Larder, Garde Manger, Cold kitchen

The term Garde Manger originally identified a storage area. Preserved foods such as: Hams, sausages, bacon, cheese, etc. were held in this area, cold foods for Banquets and Buffets are arranged here. Over the years this term evolved to mean more than just a storage area. It now, also indicates a station in the professional kitchen, responsible for preparing Cold foods, Buffets, Decorative pieces, etc. and it’s Chefs who prepare them.

Definition: The Larder is a department set aside for the storage of all perishable foods both raw and cooked and is also used for processing and preparation of all cold items served to the.

Functions: The Larder or Garde Manger or Cold Kitchen is a department in the professional kitchen for:

1. The storage of all perishable raw food items which needs a storage temperature of minus-18 degree C.

2. The storage of all prepared and cooked items like cold appetizers, cold meats, cold sauces, salads etc. and all cold items found on the Menu.

In order for the Larder to function properly it is essential that the Larder is separate from the hot Kitchen and is located in a cool place but not very far. It must be well lit, airy and well ventilated; it must be sufficiently spacious for staff to carry out their duties in a hygienic and efficient manner. And it must be equipped with the necessary fittings, plant and machinery, tools, etc. in accordance with the and / or quality of work.

Sub-Sections of the Larder Kitchen

Its main responsibility is to cater to the requirements of the Hot Kitchen for raw materials such as fish fillets, steaks, etc, and to supply the finished products as required by the Room Service, Buffets, Banquets, etc, for all cold dishes.
The Sections of the Larder can be divided depending on the volume of work into:-

1. BUTCHERY.
2. FISH MONGERY.
3. HORS D’OEUVRE / COLD SAUCES.
4. SALADS.
5. COLD BUFFETS.
6. And MASALAS in the Indian context.

The Area which processes raw materials like meat, fish, etc, is the Butchery and the Fish Mongery. Basic cuts are produced, marinated, roasted, smoked, or poached over here. The portion or cuts or joints are prepared according to the demands from the different outlets with in the hotel.

**The following products are produced:-**

1. **Gelatine products:**
   - Aspic
   - Mouses, Mousseline
   - Colees
   - Chaufroid sauces
   - Cold soups

2. **Marinated Products:**
   1. Salads
   2. Brines and Cures
   3. Pickled products
   4. Smoked Products

3. **Forcemeats** for Galantes, Pâtés, Sausages, Terrines, Quenelles, Timbales, Roulades, etc.

4. **Piece Montee** or Centerpieces or Non-Edible Displays:
   1. Ice carvings
   2. Tallow sculpture
3. Salt dough sculpture
4. Fruit and vegetable displays
5. Pastillage
6. Jelly logos
7. Thermocol displays

5. Cold Hors d’oeuvres
6. Sandwiches
7. Specialty items such as, Caviar, Oysters, Snails, Foi gras, cheese, etc.

LARDER EQUIPMENT

Large or heavy duty equipment
* Buffalo Chopper or bowl chopper
* Mincing machine
* Bone saw machine
* Gravity slicer or meat slicer
* Vegetable processor
* Dough mixer
* Vacuum packing machine
* Sandwich counter
* Hanging rail system.
* Sausage stuffer
* Smoking machines
* Grinding machine
* Refrigerator
* Walk in
* Steel work tables
* Weighing scale
* Salamander
* Butcher’s blocks
* Fish kettle
* Steam kettle

**Tools and small equipment**

* Zester
* Channeller
* Can and bottle openers
* Corer
* Pitters
* Egg slicer
* Mandolin slicer
* Butcher’s chopper and cleavers
* Boning knife
* Filleting knife
* Oyster knife
* Buntz knife or wavy knife
* Cheese knife
* Mezzaluna or mincing knife
* Sieves
* Chinois
* Pie moulds
* Terrine moulds
* Trauchelard
* Larding needles
* Trussing needles
* Perissienne scoops
* Steak hammer
* Meat thermometers
* Brining syringe & pump

**Duties and responsibilities of the Chef Garde Manger.**

1. He is responsible directly to the Chef de Cuisine.
2. He is responsible for all perishable and frozen foods stored in the Larder.
3. He is responsible for all cold foods that are issued from the Larder.
4. He is responsible for supplying different cuts, joints, etc. of meat and fish as required by the outlets.
5. He is responsible for all the staff in the Larder and their Training.
6. He is responsible for Hygiene in the larder as per H.A.C.C.P. standards.
7. He is responsible for maintaining Larder control, like checking for quality and quantity, storing, keeping records of issues, daily stock sheets, etc.
8. He is responsible for controlling pilferage.
Essentials of Larder Control.

1. All invoices to be checked for quality and quantity against goods delivered to the Larder.
2. To ensure that all goods received must be stored at the right place and at the right temperature.
3. Portion control while pre-preparation must be carried out to ensure ‘yield’ and required number of portions.
4. Stock of food both raw and cooked must be regularly turned over. (FIFO).
5. Do not over stock.
6. Food items stored must be protected from vermin and pest.
7. Proper record of issues from the Larder both raw and cooked.
8. A daily stock / consumption sheet to be maintained.
9. Ensure complete hygienic standards are followed as per H.A.C.C.P.
10. Precautions must be taken to avoid pilferage.

BRINES, CURES AND MARINADES

Brines and cures or salting is a method of preserving food and has been practiced since antiquity. Probably the first preserved foods may have come about by accident- fish drying on the seashore, either dried for future use or became rotten, unfit for eating.

INGREDIENT USED FOR PRESERVING

SALT

The salt most commonly used the World over is the common salt or Sodium Chloride. Salt changes foods, by drawing out water, blood and other impurities. In doing so, it preserves them, making them less susceptible to spoilage and rot.

The important role played by salt is:-

- **OSMOSIS** - is the movement of water through a semi-permeable membrane, such as the cell walls of plant and animal, in order to equalize the concentrations of a solute (typically salt) on both sides of the membrane. This is known as osmotic pressure. Plant and animal cells contain relatively weak solutions of natural salts. Bacteria and other micro nutrients thrive in such solutions, drawing in nutrients through the cell.
walls. If however these cell walls are exposed to a strong salt solution the outward osmotic pressure created by the strong solution prevents them from feeding and thus from reproduction, there by their activity is inhibited and decay is prevented.

- **DEHYDRATION**: The presence of ‘free’ water is one of the indicators of a food’s relative susceptibility to spoilage through microbial action. In order to increase the shelf life it is important to remove as much excess water as possible. Salt has a dehydrating effect on foods by attracting the free water and making it unavailable to microbes. Exposure to air or heat for controlled periods allows the water to evaporate, reducing the overall volume and weight of the food.

- **FERMENTATION**: Decay in foods is also caused by enzymes naturally present in foodstuff as well as by living micro-organisms. Salt stops all enzymatic action by upsetting the electrical balance of the liquid in which they act. The strength of the salt solution is important. Some micro-organism can tolerate strong solutions of salt. Among these are certain lactic acid producing bacteria, which, rather causing decay, bring about beneficial fermentations. For this reason just the right amount of salt is used so as to kill all harmful pathogens and allowing these to grow. The lactic acid produced by these bacteria, itself safeguards it from bad bacteria. Eventually the acid becomes so concentrated that even these bacteria die and fermentation stops and the food keeps, however the foods flavour is changed.

- **DENATUREING PROTIENS**: salt inevitably changes the structure of proteins in food. Smooth foods become grainy and firm foods may soften.

**CURING SALTS**

For thousands of years humans have been eating meat cured with unrefined salt. Those meats took on a reddish colour. However the reason for this colour change was discovered, only in the 20th century by German scientists who proved how nitrates and nitrites compounds already present in unrefined salts cause cured meats to redder.

Sodium nitrate or NaNO2 gradually break down inside the cured foods, but by the time they lose their effectiveness the curing and in some cases smoking procedures are finished, the food is then cooked or refrigerated and the food remains safe. However in the case of Prosciutto and some Salamis a stronger chemical Sodium Nitrate (NaNO3) is used as they breakdown more slowly than Nitrites and therefore are effective for a longer time. Potassium Nitrate or saltpetre is sometimes used, but it is not safe and since 1975 has been banned as a
curing agent in commercially prepared cured meats. Nitrites and nitrates are the subject of controversy regarding their safety as substances known as ‘nitrosamines’ are formed when they are subjected to high heat, and are known to cause Cancer, but their use makes foods safe from Botulism infection.

Two special mixtures are generally used for curing purposes:

Tinted Cure Mix (T.C.M.) or Pink Cure or Prague Powder

Prague Powder is a commercially-sold salt mixture used in preserving meat. It is a generic term, not a trademarked name. The mixture is sold dyed pink to avoid confusion in homes with table salt.

The mixture contains nitrites to give meat its pink colour, and prevent botulism. The nitrites break down into nitric oxide and then dissipate. Ultimately, what is produced in the meat is nitric oxide, which combines with myoglobin protein to give a pleasing red or pink colour to the meat. As appealing as that benefit is, it's a minor one compared to the prevention of botulism.

Two versions of Prague Powder are sold; you cannot swap one for the other.

Prague powder #1

Prague powder #1 is 1 part (6.25%) sodium nitrite to 15 parts (93.75%) salt, plus anti-caking elements.

It is used for all curing other than dry cure. You use 1 teaspoon for 5 pounds (2 kg) of meat, or 100g per 100 pounds (45 kg), and mix it with cold water to use.

Prague powder #2

Per pound (16 oz) (450g) of Prague powder #2, there is 1 oz (6.25%) sodium nitrite, .64 oz (4%) sodium nitrate, 14.36 oz (89.75 %) salt, and anti-caking elements. It is mostly for dry curing (e.g. products that require no cooking, refrigeration or smoking.) These meat products typically take a longer time to cure. You mix with cold water to use, using 1 teaspoon for 5 pounds (2 kg) of meat, or 100g per 100 pounds (45 kg.) Certain strains of micrococcus bacteria ferment the nitrate in Prague Powder #2, converting it to nitrite. Prague Powder #2 lasts longer in food, because while the nitrite turns into nitric oxide and
dissipates, the nitrate instead has to first break down into nitrites before it can dissipate as nitric oxide, thus you have a preservative present for longer.

**SUGARS**

Ordinary white sugar and other forms of sugar, including corn syrup, honey, and maple sugar is used in some cures. Using less sweet forms of sugar, such as corn syrup and dextrose, provides the advantage of sugar without adding too much sweetness.

Sweeteners are used for:

- Overcoming the harshness of salt in the cure.
- Balance the overall flavour.
- Counteract bitterness.
- Help stabilize colour in cured meats.
- Increase water retention in the finished product.
- Provide a good nutrient source for fermentation.

**HERBS, SPICES AND OTHER FLAVOURINGS**

Nearly any spice or flavourings that are used in cooking may be used in curing. Some traditional herbs and spices used are garlic, pepper, coriander, caraway, nutmeg, mace, dry mustard, cinnamon, all spice, cardamom, etc. in addition, ingredients such as dry and fresh chillies, infusions and essences, wines and vinegars may also be incorporated to give a contemporary appeal.

**FUNCTIONS OF CURING**

Curing is done for the following reasons:

- For fixing of colour so as to give meat a nice colour. The nitrous oxide obtained from reduction of nitrite reacts with haemoglobin and myoglobin to form nitric oxide haemo or myoglobin, which upon heating or maturing is converted to the bright pink nitrosylmyochromogen.
- To alter and improve flavour.
- Provides antioxidant function.
- Provides protection from Clostridium Botulism.
- To retard the development of rancidity.
- To make the texture rougher.
- To improve shelf life.
CURING METHODS

The two basic methods of cures are DRY CURES and WET CURES or BRINES.

DRY CURES

Probably the oldest method still used. In a dry cure the cure ingredients are mixed together and packed or rubbed over the food product to coat it completely. The length of time required for dry curing meats depends on their thickness. Whole Joints may take as long as 45 days, in such long cures the food is repeatedly turned and rubbed with the cure mixture in order to maintain uniform contact.

WET CURES or BRINES

When salt and other curing agents are dissolved in water you get brine. To make brine you may use hot water or even bring the brine to simmer to infuse the spices or other aromatics. However the brine must be thoroughly chilled before you use it to cure foods. The simplest way to use brine is to immerse the food in brine, may be by using weights and let it soak until the cure is complete. However, brine may take a long time to penetrate to the center of large items such as ham. To hasten the process brine may be pumped or injected into the meats to make sure it penetrates evenly. After injecting the Joint may then be soaked in brine as well. Commercial operations use multiple needle injection method. The length of time required for wet curing depends on the size and thickness of the item. Fresh brine should be made for each batch of cured items, do not reuse brines.

PELICLLE

Before cured foods are smoked, they should be allowed to air dry long enough to form a tacky skin, known as pellicle. The pellicle plays a key role in producing excellent smoked items. It acts as a protective barrier for the food and also plays a role in capturing the smoke’s flavour and colour. The exterior of the item must be sufficiently dry if smoke is to adhere.

SMOKING

Smoking has been used as a way of drying and preserving food since prehistoric times. Smoking does have some preservative effects, but for modern cooking, it is more important for the flavours that it gives to meats, poultry and seafood. Even smoked cheeses and vegetable are relished for their special flavours.
Basic rules for smoking:-

- Do not smoke meats, poultry and fish that have not been cured, without the preservative effects of curing, smoking could be unsafe.
- Foods must be air dried after curing and before smoking.
- In order to smoke foods a “Smoker” is necessary. The basic feature shared by each type of smoker is a smoke source, a smoke chamber where the food is exposed, circulation and ventilation.
- The wood used for smoking could be Hickory, Oak, Walnut, Chestnut, apple, wood from citrus trees, etc. In order to produce a rich, aromatic smoke soft woods must be avoided.
- In addition to various hardwoods other flammable materials like teas, herbs, stems, whole spices, corn husks, fruit peels and peanut shells, may be added. Wood must be free from oil or charcoal.

TYPES OF SMOKING

There are two types of smoking; they are Cold smoking and Hot smoking. In cold smoking the temperature inside the smoke house is kept at or below 30 degree Celsius. At these temperatures, the food take on the flavour of the smoke but are not cooked.

In hot smoking the temperature in the smoke house may be as high as 90 degree C, for fish and poultry. These temperatures are high enough to cook the foods being smoked. Higher temperatures tend to cause excessive shrinkage. Foods may be hot smoked until they reach an internal temperature of 150 to 163 degree C, to ensure that they are fully cooked.

To summarize, the smoking process consists of the following steps:-

- Curing (dry or wet)
- Air drying
- Smoking (hot or cold).
MARINADES

To marinade means to soak a food product in a seasoned liquid in order to:-

- Flavour the product.
- Tenderize the product.
- Lessen the cooking time.
- To increase the shelf life.

The tenderizing effect of acids in the marinade is relatively small but essential. The marinade can also serve as the cooking medium and become part of the sauce.

Marinades must have the following 3 categories of ingredients:-

- **OIL** helps to preserve the meats moisture besides providing flavour.
- **ACIDS** from vinegar, lemon juice or wines helps to tenderize protein foods by breaking them down, however employing strong acids may partially coagulate the protein of meat making it seem partially cooked. It also carries flavours into the product.
- **FLAVOURINGS** a wide choice is available from a range of herbs and spices depending on the purpose.

