



Limpopo Chefs Academy

TASK 01:10 FOOD COOKING METHODS AND TECHNIQUES

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Question 01: COMMODITIES.

1.1

1.1.1 Skimming – Removing fat or other impurities from the surface of a liquid, such as stock or jam.	Soup.
1.1.2 Browning – Partially cooking the surface of meat to help remove excessive fat and to give it a brown color crust and flavor.	Chicken.
1.1.3 Par– cooking – Is to partially cook something.	Pasta.
1.1.4 Resting – After cooking before slicing and serving meat should be allowed to rest.	Turkey.
1.1.5 Reducing – Decreasing the volume of a liquid by boiling rapidly to cause evaporation, letting it thicken and intensify in flavor.	Hollandaise sauce.

1.2

1.2.1 >Skimming: make sure to not overdo or use too much heat, which may result in burnt and spoil your dish.

>Browning: be careful when using this sort of cooking method, if not done correctly, may lead to uncooked meat. E.g. crispy on the outside but raw inside.

>Par-cooking: make sure to use low heat so that your food may not be raw or overcooked.

>Resting: the meat should at least rest for a few minutes so the juices and blood don't leak out from the meat when it is cut.

>Reducing: the temperature must not be on high heat to avoid over boiling of a type of sauce you will be preparing.

QUESTION 02-KITCHEN EQUIPMENT.

2.1 Pots:

2.1.1 Stock pot: A large, deep pot used for making stock and cooking healthy meals. E.g. soup, stew, chili and vegetables.

2.1.2 Pasta pots: Is a self-draining vessel, designed to boil and cook. E.g. pasta and

spaghetti.

2.1.3 Steamer pot: A type of cookware consisting of inserts or layers with perforations in the bottom. E.g. used for cooking and preparing various foods with steam heat by means of holding the food in a closed vessel reducing steam escape.

2.1.4 Double boilers: Two saucepans fitting together so that the contents of the upper layer can be cooked or heated by boiling water in the lower layer. E.g. Used for cooking delicate ingredients that have a tendency of separating over direct heat.

2.1.5 Casserole: A large, deep pan or bowl used for cooking a variety of dishes in the oven. E.g. combination of pasta, peas, tuna fish and cream of celery soup is an example of a casserole.

2.1.6 Sauteuse: Is a versatile shape and size for searing, braising, roasting and baking that easily goes from a stove to an oven. Often used to cook and flavor decorative morsels of food that will provide the last touch on the plate.

2.2 Pans:

2.2.1 Frying pan: A shallow pan with a long handle, used for cooking food in hot fat or oil. Used for frying foods over moderate to high heat so they should be thick enough to conduct heat.

2.2.2 Saute pans: Designed to cook a larger volume of ingredients without overcrowding. It is used for tossing ingredients back and forth into the air and is used on high heat with oil or fat.

2.2.3 Omelets pans: Are frying pans with shallow, steeply sloping sides that allow an omelet being cooked to be rolled against the sides. They are used for cooking eggs.

2.2.4 Woks: A large bowl-shaped cooking utensil used especially in stir-frying. Used to stir-fry food vegetables.

2.2.5 Griddle pan: A pan with a series of parallel ridges used for cooking food with radiant heat on a stovetop. Used for grilling, frying or cooking steak, chicken, fish and shellfish.

2.2.6 Sauce pans: They are typically stovetop pans with long handle and, usually, a lid. They are used for sauces, and anything that's mostly liquid.

2.2.7 Roasting pan: Is a large oven safe pan with a rack that fits inside, often made of thick stainless steel. Used to cook a large cut of meat, vegetables starches at high temperature usually 350 degrees and hotter.

2.3 Baking trays:

2.3.1 Perforated trays: Are sturdy innovative, warp resistant, and long, which promote efficient heat transfer and distribution, and shortens cooking time to yield a baked food that's slightly crisp on the outside yet still moist inside. They are ideal for baking crispy rolls, bread, cakes and pizzas with moisture.

2.3.2 Baking tins: An open metal container in which dough, cake mixture can be placed

for baking. They are used for holding runny batters, such as cake batter and thick solid masses of food.

2.3.3 Pie dishes: A round shallow slope sided dish with a flat or fluted rim to hold the edge of a pie crust. They are used for baking single crust and double crust pies.

2.3.4 Tian dishes: Is an earthenware vessel used both for cooking and serving. Goes from the oven to table, usually filled with layered, overlapping vegetables and sometimes sauce baked in the oven.

2.3.5 Trivets: Simply steel mesh rack that sits inside an oven and prevents food from sticking to the base, it's also useful for airflow and convection when bread, damper or cakes. They are used for cooking and may be used directly, without any containers, they are often made of food-grade, heat resistance materials.

