.

#### Serving of pulses

Single serving size of pulses is equivalent to 100gm raw pulses, which cooks up to 200gm approx. A 100 gm. of cooked pulses has same nutritious value is equivalent to 1 serving of vegetable and a two ounce meat equivalent. After cooking the volume of pulses increases about twice.

**Important Note!** How do you remove the moisture from pulses?

Natural air is the most effective way to remove the extra moisture from the pulses.

#### 3.3.1 Finishing & presentation techniques

As you know, finishing and presentation techniques are very important same like taste and flavor. In finishing and presentation, harmony and balance of colors should be present. To good finishing and plating includes

- Always use different attractive textures
- Match presentation according to ambience theme
- Use contrast colors
- Serve small portion sizes
- Use edible garnish and decoration.



*Finishing & presentation of legumes and pulses*

### 3.3.2 Procedure for storing cooked/par cooked food items as per standards.

General guidelines for food storage as per standards

- Check use by dates (expiry date)
- Take special care if you are handling high risk food.
- Store food in suitable environment
- Store food in covered containers
- Store raw food below cooked food in the refrigerator
- Avoid freezing thawed food
- Keep high risk food at 5°C or below or above 60°C because this temperature zone is known as the danger zone.

#### Activity

1. Arrange the class into small groups, each group make different salads with legumes.
2. Prepare main dish with legumes.
3. Serve prepared food items, as per recipe and a standard portion size.

#### Key points

- A “Legume” belongs to the plant family that would include its leaves, stems, and pods. A pulse is the edible seed from a legume plant. Pulses include beans, lentils and peas. For example a pea pod is a legume, but the pea inside the pod is the pulse.
- Pulses include all the lentils, beans and peas such as red, green, yellow and brown lentils, Chickpeas (Chana beans), Garden peas, black - eyed peas, runner beans, broad beans, kidney beans.
- Processing of pulses is of primary importance in improving their nutritive value. The processing methods used are soaking, cooking and fermentation and germination.
- Traditional techniques used in the processing of legumes are soaking, roasting, boiling, cooking (ordinary cooking and pressure cooking) , frying, steaming, popping , fermentation, germination, pounding and grinding etc.
- Uncooked and dry pulses are stored in a sealed container in a cool and dry place; it may be possible that the color may fade slightly during the long storage but the flavor will not be affected.



### Exercise

#### Select the most appropriate option.

1. Red beans is the type of
  - a. Fruit
  - b. beans
  - c. grain
  - d. None of these
2. How much time is required for beans for sprouting?
  - a. One week
  - b. Over night
  - c. Three days
  - d. Ten days
3. Which legume is the rich source of Protein?
  - a. Chickpeas
  - b. Red beans
  - c. Black eyed beans (white lobiya)
  - d. Gram lentil
4. The soaking time for daal mong is
  - a. 30 minutes
  - b. 50 minutes
  - c. 6 hours
  - d. 10 minutes
5. What is the role/importance of garnishing in legumes?
  - a. Value addition
  - b. Increase the quantity
  - c. Enhance digestion
  - d. Time saving

#### Give short answers of the following questions.

1. Write down types of legumes?
2. Write down types of pulses?
3. State any two uses of pulses?
4. What are the serving techniques of daal and chawal?

#### Answer the following question in detail.

1. Explain the types and categories of pulses and legumes?
2. Describe the cooking procedure of beans, pulses and legumes?
3. Explain the processing of pulses?
4. State the appropriate methods to cook lentil soup?

#### Activity

- Arrange the class into small groups; each group will make one dish of legume or pulses.
- Arrange the class into small groups; each group will make one appetizer by using any lentil.

#### Teacher's guide

- The teacher is required to explain the students about the different types of pulses and lentils, tools and equipment used for production of these dishes and processing of pulses.
- The teacher is required to demonstrate them any 2 recipes of main course of lentil and pulses and explain storage and serving procedures.

## Chapter 4: Meat, Poultry and Seafood



### Students learning outcomes

After completing this chapter, you will be able to:

- know about types and categories of meat, poultry and seafood.
- understand special attributes of meat, poultry and seafood.
- learn about inspection and grading of meat.
- know main use and importance of meat, poultry and seafood.
- know about types & categories of meat, poultry and seafood and its special attributes.
- know main uses and nutritional value of meat, poultry and seafood.
- know about standard procedures for meat, poultry and seafood preparation for cooking.
- recognize appropriate methods of cooking of meat, poultry and seafood.
- learn about standard procedure of storage of meat, poultry and seafood.
- learn about how to garnish food for presentation.
- learn about how to serve food in proper manners.
- recognize how to store prepared food.

## 4.1 Meat, Poultry and seafood

### 4.1.1 Categories of Meat, Poultry and Seafood

#### Categories of meat

There are four basic categories of meat.

- i. Red Meat- This includes beef, mutton and lamb.
- ii. White meat- this includes all type of poultry such as chicken, turkey.
- iii. Seafood – This includes fish, crabs, lobsters, mollusks, oysters and all seafood.
- iv. Game meat- This includes flesh of non-domesticated animals like rats and rabbits.



*Different Categories of meat*

#### Types of poultry

A **broiler** is any chicken that is bred and raised to fulfill different needs regarding our nutrition. We can use their eggs and meat on daily basis at commercial level.

Broilers have milk white feathers and yellowish skin. Its slaughter weight between four and seven weeks of age, although slower growing breed reach seven weeks of age.





**Fryer** chickens are young and smaller in size (3-4 lb.) as compare to broiler. They are perfect for frying. You can purchase fryer chicken whole or already cut up into 8 pieces.

There is such a small price difference that it’s often more convenient to purchase a cut up fryer than a whole fryer.

**Roaster** chicken is a type of chicken which are slaughtered at the age of 14 weeks which means they are usually larger in size than broiler chicken and fryer chicken. Chicken is usually roasted as a whole. They may also be cut into pieces and fried. A **Duckling** is

**Interesting Information!**  
Fryer chicken mostly used in fast and BBQ food items.

a baby duck. They usually learn to swim from their mother. It is found in fresh and salt water. Duck or ducklings are eaten in so many cuisines all over the world. It is high-fat, high-protein meat which is rich in iron.

Classes of poultry	Approx. age	Approx. weight (pounds)	Common cooking methods	Common culinary uses
Broiler	4-6 weeks	1-3	Broiling, grilling, sautéing.	Prepared whole or split
Fryer	6-10 weeks	3.5-4.5	Roasting, Broiling, grilling, sautéing.	Prepared whole, split, quartered or disjointed.
Roaster	3-5 months	7-9	Roasting	Prepared whole
Broiler ducklings	Under 8 weeks	4-6	Roasting, sautéing, grilling.	Only breast is prepared.

**Types and categories of seafood**

There are 3 major categories of seafood:

- Fish
- Shellfish
- Invertebrates



*Different categories of seafood*



## 4.1.2 Attributes of meat, poultry and seafood

### Attributes of Meat

Meat is a food which contain high amount of protein and it is the main source of protein for humans. The most important meat quality attributes are

- Taste
- Tenderness
- Juiciness
- Leanness
- Nutritive qualities
- Safe and healthy meat

The important quality traits for fresh meat are

- Color
- Texture
- Amount of intramuscular fat and subcutaneous fat

Meat is known as the complete nutritive diet which contains protein in a large amount. The amino acids which are present in protein are very necessary for the human bodies. The fat of the meat enhances its quality of flavor, tenderness and juiciness. Meat is composed of water, protein, amino acids, fat, fatty acids, minerals, vitamins and many more components which all are bioactive. Small quantities of carbohydrates are also present into the meat.



*Attributes of Meat*

### Attributes of Poultry

The quality attributes of poultry meat are its appearance, texture, juiciness, flavor and functionality. The two major qualities attributes like appearance and texture of the poultry meat. It is very important and it play



*Attributes of poultry*

a critical role in both of the consumer's initial selection and final product satisfaction. The texture is a single sensory property which can affect final quality assessment.

### Attributes of seafood

The main quality attributes of seafood are smell fresh, mild, not fishy and sour. Seafood should smell fresh and mild. Their eyes should be clear and shiny. Whole fish have firm flesh and red gills with no odour, the fresh fillets should have firm flesh and red blood lines or red flesh if fresh tuna. The most important quality of a fish is its freshness. A fresh fish is the fish that has just been caught



### 4.1.3 Inspection and grading of meat

The inspection of animals is mandatory, before they are slaughtered, for the purpose to examine that whether the animal is healthy or not. After that, inspection of the meat and poultry is also mandatory



to be carried out by the food authorities. Furthermore, various grades should be awarded to them according to the quality and visibility of meat.

### 4.1.4 Uses & importance of meat, poultry and seafood

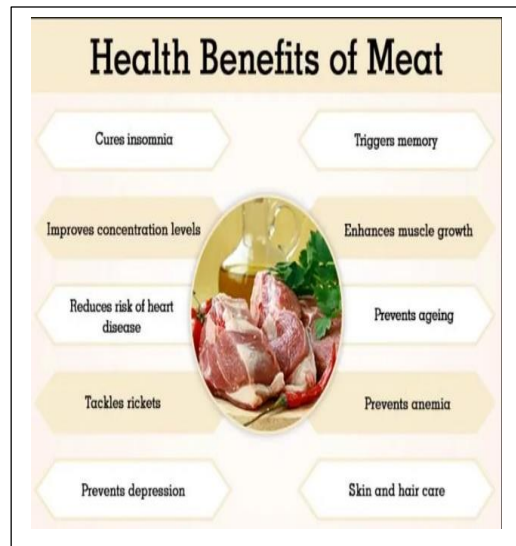
#### Uses and importance of meat

A healthy diet include protein in it and a heavy amount of protein is present in meat, fish, eggs as well as in some non-animal resources such as beans and pulses protein is present in a very good amount which is very important for the humans. Meat such as chicken, lamb, beef, fish all are rich in protein. Red meat (Beef) provides us many nutrients such as iron, zinc, vitamin B, and B12. The most common sources of meat are domestic animals such as cattles, buffaloes, sheep's and goats

but in many regions some other species of animals like camels, yaks, horses, ostriches, also eaten as meat.

For humans eating meats has several health benefits such as.

- It stronger the bones
- It has better iron absorption properties
- It pretends the muscle mass
- It increases the metabolism
- It reduce hunger
- Promote fullness



### Uses and importance of Poultry

- Poultry meat includes chicken and turkey but duck, geese, fowl and guinea are also including in this.
- Poultry is economical and easy to prepare and serve. It also has a variety of nutrients in it.
- Poultry is any domesticated bird used for food such as chicken, turkey, goose, duck, Rock Cornish hens etc.
- Some game birds such as pheasant, squab, and guinea fowls are included in it.
- Poultry products like eggs and meat have high nutritional value

### Uses and importance of Seafood

- In seafood vitamins and minerals are present in high amount. Seafood has so many health benefits. The eating seafood can decrease the risk of heart attack, stroke, obesity and hypertension.
- Seafood also provides so many healthy nutrients which are helpful for development of infants and children.

