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**Executive Summary**

In a brief but comprehensive response, define culinary and its connection with hospitality industry. For question 1, we learn Food is one of the main factors to survive, as all human beings will need food and water to live. This factor applies to all tourist destinations and the situation around the world. One of the main implied factors for visitors to choose a destination is food. While food and other food-related factors are an integral part of all stages of tourism travel, few studies have conducted food research as an independent factor for attracting tourists, eating habits, forms of ceremonies and assimilation of cultural processes and Visitors and host of mutual impression.

List and connect the culinary learning objectives with its importance. For question 2, we learn the culinary objectives that is Receive, store and check goods, organize yourself for better time management and multi-tasking performance, acquire preliminary food preparation techniques and cutting methods, learn classic bases and sauces, learn fundamental cooking methods, learn French pastry arts fundamental techniques and last is plate and serve final food preparations.

Define what food safety is and connect it with an example and the food borne illness that will be caused without proper handling. For question 3, we learn food safety refers to the conditions and practices that preserve the quality of food to prevent contamination and food-borne illnesses. We will learn about the importance of safe food handling and how to reduce the risks associated with foodborne illness. Food borne illness are common bacteria and viruses that cause food poisoning.

List the parts on lamb and connect it with a suitable cooking style. For question 4, we learn the different parts of lamb and the suitable dish that we cook for each parts stated.

**Introduction**

In culinary fundamental, we will learn about the fundamental concepts in food preparation and the skills, techniques of basic cookery and the tasks involved. The knowledge that is acquired in this module specifically from Product Knowledge, Culinary Math, and Food Safety is used on a daily basis routine at the work place.

It will help us to develop our professional attitude as well as behavior and to work responsibly within group activities or teamwork. The objective of this module teaches us the basic of how to receive, store & check goods, organize our self for better time management and multi-tasking performance, acquire preliminary food preparation techniques and cutting methods, classic bases & sauces, fundamental cooking methods, French pastry arts fundamental techniques, plating and serving the final food preparation.

**Assignment Questions**

**Question 1**

**In a brief but comprehensive response, define culinary and its connection with hospitality industry.**

Food is one of the main factors to survive, as all human beings will need food and water to live. This factor applies to all tourist destinations and the situation around the world. One of the main implied factors for visitors to choose a destination is food.

While food and other food-related factors are an integral part of all stages of tourism travel, few studies have conducted food research as an independent factor for attracting tourists, eating habits, forms of ceremonies and assimilation of cultural processes and Visitors and host of mutual impression.

Food and beverage is a service that provide convenient for customers as all the people need to eat. People are always looking forward to food when they are on the go. When in a different country, people like to taste local cuisines.

There are three key categories of food service industry. First, quick-service establishments are commercial foodservice restaurants that compete for customers who look to garner quick snacks, drinks, and meals. They have fewer employees so self-service is criterion here such as Starbucks.

Apart from quick-service establishments, catering businesses also a key category. This category provides food and beverage catering services for any special occasion. For instance, weddings, birthday parties and everything in between.

Full-service restaurant are typical restaurants or eateries, which feature course meals, drinks and a plethora of other food services. These establishments usually seat you at a table and use waiters to take food orders. From fine, dine to casual dining to themed restaurants.

**Question 2**

**List and connect the culinary learning objectives with its importance.**

**Receive, store & check goods**

* Receive and check goods delivered
* Store food by arrival order, at the right place and temperature

It is important for us to learn about how to receive, store and check the goods properly because receiving supplies is an important task in a hospitality workplace. You have to check that the right goods have been sent and that they are in good condition. Once the goods have been accepted, they have to be paid for. When the supplies arrive, they have to be put away quickly in the right place so food stays safe to eat and goods don’t get damaged or stolen. It is very important to do this safely.

**Organize yourself for better time management & multi-tasking performance**

* Learn how to approach a recipe
* Determine ingredients and material requirements
* Organize your work station
* Identify proper food-handling procedures and mise-en-place techniques

It is important for us to learn about how to organize our self for better time management and multi-tasking because working in the kitchen would need us to be flexible and fast. In the kitchen we will need to learn how to execute a dish using the recipe given using proper ingredients.

