

CONTENTS

Preface viii
Acknowledgments xi
About CulinarE-Companion™ xiv
About WileyPLUS xv

1 THE FOOD-SERVICE INDUSTRY 1

A History of Modern Food Service 2
The Organization of Modern Kitchens 8
Standards of Professionalism 11

2 SANITATION AND SAFETY 15

SANITATION 16

Food Hazards 16
Personal Hygiene 21
Food Storage 22
Food Handling and Preparation 24
Cleaning and Sanitizing Equipment 27
Rodent and Insect Control 28
Setting Up a System for Food Safety 29

SAFETY 32

The Safe Workplace 32
Preventing Cuts 32
Preventing Burns 33
Preventing and Dealing with Fires 33
Preventing Injuries from Machines and Equipment 34
Preventing Falls 34
Preventing Strains and Injuries from Lifting 34

3 TOOLS AND EQUIPMENT 37

Introduction to Quantity Food Equipment 38 Cooking Equipment 39





Processing Equipment 45
Holding and Storage Equipment 49
Pots, Pans, and Containers 50
Measuring Devices 52
Knives, Hand Tools, and Small Equipment 53

4 MENUS, RECIPES, AND COST MANAGEMENT 59

Menu Forms and Functions 60
Building the Menu 62
The Written Recipe 68
Measurement 72
Converting Recipes 75
Food Cost Calculations 81
Controlling Food Costs 86

5 NUTRITION 91

Nutrients 92 The Balanced Diet 96 Cooking Healthful Meals 101

6 BASIC PRINCIPLES OF COOKING AND FOOD SCIENCE 105

BASIC CONCEPTS IN FOOD SCIENCE 106

What Is Heat? 106
Effects of Heat on Foods 106
Emulsions 109
Heat Transfer 111
Heat Management 112

COOKING METHODS 114

Conventional Cooking Methods 115
Microwave Cooking 116
Cooking Sous Vide 117
Molecular Gastronomy 120
Summary of Cooking Terms 121

BUILDING FLAVOR 122

Building Flavor Profiles 122 Seasoning and Flavoring Ingredients 124 Using Herbs and Spices 130

7 MISE EN PLACE 135

Planning and Organizing Production 136 Using the Knife 139 Preliminary Cooking and Flavoring 147 Preparation for Frying 150 Handling Convenience Foods 152

8 STOCKS AND SAUCES 155

STOCKS 156

Ingredients 156
Procedures 160
Reductions and Glazes 168
Convenience Bases 168

SAUCES 169

Understanding Sauces 169
Roux 170
Other Thickening Agents 174
Finishing Techniques 176
Sauce Families 178
Production 180

9 SOUPS 225

UNDERSTANDING SOUPS 226

Classifications of Soups 226 Service of Soups 227

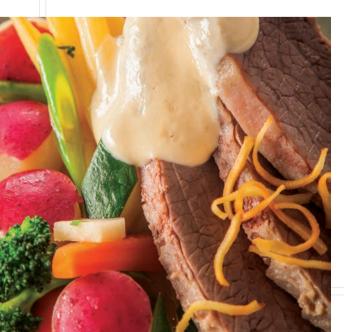
CLEAR SOUPS 228

Broths 228 Consommé 230 Vegetable Soups 234 Other Clear Soups 237

THICK SOUPS 238

Cream Soups 238
Purée Soups 245
Bisques 251
Chowders 253

SPECIALTY SOUPS AND NATIONAL SOUPS 255



10 UNDERSTANDING VEGETABLES 267

CONTROLLING QUALITY CHANGES DURING COOKING 268

Controlling Texture Changes 268
Controlling Flavor Changes 269
Controlling Color Changes 270
Controlling Nutrient Losses 272
General Rules of Vegetable Cookery 273
Standards of Quality in Cooked Vegetables 273

HANDLING VEGETABLES 274

Fresh Vegetables 274
Processed Vegetables 297
Production and Holding Problems in Quantity
Cooking 300
Storage 301

11 COOKING VEGETABLES 305

Boiling and Steaming 306
Sautéing and Pan-Frying 321
Braising 326
Baking 330
Broiling and Grilling 336
Deep-Frying 339

