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**Executive Summary**

Question 1: In a brief but comprehensive response, define culinary and its connection with hospitality industry.

Summary: From answering this question, I learn about meaning of culinary, meaning of hospitality industry, what is the connection between culinary and hospitality industry, the knowledge of food service management, and also the importance of culinary to the hospitality industry.

Question 2: List and connect the culinary learning objectives with its importance.

Summary: From answering this question, I learn about objectives of learning culinary, important of learning culinary, other knowledge learned from culinary, and the hygiene of culinary.

Question 3: Define what food safety is and connects it with an example and the food borne illness that will be caused without proper handling.

Summary: From answering this question, I gain a lot of knowledge about food safety and hygiene rule for the purpose of delivering safe and healthy food to the diners.

Question 4: List the parts on lamb and connect it with a suitable cooking style.

Summary: From answering this question, I can know that the parts on lamb and what cooking style should I use with each parts on lamb. I know that the lamb rack we can use for roasted, lamb shoulder we can use for braised or roasted with a longer time, and for the lamb sirloin we can use for grilled and roasted.

**Introduction**

The meaning of culinary is an activity that relating to cooking, and also cookery, and the knowledge of culinary.

For example of activities of cooking, I cook some tasty food for my lunch. Cookery means the skill or the way of cooking such as how I cook the food with different cooking style, how I can prepare the food within a shorter time, that is also important and a skill must be have for a good chef. For the knowledge of culinary means what the information or experiences must be paid attention to before we start cooking such as we have to know about the personal hygiene, safety of food, cooking style, name of ingredients, name of equipment, plating skills and etc.

By the way, culinary is also a skill for life, it can be improved in every each day. Some of the people use their skills to build a business for their income. Despite their interest in culinary, they always cook delicious and safety food to the customers.

**Assignment Questions**

**Question 1**

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

Culinary is an activity relating to cooking, preparation of food, presentation of food. For example, a chef who prepare the ingredients, cook his or her dishes with their “secret recipes”, which may be created or innovated by them. After that, they need to decorate the dishes, so that the dishes look attractive to customers once the food served on the table.

Hospitality industry is a business or sector relating to services, which include place of hospitable such as lodging and accommodation, food and beverages, travel and tourism, and etc.

Culinary is very closely related with hospitality industry. In another word, culinary and hospitality industry play a very important role to each other. For the examples, casual dining restaurants, fine dining restaurants, bar, pub, food courts, café and etc. These kinds of businesses can bring lot of revenues to a company. At the same time, the company must have relevant culinary knowledge to run the business. Not only that, they always have to do with knowledge of food service management such as food service systems, quantity food management, food and beverage management, accounting, marketing and etc.

Food service system includes conventional system, centralized system (Central Production Kitchen), cook and chill or freeze system, assembles and serves system.

Conventional system is a traditional system with the food and beverage; it means the food production, distribution and preparation is process in a same area where meals are served and held within a short time. It brings advantages such as the quality of food always higher and favourable. The system is highly economic so that many businesses able to introduce it, for example businesses that normally using conventional system such as hotel restaurants, casual dining restaurants, cafeterias and etc. Hotel restaurant always provide breakfast to their customer by using buffet system which is normally self-service by the guests, the chef or cooks just have to make sure all the food never out of stock and always refill it. A casual dining restaurant usually run with make-to-order system, customer look at the menu and orders the food they prefer, and wait for server.

Centralized system is characterized by a large, central production kitchen separate from different service units. The chef who work with this system must highly trained in technological aspects of food production in big quantities. The food is transported to external locations such as different branches of receiving kitchen for serving. They also have to make sure the best temperature to keep and packaging of food to ensure the food is in good condition at all the time. This system is including airlines, chain restaurants and large school districts. The advantages of centralized system are they can achieve lower food and supply costs, ingredient control is improved, better inventory control, lower manpower costs, quality control, flexibility in scheduling of food preparation and etc.

Cook and chill or freeze system means the food is ready-prepared, the food produced onsite, then store inside freezer or hold chilled, take out the food when we want to use, reheat the food and serve it to the customers. For example, the hotel breakfast team prepared their food before next morning, then reheat the food in the morning and serve it to their hotel guests. They always use this system to simplify their job and can be done their job more quickly. The benefits of this system are flexibility in scheduling food preparation, lower man power cost. However, this system also brings disadvantages such as the food maybe loss of quality and also the menu variety maybe limited.

Culinary is also very important for the hospitality industry. It is important because it can bring a lot of income for the each industry. For examples, each hotel will have a restaurant, the restaurant maybe serve the breakfast to their guests, serve the lunch or dinner, serve the wine or juice to walk-in customers, from which the restaurant will bring a lot the money for the hotel. And also the good culinary skill can produce a tasty food, it will keep customer’s impression of the restaurant, and enhance company visibility and performance. A bad culinary skill will cause a restaurant performance down or off. So, a chef must improve their culinary skills at all time.

