

The Culinary Professional

Fourth Edition

by

John Draz, CEC, CCE, CRC

Executive Research Chef

Ed Miniati, Inc.

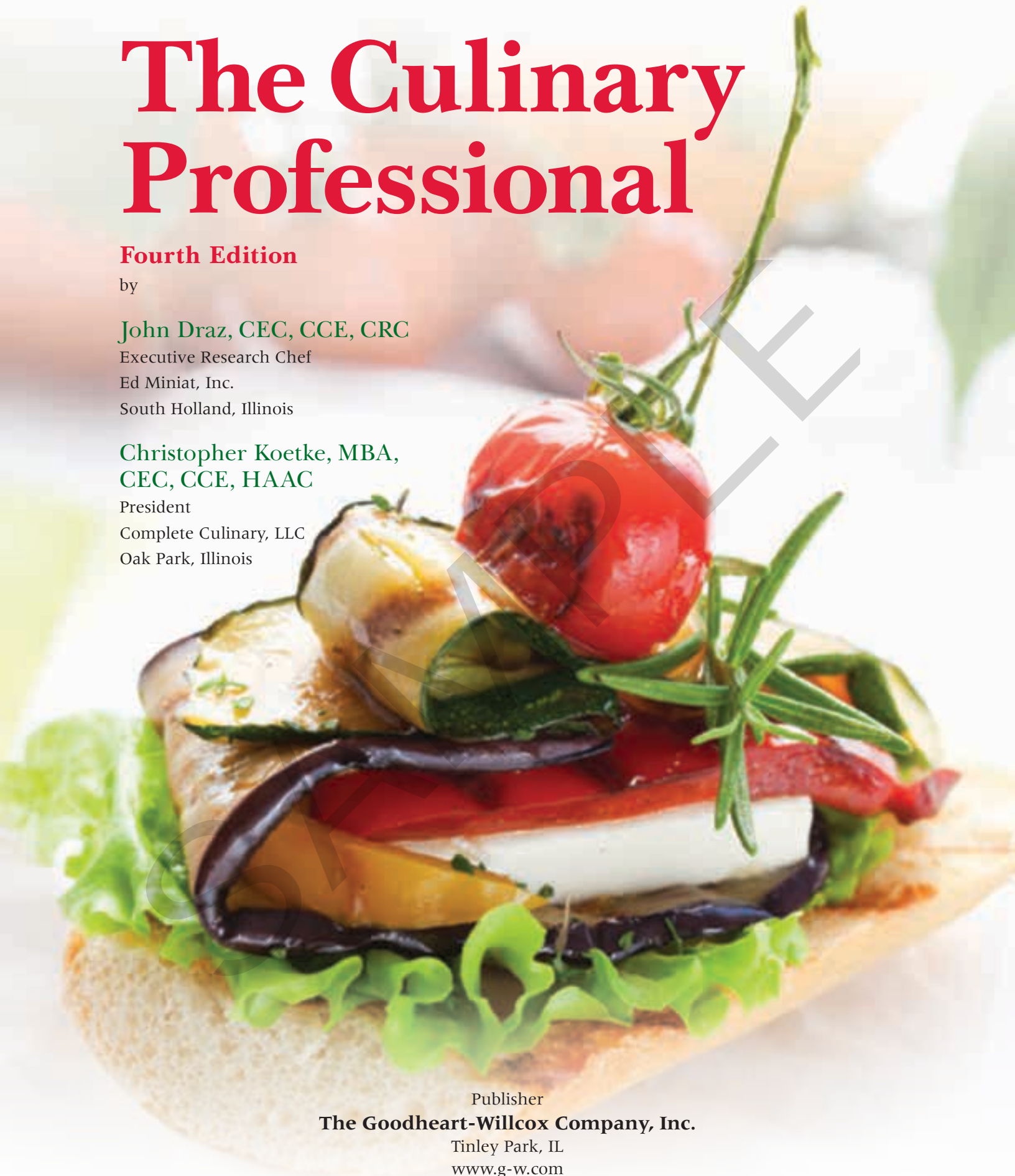
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About the Authors

Chef John Draz received his associate's degree from The Culinary Institute of America in Hyde Park, New York, in 1981 and was the recipient of the Edward T. Hanley Scholarship. He also received a bachelor's degree in Culinary Management from Kendall College in Evanston, Illinois. During his nearly 40 years in the field, Chef Draz has worked at numerous restaurants and hotels. In 1983, as Chef of The Winnetka Grill, Chef Draz was featured in the PBS television series *Great Chefs of Chicago*.

Chef Draz was a founding faculty member of the Kendall College School of Culinary Arts in Evanston, Illinois. While serving on the faculty, he taught a wide variety of subjects related to professional cookery. Chef Draz served as chair of the culinary department from 1988 to 1991, supervising all aspects of instruction and college foodservice. He has earned certifications from the American Culinary Federation including Certified Executive Chef and Certified Culinary Educator.

In addition, Chef Draz has experienced entrepreneurship as chef/owner of a 300-seat fine-dining restaurant. He has extensive consulting experience lending his talents to numerous independent restaurants, manufacturers, and trade associations. Chef Draz currently serves as Executive Research Chef for Ed Miniat, Inc., a manufacturer of cooked meat and poultry products. He is recognized as a Certified Research Chef by the Research Chefs Association. In this position, he develops products and menu items for the frozen food industry and national restaurant chains.

Christopher Koetke started working in the culinary arts in 1982 and is now CEO of Complete Culinary LLC, a consulting firm dedicated to the 360-degree, comprehensive view of food and beverage. He devoted 20 years of his professional life to culinary education as chef instructor, dean, and vice president of the school of culinary arts at Kendall College. He was also vice president of culinary arts for Laureate International Universities where he oversaw 48 culinary programs in 12 countries. He is currently the chair of the Feed the Planet Committee of Worldchefs. Before his career in culinary education began, he worked in some of the finest restaurants and patisseries in the United States, France, and Switzerland.

Koetke has a MBA from Dominican University, a BA in French literature from Valparaiso University, and a Certificat de la Langue Française from the Sorbonne in Paris. He has been honored with the Outstanding Alum from the Brennan School of Business at Dominican University, Alumni Achievement Award from Valparaiso University, and Worldchefs Educator Award. He hosted his own national TV cooking show for almost five years, is a frequent presenter at national and international food events, and has written for several prominent newspapers and foodservice publications. Chef Koetke has received numerous industry awards including Chef of the Year by the Chicago chapter of the International Food and Wine Society, ACF culinary competition medals, and third place in the US finals of the *Bocuse d'Or*.