2.4 Ovens:

2.4.1 Combi ovens: Is a three in one oven which allows you to cook with steam, hot air or a combination of both. They can roast, steam sous vide, smoke, braise, bake and oven fry food.

2.4.2 Hobs: Are cooking appliances, or the flat part of a cooker, with hotplates or burners. In a kitchen a HOB is a projection, shelf, grate or bench for holding food.

2.4.3 Ranges: Are typically a combination of both oven and cooktop in one appliance which is called a range. Used for cooking without external burners.

2.4.3 Salamanders: Are known as toasters or grill toasters, used to melt and quick heat ups in a café environment. They are for broiling, browning, caramelizing, glazing, grilling and toasting, they are used to put finishing touches on food, rather than cook them.

2.4.4 Deep-fat fryers: They are cooking vessels designed for the frying of foods in several inches or more of hot oil. They make crispy chicken fingers, fish, French fries and other foods quickly and fresh.

2.4.5 Tilting pan: A versatile piece of commercial cooking equipment that allows the user to prepare a variety of foods in large batches. They can be used to fry, simmer, steam, sauté, or grill.

2.4.6 Microwaves: They are small ovens that cooks or heats food very quick. Its radiation, or waves penetrate the food and heat up any moisture inside it. They are used for reheating or cooking food.

2.4.7 Waterbaths: A pan of hot water that you place in the oven. Also called a bain-marie, it helps more delicate bake-partially cheesecakes bake more evenly.

QUESTION 03: COOKING METHODS AND TECHNIQUES.

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3.1.1 Techniques:

- > Browning: Adding a brown or golden brown color to a dish by frying it in hot oil or fat, or by grilling it.
- > Au Gratin: Adding breadcrumbs, finely chopped nuts and cheese on top of a dish then grilling it until it turns brown.
- > Searing: Placing a protein ingredient in a hot pan using fat or without fat, then adding a brown color to it.
- > Caramelising: Adding brown color to a vegetable ingredient by placing it in a hot pan using oil or without it, this causes the natural sugar of the vegetable to turn brown.
- > Acidifying: A form of adding an acidic solution such as vinegar, wine or lemon juice to foods as they are being prepared in order to add flavor and tenderize the dish.
- > Deglazing: The act of adding liquid to a hot pan, which allows all of the caramelized bits stuck to the bottom to release.
- > Glazing: Coating of a glossy, often sweet, substance applied to food typically by dipping, dripping with a brush. They often use butter, oil or sugar.
- > Basting: To moisten (foods, especially meat) at intervals with a liquid such as melted butter, fat, or pan drippings especially during the cooking process to prevent drying and adding flavor.
- > Skimming: To remove fat or scum or any other impurities from the surface of a liquid, such as jam or stock, while cooking.

3.1.2 Wet cooking methods:

- > Simmering: Refers to cooking in liquid, or even just cooking the liquid itself, at a temperature just below the boiling point.
- > Blanching: Is a heat and cool process that plunges a fruit or vegetable into boiling liquid for a short period of time before transferring it to an ice bath, which quickly stops the cooking.
- >Steeping: Is the soaking in liquid usually water of a solid, usually so as to extract flavors or to soften it.
- >Sous-vide: Is the process of sealing food in an airtight container, usually a vacuum sealed bag, and then cooking that food in temperature controlled water.
- > Coddling: To cook something such as eggs in liquid slowly and gently just below the boiling point.
- > Steaming: Is a method of cooking that requires moist heat, the heat is created by boiling water which vaporizes into steam.
- > Stewing: Is a combination of cooking method that uses small, uniform pieces of meat that are totally immersed in liquid and slowly simmered.
- > Braising: The cooking of meat or vegetables by heating them slowly with oil and moisture in a tightly sealed vessel.

