**T.L.E Reviewer**

**Packaging Prepared Foodstuff**

**Packaging:**

* **Packaging** – The **process of enclosing a product in any acceptable or suitable container** to protect the product to be sold. It also includes the processes of designing, evaluating, and producing packages that are appropriate for each type of product.
* The **importance of packaging lies in the fact that it is an important marketing strategy**. Finished products need to look neat, clean, attractive, decent, glamorous, and extravagant for consumers to patronize.

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| **Three Levels of Packaging:**   * **Primary Package** – This is the in**dividual package that immediately contains the product for the particular end user**. It is portion-controlled for individual use, which means it has a definite amount of content allowed a number of servings. Products allowed for a number of servings. Products in primary packages are those sold in retail. * **Secondary Package** – This is the **bigger package that contains a number of individual packages**. This package contains individual packages. This package contains a dozen or two or smaller packages and can be sold in wholesale. * **Tertiary Package** – This is the biggest package that contain products in secondary packages. It is ready **for shipping or transporting** to supermarkets, malls, and public markers. | **Modern Concepts of Packaging:**   * An investment * A marketing tool * More than just a container * Global in character * Cost oriented * Socially focused |

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| **Why We Need to Package:**   * To **preserve** the food * To **contain** products for easy transport * To **describe** and identify the content * To **protect** the content * To have a product sales **appeal** * To help **keep** to the **minimum** the **cost** of production and distribution | **Effective Food Packaging:**   * Adequate Knowledge on Changes Affecting Food * Food Safety, Laws, and Regulations * Competitive Products and Brands * Food Marketing Program |

**Labeling:**

* **Label** – A **group of words, symbols, pictures, and anything attached or imprinted on a package** to inform the consumer about the product. The package to identify, describe, and inform the consumer about the product. The package and the label communicate us how to:
* Transport
* Recycle Or Dispose of the Package
* The Ingredients of the Content
* The Net Weight of the Product
* The Manufacturing Company
* The Date of Expiration
* Nutrition Facts
* **Importance of Labeling:**
* It ensures that **adequate and accessible information** is available to the next person in the food chain and will enable him/her to handle, store, process, and prepare the product safely.
* It ensures that the **lot or batch where the manufactured product belongs** can be identified or recalled if necessary.
* It is **essential in product recall** and effective stock rotation.
* It enables the consumer to **understand the information** therein and make a wise or better choice.
* It enables the consumer to **prepare and use the product correctly**.

**Types of Packaging Materials:**

* **Plastics** – This is the most used package, especially for dried foods. However, it is the most difficult to dispose because is not biodegradable and not environment friendly.
* **Metal** – Material commonly used **in canned goods, from eat to vegetables, fruits, and beverages, such as soft drinks, beers, sodas**, and the like.
* **Aluminum** – Used for canned soft drinks and for meat products like luncheon meat, sausages, and soups. It is **light, strong, cheap, attractive and easily recyclable**.
* **Tin** – **Solid heavy metal** covered with tin to protect metal against from corrosion.
* **Glass** – This is one of the packages used in the early times. It is an **ideal material for packaging goods**, especially those with brine or syrup, as these **do not have chemical reactions** with the package.
* **Brick Cartons** – This packaging **material is light, durable, airtight, easy to handle, and attractive**. It is convenient for transport and storage. It is a major packaging material for storage. It is a major packaging material for many foodstuffs.
* **Cardboard** – The packaging material is available in the form of **boxes, cardboard sheets, and corrugated cardboard.** It is commonly used in packaging fruits.
* **Polystyrene** – This material is made **into trays, lunch boxes, cups, and glasses of different sizes and shapes**. It is used as a container for takeout food eateries and restaurants, as they are light and easily disposed of.

**Characteristic of a Good Package:**

* **Noncontaminating**
* **Appropriate Dimension** for the Selected Food
* **Visually Appropriate** to Functional Need
* **Capable of Protecting** Food from Damage
* **Nondeteriorating** of Flavor, Appearance, Color, Texture, and Nutritive Value of the Food
* **Environment-friendly**, Stackable, and Transportable

**Preparing Sandwiches**

**Sandwiches:**

* **Sandwiches** –Are **different types of bread that are sliced or cut with fillings in between**. The filling can be placed on top of a single piece or layer of bread, between two layers, or between multilayers of bread. They serve as the **transition to regular meals of breakfast, lunch, and supper.** Or, in some cases, they serve as the meal itself.

**Commonly Used Ingredients in Sandwich Making:**

* **Fillings** – For **sandwiches range in a variety of flavors and textures**: sweet, meaty, hot and saucy, slightly sour, salty and pungent, soft and tender, chewy and crunchy, and fibrous and sticky or gooey.
* Fillings for sandwiches include meats like sausages, hotdogs, frankfurters, beef, and pork burgers, hams, bacon, salami, pepperoni, and other cold cuts.
* Fillings can also contain poultry such as cuts, flaked, or sliced chicken and turkey; fish like cream dory, salmon, and tuna; seafood such as shrimp, crab, and lobster meat; and others such as eggs.
* **Accompaniments** – **Include vegetables** such as lettuces, cabbages, carrots, tomatoes, onions, bell peppers, olives, capers, cucumbers, pickles, and dairies, which include different kinds of cheese.
* **Flavorings and Seasonings** – **Include different dressings** like mayonnaise, butter, peanut butter, garlic sauce, tomato catsup, mustard, ground pepper, salt, and hot chili sauce.
* **Fruit Fillings** – **Mostly in the form of jams, jellies, and marmalades**. Popular fruit preserves are strawberries, blueberries, pineapples, mangoes rhubarb, guavas, papayas, or a combination of these fruits.

