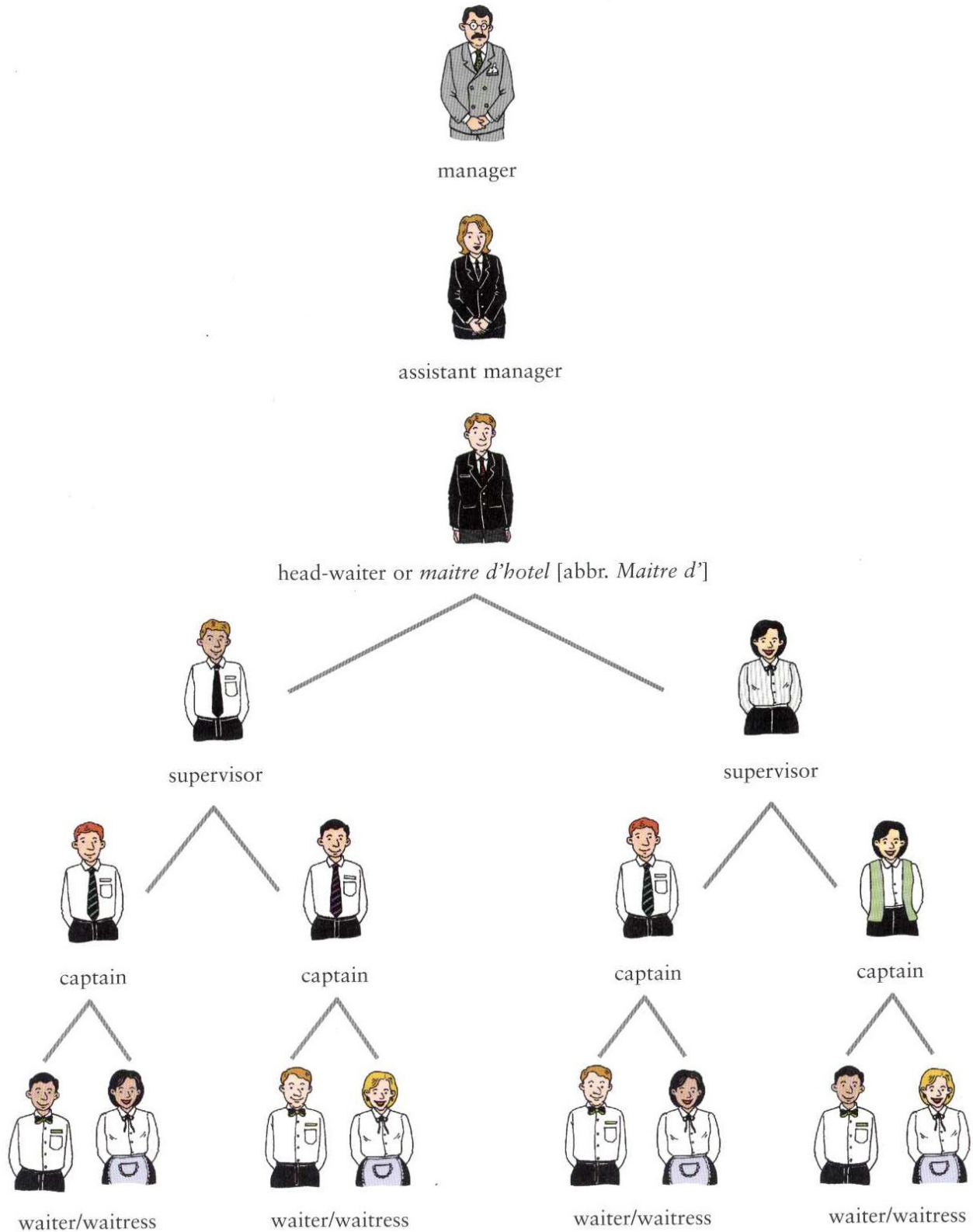


Restaurant Staff

The number and categories of staff in a restaurant will vary according to the size of the restaurant.