TYPES or KINDS of MARINADES

- **Cooked** used when long keeping quality is important. Modern refrigerations have made cooked marinades less widely used. An advantage of cooked marinades is that spices release more flavour into the marinade.
- **RAW** most widely used for long marinade under refrigeration.
- **INSTANT** marinade may be used within a few minutes.
- **DRY** marinade also called dry rub or a spice rub is a mixture of salt, spices and herbs made into a paste using oil or garlic. This mixture is rubbed onto the surface of the meat, poultry or fish. The item is then refrigerated to allow it time to absorb its flavours. The rub may be left on the item or scraped off before cooking.

The word is derived from Latin “marinus” referring to the brine that was used in ancient times.

Carbonade marinades use beer instead of wine.
History of Chacuterie

Charcuterie: French from chair ‘flesh’ and cuit ‘cooked’ is the branch of cooking devoted to prepared meat products such as bacon, ham, sausages, terrines, galantines, pâté and confit primarily from pork. Charcuterie is part of Garde Manger chef’s repertoire. Originally intended as a way to preserve meats before the advent of refrigeration, they are prepared today for their flavours derived from the preservation processes.

In prehistoric times, probably sea fish was the first to come to the notice because brined by the sea they either, fermented and became rotten, when left to dry on the shore or they dried, thereby preserving them.

Meats were hung off the ground and near the fire to keep it out of reach from scavengers and insects, in the process it dried and got smoked there by preserving them. As communities settled down into herdsmen and farmers, they developed skills necessary to ensure a relatively steady food supply, for example they not only developed skills for domestication of animals and crops, but also to preserve them. There are records of Sumerians as far back as 3000 B.C. used a similar method for preserving meats after salting them. Records also show that Chinese and Greeks produced salted fish. Greek writer ‘Strabo’ was the first to record a detailed process of fish salting centres in Spain; some of them are still prepared in the same way even today.

The Gauls were successful in domestication of Hog, and became experts in preserving them as Ham and Bacon. Food preservation skills and the necessary ingredients like salt, sugar and spices were greatly in demand.

The starting point of the Garde Manger commenced with the growth of guilds in the 12th century. The right to slaughter and preserve foods which was one of the most important activity occurring in Fall when cows, sheep and other animals were butchered before the onset of winter, was a visible symbol of power, wealth and rank. This privilege belonged to the Kings, Lords, Dukes and other nobility as well as to Monasteries and convents of the Catholic Church.

As trade grew between countries the demand for specialty skills grew and the formation of guilds came into being. Rules were established so as to prevent abuse of monopoly and unfair pricing. These rules governed how merchants prepared and sold goods and services. The guilds that prepared and sold cooked items made from pork were known as
Charcuterie meaning cooked flesh in French. These guilds kept the practical work of preserving meats alive and thriving, making Ham, Bacon, Pâtés, etc.

With the advent restaurants, eating houses and hotels these skilled people found employment, however till the great “Auguste Escoffier” came on the scene, there was no organized structure in the Kitchens. It was only after him that Garde Manger was incorporated into the Kitchen Brigade and it retained the traditions of preparing a variety of preserved and cold foods. The Garde Manger, now, has expanded its scope to include appetizers, salads, sandwiches and accompanying cold sauces and condiments.

**Skills required by the Chef Garde Manger**

The techniques required for preparing pâtés, terrines, sausage and cheeses are the particular domain of the Garde Manger. A skilled Chef must possess a broad base of culinary skills, those directly related to handling basic cold food preparation as well as those required to handle / prepare hot food items, like roasting, poaching, simmering, etc., of meat, poultry, fish, game, vegetables, grains, legumes, etc..

Because the skills are so broad and varied, this is a highly specialized job and lucrative too. The Chef Garde Manger besides being an excellent cook is also an artist.

**SAUSAGE**

Typically a chopped meat mixture stuffed into tubular casing. It is derived from the Latin word “Salsus” meaning salted. The concept originated in antiquity when it was desirable to find some way of preserving the blood and minor bits and pieces of a pig after slaughter. The first recorded sausages makers were Roman. North American Indians made “PEMMICAN” sundried lean buffalo or Venison meat, pounded with fat, mixed with vegetables, stuffed in hide skins and sealed with tallow.

This method of preserving meat has proved to be so adaptable and successful that sausages have come to take many forms and question of definition and classification are complex.

Although meat, especially pork, is most commonly used, it is not the defining character, for it is a known fact that fish sausages were also made. Glamorgan sausages in fact, contain only vegetables, cheese & leeks. As regards shape, the Lorne sausages from Scotland are square in shape without casing.
The evolution of sausages its hybrids are as vast as to make its classification difficult.

**TYPES OF SAUSAGES**

Sausages may be classified into 3 basic groups:-

a) **Fresh sausages**

b) **Cured sausages**

c) **Smoked sausages**

a) **FRESH** sausages is one that contains no nitrates or nitrites. It is basically a mixture of ground meat, seasonings and flavourings. Although they are often raw, fresh sausages may contain cooked ingredient, or they even be fully cooked before being sold. Any fresh raw sausages containing pork, of course, must be fully cooked before being served/eaten.

b) **CURED** sausages is one that contains nitrates and nitrites of sodium. These chemicals help prevent spoilage and food borne disease and also keep the meat red or pink, even when cooked. Cured sausages may be sold raw or cooked like soft and most fresh sausages, semidried and firm, or dried and hard like salami. Some dried sausages may be eaten raw as the curing, aging and drying process renders them safe to eat.

c) **SMOKED** Sausages may be hot smoked, and therefore cooked, or cold smoked. Smoking may be light or heavy, depending on the sausages. Sausages are cured before being smoked and that cure mixture is mixed directly with sausages meat.

The Basic sausages ingredients are as follows:-

**Lean pork or other lean meat**

**Pork fat**

**Salt**

**Spices**, herbs, other seasonings and flavourings.

In case of cured sausages, curing mixes are added to the above list.

**Lean pork or other lean meat**

Pork is the most commonly used meat in sausages making. Beef, veal lamb, chicken, turkey, Duck, liver, rabbit, and venison are also used in combination with pork

**Pork fat.**

Pork fat or other fat constitute an important part of a sausage. Juiciness in any cooked meat is largely due to the meat fat content. Without it the texture of the cooked sausages would be very dry.

Fat makes up 25 to 50% of the total weight with 33% fat being the norm. Hard fatback is preferred over other fats for pork sausages. Softer fats are more likely to melt out of the
sausages during cooking. Cereal ingredients and fillers (rice, barley, bread crumbs etc.) can be used to help reduce fat content. Because, these starches absorb and retain moisture, they enhance the total moisture content of low fat sausages.

**SEASONINGS:-**

Herbs, spices and other flavouring account for the primary difference among sausages. It is the seasonings that give them their characteristic flavour. Some of the major spices and herbs used in sausages making are :- Allspice, Mace, Cayenne pepper, tarragon, cinnamon, caraway seeds, ginger, basil, nutmeg, cumin, mustard, thyme, parsley, black pepper, paprika, sage, etc.

**OTHER FLAVOUR ENHANCERS**

Monosodium glutamate
Mono-ammonium glutamate
Nucleotides
Bacterial cultures
Enzymes
Phosphates.

**Acidulantes:** They are used for softening of tissue, juice retention etc.

**STABILITY ENHANCERS**

They are used to protect flavour, slow down mould growth, extend and bind the product.

There are 3 classes of extenders and binders.

- Animal based, are Gelatine and non fat dry milk
- fermentation based is done by introducing specific type of micro organism
- Cereal based are flour, eat, wheat barley corn and rye.
- They extend the products volume by acting as fillers.

Other important ingredients used

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<thead>
<tr>
<th>Garlic</th>
<th>Shallots</th>
<th>Wine</th>
<th>eggs</th>
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<tbody>
<tr>
<td>Onions</td>
<td>Chives</td>
<td>Vinegar</td>
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**CASINGS:-**

From the earliest time people discovered that parts of the slaughtered animal such as intestines, stomach, caul and bladder made practical stuffing bags for the seasoned meat, these casing are at the very heart of the sausages making process.
After the seasoned and or cured meats is stuffed into the casings, it dries for a specified time in an environment of controlled temperature and humidity. As the casings hold the ingredients in close proximity, complex chemical reactions take place and transform the meat into sausage. Flavours mature, enzymes modify the textures and the meat is preserved, this activity continues for days, weeks, and even months.

This curing period may be followed by smoking, where the permeability of the casings allows the smoked to penetrate and create a distinctive flavour, colour and an outer protective layer.

The casings give each sausage its identity either by its shape and colour.

1. Natural casing

   Natural casings are made from the intestines of animals. Soon after they are slaughtered the intestines must be cleaned.

   The steps taken to process the intestines are as follows:-
   i) Empty the intestines by flushing thoroughly with cold water
   ii) Remove all the external sinew, blood vessel and fat.
   iii) Wash again in running cold water.
   iv) Drain all the water by pressing the intestine between two fingers and run them from one end of the intestine to the other.
   v) Soak the drained intestine in a disinfecting solution of potassium permanganate at 10°C for 2 hours
   vi) Drain and rinse the intestines
   vii) Sort according to size and use.
   viii) Casings are packed in dry salt for storage, when used they must be systematically washed and rinsed in cold water before use.

   Sheep casings are the smallest ranging from 3/4 inch (18mm) to 1 inch (25 mm) in diameter
   16-18 mm Cocktail Sausages
   18-20 mm Chipolata Sausages
   20-22 mm Frankfurters, Chipolata
   22-24 mm Strasbourg, frankfurters

   Hog casing are medium sized about 26-50 mm diameter. They are used for many popular fresh sausages
   e.g. 26-30mm Small Toulouse
30-32 mm  |  Toulouse, Bratwurst  
35-38 mm  |  Dry Salami  
38-45 mm  |  Salami  
45-50 mm  |  Big salami

Beef casings range in size from around 45 mm in diameter to more than 100 mm.

e.g.  
34-37 mm  |  Bloodwurst (dry)  
37-40 mm  |  Spanish Chorizo  
40-42 mm  |  Leberwurst  
50-55 mm  |  Large Salami  
90-150 mm  |  Mastadella

Natural casing are often sold packed in salt. Because of the preservative effect of salt the casings keep indefinitely as long as they are refrigerated. They are easy to use. Before they are stuffed casing must be untangled, rinsed and flushed and examined for holes.

Manufactured Casings :-

Man made casing are made from animal products such as collagen, while other are manufactured from approved plastic materials. The advantages of manufactured casings are:

a) Economical  
b) Practical  
c) They require very little preparations before use.  
d) They come on easy to handle rolls  
e) they come in various colours  
f) In various lengths  
g) Their uniform dimension makes accurate portion control easier.

Disadvantages:

- Not easily available  
- Quite expensive

Casings may be reinforced with natural fibres or nylon, some can shrink into the sausage to create a pleasing appearance. Both plastic and collagen casings offer the same control of smoking as the natural ones.

TYPES of casings
Collagen casings can be made very thin and are delicate enough to be completely edible. The collagen is made from the inside or corium layer of cattle hides. The casing is available in size range of 14 to 45 mm. They hold up especially well on today high speed stuffing and linking machines. They can be linked quite short. Shrinkage loss is less with collagen casing because the uptake of colour is very rapid, resulting in faster processing. These casings are both sanitary and clean, thus saving time and labour. They are also available in a curved style. Collagen casing require refrigerated storage at 10°C. They do not need nor can tolerate prolonged soaking.

**The Hukki Knitted collagen casing** is formed around a nylon web which creates a very strong casing. It is highly recommended for dry and semidried sausages that will not be exposed to high smoking temperatures, the limit for this casing is 76°C, they are available in popular size and can be stored indefinitely at room temps. A 10 minute soaking is required before use.

**PLASTIC OR CELLULOSE CASINGS**

They can be tailor made to any size and are very strong. They do not need refrigeration, cleaning them before use is not necessary. They can be coloured and imprinted with labels and logos, for e.g. red suggests Bologna, white indicates Liverwurst etc. These casings are universally used in the manufacture of skinless hot dogs and frankfurters.

**FIBROUS- CELLULOSE CASINGS.**

These are by products of the food processing industry. Cellulose and fibre is extracted from the husks, skin, peels, pips and seed of the fruit and vegetable during the processing stage, which are then processed further to make casings. These types of casing are also referred to as peelable cellulose. The fibre adds to the strength of the casings and enables them to handle high temp especially during smoking.

**PROTEIN LINED FIBROUS Cellulose Casings**

A protein lining is often added to the inside of the above type of casings. The protein lining caused the casing to shrink as the meat is cooked or dried so that it retains the shape of the sausage. Used mainly for dried or semidried sausages. They need to be left soaking in water before stuffing as the protein tends to stiffen during storage.
CAUL FAT (NATURAL CASSING)

A membrane lining of the stomach is used as casing to make flat sausages e.g. Crepenette. The membrane is networked like a spider’s web with streak of fat. Caul fat is ideal to wrap items of uneven size like the ‘Joukanika’ which are patty like Greek sausage and the crepinette.

METHOD OF PRODUCTION

There are two methods of production:-

a) Basic grind.
b) Emulsion grind

BASIC GRIND

This method used for the following types of sausage

Fresh sausages which are raw sausages that are typically pan fried, grilled, baked or braised before serving.

Cooked sausages: are poached or steamed after shaping, they may be sliced and served cold or prepared by grilling baking or pan trying.

Smoked & Dried sausages are cold or hot smoked, then allowed to air dry in a curing room to the desired texture, they may be prepared for service in the same manner as cooked during smoking or are not fully dried must be fully cooked before serving.

Procedure

1. Grind chilled and diced meats, as well as other ingredients as required by the receipt to the desired texture.
2. Mix the around sausage meats until they become homogenous.
3. The sausage mixture is now ready to test, garnish and shape.

EMULSION GRID SAUSAGES

Emulsion sausages, such as frankfurters and mortadella are made from basic mixture known as 5-4-3 forcemeat- 5 part trimmed raw meat to 4 part pork jowl fat to 3 part water in the form of ice. Many emulsion style sausages are poached before smoking. The procedure is as follows:-

1. Cut the meat and then grind through the fine grinder die.
2. Grind the chilled fat through the fine grinder die keep aside.
3. Add crushed ice and process until temp. drops to below 30F
4. Add the ground fat to the meat when the temp reach 40°F
5. Add remaining ingredients including non fat dry milk and seasoning when the temp reach 50°F
6. Now ready for testing, shaping and finishing the sausage.

TESTING
No matter how many times you have used a particular receipt, it is important to make a test each and every time. The quantity of your ingredients the temperature of the sausage mixture and the conditions of your equipment all play a big role in the final quality. Test the sausage by making a small sample that has been cooked in the way that you intend the entire batch to be prepared the temperature of the forcemeat must be the same as you would intend to serve.

- Sausages may be
- Baked
- Pan-fried
- Oven baked or roasted
- Poached in water
- Braised or stewed
- served cold

GARNISHES
Sausages may be garnished after the forcemeat has been tested cheese, vegetable cured or smoked meats, nuts and dried fruits are examples of garnish used.

Non Meat ingredients
These are food additives which can be legally added to sausages or other processed meats. They enhance Flavour, Colour, they slow or prevent bacteria growth, act as preservative and extend the volume of the sausage.

There are six types of additive
- **Water** is added during the blending stag. It improves the mixing and helps to extract the proteins from the meat.
- **Curing Agents:** - They are necessary to inhibit the growth of clostridium botulinum an anaerobic bacteria and improve shelf life.
- **Curing accelerators** speed up the curing process. The accelerators should not be directly mixed with curing agents some e.g. ascorbic acid, enythorbic acid, citric acid.