The following are the special attributes of meat, poultry and seafood

1. Meat is mainly composed of water, carbohydrates, proteins, minerals and vitamins. The most abundant chemical in meat is water followed by protein then fat. All these components are essential for human nourishment.
2. Poultry is mainly composed of water, carbohydrates, proteins, minerals and vitamins. The abundant chemical in poultry is protein and less fat. There calories level is less than meat

because it consists on white meat. All these components are essential for human growth and nourishment.

3. Seafood is maximum available food which is easily available worldwide. Seafood is mainly composed of water, protein, healthy fats. Fish has major source of omega 3 fatty acids and vitamin E, which is best for health.



*Attributes of Meat, Poultry and Seafood*

**Interesting Information!** Fryer chicken mostly used in fast food products.

**Activity:** Prepare a chart showing attributes of meat, poultry and seafood.

#### 4.1.6 Uses & nutritious value of meat, Poultry and seafood

##### Nutritional value of meat

The nutrients which are present in meat are

- Protein
- Iron
- Vitamin B12
- Vitamin B12 complex
- Zinc
- Selenium
- Phosphorus
- Fatty acid profile

Nutritional value of meat	
Portion size: 100 g	
Calories 143Kcal	
Total fat	3.5 g
Cholesterol	73 mg
Sodium	57 mg
Potassium	421 mg
Total carbohydrates	0 mg
Proteins	26 mg



### Nutritional value of Poultry

The nutrients which are present in Poultry are

- Protein
- Unsalted lipids
- B-group vitamins, mainly thiamin, vitamin B6, Pantothenic acid,
- Minerals like zinc, iron, copper

### Nutritional value of Seafood

The nutrients which are present in Seafood are

- Vitamin A
- Vitamin B
- Vitamin D
- Omega-3 fatty acids
- Calcium
- Phosphorus
- Minerals like iron, zinc, iodine, magnesium, selenium, potassium

**Activity:** Arrange the class into small groups, each group make a chart showing nutritional value of meat, poultry and seafood

Nutritional value of Poultry	
Portion size: 100 g	
Calories 272 Kcal	
Total fat	25 g
Cholesterol	130 mg
Sodium	40 mg
Potassium	104 mg
Total carbohydrates	0 mg
Proteins	11 mg

Nutritional value of Seafood	
Portion size: 100 g	
Calories 204 Kcal	
Total fat	8 g
Cholesterol	479 mg
Sodium	117 mg
Potassium	283 mg
Total carbohydrates	1.9 mg
Proteins	29 mg

## 4.2 Processing, cooking & storing

### 4.2.1 Standard procedures of meat, poultry and seafood preparation for cooking

Standard procedures of Meat preparation

1. Dry Heat Method :-
  - Roasting
  - Broiling
  - Pan-broiling
  - Pan-frying
  - Stir-frying
  - Outdoor grilling
2. Moist Heat Method
  - Braising
  - Stewing
3. Standard procedures of Poultry preparation



- Braising
- Deep Frying
- Grilling
- Poaching
- Roasting
- Sautéing
- Stewing

4. Standard procedures of Seafood preparation

- Poaching
- Steaming
- Baking
- Broiling
- Stir-Frying
- Microwaving

4.2.2 Method to cook meat, poultry and seafood

**Roast chicken**

<b>Name of dish</b>	Chicken roast	<b>Preparation time:</b> 20 mins	<b>Cooking time:</b> 40 mins
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Whole chicken	1500 gm.	Salt	As per taste
Yogurt	250 gm.	Chat masala	5 gm.
All spice powder	4 gm.	Ginger paste	8 gm.
Black pepper	4 gm.	Garlic paste	8 gm.
Coriander powder	4 gm.	Lemon juice	5 ml.
Turmeric	2 gm.	Oil	25 ml.

**Method**

- In a bowl, mix all ingredients.
- Apply deep cuts on chicken.
- Marinade with spices for one night.
- Cover the chicken with foil paper and steam it in pot.
- When chicken become tender then grill in oven for 10 minutes and serve it.



### Grill chicken

<b>Name of dish</b>	Grill chicken	<b>Preparation time:</b> 20 mins	<b>Cooking time:</b> 40 mins
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Skinless chicken breast boneless	750 gm.	Oregano	3 gm.
Extra virgin oil	50 ml.	Salt	As per taste
Garlic cloves (minced)	4	Black pepper	3 gm.
Dried thyme	3 gm.	Lemon juice	15 ml.

### Method

- One at a time, place the chicken breasts in a 1-gallon zip-lock bag; using a meat mallet, pound to an even ½-inch thickness.
- Mix all of the ingredients except for the chicken together in a 1-gallon zip-lock bag (go ahead and use the same one you used for pounding if it is still in good shape).
- Add the chicken breasts to the bag and massage the marinade into the meat until evenly coated.
- Seal the bag and place in a bowl in the refrigerator (the bowl protects against leakage); let the chicken marinate for at least 4 hours or overnight.
- Preheat the grill to high heat and oil the grates. Place the chicken breasts on the grill and cook, covered, for 2 to 3 minutes per side. Do not overcook. Transfer the chicken to a platter and serve.



## BBQ chicken

<b>Name of dish</b>	BBQ chicken	<b>Preparation time:</b> 20 mins	<b>Cooking time:</b> 40 mins
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Paprika	3 gm.	Boneless chicken	750 gm.
Garlic powder	12 gm.	Cooking oil	15 ml.
Salt	As per taste	BBQ sauce	12 gm.
Black pepper	5 gm.		

## Method

- If using chicken breasts, pound them to an even thickness to ensure quick and even cooking.
- To pound the breast, place them on a cutting board and cover with a piece of plastic wrap.
- Use a mallet or rolling pin to pound the thicker areas to an even ½ to ¾-inch thickness. There is no need to pound chicken thighs.
- Combine the smoked paprika, garlic powder, salt, and pepper in a small bowl. Season both sides of the chicken pieces with the spice blend.
- Heat a large skillet over medium heat. Once hot, add the cooking oil and swirl to coat the surface of the skillet.
- Add the seasoned chicken and cook on each side until well browned and cooked through (an internal temperature of 165°F), about 5-7 minutes on each side.
- Turn the heat off and brush both sides of the chicken with BBQ sauce.
- Let the chicken rest five minutes before slicing and/or serving.



### Finger fish

<b>Name of dish</b>	Finger fish	<b>Preparation time:</b> 20 mins	<b>Cooking time:</b> <b>20 mins</b>
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Fish fillet	650 gm.	Paprika	5 gm.
Oil	10 ml.	Salt	As per taste
Parmesan	25 gm.	Black pepper	As per taste
<b>For batter</b>			
Egg	1	Black pepper	As per taste
Mayonnaise	12 gm.	Lemon wedges	For garnishing
Flour	24 gm.	Parsley	For garnishing
Salt	As per taste	Bread crumbs	For coating

### Method

- Mix all the ingredients of batter and set-aside.
- Marinate the fish with spices.
- Dip the fish in batter and then coat with bread crumbs
- Deep fry the fish in oil.
- Serve with tartar sauce.



### Chicken stock

<b>Name of dish</b>	Chicken stock	<b>Preparation time:</b> 20 mins	<b>Cooking time:</b> <b>3 hours</b>
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Chicken (leftover bones)	300 gm.	Parsley	3 gm.
Celery	20 gm.	Salt	As per taste
Onion	1 large	Black pepper	As per taste
Carrot	1 large	Water	3 liter



**Method**

- Put the leftover bones and skin from a chicken carcass into a large stock pot.
- Add vegetables, like celery, onion, carrots, parsley.
- Cover with water.
- Add salt and pepper to taste.
- Bring it to boil.
- Reduce the temperature to simmer for 3 hours
- Strain the stock when fully cooked.
- Serve hot.



**Mutton korma**

<b>Name of dish</b>	Mutton korma	<b>Preparation time:</b> 20 mins	<b>Cooking time:</b> 1.5 hours
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Specifications</b>	
Mutton	750 gm.	Chilli powder	3 gm.
Onion	6	Turmeric powder	2 gm.
Garlic	5 gm.	Salt	As per taste
Ginger	5 gm.	Oil	125 ml.
Curd	120 gm.	Ghee	35 ml.
Coriander powder	3 gm.	Whole spices	3 gm.

**Method**

- Heat oil in a heavy bottomed pan and add whole spices and let them crackle.
- Now add whole garlic pods and ginger slices and saute them till golden.
- Add sliced onions and fry till they are soft and translucent. Once the onions are soft, add washed mutton and mix well.
- Next add thick curd and salt and let it cook on high flame till the curd starts leaving water from sides.

- As soon as the water starts appearing from sides, close the lid, simmer the gas and let it cook till mutton is soft and tender.
- When the mutton is cooked, add coriander powder, turmeric, red chilli powder and mix together.
- Turn the flames high and start frying everything till oil starts leaving from sides. Keep adding ghee while frying.
- Once the ghee/oil starts oozing out from the sides, check salt again and adjust if required.
- Slowly the mutton will start to thicken and turn deep brown in colour.
- Serve hot with chapatti.



### Activity

Use different tools and equipment and makes different dishes of meat, poultry and seafood by using above cooking methods.

Present each dish by using different garnishing's

Explain and elaborate the uses of each dish at the time of presentation.

### 4.2.3 Storage procedure of meat, poultry and seafood

Storage of meat, poultry and seafood are the most difficult procedure as it contains many bacteria and viruses and all are perishable/ high risk foods. When storing meats, poultry and seafood, these factors must be following. These factors are described below.

- All fresh meats and poultry should be wrapping in a bag after cleaning and store in refrigerator at 1°C to 4°C.
- All fresh seafood should be stored at 1°C to 2°C.
- Fresh meat must not be stored too long, usually stored for 4-6 hrs. in refrigerator.
- Frozen meats and seafood must be stored at -18°C to -24°C in freezer
- Frozen seafood must be stored at 0°C



to -2°C as longer time and temperature damage the tissues of seafood.

- Always store raw seafood and meat on lower shelf at the time of thawing in drip trays separately.

## 4.3 Serving

### 4.3.1 Garnish food for presentation

#### Garnishing

A garnish is an item or substance which is edible and used as a decoration. It is used on the prepared food item or beverage. It adds different flavors and a unique preventative value to the food.