Effective strategies to manage limited time is important as we will need to prepare our work station before the daily operation. Other skills involved include prioritizing and focusing on urgent and important tasks rather than those that are not important or don't move you towards your goals organizing your work schedule, list making to remind you of what you need to do when persevering when things are not working out and avoiding procrastination.

**Acquire preliminary food preparation techniques & cutting methods**

* Vegetables, fruits and cereals
* Herbs, spices and condiments
* Fish, shellfish & crustaceans
* Poultry and meat

It is important for us to learn about the cooking techniques that are set in preparing, cooking and presenting

food. Good techniques also take into account economical use of food and cooking fuel resources, as well

as food safety. The techniques used in preparing a dish can affect what the dish is like as much if not more

than the ingredients themselves. For this reason, many cooks believe it is more important to learn cooking

techniques than to learn to follow recipes, as knowing a certain technique can improve a recipe or rescue

one that has gone wrong.

**Learn classic bases & sauces**

* Prepare Decease’s style stock, fumet, broth and jus
* Acquire culinary bases: vegetable purees, soups, marinades, condiments
* Prepare classic French sauces
* Learn traditional Mediterranean and contemporary recipes

It is important to understand that stocks are the basis for almost all of us. The French call it a

favorite (base). Whether we know, we usually create stocks on a regular basis. Stock is the perfect

free companion for the kitchen. They use scrap, add depth and flavor, are easy to prepare, and are

generic.

Soy sauce is a decadent derivative of stock. They are concentrated in the flavor, increase the

richness, smoothness, and enhance any dishes. The sauce is rich in food in the same way as the

creamy pie, or frost enhances the cake.

**Learn fundamental cooking methods**

* Sautéing & roasting
* Poaching & steaming
* Braising & confit
* Grilling & frying

The first step in learning the cooking method is to learn the right cooking method. There are a lot of

style, they have their own advantages and disadvantages. In general, we will learn the method used to

help keep the food moist and prevent dryness. If you use the dry heat method, you can also use the hot

and humid cooking method to cook food, if you use the dry heat method can be used too difficult to enjoy.

These items usually require longer cooking time and make sure they do not dry out and will apply the

damp heat cooking method.

By practicing these types of cooking methods is the only way to improve our self. The aim is to ensure

that you apply the right cooking techniques to the right food.

**Learn French pastry arts fundamental techniques**

* Use professional equipment and tools
* Prepare essential dough and creams
* Bake, decorate and plate desserts
* Make classic French pastries

It is important for us to learn about French pastry arts because France is the home of mouthwatering delicacies, and one of these is a food for people with sweet tooth. In French pastry, one will learn on how to bake, mouth-watering cakes, macaroons, tarts, custards and other types of pastries. France is the home of beautifully crafted cakes and pies.

**Plate and serve final food preparations**

* Taste, analyze and adjust culinary production
* Select proper serving equipment
* Plate dishes according to chef instructions
* Apply modern presentation techniques

It is important for us to learn about food presentation because it is essential to the success of a dish as its taste and flavor.  The way the food looks on the plate is what tempts our eyes and makes you want to taste it. It can make or break a restaurant and it can turn a dinner party into a great success if done right. No matter how delicious a dish may be, if it is served on a dirty plate, you will definitely not be tempted to taste it. We need to make sure all plates are sparkling clean.

**Question 3**

**Define what food safety is and connect it with an example and the food borne illness that will be caused without proper handling.**

Food safety refers to the conditions and practices that preserve the quality of food to prevent contamination and food-borne illnesses. We will learn about the importance of safe food handling and how to reduce the risks associated with foodborne illness. Food borne illness are common bacteria and viruses that cause food poisoning.

For example, in Malaysia the food industry is made up of people from all over the world by producing, manufacturing, transporting and distributing food. Food production involves many activities on farms, as well as cultivation in orchards and fishing operations.

Food production uses the raw material harvested by the producer and converts it into something that is suitable for distribution and sale. The distribution system consists of storing, preparing, packaging, serving, displaying, selling or otherwise providing food for many food operations for human consumption. Food supervision agencies refer to all facilities involved in food distribution.