- **Sensory enhancers** also used to enhance the flavour, smell colour and feel of the Sausage. They are: - Salt including MSE, sweeteners both nutritive and non-nutritive are used.

- Nutritive sweetness is cane or beet sugar, dextrose & corn syrup. Non-Nutritive are saccharin, sorbitol, etc.,

- Flavourings used are spices, hydrolyzed plant, vegetable and milk protein autolyzed yeast extract and mustard flour: -- adds to flavour increases volume act as binders and improve peeling

- Colouring both natural and artificial- if artificial they must be certified food colours. Natural colourings may be obtained from paprika, saffron, turmeric caramel etc.

**TYPES OF FORCEMEATS** used in SAUSAGES
Cured minced forcemeats
Cutter pulverized forcemeats
Combination forcemeat

**SAUSAGES OF SPAIN-PORTUGAL**

**CHORIZO** made from small piece or chopped or mixed park with some fat, peppers to give colour garlic ginger and other spices may be soft or hard cured goes with caldo verde cabbage pot soup.

**MORCILLA.** black pudding or blood sausage seasoned with clove, cinnamon nutmeg aniseed fennel pine nuts etc.

**BOTIFARRA DOLÇA:** - Sweet venison cured with sugar flavoured with cinnamon and lemon juice eaten as dessert.

**SAUSAGES OF BRITAIN**
Cambridge –sage cayenne and nutmeg.
Oxford- pork + veal +beef suet, sage, nutmeg+ herbs
Wiltshire: ginger & seasonings.
Yorkshire nutmeg+cloves&cayenne
Glamorgan: cheese and leek sausage skinless coated with egg white

**SAUSAGES OF FRANCE**
Fresh sausages are known as SAUCISSE
e.g. Saucisse de Toulouse
saucisse de Strasbourg

Large sausages are known as Succession e.g. succession à curie
Andoville and Andouillette tripe based, they are made in the Normandy region e.g.
Andoville de Vire cereals are short stumpy fresh sausage made with pork, beef, coriander,
allspice nutmeg + garlic.

SAUSAGES OF GERMANY

Three major categories

**BRÜHWURST** – which means parboiled sausage made from finely chopped raw meat
maybe smoked red in colour

e.g.

1. Frankfurter
2. Bierwurst coarse pork and beef sausage – garlic flavour.
3. Westphalian Schinkenwurst – smoked over a fire of Birchwood and juniper berries.

**ROHWURST**

Raw Sausage intended for keeping, cured dried and sometimes smoked eg. Teewurst smooth
fine textured spiced
Mettwurst Raw smoked
Cervelatwurst. Not cured

**KOCH WURST**

Fully cooked sausages not intended for keeping
E.g. Leberwurst liver sausage
Rotwurst blood red sausage
Bhitwurst
Zungenwurst Tongue sausage.

SAUSAGES OF ITALY

Casalingo: homemade coarse black pepper flavoured.
Milanese also known as crespone mild garlic flavoured.
Salami Largest sausages
Pepperoni- long narrow highly spiced
MORTADELLA- largest
LOMBARDY-cloves and Cinnamon.

**LARDER- TERMS.**

**Al dente:**
Firm not soft or mushy, to the bite, refers mainly to vegetables and pasta. Italian expression “to the tooth”. Correct degree of cooking pasta and vegetables.

**Antioxidants:**
Fats can be protected against the rapid development of rancidity by the addition of antioxidants and has become an important commercial practice. Some of the important antioxidants are:
1) B.H.A.- Butylated hydroxyanisole.
2) B.H.T.- Butylated hydroxytolune.
3) T.B.H.Q.-

**Antipasta:**
Italian hors d’oeuvres.

**Attereau:**
- a hot hors d’oeuvre consisting of various raw or cooked ingredients that are threaded on to a skewer, dipped in a reduced sauce, coated with bread crumbs and fried.
*The name attereau is also given to Burgundian specialty consisting of minced meat and ground liver and neck of pork, wrapped in a caul, shaped like large balls, they are baked in an earthenware dish and served cold.
*May also be a hot dessert made with fruit and pastry, dipped in custard mixture, coated with breadcrumbs and deep-fried.

**Avgolemono:**
Greek soup made from chicken stock, egg and lemon juice.

**Aspic:**
Many authors believe this word was derived from “ASP” a serpent who’s icy coldness recalls that of a jelly or from the Greek word “Aspis” which means a shield. It is reduced clarified stock to the point of a jelly so that it solidifies when cold.
**Bagna cauda:**
A hot dip, which is a specialty of Piedmont, in northern Italy. It is a festival dish dating back to the 16th century. A puree is made using olive oil with a little butter, pounded garlic and anchovy fillets heated for some time and served like a fondue- not as a meal but as a snack.

**B.H.A.- Butylated Hydroxyanisole.**
Used as an antioxidant and preservative in many foods containing fat or oil. The foods in which it is used may be, potato chips processed meats, cereal products, biscuits, ice-creams and shortenings.

**Baked Alaska:**
A classical dessert consisting of ice-cream on a sponge cake base, covered with meringue and browned in an oven

**Balsamic Vinegar:**
It takes its name from “balsamic” meaning health giving. It is a traditional product of the province of Modena in Italy and is the authentic standard authorizer.
- The Must from specially cultivated grapes is fermented and acidificated for a year, then it is reduced by slow simmering to half or one third its volume.
- This sets off on its long slow journey from youthful zest to sumptuous maturity – siphoned from one container into another in a “batteria” of barrels of decreasing size, each made from different woods which add its own aromas to slowly concentrating liquid.
- This traditionally takes place under the roof tops of homes in the region from the “Este” palace in the centre of Modena where the ducal acetia flourished in the 18th century to the attics of ordinary families. Here the extremes of temperatures and climate contribute to the maturing process as the Aceto Balsamico concentrates by evaporation during the stifling summer heat and matures during the cold clammy winters. The densely perfumed brew needs to be used with respect for its qualities. A small dose in a liqueur glass makes a fine after dinner digestive, reminding us of its medicinal use in the past, and hence its name.

**Barding:**
Thin slices of pork or bacon fat which are placed around Joints of meat, some game birds & poultry, before roasting to prevent them from drying out in the heat of the oven. Bards are also
used as a lining for Pates, and lining the inside of a pie crust. The bards are usually removed before serving.

**Ballonttine:**
A hot or cold dish based on meat, poultry, game birds or fish in aspic. The flesh is boned, stuffed, rolled and tied up with a string, usually wrapped in muslin cloth then braised or poached.

**Barquette:**
A small boat shaped tart made of short crust pastry or puff pastry baked blind and then filled with savoury or sweet filling.

**Baste:**
The term for lightly moistening of food like meat/fish, that is being cooked in an oven or in a pot or under a grill. It also denotes spooning melted fat or cooking juices over the joint, it may be repeated several times till the food is cooked.

**Beurre Manie:**
Equal parts of raw butter and refined flour mixed to a smooth paste.

**Beurre Noir:**
Butter heated till dark brown and flavoured with vinegar.

**Beurre Noisette:**
Butter heated till light brown and flavoured with vinegar.

**Birds' Nest (Nids d’hirondelle)**
Nest built by the salangane, a type of Chinese Swallow which produce edible nests. Just before the breeding season the birs feed on gelatinous seaweed, which makes their salivary glands secrete a thick glutinous saliva with which they construct their nests. Used in traditional Vietnamese and Chinese cookery. This preparation is very nutritious.

**Bitoke**
A dish made with minced lean beef moulded into a flat, oval or round shape. Introduced into French cookery by Russian emigrants.
Black Pudding
A savoury sausage consisting of seasoned pig’s blood and fat stuffed in a casing. The black pudding is said to have been invented by Aphtonite, a cook of ancient Greek. Fried or grilled it is traditionally served with apples or mashed potatoes.

Blini
A small thick savoury pancake made with leavened batter that contains both wheat flour and buckwheat flour. In Russian cookery blinis are served with soured cream and melted butter as an accompaniment to caviar and smoked fish.

Bombe glacée
A frozen dessert made from a bombe mixture consisting of 32 egg yolks: 1 ltr, of milk: 1 ltr, of cream; often enriched with various ingredients and frozen in a mould. The dessert was named after the spherical mould in which it is used to be made. Traditionally bombe moulds are filled with two different mixtures, the bottom and sides of the mould are lined with a layer of plain ice-cream, a fruit ice or sorbet, the inside then filled with the chosen bombe mixture. The mould is clamped and frozen. To serve the bombe, it is turned on a serving dish and may be decorated with crystallised fruits, jam, nuts, whipped cream, etc.

Botvinya
A cold sweet and sour soup from Russia made from beetroot leaves, spinach and sorrel. It is garnished with cucumber and small pieces of fish.

Bouquet Garni
A selection of aromatic plants used to flavour a sauce or stock. They are usually tied together in a small bundle in muslin cloth, to prevent them from dispersing in the liquid and are removed before serving. A bouquet garni usually consists of parsley, thyme, bay leaf, celery, leek, cloves, pepper corns, sage, etc.,

Braising
Browning joints of meat, poultry, game or fish by sautéing in hot fat and then cooking them in liquid as in stewing.
Brain
French for brain is Cervelle.

Bratwurst
A fine German uncured sausage.

Brochette
A large slightly flattened skewer made from cast iron or Stainless steel on which pieces of meat, vegetables, etc., are threaded for cooking over charcoal or under a grill. Preparations cooked in this way are also known as brochette.

Caillette
A small flat sausage made of minced pork meat and green vegetable baked in an oven and eaten hot or cold, is a speciality of South France.

Caldo Verde
A Portuguese national soup made with olive oil, potatoes and curly cabbage. It is garnished with slices of garlic, sausage and is served with maize bread and red wine.

Carbonade
A Flemish speciality made of slices of beef that are browned and then cooked with onions and beer. The word comes from Latin “carbonata”. The name is also given to broiled pork chops as well as to certain beef stews with red wine prepared in south of France.

Carotene
Orange pigment found in orange/yellow coloured fruits and vegetables.

Caul also known as crépine in French.
A thin membrane veined with fat that encloses the stomach of animals, e.g. Pig. The caul is soaked in water to soften it and make it easier to handle, it is used to wrap around sausage meat to produce a type of sausage known as Crépinettes.
Chapelure
Dried breadcrumbs.

Chaudfroid
A dish that is prepared as a hot dish, but served cold. They may be pieces of meat, poultry, fish or game, coated with chaudfroid sauce and glazed with aspic. Part of a cold Buffet or entree.

Choucroute or Sauerkraut
Cabbage preserved in brine and vinegar, German cuisine, has a sour flavour.

Chtchi or tschy or stschy
Russian soup consisting of sauerkraut, brisket of beef, duck or chicken, bacon and smoked sausage topped with sour cream.

Chemise
A French culinary term meaning to coat or line the bottom and sides of a mould with something to prevent the food from adhering to the container and enabling it to be turned out easily.

Cloute
To stud with cloves, etc.

Chorizo
A long dry Spanish sausage flavoured with red pepper and garlic. The best known chorizo is from Jabugo in Andalusia. Used in stews, cocido or paella.

Chowder
A term first used in North America in the 1730’s and represents a hearty American cream soup made from fish/shellfish and vegetables usually containing milk and mashed potatoes and served with cream crackers and cheese, the most famous being ‘clam chowder’.
**Chipolota**
A small, fresh sausage about 2 cm. in diameter made with medium or coarsely chopped sausage meat enclosed in natural sheep’s intestine. It may be eaten fried or grilled.

**Chiplota garnish**
The garnish used for game, poultry, meat or eggs, consisting of braised chestnuts, pearl onions, glazed carrot, sautéed mushrooms, bacon and fried chipolata sausages.

**Chiodnik**
An iced soup of Polish origin, common in several Slavonic countries. The word means refreshment. This soup is made with sorrel, beetroot leaves and cucumber puree, thickened with wheat semolina flavoured with fennel and tarragon, and garnished with various ingredients such as hard boiled eggs, crayfish and freshly diced cucumber.

**Chinoise**
A conical strainer with a handle, also known as china cap.

**choron**
Béarnaise sauce + concentrated tomato sauce.

**Clamart**
Any of the various dishes that include green peas either whole or in a purée, named after a district in the Hauts-de-Seine. The garnish comprises of tartlets or artichoke bottoms filled with green peas.

**Clear meat**
A mixture of ground meat, egg white, vinegar and flavouring ingredients used to clarify consommé.

**Colle**
A French term for gelatine, that has been softened in water, ready to dissolve, -- also applied to melted aspic.
**Concorde**
A garnish for large joints of meat, consisting of creamed potatoes, trimmed and glazed new carrots and peas sautéed in butter.

**Confit**
A piece of pork, goose, duck or turkey cooked in its own fat to preserve it.

**Contre fillet or faux fillet of tenderloin**
Part of beef sirloin which has been deboned and trimmed.

**Coppa**
Italian or Corsican charcuterie made by deboning and trimming loin of pork, seasoning and marinating it with garlic and red wine. It is then rolled out and tied in a section of gut. The Coppa is first braised and eaten before it dries out and becomes hard. The word means “nape of the neck”.

**Cornichon**
A variety of cucumber with small elongated fruits are picked when still unripe and pickled in vinegar as a condiment. It is used as an accompaniment for cold meats, boiled dishes, pastrami, pâtés, terrines and dishes using aspic.

**Coulis**
A thick puree made of cooked and seasoned shellfish, vegetables or fruits. It may be used to enhance the flavour of a sauce, it may, itself, be used as a sauce or it may be used as an ingredient in a soup e.g. Bisques.
Fruit coulis are sauces made with ripe or cooked fruits and served as an accompaniments to hot or cold desserts, including ice-cream.

**Crème fraîche**
Fresh cream to which lactic acid bacteria culture has been added, which thickens the cream and gives it a slightly sharp but not sour flavour.
Cromesqui or Kromesky
A hot hors-d’oeuvre of Polish origin, which is made by binding a salpicon with a thick sauce and when cold it is cut into rectangles and dusted with flour. These are then wrapped in a thin savoury pancake or caul before being dipped in batter and deep fried. They may also be made with a sweet salpicon.

Croquembouche
A decorative cone shaped dessert constructed from balls of choux pastry filled with custard and glazed with caramel or spun sugar, usually placed on a base of nougat.

Darne
A thick, transverse slice of a large round fish cut on the bone. e.g. salmon or tuna.

Daube
A method of braising meat/fish/vegetable/mushroom in red wine stock, the name is derived from Spanish ‘en daube’ (to braise).

Découpoir
A small S.S. or G.I. cutter that cuts decorative slices in the form of a star/trefoil/heart/diamond/spade or leaf from soft foods such as jelly/truffles, etc.

Delice
Neatly folded fillet of a large fish.

Dégorger
A French term, referring to soaking of meat or fish, etc, in cold water to eliminate impurities. It also means sprinkling certain vegetables (e.g. bitter gourd) with salt to draw out excess water and bitter juices.

Dim sum
A Cantonese speciality, consisting of a collection of steamed and fried snacks, e.g. spring rolls, dumplings, etc.
Dodine
A dish of boned, stuffed and braised poultry, similar to ballontine.

Dolma
Refers to Greek/Turkish cuisine where a Vine leaf is stuffed with rice/mince, in place of Vine leaf cabbage or fig leaf may be used.