#### Purpose of Garnishing

The purpose of garnishing is to make the food more attractive and eye-appealing that informs the diners (a person who will eat the food) about the upcoming taste and texture of the food they ordered. This is the only reason that the same ingredient is always used as garnishing which is already present in the dish.

#### Types of Garnish

	
<p>Herbs and leaves</p>	<p>Roots and greens</p>
	
<p>Edible flowers</p>	<p>Fruits and vegetables</p>

	
Purees	Sauces and syrups

### Basic Principles of garnishing

Some basic principles of garnishing are as follows:

- i. Garnish always should enhance the beauty of the primary final product.
- ii. It always adds some contrasting colors and textures to the food.
- iii. It should always be edible because if you can't eat it, it doesn't belong on the plate.
- iv. it should be a good partner of the food
- v. Garnish should be vegetables like tomatoes, bell peppers and cabbage can be hollowed out and used as bowl for raw vegetable dip.



*Garnish of meat Presentation of chicken stock*

**Do you know?** Not all the foods require garnishing. Many recipes have built in garnishing such as beef stews with vegetables, creole shrimp, tossed vegetables salads, and many desserts such as pies and cakes.



### 4.3.2 Serving of food in proper manners

Serving the food in proper manner is very important. Hot food should be served hot & cold food should be served cold. The proper serving manners includes

1. Plates should be carrying in each hand, so the fingers do not touch the top of plate.
2. Be sure to serve the dish with the left side
3. Place and remove the dishes and drinks with right side while standing on the guests left
4. Refill the platters with the right side
5. Remove empty dishes at the end of each meal. Transfer plates to the left side to the right.



*Serving of steaks with potato wedges Serving of Seekh Kabab*

### 4.3.3 Storage of prepared food

After cooking allow the meat cookery to cool down properly at room temperature, after 2 hours pack it in airtight box and then place it into upper shelf of refrigerator at 1°C to 4°C. To store poultry cooked dishes, use the same procedure of cooling down and then store in a box in refrigerator for 2 days. To store seafood, cool down the dish and put into refrigerator at 1°C to 3°C for 2 days.



*Storage of meat in airtight boxes*



*Storage of raw meat in commercial*

### Key points

- A **broiler** is any chicken that is bred and raised for fulfill different needs regarding to our nutrition. We can use their eggs and meat on daily basis at commercial level. Broilers have milk white feathers and yellowish skin. Its slaughter weight between four and seven weeks of age, although slower growing bred reach 7 weeks of age.
- **Roaster** chicken is a type of chicken which are slaughtered at the age of 14 weeks which means they are usually larger in size then broiler and fryer chicken. Due to its larger size a roasted chicken is usually roasted whole. They may also be cut up and fried.
- Meat is composed of water, protein, amino acids, fat, fatty acids, minerals, vitamins and many more components which all are bioactive. Small quantities of carbohydrates are also present into the meat.
- The purpose of garnishing is to make the food more attractive and eye-appealing that informs the diners (a person who will eat the food) about the upcoming taste and texture of the food they ordered. This is the only reason that the same ingredient is always used as garnishing which is already present in the dish.
- A **Duckling** is a baby duck. They usually learn to swim from their mother. It is found in fresh and salt water. Duck or ducklings are eaten in so many cuisines all over the world. It is high-fat, high-protein meat which is rich in iron.
- The cooking methods of meat, poultry and seafood include various dry heat methods and moist heat methods.
- Serving the food in proper manner is very important. Food should serve on its required temperatures.

### Exercise

#### Select the most appropriate option

1. Fried finger fish used to provide
  - a. Add crisp
  - b. enhance flavor
  - c. To protect fish from over cooking
  - d. Tenderness
2. How much time it takes to prepare meat stock
  - a. One hour
  - b. Two hours
  - c. Four hours
  - d. Over night

3. The time required for frying zinger pieces
  - a. 15 mins
  - b. 8 mins
  - c. 30 mins
  - d. 40 mins
4. Which of the following is served as accompaniment with fried finger fish?
  - a. Lemon wedges and tartar sauce
  - b. Lemon wedges and mint sauce
  - c. Tamarind sauce
  - d. Brown sauce

**Give short answers of the following questions.**

1. Which type of poultry bird is good for health?
2. How many types of beef steaks according to their cuts?
3. Why seafood required less time than dark meat in cooking?
4. What is the five major grading of steaks?

**Answer the following questions in detail.**

Describe the special attributes of meat, poultry and seafood?

1. Explain the cooking methods for cooking chicken in various dishes?
2. Explain the storage procedure of meat, poultry and seafood?

**Activity**

- Arrange the class into small groups, each group will cut the chicken according to their dishes, then prepare one dish by using cutting meat with standard recipe.
- Arrange an industrial visit to a nearest butcher shop; observe the cutting and storing of different types of meat.

**Teacher's guide**

- The teacher is required to explain students for the storage of different meats at different temperatures to prevent cross contamination.
- The teacher is required to demonstrate one appetizer, main course of meat. He/she will provide different tips and tricks for the handling of meat, also explain quality points of meat cookery.

## Chapter 5: Preparation of Desserts



### Students learning outcomes

After completing this chapter, you will be able to:

- learn about dessert
- understand the importance of desserts in menu
- distinguish between classical and modern desserts
- know the types of desserts
- understand the requirement for preparing complex sweet dishes
- learn about finishing and plating of desserts
- recognize the correct storage temperature for holding and serving desserts.



## 5.1 Dessert

Dessert is a French word which means “table cleaners” as desserts are served at the end of meal. The dessert consist of as confections like biscuits, cakes, cookies, custards, gelatos, ice creams, pastries, pies, pudding, sweet soups, tarts, fruit salad etc.



*Different types of Desserts*

### Do you know why it is called dessert?

Dessert is an English word comes from a French word. Its meaning is “to remove what has been served”.

**Important Note!** Fruits are also served as dessert because of its naturally occurring sweetness.

This word was used in France as early as 1539 to refer to what you ate after the main course had been cleared away from the table. According to food scientist Steven Witherly, when we eat too much of the same food our appetite fades. A sweet food (dessert) tricks our brain for more food.

**Interesting Information!** Which country eats desserts first? In the continent of Europe, the way of eating desserts first is common. They begin meal with a fruit tart or a pastry.

### 5.1.2 Importance of dessert in menu

Presence of desserts in every occasion plays a very important role and helps add extra value to the dining experience. In every occasion weather it is indoor or outdoor the way a dessert is presented and served plays a very huge part in the whole meal as well as the overall experience of dinning.

Most of the desserts are made up of milk. As we know that milk is a perfect diet. Milk based desserts are delicious as well as these are the very enjoyable way of getting calories, minerals, proteins and vitamins as well.



*Milk based dessert*

## Chapter 5: Preparation of Desserts



The presence of the desserts on the menu makes everyone feel satisfied after a meal. It also compensate for the low blood sugar level. To improve your mood by ingesting sugar can also be factor. The main reason to add deserts in a menu is "Desserts adds more taste and flavor to the main course".

The presentation of a dessert is very important. It is really a critical phenomenon because it can determine the success of any dish which you ordered, it includes its features such as taste and flavor as well.



*Presentation of Panna cotta*

### 5.1.3 Classic and Modern Desserts

Classic Desserts	Modern Desserts
Classical desserts are the desserts which are the base of any tradition.	Modern desserts are the desserts which are the variation of classical desserts.
Examples include kheer, gajar ka halwa, pathy ka halwa, ras malai, puddings, firni, shahi tukrey and zarda etc	Examples include mousse cakes, cheesecakes, Sundaes, éclairs, profiteroles, chocolate geodes and ruffles etc.
	

## 5.2 Types of desserts

### Hot desserts

Hot desserts are the desserts which are prepared using heat or fire. All the baked items such as lava cakes, brulees, umme ali, bread puddings and hot fudge are hot desserts. Hot desserts are served hot for example hot soufflé and crepe suzette.

There are some **examples** of hot desserts



		
Chocolate brownies	Apple pie tacos	Cinnamon bin palmiers
		
Churro chips	Lava cake	Crème Brulee

### Cold desserts

Cold desserts are the desserts which are cooked in oven or stove but are served at cold temperature. These desserts are served cold and these are served after the main course.

**Interesting information!** Chocolate chips were invented after chocolate chip cookies. Boston cream pie is actually a cake.

### Types of cold desserts

		
Ice cream	Gelato (Italian icecream)	Sorbet

		
Slush	Frozen custard	Granite

**Important information!** October 14<sup>th</sup> is National Dessert Day.

Cold or frozen desserts are the desserts made by freezing liquids, semi-solid and sometimes even solid. Frozen desserts may be based on flavored water, fruit purees, milk and cream, anglaise, mousse and others. It is sometimes sold as ice-cream in some countries like South Asia.

### 5.2.1 Complex sweet dishes preparations

The following steps are required for preparation of complex sweet dishes:

- Select the required quantity and type of the required ingredients.
- Check the ingredients for quality standards and other requirements.
- Set the room temperature according to the nature of the dessert you are making as the temperature is a key to make perfect desserts.
- Follow recipe of the dessert to mix in place.
- Weigh the required ingredients as per standard recipe.
- Perform preheating of oven if hot desserts are desired to be prepared.



*Alaska cake – Complex dessert dish*



Some of desserts are described below:

### Kheer

<b>Name of dish</b>	Kheer	<b>Preparation time:</b> 10mins	<b>Cooking time: 30 mins</b>
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Rice (soak in water for 1 hour)	65 gm.	Cardamom powder	2 gm.
Milk	1 liter	Almonds	25 gm.
Sugar	125 gm.	Khoya	50 gm.

### Method

- Wash and Soak the rice for 1 hour.
- Add milk in a pot and bring it to boil
- Add soaked rice in it and cook for 15 mins.
- Add sugar and cardamom and cook on low flame for 15 mins.
- Add almonds and khoya.
- Mix well and serve.



### Gajar ka halwa

<b>Name of dish</b>	Gajar ka halwa	<b>Preparation time:</b> 10mins	<b>Cooking time: 60 mins</b>
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Items</b>	<b>Quantity</b>
Carrot (grated)	2 kg	Nutmeg powder	2 gm.
Milk	2 liter	Cardamom powder	2 gm.
Sugar	350 gm.	Boiled egg	3
Khoya	125 gm.	Almonds	For garnishing
Ghee	125 ml.	Pistachios	For garnishing

### Method

- Wash, peel and grate carrots.
- Cook carrots in a pot on high heat for 5 mins.
- Add milk in it and bring it to boil.
- After boiling, reduce the heat to low and cook until milk dry
- Add sugar in it and cook for 10 mins
- Add khoya in it and cook for 5 mins until all water dried.
- Add cardamom and nutmeg in it.
- Add boiled egg and garnish with almonds and pistachios.