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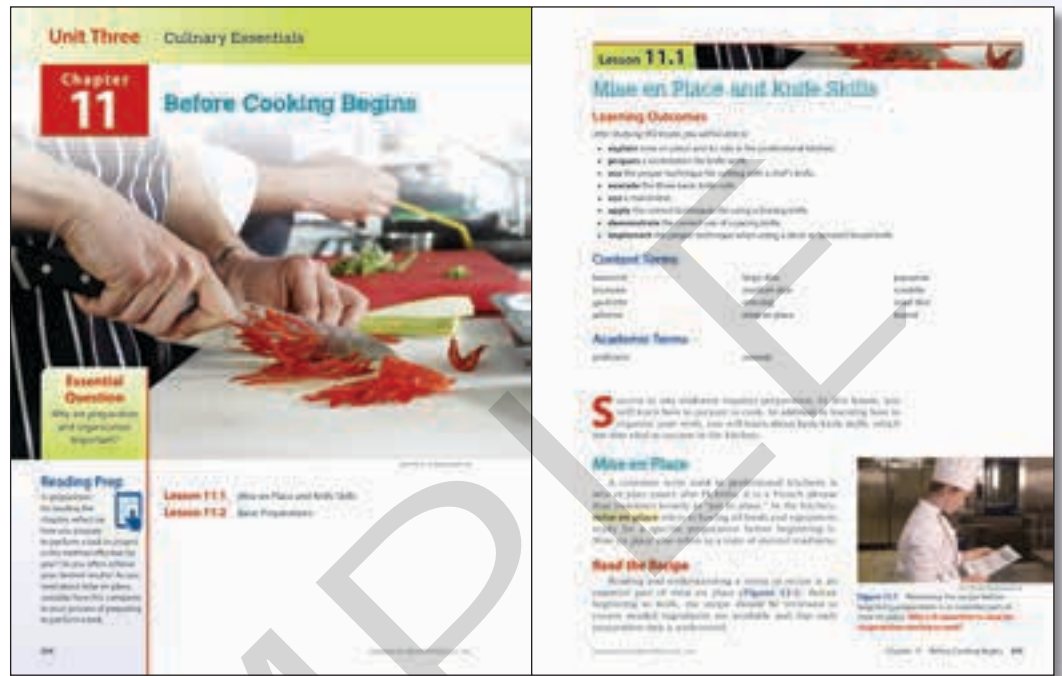
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US Foodservice

Content Organized for Successful Learning

Essential Questions foster inquiry and encourage students to learn the chapter content.

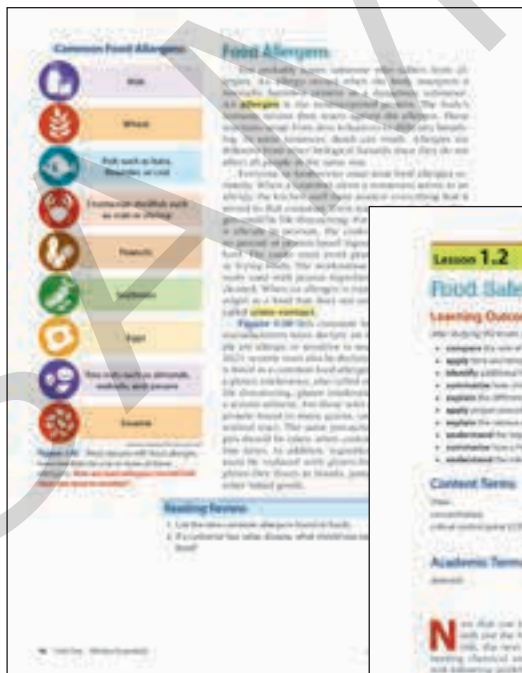
Reading Prep features provide quick, easy activities to expand reading skills.

Lessons organize content into manageable chunks.



Caption questions enrich and extend learning.

Reading Reviews follow each section to break up material and reinforce understanding.



Learning Outcomes clearly identify the knowledge and skills to be obtained when the lesson is completed.

Content and Academic Terms list the terms to be learned in the lesson.

Features Enhance Chapter Content and Extend Learning

A Serving of Math features provide tutorial for basic math concepts.

A Serving of Science features simplify fundamental food science concepts.

A Serving of Math

Calculating Tax and Tip on a Guest Check

Despite the prevalence of point-of-sale systems and other technology, there are still occasions when guest checks must be processed manually. This entails adding the item prices and calculating the amount of tax due. In addition, some restaurants include a tip, or gratuity, on the bill.

Subtotaling the Guest Check

Guest checks are used to record a customer's order and to calculate the amount the customer owes for the meal. First, the server notes the date, table number, number of guests, and their names. Next, the server records each item ordered and its price. When guest checks are created manually when a duplicate is created, one copy will remain with the server and the other copy is given to the kitchen.

When the guest is ready to pay for the meal, the server subtotals the price for each item ordered. In the sample guest check in this feature, the subtotal is calculated as follows:

$$\$5.95 + \$7.75 + \$7.75 + \$2.50 + \$3.50 = \$21.45 \text{ guest check subtotal}$$

Calculating Sales Tax

Next, the sales tax is calculated by multiplying the subtotal by the percent sales tax. In the sample guest check, the 7% sales tax is calculated as follows:

$$\$21.45 \times 7\% = \$21.45 \times 0.07 = \$1.50 \text{ tax}$$

Totaling the Guest Check

The guest check total is calculated by adding the sales tax to the subtotal in the sample guest check, the total is calculated as follows:

A Serving of Science

Suspensions, Emulsions, and Foams

The consistency of a food is largely the result of reducing the ability of water molecules to move freely in a food product. Chefs employ this strategy to thicken foods and create appealing mouthfeel. When food particles, oil droplets, or even air bubbles are introduced into a food, they restrict the water molecules' free-flow. The water molecules are unable to flow very far before they bump into an obstacle: food particles, oil droplet, or bubble and are slowed down.

When food particles are used to change a preparation's consistency, it is called a suspension. For instance, when cooked tomatoes are puréed to make sauce for spaghetti, this is an example of a suspension. When oil is the substance added, the thickened product is called an emulsion. An emulsion has a natural inclination to separate out to its original parts.

