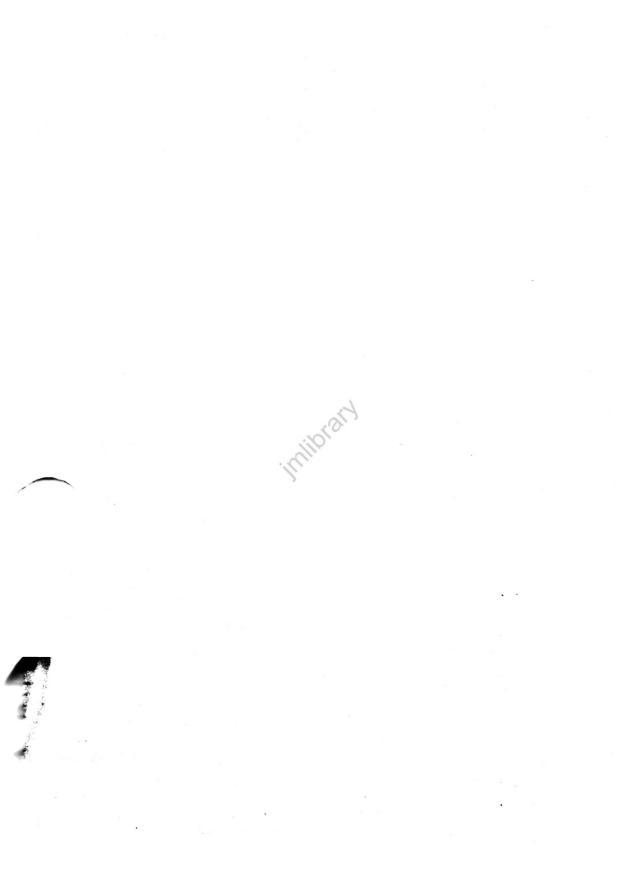
& BASIC FOOD PREPARATION

LYKA M. VELASQUEZ



ISBN: 978-621-8179-29-5

Kitchen Essentials & Basic Food Preparation

PHILIPPINE COPYRIGHT, 2021 and Published by



1633 Laguna St., Cor. Oroquita, Sta. Cruz, Manila

Email: edricpublishing@gmail.com 09664639141

And

Lyka M. Velasquez

ALL RIGHTS RESERVED

No part of this work covered by the copyright herein may be reproduced transmitted, stored or used in any form or by any means graphic, electronic, or mechanical, including but not limited to photocopying, recording, scanning, digitalizing, taping, web distribution, information network, or information storage and retrieval systems without prior permission from the author and the publisher

niibrar

一先的保险过多。但 法委任 法保险

TABLE OF CONTENTS

and show it a sublimited with the frame from the state show

CHAPTER		PAGE	
1	KITCHEN HISTORY	3	
2	SANITATION & FOOD SAFETY	9	
3	KITCHEN ORGANIZATION	30	
4	FOOD PREPARATION EQUIPMENT	36	
5	BASIC FOOD PREPARATION & TECHNIQUE	51	
6	COOKING TECHNIQUES	67	
7	MEAT	77	
8	POULTRY	85	
9	FISH & SHELLFISH	92	
10	EGGS	99	
11	VEGETABLES & FRUITS	106	
12	SOUPS & STOCKS	114	
13	SAUCES	121	

d styl ange jud data terra i britte e då så henne dense ude til ban sk

Page | 2

