

BRINES, CURES & MARINADES

Brine is a solution of salt and liquid with extremely high salinity content. It has been used historically in food production as a preservative, since salt inhibits the growth of bacteria. Brine can also be used as a marinade for meats before they are roasted, grilled, smoked, baked, or broiled. Brined meat is more tender and flavourful, as well as moist, and many cooks greatly enjoy experimenting with brining.

A wet brine typically uses water and salt, although other liquids such as fruit juices can be used as well. The salt content in the brine should be high enough to float a raw egg. Food can also be dry brined in pure salt, although this technique tends to be used more for preservation than marinating. In addition to salt, a brine can be mixed with an assortment of herbs and spices for flavour.

When used in food preservation, brining is a form of pickling. Pickling can also be accomplished with extremely acidic mixtures. The goal of brining in this case is to preserve food without allowing bacteria to grow. Moist foods may be dry brined, with the salt being used to draw out moisture from the good. This is the case with sauerkraut, which was traditionally made in large barrels packed with salt. Pickled foods tend to be sour and salty, making them excellent condiments.

When used as a marinade, brine serves several functions. The first is as a tenderizer, because the brine begins to break down the cellular structure of meats. It also infuses the meat with water, since the high salinity forces the brine into the cells of the meat. When the brine pushes into the meat, it also brings the spices in the mixture along with it, concentrating the marinade inside the meat. As the brined meat cooks, it stays moist and tender, and develops more flavour.

To use brine as a marinade, plan on two hours of marination for every pound (half kilogram) of meat. You will need to completely submerge the meat in the brine, and it should also be kept cool through the marination process. The brine mixture will require one cup of salt for every gallon (3.8 liters) of water or fluid. Most cooks prefer to dissolve the salt in boiling water before adding it to the liquid, making sure that the liquid is cooled before it is poured over the meat. If you want a crispy skin after cooking, as is often the case with poultry, pull the meat out of the brine several hours before you plan to cook it, so that the flesh can absorb the moisture from the skin, leaving it dry so that it will crisp well during cooking.

CURING

As our ancestors became herdsmen and farmers, they developed the practical skills necessary to ensure a relatively steady food supply, this meant not only to domesticate the animals and raise crops but also to preserve those food. The 1st preserved fish was by an accident, which was 'brined' in sea water and left to dry on the shore where they either dried or fermented or dried. Meats were hung off the ground and near the fire, this kept them out of the reach of scavengers and insects. It also dried and smoked them.

Records date back to 3000 BC and mentions about various communities related in the evolution of the art of curing, like...Sumarians, Chinese, Greeks, Romans, Spain...and many more.

The ingredients for curing.

SALT

This very common seasoning means life and death, and important to us from both a physiological and culinary point of view.

Salt changes food, by drawing out water, blood and other impurities. In so doing it preserves them, making them less susceptible to spoilage and rot. the basic process in which the salt plays an important role are:-

- **Osmosis**--- when salt is applied to the meat, the fluid inside the cell travels across the membrane in an effort to dilute the salt on the other side of the membrane. Once there is more fluid on the other side of the membrane the fluid starts entering back into the cell carrying the dissolved salt with it. Getting the salt inside the cell, where it can kill the harmful pathogens, is the essence of the salt-curing food.
- **Dehydration**--- the presence of free water inside the meat cells makes it more susceptible towards the spoilage through the microbes, hence those meats on to which the salt is applied, the presence of salt tends to extract the free water and makes the piece of meat much drier and unavailable to the harmful microbes. Exposure to heat and air for controlled period of time allows the water to evaporate, reducing the overall volume and weight of the meat.
- **Fermentation**---the naturally occurring bodies in the cells called enzymes feed on the compounds found in energy rich food, such as meat and grain. They ferment the food by breaking down the compounds in these food into gasses and organic compounds. The gasses may be trapped, producing the effervescence in the beverages, holes in the cheese, light texture of the yeast raised breads or may simply disperse leaving behind the organic matter as in case of the sauerkraut or other pickles. This acidic level is not encouraged by the harmful pathogens as they require certain levels of pH to thrive hence it makes the food article free of those organisms. But if left unchecked, the process of fermentation would completely breakdown the food. Hence for the controlled process of fermentation the presence of salt is needed which keeps check on the availability of the moisture to those enzymes. Salt uses up the water hence deactivating the enzyme activity to go out of the hand.

CURING SALTS

Treatment of the meats results in the appearance of the pinkish color in the meat this change in color was discovered in 20th century by a German scientist who unlocked the mystery of how the presence of nitrites and nitrates in the unrefined salt cause meats to change their color.

- **Saltpeter**---or potassium nitrate, the 1st curing agent does not produce consistent result hence was soon discontinued.
- **Nitrates** (NO₃) takes longer to break down the food than the nitrites (NO₂) hence making the latter more commonly used.

But the food article treated with the nitrates if exposed to extreme heat break down to a potentially dangerous substance known as nitrosamine, which are carcinogenic. They are always there but their effect is subjected to level of their intake in one's diet as of cholesterol. (bacon is a prime source)

- **Tinned cure mix**---a blend of agents simply called as TCM) combines 94% sodium chloride, and 6% sodium nitrite. Its recommended use is in a ratio of 4 oz to 100 lb. of used meat.
- **Prague powder II** ---it contains salt, sodium nitrite, sodium nitrate and pink coloring. It is used to make more and more fermented products. Presence of nitrate requires prolonged curing time. Salt cured foods have a harsh flavour unless some additional ingredients are added to the cure. Sugar and other sweeteners, spices, aromatics and wines have all been used over time to create various production techniques.

SWEETNERS

Sugar and other sweeteners, spices, aromatics and wines have all been

Used over the time to revolutionize the curing process. It helps in:

- Overcoming the harshness of the salt in the cure.
- Balance the overall flavour palate.
- Stabilize colour in cured meat.
- Provides a good nutrition source for fermentation.

SPICE AND HERBS

- Variety of herbs and spices are used to enhance a products flavour and give it a particular character.
- Traditionally used are cinnamon, allspice, nutmeg, mace and cardamom.
- Addition of dry and fresh chilies, infusion or essences, wines or vinegar can be incorporated.

SMOKING

Smoking is another venerable preservation technique which is actually a kind of slow, low temperature cooking. But it is also a chemical treatment. Smoke is a very complex material, with upward of 200 components that include alcohols, acids, phenolic compounds, and various toxic, sometimes carcinogenic substances. The toxic substances inhibit the growth of microbes, the phenolics retard fat oxidation, and the whole complex imparts the characteristic flavour of burning wood to meat. Salt curing and smoking are often combined to minimize the fat oxidation which salt encourages. A recipe for ham that has come down to us in the Latin cook book of Acipius uses the double treatment. It directs the cook to salt the meat for 17 days, dry it for 2 days in the open air, oil it and smoke for 2 days, and then store it in a mixture of oil and vinegar.

MARINADES

A marinade makes meat better by adding moisture, increasing tenderness and adding flavour

Marination is the process of soaking foods in a seasoned, often acidic, liquid before cooking. The origins of the word allude to the use of brine (*aqua marina*) in the pickling process, which led to the technique of adding flavour by immersion in liquid. The liquid in question, the 'marinade' can be acidic with ingredients such as vinegar, lemon juice, or wine or savoury with soy sauce, brine or other prepared sauces. Along with these liquids, a marinade often contains oils, herbs, and spices to further flavour the food items.

It is commonly used to flavour foods and to tenderize tougher cuts of meat. The process may last seconds or days. Different marinades are used in different cuisines. For example, in Indian Cuisine the marinade is usually prepared with mixture of spices.

Tenderizing effect

The cooking process itself turns connective tissues into gelatine to varying degrees. Depending on the cut and type of meat, it may need a little assistance to bring it to a palatable range of tenderness. Certain plant and fungi enzymes and acids can break down muscle and connective proteins in meats. As far back as pre-Columbian Mexico, cooks found that wrapping meats in papaya leaves before cooking made for more tender results. The active enzyme in the papaya leaves is *papain*, now refined from papayas and commercially available. Connective tissue that comes in direct contact with the protein-digesting enzymes gets broken down.

These tenderizing enzymes also reduce the capability of the meat to hold its juices, resulting in greater fluid loss and thus drier meat. Enzymes are heat activated at levels between 140 and 175 degrees F. and deactivated at the boiling point, so it really serves no purpose other than flavouring to let meat sit in a marinade at room temperature. In fact, refrigeration is recommended to avoid the growth of harmful bacteria. Let meat come to room temperature before cooking.

Marination requires contact

Direct contact is the important point, since it is necessary for the chemical reaction to occur. This means that soaking a piece of meat in a marinade will only penetrate just so far into the surface of the meat. If you marinate a large cut of meat in a tenderizing marinade, you end up with a mushy exterior and an unaffected centre. Puncturing the meat for the marinade to penetrate gives an uneven result, with the further undesirable side effect of allowing the meat to lose even more juices while cooking. Thus, flat cuts of meat benefit most from tenderizing marinades. Place meat in a heavy zip-top bag with the air squeezed out and turn it often to be sure all surfaces benefit from the marinade.

Some slaughter houses now inject papain into the animals just before slaughtering. The injected papain is carried through the bloodstream to all parts of the animal and is later activated by the cooking process. This sometimes results in a mushy piece of meat due to the enzyme destroying too much of the muscle fibre firmness. The newest method being researched is a machine which immerses tough cuts of meat into a water bath and then sends a shockwave through the meat, breaking down tough fibres.

Flavour

A good marinade contains flavourings, spices, herbs, etc. Because a marinade is also acidic it carries these flavours into foods. Of course it can only travel so far, so marinating a thick roast will not get the added flavour you would get with a thin cut, but it is still beneficial. When selecting a marinade look for flavour that will compliment the food you are marinating.

Juiciness

Marinades typically contain some kind of oil. Olive oil is my particular favourite. In fact the best oil to use is a light oil containing mono- and/or diglycerides. These natural emulsifiers help penetrate meats faster than other oils, so check the labels for a good marinade oil. The oil also serves to hold in moisture on meats and to reduce the moisture loss during cooking. This also helps prevent sticking on the grill.

Healthier

When cooking meats over a direct flame heterocyclic amines (HCA)'s are created. These potentially cancer-causing agents can be reduced by, as much as 99% when foods are marinated in an acidic marinade at least that's what the American Cancer Research Institute says. An acidic marinade acts by keeping HCA's from forming on meats. Where do you get these acids you ask. Acidic liquids can be any kind of vinegar, citrus juices (particularly lemon juice), wine, or even beer.

CHARCUTERIE

A. INTRODUCTION TO CHARCUTERIE:

INTRODUCTION: In French, the word characteristic is derived from chair cuite, meaning cooked meat. It usually centers around pork products, including some of the prides of French cuisines . Pate's and terrines ranging from simple pureed liver to textured real Pates or rustic country mixtures studded with hazelnuts or pepper corns and a selection of stuffed galantines and Ballotine coated with aspic.

Ham, bacon, sausages and cured meats are the staple of charcuterie, found world Wide in innumerable guises. Traditionally, charcuterie consists only of completely or partially prepared pork dishes , but now a days it also includes game or veal and ham pies, as well as pork pies and pate en croute . Fish and vegetable terrines and mousselines as well as the famous pate de foie gras and even prepared salads are also included in the range.

B. SAUSAGES-TYPES & VARIETIES

“A sausage is a generic term for the wide range of preserved meat products made out of mincemeat, combined with fat and spices and stuffed or enclosed in some form of casing.”

- Sausage production is one of the earliest forms of food preservation
- The word sausage is derived from the Latin word “**Salsus**” which means *salted* meat

Any mixture stuffed into a casing (traditionally the large or small intestines of domestic animals) is known as a sausage. In practice most sausages are pork-based though beef and real feature in a few types and game can add a ripe flavour. While sausages are some times made with chicken or real white fish or shellfish sausages are a gastronomic conceit often based on luxury ingredients such as lobster or sea scallops .They usually take the form of fish Musseline stuffed in a casing . Additions to sausages fall into two that lighter the meat and make it go further , as in the British “Banger “and seasonings , Commonly hot red peppers in sage and thyme ,spices such as the pens able salt. Small casings are used for fresh sausages so heat penetrate easily to the center.

As fresh Sausages may contain raw ingredients ,they have a short shelf life although this may be extended by additional cooking processes such as smoking , drying blanching or boiling .Both the delicate bondin blanc of France , made from pore , chicken or real and sometimes eggs and cream and the heartier bondin noir or German slutwurst made of blood ,spices and onions are examples of semi cooked sausages that has been blanched to firm their feature and extend their shelf life by a few days. Seasoned with spices and garlic , the famous Polish Kielbasa and German Knack wurst are both slightly smoked. Like all pork , fresh and semi cooked sausages must be thoroughly cooked before eating to avoid any danger.

Distinct from fresh and semi cooked sausages are those that are sold ready to eat. These may be fully cooked ,sometimes by hot smoking or completely cured by drying included in this wide category are the familiar Mortadella belogna and liver sausage. Some liver sausages are soft enough to spread ,they may be flavoured with onion ,herb, garlic, anchovies or spices and resemble Pate packed in a anchovies or spices and resemble Pate packed in a Casing .The distinctive French andouille made of Pig's intestines stuffed one inside the other combines smoking , drying and cooking in its fabrication.

The third general category is the sausages that are uncooked but are totally preserved by drying. They are eaten without further cooking, often thinly sliced and served cold with cheese, veg and salads.

Although these sausages do not require cooking, some varieties notable Italian Pepperoni and a dried version and stews. The second type Salami style sausages are drier and more highly spiced. Since they may be dried for up to six months, they have a harder texture pork and beef are often combined in salami, and frequently wine is added to the mixture, giving the sausage a characteristic tangy flavour.

Sausage Types AND VARIETIES:

- Fresh Sausages
- Cooked Sausages
- Fermented Sausages
- Meat Loaves and Jellied Products

1. Fresh Sausages

- Raw/uncooked meat product
- Does not contain the “curing” ingredient nitrite or nitrate
- Examples are: fresh pork sausage, fresh bratwurst, and fresh Italian sausage

2. Cooked Sausage

- Fully cooked ready-to-eat sausages
- Most are also smoked but may be water or steam cooked as well
- May be eaten without reheating
- Examples include: wieners, smoked sausages, bologna, cooked bratwurst

3. Fermented Sausages

- Have a characteristic “tangy” flavor
- Produced through fermentation by lactic acid producing bacteria or the direct addition of encapsulated acids
- These sausages can be shelf-stable with the proper amount of drying and acidification
- Semi-dry: summer sausage and snack sticks
- Dry: pepperoni, hard salami

4. Meat loaves and Jellied Products

- **Loaves:** Mixtures of chopped meat that are usually “formed” and cooked in pans or metal molds
 - Examples: pickle and pimento loaf and honey loaf
- **Jellied products:** consist of a cooked mixture of meat chunks placed in gelatin
 - Examples: jellied roast beef and head cheese

Sausage Ingredients:

- Meat
- Fat
- Seasoning
- Cure mix
- Binders and Extenders

- Water
- Casings

1. **Meat**

- Use only fresh meat in good condition and from an approved source.
- Maintain all meats at a temperature of 41°F or less during storage and production prior to cooking.

2. **Fat**

- As a ratio 25 per cent of fat is used in forcemeat to prepare stuffing for sausage and other charcuterie products.
- The fat commonly used in sausage making is taken from the back side of the pig which is commonly known as FATBACK.

3. **Seasonings**

- Salt is a necessary ingredient for flavor
- It aids in preserving some sausages
- It is essential for extracting the “soluble” meat protein that is responsible for binding the sausage together when the sausage is heated
- Most sausages contain 1-3 % salt

Spices

All spices and seasoning should be fresh to achieve maximum and consistent flavors
Store seasonings at 55°F or below in air tight containers to maintain freshness.

4. **Cure mix**

- Nitrates and nitrites are the common “curing” ingredients used in the production of sausage
- Nitrite is the compound that distinguishes fresh products from cured products
- Nitrate is converted to nitrite during the fermentation and cooking process

Function of Cure

- **provides protection against the growth of botulism**
- **extends shelf life**
- **stabilizes the flavor of the cured meat**
- **used to achieve the characteristic flavor and color**

Addition of Cure Ingredients

- **Today we use injection, tumbling and direct mixing of cure ingredients**
- **Tumbling forces the cure into the muscle under vacuum**

Other methods include:

- **Dry rubbing**
- **Artery pumping**
- **Soaking in brine containing cure**

5. Binders and Extenders

Binders -

- **Help to improve flavor and retain natural juices.**

Extenders -

- **Can reduce the cost of sausage formulation.**
- **Examples: nonfat dry milk, cereal flours, and soy protein products**

6. Water

- Added to rehydrate the nonfat dry milk and to replace the expected moisture loss during smoking and cooking
- Up to 10 percent by weight of water may be added to most sausages
- No water is added to sausages that will be dried

7. Casings

- Casings are either natural or synthetic
- Natural casings are from sheep, hog, or cattle intestines or manufactured from collagen (an animal protein)
- Synthetic casings are usually made from cellulose

CASINGS-TYPES & VARIETIES

a) NATURAL CASING:

As the name suggests, these casings are obtained naturally from animals. Usually the small and large intestines of animals are used for casings. The intestines are preserved at the time of slaughter and are cleaned and segregated on the basis of their size and shape. Sometimes they are also cut into uniform lengths. The size of the casing varies between 16 mm and 127 mm in diameter. The natural casing is preserved in two ways: the first style is to dry salt the casing. These are quite popular as they need no refrigeration and can be stored up to a few years. Another style is to wet pack the casing in brine solution and these can be used straight away without any pre preparation such as soaking in warm tepid water or dipping in saline solution. Such casings are perishable and cannot be stored for a very long time.

Before use, soak the casings for 1-2 hours in cold water to remove salt and make them pliable. Drain but do not dry them.

Steps:

- 1) Clean and open each casing by attaching one end to a tap and running cold water through it.
- 2) Tie each casing with string at one end. Attach the open end to the base of a funnel. Slide the casing up the funnel until the closed end of the casing is reached.
- 3) Work the sausage filling through the funnel into the casing. Do not pack the filling too tightly or the sausages will burst as they cook.
- 4) Twist the casing at intervals as you go to make a string of sausages. Tie the casing with string at the end.

b) ARTIFICIAL OR MAN MADE CASING:

These casings are artificially made and are preferred over natural casing as they offer better quality control because of the standard size and shapes. Following are some of the examples:

1. Plastic casing:

Made of plastic, this type of casing is suitable for scalded or cooked sausage and is non edible. Products can be stored into it and the casing needs to be peeled off before eating. It is available both on transparent and coloured form.

2. Collagen casing:

This type of casing is made of animal collagen extruded into shape of casing, which is edible. It is more expensive than natural casing and is easy to use. It is usually used for smoked and cooked sausages and is available both in straight and curved forms.

3. Fibrous or cellulose casing:

This is good for air dried sausages such as salamis, It is made out of non edible plant protein.

4. Polymer casings:

This type of casing is made up of high strength polymer, which can withstand high temperature of cooking. The products can be cooked and stored in this itself with no secondary packing.

COLD HORS D' OEUVRES (APPETIZERS)



They are small, delicate, flavorful and attractive food servings to stimulate the appetite, in anticipation of the meal to come.

The possible variations of these are almost limitless. They can involve the preparations of marinated meats, fish or vegetables. Hot or cold finely diced mixtures or mousses may be used. , or items which requires little or no preparation such as roasted nuts, brined olives, raw cut fruit or vegetables.

PRE-MEAL RECEPTION

- Appetizers are more often identified with **receptions**. A reception is a convenient and a pleasant way to allow for varied arrival times for guests.
- Normally the guest is offered small eats and some type of beverage in a room other than the dining room while waiting for all the guests to gather.
- This type of reception is followed by a full meal

There are certain guidelines to the selection of appetizers.

1. Keep the food light, delicate and unsubstantial. Guests should not feel full before sitting down for the main meal.
2. Limit the variety of the ingredients. Do not overwhelm the guests palate.
3. Avoid repetition of the ingredients that will be served in the main meal.
4. Avoid highly spiced or highly acidic food. They will interfere with the meal to follow.
5. Limit the number of appetizers served. This will prevent the guests from losing their appetites.
6. Best is to provide finger food so that the guests can savor them while standing and sipping their drinks.

FULL RECEPTION

- A meal does not follow this type of reception. It is an event in itself and can last on an average from 1.5 hours to 3 hours.
- The full reception provides a setting for greater freedom in the menu.

Guidelines

1. A wider variety of both hot and cold appetizers can be offered.
2. The range of flavors and textures used can be broader.
3. Finger foods and the spread can be laid on the buffet and a spoon and fork service can be given

WITHIN THE MEAL

- Appetizers served within the framework of the meal, should be planned as part of the overall balance of the meal.
- The colors, textures and flavors of the total menu should be considered.

Guidelines

1. As always, the portion should be small
2. No repetition of the ingredients
3. Finger foods are not normally served within the meal.

INTERNATIONAL

RUSSIAN Zakuska are various preparations in the tradition of czarist Russia. They are laid out on the table to be had by the guests as they arrive before the dinner

ITALIAN antipasto means “ before the pasta “ A typical selection would include marinated mushrooms and artichoke hearts, sliced salamis and prosciutto ham, smoked sardines, stuffed olives, anchovies, caponata and roasted red peppers.

SPANISH Tapas means lid. The name comes from the practice of placing a piece of bread, over the wine glass to keep out the flies. Today it includes kidney beans in vinegar sauce with parsley, onion and red pepper, boiled sliced potatoes with garlic and mayonnaise, small meatballs in gravy, pickled cauliflowers, stewed salt cod with garlic and cayenne, tripe stew, black olives marinated with onions.

ENGLISH tea sandwiches are very traditional. They can be very tiny sandwiches of shrimp paste and other dainty ingredients which are called canapés.

SWEDISH smorgasbord means bread and butter table. It includes shrimp, pickles, meatballs, herring, smoked herring, pickled herring, smoked reindeer, asparagus, mushrooms, smoked salmon, fresh water cod and caviar.

JAPANESE SUSHI are tiny portions of raw fish, placed on mounds of vinegar rice.

GREEK mezes are the appetizers which include tiny meat balls, creamy pink cod roe paste.

COLD HORS D OEUVRES

Is the general term for appetizers served in oblong dishes called rapiers.

He dish is needed as they are usually served with a marinade, sauce etc.

Portion size is generally small enough for a bite or two.

Normal variety of 6-8preparations are offered to the guest

FINGER FOODS



The food is portioned so that it can be picked up with the fingers.

The basic principles of preparation and presentation are –

- The food should be prepared in such a way that fingers are left clean after eating the food. This is done by-
 1. A dry base to handle it by, such as a canapé.
 2. Use of skewers or toothpicks for the items.
- They should be neat and easily handled.
- They should be only one or two bites in size.
- The majority of these food are served cold

CRUDITES



Essentially means the food eaten raw.

Common usage is limited to raw vegetables.

This is one of the simplest appetizers.

These vegetables are – bell peppers, carrots, celery, summer squash, red radish, cucumbers and cherry tomatoes.

Are served with one or more dip or dressings.

CANAPES



Refers to toasted or fried rectangular or circular slice of crust less bread, also termed as a crouton.

It can also refer to open face sandwiches which may be topped with endless variety of ingredients.

The canapés have four components – base, spread, main body and garnish.

BASE

- It must be firm enough for the guests to handle
- The breads can be toasted, fried or baked till crispy
- Bases can be cut into various interesting shapes as rectangle, square, circle, oval, crescent, diamond or a triangle.

SPREAD

- Adds flavor and moisture to the canapés
- Acts as a glue helping to hold the main body of the canapés
- Spreads provide a fat barrier and prevents the base getting soggy.

There are two primary types of spreads used for the canapés-

1. 50 % butter and 50 % cream cheese
2. Any compound butter.

The spreads should be softened to allow easy spreading. It should not be melted as it will not form the protective covering.

MAIN BODY

- This part of the canapé may be almost any savory food such as cold meats, seafood, vegetables.
- The main body of the canapé should be in consistent with the shape of the base.

GARNISH

- It adds eye appeal
- It should enhance the main body and not over shadow it
- Can be a small piece of herb, sliced stuffed olives or any other color enhancing piece of vegetables.

STYLES OF CANAPES

1. Banquet style- Are simpler designed, can be produced in large quantity, are made from less expensive food and sometimes leftover food, usually they sell for a lower price.
2. A la Carte- are individually prepared, they come with complex designs, and made few at a time. Premium ingredients are added and they command a higher price. These are made for special occasions.

BARQUETTES AND TARTLETS



BARQUETTES



TARTLETS

- These are miniature pie shells, from a short pie dough
- The shells are filled with variety of fillings
- These can range from hot, finely diced mixtures to cold mousses.
- Tarts are round like miniature tarts
- Barquettes are elongated diamond cuts.

- The fillings for both are interchangeable
- These can have high degree of sauce in it since the filling is held within the dry walls of the crust.
- They should be prepared close to the service time as otherwise they will get soggy

CHOUX PUFFS AND CAROLOINES



- Choux puffs are also called petit choux
- Carolines are small crusts made from unsweetened choux paste
- Shape is what differentiates the two
- Choux puffs are shaped like small balls
- Carolines are slightly elongated like miniature éclairs.
- They too need to be prepared just before the service.

SANDWICHES

This is the most common version of finger food. Small fancy sandwiches are normally served. These have three categories –

1. TEA SANDWICHES



- Are most often close faced
- They are made of two pieces of bread
- They are small and delicate
- The fillings are usually finely chopped and mixed with butter or cream cheese
- The desired size is no more than 1 ½ inch by 3 inches, if they are rectangular
- Fancier shapes should also have the similar dimensions
- The thickness of the sandwiches should be ½ inch.
- Ham, chicken, salad vegetables, water cress .

2. FANCY SANDWICHES



- The fillings used are almost as fine as puree.
- Can also be made from paper thin slices of meats and vegetables
- Different breads can be used to create variations

3. SMORREBROD



- This means buttered breads

- These are Danish open faced sandwiches using substantial pieces of meats , fish or vegetables
- They are artfully arranged on slices of bread
- Normally sized to be a meal in itself but a smaller version is served as appetizers.
- A typical example would be –

1. butter a slice of rye bread
2. Place 2 slices of tomato on the bread
3. put 2 slices of smoked sardines
4. mound a small amount of scrambled egg at the tail end of the fish
5. top the eggs with a few capers
6. crisscross two chives on top of the whole sandwich.

SPREADS AND DIPS



- A dip is the mixture that is loose or soft to cling to an item dipped into it
- Spreads are stiffer , harder, more solids which needs to be spread with a butter knife
- Spreads are used on crackers, breads etc.
- Spreads can be thick mixtures made of pureed meats, fish or cheese. It should have a high content of fat to give it a smooth rich mouth feel

- Cream cheese spreads are widely used, which can be suitably combined with onion, garlic, chives, scallions, minced seafood, and vegetable purees.
- Dips can be either hot or cold
- These can be hot or cold sauces, combined with pureed vegetables, sour cream and yogurt based, mayonnaise and cream based

CHEESE



- Is a very good ingredient or can be served as its own as an appetizer.

There is a vast variety of cheese to choose from and each of it gives a different character to the appetizers.

CAVIAR



- Is the ultimate Hors d'oeuvre
- Is the processed roe (eggs) of the sturgeon
- If any other fish roe is used then we need to mention the variety such as Salmon Caviar
- The finest caviar comes from Caspian Sea which is bordered by Russia and Iran.
- The three species of sturgeon harvested in this area are – BELUGA, OSETRA, SERVUGA
- Caviar is categorized not only by the type of fish it comes from but also by the method of processing and condition when sold.

FRESH CAVIAR is most perishable. The eggs make up 8-14 % of the fish body weight, depending on its age and species.

Once the fish is caught the eggs are removed immediately

In this process, the membrane around the eggs, are left intact

They are then filtered through a coarse mesh screen to separate them

Then salt is worked into them with hands

The salted eggs are then put into the fine sieve to drain them

Then they are hand packed into tins

Fresh caviar is highly perishable, hence should be refrigerated always

It should never be frozen

Once opened then it should be used within 3 days.

PRESSED CAVIAR is processed from the eggs of osetra and sevruga when the high percentage of eggs are ruptured

The eggs are heated to about 100 degrees F in a saltwater solution

The caviar is into fabric pouches and pressed to remove excess salt and oil.

Pressed caviar is drier and spreadable , having a jam-like consistency

This caviar is highly prized.

PASTEURIZED CAVIAR

Is prepared same as fresh caviar

It is pasteurized and vacuum packed. This gives it a longer shelf life, up to 3 months without refrigeration

It is best when used within 3 months

The pasteurization has a negative impact on the taste.

FROZEN CAVIARS

Are roe from non- sturgeon type fish such as salmon, white fish, and lumpfish.

The berries are tougher and can withstand refrigeration

They are of lower quality.

They are also less expensive.

BELUGA CAVIAR



Is from the largest species of sturgeon – the beluga

It has the largest delicate berries which burst easily against the tongue

It ranges from light to dark gray in color.

It is the most expensive and highest quality caviar.

OSETRA CAVIAR



From osetra sturgeon , has the second largest berries

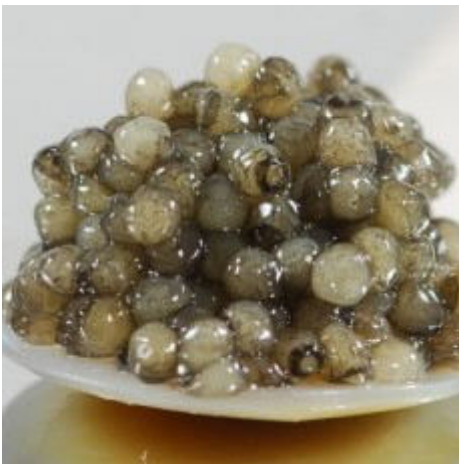
They are delicate with a slightly fruity flavour

The color ranges from golden to dark brown or gray .

The golden color is very rare and called “ royal caviar “

It is the second most expensive caviar

SEVRUGA CAVIAR



Has smaller, delicate berries of a light to medium gray color

This caviar is very popular in Europe and is least expensive of the Caspian varieties.

AMERICAN STURGEON



Has medium sized delicate berries of light gray color.

It is inexpensive as compared to Caspian varieties.

SERVICE OF CAVIAR



- The caviar is best presented in the original tin, set on crushed ice in a presentoir- a silver serving dish designed specifically for the presentation of caviar.
- Other elaborate presentations will involve small ice carvings designed to hold the tin.
- The accompaniments are buttered toast points, salted butter, lemon wedges, blinis dense bread or crackers can be served with the inexpensive varieties of caviar.
- The spoons and palettes should not be silver because silver has a chemical reaction with the eggs.
- Ivory, mother of pearl and gold plated spoons are used
- Traditionally caviar is accompanied by champagne or vodka.

TYPICAL HOT APPETIZERS

ATTREAUX



They consist of small, identical sized slices of various food items placed on wooden or bamboo skewers

They are coated with a reduced sauce such as duxelle, béchamel or veloute. After chilling they are breaded and are deep fried for immediate service.

This can be frozen after breading

Classically the bamboo skewers are removed and replaced with decorative metal skewers, of the same name

They are arranged in a crown by sticking them in a large crouton or rice mold.

It is garnished with chopped parsley.

BEIGNET (FRITTERS)



An item or mixture of ingredients dipped in a batter and deep fried.

Solid items to be fried should be blotted dry and lightly dusted with flour before being dipped in the batter.

These should be then fried golden brown in fat that is heated to 375 degrees F . This temperature ensures crisp product with the least absorption of fat.

These have to be fried just before service.

Presentation of beignets should be done on a serviette

The traditional garnish is fried parsley

They should be served with appropriate sauces.

BOUCHEE



Bouchee means mouth or mouthful

It is like miniature vol-au-vent , which is a puff paste patty shell

It can have limitless variety of fillings.

They can range in size from 1 ½ to 3 inches in diameter.

They can have any shape- round, rectangle, square triangle.

After baking, these can be held well in airtight containers.

They can be stored at room temperature for up to 7 days

For longer storage they can be frozen

These should be reheated before service along with the filling , and then served immediately.

If served for a buffet, they should be served in the chafing dish to keep them hot.

BROCHETTE



These are like atteraux but are not coated with a sauce.

These are grilled or broiled instead of deep- fried.

It is normally marinated seafood or meat, interspersed on a skewer with colorful vegetables.

They are served with compound butters, piquant sauce .

RISSOLES



Is the semi circular pocket of puff or unsweetened pastry dough. Filled with the finely diced mixture or a forcemeat.

It is deep fried

The fillings should be flavorful.

Rissoles freeze well and should be thawed unwrapped before cooking.

Is served as a finger food

It is not accompanied by a sauce.

OTHER HOT HORS D OEUVRES



- Mini- eggrolls
- Mini-quiche
- Drummettes
- Swedish meat balls
- Cocktail franks
- Cocktail sausages
- Fried shrimps

- Sautéed prawns
- Oysters
- Calamari
- Fried cheese sticks

SERVICE OF HORS D OEUVRES



- Buffet style service – the appetizers are laid on the buffet table
Large trays are often used for these
The appetizers are attractively presented

Mirrors are used for the displays

Hot appetizers should be served in chafing dishes

- Butler style service- it is the good option for smaller receptions with limited space

The waiters take the food to the guests

Lends a more elegant air to the function

Gives better control of the flow of the food and alcohol.

Smaller butler trays are needed .these are usually silver draped with a napkin or a doily.

FORCEMEATS

Forcemeat is ground or pureed flesh (meat, poultry or fish) which is combined with fat and seasonings and then bound by the process of emulsification or addition of other binders. The French term for forcemeat – **FARCE** indicates a stuffing of meat or nonmeat types. A farce may be made of vegetables and bread too.

- ✓ Most forcemeats are raw when being shaped, piped or formed.
- ✓ Some are fully cooked and then pureed prior to being used.
- ✓ Forcemeats can be either fresh or cured. Fresh forcemeats mean that no nitrates are added. Cured indicates that the curing salts rich in nitrates have been added.
- ✓ Forcemeats of all types are used in the hot and the cold kitchens.

Forcemeat is a lean meat and fat emulsion that is established when the ingredients are processed together by grinding, sieving, or puréeing. Depending on the grinding and emulsifying methods and the intended use, the forcemeat may have a smooth consistency or may be heavily textured and coarse. The result must not be just a mixture but an emulsion, so that it will hold together properly when sliced. Forcemeats should have a rich and pleasant taste and feel in the mouth.

COMPONENTS OF FORCE MEATS

1. **Meats:** It is the major component of the forcemeat. The type of meat included is pork, veal, beef, poultry, fish, lamb, and game. Pork is often included in the forcemeats because pork has a neutral flavour that can easily take the flavour of the dominant meat. It also has high degree of water retention, which aids in the production of moist forcemeats. Pork is also cheaper than other meats.

Forcemeats, like sausages, are made from raw products, with the exception of the gratin forcemeat. Some classic choices for forcemeats include pork; fish such as pike, trout, or salmon; seafood such as shrimp and scallops; game meats such as venison, boar, or rabbit; poultry and game birds; and poultry, game, veal, or pork livers. When selecting cuts of red and white meat, opt for well-exercised cuts, since they have a richer flavour than very tender cuts, such as the tenderloin or loin. However, meats to be used as garnishes can easily be the more delicate portions: tenderloin of lamb, rabbit, or pork, or poultry breasts, for example. Often, recipes for shrimp or scallop mousseline call for a quantity of pike to ensure a good primary bind.

An adequate amount of fat is also important. Fatback is considered to have a neutral flavour and can be paired with most meats. Mousseline made from delicate white meats, fish, or shellfish generally call for heavy cream.

To prepare the meat and fatback for forcemeat, it should first be trimmed, without sinews, or skin. The meat is then cut into dice, so it can drop easily through the feed tube of a grinder or be quickly processed to a paste in a food processor.

- 2. Fat:** fats generally contribute flavour to the forcemeats. It also contributes binding power and texture to the forcemeats. Pork fat is considered best as it is economical, has neutral flavour and has the ideal melting point for production of the forcemeat. Lamb fat is hard and has a strong flavour therefore it is limited to few preparation of lamb.

3. Seasoning:

If curing salt is added in forcemeats then it has a dual role and that is to fix the processed meat's colour and inhibit the growth of bacteria. Spices are normally responsible for the distinctive flavour characteristics of the various forcemeats.

Here are four-spice and herb combination that can be blended into forcemeat:

Bay leaf Coriander Nutmeg Ginger Black pepper	Thyme Cinnamon Cloves Mace Cayenne pepper
Cloves Nutmeg Basil White pepper Thyme	Ginger Paprika Black pepper Bay leaf Marjoram

4. Binding Agents:

a) Panada

It is a paste prepared from flour, bread, rice or some other starch product. It is added for three reasons:

1. For binding
2. To make the product lighter
3. To contribute to the seasoning of the forcemeat.

Panada is used less in today's kitchen, where improved technology and equipment have made it possible to create a better emulsion. If a panada is used it should not be added more than 20% of the total weight of the forcemeat.

There are 4 types of panada which are used to prepare forcemeat products:

1. Bread panada ---- equal quantity of fresh breadcrumbs and boiled milk are added together to make and stirred in a saucepan until they thicken. Such type of panada is generally used in fish forcemeats.

Water 300 MI
Bread Crumbs 150 Gms
Salt 2 Gms
Butter 50 Gms

This type of panada is generally used for quenelles and is prepared the same way as choux paste.

2. Frangipane panada:

Flour 125 Gms
Egg yolk 4 Nos
Melted Butter 90 MI
Milk 250 MI

Flour and egg yolk is mixed thoroughly and then melted butter is added to the same. Adding boiling milk to the mixture then thins the mixture. The panada is cooked slowly and by mixing it vigorously. This panada is used for poultry and fish.

3. Potato panada:

Butter 20 Gms
Milk 300 MI
Boiled potato 250 Gms
Salt, pepper, nutmeg to taste

Milk is seasoned with salt, pepper and nutmeg and is then reduced to 1/6th. Butter and thinly sliced boiled potato are added. This type of panada is used for quenelles of white meats.

