

FOOD PRODUCTION & PATISSERIE

UNIT :1

1 Basic of Food Production

- 1.1 Classical Kitchen Brigade
- 1.2 Cuts of Vegetable
- 1.3 Cuts of Meat, Fish, Poultry
- 1.4 Basic Methods of Cooking
- 1.5 Stocks
- 1.6 Sauces
- 1.7 Soups
- 1.8 Salads

2 Basics of Bakery & Confectionery

- 2.1 Breads
- 2.2 Cakes
- 2.3 Cookies
- 2.4 Pastries

3. Modern Cooking Techniques & Processes

- 3.1 Sous Vide Cooking, Cook Chill & Cook Freeze
- 3.2 HACCP (Definition, Process in brief, Application in the Kitchen)
- 3.3 FSSAI Law

4. Larder

- 4.1 Definition; layout of the department
- 4.2 Hierarchy, Duties & responsibilities of larder chef
- 4.3 Tools & Equipment of larder department
- 4.4 Importance of larder control
- 4.5 Yield testing

UNIT :2

5 Charcuterie

- 5.1 Introduction to Charcuterie
- 5.2 Brines – Cures – Marinades - Smoking
 - 5.2.1 Types, uses, differences
- 5.3 Forcemeats
 - 5.3.1 Components of forcemeat
 - 5.3.2 Methods of making forcemeat
- 5.4 Sausages
 - 5.4.1 Components of sausage
 - 5.4.2 Types of sausages
 - 5.4.3 International sausages with country of origin
- 5.5 Charcuterie Products
 - 5.5.1 Galantine, Ballotine, Pates, Terrines

- 5.5.2 Mousse & Mousseline
- 5.5.3 Gelée, Aspic Jelly & Chaud Froid
- 5.6 Ham – Bacon – Gammon
 - 5.6.1 Definitions
 - 5.6.2 Types of Bacon
 - 5.6.3 International Ham/Bacon with country of origin
 - 5.6.4 Difference between Ham/Bacon/Gammon

6 Cheese

- 6.1 Definition & History
- 6.2 Manufacturing Process
- 6.3 Types & Uses
- 6.4 International Cheese with Country of origin
- 6.5 Cheese Board (Layout & Presentation)

UNIT : 3

7 International cuisine.

- 7.1 Geographic Location
- 7.2 Historical Background
- 7.3 Staple Food & Specialties With Recipes
- 7.4 Tourist Destination
- 7.5 Sports
- 7.6 Festivals
- 7.7 Regional Attire
- 7.8 Currency
- 7.9 Equipment's & Raw Ingredients
- 7.10 Glossary Terms
- 7.11 Audio Visual Clips

Assignment to be prepared any one from the following countries:

• Europe Continent

- o France
- o Italy
- o Spain & Portugal
- o Germany
- o Great Britain
- o Scandinavian countries
- o Greece

• Middle East

- o Morocco
- o Lebanon
- o Turkey

• Far East

- o China
- o Japan
- o Thailand

• North Central America

o USA

o Mexico

8 Chocolate

8.1 History and sources

8.2 Manufacturing and processing of chocolate

8.3 Types of chocolates

8.4 Tempering of chocolate

8.5 Application of cocoa, butter and white chocolate

9 Icings

9.1 Definition & Introduction

9.2 Varieties of Icing

9.3 Uses of Icing

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Classical Kitchen Brigade

Georges Auguste Escoffier (28 October 1846 – 12 February 1935) was a French chef, restaurateur and culinary writer who popularized and further refined French Cooking methods during the turn of the 19th-20th century. Escoffier is considered a legend amongst chefs in the professional culinary world and is most remembered for his leading role in the development of French Cuisine.

Escoffier's three major contributions to treasure chest of French Cuisine include:

- the modernization and further simplification of the elaborate cooking techniques and methods of Antoine Carême, who had systematized the tenets of French Haute Cuisine
- publishing *Le Guide Culinaire*, a culinary textbook and collection of some 5,000 recipes intended to be used toward the education of the younger generation of cooks. The first edition was printed in French in 1903 and was used by Chefs and professional kitchen staff. This seminal culinary text book has been reprinted a number of times over the past century and is still used today in the culinary industry.
- and the accomplishment we are most interested in: the development of the Classical Brigade System of kitchen organization in which responsibilities are assigned to different individuals that specialize in certain tasks.

According to Wayne Gisslen's *Professional Cooking Sixth Edition*:

"This reorganization divided the kitchen into departments based on the kinds of foods produced. A station chef was placed in charge of each department. In a small operation the station chef might be the only worker in the department. But in a large kitchen, each station chef might have several assistants"

Members of the Classical Brigade include:

1. Chef (Chief)- The person in charge of the kitchen, in larger establishments this person has the title of Executive Chef. This person is responsible for all aspects of food production.

2. Chef de cuisine (Kitchen chef)- Present in large establishments in which several kitchens are operating in different locations. The chef de cuisine reports to the executive chef.

3. Sous-chef de cuisine (Under chef de cuisine) - This position is in charge of production, receives orders directly from the chef de cuisine for the management of the kitchen and often represents the chef de cuisine when he or she is not present.

4. The Chef de partie (Station chef) is in charge of a given station in the kitchen where they specialize in preparing particular dishes. In smaller kitchens and restaurants several station jobs are often handled by one individual. The most important station chefs include:

- Saucier (Sauce maker)- prepares sauces, warm hors d'oeuvres, completes meat dishes and in smaller restaurants may work on fish dishes and prepares sautéed items. This job is considered one of the most respected positions in the kitchen brigade.

- Rôtisseur (Roast cook) - Manages a team of cooks that roasts, broils and deep fries dishes including the job titles:

- Grillardin (Grill cook) - In a larger kitchen this person prepares the grilled foods instead of the rôtisseur.

- Friturier (Fry cook) - In larger kitchens this person prepares fried foods instead of the rôtisseur.

- Poissonnier (Fish cook) - Prepares fish and seafood dishes.

- Entremetier (Entrée preparer) - Prepares soups and other dishes not involving meat or fish, including vegetable dishes and egg dishes

- Potager (Soup cook) - In larger kitchens this person reports to the entremetier and prepares the soups.

- Legumier (Vegetable cook) - In larger kitchen this person also reports to the entremetier and prepares the vegetable dishes.

- Boucher (Butcher) - butchers meats, poultry and sometimes fish. May also be in charge of breading meat and fish items.

- Garde manger (Pantry supervisor) - Responsible for preparation of cold hors d'oeuvres, prepares salads, organizes large buffet displays and prepares charcuterie items.

- Tournant (relief cook/ swing cook) - Moves throughout kitchen assisting other positions in kitchen

- Pâtissier (Pastry cook) - Prepares desserts and other meal end sweets and for locations without

a boulanger also prepares breads and other baked items. They may also prepare pasta for the restaurant.

Semester V

Semester V

Divisions in larger kitchens include:

- > Confiseur - Prepares candies and petits fours in larger restaurants instead of the pâtissier.
- > Glacier - Prepares frozen and cold desserts in larger restaurants instead of the pâtissier.
- > Décorateur - Prepares show pieces and specialty cakes in larger restaurants instead of the pâtissier.
- > Boulanger (Baker) - Prepares bread, cakes and breakfast pastries in larger restaurants instead of the pâtissier.

5. Cuisinier (Cook) - This position is an independent one where they usually prepare specific dishes in a station. They may also be referred to as a cuisinier de partie.

6. Commis (Junior cook) - Also works in a specific station, but reports directly to the chef de partie and takes care of the tools for the station.

7. Apprenti(e) or Stagier (Apprentice) - Many times they are students gaining theoretical and practical training in school and work experience in the kitchen. They perform preparatory work and/or cleaning work.

8. Other important hierarchies:

- Plongeur (Dishwasher) - Cleans dishes and utensils and may be entrusted with basic preparatory jobs.

- Marmiton - (Pot and pan washer) In larger restaurants takes care of all the pots and pans instead of the plongeur.

- Expediter or Aboyeur (Announcer/ expediter) - Takes orders from dining room and distributes them to the various stations. This position may also be performed by the sous-chef de partie.

- Communard - Prepares the meal served to the restaurant staff. In smaller establishments this job is often completed by the Chef de Cuisine or Sous Chef.

- Garçon de cuisine - Performs preparatory and auxiliary work for support in larger restaurants.

The size of the classical brigade may be reduced by combining two or more positions where the workload allows.

Some large establishments depend on the division of labor amongst a large team encompassing all, if not multiples, of the above positions. Most modern operations, though, are smaller than this. A medium sized operation may employ a Chef de cuisine, a sous chef, a pantry cook and a few helpers. Smaller kitchens may only have a Working Chef, in charge of operations not large enough to have an executive chef; Line cooks, who prepare or finish hot a la carte items during service in a restaurant; and Short Order Cooks, responsible for foods that are quickly prepared to order (sandwiches, salads, broiled and fried foods etc..)

Lastly, let it be said that the term Chef is reserved for one who is in charge of a kitchen or part of a kitchen. The title must be earned by experience in preparing food and managing a staff and in planning production.

Skills can be grouped into three general Categories:

1. **Supervisory:** management and supervisory skills, thorough knowledge of food production and the in's and out's of the kitchen are required for those aspiring to be an executive chef, head chef, or working chef. These leadership positions require understanding organizations and motivating people, planning menus, cost control, budget management, and purchasing food supplies and equipment.
2. **Skilled and Technical:** The backbone of the kitchen are the cooks who's hands produce the dishes served to the customers. These cooks must have knowledge and experience in cooking techniques, especially those in their own department.
3. **Entry Level:** these jobs usually require no particular skills or experience. Entry level workers in the professional cooking industry usually begin washing vegetables and preparing salad greens. As their knowledge and experience grows they may rise through the ranks of the above kitchen brigade.

CUTS OF VEGETABLES			
SR.NO.	TYPE OF CUT	DIMENSIONS	E.g.
1	Allumete (Match Stick)	1/16" * 1/16" * 2"	Potato
2	Batonette (French Fry)	1/4" * 1/4 " * 2"	Potato
3	Brunoise (Small dices)	2mm*2mm*2mm	Carrot/ Cucumber/ Potato
4	Concasse	Roughly chopped	Tomato
5	Emincer	Cut into very thin slices	Carrot/ Cucumber
6	Fluting	Cut specifically for mushrooms	Mushroom
7	Jardiniere (Baton)	3mm*3mm*18mm	Cucumber/ Carrots/ Capsicum/ Celery
8	Julienne (Double MatchStick)	1mm*1mm*25mm	Cabbage/ Carrot/ Capsicum
9	Macedoine (Large dice)	5mm*5mm*5mm	Tomato/ Cucumber/ Onion
10	Lozenge	(Cutting obliquely at a slant in equal lengths)diagonal shaped	Carrot
11	Medium dice	1/2" * 1/2" * 1/2"	Boiled Potato, Carrot, Green peas, French beans & canned Pineapple
12	Mince	Chop into very fine pieces	All vegetables

13	Mirepoix / Matignon	Roughly cut vegetables; Matignon is used as mirepoix, but served along the dish.	Onions, Carrots & Celery
14	Noisette / Chateau (Tourne or Turned)	Small seven sided barrel	Carrot/ Potato
15	Olivette	Olive Shaped	Carrot/ Potato
16	Paring	(Peeling the skin of veg. / fruits using a paring knife)	Apple
17	Parisienne	Round Shaped, scooped with a scooper	Papaya & Watermelon
18	Segment	Usually done for citrus fruits	Lime/ Orange
19	Shred	Cut into very thin strips	Cabbage/ Spinach
20	Slice	Uniform Cross Cuts	Onion/ Tomato/ Cucumber
21	Wedge	Round/ Oval vegetables cut equally lengthwise	Lime/ Potato
22	Chiffonade	Shredded big leafy vegetables	Spinach
23	Paysanne	Geometrical shapes of 1mm thickness	Carrot

CUTS OF MEAT

Meat includes edible portion of the mammals, the chief one being cattle.

Structure

Meat comprises of three parts:

1. Lean or flesh part: It is composed of microscopic fibers which are tube like and tapering at the ends and vary in size. These fibers are held together by the CONNECTIVE TISSUES. Fats, blood cells and nerves are found in the connective tissue. Individual fiber is made up of outer walls and the cell contents. Muscles are composed of bundles of microscopic fiber and each bundle is enclosed in a sheath of connective tissue which extends beyond the muscle to form a tendon and ligament. Tendon hold muscles to bony framework.

2. Fatty Tissue: fat globules lie embedded in a network of connective tissues. The distribution of the fatty tissue is inter and intra- muscular under the skin.

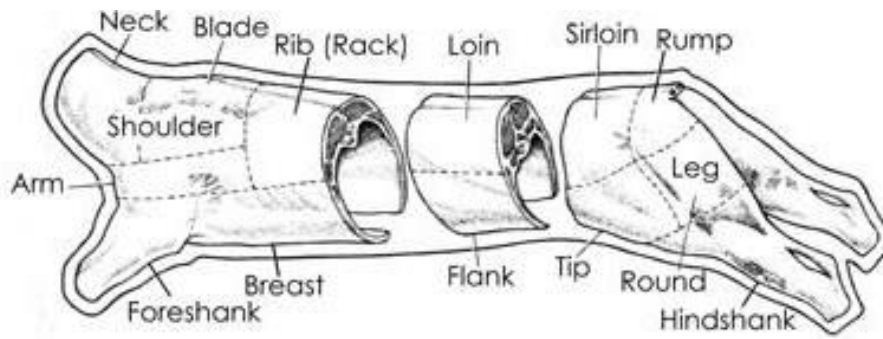
3. Bones: long shafts of the bones are composed of compact bony tissue. A center canal is filled with yellow marrow. Contain red marrow which has get blood cells.

Rigor mortis: after the animals are killed, the muscles become stiff and hard. This is due to the clotting of the MYOSIN (a protein present in meat) which is converted to lactic acid. This condition is called RIGORMORTIS and has its importance in food production because of the fact that the meats are not cooked while they are in the state of Rigor Mortis. When the meats are held for certain time duration at a temperature of 2 to 5° C for 12 to 24 for hours, the Rigor Mortis disappears making the meat tenderer. Veal and Pork should not be hung. Veal due to lack of fat results in excessive drying and pork has high fat content which goes rancid if hung for a longer time.

Meats are generally divided into two categories:

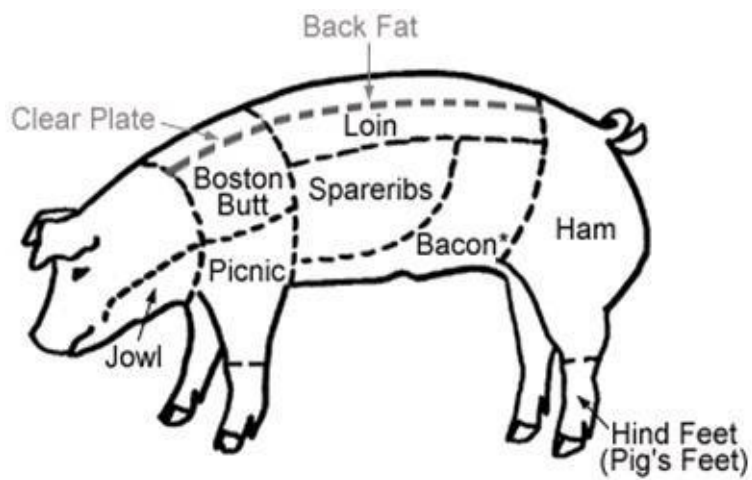
1. White Meat: Veal, Pork and Poultry.
2. Red Meat: Beef, Mutton, Lamb

Cuts of Veal



Major cuts of Veal

Cuts of Pork



Cuts of Chicken



Whole Chicken: The chicken with all parts intact, generally including the giblets stuffed in the cavity. Consists of white and dark meat.



Breast: The entire breast portion of the chicken. It is available bone-in, boneless, skin-on and skinless. Consists of white meat only.

Breast Quarter:

Generally includes a little more than one quarter of the meat on the chicken. The cut includes half a breast, a wing, and part of the back.





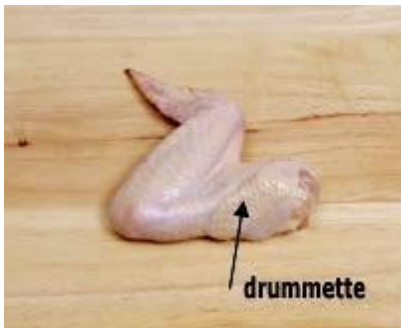
Supreme/Tenderloin:

The muscle of the breast, which runs along both sides of the breastbone, located on the upper portion of the breast. Consists of white meat only.



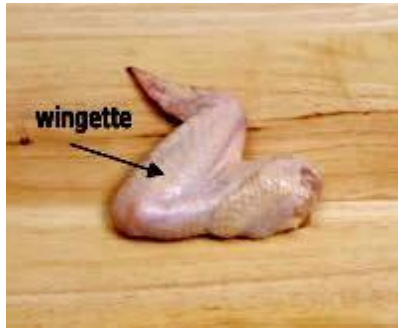
Wing:

The wing of the chicken consists of three sections, the wing tip, the wingette (or flat wing tip), and the drumettes.



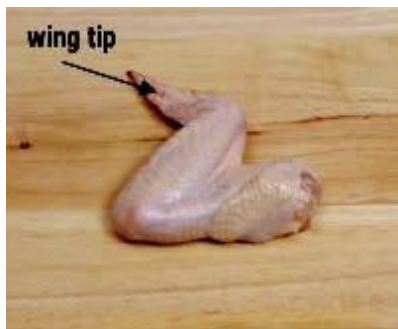
Drumette:

The section of the wing that is connected to the body of the bird and contains most of the wings meat. It resembles a very small drumstick.



Wingette:

Also referred to as the flat wing tip. The middle section of the wing, which does not contain much meat, but is generally moister than the drummette.



Wing Tip:

The third and outer most section of the wing. Does not contain much meat and is many times discarded. It can be used when making stock to help add flavor to the broth.



Leg Quarters: Generally includes a little less than a quarter of the meat on the chicken. The cut includes a thigh, drumstick, and a part of the back.



Leg: The leg of the chicken consists of two parts, which are the thigh and the drumstick. Consist of dark meat only.



Thigh: The top portion of the leg above the knee joint that is connected to the body of the chicken. Consists of all dark meat.



Drumstick: The bottom portion of the leg below the knee joint. Consists of all dark meat.

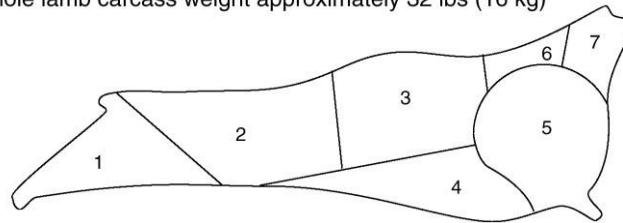


Giblets: Consists of the neck, liver, heart, and gizzard.

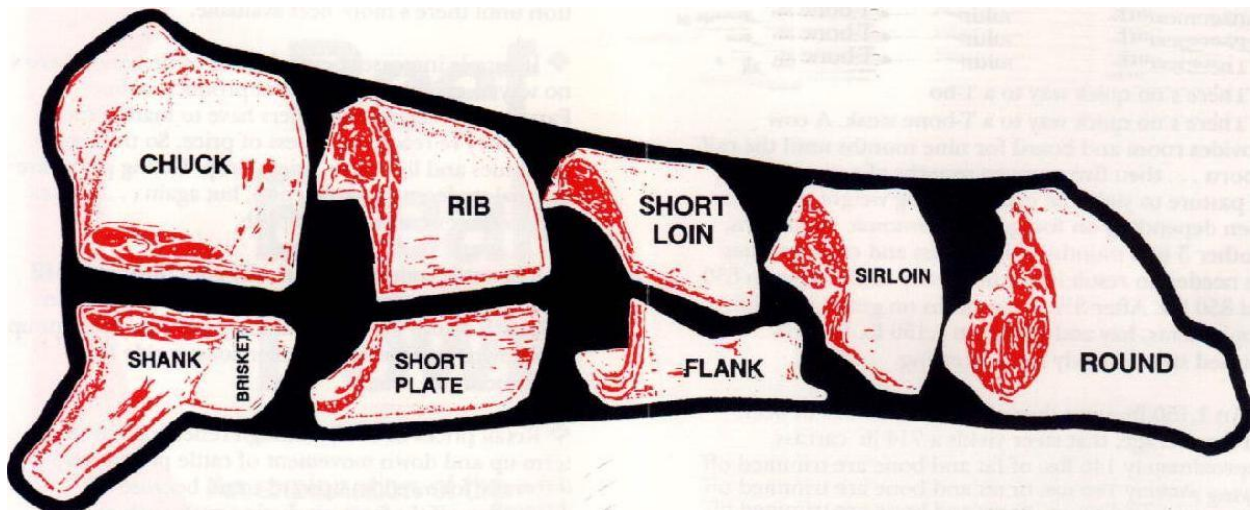
Cuts of Lamb

	CUT	WEIGHT	METHOD OF COOKING
1	Leg	3 ¹ / ₂ kg (7 lb)	Roasting
2	Saddle	3 ¹ / ₂ kg (7 lb)	Roasting, Grilling, Shallow Frying
3	Best end	2 kg (4 lb)	Roasting, Grilling, Shallow Frying
4	Breast	1 ¹ / ₂ kg (3 lb)	Roasting, Stewing
5	Shoulder	3 kg (6 lb)	Roasting
6	Middle neck	2 kg (4 lb)	Stewing
7	Scrag end	2 kg (1 lb)	Stewing

Whole lamb carcass weight approximately 32 lbs (16 kg)



Cuts of Beef



Cuts of Fish

1. La Darne: A slice of round fish cut on the bone 2-3 cm thick. E.g. Darne De Saumon.
2. La Tronçon: A slice of flat fish cut on the bone 4-5 cm thick. E.g. Tronçon De Turbot.
3. La Fillet: A cut of fish which is free from bone. E.g. Fillet De Saumon.
4. La Supreme: It is usually applied to fillet of large fish which is cut on a slant. E.g. Supreme De Saumon.
5. Le Delice: Trimmed and neatly folded fillet of fish. E.g. Delice De Sole.
6. Le Goujon: The term is usually applied to fillet of fish which is cut into strips. 8 cm long and 1 cm wide. E.g. Goujon De (any small fish).
7. Le Goujonnet: The term is usually applied to fillet of fish which is cut into strips. 5 cm long and ½ cm wide. E.g. Goujonnet De (any small fish).
8. Le Paupiette: It is fillet of fish which is spread with stuffing and then rolled. E.g. Paupiette de sole.

Note: A round fish gives 2 fillets and flat fish gives 4 fillets.

2 Basics of Bakery & Confectionery

- 2.1 Breads
- 2.2 Cakes
- 2.3 Cookies
- 2.4 Pastries

13.1 BREAD MAKING

PRINCIPLES OF BREAD MAKING

There is a sense of mystery in watching basic ingredients like flour, water, sugar and salt respond to the power of yeast. The gluten stretches and expands as air pockets form. The sugar colours with the heat and become golden. What was simply a spongy mass miraculously becoming a veritable work of art, a very edible work of art.

Components and their Contribution to Bread Making Bread is composed of various ingredients, each playing a particular role and contributing to the flavour and texture of the finished product. To be familiar and understand these ingredients is the first step in good bread making. 1) Yeast It is a tiny living fungus that thrives on sweetness, warmth and moisture. Through the process of fermentation yeast acts on carbohydrates and turns them into carbon dioxide and alcohol. This carbon dioxide causes the rise in baked products. Alcohol evaporates during baking yet helps in development of flavour in the bread.

2) Flour The main ingredient in any bread is flour, which gives it its structure. Wheat flour, with its rich protein called gluten, gives doughs their strength and elasticity. Gluten is capable of expanding greatly; thus creating a network of little pockets that trap the gasses produced by yeast that would otherwise escape. As discussed earlier, whole-wheat flour contains all of the wheat grain; i.e. bran, germ and endosperm. All-purpose flour contains only the endosperm, which yields the highest percentage of gluten. Bread recipes that use yeast must contain at least some white or whole-wheat flour to provide gluten.

3) Liquid It is the liquid in the dough that turns into steam during baking. This steam helps create texture in the bread. Water, milk or even beer can be used in bread making. The difference in breads will stem from the components within the liquid. Milk will produce richer bread with a tender crust and a less grainy taste. The proportion of liquids to flour will vary from formula to formula and is caused by the composition of the flour used and the liquid.

4) Salt It has three primary functions in bread dough, the first being improvement of the bread's flavour and enhancement of the flavours of other ingredients. The second function is that it has an inhibiting effect on yeast fermentation. Salt reduces the gassing power of yeast, allowing the development of a uniform rise in the product. The third function is the strengthening and tightening of gluten in the dough. Thus salt, when used, should be in balance with the flour or results could be disastrous.

5) Sugar This makes the dough rise quickly as well as helps brown the crust. Sugar should be used sparingly as too much will inhibit the action of yeast. Always follow the formula carefully. Granulated sugar is most commonly used, though other sweeteners like honey, molasses, corn

syrup or brown sugar as well as raisins and dates can be used. They all add a different variety of flavour, texture and colour to the bread.

6) Shortening It is often added to enrich bread, however it is not essential to any bread formula. Shortening gives flavour to the bread and makes it tender. Breads also keep longer and better. Shortening also must be used in limit as too much could inhibit the growth of yeast. In olden days hog lard was used in bread making, but today the preferred fats are vegetable shortening and butter.

7) Eggs too are an optional ingredient in bread making. They provide richness, flavour and improve texture. Breads also have a longer shelf life if eggs are added to the dough. Eggs are best used in the production of sweet enriched dough.

8) Other Ingredients Spices, dry fruits, nuts and various seeds and cereals are also used in bread dough. They contribute to flavour, texture and nutritional value of the bread.

Lean Dough and Rich Dough There are many formulae for bread doughs. Some of these contain few or more enriching ingredients. Those that are low in fat and sugar are termed as lean doughs. They include hard crusted breads like French bread, Kaiser Rolls, and pizza bases. Dinner rolls and white bread are slightly enriched because they have a certain amount of sugar, milk and eggs added to the dough. These breads have a softer crust. Whole wheat and rye breads are made from lean doughs. Dough that has a high percentage of enriching ingredients such as eggs, butter, sugar, fat and cream are termed as rich doughs. These include rich dinner rolls, brioche, sweet rolls, coffeecakes, Danish pastry, croissants and many tea rolls. They are usually made with a sweet filling or topping.

Methods of Bread Making

1) Straight Dough Method In this method, yeast is dissolved with a portion of the liquid. The rest of the ingredients, except flour, are combined with the remainder of the water and mixed. The flour and yeast solution is added and the dough kneaded until it is smooth. Shortening is kneaded in last. Fermentation is longer in this type of dough as yeast is less.

2) No-time Dough Method In this method, all the ingredients are mixed in a once and the dough is used immediately. Yeast is more and the fermentation period is eliminated.

3) Sponge Dough Method Here a ferment is made with yeast, part of the liquid, sugar and salt. It is kept to ferment and only then is the rest of the flour and liquid added.

4) Ferment Dough Method Similar to sponge dough method, only fat and sugar content is higher.

5) Salt Delayed Method This is a variation of the straight dough method. Salt is added only after 2/3 of the fermentation time is over. Yeast multiplies at a faster before being inhibited by salt. Therefore, fermentation is faster.

6) Sour Dough Method Left over dough is kept until it over-ferments and turns sour. This is added to the new dough and acts as a partial substitute for yeast. It provides a distinct flavour to the

bread.

7) Hot Dough Method The temperature of the dough is maintained at 88°F by using lukewarm water. This is done when there is shortage of time and fermentation has to be done faster. The quality of the bread made by this method is not so good.

8) Continuous Bread Making Method This is a machine method of making bread. A liquid broth of yeast, water, sugar, milk solids, salt and yeast food is prepared in steel tanks by mechanical agitators. The temperature of the broth is maintained at 86°F. After the broth is fermented, it is pumped into an incorporator where flour and fat are roughly mixed in. It then moves on to the developers where gluten is developed by high speed mixing. It then goes on to dividers where the dough is measured, cut out and moulded. It is then placed on greased trays ready to proof and bake.

Steps in Bread making

1: Scaling

All ingredients are measured. We would like to recommend two things for this step:

1. Measure all wet and dry ingredients by weight.
2. Use a formula that is expressed in "baker's math" or "baker's percentages."

(more about this in a future post)

This step concludes when all ingredients are accurately measured and lined up in order of use, as well as all tools and equipment are ready for the second step in the bread-making process.

Step 2: Mixing

Ingredients are combined into a smooth, uniform dough; the yeast and other ingredients are evenly distributed through the dough, the gluten is developed, and fermentation is initiated.

Step 3: Bulk or Primary Fermentation

The dough is allowed to ferment. Fermentation is the process by which the yeast acts on the sugar and starches and produces carbon dioxide and alcohol.

Step 4: Folding

The purpose of this step is to degas the dough, and we do that for four reasons: to expel some of the carbon dioxide, and avoid by that choking the yeast; to allow the gluten to relax a bit; equalize the temperature of the dough; and to redistribute the nutrients necessary for the yeast's continued growth.

Step 5: Dividing or Scaling

The dough is divided or scaled into the desired individual portions.

Step 6: Pre-shaping or Rounding

The portioned dough is loosely shaped into smooth, round balls. This organizes the dough into consistent pieces and makes the final shaping easier and more efficient. It also stretches the gluten on the outside of the dough and forms a skin that helps it retain the gases produced by the yeast.

Step 7: Resting

The benching or resting lasts approximately 20 to 30 minutes and relaxes the gluten, making the final shaping of the dough easier.

Step 8: Shaping and Panning

The dough is formed into its final shape and placed in the pan or mold that it will be baked in. Hearth breads that will be baked directly on the oven deck are placed in bannetons or between the folds of baker's linen.

Step 9: Proofing or Final Fermentation

The dough goes through one final fermentation. The dough should be placed in a temperature and humidity controlled environment to allow the bread to rise to the desired volume before baking. Optimum rise for this stage is 80 to 85 percent of the dough's overall volume.

Step 10: Baking temperatures & its importance

The dough is baked. The dough is often scored with a sharp knife prior to baking. This allows the bread to expand without bursting.

Some of the important changes that occur during the baking process are:

- *Ovenspring*: The initial, rapid expansion of loaf volume that is caused when the trapped gasses in the dough expand as a result of the high heat of the oven. The yeast remains active in this final fermentation process until it is killed at a temperature of about 145°F (63°C).
- *Coagulation of proteins and gelatinization of starches*: This contributes to the formation of the crumb and sets the structure of the loaf. This begins at approximately 140°F (60°C) and continues until the temperature reaches between 180°F and 194°F (82°C and 90°C).
- *Formation and browning of the crust*: This begins when the surface of the dough reaches 212°F (100°C) It occurs in baked goods in the presence of heat, moisture, proteins, and sugars and continues until the surface temperature reaches 350°F (175°C). Further crust color and flavor develop with caramelization that occurs between temperatures of 300°F and 400°F (149°C and 204°C). When the bread reaches a maximum internal temperature of 210°F (99°C) the bread should be properly baked. Other signs that mark the completion of the baking process are a golden brown crust and a hollow sound emitted when the baked loaf is thumped. The baking process is now complete and the bread is ready to be cooled and stored.

Step 11: Cooling

The loaves are cooled on racks that allow the air to circulate around them and prevent the crusts from becoming soggy. The bread should be cooled at least two hours to allow the crumb structure to stabilize and develop full flavour.

Step 12: Storage

Baked breads will stale most quickly at temperatures between 32°F and 50°F (0°C and 10°C) and therefore should never be placed in the refrigerator.

13.2 COOKIES

TYPES OF COOKIES

Cookie is a small, flat, baked treat, usually containing fat, flour, eggs and sugar. In most English-speaking countries outside North America, including the United Kingdom, the most common word for a small, flat, baked treat, usually containing fat, flour, eggs and sugar is biscuit and the term cookie is often used to describe drop cookies exclusively. The word cookie means small cake. In fact, some cookies are made from cake batter for some products such as certain kinds of brownies it's difficult to know whether to classify them as cakes or cookies. Most cookie formulas however call for less liquid than cake formulas do. Cookie dough ranges from soft to very stiff, unlike the thinner batters for cakes. This difference in moisture content means some differences in mixing methods, through the basic procedure are much like those for cakes. The most apparent differences between cakes and cookies are in makeup. Since most cookies are individually formed or shaped, there is a great deal of hand labour involved. Learning the correct methods and then practicing diligently are essential for efficiency.

13.2 COOKIES (METHODS OF PREPARTION) & TYPES

MIXING METHODS

Cookie mixing methods are very much like cake mixing methods. The major difference is that less liquid is usually incorporated, so that mixing is somewhat easier. Less liquid means that the mixing will less develop gluten. Also it is a little easier to get a smooth uniform mix. There are basic three cookie mixing methods: One - stage Creaming Sponge These methods are subject to many variations due to differences in formulas. The general procedures are as follows, but always are sure to follow the exact instructions with each formula. One - stage method: This method is the counter part of the two-stage cake mixing method. There is more liquid in cake batters so it must be added in two or more stages in order to blend uniformly. Low moisture cookies on the other hand can be mixed all in one stage. Because all the ingredients are mixed at once, the baker has less control over the mixing with this method than with the other methods. Therefore, this method is not frequently used. When over mixing is not a great problem, as with some chewy cookies, it can be used. Procedure for one state method

1. Scale ingredients accurately. Have all ingredients at room temperature.
2. Place all ingredients in mixer. With the paddle attachment, mix these ingredients at low speed until uniformly blended. Scrape down the sides of the bowl as necessary. Creaming method This is nearly identical to the creaming method for cakes. Since cookies require less liquid, it is not necessary to add the liquid alternately with the flour. It can be added all at once. Note the importance of step two, the creaming stage. The amount of creaming affects the texture of the cookie, the leavening and the spread. Only a small amount of creaming is desired when the cookie must retain its shape and not spread too much Also if the cookie is very short (high in fat and low in gluten development) or if it is thin and delicate too much creaming will make the cookie too crumbly.

Procedure for creaming method:

1. Scale ingredients accurately. Have all ingredients at room temperature
2. Place the fat, sugar, salt and spices in the mixing bowl. With paddle attachment, cream these ingredients at a low speed. For light cookies cream until the mix is light and fluffy, in order to incorporate more air for leavening. For denser cookies, blend to a smooth paste, but do not cream until light.
3. Add eggs, liquid and blend in at low speed.
4. Sift in the flour and leavening. Mix until just combined. Do not over mix, or gluten will develop?

Sponge method

This method is similar to the egg foam methods for cakes. The procedure varies considerably depending on the ingredients. Batches should be kept small because the batter is delicate.

Procedure for sponge method

1. Scale all ingredients accurately. Have all ingredients at room temperature, or warm the eggs slightly for greater volume, as for sponge cakes.
2. Following the procedure given in the formula used, whip the eggs (whole, yolks or whites) and the sugar to the proper stage soft peaks for whites, thick and light for whole eggs or yolks.
3. Fold in the remaining ingredients as specified in the recipe. Be careful not to over mix or to deflate the eggs.

TYPES AND MAKEUP METHODS

We can classify cookie type by their makeup methods. Grouping them by the makeup method is perhaps more useful from the point of view of production, because their mixing methods are relatively simple, while their makeup procedures vary considerably. Bagged, Dropped, Rolled, Moulded, Icebox, Bar, Sheet.

No matter what makeup method you use follow one important rule, make all the cookies of uniform size and thickness. This is essential for even baking since baking time are so short, small cookies may burn before large ones are done. If the tops of the cookies are to be garnished with fruits, nuts, or other items, place the garnishes on the cookies as soon as they are panned press them on gently. If you wait until the surface of the dough begin to dry, the garnish may not stick and will fall off after baking.

BAGGED Cookies

Bagged or pressed cookies are made from soft dough's. The dough must be soft enough to be forced through a pastry bag, but stiff enough to hold its shape.

1. Fit a pastry bag with a tip of the desired size and shape. Fill the bag with the cookie dough.
2. Press out cookies of the desired shape and size directly onto prepared cookie sheet. Eg:- Vanilla swirls

DROPPED Cookies

Like bagged cookies Dropped cookies are made from soft dough. Actually, this method can consider the same as the bagged method, and many bakers use the term "Drop" for both bagging cookies and for depositing dough with a spoon or scoop. Usually a pastry bag is faster, and it gives better control over the shape and size of the cookies. However, in the following situations, using a scoop to drop cookies may be preferred. E.g.: - Chocolate chip cookies When the dough contains pieces of fruits, nuts or chocolate that would clog the pastry tube. When you want the cookies to have a rough homemade look.

1. Select the proper size scoop for accurate portioning.
2. Drop the cookies onto prepared baking sheets. Allow enough space between cookies for spreading.
3. Rich cookies will spread by themselves. But if the formula requires it, flatten the mounds of batter slightly with a weight dipped in sugar.

ROLLED Cookie

Cookie rolled and cut from stiff dough are not made as often in bakeshops and food service operations as they are made in homes because they require excessive labour. Also there are always scraps left over after cutting. When rerolled, these scraps make inferior, tough cookies. The advantage of this method is that it allows you to make cookies in a great variety of shapes for different occasions.

1. Chilled dough thoroughly.
2. Roll dough out 1/8 inch (3mm) thick on a floured canvas. Use as little flour as possible for dusting, since this flour can toughen the cookies.
3. Cut out cookies with cookie cutters. Place cookies on prepared baking sheets. Cut as close together as possible to reduce the quantity of scraps. Roll scraps into fresh dough to minimize toughness
4. Baked cut-out cookies are often decorated with coloured icing (royal icing or fondant) for holidays or special occasions. E.g.: - Crispy cheese biscuit

MOLDED Cookies

The first part of this procedure (step 1 & 2) is simply a first and fairly accurate way of dividing the dough into equal portions. Each piece is then moulded into the desired shape. This usually consists of simply flattening the pieces out with a weight. For some traditional cookies, special moulds are used to flatten the dough and at the same time stamp a design into the cookie. The pieces may also be shaped by hand into crescents, fingers or other shapes.

1. Refrigerate the dough if it is too soft to handle. Roll it out into long cylinders about one-inch-thick, or whatever the size is required.
2. With a knife or bench scraper, cut the roll into ½ ounce (15gm) pieces, or whatever size is required.
3. Place the pieces on a prepared baking sheet, leaving 2 inches space between each.
4. Flatten the cookie with a weight, such as a can, dipped in granulated sugar before pressing each cookie. A fork is sometimes used for flattening the dough for peanut butter cookies.
5. Alternative method: After step 2 shape the dough by hand into desired shapes. Eg:- Nankhatai

ICEBOX Cookies

The icebox or refrigerator method is ideal for operations that wish to have freshly baked cookies on hand at all times. The rolls of dough must be made in advance and stored. Cookies can easily be cut and baked as needed. This method is also used to make multicolored cookies in various designs, such as checkerboard and pinwheel cookies.

1. Scale the dough into pieces of uniform size from 1 ½ lb (700gm) if you are making small cookies to 3lb (1400gm) for large cookies.'
2. Form the dough into cylinders from 1 -2 inches in diameter, depending on the size. For accurate portioning, it is important to make all the cylinders of dough the same thickness and length.
3. Wrap the cylinders in parchment or wax papers, place them on sheet pans, and refrigerate overnight.
4. Unwrap the dough and cut into slices of uniform thickness. The exact thickness required depends upon the size of the cookie and how much the dough spread during baking. The usual range is from 3 - 6 mm. A slice machine is recommended for ensuring even thickness. Dough's containing nuts or fruits however should be sliced by hand with a knife.
5. Place the slice on prepared baking sheet, allowing 5cm between cookies. E.g.: - Date pinwheel cookies

BAR Cookies

This procedure is called the Bar method because the dough is baked on long, narrow strips, which are then cut crosswise into bars. It should not be confused with sheet cookies, which are sometimes called bars by home cooks.

1. Scale the dough into 800gms units, 450 Gins units may be used for-smaller cookies.
2. Shape the pieces of dough into cylinders the length of the sheet pails. Place three strips on each greased pan, spacing them well apart.
3. Flatten the dough with the fingers into strips about 3 - 4 inches wide and about ¼ inch thick.
4. If required brush with egg wash.
5. Bake as directed in the formula.
6. After baking while cookies are still warm cut each strip into bars about 4 ½ cm wide.

SHEET Cookies

Sheet cookies vary so much that it is nearly impossible to give a single procedure for all of them. Some of them are also like sheet cakes; only denser and richer they may even be iced like sheet cakes. Other consists of two or three layers added and baked in separate stages. The following procedure is only a general guide:

1. Spread cookie mixture into prepared sheets pans. Make sure the thickness is even.
2. If required add topping or brush with an egg wash.
3. Bake as directed. Cool
4. Cut into individual squares or rectangles. E.g.: - Hermit spiced cookies Various cookies can be sandwiched with and array of fillings like jam, butter icings, marshmallow etc.

BAKING & COOLING

Preparing the pans

1. Use clean, unwrapped pans.
2. Lining the sheet with parchment or silicone paper is fast, and it eliminates the necessity of greasing the pans.
3. A heavy greased pan increases the spread of the cookie. A greased and floured pan decreases spread.
4. Some high fat cookies can be baked on ungreased pans.

14.1 Pastries

Pastry was originally made by the Egyptians. They made a flour and water paste to wrap around the meat to soak up the juices as it cooked. Pastry was developed in the Middle East and it was brought to Europe by the Muslims in the 7th century. By medieval times local areas had their own pudding and pies. In the 17th century both flaky and puff pastry were used, and intricate patterns on the pies were a work of art. Today the chief purpose of pastry is to complement the flavor of the fillings and to provide a casing. When learning about pastry it is important to know some terms. Paste is the uncooked pastry mixture with the fat added. It has less water and more fat than the dough which is used for bread and scones. In bakeries special pastry margarine is used, whereas the tastiest fat to use at home is butter. Pastry is the name given to various kinds of baked goods made from ingredients such as flour, butter, shortening, baking powder or eggs. Small cakes, tarts and other sweet baked goods are called "pastries". Pastry may also refer to the dough from which such goods are made. Pastry dough is rolled out thinly and used as a base for baked goods. Commonly pastry dishes include pies, tarts and quiches. Pastry is distinguished from bread by having a higher fat content, which contributes to a flaky or crumbly texture. A good pastry is light and airy and fatty, but firm enough to support the weight of the filling.

Definitions:-

A mixture of flour, fat, possibly egg and sugar, the fat usually dispersed as small solid globules coated with flour and the whole brought together with liquid prior to shaping and baking. There are many types of pastry.

Classification of Pastries

Shortcrust pastry

The shortcrust or short pastry is the simplest and the most common pastry made. It is made with the ingredients of flour, fat, salt, and water. The process of making pastry, include mixing of the fat and flour, adding water, and rolling out the paste. It is cooked at 180°C and the result is a soft tender pastry. Different types of short pastry are used for different foods. Short pastry is used to make meat and other savory pies. Short sweet pastry with added sugar, and sometimes eggs, is used to make fruit pies, Christmas mince pies and other sweet recipes for desserts. Suet pastry is used as a delicious cover on stew.

Puff pastry

The "puff" is obtained by beginning the baking process with a high temperature and lowering the temperature to finish. Puff pastry is light, flaky and tender. It is made by mixing flour, salt, a little fat and water to form dough. The dough is then layered with fat, preferably butter, to form hundreds of layers of fat and dough by folding and rolling, when it is baked, water from the dough turns into steam and puffs up the pastry to produce lots of flaky layers. Puff pastry is used for pies and vol-au-vents and can be filled with meat or fruit and spices. Puff pastries come out of the oven light, flaky, and tender.

Flaky (or rough puff) pastry

The flaky pastry is a simple pastry that expands when cooked due to amounts of layers. These are perfect if you are looking for a crisp, buttery pastry. Flaky pastry is made in the same way as a puff but has less rolling and folding and is quicker to make. Puff pastry is used for pies and vol-au-vents and can be filled with meat or fruit and spices. The puff pastry has many layers that causes it to expand or "puff" when being baked. It rises up due to the combination and reaction of the four ingredients and also from the good

amount of air that gets between the layers. Puff pastries come out of the oven light, flaky, and tender.

Choux pastry

The choux pastry is a very light pastry that is filled with cream. The pastry is filled with various flavors of cream and is often topped with chocolate. Choux pastries can also be filled with things like cheese, tuna, or chicken to be used as appetizers.

Phyllo (filo) pastry

Phyllo pastries are usually paper thin and greatly stretched. They involve several stretched out layers of unleavened dough which are wrapped around a filling and brushed with butter. These pastries are very delicate and can break easily.

Yeastied pastry (Danish & Croissant)

Yeastied pastries are light flaky pastries that are crisp on the outside, but soft and tender on the inside. The dough, which has yeast added, is layered with fat, so this pastry is a cross between bread and pastry. Examples of yeastied pastries include croissants and Danish pastries. Croissants are made in a horseshoe shape, and are traditionally eaten warm and filled with butter and jam for breakfast. Danish pastries are always sweet and can have a filling, such as custard, and icing on top, make a delicious snack or dessert.

Role of Each Ingredient

FLOUR: It provides structure to a pastry and acts as a base.

FAT: The main role of fat is to provide shortening and plasticity.

SUGAR: Used to give color, sweetness and acts as preservative and tenderizer.

SALT: It enhances the taste and acts as preservative

WATER: Acts as a binding agent.

YEAST: Acts as a leavening agent.

Baking Temperature and Time of Each Pastry

SHORT CRUST PASTRY

The dictionary of the word “short” in the bakery sense is

“Friable” (crumbly, easily broken, no elasticity). It means crisp & light.

There are mainly two types of short crust pastry:

1. PÂTE SUCREE: Sweet short crust
2. PATE BRISEE: Savoury short crust

This is a pastry made with a mixture of flour, fat & water. When baked, the pastry should have a short eating quality, i.e. a crisp tender texture free from toughness & hardness & the quality of being easily chewed or broken. This eating quality depends on the ingredients used, especially the amount present in the recipe the method of combining the ingredients.

In a short crust pastry there should complete absence of hardness of toughness is brought about by the shortening of gluten strands & hence it is known as “short crust pastry”. For the shortening of gluten strands fat is used & due to the greater affinity of water to fat than flour & also because fat acts as a barrier between

flour and water. The gluten development is hampered because sufficient water isn't available. The function of fat is to reduce the toughness of the gluten, the softer the flour, the lesser the toughness to be overcome. Short crust pastry may be used for different kinds of products such as tarts, pies, cookies etc.

INGREDIENTS FOR MAKING SHORT CRUST:-

1. **FLOUR:** - Soft to medium flour should be used to prepare short crust the measure or the flour strength is mainly based upon the strength/ quality of gluten. Since soft flours have low gluten content, they are preferred in the production of Soft flour strong flour is available, the strength of the flour can be decreased by adding in small amount corn flour/rice flour as they are high in starch and low in gluten content, thereby reducing the toughness & elasticity. The normal proportion of flour to fat is 2:1. When the flour is too soft the quantity of fat may reduce by 35-40%.
2. **FAT:-LARD** is the best shortening to be used for short crust because apart from possessing the best shortening properties among all fats, it also confers a good flavor. If the fat quantity is low a small of leavening may be added, but in such condition the quantity of liquid must be kept low to prevent gluten formation. When the fat is dispersed in the flour evenly it acts as an insulator, it insulates the protein particles from the liquid content. It is a combination of insoluble proteins& liquid which produced gluten. Greater the fat distribution throughout the flour, more extensive is the insulation. As a consequence less gluten is developed & shorter/ crumblier is the final product.
3. **LIQUID: - Minimum** amount of liquid (egg/milk/water) should be used to make the pastry. It should just be enough to make the pastry rolling consistency. Too much water will produce sticky dough that is difficult to roll out; too little water will leave it dry making it crumble/break easily. In both cases the pastry will be hard/tough.
4. **SUGAR: - In** case of sweet short crust, sugar is used. The sugar used should be fine & small grained so that it dissolves easily. A coarse grain will not dissolve easily & and the crystals will remain in the pastry which will caramelize and will result in dark brown spots on the surface of the baked product. Therefore castor sugar or icing sugar should be used. The sugar should be dissolved in a liquid or creamed with fat. In the case of savoury short crust salt, spices& herbs may be used to flavor the pastry.

METHODS OF MAKING:-

- 1)**RUBBING METHOD:-** The frozen fat is cut into small pieces & mixed into the flour. Then the flour and fat are rubbed gently till the whole mixture resembles bread crumbs and then liquid (water/egg/milk) is used to form the dough. In the case of machine mixing there are greater chances of toughening than in the case of hand mixing, but with correct timing consistent results can be obtained with machine mixing too.
- 2)**CREAMING METHOD:-** In this method the fat with equal weight of flour is creamed lightly. Then the remaining flour& liquid is added & mixed until a smooth paste is obtained. This method ensures complete dispersion of the fat in the flour. It is suitable for large scale manufacture as the rubbing method is not practical for large scale production of the pastry. Since there are greater chances of gluten development to prevent it more fat is used in comparison to rubbing in method.

PRECAUTIONS :

- 1) **INGREDIENTS & WORKING CONDITIONS :-**
 - a) Short crust demands delicate handling, cooling ingredients& working conditions.
 - B) Soft flour should be used & it should be sieved along with the baking powder/icing sugar.
 - c) Use chilled fat & cold water to prevent gluten formation & elasticity in the dough.
 - D) All ingredients & equipment should be as cool as possible.
 - E) Ingredients should be weighed accurately according to the recipe.

2) **HANDLING THE DOUGH :-**

- A) Use only fingertips for rubbing in the fat so it is well dispersed in the flour & hence acts as a barrier between the flour and water molecules.
- B) Do not over work or knead the dough otherwise gluten may develop. This can also happen when scraps or cuttings are incorporated.

3) **SPEED:-**It is essential but overworking the dough would only strengthen in the dough sticky, the fat will start will start melting & separating out of the dough resulting in a hard & tough product.

4) **CHILLING:-** Chilling any dough before its use relaxes the gluten , making the dough less elastic and thus softer and easier to roll out. To prevent the outer layer of the dough from drying up forming a hard and crusty surface, wrap the dough in a plastic packet, butter paper or aluminum foil before refrigeration.

5) **ROLLING OUT THE DOUGH :-**

- a) When rolling out the dough handle it as lightly as possible.
- b) Do not turn the dough over, stretch or pull it in shape.
- c) It is preferable to keep the surface and rolling pin lightly floured.
- d) Do not use too much flour as it will toughen the dough.
- e) Avoid stretching the pastry when putting it into a tin or over the top of a preheated oven AS it will shrink back during baking and spoil the final shape of the product.

6) **PREHEATING THE OVEN:-** It is advisable to bake the pastry in a preheated oven to obtain the best result. The oven must be hot for the first few minutes of baking the heat bursts the flour grains which will absorb the before there is sufficient heat for the flour grains to burst.

PUFF PASTRY

Ingredients: -

Refined Flour –

A good patent flour or one of medium gluten strength 13% flour is a structure builder and because of its gluten – forming ability, can dictate the lift.

Too soft a flour will result in a softer dough. The dough will be easier to handle but final volume and flake will be sacrificed.

If the flour is too strong then the dough will be tough to handle and the final product may suffer from shrinkage.

Water: -

It is a rule of thumb that the consistency of the dough should match the consistency of the roll in fat. If the dough is too soft then the layers may be ruptured by the hard fat. If the dough is firm, it will be difficult to roll out. The product may shrink and fat may leak out.

Water also serves as temperature control i.e. it should be cold to maintain firmness of fat.

Salt: -

Salt enhances flavor and also has a toughening effect on the gluten structure.

Acid: -

The addition of an acid improves sheeting ability by lowering the pH and mellowing the gluten. It has no effect on the leavening action.

Fats: -

Two types of fats are used in the production of puff pastry. They each perform a different role.

Fat is added to the dough to modify the dough itself and fat is used as a layering medium to assist in the raising of the puff pastry during baking.

Dough Fat: -

Soft fat may be used in the dough to give better eating quality to the finished product and also aids in the dough's sheeting ability.

Also it should be noted that as the % of fat increases, volume decreases.

Maximum volume is obtained when 2.5 to 4% fat is used in the dough stage. It should have a melting point of around 33°C - 50°C.

Puff Pastry Shortening: -

This shortening is firm and waxy in nature and is exclusively used to make puffs. Because of its nature, it can be rolled out in smooth continuous sheets between the dough layers.

A melting point between 43°C – 50°C will produce excellent results, but should be high enough to withstand frictional heat to which it is subjected during sheeting and folding operation.

Types of Puff Pastry: -

There are 2 types of puff pastry – Full and Three Quarter.

The differences in these types are in the fat contents and in the number of rolls and folds given. Full puff pastry contains flour and fat in equal ratio. While ¾ pastry contains ¾ of fat to each kilo of flour.

The flour that is used in making of puff pastry should be strong, with good quality gluten.

A weak acid such as lemon juice is added. This provides greater extensibility to the gluten

Butter is the best for application as it gives a good flavor. Margarine also can be used but the melting point of margarine has to be lower than the temperature of the human body, otherwise there is a possibility of a thin film of fat remaining on the roof of the mouth after the pastry has been eaten.

The whole purpose of rolling and folding is to build up a structure of alternating layers of dough and fat. This process is known as lamination.

Methods of Manufacture:

There are three well-known methods of manufacture – English, French and Scotch.

The English method (Three Fold): - (Flaky)

Sieve the flour; rub in 20 gms of butter or margarine. Make a bay or well, add salt and acid and make a dough and allow it to rest. Cream the margarine into a homogenous mass. The dough then rolled into a rectangle about 18" x 6", the margarine is divided into approx. 3 parts. The first part is evenly distributed to cover 2/3rd of the rolled out dough. The flap of the dough containing no margarine is folded over to cover half of the treated area and then folded over to again cover the last portion. The pastry is given a half turn so that the open ends are parallel to the rolling pin. This process is repeated twice so as to finish all the margarine. Lastly one blindfold is given. The pastry is covered with a damp cloth and allowed to recover from the manipulation for about 30 minutes after each rolling. (7 – 9 layers)

French method: - (Continental Book Fold)

The dough is the same fashion as for the English method. The initial rolling out of the dough is different for it is rolled out to the shape of an open envelope with the four angles slightly thinner than the center.

The chilled margarine/butter is placed in the center of the rolled out square and the envelope is closed by bringing the four angles to the center. After proper relaxation of the dough, it is turned upside down and sheeted into a rectangular shape and folded in a book fold.

Scotch Method: - (Blitz)

This is the quickest way of making puff pastry.

The word is derived from the German word "Blitzen" meaning lightening.

In this method the chilled margarine is mixed into the sieved flour in pieces about the size walnuts. The folding process is a three fold followed by 3 – Four folds, all of which is accomplished in 25 min.

Baking: -

Puff pastry obtains its lifting power through the sealing of moisture in the dough, as heat penetrates the product, the layers of shortening melt and the water in the dough vaporizes and causes the layers to expand. The shortening also helps by holding in these vapors.

The gluten in the dough expands with the pressure of the steam and holds the steam in.

The shortening melts and penetrates the layers of the dough, making it flaky and tender.

The starch then gelatinizes and the proteins coagulate forming a rigid mass. The structure remains firm and flaky.

Oven Temperature: -

Proper oven temperature is important. A temperature of 204oC – 218oC with an even steady heat is very important.

Too low a temperature allows shortening to weep between the layers of dough resulting in poor quality and low volume.

Too high a temperature prematurely seals the piece and results in low volume and raw centers.

Washing: -

Puff pastry pieces are generally washed with an egg wash. Care should be taken to prevent the wash from running down the sides of the pieces while brushing the top. The eggs will coagulate with the heat of the oven, seal the sides and prevent the pastry from rising evenly. (Poor Volume)

Reasons for imperfect Pastry: -

- Puff pastry shrinks: -
 1. Oven too hot
 2. Not resting the dough before rolling out.
 3. Not resting products before being baked.
 4. Use of scrap dough.
 5. Dough too soft.

- Puff Lacks Volume: -
 1. Too many folds.
 2. Not enough folds.
 3. Use of scrap dough.
 4. Dull cutters.
 5. Cold oven.
 6. Shortening too soft.
 7. Flour too strong.

- Fat Runs Out: -
 1. Dough not folded enough.
 2. Oven is too cold.
 3. Warm pans are used.
 4. Melting point of fat is too low.

CHOUX PASTRY

History

A chef by the name of Pantarelli or Pantanelli invented the dough in 1540, seven years after he left

Florence, along with Catherine de' Medici and the entirety of her court. He used the dough to make a gâteau and named it Pâte à Pantanelli. Over time, the recipe of the dough evolved, and the name changed to Pâte à Popelin, which was used to make Popelins, small cakes made in the shape of a cabbage.

Then, Avice, a pâtissier in the eighteenth century, created what were then called Choux Buns. The name of the dough changed to Pâte à Choux, as Avice's buns resembled cabbages – choux in French. From there, Antoine Carême made modifications to the recipe, resulting in the recipe most commonly used now for profiteroles.

Choux paste is a versatile partially pre-cooked paste that can be baked for use in pastries and gateaux, fried for use in potato dishes and fritters or boiled in Gnocchi dishes. Pastry products made from choux paste include éclairs, profiteroles and many others.

Recipe

ING	QTY
Flour	130 gms
Butter	65 gms
Eggs	3 nos
Water	250 ml

Baking temp:- 220 C / 150 C

Baking time :- 15 min/ 30 min

METHOD

- 1 Melt the butter along with water till it boils.
- 2 Add in the flour and cook till it leaves the sides of the vessel.
- 3 Allow the mixture to cool and then add in the eggs. mix till a smooth paste is formed.
- 4 Put into a piping bag and pipe out into desired shape.

Ingredients used for Choux Paste

Flour: Medium or strong flour should be used because higher gluten level will provide good elasticity.

Fats: Only butter should be used as it gives flavour to the product.

Eggs: The quantity of eggs will depend on the degree of cooking, type and amount of flour and fat used.

Other Ingredients

Sugar, cheese, cocoa, dried fruit, flavorings, spices, etc.

The final consistency of the paste for pastries should fall off the back of the spoon. The paste should have a good smooth sheen. It should be soft but able to retain its shape when piped.

It can be baked immediately after it is piped. Choux paste can be piped into clean baking trays that are lightly greased. They can be lightly floured. Bake at a high temperature 200 to 220C.

When deep frying choux paste fritters cook in clean fat at 170 C initially.

Storage

Baked products can be frozen. Choux paste can be stored for up to twenty four hours covered with cling wrap.

LIFT IN CHOUX PASTE

The leavening agents are steam or water vapor. In the oven the water in the paste is converted into steam due to the oven heat. The starch on the surface forms a rigid film, which does not allow the steam to escape. But as more water evaporates the pressure of the vapor from within leads to the surface cracks as it escapes. These cracks are filled with soft batter within which in turn forms a film. The process is repeated leading to the formation of hollow center. Eventually the egg protein coagulates and starch gets to a rigid form. This is how a rigid hollow shell is produced in choux

pastry.

Changes in Choux Pastry while baking

If leavening agents are egg, air and steam. In the oven, water in the paste is converted into steam. Due to the oven heat, starch on the surface forms a rigid structure that does not allow steam to escape. As more water evaporates, the pressure of steam from inside pushes to the surface and cracks it. These cracks are filled with soft batter from within which in turns forms a film. The process is repeated leading to the formation of a hollow centre. Eventually the egg protein coagulates and starch gets to a rigid form.

Products made from choux pastry – profiteroles, croquembouche, chocolate éclairs, choux buns

Introduction to cake making

Introduction

“Cake” refers to a cake made from flour, sugar, fat, eggs. It may also contain milk, baking powder, fruits and nuts. Cake is usually heavier than sponge. However “Cake” has a broader interpretation which includes “Gateau”(French)and “Torte” (German). These are made of layers of Sponge, Genoese, meringue, cream and pastry. The name given to the cake usually refers to the filling and the main flavour used. Petit four glaces is a generic title which covers all small bite size pastries and cake that are “iced”. These are served with coffee or after meal, particularly for special functions, buffets, etc.

There are different varieties of cakes, for example, plain cakes, fruit cakes, sponge cakes and cream cakes.

Elements in cake making

To prepare quality cakes one needs quality ingredients. The basic ingredients for cake preparation are flours, sugar, fat, eggs, salt, milk, water, leavening agents, flavour, improver and fruits.

Classification

1. Essential ingredients i.e. Flour, Sugar, Shortening and Eggs.
2. Optional ingredients i.e. baking powder, Milk, Fruits etc.

Classification according to function

1. Structure builders- Flour, Eggs, Milk
2. Tenderisers- Fat, Sugar, Baking powder
3. Moisteners- Milk, Egg.

Role of each element in cake making

Flour

Soft flour is suitable for cakes because it has the following characteristics:

1. Low protein content
2. Less WAP (water absorption property)
3. Poor mixing capacity
4. Poor fermentation tolerance

If cakes are made from too strong flour, it will peak in the centre, be tough and have a dry eating quality. Sometime such peak may develop at the bottom also .If too weak flour is used the cake may flatten out or sink. Weak flour will not be able to carry liquids. It will cause a wet streak and may crumble while cutting. So medium type flour is used for making small queen cakes, Madeira cakes and heavy fruit cakes. A combination of medium and soft flour gives good results for rich cakes such as wedding cakes, Christmas cakes and special birthday cakes.

Functions

1. Builds structure

2. Affects the shelf life of the cake
3. Adds nutritional value
4. Acts as a binding and absorbing agent
5. Holds other ingredients together and evenly distributes it into the cake mixture.

Sugar

Sugar granulation is very important. When fat and sugar are creamed together, small air cells are incorporated into the mixture. These air cells help lift the volume and give softness to the product. So air incorporation is a very important function. Too large grain of sugar will prevent entrapping of air cells during creaming operation because it has cutting action and also it takes more time to dissolve. If too fine grain of sugar is used, it will dissolve quickly and will not produce the desirable aeration. So coarsely powdered sugar or castor sugar is most suitable for cake making.

Liquid sugar such as invert syrup, corn syrup, molasses, honey and sorbitol can be used in part with powdered sugar for their special characteristics.

Function

1. Is used as sweetener
2. Helps get soft texture and crust colour
3. Helps retain the moisture
4. Improves the shelf life
5. Makes the product tender
6. Has a mellowing or tenderising capacity
7. Gives flavour

Fat

Fat is the main ingredient in Cake making. Granular fat has a poor creaming quality and will not hold the air cells. It gives poor volume and coarse texture. While very hard fat will not cream up well, very soft fat will not retain the air during creaming operation. So using fat which is plastic in nature and can incorporate and hold minute air cells is more favourable.

Functions

1. Makes the product tender
2. Retains moisture for a longer time
3. Improves the shelf life
4. Improves the flavour
5. Gives softness
6. Gives nutritional value
7. Increases the eating quality
8. Helps retain air during creaming operation.

Eggs

Only fresh eggs should be used. Eggs should be at room temperature 21-24°C at the time of adding into the mixture. If too cold eggs are used while creaming, the fat will break down into small lumps, which will be coated with eggs. It will affect aeration. If stale eggs are used or too much of egg is added at a time or after each addition of egg it will not be mixed properly. The mixture will curdle and will affect aeration. Properly beaten eggs are incorporated which will increase the number of air cells in the mixture.

Functions

1. Provides structure

2. Gives moisture and colour
3. Improves the flavour, taste and volume
4. Gives nutritional value
5. Improves the grain and texture quality
6. Gives softness
7. Lecithin present in the yolk acts as an emulsifier
8. During beating egg entraps air and becomes an aerating agent.

Fruits

The fruits should be washed and drained properly. The washed fruits should be spread on the dry cloth to remove excess moisture. It should be chopped finely before adding into the mixture the fruit size should be even, otherwise it will sink at the bottom of the cake. If the fruits contain moisture, it will breakdown during mixing, discolour the batter and sink at the bottom.

Nuts should be soaked in the water until they become soft for about an hour before use. Fruits and nuts are added at the last stage of mixing in the batter.

Functions of optional ingredients in cakes

Salt

1. Gives the flavour and taste.
2. The crust colour of the cake is improved by lowering the caramelization temperature of the sugar
3. Keeps the cake moist
4. Certain cakes have more sugar in the formula. Salt helps to cut down the excessive sweetness
5. Enhances the neutral flavour of other ingredients.
6. Improves the texture quality.

Milk

1. Helps build the structure
2. Helps bind the flour proteins
3. Keeps the cake tender
4. Helps retain the moisture
5. Improves the taste and flavour
6. Improves the nutritional value
7. Contains lactose which gives crust colour
8. Improves the keeping quality grain and texture.

Water

1. Combines all the dry ingredients together
2. Builds structure of the cake
3. Helps maintain the batter consistency
4. Retains moisture in the cake
5. Gives moistness to the product
6. Improves the keeping quality
7. Helps control the batter temperature
8. Helps distribute the raw material equally in the batter
9. Helps release CO₂ gas from baking powder and formation of vapour pressure.

Leavening Agents

1. Increase the volume of the product
2. Make the product tender and lighter
3. Enhance the crumb colour, softness of the texture, taste and smell(aroma)
4. Improves the digestion quality.