**Types of Sandwiches:**

* **According to Temperatures:**
* **Hot Sandwiches** – These are sandwiches that are **best served lukewarm temperature**. These are called hot sandwiches, which is warmed in an oven or toaster. Baked sandwiches include waffled and buns while grilled sandwiches are normal sandwiches placed in grillers.
* **Cold Sandwiches** – **Sandwiches served at room temperature or below**. They include regular sandwiches, special sandwiches, and multi-decker sandwiches. Fillings consist mostly of processed vegetables and cold cuts.
* **Pinwheel Sandwiches** – **Rolled sandwiches**. These are loaved of bread sliced horizontally and arranged with fillings like cheese, pimiento, ham, cheese, and bacon, pimiento, or whole pickles.
* **According to Layers:**
* **Open Faced** – Makes use of one layer of bread or crust. Fillings are arranged on top and garnished.
* **Two Layer** – This is the regular sandwich consisting of two slices of bread with fillings in between.
* **Three or More Layers (Multi-Decker Sandwich)** – V**ariations of fillings in between-grilled steak**, ham or bacon, and tomatoes, onions. Lavished with dressings, spices or condiments.

**Components of a Sandwich:**

* **Bread** – There are a different kind of **bread used for making sandwiches**. These include a variety from soft to hard crust bread, from the bland flavors and tasty ones.
* **Toppings, Fillings, and Spreads** – **They provide the basic component of a perfect sandwich**. They can turn a **simple sandwich into a special treat**. Use the right filling and the right sauce or spread for a sandwich or your creation.

**Methods and Techniques in Making Sandwiches:**

* **Garnishing** – Decorating open-faced sandwiches with garnishing is easy to do. **Fruits and vegetables are typically placed** beside the sandwich minimally.
* **Spreading** – This is **filling out the layer of bread with a spreading** mixture usually in the form of a paste, such as peanut butter or mayonnaise.
* **Piping** – This is a technique in applying the **filling or garnishing in bread with the use of a piping tool like a pastry bag** with a piping tool at the end.
* **Portioning** – This technique involves **cutting sandwiches into exact sizes or dimensions** as required per serving. The standard should be a uniform cut that would equalize the share.
* **Cutting** – This technique requires the use of a sharp bread knife that will **divide a sandwich** or a loaf into neat and clean portions or parts.
* **Molding** – This technique **involves shaping sandwiches according to the expected standard**. Pinwheel sandwiches, for instance, require a round shape with layers of bread molded inside.

**Equipment for Presenting Sandwiches:**

* **Bowls and Baskets** – These come in **different sizes and shapes**. They can be made of **glass, ceramics, metals, wood,** and **indigenous materials**. Bread or sandwiches are commonly served in **open baskets** lined with a **checkered cotton cloth** or **plain cloth**.
* **Paper Plates** – Available in **variety of sizes, shapes, designs, colors, and textures**. Some are lined with **wax** or **foil**. They can fit a **whole loaf** or come in **square sizes** for mini sandwiches. Some have **corrugated patterns** on the rim, while others are **plain smooth**. Designs include **floral, geometric,** and **cartoon characters**.
* **Plates and Platters** – Plates are usually **round**, but **square and rectangular** ones are also popular. **Platters** are generally **larger** and can be **oval or rectangular**. They are made from **glass, ceramics, China,** or **metal** such as **chrome-plated, stainless steel, silver- or golden-plated**. They may be in **solid plain colors** or with **designs** like **flowers, leaves, stars, fruits,** and **vegetables**.
* **Trays** – These come in **round, oval, or rectangular** shapes and are made of **metal, glass, wood,** or **indigenous materials** like **bamboo, rattan,** and **buri**. They are efficient for **serving bread and sandwiches** as they hold **more items**. Trays can be **lined with paper doilies** or **cloth**, sometimes **embroidered or printed**.
* **Indigenous Containers** – Made from **locally available materials** such as **coconut shells, banana leaves, corn husks, coconut leaves,** and others.
* **Pedestal and Cake Keepers** – **Pedestals** elevate food presentations, making sandwiches or baked products an **instant showstopper**. **Multitiered pedestals** allow for serving **several layers** of sandwiches.
* **Ethnic Dishware** – Authentic wares that **reflect the culture and history** of a people or country. For example, a **Chinese bowl** differs from a **Japanese bowl** in **design and craftsmanship**.

**Guidelines in Presenting, Plating, and Serving Sandwiches:**

* **Choose** the appropriate container for the product. Consider its size, shape, and décor.
* **Create** smooth, minimal, or highlighted transitions the product and the plate.
* **Select** plates or platters with designs around the rim instead of at the center.
* **Arrange** the shape combination of cut sandwiches on the plate to create a sculptural landscape.
* For a buffet, **arrange** the sandwiches on individual plates or in paper cups arranged on trays. They can also be arranged on trays alone.
* **Wrap** individual sandwiches or pieces of bread in parchment paper, origami paper, or gift wrap.

**Mise en Place (Everything in its Place):**

* It’s **used in cooking to describe preparing and organizing** all ingredients, tools, and equipment before starting to cook.
* For **example: washing, chopping vegetables, measuring spices, portioning meat, setting pans and utensils nearby**.
* It **helps chefs cook efficiently, avoid mistakes, and stay organized**, especially during busy service in a kitchen.