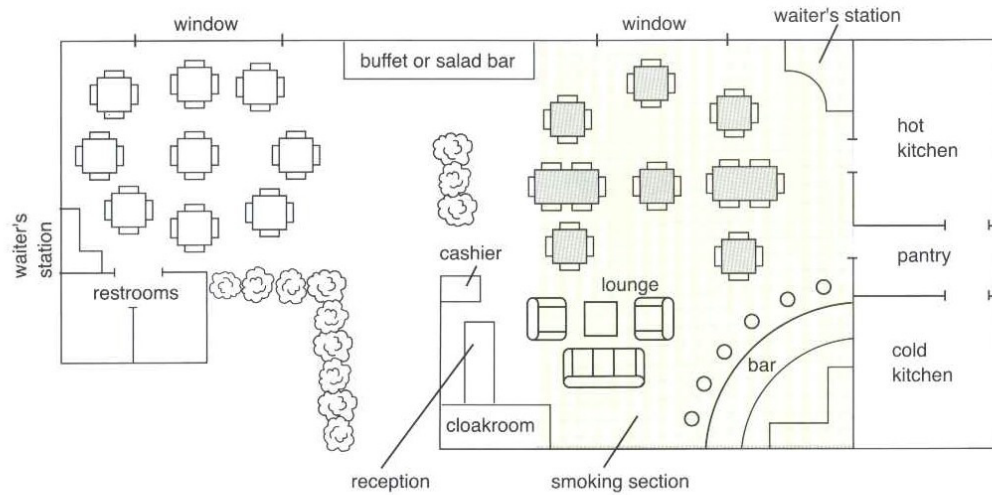


Back of House:

Stewards whose duties include taking away and washing up used dishes etc from the Service or Clearing Station.
Cleaners who clean, dust and vacuum the restaurant after each meal sitting.

Plan of a Restaurant

Restaurants may have some or all of the following features:



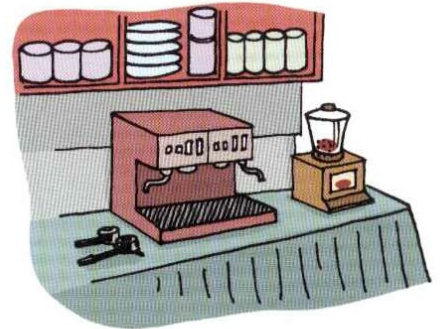
SOME PARTS OF A RESTAURANT



Bar



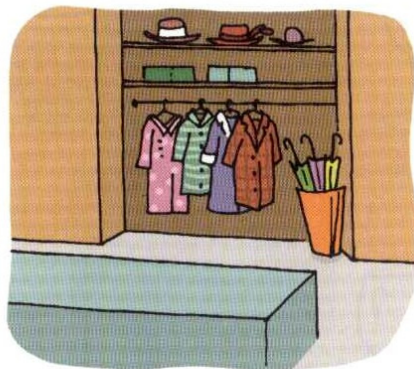
Kitchen (hot)



Pantry



Reception desk



Cloakroom



Cashier

The Equipment: Cutlery / Glassware

CUTLERY Silverware or Flatware

KNIVES



table



fish



steak



butter



fruit



carving



cake slice

FORKS



table



fish



dessert



fruit



oyster



cake



carving



service

SPOONS



table



soup



dessert



tea/coffee



demitasse



ice-cream



sauce



service

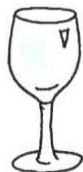
GLASSWARE



water
tumbler



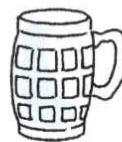
goblet



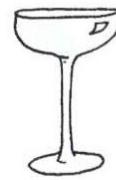
wine



beer



champagne
flute



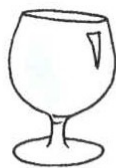
bowl



liqueur



sherry



brandy



longdrink or highball glass



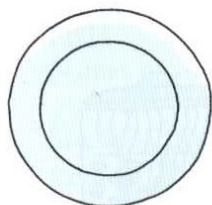
cocktail
martini



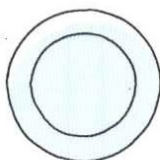
tumbler

The Equipment: Crockery/Other

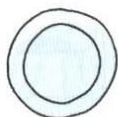
CROCKERY China



dinner plate



fish/
salad plate



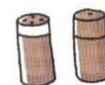
side/
bread plate



soup/
cereal bowl



butter dish



pepper and
salt shakers



tea/coffee cup
and saucer



demitasse
and saucer



teapot



coffeepot



milk jug
or creamer

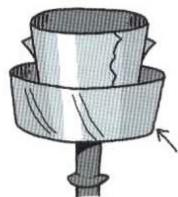


sugar bowl

OTHER These items are commonly used in restaurants.