Flavour

1. Removes the unwanted flavour from the raw materials.
2. Increases the cake taste and flavour.

Methods of Cake making

Different methods of cake making differ from one another by way of mixing , quantity of ingredients and baking temperature and baking time. The cake and sponge making processes involves the following methods:

1. Sugar Batter method
2. Flour batter method(2 sponge method)
3. Blending method
4. Boiled method
5. Sugar water method
6. All in one method
7. Foaming method(Sponge method)

Sugar Batter Method:

In the sugar Batter method

1. Cream butter / fat until it gets light white colour.
2. Gradually add sugar and continue the creaming process till the mixture is light and fluffy.
3. Add beaten eggs gradually into the mixture and not all at a time. Adding more quantity will break the fat and sugar mixture curdling it. It will affect aeration.
4. Curdling of batter can be solved by two ways :
 - a. Add sufficient quantity of the formula flour in the mixture. It will absorb the excess moisture and the batter will be smooth again.
 - b. The curdled mixture should be slightly warmed over a double boiler.
5. Other liquids can be added after all of the beaten eggs are incorporated in the mixture.
6. Fold the prepared fruits in the mixture, or mix the fruits with the formula flour, to make them light so that they do not sink to the bottom of the cake when baking.
7. Add the flour, baking powder and fruit mix to the creamed mixture.
8. Mix the flour by cut and fold method. Excessive mixing may form gluten and spoil the cake quality.
9. After folding in the flour, if the batter is stiff, add some water or milk to adjust the batter consistency.

Flour Batter method

1. Cream the fat and quantity of fat not exceeding the weight of the fat till it becomes light and fluffy.
2. At the same time in another machine, beat egg and equal quantities of sugar till it becomes stiff and frothy.

3. Then add the egg sugar mixture gradually in small quantities in the fat flour mixture. It should be mixed thoroughly and then only the next batch should be added,
4. The remaining sugar is dissolved in water or milk and added to the mixture.
5. Any colour or flavour can be added with the liquid.
6. Lastly remaining flour is mixed with the baking powder and folded in the mixture.

In this method, curdling and gluten formation can be controlled. This method is suitable for lean cakes because lean cakes acquire most of the aeration due to baking powder and there is no risk of losing aeration achieved in fat.

Blending method

1. In this method, whip together, fat, flour, baking powder and salt till the mixture is light and fluffy.
2. Sugar, milk or any other liquids, colour and essence are mixed together and added into the previous mixture.
3. Eggs are added and the whole mass is mixed into a smooth batter.

This method is suitable for the high ratio cakes. High ratio cakes means the quantity of sugar is more than the quantity of flour. Sometimes special cake flour and butter are used for such cakes.

Boiled method

1. Butter or fat is heated with water till the boiling point is reached.
2. After heating remove and add 2/3 rd of the flour and mix it thoroughly.
3. Beat egg and sugar until it becomes stiff and add colour and essence.
4. Then add this mix to the previous mixture gradually. It is mixed thoroughly
5. The remaining flour can be added at this stage.

This method is used to make Madeira cake and Genoese sponge.

Sugar water method

1. All the sugar and half the quantity of water are agitated in the bowl till the sugar dissolves completely.
2. Then remaining ingredients except eggs are added and mixed to achieve aeration.
3. Egg is added and the mixture is mixed thoroughly.

Due to more aeration and better emulsification obtained in this method, cakes so produced have a better texture and longer shelf life.

All- in- process method

1. All the ingredients are mixed together into a mixing bowl. Aeration of the mixture is achieved by controlling the speed of the mixture as well as the mixing time.
2. Wire whip is used for this method because it ensures a faster breakdown of ingredients and helps in achieving good aeration.
3. After adding all the ingredients.:
 - a. Slow speed- In this speed all the dry ingredients are moistened without flying off from the bowl.
 - b. Fast speed (2 mins)- All the ingredients breakup and are incorporated evenly throughout the mass . The batter is also aerated.
 - c. Medium speed (2 mins)- The mixture gets even air incorporation.

- d. Slow speed (1 min)- This is done in order to eliminate any possible large pockets and still finer breakdown of air cells.

This method is used for gel sponge. If the formula contains oil, it should be added in the last stage. For this method use emulsified type of shortening and special cake flour for better results.

Foaming method

1. Beat the eggs till it becomes fluffy and frothy.
2. Air is incorporated during beating.
3. Add sugar gradually till the mix becomes thick and creamy.
4. The essence and the colour can be added at this stage.
5. Add the flour and mix by cut and fold method retaining maximum air in the mixture.

This method is used to make cake sponge.

Characteristics of a cake

Chief characteristics of the cakes are as follows:

EXTERNAL

1. Volume
2. Colour of crust
3. Symmetry of form
4. Character of crust

INTERNAL

1. Grain
2. Colour of crumb
3. Aroma
4. Taste and 5. Texture

Volume

1. It will vary according to the type of cakes and according to consumer preferences.
2. The cake should not have a pinched appearance.
3. It should have a pleasing appearance and a slight convex top surface.
4. The cake should not appear too large or too small for its weight.

Colour of the crust

1. The crust should have a pleasing golden brown colour. Too dark or too light or too dull colour is not desirable.
2. Crust must have a uniform colour, free from streaks or sugar spots or grease spots.

Symmetry of form:

1. It should have a symmetrical appearance.
2. Peaking, crack on top surface, low sides, sunken or high centres, burst, caved in bottom or uneven top are undesirable characteristics of cakes.

Character of the crust

1. Crust of the cake should be thin and tender.
2. Thick, rubbery, sticky or over moist, too tender, tough or blistered crust is indicative of poor quality of cakes.

INTERNAL-

Grain

1. Grain is the structure formed by the extended gluten strands including the area they surround.
2. Uniformity of size of cell and thin cell walls are desirable qualities.

3. Coarseness, thick cell walls, uneven size of cells, large holes and tunnels are indicative of poor grain.

Colour of the crumb

1. It should have a lively, lustrous and uniform colour.
2. It should be free from any streaks or dark patches. Grey, non uniform, dark, light or dull colour crumb will be undesirable.

Aroma

1. It should be pleasant, rich, sweet and natural.
2. It is not desirable to have any foreign aroma i.e aroma not produced by normal ingredients of cake.
3. Flat, musty, strong or sharp aroma is indicative of poor quality of cake.

Taste

1. It should be pleasant sweet and satisfying.
2. It should not have any after taste or any foreign taste.
3. Use of excessive salt and soda will also affect the taste.

Texture

1. It denotes the pliability and the smoothness of the crumb as felt by sense of touch.
2. A good texture is soft and velvety without weakness and should not be crumbly.
3. Rough, harsh, too compact, lumpy or too loose texture is not desirable.

Balancing of Cake formula

In cake making all the ingredients give certain definite functions. If improper quantities of ingredients are used, the product quality will vary from day to day. So it is very important that all the ingredients are used in definite proportions and manner. If the quantity of one is changed the quantity of the other ingredient also has to be changed accordingly.

There are two different types of cakes based on the quantity of fat and sugar present in them.

1. Rich and lean cake
2. High ratio and low ratio cakes

Differences between Rich and lean cake formulae:

Sr. No	Rich Cake	Lean cake
1.	Contains more fat	Contains less fat
2.	More fat will incorporate more air during the creaming process	Less fat will incorporate less fat
3.	Requires less leavening agent due to more incorporation of air.	Requires more leavening agent due to less incorporation of air.
4.	More fat prevents gluten formation and also makes the batter more tender	Due to less quantity there is a possibility of gluten formation during mixing
5.	Requires less quantity of liquid	The liquid quantity should be increased to avoid gluten formation
6.	Due to less liquid the cake setting in the oven will be faster, and so the baking temperature should be reduced.	Due to more liquid, cake setting in the oven will be slow . so it should be baked at high temperatures

6.	Due to less liquid the cake setting in the oven will be faster, and so the baking temperature should be reduced.	Due to more liquid, cake setting in the oven will be slow . so it should be baked at high temperatures
7.	Low temperature allows slow gradual and full expansion of cakes.	High temperature helps set the cake faster in the oven.
8.	If baked at high temperatures crust will be formed before full expansion of the cake and it will not allow the heat to penetrate in easily.	If baked at low temperatures CO ₂ gas will be released and escape, giving the cake a flat appearance.
9.	Gives more volume and less density or specific gravity due to more aeration	Gives less volume and more density due to less aeration

Differences between High Ratio and Low Ratio Cakes Formulae:

Sr. No	High Ratio Cake	Low Ratio Cake
1.	Contains more sugar than flour	Contains equal quantity of flour and sugar or less sugar than flour
2.	Quantity of egg and milk should be more than quantity of sugar	Quantity of eggs and milk should be equal to sugar
3.	Eggs should be equal to or higher than fat	Fat should not exceed eggs
4.	Can be produced according to the requirement. Addition of more sugar means it will retain moisture for longer time and so shelf life increases.	It has a shorter shelf life due to less sugar.

Following are some points which should be followed while balancing a cake formula.

1. Salt content will vary between 0.8%- 2% depending on the quality of sugar in the formula and the amount of flavour desired in a product.
2. As the percentage of sugar increases the % of egg should also be increased by approximately same %. In order to compensate for the dryness and toughness created by additional egg, it may be necessary to increase the quantity of fat.
3. When liquid sugars like invert sugar, corn syrup, honey are used in the formula, their moisture content should be known and necessary amendments should be made so that the total moisture content of the formula does not change.
4. When cocoa is used in the formula, it is necessary to increase the moisture content, because cocoa acts as a dryer. For the same reason it is necessary to increase the amount of fat content also.
5. When using cocoa sodium bi carbonate is used to get dark crumb colour.
6. Slight acidity in egg whites improves its air entrapping capacity. Cream of tarter, lime juice at desired level may be added while whipping eggs.
7. When egg yolk is desired to be used additional moisture will be necessary, as moisture content of yolk is less than that of whole egg.

8. Too much milk solids will give undesirable results in cakes unless compensated with necessary amount of water.
9. When using sugar with low caramelization point, it may be necessary to use some amount of acid salt in order to prevent too dark colour in crust.
10. When only egg whites are used, its quantity should be increased up to 1.25-1.30 times more than the whole egg. And looking at the formula quantity of milk should automatically be reduced.
11. However, it should be remembered that the alkalinity of soda will be conducive to microbial spoilage of cake, and calcium propionate as a preservative will be less effective in alkaline medium,

Cake Faults and their Causes

Cake faults are classified and judged by two ways 1. External, 2. Internal.

External cake faults and their causes

Crust too Dark

1. Too much sugar, milk
2. Too much of baking temperature
3. Very long baking time
4. Improper quantity of eggs, fat and baking powder.

Too small cakes

1. Too strong Flour and too much quantity
2. Poor quality of raw materials
3. Improper mixing
4. Less air incorporated
5. Batter curdles during creaming
6. Gluten development during mixing
7. Very large cake tin
8. Inaccurate weighing of batter
9. Uneven batter temperature
10. Too hot oven or cold oven
11. Insufficient quantity of moisture and leavening agents.

A spot on cake

1. Too much quantity of sugar
2. Batter too tight or not enough liquid.
3. Slow baking
4. Grain sugar not properly dissolved.

Shrinkage of Cake

1. Little quantity of sugar
2. Very little quantity of baking powder
3. Too much mixing
4. Toughening of batter
5. Too much bottom heat

Cake burst on top

1. Too strong cake flour and too much quantity
2. Improper mixing
3. Batter very stiff
4. Oven too hot

Cakes peak on top

1. Very strong flour
2. Insufficient quantity of fat
3. Too stiff or loose batter
4. Insufficient aeration
5. Over mixing
6. Too much top heat
7. Too much of baking powder

Cakes crack on top

1. Wrong quantity of flour
2. Very little sugar
3. Too much of baking powder
4. Too tight batter
5. Over mixing
6. Insufficient air in the batter
7. Uneven baking temperature
8. Too much batter in the tin

Crust too thick

1. Too much sugar
2. Very little liquids
3. Uneven baking temperature
4. Cakes standing too long before baking
5. Over baking
6. Cool oven

Crust too pale

1. Too little sugar
2. Lack of milk
3. Too low baking temperature

Internal cake faults and their causes

Uneven Texture

1. Wrong quality of ingredients
2. Uneven quantity of ingredients
3. Insufficient quantity of Baking powder
4. Insufficient quantity of liquid
5. Too little mixing
6. Batter curdled during mixing
7. Uneven batter temperature
8. Uneven baking temperature

Holes and Tunnels

1. Less sugar
2. Too much eggs
3. Improper mixing of fat
4. Too much leavening of agent
5. Improper creaming
6. Pockets of air entrapped
7. Tough batter
8. Too high batter temperature

Coarse and irregular grain

1. Too much sugar
2. Insufficient quantity of liquids
3. Too much baking powder
4. Improper mixing
5. Curdling during mixing
6. Batter too stiff
7. Uneven temperature

Poor flavour

1. Wrong quality of raw material
2. Poor flavouring materials
3. Improper storage of raw materials
4. Insufficient quantity of salt and flavour
5. Too much leaving agent
6. Underbaked

Sinking of fruits

1. Weak flour used
2. Too much baking powder, sugar, and fat
3. Uneven mixing
4. Too thin batter
5. Too much aeration
6. Fruits not drained properly

7. Uneven size of fruits
8. Too much liquid
9. Too much moisture content in the fruits
10. Incorrect baking temperature
11. Oven shaking during baking

Fruit cakes crumbles when cut

1. Wrong quality of flour
2. Too much sugar
3. Too little eggs
4. Insufficient quantity of liquids
5. Improper mixing
6. Unsoaked fruits used
7. Incorrect baking temperature
8. Too long baking
9. Overbeating
10. Cutting the cake when it is hot

Pale crumb colour

1. Type of sweetening agent used
2. High sugar content in fruits
3. Too much soda
4. Too much bottom heat
5. Insufficient batter acidity
6. Slow baking

Dense

1. Wrong quality of flour
2. Insufficient quantity of eggs and leavening agents
3. Insufficient quantity of liquids
4. Batter too loose

Poor keeping qualities

1. Wrong quality of raw materials
2. Improper type of flour
3. Insufficient quantity of eggs, sugar, fat and flour
4. Too much baking temperature

Quick Staling

1. Poor quality of raw materials
2. Too little fat, eggs and liquids
3. Too much baking powder
4. Curdled batter
5. Over baking

6. Store in dry atmosphere

Difference between fatless sponge and Genoese sponge

Sr. No	Fatless sponge	Genoese sponge
1.	No fat content	It contains melted fat or butter
2.	It has yellowish grain colour	It has whitish grain colour or bright grains
3.	It has an open texture	It has a slightly closed texture
4.	It has dry eating quality	It contains some moisture
5.	It will crumb easily	It will not crumb easily

BASIC METHODS OF COOKING

Cooking methods are classified as 'moist heat' and 'dry heat'

Moist-heat methods are those in which the heat is conducted to the food product by water (liquid) or steam.

Dry-heat methods are those in which the heat is conducted without moisture, that is, by hot air, hot metal, radiation or hot fat. We usually classify dry heat methods into two categories: with fat and without fat.

Different cooking methods suit different kinds of foods. For example, some meats are high in connective tissue and will be tough unless the tissue is broken down slowly by moist heat. Other meats are low in connective tissue and are naturally tender. They are at their best and juiciest when cooked with dry heat.

There are many factors to consider when choosing a method of cooking for meat, fish, poultry and vegetables, such as the flavor and appearance imparted by browning, the flavor imparted by fats and the firmness and delicacy of the product.

MOIST HEAT METHODS

POACH, SIMMER & BOIL

To poach, simmer and boil all means to cook a food in water or a seasoned liquid like stock or even milk. The temperature of the liquid determines the method.

1. To boil means to cook in a liquid that is bubbling rapidly and is greatly agitated. Water boils at 212°F (100 °C) at sea level. No matter how high the burner is turned, the temperature of the liquid will go no higher. Boiling is generally reserved for vegetables and certain starch products. The high temperature would cause protein foods to toughen (meats and fish) and the rapid bubbling would break up delicate products.

2. To simmer means to cook in a liquid that is bubbling very gently. Temperatures are generally 185 - 205°F (85 - 96 °C). Most foods cooked in a liquid are simmered. The high temperatures and agitation are detrimental to most foods.

3. To poach means to cook in a liquid, usually a small amount that is hot, but not actually bubbling. Temperature is about 160 - 180°C (71 - 82 °). Poaching is used to cook delicate foods such as fish and eggs. It is also used to partially cook variety meats to get rid of odors and undesirable flavors which can be eliminated by poaching and which will firm up the product before the actual cooking.

4. To blanch means to cook an item very briefly, usually in hot water, but sometimes, as in the case of French fries, in hot fat. There are two ways of blanching in water: a. Put the item in cold water and simmer for a few seconds and then plunge into cold water.

b. Place the item in rapidly boiling water, bring the water back to a boil, remove the item and cool rapidly.

A rule of thumb, for when a food has to be simmered or poached, the liquid should first be brought to a boil to compensate for the loss in temperature when the food is introduced. The heat is then adjusted to maintain a steady temperature.

STEAMING

To steam means to cook foods by exposing them directly to steam.

1. In quantity cooking, this is usually done in special steam cookers. These are designed to accept special pans. Steaming can also be done on a rack above boiling water. This method is more cumbersome.

2. Steaming also refers to cooking an item tightly wrapped or in a covered pan, so that it cooks in the steam formed by its own moisture. This method is usually referred to as en papillote, where the food is wrapped in parchment or foil. 'Baked' potatoes wrapped in foil are actually steamed.

3. Steam at normal pressure is 212°F (100°C), the same as boiling water. However, it carries much more heat than boiling water and cooks very rapidly. Cooking times must be carefully controlled to avoid overcooking.

4. A pressure steamer is a pressure cooker that holds steam under pressure. The temperature of the steam then goes higher than 212°F (100°C)

Steaming is widely used for vegetables. It cooks them rapidly without agitation and minimizes the nutrient, color and flavor loss normally associated with boiling.

BRAISING

To braise means to cook covered in a small amount of liquid, usually after preliminary browning. Then cooking could be done on a bed of vegetables and most often, the liquid used for the cooking is served with the foodstuff as a sauce.

1. Braised meats are normally browned first using a dry heat method such as pan frying or searing. This gives a desirable appearance and color and flavor to the product and to the sauce.

2. Braising also refers to cooking some vegetables such as cabbage and leeks, without the preliminary browning.

3. Food being braised is not completely covered with liquid during the cooking process. The top of the product is normally cooked by steaming.
4. Braising is done on the range top or could even be done in the oven. Oven braising has two advantages: 1. Uniform cooking, as the heat penetrates the food from all sides and not just the bottom. 2. Less attention is required. In the oven the foods will cook slowly and gently without having to be checked frequently.
5. In the braising of meats, usually large joints or whole birds (like chicken, duck) are cooked in this method.

STEWING

To stew means to cook pieces of meat or fish or vegetables using fairly large amounts of liquids.

1. The food items are normally cut into small cubes. Tougher cuts of meat and harder vegetables are cooked by this method.
2. The liquid is normally at simmering point and is enough to just cover the entire foodstuff.
3. In stewing, a lot of the nutrients, flavor and taste of the food item is transferred to the liquid.

Stewing is almost the same as simmering and the principles are the same. Simmering refers to a preliminary method of cooking whereas stewing refers to the making of a dish.

DRY HEAT METHODS

ROAST & BAKE

To roast and to bake means to cook foods by surrounding them with hot dry air, usually in the oven. Cooking on a spit is also referred to as roasting.

Roasting usually applies to meat and poultry.

Baking applies to bread, pastries and cakes & cookies. Fish could also be baked.

1. Cooking uncovered is essential to roasting. Covering holds in steam, changing the process from dry to moist heat cooking.
2. Meat is usually roasted on a rack. This rack prevents the meat from simmering in its own juices and fat. It also allows hot air to circulate around the meat. A rack of roughly cut vegetables could also be used.
3. When roasting in a conventional oven, the cook should allow for uneven temperatures in the different parts of the oven by occasionally shifting the position of the product. Usually the back of the oven is hotter as heat is lost near the door.

BROILING

To broil means to cook by radiant heat from above.

The terms broiling, griddling and grilling are sometimes confused. Grilling is often called broiling and griddling is called grilling. For purposes of clarity, broiling is done on a broiler, griddling on a griddle plate and grilling on a griller!

1. Broiling is a rapid high heat cooking method that is usually used only for tender meats, poultry, fish and a few vegetable items.
2. The following rules should be applied while broiling:
 - a. Turn the heat on full. Cooking temperature is controlled by moving the rack nearer or further from the heat source.
 - b. Use lower heat for larger and thicker items and for items that have to be well done. Use higher heat for thinner pieces and for pieces to be cooked rare. This is done so that the inside and the outside cook at the same time.
 - c. Preheat the broiler. This helps to sear the product faster and the hot broiler will make the desired marks on the food item.
 - d. Dip the food item in oil to prevent sticking and to minimize drying. But be careful as too much oil could cause a fire.
 - e. Turn the food over only once, to cook from both sides and to avoid over handling.
3. A low intensity broiler is called a salamander and is used for browning the top of dishes and provides some melting before the service.

GRILLING, GRIDDLING & PAN BROILING

Grilling, Griddling and Pan-broiling are all dry heat methods of cooking that use heat from below.

1. Grilling is done on an open grid over a heat source, which may be charcoal, an electric element or gas heated. Moving the food items from hotter to cooler places on the grill regulates cooking temperatures. Grilled items must be turned over once during the cooking process to ensure even cooking.
2. Griddling is done on a solid cooking surface called the griddle, with or without small quantities of fat. To prevent sticking. The temperature is adjustable and is around 350°F/177°C. This is much lower than on a grill. In addition to meats, items such as pancakes and eggs can be cooked on a griddle. Grooved griddles have a solid top with raised ridges and are designed to cook like grills and leave desirable marks on the surface of the food. Although they may appear the same as food cooked on the grill, meats cooked on the griddle do not have the charcoal-grilled flavor imparted while cooking on a grill.

3. Pan – broiling is like griddling, except it is done on a frying or sauté pan or skillet instead of on a griddle surface. Fat must be poured off as it accumulates, or the process would become pan-frying.

DRY HEAT METHODS USING FAT

SAUTE

To sauté means to cook in small amounts of fat.

1. The French word sauter means 'to jump', referring to the action of tossing small pieces of food on a sauté pan. However, larger slices of meat or vegetables could be sautéed without actually tossing.
2. Note these two important principles:
 - a. Preheat the pan before adding the food to be sautéed. The food must be seared quickly, or it will begin to simmer in its own juices.
 - b. Do not overcrowd the pan or else the temperature will lower.
3. Meats to be sautéed are often dusted with flour to prevent sticking and help achieve uniform browning.
4. After sautéing, a liquid such as stock or even wine or water is swirled in the pan to dissolve browned bits of food sticking to the base or the sides. This is called deglazing. The liquid becomes part of the sauce that is served with the foodstuff.

PAN FRYING

To pan – fry means to cook in a moderate amount of fat in a pan over moderate heat.

1. Pan-frying is similar to sautéing, except that more fat is used and the cooking time is longer. Larger items are used and it not possible to toss them.
2. Pan-frying is normally done over lower heat than sautéing, because larger pieces are being cooked.
3. The amount of fat used depends on the food being cooked. Only a small amount will be required for eggs, but meat and fish items would require a bit more.
4. Most food items would be required to be turned over at least once for even cooking.

DEEP FRYING

To deep fry means to cook food submerged in hot fat. Quality in a deep fried product is characterized by the following properties:

- minimum fat absorption
- minimum moisture loss (i.e. not overcooked)
- attractive golden color
- crisp coating or surface
- no off flavors (sometimes imparted by the frying fat)

Many foods are dipped in a breading or in a batter before frying. This forms a protective coating between food and fat and helps give the product crispness, color and flavor.

Guidelines for deep frying:

1. Fry at proper temperatures. Most foods are fried at 350 to 375 F (170 to 190 C). Frying at too low a temperature usually causes excessive greasiness in fried foods.
2. Don't overload the baskets. Doing so greatly lowers the fat temperature.
3. Use good quality fat. The best fat for frying has a high smoke point.
4. Replace 15 – 20% of the fat with fresh amounts after daily use.
5. Discard spent fat. Old fat loses frying ability, browns excessively and imparts an off flavor.
6. Avoid frying strong and mild flavored foods in the same fat, if possible. French fries should not taste like fried fish.
7. Fry as close to the service time as possible. The food moisture quickly makes the breading or the batter soggy.
8. Protect fat from the following:
 - Heat: turn off the fire after frying or to a lower holding temperature.
 - Oxygen: keep fat covered in between use.
 - Water: remove excess moisture from food before frying.
 - Salt: never salt the food over the fryer.
 - Food particles: dust off loose crumbs before frying and skim the fat often.

PRESSURE FRYING

Pressure frying means deep-frying in a special covered fryer that traps the steam given off by the food being cooked and increases the pressure inside the kettle. Pressure frying requires accurate timing, because the product cannot be seen while it is cooking. In a standard fryer, even though the fat may be at 350 F (175 C) the temperature inside the food will not rise above 212 F (100 C), the boiling point of water. In a pressure fryer, this temperature is raised and cooks the food much faster without excessive browning. At the same time, the fat temperature could be lower (325 F/165 C).

Semester V: Unit 1: Chapter 1.5

STOCKS

DEFINITION: - Stock is a flavored liquid, which forms the basis of many dishes, particularly soups and sauces. Stock is prepared by simmering particular vegetables or meats along with herbs in water, to extract flavor.

CLASSIFICATION: -

Fond de Cuisine (Kitchen Stock); Fond means 'bottom' or 'foundation'.
Fond de vegetal or Fond de Legumes (Vegetable Stock). Also known as Neutral stock or Fond maigre; simmered for 30-40 minutes.
Fond Blanc (White Stock) made from chicken, beef or veal bones; simmered for 3 hours. Fond Blanc de Mouton : - White Mutton Stock Fond Blanc de Volaille: - White Chicken Stock Fond Blanc de Veau: - White Veal Stock
Fond Brun or Estouffade(Brown Stock) made from chicken, beef or veal bones; simmered for 6 hours
Fond de Poisson or Fumet (Fish Stock) made from non oily fish bones ; simmered for 30-40 Minutes
Fond de Champignon (Mushroom Stock) made from roughly chopped mushrooms ; simmered for 30-40 minutes
Fond de Gibier: - Game Stock

CULINARY TERMS ASSOCIATED WITH STOCK: -

1. Bouquet garni / Faggot: - A bundle of herbs and aromatics tied within sections of leek with cooking twine and simmered in stock to add flavor and aroma.
Can also add celery, fresh thyme, parsley stems and bay leaves.
2. Sachet de Epices: - A small cheesecloth sack containing herbs and spices used to flavor stocks, translates literally to "a bag of spices".
3. Mirepoix: - Roughly cut vegetables like onions, carrots and celery in the ratio of 50:25:25 respectively.
4. Depouiller: - day – poo – yay; This term signifies the process of skimming a stock for the first time while it is simmering.
5. De-glazing: - A technique by which liquid is poured into the pan and heated, stirred with a wooden spoon to remove the caramelized residue after roasting the meats and vegetables, and then adding the floating residue to the simmering stock.
6. Broth / Bouillon: - When any meat, poultry, game or fish stock is simmered with a fresh round of nutritional and aromatic ingredients, the result is an ultra clear, highly flavored broth.

Semester V: Unit 1: Chapter 1.5

BASIC RECIPE FOR 1 LITRE STOCKS: -

INGREDIENTS	VEGETABLE STOCK	WHITE STOCK	BROWN STOCK	FISH STOCK
Onions	100g.	100g.	100g.	100g.
Carrots	50g.	50g.	50g.	50g.
Celery & Leeks	50g.	50g.	50g.	50g.
Bones	-	500g.	500g.	400g.
Peppercorn whole	2g.	2g.	2g.	2g.
Cloves	2g.	2g.	2g.	2g.
Bay leaves	2g.	2g.	2g.	2g.
Butter	-	-	-	15g.

CULINARY TERMS ASSOCIATED WITH STOCK: -

7. Consommé: - Clarified clear stock or broth is known as consommé. Clarification takes place by adding egg whites and minced meat to the simmering stock or broth.
7. Aspic: - When a consommé is reduced by 30%, this reduction effectively increases its gelatin content and flavor. Combined with a wine such as Madeira, Port or Sherry, consommé gets converted to Aspic. Aspic is used to coat individually served foods such as pate, poached eggs, cold cuts etc.
9. Glazes (Fr. Glaces): - When a consommé is reduced by 90% to such a consistency that it coats a wooden spoon evenly when dipped in the reduced consommé, the final product obtained is known as a Glaze.
10. Essences: - An essence is made by simmering a liquid with the addition of an aromatic ingredient. Typically essences are created using celery, garlic, mushrooms, tarragon and truffle. Liquid + aromat are reduced by 75% and the essence is used to impart finishing touches to the particular dish.
- E.g. Celery essence is used to finish cream of celery soup.
11. Remouillage: - ray – moo – yay; A second stock preparation, prepared using the same ingredients of the first stock. This results in a weak stock but is flavorful than water. It can be used to cook products which require a mild flavor.

PRINCIPLE STEPS DURING PREPARATION OF STOCK

Although the ingredients are simple and the method simplistic, you must use great care. This is a base from which you will create a wide variety of dishes, so the stock must be right. As with any other preparation, you must start with quality stock are:

The four principle steps in producing stock are:

1. Start with cold liquid.
2. Allow natural clarification to occur.
3. Skim carefully.
4. Simmer, do not boil.

COLD LIQUID TO START

Beginning with a cold liquid prevents the sealing of the items. This makes it possible to release the flavours of the food, enhancing the liquid. This is a form of cooking by interchange. The flavours of meat, bones, poultry, etc. are transferred to the liquid surrounding them.

This interchange occurs whether the bones and vegetables are browned or not. However, when they are browned an additional flavour is added. This is caused by the caramelization of the natural sugars, which occurs during browning. It adds a richness of flavour and colour, not achieved otherwise.

NATURAL CLARIFICATION

A high quality stock has a clear clean appearance. This requires that it be clarified. Pouring the cooked stock through a fine sieve is not the kind of clarification that we mean here. It is the removal of the many minute particles, which form, in the cooking process. Albumin is a protein complex found in muscles, blood, milk, egg white, and many vegetable tissues, such as leeks. It is soluble only in cold water. Albumin is valued for its property of clarification by coagulation (forming a mass) when exposed to heat. The slower the application of heat, the better the removal of cloudiness from liquid. Bringing stock slowly to a boil gives the albumin time to pass into the solution. As its proteins coagulate, they attract particles in the liquid. The action is similar to that of a magnet. However, as with the magnet, when disturbed they will drop the particles. Cloudiness normally is the result of stock being boiled for too long and fast over high heat. This extended boiling breaks down the texture of the bone fibers. When this happens, the particles become blended and suspended in the liquid. This makes it difficult, if not impossible, to clarify. A slight amount of cloudiness is normal in stock. The lack of blood in the bones used in stock creates a lack of albumin. There is not sufficient protein to all the particles.

SKIMMING

As the stock cooks and the albumin coagulates, fat and scum will rise to the top of the pot. It is important to remove all of it. This removal is called skimming, carefully lifting fat and scum from the surface. The mirepoix of vegetables is finely cut for the best flavour extraction. This and the aromatics float on the top of the pot. This can make it difficult to skim properly. To make it easier to skim, add the mirepoix and the aromatics after about $\frac{1}{4}$ of the cooking time has lapsed. The largest accumulation of fat and scum will occur in the early cooking of the stock. Once the mirepoix and aromatics are added, do not skim unless necessary. Let the stock cook undisturbed.

SIMMERING

This very simple operation is often misunderstood. Improper application of it generates most of the burned stocks and sauces. Simmering is when liquid is hot enough to form small bubbles that rise from bottom of the pan. The bubbles break, just below the top surface of the liquid. As they rise and break a slight turbulence occurs. When the temperature is too high, this turbulence is too great. If the temperature is too low, there is little or no movement in the liquid. Simmering, when correct, creates a slight roll in the liquid. Simmering is important in the cooking of sauces, when the slight roll of the simmer is not present, the coarser particles and sediments will settle on the bottom of the pan. This creates an insulating layer between the heat and the stock, which will burn. When it burns, it imparts an unwanted burnt flavour to the stock. Too much action in the liquid can harm stock. The heavy rolling action of a high boil will break up the scum and fat. This makes it difficult to skim the stock. The fast rolling action also does not allow the albumin to gather the fine particles. Improper placement of the pot on the fire can limit the simmering action and make it difficult to skim the stock.

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GLAZE USES: -

Glazes serve four basic purposes in cooking. In most cases, there are advantages to be gained from using a glaze instead of an essence.

1. Glazes give a brilliant shine and moist coating to a finished dish.
 2. They reinforce the quality and tone of sauces.
 3. Glazes strengthen the flavour and body of preparation made from weak stock.
 4. Glazes can act as sauces when used properly buttered or creamed to match the dish they are to be used with.
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COURT BOUILLON

Court bouillon is not actually a stock preparation. However, it is used in a similar manner. It is a flavorful poaching liquid used for fish and shellfish and some other items, such as sweetbreads. A court bouillon is made up of these elements: Aromatics and spices; salt, and liquid. The mixture is not complete in nutritional elements. The flavor of the bouillon is created when fish are poached in it, it is then reduced and added to the sauce or possibly kept for future poaching.

Semester V: Unit 1: Chapter 1.6

SAUCES

DEFINITION: - Sauce is a flavorful liquid or semi-liquid, served with food to add moistness, nutrition and flavor to the dish. *Sauce* is a French word taken from the Latin *salsus*, meaning salted.

*) A Saucier is responsible for all preparation of Sauces.

CLASSIFICATION: -

<u>MOTHER SAUCES</u>	<u>OTHER SAUCES</u>	<u>PROPRIETARY SAUCES</u>	<u>CONTEMPORARY SAUCES</u>
1) BROWN SAUCE: - Tomato(Italian) & Espagnole(French) 2) WHITE SAUCE: - Bechamel(French) & Veloute(French)	1) COLD SAUCES: - Mayonnaise & its derivatives 2) HOT EMULSION SAUCES: Hollandaise & Bearnaise 3) BUTTER SAUCES: - Clarified, Meuniere, Beurre noisette, Beurre noir 4) COMPOUND BUTTERS: - Shallot, Maitre d'hotel, Marchand de vin, Bercy, Chateaubriand, Colbert, Pimienta 5) MISCELLANEOUS SAUCES Gravies, A la minute reductions, Barbecue, Nut sauces, Sweet and Sour sauces	Sauces which are readymade and available in the market off the shelf. E.g. Soya Sauce, HP Sauce, Worcestershire Sauce.	Also known as 'New World Sauces'. These are healthy and use less butter and cream. E.g. Pesto, Chimichurri, Harissa etc.

COMPONENTS OF A SAUCE: -

- 1) Liquid
- 2) Thickening agent
- 3) Seasoning agent

4) Flavoring agent

Semester V: Unit 1: Chapter 1.6

SAUCE	LIQUID	THICKENING AGENT	SEASONING AGENT	FLAVORING AGENT
BECHAMEL	Milk	Roux Blanc	Salt and Pepper	Onion, clove, bay leaf & nutmeg
VELOUTE	Chicken Stock	Blond Roux	Salt and Pepper	Tarragon, mirepoix & sachet de epics
ESPAGNOLE	Brown Stock	Roux Brun	Salt and Pepper	Bouquet garni, tomatoes & red wine
TOMATO	Veg. Stock	Roux Brun	Salt and Pepper	Tomato & mirepoix (sometimes basil)
HOLLANDAISE	Clarified Butter	Egg Yolk	Salt, Pepper, Cayenne pepper & Onion	Lime Juice & Tarragon
MAYONNAISE	Salad Oil & Vinegar	Egg Yolk	Salt and Pepper	Mustard powder / paste

USES/ IMPORTANCE OF SAUCE: -

- 1) Visual Appeal
- 2) Texture
- 3) Moisture
- 4) Flavor
- 5) Nutritional Value

THICKENING AGENTS: -

- 1) Roux: - Equal quantities of fat & flour, cooked together.
 - a) Roux Blanc / White Roux / 1st. stage Roux
 - b) Blond Roux / Light Brown Roux / 2nd. Stage Roux
 - c) Roux Brun / Brown Roux / 3rd. stage Roux
- 2) Beurre Manie: - Equal quantities of fat & flour mixed together, uncooked.
- 3) Liaison: - One part of egg yolk and three parts of cream, whisked together.
- 4) Slurry: - A mixture of cornstarch, potato flour or arrowroot mixed with water to a fine paste.
- 5) Butter: - Cold butter when whisked in a hot sauce gives shine and thickness.

Semester V: Unit 1: Chapter 1.6

- 6) Vegetable or Fruit Purees: - Starch from certain vegetables and fruits naturally thicken a sauce.
- 7) Cream & Yoghurt: - Used to thicken due to their high fat content and helps towards finishing certain dishes.
- 8) Blood: - Dishes that use blood as thickening agents are known as “Jugged”.
- 9) Coral & Tomalley: - Means ovary & liver of a lobster, blended with whole butter or cream.

CULINARY TERMS USED IN SAUCE PREPARATION: -

- 1) Roux: - Equal quantities of fat & flour, cooked together.
 - 2) Beurre Manie: - Equal quantities of fat & flour mixed together, uncooked.
 - 3) Clarified Butter: - Butter melted on a low flame to separate solids and then strained to get a clear butter.
 - 4) Au Jus: - meaning "with juice" describes the serving of meat, most often beef, with the natural juices that were produced while the meat was being cooked.
 - 5) Jus: - Also known a demi-glaze. It is reduced equal parts of brown sauce & brown stock till it is thick and glossy.
- #) Instead of adding brown roux to a brown stock, the stock is reduced till it thickens naturally. Such kind of sauce is known as “Jus”, which is more flavorful than the brown sauce with brown roux.
- 6) Jus Lie: - A French term refers to meat juice that has been lightly thickened with a either arrowroot or cornstarch.
 - 7) Jus roti: - A mix of tomato puree, cabernet sauvignon vinegar, honey and soy sauce.
 - 8) Slurry: - A mixture of cornstarch, potato flour or arrowroot mixed with water to a fine paste.
 - 9) Liaison: - One part of egg yolk and three parts of cream, whisked together.
 - 10) Cloute / Pique: - Onion studded with clove and bay leaf, used for flavoring béchamel.
 - 11) Jugged: - Dishes that use blood as thickening agents are known as “Jugged”.
 - 12) Sabayon: - A sabayon is made by beating egg yolks with a liquid over simmering water until thickened and increased in volume, (the liquid can be water, butter, champagne or wine is often used for a savory sabayon.) The sabayon must not get too hot during cooking or it will become grainy: if it begins to feel warmer than body temperature, remove the pan briefly from the heat, beating continuously, until the mixture cools. Then return the pan to the heat and continue cooking. Sabayon may be served warm or cold; a cold sabayon is beaten off the heat until cooled.
 - 13) Emulsion: - An emulsion is a mixture of two or more immiscible (unblendable) liquids. One liquid (the dispersed phase) is dispersed in the other (the continuous phase).
 - 14) Double Boiler: - A double boiler is a stovetop apparatus used to cook delicate sauces such as beurre blanc or to melt chocolate without burning or seizing. It is a double-decker saucepan with an upper vessel that fits into a lower pot.

Semester V: Unit 1: Chapter 1.6

One fills the bottom with boiling water and places the food to be cooked in the top one. The top pot is kept above the boiling water and heated only by steam, but tight fitting of the two pots prevents steam from escaping.

SAUCE STANDARD RECIPES

1) **BECHAMEL**: - This French sauce consists of milk and is thickened with white roux. Marquis Louis de Béchamel(1603-1703), a seventeenth century financier who held the honorary post of chief steward of King Louis XIV's (1643-1715) household, is said to have invented béchamel sauce when trying to come up with a way to eat dried cod.

(YIELD: - 05 PORTIONS)

INGREDIENT	QUANTITY	UNIT
Clarified Butter	50	g.
Refined Flour	50	g.
Milk	500	ml.
Onion studded with bay leaf & clove (Cloute)	01	Pc.
Nutmeg grated	02	g.
Salt	10	g.
White Pepper pwd.	02	g.

METHOD: -

- 1) Boil milk with cloute, strain and cool the milk.
- 2) Make white roux.
- 3) Add cold milk and keep stirring with a wooden spoon to ensure no lumps are formed.
- 4) Cook till the sauce thickens.
- 5) Add the seasonings and flavoring.

DERIVATIVE	INGREDIENTS	USES
Mornay (Cheese sauce)	Béchamel + grated Gruyere	Poultry, Fish, Vegetable & pasta dishes
Crème (Cream sauce)	Béchamel + fresh Cream	Eggs, Poultry, Fish & Vegetable dishes
Soubise (Onion sauce)	Béchamel cooked with chopped onions & strained + fresh Cream	To accompany eggs, veal & lamb dishes
Oignons (Onion sauce)	Béchamel + chopped Onions + fresh Cream	To accompany eggs, veal & lamb dishes
Indienne (Curry sauce)	Béchamel + cooked curry powder + chopped onions + chopped tomato	To accompany eggs, fish & vegetables.

Semester V: Unit 1: Chapter 1.6

2) **VELOUTE**: - This French sauce literally means ‘velvet’. It is a light blond colored sauce made from chicken, fish or veal stock, thickened with a blond roux.

(YIELD: - 05 PORTIONS)

INGREDIENT	QUANTITY	UNIT
Clarified Butter	50	g.
Refined Flour	50	g.
Chicken / Fish / Veal Stock	500	ml.
Sachet de Epices(Optional) (Thyme+ Bay leaf + Parsley stem+ Garlic clove + Black peppercorn whole)	01	sachet
Salt	10	g.
White Pepper pwd.	02	g.

METHOD: -

- 1) Make blond roux.
- 2) Add cold stock stirring continuously to avoid lumps.
- 3) Add sachet (Optional) and cook for 15 minutes on a medium flame.
- 4) Add the seasonings as required.

P.N.: - Veloute can be enriched by adding a liaison.

DERIVATIVE	INGREDIENTS	USES
Allemande (mushroom sauce)	Veloute + chopped mushrooms + liaison	Used in veal, vegetables & poultry dishes
Supreme (strained mushroom sauce)	Veloute simmered with chopped mushrooms & strained + liaison	Used for poultry & game birds dishes
Aurore (tomato sauce)	Veloute + cooked & strained tomato puree	To accompany eggs, fish, veal & poultry
Cardinal (Seafood sauce)	Fish Veloute + lobster butter + fresh cream	To accompany white fish & lobster

Semester V: Unit 1: Chapter 1.6

3) **ESPAÑOLE**: - It is a French sauce. The term 'Espagnole' means Spanish in French. It is believed that the finest ham and tomatoes used in this sauce preparation came from Spain and hence the name. It is a brown sauce thickened with brown roux.

(YIELD: - 05 PORTIONS)

INGREDIENT	QUANTITY	UNIT
Clarified Butter	50	g.
Refined Flour	50	g.
Brown Stock	500	ml.
Sachet de Epices (Optional) (Thyme+ Bay leaf + Parsley stem+ Garlic clove + Black peppercorn whole)	01	sachet
Red Wine	25	ml.
Tomato Paste	25	g.
Oil (Optional)	05	ml.
Mirepoix (Optional)	75	g.
Salt	05	g.
White Pepper pwd.	02	g.

METHOD: -

- 1) Make brown roux.
- 2) (Optional: - Heat oil and brown the mirepoix on a medium flame.)
- 3) Add tomato paste and cook further.
- 4) Deglaze with red wine and add the stock.
- 5) Add sachet and simmer for 30 minutes.
- 6) Add the brown roux to the hot liquid and keep stirring to avoid lumps.
- 7) Add the seasonings as required.

DERIVATIVE	INGREDIENTS	USES
Demi – Glaze (Jus)	Equal parts of Brown Sauce + brown Stock, reduced to half	Accompanies red meats
Bigararde (Orange Sauce)	Demi-glaze + reduced red wine + orange juice + red currant jelly(optional)	Used for duck dishes
Diable (Devil sauce)	Demi-glaze + reduced white wine & vinegar + cayenne (optional)	To accompany roast & grilled meats
Madeira (Wine sauce)	Espagnole + Madeira wine	Offal, beef fillet, veal, ham.

Semester V: Unit 1: Chapter 1.6

4) **TOMATO:** - Tomato sauce is more commonly associated with Italian cuisine, particularly as an accompaniment to pasta. The traditional French recipe included pork, which converts this healthy veg. sauce into a non veg. version.

(YIELD: - 05 PORTIONS)

INGREDIENT	QUANTITY	UNIT
Olive Oil	25	ml.
Chopped Onions	50	g.
Chopped Garlic	10	g.
Tomato Concasse (de-skinned, de-seeded & chopped)	500	Gm.
Tomato paste(Proprietary)(Optional)	40	g.
White Wine	25	ml.
Torn Basil	5	g.
Salt	05	g.
White Pepper pwd.	02	g.

METHOD: -

- 1) Heat olive oil and sauté garlic and onions.
- 2) Add tomato paste (optional) and cook for 10 minutes.
- 3) Add tomato concasse and half white wine, cook covered for 20 minutes.
- 4) Add the seasonings as required and add torn basil & half of the white wine in the last 5 minutes of the cooking process.

DERIVATIVE	INGREDIENTS	USES
Brettone	Tomato sauce + sautéed chpd. Onions + reduced white wine + butter + chpd. parsley	
Tomated Chaudfroid	Tomato sauce + Aspic jelly	Cold chicken, eggs.
Provencale	Thin Tomato sauce + sautéed sliced mushrooms + chopped. Parsley + garlic + tomato concasse + sugar	Cold sauce served with cold meat cuts
Portugaise	Tomato sauce + White Wine + Tomato concasse + garlic	Egg, Fish & Shell fish
Italianne	Tomato sauce + demi-glaze+ chopped shallots + mushrooms + lean ham	Served with offal's like brain, liver and with lamb cutlets.
Barbecue	Tomato sauce + ketchup + vinegar + sugar	Served with all barbecued meats

Semester V: Unit 1: Chapter 1.6

5) **HOLLANDAISE**: - This is a Dutch sauce. Hollandaise is a French word which means “Dutch style”. It is thickened with the emulsification of a warm sabayon of egg yolk with melted clarified butter. It is warm, yellow, rich sauce which can be held warm till service to max. 1 hour.

If Hollandaise curdles, add a spoonful of hot water into the emulsion and whisk again. Else, whisk 1 egg yolk with 1 tsp. warm water on a double boiler.

(YIELD: - 05 PORTIONS)

INGREDIENT	QUANTITY	UNIT
Clarified Butter	250	g.
Egg Yolks	02	Nos.
White Vinegar	07	ml.
Finely chopped Onion	15	g.
Torn Tarragon leaves	03	Nos.
Crushed Black Peppercorn	05	Nos.
Water	10	ml.
Salt	05	g.
White Pepper pwd.	02	g.

METHOD: -

- 1) In a pan, reduce vinegar, chopped onions, tarragon and crushed peppercorn to half.
- 2) Take the pan off fire, add 10ml. water, strain this liquid and allow cooling till room temperature.
- 3) Combine the reduced liquid with egg yolk and whisk on a double boiler to a ribbon stage.
- 4) Add melted clarified butter in a thin stream and continue whisking until a thick sauce is formed.
- 5) Add the seasonings and hold it warm, use within max. 1 hour.

DERIVATIVE	INGREDIENTS	USES
Maltaise (Orange sauce)	Hollandaise + Juice of blood oranges + blanched julienne of orange zest	To accompany vegetables
Mousseline (Cream sauce)	Hollandaise + whipped double cream	Used for fish, chicken, sweetbreads & vegetables
Moutarde (Mustard sauce)	Hollandaise + Dijon Mustard	To accompany Eggs & Fish
Béarnaise		Fish, Steaks & Eggs
Choron (Tomato sauce)	Béarnaise + cooked tomato puree	To accompany eggs & fish

Semester V: Unit 1: Chapter 1.6

6) **MAYONNAISE**: - The invention of this sauce's name is probably due to 'manier' (meaning to stir) or 'moyeu'(referring to the middle of the egg). Mayo is a cold emulsified sauce. The key is to keep all ingredients at room temperature including the clean dry bowl. This is a cold sauce used as a base for salads, sandwich fillings or as a snack dip.

Mayo will curdle if: -

- a) Oil is added too quickly
- b) Oil is cold
- c) Sauce is not whisked properly or continuously
- d) If the yolks are stale.

Rectification of Mayo:-

- a) In a clean dry bowl, add 5ml. boiled water and gradually whisk the curdled sauce.
- b) Take a fresh yolk, thin it slightly with 2.5 ml. cold water, whisk well before gradually whisking in the curdled sauce.

(YIELD: - 05 PORTIONS)

INGREDIENT	QUANTITY	UNIT
Egg Yolk	02	Nos.
Oil (preferably salad oil)	200	ml.
Mustard powder / paste (preferably Dijon mustard)	05	g.
White Vinegar	05	ml.
Salt	05	g.
Castor Sugar	02	g.
White Pepper pwd.	01	g.

METHOD: -

- 1) Combine yolks & vinegar in a round bowl.
- 2) Add oil continuously drop by drop, whisking all the time.
- 3) Whisk till a stabilized emulsion is formed and it stands in firm peak.
- 4) Add seasonings (salt, sugar & pepper) & flavorings (mustard) as required.

DERIVATIVE	INGREDIENTS	USES
Aioli (Garlic sauce)	Mayonnaise + pounded garlic	Fish soups, eggs & vegetable dish
Chantilly (Cream sauce)	Mayo + stiffly beaten whipped cream	Used for veg. salads
Verte (Green sauce)	Mayo + puree of blanched spinach, watercress(optional) & parsley	Fish, eggs & vegetables
Cocktail	Mayo + chopped shallots cooked in wine(optional) + Tomato Ketchup + chopped	To accompany Seafood

Semester V: Unit 1: Chapter 1.7

	tarragon(optional) + Brandy + Tabasco	
Tartar	Mayo + chpd. Gherkins + chpd. Capers + chopped fresh parsley	Served as a dip sauce for fried fish dishes
Thousand Island	Tartar sauce + tomato ketchup	Served with vegetables

CONTEMPORARY SAUCES

1) **PESTO**: - It is a popular sauce from Italy. Pesto means ‘paste’. North Italy uses basil for pesto & South Italy uses tomatoes for pesto.

METHOD: - In a food processor, blend 150g. Fresh Basil + 60g. Fresh flat Parsley + 45g. Pine nuts + 4 cloves of Garlic + 10g. Sea salt + 300 ml. Olive oil + 5g. Fresh milled Black Pepper + 25g. Parmesan cheese to a smooth paste.

2) **CHIMICHURRI**: - It is from Argentina, made in the same way as Pesto & pairs up well with Steaks, also known as ‘Steak sauce’.

METHOD: - Blend together 75g. Flat parsley + 2 crushed Garlic cloves + 2 small seeded & finely chopped Red Chillies + 2 tbsp. Wine Vinegar + 1 tsp. Chopped Oregano + 100 ml. Olive oil. Process all ingredients until a smooth sauce is obtained.

3) **HARISSA**: - A violently hot red pepper sauce from North Africa, used extensively in Moroccan cuisine. Harissa is a table condiment and is an essential accompaniment to couscous. **METHOD**: - Grind to a paste 25g. Red Chilly paste + 150g. Red Bell Pepper puree + 30g. Garlic

+ 2g. Oregano + 2 g. Marjoram + 1g. Thyme + 100ml. Olive oil + 2g. Coriander powder + 1 g. roasted Cumin powder.

4) **SALSA DI NOCI**: - In Liguria, a region of north west Italy, this sauce is pounded with addition of walnut and is traditionally served with a pasta called ‘Pansotti’, a pasta stuffed with local wild herbs.

METHOD: - To prepare 300ml; mix and grind the following ingredients to a rough puree:
- Crushed Garlic 2 cloves + 125g. Walnut blanched & skinned + 3 tbsp. fresh Breadcrumbs + 4tbsp. Olive Oil + 25g. Freshly grated Parmesan cheese & 4 tbsp. Sour Cream.

5) **ROMESCO SAUCE**: - This spicy red sauce from Catalonia is wonderful with grilled fish & meats.

METHOD: - To prepare 300ml; soak 2 small dry red chillies in boiling water, drain, de-seed & chop. Heat 150ml. Olive oil & add 3 crushed Garlic cloves & 25g. roughly chopped blanched Hazelnuts & fry till golden brown. Take 2 sliced white bread, remove the edges, dice & brown these cubes in a pan. Warm the Tomato juice, add the nuts, garlic, bread cubes, wine vinegar and blend. Season with smoked paprika.

SOUPS

Soups are a liquid food that is derived from meat, fish, poultry, and Vegetables. Soups are most often served at the beginning of a meal or as the main course for lunch or a snack. The term soupe originally referred to the slice of bread upon which the contents of a cooking pot (potage) were poured.

Classification of soups:

When referring to soups, it is important to know that all soups will fall into three broad categories.

1. *Thin* – These are un thickened soups that may or may not contain other ingredients such as vegetables or meats. Some examples are:
Broth or Bullion; Vegetable Soups (some containing meat); Consommé
2. *Thick* – Any soup that is thickened will fall into this category; the thickening can come from any of various sources. Some examples are:
Cream Soups; Purée Soups (sometimes referred to as potage); Bisques; Chowders; Potage
3. *Specialty* – Soups that do not fit neatly into the above categories. Most specialty soups will have similarities like that they are thick or thin. Types of specialty soups include all cold soups, national or regional soups, and some low fat soups.

Some examples are: Regional Soups; National Soups

1) *Thin soup or clear soups*: These soups are all based on a clear, unthickened broth or stock. They may be served plain or garnished with a variety of vegetables and meats

A. Broth and Bouillon are two terms used in many different ways, but in general they both refer to simple, clear soups without solid ingredients.

B. Vegetable soup is clear, seasoned stock or broth with the addition of one or more vegetables and sometimes meat or poultry products and starches.

C. Consommé is a rich, flavoured stock or broth that has been clarified to make it perfectly clear and transparent.

2) *Thick soups*: Thick soups are opaque rather than transparent. They are thickened either by adding a thickening agent such as roux, or by pureeing one or more of their ingredients to provide a heavier consistency.

A. Cream soups are soups that are thickened with roux, beurre manié, liaison, or other added thickening agents and has all the addition of milk / cream. Cream soups are usually named after their major ingredient, such as cream of tomato, cream of broccoli.

B. Purees are soups that are naturally thickened by pureeing one or more of their ingredients. They may be made with dry legumes or from fresh starchy vegetables. Purees may or may not

Semester V: Unit 1: Chapter 1.7

contain cream.

C. Bisques are thickened soups made from shell fish. They are usually prepared like cream soups and are almost always finished with cream.

D. Chowders are American soups made from fish, shellfish or vegetables. They usually contain milk and potatoes.

E. Velouté is made with a Blond Roux and flavoured stock, prepared in the same way as a Velouté sauce and Liaison is added to finish. A Liaison is Egg Yolks and Double Cream

3) *Specialty soups*: Some of the international soups

A. Minestrone Italy

B. Green turtle soup England

C. French onion soup France

D. Cock-a-leekie Scotland

E. Mulligatawny India

F. Gazpacho Spain

G. Paprika Hungry

H. Manhattan Clam Chowder America

I. Scotch broth Scotland

J. Camaro brazil

4) *Cold soups* are sometimes considered specialty soups, and in fact some of them are. But many other popular cold soups, such as jellied consommé, cold cream of cucumber soups are simply cold versions of basic clear and thick soups..

COMMONLY USED GARNISHES FOR SOUPS:

Soup garnishes may be divided into three groups.

1. Garnishes in the soup.

- Major ingredients, such as the vegetables in clear vegetable soup, are often considered garnishes. This group of garnishes also includes meats, poultry, seafood, pasta products, and grains such as barley or rice. They are treated as part of the preparation or recipe itself, not as something added on.

- Consommés are generally named after their garnish, such as consommé brunoise, which contains vegetables cut into brunoise shape.

- Vegetable cream soups are usually garnished with carefully cut pieces of the vegetable from which they are made.

2. Toppings.

Clear soups are generally served without toppings to let the attractiveness of the clear broth and the carefully cut vegetables speak for themselves. Occasional exceptions are toppings of chopped parsley or chives. Thick soups, especially those that are all one color, are often decorated with a topping. Toppings should be placed on the soup just before service so they won't sink or lose their fresh appearance. Their flavors must be appropriate to the soup. Do not overdo soup toppings. The food should be attractive in itself. Topping suggestions for thick soups:

- Croutons Dices or other shapes made from bread, toast, pastry.
- Profiteroles Prepared from chou paste. They are miniature cream puffs which may be filled or used plain.

Semester V: Unit 1: Chapter 1.8

- Cereals Rice or barley.
- Cheese Cheese balls, or grated Parmesan served with croutons on one side.
- Cream Unsweetened whipped cream or sour cream.
- Meats Usually small dices or juliennes. Poultry
- Same as meat.
- Seafood Diced or flaked. Large enough pieces distinguishable.
- Pastas Noodles, spaghetti, other pasta products such as star letters, cornets, etc. Vegetables
- Cut in various sizes, shapes-juliennes, round slices, dices of spring vegetables. Fresh herbs
- (parsley, chives), chopped
- Fried herbs, such as parsley, sage, chervil, celery leaves, leek julienne

3. Accompaniments.

American soups are traditionally served with crackers. In addition to the usual saltines, other suggestions for crisp accompaniments are:

Melba toast

Corn chips

Breadsticks

Cheese straws

Profiteroles (tiny unsweetened cream-puff shells) Whole-grain wafers

Semester V: Unit 1: Chapter 1.8

SALADS

Definition: - Salad is a composition of ingredients that can be raw, cooked or cold, usually served with a dressing and eaten as an appetizer or as a main course.

Composition of a Salad: -

- 1) Base
- 2) Body
- 3) Dressing
- 4) Garnish

SALAD DRESSING USES

- 1) Dressing heightens the flavor of a salad, making it more palatable & improves appearance.
- 2) Dressing is usually in a liquid or semi liquid form.
- 3) Dressing should improve the food value and should not be over powering to mask the flavors of the salad.

TYPES OF DRESSINGS: The basic dressings are Mayonnaise, Vinaigrette or French dressing, lemon dressing, mustard cream and acidulated cream.

Mayonnaise – is also known as basic cold sauce and has numerous derivatives. It is used for cold dishes, the coating of fish, meat, eggs, etc.

Vinaigrette – can be made, in the French, English or American style.

French – 3parts of oil and one part of vinegar and French mustard and seasonings.

English – 1 part of oil and 2 parts of vinegar, mustard and seasonings.

American – Equal quantities of vinegar and oil, seasonings and sugar.

Italian – 4 parts Olive Oil to 1 part Vinegar, seasonings.

Lemon dressing – same as vinaigrette using lemon juice instead of vinegar.

Acidulated Cream – 3parts thin cream and 1 part of vinegar or lemon juice, salt and pepper.

SIMPLE SALADS

Simple salads comprise of only one primary ingredient and another one or two ingredients used for garnish or dressing. E.g. Beetroot salad, Tomato salad with vinaigrette dressing.

COMPOUND SALADS

Meat based
E.g. Carmen salad, Hongroise salad

Fish based
E.g. Nicoise salad, Tuna salad

Fruit based
E.g. Waldorf salad, Japonnaise salad, Dalila

Vegetable based
E.g. German Potato salad, Russian salad, Coleslaw, Caesar salad

Miscellaneous
E.g. Indienne salad, Fattoush

TOSSED SALADS

Varieties of cooked vegetables, mushrooms, meat, fish or shellfish are tossed up together with a dressing. E.g. Toss salad

Semester V: Unit 1: Chapter 1.8

COMPOUND SALADS

BASE	NAME OF SALAD	INGREDIENTS	DRESSING
Vegetable	Caesar Salad	Romaine/Cos lettuce + garlic + croutons+ rendered bacon	Caesar dressing(coddled egg, olive oil, anchovies & grated parmesan)
Vegetable	Coleslaw	Juliennes of cabbage, carrot & capsicum	Mayonnaise dressing
Vegetable	Russian Salad	Boiled diced potatoes, carrots, pineapple, green peas & French beans	Mayonnaise dressing
Vegetable	German Potato Salad / Kartoffel Salat	Potatoes, boiled and sliced	Reduced stock & grainy mustard.

BASE	NAME OF SALAD	INGREDIENTS	DRESSING
Fruit	Waldorf Salad	Diced Apples, celery, chopped, blanched de-skinned walnuts	Mayonnaise dressing
Fruit	Japonnise	Diced Apple, diced pineapple, orange segments	Acidulated Cream
Fruit	Dalila	Diced Apple & Banana	Mayonnaise dressing

Semester V: Unit 1: Chapter 1.8

BASE	NAME OF SALAD	INGREDIENTS	DRESSING
Fish	Tuna Salad	Tuna meat, juliennes of carrots, capsicum, tomatoes & chopped capers.	Mayonnaise dressing
Fish	Nicoise Salad	Blanched & strung French beans, boiled & quartered eggs, quartered tomatoes, kalamata olives, anchovy, vinaigrette dressing, capers & boiled diced potatoes.	Vinaigrette dressing

BASE	NAME OF SALAD	INGREDIENTS	DRESSING
Meat	Carmen Salad	Chicken, rice, red pimentos & green peas	Mustard dressing
Meat	Hongroise	Bacon julienne, lettuce, potato & paprika	Vinaigrette dressing
BASE	NAME OF SALAD	INGREDIENTS	DRESSING
Miscellaneous	Fattoush	Chiffonade of iceberg, tomatoes & green peppers	Vinaigrette dressing
Miscellaneous	Indienne Salad	Boiled rice, asparagus tips, juliennes of sweet pimentos & apple dices	Curry cream dressing

CULINARY TERMS FOR SALADS

- 1) Acidulated Cream: - 3parts thin cream and 1 part of vinegar or lemon juice, salt and pepper.
- 2) Balsamic Dressing; - Balsamic is an aged vinegar from Italy. 3 parts Olive oil emulsified with 1 part balsamic vinegar.
- 3) Blue Cheese dressing; - Lightly whipped cream mixed with blue cheese.
- 4) Emulsify: - Homogeneous mixture of 2 insoluble liquids created by agitation or blending.
- 5) Maceration: - Letting the ingredients infuse with flavorings for considerable amount of time.
- 6) Sour Cream: - Cream set into yoghurt by addition of yoghurt culture.
- 7) Yoghurt Dressing: - Drained yoghurt blended with herbs and flavorings, used as a dressing for Salads.

3. Modern Cooking Techniques & Processes

3.1 Sous Vide Cooking, Cook Chill & Cook Freeze

3.2 HACCP (Definition, Process in brief, Application in the Kitchen)

3.3 FSSAI Law

Sous-Vide Cooking

Sous-vide, French for “under vacuum”, is a method of cooking food sealed in airtight plastic bags in a water bath for a long time—72 hours is not unusual—at an accurately determined temperature much lower than normally used for cooking, typically around 60 °C or 140 °F. The intention is to maintain the integrity of ingredients and achieve very precise control of cooking. By cooking the food at a precise temperature, foods are cooked to perfection every time. You may decide that the ideal temperature for the interior of a cut of beef is 140 degrees, but by using any traditional cooking method, no matter how good the chef is, it’s pretty hard to hit that number exactly right every time, and there can sometimes be some considerable difference between the ideal and the reality. With sous vide cooking, a food wanted at 140 degrees, will be cooked at 140 degrees in simmering water, and because the cooking medium is not hotter than the desired temperature, the food can never be overcooked, no matter how long it’s left in.

The second reason that chefs love this is for the intensity of flavoring possible. The food effectively cooks in its marinade, and since it’s vacuum sealed into the meat, the effects of the seasoning are more pronounced. Additionally, because the food is cooked under a vacuum, the natural juices are unable to escape from the meat, and the resulting food is much more succulent. Thirdly, the technique allows for a manipulation of food that is not really possible in any other way. Take short oxtail for example. A really delicious and flavorful cut of meat...but also very chewy, and as such the only way to cook it and make it tender is to braise it low and slow, and keep cooking it until it is thoroughly well done, and all of the collagen in the meat is transformed to gelatin. Trying to eat a medium ox cheek cooked conventionally would be close to impossible. But using sous vide, the ox cheek can be cooked over a very low heat for many many hours, and during this very long and slow cooking, the collagen eventually transforms to gelatin, and what you get is the texture of a sirloin steak, and the incomparable beefy flavor of ox cheek. Pretty remarkable stuff.

Semester V: Unit 1: Chapter 3.1

Cooking at lower temperatures for extended periods of time also has these benefits:

- Minimal loss of moisture and weight
- Preservation of flavour and aroma as water soluble substances – especially aromatics – are not lost
- Flavours are enhanced, colours retained and little or no salt is required
- Nutrients are preserved as water-soluble minerals are not leached into cooking water, as cooking in a vacuum bag eliminates this
- Research has shown that sous vide gives the highest retention of vitamins vs. steaming and boiling
 - Little additional fat is required during cooking
 - Consistent results every time a dish is cooked

Professionals cook vacuum sealed food in water baths originally designed for laboratory usage, and these water baths can maintain the precise temperatures wanted for as long as needed.

The vacuum sealed meats can also be held without spoilage for far longer than usual, which is another thing that restaurants love, but this does raise some concerns of botulism.

The Cook Chill System

Cook Chill Systems are used by many types of food service organizations including Fine Dining Restaurants, Fast Food Restaurants, Restaurant Chains, Hospital Food Service Departments, School Food Service Departments, Institutional Food Service Departments and Caterers. These organizations produce large quantities of consistent 'just made fresh' foods using the Cook-Chill method which gives products an extended shelf life while achieving a reduction in food and labor costs and practicing safe food handling.

The Cook Chill System from Cryovac, D C Norris and Plascon Food Solutions is a major advance in prepared foods technology that ensures consistent quality in every batch, at every location, while reducing labor required for preparation and serving. Like no other system now on the market, Cook-Chill can provide a high degree of quality and fresh cooked taste.