### Mango mousse

<b>Name of dish</b>	Mango mousse	<b>Preparation time:</b> 20 mins	<b>Setting time: 3 hours</b>
<b>Number of portions:</b>	6	<b>Size of unit:</b>	1
<b>Commodities:</b>			
<b>Items</b>	<b>Quantity</b>	<b>Specifications</b>	
Mango	250 gm.	Water	15 ml.
Icing sugar	100 gm.	Mango puree	25 gm.
Cream	200 gm.	Condense milk	20 gm.
Gelatin	12 gm.		

### Method

- Wash and peel the mango
- Cut the mango into cubes and set aside
- Prepare mango puree
- Beat the cream until fluffy.
- Add icing sugar and condense milk in it.
- Beat well for 3 minutes.
- Soak gelatin in water and add in mixture.
- Fold mango cubes in it
- Pour in glasses and refrigerate for 3 hours.

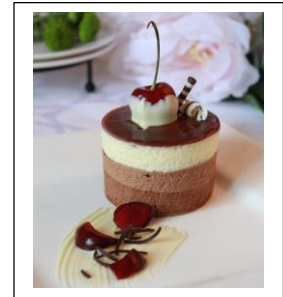


## 5.3 Presentation and serving of Desserts

### 5.3.1 Finishing and Plating of desserts

Plating and finishing of a dessert is a very important thing. There are four basic components of plating and finishing techniques of a dessert

- The main item
- Sauces
- A crunch component
- A garnish



These components serve a specific purpose in the different areas such as color, flavor, texture and presentation. So a plated dessert should have all of these components, but if something is missing except of the main item it can still be a plated dessert.



*Plating of New York Cheese cake*

Some most common plated desserts are

- Frozen, warm and hot desserts
- Custard and cream based desserts
- Fruit based desserts
- Chocolate based desserts
- Cheese based desserts etc.

There are some basic elements of plating

- Create a visible artwork on the plate.
- Keep it simple and unique.
- Select one ingredient to focus on and use the maximum space to simplify the presentation.
- Balance the whole dish
- Get the right portion size and weight of the dish
- Make sure that the presentation will highlight the ingredient

Some food plating techniques are as follows

- The plate

- Color
- Texture
- Keep things clean
- Garnish
- Sizes
- Shapes
- Colors



### 5.3.2 Storage temperature for holding & serving desserts

Desserts are the things which should be kept under the correct storage temperature. Disturbance in temperature can damage the perfect color, flavor, presentation and texture of the whole dessert whether it is cold or hot dessert.

The perfect temperature for frozen desserts is  $-18^{\circ}\text{C}$  or lower. If the temperature rises above of this temperature, food can become discolored and lose the nutritional values as well

**Important Note!** Lowering the temperature after it has risen doesn't correct the damage which occurs in the food during the disturbance in the temperature.

**Do you know!** The number on the fridge's temperature dial includes refrigerant's power. The higher the number goes the colder the fridge will maintain. Setting it on 5 will make your fridge the coldest.

Why do we need to store desserts? The only purpose of storing desserts is to main the exact freshness and quality of the desserts.

As we know that many desserts contain eggs and other dairy product in it as an ingredient so they need to be stored at the perfect temperature to avoid the risk of spoiling, food damage and food poisoning.

The perfect temperature for hot desserts while served is  $63^{\circ}\text{C}$ . Hot foods or desserts can be at or above this temperature and can be safe for the consumption.

How do you store hot desserts?



Cakes and other hot desserts and baked desserts and food items should be stored at the room temperature in an airtight container. For the cakes, you can place the plastic wrap over the portions which are cut before putting the cake in airtight container.

A failure to hold the food at its correct temperature may allow different microorganisms and pathogens to grow on the food which can cause food poisoning. That's why food



that are being kept hot before serving must be cooked thoroughly first and then held above 63°C.

### Key points

- Dessert is a French word which means “table cleaners” as desserts are served at the end of meal.
- Dessert is the food which is eaten at the end of a meal. The desserts are consist of sweet foods, such as confections like biscuits, cakes, cookies, custards, gelatins, ice creams, pastries, pies, pudding, sweet soups, tarts, fruit salad etc.
- Dessert is an English word comes from a French word. Its meaning is “to remove what has been served”. This word was used in France as early as 1539 to refer to what you ate after the main course had been cleared away from the table.
- Hot desserts are the desserts which are prepared using heat or fire. All the baked items such as cakes, brownies, custards, tarts and cookies are hot desserts. Fried desserts are also placed under this category for example Doughnuts.
- Cold or frozen desserts are the desserts made by freezing liquids, semi-solid and sometimes even solid. Frozen desserts may be based on flavored water, on fruit purees, on milk and cream, on custards, on mousse and others.
- The plating and finishing of a dessert is very important. It is really a critical phenomenon because it can determine the success of any dish which you ordered, it includes its features such as taste and flavor as well.
- Desserts are the things which should be kept under the correct storage temperature. Disturbance in temperature can damage the perfect color, flavor, presentation and texture of the whole dessert whether it is cold or hot dessert.

**Exercise**

**Select the most appropriate option**

1. Which one of the following meringue based dessert?  
a. Instant soufflé      b. Apple pie      c. brownie      d. Cake
2. Which one of the following are hot desserts?  
a. Shahi tukray      b. Swiss roll      c. kheer      d. Crème caramel
3. Which tradition sauce is served with bread pudding?  
a. Caramel syrup      b. Chocolate syrup      c. Fruit syrup      d. Strawberry compote
4. Which is served with lava cake?  
a. Ice-cream      b. Chocolate syrup      c. Fruit compote      d. Honey

**Give short answers of the following question.**

1. Define desserts?
2. Differentiate between hot and cold desserts?
3. Which nation/ country use desserts as first in meal (appetizer)?
4. Give some examples of Frozen and fruit based desserts?

**Answer the following questions in detail.**

1. Describe the types of hot and cold desserts?
2. What is importance of dessert in menu?
3. Explain the correct storage temperatures for holding and serving of hot and cold desserts?
4. State importance of plating and finishing of desserts?

**Activity**

- Arrange the class into small groups, each group prepare hot desserts according to given ingredients and serve the prepared desserts as per their appropriate temperatures.
- Arrange the class into small groups, each group prepare cold desserts according to given ingredients and serve the prepared desserts as per their appropriate temperatures.

**Teacher's guide**

- The teacher is required to demonstrate the preparation, plating and finishing of different types of desserts.
- The teacher is required to explain and demonstrate students for the production of classical desserts to complex desserts. He/she requires giving knowledge about the presentation of desserts.

## Chapter 6: Food Plating and presentation



### Students learning outcomes

After completing this chapter, you will be able to:

- learn basic principles of food plating.
- know about the different procedures of making food attractive.
- know about different types of crockery.
- understand basics of plating food with proper balancing of color, shape and texture.
- understand arrangements of food on platters.
- understand about matching proportion of food and plate.
- understand how to maintain unity in different portions.
- learn about the arrangements of portion for the convenience of guest.
- learn about the basic principles of garnishing.
- understand about the orderliness of garnish.
- understand how garnish enhances the primary ingredients.

## 6.1 Basic of food plating

### 6.1.1 Principles of Food Plating

Food plating is a process of decoration and arrangement of food to enhance its presentation. When the presentation of food looks good, it enhances the value of dish for a customer. Improving the presentation of a dish adds value to the dining experience of the customers and it provides room for a higher price of your food.



*Presentation and plating of food*

The five basic elements and principles of food plating are:



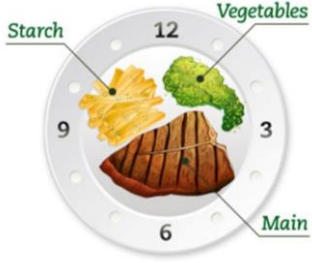



- i. Creating a framework starts with drawings and sketches to visualize the plate
- ii. Keep it simple and focus on one ingredient (main ingredient)
- iii. Balance the dish
- iv. Get the right portion size according to the nature of dish
- v. Make sure you highlight the key ingredient properly.

### 6.1.2 Procedures of making food attractive

Attractive colors, herbs and vegetable bring more flavors to the dish. Play with colors and textures of the plates by adding different sauces. As per customer psychology serving more quantity of food items like shrimps and mushrooms adds to the visual appeal.

Some major types of food plating are as follows.



	
<p>Vertical form Plating</p>	<p>Scaling Food Plating</p>
	
<p>Clock face Food Plating</p>	<p>Nordic</p>
	
<p>Landscaping Food Plating</p>	<p>Free form Food Plating</p>

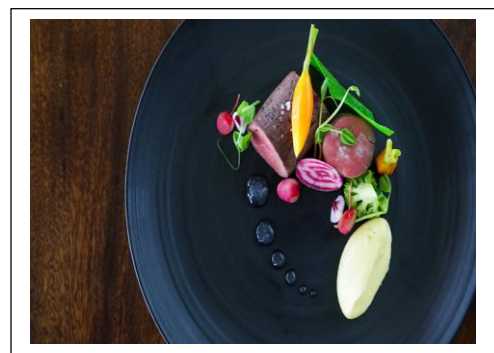
Five major food plating and presentation techniques are

- The color of food
- Arrangement of food
- Balance of food
- Texture of food
- Make it easy for guests to eat

Some other plating techniques are as follow:

### 1. Selection of Plate presentation techniques

Selection of right plate for your meal is the first step of the food presentation process. Consider the following to choose the ideal plate for your food presentation.

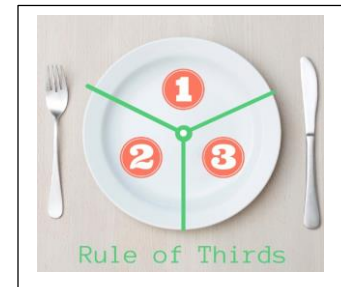


- Plate size
- Shape of plate
- Plate color

### 2. Food arrangement techniques

The arrangement of your food determines the structural integrity, aesthetic tone and flavor dispersion of your dish. Some important arrangement techniques are

- The rule of thirds –This rule says that no more than two-third of the plate should be covered with food.
- View your plate as a clock
- Don't overcrowd your plate
- Moist ingredients first- gravy dishes should be in deep plates and dry dishes should be placed in flat plates
- Create flavor bites
- Different food textures



### 3. Visual plating techniques

Maximizing the visual elements of your meal is a key plating technique. More visual elements enhance the focal point of customer and it creates a gourmet presentation.