**Question 2**

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

Since skills of culinary not only needed by one industry, it is very important for practitioners in culinary and hospitality industry to grasp the knowledge about culinary and understand the importance of knowing it. Before that, we need to know the objectives of learning culinary, what are them? Firstly, we can say that we are able to know the latest modes of working in culinary and hospitality industry. From learning culinary, we can study to master the various existing culinary techniques not only in national, but also in international cookery, as well as in traditional and contemporary cuisine.

As what being mentioned in first question, culinary includes not only one single knowledge, but also involves information in food service management, quantity food management, accounting and etc. Another important learning objective is to produce estimates, manage resources and calculate costs, taking into consideration all necessary factors, from purchasing of basic resources, working with suppliers through to the final product, making use of strategic, administrative and marketing concepts. All these objectives mentioned seem not related to culinary, but yes, they are connected. That is why learning culinary is so interesting and attractive, is not it?

On the other hand, it is important to learn culinary, in order to manage a working team, making the best of their potential and supervising the activities of kitchen aids and auxiliaries, acquiring the necessary competence to solve different problems which may arise in the area of work, as well as the efficient use of time, space and human and material resources within the kitchen. A chef is not only a chef, but also a leader of a team. He or she plays a completely great influence to the working team. A great chef and great leader must obtain relevant knowledge to the industry, well, it may also learn from experience.

Not only that, culinary learning objectives also include receiving and checking goods delivered by suppliers, and store the goods at the right place and suitable temperature. For checking goods received, they need to make sure the condition of goods are well when receiving it, and check against the amount of goods are correct with what have ordered. These steps are important to prevent broken goods that delivered by supplier will cause losses to the business while insufficient amount of goods will affect the revenue generated and give a negative impression to customers.

Another knowledge we can gain from learning culinary is preliminary food preparation techniques and cutting methods. This is very important and useful in culinary industry. As we know, a restaurant has to prepare various kinds of food or meals to meet different customers’ needs, while a chef must possess knowledge about the ingredients and the methods to handle it. Sometimes customer may have special request to the dishes so it is very important that a chef has adequate knowledge about different kinds of food resources.

Moreover, learning culinary we can also learn about classic bases and sauces, such as vegetable purees, soups, marinades, condiments and etc. Besides that, we can be skilled in prepare classic French sauces, traditional Mediterranean and contemporary recipes. It is useful in helping us approach or innovate to more special recipes. Furthermore, we are able to plan and carry out efficient leadership for the best preparation as well as elaboration of foods by learning culinary. We always have to give attention to food hygiene and safety when doing our job in kitchen. Procedures to handle food resources need to be emphasized when a senior chef is teaching junior chef. Chef is responsible to transfer the food hygiene and safety regulation to all crew and always need to observe if they follow the regulation when preparing food.

**Question 3**

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

Food safety refers to handling, preparing and storing food in a way to best decrease the risk of individuals becoming sick from foodborne illnesses. Food hygiene and safety is a very important issue to be aware when preparing food. Food safety not only has to be emphasized at home, but also working environment especially for culinary industry like restaurants and hawker centers. It is because incorrect procedures of preparing food resources may bring serious consequences to both the cooker and diner. Thus, food safety is a global concern that covers a variety of different areas of everyday life.

Some countries have strict food safety regulation for businesses, such as Australia and Singapore. Workers that involves in culinary and some hospitality industry have to attend for food safety and hygiene courses. They have to learn about some critical methods or procedures in preparing and handling ingredients, as well as the importance of food safety. For example, cookers have to always wearing gloves when cutting fruits, vegetables and seafood.

At a canteen in a company or stalls in a hawker center, we can always see the staffs are wearing hats and masks during preparing food and cooking. Before cutting and handling ingredients, the cookers also have to wash their hands. It is a simple step, but it is also an important step when preparing food. Besides, quality of ingredients has to be aware of. Some organizations may procure food ingredients with low quality from person that sell it cheaper. This can be very dangerous if the ingredients came from unclear source, the ingredients can be expired or adverse quality without buyers knowing. And the buyer may produce unsecure food to his or her customers, this may cause a serious consequence to the buyer.

In addition, ingredients have to be stored safely and correctly. As an example, ingredients that need to be refrigerated, the temperature of refrigerator need to be set at below 40 degree Celsius, while 0 degree Celsius for those frozen food. Poor storage method may cause bacteria to grow quickly, therefore, it is always not suitable to allow any food or ingredients being exposed in room temperature. Food and ingredients also required to be stored accordingly in refrigerator. Ready-to-eat food, whole cuts of pork and beef, ground meat and fish, whole and ground poultry, all of these need to be separated when keeping in fridge. Another considerable and critical part is cookers always have to notice about the expiry date of food and ingredients. Since cookers may not able to always remember each expiry date, they can label it on each item to remind them.