Plascon Food Solutions in partnership with Cryovac Sealed Air Corporation and D C Norris, provides cook-chill bags, cook-chill bag closures, cook-chill equipment and cook-chill accessories.

The Cook Chill 7-Step Process

1. Food Preparation

Food is prepared on site or at a central location under highest quality control standards and cooked in volume.

2. Bag Fill

Upon reaching the exact degree of doneness, and while still above pasteurization temperature, food is filled directly into a Plascon Food Solutions Cook Chill bag to ensure strict sanitation.

3. Bag Seal

The Cook Chill bag is then securely closed with a heat seal system or clip closure.

4. Ice Bath

The sealed bag is immediately placed in iced water to arrest the cooking process and reduce the food's core temperature to 40 degrees.

5. Store

Food is stored refrigerated or frozen until ready to serve.

6. Retherm

At the serving location, product can be reheated in several ways. The bag can be placed in a steamer, or simply immersed in hot water. An additional option for the retherming process is opening the bag and pouring the contents into a kettle or serving pan to reheat the product.

7. Finished Product

Aroma, taste, texture...the final presentation deliverys quality, 'fresh-cooked' goodness.

The Central Preparation Concept

Basically any food of pumpable consistency can be cooked and prepared at peak quality with the revolutionary Cook-Chill system. This includes soups, chowders, sauces, gravies, gelatins, chili, stews, casseroles, pasta dishes, pizza toppings, and many, many more.

Optimum Sanitation Throughout

With Cook-Chill, once the raw ingredients go into the cooking kettle, the food is never again exposed to handling. The SavorGuard bag is used for packaging, storing, distribution and reheating. This unique, multi layered material also prevents crossover of flavors or odors in distribution. The foods are packaged at above pasteurization temperature, and not exposed to air until the bag is opened for serving.

Freshness and Quality

Each batch prepared with the Cook-Chill method is a "prescription" for freshness and quality. This centralized preparation enables foodservice operators to maintain absolute control over uniformity and quality. All recipes are precisely measured and cooking cycles carefully monitored. Foods are cooked to proper doneness, never over- or undercooked. Thus, every serving location, no matter how distant, is assured uniform flavor, texture and quality. Best of all, even after weeks in storage, the foods taste as if they were freshly prepared.

A Proven, Successful System

The Cryovac Cook Chill System is now in use by leading foodservice operators nationwide, helping them serve a broader variety of fresh-tasting foods with new ease and consistency.

Semester V: Unit 1: Chapter 3.1

Family-style restaurant chains are supplying a wide variety of soups and entrees to their stores. A leading Mexican-food chain, for example, is packaging everything from chili con queso to refried beans.

A health care facility is supplying satellite locations from its central commissary, upgrading the quality of its "institutional" fare and realizing significant economic benefits in labor management and foodservice operations.

And a supermarket chain's central commissary is efficiently supplying in-store delis with soups, chili and a variety of hot entrees.

Other Benefits

Cook Chill Bags from Plascon Food Solutions work equally well for refrigerated or frozen foods. The Plascon Cook Chill bag withstands temperatures ranging from -20 F to 212 F.

Savings in manpower can be substantial, since highly skilled personnel (dietitians, chefs, etc.) are needed only at the central kitchen. No trained cooks are necessary at the serving locations; even part-time employees with minimal training are capable of reheating and serving. And, because so few pots and pans are used at the commissary and serving site, cleanup requires less time and labor.

Storage and inventory are easier to handle, too. Each package is identified by content and packaging date and is easily stackable minimizing storage space requirements. Deliveries can be reduced; each satellite can maintain fresh inventory in its own cooler with assured 30-day shelf life from date of packaging.

Cook - Freeze

Cook freeze is the process of cooking meals until they are almost done and then rapidly freezing them.

The process involves the preparation and cooking of meals at a central factory, rapidly reducing temperature to minus 20 degrees centigrade for storage until they are needed.

Cook Freeze foods need to be packed in shallow trays to make the process more efficient. The food is cooled to storage temperature within 90 minutes of cooking and stored at a maintained temperature of -20 degrees Celsius. The meals can then be transported in refrigerated transport to where the food is to be reheated (regenerated) and consumed when needed.

The length of storage depends on the food but typically it can be stored for months. For longer storage the food may be subjected to pasteurization after cooking.

The main target group for these products are people who have no time to spend cooking. These products are ideal because they are so easy. Typical categories would be schools, pensioners and possibly hospitals.

These processes have the advantage that the preparation and cooking of the meals is not tied to the times when the food is to be served, enabling staff and equipment to be used more efficiently.

A properly managed operation is capable of supplying high quality meals economically in spite of the high initial equipment costs. There are potential problems, however. In particular, careful attention has to be paid to hygiene, as there are a number of points in the process where food pathogens can gain access. This requires careful attention to both the control of the process and to staff training.

What is HACCP?

HACCP (Hazard Analysis Critical Control Point) is an internationally accepted technique for preventing microbiological, chemical and physical contamination along the food supply chain. HACCP is a management system in which food safety is addressed through the analysis and control of biological, chemical, and physical hazards from raw material production, procurement and handling, to manufacturing, distribution and consumption of the finished product

The HACCP technique does this by identifying the risks, establishing critical control points, setting critical limits, and ensuring control measures are validated, verified and monitored before implementation.

The effective implementation of HACCP will enhance the ability of companies to: protect and enhance brands and private labels, promote consumer confidence and conform to regulatory and market requirements.

How does it work?

The first step is to make a commitment. The next step is to learn about the Hazard Analysis Critical Control Point (HACCP) system which allows you to develop and implement your own quality system. HACCP is the premier tool used by the world's food industry to manage risks to food safety and quality.

HACCP does this by identifying the risks and ensuring control ensures are validated, verified and monitored before implementation.

Implementation and certification requires people with recognized quality, HACCP system development and training skills. NCHC has certified trainers and auditors to assist companies implementing HACCP systems.

The effective implementation of HACCP will enhance the ability of companies to: protect and enhance brands and private labels, promote consumer confidence and conform to regulatory and market requirements.

DEFINITIONS

CCP Decision Tree:

A sequence of questions to assist in determining whether a control point is a CCP.

Control:

(a) To manage the conditions of an operation to maintain compliance with established criteria.

(b) The state where correct procedures are being followed and criteria are being met.

Control Measure:

Any action or activity that can be used to prevent, eliminate or reduce a significant hazard.

Control Point:

Any step at which biological, chemical, or physical factors can be controlled.

Corrective Action:

Procedures followed when a deviation occurs.

Criterion:

A requirement on which a judgement or decision can be based.

Critical Control Point:

A step at which control can be applied and is essential to prevent or eliminate a food safety hazard or reduce it to an acceptable level.

Critical Limit:

A maximum and/or minimum value to which a biological, chemical or physical parameter must be controlled at a CCP to prevent, eliminate or reduce to an acceptable level the occurrence of a food safety hazard.

Deviation:

Failure to meet a critical limit.

HACCP:

A systematic approach to the identification, evaluation, and control of food safety hazards.

HACCP Plan:

The written document which is based upon the principles of HACCP and which delineates the procedures to be followed.

HACCP System:

The result of the implementation of the HACCP Plan.

HACCP Team:

The group of people who are responsible for developing, implementing and maintaining the HACCP system.

Hazard:

A biological, chemical, or physical agent that is reasonably likely to cause illness or injury in the absence of its control.

Hazard Analysis:

The process of collecting and evaluating information on hazards associated with the food under consideration to decide which are significant and must be addressed in the HACCP plan.

Semester V: Unit 1: Chapter 3.2

Monitor:

To conduct a planned sequence of observations or measurements to assess whether a CCP is under control and to produce an accurate record for future use in verification.

Prerequisite Programs:

Procedures, including Good Manufacturing Practices, that address operational conditions providing the foundation for the HACCP system.

Severity:

The seriousness of the effect(s) of a hazard.

Step:

A point, procedure, operation or stage in the food system from primary production to final consumption.

Validation:

That element of verification focused on collecting and evaluating scientific and technical information to determine if the HACCP plan, when properly implemented, will effectively control the hazards.

Verification:

Those activities, other than monitoring, that determine the validity of the HACCP plan and that the system is operating according to the plan.

HACCP PRINCIPLES

HACCP is a systematic approach to the identification, evaluation, and control of food safety hazards based on the following seven principles:

Principle 1: Conduct a hazard analysis.

Principle 2: Determine the critical control points (CCPs).

Principle 3: Establish critical limits.

Principle 4: Establish monitoring procedures.

Principle 5: Establish corrective actions.

Principle 6: Establish verification procedures.

Principle 7: Establish record-keeping and documentation procedures.

GUIDELINES FOR APPLICATION OF HACCP PRINCIPLES

Introduction

HACCP is a management system in which food safety is addressed through the analysis and control of biological, chemical, and physical hazards from raw material production, procurement and handling, to manufacturing, distribution and consumption of the finished product. For successful implementation of a HACCP plan, management must be strongly committed to the HACCP concept. A firm commitment to HACCP by top management provides company employees with a sense of the importance of producing safe food.

HACCP is designed for use in all segments of the food industry from growing, harvesting, processing, manufacturing, distributing, and merchandising to preparing food for consumption. Prerequisite programs such as current Good Manufacturing Practices (cGMPs) are an essential foundation for the development and implementation of successful HACCP plans. Food safety systems based on the HACCP principles have been successfully applied in food processing plants, retail food stores, and food service operations. The seven principles of HACCP have been universally accepted by government agencies, trade associations and the food industry around the world.

The following guidelines will facilitate the development and implementation of effective HACCP plans. While the specific application of HACCP to manufacturing facilities is emphasized here, these guidelines should be applied as appropriate to each segment of the food industry under consideration.

Prerequisite Programs

The production of safe food products requires that the HACCP system be built upon a solid foundation of prerequisite programs. Examples of common prerequisite programs are listed in Appendix A. Each segment of the food industry must provide the conditions necessary to protect food while it is under their control. This has traditionally been accomplished through the application of cGMPs. These conditions and practices are now considered to be prerequisite to the development and implementation of effective HACCP plans. Prerequisite programs provide the basic environmental and operating conditions that are necessary for the production of safe, wholesome food. Many of the conditions and practices are specified in federal, state and local regulations and guidelines (e.g., cGMPs and Food Code). The Codex Alimentarius General Principles of Food Hygiene describe the basic conditions and practices expected for foods intended for international trade. In addition to the requirements specified in regulations, industry often adopts policies and procedures that are specific to their operations. Many of these are proprietary. While prerequisite programs may impact upon the safety of a food, they also are concerned with ensuring that foods are wholesome and suitable for consumption (Appendix A). HACCP plans are narrower in scope, being limited to ensuring food is safe to consume.

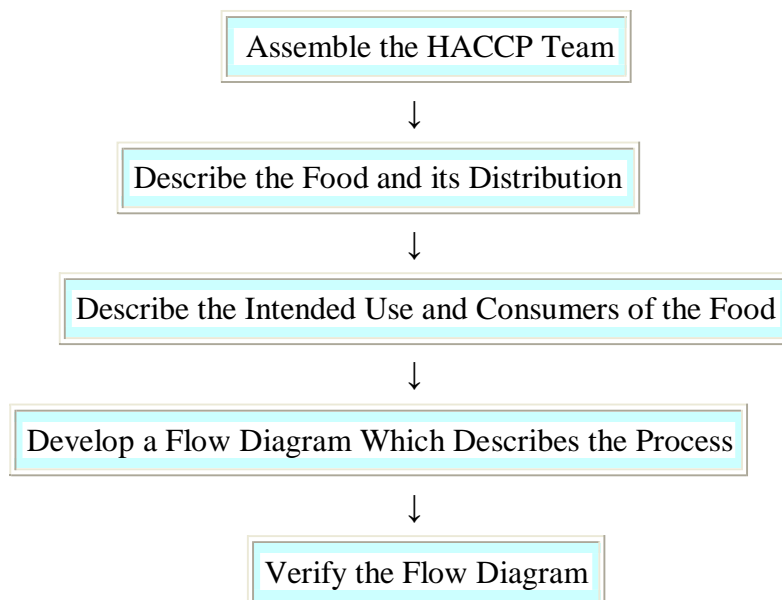
The existence and effectiveness of prerequisite programs should be assessed during the design and implementation of each HACCP plan. All prerequisite programs should be documented and regularly audited. Prerequisite programs are established and managed separately from the HACCP plan. Certain aspects, however, of a prerequisite program may be incorporated into a HACCP plan. For example, many establishments have preventive maintenance procedures for

processing equipment to avoid unexpected equipment failure and loss of production. During the development of a HACCP plan, the HACCP team may decide that the routine maintenance and calibration of an oven should be included in the plan as an activity of verification. This would further ensure that all the food in the oven is cooked to the minimum internal temperature that is necessary for food safety.

Education and Training: The success of a HACCP system depends on educating and training management and employees in the importance of their role in producing safe foods. This should also include information the control of foodborne hazards related to all stages of the food chain. It is important to recognize that employees must first understand what HACCP is and then learn the skills necessary to make it function properly. Specific training activities should include working instructions and procedures that outline the tasks of employees monitoring each CCP. Management must provide adequate time for thorough education and training. Personnel must be given the materials and equipment necessary to perform these tasks. Effective training is an important prerequisite to successful implementation of a HACCP plan.

Developing a HACCP Plan: The format of HACCP plans will vary. In many cases the plans will be product and process specific. However, some plans may use a unit operations approach. Generic HACCP plans can serve as useful guides in the development of process and product HACCP plans; however, it is essential that the unique conditions within each facility be considered during the development of all components of the HACCP plan. In the development of a HACCP plan, five preliminary tasks need to be accomplished before the application of the HACCP principles to a specific product and process. The five preliminary tasks are given in Figure 1.

Figure 1. Preliminary Tasks in the Development of the HACCP Plan



FSSAI

<http://www.fssai.gov.in/>

The Food Safety and Standards Authority of India (FSSAI)

has been established under Food Safety and Standards Act, 2006 which consolidates various acts & orders that have hitherto handled food related issues in various Ministries and Departments. FSSAI has been created for laying down science based standards for articles of food and to regulate their manufacture, storage, distribution, sale and import to ensure availability of safe and wholesome food for human consumption.

Highlights of the Food Safety and Standard Act, 2006

Various central Acts like Prevention of Food Adulteration Act, 1954 , Fruit Products Order , 1955, Meat Food Products Order , 1973, Vegetable Oil Products (Control) Order, 1947, Edible Oils Packaging (Regulation) Order 1988, Solvent Extracted Oil, De- Oiled Meal and Edible Flour (Control) Order, 1967, Milk and Milk Products Order, 1992 etc will be repealed after commencement of FSS Act, 2006.

The Act also aims to establish a single reference point for all matters relating to food safety and standards, by moving from multi- level, multi- departmental control to a single line of command. To this effect, the Act establishes an independent statutory Authority – the Food Safety and Standards Authority of India with head office at Delhi. Food Safety and Standards Authority of India (FSSAI) and the State Food Safety Authorities shall enforce various provisions of the Act.

Establishment of the Authority

Ministry of Health & Family Welfare, Government of India is the Administrative Ministry for the implementation of FSSAI. The Chairperson and Chief Executive Officer of Food Safety and Standards Authority of India (FSSAI) have already been appointed by Government of India. The Chairperson is in the rank of Secretary to Government of India.

FSSAI has been mandated by the FSS Act, 2006 for performing the following functions:

- Framing of Regulations to lay down the Standards and guidelines in relation to articles of food and specifying appropriate system of enforcing various standards thus notified.
- Laying down mechanisms and guidelines for accreditation of certification bodies engaged in certification of food safety management system for food businesses.
- Laying down procedure and guidelines for accreditation of laboratories and

Semester V: Unit 1: Chapter 3.2

notification of the accredited laboratories.

Semester V: Unit 1: Chapter 3.2

- To provide scientific advice and technical support to Central Government and State Governments in the matters of framing the policy and rules in areas which have a direct or indirect bearing of food safety and nutrition .
- Collect and collate data regarding food consumption, incidence and prevalence of biological risk, contaminants in food, residues of various, contaminants in foods products, identification of emerging risks and introduction of rapid alert system.
- Creating an information network across the country so that the public, consumers, Panchayats etc receive rapid, reliable and objective information about food safety and issues of concern.
- Provide training programmes for persons who are involved or intend to get involved in food businesses.
- Contribute to the development of international technical standards for food, sanitary and phyto-sanitary standards.
- Promote general awareness about food safety and food standards.

DECODING “FOOD SAFETY AND STANDARDS ACT”



You may be aware that the above Act has been implemented on 5th August, 2011 throughout India. Thus w.e.f. from 5th.August 2011, all earlier food laws / acts such as PFA, FPO, Agmark, M & MPO, EO, VAO, Milk Supplements Order & Feeding Bottle Order are scrapped, null and void.

The enactment of Food Safety & Standards Act and establishment of the Food Safety and Standards Authority of India (FSSAI) is a landmark development which will have a pervasive impact on all segments of the Indian Hospitality Industry. It becomes obligatory on all food business operators to acquire license under this Act either before the expiry of their existing license or by 5th August, 2012, whichever is earlier. The processing of license takes 60 days.

Download Form B from the

[link: http://www.fssai.gov.in/Portals/0/Pdf/Application%20for%20Registration%20&%20Renewal.pdf](http://www.fssai.gov.in/Portals/0/Pdf/Application%20for%20Registration%20&%20Renewal.pdf)

For hotels less than 3 Star, the license fee is Rs.2000/-p.a.

For hotels above 3 Star, the fee is Rs.5000/- p.a.

It is recommended that hotels apply for a 5 year license.

By 12th.August 2012, all Food Business Operators must have license or should have applied for the license.

STEP WISE LICENSE PROCESS





- 1) Register your company as a FBO (Food Business Operator)
Go to the link: <http://www.fssai.gov.in/Default.aspx>
Select: - FLRS (Food Licensing and Registration System) on the left hand menu under the Heading FSSAI ONLINE.
Sign up for Self Care portal: <http://foodlicensing.fssai.gov.in/UserRegistration.aspx>
After successful signing up, you shall receive a mail in the email mentioned during the sign up process.
Log in with the registered username and password on the [link: http://foodlicensing.fssai.gov.in/UserLogin/Login.aspx](http://foodlicensing.fssai.gov.in/UserLogin/Login.aspx)
Select License/Registration from the [link: http://foodlicensing.fssai.gov.in/SLS/FBO/FBOHome.aspx](http://foodlicensing.fssai.gov.in/SLS/FBO/FBOHome.aspx)
Then select: Apply for License registration under the title License/Registration.
Select “STATE”
Tick on relevant “KIND OF BUSINESS”
In case of any clarifications, please click on the Help Desk link after logging in [to http://foodlicensing.fssai.gov.in/UserLogin/Login.aspx](http://foodlicensing.fssai.gov.in/UserLogin/Login.aspx)
Alternatively, you can write a email to: complaintfssai@gmail.com
Or send queries by post to:
DIRECTOR ENFORCEMENT, FDA Bhawan near Bal Bhavan, Kotla Road, New Delhi - 110002 India.
- 2) Pay Challan & get UID No.
UID No. is PRN.
- 3) After payment of challan, within 14 days a designated officer calls up for doubts.
- 4) Within 30 days, an inspection happens and the inspection report comes within 30 days.
- 5) License has to be received within 60 days. If there is no communication from FSSAI within 60 days, it is assumed that the license is granted.

LICENSE IS FOR THE ENTIRE PREMISES & NOT FOR INDIVIDUAL OUTLET.

It is recommended that hotels apply for a 5 year license.

Semester V: Unit 1: Chapter 3.2

DIFFERENCE BETWEEN THE OLD LAWS & THIS ONE?

OLD LAW	NEW LAW
It was a Product Based Law	It is a Process Based Law
Focused on Adulteration	Focuses on sub standard and unsafe food products.
There was no adjudication possible	Compounding of offences and adjudication possible.
Permitted colors were allowed to be used within limits.	No food colors allowed in any food, exceptions though are Indian sweets, Bakery products, Confectionaries, Ice creams, packed juices and Dal Bhujiya.
	

Semester V: Unit 1: Chapter 3.2

REASONS FOR FOOD SPOILAGE

This law deals with Food, Water & Personal Hygiene.

- 1) Temperature
- 2) Personal Hygiene
- 3) Improper Cooking
- 4) Improper Storage
- 5) Time
- 6) Humidity
- 7) Bad process
- 8) Bad Raw Material
- 9) Bad Water Quality
- 10) Foreign Matter
- 11) Lack of Waste Disposal
- 12) Chemical Residue
- 13) Pests
- 14) Cross Contamination
- 15) Illness or Injury to Staff
- 16) Improper Additives or Essences.
- 17) Bad Drainage
- 18) Use of non food grade equipment
- 19) Bad packing material
- 20) Droppings of birds or rodents.
- 21) Improper sanitation.

Thus, if you control and take proper care of the above pointers, the food served in your premises is ought to be safe for human consumption.

**RECORDS & DOCUMENTS TO BE MAINTAINED BY FBO
(Food Business Operator)**



- 1) Receiving time table
- 2) MFP Inspection Procedure
- 3) Vegetable Washing Schedule
- 4) Approved Vendor List
- 5) Perishable Specification Manual
- 6) Legal Verification Matrix (Agency – Renewal Date – Status)
- 7) Supplier Audit Checklist (Audit two suppliers a month)
- 8) Material Rejection Record
- 9) PCD (Pest Control Devices) Map
- 10) Rodent Bait Diagram
- 11) Store Discard Policy
- 12) FIFO (First In First Out) or FEFO (First Expired First Out)
- 13) Slow Moving & Non Moving Food Materials
- 14) Physical Inspection record of raw materials
- 15) Copy of Import Clearances.
- 16) MSDS (Material Safety Data Sheet) of Pest Chemicals
- 17) Pest Chemicals Dilution Chart
- 18) Water Treatment Plan & Diagram
- 19) Sewage Treatment Plan & Diagram
- 20) Grease Trap Cleaning Procedure
- 21) Kitchen Uniform Washing Procedure
- 22) Color Coding of Dusters
- 23) Waste Disposal Plan
- 24) Exhaust Hood Cleaning Procedure
- 25) Dish Wash Temperature Record

Semester V: Unit 1: Chapter 4.1

- 26) Pot Wash Temperature Record
- 27) Cooking Temperature Record
- 28) Hot Buffet Temperature Record
- 29) Cold Buffet Temperature Record
- 30) Re-Heating Temperature Record
- 31) Walk in Cooler Temperature Record
- 32) Walk in Freezer Temperature Record
- 33) Micro Biology Report of Food
(6 samples per quarter is the guideline)
- 34) Chemical and Micro Biology Report of Water
- 35) TDS (Total Dissolved Solids) Ph Chlorine Monitoring Record of Swimming Pool
- 36) Buffet Reject Food Handling Procedure
- 37) ODC (Outdoor Catering) Vehicle Inspection Record
- 38) Hand Swab Reports
(1/5th of food handlers per month is the guideline)
- 39) Food Handler's Medical Certificate
- 40) Illness and Injury Reporting System
- 41) Used Oil Handling Procedure
- 42) AHU (Air Handling Unit) and FCU (Fan Coil Unit) Cleaning Procedure
- 43) Legionella Testing Report of AC Water
- 44) OHT (Over Head Tank) Cleaning Procedure
- 45) Food Safety Compliant Handling Mechanism
- 46) Pest Control Schedule of Receiving, Stores, Kitchen & Restaurants.
- 47) Sanitation Schedule of Receiving, Stores, Kitchen & Restaurants.

It is rightly said by an anonymous author that:

**Safety is as simple as ABC - Always Be
Careful.**

4. Larder

- 4.1 Definition; layout of the department
- 4.2 Hierarchy, Duties & responsibilities of larder chef
- 4.3 Tools & Equipment of larder department
- 4.4 Importance of larder control
- 4.5 Yield testing

LARDER

The **Larder** or **Garde Manger**, as it is known in French, is a department set aside for the storage of perishable foods, both raw and cooked, and where such foodstuff such as meat, fish, poultry and even game are prepared and made ready for cooking. In this department too, cold items found on the menu, such as hors d'oeuvre, cold fish or meat dishes, cold sauces, salads and salad dressings and charcuterie are prepared and dressed.

For these functions to be effectively carried out, it is essential that:

1. The larder should be separate from the kitchen and located in a cool place. At the same time it should be close to the kitchen to avoid undue running about between the two departments which are closely inter-related. It should be light and airy and well ventilated, sufficiently spacious to allow the staff to carry out their work efficiently. During the setup of the larder, enough attention must be paid to the physical attributes such as the flooring, tiling, exhaust systems, ventilation and lighting, both natural as well as artificial.
2. It should be fitted with the necessary equipment that would be required to carry out the work. Equipment could be classified as heavy, light and miscellaneous (see attached list for the classification of the equipment).
3. There should be adequate and well trained staff. Most of the work in the larder is of a specialized nature and requires proper training and understanding.

Breakdown of work

It naturally follows that the work in the larder needs to be broken down into various sections and each section is the responsibility of a chef trained in that area. The Chef Garde Manger who is the over all in charge of the department allocates the duties. His assistants are called either assistant chefs or commis garde manger. Depending upon the volume of the work, the number of

Semester V: Unit 1: Chapter 4.1

sections will vary and so will the number of the staff required: At times in a small establishment, the larder chef may work single- handed, and carry out all the work himself.

LAYOUT OF THE LARDER DEPARTMENT

Larder of a 5 star operational kitchen will be segregated into the following section-

1. Hors d'oeuvres and salad section having two sinks, work tables, storage racks and cupboards, refrigerator, gas range, and pickup counter.
2. Poultry and Butchery section with a butcher's block, work table, refrigerators, deep freeze, mincing and slicing machine, sinks.
3. Fish section having live fish tanks, two sinks, work tables, refrigerator, deep freeze.
4. A general section with work tables.
5. Cold rooms with deep freezer and walk-in facility
6. A weighing scale next to the entrance.
7. Chef's office

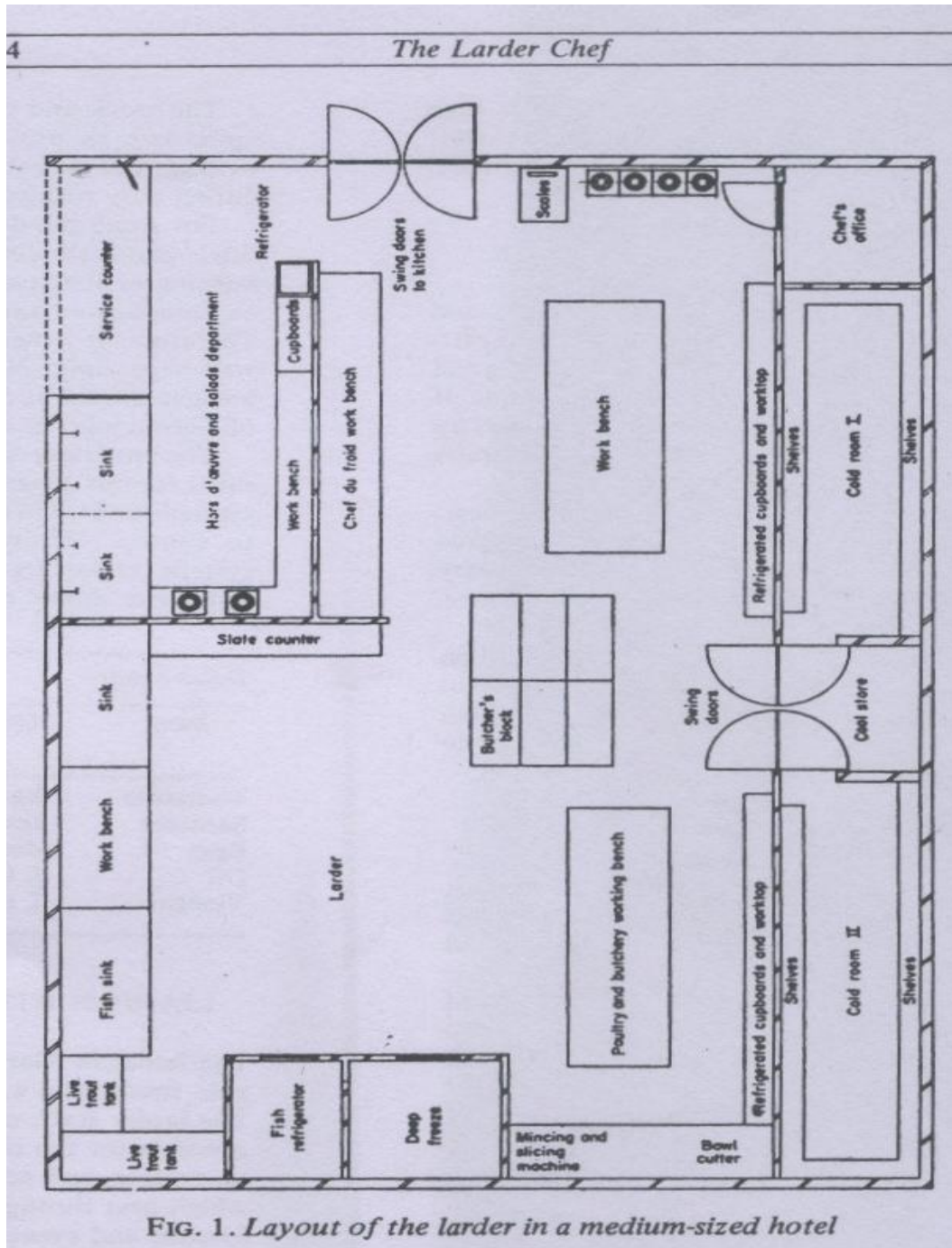


FIG. 1. Layout of the larder in a medium-sized hotel

TOOLS & EQUIPMENTS OF LARDER EQUIPMENT

1. MINCING MACHINE AND FOOD PROCESSORS-

- These two machines have an important function in the larder. The mincer is used for the mincing of raw meats for sausages, hamburgers, meat loaves, mincing of fats prior to rendering for dripping.
- A food processor is a useful tool in the mixing of the raw and cooked farces, pates, mousses and puree mixtures as well as some sauces. It is also handy for the making of breadcrumbs from the day old breads.
- These metal machines are quite expensive and should be robust for heavy duty for commercial use.
- The mincing and the processor attachments can be dismantled for cleaning which should be done with hot water containing grease solvents, then rinsed and dried before re-assembling.
- The machine needs to be lubricated at regular intervals with the lubricating oil.
- The operator should study the instruction manual to become familiar with the oiling points.

THE SLICING MACHINE

- Is used for cutting slices of cooked meats such as ham or tongue, or any other boneless joints of meat.
- It is also used for cutting bacon or gammon rashers.
- A calibrated scale is fitted to determine the thickness of the slices.
- They may be hand-operated, semi-automated or fully automatic.
- The cleaning of the machine should be done carefully following the instructions on the manual. No food should be left clinging to the parts which cannot be removed for cleaning as the bacterial growth will occur. The blades should be kept sharp always using the grindstone attachment provided along. The machine should be kept lubricated with the oil provided.

SCALES AND WEIGHING MACHINES

- There are various types of weighing scales- large platform scales for weighing large meat joints. There are graduated scales fitted with a price chart showing the prices at a glance.
- No maintenance is necessary other than keeping them clean and hygienic. Sponging them with a cloth soaked in hot water and then drying thoroughly will do the needful.

The pans of the smaller scales should be removed and washed well in hot water.

- Foodstuff should not be placed directly onto the platform or the pans of the scales but should be kept in some container or trays or a sheet of greaseproof paper when being weighed.

ELECTRIC GRINDING MACHINE

- This machine is used for grinding an edge on knives and choppers or cleavers. It should be used if only the carborundum stone fails to set an edge. Frequent use will wear the knives and the choppers down very fast.

- Make sure that there is sufficient water in the well and the grindstone is wet while the sharpening takes place.

- Keep the machine clean.

- Lubricate the machine as per the instructions in the manual.

BOILING PLATE OR GAS RINGS

- These are used to heat or cook as required such as cooking the vegetable hors d'oeuvres, for rendering fats, making aspic jelly, sauces, pickles and other larder preparations. Spilling or boil ovens should be wiped and cleaned with warm water and soap solution. The burners need to be cleaned on the periodical basis.

- The enamelled parts of the surrounding should be sponged down with water.

Abrasives should not be used as they damage and scratch the enamel.

SALAMANDER / GRILL / TOASTER

- These are used for grilling or toasting many foodstuffs for making savouries and canapés and for grilling sausages etc.

- For cleaning the burners should be lightly brushed to prevent the holes from clogging.

The metal reflectors should be wiped on a regular basis.

- The fat drip tray must be emptied and cleaned daily. A little water in the tray will help the grease from baking on. Do not allow the crumbs to burn in the tray .
- The enamel parts must be wiped with a damp sponge on a daily basis.

BUTCHERS' BLOCKS

- These are used in the butchery for jointing and cutting meats.
- They have the advantage of being reversible. They can also be re-serviced when badly worn out by sawing at the timber yard.
- A good general rule is to keep the surface as clean and dry as possible and should be washed well and drained and dried after each use.

SAUCEPANS AND LIDS

- They are mostly stainless steel or aluminium or latest can also be hard anodized. They require utmost care for maintaining them clean.
- They should be washed in warm soapy water and dried well after use.

TABLES, COUNTERS AND FLOORS

- Steel tables are used as work tables. Always keep them clean and never use their surface for chopping or cutting as the damage can be two ways. Chopping boards which are color coded are used for this purpose.
- The tables should be cleaned by sponging with hot soapy water and rinsed with warm water and then dried after use. At the end of each session, the sinks, the counters and the floors must be well cleaned.

OTHER LARDER TOOLS

Other small equipment required in the larder section are-

- Serving spoons and ladles
- Sieves
- Colanders
- Conical strainers
- Meat presses
- Pie moulds
- Whisks
- Egg slicers
- Steel basins
- Graters
- Cutlet bat
- Trussing needles
- Larding needles
- Larding pin
- Lemon zesters
- Vegetable scoops
- Butchers hooks
- Skewers
- Brinometer

REFUSE BINS

- The waste bins should be lined with disposal bags and be emptied on the daily basis.
- The bins should be stored in air conditioned temperature as they store lot of perishable wastes.
- They should be thoroughly cleaned, inside out, on the daily basis.

USE OF REFRIGERATORS AND FREEZERS

REFRIGERATORS- UPRIGHT

These play a very important part in the functioning of the garde manger as all perishables can be stored at a low temperature to prevent deterioration and the growth of pathogenic bacteria.

- The refrigeration temperatures are set a little above the freezing point and can range from 2-5 degrees C.
- There should be no fluctuations in the temperatures and keep them as constant as possible.
- Always check the thermostat is working well
- Have the refrigerators serviced regularly
- Defrost regularly to maintain the temperatures. The refrigerator should be thoroughly cleaned. The racks and bars be removed and washed with warm water.
- During the defrosting time, the food should be transferred to an alternative storage.
- Never use a n=knife or a sharp instrument to dislodge the ice formation.
- Open the door as little as possible for the temperatures to be maintained inside.
- Never place hot food into the refrigerator as it will raise the temperatures inside.

UNDERCOUNTER REFRIGERATORS

- The under counter fridges have been developed to fight the space restrictions and for the maximum utilization of the spaces. These are normally used to store ready to cook meats and fish. Positioned in the hot and greasy kitchens, these fridges are specially in need of frequent thorough cleaning and servicing.

DEEP FREEZERS

With the increasing bulk of the food production for the catering establishments and the use of more and more of the frozen foods, there is an intensive use of freezers. They help in prolonging the storage life of the perishables.

- Under refrigeration temperatures, the food can deteriorate rapidly through the action of the microbes, enzymatic and chemical reactions.
- By reducing the temperatures, these reactions are slowed down.
- Increased use of deep freezers can be due to bulk buying, special seasonal rates or discounts or irregular supply or delivery.

TYPES OF DEEP FREEZERS

There are three types of deep freezers. The major difference is their shape and size.

1. BUILT-IN WALK-IN TYPE

- These are found in large catering units such as hotels, hospitals, canteens and large restaurants.
- The average size of the deep freezers is 2x2x2.25 mtrs. But these can be tailor built in all shapes.
- All such freezers have divisions within them allowing for the separation of the meat, poultry, fish or vegetables.

2. DEEP FREEZE CABINETS

- These are of two types- the box or the chest types, which is the most popular and cheapest to buy. This has the disadvantage of storing all the foods together as there is no or little compartmentalization. Quick access to the food is often difficult and following first-in-firstout is normally difficult in this.
- The second type is the upright one, to look at it is like a refrigerator. It is more expensive, but by its design and inner shelving, it allows quick and easy access to the foods required.
- These also come having two or three doors with different compartments, in order to store different raw material separately.

- Latest have also incorporated the quick freezing shelves which can be used before freezing all the foods and then storing them.

3. FRIDGE- FREEZER CABINET

- This is a combination of the fridge and a freezer compartment.
- Originally meant for larger households, but these can also be used by smaller catering units
- These are available in two doors or three door options as well.

YIELD TESTING

Yield testing is mainly concerned with physical properties of the food i.e. texture , composition ,keeping qualities, flavor , smell etc. Usually yield tests are performed on foods brought. As purchased and need to convert to convert to ready to cook items received already pre-portioned do not need any yield tests. Some foods you received ready to cook might need yield tests.

Yield tests will tell you:-

- 1 yield of kg, litres ,gms ,portions and so on.
- 2 Cost per kg , litre , gm, portion and so on .

Yield tests are pre-cost technique because before you serve an item you determine its cost. yield tests are pre control technique because you know the cost of the item and you can adjust the menu selling price before serving the item.

Many of the items you purchase are not immediately ready to use when you receive them.

They have to pre-preparation work done. This adds to the cost of the item because it will cost you some things to have your employees trim, peel or do some work on the items after you receive them .

(a) Butchery test :

- 1 Waste
- 2 Yield(useable meat)
- 3 Bones
- 4 No of portions
- 5 Fat amount & colour
- 6 Feel to touch (fat)
- 7 Firmness of flesh
- 8 Colour of flesh
- 9 Bone structure
- 10 Colour of bones

(b) Cooking Test :

- 1 Cooking time
- 2 Cooking losses
- 3 Taste after cooking
- 4 Flavour after cooking
- 5 Shrinkage.

All the above mentioned are observed in these tests. These tests can be used to compare two

sample. They form a basis for standard purchase specifications.

KITCHEN TESTS

Testing of recipes may be considered a kitchen test. The purpose of the test is to determine the amount of usable food in relation to quantity purchased.

The result may be used for the following purpose.

- a) To determine portions cost. This is initially as well as on a continuous basis.
- b) Purchasing data- This will be the basis for quantity to be purchased for the given number of portions.
- c) Determining the best methods of preparation-This indicates the cooking time, temperature etc.
- d) Basis for specifications for best yield.

Semester V: Unit 2: Chapter 5.1

- e) Testing adherence to established specifications on a continuing basis.
- f) Checking how well the employees follow the establishment recipes and procedures. The kitchen employees should be made to perform these tests.
- g) Check the skill of the employees.

BUTCHERY TESTS

The butcher test card is used in computing the usable portion for meats, fish and poultry. For example from ribs of several by-products such as short ribs, hamburgers fats and bones are obtained.

In determining portion costs, of the finished rib of beef credit must be given for the value of those usable by product having value.

UNIT :2

5 Charcuterie

- 5.1 Introduction to Charcuterie
- 5.2 Brines – Cures – Marinades - Smoking
 - 5.2.1 Types, uses, differences
- 5.3 Forcemeats
 - 5.3.1 Components of forcemeat
 - 5.3.2 Methods of making forcemeat
- 5.4 Sausages
 - 5.4.1 Components of sausage
 - 5.4.2 Types of sausages
 - 5.4.3 International sausages with country of origin
- 5.5 Charcuterie Products
 - 5.5.1 Galantine, Ballotine, Pates, Terrines
 - 5.5.2 Mousse & Mousseline
 - 5.5.3 Gelée, Aspic Jelly & Chaud Froid
- 5.6 Ham – Bacon – Gammon
 - 5.6.1 Definitions
 - 5.6.2 Types of Bacon
 - 5.6.3 International Ham/Bacon with country of origin
 - 5.6.4 Difference between Ham/Bacon/Gammon

INTRODUCTION TO CHARCUTERIE

Charcuterie is “the branch of cooking devoted to prepared meat products such as bacon, ham, sausage, terrines, galantines, pates and confit, primarily from pork.”

Before refrigeration was a common, economically viable practice, chefs the world over were constantly faced with a problem. Meat needed to be preserved in such a way that it could be held, safely, at ambient temperatures for long periods of time.

Their ingenious solution was to develop a range of techniques for meat preservation. These days, those techniques are called Charcuterie. Charcuterie is derived from the term 'chair cuit,' which translates to mean 'cooked meat' Charcuterie is considered by some to be the art and science of

Semester V: Unit 2: Chapter 5.1

making cooked meat preparations - with emphasis on pork. This ancient art, whose origins date back some 6,000 years, became popular during the Roman Empire when cuisine started to become sophisticated, the art really hit its stride in France during the Middle Ages when charcuterie came into its own. Shops began to specialize in these meat preparations – known as charcuterie - and the people who owned and operated these shops were referred to as 'charcutiers.' They were skilled individuals who not only had to possess the talent to season and cook moist and delicious foods, but they also had to present it in a way that was appealing to customers who passed by or entered their shop. Charcutiers enjoyed great popularity and their customers were always interested to see the new creations being prepared.

Most use salt as the primary curing ingredient, and it's the magic of salt-curing over time that produces the unique flavors of bacon, prosciutto, salami, etc.

Salt does two things. First it draws moisture from the meat, changing the texture and flavor, and creating an environment inhospitable to bacterial growth. Second, it draws proteins from the meat and effectively acts as the glue to hold together a wide range of meat products. Salt is a miracle.

Semester V: Unit 2: Chapter 5.1

A generic formula for cured meat (this could apply to something like pancetta or salami) might look like this:

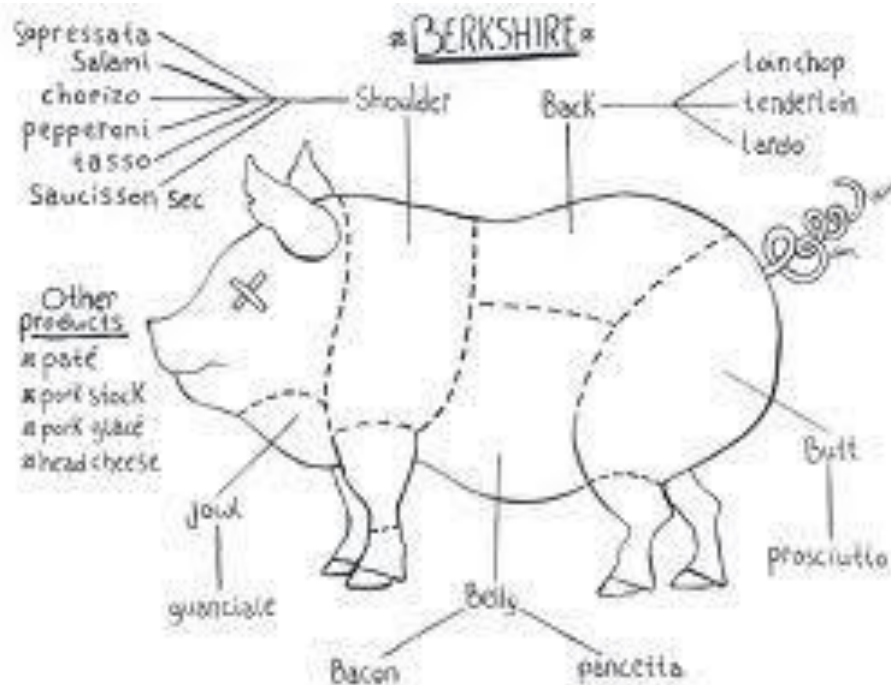
meat + salt + flavorings = salted meat

salted meat + time = cured meat

Curing meat depends crucially on the second step, essentially drying the meat over time. Under controlled temperature and humidity a salted pork belly will dry and condense into something greater than the sum of its parts, with new flavor and texture resulting from the curing process.







CHARCUTIERE - BRINES, CURES, MARINADES & SMOKING

A) BRINES

The larder uses a number of marinades and brines, most of which have been known for hundreds of years. Whereas the marinades are always used to give a certain distinctive flavour and /or to tenderize in some cases, the pickles and brines were originally used to preserve food. In modern times of refrigeration and deep-freezing , pickling and brining may be thought to be unnecessary but this is not so.

Although pickling and brining does preserve, the foods treated in this way attain a certain colour in the case if brine and, what is more important , flavour in the case of pickles and marinades; people have become accustomed to this and would not care to miss it. This does not imply, however that pickle and brine is not also and to preserve; under certain circumstances , this purpose still exists today.

1. Raw Brine
2. Red Brine
3. Spice Brine
4. Cooked Brine

As for Raw Brine but the liquid is brought to a boil for about 2 hrs 20 minutes and cooled overnight before being used.



Brine is water saturated or nearly saturated with a salt. Salt concentration is nearly 25%.

Brining can be achieved by any of the following:

Steeping

Injecting

Spraying

Steeping

In Brining, the food is completely immersed in the brine solution for a period of time. The food should be turned over occasionally to achieve even brining.

Injecting

Injecting involves the use of brine pump wherein the brine is injected directly into the muscle fiber.

Spraying

Spray brining is when the brine solution is sprayed by injection at several points in the muscle at the same time.

Even faster than injecting.

Salting and Pickling Brine

Meat contains around 75% water in the form of inter and intra cellular liquids distributed all over the tissues. These liquids contain several substances such as minerals, salts, proteins, amino acids and lactic acids.

When meat is exposed to brine, osmotic exchange happens between meat and the brine. The meat absorbs brine and brine receives some of the meat liquids.

pH in meats

Low pH

Ideal for uncooked meats

Helps in colour retention

High pH

Ideal for cooked meats and meat products

Gives darker colour

Sugar in brines

Enhances taste

Acts as meat tenderizer

Encourages the growth of Lactobacillus which further retards the growth of other harmful bacteria which may increase the acidic level of the food.

B. CURES

Curing is a process of surrounding meat, fish, game or poultry with salt, sugar, nitrates or nitrite. This helps in dehydrating the meat and hence retards microbial growth.

It also refers to various food preservation and flavoring processes, especially of meat or fish. Concentrations of salt up to 20% are required to kill most species of unwanted bacteria.

Many curing processes also involve smoking.

Curing agents

Salt

It consists of 94% table salt and 6% of Sodium Nitrate/ nitrite or Potassium Nitrate/ nitrite.

Salt Petre

It is also known as potassium nitrate and reacts with colour pigments in meat to give pink colour.

Sugar

Reduces strong flavour of salt, lowers the pH and enhances flavour and taste.

Anti Oxidants and other chemical preservatives

Types of Curing

Dry

In this process the cures are directly applied on the surface of food by rubbing it. It is a prolonged process and the cure needs more time to penetrate. When ready the excess cure is rinsed off.

Wet curing

In this the curing salts are added to a water and hence resulting in BRINE formation. This process is much shorter due to osmosis and penetration is more faster.

METHODS OF CURING

The various methods of curing are:

1. Smoking
2. Pickling
3. Salting



C. MARINADES:

A marinade is a seasoned liquid used for macerating (steeping) certain kinds of meat, especially game such as hare and venison, prior to cooking. Its purpose is to impregnate the piece with flavour and tenderize the meat. In some cases a marinade may be used to preserve the meat for a short time. The time taken for marinating depends on the nature and size of the piece. In winter large cuts such as thick roasts may take up to 6 days; in summer 2-3 days is normal. Smaller cuts such as meat for sheek –kebebs may only require a few hours marinating time. Do not discard the marinade after use since it may be required for making a sauce as part of the recipe.

Marinades should be made in non-metal containers such as earthenware or glass vessels because of the corrosive action of acids on metal. Nowadays it is no longer necessary to marinate saddle of venison or saddle of hare in order not to change the very fine flavour of these meat cuts. On the other hand one may, although it is not always necessary, marinate the less fine cuts of hare and large game. To enhance the flavour of mutton, the addition of a little rosemary is recommended and for venison, the inclusion of a few juniper berries and basil. Again in any marinade, red wine may supplant white wine and the ratio of wine to vinegar may be varied according to taste.

Marinades may be raw or cooked. The cooked variety makes its flavour more available to the food and should be prepared in advance and used cold.

Marinades

A marinade is a seasoned cooked or uncooked liquid with various aromats in which meat, poultry, fish, game and even vegetables are steeped. Marinades consist of the following components:

Oil: Oil used for marinades can be olive, peanut, salad or refined. Flavoured oils such as garlic oil, chilli oil and herb infused oil can also be used. The oil in the marinade helps to prevent moisture loss.

Acid: Acids like citric acid, citrus fruit juice, vinegar (Plain or flavoured), yoghurt, red and white wine etc. are used in marinades. These help in tenderizing meats and enhance better penetration of aromats.

Aromats: These contribute to the flavour and aroma of the marinated food product. Aromats like herbs, spices, proprietary sauces etc are used for same.

Seasonings: Like salt, sea salt, black salt, garlic salt, rock salt etc are used.

Major Functions

To add flavour and taste to the food.

To act as tenderizer and to mellow the connective tissues.

To act as Preservative.

Duration of Marination

The length of time for marination depends on several factors, such as:

The type and cut of meat or food stuff.

The size of the item.

The temperature. Food marinates best at room temperature however refrigeration is considered safe due to microbial growth.

During winters large cuts of meat can be left in the marinade for 5-6 days

In summers they should not be marinated more than 48 hours.

When the marinade is used for its preserving effect, the food should be completely submerged and not removed until required.

Types of Marinade

Cooked

Uncooked

Cooked Marinades

As the name suggests, the ingredients used for this are cooked together first and then used for marination.

The marination should be cooled completely before use.

Cooking allows the aromats to release their full flavour.

Has a longer shelf life.

Mainly used to marinate large joints of meat.

Uncooked Marinades

These are at times also termed as instant marinades. In this the ingredients are not cooked and mixed together only.

The release of flavour is slow as compared to cooked ones but the tenderizing process is faster due to high acid content.

The quantity of aromates used is more.

Best suited for fish, poultry and vegetables.

D) SMOKING

The smoking process allows cured meats, poultry, game and seafood to be subjected to smoke in a controlled environment. The smoke is produced by smoldering hardwood chips, vines, herbs, fruit skins, or spices. This smoke influences the flavor, aroma, texture, appearance and shelf life of foods. The process can be performed at temperatures that range generally from 65°F to 250°F. The food merely retains the flavor of the smoke at lower ranges (cold-smoke), while the food actually cooks at the higher end of the scale (hot-smoke).

SELECTING FOODS TO BE SMOKED

Virtually any meat, poultry, game or seafood can be smoked, as can hard cheeses, nuts, vegetables, and sausages.

1. Prepare items

- Trim excess fat
- Fish should be gutted and cleaned of gills and all blood; large fish are often filleted
- Poultry should be trussed
- Larger cuts of meat should be boned and cut into smaller pieces
- The rind should be removed from cheese

2. Cure items (optional)

- Dehydrates - low moisture prevents bacteria growth and allows smoke to penetrate the item
- Adds flavor
- Prevents botulism
- Enhances color
- Smaller, thinner pieces cured; larger pieces brined

3. Rinsing

- Stops the curing process
- Removes excess saltiness and excess surface fat

4. Dry Foods Well

- Removes excess surface moisture to form a skin (pellicle)
- A wet surface will not readily absorb smoke
- Removes excess surface fat
- Forms the Pellicle

5. Smoking Process

- Smoke is a seasoning - don't overdo it

Smoke is the complex production of very complicated compounds that occur during the thermal decomposition of wood (chips or sawdust). This process primarily occurs between a temperature range of 390°F and 750°F. Although at the point of generation smoke is a gas, it rapidly separates into a vapor and a particle state. It is the vapor phase that contains the components largely responsible for the flavor and aroma that smoke imparts to foods. More than 300 different compounds have been isolated from wood smoke, but not all of these compounds occur in

smoked meat products. The components most commonly found are phenols, organic acids, alcohols, carbonyls, hydrocarbons, and some gaseous components such as carbon dioxide, carbon monoxide, oxygen, nitrogen, and nitrous oxide.

SMOKE IS APPLIED TO MEAT FOR THE FOLLOWING REASONS

- **For preservation:** Phenolic compounds and formaldehyde have antimicrobial action; this affects only the surface of the meat as smoke does not penetrate deeply into items.
 - **Acids:** smoke emits a number of acids which cling to the meat and form an outside layer or skin. The acids help the coagulation of the surface meat, and also help preserve the meat by preventing the growth of surface mold and bacteria.
 - **Add aroma & flavor:** Phenols, carbonyl compounds and organic acids contribute the smoky taste. Excessive smoke flavor can become bitter.
 - **Develop appealing color:** Carbonyl compounds combine with free amino groups combined with meat protein to form furfural compounds that are dirty brown in color and translucent; when added with the reddish color of the cooked cured meat, you see a reddish brown color that is characteristic of smoked products.
-
- **Creation of new food products:** The addition of a smoky taste results in a product with a longer shelf life and pleasing color.
 - **Protection from oxidation:** Smoke will protect the food from lipid oxidation and eliminate any stale fat tastes.
 - **Formation of a protective skin on meats and emulsion-type sausages:** Acids in smoke help coagulate the protein on the surface of the meat.

SMOKY FIRES ARE CREATED BY CONTROLLING:

- **Oxygen:** decrease in oxygen causes wood to smolder and smoke.
- **Moisture:** damp products smolder rather than burn.

WOODS FOR SMOKING

Hard, fruit or nut woods are preferred. All woods impart a slightly different flavor of their own. Wood is available in sawdust, chip/nugget and chunk form (use the form recommended by the manufacturer of the smokehouse). Hickory is the most common type used and provides good color and flavor. Apple, cherry, mesquite and alder wood are other commonly used woods.

Note: Soft or resinous woods should never be used; they will either flare up and burn (produce no smoke) or add too much color to the product, imparting a bitter taste. They are high in creosote resin which may cause cancer. Woods should be purchased from a reputable purveyor to insure they are free of contaminants such as oil or chemicals. Never use pressure-treated wood; may contain arsenic or other toxic compounds.

OTHER ITEMS USED FOR SMOKING

- Dry herbs and spices can be used
- Jasmine and other teas; also peanut shells are used by the Chinese

TYPES OF SMOKING

Cold smoking: Requires lower temperatures and usually does not need an additional heat source
70-100°F - imparts the flavor but doesn't firm proteins

Items may be cold smoked, then finished in the oven

Note: It is recommended to cure all items that are to be cold-smoked because of possibility of botulism. Items that are hot-smoked can be left uncured if desired.

Hot smoking: Requires additional heat source to raise the temperature of the smokehouse to allow products to cook during the smoking process.

160 - 225°F - imparts flavor and cooks the product

THREE SMOKING METHODS

• Conventional:

More smoke flavor, air does not circulate as much
Product must be dry

• Convection:

Less smoke flavor because the air is being circulated
Product does not have to be dry because of the air circulation

• Pan smoking:

Pan smoking gives a lot of flavor in short period of time
Can be done with no special equipment

CHARCUTIERE – FORCEMEATS

The term Forcemeat or farce, is used to describe the basic mixture that needs to be prepared in order to produce charcuterie products. The word farce comes from the Latin farcire. A farce or forcemeat is a ground seasoned mixture of meat, game, poultry, fish or vegetables, prepared as a dish on its own or used to stuff other numerous other items such as eggs, meat, fish and poultry, pastry shells and perhaps even pasta. Such dishes are prepared in the Garde Manger. Forcemeats are used in the preparation of a various cold dishes such as pate, terrines, galantines, ballotines, quenelle, roulade, mousse and mousseline.

There are many different methods of obtaining excellent results, but a good forcemeat must be light and airy; it must release its flavour as it melts on the tongue. This is equally true of a

forcemeat made entirely with meat, or one which includes eggs, bread or even flour.

A forcemeat consists of three elements: firstly, the main flavouring ingredient, which gives the pate its dominant flavour and usually its name too. Secondly, the pork, which is not absolutely essential, but which gives a good pate its smoothness. Thirdly, the pork fat which, in the right quantities make the pate light, gives it its individual, melting consistency, and is unrecognizable as fat. Added to these we have seasoning with possibly other meat, nuts or mushrooms. It is an extremely simple recipe.

Success in making forcemeat depends on the binding agents, which, in other types of forcemeat, would consist of eggs or breadcrumbs. In a pure meat forcemeat, the binding agent is the meat's natural protein which holds the other ingredients together. But at high temperatures, it tends to coagulate which makes it useless as a binding agent. As a result, any preparation of filling must be done at the lowest practical temperatures, and the mixture never allowed reaching room temperature. This would be enough to risk ruining the filling. Cold, cold and cold again must therefore be the watchword throughout the whole process of preparation.

A point which is often disregarded in cookery becomes of the greatest importance in all filling or pates: the finest meat, the freshest fish, the best hung game, only these are good enough. There are a few problems with game and game birds which live in their natural surroundings and feed from natural foods. There is more of a problem with fish. People living on the coast should have no problem procuring fresh fish, but for anyone else fish should be bought from reputable fish-mongers only where one can be sure that the fish will have been properly refrigerated before it reaches the consumer. It is quite a different matter with veal, pork and poultry. Modern production and feeding methods have made it difficult to find a good piece of pork in most industrialized countries. A firm, meaty joint from an animal fed by natural means is very different from commercially reared pork, which is usually of a good, light colour but poor texture.

Regardless of whether you are making a simple, country style terrine, or an exotic quail pate with truffles, pay attention to quality. It is sad that the wide choice in the shops today make this more important than ever before, but there is a solution to the problem, organizing your menu around foods available fresh on the market. This is not a new idea but it guarantees quality and is essential to a good forcemeat. One disadvantage of forcemeat is it's richness, so do not eat excessive quantities of pates and pies. They should be eaten as carefully as they have been prepared.

There are just about as many forcemeats as there are different kinds of pates and terrines. Every forcemeat is unique, if only by virtue of slight variations in composition and seasoning. Nevertheless there are only a few number of very similar ways of making forcemeats, the main variation consisting primarily of the various binding agents. A forcemeat should, as far as possible, hold together- bind- without any other help. The natural protein in the main ingredient should bind sufficiently, thus retaining all the full flavour of the meat or fish. Protein binding is thus the only form of binding when lean meat and pork fat are used. Other binding agents which give a deliciously smooth filling when used correctly are: white bread with milk or cream, whole eggs, flour panada or rice.

It is essential to release as much protein as possible from the meat by careful chopping. But heavy work, with any implement, produces heat and in turn coagulates the protein and diminishes its binding qualities. This seems to be a vicious circle, but can be overcome easily if a few basic rules are followed.

- Chill all ingredients thoroughly. Even the utensils, for example the mincer, should be cold.
- Season the meat as you cut it: salt helps release the proteins.
- When chopping meat make sure the equipment are in right condition.
- Chill the ingredients after each stage of the recipe.

Depending on the ingredients and methods of preparation of the recipe, some ingredients such as the fat or cream can be frozen, and the frozen pieces of fat and frozen crushed cream will help keep the other ingredients cool during the mincing process.

Important Culinary terms associated with Forcemeat:

Pate: from the old French *paste*, meaning paste.

Terrine: from the Latin *Terra*, meaning earth.

Galantine: from the old French *galant*, meaning gorgeous or showy; Also from the old French term *galine*, meaning chicken.

Ballotine: from the Italian *Balla*, meaning ball.

Quenelle: from the Alcasian French *knodel*, meaning dumpling

Roulade: from the French *rouler*, meaning to roll

Mousse/Mousseline: from the French, meaning froth.

COMPOSITION OF THE FORCMEAT

Traditional forcemeat/farce is made up of four parts:

1. The Meat (Primary Ingredient)
2. The Binder
3. Seasoning, Flavoring and Garnish
4. The Additives

The Meat: Consists of three elements:

- *The Dominant Meat* (basic meat) which could include veal, game, poultry, rabbit, duck, or even fish. This will provide the dominant flavor and will also name the dish. e.g. chicken liver in a Chicken Liver Pate. These ingredients should be fresh and of prime quality. All bones, skin, sinews and gristle must be removed and the flesh cut up into ½” pieces for grinding. The dominant meat normally accounts for 40% of the meat component.

- *Lean Pork* which contributes to the bulk as well as the flavor. This will be about 30% of the meat component.

- *Pork fat* which gives richness and smoothness to the product as well as for its binding qualities. This too will be 30% of the meat component.

The Binding Agent: To lighten the farce and to give it a finer texture, binding agents are needed. These are typically used in the making of poultry, fish and vegetable farce. Game, veal and pork do have their own binding qualities, with the protein from the meat acting as binding agents. Binding could consist of egg yolks and/or egg whites; fresh bread soaked in milk, cream or stock; thickened bechamel sauce(panada); beurre manie (uncooked butter/flour mixture); or even cooked rice.

Seasoning Flavoring and Garnish:

Salt is an important part of the forcemeat. It helps to bring out the natural flavors of the other elements. 20 Gms of salt / kilo of the mixture is a rough guideline to use. The salt must be evenly mixed to ensure equal distribution. Seasoning should not be extravagant to cover up for inferior quality ingredient. One mistake is to use excessive MSG for this purpose. Flavorings such as herbs and spices give character to the product. The garnish is related to the farce to which it is added. A central garnish – lamb fillet in a lamb farce, strips of ham in a pork farce, or a piece of goose liver I a game farce – provides a visual focal point when the farce is sliced. Garnishes could also be dispersed or interspersed throughout the farce and would include pistachio, crushed peppercorns, diced truffle, capers, gherkins, stuffed olives, mushrooms and similar ingredients which will provide contrast and relief in the mass of the forcemeat.

The Additives:

Many additives are included in the forcemeat. These include Nitrates and Nitrites of Sodium and Potassium, MSG, Sodium Erythorbate, BHT and BHA, Salt Petre.

These additives will enhance the color, increase shelf life, contribute to the taste and flavor and prevent/delay the fat from going rancid.

METHODS OF MAKING FARCE/ FORCEMEAT:

The meat being used to make the farce as well as the equipment to grind it like the buffalo chopper or the food processor *must* be absolutely chilled before use. Such chilling is essential as it facilitates clean grinding of the farce, as opposed to tearing which inhibits the release of the protein which in turn later binds the farce and gives it the correct texture. A sharp cutting blade is also essential.

The process of grinding involves three stages:

- First the ingredients are coarsely ground through a medium holed plate
- It is then passed through a small holed plate
- If the farce is to be ground to a fine textured paste it can be emulsified in a food processor A small amount of crushed ice can be added during the emulsifying stage. This helps to maintain the temperature of the farce during the grinding.
- Finally, the farce is passed through a sieve to remove any trace of sinew, gristle or skin that might have remained during the grinding.

Remember, that the process may not require all the stages mentioned. For a coarse farce, like that required for a salami sausage, only the first two stages are required.

There are times when the food grinder is not available. In that case, the meat can be placed in the freezer for 30 to 60 minutes, rendering it partially frozen. This is done so that when it is placed in the food processor, the interaction of the blade against the partially frozen meat poultry or fish results in it being cut up, much the way it would if put through a meat grinder.

Herb and Spice Seasoning Blends:

Garde Manger chefs will develop their own blend of seasoning mix for the different products they make. The degree of strength will vary from a mild, light blend for fish and seafood roulade

Semester V: Unit 2: Chapter 5.2

to a medium blend for pork and veal terrine to a heavy blend for a game pate. Ideally, the herb and spice blend should be of a dry nature and finely powdered so that it blends in well with the farce. However, some chefs prefer to use the fresh variety, especially of herbs. If the herbs are fresh, they need to be chopped very finely. Spice blends are a matter of personal choice.

Seasoning Blend I

(All Purpose mixture, from Escofier's *Le Guide Culinaire*)

5 parts bayleaf 4 parts clove 4 parts cinnamon 3 parts coriander

3 parts ginger 3 parts mace 6 parts nutmeg 5 parts Bl. Pepper

5 parts W.Pepper 1 part cayenne pepper 3 parts thyme

Seasoning Blend II

(Good For Fish Farce)

7 parts thyme 6 parts W. Pepper 4 parts nutmeg 3 parts dill seed

3 parts bayleaf 3 parts clove 3 parts coriander 3 parts cumin

Seasoning Blend III

(Good or Meat and Poultry Farce)

3 parts W Pepper 2 parts clove 2 parts tarragon 1 part all spice

1 part ground nutmeg 1 part each cumin, thyme, paprika, and marjoram

Seasoning Blend IV

(Good for Game and Rich Meat Farce)

7 parts juniper berries 4 parts cumin 3 parts basil 3 parts clove

3 parts bayleaf 3 parts garlic 3 parts ginger 3 parts nutmeg

3 parts black pepper 3 parts white pepper 2 parts marjoram

ADDITIONAL HELPFUL NOTES:

PREDOMINANT MEAT: determines what the forcemeat will taste like(typically untender cuts).

SECONDARY MEAT: it is most often lean pork, chicken or veal and is used to supplement the primary meat and should meet the following criteria:

- Neutral in flavour- compliments other meats.
- High in proteins and moisture.
- Binds well.
- Low cost.
- Availability.

PORK FAT

- Flavour - neutral, blends well with other seasonings.
- Consistency - always buttery and smooth.
- Higher melting point.
- Availability.
- Inexpensive.

PRIMARY BIND

- Meat, fat and salt are the primary bind.
- Meat and fat must be cold.
- Salt brings out the myosin to helps in bind.