This can be prevented by either rapid mixing or the addition of another ingredient called an emulsifier. Emulsifiers act to hold the emulsion together. A vinaigrette is a very visual example of an emulsion—you can see the science in action. Another gas bubble in cream and a much-beloved foam—whipped cream—is created. Edible foams in food preparations can be created by adding air, steam, carbon dioxide, and even nitrous oxide.

Know and Apply

1. List three emulsions that can be used to change the consistency of a food.
2. Differentiate between suspensions, emulsions, and foams.

A Serving of History features provide interesting glimpses of the culinary field throughout time.

A Serving of Math

Percentages

In the foodservice industry, as in other industries, percentages are used frequently. They are used to describe the cost of ingredients for a menu item, a company's financial performance, popularity of a menu item, nutrient content of food items, industry trends, and much more.

Percent means "part of a hundred" and can either be written out or expressed as the percent symbol (%). A percentage is a number that states the part of the whole in terms of hundredths. For example, if 75 out of every 100 guests order coffee with their meal, 75 is the part and 100 is the whole.

Calculate Percentages

A percentage is calculated using the following formula:

$$\text{Part} \div \text{Whole} = \text{Percentage}$$

In the coffee example above, it would be calculated as follows:

$$75 \div 100 = 0.75 = 75\%$$

The percentage of guests who order coffee can be expressed as 75 percent (%).

When the whole is 100, the percentage is easy to determine without using the formula. You would simply place a percent sign following the number that represents the part. What if the whole is not 100? For example, suppose a restaurant had 80 customers for dinner and 36 ordered coffee.

Use the same formula to calculate the percentage of guests who ordered coffee as follows:

$$36 \div 80 = 0.45 = 45\%$$

Writing Percentages

There are three ways to write percentages—using the percent sign, as a fraction, or as a decimal. No matter how the percent is written, it is describing the same thing.

- **Percent Sign.** The percent sign (%) is the symbol or shorthand for percent. You would write 45 to describe 45 guests out of 100 order coffee.
- **Fraction.** The popularity of coffee can be written as a fraction as well. The 45% of guests who order coffee could be written as 45 guests out of 100.
- **Decimal.** To write 45% as a decimal, you simply move the decimal point two places to the left and delete the percent sign. As a decimal, 45% is written 0.45. To convert a decimal to a percent, you multiply the decimal by 100, or move the decimal two places to the right, and add the percent sign. For example, $0.45 \times 100 = 45\%$.

Know and Apply

1. In this chapter, you learned that 65 in 100 Americans have worked in foodservice at some point in their lives. Express this as a percent, fraction, and decimal.

A Serving of History

A Brief History of Restaurants

Restaurants, an early form of restaurants, began to appear during the Middle Ages (476 BCE–1453 CE). Taverns offered a daily meal, or "ordinary," for a reasonable price to their patrons. Taverns (brothhouses) also began to show up during this time. These were places where prepared foods, particularly cooked meats, could be purchased for carry-out.

In 1765, the first dining establishment to be called a restaurant was opened in Paris. The owner's name was Boulanger. The word restaurant was coined from the restorative properties that Boulanger claimed his soups had. This first restaurant became immensely popular and was soon widely copied.

In the eighteenth and nineteenth centuries, Europe saw the rise in popularity of coffee

new drink imported from the Americas. In the British Isles, tearooms were similarly popular. These cafes and tearooms soon expanded their menus to include food and then full meals.

By the end of the 1800s, restaurants had become fully established. The practice of dining out was fashionable for all social classes.

Research

Use reliable print or online sources to learn about dining establishments of ancient Rome or China's Song dynasty. What types of food and beverages were served? Who were their customers? Write a brief summary of your

A Serving of History

Early Asian Culinary History

Asian cultures also have a long and illustrious culinary history. At the time of ancient Greece and ancient Rome, Chinese chefs were preparing elaborate meals for the emperor. Through the centuries, China and India influenced the culinary traditions of many Asian countries through military campaigns and the spread of Buddhism and Hinduism.

For instance, rice, soybeans, and tea originated in China. Rice became a staple crop for much of Asia and tea became its universal beverage. Soybeans were turned into many products such as soy milk, tofu, and soy sauce. In a similar manner, the Indian use of spices influenced the cuisines of Southeast Asia and Indonesia.

While Chinese and Indian cuisines influenced much of Asia, each individual country developed its own unique cuisine. Often, differences between cuisines reflect different climate, religious views, and customs such as the following examples:

- Beef would not be eaten in India because the cow is considered sacred.

- In tropical Asia, dishes might be flavored with spices, tropical fruits, fermented fish sauce, and coconut.
- Parts of Asia that border the ocean relied on seafood.
- Many Asian cuisines on using every part of the animal.
- In areas where it is too cold to plant rice, wheat is the dominant grain.
- In areas with large populations and little farmland, people learned how to cook items quickly over high heat in a wok.

The study of Asian cuisines is an enormous project.

Research

Select a dish, method of preparation, or ingredient from an Asian cuisine and perform research to learn how it relates to the culture's climate, religion, or customs.

Sanitation & Safety

FAT TOM—The Ingredients for Growth

Chefs use a trick to remember the six "ingredients" bacteria need to grow. They simply remember the acronym: FAT TOM.

- F**ood
- A**cidicity (pH)
- T**emperature
- T**ime
- O**xygen (aerobic)
- M**oisture (water)

Sanitation & Safety features supply food and kitchen safety topics relevant to chapter content.

Sanitation & Safety

Handling Chilies

The hot taste of chili peppers is really a chemical irritation caused by capsaicin. When cutting chili peppers and exposing the capsaicin, gloves should be worn. Some people can handle even the most intense chilies bare-handed, while others are irritated by even mild peppers. Whatever your tolerance is, wash your hands well after working with chilies and never rub your eyes!

Activities Reinforce and Extend Learning

Summary Points section provides an additional review tool for you and reinforces learning outcomes.

Test Prep review questions allow you to demonstrate knowledge, identification, and comprehension of chapter material.

Core Skills activities link chapter content to various academic subjects and to career expectations in the areas of reading, writing, and speaking.

Chapter 2 Review and Assessment

Summary Points

Lesson 2.1 Kitchen Incident Prevention and Response

- The kitchen is a complex environment for cooking and maintaining a safe atmosphere. The employee is responsible for preventing workplace hazards.
- The professional chef's uniform is designed to maximize personal safety.
- Employees must wear safety glasses when working with steam and heat from the equipment.