- Serve odd quantities
- Color diversity
- Monochromatic meals (same colours)
- Add height to your plate
- Create visual balance



*Monochromatic food plating Visual plating technique*

### 4. Sauce plating techniques

Sauce plating technique is a technique in which sauce is used in decoration. Then whipped the extra sauce on edges. Make sure that you wipe down the edge of your plate with a paper towel so no drippings distract your presentation. Most successful plating techniques are as follows

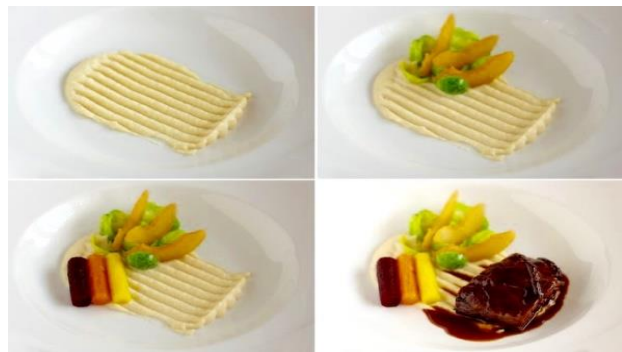
- Smearred sauce
- Accent dots
- Smearred accent dots
- Swirled sauce



### 5. Garnishing techniques

In the past chef casually threw a piece of kale and orange slice onto every plate. However, these garnishing are not more excited and very few guests ate them. Modern garnishes pair thoughtfully with a meal to create flavor bites. Garnish techniques is the last step of food plating and presentation. Some famous garnishing techniques are as follows

- Edible garnishes
- International placement
- Less is more garnishes to avoid



*Edible flower garnishing technique Presentation and plating of main course*

### 6.1.3 Types of crockery

Plates, dishes, bowls and cups are crockery. Crockery is any type of dishware that’s used at the table during meal time. It is applied to any type of dinnerware that is made from natural materials. Crockery can include all forms of dishes such as plates, serving platters, bowls, dishes etc.

<p>Serving bowls</p>	<p>Serving platters</p>





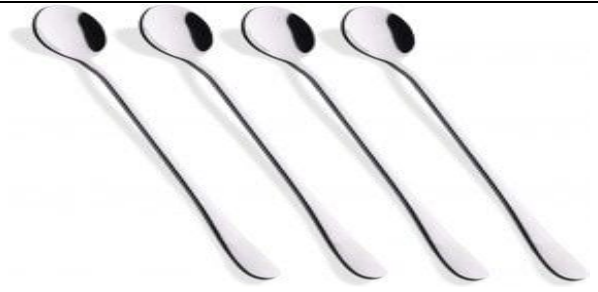
French fries cone



Serving dishes



Mousse cups



Dessert spoons



Sauces dips



Tea set



Serving spoons



Serving cutlery



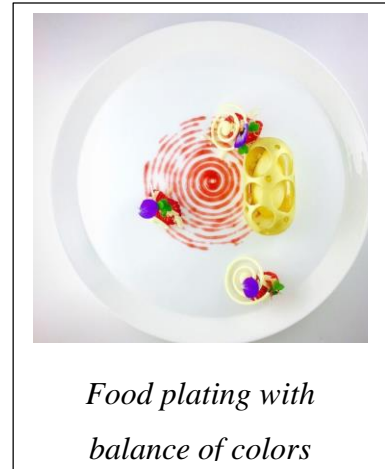


*Different Types of crockery*

### 6.1.4 Food plating with proper balancing of color, shape and texture

The top food presentation and plating techniques are to:

- Create height on plate
- Cut meat horizontally
- Play with textures
- Use contrasting colors
- Match presentation to the restaurant theme
- Choose the right plate
- Serve smaller portion sizes
- Use edible garnishes and decorations
- Keep it simple



In the food plating and presentation, some features are very important such as color, shape and texture. In a good and unique food presentation you must have to keep it in mind that harmony of color plays an important role in food presentation and the shapes of fruits, vegetables and meat which are used in a meal, should be cut properly according to the nature of the meal. Texture of food should be fresh and unique. Color, shape and texture are the basic of the good and attractive food plating and presentation.



*Presentation and plating of a meal with proper color contrast, shape and textures*

### 6.1.5 Arrangements of food on platters

Food on platters should be placed in the center of the dining table instead of spreading them out. The platters of food will look attractive if you build height into the display and bring the platters and decorations according to the nature of the dish.

- Use different colors in the platter through different color vegetables, fruits, sauces and meat.
- Always garnish the food with an ingredient that is present in the dish. You would not put carrot on a dish that does not have any carrot in it.
- It's better to add more flavor and good presentation if you are using only one sauce.
- Food should stay within the rim of the platter.
- Build some height in the platter to present the food in a way.
- The platter should not fill entirely. Place the food in a way that you can see the plate around the food.

Four simple rules to create a stunning food presentation

1. Avoid overloading the plate
2. Use alternate forms and volumes
3. Use different contrast and colors
4. Observe a half inch space or more between food and the edge trim



### 6.2 Food portioning

A portion is **how much food you choose to eat at one time**, whether in a restaurant, from a package, or at home. Or the rationalized amount of different food courses which can be eaten at one time is called food portioning. Following are the portion sizes of different meals

Food	Portion sizes
Appetizer	60-80 gm.
Main course	200 – 240 gm.
Side dish	60 -80 gm.
Dessert	100 gm.

**Activity:** Divide the class in 3 groups and each group will perform plating and garnishing for  
Starter                      Main course                      Desserts

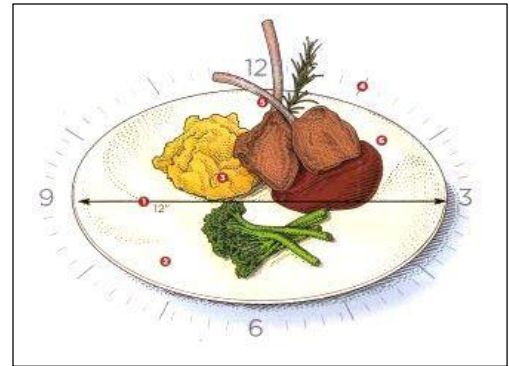
### 6.2.1 Maintain unity in different portions

A healthy and proportionate diet will help you to stay more energetic and healthy. Maintaining unity in different portions is necessary according to the nature and quality of food and size of the plate (not more than 70% of the plate) as well. In other words, maintaining unity in different portions means that all the aspects relating to quality, quantity and portion of food is kept in mind.



Five common methods of portion control are as follows

- 1) Accurate measurements of food portion
- 2) Learn about the accurate serving size
- 3) Use special portion control dishware
- 4) Serve your separate serving
- 5) Make your own separate single serving packs
- 6) Portion must be between 150-250 grams.



Serving and portion sizes:

- Vegetables – 2-3 cups
- Fruits – 1 ¼ to 2 cups
- Grains – 5 to 8 ounces
- Dairy – 3 cups
- Protein foods – 5 to 6 ½ ounces
- Oil 6 to 7 tsp.



**Do you know?** Mal nutrition is the excess and deficiency of any nutrient in body.

### 6.2.2 Arrangement of portions for the convenience of guest

Every food item which is present in the menu should have a controlled portion size to maintain food cost while keeping in mind customer's satisfaction. Portion control is always important in keeping your food business profitable, even if you own a small independent restaurant. Every kitchen worker should serve the same portion size according to every dish. Some portion control tools are

- Portion scale
- Measuring cups and spoons
- Ladles
- Serving spoons
- Food dishers
- Spoodles
- Steaks served with vegetables & sauces
- Sauce should be served with dry ingredients
- Nutritional value according to guest
- Serve cutlery and silverwork according to dish
- Main course should be visible to guests



*Arrangement of portions with cutlery*

## 6.3 Importance of Garnishing

### 6.3.1 Principles of garnishing

#### **Garnishing**

A garnish is an item or substance which is edible and used as a decoration. It is used on the prepared food item or beverage. It adds different flavors and a unique visual value to the food.

#### **Purpose of Garnishing**

The purpose of garnishing is to make the food more attractive and eye-appealing that informs the diners (a person who will eat the food) about the upcoming taste and texture of the food they ordered. This is the only reason that the same ingredient is always used as garnishing which is already present in the dish.



## Types of Garnish

	
<p>Herbs and leaves</p>	<p>Roots and Greens</p>
	
<p>Edible flowers</p>	<p>Fruits and vegetables</p>
	
<p>Purees</p>	<p>Sauces and Syrups</p>

## Basic Principles of garnishing

Some basic principles of garnishing are as follows:-

- Garnish always should enhance the beauty of the primary ingredient
- It always adds some contrasting colors and textures to the food.
- It always be edible because if you can't eat it, it doesn't belong on the plate.
- It should be a good partner of the food
- Garnishing vegetables like tomatoes bell peppers and cabbage can be hollowed out and used as bowl for raw vegetable dip.

### Interesting Information!

Some foods don't need garnishing. Many recipes have built in garnishing such as beef stews with vegetables, creole shrimp, tossed vegetables salads, and many desserts such as pies and cakes.



### 6.3.2 Orderliness of garnishing

Garnishes should appeal natural, fresh and healthy. Garnishes are never overworked or overdone. All garnishes should be proper and suitable in character and size of the nature of the food. Some major tools which are used for garnishing are

- Vegetable peeler
- Butter curler
- Zester
- Melon baller
- Tourny knife
- Channel knife



Some orderliness of garnish is

#### 1. Simple arrangement

Some garnishes are selected mainly to add the good visual impact on the plate, while others are selected specially for their flavor and textures. A garnish should be simple and unique; it should not look so overworked. Keep it simple for adding more attraction and uniqueness in the meal.

## 2. Color and shapes

In garnishing the colors and shapes of fruits, vegetables and meat used should be always fresh and colorful to look more attractive. Colors can help to set the mood of your tabletop and it increase the presentation and personality of the meal you order. Choose naturally bright garnishes and use them as the star of plate. Make sure that the ingredients you are using are brightly colored and properly cooked.



*Example of colorful garnishing*

## 3. Keep the style consistent

The garnish which you are using for your dish should be elegant and style consistent. The garnish which you are using always made up with the ingredient which you are using in your food because it will add more attraction and affection in your meal. The size of the garnish should be according to the size of the plate. Garnish should be apply in a proper way that food and garnish should be seems like partners.



*Garnish Consistency*

### 6.3.3 Garnish enhances the primary ingredients



*Garnishing of meat*

**Activity:** Arrange the class into three groups, make a dish from meat cookery and apply garnish on it and demonstrate that how garnish enhance the primary ingredient.