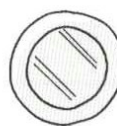
tray stand



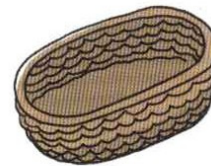
wine-bucket stand



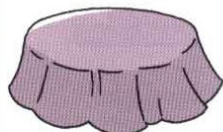
tray



service plate



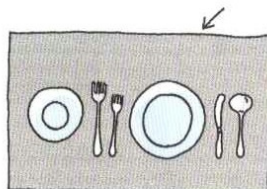
bread basket



tablecloth



napkin or
serviette



placemat



stirrer

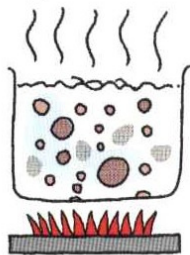


coaster

Cooking Methods

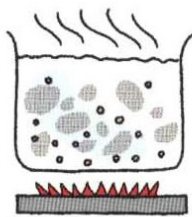
Restaurant customers often ask how a dish is prepared or cooked. Here are some of the main methods of cooking food.

Boiling



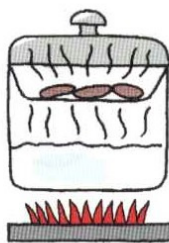
Food is cooked in deep boiling liquid [water, stock, wine etc.] in an open or covered saucepan.

Simmering



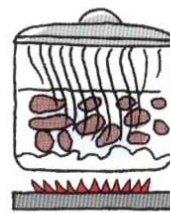
Like boiling, but the liquid is kept just below boiling point in an uncovered pot.

Steaming



Food is placed on a container and cooked in the steam from boiling water in a covered pan or steamer.

Stewing



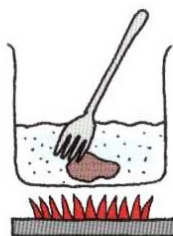
Cooking food in its own juices with a little additional liquid, in a covered pan, at simmering point.

Braising



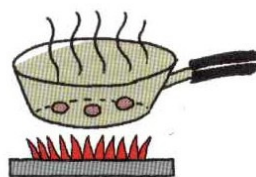
Pieces of food are first browned in a little fat, then cooked with some liquid in a closed pan.

Deep-frying



Frying pieces of food in a deep pot or fryer with plenty of hot oil or fat.

Sautéing



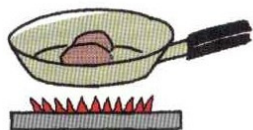
Cooking small or thin pieces of food in a little very hot oil or fat. The frying pan is shaken constantly to stop the food from burning.

Flambéing



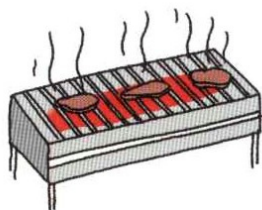
After frying, alcohol is added to the food in the frying pan and set on fire. This gives added flavour to the food.

Pan-frying



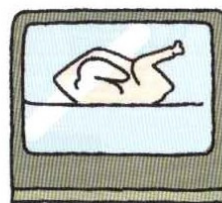
Frying food in a little oil or butter using a frying pan over moderate heat.

Broiling/grilling



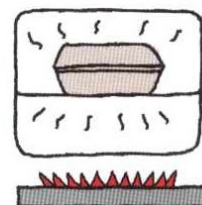
Cooking food like steak or fish, over or under open heat, e.g. under the oven grill, or on a barbecue or hot plate.

Roasting



Cooking food like meat or poultry with some fat in a hot oven [between 200-240 degrees centigrade].

Baking



Cooking food like cakes, pies, bread etc. in a closed oven at a temperature of between 120-240°C.

Food: Seafood/Poultry

SEAFOOD

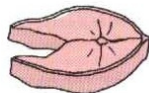
The term seafood covers all fish from the sea or freshwater as well as shellfish.

FISH

Names of some sea and freshwater fish.

Sea or saltwater fish

Salmon
Sole [Dover or Lemon]
Sardine
Bass
Cod
Tuna
Plaice
Whiting
Mackerel
Turbot



a fish steak



a fish fillet



smoked salmon

Freshwater fish

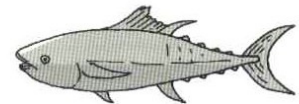
Carp
Trout, rainbow
Trout, river or brown
Catfish
Eel



trout



eel



tuna

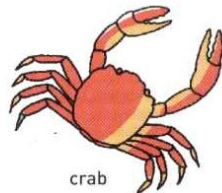


lemon sole

SHELLFISH

The following shellfish are often served in restaurants.