4. Rice panada:

Rice 200 Gms
Butter 20 Gms
Stock 600 MI
Seasoning

Rice and butter are added to clear stock and are cooked for over 50 minutes. The cooked rice is then made into a smooth paste and cooled in a buttered dish.

- b) **Egg:** The major contribution of the egg in forcemeat preparation is to give binding power and firmer texture. Eggs are not used in sausage making.
- c) **Gelatin:**

Gelatin is a mixture obtained from collagen extracted from the skin, bones, and connective tissues of animals such as domesticated cattle, chicken, pigs, and fish. It is also used as a binding agent to prepare forcemeat products.

5. Salt and seasonings

Salt plays a vital role in producing good forcemeats. The salt acts to draw out the proteins in the meat (these proteins are the primary source of the forcemeat's "bind"), and it also adds its own unique flavour. Classic recipes often call for ground spices such as quatre épices, which is a combination of pepper, nutmeg, cinnamon, and cloves. Seasoning or marinating meat prior to grinding will further enhance its flavour.

Herbs, aromatic vegetables such as onions or mushrooms, wines, cognacs, grain-based spirits, or vinegars may also be added. In some cases, a reduction of garlic or shallots, herbs, wines, and other flavouring ingredients may be made. This reduction should be thoroughly chilled before adding it to the meats.

It is always important to follow basic formulas carefully as you are learning to make forcemeats, and to properly test and taste forcemeats each time you make them.

6. Secondary binders

The proteins in meats and fish are the basic source of the forcemeat's structure, texture, and bind. In some special cases, however, you may need to add a secondary binder, which is generally required for country-style and gratin forcemeats. There are three basic types of secondary binders: eggs, non-fat dry milk powder, and panadas. Panadas are made from starchy (farinaceous) items—well-cooked, puréed rice or potatoes, bread soaked in milk, or pâté à choux, which is a dough made from flour, water, butter and eggs.

7. Garnish

Garnishes give the chef an opportunity to add colour, flavour, and texture to a basic formula. Some traditional garnishes include the poultry breast, pork, beef, veal, or lamb tenderloin portions, nuts (especially pistachios and pine nuts), mushrooms, truffles, and diced foie gras. The quantity of garnish added to forcemeat can range from a few chopped nuts scattered throughout a pâté to a terrine in which there is a predominant garnish bound together with a small amount of forcemeat or aspic. You can add garnishes to forcemeat in two ways. They can be simply folded into the forcemeat; in that case they are known as internal or random garnishes.

The second means of introducing the garnish is to place it in the forcemeat as you are filling the mould or laying it out for a roulade or galantine. These garnishes are known as inlays. Care should be taken to shape and place the garnish so that each slice will have a uniform, consistent appearance, whether the slice comes from the end or centre of the pâté.

If you are preparing forcemeat items for display or competition, you may want to dust garnish items very lightly with a bit of powdered gelatine or albumen (dried and powdered egg whites) or a combination of these two items, to glue them into place. This will improve the adherence of the forcemeat to the garnish, making it less likely that they will separate when the item is cut into slice.

PREPARATION OF FORCEMEAT

1. Chill ingredients, chill equipment:

Maintaining both the ingredients and equipment is imperative when preparing forcemeat. This helps keep the forcemeat below 40°F / 4°C, which keeps the food out of the danger zone, reducing the risk of food-borne illness. Temperature control is also the key to achieving the best results. When forcemeats are kept well chilled throughout processing, mixing, and cooking, they require less fat, yet still have a smooth texture and an appealing mouth feel. The flavour of the forcemeat itself is generally better, as well.

2. Grinding:

The most common piece of equipment for grinding the meats for straight, country, and gratin forcemeats is a meat grinder.

Some forcemeat formulas will call for some or all of the meats and fat to be ground using a method called **progressive grinding**. Review the recipe to determine if you will need one or more grinding plates. Grind the meat directly into a well-chilled mixing bowl set over ice.

Mousseline forcemeats are typically made from start to finish in a food processor, although some chefs prefer to grind the meat or fish before placing it in the bowl of the food processor. If you make a significant quantity of forcemeats using a food processor, it is a good idea to dedicate one very sharp blade to that purpose only.

3. Mixing and processing:

Once ground, the forcemeat is mixed in order to blend any seasonings, panadas, or other ingredients thoroughly and evenly. More importantly, an adequate mixing period is crucial to the development of the correct texture.

Mixing can be done by beating the forcemeat with a rubber spatula or wooden spoon over an ice bath, in a mixer, or in a food processor. Care should be taken not to over mix, especially when you use a machine. Be careful not to overload the bowl. Depending on the amount of product, one to three minutes at the lowest speed should be sufficient. The forcemeat's colour and texture will change slightly when it is properly mixed.

Mixing in a food processor is very fast and provides a smoother texture. Most food processors handle relatively small batches. It is critical to keep an eye on the forcemeat as it processes. Your forcemeat can go from properly processed to over work in a matter of seconds. This can cause pockets or bubbles to form in the item you are preparing, a distraction on a plated item presented to a guest and grounds for losing points in competition work.

4. Testing a forcemeat:

Forcemeats are poached directly in a liquid (as for galantines, roulades, or quenelles) or in a water bath (terrines), or baked in a crust (pâté en croûte). You can only be sure of the quality of the

forcemeat after it is cooked, and the method below for testing forcemeat will give you an opportunity to evaluate the quality, seasoning, and texture.

The test portion itself will not taste or feel exactly the same as the finished product, since it is a general practice to allow the forcemeat items to rest two or three days before they are served. However, with experience, you can train your palate to recognize the evidence of quality or to detect a flaw in forcemeat. This is the same taste memory, built up through experience and practice that permits a cellar master to foretell with some accuracy the qualities a wine will have when it is mature, even when the wine is actually far too young to drink.

If the texture is poor, evaluate just what kind of problem you have. Rubbery forcemeat can be improved by adding more fat and cream. Loose forcemeat, on the other hand, may be improved by adding egg whites or a bit of panada. However, take into account whether or not the item will be pressed or coated with aspic before you make a dramatic change.

TYPES OF FORCEMEAT:

Forcemeats may be used for quenelles, sausages, pâtés, terrines, roulades, and galantines, as well as to prepare stuffing's for other items (salmon forcemeat may be used to fill a paupiette of sole, for example). Each forcemeat style will have a particular texture. The five basic forcemeat styles are:

1. Straight forcemeats

Combine pork and pork fat with a dominant meat in equal parts, through a process of progressive grinding and emulsification. The meats and fat are cut into cubes, seasoned, cured, rested, ground and processed. This basic forcemeat is used to prepare pâtés, terrines, and galantines. It is generally made by grinding the meat and fat through a medium plate, then further processing it in a mixer or food processor.

Process the ground meat with any additional ingredients. An egg may be added to the forcemeat to give a better bind. A quantity of heavy cream may also be included in some recipes to give the forcemeat a smooth texture and a richer flavour, if desired.

Once the forcemeat is tested and any adjustments to seasoning or consistency have been made, you may add garnish ingredients. This may be done in the mixer or by hand, working over an ice bath to keep the forcemeat properly chilled.

Straight forcemeats may be used to fill a pâté en croûte, or to prepare terrines and galantines.

2. Country-style forcemeats

These are rather coarse in texture. They are traditionally made from pork and pork fat, often with a percentage of liver and other garnish ingredients.

Country-style forcemeats are less refined in texture and heartier in flavour than others and are traditionally made from pork and pork liver.

The texture of this forcemeat is achieved by grinding the pork through a coarse die, then reserving most of this coarse grind. If desired, a portion of the ground meat may be ground again through a

medium die before the forcemeat is blended with its panada and processed as for a straight forcemeat.

The coarsely ground meat as well as the processed forcemeat is then combined. Because at least part of the forcemeat is left as a coarse grind, a panada is almost always included to help the finished product hold together after cooking.

3. Gratin forcemeats

Some portion of the dominant meat is sautéed and cooled before it is ground. The term gratin means “browned.”

Gratin forcemeat is similar to straight forcemeat, with the exception of the way in which the main meat is handled. The meat is very quickly seared—just enough to enhance the flavour and colour, but not enough to cook it through. The meat is changed enough by the searing that a panada is required to help produce the desired texture.

The first step is to sear the meat. Get the pan or grill very hot, sear the meat on all sides as quickly as possible, and just as quickly cool it down.

The best way to accomplish this is to work in small batches and to avoid crowding the meat in the pan. Remove it to a sheet pan, and cool it quickly in the refrigerator or freezer. An optional step is to prepare an aromatic reduction to flavour the forcemeat.

Follow the same procedure for grinding as for straight forcemeat, and process it with a panada and any additional ingredients as suggested or required by the recipe. Be sure to test the forcemeat properly before continuing to add the garnish ingredients.

Gratin forcemeats can be used in the same general applications as straight forcemeats.

4. Mousseline

Very light forcemeat is based on tender, lean white meats such as veal, poultry, fish, or shellfish. The inclusion of cream and eggs gives mousseline their characteristic light texture and consistency. Although individual recipes will differ, the formula shown below for mousseline forcemeat works as an excellent starting point. The amount of cream indicated will produce a good texture for terrines and other forcemeat items that will be sliced. If the mousseline will be used to prepare a timbale or other similar applications, the quantity of cream can be increased by nearly double the amount indicated below:

Meat or fish	—	1 lb / 454 g
Salt	—	1 tsp / 3 g
Egg (or egg white)	—	1 large
Cream	—	8 fl oz / 240 mL

When preparing mousseline forcemeat, you may simply dice the main ingredients and proceed to grind them in the food processor, or you may wish to grind the main ingredient through a coarse or

medium plate before processing it with an egg white. When using shellfish, it is important to keep in mind that some types of shellfish, such as lobster and wet pack sea scallops, retain more moisture than others and therefore require less cream than the standard ratio indicates.

Process the meat and salt just long enough to develop a paste with an even texture. Add the egg white, followed by the cream.

Optional: For a very light mousseline, you may prefer to work the cream in by hand. This is more time-consuming and exacting than using a food processor, but the results are worth the extra effort. Both the base mixture and the cream must be very cold in order to add the cream in higher proportions than those suggested in the basic formula above. Work over an ice bath for the best results.

Fine forcemeats may be passed through a drum sieve to be sure that a very delicate texture is achieved. Be sure that the forcemeat is very cold as you work, and work in small batches to prevent the forcemeat from heating up as you work.

Mousseline forcemeats are often featured as appetizers, fillings, or stuffing's, or to coat or wrap poached fish or poultry Supremes. Another interesting way to use this forcemeat is to layer mousseline with different colours to create a special effect in a terrine.

5. 5:4:3 emulsion style

The forcemeat is used extensively for sausage making and less often used in kitchens. Its name is derived from the ratio of its components. The components are 5 parts of meats, 4 parts of fat and 3 parts of ice. This can be made from any type of meat but fish. The texture should be a perfectly smooth one. A variety of binder including non-fat dry milk is used in the production of this type of forcemeat

French cuisine

A nouvelle cuisine presentation



French haute cuisine presentation



French wines are usually made to accompany French cuisine.

French cuisine consists of the cooking traditions and practices from France.

In the 14th century Guillaume Tirel, a court chef known as "Taillevent", wrote *Le Viandier*, one of the earliest recipe collections of medieval France. During that time, French cuisine was heavily influenced by Italian cuisine. In the 17th century, chefs François Pierre La Varenne and Marie-Antoine Carême spearheaded movements that shifted French cooking away from its foreign influences and developed France's own indigenous style. Cheese and wine are a major part of the cuisine. They play different roles regionally and nationally, with many variations and *appellation d'origine contrôlée* (AOC) (regulated appellation) laws.

French cuisine was codified in the 20th century by Auguste Escoffier to become the modern haute cuisine; Escoffier, however, left out much of the local culinary character to be found in the regions of France and was considered difficult to execute by home cooks. Gastro-tourism and the *Guide Michelin* helped to acquaint people with the rich bourgeois and peasant cuisine of the French countryside starting in the 20th century. Gascon cuisine has also had great influence over the cuisine in the southwest of France. Many dishes that were once regional have proliferated in variations across the country.

Knowledge of French cooking has contributed significantly to Western cuisines. Its criteria are used widely in Western cookery school boards and culinary education. In November 2010, French gastronomy was added by the UNESCO to its lists of the world's "intangible cultural heritage".^{[1][2]}

1History

- 1.1Middle Ages
 - 1.2Ancien Régime
 - 1.3Late 18th century – early 19th century
 - 1.4Late 19th century – early 20th century
 - 1.5Mid-20th century – late 20th century
 - 2National cuisine
 - 3Regional cuisine
 - 3.1Paris and Île-de-France
 - 3.2Champagne, Lorraine, and Alsace
 - 3.3Nord Pas-de-Calais, Picardy, Normandy, and Brittany
 - 3.4Loire Valley and central France
 - 3.5Burgundy and Franche-Comté
 - 3.6Lyon-Rhône-Alpes
 - 3.7Poitou-Charentes and Limousin
 - 3.8Bordeaux, Périgord, Gascony, and Basque country
 - 3.9Toulouse, Quercy, and Aveyron
 - 3.10Roussillon, Languedoc, and Cévennes
 - 3.11Provence-Alpes-Côte d'Azur
 - 3.12Corsica
 - 3.13French Guiana
 - 4Specialties by season
 - 5Foods and ingredients
 - 6Structure of meals
 - 6.1Breakfast
 - 6.2Lunch
 - 6.3Dinner
 - 7Beverages and drinks
 - 8Christmas
 - 9Food establishments
 - 9.1History
 - 9.2Restaurant staff
 - 10See also
 - 11References
 - 12Further reading
 - 13External links
 - 13.1French cuisine
-

History

Middle Ages



John, Duke of Berry enjoying a grand meal. The Duke is sitting with a cardinal at the high table, under a luxurious baldaquin, in front of the fireplace, tended to by several servants, including a carver. On the table to the left of the Duke is a golden salt cellar, or *nef*, in the shape of a ship; illustration from *Très Riches Heures du Duc de Berry*, circa 1410.

In French medieval cuisine, banquets were common among the aristocracy. Multiple courses would be prepared, but served in a style called *service en confusion*, or all at once. Food was generally eaten by hand, meats being sliced off in large pieces held between the thumb and two fingers. The sauces were highly seasoned and thick, and heavily flavored mustards were used. Pies were a common banquet item, with the crust serving primarily as a container, rather than as food itself, and it was not until the very end of the Late Middle Ages that the shortcrust pie was developed. Meals often ended with an *issue de table*, which later changed into the modern dessert, and typically consisted of *dragées* (in the Middle Ages, meaning spiced lumps of hardened sugar or honey), aged cheese and spiced wine, such as hypocras.^{[3]:1–7}

The ingredients of the time varied greatly according to the seasons and the church calendar, and many items were preserved with salt, spices, honey, and other preservatives. Late spring, summer, and autumn afforded abundance, while winter meals were more sparse. Livestock were slaughtered at the beginning of winter. Beef was often salted, while pork was salted and smoked. Bacon and sausages would be smoked in the chimney, while the tongue and hams were brined and dried. Cucumbers were brined as well, while greens would be packed in jars with salt. Fruits, nuts and root vegetables would be boiled in honey for preservation. Whale, dolphin and porpoise were considered fish, so during Lent, the salted meats of these sea mammals were eaten.^{[3]:9–12}

Artificial freshwater ponds (often called *stews*) held carp, pike, tench, bream, eel, and other fish. Poultry was kept in special yards, with pigeon and squab being reserved for the elite. Game was highly prized, but very rare, and included venison, wild boar, hare, rabbit, and birds. Kitchen gardens provided herbs, including some, such as tansy, rue, pennyroyal, and hyssop, which are rarely used today. Spices were treasured and very expensive at that time – they included pepper, cinnamon,

cloves, nutmeg, and mace. Some spices used then, but no longer today in French cuisine are cubebs, long pepper (both from vines similar to black pepper), grains of paradise, and galengale. Sweet-sour flavors were commonly added to dishes with vinegars and *verjus* combined with sugar (for the affluent) or honey. A common form of food preparation was to finely cook, pound and strain mixtures into fine pastes and mushes, something believed to be beneficial to make use of nutrients.^{[3]:13–15}

Visual display was prized. Brilliant colors were obtained by the addition of, for example, juices from spinach and the green part of leeks. Yellow came from saffron or egg yolk, while red came from sunflower, and purple came from *Crozophora tinctoria* or *Heliotropium europaeum*. Gold and silver leaf were placed on food surfaces and brushed with egg whites. Elaborate and showy dishes were the result, such as *tourte parmerienne* which was a pastry dish made to look like a castle with chicken-drumstick turrets coated with gold leaf. One of the grandest showpieces of the time was roast swan or peacock sewn back into its skin with feathers intact, the feet and beak being gilded. Since both birds are stringy, and taste unpleasant, the skin and feathers could be kept and filled with the cooked, minced and seasoned flesh of tastier birds, like goose or chicken.^{[3]:15–16}

The most well known French chef of the Middle Ages was Guillaume Tirel, also known as Taillevent. Taillevent worked in numerous royal kitchens during the 14th century. His first position was as a kitchen boy in 1326. He was chef to Philip VI, then the Dauphin who was son of John II. The Dauphin became King Charles V of France in 1364, with Taillevent as his chief cook. His career spanned sixty-six years, and upon his death he was buried in grand style between his two wives. His tombstone represents him in armor, holding a shield with three cooking pots, *marmites*, on it.^{[3]:18–21}

Ancien Régime[edit]

Under the *ancien régime*, Paris was the central hub of culture and economic activity, and as such, the most highly skilled culinary craftsmen were to be found there. Markets in Paris such as *Les Halles*, *la Mégisserie*, those found along *Rue Mouffetard*, and similar smaller versions in other cities were very important to the distribution of food. Those that gave French produce its characteristic identity were regulated by the guild system, which developed in the Middle Ages. In Paris, the guilds were regulated by city government as well as by the French crown. A guild restricted those in a given branch of the culinary industry to operate only within that field.^{[3]:71–72}

There were two basic groups of guilds – first, those that supplied the raw materials; butchers, fishmongers, grain merchants, and gardeners. The second group were those that supplied prepared foods; bakers, pastry cooks, sauce makers, poulterers, and caterers. There were also guilds that offered both raw materials and prepared food, such as the *charcutiers* and *rôtisseurs* (purveyors of roasted meat dishes). They would supply cooked meat pies and dishes as well as raw meat and poultry. This caused issues with butchers and poulterers, who sold the same raw materials.^{[3]:72–73} The guilds served as a training ground for those within the industry. The degrees of assistant-cook, full-fledged cook and master chef were conferred. Those who reached the level of master chef were of considerable rank in their individual industry, and enjoyed a high level of income as well as economic and job security. At times, those in the royal kitchens did fall under the guild hierarchy, but it was necessary to find them a parallel appointment based on their skills after leaving the service of the royal kitchens. This was not uncommon as the Paris cooks' guild regulations allowed for this movement.^{[3]:73}

During the 16th and 17th centuries, French cuisine assimilated many new food items from the New World. Although they were slow to be adopted, records of banquets show Catherine de' Medici (1519–1589?) serving sixty-six turkeys at one dinner.^{[3]:81} The dish called cassoulet has its roots in the New World discovery of haricot beans, which are central to the dish's creation, but had not existed outside of the New World until its exploration by Christopher Columbus.^{[3]:85}

Haute cuisine (pronounced [ot kujizin], "high cuisine") has foundations during the 17th century with a chef named La Varenne. As author of works such as *Le Cuisinier françois*, he is credited with publishing the first true French cookbook. His book includes the earliest known reference

to roux using pork fat. The book contained two sections, one for meat days, and one for fasting. His recipes marked a change from the style of cookery known in the Middle Ages, to new techniques aimed at creating somewhat lighter dishes, and more modest presentations of pies as individual pastries and turnovers. La Varenne also published a book on pastry in 1667 entitled *Le Parfait confitvriier* (republished as *Le Confiturier françois*) which similarly updated and codified the emerging haute cuisine standards for desserts and pastries.^{[3]:114–120}

Chef François Massialot wrote *Le Cuisinier roïal et bourgeois* in 1691, during the reign of Louis XIV. The book contains menus served to the royal courts in 1690. Massialot worked mostly as a freelance cook, and was not employed by any particular household. Massialot and many other royal cooks received special privileges by association with the French royalty. They were not subject to the regulation of the guilds; therefore, they could cater weddings and banquets without restriction. His book is the first to list recipes alphabetically, perhaps a forerunner of the first culinary dictionary. It is in this book that a marinade is first seen in print, with one type for poultry and feathered game, while a second is for fish and shellfish. No quantities are listed in the recipes, which suggests that Massialot was writing for trained cooks.^{[3]:149–154}

The successive updates of *Le Cuisinier roïal et bourgeois* include important refinements such as adding a glass of wine to fish stock. Definitions were also added to the 1703 edition. The 1712 edition, retitled *Le Nouveau cuisinier royal et bourgeois*, was increased to two volumes, and was written in a more elaborate style with extensive explanations of technique. Additional smaller preparations are included in this edition as well, leading to lighter preparations, and adding a third course to the meal. Ragout, a stew still central to French cookery, makes its first appearance as a single dish in this edition as well; prior to that, it was listed as a garnish.^{[3]:155}

Late 18th century – early 19th century[edit]



The wife of Louis XV of France, Queen Marie Leszczyńska, influenced French cuisine.



Marie-Antoine Carême

Shortly before the French Revolution, dishes like *bouchées la Reine* gained prominence. Essentially royal cuisine produced by the royal household, this is a chicken-based recipe served on vol-au-vents created under the influence of Queen Marie Leszczyńska, the wife of Louis XV. This recipe is still popular today, as are other recipes from Queen Marie Leszczyńska like *consommé la Reine* and *filet d'aloyau braisé à la royale*. Queen Marie is also credited with introducing lentils to the French diet.

The French Revolution was integral to the expansion of French cuisine, because it abolished the guild system. This meant anyone could now produce and sell any culinary item he wished. Marie-Antoine Carême was born in 1784, five years before the Revolution. He spent his younger years working at a *pâtisserie* until he was discovered by Charles Maurice de Talleyrand-Périgord, who would later cook for Napoleon Bonaparte. Prior to his employment with Talleyrand, Carême had become known for his *pièces montées*, which were extravagant constructions of pastry and sugar architecture.^{[4]:144–145}

More important to Carême's career was his contribution to the refinement of French cuisine. The basis for his style of cooking was his sauces, which he named mother sauces. Often referred to as fonds, meaning "foundations", these base sauces, *espagnole*, *velouté*, and *béchamel*, are still known today. Each of these sauces was made in large quantities in his kitchen, then formed the basis of multiple derivatives. Carême had over one hundred sauces in his repertoire. In his writings, soufflés appear for the first time. Although many of his preparations today seem extravagant, he simplified and codified an even more complex cuisine that existed beforehand. Central to his codification of the cuisine were *Le Maître d'hôtel français* (1822), *Le Cuisinier parisien* (1828) and *L'Art de la cuisine française au dix-neuvième siècle* (1833–5).^{[4]:144–148}

Late 19th century – early 20th century[edit]



Georges Auguste Escoffier

Georges Auguste Escoffier is commonly acknowledged as the central figure to the modernization of haute cuisine and organizing what would become the national cuisine of France. His influence began with the rise of some of the great hotels in Europe and America during the 1880s – 1890s. The Savoy Hotel managed by César Ritz was an early hotel in which Escoffier worked, but much of his influence came during his management of the kitchens in the Carlton from 1898 until 1921. He created a system of "parties" called the brigade system, which separated the professional kitchen into five separate stations.

These five stations included the "garde manger" that prepared cold dishes; the "entremettier" prepared starches and vegetables, the "rôtisseur" prepared roasts, grilled and fried dishes; the "saucier" prepared sauces and soups; and the "pâtissier" prepared all pastry and desserts items. This system meant that instead of one person preparing a dish on one's own, now multiple cooks would prepare the different components for the dish. An example used is "oeufs au plat Meyerbeer", the prior system would take up to fifteen minutes to prepare the dish, while in the new system, the eggs would be prepared by the entremettier, kidney grilled by the rôtisseur, truffle sauce made by the saucier and thus the dish could be prepared in a shorter time and served quickly in the popular restaurants.^{[4]:157–159}

Escoffier also simplified and organized the modern menu and structure of the meal. He published a series of articles in professional journals which outlined the sequence, and he finally published his *Livre des menus* in 1912. This type of service embraced the service à la russe (serving meals in separate courses on individual plates), which Félix Urbain Dubois had made popular in the 1860s. Escoffier's largest contribution was the publication of *Le Guide Culinaire* in 1903, which established the fundamentals of French cookery. The book was a collaboration with Philéas Gilbert, E. Fetu, A. Suzanne, B. Reboul, Ch. Dietrich, A. Caillat and others. The significance of this is to illustrate the universal acceptance by multiple high-profile chefs to this new style of cooking.^{[4]:159–160}

Le Guide Culinaire deemphasized the use of heavy sauces and leaned toward lighter fumets, which are the essence of flavor taken from fish, meat and vegetables. This style of cooking looked to create garnishes and sauces whose function is to add to the flavor of the dish, rather than mask flavors like the heavy sauces and ornate garnishes of the past. Escoffier took inspiration for his work from personal recipes in addition to recipes from Carême, Dubois and ideas from Taillevent's *Viander*, which had a modern version published in 1897. A second source for recipes came from existing peasant dishes that were translated into the refined techniques of haute cuisine.

Expensive ingredients would replace the common ingredients, making the dishes much less humble. The third source of recipes was Escoffier himself, who invented many new dishes, such as pêche Melba and crêpes Suzette.^{[4]:160–162} Escoffier updated *Le Guide Culinaire* four times during his lifetime,

noting in the foreword to the book's first edition that even with its 5,000 recipes, the book should not be considered an "exhaustive" text, and that even if it were at the point when he wrote the book, "it would no longer be so tomorrow, because progress marches on each day."^[5]

Mid-20th century – late 20th century[edit]



Paul Bocuse

The 1960s brought about innovative thought to the French cuisine, especially because of the contribution of Portuguese immigrants who had come to the country fleeing the forced drafting to the Colonial Wars Portugal was fighting in Africa. Many new dishes were introduced, as well as techniques. This period is also marked by the appearance of the "Nouvelle Cuisine."

The term nouvelle cuisine has been used many times in the history of French cuisine which emphasized the freshness, lightness and clarity of flavor and inspired by new movements in world cuisine. In the 1740s, Menon first used the term, but the cooking of Vincent La Chapelle and François Marin was also considered modern. In the 1960s, Henri Gault and Christian Millau revived it to describe the cooking of Paul Bocuse, Jean and Pierre Troisgros, Michel Guérard, Roger Vergé and Raymond Oliver.^[6] These chefs were working toward rebelling against the "orthodoxy" of Escoffier's cuisine. Some of the chefs were students of Fernand Point at the *Pyramide* in Vienne, and had left to open their own restaurants. Gault and Millau "discovered the formula" contained in ten characteristics of this new style of cooking.^{[4]:163–164}

The first characteristic was a rejection of excessive complication in cooking. Second, the cooking times for most fish, seafood, game birds, veal, green vegetables and pâtés was greatly reduced in an attempt to preserve the natural flavors. Steaming was an important trend from this characteristic. The third characteristic was that the cuisine was made with the freshest possible ingredients. Fourth, large menus were abandoned in favor of shorter menus. Fifth, strong marinades for meat and game ceased to be used. Sixth, they stopped using heavy sauces such as espagnole and béchamel thickened with flour based "roux", in favor of seasoning their dishes with fresh herbs, quality butter, lemon juice, and vinegar. Seventh, they used regional dishes for inspiration instead of haute cuisine dishes. Eighth, new techniques were embraced and modern equipment was often used; Bocuse even used microwave ovens. Ninth, the chefs paid close attention to the dietary needs of their guests through their dishes. Tenth and finally, the chefs were extremely inventive and created new combinations and pairings.^{[4]:163–164}

Some have speculated that a contributor to nouvelle cuisine was World War II when animal protein was in short supply during the German occupation.^[7] By the mid-1980s food writers stated that the style of cuisine had reached exhaustion and many chefs began returning to the haute cuisine style of cooking, although much of the lighter presentations and new techniques remained.^{[4]:163–164}

National cuisine[edit]

Main article: List of French dishes

There are many dishes that are considered part of French national cuisine today.

A meal often consists of three courses, *hors d'œuvre* or *entrée* (introductory course, sometimes soup), *plat principal* (main course), *fromage* (cheese course) or *dessert*, sometimes with a salad offered before the cheese or dessert.

Hors d'œuvre

-



Basil salmon terrine

-



Bisque is a smooth and creamy French *potage*.

-



Foie gras with mustard seeds and green onions in duck *jus*

-



Croque monsieur

Plat principal

-



Pot au feu is a *cuisine classique* dish.



Steak frites is a simple and popular dish.



Baguette often accompanies the meal.



Some French cheeses

Pâtisserie



Typical French *pâtisserie*



Mille-feuille

•



Macaron

•



Eclair

Dessert

•



Crème brûlée

•



Mousse au chocolat

•



Crêpe



Café liégeois

Regional cuisine[edit]



The 22 regions and 96 departments of metropolitan France include Corsica (*Corse*, lower right). Paris area is expanded (inset at left).

French regional cuisine is characterized by its extreme diversity and style. Traditionally, each region of France has its own distinctive cuisine.^[8]

Paris and Île-de-France[edit]

Paris and Île-de-France are central regions where almost anything from the country is available, as all train lines meet in the city. Over 9,000 restaurants exist in Paris and almost any cuisine can be obtained here. High-quality Michelin Guide-rated restaurants proliferate here.^[9]

Champagne, Lorraine, and Alsace[edit]

Game and ham are popular in Champagne, as well as the special sparkling wine simply known as *Champagne*. Fine fruit preserves are known from Lorraine as well as the quiche Lorraine. Alsace is influenced by the Alemannic food culture; as such, beers made in the area are similar to the style of bordering Germany. Dishes like choucroute (the French word for sauerkraut) are also popular.^{[9]:55} Many "Eaux de Vie" (alcoholic distillation) also called schnaps is from this region, due to a wide variety of local fruits (cherry, raspberry, pear, grapes) and especially prunes (mirabelle, plum).^{[9]:259,295}



Flute of Champagnewine



Alsatian *flammekueche*



Andouillette



Quiche

"Carte Gastronomique de la France" belong to the outset of the "Cours Gastronomique" by Charles Louis Cadet de Gassicourt (1809).

Nord Pas-de-Calais, Picardy, Normandy, and Brittany[edit]

The coastline supplies many crustaceans, sea bass, monkfish and herring. Normandy has top quality seafood, such as scallops and sole, while Brittany has a supply of lobster, crayfish and mussels. Normandy is home to a large population of apple trees; apples are often used in dishes, as well as cider and Calvados. The northern areas of this region, especially Nord, grow ample amounts of wheat, sugar beets and chicory. Thick stews are found often in these northern areas as well. The produce of these northern regions is also considered some of the best in the country, including cauliflower and artichokes. Buckwheat grows widely in Brittany as well and is used in the region's *galettes*, called *jalef*, which is where this dish originated.^{[9]:93}

-



Crème Chantilly was created at the Château de Chantilly.

-



Camembert, cheese specialty from Normandy

-



Crêpe and *Cider*, specialty from Brittany

-



Belon oysters

Loire Valley and central France[\[edit\]](#)

High-quality fruits come from the Loire Valley and central France, including cherries grown for the liqueur *Guignolet* and the 'Belle Angevine' pears. The strawberries and melons are also of high quality. Fish are seen in the cuisine, often served with a *beurre blanc* sauce, as well as wild game, lamb, calves, Charolais cattle, *Géline* fowl, and high-quality goat cheeses. Young vegetables are used often in the cuisine, as are the specialty mushrooms of the region, *champignons de Paris*. Vinegars from Orléans are a specialty ingredient used as well.^{[9]:129, 132}

Burgundy and Franche-Comté[\[edit\]](#)

Burgundy and Franche-Comté are known for their wines. Pike, perch, river crabs, snails, game, redcurrants, blackcurrants are from both Burgundy and Franche-Comté. Amongst savoury specialties accounted in the *Cuisine franc-comtoise* from the Franche-Comté region are *Croûte aux*

morilles, Poulet à la Comtoise, trout, smoked meats and cheeses such as Mont d'Or, Comté and Morbier which are at the palate best eaten hot or cold, the exquisite Coq au vin jaune and the special dessert gâteau de ménage. Charolais beef, poultry from Bresse, sea snail, honey cake, Chaurce and Epoisses cheese are specialties of the local cuisine of Burgundy. Dijon mustard is also a specialty of Burgundy cuisine. *Crème de cassis* is a popular liquor made from the blackcurrants. Oil are used in the cooking here, types include nut oils and rapeseed oil.^{[9]: 153,156,166,185}

-



Coq au vin jaune

-



Poulet à la Comtoise

-



Mont d'Or chaud

-



Escargots, with special tongs and fork

-



Coq au vin

•



Bœuf bourguignon

•



Beaujolais wine

•



Moutarde de Dijon

•



Comté cheese and Vin jaune

•



Bleu de Bresse



Gâteau de ménage

Lyon-Rhône-Alpes[\[edit\]](#)

See also: *Lyonnaise cuisine*



A cooked tartiflette and grilled ham



Salade lyonnaise

Fruit and young vegetables are popular in the cuisine from the Rhône valley. Poultry from Bresse, guinea fowls from Drôme and fish from the Dombes lakes and mountain in Rhône-Alpes streams are key to the cuisine as well. Lyon and Savoy supply high quality sausages while the Alpine regions supply their specialty cheeses like Beaufort, Abondance, Reblochon, Tomme and Vacherin. *Mères lyonnaises* are a particular type of restaurateur relegated to this region that are the regions bistro. Celebrated chefs from this region include Fernand Point, Paul Bocuse, the Troisgros brothers and Alain Chapel. The Chartreuse Mountains are in this region, and the liquor Chartreuse is produced by the Grande Chartreuse monks.^{[9]: 197,230}

Poitou-Charentes and Limousin[\[edit\]](#)

Oysters come from the Oléron-Marennes basin, while mussels come from the Bay of Aiguillon. High-quality produce comes from the region's hinterland, especially goat cheese. This region and in the Vendée is grazing ground for *Parthenaise* cattle, while poultry is raised in Challans. The region of Poitou-Charentes purportedly produces the best butter and cream in France. Cognac is also made in the region along the Charente River. Limousin is home to the high-quality Limousin cattle,

as well as high quality sheep. The woodlands offer game and high-quality mushrooms. The southern area around Brive draws its cooking influence from Périgord and Auvergne to produce a robust cuisine.^{[9]:237}

Bordeaux, Périgord, Gascony, and Basque country^[edit]

Main article: Basque cuisine

Bordeaux is known for its wine, with certain areas offering specialty grapes for wine-making. Fishing is popular in the region for the cuisine, sea fishing in the Bay of Biscay, trapping in the Garonne and stream fishing in the Pyrenees. The Pyrenees also support top quality lamb, such as the "*Agneau de Pauillac*", as well as high quality sheep cheeses. Beef cattle in the region include the *Blonde d'Aquitaine*, *Boeuf de Chalosse*, *Boeuf Gras de Bazas*, and *Garonnaise*. High quality free-range chicken, turkey, pigeon, capon, goose and duck prevail in the region as well. Gascony and Périgord cuisines includes high quality *patés*, *terrines*, *confits* and *magrets*. This is one of the regions notable for its production of foie gras or fattened goose or duck liver. The cuisine of the region is often heavy and farm based. Armagnac is also from this region, as are high quality prunes from Agen.^{[9]:259,295}

France has several regions where people consume rats and mice, such as Bordeaux.^[10]



Confit de canard



A terrine of foie gras with a bottle of Sauternes



Black Périgord Truffle



Tourin, a garlic soup from Dordogne

Toulouse, Quercy, and Aveyron[edit]

Gers, a department of France, is within this region and has high quality poultry, while La Montagne Noire and Lacaune area offers high quality hams and dry sausages. White corn is planted heavily in the area both for use in fattening the ducks and geese for foie gras and for the production of *millas*, a cornmeal porridge. Haricot beans are also grown in this area, which are central to the dish cassoulet. The finest sausage in France is commonly acknowledged to be the *saucisse de Toulouse*, which also finds its way into their version of *cassoulet* of Toulouse. The Cahors area produces a high quality specialty "black wine" as well as high-quality truffles and mushrooms.

This region also produces milk-fed lamb. Unpasteurized ewe's milk is used to produce the Roquefort in Aveyron, while in Laguiole is producing unpasteurized cow's milk cheese. The Salers cattle produce quality milk for cheese, as well as beef and veal products. The volcanic soils create flinty cheeses and superb lentils. Mineral waters are produced in high volume in this region as well.^{[9]:313} Cabécou cheese is from Rocamadour, a medieval settlement erected directly on a cliff, in the rich countryside of Causses du Quercy. This area is one of the region's oldest milk producers; it has chalky soil, marked by history and human activity, and is favourable for the raising of goats.



Aligot



Roquefort cheese



Cassoulet

Roussillon, Languedoc, and Cévennes[edit]

Restaurants are popular in the area known as *Le Midi*. Oysters come from the Etang de Thau, to be served in the restaurants of Bouzigues, Meze, and Sète. Mussels are commonly seen here in addition to fish specialties of Sète, *Bourride*, *Tielles* and *Rouille de seiche*. In the Languedoc *jambon cru*, sometimes known as *jambon de montagne* is produced. High quality *Roquefort* comes from the *brebis* (sheep) on the Larzac plateau. The Les Cévennes area offers mushrooms, chestnuts, berries, honey, lamb, game, sausages, *pâtés* and goat cheeses. Catalan influence can be seen in the cuisine here with dishes like brandade made from a purée of dried cod wrapped in mangold leaves. Snails are plentiful and are prepared in a specific *Catalan* style known as a *cargolade*. Wild boar can be found in the more mountainous regions of the *Midi*.^{[9]:349,360}

Provence-Alpes-Côte d'Azur[edit]

See also: Provençal cuisine

The Provence and Côte d'Azur region is rich in quality citrus, vegetables, fruits, and herbs; the region is one of the largest suppliers of all these ingredients in France. The region also produces the largest amount of olives, and creates superb olive oil. Lavender is used in many dishes found in *Haute Provence*. Other important herbs in the cuisine

include thyme, sage, rosemary, basil, savory, fennel, marjoram, tarragon, oregano, and bay leaf.^[11] Honey is a prized ingredient in the region. Seafood proliferates throughout the coastal area and is heavily represented in the cuisine. Goat cheeses, air-dried sausages, lamb, beef, and chicken are popular here. Garlic* and anchovies are used in many of the region's sauces, as in *Poulet Provençal*, which uses white wine, tomatoes, herbs, and sometimes anchovies, and Pastis is found everywhere that alcohol is served. The cuisine uses a large amount of vegetables for lighter preparations. Truffles are commonly seen in Provence during the winter. Thirteen desserts in Provence are the traditional Christmas dessert,^[12] e.g. quince cheese, biscuits, almonds, nougat, apple, and fougasse.