Du barry
Dishes containing cauliflower, as the foundation ingredient. These dishes were dedicated to Countess du Barry the favourite of King Louis the fifteen.

Duxelles
A basic preparation consisting of chopped onions, mushrooms and shallots sautéed in butter.

Em Baller
A French term, meaning to wrap up an article in Caul or muslin, that is to be poached or stewed in stock.

Entrecote (rib steak)
A piece of prime quality Beef which should be cut from between two ribs.

Escalope
Same as Scallop, a thin slice of white meat.

Falafel
Spicy, Middle Eastern food consisting of chickpeas, onions and spices rolled into small balls and fried in oil.

Feuilleté
Puff or flaky pastry shaped into fingers or triangles filled or garnished with cheese, ham, seafood, etc. May be served hot or cold as an entrée.

Filet mignon
Filet mignon (French for “cute fillet” or dainty fillet) is a steak cut of beef taken from the tenderloin.

**Forestiére a’ la**
A garnish consisting of wild mushroom, potato noisettes or rissoles and bacon.

**Frangipane**
An almond flavoured pastry cream used in the preparations of various desserts, cakes, pastries, sweet and pancakes. It is made of milk, sugar, refined flour, eggs and butter mixed with ground almond.

**Fricadelles**
Balls of ground meat (beef or pork or both) which are deep or shallow fried. Of Belgium, German and north France cookery.

**Frittata patata**
A Spanish egg and potato omelette.

**Fumet**
A liquid obtained by reducing a stock or cooking liquor that is added to a sauce or stock to enhance its flavour or give it extra body. The word is used for concentrated fish or mushroom stocks.

**Ganache**
Ganache is a glaze, icing or filling for pastries made from double cream and chocolate.

**Godivau**
Delicate forcemeat of veal and fat, for making quenelles or to fill a vol-a-vent.

**Gougon**
Small strips of fish breadcrumb coated and fried.

**Gravadlax**
A classic Scandinavian dish consisting of thin slices of dried salmon pickled in sugar, salt, pepper, and herbs, especially dill, originates from an ancient method of preserving by burying it in sand for a few days the fish would ferment and become slightly sour. May be served thinly sliced with a slightly sweetened sauce of mustard and dill as an appetizer.

**Green bacon**
Side of pork only cured.

**Guacamole**
It is a dip originating in Mexico and consisting of avocado, tomato, onion, lemon juice and spices. It is eaten with totopos or maize chips.

**Gum Tragacanth**
A reddish or white mucilaginous gum extracted from the genus *Astragalus*, Found in Asia and used in the manufacture of stabilizers, emulsifiers and thickeners of the food industry. It prevents the crystallisation of ice-creams and jams.

**Haggis**
Haggis is a Scottish national dish, a type of a spicy offal sausage. Traditionally consisting of a sheep’s stomach stuffed with a spicy mixture of the animal’s heart, liver and lungs minced with onion, oatmeal, suet, spices and salt. The Haggis is poached in stock and served with mashed swede or rutabaga (Swedish turnip).

**Ham Hock**
The hock is the lower portion of a hog’s hind leg made up of meat, fat, bone, gristle and connective tissue.

**Hongroise à la**
Dishes that contain paprika. Of Hungarian origin.

**Jardinière**
A mixture of vegetables consisting of carrots, peas, turnips and French beans served as a garnish for roast and sautéed meats, etc.
Kottbullar
These are Swedish meatballs, which are part of the smorgasbord table at a Swedish party.

Larding
The process of adding fats to cuts of meat or certain types of fish to provide moistness, whilst it is being cooked in an oven. It consists of threading thin strips of pork fat into a cut of meat with a larding needle.

Leberwurst
Literally liver sausage made with finely ground pork, onions pork liver and seasonings. It is soft and spreadable. A product of Germany.

Lorette
Lorette is a garnish consisting of chicken croquettes, asparagus tips and sliced truffles

Marrons
Chestnuts that have been poached in syrup and then glazed, marron glace as they are known were created during the reign of Louis XIV and sold in the syrup they are cooked.

Meringue
A very light sweet mixture made from sugar and stiffly beaten egg whites that when baked becomes crisp and firm. Invented by a Swiss pastry chef ‘Galasparini’ who practised his art in a small town of Meiringen.

Mortadella
A lightly smoked Italian sausage served cold and very thinly sliced as an hors d’oeuvre, a speciality of Bologna. The recipe dates back to 1484.

Moussaka
A dish common to Turkey, Greece and the Balkans made with slices of aubergine arranged in layers alternating with minced mutton, onion, tomatoes and cheese, and baked in an oven.

Mousseline
A mousseline is a dish based on meat, shellfish or foie gras (usually puréed) to which whipped cream has been added. It may be any of various mousse like preparations most of which have a large quantity of whipped cream. Mousseline is also denotes a sauce which is hollandaise sauce mixed with whipped cream, it is also known as Chantilly sauce. It is also used to describe the paste or forcemeat used to make fish or meat balls.

**Nage**
An aromatic court bouillon in which crayfish or lobsters are cooked.

**Nesselrode**
A name given to various cooked dishes and pastries all containing chestnut purée, dedicated to Count Nesselrode, the 19th century Russian diplomat who negotiated the treaty of Paris after the Crimean war.

**Nougat**
A sweetmeat made from sugar, honey and nuts.

**Oven spring**
The rapid rise or increase in size in a loaf of bread during the first few minutes of baking.

**Over run**
The increase in volume in an ice-cream mixture due to incorporation of air whilst it is being frozen.

**Paella**
A traditional Spanish preparation made from rice cooked with vegetables, chicken, shellfish, etc. Its name is derived from the container in which it is prepared. Originated in the district of Valencia, its three basic ingredients are rice, saffron and olive oil. Garnish may include vegetables like French beans, peas, red peppers and artichoke and meats like chicken, rabbit, duck, lobster, prawns, squids and chorizo.

**Pan-bagnat**
A speciality of Nice, France consisting of a kind of sandwich sprinkled with olive oil and filled with onion, anchovy, celery, black ripe olives, etc.

**Panini**
An Italian sandwich made with very white bread brushed with olive oil and filled with crudités, charcuterie, etc.

**En Papillote**
A small decorative paper frill used to garnish the bone end of a lamb, veal or chicken drumstick. It also means cut of meat or fish baked in a wrapping of grease proof paper or non stick baking parchment or foil.

**Pastillage**
A paste used in confectionary made from a mixture of icing sugar and gelatine dissolved in water or gum tragacanth and powdered starch. It is kneaded until firm enough to be shaped easily may be coloured and left to dry. Centre pieces may also be made using pastillage.

**Paupiette**
A thin slice of meat or fish spread with a layer of force meat, and then rolled up into a neat sausage shape, it may be barded or tied with string or secured with toothpicks before being cooked.

**Pellicle**
The drying operation after raw items are cured in brine is important for a thin glossy skin like sheen will develop on the item that has been dried properly and is known as Pellicle.

**Pesto**
A cold sauce, from Genoa in Italy Large quantities of basil are ground with garlic, pine nuts and parmesan cheese, olive oil is added gradually to make a bright green aromatic and full flavoured sauce with a thick pouring consistency

**Piccata**
Describes a small round veal escalope sautéed and served with a spicy lemon and butter sauce.
Plombières
An ice-cream made with almond flavoured custard cream and kirsh.

Quenelles
Chicken forcemeat, pea shaped, which may be poached or fried and used as a garnish.

Ramekin
A small round straight sided soufflé dish 8-10 cm. In diameter in oven proof china or glass, it is used to cook and serve individual portions of a variety of hot entrées, small cheese or seafood or fish soufflés. It is equally useful for serving aspics as well as for cold creams and custard. The word is derived from German ‘rubm’ a little dish with cream.

Sabayon or Zabaglione
A light foamy dessert of Italian origin made of egg yolks, sugar and marsala wine beaten over hot water until pale and foamy

Salsa
Sauce made from tomatoes, onions, chilli peppers and spices, served with Spanish or Mexican food.

Spatzle
A speciality common to Alsace in France and southern Germany, consisting of small dumpling or noodle made from flour, egg and cream, poached in water or broth then pan fried in butter, and is used to garnish meat dishes and may also be served as an entree.

Stramer max
A type of sandwich in which a bread slice is fried on it is placed sautéed bacon and on the top of the bacon a fried egg is placed, it may be garnished with sprigs of parsley and quarters of tomatoes.

Sundae
A dessert originated in the U. S. A. Consisting of ice cream and fruit coated with jam or syrup and topped with nuts, confectionary and cream. Originally it was reserved for the family on Sundays.
Tammy
Muslin or cheese cloth used as a strainer.

Tempura
Typically Japanese shrimp and vegetable fritter using a light batter made with wheat flour, cold water and eggs. It is traditionally accompanied by a lightly sweetened sauce and a white radish puree sprinkled with ginger.

Tex Mex
A mixture of Texas and Mexican cuisine.

Tofu
Tofu also known as soya bean curd is a soft, cheese like food made by coagulating fresh hot soya milk with a coagulant. It is of Chinese origin and was prepared as early as 2nd century B.C.

Tournedos
Also known as filet mignon is a small round slice about an inch thick, taken from the heart of the fillet of beef and sautéed or grilled.

Viennoise, à la
Veal scallops coated with egg and bread crumbs, sautéed and served with hard boiled eggs, capers and parsley and a slice of lemon.

Walweska
The name given to fish poached in fumet garnished with a slice of lobster and thinly sliced truffle coated with mornay sauce, finished with lobster butter and glazed in the oven-dedicated to Count Walweska, natural son of Napoleon one.

Washington
A garnish for poached or chicken braised with sweet corn and bound with a very thick cream.
Zakuski
In Russian cooking an assortment of small hot or cold savouries served before a meal as hors d’oeuvre. Zakuski are larger in size than canapé.

Zampone
An Italian speciality from Modena consisting of a boned and stuffed pig’s trotter, it may be served hot or cold. It is stuffed with a force meat of pork, green bacon, truffles and seasonings and then cured, smoked, boiled and often served with lentils. A large trotter is called zampone and a small one zampino.

Zingara
Garnish containing paprika and tomato. Zingara means gipsy in Italian. It consists of demi glace and tomato sauce mixed with ham, pickled tongue, mushroom, truffle and paprika served with veal escallops or sautéed chicken.

ASPIC

Definition:-
Aspic jelly or gelée is clarified stock that contains enough gelatine that it solidifies when cold. The gelatine may be naturally extracted from bones or added from a package.

- A good stock naturally contains a certain amount of gelatine but in most cases it must be supplemented with additional unflavoured, packaged gelatine.
- Aspic jelly may be nearly colourless or various shades of amber.
- It must be crystal clear. This is achieved by clarifying.
- White or light coloured aspic is used when the natural colours and decorations must show through.
- Amber or golden aspic enhances the brown colour of foods such as roasted meats and poultry.

Aspic is used as a coating for foods and as binding agent. When it is used for coating foods, it has 3 main purposes.
1. The Protect food from the air, which would dry them out and discolour them.
2. To improve appearance and give shine.
3. To add flavour in this case the stock must be of a high quality
As a binding ingredient aspics is used in mousse, terrines and aspire moulds. It is also the binding agent in chaud froid sauces. In addition, when congealed and chopped or cut into various shapes aspic jelly is used as a garnish for platters.

Procedures for converting stock to aspic jelly.
1. Test the stock for gelatine content if less, add powered gelatine.
2. Clarify as for consommé remove all traces of fat
3. The aspic jelly is now ready to use.

Chaud Froid

Topics:
- Meaning of Chaud froid
- Making of Chaud froid & Precautions
- Types of chaud froid
- Uses of chaud froid

Chaud froid translated means “hot-cold” the name refers to the fact that this sauce is applied hot and served cold. The high gelatine content of the sauce makes it possible to apply it to an item while still warm and flowing. As the cooling sauce gels, it adheres to the product. It gives a smooth, pristine surface and seals the item from the air.

The reasons for using chaud froid sauce are:
1. Protection of an item from the air while sitting on a buffet.
2. The sauces act as a background on which to decorate. Besides the chaufriod is adornment in itself.
3. The sauce can complement the flavour of the coated item

TYPES
The most common method of categorizing chaudfroid sauces is colour. There are a wide variety of additions made to chaudfroid sauces, depending on the intended end use. The result is a broad range of flavours and colours.

They may be classified as:
(a) Chaudfroid Blanche (White)
(b) Chaudfroid (Yellow)
(c) Chaudfroid brune (brown)
(d) Chaudfroid a l’aurore (Red)
(e) Chaudfroid vert (green)
(f) Chaudfroid Mayonnaise

**PRERERATION OF CHAUDFROID**

Basic white Chaudfroid yield: 2 cups.

Reduce 1 1/2 cup veloute and 1/2 cup mushroom fumet in a thick bottomed sauté dish. Reduce over full heat stirring continuously, and then add 1 3/4 cup aspic and 2/3 cup cream. Continue reducing until the white sauce coats the back of the wooden spoon. Ensure a good consistency by cooling a small quantity of sauce on ice, if is not sufficiently firm, add a few more spoonfuls of aspic to it and reduce again. Strain through a sieve or Muslim cloth and stir until it reaches the desired consistency by cooling it on a bed of ice.

Yellow Chaudfroid
Same as above – a little turmeric powder is needed.

Red Chaudfroid- a’l’ aurora- To above add 50 gms. of fine tomato puree.

Green Chaudfroid – Vert
To above add fine puree of spinach.

Brown Chaudfroid- brune.
Same as above- only substitute Demi- glace for veloute

Chaudfroid mayonnaise
To the mayonnaise sauce a little gelatine may be needed to bring it to the right consistency.

Precautions whilst using chaudfroid

1. Food to be coated must be completely cooled or the coating may not adhere to it,
2. The item to be coated must be placed on a rack and must be coated with aspic to smoothen the surface.
3. First coat sides of the item then the top.
4. The first layer must be allowed to set in a refrigerator before the second coat is applied.
5. Do not coat too much – min. 2 mm.
6. If there are lumps remove coating and start all over again.
7. The coating must be firm before decorating.
8. All decorations must be dipped in aspic of before placing to avoid falling off.
9. Aspic must be clear and transparent to show the designs clearly.
10. Food surface must be fairly dry when coating with aspic or chaudfroid or it will run down.
11. Platters or mirrors must be used in proportion to the food to be displayed.
12. All food used must be edible.
13. If using silver platter it is better to coat the base with aspic.
14. The proportion of garnish must be in relation to the size of the item to be decorated.
15. Planning and sketching of the layout must be done much in advance.
16. Avoid handling foods with your hands to often.

**Tempering the chaud froid**

Chaudfroid sauce should be tempered before applying. Once the item has been properly prepped, the sauce may be tempered this is a matter of bringing the temperature of the sauce by either slightly heating or cooling, to a point which will allow the best, and easiest coating. The gel takes place at approximately 85°F. The closer you can maintain the sauce to this temperature without it getting too thick, the more evenly it will coat. It should take two to three coats of chaudfroid for a smooth, glistening finish.

**Chaufroid** that is too warm when applied results in problems:-
1. It tends to wash over the item leaving a very thin layer.
2. If extremely warm it will melt away the layers already present.
3. It increases the possibility of bubbles on the surface.
4. It takes more time than necessary to apply.

**Chaufroid** which is too cool (thick) when applied creates its own set of problems:-

1. The sauce will not coat the item smoothly.
2. It will form lumps.
3. The layer of sauce will be too thick and uneven.

A sauce which is tempered to the right temperature will do the following:-

1. The sauce will be easy to manipulate.
2. It will give a smooth even coating.
3. It will make the application of the coating easier and more efficient.