Lesson 2.2 Food Safety and Risk Management

- Food safety professionals use HACCP to identify and control potential hazards.
- Emergency response plans serve as a guide for responding to safety emergencies that may arise in the kitchen.
- Food safety professionals use HACCP to identify and control potential hazards.

Test Prep

1. The kitchen is a complex environment for cooking and maintaining a safe atmosphere. The employee is responsible for preventing workplace hazards.

2. Which of the following is a safe work practice?
 A. Wash your hands before and after handling food.
 B. Keep your hands away from your face.
 C. Use your hands to hold a hot pan.
 D. Use your hands to hold a hot pot.

3. A chef is preparing a dish. The following symptoms indicate a food safety hazard. Which symptom is most likely to indicate a food safety hazard?
 A. Slight redness
 B. Slight swelling
 C. Slight redness and swelling
 D. Slight redness and swelling with a fever

Core Skills

Writing Write a short paragraph explaining the importance of food safety in the kitchen. How can a chef ensure that the kitchen is a safe place to work? Use the information you learned in this chapter to support your writing.

Reading Read the following passage and answer the questions that follow.

Work Report: Year-over-Year 2019

The graph shows the percentage of food safety incidents reported in the kitchen from 2019 to 2020. The data shows a general upward trend, with a significant increase in 2020.

Year	Percentage of Incidents
2019	15%
2020	25%
2021	20%
2022	28%
2023	22%
2024	30%
2025	25%
2026	32%
2027	28%
2028	35%
2029	30%
2030	38%

Critical Thinking

1. **Analysis** Compare the data in the graph to the information you learned in this chapter. How do you think the data reflects the importance of food safety in the kitchen? Use the information you learned in this chapter to support your answer.

2. **Analysis** Compare the data in the graph to the information you learned in this chapter. How do you think the data reflects the importance of food safety in the kitchen? Use the information you learned in this chapter to support your answer.

Culinary Skills Lab

Chef's E-portfolio

Need to Know

The chef's e-portfolio is a digital collection of work samples that demonstrate your skills and knowledge. It is a valuable tool for showcasing your work and for tracking your progress. The chef's e-portfolio should include a variety of work samples, including recipes, food safety plans, and other documents. The chef's e-portfolio should be updated regularly to reflect your current work and learning.

Chapter 18 Review and Assessment

Summary Points

Lesson 18.1 Stocks

- Stocks are a way to invest your money and earn a profit.
- Stocks are bought and sold on the stock market.
- Stocks are owned by investors.
- Stocks are a way to invest your money and earn a profit.

Lesson 18.2 Bonds

- Bonds are a way to invest your money and earn a profit.
- Bonds are bought and sold on the bond market.
- Bonds are owned by investors.
- Bonds are a way to invest your money and earn a profit.

Lesson 18.3 Options

- Options are a way to invest your money and earn a profit.
- Options are bought and sold on the options market.
- Options are owned by investors.
- Options are a way to invest your money and earn a profit.

Test Prep

1. Which of the following is a stock?
 A. Apple
 B. Microsoft
 C. Amazon
 D. Google

2. Which of the following is a bond?
 A. Treasury
 B. Municipal
 C. Corporate
 D. All of the above

Core Skills

Writing Write a short paragraph explaining the importance of food safety in the kitchen. How can a chef ensure that the kitchen is a safe place to work? Use the information you learned in this chapter to support your writing.

Reading Read the following passage and answer the questions that follow.

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Critical Thinking questions develop higher-order thinking and problem-solving skills.

Culinary Skills Lab provides an opportunity to apply chapter content.

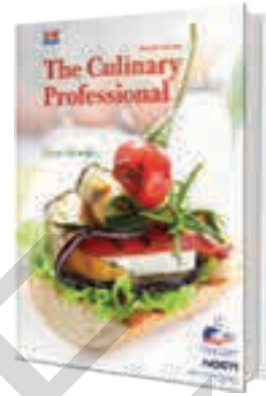
Chef's E-portfolio builds your e-portfolio for use when exploring volunteer, education and training, or career opportunities.

TOOLS FOR STUDENT AND INSTRUCTOR SUCCESS

Student Tools

Student Text

The Culinary Professional provides the foundational content needed for a career in the culinary arts. The text focuses on fundamental culinary techniques, food safety and sanitation, and food and equipment identification. Core culinary content is supplemented with chapters on culinary history, career success, front-of-the-house management, menu development, resource management, nutrition, and analyzing cuisines. At the end of each chapter, Test Prep questions assess knowledge and skills gained. In addition, a Culinary Skills Lab challenges students to apply chapter content and a Chef's E-portfolio activity aids students in developing their portfolios.



Lab Manual

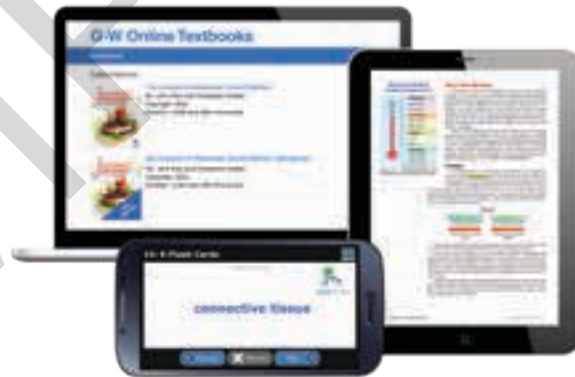
The Lab Manual that accompanies *The Culinary Professional* includes food preparation labs with lab-specific performance review rubrics. The lab manual also offers food safety and sanitation, equipment identification, and table-service activities.

Workbook

The Workbook that accompanies *The Culinary Professional* includes activities to help students recall, review, and apply concepts introduced in the book.

Online Learning Suite

The Online Learning Suite provides the foundation of instruction and learning for digital and blended classrooms. An easy-to-manage shared classroom subscription makes it a hassle-free solution for both students and instructors. An online student text, online lab manual, online workbook, e-flash cards, vocabulary activities, recipe collection, and video clip library bring digital learning to the classroom. All instructional materials are found on a convenient online bookshelf and are accessible at home, at school, or on the go.



Online Learning Suite/ Student Text Bundle

Looking for a blended solution? Goodheart-Willcox offers the Online Learning Suite bundled with the printed text in one easy-to-access package. Students have the flexibility to use the printed text, the Online Learning Suite, or a combination of both components to meet their individual learning styles. The convenient packaging makes managing and accessing content easy and efficient.