SECONDARY BIND

- Eggs are the secondary bind(they are not always needed).
- Panada is a starch product used to absorb the moisture and ensure that the products is not dry.

PANADA: A secondary binder used in forcemeats. All panadas have a farinaceous base to stabilize the fat of the forcemeats by absorption of the natural juices when cooked, thus causing a swelling without separation(starch absorbs moisture before fat).

- Bread- for fish.
- Flour- for fish and meat.
- Cooked rice- all types.
- Cooked Potato- white meats.

TESTING FORCEMEATS

Cook a small amount of forcemeat to check flavour and consistency. Wrap a small amount of forcemeat in a plastic wrap, secure the ends, poach in a 160 degree F water bath, shock to chill, taste.

GARNISH FOR FORCEMEAT

Different types of food products are used for garnishes of forcemeats, they must be compatible with the type of meat used. Pistachio nuts, diced ham, tongue or truffle are some examples.

SIGNS OF A BROKEN FORCEMEAT

- Loss of fat.
- Loss of moisture.
- Loss of consistency.
- Loss of volume.
- Loss of flavour.
-

REASONS FOR BAD FORCEMEAT

- Meat too warm while grinding.
- Equipment too warm while grinding.
- Dull blades on the grinder or food processor which generates friction.
- Cooking time too long.
- Cooking temperature too high.

SPICES AND SEASONINGS

It is difficult for us to imagine the immense variety of seasonings used by cooks in the past, so we tend to forget that knowledge of seasoning was indispensable to the medieval cook. In the days before refrigerators they were used to hide the taste and smell of foods which were no longer fresh. Pepper, for example, not only masked such flavours- it also delayed the process of decay by up to 24 hours. Pies, however, required a profusion of seasonings for other quite special reasons. Seasonings were both rare and expensive: pepper for example was worth its weight in gold and some businesses made their profits in dealing with spices alone. One pound of Nutmeg costs as much as seven fattened oxen, according to a price of 1393. So spices became a status symbol and were most used where they created the maximum impression - that is in the pies, the most showy of all the dishes brought to the table.

Wild boar and juniper, for example: these bitter berries can be added to the basic seasoning to complement any game dish. A little marjoram and garlic also brings out the flavour of the game very well. But we must avoid strongly flavoured herbs with delicate venison pate, where grated lemon or orange peel are better than marjoram. Rosemary and sage go well with poultry, and concentrated fresh orange juice goes well with duck. Another idea for duck is to add coarsely chopped green peppercorns, as in one variation of foie gras. Thus, there are no limits to the possible variations.

CHARCUTIERE – SAUSAGE

Sausage is any meat that has been comminuted and seasoned. Comminuted means diced, ground,

chopped, emulsified or otherwise reduced to minute particles by mechanical means.

A simple definition of sausage would be ‘the coarse or finely comminuted meat product prepared from one or more kind of meat or meat by-products, containing various amounts of water, usually seasoned and frequently cured.’ In simplest terms, sausage is ground meat that has been salted for preservation and seasoned to taste. Sausage is one of the oldest forms of charcuterie, and is made almost all over the world in some form or the other. Many sausage recipes and concepts have brought fame to cities and their people. Frankfurters from Frankfurt in Germany, Weiner from Vienna in Austria and Bologna from the town of Bologna in Italy are all very famous. There are over 1200 varieties worldwide.

COMPONENTS OF SAUSAGE

Sausage consists of two parts:

- the casing
- the filling

THE CASING

Casings are of vital importance in sausage making. Their primary function is that of a holder for the meat mixture. They also have a major effect on the mouth feel (if edible) and appearance.

The variety of casings available is broad.

These include: natural, collagen, fibrous cellulose and protein lined fibrous cellulose. Some casings are edible and are meant to be eaten with the sausage. Other casings are non edible and are peeled away before eating.

NATURAL CASINGS:

These are made from the intestines of animals such as hogs, pigs, wild boar, cattle and sheep.

The intestine is a very long organ and is ideal for a casing of the sausage. The intestines are flushed clean, especially from the inside and soaked in a solution of KMNO₄ for a period of 2 hours at 10°C. Sinews, blood vessels and fat clinging to the insides of the casing must be removed. Natural casings should not be over handled as they may puncture. They should be

refrigerated at all times. Natural casings are available in Australia, New Zealand, and South America where cattle are reared on a very large scale. Casings are a by-product of the meat industry that is what these countries specialize in.

Use of natural casings is considered by many professional sausage makers to have many advantages:

- They are semi porous and permit deeper smoke penetration.
- Natural casings absorb flavors and release fats better
- Generally, they hold their shape better and do not burst during cooking.
- Natural casings are edible and need not be peeled before eating.
- They have a natural color and have a better appearance.

Hogs casings are the most commonly used. Sheep casings are the highest quality available. Beef casings are also popular. Almost all casings are salted before they are packed. Natural casings need to be protected from extreme variations in temperature. The ideal storage temperature is 40-45 F

COLLAGEN CASINGS:

These are edible and are not synthetic casings. They are made from the hide of cattle. Collagen is obtained from the corium layer that is situated just under the skin of the animal. The fat, flesh and hair are removed from the hide and it is spit into two layers by special equipment. The hair side of the hide is used in the leather industry. The flesh side (corium) is used to make collagen casings. The material is first ground, and then swelled in an acidic medium. It is then sieved, filtered and finally extruded into casings.

The advantages of collagen casings are that they can be manufactured in the sizes that you require, both diameter and length. Their consistent diameter means that they are uniform and aid portion control. They are also stronger and are preferred while using machines in the commercial manufacture of sausages. They are ideal for smoking of sausages and require no special pre preparation and storage. Moreover, they are clean and sanitary.

FIBROUS CELLULOSE CASINGS

These are by - products of the food processing industry. Cellulose and fiber is extracted from the husk, skin, peels, pips and seeds of the fruit and vegetables during the processing stage. These are processed further to make casings. These types of casings are also referred to as peel-able cellulose. The fiber adds to the strength of the casing and enables them to handle high temperatures.

PROTEIN LINED FIBROUS CELLULOSE CASINGS

A protein lining is often added to the inside of the above type of casing. These casings are ideal for the dried sausages. The protein lining causes the casing to shrink as the meat is cooked or dried so that it retains the shape of the sausage. Used mainly for dry or semi-dry sausages, they come in a red color (salami) or clear. They need to be soaked in water before stuffing, as the protein tends to stiffen during storage. Sometimes, the casing needs to be soaked in vinegar or even liquid smoke. This makes it easier to peel off the casing when the finished product is sliced. Besides these, there are some other types of casings that are also used in the sausage making industry. Plastic casings have recently become popular. They are cheaper, stronger and uniform in size. However, they need to be removed before the product is served. Caul fat, a membrane like lining of the stomach, is also used as a casing to make the flat sausages, crepinette. The membrane is networked like a spider web, with streaks of fat. Caul fat is ideal to wrap items of uneven sizes like the loukanika (patty like Greek sausage) and the crepinette.

THE FILLING

The filling of the sausage is made up of two parts:

- The meat component
- the non meat component

MEAT COMPONENT:

A variety of meats are used in the sausage making industry. Each type provides a particular flavor, texture and color in the product.

Lean meats make up the largest proportion of the meat component providing the dominant character of the product. The color, flavor, texture and appearance of the product are determined by these meats. Pork is by far the most common and popular meat used in sausage making. Beef is also becoming popular of late, because of its excellent binding properties as well as its deep red color. Veal, lamb and poultry are also being used in certain products of late.

Pork fat adds to the taste, flavor and the texture of the forcemeat. Jowl fat is the most commonly used product in charcuterie. It is obtained from the cheek of the animal. Normally, not more than 30% of the forcemeat is fat.

Variety meats are the offal of the carcass and can be added into the forcemeat in the production of sausage. Variety meats used include heart, kidney, tripe, liver and tongue. These meats have a low binding power and if a lot of them are added into the forcemeat, you would require additional binders in the mixture.

NON MEAT COMPONENT:

Non meat ingredients are food item, which are added to the filling before stuffing. They enhance the flavor and the color, slow or prevent bacteria growth, act as a preservative and increase the volume and bulk of the mixture. There are six types of these additives: water, curing agents, curing accelerators, sensory enhancers, stability enhancers, and extenders and binders.

WATER is usually added to the sausage mixture during the blending stage. It improved the mixing and helps to extract the proteins from the meat. It is used in all sausage mixtures.

CURING AGENTS are necessary to inhibit the growth of bacteria (especially clostridium botulinum – an anaerobic bacteria which can cause death) and improve the shelf life. They also help to improve, fix and retain the color of the forcemeat. The two common curing agents are sodium nitrate and nitrite. Nitrite is used in cured, cooked or smoked products. Nitrate is used in dried sausages.

CURING ACCELERATORS such as ascorbic acid, sodium erythorbate and citric acid are used in cured, cooked and fermented products. As their name suggests, they speed up the curing process.

SENSORY ENHANCERS are a variety of items that are used to enhance the flavor, smell, color, feel and mouthfeel.

SALT is used in all sausage products for the enhancement of flavor and as an aid in the extraction of protein from the meats.

SWEETNERS (both nutritive and non-nutritive) are often added to the forcemeat. Non nutritive sweeteners such as saccharin and sorbitol add sweetness and aid in peeling. Nutritive sweeteners such as cane or beet sugar, dextrose and corn syrup are also used.

FLAVORINGS for sausage include spices, plant, vegetable and milk protein, yeast extract and even mustard flour. These add flavor, taste, increase the volume and act as binders. Colorings for sausage meat can be natural as well as artificial. Artificial colors are used a lot in sausage production. Chefs do not recommend these. Natural colors can be obtained from red peppers, saffron, turmeric and caramel. These will add not only color but also flavor. The use of natural colors is recommended wherever possible.

SMOKE, both natural and liquid smoke, contribute to the taste and flavor of the product. Use of too much liquid smoke will tend to make the product bitter. Liquid smoke also tends to fade on storage.

FLAVOUR ENHANCERS are products, which bring out the flavor of the other ingredients, yet have no flavor of their own. The one most commonly used in the kitchen is MSG, mono sodium glutamate. This is a natural product but must be used sparingly. MSG and nucleotides and other flavor enhancers are often used in mass production of sausage but are not widely used or common.

Other sensory enhancers include bacterial cultures, enzymes, phosphates and acidulants. They serve a variety of purposes including flavoring, softening of the tissues, juice retention and are used only in the mass commercial production of sausages and not in the hotel kitchens.

STABILITY ENHANCERS are used in sausage making to protect the flavor of the product, to slow down mold growth and to extend and bind the product.

EXTENDERS AND BINDERS are usually either animal based, fermentation based and cereal grain based. Gelatin, stock and non – fat dry milk are the animal based ones used most often in the kitchen. Fermentation based extenders and binders involve the introduction of specified types of microorganisms into the forcemeat. As these grow, they create favorable changes in the sausage. Cereal grain based ones include oats, wheat, barley, corn and rye. These products are also used to extend the volume – this is often termed as the filler. These items are far more popular in the commercial mass production of sausage rather than in specialized kitchen preparations.

TYPES OF FILLINGS USED FOR SAUSAGES

There are primarily four types of fillings that are used in the production of sausages.

1. Coarse minced forcemeat – This forcemeat contains tender and lean meat as well as fat in the mixture. The ratio is normally 3 parts of meat to one part of fat. The mixture is coarsely ground and the proportion gives optimum quality. Only good grade of meat and fat is used, as the mixture is easily identifiable. Salami is a good example of this type of a filling.
2. Cutter pulverized forcemeat – All types of sausage containing finely ground forcemeat including frankfurters and cocktail sausages come under this group. 5 parts of meat and 3 parts of fat are the normal ratio. Second grades of meat can be utilized, as they are not identifiable, being ground into a fine mixture. Meats from older carcasses can also be used.
3. Combination forcemeats – are a mixture of the above two types. One part of coarse forcemeat and two parts of cutter pulverized forcemeat are normally use. Pepperoni and chippolatas are examples of sausages that use this type of a forcemeat. Both good and inferior quality of meat can be used. This makes it more commercially viable as well.
4. Chunky forcemeat – In this type of a filling, the meat and fat are left in chunks. Three parts of meat to 1 part of fat are used. This type of a filling is used for the spicy South American sausages like the chorizo, which have predominant Portuguese and Spanish influence. The meat and the fat are dried before the are filled into the casing.

Once the forcemeat is prepared, it is ready for filling into the casing. It may be done manually or, a sausage filler may be used. A sausage filler is a machine something like a mincing machine, which has a nozzle with changeable diameters. The rolled up casing is fitted onto the nozzle and the machine is started. The casing then un - rolls as it fills up. A stapling machine cum stapler then separates the sausages into links and seals the ends. Heat treatment is used in the sealing process.

Besides meat, which is the traditional filling, nowadays a host of other ingredients are also used. Poultry seafood, vegetables, lentils and soybean are being introduced.

TYPES OF SAUSAGES

There are five types of sausages that are available in the commercial market.

- Fresh sausage (e.g.: Brokwurst)
- Cooked sausage (Mortadella)
- Cooked-smoked sausage (Bologna, Frankfurters, Berliners)
- Uncooked-smoked sausage (Kielbasa – the Polish sausage, Mettwurst)
- Dry/semi dry sausage (Salami)

Sausage Making Steps

- 1) Preparing meat for dicing.
- 2) Diced meat, fat and seasonings
- 3) Grinding meat with seasonings
- 4) Preparing the casings
- 5) Stuffing forcemeat in casings
- 6) Ready Sausages

INTERNATIONAL SAUSAGES

Andouillette is a coarse-grained smoked tripe sausage made with pork, -(but some versions using calf)-, chitterlings, pepper, wine, onions, and seasonings. Andouillette sausage is a smaller version of Andouille sausage, generally smaller than one inch in diameter. It is produced both as a mild sausage (French in origin) and as a spicier, Cajun version (derived from French influence)

Berliner

A sausage from Berlin made of pork and beef and only flavoured with salt and sugar.

Biershinken

A German sausage containing ham , ham fat, peppercorns and pistachios.

Bierwurst (from Germany)

Literally means Beer sausage

Made with pork fat, heart and beef and flavoured with mustard, garlic and nutmeg.

Is dried and smoked.

Black Pudding/ Blood Sausage

Sausages in which blood of pig and cattle is used.

It contains meat, fat, suet, bread, sweet potato, barley and oatmeal.

Also termed as Morcilla, Boudin noir, Lancashire pudding

Bockwurst

A delicately flavoured, highly perishable German white sausage consisting of fresh pork and veal, chopped chives, parsley, egg and milk.

Invented in 1889 by restaurant owner R. Scholtz of Berlin.

Bologna

Originated from a slang word BALONEY, meaning "nonsense".

a finely hashed/ground pork sausage containing cubes of lard that originated in the Italian city of Bologna. Sometimes beef is also added into it.

Resembles Mortedella and the English Sausage POLONY.

Semester V: Unit 2: Chapter 5.2

Boudin Blanc

A fresh sausage made of pork, egg, cream and seasonings.

Bratwurst

Originates from the German word brätwurst, where brät means - which is fine chopped meat and -wurst, sausage.

Chorizo

A fermented cured smoked sausage made of pork.

Usually sliced and eaten without cooking. Spanish chorizo and Portuguese chouriço get their distinctive smokiness and deep red color from dried smoked red peppers.

Crepinette

A crépinette is a small, flattened sausage made of minced or ground pork, lamb, veal, or chicken, wrapped in caul fat. Usually breaded and sautéed in butter. Occasionally made with truffles.

Cumberland Sausage

Cumberland sausages are a type of traditional sausage that originated in the ancient county of Cumberland, England, now part of Cumbria. They are usually very long (up to 50cm).

Prepared from coarsely ground pork with a dominating flavour of peppercorns.

Frankfurter

a type of fully cooked, cured and/or smoked moist sausage of soft, even texture and flavor.

A finely ground pork sausage flavoured with paprika and seasonings.

Originated in the German town of Frankfurt in 1480 A.D.

Length- 6 inches

Haggis

A traditional Scottish dish.

Made from sheep's offals, onion, oatmeal, suet, spices, and salt, mixed with stock, and traditionally boiled in the animal's stomach for approximately three hours.

Semester V: Unit 2: Chapter 5.5

Liverwurst/ Leberwurst Literally

meaning Liver sausage.

The sausage is usually made with pork and only about 10-20% of the sausage is actually pork liver.

Other ingredients used are fat and spices such as ground black pepper, marjoram, allspice, thyme, ground mustard or nutmeg.

Mortedella

A large Italian sausage or cold cut made of finely hashed/ground pork which incorporates at least 15% small cubes of pork fat (principally the hard fat from the neck of the pig). It is delicately flavored with spices, including whole or ground black pepper, nutmeg, coriander and pistachios.

Oxford Sausage

An English sausage consisting of veal, pork, beef suet (and sometimes lamb), herbs and spices. Generally consumed during breakfast.

Pepperoni

Pepperoni is a spicy Italian sausage made from cured and fermented pork and beef.

Salami

Salami is cured sausage, fermented and air-dried. Historically, salami has been popular among Italian peasants because it can be stored at room temperature for periods of up to a year.

A traditional salame, with its typical marbled appearance, is made from one or more of the following meats:

Pork, chopped beef, venison, poultry, horse, lamb.

Additional ingredients may include:

minced fat, wine, wheat, corn starch, salt and various herbs and spices.

Processing

The raw meat mixture is usually allowed to ferment for a day and then the mixture is either stuffed into an edible natural or non-edible artificial casing and hung to cure. The casings are often treated with an edible mold (*Penicillium*) culture as well. The mold is desired as it imparts flavor and prevents spoilage during the curing process. Most salami has the mold or the casing removed before being sold.

Semester V: Unit 2: Chapter 5.5

CHARCUTERIE PRODUCTS: GALANTINE, BALLOTINE, PATE & TERRINE

Galantine is a boned poultry or game animal stuffed with forcemeat. Modern galantines are more often rolled into an even, elongated shape resembling a thick sausage.

The meat of the poultry or game may be left attached to the skin in its natural position. Poultry or game may also be skinned first and the prime pieces, such as the breast, used for the inlays. Once assembled, the galantine is poached and left to cool in a rich stock. The stock is made from the animal which has been used. When cooled, galantines may be braised briefly.

The preparation of galantine is divided into three stages.

1. PRE-PREPARATION-

- Begin with a chicken which has been plucked, dressed, washed and singed.
- Remove the wings at the second joint and reserve for the stock.
- Skin the bird.
- Remove the meat from the bones.
- Marinate the breast meat and skin for 3 hours with brandy, white wine, curing salt, salt and pepper.
- Prepare the stock from the bones.
- Prepare the forcemeat



Semester V: Unit 2: Chapter 5.5

2. ASSEMBLING THE GALANTINE

- Assembling the galantines is simply a matter of placing and rolling.
- Dampen a piece of cheesecloth. Fold in half and spread on the work table.
- Dust the skin lightly with a pinch of dry gelatin, salt and pepper.
- Spread the forcemeat on the skin, one inch thick, leaving one inch margin of skin all around.
- Place the marinated breasts lengthwise, on the forcemeat with the thinner ends of the breast, overlapping in the middle.
- Using the cheesecloth, roll the galantine away from you
- Make a snug roll free of any large wrinkles in the cheesecloth.
- Gather the cheesecloth at one end of the roll and tie like a toffee.
- Do the same with the other end also.



3. COOKING THE GALANTINE

- Place the galantine in a big brazier.
- Cover with the prepared stock and place on the range.
- Bring the temperature of the stock up to 190 degrees F
- Poach the galantine till the internal temperature reaches up to 170 degrees F
- Refrigerate overnight in the same stock

4. PRESENTATION -

- Traditionally the galantines are sliced and served with small cubes of delicate aspic.



BALLOTINE

The definition of Ballotine, according to Larousse Gastronomique is ; Meat, fowl, game or fish which is boned, stuffed and rolled into a bundle.

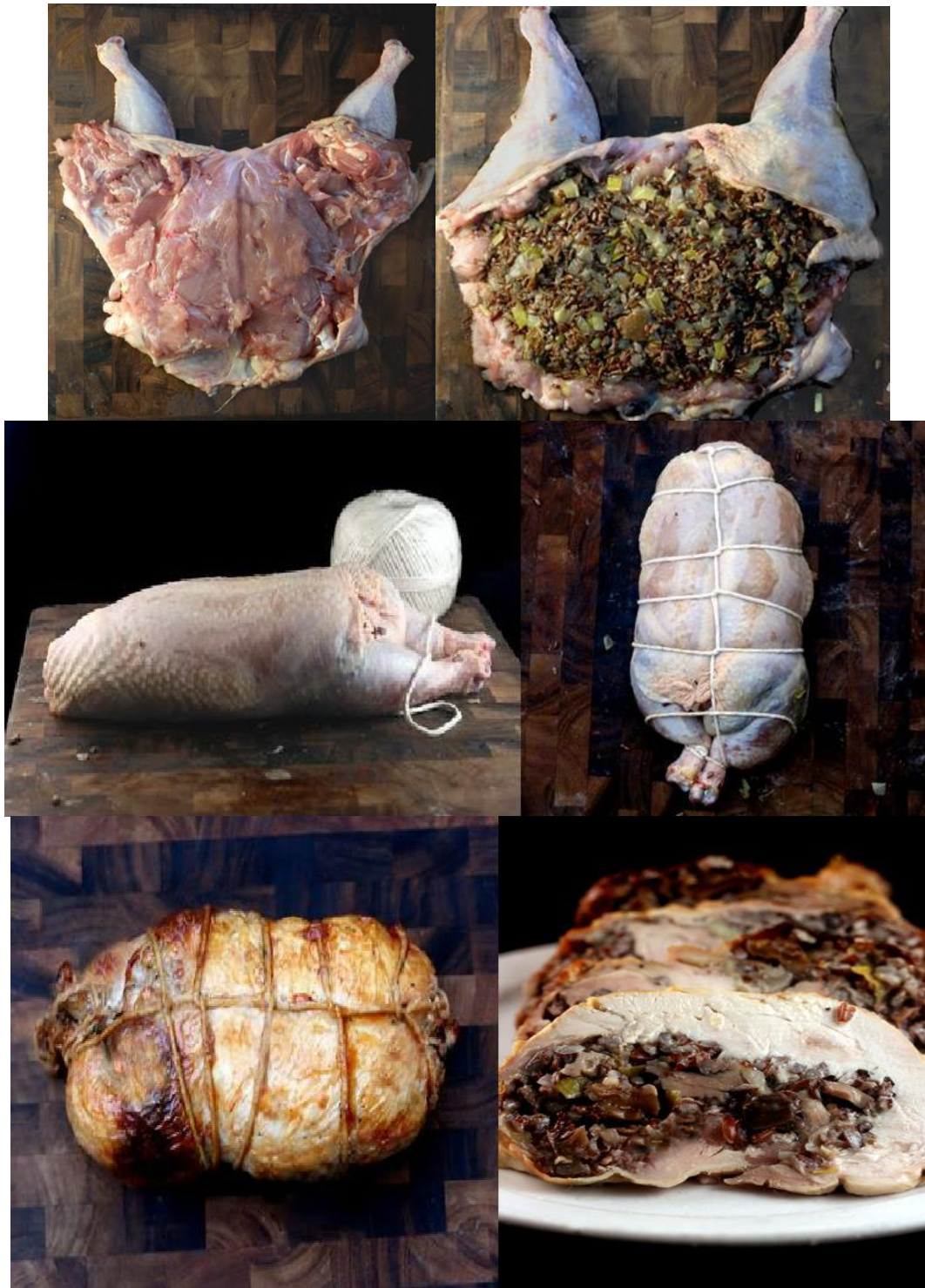
In the culinary arts, a traditional ballotine is a deboned leg of a chicken, duck or other poultry stuffed with ground meat and other ingredients, tied and cooked. A ballotine is usually cooked by braising or poaching.

In modern kitchens, a ballotine is sometimes made from other parts of the poultry, such as the breast, not strictly the leg. Moreover, a modern ballotine can be made using any type of meat, not limited to poultry. A ballotine can be served hot or cold.

Equipment required:

- A very sharp knife to cut off the wings (recommended - a chef's knife)
- A very sharp knife that fits your hand comfortably, to debone the chicken. (recommended - a boning or paring knife)
- Clean, sterile cutting board
- Lots of kitchen towels
- Cotton kitchen twine
- Roasting pan

It can be glazed with aspic or coated with chaud-froid sauce and can be served cold or hot.



PATE

This word is used in three ways in French: *Pate*, *Pate en terrine* and *Pate en Croute*. In France, the word *pate* on its own should strictly speaking only be applied to a dish consisting of a pastry case filled with meat, fish, vegetables or fruits which is baked in the oven and served hot or cold. The best English translation of this word is pie, although many of these dishes are much richer and more elaborate than the sort of pie usually eaten in England and America and are often prepared in molds rather than pie dishes.

Pate en terrine is a meat, game or fish preparation put into a dish lined with bacon, cooked in an oven and always served cold. The correct French abbreviation of this is *Terrine*, but in common usage, the French also call it *Pate*. The English have adopted both means.

Pate en croute is a rich meat, game or fish mixture cooked in a pastry case and served hot or cold. *Pate* was known to the Romans, who used to make it chiefly with pork but also used all types of marinated spiced ingredients. In the middle ages, there were numerous recipes for *Patisseries* made with pork, poultry, eel, turbot, carp, venison, sheep's tongue etc. Today there are many varieties of pates inspired by French regional cookery: notably *Pate de Chartes* (Partridge), *Pate de Amiens* (Duck), *Pate de Pithiviers* (Lark), *Pate de Pezenas* (Mutton, spices and sugar) etc.

The pastry most often used for *pate en croutes* is *pate a pate* which is an ordinary lining pastry made with lard, but a fine lining pastry made with butter is also used, as well as puff pastry and unsweetened brioche dough. The *pate* mould, which has deep sides and hinges or clips, maybe round, oval or rectangular. *Dariole* moulds are sometimes used for very small pates. The fillings are based on Pork, Veal, Ham, Chicken, Fish, Game and sometimes vegetables. All the ingredients are generally minced quite finely but some of them may be cut into matchsticks, small strips or dices. The ingredients may be marinated separately. They are mixed with the filling or alternated with layers of filling.

TERRINE

A terrine, taking its name from the French “ Terre” which means Earth after the earthenware vessel in which it was traditionally baked, is a loaf based on meat, fish or vegetables that have been cut into small pieces or finely minced to form the mixture known as Force meat. It is a fairly deep dish with straight edges, grips or handles and a tightly fitting lid that rests on the inner lip. Terrines are manufactured in a wide range of sizes. The preparations known as terrines are made with mixed meat but can also be made with fish and seafood. They are served cold in a container in which they are cooked. The majority of meat terrines contain a certain amount of pork, or sometimes veal, mixed with the meat that gives the dish its name. The ingredients are used in varying proportions and are cut up in different ways, depending on the recipe. The containers are usually lined with bacon fat and the preparations covered with jelly or lard. They are often autumn dishes, as this is the game season, and may be decorated with mushrooms, nuts and aromatic herbs.

Terrines, which are cooked, covered in the oven, in a bain- marie are often rustic dishes, suitable for slicing; others however are sophisticated preparations e.g. *Terrine de Nerac* (Red legged Partridge, Chicken livers, Ham and Truffle), *Goose liver Terrine*. Contemporary chefs have a preference for Terrines of fish and shell fish.

Terrines are also prepared as desserts made with fruits, set in jelly, which are served with fresh cream or a fruit sauce.

PRESENTATION GUIDELINES

FACTORS TO BE KEPT IN MIND FOR PRESENTATION

- Portion size
 - Appearance
 - Colour
 - Flavour
 - Height •
- Texture
- Cooking methods
 - Practicality
 - Less handling of the food
 - Food should not be masked
 - Ease of service
 - Ensuring freshness of food
 - Edible garnishes
 - Simple plate design
 - Different shapes- symmetrical and asymmetrical

PLATE AND PLATTER PRESENTATION CHECKLIST

ITEMS- the choice of items will be based on seasonal availability, practicality, portion size, number of items on the plate, traditional and non traditional food.

FLAVOUR- this is the single most important factor. Through the use of fresh, compatible flavours the presentation will be enhanced naturally.

COLOUR- use a combination of earth tones and naturally vibrant colours. Usually compatible flavours natural provide an exciting combination of colour.

TEXTURE- by varying cooking methods and cutting of vegetables, a variety of texture will be achieved.

HEIGHT- use the natural shape of food to provide varied but not extreme height. This will enhance the flow.

SHAPE- avoid contrived food shapes. This can be accomplished by using a combination of sliced, moulded, loose and whole food items.

ROULADES

The term roulade can be applied to contemporary products prepared in the manner which is similar to galantine, yet do not satisfy the classical definition of the galantines.

They are generally made by boneless flank steaks, butter flied, pounded, spread and then a filling of forcemeat or any other minces are added and is rolled in the style of the galantine.

The roulade is then either roasted or poached.

The variety of roulade is unlimited.

The roulades are sliced and served hot or cold.

Semester V: Unit 2: Chapter 5.5

PARFAITS

This is the French word for PERFECT

It refers to two distinctly different items.

1. One is a frozen mousse like dessert of lightened still frozen ice cream, which is served in a tall glass.
2. Other parfait is a savory terrine which uses vegetables, fish, shell fish, poultry or other light meats. It is distinguished by its very fine texture and preparation methods.
 - It is based on raw mousseline forcemeat. Whipped cream is incorporated into this mixture for lightness. This mixture is set with gelatin, not by heat.
 - The second method is based on a puree of cooked meat or vegetable fortified with egg whites and is lightened with cream. The mixture is then molded and poached.
 - A parfait can be cooked in a terrine mold, large timbale or loaf pan.

TIMBALES

This word is used in various senses. Originally a Timbale was a small metal drinking goblet: such timbales are now usually made of silver or silver plate and are purely decorative, been given to babies at birth or as Christening presents.

The word also refers to a serving dish similar to a vegetable dish, made of silver plated metal, stainless steel, or heat proof porcelain. Today however the word is applied chiefly to a plain round high sided mould and the preparation cooked in it - a pie crust baked blind and then filled with meat of various kinds, forcemeat, pasta etc., blended with a sauce. The crust is often decorated with patterns cut out with a pastry cutter.

The name Timbale is also given to a small preparation moulded into darioles, consisting of various salpicons, vegetables, rissotos and forcemeat etc., served as an entree or garnish.

CHARCUTERIE PRODUCTS: MOUSSE AND MOUSSELINE

The terms mousse and mousseline are often used interchangeably and confused with each other.

Mousse

The Mousse can be defined as a mixture of cooked ingredients, pureed and held together with gelatin, veloute sauce, mayonnaise or aspic jelly, then enriched with cream and at times flavored with wine. The mixture is a cooked puree, bound with gelatin and lightened with cream, is set by chilling. The mousse is always served cold.

Components and their contribution to the whole

The structure of the mousse has three basic components: Base, binder and aeration.

1. Base of a cold mousse can be meat, fish, cheese or vegetable. This base provide flavour, colour, body and character in the product.
2. Binder in the preparation provides structure to the finished product. This may be accomplished by the inclusion of gelatin or aspic jelly which will set as the finished mouse is chilled. A flavourful fat, such as butter, will also contribute to the structure of a cold mousse. As the mousse cools, the fat congeals, thereby setting the mixture.
3. Aeration, the lightening of the mousse by adding a component which has the ability to act as a vehicle for the introduction of air to the mixture. Whipped cream work well. It lightens as well as adding extra fat content, resulting in a richer mixture. Whipped egg white adds lightness without adding extra fat to the mixture. This results in a leaner mousse.

The usual proportion of the basic components would be one quart of prepared base to one ounce of gelatin dissolved in one cup of water, to one quart of prepared aeration.

Semester V: Unit 2: Chapter 5.5

Methodology of Preparation

The preparation of mousse divides into seven primary steps.

Molds, base, binder, aeration, whisk, fold and mold.

Molds should be prepared first to ensure that the mousse can be molded before it sets. Individual molds, such as small timbales should be lubricated or lined in a manner consistent with the character of the mousse. The classical method is to line the molds with a thin coating of aspic gelee. Decoration is laid on the layer of aspic gelee and the mousse mixture is poured into the molds. When the mousse is unmolded, it is a finished product, both coated and decorated. The contemporary method calls for the molds to be lined with plastic wrap or simply oiled. When the mousse is set, it is then turned out and can be decorated or coated as needed.

Base preparation is the next step. Fully cook the base product if necessary taking care not to overcook. Overcooking the base product will result in a dry texture in the finished mousse which will have a poor mouth feel. The base product should then be pureed. The consistency of the pureed mixture can be adjusted with one or more of the following items: Veloute, mayonnaise, béchamel, sour cream, cream or some similar product.

Binder will be contingent on the amount of base to be set.

Aeration preparation will require the whipping of either cream or egg whites.

Whisk the binder into the base at room temperature.

Fold the aeration into the base / binder mixture. If the base is too thick or cold, the aeration will be deflated before it is worked into the base.

Mold the mousse before it starts to set. The time it takes the mousse to set will depend on the temperature of the completed product.

The characteristics of a well made mousse are

1. Velvety smooth texture.
2. Light and airy consistency which is not heavy or rubbery, no air pocket.
3. A delicate but distinctive flavor.

Mousseline

It is made out of combination of uncooked meat that are pureed and bound with egg white and cream. Is composed of raw pureed meat or fish combined with eggs and cream, set by cooking. Can be served hot or cold. Smaller portions as compared to mousse.

The most distinctive characteristic of this method is the type of fat that is used in its preparation. The use of cream as the source of fat, combined with the processing of the components to an ultra fine consistency, results in an extremely light and smooth product. This product is in sharp contrast to that produced using the harder types of fat. Mousseline –style forcemeats are made using lean white or light meats and fish. Chicken, rabbit, shellfish, sole and trimmed lean pork fillet is ideal to use. Although a panada is not needed for additional binding for this type of forcemeat, one is occasionally added to achieve a lighter consistency. Due to the delicate nature of the meats and the cream, the seasoning should be very delicate. Care must be taken not to overpower the flavors of the components of the forcemeat. Shallots, ground white pepper and white wine can be used.

5.5.3 Gelée, Aspic Jelly & Chaud Froid

Gelee

Gelee or Jelly in English means a gelatinous meat or fish stock.

A gelee becomes Aspic Jelly when clarified.

Uses

Used to enrich soups sauses and gravies

Used to prepare aspic jelly etc.

Aspic Jelly

A clear savoury jelly prepared from white or brown stock.

Gelatin may be added if the stock is not gelatinous.

Uses

Coating show pieces

To fill air cavities in pates and gallantines etc.

To glaze cold products

Used for garnishing etc.

Aspic

A way of presenting cold cooked food by setting it in a moulded and decorated aspic jelly.

Derived from the Greek word aspis meaning Shield.

TECHNIQUES FOR APPLYING ASPIC

- Do not leave the aspic sitting in the iced water
- Stir the aspic gently to avoid setting—aggressive stirring will introduce unwanted bubbles
- Gently transfer aspic to new bowls often to avoid lumping
- Do not boil the aspic because this will weaken its setting qualities
- Avoid accumulation of debris in the aspic

CHAUD FROID

[shoh-FRWAH] *Chaud* (French for "hot") and *froid* (French for "cold") combine in this term to explain food (usually meat, poultry or game) that is first cooked, then chilled before serving. The distinguishing feature of a chaud-froid is that the food is glazed with an aspic, which is allowed to set before serving. Decorative vegetable cutouts are often set into the aspic for a colorful garnish.

Chaud Froid when literally translated to English means HOT and Cold. This refers to a sauce which is prepared hot and served cold. The high gelatin content of the sauce makes it to set after cooling down. Never used as an accompaniment and is never used to cook the product. The sauces generally used are Bechamel and Veloute.

- **Purpose**

- Preserve the food
- Improve its flavor
- Enhance its appearance
- Act as an accompanying sauce or moistening agent
- Gives a smooth and shiny surface.
- Protects the product from drying out on the buffet.
- Acts as a background for decorations.
- Compliments the flavour of the coated food.

- **Uses:**

- When plating a large quantity of cold appetizer that requires a plate sauce
 - Saucing plates and platters for culinary competitions
 - Flooding plates or platters to create a different color background for food presentation
 - Flooded plates or platters can have shapes carefully cut from within and contrasting sauces inlaid in their place
 - Can be imitated in the cold sauce section of the garde manger using the principle of the classic mayonnaise colée
 - Can be used to bind vegetables, fruits, salad materials, or fish or shellfish for timbales, socles, or compound salad presentations
 - To coat or semi coat individual pieces of food; however, the food does not have to be poached as it was in the past
 - Can be allowed to set on a flat tray, cut into attractive shapes and used to garnish plates or platters of food
 - Can be used for coating large hams, turkeys, and large fish such as salmon for decorative centerpieces
 - It makes a very pure white canvas for the chef to decorate the buffet
- Generally, the pieces coated tend to be larger than those for aspic
 - It was commonly used to coat a whole item before portioning
 - Successful coatings are done by dipping and flooding

Points to be taken care of

The flavour of the chaud froid should complement the dish.

It should melt in the mouth and should have a silky texture.

It can be prepared in various colours but avoid use of artificial colours.

The appearance should be neat, smooth, shiny and free from air bubbles.

The thickness of the coating should not be more than 3/16 inch and of the glaze 1/8 inch.

HAM, BACON & GAMMON

HAM (Jambon)

Ham is always the hind leg of pork and is cut rather long into the loin to give a BANJO shape. Because of the popularity of cured pork, the term has become synonymous in many instances with the cured and often smoked preparations of the leg. Salt is always the main curing agent. However, today nitrites, both sodium and potassium based, play an important role. Once cured, hams may or may not be smoked, depending on the varieties. There are both cooked and uncooked types of hams. Hams in the 12-14 size range are considered the most tender. As with sausage, the variety of hams is virtually limitless. There are at least 100 different traditional styles of preparation. These differ mainly in flavoring and cure recipes involved. The basic techniques, however, are normally the same.

Ham can be dry-cured or wet-cured.

Dry - A dry-cured ham has been rubbed in a mixture containing salt and a variety of other ingredients (usually sodium nitrate and nitrite).

This is followed by a varying period of drying and aging. Dry-cured hams may require a period of re-hydration prior to consumption.

Some ham curing methods begin with the ham being wet but are followed by dry aging.

Wet - A wet-cured ham has been cured with a brine, either by immersion or injection. The curing solution typically contain salt, sodium nitrate, smoke flavoring as well as other additives.

Wet cured hams typically are sold packaged with their curing brine.

Wet cured ham is often commonly sold in tins or 'cans' for preservation.

Types of Ham

Jambon d' Amérique

American hams are of the green types and cured in brine with the addition of molasses which makes them sweet. Suitable for boiling, braising and baking. Can be served hot or cold.

Jambon d' Angleterre

English hams are generally wet cured, with addition of black treacle which together with smoking gives the ham a very dark colour.

E.g. York Ham

Jambon de Bohême

Of the Czechoslovakian hams, the Jambon de Parague is the most famous.

Cured, smoked and dried.

Usually eaten raw but can be sautéed and served with egg dishes.

Its appearance and flavour is similar to the raw German hams.

Jambon Danois

With the Danish hams, curing starts while the pigs are alive i.e. they are fed on a special diet.

Wet cured. Served hot or cold.

Smoked or green.

Have a very fine meat grain and hence suitable for boiling, braising and baking.

Jambon Français

In France there is a lot of variation in hams in accordance to the regional cuisine. The most famous ones are:

Jambon de Champagne

Jambon Blanc Jambon Glacé

Jambon de Bayonne

Jambon Demi- Sel

Jambon de Toulouse

Jambon de Champagne

Jambon de Paris

Jambon de Bayonne

A dried- cured and smoked ham. Usually served raw in thin slices. Can be sauted and served with egg dishes. Used as garnish for various sauces and stews. Should not be boiled.

Jambon de Toulouse

This ham is cured and dried and at times smoked also.

Can be used in cooking but usually eaten raw.

Should not be boiled.

Jambon de Paris, Jambon Blanc, Jambon Demi- Sel

These three hams are same type and are usually green.

In certain cases may be found slightly smaoked and sweet in flavour.

Best suited for boiling but in cases may be braised and baked.

These are also known as Jambon Glacé

Jambon d' Allemagne

Like in France, Germany also has numerous varieties of hams. The following are the most famous:

Gothaer Schinken

Mainzer Schinken

Hamburger Schinken

Westphalian Schinken

Stuttgarter Schinken

Schwarzwälder Schinken

Gothaer Schinken, Hamburger Schinken, Stuttgarter Schinken

These three hams from Germany can be eaten raw but are generally boiled braised or baked.

Served hot or cold.

Mainzer Schinken, Westphalian Schinken, Schwarzwälder Schinken

These three hams are always eaten raw.

Jambon d'Italie

There are a number of Italian hams of which the Jambon de Parme (Parma Ham) is the most famous. The Parma ham is cured and hung to dry for several months and served raw.

It has a slightly nutty flavor from the Parmigiano Reggiano whey that is sometimes added to the pigs' diet.

It is best served with melons, eggs and pasta dishes.

The other Italian hams are

Prosciutto di Modena

Prosciutto Toscano,

Prosciutto Veneto

Prosciutto crudo di San Daniele

Prosciutto di Carpegna

Jambon d'Espagne

Prosciutto di Norcia,

The Spanish hams are usually mild in cure, with delicate flavour and are smoked and dried.

All Spanish hams can be boiled, braised and baked. Best known ham is Jambon de Asturias

STORAGE

The un dried varieties of ham have a refrigerated shelf life of eight days. The fine texture of ham is adversely affected by freezing. Hold at the temperatures recommended for fresh meats.

Bacon

Bacon is a cut of meat taken from the sides, belly, or back of a pig, then cured, smoked, or both.

Cuts of bacon

Streaky bacon comes from the belly of a pig. It is very fatty with long veins of fat running parallel to the rind. Pancetta is Italian streaky bacon, smoked or green (unsmoked), with a strong flavor.

Back bacon comes from the loin in the middle of the back of the pig. It is a lean meaty cut of bacon, with relatively less fat compared to other cuts and has a ham-like texture and flavour.

Also called Irish bacon or Canadian Bacon.

Middle bacon is much like back bacon but is cheaper and somewhat fattier, with a richer flavor.

Cottage bacon is thinly sliced lean pork meat from a shoulder cut that is typically oval shaped and meaty. It is cured and then sliced into round pieces for baking or frying.

Jowl bacon is cured and smoked cheeks of pork

VARIETIES OF BACON

Sliced bacon is from the hog bellies, which have been squared off. They are cured and most often smoked; sliced thin, and then packaged for retail sale.

Slab bacon is the unsliced version of sliced bacon. It has a longer shelf life.

Country-cured bacon has a salty, very strong flavour. It is more expensive than slab bacon.

Canadian bacon is processed in the same manner as slab bacon, except it is made from the eye of the loin. It is fully smoked at the time of sale. This product is more like ham than bacon, and is very lean.

Pea meal bacon is a form of Canadian bacon that is not smoked. After curing it is dried briefly and coated with yellow cornmeal.

Schinkenspeck (ham-bacon) is a German preparation, processed like bacon. However, it is comprised of a combination of pork leg meat rolled inside a pork belly; tied, and processed.

STORAGE – Smoked bacon has a refrigerated shelf life of many months. Surface mold which forms during storage may be cut away and the rest of the bacon used, as long as it has not turned rancid. Canadian bacon is much more perishable, having a refrigerated shelf life of only four days.

SPECIALTY ITEMS

– The products listed in this section, although closely related to some of the groups already discussed, and those products associated most closely with the art and science of charcuterie.

Zampone is a northern Italian, Modena region, fresh pork sausage. It is highly seasoned and the casing is the boned leg section of the skin with the foot attached. It is traditionally served with lentils on New Year's Day.

Tete Presse is a cured, boneless, rolled or pressed pig's head. It is poached and served with vinaigrette and thinly sliced onions.

Head cheese is a loaf product made from a pig's head, tongues include. It is cured and simmered in a gelatinous stock for about three hours. The meat is then removed from the head, diced and molded with the broth in which it was cooked.

Sulze is a German product very similar to headcheese. The difference is that it is made from the meat of a calf's or pig's feet. This meat is combined with chopped pickles and vegetables in a tart flavoured meat aspic.

Jamboneaux is cured ham shank, which is fully cooked, in a rich stock. The large shank bone is removed, leaving the small one in place. The skin is removed, scraped clean of excess fat, and returned to the original position. The shank is wrapped in cheesecloth, rolled into a pear shape, and returned to the stock to cool. When cooled the cheesecloth is removed. The meat is rubbed with rendered pork fat, and finally rolled in fine breadcrumbs.

Rillete is essential cooked pork spread. Boneless pork shoulder, with the fat, is cubed. It is then braised slowly with paté-type seasonings and onions. No liquid is added and the meat is cooked until it falls apart. The meat is then shredded into coarse fibers or crushed in a mortar. This mixture is packed into clean crockery or earthenware terrine and the rendered fat is strained over the top to seal it. Rillete will keep several months sealed in this manner and refrigerated.

It is important to clarify the difference between bacon, gammon and ham.

- Bacon is cured meat that is still considered raw and in need of cooking. It can be either thinly sliced meat from the loin (back) or belly, or can be an entire side of cured pork. The side of pork may or may not have the hind legs removed before curing. When destined to become a side of bacon, a pig will have its head removed, then be split in half down its backbone;
- Gammon, like bacon, is cured meat that is still considered raw and in need of cooking. It can refer to the hind leg that was removed from a side of bacon after curing, or it can mean small cuts of meat taken from that leg after it is removed. A whole gammon leg weighs up to 22 pounds (10 kg), making it tricky to cook in a home oven. Gammon is usually milder in flavour than bacon or ham owing to more delicate cures being used;
- Ham, like gammon, comes from the hind leg of the pig. It is also cured, but either more slowly or through air-drying. The cures are usually more elaborate than those used for bacon or gammon.
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• **Gammon**

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wer hind of a hog that is usually smoked or cured A gammon is always the hind leg of a side bacon.

Both ham and gammon are cut from the leg of a pig. The meat is the same but the preparation and treatment is different. Ham and gammon are both cured meats.

Ham is meat that is cut from the carcass and then treated.

Gammon is meat that is cut from the carcass after the brining treatment.

The best known gammon types are Danish (green and smoked) and Wiltshire (Green and smoked)

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6 Cheese

6.1 Definition & History

6.2 Manufacturing Process

6.3 Types & Uses

6.4 International Cheese with Country of origin

6.5 Cheese Board (Layout & Presentation)

CHEESE

According to legend, cheese was first made accidentally by a traveling shepherd, who carried milk in a pouch made from the stomach of a sheep. The combination of heat of the sun with the enzyme rennin present in the lining of the stomach curdled/separated milk into curd (a soft mass or junket) and whey. Curds are coagulated proteins (casein) known as cheese. This soft mass containing protein and fat was then drained to remove the excess liquid or whey and dried in the sun to form a harder mass which could be eaten fresh or salted and stored for later use when the food supplies were less plentiful.

6.1A) DEFINITION

Cheese may be defined as “the fresh or matured product made by coagulating any or a combination of any of the following substances, namely milk, cream, skimmed milk, partly skimmed milk, concentrated milk, reconstituted dried milk and butter milk, and then partially draining the whey, resulting from any such coagulation”.

Cheese Making is a very convenient method for converting a considerable part of the milk nutrients into a product that is less bulky, will keep well, is of a high nutritive value and is palatable and easily digestible.

There are over 400 varieties of cheese listed as being made in different parts of the world. They are made from a variety of different milks from animals like cow, sheep, goat, buffalo and others, by different methods of manufacture, are ripened for different periods of time in different conditions and are made in different sizes from a few ounces to the very large size of 70 lbs or more. They will also differ by colour, texture, hardness, odour and taste.

6.1) MANUFACTURING PROCESS OF CHEESE

Basically cheese is made by forming a curd by the action of the enzyme rennin, or acid, upon pasteurized milk. This curd is then ripened by enzymes produced by the addition of a culture of microorganisms. During ripening, the constituents of the curd are modified to produce characteristic flavors and textures.

Heating the milk

The temperature should not be less than 10°C and should not exceed 65°C. The optimum temperature is 37°C (At 10°C, the cheese will be soft, while at 65°C, the cheese will be hard).

Curd formation

This is brought about by the addition of rennet (rennin), curd or lactic acid producing bacteria (Suitable cultures of microorganisms may be added at this stage to bring about ripening or souring of the milk).

This mixture may be held at varying temperatures during what is known as “setting” period which is 20-26°C (70-80°F) for soft cheeses and 30-32°C (86-90°F) for hard cheeses.

The setting temperature, the quantity of rennet added and the amount of acid produced by the microorganisms largely govern the rate at which the curd and whey separate, and also affect the texture of the curd.

Cutting the curd

The curd is then cut to remove moisture. Then the whey is separated – finer the curd is cut, greater is the whey separation.

Cooking the curd

Cooking the curd helps in the removal of whey. The curd begins to compact and become elastic, rather than crumbly. During heating, the lactic producing bacteria increase. Higher the temperature, firmer the cheese becomes e.g. Cheddar becomes firm at a temperature of 38°C (100°F).

Separating the curd

All excess whey is finally removed from the curd.

Curd piling

The curd is cut into blocks and piled up. This allows the curd to form a solid mass and further development of the starter culture. The curd begins to develop characteristic properties of texture and flavour.

Milling and Salting

The now-dry curd is milled into small fragments and salt is added – either as fine salt or brine solution (Sometimes in aqueous solution which permits homogenous absorption). Salting influences many factors—flavour, moisture content and texture; also checks lactic acid formation by inhibiting acid producing organisms (also reducing risk of spoilage) and at the same time permits the development of specific ripening microorganisms.

Pressing the curd

Pressing the curd gives cheese its characteristic shape and texture. This cheese is called “Green cheese (Immature cheese)”.

Maturing (Ripening)

In this stage, the green or immature cheese develops the characteristic texture and flavour of its variety. The green cheese is placed in well ventilated rooms on racks. The temperature is maintained at 13°C and at a humidity of 80-90%. Then the bacteria, moulds etc. are added to bring about changes. The fresh cheese is covered with wax or other things to prevent the moisture loss.

Ripening is a change in the physical as well as chemical properties such as aroma, flavour, texture, composition etc. which occur between the time of precipitation of the curd and the time when the cheese develops its characteristics. Ripening is the process that converts freshly made curds into distinctive, flavourful cheese. This ripening is brought about by certain bacteria or

moulds that are introduced during manufacture. Much of a final cheese's final character is determined by the kind of ripening agent and the way it acts on the cheese.

Following changes take place during ripening:

1. Lactose is converted to lactic acid.
2. Proteins are broken down to simpler components—amino acids.
3. Fats are converted to fatty acids.
4. CO₂ is formed that produces holes, as in Emmental cheese.
5. Development of aroma/flavour.
6. Change in colour.
7. Change in texture—hard to soft—due to the action of bacteria or moulds (Brick – Bacteria, Stilton and Roquefort—Mould etc.).

Characteristics

The characteristics of the cheese depend upon the following factors:

1. Type of milk or milk fractions used (The percentage of fat present in the milk has an effect of the quality of the cheese produced. A low percentage of fat will produce a hard leathery type of cheese, whereas a high percentage of fat will produce a soft smoother cheese).
2. Temperature (High gives hard, while low gives soft cheese).
3. Acidity (Putrefactive bacteria, amount of lactic acid produced).
4. Humidity (It controls the growth of moulds).
5. Type of precipitation agent used in coagulating the milk.
6. Pressure used to remove the moisture.
7. Salt (Amount of salt added affects the growth of bacteria. It also acts as a preservative.)
8. Time of ripening.
9. Rennet will produce more elastic curd.
10. Light (whether exposed to sunlight or not).
11. Size of mold in which the cheese is made.
12. Type of microorganisms used.

Processed Cheese

Processed cheese is obtained by mixing green cheese with cured cheese of the same type, or blending different varieties of cheeses and then treating with heat and adding suitable emulsifying agent to it. Salt, acids, flavouring, colour etc. are also added and heated to approximately 65°C. When cheese is heated, further ripening is prevented. This processed cheese will be very mild. Processed cheese is a uniform product that doesn't age or ripen like natural cheese. Thus, it keeps very well. It is usually very mild in flavour and has a gummy texture. Because of its melting quality and low price, it is often used in cooking.

The term "American Cheese" usually refers to processed cheese. Processed cheese food and processed cheese spread contain a lower percentage of cheese and more moisture than cheese. Modification of the same processed cheese without heating and pasteurizing, but simply ground and mixed with flavourings and seasonings, to a spreading consistency, is known as "cold pack" or "club cheese". In this, further ripening will take place. Processed cheese is very common; since it can be sliced and blended easily with other ingredients of the recipe.

Cooking of Cheese

Cheese is a protein food and like all other proteins, it is toughened by heat easily. All cheese dishes should be cooked at low temperatures, whatever the dish is. Whenever possible, cheese should be melted in a double boiler or chaffing dish, rather than over direct heat. When cheese is melted, it is cooked. Overcooking will produce some toughening effect as cooking at too high heat. Grate or chop cheese finely and dilute with some kind of starchy food such as flour, breadcrumbs, macaroni etc. will help in cooking properly. Adding a small pinch of sodium bicarbonate will soften cheese and prevent stringiness as well as makes it more digestible. Cook by moist heat, whenever possible, or at least see that there is some moisture included in the dish. Where and when possible, add cheese only at the last moment to prevent overcooking.

Selection

The following points should be taken into consideration while selecting cheese:

1. The rind of the cheese should not have mildew or fungi on it.
2. There shouldn't be an over-strong smell emanating from the cheese.
3. Semi-hard, hard and blue-veined cheeses, when cut, should not appear dry.
4. Soft and processed cheese, when cut, should not be watery; nor should be of a delicate creamy consistency.

Storage

All cheeses should be eaten fresh and in their prime conditions. For this, they must be stored correctly so that they reach the customer in a good condition, with a full flavour. Cheeses should be wrapped in separate clean polythene bags to prevent their drying out, and then stored at a temperature of 5-10°C (40-50°F). Before being served, the cheeses should be removed from the bags and placed in a room at normal temperature in order to have the full flavour maximized. Particular care must be taken for soft cheeses e.g. Brie, Camembert etc. as they can soon become over-ripe and unacceptable. Even hard and semi-hard cheese must be stored at low temperatures to avoid deterioration. Store cheese in their original wrapper, once they are opened and cut; cover with moist cloth or aluminium foil or plastic wrap to avoid drying out. The very hard cheeses like Parmesan and unprocessed cheeses don't need to be refrigerated and may be kept in a clean, cool, dry storeroom. Blue cheeses require a lower temperature of around 4°C (38°F) and a higher relative humidity of 80%. Normally cheese should not be allowed to become dry and crumbly. Small pieces, weighing 1 pound or less of certain varieties like Brick, Camembert, Edam, Cheddar etc. can be frozen for 6-8 weeks. In general, the firmer and more aged the cheese, the longer it will keep.

6.2) TYPES OF CHEESE

Cheese may be classified under one or a combination of the following:

The Country of origin

It is helpful to be able to classify cheese in this way, so that cheeses from different countries may be featured on the menu or cheese board of a restaurant.

The method of manufacture

This system of classification is based on how the cheese has been manufactured, which in-turn determines the type of cheese produced. This classification identifies six main groups of cheeses – hard, semi-hard, soft, surface mould, surface slime and blue-veined (i.e. internal mould and includes acid coagulated cheeses). The important features in the manufacture of cheeses are:

1. The type of milk being used.
2. Whether the milk is ripened or not.
3. Whether rennet is added or not.
4. Whether the curd is scalded (stirred) or not.
5. Whether the cheese is pressed or not.

General aspects

The general appearance of a traditionally made cheese is important for the recognition of it.

Cheese is recognized by:

1. Size

Traditionally, cheeses have always been made of the same size and shape; hence easily recognizable e.g. English Cheddar is usually made in the shape of a small drum being 13” high and 11” in diameter. The English Leicester is usually made in the shape of a wheel being 4” high and 18” in diameter.

2. Colour

The colour of the cheese—internally and externally—is another point of recognition e.g. the English Stilton has a wrinkled brown coat and a blue-veined creamy-white body. The Dutch Edam has a red wax coat and a rich straw coloured body.

3. Flavour

The flavour of the cheeses, when fully mature, is quite standardized, although only minor changes in the manufacture can affect the flavour considerably. The basic aspects of flavour such as cheese being mild, very rich, salty and tangy are usually quite evident to most people, but the

description given by the cheese makers like “slightly nutty”, “mildly fruity” etc. needs experience to appreciate.

4. Texture: This is seen when examining the cut surface of a cheese and in greater detail, when cutting a portion of the cheese. Typical textures are hard, semi-hard, semi-hard with gas holes, rubbery, close, loose and crumbly, buttery and open.

Moisture content

Soft : Above 40-80% (e.g. in Camembert).

Hard : 20-40% (e.g. in Stilton).

Ripening

Cheeses are classified on the basis of ripening as Mild or Strong, Bacterial or Mould. The main classes of cheese are as under:

- Unripened soft cheese (e.g. Cottage cheese, Cream cheese, Neufchatel).
- Ripened soft cheese in moulds by bacteria (e.g. Brie and Camembert).
- Semi-hard, ripened by bacteria (e.g. Gorgonzola, Roquefort and Stilton).
- Very hard cheese without gas holes (e.g. Cheddar, Edam, Gouda and Cheshire).
- Very hard cheese with gas holes (e.g. Gruyere, Swiss cheese).

Cheeses can be classified by the kind of ripening agent and whether it ripens from inside or outside. Some examples include:

1. Bacteria ripened (from inside) : Cheddar, Swiss, Gouda, Parmesan etc.
2. Bacteria ripened (from outside) : Limburger, Liederkranz etc.
3. Mould ripened (from inside) : Blue cheeses inc. Roquefort, Stilton etc.
4. Mould ripened (from outside) : Brie, Camembert, St. Andre etc.
5. Unripened : Cottage cream, Baker’s cheese etc.

6.3A) USES OF CHEESE

1. As a cheese course for lunch or dinner. (The cheese would be served to a customer on a cheese board containing U.K. cheeses only, French cheeses only or a variety of U.K. and continental cheeses. Serve cheese at room temperature as only at room temperature will the full flavours develop).
2. As a feature item on a cold buffet.
3. As a cooking cheese:
 - a. To add to a basic cream sauce to make a cheese sauce.
 - b. To serve as an accompaniment to soups and farinaceous dishes.
 - c. To serve sprinkled on dishes to be gratinated.
 - d. To serve on toast e.g. grilled, Welsh rarebit etc.
 - e. To include in salads, snacks etc.

Glossary of Cheese terms

Acid, Acidity A description of a pleasant tang; it can be a defect if too pronounced.

Ammoniated A term describing cheese smell of ammonia; a condition that afflicts the rinds of over-ripe cheese. A hint of ammonia is not necessarily objectionable.

Annatto A yellow-orange dye extracted from the seeds of a South American plant; used to colour such cheese as Cheddar, Edam etc.

Bloomy rind The white fleecy rind that develops on certain surface of ripened cheese like Brie, Camembert etc. It is formed by spraying of the surface of the cheese with spores of penicillium candidum, while it is curing.

Chevres The French term for Goat cheese.

Gummy A negative term used to describe an over-plastic texture, as well as over ripe rinds that have become sticky or goeey. Gumminess is undesirable in any context.

Salty Most cheeses have some degree of saltiness; those lacking in salt are said to be dull or flat. Pronounced saltiness is characteristic of some cheeses, but over saltiness is a defect.

Springy A descriptive term for cheese with a resilient texture that springs back when gently pressed. Ripe or neatly ripe soft-ripened varieties should be springy.

6.3) INTERNATIONAL CHEESE WITH COUNTRY OF ORIGIN

Fresh and Soft Cheese

Ricotta An Italian fresh, Unripened cheese, made from the whey of cow's milk. It is smooth and mild tasting, and used in a variety of sweet and savoury dishes including pizzas.

Curd cheese "Curd" is the general term given to all unripened cheeses made from the separated curds of cow's or goat's milk. It is used in cheese cakes and sweet and savoury fillings. It is also a popular base for dips and spreads.

Cottage cheese: Indian origin, a lumpy, mild tasting curd cheese, often containing cream.

Mozzarella An Italian unripened curd cheese, originally made from buffalo's milks, but now obtained exclusively from cow's milk. It is soft cheese with a rather moist texture. It has a mild, creamy taste and is widely used as a cooking cheese-pizza, lasagna and toasted sandwiches.

Colwick A traditional cow's milk cheese from England. Usually sold unsalted to be served as a dessert, but can be salted and used as a savoury cheese.

Coulommiers A French cheese made from cow's milk. This, like Brie and Camembert, has a white rind and a soft interior. It is rich and creamy tasting and is usually made in small wheel shapes. It is a popular cheese for desserts and snacks.

Brie A French soft cheese made from cow's milk. It has a creamy fruity taste and is delicious in snacks and as a filling for brioche. It is made in large, flat wheel shapes and there are many varieties. The thin crust is edible.

Camembert This world famous French cheese is made from cow's milk and there are several varieties. It has a distinctive taste which varies from mild to pungent as it ages. An excellent dessert and snack cheese, it is made in small cylindrical shapes, which means that it can be brought as an individual cheese.

Tomme au raisin A French cheese made from cow's milk and covered with grape pulp, skin and pips. The word "Tomme" is simply a dialect word for cheese from the Savoie region of France and there are many varieties. They usually have a fairly pronounced flavour and make excellent dessert cheeses. They are produced in small drum shapes.

Petit Munster A cow's milk cheese from Alsace. Traditionally thought of being of as being French in origin, though there are several German varieties. It is made in wheel shapes and is good for snacks.

Boursin aux fines herbes A variety of Boursin coated with crushed black peppercorns which give the cheese a spicy taste, complementing its creamy interior.

Caboe A Scottish double cream cheese (with 60% fat) made from cow's milk and rolled in oat meal. It has a fairly sweet flavour and goes well with fresh fruit.

Feta A soft Greek cheese usually made from ewe's milk (sometimes from goat's milk). It has a sharp and salty taste and is used in savoury stuffing and salads.

Semi-hard Cheese

Manchego Spain's most famous cheese; this is made from ewe's milk and has a creamy, firm textured interior, which sometimes has holes. It is strong tasting and ideal for snacks.

Dunlop A Scottish cheese made from cow's milk; this is a Cheddar-type cheese with a rather bland, butter taste. In Scotland, it is often eaten with buttered oatcakes; otherwise it is a good snack cheese and is ideal for toasting.

Port Salut A French rinded cheese made from cow's milk; it is good for desserts and snacks.

Cabrales Traditionally a goat's milk cheese (though there are now ewe's milk varieties), it is from the mountain regions of northern Spain. Made in cylinder shapes, it has a strong, pronounced taste and makes a good snack cheese.

Monterey Jack A Cheddar-type cheese, originating in Monterey, California, but now, also made in other parts of America. It is made from cow's milk and has a rather bland taste with a smooth

open texture. It is used in snacks, sandwiches and in recipes.

Colby A popular American Cheddar-type cheese from Colby, Wisconsin. It is a washed curd cheese (If the curds are washed thoroughly in cold water, the moisture content of the cheese is increased, making it mature more quickly). It is a mild cheese with a slightly granular texture and is popular in snacks and salads.

Saint Paulin A rinded French cheese made from cow's milk, it can be bland or tangy, depending on its degree of ripeness and is similar in taste to Port Salut. It is a good snack and dessert cheese and is made in small wheel shapes.

Tilsit A firm textured cow's milk cheese, originally from East Prussia, but now produced all over Europe. It has a tangy taste, and is a good cheese for desserts and sandwiches. It can be made either wheel or block shapes.

Gjetost A Norwegian whey cheese which can be made from either cow's or goat's milk. Rather fudge-like in appearance and taste. It is used in sauces, desserts and snacks.

Double Gloucester This cow's milk cheese has a full flavour and is considered one of the great English cheeses. It is good for desserts and snacks and is made in cylinder shapes.

Cheddar England's most famous cheese; this is made from cow's milk and varies from mild to very sharp. It is packaged in many shapes.

Gruyere This famous cow's milk cheese from Switzerland is similar to Emmental in appearance and nut like taste. Apart from being a good table cheese, it is much used in fondues, sauces and quiches. It is made in large wheel shapes.

Cantal A cow's milk cheese from France; it is often referred to as French cheddar. Made in cylinder shapes. It is used in several regional dishes and is also a good all-purpose table cheese.

Lancashire A mild tasting cow's milk cheese from England. It melts well and thus lends itself well to cooking (particularly toasting). It is made in cylinder or blocks shapes and can be sold as wedges.

Red Cheshire A cow's milk cheese from England. It has a crumbly texture and is coloured with annatto dye. Its slightly salty taste makes it good snack cheese.

Fontina A cow's milk cheese from the Piedmont region of Italy. It has a delicate nutty, slightly smokey taste and is much used for fonduta (an Italian version of Spanish fondue) Bel Paese is also a very famous semi-soft cheese from Italy.

Semester V: Unit 2: Chapter 5.6

Leyden/ Leiden A Dutch semi-hard cheese covered with a dark yellow rind and then with red wax. It is made from whole or skimmed cow's milk and contains caraway and cumin seeds. It is made in cylinder shapes. It goes well with gin and cocktails and makes a good snack cheese.

Gouda A world famous Dutch cheese made from cow's milk, which can be eaten "fresh" or matured. It is made in wheel shapes.