There are two ways to apply chaudfroid sauce. It can be either ladled on the item or the item can be dipped into it.

- The ladling method is suitable for both large and small items.
- Place the item(s) on a wire rack over a clean sheet pan.
- Whilst lining small items on the rack keep at least one inch space between them.
- Ladle the tempered sauce over small items using even strokes in one direction only.
- Try to cover each item entirely with each pass.
- Avoid dripping on previously coated items.
- Large items, which cannot be covered in a single pass, must be started with the lower areas first and finish with the higher areas.

- The dipping method is ideal for smaller items e.g. timbales.
- Whichever method of coating is used, the items should be refrigerated between each coat and before final trimming
- After applying chaudfroid the items must be TRIMMED for decoration
- Carefully remove the items from the rack/screen.
- To create a smooth even surface trim the bottom with a sharp paring knife dipped in hot water. They are now ready for the FINAL STEP.

After decorations they are chilled after which they are glazed with a single coat of well tempered aspic jelly.

The final gaze of aspic keeps the chaudfroid looking fresh and sparkling.
FORCEMEATS

One of the basic components of Charcuterie and Garde Manger items is a preparation known as Forcemeats.

**Definition:** Forcemeat is a lean meat and fat emulsion that is established when the ingredients are processed through together by grinding, sieving or pureeing. Depending on the grinding and emulsifying methods and the intended use, the forcemeat may have a smooth consistency or may be heavily textured or coarse. The result must not be just a mixture but an emulsion, so that it would hold together properly when sliced. Forcemeat should have a rich and pleasant taste and feel in the mouth.

**Uses:** Forcemeats has many uses, it may be used for making quenelles, sausages, pâtés, terrines, roulades, galantines and to prepare stuffing for other items.

**STYLES:** Each Forcemeat style will have a particular Texture. The four basic forcemeat styles are:-
- Straight.
- Country style or Champagne.
- Gratin.
- Mousseline.

**Straight** Forcemeats combine pork and pork fat with a dominant meat in equal parts, through a process of progressive grinding and emulsification. The meats are cut into cubes, seasoned and marinated, ground and then processed.

**Champagne** County style forcemeat is rather coarse in texture. It is traditionally made from pork and pork fat, often with a percentage of liver and other garnish ingredients.

**Gratin** Forcemeat made by sautéing some portion of the dominant meat which is cooled before it is ground.

**Mousseline** is very light Forcemeat, based on white meats and fish. The inclusion of cream
and eggs give a Mousseline its characteristic light texture and consistency.

**Components of forcemeat and their contribution**

**Meats:**
Meat is the major component of Forcemeat. Its contribution to the particular character of the forcemeat will depend on the dominant meat chosen. The type of meat used includes pork, lamb, beef, veal, poultry, game and fish. The dominant meat is often combined with pork because it has a high capacity for water retention which aids in the production of a moist forcemeat and readily allows for extension of volume in the final product. The functions of meat as the major component in forcemeats are extremely important to the production of a quality product. The body and structure of the product is dependent upon the meat for the matrix of protein into which the fat particles of the forcemeat are suspended. As the meat is broken down into progressively smaller particles more proteins are exposed, these proteins encapsulate the smaller particles of fat, trapping it in the forcemeat giving it a moist flavourful product with a pleasing mouth feel.

**Fats:**
Fats contribute flavour, binding power and texture to the forcemeat. Pork fat primarily fatback is considered the best type of fat for use in forcemeat. It has a neutral flavour and is relatively pure. It has an ideal melting point for forcemeat production. It is soft enough to melt in the mouth yet hard enough to stand up to cooking temperatures. Lamb fat is limited to forcemeat production to those which contain lamb. The strong flavour and hardness of this fat makes it less desirable in forcemeats. Beef fat is also very hard and also undesirable. Poultry fat is soft, has a strong flavour and a low melting point making it difficult to emulsify.

**Panada:**
Panada as it is applied to forcemeats, indicates a paste prepared from flour, bread, rice or other starch products. It aids in binding the fat, it lightens the density of the product, and it contributes to the seasoning of the product. However it should be noted that improved modern technology and equipment makes it possible to create better emulsions without the addition of panada. According to Escoffier there are five types of panadas: 1. bread panada.2. Flour panada. 3. Frangipane panada. 4. Cooked rice panada. 5. Cooked potato panada.
Eggs:
The major contributions of eggs to the forcemeat are binding power and firmer texture. Eggs are not used in sausage making.

Seasonings:
Seasonings serve a far greater function in the forcemeat than simple enhancement of flavour. It facilitates the exposure of myosin, the protein largely responsible for binding forcemeat. It also enhances water retention and flavour.

Curing salt:
It is also sometimes called T.C.M. (Tinted Cure Mix) or Prague powder. It is composed of 94% salt (NaCl) and 6% Sodium Nitrate. Curing salt is tinted pink to distinguish it from ordinary salt. The two primary reasons it is used are to fix the colour in a processed meat and to inhibit the growth of Clostridium Botulinum. Curing salts converts to nitric oxide when it combines with processed meats. This nitric oxide combines with myoglobin, the red meat pigment; this combination preserves a pink color in the meat after it is cooked.

Spices:
Spices are primarily responsible for the distinctive flavour characteristics of various forcemeats. Some of the spices used are; white and black pepper, cloves, paprika, bay leaves, marjoram, thyme, basil, nutmeg, mace, ginger, garlic, etc. Other flavourings used are wine, brandy, shallots, etc.

Garnishes:
Garnishes may be added to forcemeat after it is completed. There is a wide range of possibilities for this purpose and may include mushroom, dried currants, dried fruits and nuts as well as traditional garnishes of pistachios, smoked tongue and truffles. Garnishes should be at least partially cooked and cooled before adding.

METHODOLOGY OF PREPERATION
The basis of successful forcemeat preparation starts with:-
- Careful selection of ingredients which are to be used and assemble them before beginning.
Choose the right equipment and prepare them properly for production, the most important being the grinder and food processor.

The preparation of forcemeat consist of 3 main steps:

1. Fabrication and grinding.
2. Moulding, forming and stuffing.
3. Cooking.

1. Fabrication and grinding.

Basic fabrication will include four steps:

1. The meats should be trimmed of fats, gristle and silver skin.
2. The rind should be removed from the fatback.
3. The meat and fats should be cubed.
4. The cubed meats and fats should be well chilled.

   NB. Partial freezing of fats could be done to maintain low grinding temperature, however freezing of meat should be avoided.

Seasoning and curing is the next step. Salt, curing salts (if used) and any other seasonings are distributed evenly. The mix is then allowed to marinate preferably overnight.

Grinding: grinding procedures followed, must be able to keep intact meat proteins until the cooking stage for the success of the emulsion. Maintaining the temperature of meat between 7°C to 13°C during the grinding process prevents the denaturing of the proteins and will increase the binding power. The marinated meat and fat mixture through a large ¼ inch die, on medium speed. If finer textured forcemeat is required then the mixture is ground a second time through a smaller die. This is referred to as progressive grinding. For pureed forcemeat the mixture would be transferred at this point to a well chilled food processor and processed to a smooth paste. At no time during grinding should the temperature rise above 15°C.

2 Moulding, forming and stuffing.

Prior to filling moulds, the forcemeat mixture should be tested. Poaching a small quantity quenelle in lightly salted water will allow the determination of correctness of flavour, seasoning and binding.

* Forcemeats should be placed into terrines and pate moulds in several layers to minimize the possibilities of air pockets.

* When layering, garnishes may be added to the forcemeat, random garnishes should be evenly distributed and inlaid garnishes should be carefully positioned within the terrine, pate or
galantine.

3 Cooking

Various methods of cooking may be used depending on the recipe in which the forcemeat is used.

POINTS TO BE KEPT IN THE MIND FOR HANDLING & STORAGE OF FORCMEMEATS

- The preparation of a wholesome product calls for strict sanitary practices. There is a constant danger of cross contamination of the various components of forcemeat.
- The meats and other components in the forcemeat must be held at safe temperatures both before and during processing.
- Once processed they must be quickly cooled and then held at safe temperatures.
- Always fully dismantle and clean processing and grinding equipment between batches of different types of meat to avoid cross contamination.
- Always chill everything involved in the production.
- On completion of production always store forcemeats covered and under refrigeration.

Galantine & Ballontine

**Definition:** A cold jellied loaf made of lean poultry veal, game, pork or fish mixed with forcemeat containing eggs, spices and various other ingredients in its own skin and tied. Galantines are cooked in a well flavoured stock and served cold as an entrée. The name comes from the old French galantine meaning jelly.

The galantine is made up of:
1. The skin as an outer layer
2. Force meat
3. Garnish

**Recipe of galantine de volaille**

- Singe a large 2 kg chicken, cut of feet and pinions.
- Slit the bird along the back, carefully separate the skin without tearing it from the carcass, including legs.
- Scrape the skin clean and soak in cold water.
- Dry well and spread it out on a clean cloth.
De bone the carcass separating the flesh from the bones

Dice the flesh-keep aside.

Now prepare forcemeat consisting of:

1. Finely minced or ground loin of pork 250gms.
2. Finely ground shoulder of veal 250gms.
3. Diced fat bacon 150gms.
4. Diced ham
5. Pickled tongue diced 150 gms.
   for garnish take
6. The breast of the chicken cut into strips. 150gms.
7. Blanched pistachio 25 gms. Marinated in brandy
8. Diced truffles 50 gms.

To make forcemeat.

1. Take the chicken meat minced meat, and grind to a fine forcemeat along with 2 eggs, 30 ml brandy salt, spices and a little gelatine.
2. Remove this force meat and with wet hands blend it together with the garnish consisting of diced ham, diced fat some pistachios, strips of Chicken breast and diced truffles.
3. Shape into a ball and then into a rectangular block.
4. Place this block of forcemeat over the central third of the chicken skin and gently fold the chicken skin.
5. Soak a coarse linen cloth in water and wring it out, then spread it flat on the table. Place it so that a flap 20 cms wide hangs over the edge of the table.
6. Place the galantine horizontally on the cloth about 10 cms from the edge of the table.
7. Wrap the galantine in the cloth as tightly as possible, sausage shape.
8. Tie both ends of the cloth securely.
9. Tie the galantine with string in three places to keep it in shape.
10. Bring to boil rich aspic stock add the galantine and poach for approx 1 ¾ hour.
11. Drain carefully, cool slightly, unwrap the cloth rinse it in luke warm water and wring thoroughly.
12. Again spread it on the table and reroll the galantine and tie security, set to cool under a slight weight, till cold.

13. When cold, remove cloth, coat with aspic and decorate.

14. Serve cold in slices with tarragon mayonnaise, along with a lively red wine such as Chinon.

**BALLOTINE**

A hot or cold dish based on meat, poultry, game birds, or fish. The flesh is boned, stuffed rolled and tied up with a string usually wrapped in muslin-similar to galantine then braised or poached.

**HAM & BACON**

Ham is the most distinctive of all cured products, universally popular and may be eaten raw or braised or boiled or roasted.

The term used describes specifically the hind leg of a pig above the hock joint cut from the carcass and cured. GAMMON is also from the leg but is cured while still attached to the side of the carcass.

- Ham in its more general meaning of the hind leg is applied to cured meat made from other animal, including wild boar mutton, goat venison and even badger.
- The process of curing all hams being with salting. This may be done with dry salt or brine, or a combination of the two. Wet cures penetrate the meat more quickly.
- The flavour of Ham depends on many factors breed and age of pigs, its diet, kind of wood burned for smoking the meat, and the length of the time it is aged.
- The interplay of these factors give Ham a diversity almost as rich as that of wine or cheese.
- A good ham should be plumb with an ample, though not too thick layer of fat under the rind.
- The method of curing hams was also done by the Chinese, where the province of Yunnan is known for fine quality hams.

There are two main types of cured Hams :-

1. Those eaten raw and
2. Those eaten cooked
HAMS eaten raw

When eaten raw they are usually served finely sliced. They are cured, matured and dried, they may be smoked. Although they are suitable for serving raw, they may be used in cooked dishes. These hams are normally dry cured. The most important aspect of the curing process is the MATURING PERIOD.

The maturing period consist of the drying process which may take several months to a year. Only “Certified” pork may be used so as to eliminate the possibility of TRICHINEA bacteria growing. This is done by freezing the pork according to a specific schedule.

VARELIES OF RAW HAMS

- Jambon d“Ardennes- The best known Belgian ham smoked to dark brown.
- Jambon de Byaonne – French smoked Ham with a smoky flavour and brown exterior made around Orthez and Peyrechorade east of the ancient port city of Bayonne. The red seal guarantees that the ham comes from good quality Carcasses that has been rubbed with a mixture of salt from Salies-de-Béarn, saltpetre, sugar, pepper and aromatic herbs and has been dried fro 130-180 days.
- eg. Jamón ibérico, Spanish from the native Iberain pig, which is reared in the woodlands of south and Western Spain, also known as PATA NEGRA (black trotters).
- Jamón Serrano –Mountain Ham- produced from white pigs especially large, white, landrace, Belgian white species,
- Jamón Serrano de Jabugo is considered the best.
- Knochenschinken ‘ham on the bone’- a hard heavily smoked, German ham.
- Landrauch ‘country smoked’ a heavily smoked and dry German ham.
- Prosciutto di Parma This ham is the most famous of raw hams because of its delicate taste. These hams are dry cured and matured without smoking for at least eight months and sometimes two years. Connoisseurs are very fond of the ham from San Daniele and Langhirano near PARMA. also known as prosciutto crudo de Parma
- Westfalische schinken Westphalian ham- is protected by a trade mark- it is dry salted, then brined, scrubbed with cold water to reduce its saltiness and cold smoked
Food Production Notes

over strongly resinous wood, like beech and juniper wood and juniper berries, then dried, it is dense textured and brown in colour.

- Mainz Ham is brined, desalted, soaked in brandy or wine lees and cold smoked for a long period.

**COOKED HAMS**

Hams to be served cooked are cured by traditional methods usually having a high salt content and have to be soaked several hours before cooking.

The best hams are salted by injecting the brine into the veins before the joint is boned. It is then put in brine for four days. The drained ham should be brought to the boil in fresh water. Just as the water boils it should be drained away and fresh water added. When the water boils and the scum has been skimmed off, flavouring agents such as onions, vegetables, a bouquet garni, peppercorns, are added. The ham is then simmered gently, alternatively it may be baked a combination of boiling for half the time and then baking gives excellent results.

- As a guide cooking times are calculated at 40 minutes per kg, plus an extra 40 minutes.
- Cooking hams are also produced commercially by pressing into a mould before steaming e.g. block shaped PARIS Ham

**Examples**

- **York Ham.** One of the best known cooked hams. Traditionally, it is dry salted, smoked over oak and matured for 3 to 4 months. It is cooked on the bone either in stock or steamed. It can be served hot or cold, accompanied by Madeira or port sauce and spinach.

- **VIRGINIA HAMS** is a general term for a ham made from the meat of hogs fed on acorns, peanuts and peaches. Dry cured in barrels for several weeks, they are then coated with molasses, pepper and brown sugar. They are cured for a further two weeks and then hung to dry slowly for 10-12 months. Some varieties are also smoked over very aromatic woods such as hickory and matured for up to a year. This involved process gives the ham a distinct flavour and deep reddish brown colour.