Instructor Tools

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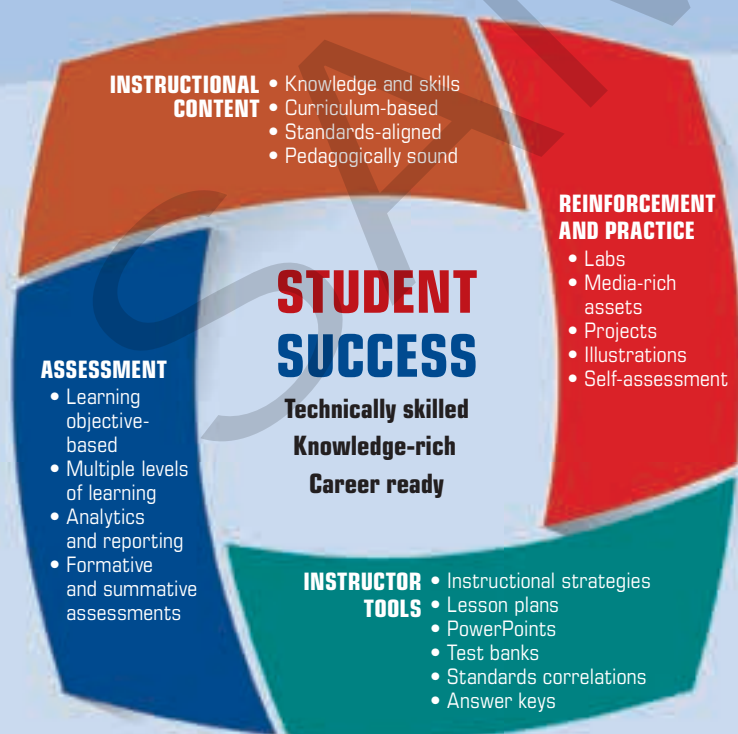
Instructor Resources One resource provides instructors with time-saving preparation tools such as answer keys, editable lesson plans, handouts, and other teaching aids.

Instructor's Presentations for PowerPoint® These fully customizable, richly illustrated slides help you teach and visually reinforce the key concepts from each chapter.

Assessment Software with Questions Banks Administer and manage assessments to meet your classroom needs. The question banks that accompany this textbook include hundreds of matching, true/false, completion, multiple choice, and essay questions to assess student knowledge of the content in each chapter. Using the assessment software simplifies the process of creating, managing, administering, and grading tests. You can have the software generate a test for you with randomly selected questions. You may also choose specific questions from the question banks, and if you wish, add your own questions to create customized tests to meet your classroom needs.



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The Culinary Professional is correlated to the Culinary Arts Cook NOCTI-ACF (4536), Culinary Arts Prep Cook (4436), Commercial Foods (4120), and Retail Commercial Baking NOCTI-ACF (4110) credentials offered by NOCTI and to the Culinary 1 (343) and Culinary 2 (345) certifications offered by Precision Exams by YouScience.



American Culinary Federation (ACF)

Goodheart-Willcox is delighted to acknowledge the American Culinary Federation (ACF), a professional organization for chefs and cooks that is recognized as the standard for excellence in the culinary industry. The American Culinary Federation (ACF) works with NOCTI to provide comprehensive solutions to secondary and postsecondary individuals looking to begin a career in the field of culinary arts. The collaboration between ACF and NOCTI focuses on co-branding NOCTI's Culinary Arts Cook and Retail Commercial Baking Job Ready assessments to further expand certification opportunities for culinary students across the country. Learners have the opportunity to earn the Workforce Competency Credential and college credit recommendations through NOCTI and to apply for certification through ACF by meeting the ACF requirements listed on their website. With the new edition of *The Culinary Professional*, Goodheart-Willcox has correlated the text to the competencies and standards within the NOCTI-ACF Job Ready certifications.

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Goodheart-Willcox is pleased to partner with NOCTI, a leading provider of industry certification solutions for CTE programs across the nation. With over 50 years of experience, NOCTI is a valuable partner in the CTE community's efforts to improve America's workforce. Goodheart-Willcox has created correlations between select products and the standards and competencies that make up the NOCTI credentials, to the benefit of states, instructors, and students working to achieve NOCTI credentials.

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To see how *The Culinary Professional* correlates to credentialing and certification standards, visit the Correlations tab at www.g-w.com/culinary-professional-2023.

New to This Edition

This new edition of *The Culinary Professional* includes updated and new content including the following:

- Chapters organized into lessons to offer instructors more flexibility for assigning work with review questions placed after each section that reinforce material.
- New content includes a chapter on garde manger; content on off-site catering and buffet design and layout; content on appetizers and hors d'oeuvres; content on fixed and variable expenses, prime cost, budgeting, and marketing techniques to increase sales and profitability; expanded human relations management content to include leadership styles, motivational techniques, and mission/vision statements; and content on training procedures.
- New illustrated, step-by-step techniques on coating foods for frying, preparing breakfast potatoes, poêlé, panfrying, preparing dried legumes, preparing puff pastry—blitz method, hot cereals, curing salmon, hot smoking salmon using a stovetop smoker, pickling with vinegar, basic forcemeat, basic sausage-making using plastic wrap, terrine preparation, preparing savory mousse, preparing aspic, and preparing aspic-based terrines.
- Updated content includes *2020–2025 Dietary Guidelines for Americans*, Nutrition Facts labeling, common food allergens, and bioengineered food labeling.

