Activity 1. Why is Food Presentation So Important?

• It prevents decays and spoilage

• It allows food to be stored in a fit condition for future use

• Ensures quality, edibility and nutritive value of food

• It prevents the growth of fungi and other microorganisms

• It ensures that there is no discolouration or aging

23.2.2.km-23-KM02

Activity 2 .Describe the cooking methods and techniques of fruit dishes

• Boiling- fruit can be boiled in stock syrup to draw out surplus moisture eg apples

• Steaming- Steamed puddings containing dried fruit is the key when using steaming method

• Braising- you can use this method for meat game and poultry items where the fruit is used as staffing through braising process and adding flavours to the dish

• Stewing- fruits are stewed to slowly break down Fibre and absorbing flavours from liquid

• poaching- fruits are poached in stock syrup and served as dessert

Activity 3 .Describe the quality points of fruit dishes

• know the seasonal availability of fruits in order to have the best quality , flavours and lowest cost.

• Most fruits are available all year round due to imports, transportation from interstate and the eating quality and price vary

• Purchase from a trustworthy supplier like Large establishments buys direct from the wholesalers to save on costs and to get the freshest produce

• purchase the appropriate quality product For high quality produce

• Purchase clean undamaged product which is free of mould or blemishes and has the correct texture e.g. crisp apples,

Activity 4 .Discuss the finishing methods of fruit dishes

• Flavour - certain cookery methods enhance natural flavours, e.g. apple compote

• Storage - cooking fruit with sugar allows to extended storage

• Improved digestion - cooked rhubarb is easier to digest than raw

• Enhanced texture and softened fibres - stewing softens the

texture

• Contrast - utilising different cookery methods enhances the final

menu item like complex dessert

• Eye appeal- glazed fruits are shinny and they look appetising

23.2.3.km -23- KT03

Activity 5 . dishes.

Describe the cooking methods and techniques of vegetables

Blanching – boiling water first and submerged the vegetables to retain the flavour

Boiling- food is submerged in liquid at 100°c at sea level , let the water boiled

Roasting -the action of cooking something in an oven or over an open fire eg Maris Piper potatoes are ideal for roasting

Stir Frying -ingredients are fried in a small amount of very hot oil while being stirred or tossed in a wok.

Steaming – food is cooked by the steam of boiling water without suspended in it

Activity 6 Describe the quality points of vegetables dishes

• Most fruit is now available all year round due to imports.

• hydroponic growing transportation from interstate but eating

quality and price vary.

• Purchase from a reliable supplier and in prime condition.

• Large establishments often buy direct from the wholesalers to

save on costs and to get the freshest produce available, while

smaller operators can buy locally

• If you go through a lot of produce ,you can purchase in bulk to

reduce costs

• Using purchasing specifications will help you to get the appropriate quality product.

Activity 7 .Discuss the finishing methods of vegetable dishes

• Eye appeal - glazed vegetables are glossy and look appetising

• Colour retention - blanching vegetables maintains and even enhances their colour

• Flavour - a combination of vegetables, e.g. in ratatouille, provides satisfying taste

• Storage - pickling vegetables allows for extended storage

• Enhanced texture and softened fibres - boiling softens the texture

Activity 8 .Explain how to store fruits and vegetables

• vegetables and fruit should be stored in their original containers in the cool room

• Prevent unnecessary handling of vegetables and fruit and do not wash it until needed for service

• Nuts are high in fat so they should be stored in sealed containers in the dry store

• Vegetables, fruits and nuts can be expensive out of season and therefore it is important to be aware of when to use fresh commodities and when to utilise dried, canned or frozen

• Cleaned/washed vegetables such as potatoes might be more expensive, but once you consider the time involved in preparing unwashed vegetables, they often work out

23.2.4.Km- 23- KT04

Activity 9. Describe how to cook potatoes

• The varieties potatoes have different properties some potatoes are waxier making them to have less starch and retain their shape when cooked

• Other potatoes have higher starch content, being more floury and are used for purée or mashed potato.

• Potatoes provide starch to the diet and provide bulk to the meal.

• potatoes are mainly used as an accompaniment they are also

used for dishes in their own nature

• potatoes such as hash browns and fried potatoes are popular for

hot and Potatoes dishes provide a wide range of shapes and flavours

23.2.5.Km-23-KT05

Activity 10 Name Common Pulses

• Butter beans

• Chickpeas

• Mung beans

• Red kidney beans

• Adzuki beans

Activity 11 Explain how do vegans get enough protein?

• Vegans rely on plant-based proteins like legumes, whole grains, nuts, and seeds. The key to making sure they get enough protein when not eating meat is to ensure there's some present at every meal and snack

23.2.6.KM-23-KT06

Activity 12 Describe the storage procedures for raw pasta and fabricated farinaceous products

• Store raw pasta in a place like pantry

• Preserve freshness by storing raw pasta in an air-tight box or

container.

• Follow the first-in, first-out rule use up packages you've had longest before opening new ones.