- **SMITHFIELD HAM** is a trade name for a variety of Virginia Ham, available only from Smithfield Virginia. They are dry cured for several months resulting in a dense, dark, red meat. They are not smoked.
Food Production Notes

 Williamsburg ham is a milder version of Smithfield Ham.

 Pennsylvania ham is brine cured. It is pickled in vinegar & sugar, then smoked over apple or hickory wood resulting in a fully cooked ham. Prosciutto (PARMA) COTTO, a cooked version of prosciutto Crudo, which takes less time to produce and less expensive.

 CANNED HAMS are available for Holland, Denmark and Poland they may or not be smoked. No refrigeration is required if they are sterilized.

 PRAGUE HAM is the most celebrated European Ham from Czechoslovakia. It is sweet cured and smoked over beech. If raw it must be cooked before service it is also available cooked.

 Nutritionally ham has a fat content of 2 to 5% and has 300 kcal/100 gms when cooked and 380 kcal/100 gms when raw.

 GAMMON

 Gammon is also from the hind leg of pork but is separated from the carcass after salting. It may be smoked or left un smoked.

 BACON

 The side of a pig cured with salt in a single piece. Bacon is peculiarly a product of the British Isles, or is produced abroad especially in Denmark. Bacon held a place of primary importance in the British diet in past centuries. Large scale bacon curing business was set up in the 1770’s by John Harris in Wiltshire, still a bacon centre. The standard commercial method of curing bacon is known as the Wiltshire cure. This was originally a dry cure.

 The prepared sides of the pig, legs still on, were strewn with salt and stacked skin side down. After two weeks the salt was brushed aside and the sides matured for a week before packing.

 In modern times the sides are both injected and immersed in brine in place of dry salt and smoked. A Wiltshire side is a large piece of meat and is divided up for various purposes. The shoulder yields the cheapest bacon, the most valued is back and streaky bacon from the loin and belly respectively. The leg yields Gammon and the other parts of the side may be used as “boiling bacon”. The breeds of pig used for bacon are hybrids of Yorkshire large and Landrace. The French use the term lard to mean any kind of bacon. Streaky bacon is termed ‘Lard de poitrine (fumé is added if it is smoked). The German word for bacon is speck LACHSSCHINKEN speck for back bacon. The Italian use streaky bacon and call it
PANCETTA. The Spanish call streaky bacon TOCINO. American bacon is cured meat from the belly of hog, which has particularly soft fat which allows the bacon to become crisp on heating.

The word derives from the old French BAKKO which means a piece of salted pork.

Bacon remains a gourmet product in the English breakfast. They are sold as thin slices ‘Rashers’ in Britain which are eaten fried, grilled or broiled, especially with eggs. Bacon is a useful flavouring in many dishes such as casseroles, stews, salads, charcuterie, Choucroute, etc.

They are also used for barding, larding etc.

Green Bacon are sides of Pork only cured. Bacon is high on calories.

**CURING**

There are four methods of curing Hams.

1. Brine pumping
2. Spray pumping
3. Brining
4. Dry curing

**Brine Pumping**

An apparatus similar to a large syringe is filled with the prepared brine. The meat is injected with brine at several points, insuring even distribution. The ham is then immersed in the same brine for three to four days to insure the exterior portions are fully cured.

**Spray pumping:**

This is done by commercial processors with special pumps. It is also known as stich pumping. The pump has multiple needles and can deliver brine to every part of the Ham’s interior in one step. Both types of pumping are considered the best method for curing ham and is combined with immersion to produce the best results.

**Brining:**

By immersion only is done for small pieces of Ham. It is not a method which can be used for large joints of ham, because the interior may spoil before the cure has a chance to reach it.
ii) Dry Curing: is done by rubbing the cure mixture thoroughly into the ham. Several hams are cured by stacking them in a barrel the dry cure mix is the same as brine minus liquid.

Pâté

Pâté on its own signifies a dish consisting of a pastry case filled with meat, fish, vegetable or fruit & is baked in the oven & served hot or cold. In England these are known as "pies".

The word is used in three ways in French

(a) pâté

(b) pâté en croûte

(c) pate en terrine

- The pastry used in most cases was made with lard.
- If made with lard, the pastry must be made well in advance.
- The pastry lid must be sealed at the edges so that the filling does not escape.
- The centre at the top is pierced with a chimney for steam to escape.
- The fillings or forcemeat is based on pork, veal, ham, chicken, fish, game and sometimes vegetables, and, or mixtures combining the above.
- The ingredients are generally minced or ground, but some of them may be cut into juliennes, dices, etc.
- The ingredients may be marinated separately.
- The filling is placed in the centre of the rolled out pastry and the edges are folded over and sealed, or alternately, as is done in England by using pie dishes and covering them with a pastry.
- Baking starts in a hot oven which is then turned down to medium.
- Hot pâté have a little sauce or gravy poured into through the chimney before serving.
- In case of cold pate aspic flavoured with Madeira, port, etc. it is poured through the chimney filling up the space caused by baking .The aspic should be ready to set.
- They are served cut into thick slices.
- Pâté is synonymous with pate en croûte.
Pate en croûte (recipe)

- Place 500 gms of sifted flour on a work top and make a well in the centre.
- In the well add two whole eggs and 100 ml of water & 175 gms. of lard.
- Mix together kneading lightly till a smooth paste is formed.
- Refrigerate 2 hours before use.

Pate en terrine (recipe)

- Def. Pate en terrine is a meat, poultry, game, fish, or vegetable forcemeat, put into a terrine dish lined with bacon, cooked in the oven and always served cold. After making the forcemeat into a smooth consistency mix in 80 gms lard and 80gms foie gras.
- Pour this mixture into a small terrine, press down and leave to cool.
- Melt lard on a very low heat, pour into the terrine, cover it and allow cooking in a bain-marie.
- Cooking time is approximately 45 minutes to 1 hour per kg at 160 deg C.

Recipe for pate maison

<table>
<thead>
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<th>Sr.no.</th>
<th>ING</th>
<th>QTY.</th>
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<tbody>
<tr>
<td>1.</td>
<td>Chicken liver</td>
<td>500 gms.</td>
</tr>
<tr>
<td>2.</td>
<td>Lean pork</td>
<td>125 gms.</td>
</tr>
<tr>
<td>3.</td>
<td>Fat bacon</td>
<td>125 gms.</td>
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<tr>
<td>4.</td>
<td>Chopped onions</td>
<td>50 gms.</td>
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<tr>
<td>5.</td>
<td>Parsley</td>
<td>10 gms.</td>
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<tr>
<td>7.</td>
<td>Butter</td>
<td>100 gms.</td>
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<tr>
<td>8.</td>
<td>Cream</td>
<td>65 gms.</td>
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</tbody>
</table>

METHOD-

- Clean chicken liver properly by removing all veins, connective tissue &. tubes.
- Wash & cut into dices.
- Fry diced fat bacon in butter add diced lean pork & diced chicken liver.
- Add onion, herbs, garlic & seasoning.
- Sauté for few minutes.
- Mince this mixture finely then rub it through a fine wire sieve, add cream
- Pour this mixture in a terrine lined with larding bacon
• Cook in an oven in a bain marie till warm in the centre and fat on the surface is quiet clear.
• Cool under pressure by keeping some weight on it.
• Serve from the terrine or turn out and slice.

FOIE GRAS

**Foie gras** (French for "fat liver") is a food product made of the liver of a duck or goose that has been specially fattened. This fattening is typically achieved through **gavage** (force-feeding) corn, according to French law, though outside of France it is occasionally produced using natural feeding.

Foie gras is a popular and well-known delicacy in French cuisine. Its flavor is described as rich, buttery, and delicate, unlike that of an ordinary duck or goose liver. Foie gras is sold whole, or is prepared into mousse, parfait, or pâté, and may also be served as an accompaniment to another food item, such as steak. The technique of gavage dates as far back as 2500 BC, when the ancient Egyptians began keeping birds for food and deliberately fattened the birds through force-feeding. Today, France is by far the largest producer and consumer of foie-gras, though it is produced and consumed worldwide, particularly in other European nations, the United States, and the People's Republic of China. Each liver weighs approx. 700-900 gms. for geese and 300-400 gms. for duck. The colour ranges from ivory white to creamy to pink.

**Forms of foie gras**

In France, foie gras exists in different, legally-defined presentations, from the expensive to the cheap

1. **foie gras entier** (whole foie gras), made of one or two whole liver lobes; either cooked (*cuit*), semi-cooked (*mi-cuit*), or fresh (*frais*);

2. **foie gras**, made of pieces of livers reassembled together;

3. **bloc de foie gras**, a fully-cooked, molded block composed of 98% or more foie gras; if termed *avec morceaux* ("with pieces"), it must contain at least 50% foie gras pieces for goose, and 30% for duck.
Foie gras are available in four forms.

- fresh raw foie gras sold during Christmas
- freshly cooked foie gras
- semi cooked pasteurized foie gras available in cans.
- preserved foie gras prepared in traditional ways, sterilized and preserved in its own fat.

**TRUFFLE**

Truffles are *hypogeous* (underground) versions of mushrooms. They don't form a prominent stem and their spore-bearing surfaces are enclosed. They rely on animals eating them (*mycophagy*) to distribute their spores, instead of air currents like mushrooms. Truffles resemble small potatoes, and often between the size of a marble and a golf ball.

There are hundreds of different kinds of truffles, and while none are known to be poisonous, only a few of them are considered to be *delicacies* by humans. Truffles (and mushrooms) are only the "fruit" of the fungus (like an apple to an apple tree); the main perennial fungal body exists as a web of filamentous hyphae in the soil. All of the truffle fungi form *mycorrhizae* with the roots of trees, and are essential to the trees' ability to acquire nutrients. The belowground fruiting habit of truffles is thought to be an adaptation to forest fires or dry or frosty periods, in which aboveground mushrooms are more vulnerable.

A subterranean fungus which lives in symbiosis with certain trees, mainly the oak but also the chestnut, hazel and beech. They belong to the family "tuberaceae", order tuberales, class ascomycetes, a large class of fungi known also as sac fungi because their spores are formed in a sac like structure called "ascus".

A highly esteemed food stuff, the truffle- from latin "tuber" meaning over growth is spherical, of variable size and irregular shape and black, dark brown or sometimes grey or even white in colour, it is found in chalky-soil about 12 inch below the ground.

The truffle has been known and appreciated since ancient times. The Egyptians ate truffles coated with goose fat en papillote.

The ancient Greeks and Romans attributed therapeutic and aphrodisiac powers to them.

Legend says that during thunder storms when lightning strikes the ground gives rise to truffles. During the middle ages they fell into oblivion. However they returned to popularity during Renaissance.
Pigs or even dogs are used to seek out the truffles and it was common in the 17th century. They spring up spontaneously when the fungal spores or mycelia encounter the rootlets of oak and form a mycorrhiza which takes its nutrients from the trees. The truffle itself is the fruiting body of the fungus and does not appear to be connected by any filaments to the mycorrhiza.

There are approx. 70 types of truffles, 32 of which are found in Europe. The most highly esteemed is the black truffle of Perigord which matures after the first frost; it has black flesh streaked with whitish veins and gives off a strong aroma.

The black must be rounded and in a single piece and it is not at its best until ripe. It is also known as diamond of cookery and the famous chef Brilliant Savarin called them black pearl.

Truffles are now sold in cans, peeled or scrubbed, ripe and whole. They are graded

(A) Surchoin- firm black flesh, uniform size.
(B) Extra- Surchoin: with firm flesh more or less black, irregular in size.
(C) Premier choix: with more or less firm flesh, sometimes light in colour, of irregular size.
(D) Canned: Truffles are also canned in pieces, peelings and fragments.

J.K.Vandoyer observed that "there are two types of people who eat truffles, those think truffles are good because they are dear, and those, who know they are dear because they are good".

Truffles are eaten raw or cooked, cut into strips or slices, diced or shredded in the form of julliene or fumet or essence or simply for their fragrance. They are best eaten for themselves fresh and raw with butter or salads or cooked in embers or braised in white wine or in a puff pastry. They are not cooked before canning, simply scrubbed and salted.

Shelf life of truffles is about a week, white is more delicate than black. Truffles must be kept in an air tight container as they very readily give off their moisture and aroma, and can lose up to 10% of weight overnight.

Truffles have twice the calorie content of cultivated mushrooms and 3 times that of wild mushrooms. 100 gms gives approx. 90 K cal.

Some of truffle species are:

1. Tuber Melanosporum.
2. Tuber Magnatum.
APPETIZERS

An excellent definition has been given by Escoffier which states “To perk up the spirit of some and to give spirit to others who are without it” this is the supreme role of the Hors d’oeuvre on a menu”.

Hors d’oeuvres are meant to pique the taste buds and perk up the appetite. Hors d’oeuvres and appetizers are synonymous.

Hors d’oeuvres is a French expression and its true meaning is a preparation served outside of the menu or at the beginning of the meal before the main course. It comes from the French term ‘hors’ (outside) and goes back to early times, when at Banquets the appetizer (hors d’ oeuvre) was served in a separate room (antechamber) where the guest assembled and waited for the arrival of the ‘Host’ and the Chief Guest.

Guidelines for foods served as Hors d’oeuvres

- Should be small enough to eat in one or two bites some hors d’oeuvre may be eaten with the fingers, while others may require a plate and a fork.
- Should be kept light, delicate and unsubstantial.
- Should be Attractive. Because hors d’oeuvre customarily precedes the meal, they are considered a means of teasing the appetite. This is partially accomplished through visual appeal.
- Designed to complement the meal that is to follow. It is important to avoid serving too many foods of a similar taste or texture e.g. Lobster canapés/ lobster bisque.

Guidelines for presentation of HORS D’OEUVRE to assist the Chef: -

- Keep in mind the nature of the event, as well as, the menu that follows, when selecting hors d’oeuvres.
- Ice carvings and ice beds are often used to keep seafood and caviar very cold, as well as for their dramatic appeal.
- Hors d’oeuvre served on platters or passed on trays should be thought fully presented, so that the last hors d’oeuvre on the plate is still attractively presented.
CLASSIFICATION

The possible variations of hors d’oeuvres are almost limitless. Being virtually unlimited, the selection of hors d’oeuvres served by the Chef may be dictated by specific occasions or by the circumstances. Almost every culture has their version of what is referred to by Americans as Appetizers, and the French as hors d’oeuvre.

Some Examples.

- **RUSSIAN** “Zakuski” – are various preparations patronized by the Russians. These are laid out on a table to be enjoyed by the arriving guest for an hour or so before the main meal. These are blinis and breads of various kinds with savoury toppings, served in Russia with vodka.

- **ITALIAN** – Antipasto – means before the pasta. A typical selection would include marinated mushrooms, artichoke hearts, sliced salami and prosciutto ham, smoked sardines, anchovies stuffed olive, roasted red peppers etc.

- **SPANISH** – ‘Tapas means lid’. It refers to variety of items – e.g.: kidney beans in vinegar sauce boiled sliced potatoes with garlic and mayonnaise, small meat balls, salt cod, black olives etc.

- **SWEDISH** – “Smorgasbord” means bread and butter table- It includes shrimp, pickles, meatballs, herring, smoked salmon, caviar aquavit etc.