12 POTATOES 345

Understanding Potatoes 346 Cooking Potatoes 349

13 LEGUMES, GRAINS, PASTA, AND OTHER STARCHES 367

Dried Legumes 368 Grains 376 Pasta, Noodles, and Dumplings 394

14 COOKING METHODS FOR MEAT, POULTRY, AND FISH 413

Roasting and Baking 414
Barbecuing 420
Broiling and Grilling 424
Sautéing 426
Pan-Frying 430
Deep-Frying 432
Simmering and Submersion Poaching 434
Shallow Poaching 437
Steaming 440
Braising 441
Sous Vide Cooking 446

15 UNDERSTANDING MEATS AND GAME 451

COMPOSITION, STRUCTURE, AND BASIC QUALITY FACTORS 452

Composition 452 Structure 453 Inspection and Grading 454 Aging 454

UNDERSTANDING THE BASIC CUTS 456

Available Forms: Carcasses, Partial Carcasses, Primals, and Fabricated Cuts 456

Bone Structure 457

Beef, Lamb, Veal, and Pork Cuts 461

Selecting Meats for Your Operation 464

Fabricating Meat 465

COOKING AND HANDLING MEATS 469

Tenderness and Appropriate Cooking Methods 469
Doneness 473
Cooking Variety Meats 476
Game and Specialty Meats 479
Storage of Meats 482

16 COOKING MEATS AND GAME 485

Roasting, Baking, and Barbecuing 486
Broiling, Grilling, and Pan-Broiling 498
Sautéing and Pan-Frying 502
Simmering, Submersion Poaching, Steaming, and Sous
Vide 507
Braising 513

17 UNDERSTANDING POULTRY AND GAME BIRDS 523

Composition and Structure 524
Inspection and Grading 525
Classification and Market Forms 526
Handling and Storage 530
Doneness 530
Trussing Methods 531
Cutting Up Chicken 532

18 COOKING POULTRY AND GAME BIRDS 537

Roasting and Baking 538
Broiling and Grilling 549
Sautéing, Pan-Frying, and Deep-Frying 556
Simmering, Submersion Poaching, Steaming, and Sous
Vide 566
Braising 575
Dressings and Stuffings 581

19 UNDERSTANDING FISH AND SHELLFISH 585

FIN FISH 586

Composition and Structure 586
Special Problems in Cooking Fish 586
Cutting Fish 587
Varieties and Characteristics 590
Handling and Storage 598
Shellfish 600
Mollusks 600
Cephalopods 605
Crustaceans 606
Miscellaneous Seafood 613

20 COOKING FISH AND SHELLFISH 615

Baking 616
Broiling and Grilling 622
Sautéing and Pan-Frying 628
Deep-Frying 634
Poaching and Simmering 638
Steaming, Sous Vide, and Mixed Cooking
Techniques 643
Seafood Served Raw 651

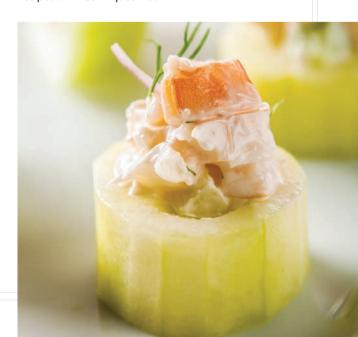
21 SALAD DRESSINGS AND SALADS 657

SALAD DRESSINGS 658

Ingredients 658
Oil-and-Vinegar Dressings 660
Emulsified Dressings 663
Other Dressings 666

SALADS 668

Types of Salads 668
Ingredients 669
Arrangement and Presentation 679
Recipes and Techniques 681