Rice is grown in the Camargue, which is the northernmost rice growing area in Europe, with Camargue red rice being a specialty.^{[9]:387,403,404,410,416} Anibal Camous, a Marseillais who lived to be 104, maintained that it was by eating garlic daily that he kept his "youth" and brilliance. When his eighty-year-old son died, the father mourned: "I always told him he wouldn't live long, poor boy. He ate too little garlic!" (*cited by chef Philippe Gion*)



Salade niçoise



Vacqueyras wine

•



Bouillabaisse

•



Pan bagnat

•



Ratatouille

•



Bourride de fruits de mer

•



Salade Mesclun



Pieds paquets

Corsica^[edit]

See also: *Cuisine of Corsica*

Goats and sheep proliferate on the island of Corsica, and lamb are used to prepare dishes such as "stufato", ragouts and roasts. Cheeses are also produced, with "brocciu" being the most popular. Chestnuts, growing in the Castagniccia forest, are used to produce flour, which is used in turn to make bread, cakes and polenta. The forest provides acorns used to feed the pigs and boars that provide much of the protein for the island's cuisine. Fresh fish and seafood are common. The island's pork is used to make fine hams, sausage and other unique items including *coppa* (dried rib cut), *lonzu* (dried pork fillet), *figatella*, *salumu* (a dried sausage) *salcietta*, *Panzetta*, bacon, *figatellu* (smoked and dried liverwurst) and *prisuttu*(farmer's ham). Clementines (which hold an AOC designation), lemons, nectarines and figs are grown there. Candied citron is used in nougats, while and the aforementioned brocciu and chestnuts are also used in desserts. Corsica offers a variety of wines and fruit liqueurs, including Cap Corse, Patrimonio, *Cédratine*, *Bonapartine*, *liqueur de myrte*, *vins de fruit*, *Rappu*, and *eau-de-vie de châtaigne*.^{[9]:435,441,442}

French Guiana^[edit]

See also: *Guianan Cuisine and Awara broth*



Dizé milé with a coconut ice cream and an imperial cream

French Guianan cuisine or **Guianan cuisine** is a blend of the different cultures that have settled in French Guiana. Creole and Chinese restaurants are common in major cities such as Cayenne, Kourou and Saint-Laurent-du-Maroni. Many indigenous animal species such as caiman and tapir are used in spiced stews.

Specialties by season^[edit]

French cuisine varies according to the season. In summer, salads and fruit dishes are popular because they are refreshing and produce is inexpensive and abundant. Greengrocers prefer to sell their fruit and vegetables at lower prices if needed, rather than see them rot in the heat. At the end of summer, mushrooms become plentiful and appear in stews throughout France. The hunting season begins in September and runs through February. Game of all kinds is eaten, often in elaborate

dishes that celebrate the success of the hunt. Shellfish are at their peak when winter turns to spring, and oysters appear in restaurants in large quantities.

With the advent of deep-freeze and the air-conditioned *hypermarché*, these seasonal variations are less marked than hitherto, but they are still observed, in some cases due to legal restrictions. Crayfish, for example, have a short season and it is illegal to catch them out of season.^[13] Moreover, they do not freeze well.

Foods and ingredients[edit]



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French regional cuisines use locally grown vegetables, such as *pomme de terre* (potato), *blé* (wheat), *haricots verts* (a type of French green bean), *carotte* (carrot), *poireau* (leek), *navet* (turnip), *aubergine* (eggplant), *courgette* (zucchini), and *échalotte* (shallot).

French regional cuisines use locally grown fungi, such as *truffe* (truffle), *champignon de Paris* (button mushroom), *chanterelle ou girolle* (chanterelle), *pleurote (en huître)* (oyster mushrooms), and *cèpes* (porcini).

Common fruits include oranges, tomatoes, tangerines, peaches, apricots, apples, pears, plums, cherries, strawberries, raspberries, redcurrants, blackberries, grapes, grapefruit, and blackcurrants.

Varieties of meat consumed include *poulet* (chicken), *pigeon* (squab), *canard* (duck), *oie* (goose, the source of foie gras), *bœuf* (beef), *veau* (veal), *porc* (pork), *agneau* (lamb), *mouton* (mutton), *caille* (quail), *cheval* (horse), *grenouille* (frog), and *escargot* (snails). Commonly consumed fish and seafood include cod, canned sardines, fresh sardines, canned tuna, fresh tuna, salmon, trout, mussels, herring, oysters, shrimp and calamari.

Eggs are fine quality and often eaten as: omelettes, hard-boiled with mayonnaise, scrambled plain, scrambled *haute cuisine* preparation, œuf à la coque.

Herbs and seasonings vary by region, and include *fleur de sel*, *herbes de Provence*, tarragon, rosemary, marjoram, lavender, thyme, fennel, and sage.

Fresh fruit and vegetables, as well as fish and meat, can be purchased either from supermarkets or specialty shops. Street markets are held on certain days in most localities; some towns have a more permanent covered market enclosing food shops, especially meat and fish retailers. These have better shelter than the periodic street markets.



Herbes de provence

•



Charolais cattle

•



Champignon de Paris

•



Haricots verts

•



Piments d'Espelette

•



Fleur de sel de Guérande

-



Grappe de raisin

-



Poulet de Bresse

-



Blé (Wheat)

Structure of meals[edit]

Breakfast[edit]



Café with a croissant for breakfast

Le petit déjeuner (breakfast) is traditionally a quick meal consisting of *tartines* (slices) of French bread with butter and honey or jam (sometimes brioche), along with *café au lait* (also called "café crème"), or black coffee, or tea^[14] and rarely hot chicory. Children often drink hot chocolate in bowls or cups along with their breakfasts. *Croissants*, *pain aux raisins* or *pain au chocolat* (also named *chocolatine* in the south of France) are mostly included as a weekend treat. Breakfast of some kind is always served in *cafés* opening early in the day.

There are also savoury dishes for breakfast. An example is "le petit déjeuner gaulois" or "petit déjeuner fermier" with the famous long narrow bread slices with soft white cheese topped or boiled ham, called *mouillettes*,^[15] which is dipped in a soft-boiled egg and some fruit juice and hot drink.

Another variation called "le petit déjeuner chasseur", meant to be very hearty, is served with pâté and other charcuterie products. A more classy version is called "le petit déjeuner du voyageur", where delicatessens serve gizzard, bacon, salmon, omelet, or croque-monsieur, with or without soft-boiled egg and always with the traditional coffee/tea/chocolate along fruits or fruit juice. When the egg is cooked sunny-side over the croque-monsieur, it is called a croque-madame.

In *Germinal* and other novels, Émile Zola also reported the *briquet*: two long bread slices stuffed with butter, cheese and or ham. It can be eaten as a standing/walking breakfast, or meant as a "second" one before lunch.

In the movie *Bienvenue chez les Ch'tis*, Philippe Abrams (Kad Merad) and Antoine Bailleul (Dany Boon) share together countless breakfasts consisting of *tartines de Maroilles* (a rather strong cheese) along with their hot chicory.

Lunch[edit]

Le déjeuner (lunch) is a two-hour mid-day meal or a one-hour lunch break. In some smaller towns and in the south of France, the two-hour lunch may still be customary. Sunday lunches are often longer and are taken with the family.^[16] Restaurants normally open for lunch at noon and close at 2:30 pm. Some restaurants close on Monday during lunch hours.^[17]

In large cities, a majority of working people and students eat their lunch at a corporate or school cafeteria, which normally serve complete meals as described above; it is not usual for students to bring their own lunch food. For companies that do not operate a cafeteria, it is mandatory for white-collar workers to be given lunch vouchers as part of their employee benefits. These can be used in most restaurants, supermarkets and *traiteurs*; however, workers having lunch in this way typically do not eat all three dishes of a traditional lunch due to price and time constraints. In smaller cities and towns, some working people leave their workplaces to return home for lunch. Also, an alternative, especially among blue-collar workers, eating sandwiches followed with a dessert; both dishes can be found ready-made at bakeries and supermarkets for budget prices.

Dinner[edit]

Le dîner (dinner) often consists of three courses, *hors d'œuvre* or *entrée* (appetizers or introductory course, sometimes soup), *plat principal* (main course), and a cheese course or dessert, sometimes with a salad offered before the cheese or dessert. Yogurt may replace the cheese course, while a simple dessert would be fresh fruit. The meal is often accompanied by bread, wine and mineral water. Most of the time the bread would be a baguette which is very common in France and is made almost every day. Main meat courses are often served with vegetables, along with potatoes, rice or pasta.^{[16]:82} Restaurants often open at 7:30 pm for dinner, and stop taking orders between the hours of 10:00 pm and 11:00 pm. Some restaurants close for dinner on Sundays.^{[17]:342}

Beverages and drinks[edit]

In French cuisine, beverages that precede a meal are called apéritifs (literally: *that opens the appetite*), and can be served with amuse-bouches (literally: *mouth amuser*). Those that end it are called digestifs.

Apéritifs

The apéritif varies from region to region: Pastis is popular in the south of France, Crémant d'Alsace in the eastern region. Champagne can also be served. Kir, also called *Blanc-cassis*, is a common and popular apéritif-cocktail made with a measure of crème de cassis (blackcurrant liqueur) topped up with white wine. The phrase *Kir Royal* is used when white wine is replaced with a *Champagne* wine. A simple glass of red wine, such as Beaujolais nouveau, can also be presented as an apéritif, accompanied by amuse-bouches. Some apéritifs can be fortified wines with added

herbs, such as cinchona, gentian and vermouth. Trade names that sell well include Suze (the classic gentiane), Byrrh, Dubonnet, and Noilly Prat.

Digestifs

Digestifs are traditionally stronger, and include Cognac, Armagnac, Calvados and fruit alcohols.

Christmas[edit]

A typical French Christmas dish is turkey with chestnuts. Other common dishes are smoked salmon, oysters, caviar and *foie gras*. The Yule log is a very French tradition during Christmas. Chocolate and cakes also occupy a prominent place for Christmas in France. This cuisine is normally accompanied by Champagne. Tradition says that thirteen desserts complete the Christmas meal in reference to the twelve apostles and Christ.^{[18][19][20][21]}



Yule log, a French Christmas tradition

Food establishments[edit]



Cooks at work

History[edit]

The modern restaurant has its origins in French culture. Prior to the late 18th century, diners who wished to "dine out" would visit their local guild member's kitchen and have their meal prepared for them. However, guild members were limited to producing whatever their guild registry delegated them to.^{[22]:8–10} These guild members offered food in their own homes to steady clientele that appeared day-to-day but at set times. The guest would be offered the meal *table d'hôte*, which is a meal offered at a set price with very little choice of dishes, sometimes none at all.^{[22]:30–31}

The first steps toward the modern restaurant were locations that offered *restorative* bouillons, or *restaurants* – these words being the origin of the name "restaurant". This step took place during

the 1760s–1770s. These locations were open at all times of the day, featuring ornate tableware and reasonable prices. These locations were meant more as meal replacements for those who had "lost their appetites and suffered from jaded palates and weak chests."^{[22]:34–35}

In 1782 Antoine Beauvilliers, pastry chef to the future Louis XVIII, opened one of the most popular restaurants of the time – the *Grande Taverne de Londres* – in the arcades of the Palais-Royal. Other restaurants were opened by chefs of the time who were leaving the failing monarchy of France, in the period leading up to the French Revolution. It was these restaurants that expanded upon the limited menus of decades prior, and led to the full restaurants that were completely legalized with the advent of the French Revolution and abolition of the guilds. This and the substantial discretionary income of the French Directory's *nouveau riche* helped keep these new restaurants in business.^{[22]:140–144}



Restaurant *Le Train Bleu*, in Paris



A bouchon, *Le tablier* (the apron), in Vieux Lyon



Café de Flore, in Paris

Categories

English	French	Description
Restaurant		More than 5,000 in Paris alone, with varying levels of prices and menus. Open at certain times of the day, and normally closed one day of the week. Patrons select items from a printed menu. Some offer regional menus, while others offer a modern styled menu. Waiters and waitresses are trained and knowledgeable professionals. By law, a prix-fixe menu must be offered, although high-class restaurants may try to conceal the fact. Few French restaurants cater to vegetarians. The <i>Guide Michelin</i> rates many of the better restaurants in this category. ^{[9]:30}
Bistro(t)		Often smaller than a restaurant and many times using chalk board or verbal menus. Wait staff may well be untrained. Many feature a regional cuisine. Notable dishes include coq au vin, pot-au-feu, confit de canard, calves' liver and entrecôte. ^{[9]:30}
Bistrot à Vin		Similar to <i>cabarets</i> or <i>tavernes</i> of the past in France. Some offer inexpensive alcoholic drinks, while others take pride in offering a full range of vintage AOC wines. The foods in some are simple, including sausages, ham and cheese, while others offer dishes similar to what can be found in a bistro. ^{[9]:30}
Bouchon		Found in Lyon, they produce traditional Lyonnaise cuisine, such as sausages, duck pâté or roast pork. The dishes can be quite fatty, and heavily oriented around meat. There are about twenty officially certified traditional bouchons, but a larger number of establishments describing themselves using the term. ^[23]
Brewery	Brasserie	These establishments were created in the 1870s by refugees from Alsace-Lorraine. These establishments serve beer, but most serve wines from Alsace such as Riesling, Sylvaner, and Gewürztraminer. The most popular dishes are choucroute and seafood dishes. ^{[9]:30} In general, a brasserie is open all day every day, offering the same menu. ^[24]
Café		Primarily locations for coffee and alcoholic drinks. Additional tables and chairs are usually set outside, and prices are usually higher for service at these tables. The limited foods sometimes offered include croque-monsieur, salads, <i>moules-frites</i> (mussels and <i>pommes frites</i>) when in season. <i>Cafés</i> often open early in the morning and shut down around nine at night. ^{[9]:30}
Salon de Thé		These locations are more similar to cafés in the rest of the world. These tearooms often offer a selection of cakes and do not offer alcoholic drinks. Many offer simple snacks, salads, and sandwiches. Teas, hot chocolate, and chocolat à l'ancienne (a popular chocolate drink) offered as well. These locations often open just prior to noon for lunch and then close late afternoon. ^{[9]:30}

Bar	Based on the American style, many were built at the beginning of the 20th century (particularly around World War I, when young American expatriates were quite common in France, particularly Paris). These locations serve cocktails, whiskey, pastis and other alcoholic drinks. ^{[9]:30}
Estaminet	Typical of the Nord-Pas-de-Calais region, these small bars/restaurants used to be a central place for farmers, mine or textile workers to meet and socialize, sometimes the bars would be in a grocery store. ^[25] Customers could order basic regional dishes, play boules, or use the bar as a meeting place for clubs. ^[26] These estaminets almost disappeared, but are now considered a part of Nord-Pas-de-Calais history, and therefore preserved and promoted.

Restaurant staff[edit]

Larger restaurants and hotels in France employ extensive staff and are commonly referred to as either the *kitchen brigade* for the kitchen staff or *dining room brigade* system for the dining room staff. This system was created by Georges Auguste Escoffier. This structured team system delegates responsibilities to different individuals who specialize in certain tasks. The following is a list of positions held both in the kitchen and dining rooms brigades in France:^{[9]:32}

Staff			
Section	French	English	Duty
Kitchen brigade	Chef de cuisine	Head chef	Responsible for overall management of kitchen. They supervise staff, create menus and new recipes with the assistance of the restaurant manager, make purchases of raw food items, trains apprentices and maintains a sanitary and hygienic environment for the preparation of food. ^{[9]:32}
	Sous-chef de cuisine	Deputy Head chef	Receives orders directly from the <i>chef de cuisine</i> for the management of the kitchen and often represents the <i>chef de cuisine</i> when he or she is not present. ^{[9]:32}
	Chef de partie	Senior chef	Responsible for managing a given station in the kitchen where they specialize in preparing particular dishes. Those that work in a lesser station are referred to as a <i>demi-chef</i> . ^{[9]:32}
	Cuisinier	Cook	This position is an independent one where they usually prepare specific dishes in a station. They may be referred to as a <i>cuisinier de partie</i> . ^{[9]:32}

Commis	Junior cook	Also works in a specific station, but reports directly to the <i>chef de partie</i> and takes care of the tools for the station. ^{[9]:32}
Apprenti(e)	Apprentice	Many times they are students gaining theoretical and practical training in school and work experience in the kitchen. They perform preparatory or cleaning work. ^{[9]:30}
Plongeur	Dishwasher	Cleans dishes and utensils and may be entrusted with basic preparatory job. ^{[9]:32}
Marmiton	Pot and pan washer	In larger restaurants takes care of all the pots and pans instead of the <i>plongeur</i> . ^{[9]:33}
Saucier	Saucemaker/sauté cook	Prepares sauces, warm <i>hors d'œuvres</i> , completes meat dishes and in smaller restaurants may work on fish dishes and prepares sautéed items. This is one of the most respected positions in the kitchen brigade. ^{[9]:32}
Rôtisseur	Roast cook	Manages a team of cooks that roasts, broils and deep fries dishes. ^{[9]:32}
Grillardin	Grill cook	In larger kitchens this person prepares the grilled foods instead of the <i>rôtisseur</i> . ^{[27]:8}
Friturier	Fry cook	In larger kitchens this person prepares fried foods instead of the <i>rôtisseur</i> . ^[27]
Poissonnier	Fish cook	Prepares fish and seafood dishes. ^{[9]:33}
Entremetier	Entrée preparer	Prepares soups and other dishes not involving meat or fish, including vegetable dishes and egg dishes. ^{[9]:32}
Potager	Soup cook	In larger kitchens this person reports to the <i>entremetier</i> and prepares the soups. ^[27]

Legumier	Vegetable cook	In larger kitchen this person also reports to the <i>entremetier</i> and prepares the vegetable dishes. ^[27]
Garde manger	Pantry supervisor	responsible for preparation of cold <i>hors d'œuvres</i> , prepares salads, organizes large buffet displays and prepares charcuterie items. ^{[9]:30}
Tournant	Spare hand/ roundsperson	Moves throughout kitchen assisting other positions in kitchen
Pâtissier	Pastry cook	Prepares desserts and other meal end sweets and for location without a <i>boulangier</i> also prepares breads and other baked items. They may also prepare pasta for the restaurant. ^{[9]:33}
Confiseur		Prepares candies and <i>petit fours</i> in larger restaurants instead of the <i>pâtissier</i> . ^[27]
Glacier		Prepares frozen and cold desserts in larger restaurants instead of the <i>pâtissier</i> . ^[27]
Décorateur		Prepares show pieces and specialty cakes in larger restaurants instead of the <i>pâtissier</i> . ^{[27]:8-9}
Boulangier	Baker	Prepares bread, cakes and breakfast pastries in larger restaurants instead of the <i>pâtissier</i> . ^{[9]:33}
Boucher	Butcher	butchers meats, poultry and sometimes fish. May also be in charge of breading meat and fish items. ^[27]
Aboyeur	Announcer/ expediter	Takes orders from dining room and distributes them to the various stations. This position may also be performed by the <i>sous-chef de partie</i> . ^[27]
Communard		Prepares the meal served to the restaurant staff. ^[27]

	Garçon de cuisine		Performs preparatory and auxiliary work for support in larger restaurants. ^{[9]:33}
Dining room brigade	Directeur de la restauration	General manager	Oversees economic and administrative duties for all food related business in large hotels or similar facilities including multiple restaurants, bars, catering and other events. ^{[9]:33}
	Directeur de restaurant	Restaurant manager	Responsible for the operation of the restaurant dining room which includes managing staff, hiring and firing staff, training of staff and economic duties of such matters. In larger establishments there may be an assistant to this position who would replace this person in their absence. ^{[9]:33}
	Maître d'hôtel		Welcomes guests, and seats them at tables. They also supervise the service staff. It is this person that commonly deals with complaints and verifies patron bills. ^{[9]:33}
	Chef de salle		Commonly in charge of service for the full dining room in larger establishments; this position can be combined into the <i>maître d'hotel</i> position. ^[27]
	Chef de rang		The dining room is separated into sections called <i>rangs</i> . Each <i>rang</i> is supervised by this person to coordinate service with the kitchen. ^{[9]:33}
	Demi-chef de rang	Back server	Clears plates between courses if there is no <i>commis débarrasseur</i> , fills water glasses and assists the <i>chef de rang</i> . ^[27]
	commis de rang		
	Commis débarrasseur		Clears plates between courses and the table at the end of the meal. ^{[9]:33}
	Commis de suite		In larger establishments, this person brings the different courses from the kitchen to the table. ^{[9]:33}

	Chef d'étage	Captain	Explains the menu to the guest and answers any questions. This person often performs the tableside food preparations. This position may be combined with the <i>chef de rang</i> in smaller establishment. ^[27]
	Chef de vin	Wine server	Manages wine cellar by purchasing and organizing as well as preparing the wine list. This person also advises the guest on wine choices and serves it. ^{[9]:33}
	Sommelier		
	chef sommelier		In larger establishments, this person will manage a team of sommeliers. ^{[9]:33}
	chef caviste		
	Serveur de restaurant	Server	This position found in smaller establishments performs the multiple duties of various positions in the larger restaurants in the service of food and drink to the guest. ^{[9]:33}
	Responsable de bar	Bar manager	Manages the bar in a restaurant which includes ordering and creating drink menus; they also oversee the hiring, training and firing of barmen. Also manages multiple bars in a hotel or other similar establishment. ^{[9]:33}
	Chef de bar		
	Barman	Bartender	Serves alcoholic drinks to guests. ^{[9]:33}
	Dame du vestiaire		Coat room attendant who receives and returns guests coats and hats. ^{[9]:33}
	Voituriers	Valet	Parks guests' cars and retrieves them upon the guests exiting the restaurant. ^{[9]:33}

GALANTINE, BALLOTINE, ROULADE AND PARFAIT

The word "galantine" comes from the old French word "galine," meaning chicken. According to Larousse Gastronomies, the term derives primarily from an old French word for chicken: géline or galine. According to this source, the association with chicken is so specific, in fact, that all by itself, galantine presumes chicken, unless it is specified otherwise in the title. Today, galantines are prepared using a variety of meats or fish, such as salmon, eel, suckling pig, etc.

Galantines, which are always, served cold either as an entree or an a la carte item or attractively displayed on buffet tables. It is a French dish of de-boned stuffed meat, most commonly poultry or fish, that is poached and served cold, coated with aspic. Galantines are often stuffed with forcemeat, and pressed into a cylindrical shape. Since deboning poultry is thought of as difficult and time-consuming, this is a rather elaborate dish, which is often lavishly decorated, hence its name, connoting a presentation at table that is galant, or urbane and sophisticated.

Two additional terms, **ballotine** and **dodine**, are occasionally used in the same way as galantine. Ballotines may be served hot or cold. Dodines, also normally made from poultry, especially duck and goose, are quite similar to galantines except that they are roasted rather than poached, and they are always served hot.

Roulades differ from galantines in that they are rolled in cheesecloth or plastic wrap, not in the natural skin "casing" featured in galantines. Another distinction between the two items is that, while galantines are firmly associated with poultry, roulades have no such identity. Instead, roulades are made from a wide range of base products, including foie gras or mousseline forcemeats made of fish or poultry.

Galantine is a boned poultry or game animal stuffed with forcemeat.

MAKING GALANTINES

Use a bird which has been plucked and singed. Care should be taken, when removing the skin, not to split or damage it. First cut off the wings and legs at the first joint, keeping them short. Lay the bird on a chopping-board, on either side, or on its breast.

Step 1: To Remove the Skin : With the point of a small knife, make a cut through the skin down the middle of the back, in a straight line from the neck to the tail. This done, raise part of the skin with the finger. Beginning at the neck, pass the finger between the skin and the flesh, and then pull the skin off; as nearly whole as possible, towards the leg, as if pulling off a glove from a hand. This done, lay the skin downwards upon the chopping-board, and with a large knife scrape off from the skin the flesh, fat, and sinews that adhere to it. Place the skin in a china basin, cover well with cold water, and keep in a cool place till required.

Step 2: To Remove the Wings and the Legs: Remove the legs and the wings. Keep the blade of the knife close to the carcass in order to separate the wings and legs easily, leaving no flesh on the carcass.

Step 3: Fill and roll the galantine

Lay out plastic wrap and/or cheesecloth, which should be several inches larger than the skin's dimensions. If you are using cheesecloth, remember to rinse it well and wring it dry, until it is damp but not dripping wet.

Lay out the skin on the cheesecloth or plastic wrap and fill it with the forcemeat and any garnish.

The chicken breast may be pounded and laid on the skin with the forcemeat in the middle, or the forcemeat can be spread on the skin and the chicken breast can be used as a garnish. Roll the galantine carefully around the forcemeat. The skin should just overlap itself by about 1/2 in / 1 cm, forming a seam. Secure the galantine by crimping each end and smoothing the forcemeat away from the ends. You may need a pair of extra hands to maintain a compact shape while you tie the ends.

Step 4: Prepare the galantine by poaching or roasting

Galantines are commonly poached. Lower the galantine into a simmering pot of stock (water is fine if it is been wrapped in plastic wrap rather than cheesecloth). To keep the galantine submerged, weight it with small plates. This helps to cook the galantine evenly. A roasted galantine is placed on a bed of mirepoix or a rack and cooked, uncovered, to the appropriate internal temperature. Another method for roasting galantine is employed by wrapping the galantine in foil and roasting it in the oven until it is cooked, unwrapping it, and then searing the skin to create a mahogany color on the outside. This method allows the filling to set during cooking so that the cylindrical shape of the galantine is maintained.

When ready, the galantine should feel firm to the touch and will spring back when pressed with the fingers. Remove from the stock and keep for ten minutes to allow the galantine to shrink. Then cut off the string from each end, and unwrap the galantine from the cloth.

Wash and squeeze the cloth, and then wrap the galantine up again as before. Tie it again and place it on a clean tray; then cover with another tray, with a weight of not more than 4 to 5 lb. placed in the middle, and allow to cool.

Remove from the cloth, trim neatly at both ends, coat the galantine with a chaudfroid sauce, or with half-melted aspic jelly, and decorate. Place on a dish with neatly-diced aspic jelly round it.

STUFFING FOR GALANTINE

CREAM STUFFING

Add to the leg the trimmings of the wings of chicken, which have previously been cleared of skin, sinews and bone, and the same amount of lean veal, free also from skin and sinews. Cut them into small cubes and pound them in a mortar with salt, pepper and the raw whites of two or three eggs. When smooth, pass through a fine wire sieve, and then place in a pan, and proceed. This can also be made with chicken flesh only.

FORCEMEAT STUFFING

Add double the amount of very fine sausage meat to the flesh of chicken available from the carcass and the trimmings of wings, etc.

Or add the same amount of lean veal to the chicken flesh, and then double the amount of bacon fat. Pass through a fine mincing machine two or three times, or pound and pass through a wire sieve. Season with salt, pepper and mixed spices, and add a little brandy or madeira.

TYPES OF GALANTINES

A basic recipe for most galantine requires forcemeat consisting of:

- Lean Veal: 1 part
- Lean pork: 1 part
- Fresh pork fat: 2 parts
- Eggs, for each lb. of forcemeat: 1 part

The garnish for galantine may consist of several of the following ingredients:

Truffles, pistachio nuts, diced pork fat, beef or veal tongue, liver, fillet of breast of capon and cooked ham. The black of the truffles, the green of the pistachio nuts, and the white of the fresh pork fat are the most colorful ingredients used in galantine.

- Galantine de volaille
- Galantine of pheasant
- Galantine of suckling pig
- Galantine of breast of veal
- Duck Galantine
- Galantine of veal in aspic
- Galantine of salmon
- Galantine of capon royale
- Galantine a la rosenthal

PRESENTING GALANTINES

When sliced, galantine displays attractive mosaic of meat and stuffing dotted with nuts, olives, chunks of ham or pork fat, and sometimes truffles. Slices are arranged flat on the dish so that they scarcely overlap. The classic decoration is a shiny coating of aspic and sometimes part of galantine is left unsliced to coat with chaudfroid sauce. A garnish such as stuffed tomatoes adds colour but is not obligatory given the colourful appearance of the dish itself.

BALLOTINE The terms Galantine and Ballotine are often confused. Both are similarly prepared, but they are cooked and served differently. The Ballotine is also boneless meat that is stuffed and rolled into a *ballot* or bundle. Like the galantine, they are also poached, but may also be baked or braised in their skins and served hot as entrees.

The Ballotine can be considered the smaller relative of the galantine. A Ballotine is prepared from a boneless leg of poultry that is stuffed with forcemeat.

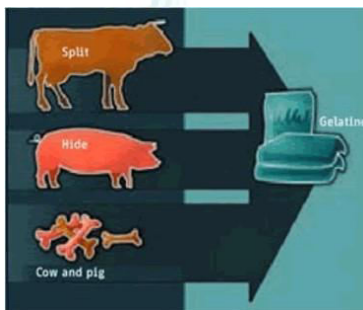
The Ballotine is an excellent method for using the leg portions of poultry when the breast portions have been used for other purpose. The legs of the poultry are removed leaving the skin and meat intact. Forcemeat is stuffed into the pocket that forms when the leg bone is removed. Although the Ballotine is baked or braised or even roasted, they are usually served cold after coating with Chaud - Froid and aspic.

A Ballotine may be rolled or sewn in a cushion shape .It is poached or braised to serve hot sauce made from the cooking liquid ,or presented cold in aspic . Individual Ballotine may be made from boned poultry legs. When a Ballotine is served hot, it is essentially a boned stuffed roast a generous garnish of vegetables is usually cooked with it and the braising liquid makes a rich sauce.

GELATIN AND ASPIC JELLY

A thorough understanding of the properties is a key to success with culinary preparations containing gelatin.

GELATIN



Raw Material Used for gelatin

- It is a product obtained by partial hydrolysis of collagen derived from skin, white connective tissue and bones of animals.
- Gelatin is a partial protein
- When used in culinary preparations it is always dissolved in a liquid.
- When the gelatinous liquid cools , it forms a semi-soft gel.
- The gelatin has two phases- SOL & GEL
- Gelatin is a liquid SOL when warm and is a semi-solid GEL when cools.

HOW DOES IT GEL?

When the temperature of the gelatin sol drops, the viscosity of the liquid increases to the point where gel formation occurs. This happens at 85 degrees F.

When the temperature of the gel rises, the thickness decreases.

A gelatinous solution can be converted from gel to liquid sol and back again by heating or cooling.

TYPES OF GELATIN –

1. TYPE A – is made from collagen rich tissue and bones pre-heated with an acid. The acid increases the amount of collagen converted into gelatin. Commercially pork skin is the raw material used.
2. TYPE B- is made from collagen rich tissue and bones pre-heated with an alkali. Beef bones and calf skin is the raw material used.

Gelatin is characterized by STRENGTH AND CLARITY.

Both are based on the BLOOM NUMBER.

Gel strength is determined mechanically using a bloom gellometer.

Bloom is also used to gauge the clarity of the gelatin. A lower bloom has more clarity and a higher bloom will have lower clarity.

AVAILABLE FORMS OF GELATIN-

- SHEET GELATIN- also known as leaf gelatin. Sheets of gelatin are usually 3 inches by 7 inches thick. Seven sheets equal one ounce in weight. It can be easily reconstituted. When sheet gelatin is rehydrated in cool water, the entire sheet can be lifted out. It will look like a sheet of jelly. This rehydrated sheet can then be stirred directly into warm water.
- GRANULAR GELATIN- has granules the size of sand. This is the type most used in the professional kitchen. Sprinkle dry granulated gelatin evenly onto the surface of the cold liquid. Allow approximately 10 minutes for the gelatin granules to absorb the liquid. This step is also called blooming. Now stir the rehydrated liquid into the full liquid of the recipe.
- POWDER GELATIN- is pulverized to a fine powder. It is most commonly used in the home cooking.

CULINARY APPLICATIONS OF GELATIN

- Manufacture of gums- provides stability
- Used in marshmallows- gives structure
- In ice creams- inhibits crystal formation, improves flavor and gives stability
- Desserts as a binder
- Chiffons, Bavarian creams- gives form and shape
- Savory cold mousses- binder , form giver and lightening agent
- Molded salads- binder, gives a shine and helps to carry flavor

HOW MUCH GELATIN TO USE –

- The concentration of gelatin determines the delicacy of the finished product.
- The greater the amount of gelatin in relation to the amount of water, it will result in a denser and a rubbery product.
- Lower amount of gelatin will give more clear and less strength to the product.

FACTORS WHICH HAVE WEAKING AFFECT ON THE GEL

1. ACID- a lower ph has a weakening effect on the gelatin.
2. SUGAR – an excess of sugar in a recipe will weaken the gel strength.
3. BROMELIN, FICIN, PAPAINE, ACTINIDIN- certain fruit enzymes such as
 - Bromelin in pineapples
 - Ficin in figs
 - Papain in papaya
 - Actinidin in kiwi

In the raw state will digest the protein gelatin destroying its ability to form a gel. These fruit should be cooked before combining with gelatin.

4. TEMPERATURE- the amount of gelatin in preparations intended for service in summers should be increased slightly.

PLEASE NOTE – there is no loss of gel strength by repeated melting and gelling. Extended boiling will however develop off flavors and odors in the gelatin.

VEGETABLE GELATIN OR AGAR–AGAR; this product is not related to gelatin. Gelatin is a protein and agar-agar is a carbohydrate. The vegetable gelatin weakens with prolonged boiling and heating.

STORING OF GELATIN-

- Dry gelatin can be stored indefinitely in airtight containers
- Gelatin is very hydrophilic that is it absorbs moisture very fast. When this happens the gelatin will partially bloom and spoil.
- Reconstituted gelatin must be stored under refrigeration. The gelled liquid has the refrigerated shelf life of about one week. After that molding can begin.
- Gelatin and products with high gelatin does not freeze well. There is a formation of ice crystals. When thawed there is a release of excessive moisture.
- Frozen gelatin also loses clarity when thawed.

ASPIC JELLY



An aspic jelly is called ASPIC GELEE in French. It is a flavorful gelatinous stock which has been carefully clarified.

PLEASE NOTE – it is different from ASPIC- which is slices or dices of poultry, meat, game, fish , seafood or fruit are molded in a clarified aspic jelly.

Any well made stock, prepared with large amount of bones will gel when chilled. At this stage it is only called a savory jelly. It becomes an aspic jelly after it has been carefully clarified.

- Beef and game aspic jellies are amber in color
- Veal, poultry, pork aspic jellies are light amber
- Fish aspic jelly has no color but it's transparent

CLASSICAL METHOD OF PREPARATION

- The stock is made from more collagen rich products such as pork skin and calf's feet
- The stock is carefully clarified.
- This kind of aspic jelly depends solely on the gelatin present in the bones for gelling.

QUICK METHOD OF PREPARATION

- Prepare a good quality brown stock
- Clarify as for consommé
- Chill a small portion of the clarified stock
- Rehydrate the desired amount of gelatin in the cooled portion of the stock
- Stir the bloomed gelatin into the remaining warm stock
- Chill a small sample in the refrigerator to evaluate the gel strength.

Commercial mixes are also available in dry powder form which can be reconstituted as desired. They save time and effort but have a lower quality of flavor .

ADDITIONS OF WINES

Wines may or may not be added to the aspic jellies. In all cases the wine should be added when the jelly is very cool, yet a liquid. This ensures that the full aroma of the wine is preserved.

CHARACTERISTICS OF A GOOD ASPIC JELLY

1. **FLAVOR**- it should be intense enough. It should not be so strong so that it masks the flavor of the main ingredients. Little amount of acids added such as lime juice or vinegar or wines will enhance the flavor of the aspic jelly.
2. **TOOTH**- is the density or elasticity of the jelly. The jelly should be firm enough to hold the desired shape, yet it should melt in the mouth.
3. **CLARITY**- aspic jelly should be crystal clear

4. COLOR- the range of the color should be from rich amber to brown as in the case of the game aspic, to white or transparent as for fish aspic jelly. Additional tones of red can be present depending on the choice of the wine used.

Fruit aspic jellies can be colored to represent certain fruit- green to yellowish for lime to red for the cherries. The jelly is colored using various dyes. A color derived naturally from fruit and vegetable purees is preferable.

HANDLING AND STORAGE

- Aspic jelly is a potentially hazardous food, an ideal environment for bacterial growth. It is high in moisture content, high in protein, and comes from an animal source.
- Use only clean, sanitized containers for storage.
- Once jelly is set, handle it as little as possible.
- For smaller quantities pour into a proper containers and cool to 140 degrees F before refrigerating.
- Once the jelly is placed in the refrigerator allow it to set without stirring. When the gel sets itself as a single block, it seals itself.
- Once set the gel sets, cover the container.

SAUCE CHOUD-FROID



MEANS 'HOT- COLD'

- The name refers to the fact that this sauce is applied hot and served cold.

- The high gelatin content of the sauce makes it possible to apply it to an item when it is still warm and flows.
- As the sauce cools down, it adheres to the product.
- It gives a smooth, pristine surface and seals the food from the air.
- Chaud-froid (CF) sauce is used for coating a variety of items including galantines, terrines, cold timbales, whole or individual joints of poultry, meat, or game, whole or fillet of fish and eggs.

WHY USE CF SAUCES

1. Protection of the item from the air while sitting on a buffet.
2. The sauces act as a background or canvas on which to decorate. Plus the CF sauce is an adornment in itself.
3. The sauce can complement the flavor of the coated item.

CLASSICAL METHOD OF PREPARATION

This calls for the base of veloute or béchamel. This is reduced with stock suitable for the item with which it will be used. To this reduction, a suitable aspic jelly and cream are added. This method is often used today

CONTEMPORARY METHOD OF PREPARATION

The modern version is prepared without the use of roux. The result is a CF sauce which has a less starchy mouth feel. The method is also faster.