- **INDONESIAN** “Rijsttafel” meaning rice table, a Dutch meal of Indonesian origin - It includes the service of a central dish of fluffy rice, surrounded by a large number of side dishes including sate spicy pork and goat, dumplings, hard boiled eggs, steamed veg. etc.

- **JAPANESE** “Sushi” – considered as the national dish of Japan. These are tiny portions of sliced raw fish, placed on mounds of vinegary rice. Sushi and sashimi is the formal Japanese first course.

- **GREEK** “Meze” – It includes such items as keftedakia (tiny meat balls, Kreatopita (triangular flaky pastry filled with ground meat) spanakopita (triangular pastries filled with spinach and feta cheese) and taramosalata (creamy pink cod roe paste).

- **DUTCH** “Smørrebrød” – means buttered bread this is a Danish open faced sandwich using pieces of meat, fish or vegetables, artfully arranged.

**HORS** d’oeuvre may be classified in various ways because of its complexity: -
a. Hot & Cold Hors d’oeuvre is the major division. There are further classifications within these major categories.
b. Classical and contemporary.
c. Vegetarian/Non vegetarian.
d. Hors d’oeuvre singular and compound.

HOT HORS D’OEUVRE

They are generally served at cocktail parties or at dinner where it is more likely to be served after the soup, it is seldom served at lunch.

Warm and hot appetizers include small servings of pasta such as tortellini or ravioli, Puff pastry shells like vol-au-vent or made into turnovers and filled with savoury ragouts or foigras, broiled or grilled fish, seafood or poultry, Crepes, blini. Meatballs etc. vegetables such as steamed artichokes with a dipping sauce, asparagus, grilled vegetables may also be featured.

Examples of Hot Hors d’oeuvre.
Croquettes, Fritters, Kromeskies, Rissoles, Beignets, Bouches Quiches. Barbequed Spareribs, Sheik Kebab, Baked Clams, Baked Crab, Broiled breaded Scallops, Fish Cakes, Croustades Baked Beans, etc.

COLD HORS D’OEUVRE

The greatest variety and unbelievable diversity is associated with cold hors d’oeuvre, for e.g. Hors d’oeuvre a la francaise- In this hors d’oeuvre is presented in small oblong dishes called ‘raviers’. The dish is needed because the hors d’oeuvre are usually served with a marinade, sauce, relish or other accompaniment and require a fork for service or for eating. Any foods can be used in this category but they must be bite size.

Zakushki or hors d’oeuvre a la Russe or canapés a la Russe became very popular in the 1890’s. This cold hors d’oeuvre are considered to be classical and made up of certain specified ingredients. Chefs in Russia were patronized by the Czars and reached the pinnacle of their profession. It consists of a base of blinis the famous Russian pancake made out of buck wheat flour. This was topped with a toping that would be meat, fish, vegetable or a combination of these. A characteristic of the topping is that it would most often be flavoured with a smoked meat or fish. The chef had a chance to demonstrate his imagination and skill. Intricate garnishes of exquisite designs would decorate the Zakuski.

This would then be finished off with a glaze of aspic. The Zakuski is a dinner hors d’oeuvre
and are larger in size than the canapé. They are presented to the guest individually without an accompaniment or sauce.

CRUDITÉS

Crudité essentially means food eaten raw “Common usage of the term is normally limited to raw Vegetables, particularly for hors d’oeuvres. Vegetables often used for crudités are-red, yellow, and green bell peppers, carrots, celery stalks, summer squash, red radishes, Belgian endive, cucumbers, cherry tomatoes lettuce etc. these are cut into finger size pieces or decorative rounds and served with one or more varieties of dip or dressings. CANAPÉS

The term CANAPE refers to a small open faced sandwich which may be topped with an endless variety of savoury food items.
The canapé is comprised of four parts: -

BASE

The base serves as the foundation of the canapé. It must be firm enough for the guest to hold with two fingers without its topping spilling into the guests lap. The base would normally be bread-toasted or plain, white or brown. However a variety of other base ingredients could also be used like puff pastry flaky pastry, short crust, pizza dough, choux pastry, etc.

SPREAD

The spread applied to the base has a threefold purpose:-

1. Spread adds flavour & moisture to the canapé.
2. Spread acts as a glue to hold all of the components of the canapé together.
3. Spread provides a fat barrier to prevent the base from becoming limp and soggy from the juices of the main body.

There are primarily two types of spread: -

a) A basic spread of 50% butter and 50% cream cheese.
b) Any compound butter that is suitable for the main topping of the canapé being prepared.

Either type of spread should be softened sufficiently to allow easy spreading.
MAIN BODY or Topping:

This part of the canapé may be almost any savoury food items such as sliced cold meats or seafood or vegetables. The main body is what gives the canapé its particular flavour and character. Items of food used for the main body must be cut so that each canapé has a consistent size and shape. e.g. a slice of cheese, hardboiled egg, ham, salami, mushrooms or chicken coated with a thick cream sauce, marinated mushrooms, and prawns could all be used as a topping. The list is limitless and can only be contained by the imagination.

GARNISH

Garnish of a canapé increases the eye appeal. It should enhance not overshadow the main body garnish can be a small leaf or herb or a piece of food which is in keeping with the canapé as a whole.

GARNISH

Definition:

A single item or combination of items accompanying a dish. The garnish can be placed around meat chicken fish or game or served separately.

Whether simple or composite the garnish always blends with the flavour with the basic dish. It is derived from the French word, to adorn. The term refers to decorative edible items used to ornament or to enhance the eye appeal of another food item.

Simple garnishes consist of a single element, usually a vegetable, rice, or pasta.

Composite garnishes are made from several ingredients whose flavours blend with each other as with the main dish. They may consist of ordinary items such as pieces of bacon, small onions, fresh vegetables, mushrooms, etc., or more elaborate ingredients, such as, cockscob, crayfish tails, truffles, filed croustades, quenelles, and croutons depending on the nature of the dish.

The garnish may also be a kind of ragout made up of a composite salpicon like calves’ sweetbreads, mushrooms etc blended with brown or white sauce, and arranged in small pastry shells.

In all cases the garnish should be placed around a dish so as to achieve an overall harmony of shapes and colours pleasing to the eye.

Modern Plate Garnish
In classical cuisine food was brought to the dining area on large silver platters and then served. The practice is still widely used for banquets.

Currently there is a shift towards smaller portion sizes with good nutritional balance, and the trend has shifted to plated service. Service on individual plates gives the chef ample scope to use more thought and imagination in presenting the meal. Plates should not be overcrowded. The plate is best when simple yet elegant to the eye. The plate should present a combination of foods working together. It should not be several components that happen to be on the plate. The portion size should match the plate size.

- Many plates need no additional garnish if the accompanying vegetables and starches provide an attractive balance and colour combinations. Hence the accompaniment becomes the garnish.
- A simple Garnish becomes necessary sometimes to provide colour or balance to a plate. A simple garnish must be edible, appropriate to the food, planned into the plate layout not just dumped into the plate.

**SOME TIPS FOR PLATE ARRANGEMENT**

1. Keep the food off the rim of the plate.
2. Arrange the food in unity. The focus should be on the centre of the plate, not on the edges and the firm.
3. Place the food in the most attractive manner—the better side of the meat on top. The bone of chop should face away from the guest.
4. Sauces can improve plate presentation. Serve the sauce around or under the food. Serve just enough sauce so as not to drown the food.
5. Refrain from using the same pattern over and over again in different courses.
6. Garnish only when necessary.
7. Simplicity is the key. It is more attractive to have a simple plate presentation rather than a complex one.

Examples of garnishes and accompaniments generally indicated by the term in today kitchen

| Bouquetiere | Bouquet of vegetables |
| Jardiniere | Garden vegetables |
| Clamart | Peas |
| Crecy | Carrot |
Doria : Cucumbers cooked in butter
Dubarry : Cauliflower
Florentine : Spinach
Forestiere : Mushrooms
Lyonnaise : Onions
Parmentier : Potatoes
Princess : Asparagus

FOOD PRESENTATION

As much importance should be given to food presentation as is given to food preparation. Poor presentation lowers the value of well prepared foods. The intent of food presentation is to enhance its visual appearance.

Presenting food properly requires a high level of skill, knowledge and imagination. The modern approach is to present the food in the plate—which is common in a la carte service. The key word in plate presentation is BALANCE. It is a balance of colour, texture, size, shape and temperature. The food presented must be appropriate to the occasion. It must be matched to the likes and often the beliefs of the guest. Presentation must complement the food, not disguise or hide it. Failure to present the food properly will lead to the failure of the best of dishes.

Factors to be considered whilst presenting food.

1. **Temperature**: Food presentations first priority is the temp at which it is served, hot food must be cold. It is vital that hot food is served to the customer immediately. Cold food should be served on a children plate. It should then be thoroughly chilled before service.

2. **Flavour**: Everything served on the plate is intended to be eaten. When the guest begin to eat, they do not eat the meat first, then the potatoes and then the vegetables, they take pieces of each, at any given time the mouth of the guest contains the flavour of every food that is on the plate. If the combined flavours of the items are not pleasing then the meal is a failure. No matter how well the items on the plate are prepared, if the flavours are not complementary the effect is not pleasing. It is not enough to ensure good preparation; you must ensure a good balanced presentation of flavours. Escoffier said that a meal is like a symphony. It should begin softly, gradually building up to a good finale. He understood
that it is the meeting of the flavours in the mouth, which determines the pleasure of the meal. However, flavour is not always obvious to the eye. It is necessary to create eye appeal in presentation.

3. **Colour:** Although a plate of fried fish and French fries may taste good, it has minimal eye appeal. Everything is brown in colour and crisp in texture. It offers little variety or excitement for the eye. A simple addition of Cole slaw on a bright green lettuce leaf will transform the plate completely. It improves not only the flavour and the mouth feel of the dish, but provides colour and contrast to the eye. The colours used on the plate should be natural. Artificial and non-food colours should be avoided. Colours must be appropriate to the dish.

4. **Shapes:** Eye appeal can be gained not only through colour but through the shape of food as well. As with colour variety is the key. A plate of meat balls, new potatoes and Brussels sprouts may taste good and have a pleasing colour. Yet it is so monotonous being round. Change the shape of the potatoes and use beans instead and now the effect is better.

**COOKING WITH WINE**

We all know the importance of wine on the menu. It serves as an accompaniment to various courses of a meal. Each type of food is best suited by a particular type of wine. It helps in providing contrast in taste flavour and in some cases helps digestion. Besides being served in the restaurant wine is also extensively used in the kitchen.

**SUITABILITY:** Before we go on to actual use of wine, let us examine which wines are best suited for cooking. If you survey the market one can find certain wines labelled as cooking wines. They are wines produced specially for cooking. They are not as superior as a table wine and are generally by products of table wine.

Cooking wines are not matured for very long and are generally cheaper than table wines. However cheaper table wines can also be used in the kitchen. Try to avoid strongly flavoured wines which may adversely affect the flavour of the food. Generally sweeter wines are preferred to dry wines. Champagne can also be used like other sparkling wines.

- **Wine is used in Soup making**

  The taste & flavour of the soup is considerably enhanced by the addition of a little wine. A dessert spoon-full of wine is enough for 6 to 8 portions. White wines go very well
with bisque and other fish based soup.

- **Use of wine in salad**
  Wine may be added as a substitute for vinegar or lime juice to create tangy salad dressings.

- **Wines are used for basting**
  Meat and poultry can effectively be basted with wine to a very good effect. Used very effectively for deglazing roasting pans for gravy. Champagne can be used to baste turkey and ham.

- **Wines are used in sauces and stews.**
  Red wine may be added to almost all brown sauces, white wine for veloute sauce and its derivatives or to fish based sauces. Wine is also used to prepare reduction for béarnaise and hollandaise and its derivatives. Wine can also be used to flavour stews.

- **Wine as a marinade**
  Old and tough meat can be marinated in wine by which tough fibre are made tender, wine also enhances the flavour in old meats.

- **Poaching in wine**
  A good way to enhance the flavour for fish and meats during poaching is by adding a glass of wine to the poaching liquor. Flat fish can be poached entirely in white wine while whole salmon can be poached in court bouillon to which a glass of wine is added. Wine can also be used to poach fruits pears, apricot etc.

- **Wines used in Desserts**
  Sweet wine and fortified wines such as port and also brandy are used extensively in desserts.

**MOUSSE & MOUSSELINE**

**Definition:** *Mousse is a French term meaning ‘foam’ is applied to dishes with a foamy texture, usually cold and often sweet but also savoury and soft.*

  *It is light smooth and soft preparation either sweet or savoury, in which the ingredients are whisked or blended and folded together and are more often, then not, lightened with beaten egg whites.*

**TYPES:**
Savoury mousse are served as an hors d’oeuvre or entrée, it may be served hot and may be based on fish, shellfish poultry, foie-gras, ham etc.

Sweet mousse is usually based on fruit or flavouring such as chocolate or coffee. They are often set in individual moulds and are served cold. They may be stabilised using gelatine or Gum tragacanth may be substituted for gelatine.

- For the gardemanger chef, mousse is a fully cooked basic ingredient which is pureed, bound with gelatine or fat and lightened with an aerator of whipped cream or egg whites. The term is also used to describe preparations which are either hot or cold, for which the basic structures remains the same.

**PREPERATION**

Hot Mousse or cold mousse has three basic components:

- **Base:** The base can be Poultry, ham, Meat, fish, shellfish, foigras truffle, vegetables, etc. the base provides flavour, colour, body and character to the finished product.

- **Binder:** This provides the structure to the finished product. This is done by the inclusion of aspic jelly or gelatine which will set as the finished product is chilled, or cold flavourful fat such as butter, will also contribute to the same.

- **Aeration:** The lightening of the mousse which is accomplished with whipped cream and/or whipped egg whites. Whipped egg white adds lightness without increasing the calories much.

- The usual proportion of the basic components would be 1 kg of base: 30 gms of gelatine + 1 cup of water : 750 gms of prepared aeration.

**RECIEPE of fish Mousse (HOT)**

Pound 500 gms, fish fillets in a mortar sprinkle with fine salt and freshly ground pepper, then blend in 2-3 egg whites. Rub this forcemeat through a sieve and refrigerate fill almost setting. At this stage add thick fresh cream. Adjust seasonings, pour mousse into lightly oiled mould, cover and secure, then poach gently in a bain-marie in the oven at 190° (375° f). Wait for ten minutes before turning out, serve warm, coated with fish sauce.

**MAKING OF COLD MOUSSE**

Preparing a cold mousse is a tricky affair and requires the service of a skilled chef.
However, if these below mentioned seven steps are followed it will minimize the risk.

1. **Moulds** – should be prepared first to ensure that the mousse can be moulded before it sets. Individual moulds, such as ramekins or small timbales should be lubricated or lined in a manner consistent with the character of the mousse. Lining means coating the moulds with a thin layer of aspic jelly. Decorations are laid on the layer of aspic jelly and the mousse mixture is poured into moulds. When the mousse is unmolded, it is a finished product both coated and decorated. Alternately it could be moulded, allowed to set, then turned out and coated or garnished, as needed.

2. **Base**: Preparation of the base is the next step. Fully cooking the base product is mandatory; however, overcooking will result in a dry texture and poor mouth feel. The base product should then be pureed. The consistency of the pureed mixture can be adjusted with one of the following items: Veloute, mayonnaise, béchamel, cream or some similar product. The resulting puree should have a smooth, velvety texture. If cream is used it must be added near the end of the puree process to avoid breaking the cream. The puree should be slightly over seasoned to allow for the aeration which will be added. For the highest quality preparations the pureed mixture should be put through a fine sieve. Modern equipment replaces hand sieving.