Brief Contents

Unit One	Kitchen Essentials	
	Chapter 1	Keeping Food Safe 2
	Chapter 2	Workplace Safety 40
	Chapter 3	Knives, Hand Tools, and Smallwares 64
	Chapter 4	Large Equipment 93
	Chapter 5	Standardized Recipes 110
	Chapter 6	Kitchen Staples 126
	Chapter 7	Sustainability in the Kitchen 152
Unit Two	Understanding the Industry	
	Chapter 8	The Foodservice Industry 173
	Chapter 9	Culinary, Past and Present 196
	Chapter 10	A Successful Culinary Career 217
Unit Three	Culinary Essentials	
	Chapter 11	Before Cooking Begins 254
	Chapter 12	Foundations for Successful Food Preparation 280
Unit Four	Ingredients, Preparation, and Presentation	
	Chapter 13	Dressings, Cold Sauces, Dips, and Salads 305
	Chapter 14	Cold Sandwiches, Appetizers, and Hors d'Oeuvres 330
	Chapter 15	Hot Sandwiches, Pizza, and Hot Appetizers 350
	Chapter 16	Fruit 369
	Chapter 17	Vegetables 406
	Chapter 18	Stocks, Sauces, and Soups 446
	Chapter 19	Starches 482
	Chapter 20	Meat and Poultry 511
	Chapter 21	Cooking Methods for Meat and Poultry 547
	Chapter 22	Fish and Shellfish 567
	Chapter 23	Dairy and Breakfast Foods 600
	Chapter 24	Garde Manger 629
	Chapter 25	Food Presentation 650
Unit Five	In the Bakeshop	
	Chapter 26	Introduction to the Bakeshop and Breads 666
	Chapter 27	Desserts 702
Unit Six	Beyond Cooking	
	Chapter 28	Service 748
	Chapter 29	Managing Resources 779
	Chapter 30	Menus 798
	Chapter 31	Nutrition 814
	Chapter 32	Analyzing Cuisines 842
	Appendix	Fraction to Decimal Equivalents, Standard Scoop and Can Sizes, and Produce Yields 871

Contents

Unit One Kitchen Essentials

Chapter 1	Keeping Food Safe	2
	Lesson 1.1 Food Safety Hazards	3
	Lesson 1.2 Food Safety Procedures	17
Chapter 2	Workplace Safety	40
	Lesson 2.1 Kitchen Accident Prevention and Response	41
	Lesson 2.2 Fire Safety and Risk Management	55
Chapter 3	Knives, Hand Tools, and Smallwares	64
	Lesson 3.1 Knives and Hand Tools	65
	Lesson 3.2 Smallwares	78
Chapter 4	Large Equipment	93
	Lesson 4.1 Cooking Equipment	94
	Lesson 4.2 Holding Equipment and Refrigeration	103
Chapter 5	Standardized Recipes	110
	Lesson 5.1 Recipe Measurements	111
	Lesson 5.2 Using Standardized Recipes	116
Chapter 6	Kitchen Staples	126
	Lesson 6.1 Basic Seasonings, Herbs, and Spices	127
	Lesson 6.2 Starches, Sweeteners, and Condiments	138
Chapter 7	Sustainability in the Kitchen	152
	Lesson 7.1 Sustainability Considerations in Foodservice Purchasing	153
	Lesson 7.2 Resource Conservation in the Kitchen	160

Unit Two Understanding the Industry

Chapter 8	The Foodservice Industry	173
	Lesson 8.1 Understanding the Foodservice Industry	174
	Lesson 8.2 Foodservice Operations	183
Chapter 9	Culinary, Past and Present	196
	Lesson 9.1 Culinary History	197
	Lesson 9.2 Workstations in the Professional Kitchen	207
Chapter 10	A Successful Culinary Career	217
	Lesson 10.1 The Professional Chef	218
	Lesson 10.2 Entering the Workforce	235

Unit Three Culinary Essentials

Chapter 11 Before Cooking Begins	254
Lesson 11.1 Mise en Place and Knife Skills	255
Lesson 11.2 Basic Preparations	268
Chapter 12 Foundations for Successful Food Preparation	280
Lesson 12.1 Cooking Principles	281
Lesson 12.2 Developing Taste	294

Unit Four Ingredients, Preparation, and Presentation

Chapter 13 Dressings, Cold Sauces, Dips, and Salads	305
Lesson 13.1 Dressings and Cold Sauces	306
Lesson 13.2 Dips	314
Lesson 13.3 Salads	317
Chapter 14 Cold Sandwiches, Appetizers, and Hors d'Oeuvres	330
Lesson 14.1 Cold Sandwiches	331
Lesson 14.2 Cold Appetizers and Hors d'Oeuvres	341
Chapter 15 Hot Sandwiches, Pizza, and Hot Appetizers	350
Lesson 15.1 Hot Sandwiches	351
Lesson 15.2 Pizza	357
Lesson 15.3 Hot Appetizers and Hors d'Oeuvres	362
Chapter 16 Fruit	369
Lesson 16.1 Fruit Identification	370
Lesson 16.2 Fruit Preparation	392
Chapter 17 Vegetables	406
Lesson 17.1 Vegetable Identification	407
Lesson 17.2 Vegetable Preparation	434
Chapter 18 Stocks, Sauces, and Soups	446
Lesson 18.1 Stocks	447
Lesson 18.2 Sauces	458
Lesson 18.3 Soups	472
Chapter 19 Starches	482
Lesson 19.1 Starch Identification	483
Lesson 19.2 Starch Preparation	496

Chapter 20	Meat and Poultry	511
	Lesson 20.1 Characteristics of Meat and Poultry	512
	Lesson 20.2 Meat and Poultry Identification	518
	Lesson 20.3 Meat and Poultry Preparation	537
Chapter 21	Cooking Methods for Meat and Poultry	547
	Lesson 21.1 Dry-Heat Cooking Methods	548
	Lesson 21.2 Moist-Heat and Combination Cooking Methods	559
Chapter 22	Fish and Shellfish	567
	Lesson 22.1 Fish and Shellfish Identification	568
	Lesson 22.2 Fish and Shellfish Preparation	583
Chapter 23	Dairy and Breakfast Foods	600
	Lesson 23.1 Dairy Foods and Eggs	601
	Lesson 23.2 Breakfast Cookery	615
Chapter 24	Garde Manger	629
	Lesson 24.1 Food Preservation	630
	Lesson 24.2 Forcemeats and Aspic	636
Chapter 25	Food Presentation	650
	Lesson 25.1 Garnishes	651
	Lesson 25.2 Plating Principles and Buffets	656

Unit Five In the Bakeshop

Chapter 26	Introduction to the Bakeshop and Breads	666
	Lesson 26.1 Introduction to the Bakeshop	667
	Lesson 26.2 Quick Breads and Batters	685
	Lesson 26.3 Yeast Breads	693
Chapter 27	Desserts	702
	Lesson 27.1 Cookies	703
	Lesson 27.2 Pies and Tarts	709
	Lesson 27.3 Cakes	719
	Lesson 27.4 Custards, Foams, and Buttercreams	728
	Lesson 27.5 Dessert Sauces and Frozen Desserts	738