OTHER VARIATIONS

CF sauces can be made in a variety of colors. For brown CF sauce, replace cream with the reduced jus de veau. Green CF is made with the addition of juice squeezed from one pound of pureed fresh spinach. Red CF sauce requires the adding of one teaspoon of good quality paprika dissolved in a little water plus one cup of tomato puree which has been lightly cooked. This sauce needs to be strained

APPLYING THE CF SAUCE-

1. PREPARING THE ITEM FOR COATING-

- The item to be coated should be fully prepared and shaped.
- They should be well chilled. The chill of the item adheres the sauce to the surface.
- The surface of the food to be coated should be smooth and trimmed of any rough edges.
- For whole pieces of meats and joints, the area to be coated normally has the skin removed.
- Surface grease must be removed before the coating is applied.
- The item to be covered should be blotted dry before coating.

2. TEMPERING THE CF SAUCE

CF sauce should be tempered before applying.

TEMPERING is bringing the temperature of the sauce by either slightly heating or cooling it, to a point which will allow the best and easiest coating. Remember that gel takes place at 85 degrees F. Normally, the closer the sauce is maintained at this temperature without it getting too thick, the more evenly it will coat

It should take only to three coats of CF sauce to give a smooth glossy finish. The sauce at this temperature will be more controllable.

3. TRIMMING

While coating we are creating an artificial skin for the item. Do not rip the items carelessly away from the pan. It will pull away a large sheet of set skin.

The items should be cut away carefully with a palette knife or a scissors. Carefully trim away any drips or rough edges.

4. DECORATING THE CF –

The large or small CF can be decorated tastefully. Special aspic cutters can be used to punch decorative shapes from various vegetables.

These can be arranged in geometric patterns, floral and abstract.

Each component must be dipped into warm aspic jelly and applied to the surface of the CF.

After the decorated CF have been chilled, they are with a single coat of well tempered aspic jelly.

QUALITY INDICATORS FOR CF-

The quality of a CF is judged according to the following-

1. FLAVOR- the sauce should fully complement the dish with which it is served , weather the flavoring agent is wine or stock
2. TOOTH- CF should have a very delicate tooth. As It melts in the mouth , it should have a silky smooth texture similar to that of well made veloute or béchamel
3. COLOR- the colors should originate from real food ingredients. Keep the colors to pastels or earthy tones.
4. APPEARANCE- the appearance coated with CF should be pristine, perfectly smooth, shiny and free from air bubbles.

HANDLING AND STORAGE

CF sauces can be cooled and stored life aspic jelly.

Reheat gelled CF over a hot water bath to prevent scorching.

COLLEES

Are CF sauces using mayonnaise, sour cream, heavy cream or a combination of these as their bases.

They are often used with fish and other light preparations.

Combine 3 parts mayonnaise, sour cream or heavy cream with one part of strong aspic jelly

LINING PLATTERS AND PLATES

When using silver platters for presentation of cold foods, it is best to line them.

Use a thin layer of tempered aspic jelly.

This will inhibit any chemical reaction between the silver and the food.

This process is known as applying aspic mirror to the platter.

For an aspic mirror a decorative overlay can be arranged directly on the platter before the mirror is poured.

A very classical method of using aspic for decorations is the use of aspic croutons . these are triangular in shape and are arranged in a border around the dish to be decorated.



HAM AND BACON

HAM

Definition:

The word ham means pork, which comes from the hind leg of a hog. Hams may be fresh, cured, or cured and smoked. The usual colour for cured ham is deep rose or pink. Fresh ham (which is not cured) has the pale pink, country hams and prosciutto (which are dry cured) range from pink to mahogany colour.

Facts:

Curing Solutions: Curing is the addition of salt, saltpetre and sometimes sugars and seasonings to pork for preservation, development of colour and flavour enhancement.

Dry Curing: This process is used to make country hams and prosciutto. Fresh meat is rubbed with a dry-cure mixture of salt and other ingredients. Dry-cured hams are usually aged for six months but may be shortened according to ageing temperature.

Wet Curing or Brine Cure: This is the most popular way of producing hams. It is a wet cure whereby fresh meat is injected with a curing solution before cooking.

Smoking and Smoke Flavouring: After curing, some hams are smoked. Smoking is a process by which ham is hung in a smokehouse and allowed to absorb smoke from smouldering fires. This gives added flavour and colour to meat and slows the development of rancidity.

Usage: Ham is served with fresh figs or slices of melon or is chopped finely and added to salads or cooked pasta. Alternatively, use the ham to wrap around meats prior to pan-frying or oven roasting, this not only adds flavour but also keeps the meat moist. Dry cured ham can be served with cheese, bread and fruit for a simple lunch. Ham slices are perfect for making sandwiches as the large slices of ham cover sliced bread well. Ham can also be served on Italian bread - ciabatta or focaccia and topped with sliced tomatoes and mozzarella.

Commonly used hams:

Aged Hams: These are heavily cured, smoked hams that have been hung to age from one to seven years. They are covered in a mould, which must be scraped and washed off prior to eating.

Brine-Cured: The meat is soaked in brine and then smoked.

Fresh ham: Raw/uncooked cut of meat from the hog's hind leg. It must be cooked prior to eating.

Gammon: Derived from a French word "Gambe" for hind- leg of the pig or ham.

Prosciutto: Italian ham. The meat is seasoned, salt-cured, and air-dried. It is not smoked.

Serrano ham: Sweet tasting, mature Serrano ham is produced in the mountainous regions of Spain. It is not cooked, but coated in sea salt and stored until the salt is absorbed. Its sweetness comes from the gentle curing and from the high temperatures during the last stages of maturation.

BACON

Definition:

Bacon is a cut of meat taken from the sides or back or belly of a pig, cured and possibly smoked. It is generally considered a breakfast dish, cut into thin slices before being fried, or grilled. It is commonly used as an ingredient in recipes, and is valued both as a source of fat and for its flavour.

Facts:

Smoking is used to impart more flavour into the bacon and also to speed up the curing process. Un-smoked bacon is sometimes known as *green bacon*. Allowing the cured meat to hang in a room over a bed of smoking wood chips traditionally produces smoked bacon. A side of un-sliced bacon is known as a *fitch*. An individual slice of bacon is called a *rasher*. Traditionally the skin is left on the cut and is known as *bacon rind*. Rind less bacon is also available as a healthier alternative.

Usage:

- Bacon goes well with most poultry, fish and shellfish, green vegetables, salads, pulses and is used as stuffing also.
- Most popularly served with break fast egg preparations.
- Small cubes of bacon are rendered and hence flavour a variety of dishes.
- The famous spaghetti carbonara uses strips of bacon in its recipe.
- Quiche Lorraine has bacon as one of its principle ingredients.
- Bacon is thinly sliced and wrapped around prunes or oysters and grilled to produce classical savoury dishes.

Commonly used bacon:

- **Back bacon:** Cut comes from the loin in the middle of the animal. It is a lean meaty cut of bacon, with relatively less fat compared to other cuts.
- **Collar bacon:** Is taken from the back of a pig near the head.
- **Streaky bacon:** Comes from the belly of a pig. It is very fatty with long veins of fat running parallel to the rind.
- **Pancetta:** Italian streaky bacon, smoked or green (un-smoked), with a strong flavour.

ARABIC

Arabic food refers to the food of the Arabian Peninsula, the largest country being Saudi Arabia, located in the southern region of the Middle East, which covers 2149700 sq. Km., which is three quarters of the Arabian peninsula. It is bordered by the Persian Gulf and U.A.E. to the east, Oman and Yemen to the south, the Red Sea to the west and Jordan, Iraq and Kuwait to the north.

Sunni Muslims make up ninety percent of Saudi Arabia's 25 million inhabitants, the majority is of tribal ancestry. The indigenous Bedouin tribe's food culture and the cultural influence of Islam forms the main characteristic of Arabian food.

The Bedouin tribe were nomadic herdsmen who lived in the deserts of Arabia and North Africa. The Bedouin existence depended on their herds and flocks. The camel was the supreme possession providing transport, milk for food and beverage, meat, hair, hides and dung for fuel. The camel allowed men to conquer the desert as they are capable of sustained travel in the desert. It was because of the camel these Arabs became the middle men in the caravan spice trade. These trade links brought spices and seasonings from Africa, India, Far East and Iraq and supplied them to the European countries.

The Bedouin food culture was based on the simple scarce food available in the region and their famed hospitality culture of honouring the guest. The main dish is centred on meat, chicken, fish or prawns, cooked in a sauce or roasted, baked or grilled, as in kebabs, with rice accompaniments. Simply dressed salads including peppery cress and cucumbers are common. Flat bread, curds and pickles accompany meats.

Islam, which had taken roots in the 6th century A.D., has dominated the Muslim culture by initiating strict culinary taboos which forbids ingesting alcohol, pork and blood. Lamb is the most popular meat and Khouzi the national dish is a whole spit roasted lamb stuffed with chicken, eggs and spiced rice.

In Muslim culture mixing of sexes is discouraged, men and women dine separately; males eat before women and children.

Dates are commonly used in sweet and savoury dishes.

Coffee is the main drink and has strong association with the renowned hospitality of the people. It is prepared from finely ground, well roasted beans and may be flavoured with cardamoms.

Originally, the Arabs of the Arabian Peninsula relied heavily on a diet of dates, wheat, barley, rice and meat, with little variety and heavy emphasis on yoghurt products, such as labneh (yoghurt without butterfat).

There is a strong emphasis on the following items in Arabian cuisine:

- Meat: lamb and chicken are the most used, with beef and camel used to a lesser degree. Other poultry is used in some regions, and in coastal areas, pork is completely prohibited—for Muslim Arabs, being both a cultural taboo and prohibited under Islamic law; many Christian Arabs also avoid pork as they have never acquired a taste for it, although this is often not the case in Lebanon, where cold cuts of ham are frequently consumed in Christian neighbourhoods.^[1]
- Dairy products: dairy products are widely used, especially yoghurt and white cheese. Butter and cream are also used extensively.
- Herbs and spices: mint and thyme (often in a mix called za'atar) are widely and almost universally used; spices are used much less than the Indian cuisine, but the amount and types generally varies from region to region. Some of the included herbs and spices are sesame, saffron, turmeric, garlic, cumin, cinnamon, and sumac. Spice mixtures include baharat.
- Beverages: hot beverages are used more than cold, coffee being on the top of the list, mostly in the Gulf countries. However, tea is also served in many Arab countries. In Egypt and Jordan, for instance, tea is a more important hot beverage than coffee.
- Grains: rice is the staple and is used for most dishes; wheat is the main source for bread. Bulgur and semolina are also used extensively.
- Legumes: lentils are widely used as well as fava beans and chickpeas (garbanzo beans).
- Vegetables and fruits: Arabic cuisine also favors vegetables such as cucumbers, eggplant (aubergine), zucchini (courgette), okra and onions, and fruits (primarily citrus) which are often used as seasonings for entrees. Olives as well as dates, figs and pomegranate are also widely used.
- Nuts: almonds, pine nuts, pistachios, and walnuts are often included.
- Greens: parsley and mint are popular as seasonings in many dishes, while spinach and mulukhiyah (leaves of plants of the Corchorus genus) are used in cooked dishes.
- Dressings and sauces: The most popular dressings include various combinations of olive oil, lemon juice, parsley, and/or garlic, and tahini (sesame paste). Labaneh, thinned yoghurt, is often seasoned with mint and onion or garlic, and served as a sauce with various dishes.

Notably, many of the same spices used in Arabian cuisine are also those emphasized in Indian cuisine. This is a result of heavy trading and historical ties between the two regions.

Culture

Essential to any cooking in the Arabian Peninsula is the concept of hospitality and generosity. Meals are generally large family affairs, with much sharing and a great deal of warmth over the dinner table. Formal dinners and celebrations generally involve large quantities of lamb, and every occasion entails large quantities of Arabic coffee. In an average Gulf Arab

state household, a visitor might expect a dinner consisting of a very large platter, shared commonly, with a vast amount of rice, incorporating lamb or chicken, or both, as separate dishes, with various stewed vegetables, heavily spiced, sometimes with a tomato based sauce. Most likely there would be several other less hearty items on the side. Tea would certainly accompany the meal, as it is almost constantly consumed. Coffee would be included as well.

Structure of meals

There are two basic structures for meals in the Arab world, one regular and one specific for the month of Ramadan.

Breakfast

Cafés often offer croissants for breakfast. Breakfast is often a quick meal consisting of bread and dairy products with tea and sometimes with jam. The most used is labneh and cream. Labneh is served with olives, dried mint and drizzled with olive oil. Pastries such as manaqeesh, sfiha, fatayer and kahi are sometimes eaten for breakfast. Flat bread with olive oil and za'tar is also popular. Most Arab families also consume hummus and falafel with pita bread.

Lunch

Lunch is considered the main meal of the day and is traditionally eaten after the noon prayer. It is the meal for which the family comes together and, when entertaining, it is the meal of choice to invite guests to. Rarely do meals have different courses; however, salads and maza (an appetizer) are served as side dishes to the main meal. The latter usually consists of a portion of meat, poultry or fish, a portion of rice, lentil, bread or bagel and a portion of cooked vegetables in addition to the fresh ones with the maza and salad. The vegetables and meat are usually cooked together in a sauce. Drinks are not necessarily served with the food; however, there is a very wide variety of drinks such as shineena (or laban), Karakaden, Naque'e Al Zabib, Irg soos, Tamr Hindi as well as fruit juices. During the 20th century, carbonated beverages and fruit based drinks, sold by supermarkets, have also become very popular.

Dinner

Dinner is traditionally the lightest meal, although in modern times and due to changing lifestyles, dinner has become more important.

Ramadan meals

In addition to the two meals mentioned hereafter, during Ramadan sweets are consumed much more than usual; sweets and fresh fruits are served between these two meals. Although most sweets are made all year round such as knafeh, baklava and basbousa, some are made especially for Ramadan, such as Qatayef.

Futuur

Futuur (also called iftar, Afur in Somali) or fast-breaking, is the meal taken at dusk when the fast is over. The meal consists of three courses: first, an odd number of dates based on Islamic tradition. This is followed by a soup, the most popular being lentil soup, but a wide variety of soups such as chicken, oats, *freeka* (a soup made from a form of whole wheat and chicken broth), potato, maash and others are also offered. The third course is the main dish, usually eaten after an interval when Maghreb prayer is conducted. The main dish is mostly similar to lunch, except that cold drinks are also served.

Sahur

Sahar is the meal eaten just before the dawn when fasting must begin. It is eaten to help the person make it through the day with enough energy.

BREAD

The invention of leavened bread is attributed to the Egyptians. The Greeks baked on grids in an oven like structure. Romans cooked their bread in household ovens made of brick and earth. It was in the Middle Ages that the bakery trade began to develop, bread became very varied and many different kinds of bread were produced.

Definition: Bread is food made from flour and water dough with yeast, which is fermented, kneaded and baked in the oven. The action of yeast gives bread its characteristic texture and flavour.

Bread is the only food, which, like wine, is present on the table from start to finish of any meal; bread constitutes the traditional accompaniment to all dishes. It is also the basic ingredient in sandwiches, canapés, toasts, croutons & breadcrumbs. In addition to this it is used widely in the preparations of the other dishes like, soups, gazpacho & garlic soup, panadas, stuffing's & forcemeats, timbales, charlottes & pudding and even in sauces. Good bread must have a crisp crust, an attractive golden colour and as soft crumb. Growing stale too quickly is a sign of bad quality. Most bread should be served fresh but not hot. A daily intake of 300 gms provides 125gms carbohydrates 25gms proteins, 2 gms fat calcium, phosphorus, magnesium potassium and it gives 750 calories.

The baking/making of bread comprises of 3 main operations kneading fermentation and baking.

The following ingredients are necessary for bread making

1. Maida
2. Yeast
3. Sugar
4. Fat and
5. Salt

1. Refined flour or Maida

Only strong and not weak flour is used for making bread. Strong flour has reference to the character of flour. Wheat flour contains both soluble and insoluble proteins. Proteins along with other components join when water is added. When this occurs, two of the insoluble proteins namely glutenin and gliadin join in the presence of water forming a tough, somewhat rubbery material called gluten. Glutenin gives solidity to the product whilst gliadin is the binding imparting the soft, sticky character to gluten. The gluten of strong flour is tough, resists extension is capable of withstanding prolonged periods of fermentation without breaking down producing good loafs. Flour containing such gluten is capable of absorbing a high percentage of water.

Diastatic enzymes present in the wheat flour affect the gassing power of the flour. If flour is deficient in diastase the final proving of the bread will be unsatisfactory. On the other hand, if too much diastatic action occurs the bread will still be unsatisfactory having a strictly crumb.

SALT

Why salt is used in Bread making?

Bread made without salt is insipid and flavourless; therefore, salt makes bread palatable and appetizing. The quantity of salt needed is also the right quantity to exercise adequate control

over the speed of yeast action (1 Kg of flour is to 30 gm of salt) If too much salt is added the bread will be too salty for pleasant eating whilst there will also be slowing down of yeast action.

Dough with too little salt in them suffers because of the lack of control over yeast activity and fermentation, allowing the production of excessive acidity. Salt has a physical effect on the gluten of flour. In reasonable quantities, it strengthens gluten and increases its resistance to the general softening effects of fermentation. Too much salt will completely rob it of its power of holding gas.

If salt is not added at all, then the yeast in the dough will be able to consume excessive quantities of sugar during its uncontrolled speedy action during fermentation that there may be insufficient sugar left at baking time to give perfect crust colour.

Loaves made from dough containing too little salt will lack volume because the gluten has not been strengthened sufficiently. The weak gluten strands will break down giving crumbly bread with large holes in texture.

Dough made with rather too much salt will have toughened gluten, which will have been insufficiently ripened, producing bread of subnormal volume and with unsightly holes in the texture.

Yeast

Yeast is living micro organism, the one used for bread making is known as baker's yeast or scientifically as "Saccharomyces Cerevisiae".

Like all living things yeast can only work well between certain temperatures. The ideal and optimum temp, for the working of yeast is between 78⁰ and 82⁰ F. It works steadily at 76⁰F but rather too slowly. Above 84⁰F the speed of fermentation is very great but fermentation of dough may be undesirable. Above 140⁰F the proteins in yeast get coagulated, the cells cease to function and then die. Yeast grows better in a slightly acid medium.

Yeast may be stored in a refrigerator at 36to 40⁰ F. If no refrigerator is available, remove from packet and press it into a clean, dry earthenware vessel. Stand the jar in cold water and cover with a piece of clean muslin the ends of which dip into water.

For fermentation to occur normally dough must be made at a suitable temperature. In very cold weather very hot water may be needed. But under no conditions should the water temperature be above 110°F.

If salt comes into direct contact with yeast in sufficient concentrations the yeast will be destroyed. This is because salt will deprive the yeast cells of its water. The salt should be dissolved in water separate from the yeast solution. When salt is approx 3% of the solution its effect on yeast is not deadly but merely restrictive.

After making dough at the right temperature it is essential to see that the dough retains that temperature during fermentation. If it becomes chilled yeast action will slow down. The dough should be protected from draught of air especially cold air. They should preferably be fermented in bowls, which are bad conductors of heat.

Fats

Fats used in small quantities, act as a gluten lubricant, the strands of which then slide over one another and so appear to extend more easily, and the dough ripens more readily. The crumb is made moister, is wither and more even in texture. Crust are thinner and more biscuit like owing to the shortening properties of fats, and the general build of the loaf is better. If fats are used in heavy quantities it causes bread to be clammy and alter its eating qualities.

The undesirable characteristics that would be apparent when using large quantities of fat can be counteracted by the use of milk powder. Milk powder imparts bloom to the crust, makes the crumb a delicate creamy yellow colour but makes the bread crumbly. Where both fat and milk are used the crumb is creamy, soft, and even in texture crusts are thin and short eating and the loaf volume very satisfactory.

SUGAR

There must be sufficient sugar in the dough at the final proving stage from which the yeast can generate gas. Sucrose or glucose may be added to dough if greater gassing powers are required. Therefore sugar is needed for final proving to give sufficient volume to the loaf and for caramelization on the crust of the bread during baking. The quantity of sugar used in dough

should be small. Sugar has a dispersing action on the gluten of flour and large quantities can completely destroy its tenacity and extensibility.

Bread Making

There are many satisfactory methods of making bread given below are details of each of the methods that may be employed for making bread

I Straight Dough Method

When the whole of the flour, yeast, salt, water yeast food and enriching materials are taken and, at one operation, amalgamated by hand or machine into dough, the method is called the straight dough method of bread making. It is the least complicate of all dough making processes. The greater the quantity of yeast the shorter the length of time the dough will require in which to reach maturity and vice-versa. Excellent bread can be made by suing extra yeast in a cool dough and adding a little extra salt. However to obtain good results it is not advisable to speed up fermentation by use of high temperature and a small quantity of salt.

II Delayed Salt Method

A simple but very effective variation of the straight dough process is the delayed salt method. In this the whole of the ingredients except the salt are mixed together to make the dough which is then allowed to ferment for approx 30 min the salt is then sieved over the surface of the dough and thoroughly mixed.

By this process stronger flour are ripened more quickly and extra flavour is produced in the bread. This is achieved because no salt is present for most of the fermentation period hence yeast works more rapidly as do acid forming bacteria present in the dough.

III FERMENT AND DOUGH

Ferment is a thin liqueur prepared at a suitable temp containing all the essential food that is required by yeast. It is generally prepared with only a portion of the water that must eventually be used to make the finished dough. All he yeast, yeast food and some of the flour are mixed in to the selected quantity of water and a period to time allowed to elapse during which the yeast

can set to work and reach an active, vigorous condition before it is called upon to undertake the more serious and difficult work of fermenting the whole of the flour. Ferment offers yeast a period to recuperate, so that when the remaining ingredients are added to make the dough it can get on with the heavier work efficiently. The ferment is usually allowed to work until it has risen up the vessel in which it is contained to the fullest limits of the extensibility of the gluten. When this point is reached and passed the gluten strands break and the mixture subsides. The ferment is then ready for dough making.

IV Sponge & Dough

A quarter of the amount of the total flour needed for the final dough is removed and mixed with sufficient water to make very a soft dough. Into this mixture a small quantity yeast and salt are mixed and allowed to ferment slowly over a long period. The time can be regulated by the amount of yeast used and the temperature at which the sponge is set. When the sponge has cradled the production of an increased army of yeast cells, the remaining ingredients are added and the dough is made.

V Flying sponge

Instead of making a sponge to lie for many hours a similar mixture can be prepared with larger quantities of yeast that are normal for straight dough process, and allowed to lie for an hour. They are referred to as flying sponges because it takes less time to prepare the dough.

VI No time dough method

In this method dough is not fermented in the usual manner. It is allowed to ferment for a short period so the twin function of fermentation i.e. production of gas and conditioning of gluten are achieved to some extent by increasing the amount of yeast and by vigorously beating the dough using mechanical dough mixers so that the dough becomes a little slack and warm. The dough is then shaped and directly deposited in bread moulds for final proving before they are baked. It is possible to get a good product using this method but the product has poor keeping quality and lacks aroma due to short fermentation time, the gluten and starch are not conditioned to hold moisture and there is no flavour because flavour producing bi-products of fermentation are absent because of increased quantity of yeast present. The bread may have a strong yeast flavour.

Staling of Bakery Products and Mold Infection

There are three ways in which bakery products stale. They are, Starch Retrogradation (firming of the crumb), getting infected by molds and rope; See Below.

In simple terms, staling of crumb (firming of crumb) is the process the starch molecules go through when they shrink upon cooling. Starch molecule consists of a very long chain of Carbon, Hydrogen and Oxygen that are stretched out when warm and feel soft. Upon cooling, the chain shrinks and thus become firm which is called staling. You have probably experienced that when a stale product is warmed, it becomes soft. The starch chain has stretched again. Upon cooling, it shrinks again and become firm.

Anti-Staling Ingredients:

1. Emulsifiers. For the past several years bakers used emulsifiers called bread softeners to produce bread that will remain soft for a longer period of time. It is added to the dough during mixing. Some of the more common ones are monoglycerides, calcium stearoyl lactylate, and sodium stearoyl lactylate. The softening action takes place after the bread is baked. Also, Potato bread will resist staling because potatoes act as anti-staling ingredients to some degree. Some anti-staling ingredients also perform as dough conditioners or dough strengtheners.

2. Enzymes. Enzyme manufacturers are hard at work on generic engineering and protein engineering producing enzymes to extend the shelf life of bread many fold. In a paper presented at the 1999 American Society of Baking's Annual Convention, it was stated that some of these enzymes are available now. However, since every baker wants to have one better, enzyme manufacturers will continue to work on developing better ones. It was also stated that there is a lag time of between 2 and 3 years between the time a specific enzyme is identified and actually having it available for the baker to use.

Advantages of Using Enzymes instead of Chemicals. Since enzymes are produced from natural ingredients, they will find greater acceptance by the housewife than when chemicals are used.

3. Mold and Mold Inhibitors. Sanitation plays a very important role in preventing mold in bread. Mold spores do not survive baking temperatures. The interior of the loaf, when it comes out of

the oven is about 210 to 212 degrees F. which will destroy any mold spores which may be present in the dough. Therefore, bread and other bakery products can only be contaminated after they leave the oven.

Some of the more dangerous areas for mold contamination are storage rooms, and slicing machine blades which come in direct contact with the interior of the loaf where there is an abundant supply of food and moisture. Mold spores also thrive in dark places. You can extend the length of time that it takes bakery products to mold by several days by using Mold Inhibitors such as Calcium Propionate for yeast raised doughs and sodium propionate in chemically leavened products. Propionates are present in many foods, but in very small amounts. Swiss Cheese, however is an exception. For this reason, Swiss Cheese rarely molds, unless it is improperly developed. Propionates may be obtained by the oxidization of propyl alcohol, forming propionic acid. The propionic acid is in turn combined with other chemicals to form the well known Sodium and Calcium propionates sold under different Trades Names. Mold Inhibitors react as an alkaline in doughs, and since yeast doesn't like an alkaline condition, Mineral Yeast Foods containing monocalcium phosphate are added to the dough. Monocalcium Phosphate reacts as an acid in doughs therefore counter-acting the alkaline which is formed by the propionates. Also, vinegar can be used at the rate of about 1 pint per 100 pounds of flour. Inhibitors are called inhibitors, because not enough is used to kill the mold. They only retard the growth of molds. Bread will mold eventually if kept in a warm moist environment. The amounts of Calcium Propionate to use in bread varies with the climate, season of the year, or type of product. Dark Breads require more than White Breads. For average climates, 2.5 to 3.5 ounces are used per 100 pounds of flour in White Breads and 4.0 to 5.0 ounces are used in Dark Breads.

Types and Color of Molds. There are many different types of molds and they have different colors. Mold spores are practically everywhere, because they are very tiny and are carried in the air. They are so tiny that they can only be seen under a microscope. Mold Spores are like seeds that you plant in the garden. When they come in contact with the proper food, moisture and warmth, the spores produce mold plants which you can see with the naked eye.

Rope. Rope is a bread disease caused by the bacteria, *Bacillus mesentericus*. This disease breaks down the cells of the bread and leaves a sticky, pasty mass. When the crumb is pressed together,

and pulled apart, it will stretch into long, sticky, web-like strands. The product will have the odor of over-ripe cantalope. The rope bacteria are too small to see with the naked eye, but they can be seen with a microscope. The bacteria can be present in the ingredients, especially flour and yeast. Unlike mold, rope spores are not destroyed by baking temperatures. Calcium propionate, sodium diacetate or one pint of vinegar per 100 pounds of flour can be used in bread doughs to increase the shelf life of the product. If the bakery is contaminated, thorough cleaning with special chemicals will be necessary and/or the bakery may have to be steam cleaned.

External Bread Faults

Symptom	Causes
Crust too dark	<ul style="list-style-type: none"> - Oven temperature too high - Excessive milk or sugar. - Excessive baking time. - Over proofing.
Crust too light	<ul style="list-style-type: none"> - Oven temperature too low. - Insufficient milk or sugar. - Insufficient baking time. - Insufficient proofing. - Insufficient mixing.
Crust broken	<ul style="list-style-type: none"> - Insufficient proofing. - Insufficient liquid.
Crust too hard	<ul style="list-style-type: none"> - Oven temperature too high - Insufficient proofing. - Insufficient sugar or shortening. - Excessive steam. - Insufficient liquid. - Baking time too long.
Crust too soft	<ul style="list-style-type: none"> - Oven temperature too low - Excessive sugar/egg yolks/shortening. - Excessive oil/margarine as a wash. - Insufficient steam during baking. - Baking time too short or wrong bread machine setting.

Internal Bread Faults

Symptom	Causes
Coarse and irregular grain	<ul style="list-style-type: none"> - Improper mixing procedures. - Stiff batter. - Careless or poor depositing in the pans. - Oven too cool, (baked too slowly).
Dense grain	<ul style="list-style-type: none"> - Excessive liquid in the batter. - Improper mixing procedure.
Off-color breads	<ul style="list-style-type: none"> - Improper mixing procedure. - Oven too cool, (baked too slowly). - Unclean equipment.
If raisins, nuts or dried fruit sunk to the bottom	<ul style="list-style-type: none"> - Pieces of fruit were too large and too heavy. - Sugary syrup on the outside of the fruit was not washed off- causing the pieces of fruit to slide through the mixture as it heated. - Washed and dried fruit was not dusted with flour before being added to the mixture. - Bread mixture was over beaten or was too wet so it could not hold the fruit in place. - Oven temperature was too low, causing the mixture to melt before it set to hold the fruit in place.

General Bread Faults

Symptom	Causes
Batter over-flowed the pans	<ul style="list-style-type: none"> - Wrong adjustments to recipes (too much liquid, flour etc.) - Wrong size pan used. Mixture should fill 2/3 of pan.
Poor flavor	<ul style="list-style-type: none"> - Improper mixing procedure. - Improper cleaning and greasing of the pans. - Faulty baking conditions. - Improper cleaning of the equipment.
Breads too tough	<ul style="list-style-type: none"> - Excessive mixing. - Batter too stiff (insufficient water). - Batter too thin (excessive water).

Lacks body/structure	<ul style="list-style-type: none"> - Excessive mixing - Insufficient liquid.
Dries out too soon	<ul style="list-style-type: none"> - Excessive baking time. - Insufficient liquid. - Improper mixing procedures. - Cooled in a drafty location.

CUISINE OF SPAIN AND PORTUGAL

Situated in southwest Europe is the Iberian Peninsula which juts out from France and the Pyrenees mountain range into the waters of the Mediterranean Sea and the Atlantic Ocean. It lies between 10°W to 4°E longitude and 36°N to 43°N latitude and includes two countries Spain and Portugal with Spain covering more than three quarters of its landmass. The proximity of the two countries with their large coastline regions and overlapping historical influences, bind their culinary traditions.

HISTORICAL AND CULTURAL INFLUENCES

Since ancient times waves of invasions of the Iberian Peninsula have radically influenced its food. In the north the Celtic people introduced pigs and pork which is still popular today. The Romans brought irrigation and olive trees which changed the economic conditions for the better. Arabs (Moors) who ruled the region for 800 years left an indelible mark on the food habits of the inhabitants. They brought in saffron, rice, citrus fruits, almonds, eggplant, eastern spices and this has had a dominant influence on the cuisine. Being very powerful seafarers both Spain and Portugal travelled all over the world in search of spices bringing back home spices like cloves, cinnamon, nutmeg, and black pepper. With the discovery of the New World i.e. Americas, foods such as chillies, corn, beans, tomatoes, vanilla, chocolate, squash, guava, pecans, pine nuts, turkey and potatoes were incorporated into their cuisine. Their cuisines amalgamated with the colonies they ruled.

SPAIN

The Spanish landscape is dominated by a high plateau surrounded and dissected by mountains, creating regional cuisines. Spain borders the Bay of Biscay, France, Andorra and Pyrenees to the north, the Mediterranean Sea and the Straits of Gibraltar to the east and south the Atlantic Ocean to the south and Portugal and Atlantic Ocean to the west. Agriculture is a significant part of the economy. Spanish population is almost 43 million and almost all are Roman Catholic, making Christian holidays occasions for culinary celebrations.

Although distinct dishes are found within culinary regions nationally the Frittata patata

An egg omelette with potatoes is a clear favourite, Paella the rice, meat and seafood dish is another favourite so is Cocidas a brothy soup and gazpacho a cold cucumber soup and almond based sweets.

The Spanish are good eaters and sometimes may eat both an early and mid-morning breakfast as well as full lunch and dinners and in between snacking on Tapas. Lunch is considered a heavier meal than dinner. A full meal may begin with Tapas followed by an entree, then the main course and lastly sweet or dessert.

PORTUGAL

Portugal has a passion for seafood because of its long coastline. For culinary purposes Portugal may be divided into north and south separated by the Tagus River. Portugal is situated on the innermost edge of the European Continent. The population is 11million mostly Roman Catholic and Christian Culinary traditions have shaped their eating habits. Portugal terrain is generally mountainous north of Tagus River and rolling plains south of it and it has a sizeable rural population. Its main agriculture products are wheat, corn, rice, potatoes, grapes and olive oil. Dairy products are scarce especially in the north. Portuguese tend to use more varied and intense seasonings.

North is famous for its Caldo Verde a soup of potato, onions, shredded cabbage and Linguica sausage, may be thickened by cornbread. Portugal is famous for sardines and cod which are canned and salted. Specialities of Portugal are chestnut soup and almond & egg confections.

South is more hotter and fertile climate. Wheat is the staple crop and food, especially bread. Bread is also used to thicken soups or stews. Algarve is the southern most region, from it comes Piri-Piri a hot chilli sauce which is now famous in all former Portuguese colonies. The warm climate is good for cultivating figs, apricot, lemons, carob, almonds, sugarcane, citrus and rice. Portugal like Spain has a lot of Moor's influence especially in the use of almonds and egg yolks in sweets.

The Portuguese eat a light breakfast followed by a mid-morning snack then lunch followed by a leisurely dinner. The main meal will start with soup followed by a meat or fish dish accompanied with vegetables, especially green salads. Desserts are simple like rice pudding or cheese or fruit followed by coffee.

FRENCH CUISINE

In France, cuisine is not simply a source of pleasure but a multifaceted discipline. With a focus on tradition, technique and mastery of style, French cuisine is arguably the most aesthetic cuisine in the world. The development of French cuisine may be attributed to the fact that France has historically had a gastronomic capital “PARIS”. Culinary resources are concentrated there—the best ingredients and the most sensitive palates were all to be found at one place.

France is situated between 43°N and 51°N latitudes and between 5°W and 9°E longitude. The hexagon shaped mainland of France is located in western Europe and is bordered by the English Channel on the north west, Belgium and Luxembourg on the north east, Germany, Switzerland and Italy to the east, the Mediterranean sea to the south east, Spain and Andorra on the south west and the Bay of Biscay and the Atlantic ocean to the west. The Pyrenees mountain range divides France from Spain.

France has an area of 547000 km², the terrain to the north and west is flat with rolling hills, while the south and east are quite rugged and mountainous. The climate is mild winters and summers in the west, cool winters and hot summers inland, tough winters in the mountains and mild winters and hot summers along the Mediterranean in the south. About 57% of the land in France is dedicated to agriculture and the population of France is approximately 61 million.

HISTORICAL AND CULTURAL BACKGROUND

Throughout its history France has been invaded by explorers from many foreign countries. In certain areas of the country Celtic, British, Basque, Spanish, Italians, Greek and Arab influences are evident. The Celtic Gaul introduced farming to this area and also developed Charcuterie for which France is famous even today. The Romans who took over introduced cheese making and the Moors introduced goat rearing and spices. Arab influence is evident in the use of almonds and rice. With the marriage of Catherine de Medici to Henry II the foundations for modern French cuisine were established. Marie Antonio Carême (1784-1833) the great Chef who organised and detailed dishes according to courses laid the foundation for Grande Cuisine. It was further refined by Chef Georges-Aguste Escoffier whose approach was based on simplicity and called it Cuisine Classique. The next major shift in French cuisine was initiated by Chef Fernand Point (1897-1955) who further simplified the menu and laid the ground work for Nouvelle Cuisine.

France may be divided into four culinary regions—the North West, North East, South West and South East. There are in all 22 provinces, each province has its own culinary specialities, impacted by history, terrain and climate.

THE NORTH WEST REGION

The North West region includes the provinces of Brittany, Basse-Normandy, haute Normandy, Pays de la Loire and the Loire Valley. This area has a long coastline and maritime climate- cool summers, warm winters and heavy rain. Proximity to the ocean results in a cuisine heavily influenced by sea food. Clams, lobsters, Dungeness crabs, oysters, skate, mackerel and Dover sole are all relished. Wild game including boar, rabbit, duck and pheasant, along with domestic goat and lamb are all popular. Normandy is renowned for cow's milk cheese "Camembert" and superior butter which is utilized heavily in local cuisine. Fruits and vegetable of this region include pears, plums, apples, potatoes, artichokes, endive and pumpkins. Wheat is the preferred grain and walnuts the favourite nut.

THE NORTH EAST REGION

The North East region of France includes Nord Pays de Calais, Picardy, Champagne, Alsace, Lorraine and Franche-Comte. This region's cuisine is influenced by its neighbouring nations – Germany, Switzerland and Belgium. Thus foods traditionally associated with Germanic cuisine such as sauerkraut and sausages are popular as are waffles and beets, items of Flemish origin. Pork, wild game, foie gras, freshwater fish, escargots(snails) and frogs are commonly utilised. The products of this region are wheat, barley, endive, beets, potatoes, cabbage, wild mushrooms, truffles, plums, apples, cherries, grapes, asparagus and cheese. Wheat is used to make spaetzle and egg noodles.

SOUTHEAST REGION

The southeast region of France consists of Burgundy, Auvergne, Limousine, Rhône alps, Côte d' Azur and Corsica and is the home to the city of Lyon the culinary capital of France. Beef, pork, lamb, duck and rabbit are all common as are cheeses derived from cow's, sheep's and goat's milk. Artichokes, eggplants, tomatoes, garlic, olives, herbs, apricots, cherries, plums and figs flourish in the cool Mediterranean climate. Common fish include anchovies, sardines, red mullets and monkfish. Specialities of this region include Dijion mustard, Le Puv lentils, bouillabaisse, ratatouille and tapenade.