### Key points

- Food plating is a process of decoration and arrangement of food to enhance its presentation. When the presentation of food looks good, it enhances the value of dish for a customer.
- Attractive colors, herbs and vegetable bring more flavors to the dish. Play with colors and textures of the plates by adding different sauces. As per customer psychology serving more quantity of food items like shrimps and mushrooms adds to the visual appeal.
- The arrangement of your food determines the structural integrity, aesthetic tone and flavor dispersion of your dish.
- In the food plating and presentation, some features are very important such as color, shape and texture. In a good and unique food presentation you must have to keep it in mind that harmony of color plays an important role in food presentation and the shapes of fruits, vegetables and meat which are used in a meal, should be cut properly according to the nature of the meal.
- Food and platters should be placed in the center of the dining table instead of spreading them out. The platters of food will look so beautiful and plentiful if you build height into the display and bring the platters and decorations according to the nature of the dish.
- Garnishes should appeal natural, fresh and healthy. Garnishes are never overworked or overdone. All garnishes should be proper and suitable in character and size of the nature of the food.

### Exercise

#### Select the most appropriate option

1. Food Plating and presentation technique provides attraction to the food if the plating techniques are in
  - a. Harmony and balance
  - b. Use of non-edible flowers
  - c. according to the nature of the food
  - d. According to the origin of the sauce.
2. Garnish should be
  - a. simple and edible
  - b. colorful and attractive
  - c. The ingredients used in garnish should be a part of the dish on which you have to use this garnish.
  - d. All of above



3. Primary ingredient is the
  - a. 5% of the plate
  - b. 10% of the plate
  - c. 25% of the plate
  - d. 50 % of the plate
4. Garnish can be made with the
  - a. Leftovers
  - b. Parsley and basil
  - c. fruits and vegetables
  - d. All of the above.

**Give short answers of the following questions.**

1. What is the basic purpose of food garnishing?
2. Write down any two guidelines of garnishing?
3. What should be the portion size of main course?
4. Define Food portioning?

**Answer the following questions in detail.**

1. Describe basic principles of food plating?
2. Explain the importance of garnishing?
3. Describe purpose of plating?
4. Explain basics of plating food with proper balancing of color, shape and texture?
5. Describe the procedure for matching proportion for food and plate?
6. Explain importance of plating?

**Activity**

- Arrange the class into small groups, each group will prepare different platters with salad garnishing with matching proportion for food and plate
- Arrange the class into small groups, each group will make presentation on portioning of food on different types of platters

**Teacher's guide**

- The teacher is required to generate the sense of garnishing according to food in students. He/she also demonstrate the portion sizes of food with garnishing.
- The teacher is required to give knowledge about the presentation skills by using color, texture and harmony in food.

## Chapter 7: Life skills



### Students learning outcomes

After completing this chapter, you will be able to:

- know the basic life skills including 21<sup>st</sup> century skills with special reference to SDG- 4.7.
- understand the importance of life skills in daily life.
- know the basic soft skills.
- learn the importance of soft skills in daily life.
- apply soft skills for academic and professional success.
- learn the personal and professional aspects of life.
- understand the importance of self-image develop self-confidence.
- learn the concept of attitude and behavior.
- understand the impact of positive and negative attitude in daily life.

## 7.1 Introduction to Life Skills

### 7.1.1 Life skills including 21<sup>st</sup> century skills with special reference to SDG-4.7 (sustainable development goals)

Life skills are the abilities for the adoption of positive behavior that enable humans to deal with demand and challenges of life. It is the set of basic skills which are acquire through learning. The basic life skills with special reference to Sustainable Development Goals (SDG- 4.7) are as follows:

- Universal primary and secondary education
- Early childhood development and universal preprimary education
- Equal success to technical, vocational and higher education
- Relevant skills related to field
- Gender equality
- Universal youth literacy
- Education for sustainable development and global citizenship



The basic life skills related to regular life includes:

1. Communication and interpersonal skills
2. Decision making
3. Problem solving
4. Creative thinking
5. Critical thinking
6. Self-awareness
7. Self-control



### 7.1.2 Importance of life skills in daily life

Life skills are the most important part of life. It helps to find new ways of thinking and problem solving. It helps to build confidence and strong communication skills.

#### Benefits and importance of Life Skills

In everyday life, life skills improve our abilities to deal with problems. It helps to

- Find unique ways of thinking

- Enhance problem solving techniques
- Teaches them to take responsibilities
- Build confidence
- Enhance communication skills
- Make decision powder more stronger
- Develop the sense of self awareness
- Ability to self-management
- Improve teamwork
- Time and people management
- Potential to lead with influence



## 7.2 Introduction to Soft Skills

### 7.2.1 Soft Skills

Soft skills are the skills in which personal attributes needed for success on the job. These are basically non-technical skills that relate to your work. It includes how to react with colleagues, how to solve problems in workplace and how to manage the work.

The basic soft skills includes

- Communication
- Teamwork
- Adaptability
- Creative thinking
- Positivity
- Time management
- Work ethics
- Problem solving
- Conflict resolution
- Job interview skills
- Presentation skills
- Customer service skills





**Do you know!** Soft skills are non-technical skills that impact your performance in workplace. Soft skills must write on resume or cover letter.

### 7.2.2 Importance of soft skills in daily life

Soft skills are essential part of daily life in this ever changing environment. Soft skills are always needed to accomplish daily tasks of life. Communication plays an important role; it helps us to communicate with others effectively. The skills of problem solving or conflict resolution help in maintaining a peaceful environment.

By developing strong leadership skills, you can work more smoothly and comfortably. These skills are important in daily life as well as in professional life.

In everyday life, development of soft skills help to:

- find unique ways of thinking and solving problems
- Recognize the impact of actions on others and teach them to take responsibility.
- build confidence in collaboration and corporation
- decision making and problem solving
- develop sense of self awareness



### 7.2.3 Application of Soft skills for academic and professional success

Academic and professional success requires soft skills. Soft skills are the collection of abilities and attitudes that increase your effectiveness. Successful student have soft skills of good interpersonal communication, problem solving, conflict management and time management. Students can enhance academic performance and provide themselves for future academic and career success by sharpening their leadership qualities.

Soft skills are the main part of workplace as well. It improves leadership skills and provides opportunities to grow more fastly. It also enhances communication skills and flexibility, strong decision making and problem solving skills.

It also helps in academic and professional success in these ways

- Recognizing yourself



*Soft skills for professional*

- Development of positive attitudes
- Commitment to balance life and lifelong learning
- Keeping things in proper context
- Time Management



*Soft skills for Academic success*

### 7.3 Personal Development

#### Personal aspects of life

In personal life, life skills are the essential part of soft skills. These skills teach:

- Controlling emotions and produce **self-control** and **self-awareness**.
- Enable to manage **stress and anger**
- Improve self-esteem and **building confidence**
- Develop **good patience** and temper
- Improve **employability skills** to get a good job
- Develop **leadership skills**, when you have a team



#### Professional aspects of life

Keeping all aspects of life in working order is always difficult, but few things can change things into smoothly environment. These include

- Stay on top of your schedule
- Know the schedules of those who are working with you
- Analyze your time
- Think about time and again
- Create good teamwork and support others

### 7.3.2 Importance of self-image, develop self- confidence

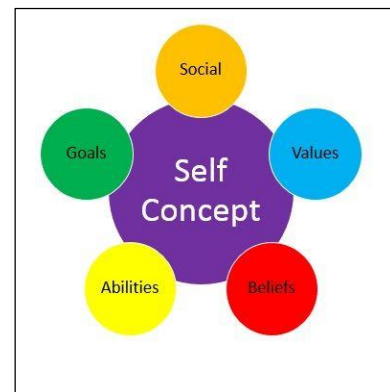
Self-image is also a part of learning. It is dynamic and changing, not permanently fixed. We develop self-image as positive or negative according to our attitudes and behaviors.

With positive self-image, we recognize our potentials while being realistic about our abilities. With negative image, we focus on our faults, weaknesses and improved our imperfections.

Self-image is important part of life skills because it affects how we think about ourselves which is dependent on how we react to others. A positive self-image can boost our physical, mental and emotional wellbeing.

Some steps to develop a positive self-image are

- Take a self-image inventory
- Prepare list of your good qualities
- Ask others to identify your weakness and strength
- Adjust personal goals and objectives
- Identify and explore good habits
- Avoid comparing yourself to others
- Enhance your strengths
- Learn to love yourself



**Self-confidence** is depending on your skills and knowledge. It is an attitude about your skills and knowledge. It means you have to improve your knowledge and skills for the building of self-confidence. You must set expectations and goals, communicate effectively and handle criticism. Self-confidence gives students the strength to deal with failure and quickly learn from their mistakes and try again. It is important because it makes you attractive, help to get desirable job and clients, fulfill dreams and helps in making right decisions.

## 7.4 Attitude, Behavior and customer care

### 7.4.1 Concepts of attitude and behavior

Attitude is a feeling of behavior towards object or a person. It often the result of experience, but these can change with time to time. Having positive attitude helps to take better decisions. There are basically 4 **types** of attitudes which includes

- Positive attitude
- Negative attitude

- Neutral attitude
- Sikken attitude

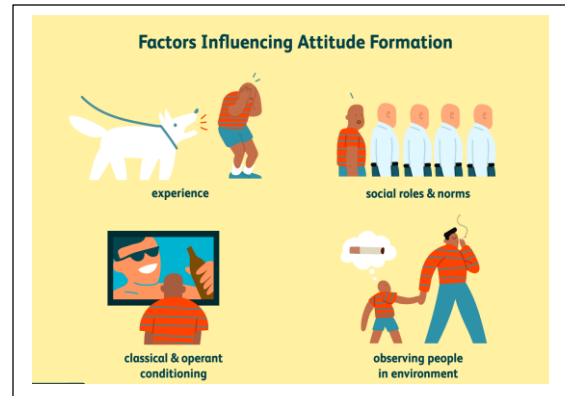
### Components of attitude

1. Cognitive component
2. Affective component
3. Behavioral component

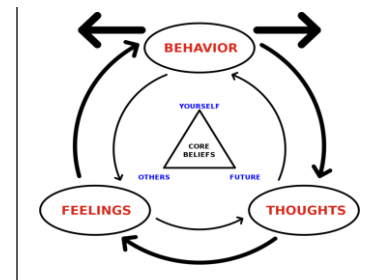
Behavior and attitude are basically the same things.

Behaviors are the actions made by individuals in conjunction with themselves and others. Behaviors are of four types

1. Efficiency investment behavior
2. Habitual behavior



Factors influencing attitudes



### 7.4.2 Impact of positive and negative attitude in daily life

A person with a positive attitude always sees fresh, bright side of every situation. It brings optimism in life and makes life healthy and active.