Jarlsberg A Norwegian cheese ranging from white to light yellow, with large holes scattered throughout. It is made from cow's milk and has a firm, buttery interior and a mild, nutty taste. It is covered with a thick rind and then with a yellow wax. It is used in landgang (the Norwegian version of a hero sandwich).

Edam A famous Dutch cheese made from cow's milk and sold in ball shapes, coated with red wax.

Raclette A cow's milk cheese from Switzerland with a mild, nutty taste. It gives its name to a traditional toasted cheese dish.

Leicester An English cheese made from cow's milk and coloured with annatto dye. Made in cylinder shapes, it is a good snack cheese.

Emmental This famous Swiss cheese made from cow's milk has a fairly sweet, nutty taste and can be used as a basis for fondues and toasted snacks.

Caerphilly A cow's milk cheese from Wales with a mild, slightly sour taste. Usually made in cylinder shapes. It is a good snack and dessert cheese.

Wensleydale An English cheese made from cow's milk. This is also made as a blue-veined type.

Hard, Blue and Smoked Cheese

Provolone An Italian curd cheese made from cow's milk. A popular cooking cheese, it is often used in cannelloni and ravioli.

Parmesan/ Parmigiano One of Italy's best known cheeses. Parmesan is one of the grana or granular types. It is cow's milk cheese, made in large wheel shapes. When fully matured, it is used for grating and cooking. The very best of all granas is called Parmigiano Reggiano. It is the true Parmesan, is aged at least 2 years and is very expensive.

Sapsago/ Green Cheese/ Schabziger A Swiss cheese made from soured skimmed milk and whole milk. Sapsago is pale green due to the presence of clover which is added to the curd. It is a hard cheese which is normally grated before use, and makes a good all-purpose cooking cheese.

Pecorino A hard Italian grana cheese made from sheep's milk. Pecorino, when fully matured, is used for grating in many pasta style dishes.

Sbrinz A Swiss grating cheese made from cow's milk, this is a good all-purpose cooking cheese, made in large wheel shapes.

Gorgonzola Italy's most famous blue-veined cheese, gorgonzola is considered as one of the best blue cheeses in the world. It has a strong and rich taste. It is good for desserts, snacks and salad dressings and when grated and grilled, can be used as a topping for several foods.

Roquefort Considered by many to be the king of cheeses, Roquefort is a sheep's milk cheese from the Causes area in France. It is made in cylinder shapes and has a rich, strong taste. It is used as a table cheese, and also in salad dressings.

Mycella A Danish cheese made from cow's milk, Mycella has blue-green veins. It is mainly used as a table cheese, but can also be used in salads and salad dressings

Blue Cheese

Bleu de Bresse A French creamy blue-veined cheese made from cow's milk. It is soft-textured and has a rich taste. It is a good dessert cheese and is also used in fromage cardinal, a blend of cheese and paprika.

Dolcelatte A Gorgonzola-type cow's milk cheese from Italy. Made in cylinder shapes.

Blue Castello A Danish double cream soft textured cheese made from cow's milk.

Pipo crem A popular French blue-veined cow's milk cheese made in long cylinder shapes.

Fourme d' Ambert A French blue-veined cow's milk cheese made in tall cylinder shapes.

Danish Blue (Danablu) A Danish cheese made from homogenized cow's milk, it is soft textured and creamy with a fairly strong taste, and makes a good dessert cheese. It is made in wheel shapes.

Blue Stilton A semi-hard English blue-veined cheese made from cow's milk, it comes in tall cylinder shapes.

Blue Cheshire A worthy rival to Stilton, Blue Cheshire is an English semi-hard cheese made from cow's milk. It has a rich taste and is best served as a dessert cheese. It is made in cylinder shapes.

Bavarian Blue A double cream, soft textured blue-veined cheese from West Germany. Made from cow's milk, it has a creamy texture and spreads well, making it good for sandwiches. It is made in small wheel shapes.

Blue Shropshire A new arrival amongst blue cheeses and made, not in Shropshire, England, rather in Scotland. It comes in cylinder shapes

6.4) CHEESE BOARD & PRESENTATION

The Americans serve cheese as a starter, the French before dessert and the English as a grand finale. It seems the cheese board is a welcome indulgence any time, particularly at fine restaurants and dinner parties.

When entertaining at home, your cheese board can be as simple or as extravagant as you wish. But preparing the perfect one can be something of an art. These cheese board tips are designed to help you select, display, and enjoy all of your cheeses to the fullest. So cuddle up by the fireplace with a creamy young Gruyère and crackers, or throw an elegant dinner party with Camembert, Asiago and a tour of cheeses from around the world. When you follow these guidelines, your perfect cheese board will impress and delight with every bite.

Selecting

When preparing a cheese board, plan on serving from three to five cheeses (any more than that will overwhelm the palate). To make your selections, visit a good cheese counter and aim for variety. You want to tempt the taste buds with cheeses of distinctly different styles, tastes, and textures.

For a simple, but interesting cheese board, start with these three selections:

1. A soft cheese such as triple cream Brie or Camembert
2. A firm cheese like Farmhouse Cheddar or Asiago
3. A blue vein cheese like Stilton or Roquefort

To expand your offerings, add a spreadable cheese like fresh chevre, or a “surprise” cheese flavoured with wine, spices or herbs.

Use a Theme

For a more creative twist, build your cheese board around a theme. You might offer cheeses from different milks (cow, sheep, goat) or cheeses from a particular region or country. In 2006, the British Cheese Awards gave top honours to a cheese board solely comprised of Lancashire cheeses. Though made by dairies within 10 miles of each other, each of the 10 Lancashire cheeses displayed different tastes and textures, whether creamy, savory or crumbly.

Buying Tips

- As an appetizer or course, plan on serving 70g of cheese per person; as a main meal, plan on 200g per person.
- If you're on a budget, buy a few good quality cheeses rather than many of a lesser quality.
- Make your cheese board a memorable experience: avoid the common and go for artisan cheeses that are new to your guests.

Presenting

Now that you have selected your cheeses, display them in a way that will inspire “oohs” and “ahs.” To begin, choose a tray or platter large enough to keep cheeses of different shapes and sizes from touching. Wood boards are traditional, while marble is more elegant, offering a cool surface and a contrasting background colour to make your cheeses “pop” off the platter.

When arranging your selections, be sure to display them in a manner that makes them most accessible to guests. Put smaller cheeses in the middle, and then place soft cheeses around them. Hard cheeses should be arranged around the outside of the cheese board to make them easier to cut.

Accompaniments

To make your cheese board an edible piece of art, garnish it with natural ingredients. Parsley, grapes, apples, tomatoes, celery and dried berries all add beautiful colour and flavour right on the board. In separate dishes, you might also offer olives, pickled onions or pickled walnuts or lightly roasted nuts such as walnuts or almonds. Balance your offerings with a variety of breads, biscuits and crackers that aren't too strong or salty. Again, avoid the common and treat your guests something special – maybe slices of tangy sourdough or biscuits flavoured with cracked black pepper.

As for beverages, beer, cocktails and wine are all classic accompaniments. In general, fresh cheeses pair well with Sauvignon Blanc or Pinot Noir, blue cheeses with Sauternes and Port, and aged cheeses with Zinfandel or Burgundy. For an extravagant soiree, offer a different wine for each cheese. And when in doubt, a wine of the region the cheese comes from is usually a good match.

Serving Tips

- Remove the wrapping from cheeses, but leave on rinds
- Serve each cheese with its own knife to avoid mixing flavours
- Bring cheeses to room temperature for optimal flavour – take out of the refrigerator up to two hours before serving

After the Party

After your event, return the cheese board to a clean, cool place. While you should discard any leftover soft cheeses, unused hard cheeses can be re-wrapped and replaced in the refrigerator for your next cheese board. And if your remaining cheese happens to be too small or oddly shaped for a board, simply shred, melt or bake it into a wonderfully cheesy recipe. Four-Cheese Pizza, anyone?



Semester V: Unit 2: Chapter 5.6

- 7.1 Geographic Location
- 7.2 Historical Background
- 7.3 Staple Food & Specialties With Recipes
- 7.4 Tourist Destination
- 7.5 Sports
- 7.6 Festivals
- 7.7 Regional Attire
- 7.8 Currency
- 7.9 Equipment's & Raw Ingredients
- 7.10 Glossary Terms
- 7.11 Audio Visual Clips

Assignment to be prepared any one from the following countries:

• **Europe Continent**

- o France
- o Italy
- o Spain & Portugal
- o Germany
- o Great Britain
- o Scandinavian countries
- o Greece

• **Middle East**

- o Morocco
- o Lebanon
- o Turkey

• **Far East**

- o China
- o Japan
- o Thailand

• **North Central America**

- o USA
- o Mexico

THE CUISINE OF FRANCE

A HISTORY OF FRENCH CUISINE

France hasn't always been keen on garlic, mushrooms, and truffles. Before the 15th century, seasonings and decorations were used to disguise food that had spoiled. France had what many today consider peasant food, simple fare without extravagant adornment. *In the mid- 15th century, Catherine de Medici of Italy moved to France to marry the future King Henri II, bringing with her Florentine-educated cooks and a sense of creative drama and manners.* In the coming years, French cuisine turned into a magical art of beautiful presentation and innovative flavors. Foie gras may be part and parcel of French cuisine, but its origins go back to 4,500 years ago in Ancient Egypt, from where it spread to Greece (500 B.C.E.), then to the Romans, ancestors of the modern French.

New cuisine (nouvelle cuisine) was a 1970s backlash to the classic heavy French cuisine. It lightened up cream sauces and focused on the pure taste of fewer ingredients. It is evident in today's general French cooking by flexible preparation methods and more experimentation with non-traditional flavors.

French cuisine developed out of the French love of beauty and elegance. Increasingly more rare and intricate foods were created for the royalty during the Middle Ages until foods served at feasts were complicated masterpieces that didn't always taste very good. An example of this is roast peacock that was removed from the skin, roasted, and sewn back in the skin with feathers intact. The beak and claws would be gilded with gold leaf. Since refrigeration was not a

Semester V: Unit 2: Chapter 5.6

possibility, numerous sauces were developed both to add interest to the dish and to cover the taste of meat that was beginning to go bad.

During the 13th and 14th centuries guilds became more powerful and regulated food and its distribution and processes. This led to more uniformity in recipes as well as offered training for would be chefs. The chefs were limited by the guild as to what they could cook, depending on their position and training. *In 1652, the first French cookbook appeared. "Le Cuisine François," was written by a famous French chef, La Varenne, and it showed how French cuisine had become a vital part of cooking and dining in Europe.* The book provided many preparation methods, including making a roux (a mix of flour and butter used for thickening soups and sauces). Before roux, the French, and others, had simply put bread in the soup to thicken it. Changes like these would make French cooking the most important type of cooking in Europe, and then the world. By the 16th century new foods from the Americas were making their way into the kitchens of France.

During the ***Renaissance*** French food was refined over and over and became more like what is served today. Chefs worked tirelessly in castle kitchens to please the palates of the luxury loving royals. The French Revolution brought change not only to the political system of France but also to the food. It abolished the guilds and chefs were free to create anything they wanted to out of any ingredient they wanted to, wherever they wanted to.

French food continued to be refined and to develop throughout the decades. It was not well known by American home cooks until the 1960s when Julia Child introduced the French cooking style to every American kitchen and changed the face of American cooking forever.

There are four approaches to French food:

- **Classical French cuisine** which is rich and filling, with many dishes using cream- based sauces.

Semester V: Unit 2: Chapter 5.6

- **Haute cuisine** is classical French cuisine taken to its most sophisticated and extreme. Food is elegant and elaborate with a strong emphasis on presentation. Only the finest ingredients are used and the meal is correspondingly expensive.
- **Nouvelle Cuisine** was developed in the 1970s, as a reaction against the classical school of cooking. The food is simpler and lighter. Portions are smaller and less rich; the heavy cream sauces of the classical approach are particularly avoided. Cooking is less elaborate and quicker, with more emphasis on seasonal ingredients.
- **Cuisine du terroir** focuses on regional specialties and is somewhat more rustic in nature. Local produce and food traditions are the main focus.

Today's French Kitchen: The 20th century brought about dramatic changes in French cuisine as well. Traditional haute cuisine (grande cuisine) is the world-renowned food made famous by its intricate preparation and precise presentation. It was the practiced model of French food preparation until food critics challenged it for being too inflexible.

Ubiquitous bistros and cafes now dot the land and the French have their pick of Pain au Chocolat or Brioche daily. In France there is an eatery for everyone. Attention is paid to the quality, flavor, and appearance of food. It is a pure, nearly religious, sensory experience. What once was subsistence is now an object of daily, living art.

GEOGRAPHY AFFECTING FRENCH CUISINE

- France has a predominantly temperate climate, and because of that, France is famous for its foods. France is located mid-way between the equator and the North Pole, thus this gives France a temperate climate. France's terrain is mostly flat plains or gently rolling hills in north and west, and because of this France became the largest agricultural producer. About two-thirds of French farm income comes from meat and dairy animals. On the grasslands farmers generally raise cattle, and they always raise some chickens and hogs.
- France's most important natural resources are fertile soils that take up over 90 percent of France's land area. The richest farmlands lie in the north, where wheat and sugar beets are chief crops.
 - The rainier northwest region consists mainly of grasslands, used for grazing cattle, and orchards.
- France is bordered by four big seas – North Sea, English Channel, Atlantic Ocean, and Mediterranean Sea, and this also gives a reason why French people enjoy various kinds of food with red or white wines. Many fleets operate from Brittany and Normandy, and seafood taken includes cod, crabs, lobsters, monkfish, mussels, oysters, Pollock, sardines, scallops, tuna, and whiting.
 - France has 33 percent of the arable land with 20 percent of permanent pastures. People adjusted to the environment by constructing buildings and transportation systems. The French railroad system, owned by the government, provides both passenger and freight service.
 - The temperate climate and vast flat lands in France are also parts of the important geographic factors that could change the culture.
 - Finally people in France depended on, adapted to, or modified the environment they have in order to live better lives. Geography affects culture in many ways that even almost every single part of the culture of a country was affected by its geography, and we all should keep that in mind for a better understanding of a culture of any country.

Greatly influenced by the French geography, the French cuisine also includes a wide range of regional cuisines:

M.U.C.A

Page

- LORRAINE has Quiche Lorraine
- BRITTANY specialties include crêpes and galettes
- BURGUNDY has boeuf bourguignon

Semester V: Unit 2: Chapter 5.6

- RHÔNE-ALPES has gratin dauphinois
- PROVENCE specialties include Bouillabaisse, Ratatouille, Salade Niçoise and Pisaladiere.

Semester V: Unit 2: Chapter 5.6

SOME USEFUL EQUIPMENT FOR COOKING FRENCH

I am always reminding people the most important tool we have is our hands, and I do use them for everything I can. However, sometimes they need a little help.

- **Cocotte:** This is simply a heavy casserole, or dutch oven, perfect for stews, meats, and even bread.
- **Sautè pan:** Used for sautèing meats, glazing vegetables, poaching eggs...etc
- **Strainer:**
- **Copper Bowl:**
- **Rasp:** For Parmesan cheese and citrus zest, it's essential.
- **Parchment paper:** Parchment for anything directly exposed to the oven.
- **Pie plates** of various sizes for tarts and quiches. The top one, of porcelain, allows for lovely presentation, as does the bottom one, a French **tarte pan** with a removable rim.
- **A fluted ring mold**, known in France as a kouglof tin, and a French bread tin, used also for sweet and savory loaf cakes.
- **A four-sided grater and a soufflé dish.**
- **Porcelain gratin dishes** (also useful for roasting anything from veggies and fish to poultry or fruit.
- **A hand-blender**, useful for making soups, purées

FRENCH COOKING METHODS / CULINARY TECHNIQUES:

Cooking Methods Words & Phrases

English	Français
Baked	Cuit au four
Boiled	Bouilli
Braised	Braisé
Browned	Doré
Burgund style	A la Bourguignon
Cooked in parchment paper	En papillote
Cooked in puff pastry shell	Vol-au-vent
Cooked over a wood fire	Cuit au feu de bois
Creamed meat fixed in puff pastry	vol-au-vent
Deep fried	Frit
Fixed with spinach	Florentine
Grilled	Grillé
In oil	A l'huile
Lyon style	A la Lyonnaise
Medium	A point
Method of simmering down a reduction of its juices	Un confit
Pan-sautéed	Alapoêle
Poached	Poché
Potting seasoned ground meat in a crock	Une terrine
Provençal style	Provençale
Rare	Saignant
Roast	Rôti
Simmered	Mijoté
Steamed	A la vapeur
Stew of meat, red wine, onions and garlic	Daube
Sautéed	Sauté
Stuffed	Farci(e)
Very rare	Bleu

Semester V: Unit 2: Chapter 5.6

Well done

Bien cuit

Semester V: Unit 2: Chapter 5.6

French cooking is indeed an art, but an art that seems to come so naturally to the French. French cuisine can be created by a novice, or someone trained by an expert chef, or the expert chefs themselves, to create the seemingly impossible. Great gourmet food is an exacting art to a chef, and one that the French chefs are proud of, and rightly so. Many of the great chefs in France learned their basic skills from their mothers and grandmothers. These special mother chefs [quite famous in their own rights], were called 'Mères'.

Anyone that loves good food, and loves to cook, can prepare the majority of the well-known French classic dishes and most are easy and of course...simply delicious!

Cooking Methods

In this section you'll find basic cooking techniques for meats, vegetables, desserts overall. The French phrase for the cooking method is noted, as well as comparable methods. Example: Baking and Roasting are similar procedures.

1.	Baking	faire cuire au four
2.	Braising	braiser
3.	Broiling	faire rôtir
4.	French-frying	frir à la friteuse
5.	Frying	not a French term
6.	Grilling	faire griller
7.	Poaching	pocher
8.	Roasting	rôtir
9.	Sautéing	faire sauter
10.	Flambéing	flamber

Of the above approaches to cooking food, Baking and Roasting are basically identical, as are Broiling and Grilling. The first pair really refers to cooking through the use of dry heat; the second group entails cooking oiled food on a preheated grill or in a preheated broiler. Essentially, there are only six differential, but analogous ways to cook food: Baking or Roasting; Braising; Broiling-Grilling; French-frying; Poaching and Sautéing.

Roasting: As stated above, dry heat is used in preparing the food. To make sure the heat is dry, the oven is preheated to about 450°, and the heat is gradually reduced as the food warms to a low of about 325°. When the quantities are small, the food can be placed in a continuously 425° oven for a shorter time. The idea behind adjusting temperature and baking time is to insure browning without drying out the food.

Roasts should never be covered; they should be basted from time-to-time with butter or oil and, when done, should be placed on a hot platter until their cooking stops.

Braising: For the best results in braising food, you should cook it in a liquid that has been enriched with stock, wine or the liquid of vegetables. A less tasty version is made just using water, but the water doesn't make much of a sauce.

M.U.C.A

Page

Grilling: Grilling is the result of placing oiled foods on to a hot grill or into a preheated oven. There are two keys to this cooking approach: The food must be pre-oiled and the oven or grill must be preheated. A good rule of thumb is that the thicker [or bigger] the item to cook, the longer it should be cooked and at a further distance from the heat source; thin cuts of fish and meat should be broiled-grilled quickly and without turning. But, no matter how long they have been cooked, they should be placed on a warm platter with their grilled-broiled sides facing up.

Semester V: Unit 2: Chapter 5.6

Flambéing: The final cooking stage after sautéing beef, chicken, pork, veal, fish, seafood or vegetables, by pouring a liqueur, wine, brandy or other spirit over your food, and igniting it to flambé.

Frying: Cooking food in a shallow skillet or pan with oils or butter or grease from meats is called frying. This process can be applied to almost any type vegetable, meat or other food. Food should not be fried in high saturated fat oils such as meat fats, lard, etc. However, olive oil and other low saturated fat oils should be used, and used sparingly. Thus it becomes 'sautéing', see below.

French-frying: Cooking food in deep, hot oil or fat is called French-frying. But, to do it right, you should use a fat or oil that has a high flash point. I personally like peanut oil with a few drops of olive oil. But, tasteless vegetable oil will do fine.

Foods that are not coated or that contain considerable water are first fried at about 360° until there is a mere hint of oncoming brownness. After cooling, they are fried a second time at about 390°, until golden brown, to give them an enjoyable crispness. That's the way the Belgians make their 'frites'. Foods that are coated should be fried only once at about 390°. But, make sure the coating is thin; a thicker coating causes more grease to be absorbed.

Poaching: Poaching is the simmering or cooking of food in liquid, at just below the boiling point, to prevent high protein foods from becoming tough. Should these foods be boiled, they would definitely toughen. When poaching thick foods, it is best to place them in cool liquid that you rapidly bring to a boil and then reduce to a simmer. Small pieces of food should be placed in already simmering liquid.

The poaching liquid you use can be seasoned milk, water, wine, vermouth, beer, stock, mushroom broth, tomato juice, etc. Put very little salt, if any, in the liquid, and reduce the liquid to half to make a sauce for the poached food.

Sautéing: Sautéing is the cooking of thin foods in just enough fat to keep the food from sticking to the frying pan. The pan should be hot, and not be tightly covered, and the food being sautéed should be tender and quick cooking. To insure that the sides of the food are browned, there should be space between all pieces of food in the pan.

- **Deglazing:** just means to pour a liquid, such as water, wine or vinegar, into a hot pan in which food has been cooking. It serves to lift up all those nice bits that stick to the bottom of the pan and set them swirling back into the dish for flavour.
- **Reducing:** means to boil down.
- **Refreshing:** is to dunk something into ice-cold water.



Semester V: Unit 2: Chapter 5.6

THE COOKING OF PROVINCIAL FRANCE

The historic provinces of France no longer exist as potential entities. Starting with the Bretagne (Brittany) in the northwest, the following are regions divided according to their culinary contribution to French cooking.

- **BRETAGNE** (Brittany) takes its food and cooking simply. The sea supplies an abundance of fish and excellent **Belon oysters* are found along the coast. Bretagne can also be credited with inventing the French version of the pancake – the delicate crepe. Other foods to savour include delicious *sweetened pancakes* (crepes) and salted wafers washed down with a refreshing glass of cider, perhaps after a *Chouchen*, a local aperitif which is also made from apples. People may be amused by *Andouille de Guéméné* (sausages made from chitterlings) served either hot or cold in many Breton restaurants. Another local delight, the *Breton Far* (a prune flan) goes wonderfully well.

**We distinguish thirteen vintages for Brittany Oyster. Let us quote among them, the Aven Belon oyster, with the slightly sweetened hazel nut taste; Quiberon, resulting from Bay from the same name, firm and charnue with the "dress" of a beautiful smooth and pearly glare; Cancale, at the same time flexible and firm, with a marked iodine perfume; or the Belon oyster, this Punt of Brittany whose world reputation is not any more to make and with the delicate flesh with the perfumes subtly wooded. Without being exhaustive, here is what, we hope for it, should give to the Oysters fans the desire for a little better discovering Brittany and its treasures.*

- **NORMANDY** – can boast of richest milk, cream and butter in all of France, Norman cream is an important ingredient in some of the best French dishes, and much of the milk goes into the world famous *Camembert cheese*. The meat from the region is also excellent, especially the sheep and lamb pastured in the salt marshes along the coast. The coastal waters teem with fish and shellfish, shad, eel and trout are fished in the rivers. Apples grow abundantly, most of them going into cider, the favorite accompaniment to Norman meals, or in the fiery brandy called calvados.
- **CHAMPAGNE** – makes one supreme contribution to French cuisine – the famous sparkling wine, named after the province. Although its repertoire of food is limited, the region produces excellent ham and sausages and neighboring Flanders has invented many different ways to serve the *herrings*.

The delicious local pork-butcheries: the *ham of Rheims* made with shoulder of pig seasoned with champagne, *ham nuts of the Ardennes* or feet of pig of Sainte- Menehould, returned in butter with a chive and garlic mince, then slightly breaded... *In Rethel, specialities include the roll white, cooked in Richelieu, in crust with truffle. In Troyes, impossible to circumvent an Andouillette. For more sweetened pleasures experts advise the gingerbread of the Reims area or the pink biscuits, accompanied by a glass of Champagne...*

TOURAINÉ – is often called ‘the garden of France’. Its recipes can be as delicate as Trout in Aspic or as robust as Roast Pork with Prunes. The Loire Valley that cuts through the province is ‘Chateaux Country’ where French kings relaxed in the splendor of their country estates while their chefs made most of the regions fine fruits and vegetables.

- **ILE DE FRANCE** – The fertile land surrounding Paris is the birthplace of the classic cooking style known as *Le Grande Cuisine*. It was here, in the cavernous kitchens of kings and lords that French cooking became a high art. ~~Cooks competed with one another to invent even more elaborate dishes.~~ *MIU Cooking of Ile de France lacks a striking regional personality, but it draws on the culinary genius of all the provinces.* For the experts, the poultry of Soudan, to the dark and tight flesh, fine and tasty adapts to wonder out of casserole. A French cheese plate would not be complete without famous *Brie de Meaux*, soft cheese, with milk of cow, genuine star of the regional production. Also

Semester V: Unit 2: Chapter 5.6

let us quote Coulommiers for cheeses, the Meaux Mustard for the spices, the Crystallized Petals of Pinks from Provins and finally the digestive with the Grand Marnier, produces exclusively in Neauphle-the-Castle, and the Noyau de Poissy...

- **ALSACE** – This has often come under German domination and this is reflected in their cooking. Alsatian food with its sausages and sauerkraut has a Germanic heritage. Sauerkraut, the tasty regional specialty can be prepared in many ways. Among other things, Alsace is also famous for its Pork-butcherly: "Gendarmes", "Knacks", ham and other sausages are a real treat for meat lovers ...

A glass of gewurztraminer is the perfect complement to Munster Cheese, bringing about all of its flavor. Classed "AOC" since 1969, the Alsatians taste this cheese plain, without bread, accompanied by jacket potatoes. Alsatian gastronomy, also includes excellent cakes such as the kugelhopf, the pretzels, the strudel or delicious tarts made of Mirabelle plums with which delicious Brandy is also made. Alsace is known for its Goose Foie gras, which is unanimously and universally celebrated for its smoothness and flavor.

- **LORRAINE** : The province comprises of widely differing regions. The region is famous for *wild boar, bilberries and mushrooms* and for the rearing of horned cattle, whose milk is used for making some well known cheese. The most famous dish is the Quiche Lorraine. The Lorraine cuisine is based on pork. The province is also known for its excellent *potée*, a cabbage soup with salted pork and vegetables. *Andouillettes and black pudding* are important charcuterie products found here. The famous Nancy Macaroons, appeared in 1793 and which owe their origin with two Benedictine Sisters, renamed sisters macaroons.

- **BOURGOGNE** (Burgundy) is justly well known throughout the world for its wines, and these wines, white and red, play a dominant role in Burgundian cooking. Red burgundy is a key ingredient in *Boeuf Bourguignon* the king of beef stews and also in most regional dishes.. The country of Bresse will enable you to discover one of the best chickens of France, the *Chicken from Bresse* is indeed one of the best in the world. The *Prune from Vitteaux* deserves as for him the turning for its required gustatory qualities. Another universally known "ambassador", the *Dijon Mustard* accompanies a number of dishes in the best restaurants in France and around the world. An annual gastronomic fair held in Dijon, the region's principal city and the '*mustard capital*' draws gourmets from all over the world. other delicacies include *Blackcurrant Cream*, which one will serve on ice into digestive or Kühr with small Burgundy white grape. Lastly, the table will not be complete if we do not add famous *Burgundy Snails* to it, cooked in a garlic and parsley butter.

- **BORDEAUX** and the country around it are best known for their wine, which rank with the ones from Burgundy as the best of French produce. Bordeaux cooks have developed a highly specialized cuisine to go with their great wines. Also in this region are cognac (the brandy capital) and Perigueux; whose truffles go into the making of Pate de foie gras the most extravagant delicacy of French table.

- **FRANCHE – COMTE** along with its neighbouring provinces of Savoie and Dauphine is mostly mountain country and the food is as robust as the climate. Perhaps the greatest contribution of this region to the national cuisine is the Bresse Chicken, a small bird whose flesh is so delicate that even the inventive French prefer it simply roasted without any spices or sauces to obscure its flavour. The cows of this region produce more milk than its inhabitants can consume and much of the surplus is used to make cheese.

If the francs-comtois were remarkable craftsmen during the centuries, the gastronomy is also famous. ~~In winter, when the air is refreshed, the savour of a good Saucisse de Morneau, accompanied by "rösti" (wafers of potato) and by a salad of "cramailots" (dandelions) is a gourmet delight.~~ The wild mushrooms put out of preserve lovingly will scent some of the best dishes of our gastronomy. But the fame of the area passes

Semester V: Unit 2: Chapter 5.6

undoubtedly by the cheeses and the most famous one is the *Comté (French version of Swiss Gruyere) with the yellow and fruity paste, but also Cancoillotte, the Blue de Gex or the Mont d'Or* which can be consumed hot, with the small spoon...

- **LANGUEDOC, FOIX AND ROUSSILLON** – Languedoc was once an outpost of the Roman Empire and it has retained traces of Roman influence in the cuisine. Especially popular here are the old Roman ‘Cassoulets’ which are rich concoctions of goose or duck, pork or mutton plus sausage and white beans. To the west, along the Pyrenees is Foix and Roussillon, the Spanish culinary influence prevails, particularly in the omlettes prepared with green peppers, ham and tomato.
- **PROVENCE** – This region possesses a great variety of natural resources, reflected in its colourful gastronomy. Like some other regions of north Mediterranean, it bases its cooking on garlic, olive oil and tomatoes. *Bouillabaisse*, the famed fish stew/Soup comes from the Marseille waterfront. *In general, the cuisine of Provence is much more highly flavoured than the rest of France.* The Mediterranean coast supplies a number of fishes. The inland waters provide trout, pike etc. The raising of goats and sheeps produce local cheese and savoury meat. The game of the region includes young rabbits. The valley of the Rhone and Durance are the largest fruit and vegetable producing region of France. The other ingredients commonly used includes rice, figs, almonds, oranges and lemons.
- **NICE:** The city of Nice is situated on the French Riviera, in the southeastern corner of Provence, close to the Italian border. The cuisine is also influenced by these two regions. The *Mediterranean* provides a variety of seafood to the region. Sea bass, scorpion fish, squid and octopus are cooked with tomatoes and garlic. Olive trees growing in the hills provide both oil and the well known *Nice olives*. Oranges, specially *bitter oranges* are a speciality of these region. Other fruits and vegetables of the region includes aubergines, tomatoes, courgettes and peppers combined in famous *ratatouillie*. Small purple artichoke, fresh broad beans, figs and strawberries are other delicacies. *Salad Niceoise* is a speciality of this region.

THE BREADS OF FRANCE

It is enough to say that bread is to the Frenchman, what rice is to the Chinese and potatoes to the German. It is also safe to say that most normal Frenchmen would rather starve than substitute their daily supply of bread. The French are extremely demanding about what is literally their staff of life. It must be fresh, baked not too long before the time it has to be eaten. Under ideal circumstances, some people like their loaves very brown and crusty and some like them comparatively pale, but still capable of making razor sharp crumbs when broken. The loaf must be of a certain shape, depending on the conditioned wishes of the family! Although neighbourhood bakeries usually manage to satisfy their customers, some Frenchmen will go clear across town to get bread that is perhaps centimeters wider or longer than the ones more readily available. Bread is usually eaten at all three meals of the day - always in the morning, with hot milk, chocolate or coffee; always at noon with a bowl of a hearty soup and often at night with the main meal. Although very rarely is any bread leftover (a French housewife has a special intuition which tells her the exact consumption of her family!!) surplus quantities go into the making of stuffing and puddings or made into breadcrumbs. Very rarely will it be eaten as bread the next day.

By far the most popular kind of bread in France is the Baguette, a golden brown, rod shaped loaf, 2 feet long. Next comes the Petit Parisien which is shorter and fatter than the Baguette. There are whole grain breads like the one made of black rye Courte d' Auvergne. ~~The French though disdainful of foreign cooking are quick to recognize and adopt good bread.~~ The ~~Natte Mûre~~ and ~~Natte aux Cumins~~ are both Austrian in origin whereas the Pain Espagnol as the name suggests comes from Spain. The croissant, brioche and Vienna rolls are all special treats and are popularly known as breakfast rolls.

SOUPS

Semester V: Unit 2: Chapter 5.6

In a great number of provincial families, the main meal at noon is soupless. The soup is served for supper, with perhaps a light egg dish to follow. In simple French fare, the soup is kept simple, since it is eaten at the end of the day. However a complex dish such as Bouillabaisse is seldom served at night. In the same category of main dish soups are cotriade (a pungent Breton Bouillabaisse), bourride (a garlicky fish stew) and soupe au pistou (a spicy vegetable soup). Each of these has a complimentary sauce. Rouille (a peppery concoction) suited for Bouillabaisse and cotirade, aioli for bourride while the soupe au Pistou gets its name from Pistou – a blend of garlic, herbs, tomato paste and cheese, which is added to the soup.

However, generally, soups are based more on vegetables. These soups are considered healthy or potages de sante. There is a popular saying in France ‘soups’ enough if there’s enough soup.

FISH

Most non – Frenchmen are amazed by the eating habits of the French. A Frenchman will look for and then prepare and eat with enjoyment food, which to us may seem outlandish. A good example of this is snails. Snails are usually prepared in the Burgundian style, served in their shells with strong flavoured garlic butter. Another creature that the French have raised to a lordly place on the table is the frog; frogs’ legs (cuisses de grenouilles) are prepared and eaten in a way similar to chicken legs. Plainly, anything that lives is edible – in France at least. Another delicacy in France is the ‘eel’ – the delicate flesh of which is prepared in many various forms including smoked, roasted, fried, boiled and broiled. Oysters are usually eaten raw but clams, scallops and mussels find their way into delicious hors d’oeuvre or fish dishes on a dinner menu. Depending on where they are caught, these shellfish may be prepared with butter, cream and egg yolk in the north or with olive oil, tomato and garlic in the south. Most of the supply of fish in France comes from the southern part of Marseille. It has one of the most colourful marketplaces where an inconceivable amount of fish is available and sold. The catch could include eels, mullet, sardines, shrimp, clams, inkfish, mussels, oysters, sea urchins, bass, red snapper, trout, cod, rockfish, whitefish and mackerels.

POULTRY AND MEAT

France is known for its variety of poultry meats. Every housewife is well versed in the preparation of various fricassees, stews and blanquettes. Best of all, perhaps are the chickens, simply roasted with good butter, flavoured with tarragon or lemon juice. They are served tender and succulent with a slightly crackly skin. This method can be used for any domesticated fowl. A duck or goose with their higher fat content, are much richer. Wild birds, because of their diet and exercise are tougher, dryer but more flavoursome. They must be cooked by slow simmering rather than roasting. Tender squabs and older pigeons are also eaten. Cockerels, Leghorns and Hens are stewed or braised and used in making of that famous dish Coq au Vin. Turkeys, which are becoming increasingly popular in France, are best treated like chickens, depending on their age.

When William the Norman conquered England in 1066, he brought much more than armed law to the land. The Normans ate their meals in courses, often to music and they drank wine and made cooked dishes of their meats instead of tearing them from the bones, half raw. To native Britons, these table manners seemed hilariously dainty at first but gradually such customs were accepted as part of everyday life. Thus it was the French who taught the English the art of gracious living.

M.U.C.A

Page

Although in most parts of the western world a joint of Beef is the symbol of a robust meal, in France, it is more likely to be lamb, veal or pork, roasted simply to bring out its best flavour. If a good piece of beef is to be served, it is generally browned first and then braised or stewed in its own juices along with a few vegetables. Lamb most often than not, is served pink in France and leg of baby lamb is one of the favourite dishes of the French family. In Brittany lamb is braised and then served with white beans. The French version of the casoulet is a mixture of

Semester V: Unit 2: Chapter 5.6

beans (dried) and meat can vary according to family tastes and availability of materials. But whatever is put into it, simple or complex, it is a sturdy, hearty dish.

Besides these dishes, the French are also very fond of offals or innards as they are more popularly known as. In France, the innards are treated as respectfully as any other part of the carcass. Tripe, brain, liver, kidney, tongue are all deliciously prepared and are among the favourites of the local French population.

CHEESE

Cheese in many cooked or heated forms can be used in any part of a well-planned meal to add flavour consistency and interest! It can be found in omelettes, soufflés and tarts to start a dinner or to be the main course of a lighter lunch or supper. It can form an essential part of many sauces, or it can be used to vary colour, and flavour in dishes. But to serve cheese as such is unthinkable in France until the end of the meal. Then is the time to finish the last few bites of bread. It is a near truth that cheese is never eaten without bread, but there are exceptions. Probably the best example is “coeur a la crème” a white creamed cheese served with strawberries.

Cheese comes in a wider variety of tastes, shapes and textures in France than anywhere else in the world. However, this leadership is more than numerical – the quality is of international repute. **Camembert** is one of the most popular of all French cheese. Its rind is light yellow – orange with a fine white powdery dust, on the inside, it should be light pale yellow with a soft creamy texture. **Brie** is next to Camembert in its popularity. It has a soft, satin like texture. Another cheese from the Brie-Camembert family is **Coulommiers** less mellow than Brie and tastes like Camembert. **Roquefort** is a salty tangy cheese with green-blue flecks. Another popular blue-veined cheese is **Bleu de Bresse**. **Cantal** is similar to cheddar, a semi hard smooth light lemon coloured cheese. **Saint Paulin and Port Salut** are similar cheeses, semi- hard, mild with a smooth buttery like texture. Reblochon, though in appearance, akin to Camembert is a much firmer cheese and in taste is somewhat like both **Beaumont and Le Dauphinois**. **Pont-L’Eveque** is a square shaped cheese with a soft and pale yellow interior. Fromage au marc de Raisin also called La Grappe is a pale sweet, pasty cheese that is rolled in a crust of grape pulp (marc). **Comte** is the French version of Swiss Gruyere (complete with holes). **Saint-Maure, Valencay and Saint-Marcellin** are all goat milk cheeses generally eaten while still fresh and produced in small quantities. **Mimolette** resembles Dutch Edam but has a much tangier flavour while Murister is a strong flavoured, semi-soft, pungent cheese, **Boursin and Belletoile** are rich, fresh cheeses eaten by themselves with a little powdered sugar sprinkled over. All cheeses are best eaten at room temperature, removed from the refrigerator 2-3 hours before service. Although generally eaten with fruit and bread as the dessert at the end of a meal, they are equally well suited for an hors d’oeuvre or a midday snack.

French Cheeses Soft

Cheeses –

Brie – It comes from the region of Ile de France. Brie almost became famous overnight. At the Vienna Congress in 1815, there was an argument as to which country produced the best cheese. Frenchman Talleyrand proposed a competition and put forward Brie de Meaux which was declared the best among the rest 60 cheeses. It was then unanimously crowned Roi de Fromages. Page

Camembert – Camembert cheese takes its name from the Normandy village of Camembert in the department of the Orne. Camembert has been produced since the seventeenth century. Marie Harle was the inventor of the first “modern” Camembert with the regular mold flora. In 1910 *Penicilium candidum*, a white mold improved the industrial produce of camembert. A real Camembert has a fine, supple consistency a taste reminiscent of mushrooms and a strong aroma.

Semester V: Unit 2: Chapter 5.6

Livarot – It is a world famous cheese from the Pays d’Auge. It was once a skimmed milk cheese but now it is made from the skimmed evening milk of the previous day mixed with the full cream morning milk. The cheeses are not ripened on the farm and are sold off on the market in Livarot as Livarot blanc. A maturing Livarot cheese tends to dip in the centre, thus it is bound by 5 strips of cattail leaf or paper. The stripes left by the same have given the nickname of “The Colonel” to the Livarot!! The consistency is soft with small “eyes” and mild flavours with strong aromas.

Munster – Alsace Lorraine is on the border of France and Germany and this region gives us its greatest cheese called Munster. It is said that this cheese was first made by Irish Monks who settled in Vosges in the 7th century. Munster is a round cheese with an orange red rind a yellow and very soft consistency and a distinct tangy flavour. Real farmhouse Munster is becoming rare and is very expensive. Munsters are ripened in cellars for two months after being dried in the outdoors. They are ripened on rye straw beds alongside already mature Munster from which they get their rind flora.

Banon- Banon is a French cheese made in the region around the town of Banon in Provence, south-east France. Also known as Banon à la feuille, it is an unpasteurized cheese made from goat's milk and is circular in shape, around 7 cm in diameter and 2.5 cm in height, and weighing around 100 g. This pungent uncooked, unpressed cheese consists of a fine soft white pâte that is wrapped in chestnut leaves and tied with raffia prior to shipping.

Hard Cheeses –

Comte – This cheese is also part of the Gruyere. It is slightly moist and crumbly with a rind. The consistency is firm and it has holes or eyes as big as nuts. Owing to the mold on the rind, it has a more pronounced character than that of Emmental with respect to smell and taste. Comte is made from evening milk set aside for ripening and creaming up. When the cream has been skimmed off, it is mixed with morning milk and is processed raw thus not subjecting it to heat treatment. This induces slow ripening process and takes up to 6 months to ripen at 18C to 20 degrees C. To enhance rind mold formation, we don’t brush it as with Beaufort but wipe it with brine soaked cloth. It is ripened in cellars.

Emmental – Emmental is from the famous Swiss cheese region around Berne but in France today, it is considered to be the original French Gruyere cheese. France is the largest producer of Emmental in the world. It is however not exported but consumed within the country itself. Normally a meter in diameter, French Emmental is a huge cartwheel of cheese which weighs up to 130Kg

Blue Cheeses –

Bleu d’Auvergne – It is a dairy cheese which comes from more or less the same area as Cantal. The cheese is flat and is cylindrical and weighs up to 3Kg. It has a refined taste and a special bouquet. It is said to stimulate appetite. As the cheese is small, not much milk is required. Farmers these days use *Penicillium glaucum* to make this cheese like Roquefort. Deep cooled evening milk of high quality is used for this cheese. It is mixed with morning milk and heated. After the curd is set in mold, the *Penicillium glaucum* is sprayed over it. After washing and turning of four days, the cheeses are sent to salt rooms where they are stored at 10C Here they are rubbed with salt and pricked with needles to encourage mold formation. They are kept like this for 4 weeks. Once the green molds are visible they are packed off in metal foil and stored for a few weeks at 2C. *Page*

Bleu de Gex – It is a famous blue veined cheese from the Haute Jura region. They are an ancient variety previously made in small huts in the mountains but now in co-operative dairy farms.

Roquefort – It is described as a noble cheese delicately veined, and marbled with a bluish green mold. Roquefort comes from the area south of Massif Central and East of Gorges du Tarn. In the village of Roquefort – sur – Soulzon, there are remains of a mountain which

Semester V: Unit 2: Chapter 5.6

collapsed due to weakening by rainwater and hollowing. Now cracks have formed due to which natural chimneys have formed for the underground caves for circulation for fresh air. Thus there is a micro climate of a unique type in the caves now. It is here that *Penicillium roqueforti* develops. The milk of Lacaune sheep is used to make Roquefort. Roquefort is then covered with a thin layer of salt, brushed and pricked. After some time it is wrapped up in foil to speed up the ripening. Roquefort weighs in at 2.7Kg. and is cylindrical in shape. The paste is crumbly and blue green veins are present. It is a great ewe cheese with high flavours and a noble aroma.

Bleu de Bresse – It comes from the meadows between Saone and Jura. It is almost like a much milder form of Gorgonzola.

DESSERTS

Most good French pastrymen have their own specialities and pride themselves on their meringues and pates brisees. However, considerably the number of dessert tricks French cooks seem to have up their sleeves, it is surprising that their meals so seldom feature desserts. There are two types of basic pastry dough used in France in countless ways – the pate brisee, which is the same dough used for quiches and tarts that are eaten as hors d'oeuvres and main dishes, but sweetened for desserts and then there is the pate chou or a choux pastry. The simple sponge cake used as a base for many other confections is called a Bisquit (which literally means cooked twice), vanilla or chocolate flavoured not more than an inch and a half high. It can be filled with crème anglaise and then perhaps iced. It can also be cut into small squares for petit fours. It does not contain any baking powder and its lightness depends on the mixing of beaten egg whites into the batter. A crème anglaise is a standard in any French housewives repertory. It can be thin, to pour over fresh or poached fruits, somewhat thicker to half fill a piecrust and thicker still to spread between two layers of sponge. The soufflé is one of the most popular desserts normally kept plain and simple or perhaps flavoured with a liqueur such as Grande Mariner or grated lemon or orange rind. Crème caramel, Paris Brest, Profiteroles, Gateau St.Honore and the Diplomate are all traditional French favourites.

COMMON CONDIMENTS, SAUCES AND OTHER INGREDIENTS:

The quality of the ingredients one uses will be key to your success as an everyday French chef. What follows is a description of food products that are regularly used in French cooking.

- **Black pepper**
- **Butter** / Most French recipes call for unsalted butter. Use the real thing, not margarine or other substitutes.
- **Crème fraîche** / This is a thick, high-fat cream with a distinctive tangy flavour. It's not as sweet as heavy cream but it's not as sour as sour cream either. Less sour than sour cream, thicker than heavy cream, crème fraîche is usually unavailable outside of France., Usually a mixture of heavy cream and buttermilk that is allowed to ferment overnight – but it is easier for everyday chefs to use a substitute.
- **Fresh herbs** / Creative use of fresh herbs can boost French cooking from great to spectacular. My favorites — and I do grow some of these myself — are rosemary, thyme, sage, cilantro, dill, basil, chervil, parsley, mint, tarragon and chives.
- **Herbes de Provence** / This is a mixture of herbs that typically includes thyme, rosemary, basil, oregano, savory and sometimes other dried herbs, among them marjoram, chervil, savory, tarragon, and sage. If you live outside of France and cannot find ready-mixed herbes de Provence, simply blend your chosen herbs together in a small bowl and store in an airtight jar. It's good to keep a supply on hand, for this herbal mixture from southern France appears very frequently in French cuisine.
- **Lemon juice** / Use only real juice from freshly squeezed lemons. Bottled lemon juice is made from concentrate and contains additives. It tastes totally different from real juice.

Semester V: Unit 2: Chapter 5.6

When using lemon juice while cooking — adding a dash to soup, for example — squeeze the lemon through a sieve held over the pot to filter out the seeds.

- **Mustard** / It is very hard to find Dijon mustard outside of France. Why this should be is a mystery to me. The mustard sold as Dijon in the States — Grey Poupon — is sweeter than the French variety, apparently to suit the American palate. But this distorts the taste. Go for the real thing if you can possibly find it. Do not use grainy mustards like Moutarde de Meaux unless they are specifically called for in the recipe.
- **Olive oil** / Use extra virgin cold pressed. It's worth the cost — do not settle for anything less.
- **Rice** / In general, choose a long-grain rice. As for brown rice, it is not used in traditional French cuisine but appears (very occasionally) on Parisian menus these days and can marry well with some French dishes.
- **Saffron** / This wonderful spice comes from a purple crocus, and some masters of the culinary arts might argue in favor of using the variety sold in threads — the actual stigmas of the flower. But for everyday chefs, powdered saffron is preferable. It is much easier to use and just as flavorful.
- **Sea salt** / As it is more intense and flavorful than table salt, it is regularly called for in recipes like soups and stews. There are many qualities of French sea salt, all of which have the advantage of being natural. I prefer sel de Guérande, which comes from the Brittany coast, but there are many other fine varieties from France and elsewhere. If sea salt is unavailable, kosher salt is a good substitute. As for table salt, any kind will do.
- **Fleur de Sel**: This is white and pure French salt, with a texture somewhere between fine and coarse, for garnishing.
- **Tomatoes** / The closer you can get to actual tomatoes grown in soil, the better the flavor will be. Fresh farm tomatoes and organic tomatoes are preferred.
- **Anchovy Paste**: A little addition gives a nice salty zing to dishes. It's also great mashed with butter and spread on toasted baguette.
- **Vinegar** / Red wine vinegar is traditional in French cooking, but it is increasingly being pushed aside by balsamic. It's not necessary to break the bank on this — good quality imported balsamic vinegar is available these days at reasonable prices. The recipes on this site specify which kind of vinegar to choose. Do not substitute cider vinegar or white vinegar for red wine vinegar, ever.
- **Lardons**: This is nothing more exotic than bacon cut into paperclip-sized pieces, something else it would be useful for grocery stores to sell in small packages, like the French can get. They are ideal for pasta dishes, salads, and for getting a head start on stew

Sauces, stocks, pastry and grains: These are the basic recipes that every aspiring French chef needs to know, for they appear again and again in French cuisine.

SAUCES

- Aioli / Garlic mayonnaise
- Beurre blanc / Creamy butter sauce
- Mayonnaise / Homemade mayonnaise
- Pistou / French basil sauce
- Rouille / Mayonnaise with garlic and saffron
- Sauce au vinaigre balsamique / Balsamic vinaigrette sauce
- Sauce béarnaise / Béarnaise sauce
- Sauce béchamel / Béchamel sauce
- Sauce citron-huile d'olive / Lemon-olive oil sauce
- ~~Sauce hollandaise / Hollandaise sauce~~
- ^{M.C.A.} Sauce vinaigrette à la moutarde / Mustard vinaigrette sauce

Page

STOCKS

Semester V: Unit 2: Chapter 5.6

- Bouillon de boeuf / Beef broth
- Bouillon de légumes / Vegetable broth
- Bouillon de poule / Chicken broth

PASTRY

- Pâte à choux / Cream puffs
- Pâte brisée / Savory pie crust
- Pâte sablée / Sweet pie crust

SOME QUICK FACTS ABOUT FRENCH CUISINE:

1. Here is some vocabulary relating to meals in French:
 - le petit déjeuner = the breakfast
 - le déjeuner = the lunch
 - le repas = the meal
 - le dîner = the evening meal
 - l'entrée = the starter
 - le plat principal = the main course
 - le hors-d'œuvre = the appetiser
2. La bouillabaisse is a fish and sea-food soup from the area of Marseille in the South of France. It is served with croûtons and a sauce called rouille. The sauce is similar to a mayonnaise made with breadcrumbs, chilli peppers, garlic, saffron and olive oil.
3. A French delicacy is le foie gras. This literally means 'the fat liver' and it refers to the fattened liver of a goose or a duck that has been given more food to eat than normal. The liver (le foie) can be served whole, in pieces, in a mousse or in pâté. It can be served cold or warm as a starter (une entrée) or to accompany another dish. Officially, the production of le foie gras has important and protected status in French cuisine and culture.
4. Le pâté is a paste made from meat, fish or vegetables. If it is cooked in a ceramic dish, it is called la terrine. If le pâté is cooked within a pastry crust then it is called le pâté en croûte. Another form of pâté is called les rillettes. This has a 'shredded' texture and is less smooth than normal pâté.
5. Le croque-monsieur is a hot toasted or grilled cheese and ham sandwich. When it is served with a fried or poached egg on top, it is called un croque-madame.
6. The city of Dijon, in the Burgundy area of Eastern France, is famous for producing mustard, known as la moutarde de Dijon.
7. La crêpe means 'the pancake.'
Les crêpes can be sweet or savoury and are sold in shops or at stalls called les crêperies. A popular way to prepare a sweet pancake in France is to drizzle it with melted butter, sugar, Grand Marnier liqueur and grated orange and lemon peel. This pancake is called La crêpe Suzette and it was named after the French actress Suzanne Reichenberg.

Semester V: Unit 2: Chapter 5.6

8. Le fromage de tête literally means 'the cheese of the head'. It contains no cheese though! It is a form of pâté (or brawn) that is made mainly with a pig's head (tête), tongue (langue) and ears (oreilles). The meat pieces are held together in a jelly.

9. Le pain perdu literally means 'the lost bread.' It is similar to what is called 'French toast' in English. Bread is sliced, dipped in a mixture of beaten egg and milk, then fried or baked. Le pain perdu can also be eaten in a sweet version by sprinkling sugar on top. Originally, it was a dish for poor people who had some left-over bread that they wanted to put to good use.

10. Le bœuf bourguignon is a famous French stew from the Bourgogne (Burgundy) area of France. This area is well-known for producing excellent beef and wine. The main ingredients in le bœuf bourguignon are beef (le bœuf) and red wine (le vin rouge). It is served warm and it is a main course - un plat principal.

11. Le coq au vin is a stew of chicken, wine and vegetables.

12. Un pot-au-feu literally means 'a pot on the fire' and it refers to a pan full of beef (brisket or oxtail), carrots, celery, onions, leeks, water, garlic and herbs. The mixture is slowly cooked on a gentle heat, resulting in tender meat in a beautifully-flavoured stock.

In olden days, this was a very convenient dish for poor families as it uses inferior, tougher cuts of meat that require longer cooking times to make them tender. Also, it provides two courses: -
1. The liquid stock in which everything is cooked provides a soup. 2. The meat and vegetables provide the second course.

The name 'pot-au-feu' originates from a long time ago when houses had a constant fire burning in the hearth. A cooking pot would hang over the fire with ingredients continually added and removed as necessary throughout the day.

It was an 'eternal cooking pot!'

13. La sauce chasseur means 'hunter's sauce' and it usually accompanies chicken or white meat. Originally, the sauce was used in the cooking of a wild animal killed by a hunter.

The sauce contains white wine (le vin blanc), onions (les oignons), mushrooms (les champignons), tomatoes (les tomates), parsley (le persil) and butter (le beurre.)

14. Le confit is a method for preserving meat, fruit or vegetables. Popular confits are:-

- le confit de canard (duck preserve)
- le confit d'oie (goose preserve)
- le confit d'oignons (onion preserve)

To prepare poultry for un confit, the meat (usually the legs) is covered in salt and herbs, then refrigerated. Later, the meat is rinsed and cooked in a dish in the oven or on the hob. It is important that the meat is cooked slowly in its own fat. The cooked meat is very tender. Finally, the meat is placed in a container and covered in the liquid fat in which it was cooked. When it all cools, the fat hardens and seals the meat - preserving it for up to several months.

À gauche - A jar containing pieces of duck (le canard) sealed underneath the cooled, hardened fat. The duck will keep fresh for several months. If the confit is sealed in a can, it can keep for several years. Le confit is an ancient form of preservation, developed before the invention of refrigerators.

15. The meat of le confit is often used in a stew called le cassoulet. This stew is a mixture of meat, sausages and white beans (les haricots blancs). Often, the top of the stew is covered by a layer of breadcrumbs known as la chapelure.

Le cassoulet is served warm as a main course (un plat principal). It is cooked in an earthenware

Semester V: Unit 2: Chapter 5.6

pot called une cassole. The stew's name cassoulet comes from the name of the pot.

Semester V: Unit 2: Chapter 5.6

16. La confiture is the word for 'jam' in French. As you can see, the word confit is hidden in the word 'confiture.' Confit = preserve, and jam (confiture) is a way in which to preserve fruit.

17. Une compote is a dish of gently stewed and sweetened fruit. It can be served warm or cold.

18. Un sorbet is a frozen mixture of fruit juice, fruit and liqueur. It has a similar appearance to ice cream (la glace) but it is much lighter and fruitier because it contains no dairy products such as cream.

19. La mousse au chocolat is a traditional cold dessert. It is a creamy foam mixture of dark chocolate (du chocolat noir), egg yolks (des jaunes d'œuf), sugar (du sucre) and butter (du beurre). Sometimes it will be flavoured with brandy or rum.

It can be served with cold custard. In French, custard is called la sauce anglaise - meaning 'English sauce.'

20. A very expensive delicacy is an underground mushroom called une truffe. In English it is called a truffle.

Une truffe grows naturally beneath a tree at a depth of up to around 15cm in the earth. They grow for several months before being harvested by the truffle hunters known as les trufficulteurs and their truffle-hunting dogs called les chiens truffiers. Sometimes, truffle-hunting pigs (les cochons) are used. Les truffes have a very strong flavour. For that reason, they are sliced or grated and used for adding flavour to other foods. One can also find olive oil that is infused and flavoured with la truffe.

ITALIAN CUISINE

CULINARY HISTORY OF ITALY

Ask most people outside of Italy what their favorite Italian food is and you'll most likely hear a common listing of pizza, spaghetti, and lasagna. While most of us recognize pizza and pasta as Italian cuisine, the rich history of Italy proves that the food is much more than dough and tomato sauce. Pulling from Roman, Greek, and Arab influences, Italian cuisine evolved many times over before it became the popular foods known around the world today.

WORLDLY INFLUENCES ON ITALIAN CUISINE : Rome controlled the area that is now Italy for many years, bringing in Greek influences and importing foods from all around the world. The Romans had a penchant for exotic ingredients and spices, which allowed for a large variety of foods to be prepared and ingredients such as ginger, pepper, sugar, and other spices to make a debut in Italian cuisine. After the Romans lost control of Italy, other influences from France and Austria were able to make their way into Italian foods.

Northern Italy was the region dedicated to trading luxury items and the area grew wealthy because of it. This helped create a difference between northern and southern Italian cooking. The southern tip of Italy was poor, and many people had to figure out how to create foods that were filling and inexpensive. While the northerners were making fresh pastas from egg and cream, the southerners were perfecting the art of creating dry pasta and macaroni.

THE ORIGINS OF PIZZA AND PASTA : Much of what the world knows as Italian food has its roots in southern Italy, especially Naples and Sicily. The working class and peasants holds the claim to fame on creating pizza and pasta. Historically, pizza was not served with tomato sauce but rather rubbed with oil and served with fish. Once tomatoes were brought to Italy, pizza makers started creating red sauce pizza topped with fish or other meat. In the 1800's it wasn't uncommon to see pizza sellers on the side of the road in Naples. This tradition has continued, although the pizza is now sold in small shops and pizzerias as opposed to carts lined up in the street.

Macaroni is a term used when describing hard shaped pasta pieces. It was the peasant's food, along with pizza, because it was inexpensive to make and had a very long shelf life. Italy even exported macaroni to other countries needing cheap, long-lasting food. Some researchers have found documents that appear to mention the use of macaroni in Italy as early as the 12th century. Spaghetti is another type of dried pasta, and was historically served with fish and olive oil with garlic. Spaghetti Bolognese didn't become the norm until tomatoes were introduced to Italy.

HISTORY AND MODERN TIMES: Today many of the historical culinary influences of the Romans and Greeks are still apparent in Italian cooking. Fish is still a large part of the diet, and Italians still focus on serving foods that are in season and grown locally, just like they did in the past. People from all over the world can credit Italy, specifically Naples and Sicily, with creating two of the most well-loved Italian foods, pizza and pasta.

M.U.C.A

Page

GEOGRAPHIC LOCATION

Italy, slightly larger than Arizona, is a long peninsula shaped like a boot, surrounded on the west by the Tyrrhenian Sea and on the east by the Adriatic. It is bounded by France, Switzerland, Austria, and Slovenia to the north. The Apennine Mountains form the peninsula's backbone; the Alps form its northern boundary. The largest of its many

Semester V: Unit 2: Chapter 5.6

northern lakes is Garda (143 sq mi; 370 sq km); the Po, its principal river, flows from the Alps on Italy's western border and crosses the Lombard plain to the Adriatic Sea. Several

Semester V: Unit 2: Chapter 5.6

islands form part of Italy; the largest are Sicily (9,926 sq mi; 25,708 sq km) and Sardinia (9,301 sq mi; 24,090 sq km).

ITALIAN CHARCUTERIE PRODUCT:

Italian Pork products: Culatello, Coppa, Pancetta, Guanciale & Lardo

Culatello di Zibello (D.O.P.)

- One of the very best of Italian *salumeria*, it is the *Culatello di Zibello* (D.O.P.), made in Emilia-Romagna, particularly in the small town of Zibello.
- Culatello is a unique specialty made with the back of the pig's haunches.
- As specified by its D.O.P. label, the pigs used to make this delicacy must be bred and raised only in this particular region, where they are fed fresh grains and cereals, as well as the whey and leftovers from the production of the famous parmigiano and grana cheese that is made in this area as well.
- There is something magic in the making of this masterpiece of the Italian craft of preserving and air curing pork meat. Besides the special care in feeding that these hogs receive, a large reason for the extraordinary outcome of this delicacy is due to the unique climactic conditions in this area.
- These regular fluctuations in temperature and humidity favorably affect the aging process.
- A tremendous care is given to every step in the making of a great culatello: salting, resting, filling of casings, tying, and aging. The ultimate result is a bright red meat with very little white grain or fat; this salume is considered superior to even the celebrated *prosciutti* of Parma or San Daniele.

Coppa or capocollo

- *Coppa* (called *capocollo* in parts of central and southern Italy) is a wonderfully tasty *salume* (salted, air-cured pork meat).
- *Coppa* is made with meat from the pig's neck muscles; it has a cylindrical shape and typically weighs 7 to 10 lbs. The key phases of production for *coppa*—that is, salting, resting and aging—are very similar to those for *prosciutto crudo* with some notable differences.
- Besides salt, typically spices such as black or white pepper, cinnamon, cloves and bay leaves are added to the meat before it is encased in a natural skin and tied up with string; it is then aged from three to six months.
- In general, *coppa* has a bright red color with some pinkish-white fatty parts, which account in part for its complex taste and rich aroma.

Pancetta (air-cured pork belly - ham):

- Prosciutto is sweet, delicate ham intended to be eaten raw. The word 'prosciutto' is the Italian for ham, but is widely used to describe seasoned, cured, air-dried ham. True prosciutto comes from Italy, but versions are now produced elsewhere.
- *Pancetta* is made with the same cut of meat used to produce bacon—that is, the "pancia" or belly of the pig.

• The difference is that *pancetta* is not smoked, but rather it's salted and air cured; and there are no sugars added—instead spices like pepper (sometimes hot pepper), fennel seeds, coriander, rosemary and juniper berries are used.

- The amount of lean streaks of meat in *pancetta* varies; the color of these lean parts should be rose to red, and pinkish white for the fat.
- There are three types of *pancetta*: *pancetta tesa* (flat), *pancetta arrotolata* (rolled) and *pancetta coppata*. The first one has the same shape as bacon; it is salted for approximately three to seven days, and then sometimes washed with white wine. Then, the *concia* (that is, the herbs and

Semester V: Unit 2: Chapter 5.6

spices used for curing) is applied to the

Semester V: Unit 2: Chapter 5.6

parts not covered by skin; the pieces are then left to mature in cellars or special temperature-and-humidity controlled rooms for two to three months. The second type, *pancetta arrotolata* is rolled so that the *concia* ends up inside the *pancetta*; it is then usually encased in a natural skin and tied. This version of *pancetta* is often slightly leaner than the flat version. *Pancetta coppata* is a slice of pork belly, salted and treated with spices, and then rolled over a very lean loin of pork.

- In Italy, there is also air-cured lard which is taken from the shoulder and back of the pig.
- The thin slices of *pancetta* are often rolled, together with rosemary, around veal, beef or turkey roasts to keep them moist while cooking. *Pancetta* is often used with eggs, such as in frittate, as well as for cooking potatoes, soups and numerous pasta dishes.
- 'Prosciutto cotto' is cooked and 'prosciutto crudo' is raw (although safe and ready to eat thanks to the curing process). Italian prosciuttos are labeled according to their city or province of origin. The most famous is 'prosciutto di Parma' or Parma ham, which is salted and air-dried for 8 to 24 months.

Guanciale (Pigs cheeks)

- *Guancia*, which means “cheek” in Italian, is the meat derived from the jowls of the pig.
- In the countryside of central Italy, it’s a common sight to see these triangular pieces of meat hanging to dry in shops and cellars.
- *Guanciale* often has a couple of streaks of lean pink meat and is surrounded by a delicate, sweet-tasting fat. It’s a real delicacy—a bit stronger than *pancetta*, with a fuller flavor.

OTHER ITALIAN CURED MEATS

- **SPIANATA ROMANA:** Spianata Romana is a typical salame from the Latium region. It is prepared with lean pork meat which has been carefully selected and minced, then seasoned with salt and pepper and finally pressed into its traditional flattened shape.
- **SPECK:** Speck is made exclusively with the best and leanest legs of pork (during the smoking process that fat content would not only tend to become too strong, but also turn rancid), from recognized and monitored breeders.
- **ZAMPONE(STUFFED TROTTERS):** It is made with 40% minced shoulder and knuckle (the meat around the leg bone), 40% cheek meat, and the remaining 20% is rind. It is made with a mix of pork meats (cheek, head, throat and shoulder), to which salt, herbs and seasoning are added and then it is stuffed into clean, cured front pig trotters from which the fat has been removed. The next step is drying followed by boiling, the removal of the outer layer of fat and then cooling. Next, the Zampone is pre-cooked (this version has replaced the tradition of selling the fresh product) and finally packed.

ITALIAN HAM

- **SAN DANIELE HAM:** One of the most famous raw hams in the world, the name itself denotes its origin, San Daniele in Friuli . It is a product par excellence of Italian gastronomy. San Daniele ham has a triangular shape and, on completion of its maturing process, should not weigh less than 10kg. This can vary marginally depending on the weight of the fresh thigh . The meat must come from authorized butchers who deal exclusively with pigs bred in eleven regions of northern Italy and ensure that the animals are fed quality M.U.O.A. fodder. The regulations determining the production of this ham are divided into nine phases including salting (with 80% humidity) and a fresh, dry maturing phase which is never shorter than 13 months.