SOUTHWEST REGION

The provinces of Midi-Pyrenees, Languedoc-Roussillon, Aquitaine and Poitou-Charentes make up the southwest region of France. This area borders Spain and is heavily influenced by Spanish cuisine and the Arab moors conquerors from Africa. Seafood is popular including monkfish, eel, tuna, oysters, cod and mussels. Poultry, walnuts, chestnuts, porcini and

chanterelles mushrooms are harvested. The Moors introduced exotic spices such as pepper, cumin, anise, ginger, cinnamon and caraway. Specialities are fish soup with peppers and onion and jambon de Bayonne. The staples are wheat, barley and corn and like the Spanish use almond paste for thickening sauces.

Frozen Desserts

Definition:- They are cold desserts made by freezing a flavoured mixture or a concoction made from favoured full milk and cream.

History: - The Chinese knew the art of making iced drinks and dessert long before the Christian era. This art may have travelled Westward through the Greeks. Both the Greeks and Romans were known to serve fruit salads and purees mixed with honey and snow. Marco Polo the great traveller may have made it popular when he returned back from China.

Catherina de Medic introduces cold desserts in the form of ice creams to the French aristocracy when she married the future king HENRY-II. However the credit for introducing the ice cream to the public goes to Francesco Procopio which then became the rage.

Around 1775 ices became more delicate in flavour, richer and with more body so that it could be moulded easily. By the end of the 18th Century ice cream became a fashion.

TYPES & CLASIFICATION

Cold dessert is made by freezing a favoured mixture and they are of two types.

- A. They may be made by freezing the mixture without any agitation – STILL FROZEN
- B. They may be made by mechanically churning during the freezing process which result in a smooth creamy texture FREEZE CHURENED ICES.

A STILL FROZEN

- ❖ Mousses
- ❖ Soufflés
- ❖ Parfait
- ❖ Biscuit Glace or ice cream Cake

- ❖ Bombe glace

B. FREEZE CHURNED

- ❖ Ice creams
- ❖ Fruit Ices
- ❖ Sorbet
- ❖ Granita
- ❖ Marquises
- ❖ Punch.

Mousse

A French term meaning foam is applied to dishes with a foamy texture. They are usually cold, and often sweet but also savoury and sometimes even hot. Some confections are naturally foamy; others may need beaten egg white and/or whipped cream, and possibly gelatine to achieve the desired texture.

Soufflé is used as a synonym with Mousse however mousse is used for a wide range of dishes such as those incorporating savoury items such as mousse de jambon or mousse de asparagus.

Soufflé:-

A French word which literally means “puffed up” and is used as a culinary term in both English and French. It is a light, frothy dish just stiff enough to hold its shape, and which may be savoury or sweet, hot or cold. Cold soufflé is difficult to distinguish from a mousse and is made in the same way.

The hot soufflé is started with a Roux blended with egg yolks and savoury or sweet flavouring ingredients to which are added stiffly beaten egg whites by folding it in. It is then baked in a high sided dish to contain its puffing.

Parfait

An iced dessert very similar to Bombe, made from fresh cream, which gives it smoothness and prevents it from melting easily and can be cut into slices. It is made by beating 8 eggs yolks over a bain-marie and then gradually adding boiling syrup (110°C) till it becomes light and fluffy, whisk away from fire till cool, and add the chosen flavour, (Syrup is made with 60 ml water +200gms. caster sugar) whip in 115 gm double cream and freeze for 6 hours.

In N. America this term has come to mean a combination of fruit and ice creams served in a tall glass which exposes the layers.

Ice cream Cake/ Biscuits glace

An iced dessert made of alternate layers of different flavoured ice creams & a bombe mixture- frozen brick shape. After removing from the mould the ice cream is cut into even sizes/ slices and then arranged in small paper cases and kept frozen till serving.

The same name is also used to describe a round/oblong cake having a sponge cake or meringue base with ice-cream or sorbet or parfait or bombe mixture on the top, decorated with whipped cream and crystallised fruits in syrup.

Bombe

A frozen dessert made from a bombe mixture, enriched with various ingredients and frozen in a mould. This dessert was named after the spherical moulds with rounded tops which were used to make it.

Traditionally bombe moulds are filled with two different mixtures. The bottom and sides of moulds are lined with ice cream or fruit ice. They are then filled with a bombe mixture made with 32 egg yolks per litre of sugar syrup at specific gravity 1.285. The syrup is made with 700 ml of water and 700gms of sugar. Wisk egg yolks and syrup over a Bain Marie till cool. Finally add an equal volume of whipped cream and the chosen flavouring.

FREZE CHURENED

Ice cream

It was only in 1620 A. D. that it was discovered that by mixing Saltpetre (Potassium nitrate) Sodium Nitrate and common salt it was possible to liquefy ice and in so doing reduce the temperature below freezing point. This endothermic effect of the mixture of ice and Salt which was packed around a container of ice water allowing the water to freeze, and so was born the potential for making frozen dessert.

During the 18th Century it was recognised that a superior ice cream could be created if the mixture was churned till it semi froze and then froze.

The world's first ice cream plant opened in America in 1851 founded by Jacob Fuisseil. Kulfi an Indian Ice cream was cited in a 16th Century document.

Definition

Ice creams are cold desserts made by freezing a flavoured mixture. Freezing is carried out commercially in an ice cream maker or churn freezer so that electrically driven blades stir the mixture throughout the operation to incorporate air and make it smooth. They may then be moulded and frozen.

Method of Preparation

Beat 7 egg yolks with 150 gm sugar till thick and creamy. Heat cream to boiling point add to above gradually and cook over double boiler till it coats the back of a wooden spoon, cool immediately and then freeze in ice cream maker.

Fruit Ices and water Ices

The most important factor in making these desserts is the density of sugar syrup+ flavoring+ Lemon juice which must be appropriate for it to freeze to a slushy density- 1.425 to 1.2407 sp gravity.

In case of fruit ices the puree of the fruit used should be equal to sugar syrup of the above mentioned sp. gr.

Sorbet or Shorbet

Definition: - A type of water ice that is more granular than ice cream as it does not contain any fat or egg yolks. The basic mixture for all sorbet is a combination of sugar syrup and fruit or fruit juices and other flavouring. It is the lower fat content and higher acidity content (0.35%) that distinguishes sorbet from ice cream.

Historically sorbets were the first iced desert. The Chinese are the first to be credited for making sorbets. The word sorbet is derived from Arabic- Turkish “chorbet” to Latin “Sorbetto”. There are several variations of the sorbet representing differences in smoothness, flavour, density and degree of hardness due to comparative degree of sugar concentrations.

Marquise

Any of various delicate deserts eg chocolate marquise is a dessert half way between a mouse and a parfait. It is based on butter, eggs, sugar and flavouring and served with custard creams or Chantilly cream.

Punch

A Cold Punch is an iced drink, which can be made with tea, sugar, spices, fruits or fruits or fruit juices, rum or brandy. The word originally described a British colonial drink derived from the Hindi word ‘Panch’ which means five, for five ingredients i.e. tea, lemon, sugar, cinnamon and rum which were used, a forerunner of the cocktail.

GRANITA

It is a type of an Italian sorbet, popularized by Tortoni in Paris in the 19th Century. It is a half frozen preparation with a granular texture (hence its name) made of lightly sweetened syrup and a flavouring strawberry or pineapple or coffee or Kirsch. Granita does not contain any Italian meringue.

ADDITIVES

Only permitted additives must be used and this may differ from Country to country depending upon their local laws. However, the standard adopted by the European Union, is followed quite universally.

Special alphabetic codes are used which describes a particular group of items e.g. E for colour.

Some of the additives used for frozen desserts are:-

- ❖ Colouring agents E signifying nature identical exact synthetic copies of natural substances a) Natural caramel. b) Cochineal c) Chlorophyll e) Yellow lacto flavones; f) Xanthophylls
- ❖ **Anti oxidants** – Which prevents fats and Oils from going rancid
 - a) Tocopherols b) Sulphurous anhydride c) lactic acid

Antioxidants and general stabilizers;-

- a) B.H.A Butylatedhydroxyanisole b) Citric Acid c) Lecithns
- ❖ **Emulsifiers** – e.g. a) Gum Arabic, b) Pectin, c) Polyglycerol esters of polycondensed fatty acids
- ❖ **Improvers** such as coal Tar dyes.

CHINESE CUISINE

Introduction

As one travels around the world today, one cannot help being impressed by the extent to which Chinese food and cooking has been established in-almost every corner of the earth. The popularisation of Chinese cuisine lies in the unique traditions and techniques of Chinese cooking, and in the inherent appeal of Chinese food and flavours 'to the palate, and also Chinese food can be extremely economical as well as being highly nutritious, because, most ingredients are cut into small pieces, then quickly cooked so as to retain their natural goodness.

Chinese culinary art has gone through thousands of years of refinement and development, but the Chinese unique way of cooking and preparing food, remains basically unchanged. Archaeological finds of the Bronze Age (around 1850 BC) indicate that the Chinese had utensils such as bronze Cleavers for cutting up foods into small pieces and cooking them in animal fat, using a bronze pot not dissimilar to the modern wok. There is data to prove that as long ago as the ZHOU dynasty (12 C BC) the Chinese used Soya sauce, vinegar, rice wine, fruit jam and spices as seasoning for their cooking and that elaborate and complicated cooking methods were already being employed.

By the time of China's greatest sage CONFUCIUS (551 - 479 BC) who was an acknowledged gourmet recorded that the importance of heat application and blending of different flavours were emphasized in Chinese cooking; and the uses of high, moderate or low heat, the blending of sour, piquant, salty, bitter or sweet flavours were all given their correct application in order to achieve a harmonious whole. This theory of harmony is one of the main characteristics of Chinese cuisine to this day.

Today, Chinese cuisine is generally considered along, with the French as one of the two greatest cuisines. It is simple, highly adaptable to the taste of the other countries and best of all it can be prepared by anyone, possessed of a little patience. Tai See Foo - or Master Chef is a much-disciplined man, no where is the Tai See Foo in such importance as in China, where, in relation to the Chinese philosophy of life, his profession over the centuries has been looked upon with the greatest respect in the community.

The Chinese value food highly and rarely wastes any, many recipes require the use of leftovers and cooking ahead is standard practice. The basic flavours are six – Sweet, Sour, Bitter, Spicy (sharp) Pungent and Salty. Their distribution, proportion and use must be controlled for proper blending. Meat has always been a major item in Chinese diet; however the meat ration per person was small. Efficient utilisation, proper colour arrangements and palatability often required highly imaginative combinations. Often the meat could only be flavouring for a dish rather than the main ingredient.

China's economy has seldom been able to afford such animals as the cow and the lamb, inadequate pastureland for cattle has made raising these animals difficult. Pork is therefore

China's most common meat. In the north, mutton is commonly used, particularly by the Chinese Muslims. Many Chinese Buddhist for religious reasons, will eat only vegetable, the cooking of which was developed to a high degree. The scientific study of vegetable became a part of Taoism and its devotees devised a highly nutritional vegetarian diet, an art so refined that their vegetarian dishes resemble meat in taste as well as in texture.

The elements that contribute to the wide sensual appeal of Chinese food, which make it so acceptable to all people world over are:

- 1) Chinese meals are communal meals and communal dishes served on the table are of necessity, bigger and fuller than the average dishes, they are therefore bound to create a greater visual impact and are more sumptuous in appearance. The exoticism of size and variety is further enhanced by the Chinese use of heat as an integral part of flavour - the use of heat to induce, ignite, and set ablaze all the latent desires in our appetites. Hence in a well-served Chinese meal, the time-lapse between the food leaving the hot pan and its arrival on the table is measured not in minutes but in seconds.
- 2) Chinese dinner is a multi-dish or multi-course meal.
- 3) The frequent and deliberate exploitation of changing textures both the harmony and contrast of textures are exploited.
- 4) The bulk intake of rice produces the ultimate physical satisfaction in eating along with several soups.
- 4) The use of soya beans and their by-products - soya sauce, soya paste, soya-cheese, soya bean curd, etc. are able to seduce our palate and taste buds.

The basic purpose of cooking is primarily to render food edible, and secondly to render it more enjoyable to eat. To achieve these purposes two methods are generally employed, heating and flavouring.

HEATING:

Take the heating of food, which is basically capable of only a limited number of variations such as heating by air, baking, roasting, heating by fire or radiation, grilling, barbequing, heating through the medium of water or by oil or heating by conduction. By combining the different methods, by varying the pace of heating (Fire - Power), by varying the speed or lengthiness (time) of treatment by varying the stability of mobility (stir frying) of food while being heated the Chinese have developed some forty different accepted heating methods, each with its well defined and established terms of reference and conception.

FLAVORING

In the case of flavouring the Chinese have developed and advanced even farther than in heating (cooking). This is due to the normal Chinese practice of cross cooking different types of food which results of large scale cross blending of flavours. Although not all Chinese dishes are mixed dishes - some consists of only one ingredient cooked in the simplest way. The seasoning materials and sauces are often applied at the last stage of cooking. The flavouring of Chinese cooking is achieved through a multi layer process i.e. Through the use of -supplementary ingredients for cross cooking to provide variety and difference in texture and material, the use of flavouring ingredients, seasonings and sauces to further enhance the taste and flavour and finally through the serving of table condiments to provide the individual diners with the opportunity to do their own personal "touch-ups" before consumption.

In order to reduce confusion, it is normal practice in Chinese kitchens to divide the job of cooking into two clear stages: Preparation and actual cooking. The task of preparation and the task of cooking are usually carried out by two different persons. The preparations and portioning of the principal and supplementary ingredients are usually carried out by the assistant cook, while the chef attends to the firing (control of the heating) and all the work over the stove including flavouring and the application of all the sauces and seasonings.

THE MAIN CHARACTERISTIC OF CHINESE CUISINE

Actually, Chinese cooking is often simple, even for beginners provided you follow a few firm rules. The first thing to remember is that preparation and cooking are separate procedures;

all preliminaries must be completed before actual cooking begins. Chinese foods must often be cooked quickly and at very high temperatures. Chinese use oil in their cooking - usually vegetable oil. With this oil one can get the high temperatures needed to seal in the flavour and original colour of the foods and also to preserve the all important crispness and vitamins of vegetables. They do not use butter and many other dairy products either vegetables rather than meat predominate. Soups play various parts in the symphony of a well composed meal - not only is there one as a light appetizer but clear soups are often used between courses as palate cleansers. Richer soups like velvet corn, may however be served as a separate course.

There exists a certain 'uniqueness' that distinguishes Chinese cooking from other food cultures. There is the Chinese division when preparing and serving food between 'TAN' (grain & other starch food) and 'CAI' (meat and vegetable dishes) Grains in various forms of rice or wheat flours (bread, pancakes, noodles or dumplings), make up the TAN half of the meal. Vegetables and meat (including poultry, meat and fish) cut up and mixed in various combinations into individual dishes constitute the CAI half. A balanced meal must have an appropriate amount of both TAN & CAI. It is combining' various ingredients and the lending of different flavours for the preparation of CAI that lies the fine art and skill of Chinese cuisine.

The other distinctive feature of Chinese cuisine is the harmonious blending of colours, aromas, flavours, shapes and textures in one single CAI dish. The principle of blending complimentary or contrasting colours and flavours is a fundamental one - the different ingredients must not be mixed indiscriminately. The matching of flavours should follow a set pattern and is controlled and not casual. The cutting of ingredients is another important element of Chinese cooking in order to achieve the proper effect. Slices are matched with slices, shreds with shreds, cubes with cubes, chunks with chunks and so on.

This is not only for the sake of appearance but also because ingredients of the same size and shape require about the same amount of time in cooking. This complexity of interrelated elements of colours, flavours and shapes in- Chinese cooking is reinforced by yet another feature: TEXTURE. A dish may have just one or several textures, such as tenderness, crispiness, crunchiness, smoothness and softness. The textures to be avoided are: sogginess, stringiness and hardness. The selection of different textures in one single dish is an integral part of blending of

flavours and colours. The desired texture or textures in any dish can only be achieved by the right cooking methods. In all different methods of cooking the correct degree of heat and duration of cooking time are of vital importance.

REGIONAL COOKING STYLES.

China is a vast country and as such is exposed to extremes of both geography and climate. This naturally results in the growth of different agricultural products, so it is of little wonder that cuisines vary from province to province. Looking at the map of China, it is not difficult to understand why there should be such a rich variety of different styles, throughout the land. Even though there is no official classification of various regional cuisines in China, but it is generally agreed SICHUAN in the west, SHANDONG in the north, CANTON in the south and JIANGSU in the east represents the four major regional cooking styles of China. In addition, four more provinces ZHEJIANG, FUKIEN, ANHUI in the east and HUNAN in the west are usually included in the role of honour while one talks of the "Big Eight" distinguished schools of cuisine in China.

Northern School

Archaeological evidence shows that in about 5000 BC, the inhabitants of North China had begun to farm, settle down and make painted pottery, eating and cooking vessels. Some of the most conspicuous traces of early Chinese culture have been found at sites that lie along the valley of the Yellow River, which is why this area is sometimes described as the "Cradle of Chinese Civilization". Two ancient capitals of LUOYANG and KEIFENG are both situated just south of the Yellow River in Hunan province ("HU" is the Chinese word for "river" and "NAN" means "south"). The noblemen and the imperial families live in such luxury that their chefs invented and perfected many of the Chinese classic dishes. These recipes were passed down through the centuries, and were moved to the capital, Peking and beyond.

China's North has two very long and distinct seasons (winter and summer) with short transitional periods in between. Winters are dry and cold, with temperatures often below

freezing. Summers provide intense heat and rain. Its diverse terrain (hills, valleys and rivers) give variety to the region's agriculture.

Due to the extremely dichotomous climate, the land's produce is hearty: mainstays of wheat and corn, especially important to the Northern China economy, dominate the northerner's dietary needs. Crops are then manufactured into wheat-flour for use in common cuisine: noodles, stuffed buns, dumplings and steamed bread are just a few of the wheat products consumed in the provinces of this region. Although little rice is grown in this region, other hardy plants such as barley, millet, soybeans, cabbage, squash and apples predominately appear in northern Chinese agriculture and cooking

In the northern school the staple food is not rice but wheat flour, from which are made many noodle, dishes, steamed bread and dumplings. Northern food tends to be lighter than that of other provinces. From Peking (meaning northern capital) and its neighbouring districts come notable dishes prepared with wine stock. Northern cooking includes pungent sweet and sour dishes and more subtle, delicately seasoned foods. The use of garlic and spring onions is also characteristic.

Much of the north is bordered by Mongolia where people eat a lot of mutton. Food from Inner Mongolia and Shantung forms the backbone of northern cuisine.

Now Peking cuisine is quite a different matter, it is not a separate regional school, but rather the combination of all China's regional style of cooking. Being the capital of China for many centuries Peking (or Beijing as it is now called) occupies a unique position in the development of Chinese culinary art. Peking cuisine has been defined by the eminent Chinese gourmet Kenneth Lo as "The crystallization of many inventions and performance of the generations of imperial chefs of different dynasties which have ruled in Peking for nearly a millennium, and the local dishes of the people of Shandon and Hubet which have been in the habit of preparing together with all the culinary contributions which over the years have established their reputation in the old capital" Peking cooking is in short, the top table of Chinese culinary art. Peking cooking exhibits the greatest ingenuity and inventiveness.

Notable flavours and dishes—

Beijing is known for jiaozi, the traditional Chinese dumpling, and Peking duck. Jiaozi dumplings are often filled with pork and vegetables, but variations may include sweet fruits (dates) or chestnuts. Peking duck is a traditional delicacy perfected during the Qing Dynasty and served to important and wealthy individuals throughout history. The duck and its skin (a delicacy) are served with Hoisin (Peking) sauce in flat-bread wrappers.. Northern cuisine includes the Henan (north of the river) region. Strikingly unique from other northern flavours is the Shaolin vegetarian cuisine. Chinese Buddhist belief has for centuries prohibited the eating of animal flesh, and the monks here have spent an age perfecting the cooking of all types of vegetarian food. This cuisine is very nutritious and healthy.

The western school

The Szechuan style of cuisine arose from a culturally distinct area in the central western part of China, a province known as Sichuan. This area of China came into its own culturally towards the end of the Shang Dynasty, during the 15th century. However, it was also the climate of the area that helped to shape the culinary traditions that were to arise from Sichuan province and make their way into the realm of international cuisine.

The province from which the cuisine that the world knows as Szechuan evolved is often hot and humid, and this contributed to this necessity of preparing foods in ways that differ significantly from other regions of China. Szechuan cuisine is primarily known for its hot and spicy dishes, though naturally there is more to Szechuan food than spice and sauces rich and strong in flavour.

Much of the spicing of regional Chinese cooking is based upon bringing together five fundamental taste sensations – sweet, sour, pungent, salty and bitter. The balance of these particular elements in any one dish or regional cuisine can vary, according to need and desire, especially as influenced by climate, culture and food availability.

In Szechuan cuisine, there are a variety of ingredients and spices used to create these basic taste sensations. These include a variety of chilli peppers, peppercorns over various types, Sichuan peppers, which are in reality a type of fruit, not pepper, and produce a numbing effect in

addition to their warm flavour. Sichuan peppers, also called flower pepper and mountain pepper, are a traditional part of the Chinese five spice powder, or at least of those that are modelled upon the most authentic versions of the spice combinations common to regional Chinese cooking.

Other ingredients used commonly in Szechuan cuisine to create the five fundamental taste sensations include different types of sugars, such as beet root sugar and cane sugar, as well as local fruits for sweetness. The sour comes from pickled vegetables and different varieties of vinegar. A special bitter melon is added to many dishes to offer the touch of bitterness that complements other flavours. Other spices and flavours include dried orange peel, garlic, ginger, sesame oil and bean paste. Salt is important to Szechuan cuisine, and the area produces uniquely flavoured salts that help to distinguish authentic Szechuan cuisine from the other regional cuisines from China.

Szechuan cuisine is marked by its rich traditional flavours, which stem from a culture of hundreds of years and are in part shaped by the natural forces of climate. Authentic Szechuan cuisine offers a unique dining experience made up of adventurous and creative taste sensations.

Specialities

Hunan (south of the river) cuisine: Renowned for its soups, is one of the oldest and richest also noted for its spicy, pungent and flavourful dishes. Hunanes are especially fond of using chillies, sweet peppers and shallots in cooking. Sichuan (Szechuan) cuisine: hot, spicy chillies, ma po doufu, hot pot Famous for its heat and distinct flavours, Sichuan cooking mastered the light cooking techniques of stir-frying, sautéing, and dry-braising. One of the region's most famous recipes is ma po doufu, a spicy bean-curd and vegetable dish cooked with some of the most powerful chillies in the world. In traditional Chinese medicine and nutrition, hot chilli peppers are considered helpful in reducing the "internal dampness". The humid climate also compels a creativity and variety in food preservation, including techniques such as pickling, salting, drying and smoking.

Inland cooking also makes much use of the fungus called Cloud ear or, Tree ear.

Tea smoked duck, Chicken chilly, Liver Paste Soup, Hot & Sour Soup, Beans A La Szechwan, Dong An Chicken, Fried crab, Soy Braised duck, sliced Hoi sin Pork, Bean curd, Spiced Turnip etc., are some of the famous dishes of this region.

The Eastern School

The Yangtze, China's longest river which traverses the width of China from west to east flows through China's leading agricultural regions-Sichuan and Hunan (on the upper) Hubei and Jiangxi (on the middle) Jiangsu and Zianzgi (on the lower),which contains some of the most fertile land in China. :

Both wheat and rice are grown here, as well as other crops which include — barley, corn, sweet potatoes, peanuts, and soya beans. Fisheries abound in the multitude of lakes and other tributaries and deep sea fishing has long been established in the coastal province of Jiangsu and Zhejiang The areas that cover the middle and lower regions of the Yangtze are traditionally referred to as 'Land of Fish and Rice', and is collectively known as Jiangnan ("JIANG" means "great river" referring to the, Yangtze and 'NAN" referring to the south), and it boasts a number of distinctive cooking styles.

The Yangtze River delta has its own cooking style known as HYAIYANG with the culinary centre in Shanghai that is China's largest city which lies on the Yangtze estuary. South East China has always been regarded as the most culturally developed and economically prosperous region. Both Nanjing in Jiangsu and Hangzhou in Zhejiang have been China's capital of several dynasties; other culinary centres are to be located in YANGZHOU (Yangchow), SUZHOU and ZHENJIANG. Yangchow fried rice, chow mien (open fried noodles), wantons, spring rolls, dumplings and many other Cantonese dim sum dishes have all originated from here.

South of Zhejiang is the province FUJI AN (FUKIEN) which is sometimes grouped in the Eastern School, but its cooking style is more influenced by its southern neighbour Canton, so very often Fukien cuisine is included with Cantonese in the Southern school.

Taken as a whole, Eastern cuisine is rich, decorative and rather on the sweet side; unlike Peking food, garlic is used sparingly, if at all. The area as a whole is renowned for certain products and dishes: the specially cured Chinhua ham, with its pinkish red flesh and succulently

savoury-sweet taste, the rich dark Chinkiang vinegar and the amber-coloured Shdaohsing rice wine. Classic dishes include Crisp stir-fried shrimp, Eel cooked in oil, Yangchow fried rice, Lion's head and fish from the West Lake with a sweet and sour sauce.

One special cooking technique of the region has been adopted nationally. This is hung-shao the red-braising method of cooking, whereby the ingredients (mainly meat, poultry and fish) are cooked slowly in an aromatic mixture of thick dark soy sauce and rice wine. When, at the end of cooking, the sauce is reduced and spooned over the main ingredient, the resulting taste is both rich and fragrant.

Shanghai cuisine is the least known outside China. Its oiliness and sweetness are perhaps less appealing to the Western palate, and because it is decorative, it tends to be labour-intensive. Moreover, it depends largely on fresh local produce; the famous Shanghai crabs, studded with yellow roe in the autumn, have no counterpart elsewhere and for the delicate taste of the famous West Lake fish one has to go to Hangchow.

The staple food of this region is rice. The cooks on the coast use more soya sauce and sugar and specialise in salty and gravy-laden dishes. Fish and shell fish from the many rivers and the neighbouring sea are popular ingredients. These are gently spiced concoctions of meat, chicken, duck and sea food with, of course lots of vegetables. Fukien produces the best soy sauce and therefore its cuisine has a good deal of stewing in this sauce or "red cooking" as it is called because of the colour the sauce imparts. The soups are clear and light. The Fukienese excels in their soft spring rolls and sea food. Fukien is also famous for its pork and chicken dishes made with sweet-tasting and fermented rice paste.

Speciality and Popular dishes:

Yangchow fried rice, Chow mien, Spring rolls, Dim sums, White cut pork, lion's head (pork meat balls with cabbage - the alarming name of this dish refers to the pork meat balls which are supposed to resemble the shape of a lion's head and the cabbage which is supposed to look like its mane), Squirrel fish.

The Southern School:

The Pearl River delta, with Canton as a provincial capital of GUANGDONG (KWANGTUNG), is undoubtedly the home of the most famous of all Chinese cooking styles. Unfortunately the reputation of Cantonese cuisine has been badly damaged by a so called 'chop suey' food outside China. Authentic Cantonese food has no rival and has a greater variety of food than any other school because Canton was the first Chinese port open for trade, therefore foreign influence are particularly stronger in its cooking. There are many pig and poultry farms and fish ponds. High, quality tea is a special product of Fukien, while all along the coast fish and sea food - crabs, cray fish, shrimps, prawns, scallops, clams - are plentiful. This wealth of ingredients has helped to make Cantonese cooking the most versatile and varied of Chinese cuisines. Cantonese food is not highly seasoned, instead a harmonious blending of different flavours is sought in order to bring out the best of the ingredients. Cantonese cooks are at their most skilful when they stir-fry dishes. Red-braised dishes are an eastern contribution to the Chinese gastronomy but southern stir-fry dishes reign supreme nationwide. Their 'wok fragrance' a term used to describe the aroma so desirable in stir-fry dishes is matchless.

Southern cooking is subtle and the least greasy of all the regional styles. The cooks excel in stir-frying. At its best, the cuisine tends to be more costly than the others because the cooks use highly concentrated chicken bouillon as the basis of their soups and general cooking: They like to use nuts and mushrooms in their dishes. They prepare many varieties of sea food and lots of roasted and grilled pork and poultry. Steamed dishes are also featured.

Fisheries play a major role in the economy, Guangdong contributes about one fourth of China's fish catch (over 20% of the fish caught here are fresh water fish). Rice is a dominant food grain; the other crops are tea, tobacco, peanut, sugarcane and sub tropical fruits such as bananas, pineapples, oranges, tangerines and lychees.

HAINAN Island is the only truly tropical area of China and produces coconuts, coffee, natural rubber and figs.; The Southern School consists of three distinct styles of cooking: CANTON, CHAOCHOW. (Sv.atow), and DONGJIANG (also known as HAKKA), which means 'family of guest', which refers to the immigrants from North China who settled in the

South during the Song Dynasty after the invasion of Mongols in the 13th Century. So it was the Hakka's who introduced noodles, wantons and dumplings etc, into the Cantonese diet.

There was a mass immigration overseas after the 17th century both by the Cantonese and the Hakka. When Swanton was opened to foreign trade in 1858, it became a major port for Chinese immigration to South East Asia, America and Europe. That is why; the first Chinese restaurant to open abroad introduced only Cantonese cooking to the outside world. Schools of cooking there are two other schools, though not regional in character, nevertheless should be included here among China's various styles of Schools of Cooking, namely the Moslem and Vegetarian School.

Specialized and popular dishes:

Dim-sum, Shao-mi, Cantonese roast duck, Sweet & Sour Pork. Pork Goose, Ducks webs in oyster sauce, Stuffed green peppers, Shark's fin soup, Turtle soup etc. are very famous.

The Moslem School:

The Chinese Moslem known as "HUI" though Chinese speaking are distinguished from the Chinese by their affiliation with the Sunni branch of Islam. One theory is that they are descendants of the Moslems who settled in China in the 13 century and adopted the Chinese language and culture.

There are nearly 5 million Hui widely distributed throughout almost every province in China, but their traditional areas of settlement is in the North-West with heavy concentration in Hunan, Shanki, Hubei and Shangdong. They form the Chinese Moslem school, together with two other national minorities: the UYGOR group in XINJIANG (4 million, virtually all Moslems), and about 1.5 million MONGOLS who are traditionally nomadic, and therefore, like the Moslem, do not eat pork. Their daily diet consists of beef, mutton, milk and butter, items an average Chinese has no taste for.

The Vegetarian School

Chinese vegetarians are not allowed anything remotely associated with animal including egg and milk. They obtain their proteins mainly from soya beans and its byproducts such as bean curd (tofu), nuts and fungi.

Chinese vegetarian has a long history; its origin can be traced to as far back as around 500 BC, when the TAOIST SCHOOL of THOUGHT developed the hygienic and nutritional science of fruit and vegetables. Some centuries later when Buddhism which abhors the killing of any living creature and the eating of flesh in any form was introduced into China from India, this philosophy was readily grafted into TAOIST school of Cooking and a new form of vegetarianism was born.

Apart from the extensive use of fresh and dehydrated vegetables the vegetarian chefs have developed a new art by creating food that has become known as imitation meats. This imitation pork, chicken, fish and prawns and so on bear an amazing resemblance to their fleshy counterpart in form and texture, though not quite in flavour.

EQUIPMENT

UTENSILS.

The Chinese batterie de cuisine consists of very few basic implements unlike the western kitchen. To start with only four of the most rudimentary implements are essential to cook Chinese food, i.e. Cleaver, chopping block, wok and stirrer. The Chinese cooking utensils are ancient designs, they are made of basic and inexpensive materials and they have been in continuous use for several thousand years. As for the rest of the cooking utensils such as sieves, spatula, strainer, casserole, steamers you will find the western version to be less effective. The other tools which are used in the Chinese kitchen are cooking chopsticks, bamboo steamers, strainers, Mongolian fire pot ladles, fish slices, wok-brush, wok scoop, bamboo mat, etc."

CLEAVER

The Chinese cleaver is an all purpose cook's knife that is used for slicing, shredding, peeling, pounding, crushing, chopping and even for transporting cut food from the chopping

board or to a plate directly to the wok. At the first site, a Chinese cleaver may appear to be hefty, gleaming ominously sharp but in reality it is quite light, steady and not at all dangerous to use provided you handle it correctly and with care. Cleavers are available in a variety of materials and weight. They all have a blade of about 8-9 inches long and 3-4 inches wide. The heaviest weighing almost a kg called CHOPPER is really meant for the professionals and is excellent for chopping bones such as drumsticks, pork spare ribs etc. The smaller and much lighter SLICER with a thinner and sharper blade is convenient for slicing, meat and vegetables. But most Chinese cooks prefer a medium weight, dual purpose cleaver known as the CIVIL and MILITARY Knife (wen-wu-dao in Chinese).The lighter front half of the blade is used for slicing, shredding, and scoring etc. and the heavier rear half of the blade is used for chopping and so on. The back of the blade is used as a pounder and tenderizer and the flat side is used for crushing and transporting. The end of the handle acts as a pestle for grinding spices.etc.,. The blades of a cleaver should be made of tempered carbon steel with a wooden handle. Stainless steel cleavers with metal handles may look good but require more frequent sharpening, also the handle gets slippery .therefore they are less satisfactory for both safety and steadiness. Always keep the cleaver blade sharp and clean. To prevent it from rusting and getting it stained wipe it dry with cloth or kitchen paper after use. Sharpen it frequently on a fine grained whet stone. Try to get a whetstone that has two different' grades of surface. Use a rough grain only if the blade has become blunt and the finer grained surface for a sharp finish to the edge. Lubricate the stone with vegetable oil or water and then put a damp cloth beneath it for stability. A cleaver of medium weight made of carbon or stainless steel is ideal for general use.

CHOPPING BLOCK

The traditional Chinese chopping block is a cross section of a tree trunk. Made of hard wood they range from about 12.inches in diameter and 2 inches thick, to giant ones up to 20 inches by 6-8 inches .The ideal size should be about 16 inches in diameter and at least 3-4 inches thick to be of any real use. To prevent it from splitting, season a new block with a liberal dose of vegetable oil on both sides. Let the wood absorb as much oil as it will take and sponge the block with salt and water and dry it thoroughly .Never soak the block in water nor wash it with any detergent - after each use., just scrape it clean with the blade of a cleaver then wipe the surface with a sponge or cloth wrung out in plain hot water. Always stand the block on its side when not

in use. Never cut raw ingredients and cooked food on the same surface .Use different block or board for the two types of food for hygienic reasons .Use one side for chopping only then the other side should remain smooth enough for pastry making.

WOK

The Chinese cooking utensil known as "WOK" is the POT or PAN the correct translation should be GOU. The wok was designed with a rounded bottom to fit snugly over a traditional Chinese brazier or oven which burned wood .charcoal or coal. It conducts and retains heat evenly and because of its shape the food always returns to the centre of the wok where the heat is most intense that is why it is ideally suited for quick stir frying .Of course the wok is far more versatile than just a frying pan, it is also ideal for deep frying , its conical shape requires far less oil than a fiat bottomed deep fryer, and has more depth which means more heat and more frying surface, which means that more food can be cooked more quickly at one go .Furthermore since the wok has a large capacity on the upper end as the oil level rises when the raw ingredients are added to it, there is a little chance for the oil to overflow and catch fire as often is the case with the conventional deep fryer. Now days a metal collar or ring purchased with the wok adapts it neatly to any gas or electric range.

Besides being a frying pan (deep or shallow) , a wok is also used for braising, steaming, boiling, and even smoking in other words the whole spectrum of Chinese cooking methods can be executed in one single use utensil. Basically there are only two different types of wok- the DOUBLE HANDED WOK with two handles on two opposite sides and the frying pan type SINGLE HANDED WOK .Both types are usually made of light weight iron or carbonized steel, and the diameter ranges from about 12-18 inches. The single handed wok may appear to be unsteady and slightly tipped to one side, but in fact it is quite safe and much easier to handle particularly for quick stir frying since it offers you plenty of leverage of tilting and tossing .the disadvantages of using a double handed wok is that you need strong wrist and oven gloves to lift it, as the metal handles get very hot even if they are reinforced with heat resistant plastic or wood. A dome shaped lid would be another useful item for certain braising and steaming dishes .Wok lids are usually made of light metal such as aluminium with a wooden or plastic knob on top as a handle. The dome shaped allows the cooking of a whole chicken or duck in a wok and

the natural curve will guide the condensation inside the lid sliding down along the edge rather than dropping down directly onto the food that is being cooked.

STIRRER.

Some wok sets often consist of a pair of stirrers in the shape of a ladle and a spatula, made of iron and stainless steel; both have a long handle with wooden tip. Of the two, the ladle or scooper is more versatile. It is an indispensable utensil in the professional kitchen, since it is used for adding ingredients and seasonings to the wok besides being a stirrer and scooper during cooking as well as transferring food from the wok to the serving dish or bowl. It is also a measure for the cook, as the standard ladle will hold 6 fl oz (180 ml or 2/3 cup) liquid, slightly smaller than the rice bowl. The spatula or shovel has a rounded end to match the contours of the wok therefore it can be very useful for scraping and lifting fried food the bottom of the wok such as when cooking a whole fish etc. Sometimes it is used in conjunction with the ladle for stir frying, rather like when you are mixing or tossing a salad with a pair of spoon and fork.

INITIAL PREPARATION.

Cutting Techniques.

The cutting of various ingredients into different sizes, thickness and shapes is an important element in Chinese cuisine. As mentioned earlier, the Chinese always cut their food into small neat pieces before cooking, partly because of fuel conservation, small pieces of food can be cooked quickly before the sticks of fire wood burn out and partly because, small pieces of food are easier to be served and eaten with chopsticks, since knives and carvers have never been used on Chinese tables. The fact that small pieces of food only require a short time for cooking, thus retain much of the natural flavours and nutritious value is an added bonus in Chinese cooking, which must be regarded as an incidental discovery..