Moreover, contamination may easily occur in kitchen if cookers and staffs do not consider food hygiene and food safety issue. As we know, contamination can bring consequences in a light or severe way. While, it is not difficult to avoid it. One of the examples is cookers are advised not to use same knife or equipment when handling ingredients like ready food and poultry, so as to prevent cross contamination. Equipment used after each task has to be washed, as well as every work surface and tool in kitchen need to be cleaned carefully and sanitized regularly. Every staff in culinary and any related industry is obliged to avoid any substances to slip into meal or food to be served to customers such as hair, glass and accessories. In order to make delicious while safety meals to diners, we should always mindful about our duty, as a cooker.

**Question 4**

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

Nowadays, lamb demand become higher around the world. Some of the people won’t eat lamb because they want to avoid the cruel mutilations, and horrifically slaughtered of lamb by the factory farms. For example, the USDA reported that around 2.2 million lambs were killed for meat in 2015. But also there is some of the people still eat the lamb because of its taste.

Lamb is the flesh of young sheep as food. A lamb divided into head, neck, shoulder, rack, breast, loin, sirloin, flank, leg, fore shank, hind shank, and etc. There is a lot of cooking style for every single part of lamb. But for the master chef opinion, a good taste is depending on a suitable cooking style to each part of lamb. Now I will introduce the three most popular part of lamb.

First, I will introduce the cooking style for lamb rack, it is a most expensive cut of lamb, also fittingly known as the ‘best end’. For the rack of lamb, I will use this kind of cooking style such as roast rack of lamb. This is the easier way to cook the rack of lamb. Actually, we do not need to clean the rack of lamb, we can just prepare the ingredients and make sure the rack of lamb is fresh.

Roast rack of lamb is a popular dish around the world. I use this cooking style because it can keep the natural flavor of the lamb. First, prepare the lamb racks and rosemary sprigs. Then, preheat the oven to 200°C. Season the lamb racks with salt and pepper. Heat a frying pan over medium-high heat and cook the lamb turn brown color, meaty side down, for three minutes. Turn and brown the other sides and ends for a further two minutes. After that, transfer the racks to a large roasting pan, sprinkle with rosemary sprigs, and season with salt and pepper. Roast for 10 minutes for medium and twelve to fifteen minutes, for well done or until cooked to your liking. Remove the lamb and place onto a warm serving platter. Cover loosely with foil, and leave to rest for about 5 minutes before plate and serve.

For shoulder of lamb, the better cooking style is roasted or braised. The time of braised lamb shoulder is longer, the meat will more tasty, juicy and chewy. First, we have to prepare the ingredients including lamb shoulder, sprig of rosemary, garlic cloves, vegetable oil, salt and etc. Then, we have to preheat the oven to 165°C. Take out the lamb shoulder from chiller and make it in six incisions, push a garlic clove and a rosemary sprig into each incision. After that, rub the lamb shoulder with oil and season it with salt. Cover the lamb shoulder by using the foil and place it in the oven. Cook the lamb shoulder for four hours until it became delicate and chewy and the lamb come away from bone. Done, we can serve it at any time or place it inside the warmer to keep the lamb warm.

For the lamb sirloin, it always use as a sirloin steak and sirloin chop. To cook a sirloin of lamb, we have to prepare lamb sirloin, chopped garlic, fresh chopped rosemary, olive oil, salt, pepper and etc. First, preheat the oven to 350°C. Make the paste by mix the garlic, rosemary, salt, pepper together, and add the olive oil slowly. Put the paste on the lamb sirloin, and make sure the garlic to adhere with the sirloin. Put the sirloin on an iron skillet once it becomes hot with medium-high heat. Make sirloin becomes brown on all sides about two to three minutes per side. Then, transfer the sirloin to oven from skillet and roast with 130°C internal temperature about thirty-five to forty-five minutes depending on size of the sirloin. After that, remove it from the oven and let rest for ten to fifteen minutes. The lamb sirloin is ready to serve with baby carrot or spinach.

**Conclusion**

Nowadays, culinary is become an art of cooking that everyone knows. Culinary also can improve a person patient and mindful. Culinary is not just cooking, it also including the knowledge to present the food, to decrease the food contamination, take care of health of every diners and etc.

To learn culinary, it has the objective such as receive, store or check goods, improve the time management and multitasking performance, know about cutting methods and techniques of food preparation, and a lot thing to learn to improve ourselves in culinary skills.

For the good culinary skills, we also must be pay attention to the food safety. It include how we store the raw food and cooked food into the chiller or freezer, how we keep the food with suitable temperature, how we do proper handling with the food to avoid the borne illness for the customer and etc. If we don’t do make sure the food safety, it will cause the customer food poisoning and naturally affected the restaurant performance. So we must make sure that the food safety is 100%. These is my conclusion from answering the questions.

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