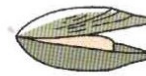
Crab
Mussels
Scallops
Oysters
Shrimp/Prawns
Lobsters



crab



scallop



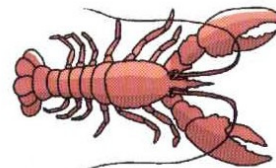
mussel



oyster



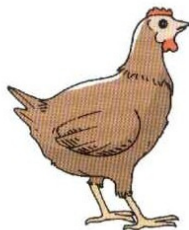
shrimp/prawns



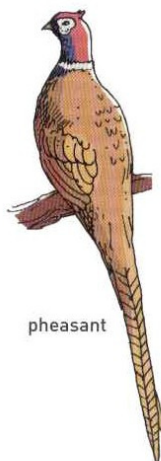
lobsters

POULTRY

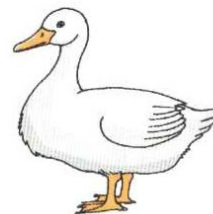
Chicken
Spring chicken
Turkey
Duck
Quail
Pheasant



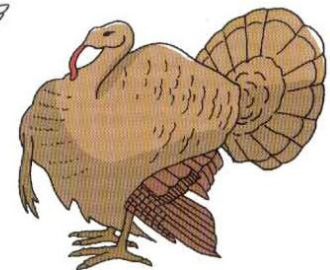
chicken



pheasant



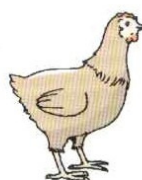
duck



turkey



quail



spring chicken

Food: Vegetables

The vegetables listed below are among some of the commonly used vegetables in restaurants.

They are grouped under the following categories:

- Root vegetables - Green vegetables - Non-leafy vegetables - Herbs and seasonings

ROOT VEGETABLES



carrot



onion



potato

potatoes
sweet potatoes
carrots
turnip
radish
beetroot
horseradish
onion
garlic
ginger
shallots



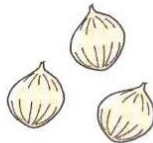
beetroot



turnip



ginger



shallots



horseradish

GREEN VEGETABLES



cabbage



spinach



broccoli

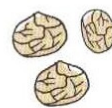


peas

spinach
cabbage
[green, white, red]
broccoli
beans
peas
leek
lettuce
[many varieties, e.g.
iceberg, curly endive,
romaine, etc.]
watercress
celery
brussels sprouts
spring onions



leek



brussel sprouts



watercress



beans



lettuce

NON-LEAFY VEGETABLES



mushrooms



tomato



aubergine

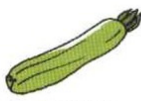
cucumber
zucchini [courgette]
aubergine [brinjal or eggplant]
okra
tomato
asparagus
mushrooms
cauliflower
peppers
avocado pear
sweet corn
pumpkin



peppers



okra



zucchini



sweet corn



cauliflower



avocado

HERBS AND SEASONINGS



mint

parsley
dill
thyme
sage
fennel
chives
mint
oregano
rosemary



thyme



rosemary

Beverages: Non-alcoholic

HOT DRINKS

COFFEE



Restaurants may serve a variety of coffees from various parts of the world, e.g. Brazil, Columbia, Kenya, Indonesia etc.

There are also many ways of serving coffee. The most well-known of these are:

Espresso – a strong black coffee served in a demitasse or small cup.



Cappuccino – milk which has been frothed up with steam is added to strong black coffee.



Latte – coffee made with hot milk and usually served in a large cup or tall glass 'mug'.

Regular coffee – black coffee to which milk or sugar can be added.

Decaffeinated coffee – coffee that does not contain caffeine, [a stimulant found in tea and coffee].

TEA



Tea is grown in many regions of the world, e.g. Sri Lanka, India, China. It is made by pouring boiling water over tea-leaves or teabags.

Tea is served with milk, sugar or a slice of lemon.



Herbal Teas – tea made by pouring boiling water over the leaves of plants such as Camomile, Mint or other herbs.

Herbal teas are usually served without milk.

HOT CHOCOLATE

Hot Chocolate – a drink made by mixing powdered chocolate with hot milk.



COLD DRINKS

FRUIT/VEGETABLE JUICES

Shown below are some fruit and vegetables that can be freshly squeezed to extract juice.



apple



carrot



guava



grapefruit



honeydew



mango



pineapple



watermelon



tomato



lemon / lime

BOTTLED/CANNED DRINKS

These drinks are sometimes referred to as *soft drinks*. In the USA any carbonated [i.e. with gas bubbles] drink is called a *soda*.

Listed below are some well-known soft drinks.

cola (e.g. Pepsi, Coke)

ginger ale

ginger beer

tonic

soda water

bitter lemon

lemonade

mineral water

[either *carbonated/aerated*, or *still*, i.e. without gas bubbles]