When it comes to the actual cooking, the two most important factors are the degree of heat and the duration of cooking. These two factors are so closely related to each other that it is very difficult to give a precise cooking time in most recipes, since much depends on the size and condition of the ingredients, and above all, on the type of the stove and cooking utensils used.

All in all, there are well over 50 different distinct methods of cooking in Chinese cooking. They fall roughly into the following four categories:-

1. WATER COOKING: : Boiling, Poaching, and Simmering
- 2 OIL COOKING : Deep frying, shallow frying, stir frying, braising.
3. FIRE COOKING : Roasting, Baking and Barbecuing
4. STEAM COOKING: Steaming.

COOKING METHODS.

The Chinese divide the temperature of heat into "Military"(high or fierce and • medium) and 'civil' (low or gentle and weak) And proper control of temperature and cooking time is the key to success.

High or fierce heat is usually used for quick cooking for and tender foods. Different kinds of frying, .steaming, instant boiling etc and call for a high heat.

Medium or moderate heat can be used for quick -braising, steaming, and boiling.

Low or gentle heat is used for slow cooking allowing the flavours to penetrate through all the ingredients such as roasting and simmering.

Weak heat is used for long cooking turning hard ingredients soft. It is used for simmering, braising and stewing.

Here are some 25 commonly used methods in Chinese cooking .One dish may require one ,two or three methods each will produce a different effect.

1. CHAO Stir frying. By far the most common method of Chinese cooking .Practically all vegetables will be cooked this way. Here a wok is most useful Heat the wok first then add the oil until it smokes add the ingredients, stir and toss .constantly no more than 2-3 minutes. In other way stir fry the ingredients in a little hot oil over a very high heat. This method is widely used and has many variations.

- a. Pure stir frying: the raw ingredients are not marinated nor coated with a batter, they are just stir fried in hot oil and seasonings are added towards the end of cooking .Most vegetables are cooked in this way.

- b. Braising stir frying: The main and supplementary ingredients are cooked in this separately .at first and then brought together with the addition of seasoning and stock or a thickening agent (usually of corn flour mixed with water) and braised very quickly over high heat.
- c. Twice cooked stir frying: One ingredient has been previously cooked and is here cut into smaller pieces and stir fried with other ingredients and seasonings.

2. ZHA Deep fry in hot oil over a high heat.

Food is fried in a large quantity of oil over a high or medium heat. There are different variations of deep frying

- a. Neat deep frying: the raw ingredients are not coated with batter or flour.
- b. Dry deep frying: Raw ingredients are coated with dry flour or breadcrumbs.
- c. Soft deep frying: Raw ingredients are coated with batter, first and then deep fried for crispness.

3. JIAN. Shallow frying over a moderate heat. Similar to tire western way except that in some cases stock or water is added at the last minute forming a gravy .A flat bottomed pan is used . a little oil and medium or low heat .Seasonings are added when food is half done. The pan should be turned from time to time during cooking so that the heat is evenly distributed.

4. BAO. Rapid frying literally means to explode. It takes an even shorter time Than stir frying using very high heat .Rapid stir frying is another form of stir frying , the ingredient or ingredients have been deep fried or rapid boiled first, they are then quickly stir fried over very high heat for a short period of time. Variations in this method include rapid stir frying in oil rapid stir frying in bean sauce and rapid stir frying with spring onions,

5. SHAO. Braising literally meaning to burn or in this case to cook. The ingredients are first fried in a little oil over a moderate heat, then simmered in stock until very little liquid or juice is left. Red cooking In this widely used method of cooking the meat is cut into small chunks then

deep fried or par boiled or steamed until half done .Seasonings (Soya sauce, wine vinegar sugar etc) stock or water are added to it ,the whole thing is brought to a boil and simmered until done.

6. MEN. Stewing, it is very similar to braising except that it usually takes longer over a low heat. Slow braising- the food must be fried first (light brown) then all the ingredients (seasonings etc.) are put in a tightly covered pot and simmered over a very low heat slowly like a casserole.

7. DUN. Simmering In this method of cooking no oil is used at all and the food is cooked over low heat .Slow cooking, there are two kinds of slow cooking in water. Slow cooking in water is a form of stewing , slow cooking, out of water involves a double boiling technique .When the pot that contains the food is immersed in a large pot of boiling water. .

8. ZHU. Boiling over moderate heat. Boil the ingredients directly in water over low heat.

9. CHUAN. Rapid or fierce boiling over high heat for a very short period of time. This simple cooking is often used for making soups Bring the water or stock boil over-high heat add the ingredients and seasonings, serve as soon as the soup re-boils. No thickening agents added and the vegetables will be crisp and fresh.

10. ZHENG. Steaming needs no explanation .Traditionally the Chinese use bamboo steamers which sits in the wok .Another widely used in China not only for cooking .but also for treating raw ingredients before cooking by other methods , or to keep food warm after they have been cooked.

11. .LU. Stewing in stock made of Soya sauce five spice powder and sugar over low heat .Soya stewing- a Soya-gravy is made first the ingredients are stewed in this gravy over a low heat.

12. HUI. Another form of braising - literally means "Assembly" Normally a number of ingredients, some cooked, some semi cooked are blended together for the final stage of cooking in a gravy using a high to moderate heat. A method of cooking a dish that consists of several different ingredients. Stir fry the ingredients first add stock or water and seasonings, boil over high heat for a short while, then thicken the gravy before serving .Alternately prepare the gravy first then add the partly cooked ingredients (deep fried or steamed), cook over low heat .thicken the gravy and serve..

13.KAO. Roasting which hardly needs explanation, except that in China most kitchens are not equipped with ovens , therefore most of the roasting is done as barbecuing in a restaurant. The ingredients are first marinated or treated then either cooked in an oven or over an open fire like barbecuing

14. BAN. Mixing raw food or salad or-cold dishes which are mixed together with a dressing. Mixing salads. This method does not actually involve cooking, but simply calls for cutting the raw or cooked ingredients and dressing it with seasonings.

15. SHAUN. Instant boiling or rinsing thinly sliced ingredients are dipped into boiling water for a second or two, and then served with a sauce. This cooking method keeps the ingredients fresh and tender.

16. AO- Stewing or braising. Flavour a little hot oil with spring onions and ginger root then stir fries the ingredients for a short time. Now add the stock or water and seasonings, simmer over a low heat .The food should be soft and tender.

17. QIAND Hot salads. Here the raw ingredients are parboiled or blanched first, then dressed with seasonings. The difference between cold salad and hot salad dressings is as follows:-

Cold salad dressing- Soya sauce, vinegar, and sesame seed oil.

Hot salad dressing: Ginger shreds, Sichuan pepper corn, salt, sugar and sesame seed oil.

18. YAN Pickling- Pickle the food with salt and sugar or with salt and wine .Dishes prepared this way has a subtle fragrance and is crisp.

19. TA Pan frying- The ingredients are coated with batter fried in a small amount of oil on both sides over a low heat until done. The ingredients may be deep fried first, and then finished off by pan frying .Seasonings and sauce is added towards the end of cooking.

20. TIE-PAN. Sticking frying. This is basically a form of shallow frying, but only one side is fried, the food is not turned over, so that one side is golden brown and the other side is soft and tender.

21. LIU sauté This is a special technique which involves two stages of cooking .First deep fry , quick or rapid boil steam or boil the ingredients until done, then mix with seasonings to make a sauce.

- a. Dark brown sauté Pour the sauce over the cooked foods and serve.
- b. Slippery sauté Stir fry the raw ingredients and pour the sauce over half way through cooking, stirring constantly until done.
- d. Soft sauté Steam or boil the ingredients and then, while they are still hot add a thin and delicate sauce.

22. PENG. Quick braising. This is one of the important cooking techniques and is always used with deep frying .The ingredients are cut into small pieces and deep fried first, then taken out of the oil and a sauce is added .While the sauce is hot stir fry over high heat and remove the wok from heat and continue stirring for few more times before serving.

23. JIANG: A soya braising. The difference between soya stewing and soya braising is that the ingredients are marinated first in the sauce in which it is cooked, with the additional stock and water. The sauce is reduced or thickened and is served with dish.

24. PA. Braising in sauce. In this method, a little oil is first flavoured with spring onions and or ginger root; the ingredients are then placed in the wok or pot and simmered until done.

25. SHUN Smoking. Cooking with heat and smoke from burning materials such as saw dust, tea leaves, cypress branches, bamboo leaves or granulated sugar.

The Chinese menu

Chinese menu bears no resemblance to western menus which are course wise. The Chinese cooking tradition makes for a greater harmony of living, an aspect of Chinese cuisine which has often been over looked. There is a great feeling of togetherness in the way the Chinese eat. They gather around a table and partake all the dishes which are placed on the table in a communal style. Nobody is served just an individual portion in the western way. The chop-sticks

are used not only as eating implements but also to help others to a choice piece especially from a particular dish this is usually an expression of respect and affection.

Due to the multi course nature of the Chinese meal, eating and dinning have always been very much a family or communal event and Chinese food is best eaten this way, for only then can you enjoy a variety of dishes. An informal Chinese dinner served at home is essentially a buffet style affair, with more hot dishes then cold served on the table at the same time, to be shared by everyone.

A Chinese meal is served absolutely ready to eat there is neither last minute carving on the table, nor dishing out separate item such as meat, vegetables, gravy or sauce and no long prelude when you wait for everybody to be served before you start. At a Chinese meal, as soon as the first dish or course of dishes is placed on the table the host will raise his glass and say “**Gan bei**” or cheers or bon appetit.

A SAMPLE MENU

Prawns in garlic sauce

Wonton soup

Stir fried pork with leeches

Beans Sichuan

Apple toffee

CHOCOLATES

Historical background

Cocoa was well known to the classic Mayan civilization which flourished and died in the Yucatan and Guatemala in the 1st Millennium. Alongside deceased Maya dignitaries were buried implements like jars and bowls which were used for making chocolate. They called it Ka-ka-w. Linguistics believes that the Maya's probably learnt to use the product from the earlier Olmec civilization which flourished between 1500BC to 400BC.

The beans became a commodity for trade, an object of warfare and also a currency. The Mayans spread the chocolate far and wide to the west of Yucatan where the Aztec established their power. In due course Cocoa became a major source of wealth of the Aztec. To the Aztec chocolate was the drink for the warriors and the elite. Chocolate lent itself to flavour mixtures like maize flour and herbs. It was offered to the Gods and was used to anoint new born children on the forehead, face, fingers and toes.

It was, only, under the invader Cortez, when the Europeans, first learnt the full value of cocoa. Its new name "chocolate" appears to be a Spanish inspired blend of Maya and Spanish. The word was soon applied to all products of cacao. As a commodity of trade cocoa beans began to reach Spain in 1558. As an expensive exotic spice Chocolate was gradually introduced to the rest of Europe. By the 17th century the Italians experimented with new flavourings for chocolate including musk, jasmine, citron and lemon peel. In 1659 A. D. David Chaliou was granted a monopoly for selling chocolate throughout France. Chocolate was first sold in London in 1657

By the end of the 18th century there had been a perceptible increase in the amount of chocolate being consumed in stabs, in ices and sorbets, as an ingredient in desserts and main dishes and in pastas and soups.

It was in 1828 that a Dutchman "Van Houten patented the screw press which removed 2/3rd of cacao butter. The residue so obtained was known as Cocoa. This dispersed easily in water and was considered to be more digestible.

Mr. Van Houten, also developed an Alkalizing process by treating cocoa during processing with potassium carbonate which led to a milder flavour and darker colour.

By adding the excess cacao butter to ground beans created a smooth paste which could be moulded and remain solid when cool yet melted easily in the mouth. By 1842 Cadbury Bros. was

selling block chocolates. By 1847 Fry were marketing chocolate *délicieux à Manger*. Major contributions were made by Swiss for e.g. In 1880 Randolph Lindt increased the amount of cocoa butter in his formula and developed CONCHING. In 1876 Daniel Peter produced the first milk chocolate.

SOURCES

The Cocoa tree provides with its seed the raw material for making chocolate. The scientist 'Linnacus' assigned the species to a botanical genus, which he named 'Theobroma' – food of the gods. Botanically the leathery fruits are giant berries or pods.

In this genus 22 species are now recognized, all native to central and South America, of these two are cultivated. Of greater importance is "Theobroma Cacao" from which nearly all the world's chocolate is produced. Cacao is the term for the tree and for its seeds corrupted to cocoa in English.

It is now cultivated all over the world within an area of 20 degrees on both sides of the equator. This tree requires shade when young and is susceptible to fungi and pests. There are many varieties however the Forestero variety accounts for 80% of the world production.

Cacao flowers are pollinated by a species of Midge and grow directly on the trunk of the tree. Only a few flowers develop into fruit or pods and average yield annually being 30 per tree. Full grown fruits are about 8 inches (20cm) long and 4 inches (10 cm) across in an oblong shape. The green pods when ripe are saffron, yellow or red in colour and contain on an average 30 to 40 seeds, occurring in rows and embedded in a white or pinkish pulp.

West Africa is now the largest producer of Cacao and produces over 60% of the world's production.

MANUFACTURE & PROCESSING OF CHOCOLATE

Ripe pods are collected, split and the contents scraped out. The seeds and the surrounding pulp are exposed to the sun allowing the pulp to ferment. This fermentation process is completed in 5 to 7 days. Fermentation is essential for the development of good flavour, for use in the making of chocolate. Fermentation develops "flavour precursors" breaking down sugar to

glucose and fructose and turning some protein into free amino acids and smaller peptides. After fermentation the beans are dried and exported to manufacturers. They lose 50% of their weight on drying and the yield of a single tree is approx. 500 gms to 1 kg.

At the manufacturers a complex process of roasting and grinding turns the seeds into chocolate mass i.e. cocoa and cocoa butter. These two are mixed in varying proportion to form chocolate. Chocolate that contains a very high percentage of cocoa butter and is known as CHOCOLATE COUVERTURE.

Before preparing chocolate for dipping, moulding, coating, sauces, etc. they must be stabilised or tempered.

TEMPERING

Before preparing chocolate for use they must be stabilised or tempered. This process applies only to genuine chocolate containing very high cocoa butter or chocolate couverture. Cocoa butter consists of different fats, some melt at low temperatures others at higher temperatures those with lower melting points are the first to solidify on being cooled giving chocolate an undesirable grainy texture. It is the high melting point fats that give high quality chocolate its shine and snap. The objective of tempering is to distribute these fats evenly by creating very fine crystals evenly throughout so that it becomes smooth, sets evenly and quickly.

Tempering consists of 3 stages:-

1. **Melting:** Chocolate couverture must be melted over a Bain Marie to 49°- 50° C (120-122°F) at this temp all fats would have melted, it should be stirred constantly to evenly distribute the fats.
2. **Tempering:** When the chocolate has melted it is removed from the Bain Marie on to a marble top and stirred constantly to about 29°C (84°F). The object of this process is to seed the mixture with cocoa butter crystals of a uniform and stable type which will keep well during storage. At this point nuts, fruits, etc. may be added.
3. **RE-WARMING:** After tempering and cooling, if the mass is too thick for using it must be rewarmed over Bain Marie till it reaches a temp of 29°C(84°F). This step must be done

carefully for if the temperature rises to 44°C or 111°F the chocolate is no longer tempered, it SEIZES i.e. it goes hard and grainy.

Chocolate which has not been tempered will take excessively long time to set and its texture will not be good. Also some of the cocoa butter will float and then set making a whitish coating called the 'BLOOM'.

CHOCOLATE MAKING

Manual: Chocolates can be made by hand dipping, the centres being lowered on a special dipping fork into molten chocolate, covered and then deposited on paper to set. It is a skill which takes years to master and is a method used mainly by craft confectioners, who wish to produce high quality individual chocolate selections.

AUTOMATED:

There are two automated methods:-

- a) **Enrobing:** It is a method in which the centres are transported under a curtain of molten chocolate and then allowed to set.
- b) **Shell moulding:** Molten chocolate is deposited into moulds to form a shell which is then filled. A lid of chocolate seals the filling in before it is de moulded.

Hand Moulding: This is done using moulds made of plastic, metal or rubber which must be kept clean and dry as well as smooth. Molten chocolate is then deposited by hand into moulds to form a shell which is then filled and covered by a layer of molten chocolate and allowed to set. Chocolate shrinks when set thereby pulling it away from the moulds so it can be easily de moulded.

TYPES OF CHOCOLATE:

TEMPERED Chocolate is used for dipping, making moulds, pastries, cake icings, cookies and meringues.

LIQUEUR CHOCOLATES can be made by shell moulding or by depositing the syrup into impressions made in trays of starch & left undisturbed for some time, the syrup “crusts” forming sugar crystals and can be lifted out and enrobed.

TRUFFLES: Are based on a ganache flavoured with sprits, essences and nuts.

WHITE CHOCOLATE is made by using only cocoa butter

Block Chocolates

Cocoa powder Cocoa powder is made by dehydrating cocoa mass.

Drinking Chocolate: is made by dehydrating prepared Chocolate into powdered form.

Chocolates contain Phenylethlamine a naturally occurring substance in the brain which stimulates euphoric feelings. It also contains THEOBROMINE a stimulant which acts on the muscles and Caffeine, but in much smaller quantities.

YIELD is 600 calories per 100 gms.

CUISINE OF GREAT BRITAIN

Great Britain lies to the northwest of [Continental Europe](#) and east of Ireland. It is separated from the continent by the [North Sea](#) and by the [English Channel](#), which narrows to 34 kilometres (21 mi) at the [Straits of Dover](#). It is situated between longitude 50°N to 61°N and latitude 8°W to 2°E and occupies an area, of 209,331 km² (80,823 sq mi), approximately. The North Channel, Irish Sea, St. George's Channel and Celtic Sea separate the island from the islands of Ireland to its west. Geographically, the island is marked by low, rolling countryside in the east and south, while hills and mountains predominate in the western and northern regions. Great Britain comprises of England, Wales and Scotland on the island of Great Britain, while the United Kingdom includes Great Britain as well as Northern Ireland.

ENGLAND

England is a country which historically has been invaded by successive waves of different people right from Celts, Picts, Romans, Vikings, Saxons, Normans, etc., right from ancient times, and all of them have left a mark on the English kitchen. In recent times immigrants from West Indies, Asians, especially from Indo-Pak has turned contemporary cooking across Britain to reflect its multi cultural society with its vast array of ingredients and culinary skills imported from around the World.

The English have a reputation of generous meat consumption, some of the traditional meat dishes are: mixed grill, Lancashire hot pot, Roast beef with Yorkshire pudding, beef steak with oyster sauce beef and kidney pie and Sheppard's pie. Ham and sausages are an important part of the diet, famous Hams are York Ham and Black Braden ham.

The large consumption of meat encouraged the development of interesting accompaniments like Cumberland sauce, red currant jelly, pickled walnuts, numerous chutneys and pickles. Poultry dishes include stuffed chicken, stuffed duck and stuffed turkey. Stuffed Turkey is the speciality for Christmas along with cranberry sauce, bacon and chipolata sausage.

Amongst vegetables potatoes are a complete favourite and feature in a vast array of dishes. Peas, fava beans, asparagus, parsley, watercress, cabbage and parsnips are other commonly used vegetables.

British also consume large amounts of fish e.g. Dover Sole fried in butter; mackerels served with gooseberries and baked crabs dressed in their shells.

Regional specialities

*Hindle Wakes from Lancashire is chicken stuffed with prunes and herb flavoured herbs, cooked with vinegar and glazed with a lemon cream sauce.

*Toad in the hole is a dish of sausages baked in batter.

*Angles on horseback are bacon wrapped oysters grilled and served on croutons.

*Black puddings are blood puddings from Lancashire.

The English are known for having a heavy Breakfast and would include selection of juices, eggs to order, grilled mushrooms, bacon and sausages, selection of breads, jams and preserves and of course Tea.

Afternoon tea is a characteristic meal of the English and may include scones with strawberry jam, sandwiches, teacakes, muffins, buns, crumpets and ginger and brandy snaps.

Cakes include the famous Victoria sponge cake and the traditional Sinner cake and marzipans. Puddings are very popular and include desserts like Cabinet pudding, Prince Albert pudding and bread and butter pudding.

Cheeses are a favourite after meals and are accompanied with cream crackers, some famous cheeses are Stilton blue veined cheese, Cheddar cheese. Beer is the all time favourite beverage.

SCOTLAND

Scotland lies to the north of England and although being surrounded by sea on all three sides it still has the resources of the mountains, the mild lush farmlands as well as the sea. Scotland's fine cooking has more in common with France than its neighbour England.

Breakfast and High Tea are elevated to full hearty meals, breakfast is served with bannock- a griddle baked flat bread made from barley and oats or baps a traditional soft breakfast roll, or Dundee cake a rich buttery Scottish fruit cake containing sultanas, ground almonds and candied peel, Dundee marmalade, porridge, lightly poached kippers and eggs. High tea would feature hot or cold savoury dish followed by a sweet pudding or fruit pies or cakes or scones. The favourite dish is Scotch eggs made of ground sausage meat wrapped around a hardboiled egg which is coated with breadcrumbs and deep fried until golden.

Fresh fish is readily available anywhere in Scotland, traditionally herrings, herring's roe cakes, trout are enjoyed fried in oatmeal. Shellfish dish includes Limpet stovies which is shellfish stewed with sliced potatoes. Pratan Bree is crab soup made with cream and rice.

Meat dishes include Scotch broth made from cured lamb, hotchpotch is a stew made from neck of lamb and vegetables, haggis is an offal sausage, cock-a-leekie is the famous chicken and leek dish cooked in beef stock with prunes and herbs.

The Scots love strong flavoured vegetables like rutabaga and turnips. The famous dessert of Scotland is cloutie dumplings which is a spiced boiled pudding with dried fruits. Cheddar is the most famous cheese from Scotland. Whiskey is the national passion of Scotland.

WALES

Wales is situated to the west of England and its cuisine is based on the agricultural lifestyle prevalent in rural households. The day starts with a hearty breakfast followed by a substantial main mid-day meal and a relaxed supper.

Wales has the seaweed named LAYER which is hand gathered and sold ready cooked in markets to be made into cakes or Laver bread which are fried and served with bacon for breakfast. Mutton is the favourite meat and is traditionally cured and served with prune sauce and black currants. Leeks, potatoes, carrots, Swede and cabbage are the commonly served vegetables.

Specialities of Wales is the Welsh rarebit a savoury snack of melted cheese grilled on toast, Glamorgan sausage which is made from cheese, breadcrumbs, leeks, and mustard and is served grilled or fried. The famous cake of Wales is the Bara brith which is a yeast fruit loaf.

IRELAND

IRELAND is an island situated to the west of England and unlike the rest of western Europe remained free of Roman influence and remained true to the ancient Celtic culture. The food and cooking of Ireland is based on the simple use of good ingredients in heavy peasant style dishes.

The staples of Irish diet were cereals like oats, barley, wheat and rye, and dairy products. Potatoes when introduced readily substituted cereals, especially amongst the poor so much so that in the mid 19th century failure of the potato crop caused the great potato famine. Other popular vegetables are cabbage and leeks. Ireland produces a lot of dairy products including excellent cheeses.

Ireland has an extensive coastline and is known for excellent seafood like cockles, mussels, scallops, Galway oysters, Dublin Bay prawns, mackerel, Irish salmon and trout. Carrageen whose scientific name is Chondrus crispus also known as Irish moss is a species of red algae which is used for its setting properties. Sloke the Irish name for laver and is the same seaweed used by the Welsh is also cooked in Ireland.

Traditional meat dishes include Irish stew made from lamb, onions and potatoes, Limerick ham is a traditional smoked ham which may be boiled and baked. Dublin coddle is a hearty stew of sausages and bacon. Soda bread is the local favourite made using buttermilk and soda bi-carbonate, they are slashed with a deep cross on the top, this soft bread rises high and tastes wonderful when warm.

A Sample menu

Scotch broth

Roast beef

Yorkshire pudding glazed carrots and turnips

Roast potatoes

Apple crumble

Icings

Icings or frostings are sweet coatings for cakes and other baked goods.

Icings have three main functions:-

1. They improve the keeping qualities of the cake by forming protective coatings around it.
2. they contribute flavour and richness
3. They improve appearance.

There are seven basic kinds of icings:-

1. Fondant
2. Butter cream
3. Foam Type icing
4. Fudge type icing
5. Flat type icing
6. Royal or decorators icings
7. Glazes

Fondant

Fondant is sugar syrup that is crystallized to a smooth creamy white mass. When applied it sets up into a shiny, non-sticky coating.

Fondant is prepared by dissolving 500gms of granulated or cube sugar in 150 ml of water and 15 ml of glucose and then allowed to boil gradually till it reaches the soft ball stage 112°-116 °C (234-240°F) which may be tested by dropping a little syrup in iced water where it will form a ball under water but lose its shape immediately when it is exposed to air. The syrup must be cooled immediately and the air bubbles then subside.

The syrup is, then, poured out into a cold surface and worked first with a spatula until it turns from a clear liquid to a white crumbly solid. It is then kneaded by hand until smooth and finished by being left to ripen in a cool place for at least 12 hours.

The object is to produce minute crystals in a super saturated solution of sugar giving a “creamy” texture to the finished product.

Uses:

- ❖ For first coating on fruit cakes before applying Royal icing.
- ❖ For dipping fresh fruits to make confections for immediate consumption.
- ❖ For casting into moulds.
- ❖ Pastel coloured icing for cakes

Butter Cream Icings

Butter cream icings are light smooth mixtures of fat and icing sugar. They may also contain eggs to increase their smoothness or lightness. This icing is very popular and is used for covering many kinds of cake.

They are easily flavoured and coloured to suit a variety of purposes.

There are four types of basic kinds of butter cream:

1. Butter icing is made with butter and icing sugar which are creamed together to the desired consistency and lightness.
2. a) Simple butter cream are made by creaming together fat and sugar to the desired consistency, a small quantity of egg white may be whipped in to obtain the desired lightness.
b) Decorators butter cream is a simple butter cream used for making flowers and other cake decorations. It is creamed only a little, because if too much air is incorporated, it could not be able to hold delicate shapes.
3. Meringue type butter creams are prepared by first beating egg whites and adding a boiling syrup or just sugar. Soft butter is then mixed into the meringue. This is a very light smooth icing.
4. French butter creams are similar to above but the mixture is made with whole eggs, and boiling syrup. This is a very rich, light icing. N.B. Unsalted butter is the preferred fat for butter creams because of its flavour and melt in the mouth quality.

Recipe for: Butter icing

- i) Beat 125 gms. of butter add 125 gms. of icing sugar with 30 gm of milk and flavouring. Beat until creamy and smooth.
- ii) Butter cream or crème au beurre.

Place 2 egg whites and 125gm of icing sugar in a mixing bowl and whisk until mixture holds shape. Cool slightly. Cream 125 gm butter until soft then beat in the meringue mixture a little at a time. Flavour or colour as desired.

Foam type icing

They are also known as boiled icings. They are simple meringues made with boiling syrup and may also contain gelatine as a stabilizer. Foam type icings should be applied thickly to cakes and left in peaks and swirls. These icings are not stable and should be used they day they are prepared.

Flat type icings

These icings are also known as water icings and are mixtures of confectioners' sugar, water, sometimes corn syrup and flavouring. They are used for coffee cakes, Danish party and sweet rolls.

They are a simple mixture consisting of five pounds of powdered sugar 300ml water, 200 ml corn syrup and flavouring as desired. Egg white may also be added to lighten the frosting.

Fudge Type icing.

Fudge type icings are rich cooked icings. Fudge icings are heavy and thick and they may be flavoured by a variety of ingredients. They are used on cup cakes, layer cakes, loaf cakes, sheet cakes, etc.

To store fudge icings they must be properly covered with cling flim and then kept in an airtight container in the refrigerator.

To use stored fudge icing, warm in a double boiler until it is soft enough to spread. They are stable frostings which hold their shape well on cakes and cup cakes.

CHOCOLATE FUDGE FROSTING

Sugar	–	450 gms
Glucose or corn syrup	-	150 gms
Water	-	120 ml
Butter	-	150 gms
Sugar pwd	-	375 gms
Cocoa pwd	-	175 gms
Vanilla essence	-	to taste

Method

1. Combine granulated sugar, glucose and water and boil till 116°C.
2. Sift powdered sugar and cocoa together, cream sugar/cocoa with butter till light and fluffy and gradually add syrup and essence and blend well.
3. Use immediately while still warm and spreadable.

Royal Icing

This icing is the traditional covering for Christmas and wedding cakes, and is made from icing sugar beaten with egg whites and lemon juice; a teaspoon of glycerine may be added. In the hands of a skilled confectioner this can be used to produce perfectly flat smooth surfaces or piped into intricate borders, patterns or trellis work, which are very fragile but very hard when set. It is always applied over a layer of marzipan or fondant.

The recipe for royal icing needed for 6 inch round or 5 inch square cakes is as follows.

- | | | |
|----|-----------------|------------|
| 1. | Egg whites | 2. No. |
| 2. | Icing Sugar | 500 gms |
| 3. | Lemon juice | 1 Teaspoon |
| 4. | Glycerine | 1 Teaspoon |
| 5. | Cream of tartar | 2.5 gms |

Method:

- ❖ Beat the egg whites with a fork until frothy
- ❖ Gradually beat in 1/2 the icing sugar, using a wooden spoon (+ Lemon juice and cream of tartar)
- ❖ Beat in the remaining icing sugar with the glycerine
- ❖ Beat thoroughly until smooth and white, and having a consistency that stands in soft peaks.
- ❖ Add colouring if required.

- ❖ Cover the bowl with a damp cloth and leave it to stand for several hours to allow bubbles to escape. Before using stir well with wooden spoon but do not over beat. The icings mentioned below are similar to Royal icing.

Sugar paste or Moulded Icing

Beat one egg white and 15 ml glucose gradually adding 500gm icing sugar to form a stiff paste. Turn onto a surface sprinkled with corn flour and knead until smooth. Wrap in cling film and keep and keep in a plastic bag to prevent it from drying, will keep refrigerated for 6 weeks. This quantity is sufficient to cover 8 inch round cake.

SATIN ICING

Boil together 50 gms of butter + lemon juice + dissolved 250 gm of icing sugar and cook for 2 min. Remove from heat and beat in another 250 gm of icing sugar till stiff. Gradually mix in another 175 gm of icing sugar and knead until smooth preserve as above.

GLAZES or GLACE

Glazes are thin glossy transparent coatings that give shine to baked products and help prevent drying. The simplest mixture for this purpose is a syrup made from 250 gms of icing sugar in 30 ml of water or milk. They are brushed over small cakes or poured to give a smooth finish.

Syrup glazes may contain gelatin or corn starch. Fruit glazes, the most popular being apricot are made by cooking them till they melt and then forcing them through a strainer.

Ganache may also be considered as an icing

GANACHE

A flavoured cream made with chocolate and fresh cream, sometimes with butter added. It may be used as a sauce, or to glaze a cake or it may be whipped and used a filling and/or icing. Ganache can also be made of stiffer consistency, chilled and rolled into truffles or as topping for petit fours. It was created in Paris round about 1850

Method:

Bring 100 ml of double cream to the boil. Remove from heat and add 225 gms of plain unsweetened chocolate broken into even squares. Stir until the chocolate has melted and is thoroughly combined with cream. Leave until cool but not set then whip until pale, thick and light or before whipping it may be poured over cakes as chocolate icing.

Toppings are anything that is used to cover a cake or a pastry and it may be fruits, jam, nuts etc. and Icings are that part of toppings which are sweet coatings that may be applied to cakes and pastries.

RULES For selection of icing

- ❖ The flavour texture and colour of icing must be compatible with the cake.
- ❖ In general use heavy frosting with heavy cakes and light frosting with light cakes. e.g. Angel food cakes with simple flat icings. High ratio cakes with butter cream or fudge type icings. Genoese sponge with French or meringue type icing.
- ❖ Use the best quality flavourings and use them sparingly.
- ❖ The flavour of the frosting should not be stronger than the cake.
- ❖ Use colour sparingly, light pastel shades are more appetizing than loud colours.

Mexican Cuisine

The land of Mexico stretches from the arid border land with the USA to the North to the tropical Jungles of the Yucatan bordering Guatemala to the South from the humid coastline on the Gulf of Mexico on the East to the drier Pacific coast.

Mexico has been home to number of great civilization that are thought to date back potentially as far back as 40000 years. These civilizations advanced greatly over the centuries. However these native cultures of this area of the Americas did not have a written language and thus many of the specifics of their History are not known.

The arid north was sparsely inhabited by nomadic tribes who were hunter gatherers who lived off the land. The original inhabitants of Mexico include the Olmecs, Toltecs, Lapotecs, Jotonais, Mayans and Aztecs.

The great Aztec civilization contribution was the cultivation of maize which together with red beans and rice constitutes the staple food throughout the whole of Latin America. Tortillas (Pancakes made of cornmeal are eaten in a number of ways and is the signature dish/preparations of Mexico).

These cultures thrived on a mostly vegetarian diet because the availability of significant animal food was limited.

The arrival of Spanish in Mexico in the early sixteenth century began a new chapter for the people and cuisine of this culture. After the Spanish arrived the native people incorporated many Spanish elements into their diets including pork, chicken, olives, rice, cinnamon, radish, grapes, sugar cane, stone fruits, wheat, chickpeas, melon and onions. This developed into a distinctive Mexican cuisine which combined the traditions of the natives with that of the Spanish. From the culinary point of view Mexico may be divided into the arid north, the rich central and the thickly forested south.

NORTHERN MEXICO

Northern Mexico comprises of nine areas which are known as the frontier. The Apache, Ute, Chichimec are native to this area. The life styles of the regions inhabitants had a large impact on the development of cuisine. Vaqueros (Cowboys) cooked on the open range over fire pits, Fajitas & Enchiladas are good examples, fresh salsas and guacamole accompanied the food, utilizing garlic, cilantro, tomatillos, lime and chilies native to the region.

Immigrants from Southern Mexico introduced corn based dishes to the regions diet. In coastal areas fish is a large part of the diet. The flavour profile of the region includes smoky, rich yet lean, spicy dishes with garlic, corn and wheat.

CENTRAL MEXICO

The capital of Mexico is situated in central Mexico. Most of central Mexico is a plateau surrounded by highland on all four sides. The rainy season last from May, to September. The remaining months are somewhat dry. When the Spanish arrived it was the Aztec civilization that was ruling Mexico. This is the land of chillies, both fresh and dried. Herbs such as epazote, hoja santa, avocado leaves, cilantro and Mexican oreganos are widely used. Cheese such as queso fresco is used as seasonings and toppings.

Name of some cheeses: Chihuahua, cotija, queso fresco and sardo.

Southern Mexico

Southern Mexico comprises of seven regions of which Tabasco is one (famous for Tabasco sauce). This region includes active volcanoes, pacific lowlands and highlands featuring dense jungles and a tropical climate. The diverse geography and isolated locations led to the development of very different culture and hence cuisine. For e.g. Oaxaca which is quite remote retains its natural heritage. It is noted for its coffee and mescal.

Whereas Veracruz situated on the Gulf of Mexico was a port of choice for explorers and invaders. Veracruz was strongly influenced by Spanish, African and Caribbean culinary traditions. The cuisine has been able to blend the indigenous flavours and ingredients with those of the Mediterranean combining the use of olive oil, garlic, onions, capers and green olives with new world ingredients like jalapenos and tomatoes.

General Notes

The major Mexican meal is taken between 2 to 4 in the afternoon. In its full form it consists of 5 courses: a soup followed by a pasta of rice or noodles, a meat or fish dish accompanied by tortillas, beans and a fruit or dessert with coffee. Mexicans normally have an early light breakfast and later a mid morning breakfast consisting of eggs. Bacon, tomatoes and chilli sauces and of course tortillas. The evening meal except for special occasions is a simple matter of a pastry, fruit and perhaps some leftovers.

SPECIALITIES of MEXICO

TORTILLAS:

Maize remains the foundation of Mexican cuisine eaten in all areas and by all classes. The process for making tortillas starts the night before by boiling dried maize with water and lime, and leaving it to soak overnight. In the morning they drain it and rub the skins off the grains, after which the grains are ground into coarse wet flour, known as Masa or nixtamal. It will then be shaped by hand into flat cakes some 18cm in diameter and 2mm thick. These tortillas are cooked in seconds on a griddle known as “COMAL” and are carefully wrapped in a hand embroidered napkin to keep them hot.

This technique of boiling in wood ash or lime and then soaking is known as “Nixtamalization” which was discovered by the local natives of southern Mexico and its southern neighbour Guatemala as early as 1500-1200 B. C..

This procedure makes it possible to remove the skin off the grain and allows the grain to be ground to a flour that produces a flexible bread, and renders the protein in the grain more accessible.

Tortillas may be served plain fried or baked, either flat or folded and topped or filled with various stuffing's.

Tortillas piled with savoury assortments are called “tostadas” Enchiladas are folded stuffed tortillas, usually topped with a sauce and baked. “Tacos” are plain tortillas, stuffed rolled and may be fried. Chilaquiles thin strips of fried tortilla covered with a highly spiced sauce and cooked in the oven.

Mole takes its name from molli, a nahuatt word meaning concoction.

Moles Pobiano De Gajolote- A very famous Mexican dish supposed to have been invented in the 16th Century by the convent of Puebla. They cooked Turkey in a sauce typical of Aztec cooking. The sauce (mole) is traditionally prepared by pounding various sweet and hot chillies such as ancho, mutato and pastitlla, onions, tomatoes, pieces of tortillas garlic, crushed almonds, aniseed, sea same seeds cinnamon, cloves and coriander seeds. The mixture is pounded with a

little turkey stock till it is a smooth paste. It is then simmered with more turkey stock to which lard and plain dark chocolate are added. The cooked turkey is cut into pieces, liberally coated with the sauce, and served sprinkled with sesame seeds, sweet corn or small tortillas. It is served as main course.

GUACAMOLE: A dip or sauce originating in Mexico and consisting of avocado, tomato, onion, lemon juice and spices.

GERMAN CUISINE

Germany is situated North/Central Europe. To the north is the North Sea and to the North-East is the Baltic Sea, West of Germany lies Netherlands, Belgium and France. To the south lies Switzerland and Austria and to the East lies the Czech Republic and Poland.