Positive attitude produce self-confidence and helps you to love yourself with more respect and love. It also helps to boost your strengths and improves confidence level. The benefits of positive attitudes in daily life are

- It increased life spans
- Lower depression
- Low level of stress
- Better physical and psychological well being
- Reduce risk of cardiovascular diseases

A person with a negative attitude always seems in anger. It sees everything in a negative aspect. Negative attitude have bad effect on you as well as on other. It gives you depression and disturbs your daily life as well as spoils your relationships.



Difference between positive and negative attitude



**Activity:** Arrange the class in small groups. Assign them a task to make a presentation on chart and write 5 points related to personality development.

### Key points

- Life skills are the abilities for the adoption of positive behavior that enable humans to deal with demand and challenges of life. It is the set of basic skills which are acquired through learning.
- Life skills are the most important part of life. It helps to find new ways of thinking and problem solving. It helps to build confidence and strong communication skills.
- Soft skills are the collection of abilities and attitudes that increase your effectiveness.
- Successful in life require development of soft skills like good interpersonal communication, problem solving, conflict management and time management of soft skills.
- Self-image is also a part of learning through experiences. It is dynamic and changing, not permanently fixed. We develop self-image as positive or negative according to our attitudes and behaviors.

### Exercise

**Select the most appropriate option**

1. Self-image is enhanced through
  - a. Age
  - b. Meditation
  - c. Skill& knowledge
  - d. None of these
2. If you are working in kitchen and preparing 5 main dishes in the group, then which type of soft skills you need
  - a. Team work
  - b. Work ethics
  - c. Communication
  - d. All of above
3. Time management, job hunting, preparing interview are the
  - a. Football playing
  - b. Soft skills
  - c. Recreational skills
  - d. Vocational skills
4. Collective qualities and characteristics that distinguish a person is
  - a. Literacy
  - b. Money
  - c. Cast
  - d. Self-image

### **Give short answers of the following questions.**

- Write down basic life skills?
- Define soft skills?
- What is personal development?
- Define customer care?

### **Answer the following questions in detail.**

1. Define life skills and enlist its types?
2. Differentiate between life skills and soft skills?
3. Explain the importance of soft skills in daily life?
4. Describe the importance of self-image and self-confidence?

### **Activity**

- Arrange the class into small groups; conduct a role play to enhance self-confidence and self-image.
- Exercise to deal with problematic and angry persons by conducting a role play.

### **Teacher's guide**

- The teacher is required to explain the different soft skills which will help students in finding jobs.
- The teacher is required to conduct different activities of soft skills for the improvement of team work, punctuality, problem solving.

## Chapter 8: Entrepreneurship Skills



### Students learning outcomes

After completing this chapter, you will be able to:

- define entrepreneur.
- know key concept of entrepreneurship.
- understand main components of entrepreneurship.
- know how to identify business opportunities.
- know how to develop feasibility and business plan.
- prepare a business plan.
- learn about concept of marketing and marketing mix.
- understand 6P;s of marketing.
- calculate costing and pricing.

## 8.1 Introduction to Entrepreneurship

Entrepreneurship is basically defined as to the act of starting/running your own business to grab the opportunities. A person who is doing his own business or want to starts his own business is known as Entrepreneur. It is a concept of managing and developing business and gain profit? A willingness to run or start a business is called Entrepreneurship.

### Importance of Entrepreneurship

Entrepreneurship is important because it is the ability to improve the standards of your living and better planning for the betterment of your future.



### *Entrepreneurship skills*

#### 8.1.2 Key concepts of Entrepreneurship

Following are the key concepts of entrepreneurship

**1. Risk Bearing Concept**

If a person wants to be an entrepreneur, he should know that the entrepreneurship is just an action or function of taking unlimited risk if he wants to be a successful businessman.

**2. Innovative Concept**

In entrepreneurship you have to think outside the box because innovation is a specific tool for a successful entrepreneurship.

In this concept the adaption of various innovations in industry, new products, new markets and new market methods, new qualities of products, new technologies, new packing all are used

**3. Managerial Skill Concept**

In entrepreneurship if you have the good managerial skills then you have the ability to taking risks, better inspection, directions, and controls



**4. Creative and Leadership Concept**

According to this concept entrepreneurship is a creative activity and it is the way to progressive leadership as well.

**5. High Achievement Capacity Concept**

This concept is all about the capacity of making new innovations and taking the right decisions on right time during the risks is essential.

**6. Professional Concept**

Entrepreneurship is a truly professional concept because if you start your own business and you are serious about this. Then this attitude is called a “Professional Concept”

**7. Organization and Coordinating Concept**

Entrepreneurship is a very important economic component which coordinates and organizes various sources of the production of different products. It is an ability to organize an Enterprise.

**8. Business Oriented Concept**

This is the attitude you show for your business and firm which inspires you to become a successful entrepreneur.

**9. Result Oriented Concept**

According to this concept if you are a hardworking businessman the result of your hard work should show into the result at the end of any task. Because in the business world, only the people are recognized as an entrepreneurs who succeed in achieving their goals.

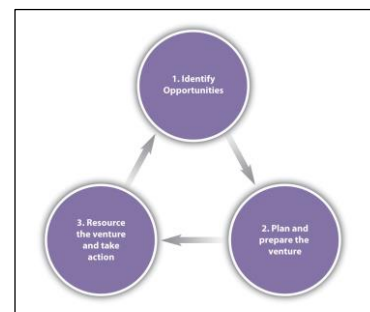
**10. Personality, Identity or Role Transformation Process Concept**

This concept is about if you want to become an entrepreneur then you have to transform your personality, positive behavior and ability to adopt new tasks easily.

**8.1.3 Components of entrepreneurship**

There are four main elements of Entrepreneurship.

- 1) Innovation
- 2) Organization
- 3) Risk
- 4) Vision



There are three essential components of the entrepreneurial process consists of

- 1. Identifying entrepreneurial opportunities

2. Planning and preparing the venture
3. Resourcing the venture and taking action

## 8.2 Feasibility and Business plan

### 8.2.1 Business opportunities

Identify a good opportunity for you are not an achievement but finding a good opportunity according to your experience and business nature is a ability.

Four ways to identify more business opportunities

1. Listen to your customers
2. Look at your competitors and observe their moves
3. Look at the industry trends and insights which are new in the market
4. Listen to your potential clients and past leads

Do you know that what are the three ways to identify an opportunity?

- Observe the new trends
- Solving a Problem
- Finding gaps in the marketplace and try to find the actual problem

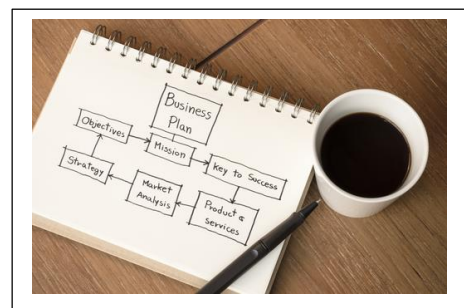
Some factors are here to consider in identifying business opportunities

- Managing cash flow
- Passion and Persistence
- Managing Skills
- Relationships
- Market size.

### 8.2.2 Development of feasibility and business plan

A feasibility business plan is a study which takes place to initiating a business plan. A feasibility business plan is a plan of any business idea that will help you, your team and your investors that this idea will succeed or not.

A feasibility plan is about every aspect regarding to the business plan whether you are an established business man or even if you are just launching a new product. For the determination of the feasibility of a business plan firstly you have to evaluate the feasibility of a business plan.



1. Be sure there is demand for what you are offering
2. Do you really have a market?
3. know your rivals
4. Examine the actual number of your rivals
5. Determine your price
6. Be Cash savvy.

Writing a feasibility plan you have to be very careful and touchy because this plan is the major key of your new business project.

How to write a feasibility plan

- In first step you have to describe your actual project
- Outline the potential solution resulting from the project
- List out the criteria for evaluating these solutions
- Find the best solution
- Make the conclusion statement at the end.

**Activity:** Arrange the class into small groups. Assign the task to them to develop business plan and present it to the class.

### 8.3 Marketing & marketing mix

Marketing is an action about promoting and selling products or services. It also includes market research and advertisements.

Marketing is a basic component of business management and commerce. It will spread business and products by different techniques. In marketing you can say that it is the process to getting potential clients or customers interested in



your products and services. Marketing involves researching, selling, promoting, and distributing your products or services.

#### Marketing Mix

The marketing mix refers to the set of actions and tactics, which any company uses to promote its product or its brand in the market.

### 8.3.2 6P's of marketing

6 P's of marketing are defined as the building blocks of an effective marketing strategy. Following are the 6 P's of marketing

- Product
- Price
- Place
- People
- Packaging
- Promotion



#### 1. Product

In marketing a product is anything that can be shown and offered to the market which satisfies a need or demand of the customers. The products are sold as the finished good in the market. The nature of the product depends upon the place and price.

#### 2. Price

The costs of the products are known as its price. The price is something that the customers pay in the seek of buying the products. Prices are set according to how much a customer is willing to pay. Customers want value for money so this is a business need to set low prices to make the demand and sale high.

#### 3. Place

Place refers to where and how people buy the products you offer. It is very important for good marketing strategy to make products available in right place at the right time in the right quantity. Place is very crucial and sensitive part of the marketing mix.

#### 4. People

People are those who are involved in the marking of the products these are the employees who are involved in selling a product or service, they design it, manage the teams and represent it to the customers.

#### 5. Packaging / Presentation

It is the packaging material which is around the customer item that serves to contain. The packaging and presentation of a product is the keys to identify, description, protection,



displaying, promotion of the product. The packaging of a product is something which makes the product marketable it also keeps the product clean and protects them from damage.

## 6. Promotion

Promotion is free sampling, coupons, rebates, premiums, displays, point - of - sales and other incentives which play an important role in the marketing mix for the good sales of the products or services in the market.

### 8.3.3 Calculate costing and pricing

In culinary term, yield is something which refers that how much you will have of a finished or processed product. You can also define yield as the amount of useable product after it has been processed such as peel, cook, butchered. The yield is calculated by this formula

$$\text{Yield} = \frac{\text{net realized return}}{\text{principle amount}}$$

### Importance of yield

Yield percentage is important because it tells several things

- The idea of how much quantity of raw material would be used to prepare a particular food item.
- How much useable product you will have after processing
- How much raw product to actually ordered and the actual cost of product per rupee spend

### 8.3.4 Costing of food

As you already learn in 1.3.2 that Food costing is the ratio of restaurants cost of ingredients (food inventory) and the revenue that produce from menu items sold. Food cost is also generally refers to as food cost percentage within the food industry.

The terms are often used interchangeably. Food cost is almost always expressed as a percentage known as food cost percentage. To calculate food cost percentage, you divide inventory cost by the revenue produced.

### How do you calculate food cost?

Use the following equation for food costing

$$\text{Percentage} = \frac{\text{food cost}}{\text{menu price}}$$

You can use this figure in 2 ways.