22 SANDWICHES 715

Breads 716 Spreads 717 Fillings 717

Types of Sandwiches 719 Making Sandwiches 720

23 HORS D'OEUVRES 735

Serving Hors d'Oeuvres 736

Canapés 736

Cocktails 740

Relishes 740

Dips 741

Miscellaneous Hors d'Oeuvres 744

24 BREAKFAST PREPARATION 763

EGGS 764

Understanding Eggs 764 Cooking Eggs 768

Breakfast Breads, Cereals, and Meats 780

Pancakes and Waffles 780
French Toast 782
Cereals 784
Breakfast Meats 784

25 DAIRY AND BEVERAGES 787

DAIRY PRODUCTS 788

Milk and Cream 788 Butter 790 Cheese 791

COFFEE AND TEA 800

Coffee 800 Tea 803

26 COOKING FOR VEGETARIAN DIETS 807

Understanding Vegetarian Diets 808 Menus for Vegetarian Diets 810





27 SAUSAGES AND CURED FOODS 829

Curing and Smoking 830 Sausages 835

28 PÂTÉS, TERRINES, AND OTHER COLD FOODS 849

The Handling and Service of Cold Dishes 850
Aspic 851
Special Forcemeat Dishes 854
Terrines Based on Mousselines 865
Terrines and Other Molds with Gelatin 867
Foie Gras, Liver Terrines, and Rillettes 871

29 FOOD PRESENTATION 877

HOT FOOD PRESENTATION 878
Fundamentals of Plating 878

COLD FOOD PRESENTATION AND BUFFET SERVICE 888

Buffet Arrangement and Appearance 888 Cold Platter Presentation 890

30 BAKESHOP PRODUCTION: BASIC PRINCIPLES AND INGREDIENTS 893

BASIC PRINCIPLES OF BAKING 894

Formulas and Measurement 894 Mixing and Gluten Development 897 The Baking Process 898 Staling 899

INGREDIENTS 899

Flours, Meals, and Starches 899
Fats 901
Sugars 902
Liquids 904
Eggs 905
Leavening Agents 905
Salt, Flavorings, and Spices 907

31 YEAST PRODUCTS 911

UNDERSTANDING YEAST PRODUCTS 912

Yeast Product Types 912 Mixing Methods 912 Steps in Yeast Dough Production 913

DOUGH FORMULAS AND TECHNIQUES 918

Bread and Roll Formulas 918
Rolled-In Doughs: Danish Pastry and Croissants 922
Makeup Techniques 926

32 QUICK BREADS 933

Mixing and Production Methods 934 Formulas 936

33 CAKES AND ICINGS 941

UNDERSTANDING CAKE MAKING 942

Basic Mixing Methods 942
Cake Formula Types 946
Scaling and Panning 947
Baking and Cooling 949
Common Cake Faults and Their Causes 949
Altitude Adjustments 950

CAKE FORMULAS 951

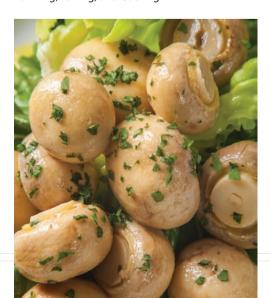
Creaming Method 951 Two-Stage Method 953 Foaming Methods 954

ICINGS: PRODUCTION AND APPLICATION 956

Producing and Handling Basic Types 956 Assembling and Icing Cakes 962

34 COOKIES 967

Cookie Characteristics and Their Causes 968
Mixing Methods 969
Types and Makeup Methods 970
Panning, Baking, and Cooling 972





35 PIES AND PASTRIES 981

PIES 982

Pie Doughs 982 Assembly and Baking 986 Fillings 988

PASTRIES, MERINGUES, AND FRUIT DESSERTS 995

Puff Pastry 995 Éclair Paste 999 Meringues 1002 Fruit Desserts 1004

36 CREAMS, CUSTARDS, PUDDINGS, FROZEN DESSERTS, AND SAUCES 1007

Sugar Cooking 1008
Basic Custards and Creams 1008
Puddings 1014
Bavarians, Chiffons, Mousses, and Soufflés 1016
Frozen Desserts 1021
Dessert Sauces 1023

APPENDIX 1 Metric Conversion Factors 1026APPENDIX 2 Standard Can Sizes 1026

APPENDIX 3 Approximate Weight-Volume Equivalents of Dry Foods 1027

V 4 Vitchen Math Evergines

APPENDIX 4 Kitchen Math Exercises: Metric Versions 1028

APPENDIX 5 Eggs and Safety 1030

BIBLIOGRAPHY 1031
GLOSSARY AND COOKING VOCABULARY 1033
SUBJECT INDEX 1045
RECIPE INDEX 1049