Germany may be divided into three Culinary Regions, with the German speaking Prussians in the North and east. Saxony in the centre and Wurttemberg and Bavaria, in the south. Culinary specialities from each of these regions are influenced by climate, terrain as well as social status and Germany's history of localised governance.

NORTHERN REGION

In the cold damp North Germany where Dutch, Scandinavian and Polish influences mingle—thick soups, smoked meat and fish are popular, supplemented with dishes prepared from local crops, featuring beets, potatoes, cabbage, barley, hops and rye. Sausages and other charcuterie products are also a staple of the northern diet- e.g. Braunschweiger from the town of Braunschweig is a famous liver sausage. Sweet and soured creamed sauces and soups are very common. Meals are accompanied by beer or schnapps (strong liquor similar to gin).

CENTRAL REGION

This region is an area of rolling hills with wide expanses of forest and numerous spas. This region is basically an agricultural society famous for Pumpernickel and rye breads which are produced from local grains. Dumplings are the staple food of this area a number of varieties are made from potatoes, bread flour or oats. Frankfurter sausages are from this region and are now famous all over the world. Pfefferpotthast, a beef stew strongly flavoured with pepper are popular. Westphalia is famous for its ham and pork dishes. The thriving vineyards of this area produce excellent wine. Stollen is the traditional Christmas made from locally grown fruits and berries.

SOUTHERN REGION

This area includes the states of Bavaria, Swabia, Baden and Alsac-Lorraine. The cuisine of southern Germany features many of the same staples as its other counter parts but the dishes are much lighter. Vegetables including white asparagus, radishes and cabbages are consumed in large quantities here and vegetable salads are very popular throughout southern Germany. The cuisine of Bavaria which is located in south east Germany is influenced by Austria and the cuisine of Alsac-Lorraine situated in south west Germany is influenced by France. Fine wines are produced here. Spätzle a cross between a dumpling and noodle is a popular side dish. Very popular desserts are prepared with such fruits as plums, cherries, apple and berries that are grown in this region. This region is best known for its Schwartzälder Krichtorte also known as the Black Forest cake in English is a cherry cake flavoured with the cherry liquor "Krishwasser".

Other famous German Dishes are:

Lebkuchen

Lebkuchen is a traditional German baked Christmas treat, somewhat resembling gingerbread.

Lebkuchen were invented by medieval monks in Franconia, Germany in the 13th century. *Lebkuchen* bakers were recorded as early as 1296 in Ulm, and 1395 in Nürnberg (Nuremberg). The latter being the most famous exporter today, of the product that is known as Nürnberger Lebkuchen (Nürnberg Lebkuchen).

Sauterbraten

This is a famous beef dish which involves marinating the meat in wine, vinegar and buttermilk and braising it. It is served with a sweetened sauce

Gansebraten

"Roast goose". Usually stuffed with apples and prunes.

Sauerkraut

Sauerkraut German pronunciation: *zoyerkroyt*, French *Choucroute*, directly translated: "sour cabbage", is finely shredded [cabbage](#) that has been [fermented](#) by various bacteria. It has a long shelf-life and a distinctive [sour](#) flavor, both of which result from the [lactic acid](#) that forms when the bacteria ferment the sugars in the cabbage. It is therefore not to be confused with [pickled cabbage](#) or [coleslaw](#), which receives its acidic taste from [vinegar](#)

Schwarzsauer

It is stew of goose giblets and blood, usually cooked with dried apples, prunes and pears.

A SAMPLE GERMAN MENU

Linsensuppe

Sauerbaaten

Spatzle

German potato salad

Pumpernickir

Apfel Strudel

Italy

[Italy](#) is located in southern [Europe](#) and comprises the long, boot-shaped [Italian Peninsula](#), the land between the peninsula and the [Alps](#), and a number of islands including [Sicily](#) and [Sardinia](#) ([Corsica](#), although belonging to the Italian geographical region, has been a part of France since 1769). Its total area is 301,230 square kilometres (116,310 sq mi), of which 294,020 km² (113,520 sq mi) is land and 7,210 km² is water (2,784 sq mi).

It lies between latitudes [35°](#) and [48° N](#), and longitudes [6°](#) and [19° E](#).

Italy borders with [Switzerland](#) (740 km/460 mi), [France](#) (488 km/303 mi), [Austria](#) (430 km/270 mi) and [Slovenia](#) (232 km/144 mi). [San Marino](#) (39 km/24 mi) and [Vatican city](#) (0.44 km/0.27 mi) are both entirely surrounded by Italy.

For culinary purposes, the country can be loosely divided into the South, Central and North. Northern Italy is bordered by France, Switzerland, Austria and Solvenia. Central and Southern Italy is bordered by the Mediterranean Sea, a position that holds great historical importance in terms of exploration and trade.

The generally rugged and mountainous terrain of Italy is home to a population of 58 million people. Politically Italy is divided into twenty regions and each region is unique in its own way. The culinary diversity, specialties and pride of each region are quite remarkable.

HISTORICAL BACKGROUND & REGIONAL CUISINE

Italy has a rich past, at one time, parts of the country were occupied by Etruscans, Spanish, French, Greek, Arabs, Austrian and Germans. Such occupations inevitably shaped the cuisine of Italy today. Italy was made up of separate and disputing states, till it was unified in 1861 by Giuseppe Garibaldi.

Northern Italy

The Romans who ruled Italy and at one time almost all of Europe, for about a thousand years has left a lasting effect on Cookery in Italy, they brought in a lot of local customs and foods of the countries they conquered. The port city of Venice was the centre of trade with the Middle East. This prosperous city had control over the trade of rare foods of the time like sugar, coffee and spices. Western areas of North Italy like Lombardy and Piedmont have strong French and Swiss influences in their cuisine.

Northern Italy is considered the most prosperous area of the country of which the most famous are the Eastern part of Venito known as Emilia-Romagna. The cuisine is dominated by meat and seafood. The green pastures produce a lot of milk, butter and cheese, e.g. Gorgonzola and Mascarpone. Fresh Pasta, polenta and rice are consumed in large quantities. Risotto is the staple of the people of Piedmont. Popular cooking techniques include boiling, stewing and braising. They use a special oven called a Fogher that is used for spit roasting.

Popular pasta shapes of this region include anolini, cappelletti, lasagna, tagliatelle tortelli and tortellini. Other specialities of this region is the Parmigiano- Reggiano(Cheese), Prosciutto di Parma (Ham), and Aceto Balsamico Tradizionale(vinegar).

CENTRAL ITALY

The early settlers on central Italy were the Etruscans who migrated from the Asia Minor as early as 800 BC The Etruscans were an advanced civilization with a major empire. The Romans flourished between the 5th Century BC to 5th Century AD) with Christianity at its core. The Romans built an extensive system of roads and a central market. The great Renaissance originated here in this region and the first ever cooking school was founded in Florence. From

the culinary point of view the most significant family in Italy is the Medicis of Florence. It was the Catherine of Medici who single handily shaped the future of Culinary and exported it to France when she married King Henri II.

Central Italy comprises of seven regions of which Roma the capital city of Italy and Christianity is located in the region of Latium. Central Italy is known for its livestock, mainly beef, goat and lamb which are commonly griddled, spit roasted or deep fried

SOUTHERN ITALY

Southern they have been greatly influenced by Greeks and Arabs from North Africa. The regional cuisine began in Southern Italy with the arrival of the Greeks in 415 BC. The Greek introduced wheat cultivation, Bread making, olives, honey and nuts. Romans ruled later but did not contribute much to cuisine except for the introduction of fava beans. Sicily which is at the foot of Italy in only 145 Km from the African continent, and was conquered by the Arabs as early as the ninth century AD They bought in exotic ingredients and planted citrus trees. They also introduced the notion of combining sweet and sour flavours. Saffron, nuts, rice, couscous, sugar cane and ice cream are just a few of the contributions from the Arab world. Olive oil is the preferred fat of the region. Naples at the ankle of the Italian leg is a very historical place; it was the gateway for the entry of Catalan Cookery. Pizza's home is the Neapolitan area of Southern Italy.

The great difference in Italy's climate and geography are favourable to many different agricultural forms. This means that while a superb cheese is produced from Cow's milk in the north, the south has cheese made from sheep's milk which is just as excellent Northern recipes use butter and cream, the central provinces used lard and olive oil and the south is predominately olive oil.

Respect for the basic produce and a feeling for the freshness and quality of the ingredients determines the lively seasonal variety of dishes. As result the range of products on offer is extensive and high in quality. Unadulterated taste and inspired simplicity are the main characteristics of Italian cookery, as well as health and economical attitude towards food and eating habits.

Coffee with B/F is generally consumed by 10am, followed by Lunch or pranzo which is more prevalent in the rural areas where it is a family affair with substantial 3 or 4 courses. More extensive Lunch is saved for Sundays and other special days. The evening meal is eaten around 8 pm which could again be 3 or 4 courses. A midnight snack is quite common

❖ Antipasta is the Italian word for appetizer or starters they are composed of high quality ingredients like olive which maybe raw, pickled or marinated, toasted slices of bread, salads or sausage or ham in thin slices along with melon and figs

❖ **Bread Specialties (PANE)**

1. Bruschetta : toasted slices of bread with garlic, olive oil and tomato.
2. Cilindrati : croissants made from thinly rolled bread dough.
3. Grissini Bread sticks from Turin.
4. Crocetta Hot cross Buns

Another famous specialty of Italy is the Pizza.

e.g. of Pizza alla :-

❖ Napolitana consisting of tomatoes, Mozzarella and anchovy fillets.

❖ Proscuitto Ham

❖ Funghi- Mashrooms

SPECIALITIES OF ITALY

❖ Ham is another specialty. Prosciutto de Parma

Italy's most famous ham comes from the province of 'Parma' north-west of BOLOGNA.

The quality of PARMA Hams is created with the pigs being fed on barley, corn and fruit.

When slaughtered it must be at least 10 months old, to ensure that the meat is firm and rosy and surrounded by a thick layer of fat. Raw leg should weigh 10 kgs. It is then brined in three phases and then left to dry. They are then matured for a year in cellars with limited supply of air. After 12 months they are ready to eat.

PASTA SECCA (DRY)

Italians are very fond of dry pasta. There are about 300 diff varieties. Pasta is made from durum wheat semolina and can be divided into three categories.

1. PASTA CORTA : Short noodles and may be many shapes such as spirals, wheels, stars, snails, shells and short tube.
2. PASTA LUNGA : long noodles which include the entire spagethi and tagliatelle family- 4 inch and above.
3. PASTA RIPENNA : filled pasta parcels, fortellini and raviolli are the best known.

Some name of pasta

1. BUCATIN : Long smooth hollow noodles.
2. CANNELLONI : Finger length hollow good for filling
3. PENNE : Short pipes with slanting edges.
4. FARFALLA : shaped liked butterflies.
5. SPIRALE : Spiral shapes
6. TAGLINETTE : Ribbon noodle.
7. LASAGNE : smooth sheets of pasta

GNOOCHI

They are small dumplings or gruels and are a passion for Italians among a wealth of variations a common type is made with mashed potatoes mixed with milk served with a lots of Parmesan, tomato or meat sauce.

Potato may be replaced with semolina, chestnut flour, cornmeal and even pumpkin.

❖ POLENTA

Polenta is an ancient dish made with any grain be it millet, buckwheat, chickpeas or broad beans. After Columbus bought corn to Europe, it became the staple for production of POLENTA as the Polenta made from corn kernels became the most economically viable grain. Polenta is delicious with rabbit, lamb, game, sausages, cream dishes and fish dishes.

❖ **PARMIGINAO REGGIANO**

The most famous of all Italian cheese, which has been produced using the same method for seven centuries. Produced in stipulated area which are the provinces of PARMA including Reggio, Emilia, Modena and Mantera on the right bank of the river Po and Bologna on the left bank of River Reno. Cows must be grazed on a meadow or are fed on alfalfa.

Milk is poured into traditional bells shaped copper vats. It is then curdled. The curd Cagliate is then again reheated twice at 45°C and then at 55 °C. The resultant mass is removed in Cheese cloth and deposited in wooden or metal moulds. It is then left in salt solutions for 20-25 days. They are then dried in the sun before being stored in the 'CASCINA' on wooden shelves to mature slowly regularly turned and brushed. Two gallons of milk produces a pound of cheese they are hard cheeses.

❖ **PECORINO**

They are produced is south Italy. It is a hard cheese made from sheep's milk and are moulded in basket work cylinders which are woven in SARDINA. When matured the rind is hard and dark. Pecorino Romano is considered the best.

❖ **GORGONZOLA**

Originally only produced in the little town of the same name near Milan. It is made from full cream pasteurised cow's milk. Milk is heated up to 32° C and curdled with rennin. Spores of pencillum glaucum are also added. They are poured into round Moulds. It is a blue veined cheese.

A sample menu

Minestrone Andalusia

Ravioli Arabeata

Fettuccini carbonara

Pollo alla cacciatore

Medanzane parmigiane

Tiramisu

MERINGUE

Also known as 'Foam' is a very light item of patisserie made from stiffly beaten egg whites and sugar. Meringue became popular in the 6th century and was popularised by the Queen Marie Antoinette who had a great liking for meringues. The use of meringue by piping was invented by Careme. Meringues are made by incorporating enough sugar to both stabilize and sweeten the meringue.

TYPES OF MERINGUES

There are three types of meringues:-

➤ *Meringues ordinaire or common meringues*

Method:-

- *Egg whites must be carefully separated and put in a clean bowl; this must be done carefully so that no particles of the egg yolk must mix with the egg white.*
- *Beat the egg whites until frothy and then start to add the sugar which has been previously ground to a very fine powder, the sugar must be added gradually. Once the sugar is incorporated, whip the meringue to soft, medium or stiff peak, or as required by the recipe.*
- *This type of meringue can be used to top a pie, to pipe and bake into shells or used to create borders and other decorations. Since the whites are not heated to a safe temperature, this type of meringue should be used for applications where it will be cooked by poaching or baking.*

➤ **Meringue Swiss:-**

Beat 225 gms of egg whites till frothy, add 450 gms of powdered sugar. Beat over double boiler to the desired peak, according to the recipe.

➤ **Italian meringue**

- *Make sugar syrup using 450 gms sugar and 120 ml of water and boil the mixture upto 116 degrees C.*
- *Beat 225gm of egg white to the soft peak stage.*
- *Add sugar syrup to the egg whites in a thick steady stream whilst continuing to beat.*

- *After all the sugar syrup has been incorporated, continue to beat the mixture to the desired peak.*
- *The end product has a finer grain and is more stable than the other meringues.*
- *Italian meringue may also be used to prepare baked shells, cookies or left unbaked to use as a filling or as the base for Italian butter cream.*

The addition of some other ingredient or flavouring to meringue can create an almost infinite number of variations, eg, Japonaise where ground almond is added. Small meringues are easier to make than big ones. Very small ones are known as meringuettes or croquignols, and is used as petit fours.

Dutch calls them schuimpjes.

Large meringues are called Vacherin.

Rules for making meringues:-

- *Only absolutely clean and dry bowls preferably ceramic, glass or stainless steel to be used for making meringues.*
- *Fat inhibits foaming.*
- *Mild acid like lemon juice or cream of tartar helps foaming.*
- *Egg whites foam better at room temperature.*
- *Do not over beat egg whites for they will look dry and curdled.*
- *Sugar makes the foam stable, but it can also cause weeping because of absorption of water.*

Other examples of meringues are Vacherin, Pavlova and Baked Alaska.

What is ORGANOLEPTIC?

Organoleptic refers to the involving of sense organs in evaluation of foods, it relates to the perception by sensory organs. Evaluating with the senses of sight, taste and smell for foods and is used particularly of the combination of taste, texture and astringency (perceived by the mouth) and aroma (perceived in the nose).

Sensory evaluation is an invaluable tool to Quality Control as well as Research and Development. Customers perceive product quality with their senses, and as a result, organoleptic evaluations are an essential component of any Quality Control evaluations. All of the technical, chemical and microbiological parameters of a product may well be within specification, but if the product fails to meet sensory expectations, or performs poorly against a competitor, product

sales and brand image may well suffer. Organoleptic evaluations can also be used to develop **sensory** profiles when developing new products.

There are three types of testing:

EFFECTIVE TESTING

This type of testing is concerned with obtaining *objective facts* about products. This could range from basic [discrimination testing](#) (e.g. Do two or more products differ from each other?) to [descriptive profiling](#) (e.g. What are the characteristics of two or more products?). The type of panel required for this type of testing would normally be a [trained panel](#).

Methods for collection and statistical analysis of sensory data include [Free choice profiling](#), and [Generalized procrustes analysis](#)

AFFECTIVE TESTING

Also known as *consumer testing*, this type of testing is concerned with obtaining *subjective* data, or how well products are likely to be accepted. Usually large (50 or more) panels of untrained personnel are recruited for this type of testing, although smaller [focus groups](#) can be utilised to gain insights into products. The range of testing can vary from simple comparative testing (e.g. which do you prefer, A or B?) to structured questioning regarding the magnitude of acceptance of individual characteristics (e.g. Please rate the "fruity aroma": dislike|neither|like).

Perception

[Perception](#) involves the [biochemical](#) and [psychological](#) theories relating to human (and animal) [sensations](#). By understanding the mechanisms involved it may be possible to explain why certain characteristics are preferred over others.

Descriptive analysis involves trained panels (6-30 people) who evaluate products by rating the intensity of various characteristics on a scale. Statistical analyses are applied to look for differences among various products for characteristics of interest.

Consumer testing (sometimes called '**hedonic testing**') involves having potential consumers of a product evaluate various products and a small number of items on a **ballot**.

Sensory Evaluation: What is it?

"Sensory" is derived from the Latin "sensus" (= sense) and therefore, "sensory evaluation" is the description and evaluation of food products using the human senses. Accordingly, sensory evaluation is an analytical method in which the human senses serve as a measurement tool to determine the quality and/or to describe the condition of a food product. Prerequisites for the success of this analytical process include: standardization of methods, regular training and performance measurement of testers, a statistical evaluation of test results; and a standardization of terms.

All sensory testing methods are divided into three categories: hedonistic, comparative and descriptive testing. Hedonistic tests are always used within the scope of consumer tests and serve to characterize consumer behavior. On the other hand, comparative and descriptive sensory tests are referred to as "expert tests" because they may only be carried out by trained persons and can give very detailed information about individual product parameters. Selection of a sensory testing method must always take into account the test objective.

One main objective of sensory evaluation is the measurement of sensory attributes and the quantification of the influence of these attributes on consumer acceptance. This aspect is becoming increasingly important because of the interrelationship between enjoyment value and repurchases behavior. Sensory attributes are directly linked to the concept of quality and thereby ultimately contribute to the success or failure of a product.

Organoleptic and sensory evaluation play a very important role in research and development in analyzing new dishes, allows us to understand consumer behavior towards a new dish, facilitates management decision in choosing which new dishes or menus to be introduced, helps management in standardizing menus and dishes and is an important tool for the organization.

SCANDINAVIAN CUISINE

Scandinavian cuisine comprises the cuisine of the countries situated in the extreme North East of Europe and includes Denmark, Norway, Sweden and Finland. These Scandinavian countries share a similar cuisine style and relatively close cuisine development histories.

CULINARY HISTORY

In the 11th-12th century Denmark ruled over Norway and 1389 the Queen of Denmark and Norway became queen of Sweden. Denmark's influence over Sweden and Norway started to diminish in the 19th century, but the food related traditions remained.. Although most European countries consider lunch the main meal of the day, Scandinavian countries place more importance on dinner, which is the most consistent meal of the day. Workers often only have a quick snack for lunch, instead of a sumptuous meal. Many of the cooking styles and dishes used by the Vikings are still present in the Scandinavian cuisine today, and Scandinavians are proud of their Viking heritage, a fact that is also noticed in the way they preserve the authenticity of such foods. The traditional Scandinavian breakfast is very light and fruitive, consisting mainly of some cookies and coffee. Bread is also used, with butter and jam, but in most cases this meal is not considered very important – that's also because Scandinavians usually go to school and work early, at 8 o'clock. Lunch is richer in nutrients than breakfast, but most Scandinavians don't place all that much importance on it – a quick snack or a sandwich will do in most cases. Dinner, however, is served early, around 6 PM, and it is the main meal of the day. All Scandinavian countries see dinner as a family event, where all the members of the family return from school or work and enjoy the meal together. A Scandinavian dinner usually consists of a soup to start and a fish or meat dish for main course. Desert is sometimes served, but it is not a daily dish. Of course, the different Scandinavian countries also have slightly different eating habits. Danes and Norwegians only eat one hot meal a day while Swedes eat more hot meals each day. The cold smorrebrod is usually the lunch of the Danes and Norwegians, while in Sweden children return from school home, around 11 AM, for a hot lunch. A similar custom to the traditional English tea exists in the Scandinavian Peninsula – Scandinavians serve bread, biscuits, cookies, pastry and coffee around 2-3 PM. As for drinks, beer and snaps are enjoyed with the food and dry sherry. Each traditional dish has a special cooking method, which is more or less general in all of the

country's regions. Meat is one of the main elements of most Scandinavian dishes and Herring is extremely popular, together with other fish types. Salmon is abundant in the area of the Peninsula, and it constitutes a very popular dish, both on a local and international level. Cold food is often eaten viciously, or "consumed" in the Scandinavian region - smorgasbord is a buffet table consisting mainly of cold dishes of herrings, fish, meat, salad and cheeses. The smorgasbord is accompanied by slices of buttered bread and it constitutes one of the most frequent meals in the Peninsula. Smorgasbord begins with cured herrings and cold fish and meat dishes including roasted meats follow, together with hot or cold vegetables and a salad. Scandinavian dishes are still prepared, even by modern chefs, in the traditional way – using simple tools and basic ingredients, but utilizing them to the maximum, so as to create a delicious and nutritious meal. Whether you are cooking Swedish meats and balls, or "meatballs" the Danish Leverpostej (rough-chopped liver paste served on dark rye bread) or the Norwegian smoked salmon, you will notice that the Scandinavian cuisine produces excellent results with simple and fast cooking methods. Festivities are moments of joy, when the family comes together in all the Scandinavian countries. Christmas is one of the most important holidays of the year. Food is very important on Christmas and on the smorgasbord or dinner table you can expect to find dishes such as: rice pudding, Christmas Ham, stockfish, Herring, cheese and bread, meatballs, small frying sausages, red cabbage, liver pâté, Veal brawn, spare ribs and the list goes on. Easter is also festively celebrated, although less stress is placed on the culinary aspect, as the religious aura tends to dominate the celebrations.

NORWEGIAN – the cuisine is characterized by a sense of practicality and economy. Norwegians love their meat, whether it is Pork, Veal or fish meat, and you will notice that most of their dishes are concentrated on this main ingredient. The vast wild areas of Norway, and the abundance of fish and game, make such natural food resources a top pick for many traditional dishes. Norwegian cuisine uses elements from various cooking traditions borrowed from their neighbours and developed from their own traditional dishes. The simplicity of the cuisine does not imply a lack of taste, but it does make life easier for the cook. Smoked salmon is probably the most famous type of food product related to Norway; other dishes are **ROMMEGROT**-porridge made with sour cream, milk, flavoured with cinnamon and sugar, **FARIKAL** mutton

and cabbage stews with black pepper, **PTARMIGAN** meat casserole with cranberries and smoked elk.

DANISH – the cuisine of Denmark is characterized by high levels of meat and animal fat and a rather low level of plants and vegetables. The long winters from the Scandinavian Peninsula shaped the face of the Danish cuisine. Although agriculture is well developed, due to the climate, game and fish are often preferred. Fresh vegetables are rare in the traditional Danish recipes, and many dishes rely on seasonal fruits or vegetables. On the other hand, the climate enables lengthy meat preservation, so smoked meat is one of the most frequently used ingredients in the Danish cuisine. The Danish cuisine is rather conservative, and the numerous islands that form Denmark helped keep the traditional, conservative cooking styles alive until modern times. Some specialities are **FRIKADELLER** minced veal and pork meatballs, **HAKKEBIFF** minced beef with onions and brown sauce and **RULLEPOELSE** spiced rolled belly of pork. Vegetables used are potatoes, red cabbage and rutabaga. Danish pastries are very famous they may be filled with cream, jam or dried cherries.

SWEDEN – It is considered rude not to finish the food you have on the plate, mainly because, in many cases, you serve yourself and you are responsible for the amount of food you place on your plate. The meals are not very elaborate and many will find them scarce in vegetables. Traditional recipes were influenced by the lack of plants due to the long Swedish winters and many modern dishes still include only small amounts of vegetables. Rutabaga is a native turnip that was among the most popular plant types in Swedish cooking until it got replaced by the Potato. In both major inhabited regions of Sweden – Gothenburg on the west coast and Stockholm on the east – the abundance of fish, mainly Herring, had its influence on traditional cooking. Some specialities--- **SLOTTSSTEK** braised beef served with cranberries and potatoes, **LINDSTROM** minced beef served with beetroot. Goose is served stuffed with prunes and apples. Sweden has a wide range of pastries flavoured with saffron and cardamons.

FINLAND--- Finnish cuisine is characterised by foods with robust flavours, like— **MUSTAKEITTO** a rich soup made of chopped offal cooked with carrot and potatoes, is thickened with blood and garnished with barley balls. **VORSHMACK** a hash of mutton, beef and salted herrings, spiced with garlic and onions and accompanied by **RYPPY** a very strong

grain alcohol. The Finns are fond of Swedes, smoked reindeer tongues, raw salmon, burbot roe, crayfish cooked in stock flavoured with fennel and LAKKA a strong liqueur based on Arctic cranberries. Milk is used in the form of buttermilk or in puddings and porridge. Wild mushrooms are widely used in soups, stews, sauces, pickles and salads. The Russian influence is significant with borscht, pashka and blinis being common dishes.

Staling of Bakery Products and Mold Infection

There are three ways in which bakery products stale. They are, Starch Retrogradation (firming of the crumb), getting infected by molds and rope; See Below.

In simple terms, staling of crumb (firming of crumb) is the process the starch molecules go through when they shrink upon cooling. Starch molecule consists of a very long chain of Carbon, Hydrogen and Oxygen that are stretched out when warm and feel soft. Upon cooling, the chain shrinks and thus become firm which is called staling. You have probably experienced that when a stale product is warmed, it becomes soft. The starch chain has stretched again. Upon cooling, it shrinks again and become firm.

Anti-Staling Ingredients:

1. Emulsifiers. For the past several years bakers used emulsifiers called bread softeners to produce bread that will remain soft for a longer period of time. It is added to the dough during mixing. Some of the more common ones are monoglycerides, calcium stearoyl lactylate, and sodium stearoyl lactylate. The softening action takes place after the bread is baked. Also, Potato bread will resist staling because potatoes act as anti-staling ingredients to some degree. Some anti-staling ingredients also perform as dough conditioners or dough strengtheners.

2. Enzymes. Enzyme manufacturers are hard at work on generic engineering and protein engineering producing enzymes to extend the shelf life of bread many fold. In a paper presented at the 1999 American Society of Baking's Annual Convention, it was stated that some of these enzymes are available now. However, since every baker wants to have one better, enzyme manufacturers will continue to work on developing better ones. It was also stated that there is a

lag time of between 2 and 3 years between the time a specific enzyme is identified and actually having it available for the baker to use.

Advantages of Using Enzymes instead of Chemicals. Since enzymes are produced from natural ingredients, they will find greater acceptance by the housewife than when chemicals are used.

3. Mold and Mold Inhibitors. Sanitation plays a very important role in preventing mold in bread. Mold spores do not survive baking temperatures. The interior of the loaf, when it comes out of the oven is about 210 to 212 degrees F. which will destroy any mold spores which may be present in the dough. Therefore, bread and other bakery products can only be contaminated after they leave the oven.

Some of the more dangerous areas for mold contamination are storage rooms, and slicing machine blades which come in direct contact with the interior of the loaf where there is an abundant supply of food and moisture. Mold spores also thrive in dark places. You can extend the length of time that it takes bakery products to mold by several days by using Mold Inhibitors such as Calcium Propionate for yeast raised doughs and sodium propionate in chemically leavened products. Propionates are present in many foods, but in very small amounts. Swiss Cheese, however is an exception. For this reason, Swiss Cheese rarely molds, unless it is improperly developed. Propionates may be obtained by the oxidization of propyl alcohol, forming propionic acid. The propionic acid is in turn combined with other chemicals to form the well known Sodium and Calcium propionates sold under different Trades Names. Mold Inhibitors react as an alkaline in doughs, and since yeast doesn't like an alkaline condition, Mineral Yeast Foods containing monocalcium phosphate are added to the dough. Monocalcium Phosphate reacts as an acid in doughs therefore counter-acting the alkaline which is formed by the propionates. Also, vinegar can be used at the rate of about 1 pint per 100 pounds of flour. Inhibitors are called inhibitors, because not enough is used to kill the mold. They only retard the growth of molds. Bread will mold eventually if kept in a warm moist environment. The amounts of Calcium Propionates to use in bread varies with the climate, season of the year, or type of product. Dark Breads require more than White Breads. For average climates, 2.5 to 3.5 ounces are used per 100 pounds of flour in White Breads and 4.0 to 5.0 ounces are used in Dark Breads.

Types and Color of Molds. There are many different types of molds and they have different colors. Mold spores are practically everywhere, because they are very tiny and are carried in the air. They are so tiny that they can only be seen under a microscope. Mold Spores are like seeds that you plant in the garden. When they come in contact with the proper food, moisture and warmth, the spores produce mold plants which you can see with the naked eye.

Rope. Rope is a bread disease caused by the bacteria, *Bacillus mesentericus*. This disease breaks down the cells of the bread and leaves a sticky, pasty mass. When the crumb is pressed together, and pulled apart, it will stretch into long, sticky, web-like strands. The product will have the odor of over-ripe cantalope. The rope bacteria are too small to see with the naked eye, but they can be seen with a microscope. The bacteria can be present in the ingredients, especially flour and yeast. Unlike mold, rope spores are not destroyed by baking temperatures. Calcium propionate, sodium diacetate or one pint of vinegar per 100 pounds of flour can be used in bread doughs to increase the shelf life of the product. If the bakery is contaminated, thorough cleaning with special chemicals will be necessary and/or the bakery may have to be steam cleaned.

External Bread Faults

Symptom	Causes
Crust too dark	<ul style="list-style-type: none"> - Oven temperature too high - Excessive milk or sugar. - Excessive baking time. - Over proofing.
Crust too light	<ul style="list-style-type: none"> - Oven temperature too low. - Insufficient milk or sugar. - Insufficient baking time. - Insufficient proofing. - Insufficient mixing.
Crust broken	<ul style="list-style-type: none"> - Insufficient proofing - Insufficient liquid.
Crust too hard	<ul style="list-style-type: none"> - Oven temperature too high - Insufficient proofing.

	<ul style="list-style-type: none"> - Insufficient sugar or shortening. - Excessive steam. - Insufficient liquid. - Baking time too long.
Crust too soft	<ul style="list-style-type: none"> - Oven temperature too low - Excessive sugar/egg yolks/shortening. - Excessive oil/margarine as a wash. - Insufficient steam during baking. - Baking time too short or wrong bread machine setting.

Internal Bread Faults

Symptom	Causes
Coarse and irregular grain	<ul style="list-style-type: none"> - Improper mixing procedures. - Stiff batter. - Careless or poor depositing in the pans. - Oven too cool, (baked too slowly).
Dense grain	<ul style="list-style-type: none"> - Excessive liquid in the batter. - Improper mixing procedure.
Off-color breads	<ul style="list-style-type: none"> - Improper mixing procedure. - Oven too cool, (baked too slowly). - Unclean equipment.
If raisins, nuts or dried fruit sunk to the bottom	<ul style="list-style-type: none"> - Pieces of fruit were too large and too heavy. - Sugary syrup on the outside of the fruit was not washed off- causing the pieces of fruit to slide through the mixture as it heated. - Washed and dried fruit was not dusted with flour before being added to the mixture. - Bread mixture was over beaten or was too wet so it could not hold the fruit in place. - Oven temperature was too low, causing the mixture to melt before it set to hold the fruit in place.

General Bread Faults

Symptom	Causes
Batter over-flowed the pans	<ul style="list-style-type: none"> - Wrong adjustments to recipes (too much liquid, flour etc.) - Wrong size pan used. Mixture should fill 2/3 of pan.
Poor flavor	<ul style="list-style-type: none"> - Improper mixing procedure. - Improper cleaning and greasing of the pans. - Faulty baking conditions. - Improper cleaning of the equipment.
Breads too tough	<ul style="list-style-type: none"> - Excessive mixing. - Batter too stiff (insufficient water). - Batter too thin (excessive water).
Lacks body/structure	<ul style="list-style-type: none"> - Excessive mixing - Insufficient liquid.
Dries out too soon	<ul style="list-style-type: none"> - Excessive baking time. - Insufficient liquid. - Improper mixing procedures. - Cooled in a drafty location.

LARDER

A... Definition and Introduction To Larder Work :

What is Larder or Garde Manger?

- ✓ It is the Cold Kitchen or that part of the kitchen department which is set aside for the storage and preparation of perishable foods- both raw and cooked.
- ✓ The food stuffs such as meats, fish, poultry, and game, vegetables other perishables are prepared and made ready for cooking.
- ✓ All the cold foods found on the menu such as appetizers (Hors d' oeuvres), cold fish meat dishes, all salads, cold sauces and dressings are made ready.
- ✓ One particular special duty of this department is the preparation of all types of cold buffet- a major feature of many functions and banquets.

The larder was originally a cold room or cellar for storing meats, especially meats put down in large barrels or crocks of lard—hence the name. It was once common practice to partially cook meats and sausages, and then cover them with rendered lard until needed. Dried or smoked meats were generally stored in a loft or garret away from dampness. This division of function led to the evolution of the terms wet larder (cool room or cellar) and dry larder. The wet larder was used not only for meats stored in lard, but also as a holding room for uncooked meat, game, and vegetables. The dry larder would contain such things as dried fruit, grain chests, and even some types of hard-rind cheeses. Large loaves of rye bread were often buried in the grain chests for long-term keeping.

The larder or Garde Manger is a department set aside for the storage of perishable food, both raw and cooked and was food stuffs such as meat fish poultry and game are prepared and made ready for cooking. In this department all cold food items found on the menu such as Hors d'oeuvre cold fish or meat dishes ,Cold sauces, salad dressings are prepared and dressed. For these functions to be carried out , it is essential that:

1. The larder be separated from the kitchen and located in a cool place. At the same time, it must be close to the kitchen to avoid undue running about between two departments which are closely interrelated.
2. It should be light, airy and well established and sufficiently spacious to allow the staff to carry out their duties in a clean and efficient manner.
3. It should be equipped with the necessary fitting, machinery and tools.

B. EQUIPMENTS FOUND IN THE LARDER

Refrigerators, Mincing Machine and bone cutter, slicing machine, scales and weighing machines , Electric Grinding machine ,Boiling Plate or Gas Ranges , Griller/Toaster , Gas boiler, Butcher's Blocks , Steel Tables ,Sauce pans and lids frying Kettles and frying pans , polythene bins and other larder tools such as serving spoons and ladles, sieves , Colanders , Conical strainers and Chinois, heat Presses , Pie moulds, whisks, egg slices, steel basins and graters..

Knives, Choppers, Saws etc.,

Butchers Boning knives ,butcher's steak or cutting knives , Butchers saw(Tenon), Butchers saw(Bow), Butcher's choppers and cleavers, Butchers chopping Knives, Cook's 30 cms(12 inches)Knives, Cook's 20-24 cm (a/7 inches) knives, Cook's 6-8 cm (4 inches) knives, Cook's 14-20cm(7 inches) filleting Knives Tranchelard Knives, Palette Knives, Potato Peelers, French or English, Mandoline vegetable slices.

WOODEN UTENSILS

Wooden spatulas and spoons are used for stirring food stuffs to Prevent burning . Wooden mushrooms are used for Pressing food stuffs through sieves .These wooden utensils should be well scrubbed, washed, rinsed and dried after use. The following tools are kept clean by washing in hot water, rinsing and drying.

MISCELLANEOUS

Cutlet Bat	- For flattening cuts of meat.
Trussing Needles	- For Poultry trussing.
Larding Needles	- For larding cuts of meat, Poultry etc.,
Larding Pin	- For larding joints etc.
Lemon Zesters	- For Scraping of lemon Peel.
Lemon decorators	- For channeling lemon Peel.
Vegetable Scoops	- For shaping vegetables and potatoes.
Butcher's Hooks	- For hanging joints etc.
Skewers	- For skewering, meat etc.
Brining syringe	- For Pumping brine solution into joints.
Brinometer	- For measuring density of brine solution.

BREAKDOWN OF WORK:

It naturally follows that the work is broken down into various fields such as Hors d'oeuvre, salads, butcher, Poultry, Cold Buffet and in a large establishment each function is carried out by a chef specialized in that area . These duties are allocated by the chef Garde Manger who is in overall charge of the department .His assistants are the Commis Garde Manger. The smaller establishment, the chef Garde Manger works single handed and carries out all the functions himself.

The work is broken down into various sections-

- ✓ Appetizer section
- ✓ Salad and dressing section
- ✓ Butchery

✓ Cold buffet

In large busy establishments, there is a full team of workers to carry out the above functions.

The butcherer, poulterer or the fishmonger may be an expert in their own fields.

These duties are allocated by chef garde manger, who is the overall charge of the department,

To Commis or assistant chefs. These are known as Commis garde manger. The team will depend on the volume of the business.

RESPONSIBILITIES OF THE CHEF GARDE-MANGER

The responsibilities of the Chef Garde-Manger, therefore, are many and varied. This person is responsible to the Chef for the efficient running of the Larder department and for the co-ordination of the work of its staff; for the training and discipline of larder staff; for the foodstuffs in the department, some of which may be stored in refrigerators or even in deep freeze, or preserved by other means. The Chef Garde-Manger is responsible for keeping a record of such foodstuffs and a day-by-day record of issues to kitchen or other departments.