3. **Binder**: The amount of gelatine to be added will be proportional to the amount of base to be set. The liquid to be added is limited only by what is suitable to the character of the mousse and the setting power of the gelatine. Rehydrate the dry gelatine by sprinkling it evenly into the cool liquid. Allow sufficient time for the gelatine granules to absorb the liquid (bloom) then place the bloomed gelatine over a bain marie until melted.

4. **Wisk**: The binder into the base, both the base and the binder should be at room temp for this step.

   1. **AERATION**: Will require the whipping of either cream or egg whites or both whipped separately to soft peaks.
   2. **Fold**: the aeration into the base/binder mixture. If the base mixture is to thick or cold, the aeration will be deflated.
   3. **Mould**: the mouse before it starts to set.

The characteristics of a well made mouse are:-

1. Velvety smooth texture
2. Light and airy consistency which is not heavy or rubbery no airpockets.
3. A delicate but distinctive flavour

If a mouse mixture is moulded into multi portion terrines or timbales, resulting item is referred to as a Mouse. If the mousse, mixture is made richer by addition of cream and is moulded into single portion timbales or moulds or shaped into quenelles, the resulting item is termed a Mousseline

NON EDIBLE DISPLAYS & CENTERPIECES

In French they are known as “Piece Montée”. Originally a large ornamental item of patisserie used to decorate the table at a banquet or a party. It usually reflects the theme of the occasion. In France, it is still popular for a wedding or baptism and displays the artistic skills of the confectionary trade. It was very popular in the Middle Ages, today a simple type of piece montée is the croquembouche, made of profiteroles filled with cream which has been sweetened and suitably flavoured, glazed and decorated with fancy sugar work.

Although food holds the spotlight in all buffet presentation, the objective of buffet planning must be to achieve visual beauty both in the artistic presentation of each item of edible food and in the arrangement of the many dishes on the buffet table. Nothing heightens the beauty of the buffet more than an outstanding centre piece (piece montée) which may be made of ice, tallow or other such materials. The term non-edible is used generally, to indicate that the centre piece is not meant for consumption along with the rest of the food on the buffet.

The guest should be able to identify the theme of the buffet at a glance, just by observing the non-edible decorations that provide eye-catching background for the presentation. A non-edible decorative display piece should be a work of art, always in good taste, whether the figure is made of ice sugar, tallow or any other material.

The may be classified into:-

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ICE CARVING

The Ice sculpture is the highlight of any buffet, and its focal point. Ice can be carved into any shapes, size or figure that fits the theme or occasion. For e.g. Christmas- Santa Clause, Anniversary- a heart.

The essentials of Ice-carvings.

1. Use 100-300 pound block of ice 40 inches high by 20 inches wide by 10 inches thick.
2. A pair of ice tongs for moving ends and handling the ice.
3. An ice shaver with 3 to 4 prongs used to carve out the details and do the small cuttings on the block of ice.
4. An ice pick is used to split block of ice.
5. A hand saw is used to remove large cuts of ice or to make rough outlines
6. Chisels ranging in size from ½ to 2 inches.
7. A good pair of gloves which have metal finger tips to prevent accidents.
8. A variety of templates
9. An electric chain saw (optional)
10. Salt is used for mending broken pieces of ice.

Points to be kept in mind

* The optimum temperature for ice carving is 28°F or less. An ice block will melt at the rate of half an inch per hour at room temperature.
* Such ice carvings must have a base that is at least 6 inches high, for stability.
* If a piece of ice breaks off dip each broken edge into salt and press back together for a few minutes till it holds.
* The table used for the carving must be sturdy to support the weight of the ice.
* The carved ice block should be placed in specially constructed pans wider that the base of the wooden block, on which, the ice carving will rest securely on top of the wooden block.
* Coloured rotating lights could produce dramatic effects.
The ice sculpture could be placed on a rotating turntable.

The pan under the ice sculpture on display should be decorated with a linen cloth, flowers, ferns or other decorative material.

**TALLOW WORK:**

Patterns and sculptures made with animal fat creating an eye-catching tallow piece is always time consuming, and should be planned well in advance. Such displays can be used over and over again but they should be covered with translucent wrap when not in use as dust tends to stick to them.

- To be successful in the execution of a tallow display, the person making the display should have a model or a photograph of the piece to be made. In general a formula made up in the following proportions work well in tallow displays: 1/3 beeswax, 1/3 paraffin wax, 1/3 beef fat the quantity of fat may be increased to make it more pliable.
- A solid secure wooden base must be used.

**BUTTER AND MARGARINE CARVINGS:**

Very often in place of tallow, butter or margarine could be used, margarine is more preferred as it is easier to handle, and it could either be moulded or sculpted.

**CHOCOLATE MOULDINGS**

Tempered chocolate can be used to make figures which can be attractively arranged to be used as centre pieces during festive times like Christmas and Easter, or may be used to adorn the dessert buffet.

**SALTIILAGE:**

These are salt dough used for sculptures. Combine 1 cup of water and 1 cup of cornstarch. Mix well over medium heat, stirring constantly, to a very thick paste. Knead 2 cups of salt into the hot mixture. It could be coloured e.g. soya sauce for brown colour. When the sculpture is finished it must be painted with cornstarch mixture. Saltilage dries quickly and tends to crack easily.

**Fruit & vegetable carvings**

Very attractive centre pieces can be made by carvings various shapes out of fruits and
vegetables. Large pumpkins, melon and such vegetable vegetables can be used as containers or carved into objects such as boat, ships, birds etc. various flowers can be made, the variety in colour of fruits and vegetables adds to a lot of eye appeal and the presentation of the centre pieces. Care should be taken not to use non food items such as pins, staples, toothpicks, drawing pins to hold the arrangement in place. Water may be sprayed to make to look fresh.

**SUGAR CRAFT “PASTILLAGE”**

This could include (1) Pulled Sugar (2) Poured sugar (3) Blown sugar (4) Spun sugar

Cooked sugar can be used in various forms to provide stunning works of art that could adorn a dessert buffet.

**Sandwiches**

In simple terms, sandwiches may be described as two pieces of bread with some filling between them. However, in modern times where time is limited, sandwiches have become extremely popular and can range from delicate tea sandwich to traditional Scandinavian smørrebrod. They may be served cold or hot, plain or grilled or even toasted.

As the story goes sandwich was invented by an English Earl whose name was John Montague, the fourth Earl of Sandwich and is named after him. He was a compulsive gambler and found no time to have an elaborate meal and would ask for a piece of meat to be put between two slices of bread and served to him.

Sandwiches may be served as snacks, for breakfast, tea parties, barbeques, entree, cocktail parties, buffets, etc. In addition, may be had as a whole meal by them.

**Parts of a sandwich:-**

1. Bread.
2. Spread
3. Filling
4. Garnish
5. Accompaniment.

**Bread**

Bread may be sliced; they may be plain, grilled, fried or toasted. They may be cut into different shapes; however, this must be done after filling.

**Types of bread used:-**
• Loaf bread
• Brioche
• French bread
• Brown bread
• Burger buns
• Danish rye bread, etc.

In case of sweet sandwiches:-
• Genoese
• Fruit bread
• Meringue
• Croissants, and
• Puff/short crust pastry.

Spreads
Spreads are substances applied on bread:-
• To moisten the surface of bread.
• To add to taste and flavour.
• For binding
• To add to nutrition
• To prevent sogginess
• To suffice, when there is no filling.

Types of Spread
Most spreads are savoury butters, mixed with salt, pepper, Worcestershire sauce, tobacco sauce, etc. These butters should not be frozen but at room temperature and slightly creamed for easy spreading. Some of these butters are:

• Lemon butter
• Onion butter
• Olive butter
• Paprika butter
• Mayonnaise
• English mustard
• French mustard
• Chutney butter
• Lobster butter, etc.

FILLINGS

Fillings are foodstuff, which is kept either on top or in between the slices of bread. It should be crisp, colourful, fresh, dry, juicy, clean and hygienic. There are types and types of fillings the variety are endless and amazing, but they could be grouped as meat, fish, poultry, egg, cheeses, raw & cooked vegetables, cereals, fruits, etc.

TYPES OF FILLINGS

Some examples for cold sandwiches
• Chopped hard-boiled eggs mixed with crumbled blue cheese with a little milk.
• Cold meat loaf slices mixed with sour cream & horseradish.
• Tuna salad with ripe avocado slices.
• Cream cheese with chopped ripe olives.

Some examples for hot sandwiches
• Pan-fried shredded steak topped with crisp onion slices.
• Shredded grilled fish topped with seafood cocktail sauce and lettuce.
• Stir-fried shredded chicken topped with green onions, bean sprouts and a dash of soy sauce.

GARNISHES

Garnishes are important for an attractive appearance and are necessary for proper eye appeal. Some garnishes used effectively, are parsley-sprigs, pimentos, tomatoes, olives, angelica cut in various shapes, etc. Fruits such as lemon, pears, pineapples, etc. add to the appearance. Garnishes may also be placed on the plate along with the sandwich, which also serves as an accompaniment for e.g. slices of tomatoes, lettuce leaves, pickled onions, gherkins, capers, etc.

ACCOMPANIMENTS
The accompaniments for sandwiches may be hot or cold. The common accompaniments are Wafers, French fried potatoes, salads like Cole slaw, red cabbage salad, Russian salad, Woldorf salad etc. Propriety sauces like Tabasco sauce, Tomato ketchup, H.P. sauce etc. may be served along with sandwiches.

**CLASSIFICATION OF SANDWICHES**

**Points to be noted in sandwich preparation**

Use stale one-day-old bread, which has a firm and a close fine texture for sandwiches

- For rolled and pinwheel sandwiches use fresh bread.
- For toasting use left over bread.
- Use enriched and variety of breads for a wider choice
- Keep loaves sliced for speedy service.
• Use adjacent slices of bread so that they are of even sizes and can be easily cut and wrapped.

• Since modern breads have high water content, they are packed whilst still warm and therefore mould could infect the bread. Before using we should discard bread having blue/green patches.

• Avoid removing the crusts. This save time and give more apparent value, prevents bread from staling and breaking during service and handling.

• Cream the butter for easy spreading.

• Use only fresh ingredients

• Take care in matching the ingredients eg. Pineapple slices with white meat.

• Ingredients with high moisture content should be added just before service.

• Follow the rules of storage

• Since sandwich preparation involves skill & speed, planning is very important.

• Make sandwiches “to order” if possible.

• Store all breads in original wrappers, except for the loaves in current use store the wrapped breads' on a clean shelf well away from the floor.

• Handle bread and fillings as little as possible during all processes, avoiding the use of hands if tools or equipment can do the job efficiently.

• Make prepared fillings only in such quantities as will be used during one serving period. Hold them at 40°F or lower. Avoid leftovers. Never hold over any perishable foods or fillings that have been at room temperatures for four hours or more. Never expose fillings at room temperatures for long periods, as food poisoning bacteria grow rapidly in many sandwich fillings and even in bread moistened by mayonnaise or salad dressings, etc.

• Serve unwrapped sandwiches immediately.

• Immediately following preparation, wrap all sandwiches not to be served at once, in semi/permeable, moisture/vapour ‘proof; paper, refrigerate immediately. Never use a dampened cloth or towel to keep bread or sandwiches moist because this procedure provides an ideal media for rapid growth of harmful bacteria.

• Sandwiches may be stored for 12-24 hours at temperatures under 40°F, if they have been prepared carefully and quickly under rigid sanitary conditions. The best hold temperature is 40°F.
• Avoid stacking sandwiches in large units or placing them in cardboard boxes as these methods may affect the quality.

• The danger incubation zone for most food poisoning bacteria is from 40°F. to 60°F. Maximum time limit for holding sandwich fillings at incubation temperature is four hours. Do not risk food poisoning by extending this. Display sandwiches only in such quantities as can be used during one serving period.

**TYPES OF SANDWICHES**

**OPEN SANDWICH**
These are made with one slice of bread and the filling is visible in this type of sandwiches.

**CLOSED SANDWICHES**
These are made with two slices of bread with fillings in between. There are many variations for e.g.

**SWEET SANDWICH**
Prepared with thin slices of stale Brioche and filled with chopped fruits or jam or thick sweet custard.

**SANDWICH CAKE**
These look like iced layer cakes and for these round bread loaves are used. They are sliced in two or three round slices and different savoury spreads/fillings are used and they are iced on top with soft icing containing butter, cheese, etc. it is cut into wedges.

**PINWHEEL**
The top crust is taken out of the sandwich loaf, it is then sliced length wise and butter and soft filling spread evenly. It is then rolled firmly. This sandwich is cut into roundels.

**CLUB SANDWICH**
This sandwich is served hot and consists of two buttered slices of toast. One slice is the base on which sliced cooked chicken, egg, lettuce, tomatoes, grilled bacon or ham may be
placed. The other slice is placed on top, pressed firmly, trimmed and decorated and served between folds of a paper napkin.

**DOUBLE DECKER**

In this sandwich, three slices are used, the middle slice is buttered on both sides and filling is placed in both the layers. It is pressed firmly, trimmed and held together with a cocktail stick with stuffed olive or cherry.

**YIELD**

**Definition:**

The amount of a product that remains after the processing, performed as required, within an establishment is called the “yield” of that product.

In order to determine the yield of a given product the product must be weighed at the onset of the yield test. The formula for calculating yield is as follows:

\[
\text{Remaining weight} \times 100 = \text{Yield \%}.
\]

**Original weight**

A total yield test would require a product to be tested from the original state of purchase until it leaves the kitchen as a finished product to be served to the guest. This is done to determine the true food cost of the the final edible amount of the product as compared to the purchased original weight.

The types of Tests that are necessary in Meat and Fish products are:

1. **TRIM TEST:** A trim test determines the amount of the excess fat or unusable meat that has been left on by the supplier. \[\text{Fully trimmed Joint} \times 100 = \text{Trimming yield \%} \]

\[\text{Untrimmed Joint}\]

2. **Boning yield:** A product may be partially or fully boned.

\[\text{Boneless weight} \times 100 = \text{Boning yield}\]

\[\text{With bone weight}\]

3. **Yield by carcass weight**

\[\text{Usable meat} \times 100 = \text{Carcass yield\%}\]
Whole carcass weight

- **Cooking Yields:**
  
  All meats will shrink to some extent during cooking, due to loss of moisture and melting of fat. The amount of shrinkage depends largely on the amount of cooking time, as well as on the temperature at which the product was cooked. The method of cooking may also affect the shrinkage. Moist heat cooking may result in less moisture being lost, low temperature 120°C to 150°C is generally recommended as it results in less shrinkage from both moisture and fat.

  Weight after cooking x 100 = cooking yield %
  
  Weight prior to cooking

- **Serving Yields:**

  The actual no. of portions that can be served form a joint, multiplied by the portion size determines the net serving weight. Yield is necessary to accurately arrive at or calculate the selling price of a product for e.g. a chef would bring a carcass of mutton and then butcher it into various joints and cuts. In order to do this he would need to buy the carcass, you would need a place as well as chefs to butcher it into various cuts, and then store it in a freezer until it is needed. All this cost money.

  This method would be inefficient unless the entire carcass was utilized. In the modern context, with improved technology and services the chef may need only, to purchase those items directly from the market instead of buying the carcass, or he can outsource the work, thereby reducing the cost.