Semester V: Unit 2: Chapter 5.6

- **PARMA HAM:** *Parma ham is an exceptional cured meat obtained from a leg of pork , on the bone, salted and matured The choice of meat is the first step, followed by shaping and then salting.* Once it has been subjected to a series of invigorating massages with rock salt exfoliating crystals, the leg of pork starts to change appearance. The salt is an extraordinary ingredient for preparing a product to undergo a maturing process. It eliminates water and promotes maturing by concentrating and enhancing flavors. Another unique ingredient is the climate which blesses the areas where the ham is matured. This is where the magic takes place, where the leg takes shape and soaks up colors, flavors and aromas. The sea breeze helps to dry the product and the ham thus becomes *pàr sut* in dialect, meaning 'asciutto', the Italian word for 'dry'. Additional support is given by that soft, greasy blend of pork fat, salt and pepper, which is rubbed across the muscle tissues and exposed to the open air. The end result will be a remarkable and homogenous product. The maturing process takes at least ten months and the end weight will vary between 8-10kg.
- **TUSCAN PDO HAM:** *Tuscan PDO Ham is produced throughout the whole region and it is one of the most prestigious and sought after in Tuscany. Tuscan PDO Ham is produced from fresh legs of pork coming from pigs that are born, raised and slaughtered in Tuscany and in other Italian regions.* The finished product has a round shape and weighs 8.9 kilograms.
- **BAZZONE HAM:** *Bazzone ham is one of the most prestigious and sought after in Tuscany.. In the initial stage the leg of pork is trimmed in such a way as to round off its shape. It is then covered in salt for two to three months, during which time it is repeatedly, carefully and patiently massaged by pork butchers.* Once the excess salt is removed, it is washed and dried and ready for the next stage - the maturing phase. This is a critical step in the production of a ham as unique as the Bazzone. The hams are placed in groups of 5-6 in a tub made out of Cardoso stone together with salt, pepper, spices, bay leaves, garlic and rosemary. After about ninety days the hams are removed from their tubs, washed and left to dry in cells, with controlled conditions of temperature and humidity. Once dried, they are covered with a mixture that is made up primarily of pepper, a little garlic and spices, and hung from the ceiling of a well-ventilated room or dark cellar. After a minimum of 20-36 months of slow maturing the ham is ready for consumption.
- **CASENTINO HAM:** *Casentino ham is a traditional cured meat product from the area around Casentino , in the province of Arezzo. It has a round, slightly elongated and flattened shape. Its weight is usually between nine and twelve kilos.* In today's recipe, the legs of pork are kept refrigerated for at least 24 hours and are subsequently trimmed, massaged and salted. The salting mixture is made up of salt, garlic and other spices like pepper, chilli pepper, ground nutmeg and juniper. After five to seven days, the residual salt is removed from the surface and the ham is again massaged. It then goes to a second round of salting which lasts about two weeks, after which the excess salt is again removed and the ham is left to mature for a period ranging from forty to fifty days. At this stage, according to tradition, the ham is hung in the kitchen and exposed to the heat of the fire. It is for this reason that the official specification allows a slight taste of natural smoking with oak, beech and to a lesser extent, juniper. After a maturing period of not less than twelve months, the ham reaches a perfect state of maturity.
- **MODENA HAM:** *Modena Ham is a delicacy obtained from the preparation and maturing of fresh pork thigh derived from selected and monitored breeds of white pigs.* According to regulations, the environment in which they are bred must be clean, well ventilated and insulated and built in such a way that waste products can be easily eliminated. The animal must be at least nine months old before slaughtering. The thigh must have a weight which, even after the maturing process must be at least 7 kg. The outer layer of fat is

Semester V: Unit 2: Chapter 5.6

strict regulations. It should be neither too thick nor too thin and, in any case, no less than 15 millimeters. The pig is slaughtered between December and February. Initially the thigh is placed into a mold and the rind is trimmed in such a way that it gives the product its traditional, slightly pronounced, rounded shape. The product then proceeds to its first salting, followed by a massage and then a brief refrigeration period. The second salting phase is more superficial despite the fact that the product is energetically kneaded to encourage absorption. The ensuing resting period lasts at least two months and takes place in a cold environment regulated at a temperature of 2-5°C. The product is then rinsed and prepared for drying, by leaving it to drip, or artificially by using a cold desiccation unit. And finally the maturing process, in ventilated environments where temperature and humidity are specially regulated to recreate natural outdoor conditions. This is done in order to avoid sudden changes, hence ensuring stable environmental conditions which in turn promote optimal end results. During the concluding phase the ham is smeared with a paste (a mixture of lard, salt, pepper and cereal derivatives) which, by protecting the exposed part of the ham, preserves the delicateness and tenderness of the interior meat. The maturing process takes place in a more limited geographical area and namely the provinces of Bologna and Reggio Emilia, obviously passing through Modena. The entire process takes around 14 months and is crowned by the application of the production seal and stamp: the ultimate guarantee of quality.

- **CUNEO HAM:** A PDO product that is typical of the area around Cuneo. The ham weighing from seven to ten kilos with a dark red color, with little fat and a compact texture. The production area is specified to include all production phases. Starting with the pigs, which come from traditional breeds and are born, raised and slaughtered in the area. After slaughtering, the fresh legs of pork are trimmed into a "chicken thigh" shape, keeping the thigh-bone intact but discarding the lower leg. The next stage is dry salting, where crushed pepper corns and a sprinkling of spices (nutmeg, bay leaves, rosemary ...) can be added, sometimes even with a dash of vinegar to moisten the curing mixture, and a rest period of a couple of weeks to let the flavors flow and to promote cold drying. Hams at this point are cleaned and trimmed. Even the 10 month maturing process takes place on site, benefiting from the natural currents. This means it has a very short production cycle where full traceability is guaranteed. Cuneo ham is produced by simple farmers in small slaughterhouses equipped with maturing rooms scattered across the area, where centuries-old traditions are handed down from father to son. The result is

ITALIAN SAUSAGE:

- **MORTADELLA** is a large Italian sausage or cold cut made of finely hashed or ground, heat-cured pork sausage, which incorporates at least 15% small cubes of pork fat (principally the hard fat from the neck of the pig). Mortadella is a staple product of Bologna, Italy. It is flavored with spices, including whole or ground black pepper, myrtle berries, nutmeg, coriander and pistachios, jalapeños and/or olives, though those with flavours other than ground pepper and myrtle are not made with the original recipe from Bologna.
- **COTECHINO:** Cotechino is a stuffed sausage in which a pig's gut is stuffed with a mixture of lean pork, fat, rind, spices and aromatic herbs. Eaten with lentils, it traditionally brings luck. It could be considered the cured meat par excellence and it is

M.U.C.A. certainly one of the great traditional foods of *Emilian cuisine*. The bouquet of spices required for minced cured meats includes mace, pepper, clove flavored pepper, cinnamon and nutmeg. It is then inserted into the cotica (pork rind, and from where it gets its name) even though industrial production now often uses a synthetic casing. But something that mass production, and the resulting increase in the production of Cotechino, has not altered is its flavor. The

Semester V: Unit 2: Chapter 5.6

product is pierced in several places before being boiled for three hours and, as the cooking process progresses, it gradually releases a fatty film into the water.

- **NAPOLI SAUSAGE:** A sausage prepared with raw, pork meat which has been minced. Napoli sausage is made with lean cuts of pork meat from the leg, from the loin from the shoulder, which are traditionally hand cut. The fat content is also hand cut in order to preserve the flavor and texture of the raw ingredients
- **NAPOLI SALAME:** *A salami made exclusively with choice pork meat, a wise selection of herbs and spices and a gentle smoking process. A singular product with an intense aroma reminiscent of the southern regions.* The rule of thumb for an excellent Napoli salame is the origin of the meat: it must be from a **regional breed and not be any younger than 8 months**. The privileged cuts for creating an optimal balance between lean and fat are belly, the cheek and the trimmings of the ham.
- **SALSICCIA** -- (fresh sausage) - Made of finely cut pork; highly spiced; unlinked; Italian origin.
- **SOPPRESSATA** is an *Italian dry salami*. Two principal types are made, a cured dry sausage typical of Basilicata, Apulia and Calabria, and a very different uncured salami, native to Tuscany and Liguria. Each of these varieties qualifies for *prodotto agroalimentare tradizionale (PAT) status. (this means 'traditional food product')*

Preparation: Soppressata can be made of fresh hams, as well as other cuts. Pork is the traditional meat used, though it is sometimes made using beef. The meat is either coarsely pressed or ground as with other salamis. Pressing gives it an uneven, rustic appearance when sliced. Soppressata is a specialty of southern Italy, and often includes hot pepper (though, as with all salami, seasonings vary). The sausage is hung up to dry for anywhere between three and 12 weeks, depending on the diameter, and loses about 30% of its original weight. Cured soppressata is often stored in jars of olive oil. It is commonly sliced thin and placed on crackers or sandwiches or eaten by itself.

- **Salamella, or Neapolitan sausage** (*salsiccia napoletana*) is a *lightly smoked sausage from Campania, but now produced in the whole of southern Italy.. It contains pork, veal, lard (or bacon fat), red chili pepper flakes, garlic, salt, spices (various, possibly including pepper, chili, coriander, fennel, nutmeg or even sugar), and wine.* The smoking is thorough enough to prevent the growth of mold after it is inserted into a natural casing for aging. It comes in mild (*salsiccia napoletana dolce*) and hot (*salsiccia napoletana piccante*) versions.

SALAMI is cured sausage, fermented and air-dried meat, originating from one or a variety of animals. The word "salami" is an Italian word, the plural form of salame, which is simply a term for *any type of salted meat*. With the rising popularity of salami, however, the term became connected primarily to one particular type of salted meat that was stuffed into an animal casing and then allowed to cure. Salami is air-dried Italian sausage cured with salt (what the "sal" in the name refers to). *Genoa salami, hard salami, and cotto salami are different types and are classified according to how they are cured and the region they come from. Cotto salami, unlike Genoa and hard salami, is cooked. It is seasoned with garlic and black peppercorns.*

- **CALABRESE SALAMI** is a dry sausage of Italian origin; usually made from all pork; seasoned with hot peppers.
- **GENOA SALAMI** is a dry sausage of Italian origin; usually made from all pork but may contain a small portion of beef; moistened with wine or grape juice; seasoned with garlic; a cord is wrapped lengthwise and around the sausage at regular intervals.
- **ITALIAN SALAMI** includes many varieties named for towns and localities, e.g., Genoa, Milano, Sicilian; principally cured lean pork, coarsely chopped and some

Semester V: Unit 2: Chapter 5.6

finely chopped lean beef; frequently moistened with red wine or grape juice; usually highly seasoned with garlic and various spices; air dried; chewy texture.

'NDUJA is a spicy, spreadable pork sausage from Italy. It is typically made with parts of the pig such as the shoulder, belly and jowl, as well as tripe, roasted peppers and a mixture of spices

Semester V: Unit 2: Chapter 5.6

ITALIAN CHEESES (FORMAGGI):

Ancient Romans developed cheese-making into a precise art using many of the skills from earlier times. The Romans understood that varying cures and treatments infused their cheese with unique flavors. They were also the first to develop the aging process, providing the cheese with an even more complex set of flavors. **Romans invented the caseale, or cheese kitchen, to hone their skills.** The process of smoking cheeses also originated in Ancient Rome. Knowledge of cheese-making skills spread throughout Europe, sparked by the growth of the Roman Empire. Since then, many countries have added contributions to the world of cheese, but the most treasured methods and recipes are native to Italy.

The most immediate way to distinguish between cheeses is surely related to the origin of the milk used.

Considering the types of milk which are mostly produced around the world, it is possible to identify 5 main families:

- "**vaccini**", produced with cow milk
- "**pecorini**", produced with sheep milk
- "**caprini**", produced with goat milk
- "**bufalini**", produced with buffalo milk
- "**a latte misto**", produced with mixed milk

ASIAGO : From the region of Veneto, this hard cheese impregnated with small holes was originally made on the foothills of the Dolomite mountains. There are two types : **Asiago d'Allievo** is made from a combination of skimmed evening milk and fresh morning milk, then left to mature. It is piquant in flavor and suitable for grating. **Asiago grasso di monte** is a younger and therefore softer cheese and is more often eaten as a table cheese.

BEL PAESE : The name "**Bel Paese**" means "beautiful country". This popular cheese comes from the beautiful countryside of Lombardy. Bel Paese is fairly mild in flavor and soft and creamy in texture. It is most frequently used as a table cheese and provides an excellent contrast to the sharper Italian varieties. It is also good as a melting cheese, and for this reason is useful in cooking, particularly as a substitute for Mozzarella. It is made during the cool and cold months from cow milk in round and square shapes of about two pounds.



FONTINA : A semi-hard cheese from Val D'Aosta, Fontina takes its name from Mount Fontin near the town of Aosta. It is one of the most famous of all Italian cheeses, and many connoisseurs rank it amongst the top cheeses in the world for its sweet, nutty flavor and deliciously creamy texture. Although it is classed as a table cheese, it is most often found in the celebrated Piedmontese specialty Fonduta and other rich dishes.

Semester V: Unit 2: Chapter 5.6

GORGONZOLA : The blue-veined, yet mild, Gorgonzola is one of the most famous cheeses throughout the world. It takes its name from the town of the same name in Lombardy, where it was originally made in damp caves. These provide the right conditions for the mold to develop and mature naturally, a process that can take up to one year. Nowadays the cheese is made in factories where, with the help of the bacteria **Penicillium Gorgonzola**, the whole process usually takes as little as three months. Pricking and turning the cheese in a specially controlled atmosphere also helps to accelerate its aging process.



MASCARPONE : Mascarpone is a fresh cheese originally from Lombardy; now it is available all over Italy. It is made from fresh cream and sold in muslin bags as dessert cheese to be served with fruit and sugar. Occasionally it is flavored with liqueur.

MOZZARELLA : This cheese is traditionally made from buffalo's milk, but nowadays it is more frequently made from cow's milk or a mixture of both. In its native Campania, Mozzarella comes in many unusual shapes and it is frequently eaten fresh, when it is moist and dripping with whey. Unless it is completely fresh like this, it is only suitable for cooking, because it soon becomes dry and loses some of its flavor. It is commonly used as a topping for Neapolitan pizzas, but it can also be fried and baked.



PARMIGIANO : Parmigiano, or Parmesan, is the most famous of all the **Grana** cheeses which are produced in northern and central Italy. Grana is simply the collective term used by the Italians to describe matured hard (grainy) cheese, of which there are many different types. These cheeses are believed to have originated in Roman times. Other types of grana include **Grana Lodigiano** (from the area of Lodi in Lombardy) and **Grana Padano**. The area of origin of the Grana Padano stretches along the river Po Valley from Piedmont to Veneto touching the province of Trento in northeast and some area of Emilia-Romagna in the south. It involves 27 provinces in all. Only grana that is made around the town of Parma can actually be called **Parmigiano Reggiano**. Parmesan cheese takes at least two years to come to maturity, although the flavor of a good Parmesan will improve with age. Generally the longer the cheese has been matured, the more expensive it is.

Parmesan should always be bought in a piece to be freshly grated over sauces, pasta or rice or added to cooked dishes. Ready-grated Parmesan cheese cannot in any way compare in flavor with the freshly grated cheese.

PECORINO : This is a hard country cheese, often used instead of Parmesan cheese for gratin or cooking. Unlike Parmesan, pecorino is a quick maturing cheese; it is usually ready to eat within eight months. There are several varieties of pecorino, each with a slightly different flavor, texture and appearance. **Pecorino Romano** is considered to be one of the best. **Pecorino Sardo** is made in Sardinia, where its manufacture has become a thriving industry for the island. The Sardinian **Pecorino Pepato** is speckled with black peppercorns. All make excellent grating and cooking cheeses, and are rarely eaten as table cheeses.



PROVOLONE : Provolone must be one of the most famous of all Italian cheeses, although this is probably due as much to its shape as to its flavor. Provolone is still made into an oval shape into which the cord makes deep grooves, it is more often "kneaded" into fanciful shapes. There are two kind of provolone, both eaten as table cheeses : **Provolone Dolce**, which is young and mild, and **Provolone Piccante**, which is mature and strong.

RICOTTA : Ricotta is a soft white cheese with a crumbly texture made from the whey of ewe's or cow's milk. It is most frequently used in cooking, both in sweet and savory dishes. There are different types of ricotta, from fresh one through to salted, dried and well mature varieties. Ricotta is usually fairly easy to obtain outside Italy, at least in Italian specialty shops.



TALEGGIO : Taleggio cheese is named after a valley just outside Milan. It is an ancient cheese and perhaps the best of the **Stracchino** cheeses made in northern Italy in the regions of Lombardy and Piedmont. This cheese is little known outside Italy, since it is very quick to mature and therefore not suitable for export. It is a soft, creamy cheese and one that should be eaten as fresh as possible.

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Some other examples include:

Page

- **Blue del Moncenisio** – A real Italian classic! The home of Blue del Moncenisio is a beautiful village in the Province of Turin. Its name comes from the Moncenisio Pass in Val di Susa near the French boarder. This pasteurized cow's milk cheese is aged for four months, leaving it dense, moist, and spicy. Try eating it as a dessert- cheese with a rich chutney.

Semester V: Unit 2: Chapter 5.6

- ***Bra Medio Tenero*** – This cheese is aged for six months in cellars within the Italian province of Cuneo in Piedmont. Nomadic herdsman of the area typically provide the sixty day-aged, unpasteurized cow's milk. Once the cheese is made, it is aged for an additional six months, leaving it very sharp. Characterized by its yellow-orange coloring, Bra Medio Tenero is also hard enough to grate. It is also included in the Italian D.O.C.
- ***Brinata (Sheep's Milk Brie)*** – Made from select, pasteurized sheep's milk. The cheese has a soft smooth texture and is covered by an edible white mold rind. Brinata has more moisture than a typical brie. This cheese originates from Tuscany.
- ***Burrata*** – This rare cow's milk cheese from the Puglia region has a very short shelf life and must be eaten within days after it is made. It is basically a sack of mozzarella filled with butter-cream. One may find the asfodelo leaf wrapping useful because if the leaves stay green, the cheese is still fresh!
- ***Caciocavallo DOP*** – The origins of the name of this Southern Italian cow's milk cheese are unknown. Like mozzarella and provolone, Caciocavallo is a pasta filata cheese. Aged for three months, Caciocavallos take on a tangy, meaty flavor with traces of anise and almond. This cheese is often characterized by its gourd-like shape.
- ***Castelmagno*** – Named after its town of origin and considered the most important Piedmontese cheese, Castelmagno uses a trio of milks: partly skimmed cow's milk, with small amounts of sheep's and goat's milk. A hard brown rind covers a firm, pearl colored cheese that may contain edible blue-green veins. The flavor is both savory and salty after its six-month maturation in a mountain grotto. Only six thousand wheels are produced per year, making this cheese particularly rare.
- ***Fontal*** – A semi-soft table cheese made from pasteurized cow's milk, Fontal is named in honor of the classic Italian mountain cheese Fontina Val d'Aosta. This cheese has a sweet and nutty flavor; it also melts very well. Note: Fontal is a gourmet variation to mozzarella for use on pizza.
- ***Grana Padano Fresco*** – A younger version of Grana Padano, this cheese has a much sweeter flavor than its traditional relative. Grana Padano Fresco's richness complements fruit and bread nicely. It works well alongside many dishes, making it a perfect table cheese.
- ***Marzolino*** – This pasteurized sheep's milk cheese is a specialty craft of Il Forteto in the town of Mugello in the Tuscan region. The small ivory-colored Marzolino is known for its mild, sweet flavor with hints of flowers from the pasture. The sheep are milked in the spring when flowers are in full bloom.
- ***Organic Parmigiano Reggiano*** – From the Santa Rita dairy Co-op located at Pompeano and Selva of Serramazzoni in the Modena Apennine Mountain. The cattle used for milk are living in ideal conditions with no use of any genetically modified nourishment. Milk from the evening rests overnight in containers, causing the cream to surface naturally. Whole milk from the next morning is combined with partially skimmed milk from the evening. Only organic rennet is combined with the milk. Ten wheels of cheese are formed in large copper kettles daily. Organic Parmigiano Reggiano soaks in brine for twenty-one days before it is turned, cleaned and seasoned for two years.
- ***Parmigiano Reggiano Stravecchio*** – A 36-month aged version of Parmigiano Reggiano. The cheese achieves a salty tang with a fruity flavor. More chunky crystals form in this deep golden-colored version.
- ***Scamorza*** – This Italian "pasta filata" or spun cow's milk cheese is made the same way as mozzarella, although scamorza turns out to be somewhat drier. The pear-shaped Scamorza has a stretchy, stringy texture. This cheese is aged for a few days and is available in two versions: affumicate (smoked) or Bianca (plain). Scamorza is used in many of the same ways as mozzarella.

Semester V: Unit 2: Chapter 5.6

- *Spilimbergo Stagionato* is a pasteurized cow's milk cheese made in the Friuli Mountains. A smooth rind covers the lightly colored, six-month aged rectangular cheese with small-eye formation. Its flavor can be compared to Parmigiano Reggiano.

Semester V: Unit 2: Chapter 5.6

GRAIN FOODS

Since ancient times, grains such as wheat have been a staple food throughout Italy. Indeed, wheat is one of the most revered foods in Italian cookery. It's used to make a variety of interesting breads including *ciabatta*, *focaccia* and crusty whole grain bread. *Pasta*, which is made from wheat and comes in dozens of different shapes, has also been a highly-prized food for centuries. *Beans such as cannellini beans* and *chickpeas* are eaten regularly throughout Italy. They can be used in soups, stews, bakes, pasta and rice dishes and in salads. Canned beans are the most convenient to use because they require no lengthy pre-soaking. *Farro* is an Ancient Grain

Other popular grain foods include *rice such as arborio* (which is a short-grain variety of rice popularly used in risottos) and cornmeal which is used to make polenta.

RICE has been a popular grain food, particularly in northern Italy, for centuries. The most famous Italian rice dish is risotto, which is made with medium or short grain rice like arborio. Long-grain rice is also used in various dishes including Insalata di riso (Italian rice salad).

- *Arancini or arancine* are fried rice balls coated with breadcrumbs, said to have originated in Sicily in the 10th century. Arancini are usually filled with ragù (meat sauce), tomato sauce, mozzarella, and/or peas. There are a number of local variants that differ in fillings and shape. The name derives from the food's shape and color, which is reminiscent of an orange.
- *Risotto* is an Italian rice dish cooked in broth to a creamy consistency. The broth may be meat-, fish-, or vegetable-based. Many types of risotto contain butter, wine and onion. It is one of the most common ways of cooking rice in Italy. Risotto is normally a primo (first course), served on its own before the main course, but risotto alla milanese, pronounced , is often served together with ossobuco alla milanese.(Ossobuco is a Milanese specialty of cross-cut veal shanks braised with vegetables, white wine and broth. It is often garnished with gremolata and traditionally served with risotto alla Milanese).

VEGETABLES AND FRUITS

There's an old saying that good cooking begins in the market, and never is this more true than with authentic Italian cuisine which relies heavily on fresh produce.

The most commonly used *vegetables include tomatoes, garlic, onions, bell peppers (capsicum), cabbage, zucchini (courgettes), artichokes, fennel, mushrooms, celery, asparagus, broccoli, spinach, cauliflower and lettuce*. *The Nightshades*: Tomatoes, eggplants and olives, major players in Italian cooking, are members of the nightshade family. *The nightshades are fruits commonly referred to and used as vegetables*. These hearty fruits serve as the base for a plethora of sauces and oils. Favored methods of preparation include baking, stuffing, pureeing and sauteing.

These vegetables are traditionally chopped and added to bakes, pasta dishes, risottos and pizza or turned into salads, soups, antipasti (appetizers) and side dishes.

Artichoke

s M.U.C.A

Page

Asparagus

s

Beans, etc. & Green Beans

Bell Peppers

Broccoli, Cabbage, Kale...

Cardoons

Semester V: Unit 2: Chapter 5.6

Chestnuts
Eggplant
Finocchio, Bulb
Fennel Mushrooms
Potatoes
Radicchio Rosso
Tomatoes
Zucchini & Squash

Fruits, both fresh and dried, are eaten as snacks and desserts. *Popular types of fruit include grapes, berries, citrus fruit such as oranges and lemons, figs, pears, cherries, apples and plums.*

OLIVES AND OLIVE OIL

Olives are used in many ways in Italian cuisine. They can be added to *stews, bakes, pasta dishes and risottos, sliced and used as a pizza topping, made into a paste for spreading on bread or eaten as a snack or as part of an antipasto dish.* Green olives are young unripe olives, while black olives are fully matured. Southern Italy shares a similar Mediterranean climate to Greece, Provence and Spain. This warm, sunny climate makes it ideal for olive growing. Whole olives are used in cooking, but the most revered part of the olive is the nectar it produces. *The first cold pressing of the best olives produces extra virgin olive oil.* This golden-green, richly flavored oil is used in hot dishes, marinades, salad dressings or drizzled on fresh crusty bread.

FISH, SHELLFISH, POULTRY AND EGGS

The coastline of Italy is dotted with fishing villages, and fish and shellfish are a traditional staple in most parts of the country. Popular varieties of fish *include tuna, anchovies, sardines, swordfish, cod, salmon, shrimp, crab, squid, clams and mussels.* Anchovies are convenient to use in the canned or jarred form. *They add a rich, salty flavor to food and are ideal as a pizza topping and used to accent the flavor of pasta dishes such as Pasta puttanesca.* Tuna is one of the most popular types of fish in Italian cookery. *Using canned tuna as a substitute for fresh is a convenient and cost effective way of enjoying this type of fish on a regular basis. It can be used in pasta dishes, stews, bakes, risottos, antipasto, as a pizza topping or broken into chunks and added to salads.* This fish and shellfish is traditionally added to stews, pasta dishes, bakes, risottos and pizzas, or simply served grilled, baked or lightly fried in olive oil with side dishes. *Poultry, especially chicken, is also eaten regularly. Eggs (uova),* which are a common ingredient in many Italian dishes such as frittata, are traditionally eaten regularly, but in modest amounts.

MEAT

Meat has never featured prominently in *Cucina Povera*—the **cuisine of poorer southern Italy**. Instead it has typically been eaten on festive occasions or used in small amounts as a flavor and texture enhancer. In the northern parts of Italy meat has traditionally been eaten more frequently, but still in moderation. *Charcuterie products are separately discussed.*

LEGUMES AND NUTS

M.U.C.A

Page

Legumes (beans, peas and lentils) are a highly popular food throughout Italy. In the Tuscany region, for example, beans are so highly regarded that Tuscans are fondly known as the "bean eaters." Commonly eaten beans include *chickpeas and cannellini*

Semester V: Unit 2: Chapter 5.6

beans. Green peas and green beans are also regularly used in Italian cookery, as are lentils, which are added to soups and stews. *They can be used in soups, stews, bakes, pasta and rice dishes and in salads.*

Nuts such as **pine nuts, walnuts and almonds** are used in cooking or eaten as snacks. One of Italy's most famous sauces, *pesto*—*which originates from the seaport of Genoa—is a mixture of pine nuts, garlic, fresh basil, Parmesan cheese and olive oil.* (There are also other variations of pesto such as Sun-dried tomato and walnut pesto.)

HERBS AND SEASONINGS

Letting the flavor of fresh ingredients shine through is a fundamental part of Italian cookery, so elaborate spices don't feature prominently. *Instead fresh or dried herbs such as basil, flat-leaf parsley, rosemary and oregano* are used simply to highlight the flavors of the food. *Dried oregano is used as a flavor enhancer in many types of dishes such as stews, pastas, pizzas, and bakes.* Other important seasonings include **salt, freshly cracked pepper, vinegar (such as balsamic vinegar: Balsamic vinegar is made from grapes and aged in wooden barrels to develop a rich, sweetish flavor that is exquisite in Italian-style sauces, dressings and marinades)** and foods that impart a rich flavor such as anchovies, garlic, capers, olives and sun-dried tomatoes. **Lemon juice and wine** are also common flavor enhancers, and fruity extra-virgin olive oil adds flavor and texture when a little is stirred through dishes like stews, soups or pasta sauces at the end of cooking. **Capers** are the pickled flower buds of a Mediterranean plant. They are commonly used in Italian dishes to add a characteristic piquant flavour. **Sun-dried tomatoes** add flavor and texture to a variety of Italian dishes. They also make a wonderful appetizer or snack when combined with a little thinly sliced cheese. **Gremolata or gremolada** is a chopped herb condiment typically made of lemon zest, garlic, and parsley.

DESSERTS: Wine has been the most popular alcoholic beverage since ancient times. It's customary in Italy to consume wine with meals, and in moderation. Strong coffee is the most popular non-alcoholic beverage. Traditionally, elaborate desserts have been reserved for special occasions. Fresh and dried fruit, or a little cheese, are the typical dessert.

- **Cassata or Cassata siciliana** is a traditional sweet from the area of Palermo, Sicily, Italy. Cassata consists of round sponge cake moistened with fruit juices or liqueur and layered with ricotta cheese, candied peel, and a chocolate or vanilla filling similar to cannoli cream. It is covered with a shell of marzipan, pink and green pastel colored icing, and decorative designs. The cassata is topped with candied fruit depicting cherries and slices of citrus fruit characteristic of Sicily.
- **Gelato:** is the Italian word for ice cream, derived from the Latin word "gelātus" (meaning frozen). Gelato is a type of soft ice cream containing a relatively small amount of air. By statute, gelato in Italy must have at least 3.5% butterfat, with no upper limit established.
- **Granita** (in Italian also granita siciliana) is a semi-frozen dessert made from sugar, water and various flavorings.
- **Panna cotta** (from Italian cooked cream) is an Italian dessert made by simmering together cream, milk and sugar, mixing this with gelatin, and letting it cool until set. It is generally believed to have originated in the Northern Italian region of Piedmont,[1] although it is eaten all over Italy, where it is served with wild berries, caramel, chocolate sauce or fruit coulis.

Semifreddo is a class of semi-frozen desserts, typically ice-cream cakes, semi-frozen custards, and certain fruit tarts. It has the texture of frozen mousse because it is usually produced by uniting two equal parts of ice cream and whipped cream.

Semester V: Unit 2: Chapter 5.6

- **Tiramisu** (from Italian, meaning "pick me up" or "lift me up") is a popular coffee-flavoured Italian dessert. It is made of ladyfingers dipped in coffee, layered with a whipped mixture of egg yolks, egg whites, sugar and mascarpone cheese, flavoured with cocoa.
- **Zabaglione** (written also sabayon, or zabajone, Zabaione), is an Italian dessert, or sometimes a beverage, made with egg yolks, sugar, and a sweet wine (usually Marsala wine, but in the original formula Moscato d'Asti). The dessert version is a light custard, whipped to incorporate a large amount of air.
- A **crostata** is an Italian baked tart and a form of pie

ANTIPASTO (PLURAL ANTIPASTI)

This means "before the meal" and is the traditional first course of a formal Italian meal. Traditional antipasto includes cured meats, olives, peperoncini, mushrooms, anchovies, artichoke hearts, various cheeses (such as provolone or mozzarella), pickled meats and vegetables (both in oil or in vinegar).

- **Bruschetta** is an antipasto from Italy consisting of grilled bread rubbed with garlic and topped with olive oil, salt and pepper. Variations may include toppings of tomato, vegetables, beans, cured meat, or cheese; the most popular recipe outside of Italy involves basil, fresh tomato, garlic and onion or mozzarella. Bruschetta is usually served as a snack or appetizer. In some countries, a topping of chopped tomato, olive oil and herbs is sold as bruschetta.
- **Crostino** (meaning "little toast" in Italian) is an Italian appetizer consisting of a small slice of grilled or toasted bread and toppings. The toppings may include a variety of different cheeses, meats, and vegetables, or may be presented more simply with a brush of olive oil and herbs or a sauce. Crostini are typically made using Italian ciabattas and are often served with wine.
- **Capocollo or coppa**, is a traditional Italian cold cut (salume) made from dry-cured whole pork shoulder or neck. This cold cut is sometimes called coppa. The name capocollo comes from *capo—head—and collo—neck—of a pig*

ITALIAN BREADS:

- **salt focaccia**: this is the common-known *focaccia*, also called *schacciata*; it is a flat oven-baked Italian **bread**, which may be topped with **herbs** or other ingredients;
- **sweet focaccia**: typical **Easter** cake from **Veneto**, made of **wheat**, **eggs**, **butter**, **sugar** and flavours.
- **Ciabatta** (*slipper bread*) is an **Italian white bread** made from **wheat flour** and **yeast**, created in 1982 by a baker in **Adria, Veneto, Italy** in response to popularity of French baguettes. Ciabatta is somewhat elongated, broad and flat and is baked in many variations.
- **Breadsticks** (*grissini*) are generally **pencil-sized** sticks of crisp, dry **bread** originating in **Turin** and the surrounding area in **Italy**. They are originally thought to have been created in the 14th century; although according to a local tradition. Breadsticks may be offered at the table in restaurants as an **appetizer**, in some instances or regions they may be a type that is larger than pencil-sized. They may also be combined with ingredients such as **prosciutto** as an **hors d'œuvre**.
- **Panettone** is type of sweet **bread loaf** originally from **Milan** usually prepared and enjoyed for **Christmas** and **New Year** in **Italy**, **southeastern France**, **Spain**, **Portugal**, **Brazil**, **Peru**, **Malta**, **Germany** and **Switzerland**, and is one of the symbols of the city of Milan.

Semester V: Unit 2: Chapter 5.6

ITALIAN COOKING METHODS:

- **Braising (brasare, “to braise”)** indicates first searing the item (browning the outside at a very high heat), and then partially covering it with liquid and simmering at a low heat. Stewing is very similar to braising.
- When stewing ingredients (*stufare*, “to stew”), one has the option of first searing the item, but it's not required. Then the item is completely covered in liquid and simmered slowly.
- During *sauté (saltare)*, you cook an item on the stovetop in a very small amount of fat on high heat. This is a moist cooking technique—the fat used is usually oil or butter. Often, the item is lightly dusted with flour, as well, to create a batter or breading. The item is quickly cooked and browned on both sides.
- **Steaming (fumante)** is also a moist cooking technique and is accomplished by rapidly boiling liquid (most commonly water) in a perforated pan with a lid. The lid is kept secure throughout the cooking to trap the steam.
- **Poaching (Bracconaggio)** can be accomplished in a shallow or deep collection of liquid. Items are generally simmered in a flavored liquid (usually stock).
- **Al cartoccio** means wrapping and cooking food in parchment paper.
- **Soffritto**: The Italian version of mirepoix is called soffritto (not to be confused with the Spanish sofrito). An Italian soffritto is made with olive oil, especially in Southern Italy, rather than butter, as in France or in Northern Italy, and may also contain garlic, shallot, leek, and herbs.
- **Frying (friggere, “to fry”)** can be accomplished several ways. You can pan-fry, deep-fry, or stir-fry food. Pan-frying is similar to sautéing, but items are usually breaded or battered and larger amounts of fat are used in the cooking. Deep-frying is much like sautéing and pan-frying in that items are almost always coated with either flour, breading, or batter. However, the amount of fat utilized is far greater than in either sautéing or pan-frying. The item being cooked is completely submerged in fat and cooked with high, moist heat.
- **In the Oven (al Forno): Roasting (arrostitire, “to roast”)** is cooking through indirect heat. Foods that are roasted are often placed on wire racks so that hot air can completely surround and thoroughly cook them. **Baking (cuocere, “to bake”; or al forno, “baked”)** is similar to roasting. Often dessert mixtures are placed in baking vessels (pans, pie dishes, etc.) and these are placed in the oven. Hot, dry air circulates around the food. Broiling is a dry direct-heat cooking method using high heat, in which the heat comes from above the item. **Grilling (grigliare, “to grill”)** is just the opposite: it is dry, direct-heat cooking in which the heat comes from below the item. When broiling or grilling, you can quickly marinate or moisten the product with oil or a vinaigrette before cooking.

REGIONAL COOKERY OF ITALY:

- The cuisine in **northern Italy**, for example, tends to rely more on dairy products such as butter, cream, and cow's milk cheeses because the land is flatter and better suited to raising cattle. It's also one of the more affluent parts of the country, which makes for richer food with more expensive ingredients, such as **Lombo di Maiale Coi Porri (Pan-Roasted Pork Loin With Leeks)**. Northern Italy produces creamy, rich cheeses such as mascarpone and Gorgonzola from Lombardy, fontina from Valle d'Aosta, and Taleggio from the Veneto. The region of Emilia-Romagna, whose capital is Bologna, is known for its homemade egg pasta and what is considered by many to be the king of Italian cheeses, Parmigiano-Reggiano. It's also the region famous for prosciutto di Parma, as well as ~~countless other exquisite sausages and cured meats.~~

M.U. In **central Italy**, the food becomes heartier with the wonderful bean soups of Tuscany and the savory roasted meats of Umbria and Abruzzi, where lamb, wild

Semester V: Unit 2: Chapter 5.6

boar, and game can be more prevalent than pork, beef, and veal. **Zuppa di Farro e Fagioli (Tuscan Bean-and-Barley Soup)** is typical of the region.

- In southern Italy, there's more reliance on olive oil than butter, and the cheeses used are more likely to be made from sheep's milk. The further south one goes, the less affluent the population is; hence you'll find fewer fancy ingredients, a more sparing use of meat, and a greater reliance on local, seasonal foods. Sicilian and Sardinian cooking are not heavy, as is often thought. They are delicate, fragrant dishes like **Risotto Alle Vongole (Risotto With Clams)** that emphasize the flavors of the fresh ingredients and seafood with which they are blessed.

ABRUZZO: In some ways, Abruzzese cuisine is the undiscovered treasure of Italian gastronomy. Abruzzese cooks are masters at turning simple ingredients (perhaps a handful of freshly plucked beans from the garden plot, gleaming black mussels, golden noodles) into glorious feasts. They flavor their dishes with hot chili pepper, aromatic saffron, fruity olive oil. *Pasta is the preferred Abruzzese first course*, and none is as typical as maccheroni alla chitarra ("guitar pasta"): sheets of egg dough are cut using a flat rolling pin on a wooden box with strings (hence the name "guitar"). Crêpes (called scrippelle) are rolled around savory fillings, dropped into broths, or layered with cheese, vegetables, and meat before baking. Polenta is usually enjoyed with a spicy sausage ragù or hearty meat sauce. In port cities, just-caught fish is marinated in a vinegary brine, and rich soups are concocted from dozens of types of fish. In the mountains, sheepherding remains a common way to make a living, so lamb, kid, sheep, and mountain goat are mainstays of the diet; wine, garlic, olive oil, and rosemary are favorite flavorings, especially when the source of heat is a lively wood fire. Many families still raise their own pigs, and free-roaming pigs yield flavorful, lean meat and tasty salumi (cured meats). Pastries tend to be unsophisticated: olive oil is often used instead of butter, nuts or dried fruit provide bulk and flavor, and sheep's milk ricotta, a favorite in central and southern Italy, shows up in fritters and sweetcakes.

LA PANARDA : The most interesting Abruzzese culinary tradition is la panarda, a multi-course feast of gargantuan proportions. A legend holds that la panarda was born when a young mother, gone to fetch water near her home, returned to find her newborn in the mouth of a wolf. Desperate, the woman prayed to Saint Anthony of Abate, and the wolf let the baby go. The grateful young mother promised to prepare a feast for Saint Anthony, starting a tradition that would be passed down from generation to generation for centuries to come. Most panarde consist of 35 to 50 courses and last all night, thus enabling guests to partake of every dish at a leisurely pace. The mountain town of Villavallelonga has preserved its panarda traditions more fervently than others, and local families still host the feast on an annual basis. To go to Villavallelonga, take Highway 25 to the Celano exit, then follow the road to Trasacco and look for Villavallelonga.

LIGURIA: Sunny, unabashedly Mediterranean, the cooking of Liguria makes the most of the fruits of land and sea. Its luxuriant hills offer a bounty of meaty porcini mushrooms and resinous pine nuts, while the sea provides succulent anchovies ready to be salted for future use. These three ingredients are combined with other staples, most notably the region's delicate olive oil, to create Liguria's favorite dishes: braised salt cod, stewed rabbit, and an array of subtle pasta sauces. Focaccia, a dimpled flatbread, is the region's most emblematic bread, usually baked plain but sometimes stuffed or topped with every ingredient imaginable.

LOMBARDY: Italy's leading industrial region, as well as its most populous, Lombardy is home to three distinct landscapes: fertile flatlands, verdant foothills, and snowy mountains. Rice and corn thrive in the northern climate, resulting in a rich repertoire of risottos and polentas. Veal, beef, butter, and cow's milk cheeses appear at nearly every meal, and

Semester V: Unit 2: Chapter 5.6

sweetwater fish caught in Lombardy's many lakes (including Italy's largest, Lago di Garda, and its most opulent, Lago di Como) round out the diet.

Semester V: Unit 2: Chapter 5.6

PIEDMONT: From the peaks of snowcapped mountains to the shores of glittering lakes, Piedmont encompasses a diverse and prolific landscape. First-class wines like Barolo, Barbaresco, and Barbera hail from hillside vineyards, noble partners to a cuisine that is unabashedly rich and deliciously refined. Fresh pastas are stuffed with delicately spiced forcemeats and showered with fragrant white truffles, rice is paired with everything from frogs' legs to Castelmagno cheese, prized cuts of meat are boiled to tender perfection and served with great pomp during the cold winter months, and the chocolate confections are the best in the country.

PUGLIA: Puglia is a large, fertile region that forms the heel of the Italian boot. Unlike nearly all other Italian regions, which are mostly hilly and mountainous, it is relatively flat; in its sprawling Tavoliere Plain, much of Italy's wheat and other grains are grown. Two of Puglia's most important cities, Bari (the regional capital) and Brindisi, were already central ports at the time of the ancient Greeks and Romans. While cities along the coast (Bari, Taranto, Foggia, Lecce, and Brindisi) are the most densely populated, the areas most heavily visited by tourists are the dreamlike promontory of the Gargano Peninsula and the city of Alberobello, which is home to thousands of unusual stone houses with conical roofs

SARDINIA: Mysterious and isolated, Sardinia has been inhabited since the Neolithic Age. Phoenician, Greek, Arab, Spanish, and French invaders have come and gone, marking the local language, customs, and cuisine. The mountainous inland terrain is home to wild animals (boar, mountain goat, hare, and more) which are transformed into succulent pasta sauces, stews, and roasts. Lamb, the island's favorite meat, is often cooked in the company of wild fennel, and sheep's milk cheese appears at nearly every Sardinian meal.

SICILY: Some things are just meant to be. You can map out every last detail of your holiday before ever stepping on a plane, but when it comes right down to it, the most memorable moments of any vacation just can't be planned ahead--like when you'll be lucky enough to meet an amazing cook who will not only welcome you into her home for dinner on a windswept night in Sicily, but ask you to cook alongside her in a kitchen that smells like freshly picked lemons and jasmine.

TUSCANY: Tuscany's food is much like Tuscany's landscape: clean, sober, and soothingly simple. Building their characteristic dishes on a savvy interplay of vegetables, beans, saltless bread, and fruity olive oil, Tuscans are masters at the art of understatement; their favorite aromatics (thyme, rosemary, and fennel) are used judiciously, never squandered or wasted. Sharp sheep's milk cheese from artisanal dairies lends saltiness and pungency to pastas, savory pies, and salads, and robust grains like farro (emmer wheat) add bulk to soups. Tuscans, self-proclaimed lovers of rice, cook risotto with cuttlefish ink, with squab, or with chicken giblets, and often add a handful of rice to vegetable soups. Ravioli and tortelli, the region's classic stuffed pastas, are filled with ricotta or potatoes and pancetta, then napped with butter and sage, tomato sauce, or a meat ragù. Along the coast, fish and seafood play a pivotal role; scorpionfish, monkfish, mullet, and other rock fish are tossed into the pot to create a thick, tomato-laced soup called cacciucco; the trick is using as many varieties of fish as possible, and puréeing the fish (heads, bones, and all) right into the broth. A special breed of cattle known as Chianina provides succulent meat for the grill, and the wild boar that roams the Tuscan woods is transformed into succulent sweet-and-sour stews and rich, rosy hams.

DESSERTS: Always more impressive on celebratory days, ranges from a dome-shaped cake called zuccotto to a flatbread studded with grapes, baked since the days of the Etruscans.

Famous foods: *Pecorino cheese, steak alla fiorentina, Chianti wine*

The ancestral home of the wealthy and influential Medici family, Tuscany produces some of Italy's finest olive oils, sheep's milk cheeses, and meat dishes. Bread, baked in giant, salt-free loaves, is king in this region, and locals incorporate it into numerous salads and

Semester V: Unit 2: Chapter 5.6

soups, including ribollita (vegetable soup) and panzanella, a salad composed of crumbled bread, tomatoes, onions, and basil.

Semester V: Unit 2: Chapter 5.6

EMILIA - ROMAGNA

Capital city: Bologna

Famous foods: Parmigiano Reggiano, tortellini, Bolognese sauce, balsamic vinegar of Modena

A vast, wealthy region located in northern Italy, Emilia-Romagna is rich in meats and super-eggy pasta. The craft of curing meat is held in high esteem here — Italy's best known meat product, prosciutto di Parma, is created in Emilia, as is the "king of cheeses," Parmigiano Reggiano.

VENETO: There is much more to the Veneto than the romance and mystery of its capital city, Venice. This northern Italian region combines stately mountains, dulcet hills, and a perch on the Adriatic Sea, making it a fantastic place to enjoy a variety of cuisines. From the Venetian lagoon come soups and risottos studded with seafood; the wind-swept hills offer a mouthwatering selection of cured meats and aged cheeses; and the mountain villages specialize in hearty foods like braised beef, best savored with a bracing glass of the region's famous Amarone wine

A PEEK INTO THE WORLD OF PASTA.....

History of Pasta

Ancient Rome was the birthplace of fresh pasta (*pasta fresca*), which was made by adding water to semolina-flour. This vital ingredient is made from durum wheat, a thriving crop in Italy's temperate climate. Unlike the dried pasta found at your local grocery store today, fresh pasta was meant to be eaten immediately. The Arab invasions of Sicily in the 8th Century are thought to be the origins of dried pasta (*pasta secca*). At the time, Palermo was producing mass quantities of the new product. Some Arabian influence can still be found in select recipes, using ingredients such as raisins and cinnamon.

In the 1300's, dried pasta became very popular for use on long nautical expeditions because of its shelf-life and nutrition. These voyages contributed to pasta's worldwide appeal and led to advances in its form and technology. Back in Italy, pasta was slowly migrating north to Naples and reached its destination in the 17th Century. A few historical events boosted pasta to a national icon. It became a kitchen staple during the Risorgimento (Italian Unification) in the mid 1860's. Italian political and military figure Giuseppe Garibaldi introduced the country to *La Scienza in cucina e l'Arte di Mangiar bene*, a cookbook written in 1891 by Pellegrino Artusi that featured pasta. Tomato sauce was introduced to Italy in the 19th Century but was met with skepticism. The tomato, being a member of the nightshade family, was considered inedible in many regions; fortunately, those rumors were put to rest shortly thereafter. The last major event to influence pasta's early history was the Italian Diaspora, a mass migration of Italians from their country in the time between the Unification and World War I. These times of hardship led Italians to take even more pride in refining the art of cooking.

Types of Pasta

M.C.C.A

Page

There are two major classifications: *pasta fresca* (fresh) and *pasta secca* (dried). From here, there are more than 400 unique types of pasta: sheets, strips, long strands, cylinders, unique shapes, flavors, and many other local varieties. There are more names for pasta than the mind can retain, yet all are made from the same basic ingredients — 100% durum wheat and water with a specific percentage of acidity and humidity under Italian law.

Semester V: Unit 2: Chapter 5.6

Varying from the basics, light flavors and colors can be added to pasta with egg yolk, spinach, tomato paste, chocolate, and even squid ink. Each of these pastas creates its own unique dining experience when properly served. Another crucial aspect of

Semester V: Unit 2: Chapter 5.6

the experience is pasta being married with an appropriate, complimentary sauce. The individual shape and texture given to pasta can be somewhat of a code in determining the proper sauce. A simple rule of thumb would be as follows: thick pasta = thick sauce, light pasta = light sauce.

Pasta fresca, the starting point of all pastas, is created with higher humidity, and some types only exist in this category. Variations can often be regional. Northern Italy is known to use all-purpose flour and eggs, while southern Italy uses the standard semolina and water mixture. Reputed to have the best pasta fresca in Italy, the Emilia-Romagna region often serves fresh pasta with cream sauces. Another regional variation could be found in Piedmont where butter and black truffles are a common ingredient. Other ingredients vary, from potatoes to ricotta.

Special tools are used when making dried pasta. First, the pasta is forced through holes in a die-plate and onto sheets for cutting. The next step is drying. *Pasta secca is only considered real pasta if it is made in the proper Italian way, slow-drying it for upwards of fifty hours in a copper mold, and then in the open air. The rest of the world usually dries pasta in steel molds at extremely high temperatures for short periods of time, resulting in an inferior product.* Italians take pride in their method and can be proud of a smoother tasting, quicker cooking pasta that can hold on to its sauce.

Shapes of Pasta

The following table maps out the various shapes and forms of pasta:

Unique Shapes		
Name	Description	Translation
Campanell	Flattened bell-shaped pasta with a frilly edge on one end	Little bells
Capunt	Short convex ovals resembling an open empty pea pod	
Casarecce	Short lengths rolled into an S shape	From casereccio meaning homemad
Cavatelli	Short, solid lengths	From the verb cavare meaning to
Cencio	Petal shaped, slightly curved with rough convex side	Little rags
Conchiglie	Seashell shaped	Shells
Conchiglioni	Large, stuffable seashell-shaped	Large shells
Corzetti	Flat figure-eight stamped	
Creste di Galli	Short, curved and ruffled	Cocks' combs
Croxetti	Flat coin-shaped discs stamped with coats of arms	Little crosses
Fantolioni	Panda-shaped bow-ties commonly served with boiled olives	Pre-packaged pandas
Farfalle	Bow tie or butterfly shaped	Butterflies
Farfallone	Larger bowties	Large butterfly
Fiorentine	Grooved cut tubes	Florentine
M.U.C.A Fiori	Shaped like a flower	Little flowers
Foglie d'ulivo	Shaped like an olive leaf	Olive leaf
Fusilli	Three-edged spiral, usually in mixed colors. Many vendors and brands sold as fusilli are two-edged	From fusile, archaic/dialect form of fucile, meaning rifle. As the inside barrel of a gun is

Semester V: Unit 2: Chapter 5.6

Name	Description	Translation
		“rifled” using a similar screw- shaped device
Fusilli Bucati	A spring-shaped variety of the above	Holed rifles
Gemelli	A single S-shaped strand of pasta twisted in a loose spiral	Twins
Gigli	Cone or flower shaped	Lilies
Gnocchi	Round in shape and often made	
Gramigna	Short, curled lengths of pasta	Scutch-grass; more generically, “infesting weed”
Lanterne	Curved ridges	Lantern holders
Lumache	Snail-shaped	From lumaca, meaning snail
Lumaconi	Jumbo lumache	Large snails
Maltagliati	Flat roughly cut triangles	Badly cut
Mandala	Designed by Philippe Starck in 1987 for French pasta-maker Panzani	Design based on compensating for overcooking
Marille	Designed by Giorgetto Guigiaro in 1983 – like a rolling ocean wave in cross-section with internal rugosities, but unsuccessful and no longer produced	From mare, meaning “sea”
Orecchiette	Bowl or ear shaped pasta	Little ears
Pipe	Larger version of macaroni	Smoking pipes
Quadrefiore	Square with rippled edges	Flower quadrants
Radiatore	Shaped like radiators	Radiator
Ricciolini	Short wide pasta with a 90-degree twist	From riccio, curly
Ricciutelle	Short spiraled pasta	From riccio, curly
Rotelle	Wagon wheel-shaped pasta 2-edged spiral, tightly wound. Some vendors and brands are 3-edged and sold as rotini	Little wheels (from ruota-wheel)
Rotini		
Spirali	A tube which spirals round	Spirals
Spiralini	More tightly-coiled fusilli	Little spirals
Strangolapreti	Rolled across their width	Priest-chokers or priest-stranglers
Torchio	Torch-shaped	Winepress
Trofie	Thin twisted pasta	

Tubular Pasta

Name	Description	Translation	Page
Bucatini	Hollow spaghetti	Little holes	
Calamarata	Wide ring shaped pasta	Squid (also known as “calamari”)	
Calamaretti	Smaller Calamarata		
Cannelloni	Large stuffable tubes	Big pipes or reeds	
Cavatappi	Corkscrew-shaped	macaroni	

Semester V: Unit 2: Chapter 5.6

Corkscrews; also known as
Cellentani and Spirali

Semester V: Unit 2: Chapter 5.6

Name	Description	Translation
Cellentani	Corkscrew-shaped tube	
Chifferi	Short and wide macaroni	
<i>Ditalini</i>	Short tubes, like elbows but shorter and without a bend	Small fingers
Fideua	Short and thin tubes	
Gomito Maccheroni	Bent tubes	Elbow macaroni
Elicoidal i	Slightly ribbed tube pasta; the ribs are corkscrew-shaped as opposed to those on rigatoni	Helicoidal
Fagioloni	Short narrow tube	Little beans
Garganelli	Square egg noodle rolled into a tube Maccheroni As long as a little finger, usually striped Maccheroncelli Hollow pencil-shaped pasta	
Maltagliati	Short wide pasta with diagonally cut ends	Roughly cut
Manicotti	Large ridged tubes that are stuffed	Sleeves, from the Italian word manica
Mezzani Pasta	Short curved tube	From Mezzo meaning half-size
Mezze Penne	Short version of penne	Half-pens
Mezze Bombardon i	Short, wide tubes	Half bombardiers
Mostaccioli	Sometimes mistakenly used as another name for Penne, Mostaccioli differ in that they do not have ridges. Mostaccioli are also called Penne Lisce	Mustaches
<i>M.U.C.A</i>	or "smooth penne"	
Paccheri	Large tube	
Pasta al Ceppo	Shaped like a cinnamon stick	
<i>Penne</i>	Medium length tubes with ridges,	cut diagonally at both ends

Semester V: Unit 2: Chapter 5.6

Literally "pens" because the tip is similar to that of a quill, or fountain pen

Penne Rigate Penne with ridged

sides Penne Lisce Penne with

smooth sides Penne Zita Wider

version of penne

Semester V: Unit 2: Chapter 5.6

<i>Name</i>	<i>Description</i>	<i>Translation</i>
Pennette	Short thin version of	
penne Pennoni	Wider version of	
penne		
Perciatelli bucatini	Thicker	From the verb Perciare meaning “Hollow inside”
Rigatoncini	Smaller version of rigatoni	
Rigatoni	Large and slightly curved tube	From riga, meaning line: rigatoni is pasta with lines (large). Rigato or rigate, when added to another pasta name means lined, or, with ridges added, as in “spaghetti rigati”
Sagne Incannulate	Long tube formed of twisted ribbon	
Trenne	Penne shaped as a	
triangle Trennette	Smaller version of	
trenne		
Tortiglioni rigatoni	Narrower	From the verb Torcere meaning “to twist.” Twisted, wringed
Tuffoli	Ridged rigatoni	
Ziti	Long, narrow hose-like tubes	
Zitoni	Wider version of Ziti	

Strand Pasta

<i>Name</i>	<i>Description</i>	<i>Translation</i>
Spaghettoni	Thick spaghetti	Thick little twine
<i>M.U.C.A</i> Spaghetti	Most common round-rod pasta	Spago means twine, spaghetti means little twine, spaghetti is plural
Spaghettoni	Thin spaghetti	Thin little twine
Fedelin	i	Between spaghetti and vermicelli in size

Semester V: Unit 2: Chapter 5.6

Little faithful ones

Vermicelloni	Thick vermicelli	Thick little worms
Vermicelli	Thicker than capellini, thinner than fedelini	Little worms
Capellini	Thinner than vermicelli, thicker than	Fine hair

Semester V: Unit 2: Chapter 5.6

<i>Name</i>	<i>Description</i>	<i>Translation</i>
	angel hair	
Capellin i d'angelo	Thinnest round-rod pasta	Angel hair

Semester V: Unit 2: Chapter 5.6

In order of thickest to thinnest.

Various Strand Pasta

<i>Name</i>	<i>Description</i>	<i>Translation</i>
Barbin a	Thin strands often coiled into nests	Little beards
Spaghetti	Similar to spaghetti, except square rather than round, and wooden frame strung with metal wires. Sheets of pasta are	Named after the device used to cut the pasta, which has a
alla Chitarra addition to	made of egg in flour	pressed down onto the device, and then the wires are "strummed" so that the slivers of pasta fall through
Ciriolo	Thicker version of chitarra	
<i>Fusilli</i> <i>Lunghi</i>	Very long coiled rods (like a thin telephone cord)	Long rifles
Pici	Very thick, long, hand rolled	

Ribbon Pasta

<i>Name</i>	<i>Description</i>	<i>Translation</i>
Bavette	Narrower version of tagliatelle	Little
thread Bavettine	version of bavette	Narrower
Fettuce	Wider version of fettuccine	Ribbons
Fettuccine	Ribbon of pasta approximately 6.5 millimeters wide	Little
ribbons Fettucelle	version of fettuccine	Narrower

Lasagne C.A. Wide flat noodles

Page

Lasagne Very wide noodles that often have fluted edges Cooking

pot Lasagnette Narrower version of lasagne

Lasagnotte Longer version of

Semester V: Unit 2: Chapter 5.6

lasagna Linguettine

Narrower

version of linguine

Linguine

Flattened spaghetti

Little

tongues Mafalde

Short

rectangular ribbons

Mafaldine

Long ribbons with ruffled

sides Pappardelle

Thick flat ribbon

Semester V: Unit 2: Chapter 5.6

<i>Name</i>	<i>Description</i>	<i>Translation</i>
Pillus	Very thin ribbons	
Pizzoccheri	Ribbon pasta made from buckwheat	
Reginette	Wide ribbon with rippled edges	Little
queens Sagnarelli	Rectangular ribbons with fluted edges	
Sciatelli of Sciatelli	Home-made long spaghetti with a twisted long spiral	
Stringozzi	Similar to shoelaces	From stringhe, meaning shoestrings
Tagliatelle	Ribbon fairly thinner than fettucine	From “tagliare” – to cut
Taglierini	Thinner version of Tagliatelle	
Trenette	Thin ribbon ridged on one side	
Tripoline	Thick ribbon ridged on one side	

Micro Pasta

Name	Description	Translation
Acini di Pepe	Bead-like pasta	Peppercorns
Anelli	Small rings of pasta	Rings
Anellini	Smaller version of Anelli	Little rings
Conchigliette	Small shell shaped pasta	Little shells
Corallini	Small short tubes of pasta	Little corals
Ditali	Small short tubes	Thimbles
Ditalini	Smaller version of Ditali	Little thimbles
Farfalline	Small bow tie shaped pasta	Either bowties or little butterflies
Fideos	Short thin pasta	
Filini U.C.A	Smaller version of	Thin threads, (from filo, meaning thread)
Fideos		
Fregula	Bead-like pasta from Sardinia	
Funghini	Small mushroom shaped pasta	Little mushrooms

Semester V: Unit 2: Chapter 5.6

Ochidi Pernice Very small rings of pasta

Partridge's eyes

Semester V: Unit 2: Chapter 5.6

<i>Name</i>	<i>Description</i>	<i>Translation</i>
Orzo	Rice shaped pasta, also “Risoni”	Barley
<i>Pastina</i>	Small spheres about the same size or smaller than Acini di Pepe	Little pasta
Pearl Pasta	Spheres slightly larger than Acini di Pepe	
Quadrettini	Small flat squares of pasta	Little squares
Risi	Smaller version of Orzo	Little rice
Seme di Melone	Small seed shaped pasta	Melon seeds
Stelle	Small star-shaped pasta	Stars
Stelline	Smaller version of Stelle	Little stars
Stortini	Smaller version of elbow macaroni	Little crooked
ones Trachana		Granular,
irregular shaped pasta of Greek origin		

Stuffed Pasta

<i>Name</i>	<i>Description</i>	<i>Translation</i>
Agnolotti	Semi-circular pockets; can be stuffed with ricotta or mix of cheese and meats or pureed vegetables	Lambs’ ears
Cannelloni	Oven cooked, stuffed rolls of pasta	Big tubes
Casoncel li	A semi-circular stuffed pasta, specifically associated with the style alla bergamasca, which is stuffed with a mixture of bread crumbs, egg, cheese, ground beef, salami, raisins, Amaretti biscuits, pear, and garlic	
<i>Fagottini</i>	A ‘purse’ or bundle of pasta, made from a round of dough gathered into a ball- shaped bundle, often stuffed with ricotta and fresh pear	Little purses
<i>M.U.C.A</i>		<i>Page</i>
Mezzelune	Semi-circular pockets; about 2.5 in. diameter	Half-moons
Occhi di Lupo	A large, penne shaped pasta that is stuffed with Wolf	Eyes of the
Panzerotti	Pasta made from eggs cheese and	

Semester V: Unit 2: Chapter 5.6

flour Pelmeni Meat-filled dumplings, usually

served in broth

Pierogi Dumplings filled with meat, vegetables, cheese or fruit

Ravioli Square. About 3x3cm. Stuffed with cheese, ground meat, pureed vegetables,
Possibly from

Semester V: Unit 2: Chapter 5.6

<i>Name</i>	<i>Description</i>	<i>Translation</i>
	or mixtures thereof	rapa, "turnip"
Sacchettini		Little

COMMON PASTA DISHES/SAUCES:

- **Agnolotti** is a kind of ravioli typical of the Piedmont region of Italy, made with small pieces of flattened pasta dough, folded over with a roast beef meat and vegetable stuffing.
- **Cannelloni** (Italian: large reeds) are a cylindrical type of pasta generally served baked with a filling and covered by a sauce. The stuffing may include spinach and various kinds of meat. The sauces typically used are tomato or béchamel sauce.
- **Gnocchi** are various thick, soft pastas that may be made from semolina, ordinary wheat flour, flour and egg, flour, egg, and cheese, potato, breadcrumbs, or similar ingredients.
- **Lasagne** (*singular lasagna*) are a wide, flat pasta shape, and possibly one of the oldest types of pasta. The word also refers to a dish made with several layers of lasagne sheets alternated with sauces and various other ingredients. Lasagne originated in Italy, in the region of Emilia-Romagna.[citation needed] Traditional lasagne is made by interleaving layers of pasta with layers of sauce, made with ragù, bechamel, and Parmigiano-Reggiano.
- **Bolognese sauce** (**MEAT SAUCE**) known in Italian as ragù alla bolognese, is a meat-based sauce originating from Bologna, Italy. Ingredients include a characteristic *soffritto* of onion, celery and carrot, different types of minced or finely chopped meat (generally bovine, including beef, and possibly pork, such as pancetta), wine and a small amount of tomato concentrate.
- **Sugo all'amatriciana or alla matriciana** (in Romanesco dialect) is a traditional Italian pasta sauce based on guanciale (cured pork cheek), pecorino cheese, and tomato.
- **Arrabbiata sauce, or sugo all'arrabbiata** in Italian, is a spicy sauce for pasta made from garlic, tomatoes, and red chili peppers cooked in olive oil. "Arrabbiata" literally means "angry" in Italian, and the name of the sauce is due to the heat of the chili peppers.
- **Carbonara** is an Italian pasta dish from Latium, and more specifically to Rome, based on eggs, cheese (Pecorino Romano or Parmigiano-Reggiano), bacon (guanciale or pancetta), and black pepper.
- **Genovese** sauce is a rich, onion-based pasta sauce from the region of Campania, Italy.
- **Marinara** sauce is a Italian tomato sauce usually made with tomatoes, garlic, herbs, and onions. Its many variations can include the addition of capers, olives and spices. It is occasionally sweetened with a dash of red wine.
- **Pesto** is a sauce originating in Genoa in the Liguria region of northern Italy (pesto genovese), and traditionally consists of crushed garlic, basil, and European pine nuts blended with olive oil, Parmigiano Reggiano (Parmesan cheese), and Fiore Sardo (cheese made from sheep's milk).
- **Pasta Puttanesca** (Italian Penne alla Puttanesca) is a traditional Italian pasta dish made with a sauce named *sugo alla puttanesca*. The ingredients for sugo alla puttanesca tend to be very easy to find, and are typically Mediterranean. Extra-virgin olive oil (with butter, if preferred) is put in a frying pan. Then, finely chopped cloves of garlic (sometimes with onions) are added, followed by peperoncino (dried hot peppers) and anchovy fillets mashed with a fork. Anchovies are usually not sautéed for a long time, to avoid a strong "fishy" taste. Tuna and mushrooms may also be added for variety to the soffritto. Tomatoes are poured in, and when the sauce comes to the boiling point, chopped capers (in vinegar) and stoned black olives will be added. Then the sauce will be reduced over fierce heat. As a final touch, chopped parsley (preferably with fresh basil leaves) is occasionally included. Recipes may differ according to preferences; sugo alla puttanesca must be a little salty (from salted anchovies and olives), spicy (from hot red peppers) and quite fragrant (with large amounts of garlic).
- **Alfredo**: In the culinary arts, alfredo is a creamy sauce that can be served with pasta and chicken. The basic ingredients of alfredo sauce are cream, butter and

Semester V: Unit 2: Chapter 5.6

parmesan cheese. Other alfredo ingredients frequently include garlic and chopped parsley.

Semester V: Unit 2: Chapter 5.6

A PUNCH OF PIZZA.....

Historical origins:

If there is a food that is simultaneously a dish, a symbol, and a ritual, that food is pizza. Beloved worldwide, there is no better known type of cuisine than pizza. ***Pizza itself originated in the area of today's Israel*** (Israel, Cyprus, Jordan, Lebanon, Palestine, and Syria) where the pizza was first called ***pita***, a simple flatbread consisting of flour, yeast, salt, and sugar that was then baked in a hot oven. From there, the pita migrated through Turkey, where the ***Byzantines influenced the pita by further seasoning or stuffing the flatbread***. Finally, the ***pita made its way to Italy with the rise of the Roman Empire***. The dish became more of what we would recognize as today's ***focaccia***, and the Romans renamed the dish ***pizze***.