Unit Six Beyond Cooking

Chapter 28	Service.....	748
Lesson 28.1	Service Staff and Types of Table Service.....	749
Lesson 28.2	Front-of-the House Service	757
Lesson 28.3	Banquets and Catering	773
Chapter 29	Managing Resources.....	779
Lesson 29.1	Food and Labor Costs	780
Lesson 29.2	Measuring Performance.....	791
Chapter 30	Menus	798
Lesson 30.1	Menu Principles.....	799
Lesson 30.2	Menu Planning for Success	808
Chapter 31	Nutrition	814
Lesson 31.1	Nutrient Basics	815
Lesson 31.2	Government Guidelines.....	824
Lesson 31.3	A Chef’s Role in Healthy Eating.....	833
Chapter 32	Analyzing Cuisines	842
Lesson 32.1	Creating Authentic Cuisines.....	843
Lesson 32.2	Learning About Cuisines	851
Appendix	Fraction to Decimal Equivalents, Standard Scoop and Can Sizes, and Produce Yields.....	871
Glossary	873
Index	889

Features

Sanitation & Safety

Foodborne-Illness Estimates.....	4	Kitchen Floor Mats	51
Foodborne-Illness Outbreaks	4	Substance Abuse.....	52
Friendly Bacteria?	5	Masks in the Kitchen	54
Botulism—A Life and Death Matter.....	7	Design and Construction Features.....	59
FAT TOM—The Ingredients for Growth.....	10	Knife Safety for Beginners	258
When in Doubt	11	Cut-Resistant Gloves.....	264
Irradiating Food.....	12	Pasteurized Egg Products.....	308
The Importance of Thermometers.....	18	Toothpick Safety.....	339
What Went Wrong?	22	Handling Chiles	423
Common Chemical Sanitizers.....	25	Blender Safety.....	476
Mind the Can Opener	27	Egg Safety.....	616
Beware of Boxes	31	Preserved Meats	632
Side Towels, Hot Pads, and Oven Gloves	45	Mixer Safety	682
Universal Precautions	47	Danger! Hot Caramell!	740
When to Go to the Emergency Room.....	49	Transporting Trays Safely	765

Industry Insights

Gas Versus Electric in the Commercial Kitchen	94	Precut Vegetables.....	268
Alternate Recipe Formats.....	123	Energy Efficient Cooking.....	284
Farm-Raised Seafood	158	New Pizza	361
Culinary Tourism.....	177	How Far Does Your Food Travel?.....	390
Advocate for an Industry— The National Restaurant Association	188	Value-Added Produce.....	412
Marketing	190	Organic Produce—What Is It?	416
Bill Kim: Profile of a Chef-Entrepreneur	192	Tomato Sizes	422
Business Plan for Success	193	A Fourth Type of Brown Sauce.....	466
Contributions from Africa	203	Premade Sauces	467
Teamwork in the Brigade	210	Asian Steamed Rice.....	504
Cooking Under Vacuum	213	Tenderizers.....	513
Culinary Competition	228	How Animals Are Raised.....	534
Use Reliable Information for Decision-Making.....	231	How Fish Are Harvested and Raised— It Matters!.....	581
Professional Organizations	234	Aromatic Cheeses.....	608
Common Job Interview Questions	242	Holey Cheese	609

Before Refrigerators.....	632	Water Service.....	769
The Sausage Stuffer	641	What Is Coffee?	770
Fair Trade	667	What Is Tea?.....	771
The Milling Process	670	Flavored Teas and Tisanes	772
Chocolate Manufacturing	675	FIFO	782
Sourdough	693	Language Skills and Menu Writing	802
Front-of-the-House Attire	750	Truth-in-Menu Laws.....	805
The Importance of Good Grooming	752	Menu Descriptions—The Power of Words	809
Customer Complaints.....	766	High-Intensity Sweeteners.....	827
Customer Feedback.....	768	Global Diversity	847

A Serving of Science

pH Values.....	8	Hydroponic Greens.....	323
British Thermal Unit (BTU)	96	Controlled Atmosphere—To Ripen or Not to Ripen.....	374
Preserving Food with Fermentation	148	Flavor and the Maillard Reaction.....	555
Genetically Modified (GM) Foods.....	157	Leavening Adds Volume.....	672
Texture: Denaturation and Coagulation.....	283	When Gelatin Will Not Gel.....	734
Atmosphere Affects Moist Cooking	291		
Suspensions, Emulsions, and Foams.....	309		

A Serving of History

Bain Marie.....	83	Heirloom Apples.....	377
A Brief History of Restaurants	185	And Now, a Word from Escoffier.....	475
Historic Entrepreneurs in US Foodservice.....	191	Corn and Lye	488
Early Asian Culinary History	199	The Columbian Exchange	846
Historical Cookbooks.....	205	Cooking in the Ground.....	850

A Serving of Math

Temperature Scales.....	9	Percentages.....	176
Reading Graphs	43	Using Ratios	307
Measuring Angles	72	Calculating Tax and Tip on a Guest Check.....	767
Fractions	82	Calculating Unit and Total Costs.....	788
Converting Measures.....	113	Using Yield Percentage to Find EP Price	789
Converting Fractions to Decimals.....	121		

Chef's Notes

Green Cleaning.....	25	Anadromous Fish	574
Ethics and Accountability.....	61	Fish with No Bones.....	575
Asian Cuisine—A Different Approach to Knives	69	Roe and Caviar.....	580
Weighing Ingredients	84	Fish in a Bag	595
Sharp Blades!	89	Organic Dairy Products	602
An Invaluable Resource.....	105	Greek Yogurt	605
Operating Equipment Sustainably.....	106	How Fresh Is That Egg?	611
Recipe Makeovers	120	Local Eggs.....	612
Garam Masala and Ras el Hanout.....	136	Egg Pans	620
Substitutions: Experience Equals Flexibility.....	141	Griddle Care	624
Epicurius.....	198	Fruit Garnishes.....	653
Employee Theft.....	245	So Many Plates to Choose From	657
Work Ethic	256	Plating Pitfalls	660
Comfort Foods.....	299	Biscuits with a British Accent	686
Extra Virgin Olive Oil	313	Sponges.....	695
Hot Dips.....	314	Laminated Dough	699
Composting	324	3-2-1 Dough.....	709
Sandwich Portion Amounts.....	336	Crumb Crusts	714
Reheating Refresher.....	352	Altitude Adjustments.....	720
Authentic BBQ	353	Pudding	728
Other Pizza Crusts	358	Butter or Overwhipped Cream?	733
Garnishing Fruit.....	403	Sabayon.....	738
Resources to Raise and Grow.....	435	Melting Chocolate.....	739
Using Canned Pulses.....	441	Decorating with Dessert Sauces.....	740
Other Stock Flavors	450	Chunky Ice Cream	743
Eggs and Aluminum	462	The Intermezzo.....	743
Cutting-Edge Sauces.....	471	Ethics and Absenteeism	753
Salty Soup	476	Folding Napkins.....	761
Mano and Matate	488	Accepting Gifts from Vendors.....	781
Preserving Global Diversity.....	493	Ethics and Social Media.....	810
Heritage Livestock.....	515	Seeking Valid Information.....	834
“Frenched” Bones	527	Street Food.....	852

