

KITCHEN ESSENTIALS AND BASIC FOOD PREPARATION

Daryl Ace V. Cornell, PhD • Claire Ann M. Yao
Authors

Reil G. Cruz, PhD
Coordinator



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Daryl Ace V. Cornell, PhD
Claire Ann M. Yao

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Preface

In the larger Philippine food and beverage sector, the kitchen is the heart of any establishment. It is the foundation for a great meal and is the reason why customers keep coming back. For employees, this is their source of living which employs more than a hundred thousand Filipinos. It is, therefore, a must to become familiarized in the different areas of operations of a kitchen.

Just like any sector, the kitchen shows a challenge when it comes to different changes it poses. The taste of customers changes from time to time, and this is one main reason why a kitchen employee should adapt and be trained. In the past years, there had already been many trends going around the culinary and gastronomy field, specifically, the rejuvenation of slow food and the introduction of higher sciences in cooking, better known as molecular gastronomy. Many great chefs have been trained in this area, but one thing all of them have in common is this: they all started from the basics.

This is what this worktext is all about—kitchen essentials. With the contents of this book, the students will be familiarized with basic knowledge and demonstrate practical skills in basic culinary tasks, food preparation, and food presentation in a commercial food service establishment.

The contents of the book signify the technical know-how a starting or aspiring cook or chef needs to achieve before he/she advances his/her culinary skills. The chapters in this book cover a wide array of topics a culinary student needs to know. There are also many recipes provided to start off the cooking adventure of the students.

The book will come in handy in the kitchen essentials and basic food preparation subject under the Hospitality Professional course as mandated by CHED Memorandum Order No. 62, Series of 2017. It is the hope of the authors that through the aid of class instruction of *Kitchen Essentials and Basic Food Preparation*, aspiring culinary students will become responsible, highly skilled, and world-class chefs and restaurateurs of the future!

The Authors