Pizza has spent most of its history in ignominy because the ***Italian aristocracy viewed the dish as peasant, or street food***. Pizza was made in small taverns called ***pizzerias*** by trained ***pizzaioli*** who handcrafted the pizzas and then handed them off to peddlers who then sold them to hungry customers. ***The peddlers walked around the streets with a foldable table on their backs and a round stove on their heads***. When stopped by a customer, the peddler unfolded the table, placed the stove on top of it, and took a warm slice of pizza out of the oven to give to the hungry customer. Until the 1960s, a customer could still buy a slice of pizza this way in Italy. As Italians emigrated from Italy to the ***United States of America in the late 1800s and early 1900s***, they brought with them their cuisine and introduced pizza to America.

Pizza has enlarged many economies, modified various social patterns, and encouraged amateur and professional chefs to add exciting dishes to cuisine. As a dish, pizza has become beloved throughout the world. It appeals to the working class and wealthy alike.

The tradition of Pizza:

Believed to be the birthplace of pizza, the Italian city of Naples is known around the world, even still today, to have the best tasting pizza anywhere. Pizza is made a little differently in Naples than it is in other places, such as the United States. Many Neapolitan pizza recipes have remained the same for more than three hundred years and many pizza makers in Naples will only make their pizzas in the traditional Neapolitan ways, with only the ingredients and toppings that were used in the beginning of pizza making in Naples. ***Neapolitan pizza makers will often use only large wood burning ovens as they have done since the days when pizza was first introduced to the people***. These traditional pizza ovens can reach as high as nine hundred degrees, at this temperature it only takes around four or five minutes to cook a pizza completely. In Italy, pizza is one of the most reasonable dishes you can have.

Some of the most well known types of traditional pizza from the city of Naples are:

The ***Pizza Margherita, or Pizza Margarita*** to some, is a classic Neapolitan pizza which is made with extra virgin olive oil, fresh tomatoes, basil and sliced mozzarella cheese. This pizza was first created by Raffaele Esposito, a local baker in Naples. He made it for the visit of King Umberto the first and Queen Margherita of the new established Savoy dynasty, along with two others, Queen Margherita proclaimed this particular pizza her favorite for its delicious taste and colors that represented the colors on the Italian flag. So this pizza was from then on known as the Pizza Margherita, in her honor.

The Pizza Marinara, which is considered to be the first type of traditional Neapolitan pizza ever to have been made and sold to the public. ***Pizza Marinara is a very simple pizza that is made with extra virgin olive oil, fresh tomatoes, oregano and garlic***. Originally, ***Pizza Marinara*** was said to be made by local bakers and sold to the poor people of Naples from hand carts and stands in the streets.

Semester V: Unit 2: Chapter 5.6

The Pizza Quattro Stagioni, or four seasons pizza in English, is a beautiful and tasty Neopolitan pizza that is divided into four sections to represent the four seasons. Each section has different toppings, giving each slice it's own unique flavor, as well as making it a more difficult and time consuming pizza to put together. The original creator of the pizza quattro stagioni is not known or documented, but Antonio Pace, owner of *Ciro a Santa Brigida Ristorante Pizzeria* in Naples, has claimed that one of his ancestors had invented the now famous Neopolitan pizza to please his family's different tastes.

These are just three of the great traditional pizzas of the historic city of Naples, Italy, birthplace of the pizza and home to some of the most delicious pizza in the world. If you're ever in the area, be sure to stop in and try the best pizza you ever tasted because it's really different from pizza that you ever found anywhere else. One of the reasons why Naples's pizza so tasty compared to others is the ingredients. According to people who stay in there the ingredient for Naples pizza aren't available elsewhere. That is the reason why Italian's pizza so unique and also really special.

Common pizza toppings:

- Focaccia al rosmarino* - based on rosemary and olive oil, sometimes served with prosciutto. Usually served as appetizer
- Pizza marinara* - based on tomato, oregano and garlic
- Pizza Margherita* - based on tomato and mozzarella
- Pizza alla napoletana (or Napoli)* - tomato, mozzarella and anchovy
- *Pizza siciliana* — tomato, mozzarella, capperi, olive and anchovy
- *Pizza romana* — tomato, mozzarella, capperi and anchovy
- *Pizza pugliese* — tomato, mozzarella and onions
- Pizza capricciosa* - with tomato, mozzarella, mushrooms, artichokes, black and green olives
- Pizza quattro stagioni* - based on tomato and divided in four sectors, one for each season:
 - Spring: cooked ham (prosciutto cotto) and black olives
 - Summer: artichokes and anchovy
 - Autumn: tomato and mozzarella (like *Pizza Margherita*)
 - Winter: mushrooms
- Pizza ai quattro formaggi* - (four cheese pizza) with four different cheeses (sometimes melted together, sometimes in sectors)
- Pizza ai funghi e salsicce* (*Pizza with mushroom and sausage*) or *boscaiola* - with mozzarella, mushrooms and sausages, with or without tomato.
- Calzone* - folded over dough usually filled with ricotta and other ingredients

Semester V: Unit 2: Chapter 5.6

HISTORY OF MEXICAN CUISINE

The history of Mexican food is a long and diverse one. It is believed that authentic Mexican food might have been derived from the Mayan Indians. They were traditionally nomadic hunters and gatherers. Corn tortillas with bean paste were a common food item; but they also ate wild game, tropic fruits, and fish. In the mid 1300's, The Aztec Empire was thriving, and though the Mayan food staples were still in use, chili peppers, honey, salt and chocolate found its way into their cooking. Some of the wild game, such as turkey and duck, had now become domesticated.

In 1521 Spain invaded Mexico. Spanish foods had the most influence on the Mexican cuisine. They introduced new livestock, such as sheep, pigs and cows. They brought with them dairy products, and garlic as well as many different herbs, wheat and spices. It was at this time that the Mexican people saw the assimilation of many other cuisines including Caribbean, South American, French, West African and Portuguese. Because of this Mexican foods today are diverse, yet dishes to vary from region to region.

A Brief History on Some of the Mexican Foods

Salsa was sold in the Aztec market places. Salsa, the Spanish word for sauce, is uncooked and sometimes pureed until chunky, smooth, or chopped. Large red tomatoes, tomatillo, chipotle {a staple in the Aztec diet} and the avocado are found in the modern salsa, and are the same core ingredients used in the past. We can thank the Aztecs for Chocolate. It was through them that the Spaniards brought the product to Europe in 1657.

The term enchilada is first referenced in the US in 1885. Yet the concept of tortillas being used as a wrap can be clearly linked to the Aztecs. The word enchilada means "in chile."

The tomatillo is a fruit that dates back to at least 800 BC, the word meaning round and plump. The Aztecs domesticated it, and when the Europeans came to Mexico, they documented the local foods and often confused the names by shortening the words. Though never popular with Europeans, it thrived in Italy. Today a relative of the fruit is common in the US. Tomatillo, a member of the night shade family, provides tart flavor in many different green sauces.

The Portuguese aided the spread of the chili pepper plants. Though the earliest mention was in 1542 when a German herbalist, Leonhart Fuchs, described and illustrated several types of peppers. Though for people of Europe, the history of the pepper began in the late 15th century, when Columbus brought the peppers home. There is archaeological evidence that peppers were in use since 5000 BC.

Pre-Columbus is how far back the Tamale can be traced. The Friar Bernardino de Sahagun documented that the Spaniards were served tamales by the Aztecs in the 1550's.

Other foods that we associate with Mexican cuisine, are not traditionally so. The Flan was discovered in Medieval Europe. And ceviche is an Inca discovery, eating their catch of the day raw with only a few seasonings. It wasn't until the late 15th century when Native American chefs of Ecuador and Peru began to add the citrus fruits with the South American fish, and creating the dish that we know today.

Flavors from around the world have influenced Mexican dishes. The same can be said about Mexican traditional favorites affecting other countries menus. In just about every culture you look at, you can find a hint of Mexico.

Mexican fare is like the melting pot of cuisines. They started with their own native flavors and then eventually added influences from Spain, Europe, India and even China.

TYPICAL INGREDIENTS OF MEXICAN CUISINE

Native Ingredients : Meat was scarce before the Spaniards arrived, so the Mexican natives used corn and beans as their main nutritional staple. Chiles and heavy spices were used to give their dishes flavor. Mexico's seaside communities relied on the plentiful array of seafood as a source of meat for their dishes. Soon the Spaniards brought over garlic, onions, cheese, wheat, chicken and more. The native Mexicans soon moulded these new items into their indigenous dishes.

Herbs and condiments (typical to the cuisine):

- **Achiote or Annatto Seeds:** Achiote or Annatto seeds is a spice that grows heavily in the Yucatán area and is unique and native to this area. The seeds come from the Annatto tree, which grows beautiful pink flowers that produce a prickly pod which has dozens and dozens of these seeds inside. The seeds have a beautiful brown, brick, reddish warm and appealing color. The Mayas used the seeds since Pre- Hispanic times to color their skin, garments, art and they also mixed them with their chocolate drink as a symbol of blood, given the color, in their rites. The seeds provide a strong, pungent and sort of permanent flavor to the dishes they are used in.
- **Achiote Paste or Recado Rojo:** The achiote paste or recado rojo, is one of the main seasonings of the Yucatecan cuisine. Although it is mainly known for its use as the base of a marinade in the Pibil style dishes, it is used in many other ways. This paste is made of achiote seeds, charred garlic, toasted herbs and spices such as oregano, cloves, cumin, black peppercorns, allspice, coriander seeds, salt and bitter orange or its substitute, which is a mix of citrus juices and/or vinegar.
- **Acitrón:** Acitrón is one of the few ingredients used for Mexican cooking that is still very hard to find outside of Mexico. Acitrón is made with the *pad or paddle-leaf- of a cactus plant called biznaga*, which is similar to the prickly pear but rounder in shape and it also grows in dry land. To make acitrón, the leaves are peeled off the outer skin along with the little thorns, sometimes soaked in a lime solution, dried in the sun and finally simmered in a syrup made with water and sugar or honey, then left to dry again. In Mexico it is sold in stores and markets in square or rectangular small blocks along with other candied fruits or vegetables, of which the most popular is the candied sweet potato or *camote*.
- **Allspice or Pimienta Gorda:** It wasn't until recently that allspice became incorporated into Mexican local cuisine. Allspice has been grown in Mexico since the 1600's but was seen as an exotic and expensive spice for export. Allspice is as unique and simple as it sounds. It is the only spice that grows exclusively in the Western Hemisphere. When the Spaniards first encountered it in Jamaica, they named it pimienta because of its close resemblance to peppercorn. Because allspice is much larger than peppercorn it earned the name pimienta gorda, which literally means fat peppercorn.
- **Hoja Santa or Hierba Santa :** The name Hoja Santa translates to "sacred leaf." The leaves of the hoja santa plant are heart-shaped with a thick velvety texture. These leaves can grow up to a foot and sometimes more. Though hoja santa is found throughout Mexico, it is mostly used in the south. Mexican cooks use hoja santa judiciously because of its strong, unique, taste.
- **Cilantro :** Cilantro is also known by many names like culantro, coriander and even Chinese parsley. Although it didn't originate in Mexico, it has grown such strong roots in its cuisine, to the point that its hard to think about Mexican cooking without it. It has delicate, paper thin leaves and tender stems. Its deep green color tends to

Semester V: Unit 2: Chapter 5.6

be shiny too. It is used for countless foods including being a key ingredients of many salsas, guacamoles and pico de gallo. It is used to flavor beans, rice, salads, stews amongst some dishes. It is even placed frequently on the table in a bowl, just as an optional garnish for tacos, antojos and soups. In the last couple decades it has even become quite popular for smoothies and juices.

- **Cinnamon** The cinnamon mostly used in Mexican cuisine is called Ceylon and it is also known as true cinnamon. It is quite different from Cassia, which is mostly found in US stores. However, as time moves on, one can find true cinnamon in an increasing number of stores here.
- **Epazote** : The epazote herb is one deeply Mexican ingredient that has no near substitute. It has a very unique, clear and deep flavour that adds a lot of character to a dish..
- **Hibiscus or Jamaica Flowers** : Originally from Africa or India, hibiscus flowers arrived in Mexico in colonial times and have become deeply integrated into Mexican cuisine. Often used to prepare *agua de jamaica*, or freshly flavored water, fruit popsicles or Jell-O, the dried flowers infuse the liquid with a deep, vivid red color. They are not just any Hibiscus flower though. These are “Hibiscus Sabdariffa” also known as Roselle. In Mexico known as Jamaica, it is well known in Mexico that the flowers contain helpful diuretic and digestive properties, as well as high levels of vitamin C and other minerals. They can be incorporated into many other dishes to add a peculiarly tangy taste, similar to cranberries.
- **Purslane or verdolagas**: It is nutritious and succulent, yet it has long been considered a weed in the United States. Indeed, once it grows roots, it spreads and grows fast. It is essential to the cuisine of Central Mexico, where it is most commonly added to *Puerco con Verdolagas*. There, slowly braised pork is finished off in a seasoned salsa verde and verdolagas are dropped in almost when it’s done.
- **Piloncillo** : Piloncillo is the rawest form of sugar cane. The same thing as cane juice but in a solid form. It typically comes in a block, with the shape of a cone, square or round. It can be substituted for brown sugar. However, the flavor of piloncillo is more rustic.
- **Saffron** : Saffron native to Asia, was brought to Mexico by the Spaniards, who in turn learned how to use it from the Arabs. Once in Mexico, it took strong roots especially in the Yucatan Peninsula and the South East regions. However, since it is very expensive, there are seasonings that have been developed trying to approximate its flavor. Also, achiote seeds have been used instead, given how cheap they are, and how similar to saffron their strong taste and deep infusing color is.
- **Cacao** - (*Theobroma cacao*) is a small (4 - 8 m tall) evergreen tree in the family Sterculiaceae (alternatively Malvaceae), native to tropical Mexico, but now cultivated throughout the tropics. Its seeds are used to make cocoa and chocolate.

Banana Leaves : Incredibly long leaves from the banana tree, the banana leaves have a beautiful deep green color and a strong fragrant smell. They are often used in Mexican cooking to wrap and cook many kinds of foods including tamales, meats, fish and poultry. They are both malleable and strong. Cooking in them not only concentrates the flavors of the wrapped ingredients but it also infuses them with a grassy, intensely aromatic and fresh feel.

Chilli peppers:

- **Ancho Chile** : The Ancho chile is a stellar ingredient in Mexican cuisine. It is probably the most used dried Chile throughout Mexico and no wonder why: Its flavor is unmatched. The Ancho is the Poblano Chile that has been ripened to a deep red and then dried. This concentrates the already exuberant and fruity flavors of the Poblanos.

Semester V: Unit 2: Chapter 5.6

- **Banana Pepper or Chiles Güeros** : Banana peppers are called chiles güeros in many regions of Mexico. Güero, translates to blond, name given because of their pale, yellowish color. There are different varieties of banana peppers, but they are pale and light in looks, have waxy skin, and a similar flavor to Jalapeños. Their heat level can range from mild to hot.
- **Cascabel Chile** : Its name, Cascabel, which translates to rattle, comes from the sound it makes when you shake it. With its sphere, globe-like shape, the dried seeds have a lot of room to play and make noise in. Sometimes, because of that shape it is also called Chile Bola, as in ball.
- **Chilaca Chile** : The chilacas, similar to the American Anaheim, are long, thin chiles, that sometimes twist and have a shiny light green color. Their heat goes from mild to mildly hot, but they are never very spicy. Chilacas are very meaty and are used many times as a vegetable. Most times charred, peeled, and seeded, like the Poblanos, they are used for side dishes like rajas sauteed with onions and sometimes cream and cheese. They are also used for eggs, sauces, soups, casseroles and fillings, amongst other things.
- **Chile de árbol** : Chile de árbol is a very spicy, yet incredibly flavorful dried chile. It is small, but elongated and thin. It has a deep and shiny orange-red color and it is used in many, many ways. It is often crushed for very spicy table salsas, though it is also used to add flavor and a bit of heat if not opened when cooking, amongst others.
- **Chipotle Chile** : The Chipotle chile is the Jalapeño chile, that has been ripened, dried and smoked. Its name comes from the náhuatl Chilli or Chile, and Poctli or smoke. The process of drying and smoking Jalapeños has existed for centuries, even before the Spaniards arrived. It was considered a way to preserve chiles for long periods of time and also bring out their interesting qualities. There are different kinds of Chipotle chiles, all of which are spicy, smoky and rich.
- **Chipotle chiles in adobo sauce**: Chipotles in adobo sauce are one of the favorite Mexican ingredients of many professionals. They are ready to be spooned on top or inside of almost anything: quesadillas, tacos, sandwiches, grilled meats... Yet, they are also a wonderful cooking ingredient to use for making a wide range of dishes, from soups to moles, from salsas to stews and even mashed potatoes. Chipotles have truly unique layers of flavor that come together in a most wonderful way: smoky, sweet, deep, rich and pleasantly spicy.
- **Catarina chile pepper**: This Mexican chile is used to make tamales, marinades, stews and soups.
- **Chilcostle chile**: This Mexican chile is used in soups, stews, tamales, and mole sauces
- **Guajillo Chile** : The Guajillo chile is one of the most commonly used Mexican dried chiles, and it is now widely available in the United States. It is long and pointy, with a beautiful maroon color. Its skin is quite smooth and shiny on the outside, but it is hard and tougher and less pliable than others, like the Ancho. It has a pleasant and deep flavor, with mild heat. It tends to be a crowd pleaser.
- **Habanero Chile** : They have colorful colors that go from green to the yellow, and then orange to red as they mature. They are small, shiny and have waxy skin. But as much as their looks are inviting, they are the spiciest chiles in Mexican cuisine. They are incredibly fierce. With a rating of 300,000 to 350,000 on the **Scoville scale for measuring hotness of a chili pepper**, you can get an idea of how hot they are: Jalapeños go around 10,000 to 15,000.
- **Jalapeño Chile** : This is probably the most well known fresh chile outside of Mexico. It is extremely popular inside the country as well. It looks a bit similar to the Serrano chile, and can be used interchangeably, thus they are many times confused. They are both dark green, with a shine to them, and carry a small and thin darker stem. However, the Jalapeño is larger, bigger, rounder and chubbier than the Serrano. Ironically, it is milder in heat and has a lighter taste. Just as most fresh chiles, its

Semester V: Unit 2: Chapter 5.6

heat can be pumped down by removing the seeds and veins. Similarly as other fresh chiles, don't buy them if they have wrinkled skin or dark brown or black spots.

- ***Mulato Chile*** : The Mulato chile has similar looks to the Ancho chile but instead of a reddish black skin it has a dark black skin. The Mulato chile also has a sweeter, fuller and more chocolaty flavor than the Ancho. The Mulato chile comes from a variation of the Chile Poblano that has slightly different genes with a darker color and fuller flavor. It is hard to find the latter Poblano chile variation, as the growers prefer to dry them since they can sell them at a higher price at the markets.
- ***Pasilla Chile*** : The Pasilla Chile is the dried Chilaca Chile. It is also by far the most harvested and used chile in the state of Michoacan. In some towns you can see some patios covered with mats where hundreds and thousands of Chilacas are being dried in the sun to be turned into Pasillas. When it is fresh, it is long and shiny with a bright light green color. Once dried and with the name Pasilla, it is very long, slender, dark brown or black, with soft wrinkled skin. It has a rich, earthy and mildly spicy taste with a hint of sweetness. It is used for many things such as table sauces, soups, stews, rubs, marinades and moles.
- ***Piquí-n Chile*** : These chiles pack a punch of flavor and more importantly, they have been spicing up Mexico's taste buds for a long time in many ways. Different varieties of Piquí-n grow in bushes that have small and pointy leaves. They are tiny and grow to be only 1 to 2 centimeters long, round and a bit elongated. When fresh, they start green and as they mature their color turns to a deep red that moves towards brown as they dry, which is how they are mostly consumed. Piquí-n chiles have a deep flavor with hints of citrus and smoke. They are a bit spicy but incredibly pleasant.
- ***Chile Piquin goes by different names such as tepí-n, chiltepí-n, chilito, Chiapas (like the state located in south east Mexico), diente de tlacuache (opposum's tooth), mosquito, pajarito (little bird), enano (dwarf), pulga (flea), amash, and chilpaya amongst others...***
- ***Poblano Chile or Pepper*** : The Poblano chile is a star in Mexican kitchens. It is used in a wide range of ways and in a wide range of dishes. Some well known examples are Chiles en Nogada, rajas, pickled, and stuffed with meat or cheese and bathed in a tomato sauce. But there are hundreds of other ways... Aside from being absolutely gorgeous – chubby, curvy, large and with a beautiful dark green color with a bit of a shine to it- it has a striking flavor -rich, exuberant and fruity. It tends to be a bit capricious as well: it ranges from the very mild to the very hot. However, there are ways to tame its heat.
- ***Serrano Chile*** : Serranos are spicy. However, as with most chiles, you can pump down the heat by removing the seeds and veins. They have, like the Jalapeños, a dark and deep green color, shinny skin and a small and thin stem. However, Serranos tend to be on the smaller side and are much thinner and appear longer.
- ▶ Smaller peppers are usually hotter than larger peppers.
- ▶ Peppers often become hotter as they ripen, and hotter still when they're dried. Dried peppers tend to have a richer, more concentrated flavor.
- ▶ To tone down the heat of a pepper, cut it open and remove the seeds and the white ribs.
- ▶ When working with peppers, wear rubber gloves or, in a pinch, coat your hands with vegetable oil. Wash your hands carefully afterwards.
- ▶ Chiles don't freeze well.

BEANS AND GRAINS:

- ***Black Beans*** : Beans are a crucial part of any Mexican meal, where the black bean is the most common bean used generally speaking. However, speaking regionally, it is favored in the Southern states and also in Veracruz. In the northern areas of Mexico, the lighter colored beans such as the Pinto are more common, and in the center areas, both kinds are eaten as well as Peruvian beans.

Semester V: Unit 2: Chapter 5.6

- **Fava Beans** : Fava beans have been around for quite a long time. Ancient Egyptians prized them so much that they were buried with them inside of their tombs! Originally native to Africa and southwest Asia, today Favas are cultivated all over the world. Thanks to the Spaniards, Mexicans have been enjoying them since the XVI century, in many different ways. Filled with nutrients and Vitamins, they are also filled with a deep strong flavor. In Central Mexico, they are commonly found fresh at markets in the spring time where they range in size from the mini to the large and in colors from the pale green to the deep purple. When fresh, they come with a shell and a leathery skin underneath it, both of which need to be removed before eating, which can be quite laborious. Then they are eaten in soups, stews and salads mostly.
- **Pinto Beans** : These are lighter in color, creamier in texture and softer than black beans. In Northern states, the pinto is the most popular bean. In Sinaloa they cook them with onion, garlic, tomato and the serrano chile, those four ingredients that are the basis for many Mexican dishes. There is also a twist on Sinaloa beans called frijoles puercos or piggy style beans which is rather heavy, and served with bacon, chorizo, and cheese
- **Chia Seeds** :With a metallic dark color and mottled skin, Chia seeds are delightfully crunchy. Once they are rehydrate in water, they become covered in an irresistible gelatinous layer. Scientifically, *Salvia Hispanica*, they come from a flowering plant from the mint family. Some new wave health oriented groups, call it “the Miracle seed”. They are indeed miraculous for good digestion and some say weight loss. In Mexico they have been used for centuries. In Aztec times, aside from eating, they were one of the main means of exchange and also used for religious rituals.
- **Hominy, Maíz Cacahuacintle, Mote or Giant Corn** : Maíz cacahuacintle is one of the favorite types of corn in Mexico. It has giant kernels that are whiter, softer, thicker, with rounder tops, than the regular white or yellow corn. It also has a deep, mealy bite. Its traditional name, cacahuacintle comes from the combination of two náhuatl words, cacáhuatl and centli, meaning corn and cacao, because of its size, mostly. Though this giant corn is most used to make pozole, it is also used to make other dishes like tamales, sweets, drinks, and is eaten in street style crazy corn.
- **Peanuts or Cacahuates** : Peanuts have been in Mexico’s culinary repertoire since Pre-Hispanic times. Though its origins can be traced to Southern Latin America, specifically Peru, and it is said to have been domesticated in Bolivia or Paraguay, when the Spanish arrived in Mexico they found it for sale in the street markets where it was a staple. Used to snack on, be it raw, roasted, toasted, steamed, salted or spiced up and combined with other ingredients like in **Pico de Gallos**; as a thickener for Mole sauces or salsas, soups and stews; its oil extracted and used in and out of the kitchen; in “palanqueta” or bark form, entirely covered and hardened in some kind of a sweet and thick syrup and other sweets and even drinks! As times have moved on, the peanut not only remains central to our eating but also to our celebrating.
- **Pumpkin Seeds (Pepitas in Spanish)**:They have a mellow, somewhat nutty, almost sweet, barely chewy and nutritious nature. They are also one of the most nutritious seeds (they are full of fiber, vitamins, minerals and antioxidants). Pepitas are the seeds of different kinds of pumpkins! They have been a part of Mexican cooking as long as...well...Mexican cooking and just as well as pumpkins, have been used in a myriad of ways over thousands of years. Pumpkin seeds were prized by both the Aztecs and Mayans and it is said that the Mayans were the ones who began grinding them to make bases for sauces. In fact, the Yucatan Peninsula, home of the Mayas, has amongst its basic seasoning pastes (one being the famous achiote paste) a lightly colored pumpkin seed paste that can already be bought in the markets.

Semester V: Unit 2: Chapter 5.6

VEGETABLES:

- ***Cactus Paddles or Nopales*** : It's hard to think of Mexico without images of cactus plants. From landscapes to murals, to paintings, photos, plays, songs... and namely to the Mexican flag! To think of a Mexican table without cactus, or nopales, on the plates is difficult. They've been a crucial ingredient since pre-Hispanic times. Though there are hundreds of varieties, the most common is the Prickly Pear cactus. It has fleshy leaves or paddles, that are used as a vegetable in salads, stews, soups, eggs, stews, all sorts of appetizers and even smoothies and juices -a really popular one combines nopales with orange juice and my mom is fond of adding fresh spinach to the mix. They are used as a base to mount other ingredients onto, as a wrapper instead of thick tortillas and as a filler or topper for tamales, quesadillas, tostadas... They are found from breakfast to dinner options and anywhere in between.
- ***Calabacita italiana or Italian zucchini*** : The most commonly used zucchini in Mexican cooking is either what in Mexico is called the calabacita italiana, or Italian zucchini, or the calabacita bola or round squash, which is similar to the Italian but rounder and smaller and used a lot in French cooking. Italian zucchini is different from the regular green zucchini found in most US stores, in that the later is large, thick and has a uniform dark green color. The Italian zucchini is smaller, a bit rounder with a chubbier appearance, and has a lighter green color that is randomly speckled with a cream color and is milder and sweeter in flavor.
- ***Chayote Squash*** : Chayote, also called chayote squash (it is from the squash family), choko, vegetable pear, mirliton and christophene, is a beautiful pear like shaped vegetable. Ironically, it has a texture similar to a pear that isn't ripe, but less grainy. Its flavor is more neutral, like a cross between a pear and a cucumber... Crispy, watery, very low-fat, with a clean and wholesome feel, chayote can be used many ways. Most typically in soups, as a warm vegetable side, a cold salad or very popularly stuffed either with a sweet or savory spin. They are most times cooked and best al dente, unless eaten stuffed.
- ***Huauzontles*** : Huauzontles, also called Huazontles or Cuazontles, are a native plant to Mexico. Their scientific name is *Chenopodium nuttalliae*. Huauzontles gave a very thick main stem, oval leaves -that aren't eaten- and thinner stems filled with edible green flowers that resemble broccoli or rapini, but are much more smaller and delicate. Similarly as the Epazote, Huauzontles have a deep, clean and almost astringent smell. Some people say they taste similar to spinach or watercress. Though they have been commonly eaten during Lent for centuries, but they are also eaten throughout the year.
- ***Huitlacoche*** A true Mexican delicacy, also called cuitlacoche, it is a form of fungus similar to some mushrooms, that grows on fresh corn. It grows in an oversize and disproportionate manner on the ears of corn, producing huge kernels that are black inside and covered with a somewhat silvery-white, sparkly and velvet textured skin. Its flavor is intense and unmatchable: mushroomy, earthy, woody, a bit inky... reminds me of calamari ink.
- ***Jicama*** : Jícamas are one of the many Mexican ingredients that luckily, have become readily available outside of the country. Also known as Mexican yams or turnips, they are also a root vegetable. But they are far from the latter in flavor, texture or cooking uses. They are mostly (and as far as I know also successfully) eaten raw. No need to try to cook them, for many of the qualities they are loved for would be lost. They have a similar taste and crunch as the water chestnuts, but in my view, jícamas are more refreshing, crispy, sweet and watery.
- ***Squash Blossoms*** : Squash blossoms are considered a true delicacy in Mexican cuisine. Available in rainy months, they fly out of the markets as soon as they are set on the floor mats and stands. No wonder they are such a hot selling ingredient: They

Semester V: Unit 2: Chapter 5.6

are gorgeous looking, with orange and green Fall colors, a velvety texture, a meaty and crunchy bite and a delicate and exuberant flavor.

- **Tomatillos** : Although they are widely available in the US, I don't think I have met more than a couple people here who use fresh tomatillos in their cooking. It may be partly because people are not familiar with them or how to cook them, but.... they are not an appealing ingredient as far as looks go with the first impression! But let me tell you why you should definitely give them a try.

FRUITS

- **Avocados** : The smooth, soothing, creamy qualities of avocados are the perfect combination to the richly flavored and sometimes spicy Mexican food.
- **Mamey**: (sapota, mamey sapote) is a species of tree native to Central America, naturally ranging from southern Mexico to southern Costa Rica. The fruit is about 10 to 25 cm (4 to 10 inches) long and 8 to 12 cm (3 to 5 inches) wide and has flesh ranging in color from pink to orange to red. The brown skin has a texture somewhat between sandpaper and the fuzz on a peach. The fruit's texture is creamy and soft. A mamey sapote is ripe when the flesh is pink when a fleck of the skin is removed. The fruit is eaten raw or made into milkshakes, smoothies, ice cream and fruit bars. It can be used to produce marmalade and jelly.
- **Bitter Orange** : The bitter orange or *naranja agria* is a citrus fruit that has a peculiar bitter flavor and a very high acidity that works very well for marinades and to tenderize meats and seafood. It also has a distinct look. It is not very pretty; it's small, with a pale, somewhat dull colored pebbly textured skin that appears to be speckled with sand or dust. However, slice it down the middle, and you will find a shiny, juicy, deep orange and wonderfully flavored pulp. It found its way to Mexico through the Spaniards, who got them from the Arabs, who got them from the Persians. In any case, bitter oranges found a wonderful reception in Mexican soil, especially in some regions such as the Yucatan Peninsula and Veracruz. It is used in many ways: to prepare ceviches, sauces, soups, marinades, salsas, pickles... to name some.
- **Limes** : (Also called *limón* in Spanish, it is also known as *true lime*, *West Indian Lime*, or sometimes *key lime*) It's hard to think of Mexico and not think of limes. In Mexico, limes are everywhere and served with everything from peanuts, to fruit, to tacos, to a steak dinner. So, it's hard to believe that limes did not originate in Mexico and were brought over by the Europeans from the Indo-Malaysian region. Yet, the fruit was eagerly embraced and incorporated into Mexican cuisine, so much so, that it has become a necessity in the Mexican kitchen.
- **Plantain**: Plantains are now available almost anywhere in the United States. They have the appearance of being thicker, longer and bigger type of bananas. But they are not. No wonder they are called macho bananas, *plátano macho*, in most areas of Mexico. Although from the same family, plantains are a different ingredient. They are starchier, meatier, firmer, milder in flavor and have much thicker skin than bananas and are better treated as vegetables in a culinary sense, since they are only eaten cooked.
- **Pomegranate or Granada** : Pomegranate season in Mexico starts in early August and goes through October. No coincidence, as one of the most famous dishes it is used for, the *Chiles in Nogada* proudly boasting the three colors of the flag (green, white and red) are made mainly in the month of September to celebrate the month of Independence.
- **Tamarind** : Tamarind, also called Indian date, is the pod of a tropical tree that is said to have originated in Asia and North Africa. It was brought to Mexico sometime in the 1500's in the *galleons* that came from Asia, managed by the Spaniards, that landed in the gorgeous beaches of Acapulco. Tamarind tastes a bit sour, acidic and

Semester V: Unit 2: Chapter 5.6

sweet at the same time. Its flavor has a lot of depth and an earthy feel to it too. Through the years it grew strong roots in Mexican land, where the large trees are loved for their heavy shade, and the pods for their multiple uses in Mexico's kitchens. From candies and snacks, to drinks and desserts, as well as moles, sauces of different kinds.

FATS: Butter is not found in traditional Mexican cuisine. Today most people will use *vegetable oil as the fat for cooking*, but the more traditional way is cooking with ***lard***. Lard gives a wonderful flavor to the masa used for tamales and to refried beans.

Unusual Ingredients : Sometimes unusual ingredients are used to layer flavors. A perfect example is traditional Mole (MOH-lay.) Over 30 different spices are used to make it including cocoa and peanuts or peanut butter. Cocoa is a great seasoning to bring out a rich flavor. Cactus is also commonly used as a base for main dishes. The prickly spines can be difficult to work with and there are even special knives to make it easier.

New Additions : When the Spaniards started introducing new foods, the natives began making flour tortillas and adding meats to their traditional dishes. One may think an abundance of cheese is traditional in Mexican dishes. In reality it is a more recent addition to Mexican Cuisine. *Mexican cheeses like Panela, Queso Blanco or Queso Fresco do well in enchiladas and quesadillas.* Jack cheese, which hails from the USA is also delicious and pairs well with most Mexican flavors.

Mexican Cheeses: Mexican cheeses are delicious and range in flavor from mild (queso blanco) to pungent (cotija.)

- ❖ The number of varieties of cheese made in Mexico is uncertain because different regions can have different names for the same cheese or different cheeses called by the same name. ***Most of the time cheese is used to top dishes as a condiment rather than as a main ingredient.***
- ❖ The most basic Mexican cheese is ***queso fresco***, from which other cheeses such as ***panela, adobera and Oaxaca*** have been derived. This cheese is made with whole milk, but has relatively low fat and cholesterol. This is a white spongy cheese whose origins can be traced back to Burgos, Spain and used primarily to crumble over dishes. This cheese is made in just about all parts of Mexico with little variation
- ❖ The two most popular aged cheeses are ***Cotija and Chihuahua***.
- ❖ ***Chihuahua cheese*** is named after the Mexican state which is home to a significant Mennonite population who created it, it is also called ***queso menonita***. The original version is semihard with very small holes, close to a type of cheese called ***chester***.
- ❖ Four cheeses produced in Mexico are entirely Mexican inventions: ***Oaxaca, Cotija, and Chihuahua and manchego***. *The last shares its name with the Spanish cheese, but in Spain it is made with sheep's milk and Mexican manchego is made with cows' or cows' and goats' milk.* Normally, *manchego* is not aged, but the aged version is called ***queso manchego viejo***. This version is more firm and intense in flavor. It is often served grated over dishes. In northern Mexico, this cheese can be called ***asadero*** (white, semisoft and good for melting. It is often used to make ***queso fundido***, similar to a fondue or quesadillas)
- ❖ ***Panela*** is another white fresh milk cheese with little fat or cholesterol. It is made with skim milk, giving it a fairly firm texture, with a sweet/sour taste. *In traditional markets, this cheese is often sold in baskets in which it has been molded, giving it the alternate name of queso de canasta.* It is often served cold as part of an appetizer or snack tray. It is also found on sandwiches in most parts of Mexico.

Semester V: Unit 2: Chapter 5.6

- ❖ **Queso blanco**, also called **queso sierra** or **queso enchilada**, is a creamy white cheese made with skimmed cows' milk, and has been described as being a cross between mozzarella and cottage cheese. It is often homemade using lime juice as the coagulant, giving it a citrus flavor. Commercially, it is made with rennet. It softens when heated, but does not melt.
- ❖ **Requesón** is a loose cheese similar to ricotta or cottage cheese, made with whole cows' milk. Traditionally, this cheese is sold in markets wrapped in fresh corn husks. It has a light, not salty taste and used for enchiladas, tostadas, cheese spreads, cakes and more.
- ❖ **Cotija cheese** is made in Cotija, Tocumbo and Los Reyes in Michoacán and Quitupan, Santa María del Oro and Jilotlán de los Dolores in Jalisco. These communities are in the Sierra de Jal-Mich region, which straddles the two states. To receive this recognition, the cheese must also be made with pasteurized milk to prevent food-borne illness. This goat cheese was developed in Mexico entirely and has a taste and texture similar to that of Italian parmesan. It has a light golden hue and pronounced sour-milk aroma. It is aged an average of 12 months and sometimes the wheels are covered in a chili pepper paste to prevent mold. It is usually sprinkled on dishes as an accent, but can be used to flavor pastas and salads.
- ❖ **Oaxaca cheese** originated in the state of Oaxaca, but it is now made and eaten in just about all of Mexico and is generally found only in Mexico. It is a soft, stretched- curd cheese, made with cows' milk much like *asadero*, but the cheese's pH is modified to 5.3 to get the stringy texture. The cheese is then formed into ropes which are then wound into balls. The cheese can be melted especially for quesadillas, but it is often eaten pulled apart or shredded on top of prepared dishes. Oaxaca cheese can be used in place of mozzarella in salads.
- ❖ **Costena** cheese is a specialty of Guerrero state. The texture of this cheese is crumbly, and it tastes like fresh or slightly soured milk. Normally, it is white in color.
- ❖ **Regional Mexican cheese: Porta salud** is an aged semihard paste cheese, which has a strong flavor and an orange color. **Queso jalapeño** is a soft cows' milk cheese with bits of jalapeño chili pepper served cold or melted in quesadillas. **Queso criollo** is a semifirm pale yellow cheese that is a specialty of Taxco, Guerrero. **Queso corazon** is a Chiapan cheese, which is a kind of very moist cream cheese.

A small area in Veracruz state around La Joya is known for its smoked cheeses made with whole raw cows' milk and are pressed after curdling. The cheese is often served with ham, chili peppers, *epazote* and slivers of jalapeños. Another kind of Veracruz cheese, *marqueta*, is a white cheese which is often coated with chili pepper paste. The Yucatan area also makes a type of *bola* cheese, although this version is harder all the way through and is filled with small, irregular holes. Another type, *queso de barra*, is similar to *panela*

Mexican Sausage:

Mexican Chorizo: Based on the uncooked Spanish *chorizo fresco*, the Mexican versions of chorizo are made from fatty pork (however, beef, venison, kosher, and even vegan versions are known). The meat is usually ground (minced) rather than chopped, and different seasonings are used. This type is better known in Mexico and other parts of the Americas, and is not frequently found in Europe. Chorizo and longaniza are not considered the same thing in Mexico.

The area of Toluca, Mexico, known as the capital of chorizo outside of the Iberian Peninsula, specializes in "green" chorizo, which is made with tomatillo, cilantro, chili peppers, garlic or a combination of these. The green chorizo recipe is native to Toluca. Most Mexican chorizo is a deep reddish color, and is largely available in two varieties, fresh and dried, though

Semester V: Unit 2: Chapter 5.6

fresh is much more common. Quality chorizo is made from good cuts of pork stuffed in natural casings, while some of the cheapest commercial styles use variety meats stuffed in inedible plastic casing to resemble sausage links. Before consumption, the casing is usually cut open and the sausage is fried in a pan and mashed with a fork until it resembles finely minced ground beef. A common alternative recipe does not involve casings: ground pork and beef are cured overnight with a little vinegar and a lot of chili powder. Served for breakfast, lunch, or dinner, it has the fine mince-texture mentioned above, and is quite intense in flavor.

Morongga, rellena, or morcilla is a sausage made of pig's blood. It is found in Cuba, Puerto Rico, Central America and Mexican cuisine. Spices, herbs (such as ruda, oregano, and mint), onions and chile peppers are added and then boiled in the pig's intestines for several hours. It is served in a sauce, either "chile rojo" or "chile verde". Considered a delicacy, it is also served in Mexico as a filling in gorditas after it has been pan-fried with fresh onions and jalapeño peppers.

Fish and Seafood:

- **Abulón: abalone**, caught off the coast of Baja California and mostly exported, sold in cans. When prepared fresh, it is often cut up with other seafood to make a *campechana*, a mixed seafood cocktail.
- **Acamaya: freshwater crawfish**, plentiful in the Sierra Oriental, especially northern Puebla and the northern Huasteca region of Veracruz, where they are usually cooked fresh on a grill set on river rocks.
- **Acocil: fresh water crustacean**, sometimes called "freshwater shrimp," found in the lake regions of central Mexico. Because of their miniature size, they are eaten without removing heads or shells. These were significant sources of calcium and protein in pre-Hispanic times, when they were boiled, rolled in tortillas and eaten with chile as they are today.
- **Ajolote: salamander**, a pre-Hispanic food still eaten in the lake regions of central and southern México. They are steamed with onions and tomatoes in corn husks, or fried and served in a tomato sauce.
- **Almeja: clam**, of which several varieties are found along Mexico's shorelines, especially the Pacific and Sea of Cortez coasts of Baja California. These include pismo clams, *chocolates*, and *pata de mula* — "mule's foot." Pinna clams are called *callo de hacha*, because they might be mistaken for scallops -*callos*.
- **Anchoa: anchovy**, of which there are twenty-three different species found in Mexican waters. Despite this abundance, Mexico imports tinned anchovies from Spain. Caesar salad, one of the best-known dishes featuring anchovies, is offered in many upscale restaurants in Mexico, as well it should be since it was originally invented in Tijuana.
- **Anguila: eel**, usually the tinned baby eel imported from Spain. The larger conger eel caught in Mexico, called *congrío*, is mostly eaten in the coastal areas, with either a tomato-based sauce or in adobo.
- **Arenque: herring**, of which Pacific herring and king herring are found in Mexican waters. Imported pickled herring is a popular item in the upscale supermarkets, and a salad of herring with a variety of legumes, including garbanzos and fava beans, is a specialty of the northern state of Coahuila.
- **Atún: tuna**, especially abundant off the Pacific coast, where several different varieties are found. Mexican waters yield the albacore, yellowfin, blackfin, bigeye, Pacific bluefin and northern bluefin species of the *Thunnus* genus. Mazatlan's municipal market has several stalls that sell smoked

Semester V: Unit 2: Chapter 5.6

- **Bacalao: cod**, one of the most traditional of Mexican Christmas and New Year's dishes, bought dried, soaked to remove salt, and cooked with a typically Spanish- influenced combination of tomatoes, olives and capers. Most *bacalao* sold in the markets nowadays is imported from Norway.
- **Bagre: catfish**, a favorite in Michoacán, where two of the most famous regional dishes are *caldo michi*, a catfish stew, and *bagre adobado*, catfish in adobo sauce.
- **Barrilete: barrilete**, found in large schools in Acapulco Bay and other Pacific coastal waters, a member of the tuna family, although of a different genus. *Barrilete negro* is the name used for both black skipjack and frigate tuna. Fishermen use barrilete for bait, and along the coast of Guerrero it is used in soups and stews.
- **Blanco de Pátzcuaro: Pátzcuaro whitefish**, also called *pescado blanco*, a highly prized eating fish. Due to over fishing, the catch is highly restricted, and any whitefish found on a menu in this area is likely to come from a fish farm.
- **Bonito: bonito**, of which three species are found in Mexican waters: striped bonito, Pacific bonito and Atlantic bonito. Although classified biologically as being in the same family as tuna, they are distinct from the tuna species (listed above.) Bonito is a popular catch off the Oaxacan coast, where sports fisherman can have the freshly caught fish grilled at seafood restaurants along the beach and served with salad, rice and tortillas.
- **Cabrilla: bass**, especially common off the southern Baja peninsula. Both spotted and barred sand bass, kelp bass and gold spotted bass are included in the genus *Paralabrax*. What is referred to as a "giant sea bass" in English is called a *mero pescada*, a type of grouper, in Spanish. *Cabrilla* is used for ceviches, fish tacos, and marinated and grilled or baked.
- **Caguama: giant turtle**, a now-endangered species, once caught along the Pacific coast. (Because of its size, a one-liter bottle of beer is also called a *caguama*.)
- **Calamar: squid**, a frequent addition to Mexican seafood soups and cocktails. A popular appetizer in Mexico is an order of breaded and fried squid rings.
- **Callo: scallop**, found in the Sea of Cortez and prepared right on the beach in much the same way as clams casino or oysters Rockefeller. Mexican fishermen also cut out the small muscles on either side of the large round one, for use in *caldos* and cocktails.
- **Camarón: shrimp**, possibly the most beloved and versatile of Mexico's many shellfish, sold fresh, from either ocean or river, or dried, either whole or powdered, called *camaron seco*. Powdered shrimp is a seasoning for Lenten soups made with legumes. Prawns are called *camarón gigante*.
- **Cangrejo: crab**, used in seafood cocktails, soups, empanadas, tacos and tostadas. Imported king crab is called *cangrejo gigante*.
- **Caracol del mar: sea snail**, mostly exported, canned, to Japan. In the coastal regions, it is sometimes cooked in a soup similar to that eaten in Central American coastal areas.
- **Carpa: carp**, commonly eaten in the Lake Patzcuaro region of Michoacan, where it is cooked, shredded and mixed with tomatoes, onion, carrots, peas, chiles and olives to make *descremado*, a kind of fish picadillo.
- **Cazón: dogfish**, sometimes called "baby shark." A firm-fleshed white fish, *cazon* is sometimes used to substitute for more expensive fish, such as *huachinango* — red snapper — in a wide range of dishes. Perhaps the most famous regional specialty made with *cazon* is Campeche's *pan de cazón*, tortillas with shredded fish and black beans.
- **Charal: minnow-size fish**, found in Lake Patzcuaro and eaten as a snack or appetizer, either deep-fried or in tacos. Dried *charales* are sold all over Mexico, especially during Lent, when they are cooked with nopales, wild herbs and *salsa verde*, as well as in a meatless pozole.

Semester V: Unit 2: Chapter 5.6

- **Corvina: weakfish**, also known as corvina in English, especially along the California coast. Corvina is used in *escabeches* - pickled fish dishes - and in gourmet recipes in some of Mexico's fine restaurants, where its filets are considered good substitutes for sole. It is a frequent choice for *filete de pescado relleno*, stuffed fish filet.
- **Dorado: dolphinfish**, caught along the Pacific coast off Zihuatenejo. Dorado is often called mahi mahi, and is an excellent grilling fish because its large-flaked flesh does not fall apart easily on the grill.
- **Huachinango: red snapper**, prepared in many ways, including grilled, and in one of the most famous Mexican fish dishes, *huachinango a la veracruzana*, with a rich tomato-based sauce.
- **Jaiba: blue crab**, abundant in Veracruz, where it is made into a spicy soup called *chilpachole de jaiba*, and used to fill the puff-pastry empanadas called *bolovanes*, sold on street corners throughout the port city.
- **Jurel: jack fish**, of which at least nine different species inhabit Mexican waters. Yellow jack is perhaps the most popular for the Lenten dish *albóndigas de pescado*, "meatballs" made with ground fish, a specialty of Baja California.

Types of meat used in Mexican cuisine:

- **Barbacoa : Barbacoa** - generally refers to meats or a whole sheep slow cooked over an open fire, or more traditionally, in a pit covered with leaves, although the interpretation is loose, and in the present day and in some cases may refer to meat that was steamed until tender.
- **Cabeza Cabeza** - is a Spanish language word meaning literally "head", used in Mexico to describe the meat from a roasted head of a cow, served in a taco or burrito. In Mexico, typically, the whole head will sit on a steamer or grill, and optimally, customers may ask for particular parts of the head meat they favor, such as ojo (eye), oreja (ear), or mejilla (cheek).
- **Carne asada** - is a dish, literally meaning "grilled beef", it is one of the most popular varieties of Mexican food, more commonly in the Northern parts of Mexico, in the states of Baja California, Sonora, Chihuahua, Nuevo León and Tamaulipas. It can be found as the main ingredient in tacos, tortas, burritos, or served alone as a meal.
- **Lengua** - Beef tongue literally the tongue of a cow. Widely used in certain types of ethnic cooking, such as German cuisine and Mexican cuisine, often seen in tacos and burritos.
- **Machaca - or machacado** is a Mexican dish of shredded beef (often dried), and sometimes cooked with eggs, onions and chile peppers. It is also served in as a taquito, burrito, torta, or a plate with beans and rice. The name Machaca is used in the Southern part of Mexico and in the northwestern state of Sonora, and 'Machacado' in the North where it originated.
- **Picadillo : Picadillo** - is a dish mainly consisting of ground beef typically found in Cuba, Mexico, and other Latin American countries. It is normally used as a filling, such as for tacos, and can be mixed with vegetables. Picadillo is a traditional dish in many Latin American countries; it's made with ground meat, tomatoes, and regional ingredients.
- **Sesos : Sesos** - Beef brains and calf or veal (juvenile beef) brains are used in certain types of ethnic cooking, such as French cuisine and Mexican cuisine as well as certain regional cuisine in the US. Beef brains have a mushy texture and very little inherent flavor and are typically flavored with sauces such as chile sauce and Sauce ravigote.
- **Tripas : Tripas** - also known as Machitos, in Mexican cuisine are small intestines of farm animals that have been cleaned, boiled and grilled. Tripas are normally used as filling for tacos, then dressed with condiments such as cilantro, chopped onions,

Semester V: Unit 2: Chapter 5.6

and chile sauce. Tripas as prepared Mexican style require careful attention by the cook to avoid becoming rubbery.

TYPES OF PORK

- **Al pastor** *Al pastor* - meat is a dish similar to the Turkish döner kebab, Shawarma, or the Greek gyros. Usually pork, it is marinated with a blend of different spices and gravy, and then slowly cooked on a vertical rotisserie. When ready, the meat is then thinly sliced off the spit. It can be served with small tortillas, onions, and cilantro. It is also a common ingredient in tacos, burritos, and tortas.
- **Carnitas** *Carnitas* - (from the Spanish for "little meats") is a type of braised or roasted (often after first being boiled) pork in Mexican cuisine. Sometimes it is actually prepared by frying. It can also be made from beef using a chuck roast, although using pork seems to be the more common method.
- **Chicharrones** *Chicharrones* - is a popular dish in Latin America and is part of the traditional cuisines of Cuba, Mexico. They are usually made with different cuts of pork, but sometimes made with ram meat. The pork rind type is the skin of the pork after it has been seasoned and deep fried. In Mexico they are eaten in a taco or gordita with salsa verde.

TYPES OF POULTRY

- **Pollo** - A type of poultry used in many Mexican dishes such as tacos and green enchiladas. It can be boiled whole and the chicken removed to be used for other dishes. It can also be grilled or baked. Thighs and legs are considered the dark meat due to the darker color of the meat. There is more fat in the darker meat and it has a much stronger poultry flavor.
- **Pollo Asada** - This Mexican dish is chicken marinated in vinegar or citrus juice along with cumin, chile and onion is easy to make and can be bought already seasoned. The chicken is usually grilled.

OTHER MEATS AND INSECTS

- **Chapulines** *Chapulines* - is a Spanish language word for grasshoppers of the species *Sphenarium*. They are considered a delicacy by many Mexicans. They are collected only at certain times of year. They are thoroughly cleaned and washed out, then fried with chiles, garlic and lemon juice, to create a sour-spicy-salty taste that is a good complement for beer...More >>
- **Escamoles** *Escamoles* - are the larvae of ants of the genus *Liometopum*, harvested from the roots of the agave (tequila) or maguey (mezcal) plant in Mexico. In some forms of Mexican cuisine, escamoles are considered a delicacy and are sometimes referred to as "insect caviar".

TYPES OF SPICES AND CONDIMENTS IN MEXICO

Adobo sauce - is a sauce or marinade used in Latin American- and Southwest U.S.-style cooking, made of finely chopped or pureed chiles, garlic, vinegar, and often onions and tomatoes. Food that has been prepared with adobo is sometimes called adobado... Chipotles in adobo sauce is a particular use of this condiment in which chipotles (smoked jalapeño peppers) are stewed in adobo sauce. Ingredients of this sauce generally include tomatoes, garlic, vinegar, salt, and spices.

Guacamole: Guacamole is an avocado-based relish or dip from the time of the Aztecs. In addition to avocados, the basic ingredients are lime juice and salt. Variations often include onion, tomato, hot chile peppers, garlic, coriander, black pepper (although authentic guacamole omits black pepper as it was not known in Mexico in Aztec times) and other spices. It is usually eaten with tortilla chips, although it can be spooned onto or into almost

Semester V: Unit 2: Chapter 5.6

any savory Mexican dish. Recipes for guacamole vary, and are somewhat dependent on availability of ingredients as well as personal taste. The most basic of these is mashed avocados with a pinch of salt and sometimes a dash of lime juice.

Mexicans sometimes refer to diluted guacamole often served in low-cost taquerías as "aguamole", a portmanteau of Spanish "agua" ("water") and guacamole. Most guacamole recipes start with fresh peeled avocados, which are put into a bowl and mashed with a knife or fork. An acidic juice, typically lime, is then added; in addition to its flavouring, the juice keeps the guacamole from discolouring or oxidizing upon exposure to air. Other ingredients, typically finely minced or chopped, are mixed into the avocado and lime base. A traditional method of preparing guacamole involves the use of a *molcajete* (a Mexican mortar and pestle) to grind and mix the ingredients.

Mole - is the generic name for several sauces used in Mexican cuisine, as well as for dishes based on these sauces. In English, it often refers to a specific sauce which is known in Spanish by the more specific name mole poblano. The word is also widely known in the combined form guacamole (avocado mole).

Mole Pablano

Mole poblano, whose name comes from the Mexican state of Puebla, is a popular sauce in Mexican cuisine. Mole poblano is prepared with dried chile peppers (commonly ancho, pasilla, mulato and chipotle), nuts, spices, unsweetened chocolate, salt, and a variety of other ingredients including charred avocado leaves. Various stories exist about its invention, but none are generally accepted. One of the more popular servings is mole poblano de guajolote, or turkey prepared with mole poblano. Mole is often used to prepare chicken or cheese-filled enchiladas; it is also frequently ladled over chicken, rice, or chipped potatoes. The recipe was refined by the nuns of the Order of Santa Rosa to impress visiting political and church officials in Mexico in the 17th century.

Pico de gallo – Pico de gallo (from Spanish, literally rooster's beak), is generally known as a fresh condiment made from chopped tomato, onion, and chiles (typically serranos or jalapeños). Other ingredients may also be added to the salsa, such as lime juice (lemon in Mexico), cilantro (coriander leaves), avocado, cucumber, and radish. In some regions of Mexico, a fruit salad tossed in lime juice and sprinkled with a salty chile powder is also known as pico de gallo, while fresh salsa is better known as salsa mexicana because the colors red (tomato), white (onion), and green (chile) are the colors of the Mexican flag. Pico de gallo can be used in much the same way as other Mexican salsas or Indian chutneys, but since it is less liquid, it can also be used as a main ingredient in dishes such as tacos and fajitas.

Etymology

The chiles used to make the chile powder are red and beak-like, hence the name "Rooster's Beak." Another explanation is that the heat from the chile makes your tongue feel like it has been pecked by a rooster. Another plausible etymology: Pico is derived from the verb "picar" which has two meanings: 1) to mince or chop, and 2) to bite or sting

Salsa Salsa - In Spanish or Italian, salsa can refer to any type of sauce, but in English, it usually refers to the spicy, often tomato-based sauces typical of Mexican cuisine, particularly those used as dips. Salsa is the Spanish and Italian word for sauce, from Latin salsa "salty", from sal, "salt"; "saline" and "salad" are related words.

Semester V: Unit 2: Chapter 5.6

Popular Types of Salsas

Mexican salsas were traditionally produced using the mortar and pestle-like molcajete, although blenders are now more commonly used. Well-known salsas include:

Semester V: Unit 2: Chapter 5.6

- * Salsa roja, "red sauce": used as a condiment in Mexican and southwestern U.S. cuisine, and usually made with cooked tomatoes, chili peppers, onion, garlic, and fresh cilantro (coriander leaves).
- * Salsa cruda ("raw sauce"), also known as pico de gallo ("cock's beak"), salsa mexicana ("Mexican sauce") or salsa fresca ("fresh sauce"): made with raw tomatoes, lime juice, chilli peppers, onions, cilantro leaves, and other coarsely chopped raw ingredients.
- * Salsa verde, "green sauce": Mexican version made with tomatillos. Sauces made with tomatillos are usually cooked. Italian version made with herbs.
- * Salsa taquera, "Taco sauce": Made with tomatillos and moritachili.
- * Salsa ranchera, "ranch-style sauce": made with tomatoes, various chilies, and spices.
- * Salsa brava, "wild sauce": usually made of a mayonnaise-Tabasco mix. On top of potato wedges, it makes the dish patatas bravas, typical of tapas bars in Catalonia.

There are many other salsas, both traditional and nouveau: for instance, some are made with mint, pineapple, or mango. Salsa reputedly became popular in the United States during World War II due to rationing which made ketchup hard to produce.

COOKING METHODS, PAST AND PRESENT

The early natives of Mexico did not have ovens, instead they heated food over an open fire, using **cast iron skillets and ceramic ware**. Another method was steaming. They would suspend meat wrapped in cactus or banana leaves, over boiling water in a deep pit. Frying was also a popular method. They used a **metate y mano**, which is a large tool made of lava rock or stone that they would use as a grinding stone or the **molcaiete**, which was smaller, to grind and smash ingredients. The molcaiete, or mortar and pestle, is a small bowl shaped container that can be made of stone, pottery, hard wood or marble, and the pestle is baseball bat shaped. A **comal** is a smooth, flat griddle typically used in Mexico and Central America to cook tortillas, toast spices, sear meat, and generally prepare food. Some comals are concave and made of "barro" (clay). These are still made and used by the indigenous peoples of Mexico and Central America. **Cazuela** is the common name given to a variety of dishes, specially from South America. It receives its name from the cazuela (Spanish for cooking pot) in which it is cooked. **Tortilero** is the tortilla press. Apart from these there are tortilla warmers too.

MEXICO – ITS TORTILLAS:

The most important use of corn is the one that is centuries old. Corn forms **masa**, the dough for tortillas and their variations and for tamales. Since antiquity, a Mexican table without tortillas is an empty table. According to ancient techniques, dried corn kernels are cooked with water and limestone until the kernel skins are soft. After standing for one day, the kernels are skinned, and the hearts are ground to form masa. Stone mortars and pestles used to do the job. Today, the process is mechanized in all but remote areas.

Despite mechanization, tortillas in Mexico are far from standardized. They are made from white, yellow, blue, or red corn. They may be small -- 2 inches in diameter -- or large -- as wide as 10 inches, as are those sold in the markets of Oaxaca.

MAKING TORTILLAS

Traditional Masa

2 pounds dried corn kernels 3 to 3
1/2 quart water
2 tablespoons ground limestone

Semester V: Unit 2: Chapter 5.6

Bring ingredients to a boil in a large pot. Cook corn kernels over low heat, stirring occasionally, until the skins can be easily removed. Remove from heat and let stand for one day. Skin kernels and discard skins. Wash kernels thoroughly, strain through a sieve, and grind in a hand grinder. Add approximately 1½ cups water and a pinch of salt. Knead until a firm, smooth dough is obtained. Add more water if necessary.

DISHES MADE FROM TORTILLA:

- A **quesadilla** is a flour tortilla or a corn tortilla filled with a savory mixture containing cheese, other ingredients, and/or vegetables, (often) then folded in half to form a half-moon shape. This dish originated in Mexico, and the name is derived from tortilla and the Spanish word for cheese *queso*.
- A **fajita** is a term found in Tex-Mex cuisine, commonly referring to any grilled meat usually served as a taco on a flour or corn tortilla. The term originally referred to the cut of beef used in the dish which is known as skirt steak.
- **Nachos** are a popular food based on corn, of Mexican origin that can be either made quickly to serve as a snack or prepared with more ingredients to make a full meal. In their simplest form, nachos are **tortilla chips (totopos)** covered in nacho cheese or melted shredded cheese.
- An **enchilada** is a corn tortilla rolled around a filling and covered with a chili pepper sauce. Enchiladas can be filled with a variety of ingredients, including meat, cheese, beans, potatoes, vegetables, seafood or combinations.
- A **taco** is traditional Mexican dish composed of a corn or wheat tortilla folded or rolled around a filling. A taco can be made with a variety of fillings, including beef, pork, chicken, seafood, vegetables and cheese, allowing for great versatility and variety. A taco is generally eaten without utensils and is often accompanied by garnishes such as salsa, avocado or guacamole, cilantro, tomatoes, minced meat, onions and lettuce.
- **Tostada** usually refers to a flat or bowl-shaped (like a bread bowl) tortilla that is deep fried. It may also refer to any dish using a tostada as a base. It can be consumed alone, or used a base for other foods.
- A **burrito**, or taco de harina is a type of Mexican-American food. It consists of a wheat flour tortilla wrapped or folded into a cylindrical shape to completely enclose the filling. (In contrast, a taco is generally formed by simply folding a tortilla in half around a filling, leaving the semicircular perimeter open.)
- **Chimichanga**: The dish is typically prepared by filling a flour tortilla with a wide range of ingredients, most commonly rice, cheese, machaca, carne adobada, or shredded chicken, and folding it into a rectangular package. It is then deep-fried and can be accompanied with salsa, guacamole, sour cream and/or cheese. A specialty of Mexican states of Sinaloa and Sonora

Tamale is a traditional Mesoamerican dish made of masa (a starchy dough, usually corn-based), which is steamed or boiled in a leaf wrapper. The wrapping is discarded before eating. Tamales can be filled with meats, cheeses, fruits, vegetables, chilies or any preparation according to taste, and both the filling and the cooking liquid may be seasoned.

Tamales have been traced back to the Ancient Maya people, who prepared them for feasts as early as the Preclassic period. Maya people called their corn tortillas and tamales both *utah*.

Semester V: Unit 2: Chapter 5.6

REGIONAL COOKERY OF MEXICO

Yucatan Peninsula:

Cultural Significance: Yucatan food is its own unique style, quite different from traditionally thought of Mexican dishes. The uniqueness of food found in the southeastern part of Mexico can be contributed to the strong influence of other cultures culinary traditions. Food from this region includes influences from the local Mayan culture, as well as Caribbean, Mexican, European (French) and Middle Eastern cultures.

Culinary Influences:

- In the Yucatan, a lot of the cooking is based on the use of the **Annatto seed**. The annatto seed is a derivative of the achiote tree, indigenous to the area. The seed is used to produce a red food coloring and also as a flavoring. Its scent is described as slightly peppery with a hint of nutmeg and flavor as slightly sweet and peppery.
- **Recados** are a seasoning paste based on achiote and used on chicken and pork. **Recado rojo** is used for the area's best-known dish, **cochinita pibil**. *Pibil refers to the cooking method (from the mayan word pib, meaning "buried") in which foods are wrapped, generally in banana leaves, and cooked in a pit oven. Various meats are cooked this way.*
- **Habanero chilis** are another distinctive ingredient, but they are generally served as (or part of) condiments on the side rather than integrated into the dishes.
- d) One prominent feature of Yucatán cooking is tropical fruits such as **tamarind, plums, mamey, avocados and bitter oranges**, the last often used in the region's distinctive salsas.
- **Honey** was used long before the arrival of the Spanish to sweeten foods and to make a ritual alcoholic drink called balché.
- The coastal areas feature seafood, especially **esmedregal, a type of fish**, which is fried and served with a spicy salsa based on the **xcatic pepper**. Other fish dishes include spicy chili pepper sauces as well as those in achiote paste

Currently the menus in the Yucatan have much variety with influences from Asian cuisine as well as Arabic cuisine. You will also find a lot of native Mayan ingredients such as chaya, achiote, hard-boiled eggs, turkey, deer and honey. Some examples of Yucatan cuisine include:

- **Poc-Chuc**, a pork dish with achiote and sour orange.
- **Chiltomate**, a sauce made with roasted tomatoes, chiles and onions.
- **Papadzules**, which are rolled tortillas stuffed with hard-boiled eggs and topped with a squash seed sauce as well as a tomato sauce.

Baja California Peninsula-:

- a) This region of Mexico is where the Caesar Salad was born.
- b) This area has a lot of Spanish influenced food and another dish this area is known for is its paella. Fresh seafood gives the paella impeccable flavor. Baja California is also Mexico's primary wine growing region including Santo Tomas, San Antonio and San Vicente.

The Pacific Coast:

Cultural Significance: Naturally, living by the coast, Mexicans in the Pacific coast region will prepare dishes from readily available ingredients. Because copious fruit fields and great-tasting fish call this region home, coastal Mexicans use what the land gives them and add some Mexican flavor with chiles or a spicy salsa.