• raw pasta can be stored on the shelf in an airtight container in a dry area that is not exposed to extreme temperature.

Activity 13 describe preparation techniques for prepared pasta and fabricated farinaceous products.

• Fresh pasta uses a ratio of 1:1 of flour and 1 fresh eggs in its base recipe, with

• the addition of a small amount of olive oil

• The egg also influences the quality of pasta you can add vegetable

purées, herbs or squid's ink to provide interesting varieties

• Add the ingredients together and work them together by hand to

provide a best texture

• Let the dough rest and then roll out in the pasta machine to

develop the gluten strands

• Dry the pasta sheets lightly before cutting them into the desired shape to prevent the dough from getting stuck in the cutter attachment

23.2.7.KM-23-KT07

Activity 14 Describe any types and cuts of poultry

• Chicken -Chicken breast

• Duck – thigh tail

• Quail- quail lollipops

• Turkey- tenderloin

• Goose- drumstick

Activity 15 Discuss any 5 offal types.

• Kidney- are smooth bean shaped with reddish brown lobes and deep clefts

• Heart- the inside of the heart contains string like sinew which should be removed if the heart is being stuffed and cooked

• Tongue- the surface of the tongue is very coarse and requires a long period of slow cooking

• Tripe- is processed from the Muscular inner lining of the stomach

• Sweetbreads- are thymus glands of calves and mature beef they

are pinkish in colour 23.2.8.KM-23-KT08

Activity 16 Describe any types of shellfish

• Clams- are bivalves with equal shells closed by two adductor

• Lobster- have long bodies with muscular tails they live in burrows

in the sea floor

• Crabs- are crustaceans which have very short tail and covered

with thick shell

• Oyster- shells are usually oval , they are generally whitish- gray in

outer shell colour

• Prawns a crustaceans that resemble a big shrimp.

23.2.9.KM-23-KT09

Activity 17 outline any easy ways to preserve your fresh eggs

• Egg cooling- Keeping the eggs cool , they have natural coating on the outside that keeps the eggs from spoiling

• Freezing – eggs can freeze well and can be stored for a month

• Refrigeration- eggs can be stored up to 2 – 3 month at room

temperature

• Salt preservation- eggs are put in a jar filled with salt water to

cure and preserve

• Coating with oil- put oil on the outside of the egg and put them in

a box the oil will keep for up to 3 months 23.2.10.KM-23-KT10

Activity 18 What Is A Stock?

• Stock is the liquid extract that results from simmering animal bones , meat and vegetables with water often with the addition of aromatic herbs and spices. It makes up the base cooking liquid for soups, stews, and grains.

Activity 19 What Is the 4 categories of soups and discuss

• Reduction-based sauces enable the development of the inherent flavours of the dish

• Roux-based sauces -have excellent coating ability

• Emulsion sauces -utilise the binding capabilities of egg yolks to

enclose the fat particles and create rich flavoursome sauces

• Miscellaneous sauces -have specific recipe requirements

Activity 20 what is the 5 mother sauces? Give one derivative of each

• Béchamel sauce - Mornay

• Veloute – supreme

• Espagnole- demi glace

• Hollandaise sauce-Béarnaise

• Tomato Sauce – marinara

Activity 21 List 3 thickening agents for sauces

• Fats

• Starches

• Emulsifiers

23.2.11.KM-23-KT11

Activity 21 demonstrates the storage procedures for prepared pastry dishes and bakery products

• Yeast goods must not be refrigerated unless they have perishable fillings

• Yeast goods such as Danish should be sold on the day of production as they can go stale which affects eating quality

• Cream based goods and dairy based goods must be chilled

• Items can be frozen and thawed out for service and frozen after

preparation

• don't store pastry items next to strong smelling foods such as

garlic

• Ensure hygiene and FIFO

Activity 22 discuss different finishing methods for prepared pastry dishes and bakery products

• Glazing with stock syrup • Dusting with icing sugar

• • •

Piping of fondant icing Spreading of icing and chocolate

cream on the outside for smoothness

Activity 23 discuss different cooking methods for prepared pastry dishes and bakery products?

• Steaming- food is placed in a steamer which is kept over hot liquid

• Baking- cooking food items usually uncovered in an oven using dry

heat

• Deep frying- food cooked in hot oil or fat until it’s colour turns to

golden

• Poaching- involve small amount of hot liquid , it can be water or

juice

• Simmering- gentle method of cooking food using high

temperature 23.2.12.KM-23-KT12

Activity 24 Discuss the storage procedures for raw ingredients for hot and cold desserts

• Freshly baked yeast goods should be stored on racks to prevent them from sweating or sticking to the base.

• They can be stored at a moderate room temperature but need to be sold on the day of baking

• sweets need to be stored in the fridge or cool room separated from other foods and hygienic handling is extremely important for preventing cross-contamination.

• Freezer temperatures need to be checked regularly and stock rotated so that the optimum product is served.

• Organise storage areas in keeping with established, clear mise en place lists as this will help the workflow.