Chef Glossary

Other Cold Sauces and Dressings	311	Classic Pâte à Choux Preparations.....	692
Hot Sandwich Specialties.....	355	Mix It Up!	694
Butchery Terms.....	518	Cookies	705
Meat Cuts	538	Cakes.....	721
A Glossary of Classical Stews	564	Front-of-the-House Terminology	763
Classic Sautéed Fish Preparations	592	Accounting Terminology.....	794
Omelets	619		

Nutrition Tidbit

Shake the Salt	180	Portion Sizes.....	659
Balance on the Plate	225	Alternative Flours	669
Healthy Cooking Techniques	293	A Healthier Spin on Piecrust	711
Color Your Salad with Nutrients	317	Nutrition Considerations in Menu Planning	806
Phytonutrients.....	402	Other Dietary Recommendations	826
Omega-3's in Fish	569	Diabetes and Hypoglycemia.....	838
Lactose Intolerance.....	603	Safe Weight Management.....	839
Boosting Fruits and Vegetables at Breakfast.....	625		

Technique

Sanitizing a Counter or Worktable	27	Preparing Fruit Fans	401
Using a Dishmachine	28	Parcooking Vegetables	438
Using a Three-Compartment Sink.....	29	Preparing Dried Legumes (Pulses)	442
Cleaning and Sanitizing Large Equipment	30	Preparing a Sachet	450
Proper Handwashing	32	Preparing a Bouquet Garni	450
Using a Steel	71	Preparing White Stock	452
Using a Whetstone	73	Preparing Brown Stock.....	454
Cutting with the Chef's Knife.....	260	Preparing Roux	461
Preparing Stick and Dice Cuts.....	262	Preparing White Sauce	464
Mincing.....	263	Preparing Velouté.....	465
Cutting Gaufrette Potatoes	264	Preparing Tomato Sauce	467
Preparing Vegetable Tournés.....	267	Preparing Hollandaise	469
Peeling an Onion.....	269	Preparing Broth Soups.....	473
Preparing Julienne Onions.....	269	Preparing Consommé.....	474
Dicing Onions	270	Preparing Purée Soups	475
Preparing Leeks	271	Preparing Cream Soups.....	476
Peeling and Mincing Garlic	273	Baking Potatoes.....	497
Mincing Parsley	274	Boiling Potatoes	497
Peeling Tomatoes	275	Sautéing Potatoes	498
Seeding Tomatoes.....	276	Deep-Frying Potatoes.....	498
Dicing Tomatoes.....	276	Boiling Rice.....	500
Coating Foods for Deep-Frying	287	Simmering Rice.....	501
Preparing Mayonnaise.....	309	Preparing Pilaf.....	501
Preparing Salad Greens	326	Preparing Risotto.....	503
Making Pizza	359	Making Noodles by Hand.....	506
Coring Apples and Pears	393	Using a Manual Pasta Machine.....	506
Peeling and Seeding Melons	395	Boiling Pasta.....	508
Peeling and Coring Pineapples	396	Fabricating Bone-In Poultry	539
Preparing Orange Suprêmes	397	Preparing Airline Breasts	541
Preparing Fruit Crowns.....	400	Trussing Poultry.....	543

Sautéing Meats and Poultry.....	550	Basic Forcemeat.....	638
Grilling Meats and Poultry.....	552	Basic Sausage-Making Using Plastic Wrap.....	642
Pan-frying Meats and Poultry	558	Terrine Preparation	643
Simmering Meats and Poultry	561	Preparing Savory Mousse.....	645
Braising Meats and Poultry	563	Preparing Aspic	646
Filleting Roundfish	585	Preparing Aspic-Based Terrine.....	647
Filleting Flatfish	586	Making Vegetable Cutouts.....	654
Skinning Fillets.....	587	Making Scallion Flowers.....	654
Peeling and Deveining Shrimp.....	588	Making a Radish Rose	654
Cleaning Mussels.....	588	Making a Tomato Rose.....	655
Opening Clams.....	589	Preparing Biscuits.....	687
Opening Oysters.....	590	Preparing Muffins.....	689
Sautéing Fish.....	592	Preparing Crêpes.....	690
Grilling Fish	594	Preparing Pâte à Choux	691
Poaching Fish.....	596	Preparing Yeast Breads	697
Cooking Eggs in the Shell.....	616	Forming a Piecrust	712
Poaching Eggs	617	Puff Pastry—Blitz Method.....	716
Scrambling Eggs.....	618	Preparing Cake Batter	722
Preparing American-Style Omelets.....	619	Preparing a Cake Pan	723
Frying Eggs.....	621	Preparing Pastry Cream	729
Preparing Lyonnaise Potatoes	623	Preparing Crème Anglaise	731
Preparing Hot Cereal.....	626	Preparing Mousses.....	735
Cured Salmon (Gravlax)	633	Preparing Bavarian Cream.....	736
Hot Smoked Salmon Using a Stovetop Smoker ...	634	Preparing Buttercreams.....	737
Pickling with Vinegar	635	Preparing Chocolate Sauce.....	739

Recipes

Mayonnaise	310	Roast Cornish Hens.....	556
Caesar Dressing.....	311	Poached Chicken Breast “Fine Herbes”	560
Vegetarian Focaccia Sandwich.....	337	Sole Fillet Amandine.....	593
Vietnamese Spring Roll	347	Quick-Pickled Vegetables	635
Baked Mozzarella and Grilled Vegetable Sandwich.....	356	Spicy Breakfast Sausage.....	642
Poached Pears	403	Biscuits	688
Braised Red Cabbage	440	Hard Rolls/French Bread	699
White Chicken Stock.....	453	Sugar Cookies.....	707
White Sauce (Béchamel)	465	Flaky Pie Dough	711
Gazpacho	477	Basic Yellow Sponge Cake.....	725
Rice Pilaf	502	American Buttercream	737