3.1.3 DRY cooking methods:

- > Roasting: Is a dry heat method of cooking, where hot air from an oven, open flame or any other heat source completely surrounds the food.
- > Spit-roasting: It is a style of roasting where meat is skewered on a spit, it involves the use of indirect heat, which usually cooks foods at a lower temperature compared to other roasting methods.
- > Baking: A method of preparing food that uses dry heat, typically in an oven, but can be done in hot ashes, or on hot stones.
- > Char-grilling: A method of cooking in which food is placed on a grill directly over a fuel source such as charcoal or wood so that the surface burns or chars slightly.
- > Flame grilling: Refers to using heat, usually from charcoal or gas under metal grates, to cook quickly.
- > Braa'ing: Cooking food over charcoal especially in an open space, it is also called barbecue. 'braaing of meat'.
- > Griddling: Cooking using dry heat over a solid cooking surface that may or may not require a small amount of fat.
- > Deep-frying: Is a cooking method in which food is submerged in hot fat, most commonly oil, as opposed to the shallow oil used in conventional frying done in a frying pan.
- > Shallow frying: Is a hot oil based cooking technique. It is typically used to prepare portion sized cuts of meat, fish, potatoes and patties, it can also be used to cook vegetables.
- > Sauteeing: Is a method of cooking that uses a relatively small amount of oil or fat in a shallow pan over relatively high heat.
- > Sweating/wilting: Is the most commonly used method for cooking raw spinach, gently cook an item in oil or fat to soften but not to brown it.
- > Dry-frying: Is a method cooking or heating food in a pan without using any fat or oil, it can be used for foods such as nuts and, particularly, spices, as it helps to release the flavor of many spices.
- > Searing/Browning: Is the salt and pepper of cooking techniques, when meat is cooked at a high temperature over dry heat. Partially cooking the surface of meat to help remove excessive fat and to give it a brown color crust.
- > Stir-frying: Cooking technique which ingredients are fried in a small amount of very hot oil while being stirred or toasted and turned.

3.1.4 Thermal and non-thermal:

- > Microwaving: It is often quicker and more convenient than equivalent methods such as boiling or baking, many vegetables can be microwaved instead of boiled or steamed.
- > Smoking: Is the process of flavoring, browning, cooking or preserving food by exposing it to smoke from burning.

> Curing: Is the addition to meats of some combination of salt or sugar for the purposes preserving flavor and color.

> Macerating: Softening or breaking into pieces using a liquid. Raw, dried or preserved fruit or vegetables are soaked in a liquid to soften the food, or absorb the flavor of the liquid into food.

3.2.1 Combination of the above cooking methods, including thermal and non-thermal along with wet and dry methods. They can all be used to achieve a specific types of dishes, while these cooking methods can be used on their own independently of each other.

QUESTION 04: COLD FOODS

4.1 Observing correct temperature: Bacteria grow at above 5 degrees Celsius, and produce rapidly between 16 degrees Celsius.

4.2 Wrapping individual items: Wrap items twice in different directions.

4.3 Observing personal hygiene: Clothing must remain clean at all times.

4.4 Preventing cross-contamination: Prevent bacteria from entering cooked or uncooked foods.

4.5 Cleanliness of equipment and work surfaces: Clean equipment and working surfaces.

Cold foods are as follows:

Refrigerated method: all cold food buffets should be displayed below 5 degrees Celsius.

Un-refrigerated method: food should be displayed above 5 degrees Celsius.

QUESTION 05: COLD FOODS.

5.1 Hors d'oeuvres: they are finger foods or small, bite-sized cocktail snack appetisers. E.g. chicken roll ups with ham and cheese, Swedish meatballs, buffalo chicken bites.

5.2 Amuse bouche: they are type of small bites hors d'oeuvre. E.g. broths, mousse, and shrimp.

QUESTION 06: COLD FOODS

6.1 Breads are prepared according to product requirements, such as sandwiches, rolls, wraps, fried toast, club sandwiches and canapés.

6.2 Pastry: Provides a contrast in texture, as well as a means of holding different kinds of foods that thinly chopped, creamed or pureed. Namely; pies, croissants, filo baskets, quiches and horns.

6.3 Biscuits: Served as a snack, allow 3-4 pieces for each person. Left over chicken or roast beef which may reduce waste and also breadcrumbs and stuffings.

QUESTION 07: COLD FOODS.

7.1 Vegetable crudities:

>preparation- make sure all raw ingredients are washed, trimmed/ peeled, re-washed and then dried.

- the cubes are uniform and of similar shape and size.

-make sure there is a dressing.

>storage- stored in a cool dry place, like fridge.

Presentation- dressings could be placed on the side to avoid soggy salad.

7.2 Fruit salads:

>preparation- all ingredients should be washed chopped and cut.

>storage- stored in a fridge in a low temperature to avoid spoilage.

>presentation- served with yoghurt, syrup or even salad dressing.

QUESTION 08: COLD FOODS.

8.1 Dressings: they involve using just an oil or a vinegar alone. But some involves more than vinegar and just oil.

> mustard dressing and herb dressing.

8.2 Sauces: while dressings are dense/thinner in viscosity, cold sauces are thicker.

>ranch and Japanese.

8.3 Oils: they consist of sunflower, extra virgin olive oil, hazelnut, canola, avocado, sesame seeds as well as colored infused oils.

>green oil and red chili oil.

8.4 Dips: they are similar to sauces, but rather than applying the sauce to the food, the food is applied to the sauce it is dipped into the dipping sauce.

>sweet soya dipping sauce and sour cream and herbs.

8.5 Preserves: simply means preserved food or items and these items are prepared in the cold kitchen by the garde manger.

>fruit preserves and marmalades.





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