

Kitchen Essentials & Basic Food Preparation M A N U A L

**Dr. Rene D. Osorno
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Grayfield T. Bajao
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Table of Contents

	Page
Chapter 1: Laboratory Conduct and Responsibilities	1
Laboratory Exercise #1	2
Laboratory Activity #1	3
Chapter 2: Safety, Security Personal Hygiene in the Workplace	5
Personal Health and Hygiene	5
Checklist when to wash your hands	6
What you wear at work and how you should look like	7
Fire Precautions	9
Procedures in the Event of Fire	9
Procedures on Discovery of a Suspicious Item or Package	13
Procedures in the Event of an Accident	13
Recording and Reporting Accidents	14
First Aid Treatment and Equipment	16
Safety Procedures	17
Laboratory Exercise #2	19
Laboratory Activity #2	21
Chapter 3: Clean and Maintain Kitchen Premises Equipment & Utensils	23
Type of Surface and Their Cleaning	23
Type of Cleaning Agent	24
Checklist in Storing Cleaning Agents	25
Cleaning safely and effectively	25
Checklist in Safety with Cleaning Agents	26
Disposing of Rubbish and Waste Food	27
Cleaning Floors, Drainage Channels, etc.	27
Cleaning Kitchen Equipment	28
Types of Equipment and their cleaning	29
Cleaning Kitchen Utensils	31
Types of Utensil	32
Storing Utensils	33
Cleaning Cutting Equipment	34
Using Suitable Cleaning Equipment and Materials	34
Types of Equipment and their cleaning	34
Storing and Handling Cutting Equipment	35
Handling Waste	36
Types of Waste	36
Unidentifiable and Hazardous Waste	36
Checklist in safe Storage of Waste	37
Checklist in Waste Left for Collection	38
Laboratory Exercise #3	39
Laboratory Exercise #3	41

Chapter 4: Food Borne Illnesses	43
The Vegetative and Spore States of Bacteria Cells	44
Spoilage and Disease-Causing Bacteria	44
Bacterial Growth	44
What Bacteria Need in order to Multiply	45
Foodborne Illness	47
General Symptoms of Foodborne Illness	48
Classification of Foodborne Illness	48
Foodborne Illness Caused by Bacteria	48
Laboratory Exercises #4	53
Laboratory Activity #4	55
Chapter 5: The Food Preparation Process	57
The Mise-en-place	57
Cutting Techniques	58
Cutting Equipment	59
Laboratory Exercise #5	60
Laboratory Activity #5	62
Chapter 6: Preparing Vegetables and Fruits	63
Categories of Vegetables	64
Laboratory Exercise #6	68
Laboratory Activity #6	69
Chapter 7: Preparing Stocks, Sauces and Soups	71
Stocks	71
Classification of Stocks	72
Glazes	74
Sauces	74
Roux	74
Laboratory Exercise #7	76
Laboratory Activity #7	77
Chapter 8: Preparing Egg Dishes	79
Type of Egg	79
Grade of Size of Egg	80
Market Forms of Egg	81
Purchasing and Quality of Egg	81
Health, Safety and Hygiene	82
Laboratory Exercise #8	83
Laboratory Activity #8	84

Chapter 9: Preparing & Cooking Pasta Dishes	85
Shapes of Pasta	86
Food Value	86
Examples of Sauce that go with Pasta	86
Cooking Pasta	86
Examples of Common Pasta	87
Laboratory Exercise #9	88
Laboratory Activity #9	89
Chapter 10: Preparing & Cooking Fish and Selfish	91
Classification of Fish	91
Market Forms of Fish	92
Points to look for when buying fresh fish	93
Storage	94
Preservation	94
Methods of Cooking Fish	94
Cuts of Fish	96
Laboratory Exercise #10	97
Laboratory Activity #10	98
Chapter 11: Preparing & Cooking Poultry and Meat	99
Poultry	99
Cuts of Chicken	100
Storage	101
Beef	102
Cuts of Beef	102
Pork	105
Laboratory Exercise #11	106
Laboratory Activity #11	108
Chapter 12: Preparing sandwiches & Canapes	109
Main Groups of Bread	109
Fillings	110
Types of Spread	110
Types of Sandwiches	110
Cocktail Canapes	111
Laboratory Exercise#12	113
Laboratory Activity #12	114
Laboratory Activity #13	115
Bibliography	116

Laboratory Conduct and Responsibilities

CHAPTER

1

General Rules

1. Wear appropriate clothing before entering the laboratory, and do not remove it until after you leave the laboratory.
2. Wash your hands with soap before working with food. Do not dry your hands on dish towels. Paper towels are available. Do not wear excessive jewelry when preparing and handling food items in the kitchen.
3. After using a handkerchief, wash your hands before you handle food again.
4. Avoid touching your hair or face while working with food. Wash your hands after each contact
5. Use a special spoon or fork for sampling any food product to test for doneness or seasonin. Any spoon or fork placed in the mouth must be washed before being used for further food sampling
6. Observe safety procedures while working with sharp knives and other equipment.
7. Keep your work station clean. Each student should assist in general housekeeping of the laboratory. You are responsible for washing your own equipment.
8. Be cooperative in sharing limited space and tools.
9. Inform the instructor of any physical disabilities that might cause danger to you or to another student while you work in the laboratory.
10. Never sit on any piece of equipment in the laboratory.
11. Return all equipment to its proper location in the laboratory. Each piece of equipment should be clean and dry before it is stored.
12. No one is allowed to prepare and cook foods unless the instructor askend them to do so.
13. Do not play in the laboratory.
14. Report all items and equipment that are not functioning properly to the instructor. Never attempt to fix things inside the laboratory.