1. If you know the menu price and want to see what your food cost should be in order to be within the budget, multiply the menu price with percentage

$$\text{Food cost} = \text{menu price} \times \text{percentage}$$

For example: in menu, the price of sandwich is 300 rupees and food cost percentage is 35 %.

$$35\% = 0.35$$

$$300 \times 0.35 = 105$$

2. If you know the food cost and want to determine what the menu price should be add a particular percentage, divide the cost by the percentage

Menu price = food cost/ percentage

Example: food cost is 150 and food cost percentage is 40%

$$150 / 40\% = 150 / 0.40 = 375$$

So the total food cost is 375 rupees.

There are basic 3 principles of food costing

- Supplier selection
- Good receiving controls
- Balancing menu

### Key points

- Entrepreneurship is basically defined as the act of running your own business or starting your own business or a wish to start your own business is known as Entrepreneurship.
- Entrepreneurship is important because it is the ability to improve the standards of your living and better planning for the betterment of your future by financially.
- A feasibility business plan is a study which takes place to initiate a business plan. Feasibility business plan is a plan of any business idea that will help you, your team and your investors that this idea will succeed or not.
- Marketing is a basic component of business management and commerce. It will spread business and products by different techniques. Marketing involves researching, selling, promoting, and distributing your products or services.

### Exercise

#### Select the most appropriate option

1. An entrepreneur should be.
  - a. motivated and passionate
  - b. motivated and willing
  - c. motivated and confident
  - d. All of above.
2. Which is not a marketing mix?
  - a. Product
  - b. Promotion

- c. pricing
- d. Perfect Size
3. A business plan should be
- a. Understandable and Explained
- b. Understandable and Short.
- c. Short and simple
- d. All of above
4. Products should be
- a. cheap
- b. Expensive
- c. affordable and well maintained
- d. None of these.

**Give short answers of the following questions.**

1. Define Entrepreneurship?
2. Define a business plan?
3. What are 6 P's of marketing?
4. What is the formula of food costing?

**Answer the following questions in detail.**

1. Explain the importance of entrepreneurship?
2. Explain the key points for the production of business plan?
3. Explain 6P's of marketing?
4. Calculate the costing and pricing of food products?

**Activity**

- Develop a business plan, individually.
- Develop marketing strategy for your business model.

**Teacher's guide**

- The teacher is required explain the importance of entrepreneurship and demonstrate the development of business plan.
- The teacher is required to demonstrate the concept of social media marketing. He/she will guide them about different marketing strategies.

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## GLOSSARY

**Ail** - French for garlic.

**Adipose** - This is the fatty tissue in meat.

**Acidic** - it refers to the pH level of foods and liquids, as well as the taste experience.

**Anglaise** it is an egg custard which may be used as a sauce in sweet dishes.

**Aromats** - A variety of herbs and spices added to dishes to enhance their taste and flavor.

**Bisque** - A smooth, creamy soup made up from shellfish, fish stock and may be vegetables.

**Boiling** cook food in the liquid other than fat (water) at 100°C.

**Braising** - food is cooked in oven for partially suspended in liquid.

**Bonning Knife** - A knife used for trimming and boning.

**Brown Sugar** - Unrefined raw sugar. Used in making desserts.

**Canapés** - A bite sized appetizer which is made up with bread base

**Cook's knife** - The main knife used by the chef for cutting and chopping

**Cuisine** - French for kitchen.

**Culinaire** - Culinary arts the love of food.

**Cuds** - A mixture of citrus juice, eggs and sugar.

**Demi glace** - A basic brown sauce.

**De-seed** Removing the seeds from food such as tomatoes, chilies, lemon etc.

**Dicing** - basic term used for cube cutting.

**Dusting** garnishing technique using icing sugar and cocoa powder.

**Drippings** rendered beef fat.

**Emulsify** - to combine two ingredients that would normally separate such as fat and water.

**Emulsion** - a mixture of water and fat.

**Entrée** - a starter which served at the beginning of the meal.

**Essence** - an artificial flavoring agent, e.g. vanilla essence.

**Evaporate** to reduce a liquid through rapid boiling.

**Fettuccine** - a type of noodle that is cut into 1 cm wide strips.

**FIFO** - First In First Out, the products which are older used them first.

**Freezing point** - the point on which a liquid starts to go solid.

**French knife** - a knife used for larger cuts, slicing, dicing and chopping.

**Food poisoning** - sickness that occurs after eating contaminated food.

**Glace** French word used for "frozen".

**Glycogen** complex carbohydrates used to store sugar in the animal's muscle.

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**Golden Syrup** a byproduct of sugar refining.

**Gravlax** fish cured in salt and sugar e.g. salmon and tuna.

**Grilling-** cooking method in which food is cooked by exposing it to radiated heat.

**High- ratio fats** - fats contain emulsifiers to absorb extra moisture from the food.

**Hoisin** - sweet, spicy sauce made from ground soy beans, garlic and spices.

**Hollandaise** a warm butter sauce, served with vegetables, meat and fish dishes.

**Hummus** a sauce from the Middle East, made with chickpeas.

**Honing** the process of sharpening the knives.

**Incinerate** - to burn.

**Incubation period** - time between the intakes of bacteria to the first sign of illness.

**Inherent** - flavor contained within and come out when poaching.

**Insecticides** chemicals used for the harvesting.

**Instruction sheets** sheet which provide guidelines.

**Jelly** sweet food gel made by adding gelatine to edible liquids

**Jam** process the cooking of fruit and sugar to 105°C

**Japonaise** type of maringue

**Jus** roasting juices

**Jus lie** roasting juices with the addition of brown stock, thickened with arrowroot

**Julienne** a basic vegetable cut

**Kipper- to kipper means to cure**

**Knead** - a process with working with dough by mixing it with hands

**Knish** - a pastry of Jewish origin

**Kosher food** - fit or proper food

**Kosher salt** - a pure refined rock salt

**Legumes** plants with seed, pods such as peas and beans

**Liqueur** - alcoholic beverage, sweetened with other flavors and extracts.

**Listeria** - bacteria occurs in soil and raw food.

**Lemon Curd** - creamy mixture of lemon juice with other ingredients.

**Lime** Citrus fruit with high acidic nature.

**Medallion** - a slice of meat or seafood without any bone or shell.

**Melting point** - a temperature at which an item begins to soften.

**Mortar and Pestle** - used for grinding spices and other foods manually.

**Mise-en-place** a French term meaning everything in its place before you starts cooking.

**Mousse** Refers to light dishes usually lightened with whipped cream.

**Niacin** - Vitamin B3.

**Neutralise** - to balance out or harmonies.

**Nori** - type of seaweed used for wrapping food items, particularly sushi.

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**Nutmug** a spice available whole as a nut or ground.

**Nutrients** the essential dietary requirements of the body.

**Oolong** - considered one of the best teas, it is partially fermented.

**Organic vegetables** - vegetables grown according to the regulations using natural fertilizers

**Overcooked** - any item cooked for too long and texture and flavor will be negatively affected.

**Overpowering**- if a flavor is too strong and masking the others.

**Ox tongue** delicacy that requires extended cooking.

**Pectin** - a setting agent used for jams.

**Perishable** - Food that will deteriorate with extended storage.

**Pesto** - a blend of basil, pine nuts, parmesan and olive oil.

**Pilaf** - rice cooked by absorption using a ratio of 1 part rice and 1.5 parts stock.

**Pimento** - spice also referred to as allspice.

**Quenelles** - a French term for oval-shaped food items.

**Quickest puff paste** - production method of puff paste.

**Quince** - fruit in the apple family

**Recipe** - set of instructions for the preparation of any food item.

**Roux** - a thickening agent used for soups and stocks. It is a cooked mixture of fat and flour, ration 1:1.

**Roasting** - cooking method in which cooking food by exposing it to direct heat. Fat is used in this cooking method.

**Rye flour** - flour which is low in gluten.

**Relish** - a spicy or savory accompaniment served with food.

**Sambal** - a blend of spices such as sambhal oelek (chilli paste).

**Sanitise** - to remove any bacteria from a surface.

**Saute** - to toss in hot water.

**SOP** - Standard Operating Procedures.

**Steaming** Cooking food by the steam of boiling liquid.

**Starter** dish served at the beginning of a meal.

**Toffee**- mixture of Caramel and cream.

**Tofu**- a low fat curd made from soy bean.

**Topside** - primal cut on the inside of the leg near the hip joint.

**Toque Blanche** - French term for a chef's hat.

**Tomato fondue** - slow cooked tomatoes with the addition of other ingredients and form a thick sauce.

**Udon** thick noodle used in Japanese cooking.

**Ucs**- Uniform communicating system.

**Ugli** - an irregular shaped citrus fruit.

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**Uffva**- United Fresh Fruit and Vegetables Association.

**Umido**- stew

**Uncooked** - not cooked properly.

**Velouté**- a basic white sauce.

**Vension**-game animal with strong - flavored dark red meat.

**Vienna style** - named after the Austrian city Vienna, famous for its crumbed schnitzel.

**Vinegar**- the production of vinegar utilizes acid fermentation of fresh wine.

**Vitamin** - chemical substance essential for a range of bodily processes.

**Witlof** a white oblong-shaped vegetable.

**Wok** - a round - bottomed frying pan.

**Wonton**- a small Chinese dumpling.

**Workflow** - Logical approach to tasks and you can perform them.

**WPRW** - Wash, Peel, Rewash, washing procedure of fruits and vegetables.

**Yakitori** - Japanese term meaning "grilled".

**Yankee pot roast** - a piece of chuck or round cut that is brown in color.

**Yautia** - sweet potato.

**Yeast starter** - use before yeast.

**Yema** - yolk

**Yerba** – Herb

**Yogurt cheese** - yogurt that has had the whey drained from it.

**Zwieback** German word known as "Twice baked".

**Zabaglione** it is an Italian word meaning "egg punch".

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## About the author

The Author is a Senior food Preparation and Culinary Arts –Patisserie Principle Trainer and Owner of Business ANAYA’s PATISSERIE with an extensive background as a Food and Nutritionist, Food Safety in Catering in well renowned Conglomerate Companies such as Hashoo Foundation, Kitchen Cuisine, Pearl Continental, Hashoo Hunar and TDCP- ITHM. She is currently working as senior food Preparation and culinary arts-patisserie principle trainer at Tourism Development Corporation Punjab college Institute Of tourism & Hotel Management Lahore. She also owned her own Business and Member of Curriculum Development Community in NAVTTC. She holds a degree of Food and nutritionist and also International Diploma in Food safety in catering principles United Kingdom. Her passions include travel and mentoring young people to develop their own professional paths.

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