The Chef Garde-Manger must study the menus in advance, so as to be able to order meat, fish, etc., in time for the foodstuff to be prepared and cleaned and made ready for the kitchen in time for it to be cooked; and also to order all necessary stores for the various larder productions such as salads, hors d'oeuvres, sauces, buffets, etc. The Larder Chef is responsible for the efficient storage of food to avoid deterioration and wastage and for cleanliness and hygiene in the department, to avoid any danger of contamination and possible food poisoning. He should also advise the Head Chef as to what foodstuff items require using to prevent eventual wastage. Some of the other duties of larder chef are as follows:

Food Preparation

Larder chefs prepare any "cold" dishes that either stand alone or require further work by other chefs. For example, they may cut raw meat into adequate portions so that it may be cooked, or they may put together something like potato salad or a cold soup. The larder chefs must have excellent culinary skills and knowledge even though they may not do a lot of cooking, because they have to understand how cold dishes complement other dishes or how other chefs will use cold food stuffs from the larder.

Storage

Larder chefs store the food within the larder according to safety and sanitation guidelines or instruct other staff members how to do so. The larder chef thus has a huge role in eliminating food poisoning. Additionally, the larder chef tracks larder inventory daily with inventory sheets and orders food stuffs whenever they are low. This is crucial to the function of a kitchen because the chefs must have the ingredients to produce whatever the customer orders in order to maintain revenue and profit.

Menus

Larder chefs work with other chefs and restaurant administrators to create and maintain restaurant menus. In addition to directly creating some menu items, they also take the knowledge of the menu and translate it into food stuff orders. They also may organize

the larder based on whatever is planned for the menu, since they need to know how much space will be allocated for each food item.

Advice

Because larder chefs are responsible for larder inventory, they act as advisors to other chefs and alert them as to what inventory requires immediate use. This helps the kitchen to reduce the amount of waste and spoilage in the larder. In some cases, the larder chef may come up with his own creative ways to use remaining inventory if it cannot be used for the original purpose it was ordered.

Security

There may be dozens of individuals who go in and out of a larder in a given restaurant. The problem is that this makes it easy for people to take larder items without authorization, which impacts menus and revenue. Larder chefs are responsible for keeping the larder secure by implementing methods to deter pilfering.

LIAISON WITH OTHER KITCHEN DEPARTMENTS

The Larder is both a storage department for most perishable foods and a preparation Department for such foodstuffs. The Larder staff, under the supervision of the Chef Garde-Manger, is responsible for the ordering, storing and preserving of stores, keeping stocks up to date, and accounting for such items as meat, fish, poultry, game etc. which pass through the department on their way from the suppliers to the kitchen and eventually to the restaurant or banqueting rooms. The bulk of such foodstuff needs dissecting or cleaning, dressing, cutting into the required joints or portions, and generally preparing for cooking.

LARDER is both –

1. A storage department for most perishable foods
2. A preparation department for all the cold food stuffs.

The larder staffs, under the leadership of the chef garde manger is responsible for-

- ✓ The ordering
- ✓ Storing
- ✓ Preserving of stores
- ✓ Keeping stocks up to date
- ✓ Accounting for meat, fish, poultry and game
- ✓ These food stuffs need dissecting, dressing, cutting into required joints or portions and doing mice-en-place for cooking.

For this reason it is important that-

1. The larder section should be in close access to the rest of the kitchen
2. As well as access to all the sections of the kitchen and this passage needs to be uninterrupted.
3. To be effective and the smooth run of the operations, the larder department must operate in perfect harmony with the main kitchens, various speciality kitchens as well as the pastry department, to avoid confusions and wastage.

4. Lack of liaison will result in duplication of work.
5. Likewise, pastry for pies or puddings and various savouries served with the larder department are best prepared by the pastry staff. Such tasks as lining of the pudding basins or the covering of the meat pies are examples of such cooperation.
6. On the other hand, the savoury filling required by the pastry section, such as sausage rolls, will be prepared in the larder section.
7. Another important function of the larder section is to process and utilize the leftovers of any meals such as parts of cooked joints, poultry, fish or even eggs, potatoes and vegetables.
8. Larder section tries to utilize these to the best of the abilities. Some of these will be used for the preparations of the starters and the salads, others suitably trimmed and dressed and reserved.
9. A number of garnishes and accompaniments to dishes are prepared in the larder section.
10. Such items as stuffing's, forcemeats, and lardoons or bacon rashers are provided by the larder section.
11. All the cold sauces for the hot dishes are also prepared by the larder section such as tartare sauce, mint sauce. The larder also prepares compound butter or butter sauces.

LARDER CONTROL

If the larder is to be run efficiently and economically, it is essential that the chef Garde Manger should exercise strictest possible control over the food stuffs received and stored in the department. This will involve:

1. Checking the quantity and quality of all goods delivered to the larder.
2. Ensuring that all food stuffs are stored at the right temperature and that they can be easily checked.
3. That the food is protected from contamination by vermin.
4. That Portion Control is rigidly carried out eg., a given piece of meat, fish and vegetable should always produce required portions of steaks, fillets, salads or Hors d'oeuvre.
5. That stocks are regularly turned over.
6. That food is not overstocked.
7. A simple daily stock sheet by each subdepartment be maintained.
8. Every possible effort must be made to maintain the highest possible standard of hygiene. Every precaution should also be taken to discourage Pilferage.

The stock and order sheet should be as simple and easy to keep up to date as possible. A complicated stock sheet requiring too much writing will defeat the whole purpose as it will be neglected during busy rush periods, the very time it is needed most. For some sub departments, devising an easy and simple system is reasonably easy. In some cases it is not so easy for example, Also keeping of the stock of food sent in and returned by the cold buffet can be complicated and time wasting if one is to measure every ounce or inch. Therefore it is necessary to accept some rule of thumb providing it is well supervised. An experienced chef Garde Manger should be able to tell at a glance the weight, or number of Portion of a given joint or cold dish.

The butchery department also Presents some Problems and the stock sheet for this department needs careful consideration. Each establishment will devise its own system taking into account its own Problems.

PLANNING THE GARDE MANGER

Layout: Planning the layout for a garde manger department can be a complex task. Unlike other departments that can depend on a basic menu and basic work load, the Garde Manger department is unique in its operation . On a daily basis the Garde Manger department may handle its own butchery, its own bakery, its own sauce making, its own frying , smoking of fish and cold meats , all the decorating including tallow and ice sculpture , Plus a complete line on charcuterie products such as galantines and pates.

The Garde Manger department can relate to a food service facility in three ways:

- on a pick up Basis.
- on a distribution basis.
- on a combination of the two bases.

When a Garde Manger department Executes food order on an ala Carte basis, this is known as **Pick up** .This system operates in an unpredictable fashion ,Since the number and timing of orders is not known in advance. Work load is set depending upon the dishes listed on the menu.

When the Garde Manger department Executes food orders in advance for a known quantity , to be delivered at a certain time(Parties, banquets) this is known as the **distribution basis**. The main problem here is work loads will be different each day depending upon booking, functions etc., For this reason it is difficult to establish an appropriate mise-en-place on a daily basis as it is bound to vary.

In the combined system represents a combination of the above two systems. This layout is appropriate when the garde manger department is located near both a la carte and banquet facilities.

What Is A Marinade?

- A marinade is a liquid that has been seasoned and is used to flavour (and usually to tenderize) meat, fish, and vegetables.
- The liquid may be wine, fruit juice, vinegar, or any combination of these, along with spices, herbs, or other flavouring agents. Oil, such as olive oil, is often included as well.
- Marinades usually have a low pH, which means that they are acidic. It is the acidity that helps to tenderize the meat.
- Ingredients that are suitable for supplying acidity to marinades: wine, vinegar, soy sauce, citrus juice, buttermilk, or yoghurt.

How Do Marinades Work?

- All the elements in a marinade: the liquid base, the herbs and spices, and the oil, help to flavour the food, with the exception of a totally neutral vegetable oil.
- The acids in a marinade permeate tissue and break down tough fibres, thus tenderizing meat.
- The oil in marinades adds succulence to food and gives it flavour.
- Some marinades work in an entirely different way. Some fruits, notably papaya, grapefruit, and pineapple, have natural enzymes that will degrade tough connective tissue by a process called 'enzymatic reaction'. Meat left too long in one of these marinades will be tenderized to the point of being mushy.

Which Cuts Need To Be Marinated?

Cuts that:

- Are tough
- Have a low fat content, or
- Have little natural flavour

When to Use Marinades

- When the meat in question is too tough to be cooked in its natural state. For example, a pork shoulder butt chop or a beef flank steak have excellent natural flavours, but are too tough for most consumers unless they have been tenderized.
- Some low-fat cuts, pork tenderloin for example, tend to dry out and become tasteless when over-cooked. Adding oil to a marinade will counteract this.
- Other cuts are both relatively tough and low-fat, pork leg cuts for example. These require both an acid and an oil.

How to Choose a Marinade

- A less tender cut of pork that has plenty of fat requires more acid and little or no oil.
- A tender, but low-flavour cut needs a marinade with plenty of flavour and some oil.
- A cut that is less tender and is also low in fat needs acid, flavouring agents, and oil.
- Most commercial vinaigrettes and salad dressings, as they are mixtures of oil and vinegar, can make excellent marinades. Do not use mayonnaise-based dressings.

Selecting Containers and Materials

- Do not use containers that may react with the acid in a marinade: Bowls and rectangular baking dishes made of glass, enamel, porcelain, or treated aluminum, are ideal for marinades. Do not use aluminum foil.
- Select pans in which the meat sits snugly and lies flat. The marinade should come up around the edges of the meat, but need not cover it.
- Meat and marinade can be put into a sealable plastic bag a zip-loc is ideal. Squeeze out most of the air, seal tightly, and place in a bowl. Turn bag from time to time to distribute marinade. This is the perfect method for larger cuts.

How to Use Marinades

- If you are planning to marinate for only a short time, mix the marinade an hour in advance to allow the flavours to infuse and mellow.
- Always refrigerate food that you are marinating.
- Either completely cover meat with marinade, or turn meat over occasionally to ensure complete and even marination.
- Do not add salt to a marinade, as it draws out the moisture essential to keeping meat juicy and tender. Salt food only after it is cooked.
- Any marinade can be used to baste foods during cooking to add moisture and flavour.
- Do not use marinades for basting or as a sauce in which meat has been marinating (it can harbour unsafe bacteria) unless the marinade is brought to a boil and simmered for at least 10 minutes. If you want to use the same marinade to baste the meat while cooking, reserve a cup or so of marinade for that purpose.
- Do not leave meat in marinade too long; the meat may lose texture through a too lengthy exposure to acidic components, and the natural flavour of the meat may be overwhelmed

PATE AND TERRINE

The term pate means forcemeat baked in a crust, usually in a rectangular or oval loaf mould. In French it is termed as PATE EN CROUTE. In other words it can also be a Spread of finely chopped or pureed seasoned meat, often chicken liver.

Pâté (pronounced PAH -TAY) is French for "pie." It is traditionally served baked in a crust (*en croûte*) or moulded as a terrine. The crust, interestingly enough, was not originally intended to be eaten, but to hold the pâté together. Today, the terms pâté and terrine are often used interchangeably. Pâté is simply a mixture of seasoned ground seafood, poultry, meat or vegetables, and often a combination of several different base ingredients. Beef, pork, liver, ham, seafood, wild game, poultry, and vegetables are all candidates for pâté. The grind can be smooth and creamy or on the chunky side. It may be served hot or cold, moulded or unmolded.

Pâté de foie gras is considered an ultimate culinary delight, the king of pâtés.

The preparation of pate is done in 5 stages

1. PRE-PREPARATION

- Prepare the dough
- Prepare the forcemeat
- Roll the dough about 1/8th inch thick and about the size of the sheet pan
- Using the assembled hinged mould, mark the dough for the main and the cap pieces.
- The bottom and the four walls of the mould to be covered with the dough.
- Allow for a ½ inch overhang on all the sides.
- The capping piece should be the size of the bottom
- Cut 2 chimney rings from an extra piece of dough using 1 inch and ½ inch round cutter.

2. ASSEMBLING THE PATE

- Lightly oil the assembled mould.
- Fold the main piece of dough length wise. It should drop easily into the mould.
- It should cover all the four walls and the bottom of the mould.
- Using a small ball of scrap dough carefully press the dough into the corners of the mould.
- Cover and refrigerate the lined mould for one hour.
- Fill the mould with well chilled forcemeat ½ inch short of the top edge.
- The forcemeat should be placed in several layers using a palette knife to press the forcemeat to reduce the formation of the air pockets.
- Fold the overhanging dough over the top of the forcemeat.
- Lightly egg wash the dough covering the top.
- Lightly eggs wash the face of the capping dough.
- Lay the capping face, egg wash side down, on top of the pate.

3. INSERTING THE CHIMNEYS

· Chimneys are placed in the pate to allow steam to escape. If chimneys are not present the steam can crack the crust.

4. COOKING THE PATE

Cooking the pate is divided into two stages-

· Browning Stage – without egg washing the top of the pate, cover the pate with a foil. Place in a pre heated oven at 475 degrees F, for 10 minutes. Remove from the oven and allow rest for 15 minutes.

· Cooking Stage – uncover and lightly egg wash the top of the pate. Place in a preheated oven at 350 degrees F until an internal temperature is reached to 150 degrees F

NOTE: The temperature can be taken through the chimney

5. FINISHING THE PATE –

The pate is not complete when it is removed from the oven. It must be first filled with aspic.

· Allow the pate to rest at room temperature for 15 minutes. This will allow the juices and fat those have come out of the pate to be absorbed back.

· Carefully fill the chimneys with a good quality aspic jelly.

· Allow the pate to chill overnight before removal and slicing.

Cooking tips

When making pâté en croûte, use a pâté pan that comes apart (like a spring form pan) so you don't damage the delicate crust when trying to unmold the dish.

• If the recipe calls for goose liver, but it's not available, try substituting chicken livers. It won't be as rich, but it will still end up quite tasty.

• Serve pâté with toasted brioche, toast triangles, or crackers.

TERRINE

Terrines and pâtés are baked forcemeats, often but not always containing one or more types of garnish. Strictly speaking, the difference between the two lies in how they are baked. By definition, a terrine is baked in an earthenware dish. The dish itself is also called a terrine, a word derived from the French *Terre*, meaning “earth. “Today, other materials besides earthenware, such as glass or metal, may be used for terrines. Terrines may be presented in their baking dish, or they may be unmoulded.

It should be noted that many kinds of products are called *terrines* because they are prepared in terrine moulds. The terrines discussed in this section are based on the straight forcemeats we have just considered.

Preparing Forcemeat Terrines

Terrines, like pâtés, may be baked in moulds of various shapes and sizes. Traditional oval moulds, for example, have long been popular. For ease of portion control, however, rectangular moulds are the most appropriate. A terrine may be lined with thin sheets of fatback, although this is optional. The layer of fat does not contribute significantly, as is widely believed, to keeping the meat moist during baking; after all, the terrine mould itself is more moisture proof than the layer of fat. Although such a fat lining is traditional, today's diners are more likely to find a rim of fat unappetizing. Of course, the fat layer can be removed before serving. Alternatively, a sheet of caul fat, which is much thinner than a sheet of fatback, can be used to line the mould.

Procedure for Preparing Forcemeat Terrines

1. Prepare the desired forcemeat.
2. Prepare the selected garnish. Meat garnishes are usually cut into strips, which are laid lengthwise in the moulds.
3. Marinate the garnish as desired. This step is optional but adds to the flavour.
4. Prepare the moulds. Do not use hinged or collapsible moulds, which cannot be placed in a water bath. If desired, line the moulds with thin sheets of fatback (sliced on a slicing machine) or with a sheet of caul fat, letting the excess hang over the sides. Make the sheets of fat sufficiently large so the amount of fat hanging over the sides can be folded over to cover the top completely. If the moulds are not lined with fat, grease it well.
5. Place a layer of forcemeat in the bottom of the moulds. If no garnish is used, simply fill the moulds. Spread the forcemeat evenly and rap the moulds sharply on the workbench to dislodge any air bubbles.
6. Arrange a layer of garnish on top of the forcemeat.
7. Continue adding forcemeat and garnish until they are all used. End with a layer of forcemeat on top. Two or three layers of garnish are usually sufficient.
8. If a fat lining has been used, fold the excess fat over the top of the forcemeat to cover it.
9. Cover the top with a sheet of aluminium foil. Cut a few holes in the foil to allow steam to escape.
10. Place the moulds in a water bath for baking. Make sure the bath is deep enough to allow the hot water to come halfway up the sides of the moulds. Bake at 350°F (175°C) until the internal temperature registers 165°F (74°C).
11. Remove the terrine from the water bath and place it on a rack to cool. When it has cooled somewhat but is still warm, finish cooling the pâté with a weight, as explained in the procedure for making pâtés. It should not be weighted when it is still hot because it is too fragile and may split or fracture and the weight may force out too much juice. If a looser texture is desired, cool the terrine without weighting it.
12. When the terrines are completely cool, cover and refrigerate it.
13. The terrine may be sealed with a layer of fat or aspic. These protect the terrine from air and help preserve it.

- To add a layer of fat, melt lard (or rendered duck fat or other fat appropriate to the terrine), then let stand until cool but still liquid. The terrine should be cool, about 50°F (10°C). Pour in enough fat to cover the meat completely. Let stand until the fat has congealed, then cover and refrigerate. The purpose of this fat is only to extend the keeping qualities of the terrine. It should be removed before serving.

- Add aspic to a terrine in the same way as adding a layer of fat; see also the procedure for adding aspic to a pâté. Unlike melted fat, aspic extends the storage life of a terrine only a few days because the aspic itself dries out. On the other hand, aspic contributes to both flavour and appearance. If desired, apply decorations to the top of the terrine and add another layer of aspic to glaze.

Examples of Terrines

- Veal and Ham terrine.
- Veal and Ham Terrine with Foie Gras.
- Veal and Tongue Terrine
- Game Terrine
- Duck Terrine

Wednesday, October 31, 2012

Quenelles,parfaits and roulades

QUENELLES,PARFAITS,ROULADES

QUENELLES :

A dumpling made with a spice meat or fish forcemeat bound with fat and eggs ,sometimes with panada added . It is then moulded into small sausages or egg shape and post in boiling water. The most common type is veal quenelles made from a godiveau forcemeat. They are also served as an entrée with a sauce or au gratin. Small quenelles may also be used as a garnish.

PARFAITS:

An ice desert made with double cream which gives smoothness and prevents it from melting too quickly and enables it to be cut into slices. Originally the parfais was a coffee flavoured ice cream ; today , the basic mixture is a flavoured custard cream, a flavoured syrup mixed with egg yolks or a fruit puree which is blended with whipped cream and then frozen . There is a special parfait mould .The shape of a cylinder with one slightly rounded end .The parfait can be served by itself or used as a base for preparing an iced cake, an iced soufflé or a vacherin .

ROULADES :

Any of the various savoury or sweet preparations which are stuffed or filled and then rolled .A pork or veal roulade consists of a fairly thin slice of meat , spread with forcemeat and then rolled up , then usually braised .Veal roulade can also be made using a slice from the leg or breast , slit open to form a pocket , filled with a forcemeat , then rolled into a galantine and poached in white stock. The term is also used for baked goods again sweet or savoury. For ex: A rolled sweet sponge with creamfilling or similar. A savoury roulade based on a baked cheese or vegetable mixture may be prepared as for a sweet roulade but with savoury fillings. Roulades may be served hot or cold.

ROULADE, MOUSSE, MOUSSELINE, PARFAIT

ROULADE :

Comes from the French word **ruler** (meaning to roll). The only criteria for a food item to be called *roulade* is that it should be rolled.

The term roulade can be applied to contemporary products prepared in a manner similar to a galantine yet do not fully satisfy the definition of a classical galantine.

An example of a roulade can be a flank steak that has been butterflied, pounded, spread with a sausage paste and then rolled like a Swiss roll, secured and cooked. Or, it could be a large fillet of fish, flattened lightly and spread with a tuna/salmon paste and then rolled and secured. Roulades can be poached, baked, braised or even roasted and can be served hot but usually are presented cold. The varieties of roulades are unlimited.

MOUSSELINES

The body of most fish terrines, as well as some vegetable terrines and other specialty items, consists of a Mousseline forcemeat. They are made like traditional terrines, except that a Mousseline forcemeat takes the place of the straight forcemeat. Mousseline forcemeat consists of raw, puréed fish, poultry, or meat combined with heavy cream and, usually but not always, eggs or egg whites. Because they contain no starch or binder, and because of the large quantity of cream they contain, mousselines are the most delicate of forcemeats. Ingredient proportions in Mousseline forcemeat depend on the qualities of the meat or fish being used. The albumin content of the egg white makes the Mousseline firm when it is cooked. If the meat or fish you are using has a high albumin content, however, you may be able to reduce the quantity of egg white. In some cases, you may not need any egg. Similarly, the amount of cream depends on the firmness of the fish and on the intended use of the forcemeat. If it is to be the base of a terrine that will be sliced, too much cream will make it too delicate. On the other hand, for small timbale moulds and similar items that don't need to be as firm, the quantity of cream can be increased beyond the amount indicated in the recipe below. As for straight forcemeats, it is important to keep the ingredients cold at all times.

The procedure for assembling and cooking a mousseline terrine is the same as for making a regular forcemeat terrine, except that the internal temperature, when done, is slightly lower, about 158° to 160°F (70°C). Cooked vegetables, fish fillets, and other appropriate items are used as garnish. Two or more mousselines can be layered in the moulds to make multi-coloured terrines. Alternatively, mousseline forcemeat can be spread on the bottom and sides of the moulds, which is then filled with a different mousseline plus garnish and topped with a layer of the first mousseline.

MOUSSES

A savory cold mousse, as used for the base of a terrine, is a preparation of puréed meat, poultry, fish, vegetable, or other food, bound with gelatine and usually lightened with the addition of partially whipped heavy cream. (It is true that the terms *mousse* and *mousseline* are often used more or less interchangeably, but we use them here in two distinct senses in order to avoid confusion.) The gelatine used to bind or set the mousse may be added in the form of an aspic jelly or as powdered gelatine softened and dissolved in another liquid ingredient.

Because mousses, like aspics, are not cooked after assembly but merely chilled, they are often prepared not only in terrines but in decorative, irregularly shaped moulds. The production of mousses is relatively simple. The procedure consists of four main steps:

1. Purée the main ingredient.
2. Add the aspic jelly or dissolved gelatine.
3. Fold in the lightly whipped cream and season to taste.
4. Pour into the prepared mould.

Moulds are usually lined with aspic jelly and decorated. As with other kinds of terrines, garnish, if any, is either mixed with the mousse or arranged in the mould as the mousse is added. Although this method is really little more than mixing together the ingredients in a given order, two precautions must be taken:

- 1. Carry out the entire procedure, including the pouring of the mixture into the mould, quickly and in one continuous process.**

If you stop partway through the procedure, the gelatine is likely to set, and you will have a lumpy, poorly mixed product.

- 2. Do not overwhip the cream.**

Whip it only until it forms soft mounds. When cream is over whipped, it breaks and becomes grainy. This same effect can be caused by the extra beating the cream gets when it is being folded into the mousse mixture. A mousse made with over whipped cream tastes dry and grainy, not smooth and creamy. Mousses can also be made without gelatine or other binders. A soft mousse is simply a puréed or ground food with the addition of lightly whipped cream. Although these soft mousses are too soft to be used in terrines, they can be spooned into neat, oval quenelle shapes onto salad plates, garnished attractively, and served as elegant first courses.

PARFAIT:

This is the French term that means *perfect*. In culinary usage, it refers to two distinct and different products. One is a frozen mousse like dessert served in a tall glass. The other is a savory terrine, which, by its delicacy, is almost near to perfection. This is the one that we refer to here. A savory parfait makes use of vegetables, fish, shellfish or poultry. It is distinguished by its very fine texture and is made of a puree of the ingredients that is lightened by egg whites and cream, which is then moulded and then poached

SANDWICHES



It's no good telling you about John Montague, the Fourth earl of sandwich. The Earl's gambling affliction was such that he would enter in 24 – hour betting marathons, during which he would not remove himself from the table for any reason. Any eating had to be quick and not distracting to the task. The earl asked the butler to serve butter and cheese. His chef placed the cheese in between the bread slices and the rest.....IS SANDWICH!! A sandwich may be many things- it can be a delicious bit of nonsense that makes you ask for more. It can be prim and proper and just the slightest bit stodgy- or staunch and hearty-or it can be an empty promise.

A sandwich is a perfect balance of –

- Temperature – HOT OR COLD
- Texture- CRUNCHY, CHEWY, SMOOTH, WET , DRY
- Flavor- INTEGRITY OF VARIOUS COMPONENTS
- Appearance- SIMPLE AND CORRECT

Parts of Sandwich:

1. Bread:

Various types of bread are used for sandwich.

- a) Pullman or sandwich loaf of white bread is the most popular because of its neutral flavor.
- b) Rills –including hard and soft rolls, hamburger and hot dog rolls and long rolls for 'submarine' sandwich.

- c) French bread-slit horizontally.
- d) Whole wheat bread
- e) Rye bread or pumpernickel
- f) Pita (or unleavened) bread
- g) Raisin, fruit and nut, cinnamon bread.

The breads used for making sandwiches must be chosen carefully.

- Always select fresh bread that has a close smooth crumb and good flavor and moistness.
- The bread should be capable of being picked up without bending or losing filling.
- Bread should be around 12 hours old when making sandwiches otherwise it will be too soft.
- 3/8 "to 5/8" is the thickness range most commonly used for sandwiches.

STORAGE AND HANDLING OF BREAD

- A. Purchase only the amount of bread that can be used in one day
- B. If excess bread is purchased, old and new supplies should be separated each day. Old bread should be set aside for toasting and grilling
- C. Store soft crusted bread in its original wrapper to protect against odor absorption, moisture loss or excessive dampness.
- D. Hard-crustrated breads may be stored without wraps in the area which has free air circulation. These breads have a shorter storage life.
- E. Refrigerating bread makes it stale. If it is to be kept for more than one day it should be frozen.
- F. Bread is best stored at room temperature at 68-80 degrees F. Away from heat

2. Spread:

Plain butter, compound butters such as anchovy, tomato, mustard onion, garlic and mayonnaise, cheese spread.

The spread is the simplest of the ingredients for the sandwiches.

Spreads serve three purposes for the bread-

- A. The spread acts as a sealant for the bread forming a moisture barrier between it and the filling.
- B. Flavor is another purpose of the bread
- C. The spread also adds moisture to the sandwich improving its

mouth feel. The attributes of a good spread are –

- The spread should be soft enough to spread thinly and evenly with a butter knife.
- The spread should be rich and moist to give a rich mouth feel

STORAGE AND HANDLING-

- A. All spreads should be stored under refrigeration to inhibit the microbial growth
- B. Mayonnaise if commercially procured should be refrigerated on opening the bottle.

3. Filling:

Such as smoked salmon, prawns, lobster, ham, tongue, brisket corned beef, roast beef lamb, pork, salami, mortadella, roast chicken, duck, turkey, and eggs, dry & creamed cheeses. The purpose of the fillings is to provide –

- The predominant flavor
- Moisture
- The main body and the nutrients
- Substance and bulk
- Complexity in the combination of flavors.

The basic guidelines for the fillings are –

- A. 1/3 to 1/2 of the total weight of the sandwich should be the filling.
- B. Filling should be pleasantly flavored.
- C. Filling must be tender in nature.
- D. Filling should always be of deboned meats and not bone-in
- E. Fillings must be easy to eat
- F. Fillings should not hang over the sides of the sandwich

STORAGE AND HANDLING OF THE FILLINGS-

- Avoid slicing meat fillings too far in advance as they tend to dry out and lose the flavor and moisture.

4. Garnish:

Like lettuce, tomato, watercress, spring onions, radishes, gherkins, cucumber and parsley.

The sandwich is without a doubt a favorite lunchtime food. For the typical customer, one who is hungry and in a hurry, the sandwich is the ideal food; quickly made and served, convenient and adaptable to many variations, that it satisfies nearly every palate and nutrition requirement. Sandwiches have long been the domain of the pantry department, along with salads and other cold dishes. Preparing sandwiches to order is one of the fundamental skills required in a modern food service.

Types of Sandwich

COLD SANDWICHES- are of two types.

A. .CLOSED COLD SANDWICH- Can be defined as those having two slices of bread or two halves of the roll (which can be toasted also) , which have a spread applied and are filled with a cold filling. These can be sub-grouped into 3 types-

Simple- have only one filling and the freshest ingredients should be used. The quality of the filling and the nature of the bread and spread are what can make this sandwich come to life. Remember, only the freshest bread should be used. Along with the main filling you may also add a secondary filling such as a leaf of lettuce or a slice of tomato



Combination- Are those which have more than one primary filling. A BLT (bacon, lettuce and tomato sandwich) is a typical example. Submarines also fall in this category which is a combo of cold cuts, vegetables and cheese on a special bun. It is usually sprinkled with Italian type dressing.



Multi-Decker - these have more than two slices of bread or a roll split more than once. The club sandwich is a classical example which has three pieces of toasted bread, bacon, lettuce, tomato and turkey filling. The toast is layered with mayonnaise. The sandwich is cut into quarters and served.



B. COLD OPEN SANDWICHES: Are the single slice of bread with attractively arranged fillings on top with the garnishes. These are the larger versions of canapés. The Danish smorrebrods are the excellent examples of these.

FEW EXAMPLES OF THE CLOSED SANDWICHES ARE AS UNDER_

1. **Conventional, closed or lunch box sandwich** which consists of 2 slices of bread with any filling meat poultry, egg, vegetables or cheese and cut into triangle, served in bars, cafes, snacks bars and restaurants.
2. **Tea sandwich**- This has much lighter fillings. White or brown bread can be used. These sandwiches are cut into much small squares, fingers and triangles. The crust is always removed.



3. **The buffet Sandwich** are similar to the conventional sandwich but are cut into fancy shapes. This obviously results in wastage and can be used only when costs permit.



4. **Continental or French Sandwich** - consists of a crusty. French stick, cut into half and well buttered, with either a single savory filling or a mixture of savory fillings. Garnish with lettuce, tomato, cucumber. It is then cut into small strips so that it is easily picked up.



5. **Double Decker, Three Decker or Club Sandwich** - If you top and ordinary closed sandwich with an extra layer of filling and cover this with another slice of bread, you have a club sandwich, also known as Three Decker(counting the sliced of 3) or Double Decker (counting the layer of filling) club sandwich a distantly related to ribbon sandwich and are good for a heart appetite. Their fillings should be substantial and there must be balance between the fillings. eg. Ham and egg, chutney and cheese. The best club sandwich are made with toast. They are cut diagonally and secured with cocktail stick on which is spread an olive or a slice of gherkin.



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6. **Open Sandwiches** - Technically speaking, there is no such thing, A sandwich must consist of 2 slices of bread. If the top slice is missing, it become –well, what does it become? –a ‘garnished’ piece of bread?, half a sandwich? Occurs. This is referred to as a continental sandwich. Until a better name is invented, we will have to go on calling them open sandwiches. They can be divided into 2 groups-slices of buttered bread topped with a spread and then trimmed, or the second more elaborate kind, which is really a series of small, individual hors d’ oeuvre arranged for convenience sake on slices of buttered bread. Please remember that primarily the open sandwich is not made for display or exhibition. It should be good to look at- yes –but it should please the eye as well as the palate.



7. Fancy Sandwich

Ribbon	Rolled sandwich
Chequer board	Mosaic sandwich
Pinwheel	Sandwich gateau



7. **Canapes** – is not really a sandwich but a small pieces of toast (brown or white) or biscuits or puff pastry sheets buttered and topped with meat, fish, poultry, vegetables.



8. **Hot Sandwich**- again not really a sandwich but a snack or meal but since bread is used, it is classified as a sandwich. They vary from the English 'Bookmarker' to the French Crouste (croque) monsieur. It will also include internationally famous sandwich like the German Strammer Max and the Swedish Lindstrom.

There are 3 primary characteristics of hot sandwiches-

- Hot sandwiches should be served hot
- They must remain hot throughout
- Hot sandwich can have a hot sauce as an accompaniment.

A hot sandwich can be closed or open

SIMPLE CLOSED HOT SANDWICH VARIATIONS

1. STEAK SANDWICH – This is the 6-10 oz steak cooked to the guest order or doneness and served on a large roll with a lettuce , tomato and onion garnish. It maybe accompanied by Horseradish sauce or mustard sauce.



2. HOT DOG- 6-12 per pound sausage served on a special roll. It can be topped with a hot topping such as chilli or cheese sauce, or with cold topping cheese, coleslaw, and accompanied with chopped onions, and other condiments – catsup and mustard.



3. HAMBURGER- 2-6 oz patty of ground beef , broiled, fried or grilled to order , served on a round bun with a lettuce, tomato and onion slices and the appropriate condiments . over the time many variations have been developed .



4. GRILLED CLOSED SANDWICHES- is two slices of bread encasing the filling. The casing is buttered on the outside top and bottom and then placed on the griddle or in a pan to brown on both the sides. A grilled cheese sandwich is a perfect example.



**Thanksgiving
Leftover Sandwiches**

5. FRIED CLOSED SANDWICH – are two pieces of bread encasing some type of filling which has been dipped into an egg mixture and then deep fried or pan fried till golden brown. They are often finished in an oven to ensure that the interior is hot. The frying should be done at 375 degrees F



OPEN HOT SANDWICHES-

Are prepared with the bread or toast laid side by side with the filling exposed on the surface of both sides. The sandwich is then heated throughout.



General Hints of Sandwich making :

1. Soften the butter before spreading it.
2. Smooth fillings such as cream cheese spread easiest at room temperature. If certain fillings need to be made in advance and refrigerated, leave them for some time at room temperature before spreading.
3. Use a palette knife for easy spreading.
4. Ideally, bread should be between 12-24 hours old.
5. Butter both sliced of the bread which forms the sandwich.
6. Buy sliced bread wherever possible – it's neater and quicker.
7. If you are slicing the bread yourself, pile up the slices in the order they have been cut.
8. Use sufficient filling for each sandwich –the label should not be the only means of identification.
9. Meat should be free of all gristle and excessive fat.
10. Beware of dry meat. Moisten with lemon juice (fish), mayonnaise (vegetables) or aspic jelly (meats). When making roast beef sandwiches, its best to leave the meat underdone.
11. Once cut, wrap sandwiches in a wax paper, foil, or cling wrap to keep them fresh. Keep together, lots of identical fillings and label each batch. Keep wrapped but do not store in the refrigerator. A damp napkin wrapped around each batch is a good safeguard against dryness, but not necessary when using foil.

METHODS OF PREPARATION-

- The preparation of quality sandwich is more than placing a piece of filling between two slices of bread.

- Misc- en- place is the key to the success in this endeavor.
- Normally the sandwich has to be served as soon as prepared.
- Speed is the main reason for the popularity of the sandwich.
- Portion controlling the bulk production is most important. Thus pre-portioning of the ingredients is very important
- A great deal of handwork is involved in sandwich making. Therefore work flow must be smooth and easy.
- Arrange the bread slices in a row on a long table
- Put the chosen spread on all the slices
- Place the fillings on the alternate slices evenly and neatly.
- Put the garnishes if required
- Top the filled side of the bread with the alternate side.
- Stack two or more sandwiches and remove the crust or to cut them into the desired shapes.
- Wrap the sandwiches with a wrap to prevent the bread from drying out
- Refrigerate them till service

PRESENTATION AND LAY-OUT

The basics of good presentation are the key to good sandwich making.

- The sandwiches should be evenly cut
- The plates or platters used for sandwiches should be of a suitable size
- Normally the cold sandwiches can be served on a bed of shredded cabbage or lettuce
- The platters can be lined with a few slices of cucumber and tomatoes
- The dips or sauces can accompany the sandwiches

- The best combination with sandwiches is to give wafer potatoes as an accompaniment.

Savories on Toast:

1. **Anchovies on toast**: Toast the bread and lay the anchovy fillet side by side. Trim the toast. Finish with heated oil from the anchovies. Decorate with sieved hard boiled yolk of egg and chopped parsley.

2. **Sardines on toast** : Split sardines in half and remove backbone. Lay head to tail on toast. Finish with the oil from the sardines.

3. **Welsh rarebit**: 1/8litre béchamel, reduce litre to half. Add to béchamel. Stir in about 113gms grated cheddar, season with salt, cayenne pepper and Worcestershire sauce. Bind with a liaison of one yolk. Pour on to fingers of toast and glaze.

4. **Buck rarebit**: 3 garnished with a poached egg.

CANAPES: These are shaped pieces of bread approx. 6mm (1/4 i; n) thick, brushed over with melted butter and placed under a salamander and colored on both sides. It could be shallow fried.

Canape' baron: Garnish with slices of fried mushrooms, grilled bacon and poached bone marrow.

Canape' Ritchie: Creamed haddock, garnished with slices of hard boiled egg.

Canape' Que vadis: Grilled roes garnished with small mushroom heads.

Canape Nina : Half small grilled tomato, garnished with mushroom head and a pickled walnut.

Angels on Horseback: Poached oysters wrapped in streaky bacon and grilled on skewers.

Devils on Horseback : stoned cooked prune, the inside stuffed with chutney and sprinkled with cayenne. Wrap in streaky bacon and grill on a skewer.

5. **CROUTES** :

Scotch Woodcock: Scrambled egg garnished with a trellis of anchovy and studded with capers.

C. Derby: Spread with ham puree and garnish with a pickled walnut.

C. Windsor: Spread with ham puree and garnish with small grilled mushrooms.

Tartlettes (round) or Barquettes (oval): There are normally made from unsweetened short crust pastry.

Charles V: Soft roes mixed with butter and covered with a cheese soufflé mixture. Bake in the oven.

Favorite: Fill with cheese soufflé mixture and slices of truffle. Garnish with slices of fish tails & prawns.

Bouchees : Small puff pastry cases. A small edition of a vol-au-vent. Various fillings as: shrimp, prawn, lobster and haddock.

Indienne : Filled with curried shrimps and chutney.

Souffles: Made in soufflé dishes. Various flavors such as mushroom, spinach, sardine, haddock, cheese etc.

Flan: Made from unsweetened SCP.

Quiche Lorraine: Flan made from unsweetened SCP (short crust pastry)& filled with rashers of streaky bacon and slices of cheese. Covered with a savory egg custard mixture and baked. Serve hot.

A circular logo with a light blue double-line border. Inside the circle, the text "IAHM Notes Site" is written in a light blue, cursive font, centered and stacked vertically.

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