When people say food-borne diseases, it may be food infections or food poisoning. Foodborne infections are caused by the consumption of harmful microbes, which may breed in the body and cause disease. You usually do not know that you are sick in the body for 1 to 2 days.

Another type of foodborne disease is foodborne poisoning. In this case, the bacteria have already produced toxins in the food. That is why staphylococcal food poisoning is happening so fast. Symptoms usually occur within 1 to 6 hours, including nausea, vomiting, diarrhea and intestinal cramps. Botox is a foodborne poisoning and is one of the deadly food-borne diseases known.

### Causes of foodborne illness, the causes fall into the following 3 categories:

1. Biological hazards include bacteria, viruses and parasites. Bacteria and viruses are responsible for most food borne diseases. Biological hazards are the greatest threat to food safety. They may be inherent to the product or due to improper operation (e.g., time / temperature abuse).
2. Chemical hazards include natural toxins and chemical contaminants. Some natural toxins are associated with the food itself (i.e., some mushrooms, puppies in mollusks), some when the time / temperature is abused (i.e., some seafood varieties of histamine) Into the. Some additives, such as sulfites, may cause harm to some people. Chemical contamination may occur when the product (i.e., detergent) is used incorrectly.

* Food allergens are chemically dangerous. Some people are sensitive to protein in food. Every kind of food is different. Eight food allergens include milk, eggs, fish, crustaceans’ shellfish (lobster, crab, shrimp), wheat, soybeans, peanuts, nuts.

1. Physical hazards may include metal shavings of cans and plastic parts or broken glass.

**Question 4**

**List the parts on lamb and connect it with a suitable cooking style**

Lamb neck muscles developed, both fat and thin, fleshy dry, folder with fine tendons, usually bone made of steak. Can be used for braised, stew. Western food, sheep and neck meat commonly used to stew, stew, do meat sauce or other slow stew dishes, this rich gum live meat, finished cooking finished succulent and delicious, rich taste. Can also be used to make meat and balls.

Lamb shoulder meat is the shoulder of the meat, by the cross of two pieces of meat, this part of the meat moist, pink, with a clear marble pattern, white moist bones were wrapped in connective tissue, the outer layer of thick fat Floor. As the shoulder activities are more, so the shoulder flesh long, fleshy to some thick, fat tendons are more juice tenderer. Suitable for rinse, fried, baked.

Lamb on the brain in the neck, the spine on both sides, before the ribs, because close to the head to help so called the brain. It is characterized by fat deposited in the shape of the meat in the shape of marble, more tender texture, suitable for frying, boil for a short, etc., is ‘shabu shabu’ to share.

Lamb ribs are the best quality of the whole sheep and the most expensive cut. This cut is located below the shoulder and neck of the sheep, close to the middle position of the sheep. Fat and thin folder without ribs, covered with a layer of thin film, soft and tender, delicate and juicy, suitable for roast, fried, steamed, stew, stew a variety of cooking methods.

The breasts on both sides of the chest cartilage are the cheapest part of the lamb. This part of the meat like kelp as long, this part of the fertilizer is also thin with ribs, although slightly fatty, but very suitable for keel lamb or steamed lamb. In addition, if the Western-style cooking method is slow cook, after a period, fat will melt in the soup; the rest of the sheep breasts will only make people feel smooth and delicate. Western food is a famous dish is slow stew stuffing sheep breast.

Lamb hind legs more meat, but in terms of meat, the front legs more tender and tender. Generally suitable for making roast leg or catch lamb.

**Conclusion**

In conclusion, at question 1 we learn that food is one of the main factors of survival, because everyone needs food and water to live. For question 2, we learned to receive, store and check the cooking objectives of the merchandise, organize ourselves for better time management and multitasking, get initial food preparation techniques and cutting methods, learn classic basics and sauces, learn basic The culinary method, the French cakes art foundation technology, and finally the flat food cooking and serving the final food preparation. For question 3, we study food safety as a condition and a practice of protecting food quality to prevent contamination and food borne diseases. We will understand the importance of safe food handling and how to reduce the risks associated with food borne diseases. Foodborne diseases are common bacteria and viruses that cause food poisoning. For question 4, we will learn the different parts of the lamb and the dishes we cook for each part.

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