Semester V: Unit 2: Chapter 5.6

Culinary Influences:

- With the ocean on the west and the Sierra Madres to the east, the Pacific Coast region is home to Mexican cuisine that truly unique. The dishes of this region take advantage of the coastal environment.
- Coastal states like **Sinaloa, Nayarit, and Colima** prepare food centered around seafood and the tropical fruits of the region. Popular sea food dishes include: marlin, swordfish, snapper, tuna, shrimp, and octopus.
- The state of **Jalisco** is home to tequila and it is often served with meals. *Nayarit* is home to over ten different kinds of mangos and bananas. The cuisine of the states of Jalisco and Colima is noted for dishes such as *birria, chilayo, menudo* and pork dishes. *Jalisco's cuisine is known for tequila with the liquor produced only in certain areas allowed to use the name.* The cultural and gastronomic center of the area is Guadalajara, an area where both agriculture and cattle raising have thrived. *The best-known dish from the area is birria, a stew of beef, mutton or pork with chili peppers and spices. One important street food is tortas ahogadas, where the torta (sandwich) is "drowned" in a chile sauce.*
- Some regional fruit drinks include *tepache*, which is made from fermented pineapple rinds and sugar as well as *tejuino*, which is made from fermented corn.
- Near Guadalajara is the town of **Tonalá**, known for its pozole, a hominy stew said to have been originally created with human flesh. The area which makes tequila surrounds the city. A popular local drink is tejuino, made from fermented corn. **Bionico** is also a popular dessert in the Guadalajara area

Northern Mexico:

Cultural Significance: The Northern Region of Mexico is comprised mostly of desert. Since the land is difficult to farm, Europeans relied on grazing cattle as a source of food in this region. In more recent times the cattle industry is important as well. Mexican cattle ranches often import cattle to the United States as well as provide meat for individuals within Mexico itself. This cattle ranch cowboy mindset is accompanied with the "macho" mentality. Mexicans in this region have the desire to eat meat which leads to some evidence of "macho." In northeastern Mexico, during the Spanish colonial period, Nuevo León was founded and settled by Spanish families of Jewish origin (Crypto-Jews). They contributed significantly to the regional cuisine, and introduced dishes like Pan de Semita or Semitic Bread (a type of bread without leavening), the capirotada dessert and Cabrito or baby goat, which is the typical food of Monterrey and the state of Nuevo León, as well as some regions of Coahuila.

Culinary Influences:

- The cuisine of **Northern Mexico, or El Norte**, is mostly beef and meat. Specific states within this region prepare specialties unique to the region.
- Another important aspect of northern cuisine is the presence of **wheat**, especially in the use of flour tortillas. The area has at least forty different types of flour tortillas. The main reason for this is that much of the land supports wheat production, introduced by the Spanish. These large tortillas allowed for the creation of burritos, usually filled with *machaca (dried meat)* in Sonora.
- The **state of Sonora** is known for its tender beef; since the beef is so flavorful the salsa in this region is usually milder. The mining town of *Alamos* is known for filet mignon topped with chipotle-tomatillo sauce.
- El Norte also prepares some dishes with goat and sheep meat. Along with the livestock industry is dairy; **queso Chihuahua** is one of the finest Mexican cheeses. Accompanying the ~~M.U. Beef~~, Mexicans usually prepare pinto beans and are usually prepared in dishes called ~~chajoles~~ charros or frijoles borrachos.

Semester V: Unit 2: Chapter 5.6

- **Durango-** This state is located in the northern area of Mexico a common dish is Barbacoa, which is a traditional dish of various meats steamed underground over coals in a pit. A signature dish from the area is **Venado Asado, a venison dish**. Other unique offerings include *machaca which is a dried meat*, and pitahaya a native fruit.

Southern Mexico:

While Northern Mexico favors beef as the main meat, the south prefers chicken and vegetables. Corn tortillas are a staple to this area and are served at almost every meal. Black bean dishes are also a common find as well as dishes featuring plantains.

Oaxaca- This state is located in Southern Mexico and features a varied cuisine.

- Down in the south, Oaxaca is known for its fine moles and sauces. One major feature of Oaxacan cuisine is its seven moles, second only to **mole poblano** in importance. *The seven are Negro (black), Amarillo (yellow), Coloradito (little red), Mancha Manteles (table cloth strainer), Chichilo (smoky stew), Rojo (red), and Verde (green)*. Mole is a staple here and is traditionally made with bananas and served with **blandas (tortillas)**.
- An unusual dish from the area are **Iguana Tamales** from the city of Isthmus. Corn dough is used in many forms for Empanadas, and entomatadas. People from Oaxaca also enjoy **Chapulines** which are grasshoppers, in their tacos or as a snack.
- **Corn is the staple food in the region**. Tortillas are called *blandas* and part of every meal. Corn is also used to make empanadas, tamales and more.
- Black beans are favored, often served in soup and as a sauce for **enfrijoladas**.
- Oaxaca's regional chili peppers include **pasilla oaxaqueña (red, hot and smoky), along with amarillos (yellow), chilhuacles, chilcostles and costeños**.
- These, along with herbs such as **hoja santa**, give the food its unique taste.
- Another important aspect to Oaxacan cuisine is **chocolate**, generally consumed as a beverage. It is frequently hand ground and combined with almonds, cinnamon and other ingredients

Tabasco: Uses pre-hispanic ingredients to make its traditional dishes with freshwater fish and seafood.

Chiapas: Like elsewhere in Mexico, corn is the dietary staple and indigenous elements are still strong in the cuisine. Along with a chili pepper called **simojovel**, used nowhere else in the country, the cuisine is also distinguished by the use of herbs such as **chipilín** and hierba santa. Like in Oaxaca, tamales are usually wrapped in banana leaves (or sometimes with the leaves of hoja santa), but often chipilín is incorporated into the dough. As in the Yucatán, fermented corn is drunk as a beverage called **pozol**, but here it is usually flavored with chocolate. The favored meats are **beef, pork and chicken** (introduced by the Spanish), especially in the highlands, which favors the raising of livestock. The livestock industry has also prompted the making of cheese, mostly done on ranches and in small cooperatives, with the best known from **Ocosingo, Rayón, Chiapas and Pijjiapan**. Meat and cheese dishes are frequently accompanied by vegetables such as squash, chayote and carrots.

Mexico City:

M.U.C.A

Page

The main feature of Mexico City cooking is that it has been influenced that those of the other regions of Mexico as well as a number of foreign influences. This is because Mexico

Semester V: Unit 2: Chapter 5.6

City has ~~been a center for migration of people from all over Mexico since pre-Hispanic times~~
Many of the ingredients of this area's cooking are not grown here, such as tropical fruits.

Street cuisine is very popular, with taco stands, torta (sandwich) shops, and lunch counters on every street. Popular foods in the city include barbacoa (a specialty of the central highlands), birria (from western Mexico), cabrito (from the north), carnitas (originally from Michoacán), moles (from Puebla and central Mexico), tacos with many different fillings and large sub-like sandwiches called tortas. There are eateries that specialize in pre-Hispanic food including dishes with insects. This is also the area where most of Mexico's haute cuisine can be found.

CUISINE OF MEXICO AS PER SOME STATES

- ✓ *Sinaloa*- Sinaloa is a long, narrow state on the coast of the Pacific at the mouth of the Sea of Cortez. One of the areas signature dishes is Chilorio, which is pork in a chile sauce and "Campechana Sinaloense" a cocktail of fresh seafood. Being a sea-side state, fresh seafood is easy to come by and many dishes feature the local seafood.
- ✓ *Veracruz*- Home of the flavorful tomato based "Veracruz" sauce which also includes green olives and pimientos. The famous fish dish called Huachinango a la Veracruzana uses this sauce. This region is also known for the use of the herb hoja santa. Peanuts are widely used including Pollo Encacahuatado which is a lovely chicken in peanut sauce which is also common in the area.
- ✓ *Puebla*- Puebla is the original birthplace of mole, a sauce made from 30 ingredients including cocoa and peanut butter. The special sauce is generally served over chicken, or the chicken is cooked in the sauce. Another famous dish from the Puebla region is Chile en Nogada which consists of green chiles topped with a walnut sauce and pomegranate seeds. The beverage of Rompope was developed by the nuns of Puebla many years ago. The sweet potato dish of Camote is also traditional.



GEOGRAPHIC LOCATION:

- Neighbouring countries and influence.
- Sea food predominance due to the Pacific ocean.
- The tropic of Cancer divides Mexico causing climatic changes.
- Sufficient rainfall.
- Climate conducive to grow fruits and vegetables.

INTRODUCTION:

- Germany is a country with a large variety of regional dishes strongly influenced by the fact it shares borders with 9 other European countries (clockwise: *Denmark, Poland, Czech Republic, Austria,*

Semester V: Unit 2: Chapter 5.6
Switzerland, Luxemburg, France, Belgium, and the Netherlands, all having had some influence on what meals are served and how they are prepared.

- Roman Colonization of the South around 96 AD has also had a long lasting influence on German cuisine; even today.
- Other factors such as wars (and the resulting hardship), the division of Germany with Russian influence on its eastern part, and the re-unification in the 1990 have / had influence on German cooking.
- Typical dishes are often made up of a meat component, vegetables and a source of carbohydrates — making German cuisine not necessarily a light kitchen. Germans eat lots of potatoes — and potato variations can be found in abundance all over the country.
- Different varieties of bread also play an important role and the one thing German expats probably miss the most is the diversity of bread available at home.
- Finally, meat is a regular. There are hardly any main courses without meat, including beef, veal, pork, lamb, game, and poultry. At the coastal regions fresh fish and shellfish is consumed in larger quantities.
- Traditional drinks served with meals include all varieties of Beer available in Germany. A popular summer drink is “Radler” or “Alsterwasser” which is a Pilsner or Lager Beer mixed with Lemonade such as Sprite at a 50/50 ratio.

GERMAN FOOD HISTORY

- Food in Germany is very important. During the 18th century, King Frederick II brought the potato, which has since become a German essential. He provided his people with seed potatoes and showed them how to make them grow. After World War II in 1949, Germany was divided between the east and west. The division caused the development of individual and different types of cooking in East Germany and West Germany. For instance, since East Germany was closely linked to Russia, the foods became a little more Russian, but the food of West Germany maintained the traditional roots.
- In prehistoric times German fare was likely bland. Unlike the Mediterranean countries, the growing season limited them to early forms of wheat, barley and pasture land for livestock. Sheep, cows and goats were used for milk, butter and cheese and occasionally meat products, which were served most often during feasts.
- The earliest spices were parsley, celery and dill, which you still see used today. The Romans introduced fruit tree cultivation and grapevines. Oats and rye were also added into cultivation, as agricultural methods became more sophisticated. The areas around Cologne were especially rich in exotic spices and food due to its powerhouse status as a trading city.

Traditional Food in Germany

- *Many Germans eat heavier and more filling meals. They include large portions of bread and meat. The typical German meal is made up of pears, bacon, potatoes and beans. German desserts with apples are also common.*
- *Breakfast is called **früstück**, and this meal is often made up of cheese, eggs, meat and rolls with jam. Coffee and tea are also common. For most Germans, the largest daily meal is lunch, also called **Mittagessen**, that is enjoyed around noon. Dinner is called **Abendessen or Abendbrot**. It has traditionally been a smaller meal that is made up of only meat or sausage, cheeses, breads and some type of vegetables. This meal is a lot like breakfast. The dining habits of the Germans have recently changed, so many people choose to have their dinner be the larger of the three daily meals.*

In the German cuisine, vegetables are most often served in casseroles, soups, and as side dishes. Among the favorites in German cooking are potatoes, various types of cabbage, carrots, spinach, peas, asparagus, beans, tomatoes, cucumbers, and various types of salads. Onions are mainly served with meat dishes or as ingredients in many recipes. Sauerkraut is also a favorite throughout Germany.

Potatoes are one of the most important foods in German cuisine and they are most often served as side dishes. They are served in many different ways: boiled, pan fried, deep fried, mashed, dumplings, Krokette, pancakes, in soup and stews, in casseroles, etc. Germany belongs to the top potato consuming countries. In fact, on average, each German consumes 150 pounds (70 kg) of potatoes annually.

Asparagus is so loved in Germany it is nicknamed "**Königsgemüse (King's Vegetable)**," "**Frühlingswonne** (Springtime Delight)," and "**Zartes Elfenbein** (Soft Ivory)". The asparagus season begins in April and runs through June. During this time, asparagus are on the menu at many restaurants and homes in Germany. Asparagus is enjoyed as a main meal, as a side dish, or in soups and casseroles.

Below is a list of the most popular vegetables used in German cooking.

- Asparagus (Spargel)
- Brussels Sprouts (Rosenkohl)
- Cauliflower (Blumenkohl)
- Green Cabbage (Weisskraut)
- Kale (Grünkohl)
- Kohlrabi
- Potatoes (Kartoffel)
- Red Cabbage (Rotkraut)
- Sauerkraut
- Savoy Cabbage (Wirsing)
- Squash (Kürbis)

HERBS & SPICES

Foods in Germany are rarely spicy or heavily seasoned. Likewise, garlic does not play much of a roll in traditional German cooking, although the more modern recipes are beginning to use it.

The following herbs and spices are commonly used in German cuisine.

Bay Leaves (*Lorbeerblätter*)



M.U.C.A

Bay leaves have a savory, slightly bitter taste. Their fragrance is herbal and slightly floral. They are used both fresh and dried, although fresh bay leaves are hard to find. Bay leaves add depth and richness to foods. They are most often added to soups, stews, casseroles, roasts, and other long-cooking dishes. They are usually added whole, then removed before the dish is served. Bay leaves should be used sparingly as they are very potent.

Borage (*Borretsch, Gurkenkraut*)



Borage leaves are oval, light to medium green, and are covered with fuzzy bristles. The leaves can get quite large - up to 6 inches in length. Their taste and aroma are similar to fresh cucumbers, which is why it is also known in Germany as *Gurkenkraut* (Cucumber Herb). Borage leaves are most often used fresh in salads and dips. It is also an ingredient in [Frankfurter Grüne](#)

Semester V: Unit 2: Chapter 5.6

Sosse. It is also mixed into butter, with other herbs, to make herb butter and herb-quark. Borage blooms, small blue flowers, are also edible and are often added to salads as decoration.

Semester V: Unit 2: Chapter 5.6

Caraway Seeds (*Kümmel*)



Caraway is a member of the parsley family. Although they are called "seeds", caraway seeds are actually the small fruit of the caraway plant. They are sweet yet strong and have a taste similar to anise. Caraway seeds are most often added to cabbage dishes (especially [Sauerkraut](#)), sauces, [quark](#), meat dishes, breads, and potato dishes.

Chives (*Schnittlauch*)



Chives belong to the same family as onions. They have leafless stems that end in a cluster of tiny flowers. Although the flowers are edible, most often just the stems are used. The stems have a mild onion flavor. The stems are finely chopped and are added fresh to salads, [potato](#) dishes (especially potato salad), sauces, soups, meat dishes, and egg dishes. It is also mixed into butter, with other herbs, to make herb butter and herb-[quark](#). Chives should not be cooked, so if adding to warm dishes, add just before serving.

Dill



Dill leaves (also known as "dill weed") have a strong, fresh, grassy taste. Fresh dill is more flavorful than dried dill. Dill loses its flavor when heated, so on warm dishes dill is added just before being served. Dill is most often used to fresh salads (especially cucumbers and tomatoes), fish and seafood dishes, and vegetable dishes. It is also mixed into butter, with other herbs, to make herb butter and herb-[quark](#).

Dill seeds have a more intense flavor, similar to a combination of anise and celery. These are used in breads, stews, vegetable dishes and in the making of pickles.

Juniper Berries (*Wacholderbeere*)



Juniper berries are the dried fruits of the juniper shrub. They are slightly sweet, spicy, and bitter. The berries can be used whole or ground. Whole berries cooked in recipes should be mashed before serving. Juniper berries are most often added to game, Sauerkraut, marinades, spicy roasts and casseroles. They are also used in pickling.

Marjoram (*Majoran, Wurstkraut*)



Marjoram leaves are tangy, savory, aromatic, and slightly bitter. The leaves are used fresh or dried. Majoram is also known as *Wurstkraut* because it is most frequently used in making [wurst](#) (sausages). It is also added to [potato](#) dishes (such as potato soup and potato dumplings), sauces, soups, and legumes.

M.U.C.A Parsley (*Petersilie*)



Parsley leaves are dark green and are fresh, flavorful, and slightly bitter. There are two types of parsley. Flat leaf parsley has smoother, flatter leaves than the curly leaf parsley, which has more crinkled leaves. Flat leaf parsley has a more intense flavor.

Parsley serves as both a flavoring agent as well as a decoration. It is added to soups, stews, salads, dressings, and Frankfurter Grüne Sosse. It is also mixed into butter, with other herbs, to make herb butter and herb-quark. Parsley is most often used raw and finely chopped. It may be slightly

Thyme (*Thymian*)



Thyme leaves are elongated, oval, and dark green. Their stems are short, green, and woody. Both fresh and dried thyme are used - both blend well with other herbs and spices. It is most often added to roasts and spicy meat dishes, as well as to soups and salads.

White Pepper (*Weisser Pfeffer*)



White pepper comes from the fully ripened peppercorn. In contrast, black pepper comes from peppercorn that is picked when still green and dried in the sun until it turns black. White pepper is less hot and aromatic than black pepper. Pepper is added to almost every dish that also has salt, as the two seasonings compliment each other very well.

GERMAN MEAT AND SEAFOOD

Germany enjoys a fertile terrain, with ample water supplies and a productive climate - ideal for the growth of cattle, poultry, and pigs. Meat is abundant in Germany and this is evident by the number of meat dishes in German cuisine.

Among the favorite meats are pork, beef, veal, poultry, and game. Of these, the most consumed meat is pork, followed closely by beef. Among poultry, chicken is most common, although duck, goose, and turkey are also enjoyed. Goose is a favorite for Christmas celebrations.

During the hunting season, wild game is very popular. Among the varieties, wild boar, rabbit, and venison are the favorites. Lamb and goat are also available, but are not as popular. However, lamb is a traditional meat for Easter celebrations

With Germany's abundant meat supply, came the need to preserve and store meats. *Smoking, marinating and salting procedures were developed to store meat, leading to today's emphasis on sausages and preserved foods.* Germany is the world's leading producer of wurst (cold cuts and sausages), with over 1,500 different varieties of wurst..

Northern Germany has lengthy *Baltic and North Sea coastlines*. The cool waters yield abundant and flavorful seafood. ~~Herring is a favorite of the seafish. It is available~~ raw, ~~pickled~~, smoked and canned. Other favorites include sardine, tuna, and mackerel. Among the fresh water fish, trout is the most common in German cuisine. Pike, carp, and European perch are also frequently served.

Below, is a list of the most well-known German meat and seafood dishes.

- Carp
- Frikadellen
- Goose
- Jäger Schnitzel
- Käse Schnitzel
- Königsberger Klopse
- Kasseler Rippchen
- Liver Dumplings
- Paprika Schnitzel
- Pork Knuckle
- Pork Roast
- Rahm Schnitzel
- Rouladen
- Sauerbraten
- Schnitzel
- Schnitzel Holstein
- Wiener Schnitzel
- Zigeuner Schnitzel

Semester V: Unit 2: Chapter 5.6

~~GERMAN BREADS ARE CATEGORIZED INTO THE FOLLOWING GROUPS.~~

Breads made from wheat (*Weizenbrote*)

This category includes breads that are made of at least 90% wheat flours. Breads in this category are also called "white breads" due to their light color, mild taste and soft crust. They are loved for breakfast, but go well with hearty dishes as well as light salads.

Breads made from a mixture of wheat flour and other flours (*Weizenmischbrote*)

This category includes breads that are made from wheat and rye flours, where the wheat content is between 50-89%. The higher the wheat content of the bread, the milder the taste and the softer the crust.

Breads made from rye (*Roggenbrote*)

This category includes breads that are made of at least 90% rye flours. These breads are high in vitamins and nutrient, and have a strong, distinctive taste.

Breads made from a mixture of rye flour and other flours (*Roggenmischbrote*)

This category includes breads that are made from rye and wheat flours, where the rye content is between 50-89%.

Breads made from whole grains (*Vollkornbrote*)

This category includes those breads made from coarsely to finely ground whole grains.

Rolls & Other Mini-Breads (*Brötchen & Kleingebäck*)

Over 1,200 items of various shapes, sizes, and flavors make up this category. Because of their small size, these breads have a high percentage of crust, making them very flavorful. They are further divided into the following groups.

Smooth Rolls These are rolls with a smooth surface (crust).

Slashed Surface The surface of these rolls have been slashed to allow for a better rise and a more flavorful taste.

Refined Rolls These are breads to which fat and sugar have been added. This gives them a softer, less chewy, texture. This group includes the Hörnchen, Croissant, Cheese-Sticks, etc.

Rolls with added flavorings These are breads to which additional ingredients, such as sesame seeds, nuts, onions, and raisins, have been added for flavor. These flavorings can be added to the dough, or sprinkled on top of the formed roll.

Specialty Breads (*Spezialbrote*)

Specialty breads includes those breads that are (1) made with unique ingredients or a high amount of one specific ingredient; (2) made with a unique technique; or (3) made with certain restrictions for people with specific nutritional requirements (for example, bread for people with diabetes).

Semester V: Unit 2: Chapter 5.6

GERMAN CHARCUTERIE PRODUCT: SAUSAGE (WURST) AND HAM (SCHINKEN)

Wurst is a creation of ground meat, bacon, salt, and other spices. In some cases, blood and other organs are also added. The meat mixture is then stuffed into an artificial or natural skin (casing). *The German word Wurst actually refers to both cold cuts (Aufschnitt) and sausages.*

¥ **Cold Cuts (Aufschnitt):** Cold cuts are slices of very large sausages, cooked meats, hams, and cheese. They are most often eaten cold with bread. Cold cuts of German sausages are mainly available at German delicatessens and German food stores. Some German restaurants offer an Aufschnitt Platte - a tray of cold cuts, usually accompanied with bread, butter, and pickles, onions, or other vegetables.

¥ **Wurst is grouped into four categories: Fresh/Raw, Cooked, Boiled, and the well-known Bratwurst.**

1) Fresh, Raw Wurst (Rohwurst)

Fresh, raw wurst is made from raw meat (beef, pork, or lamb), bacon, and spices. There are 500 different kinds of fresh, raw wurst. Fresh, raw wurst can be further divided into two groups

i) Firm, Sliceable Sausages :

- This group includes *Salami, Plockwurst, Landjäger, and Zervelatwurst*.
- These sausages are all characterized by a firm texture and a long shelf-life.
- They are made from ground, raw meat, to which is added salt and other seasonings, as well as fat pieces. The mixture (called "das Brät") is then stuffed into either an artificial or natural skin (intestines), and for certain kinds, they are pressed into shape.
- Afterward, they are ripened through a drying period in refrigerated rooms. The ripening process is key in obtaining the desired taste, firmness, aroma, and shelf life of the sausage.
- Those sausages that are ripened for a very long time are also known as *Dauerwurst or Hartwurst (hard wurst)*.

ii) Soft, Spreadable Sausages:

- These sausages are made from finely ground raw meat and fat pieces to develop a soft texture.
- Like the firm sausages, they are stuffed into either an artificial or natural skin (intestines).
- They are however ripened for only a short period of time and in a low temperature to keep a specific moisture content.
- Some of the soft, spreadable sausages are also smoked, which adds to its flavor and aroma.
- Unlike the firm sausages, these sausages have a short shelf life.
- Included in this group are *Mettwurst, Teewurst, and Schmierwurst*.

2) Cooked Wurst (Kochwurst)

There are 350 different kinds of sausages that are classified as cooked wurst. Unlike the fresh, raw wurst, **cooked wurst are made of cooked ingredients**, such as finely chopped liver, tongue, and/or meat. These ingredients are then mixed with gelatine, blood, grits, or bread to help bind everything together. The mixture is filled into the sausage skins, then cooked again. Some varieties are also smoked for additional flavor.

Cooked wurst can be divided into 3 groups:

- Liverwurst (Leberwurst):** Liverwurst refers to wurst that (1) is spreadable when cold, and (2) has a liver content of over 10%. To keep it spreadable, liverwurst has a high fat content. There are different kinds of liverwurst. Some are made with additional

Semester V: Unit 2: Chapter 5.6

ingredients such as meat, organs, and rind. Some are smooth in texture, others are coarse.

- ii. **Headcheese (Sülzewurst):** These sausages are made from a base mixture of rind and broth (or gelatine and water), which are used to bind the colorful and flavorful ingredients, such as meat, organs, and cooked vegetables. Sülzewurst is sliceable when cold, but becomes liquidy when heated.
- iii. **Blood Sausage (Blutwurst):** The taste and appearance of these sausages are strongly influenced by the cooked pork rind and pork blood. The ingredients are cooked, which causes them to bind into a solid mass. This keeps the wurst sliceable when cold. Even when heated, the wurst holds its shape, which makes it good in recipes. The wurst can include various different ingredients, such as meat (*Thüringer Rotwurst*), *tongue (Zungenwurst)*, and/or *bacon*.

3) Boiled, Scalded Wurst (Brühwurst)

- The largest of the three categories, there are 800 kinds of Brühwurst.
- These sausages are made from finely ground, raw pork, beef, and/or chicken, as well as bacon, salt and other seasonings.
- Ice or water, along with other additives such as phosphate, are added to the meat mixture (Brät) to produce a solid, homogeneous mass.
- After the meat mixture is filled into its casings, the sausages are scalded at 170° F (70° C).
- During this scalding phase, the meat mixture solidifies and the sausages develop their well-known, crispy texture.
- This characteristic remains with the sausages even when re-heated, making them sliceable when both cold and hot.

Brühwurst can be further classified as:

- i. Made from Finely Ground Ingredients (Aus feinerzkleinertem Brät) - Includes sausages such as *Bockwurst, Wiener Würstchen, Gelbwurst, Lyoner, and Fleischkäse*.
- ii. Made with a Filler (Mit einer Einlage) - Includes sausages such as *Presskopf, Bierschinken, Tiroler*.
- iii. Coarsely Ground Ingredients (Grob zerkleinerten Brät) - Includes sausages such as *Göttinger and Krakauer*.

4) Bratwurst

The Bratwurst is a unique wurst in that it doesn't fit exactly into any of the above categories. Some are sold raw, yet some are scalded.

Each region in Germany has its own version of the Bratwurst: Coburger, Fränkische, Hessische, Northern Germany, Nürnberger, Schlesische, Thüringer, etc. Over 50 kinds are available in Germany, differing in size, seasonings, and texture.

HAM (SCHINKEN)

- Many countries have their ham specialties, and Germany is no exception. Whether its smoked, cooked, or dried, there are many different kinds of hams.
- Each ham has its own unique taste and aroma stemming from differences in production and the cut of meat used.
- ~~Most hams are made from a pork leg, either from the whole leg including the bone and rind or~~ ~~from~~ parts of the leg.
- Some hams are made from from other parts of the pig, such as the hip and shoulder, and some are made from the parts of other animals.

Page

There are two types of hams:

Semester V: Unit 2: Chapter 5.6

- i. ~~**Cooked Ham (Kochschinken):** The production of cooked ham is a bit more complex. First, the boneless meat pieces are salt-cured. Then they are pressed into a special form, and run through a unique device, called a Tumbler, that causes the meat pieces to bind together. Once a solid mass, the meat is wrapped in string, aluminum foil, or pressed into a form to hold its shape, the smoked and cooked.~~
- ii. **Raw Ham (Rohschinken):** The production of raw ham is quite simple: the meat is salt-cured, then either smoked or air-dried. Smoked hams get their flavor and aroma from the temperature and duration of the smoking process, as well as the seasonings and woods used for smoking. Air-dried hams, on the other hand, get their flavor and aroma from the salt used, the length of time the meat is salt-cured, and the duration of the drying time (which last up to 18 months).

GERMAN CHEESE

Germany is one of the world's leading cheese producers. German cheese makers produce over 1.8 million tons of cheese annually, making Germany the largest cheese producing country in Europe (followed closely by France, Italy and the Netherlands).

75% of Germany's cheeses (more than 400 different varieties) are produced in Bavaria, with Allgäu (the Alpine region of Southern Germany) being the largest cheese producing region. Here, raw milk cheeses, such as *Allgäuer mountain cheese* or *Emmentaler*, are made from the milk of brown-and-white coloured cows grazing in natural pastures. **Other important cheese producing regions include Schleswig-Holstein, Mecklenburg-Western Pomerania (Mecklenburg-Vorpommern) and Saxony-Anhalt (Saxon-Anhalt).** *Some examples of cheese of international influence are Tilsiter (Dutch origins), Limburger (Belgian origins), and Emmentaler (Swiss origins) cheese.*

Some examples of German cheese:

Allgäuer Bergkäse

- The name "Bergkäse" literally means mountain cheese, or cheese produced in the mountains. Allgäuer Bergkäse is a German version of the Bergkäse. It is legally protected and can only be produced in the Allgäu Alps region, an area in southern Swabia (Schwaben). The milk used to produce the cheese must also be from dairies in this area.
- Cheese Category: Extra Hard Cheeses
- Country of Origin: Germany
- Specialty of: Allgäu (a region in Swabia, Bavaria)
- Cheese Characteristics:
- Main Ingredient(s): Raw Cow's Milk
- Age (Ripening Period): 4+ months
- Flavor: Depending on the age of the cheese, flavor ranges from mild and aromatic to bold and tart.
- Consistency: Flexible but firm, light yellow in color, random pea-sized wholes in dough. Rind is dark yellow to brown.

Bavarian Blu (Bayerischer Blauschimmelkäse)

- Bavarian Blue is a soft cheese which has been injected with the Penicillium spore "Penicillium roqueforti" during its maturation period. The fungus develops inside the cheese. On the surface of the cheese is a white flowery rind. Bavarian Blu has a fat content of 70%.
- Cheese Category: Blue Vein Cheeses
- Country of Origin: Germany
- Specialty of: Bavaria (Bayern)
- Cheese Characteristics:
- Main Ingredient(s): Cow's milk, blue mold cultures
- Age (Ripening Period): 1-2 months
- Flavor: A mild blue-vein cheese

Semester V: Unit 2: Chapter 5,6

- ~~Consistency Creamy soft dough with blueish-green veins. Surface has white flowery rind~~

Semester V: Unit 2: Chapter 5.6

Weisslacker (Bierkäse)

- Weisslacker cheese was first created by brothers Josef and Anton Kramer in 1874 in the city of Wertach (in southern Bavaria). In 1876, the brothers obtained the world's first cheese patent. The name "Weisslacker" originates from its white color (Weiss) and the shiny film on its surface (Lackartig).
- Before the cheese is formed it is soaked in salt water for 2 days. During its ripening period, it is regularly smeared with salt. Because of this, the cheese has a very salty taste. Its fat content is 45-50%, with a 5% salt content.
- Weisslacker is produced only by a small number of cheese factories in Oberallgäu (a region in Bavarian Swabia)
- Cheese Category: Semi-Hard, Sliced Cheeses
- Country of Origin: Germany
- Specialty of: Bavaria (Bayern)
Cheese Characteristics
- Main Ingredient(s): Cow's milk from local farms, salt
- Age (Ripening Period): 7-9 months
- Flavor: Bold, tangy, salty
- Consistency: Shiny surface, white; cube formed; no rind

Butterkäse

- It is a semi-hard cheese that is usually produced in a loaf or log form. It is creamy and mild, and tastes similar to butter, which is where its name is derived.
- Cheese Category: Semi-Hard, Sliced Cheeses
- Country of Origin: Germany
Cheese Characteristics
- Main Ingredient(s): Pasteurized Cow's Milk
- Age (Ripening Period): 3+ weeks
- Flavor: Mild, similar to butter, lightly sour
- Consistency: Soft, but firm enough to slice

Mainzer Käse (Handkees)

- Mainzer Handkäse was first created in 1820 by a farmer's wife in the city of Gross- Gerau. It was sold on weekends in open-air markets in Mainz.
- Mainzer Handkäse is a sour curd cheese. Sour curds are mixed with salts, and after a few hours they are formed into rolls. The rolls are allowed to ripen for 24-26 hours.
- The cheese has a smooth, yellow or reddish crust. It has a firm yet flexible consistency, and it has a distinct aroma.
- Similar cheeses: Harzer Käse (Roller) and Handkäse
- Cheese Category: Sour Curd Cheeses
- Country of Origin: Germany
- Specialty of: Mainz
Cheese Characteristics
- Main Ingredient(s): Cow's Milk
- Age (Ripening Period): 24 - 26 Hours
- Flavor: Mildly spicy, also available with caraway seeds
- Consistency: Soft, light-yellow; Flexible

Quark

M.U.C.A
(Also Known As: Speisequark, Topfkäse, Weisskäse, Matz, Bibeleskäse, Lukeleskäs, Topfen, Klatschkäse, Sibbkäs)

Page

- The word quark means "curd" or "cheese curd." It is a cheese made from pasteurized cow's milk. The milk is curdled through the addition of a bacteria. The curdled milk is stored at 70°F (22°C) for 24 hours to allow the milk protein to thicken. Then the liquid (whey) is drained through the use of a mechanical separator. The remaining solid (curds) is quark. Depending on the desired fat content and consistency of the final quark, producers then mix cream back in. In Germany, quark

Semester V: Unit 2: Chapter 5.6
is available in 10%, 20%, and 40% fat levels. *Megacream* is quark with the least amount of fat (10%).

Semester V: Unit 2: Chapter 5.6

- ~~Quark is basically concentrated milk. It is high in protein, calcium, and phosphate. It is also used extensively in both cooking and baking throughout Germany. It accounts for half of the total cheese consumption in Germany.~~
- Cheese Category: Fresh, Unripened Cheese
- Country of Origin: Germany
- Specialty of: Throughout Germany
- Cheese Characteristics
- Main Ingredient(s): Pasteurized Cow's Milk
- Age (Ripening Period): Fresh (No aging)
- Flavor: Mild, milky, lightly sour, similar to plain yoghurt
- Consistency: Soft; similar to a thick sour cream



Each region in Germany has its own specialties and variations. The southern region of Germany share many specialties that reach over to Austria and Switzerland. In the southwest, cooking is greatly influenced by French cooking. Cooking in the eastern region has more of an Eastern European flavour. There are also foods that are shared by all regions, but prepared differently.

Southwestern Germany: Cooking in the outer, southwestern part of Germany is greatly influenced by French cooking. Riesling wines, Spätzle, Sauerkraut made with white wine, and Maultaschen are among the favorites made here.

- Baden Cooking
- Palatinate (Pfälzer) Cooking
- Saarland Cooking
- Swabian (Schwäbischer) Cooking

Hessen: The German state of Hessen is known for its *Apple Wein, Handkäse, Frankfurter Grüne Soße, Frankfurter Rippchen, Sauerkraut, and Frankfurter Würstchen.*

- Hessen (Hessische) Cooking

Bavaria and Franconia: Cooking in the German state of Bavaria (Bayern) is greatly influenced by Austrian cooking. Popular in this region are various kinds of *Knödel (dumplings), Weisswurst, Leberkäse, and Pretzels.* Franconia (Franken), a region within Bavaria, is best known for *Lebkuchen and Bratwurst.*

- Bavarian (Bayerische) Cooking
- Franconian (Fränkische) Cooking

Northwestern Germany : Because of its close proximity to the North Sea and Baltic Sea, cooking in Northwestern Germany includes a large variety of seafood dishes. Also typical for this region are *hearty wurst (sausages), potato and cabbage dishes, as well casseroles, rye breads, and several different kinds of soups.*

- Lower Saxony (Niedersachsen) Cooking
- Bremen Cooking
- Hamburg Cooking
- Schleswig-Holstein Cooking
- Westphalian (Westfälische) Cooking

Rhineland: Cooking in the Rhine River region is influenced by foods in Belgium and The Netherlands, as well as by the local wine industry. The menu here includes such popular dishes as *Sauerbraten, Potato Pancakes, and Blutwurst with Onions.*

- Rhineland Cooking
- Saarland Cooking

Northeastern Germany : Cooking in Northeastern Germany is very hearty. Typical dishes in the region are *Eisbein, Kasseler Rippchen, and Currywurst.* Many Eastern European dishes are also found here, as well as seafood dishes.

- Berlin Cooking
- Brandenburg Cooking
- Mecklenburg-Western Pomerania Cooking

Eastern Germany : This region is known for its hearty dishes, a wide variety of locally grown fruits and vegetables, and beer. *Klöße (dumplings)* and potatoes are loved here, as well as delicious cakes and pastries.

- Thuringia (Thüringen) Cooking
- Saxony-Anhalt (Sachsen-Anhalt) Cooking
- Saxony (Sachsen) Cooking

Semester V: Unit 2: Chapter 5.6

Details of some of the above follows:

1)Baden Cooking:

- It is said that Baden is the cradle of German Nouvelle Cuisine, with influences of France, Alsace, Switzerland, Rhineland and Swabia playing a significant role.
- The climate and soil is very favorable to for a multitude of agricultural produce, which find its way into the Baden Kitchen and onto the Badener's dinner table.
- Baden is known for the Black Forest (Schwarzwald) as well as being a "culinary paradise."

Popular dishes include:

- ▶ Potato Soup (Kartoffelsuppe)
- ▶ Black Forest Ham (Schwarzwälder Schinken) ▶ Veal Roulade (Kalbsrouladen)
- ▶ Knöpfle (short, round Spätzle) ▶ Spargel (Asparagus)
- ▶ Kartoffel (Potatoes) ▶ Bauernbrot Hefezopf
- ▶ Linzer Torte
- ▶ Schwarzwälder Kirschtorte (Black Forest Cake) ▶ Zwiebelkuchen (Onion Cake)
- ▶ Springerle
- ▶ Blechkuchen (a.k.a. Wähe) with various toppings (Plums, Apples, Crumbs) ▶ Black Forest Ham (Schwarzwälder Schinken)
- ▶ Blutwurst
- ▶ Liverwurst (Leberwurst)

2)Swabian Cuisine:

- The Swabia Region is the South of Baden Württemberg extending into Bavaria and down to Austria.
- Regional cooking here is different, much more down to earth and simpler when compared to the French influenced Baden Cuisine. In traditional Swabian Cuisine one still sees the influences of times of hardship much more than in other regional cooking in Germany.
- Important in Swabian cooking is pasta (such as Spätzle and Maultaschen). Variations of fresh pasta are served as main dishes as well as side dishes. Either way they are never eaten dry - a hearty sauce, broth, or at least some melted butter is a must!
- It is said that the Swabian will eat anything as long as it comes with enough gravy. Well, there may be some truth to it, if one considers, that the signature dish of Swabia, the Speatzle really need lots of sauce.
- Swabia was not as agriculturally rich as Baden, so cooking in this region is dominated by simplicity and creativity. An image that is associated with Swabians is that they regarded as crafty and hard working.
- Dishes in Schwaben do not always require cooking. Schwaben offers a large variety of wurst, which are often eaten as cold cuts or made into a salad. This goes well with the large variety of breads also found in the region.
- In past days meat was a luxury so it is not unusual to find traditional dishes, that would process parts of an animal, that today are hard to get even at well-established butchers, due to a lack in demand.

Popular dishes include:

- ▶ Gaisburger March
- ▶ Leberkäse
- ▶ Spätzle

Semester V: Unit 2: Chapter 5.6

▶ Maultaschen (Ravioli like pasta pockets)

▶ Schupfnudeln (Finger-Thick Potato

Dumplings) ▶ Krautkrapfen

▶ Leberklöße (Liver

Dumplings) ▶ Sauerkraut

Semester V: Unit 2: Chapter 5.6

▶ Linsen mit Spätzle (Lentils with

Spätzle) ▶ Laugen Pretzels

▶ Kartoffelkuchen (Potato

Cake) ▶ Zwiebelkuchen

(Onion Cake) ▶ Hefezopf

(Yeast Braid)

▶ Leberkäse

▶ Kartoffelsalat (Potato Salad)

3) Hessen

- The German state of Hessen was formed in 1946, at the end of World War II. Because of this, traditional Hessen cooking is greatly influenced by its neighboring regions, namely Thuringia (Thüringen), Rhineland-Palatinate (Rheinland-Pfalz), and Franconia (in Bavaria).
- As in many other regions in Germany, cooking in Hessen has been molded by what food and ingredients were available locally. People planned their meals based on what was available from local farmers as well as what was grown in their own gardens. This, however, was not a limitation since a large variety of foods were grown locally. This is evidenced today in the large variety of dishes and recipes that are considered typical for Hessen.
- Many foods in Hessen share the same preparation techniques, but vary by only a few ingredients. For example, Blechkuchen, similar to a sheet cake, shares the same technique and ingredients for its base. However, a multitude of variations have been developed by changing its toppings. Streuselkuchen is a Blechkuchen topped with sweet crumbs. Zwetschgkuchen is a Blechkuchen topped with plums and many times also with sweet crumbs.
- Hessen is "potato land," evidenced by the large number of potato dishes. Other important vegetables include cabbage, onions, beans, and asparagus.

Popular dishes in Hessen are listed below.

▶ Kassler Rippchen (Smoked Pork Ribs)

▶ Zwiebelkuchen (Onion Cake)

▶ Reibekuchen (Potato Pancakes) with

Applesauce ▶ Frankfurter Kranz

▶ Blechkuchen (Sheet cake with various toppings, such as Plums, Apples,

Crumbs) ▶ Kreppel (Donuts)

▶ Blutwurst

▶ Frankfurter

Würstchen ▶

Handkäse

4) Bavarian (Bayerische) Cooking

- Bavarian cooking is hearty and rustic, making very simple ingredients into tasty, satisfying dishes. It is known for its wide variety of wurst (sausages), meat dishes, Knödel (dumplings) and pasta dishes, as well as for its breads, its sweet dishes and its dessert.
- Wheat also plays an important role in Bavarian cooking. This is evidenced by the numerous noodle and Knödel (dumplings) dishes, as well as the great variety of cakes and breads.
- Bread is not only eaten for breakfast, it is also used as filling in Knödel, poultry, and roasts. And we cannot forget about the world famous Pretzel. Its invention is accredited to the Bavarians.
- The pretzel isn't just a side to wurst dishes, it is also an important part of festivals (such as Oktoberfest) and holidays.
- Meat dishes are mainly of beef, veal, or pork. Poultry is also gaining in popularity.

Page

Popular dishes include:

▶ Leberknödelsuppe (Liver Dumpling

Semester V: Unit 2: Chapter 5.6

Soup) ▶ Kartoffelsuppe (Potato Soup)

▶ Leberkäse

▶ Schweine Schnitzel (Pork

Schnitzel) ▶ Schweinebraten
(Pork Roast)

▶ Schweinshaxe (Pork Knuckle)

Semester V: Unit 2: Chapter 5.6

- ▶ Erikkadelle (Seasoned Beef Dumplings) - Also called "Fleischpflanzerl" ▶ Leberknödel (Liver Dumplings)
- ▶ Fingernudeln (Finger-Thick Potato Noodles) ▶ Semmelknödel (Bread Dumplings)
- ▶ Schinkenknödel (Bread and Ham Dumplings) ▶ Breznknödel (Pretzel Dumplings)
- ▶ Blumenkohl (Cauliflower) ▶ Rotkraut (Red Cabbage)
- ▶ Reiberdatschi (Potato Pancakes) ▶ Laugen Pretzels
- ▶ Apfelstrudel (Apple Strudel)
- ▶ Bayerische Creme (Bavarian Cream) ▶ Vanillekipferl (Vanilla Cookies)
- ▶ Kaiserschmarrn (Sweet Omelete with raisins, rum, and almonds) ▶ Bavesen (Bavarian French Toast)
- ▶ Zwetchgenkuchen (Plum cake) ▶ Weisswurst
- ▶ Blutwurst
- ▶ Bierwurst
- ▶ Gelbwurst
- ▶ Leberkäse
- ▶ Mettwurst
- ▶ Kartoffelsalat (Potato Salad)

5) Lower Saxony (Niedersachsen)

- Cooking in Lower Saxony (Niedersachsen) can be described as down-to-earth and hearty. The cuisine takes advantage of the regions diverse landscape - from coastal regions to grasslands to mountainous regions. Many foods are grown or produced locally and these make up a large part of the cuisine.
- In the coastal areas, seafood, such as crab, mussels, mackerel, trout, and eel, is a major part of the cuisine.
- In the grasslands close to the coast, black and white cattle provide the basis for the locally produced cheeses, such as Harzer Käse (Roller), and other dairy products, such as fresh buttermilk.
- In the north western region of the state, wurst and cured meats are the specialty. It is here that the internationally known Braunschweiger Wurst is produced.
- Lower Saxony is known as Germany's largest orchard. Here, a large variety of fruits are grown and harvested, including apples, Zwetschgen, and cherries. Lower Saxony is also the home of many breweries, some of which date back to the Middle Ages. A local specialty is the Bockbier.
- In Frisia and Eastern Frisia (Ostfriesland) (in the northwestern part of the state on the coast of the North Sea) tea is the beverage of choice, so much so that a tea culture has developed.

A list of popular foods and dishes in Lower Saxony (Niedersachsen) are listed below.

- ▶ Pöhlchen
M.P.C.A Cookies ▶
- ▶ Butterkuchen
- ▶ Pumpernickel Bread
- ▶ Braunschweiger Wurst ▶ Currywurst
- ▶ Harzer Käse (Roller)

6) Hamburg

- Cooking in the German state of Hamburg has been influenced by its abundant supply of seafood, as well as from its worldwide trade of spices and luxury foods. Its trade partners also brought with them cooking techniques and recipes from foreign countries.
- Hamburg cooking is known for its seafood dishes. Various types of fish, crab, herring, lobster, and eel are among the favourites.

~~Semester V: Unit 2: Chapter 5.6~~

- ~~• Typical seasonings used in Hamburg cooking include cayenne pepper, anise, paprika, cumin, bay leaves, cloves, saffron, curry powder, nutmeg, pepper, juniper berries, cardamom, allspice, and cinnamon.~~
- In the Middle Ages, Hamburg had hundreds of breweries. It was in Hamburg where the discovery of hops as an ingredient to beer was made. Although many breweries still exist in Hamburg, the most well known throughout Germany is the Hosten Brewery.

A list of popular foods and dishes in Hamburg are listed below.

- ▶ Grünkohl (Kale)
- ▶ Wirsing (Savoy Cabbage) ▶ Makronen
- ▶ Rote Grütze (Raspberries, Currents, and Sour Cherries) ▶ Schwarzbrot (Whole Grain Bread)

7) Rheinland

- The region known as the Rhineland was the former Prussian Rhine region. Today its exact borders no longer exist, but it is found partly in the German state of Rhineland-Palatinate (Rheinland-Pfalz), partly in the German state of North Rhine-Westphalia (Nordrhein-Westfalen), and even stretches into Belgium.
- The most well-known foods from the Rhineland include Sauerbraten, waffles, potato pancakes, Halver Hahn, Himmel und Erde, and Spekulatius. Likewise, Alt, Pils, and Kölsch beers are enjoyed here, as well as a large selection of local wines.
- Hearty vegetable soups and stews are very common in the Rhineland region. Seafood is also a favorite, with dishes such as eel, perch, trout, carp, and mussels.

A list of popular foods and dishes in Rheinland are listed below.

- ▶ Potato Soup (Kartoffelsuppe) ▶ Rheinischer Sauerbraten
- ▶ Reibekuchen (Potato Pancakes) ▶ Himmel und Erde
- ▶ Grünkohl (Kale) ▶ Spekulatius
- ▶ Zwiebelkuchen
- ▶ Schwarzbrot (Dark Bread)

8) Berlin

- Cooking in the German state of Berlin is simple and down-to-earth and meals are hearty and satisfying.
- Cooking here has been influenced by the immigrants from neighboring regions.
- Very common in Berlin are dishes with pork, goose, fish (such as carp, eel, and pike), cabbage, legumes (such as peas, lentils, turnips, and beans), pickles, and potatoes.

A list of popular foods and dishes in Berlin are listed below.

- ▶ Kartoffelsuppe (Potato Soup)
- ▶ Hoppelpoppel (A combination of leftover meat, onions, potatoes and eggs) ▶ Eisbein (Pork Knuckle)
- ▶ Kasseler Rippchen
- ▶ Königsberger Klopse (Dumplings of beef and capers) ▶ Schnitzel Holstein
- ▶ Kartoffelpuffer (Potato Pancakes) ▶ Berliner Pfannkuchen

▶ Armer Ritter (German version of French

Toast) ▶ Rote Grütze

▶ Bockwurst

▶ Currywurst

9) Brandenburg

- Cooking in Brandenburg is down-to-earth and simple.

Semester V: Unit 2: Chapter 5.6

- ~~The potato is the most important side dish and ingredient. It was introduced to the region by Friedrich the Great from Prussia. Today, many Brandenburg specialties are based on the potato.~~
- Other important vegetables include asparagus, kale, beans, and beets. The local forests provide chanterelle, chestnuts, and porcini mushrooms.
- Given the amount of lakes and rivers in the state, seafood plays an important role. The favorites include crayfish, pike, walleye, eel, lamprey, and carp.
- Within Brandenburg, the cooks choose to use only locally grown and produced foods.

A list of popular foods and dishes in Brandenburg are listed below.

- ▶ Potato
- Pancakes ▶
- Potatoes
- ▶ Asparagus ▶
- Cabbage ▶
- Sauerkraut

Short definition of Dishes from Germany

- *Steckrübeneintopf* - This is a traditional German favorite. It is a stew made of potatoes, carrots and pickled or smoked meat or sausage.
- *Weisswurst* - This Bavarian sausage is a traditional favorite. It is made out of finely chopped veal and pork bacon.
- *Zwiebelkuchen* - This is a pie with a crust made out of diced bacon, cream, steamed onions and caraway seed.
- *Sauerkraut* - This worldwide favorite is cabbage that is finely shredded and is fermented with lactic acid bacteria.
- *Rheinischer Sauerbraten* - These are large beef pieces that have been marinated in a mixture of water and vinegar for a long time before they are baked.
- *Hochzeitsuppe* - This favorite is meat broth that is spicy and contains liver dumplings, bread dumplings and thin pancakes.
- *Labskaus* - This dish is made out of herring, corned beef, beetroot, mashed potatoes and is served alongside a pickled cucumber and a fried egg.
- *Mettbrötchen* - This is meat put on rolls of bread that are often garnished with raw onion rings.
- *Hasenpfeffer* - This is a stew made out of marinated rabbit.
- *Bratwurst* - Made of beef, veal or pork, these sausages are grilled or fried and served with sauerkraut or potato salad.

No sampling of German cuisine is complete without a foray into the region's beverages. Known for its robust selection of beers, ales and other malt beverages, German alcohol runs the gamut from pale ales to dark lagers. If you prefer the slender stem of a goblet to the handle of a metal beer stein, there are plenty of wines and other non-alcoholic drinks to sample. Riesling and Silvaner white wines come from the areas surrounding the Rhine, while Spätburgunder and Dornfelder are the most well-known German red wines. Coffee, mineral water and sparkling juices and seltzers are also popular.

~~Meat is a staple of German cuisine, with pork being the most common variety found in the over 1,500 varieties of sausage.~~ However, ~~fish~~ pasta and other preparations are also common in the different regions of the country. Seafood ~~is~~ once restricted to the areas of the country nearest large bodies of water (particularly in the north) and does not factor heavily into most traditional dishes. If you crave the taste of fresh asparagus topped with Hollandaise sauce, you're in luck: this German side dish is one of the most common in the country. In fact, some local restaurants even change their entire menu to revolve around asparagus when it's in season.

Other popular side dishes in German cuisine include thick egg yolk noodles called spätzle as well as maultaschen, cheese-stuffed noodles. Dumplings made from potato starch served alongside sauerbraten in its meat gravy are called kartoffel

Semester V: Unit 2: Chapter 5.6

kloesse, and they are another well-known dish. Mustard is a widely used condiment in the country's food as is horseradish. Breads – such as pumpernickel and rye – are daily staples, and rolls are commonly provided alongside large meals. Cheeses and other dairy products are served frequently.

Semester V: Unit 2: Chapter 5.6

Many foreigners instantly recognize some of Germany's luscious desserts. Cakes, tarts and fruits dominate the region's after-dinner delights. Black Forest cake originated in southern Germany, and it consists of layers of chocolate cake, whipped cream and cherry decorated with whipped cream, maraschino cherries and chocolate décor. Pastries, pancakes and puddings are also central to the region's dessert selections. Due to its cool climate and dairy resources, ice cream and fruit sorbet are regarded as traditional German desserts even though they originated outside the country. Unsurprisingly, many German desserts feature some type of liquor baked into the recipe, adding an additional flavor to many already decadent dishes.

CUISINE OF GREAT BRITAIN

Great Britain lies to the northwest of [Continental Europe](#) and east of Ireland. It is separated from the continent by the [North Sea](#) and by the [English Channel](#), which narrows to 34 kilometres (21 mi) at the [Straits of Dover](#). It is situated between longitude 50°N to 61°N and latitude 8°W to 2°E and occupies an area, of 209,331 km² (80,823 sq mi), approximately. The North Channel, Irish Sea, St. George's Channel and Celtic Sea separate the island from the islands of Ireland to its west. Geographically, the island is marked by low, rolling countryside in the east and south, while hills and mountains predominate in the western and northern regions. Great Britain comprises of England, Wales and Scotland on the island of Great Britain, while the United Kingdom includes Great Britain as well as Northern Ireland.

ENGLAND

England is a country which historically has been invaded by successive waves of different people right from Celts, Picts, Romans, Vikings, Saxons, Normans, etc., right from ancient times, and all of them have left a mark on the English kitchen. In recent times immigrants from West Indies, Asians, especially from Indo-Pak has turned contemporary cooking across Britain to reflect its multi cultural society with its vast array of ingredients and culinary skills imported from around the World.

The English have a reputation of generous meat consumption, some of the traditional meat dishes are: mixed grill, Lancashire hot pot, Roast beef with Yorkshire pudding, beef steak with oyster sauce beef and kidney pie and Sheppard's pie. Ham and sausages are an important part of the diet, famous Hams are York Ham and Black Braden ham.

The large consumption of meat encouraged the development of interesting accompaniments like Cumberland sauce, red currant jelly, pickled walnuts, numerous chutneys and pickles. Poultry dishes include stuffed chicken, stuffed duck and stuffed turkey. Stuffed Turkey is the speciality for Christmas along with cranberry sauce, bacon and chipolata sausage.

Amongst vegetables potatoes are a complete favourite and feature in a vast array of dishes. Peas, fava beans, asparagus, parsley, watercress, cabbage and parsnips are other commonly used vegetables.

British also consume large amounts of fish e.g. Dover Sole fried in butter; mackerels served with gooseberries and baked crabs dressed in their shells.

Semester V: Unit 2: Chapter 5.6

Regional specialities

*Hindle Wakes from Lancashire is chicken stuffed with prunes and herb flavoured herbs, cooked with vinegar and glazed with a lemon cream sauce.

*Toad in the hole is a dish of sausages baked in batter.

*Angles on horseback are bacon wrapped oysters grilled and served on croutons.

*Black puddings are blood puddings from Lancashire.

The English are known for having a heavy Breakfast and would include selection of juices, eggs to order, grilled mushrooms, bacon and sausages, selection of breads, jams and preserves and of course Tea.

Afternoon tea is a characteristic meal of the English and may include scones with strawberry jam, sandwiches, teacakes, muffins, buns, crumpets and ginger and brandy snaps.

Cakes include the famous Victoria sponge cake and the traditional Sinner cake and marzipans. Puddings are very popular and include desserts like Cabinet pudding, Prince Albert pudding and bread and butter pudding.

Cheeses are a favourite after meals and are accompanied with cream crackers, some famous cheeses are Stilton blue veined cheese, Cheddar cheese. Beer is the all time favourite beverage.

SCOTLAND

Scotland lies to the north of England and although being surrounded by sea on all three sides it still has the resources of the mountains, the mild lush farmlands as well as the sea. Scotland's fine cooking has more in common with France than its neighbour England.

Breakfast and High Tea are elevated to full hearty meals, breakfast is served with bannock- a griddle baked flat bread made from barley and oats or baps a traditional soft breakfast roll, or Dundee cake a rich buttery Scottish fruit cake containing sultanas, ground almonds and candied peel, Dundee marmalade, porridge, lightly poached kippers and eggs. High tea would feature hot or cold savoury dish followed by a sweet pudding or fruit pies or cakes or scones. The favourite dish is Scotch eggs made of ground sausage meat wrapped around a hardboiled egg which is coated with breadcrumbs and deep fried until golden.

Fresh fish is readily available anywhere in Scotland, traditionally herrings, herring's roe cakes, trout are enjoyed fried in oatmeal. Shellfish dish includes Limpet stovies which is shellfish stewed with sliced potatoes. Pratan Bree is crab soup made with cream and rice.

M.U.C. Meat dishes include Scotch broth made from cured lamb, hotchpotch is a stew made from

Semester V: Unit 2: Chapter 5.6

neck of lamb and vegetables, haggis is an offal sausage, cock-a-leekie is the famous chicken and leek dish cooked in beef stock with prunes and herbs.

The Scots love strong flavoured vegetables like rutabaga and turnips. The famous dessert of Scotland is cloutie dumplings which is a spiced boiled pudding with dried fruits. Cheddar is the most famous cheese from Scotland. Whiskey is the national passion of Scotland.

WALES

Wales is situated to the west of England and its cuisine is based on the agricultural lifestyle prevalent in rural households. The day starts with a hearty breakfast followed by a substantial main mid-day meal and a relaxed supper.

Wales has the seaweed named LAYER which is hand gathered and sold ready cooked in markets to be made into cakes or Laver bread which are fried and served with bacon for breakfast. Mutton is the favourite meat and is traditionally cured and served with prune sauce and black currants. Leeks, potatoes, carrots, Swede and cabbage are the commonly served vegetables.

Specialities of Wales is the Welsh rarebit a savoury snack of melted cheese grilled on toast, Glamorgan sausage which is made from cheese, breadcrumbs, leeks, and mustard and is served grilled or fried. The famous cake of Wales is the Bara brith which is a yeast fruit loaf.

IRELAND

IRELAND is an island situated to the west of England and unlike the rest of western Europe remained free of Roman influence and remained true to the ancient Celtic culture. The food and cooking of Ireland is based on the simple use of good ingredients in heavy peasant style dishes.

The staples of Irish diet were cereals like oats, barley, wheat and rye, and dairy products. Potatoes when introduced readily substituted cereals, especially amongst the poor so much so that in the mid 19th century failure of the potato crop caused the great potato famine. Other popular vegetables are cabbage and leeks. Ireland produces a lot of dairy products including excellent cheeses.

Ireland has an extensive coastline and is known for excellent seafood like cockles, mussels, scallops, Galway oysters, Dublin Bay prawns, mackerel, Irish salmon and trout. Carrageen whose scientific name is Chondrus crispus also known as Irish moss is a species of red algae which is used for its setting properties. Sloke the Irish name for laver and is the same seaweed used by the Welsh is also cooked in Ireland.

Traditional meat dishes include Irish stew made from lamb, onions and potatoes, Limerick ham is a traditional smoked ham which may be boiled and baked. Dublin coddle is a hearty stew of sausages and bacon. Soda bread is the local favourite made using buttermilk and soda bi-

Semester V: Unit 2: Chapter 5.6

carbonate, they are slashed with a deep cross on the top, this soft bread rises high and tastes wonderful when warm.

A Sample menu

Scotch broth

Roast beef

Yorkshire pudding glazed carrots and turnips

Roast potatoes

Apple crumble

CHINESE CUISINE

Introduction

As one travels around the world today, one cannot help being impressed by the extent to which Chinese food and cooking has been established in-almost every corner of the earth. The popularisation of Chinese cuisine lies in the unique traditions and techniques of Chinese cooking, and in the inherent appeal of Chinese food and flavours _to the palate, and also Chinese food can be extremely economical as well as being highly nutritious, because, most ingredients are cut into small pieces, then quickly cooked so as to retain their natural goodness.

Chinese culinary' art has gone through thousands of years of refinement and develop pment, but the Chinese unique way of cooking and preparing food, remains basically unchanged. Archaeological finds of the Bronze Age (around 1850 BC) indicate that the Chinese had utensils such as bronze Cleavers for cutting up foods into small pieces and cooking them in animal fat, using a bronze pot not dissimilar to the modern wok. There is data to prove that as long ago as the ZHOU dynasty (12 C BC) the Chinese used Soya sauce, vinegar, rice wine, fruit jam and spices as seasoning for their cooking and that elaborate and complicated cooking methods were already being employed.

Semester V: Unit 2: Chapter 5.6

By the time of China's greatest sage CONFUCIUS (551 - 479 BC) who was an acknowledged gourmet recorded that the importance of heat application and blending of different flavours were emphasized in Chinese cooking; and the uses of high, moderate or low heat, the blending of sour, piquant, salty, bitter or sweet flavours were all given their correct application in order to achieve a harmonious whole. This theory of harmony is one of the main characteristics of Chinese cuisine to this day.

Today, Chinese cuisine is generally considered along, with the French as one of the two greatest cuisines. It is simple, highly adaptable to the taste of the other countries and best of all it can be prepared by anyone, possessed of a little patience. Tai See Foo - or Master Chef is a much-disciplined man, no where is the Tai See Foo in such importance as in China, where, in relation to the Chinese philosophy of life, his profession over the centuries has been looked upon with the greatest respect in the community.

The Chinese value food highly and rarely wastes any, many recipes require the use of leftovers and cooking ahead is standard practice. The basic flavours are six – Sweet, Sour, Bitter, Spicy (sharp) Pungent and Salty. Their distribution, proportion and use must be controlled for proper blending. Meat has always been a major item in Chinese diet; however the meat ration per person was small. Efficient utilisation, proper colour arrangements and palatability often required highly imaginative combinations. Often the meat could only be flavouring for a dish rather than the main ingredient.

China's economy has seldom been able to afford such animals as the cow and the lamb, inadequate pastureland for cattle has made raising these animals difficult. Pork is therefore

Semester V: Unit 2: Chapter 5.6

China's most common meat. In the north, mutton is commonly used, particularly by the Chinese Muslims. Many Chinese Buddhist for religious reasons, will eat only vegetable, the cooking of which was developed to a high degree. The scientific study of vegetable became a part of Taoism and its devotees devised a highly nutritional vegetarian diet, an art so refined that their vegetarian dishes resemble meat in taste as well as in texture.

The elements that contribute to the wide sensual appeal of Chinese food, which make it so acceptable to all people world over are:

- 1) Chinese meals are communal meals and communal dishes served on the table are of necessity, bigger and fuller than the average dishes, they are therefore bound to create a greater visual impact and are more sumptuous in appearance. The exoticism of size and variety is further enhanced by the Chinese use of heat as an integral part of flavour - the use of heat to induce, ignite, and set ablaze all the latent desires in our appetites. Hence in a well-served Chinese meal, the time-lapse between the food leaving the hot pan and its arrival on the table is measured not in minutes but in seconds.
- 2) Chinese dinner is a multi-dish or multi-course meal.
- 3) The frequent and deliberate exploitation of changing textures both the harmony and contrast of textures are exploited.
- 4) The bulk intake of rice produces the ultimate physical satisfaction in eating along with several soups.
- 4) The use of soya beans and their by-products - soya sauce, soya paste, soya-cheese, soya bean curd, etc. are able to seduce our palate and taste buds.

The basic purpose of cooking is primarily to render food edible, and secondly to render it more enjoyable to eat. To achieve these purposes two methods are generally employed, heating and flavouring.

HEATING:

Take the heating of food, which is basically capable of only a limited number of variations such as heating by air, baking, roasting, heating by fire or radiation, grilling, barbequing, heating through the medium of water or by oil or heating by conduction. By combining the different methods, by varying the pace of heating (Fire - Power), by varying the speed or lengthiness (time) of treatment by varying the stability of mobility (stir frying) of food while being heated the Chinese have developed some forty different accepted heating methods, each with its well defined and established terms of reference and conception.

FLAVORING

In the case of flavouring the Chinese have developed and advanced even farther than in heating (cooking). This is due to the normal Chinese practice of cross cooking different types of food which results of large scale cross blending of flavours. Although not all Chinese dishes are mixed dishes - some consists of only one ingredient cooked in the simplest way. The seasoning materials and sauces are often applied at the last stage of cooking. The flavouring of Chinese cooking is achieved through a multi layer process i.e. Through the use of -supplementary ingredients for cross cooking to provide variety and difference in texture and material, the use of flavouring ingredients, seasonings and sauces to further enhance the taste and flavour and finally through the serving of table condiments to provide the individual diners with the opportunity to do their own personal "touch-ups" before consumption.

In order to reduce confusion, it is normal practice in Chinese kitchens to divide the job of cooking into two clear stages: Preparation and actual cooking. The task of preparation and the task of cooking are usually carried out by two different persons. The preparations and portioning of the principal and supplementary ingredients are usually carried out by the assistant cook, while the chef attends to the firing (control of the heating) and all the work over the stove including flavouring and the application of all the sauces and seasonings.

THE MAIN CHARACTERISTIC OF CHINESE CUISINE

Actually, Chinese cooking is often simple, even for beginners provided you follow a few firm rules. The first thing to remember is that preparation and cooking are separate procedures.

Semester V: Unit 2: Chapter 5.6

all preliminaries must be completed before actual cooking begins. Chinese foods must often be cooked quickly and at very high temperatures. Chinese use oil in their cooking - usually vegetable oil. With this oil one can get the high temperatures needed to seal in the flavour and original colour of the foods and also to preserve the all important crispness and vitamins of vegetables. They do not use butter and many other dairy products either vegetables rather than meat predominate. Soups play various parts in the symphony of a well composed meal - not only is there one as a light appetizer but clear soups are often used between courses as palate cleansers. Richer soups like velvet corn, may however be served as a separate course.

There exists a certain 'uniqueness' that distinguishes Chinese cooking from other food cultures. There is the Chinese division when preparing and serving food between 'TAN' (grain & other starch food) and 'CAI' (meat and vegetable dishes) Grains in various forms of rice or wheat flours (bread, pancakes, noodles or dumplings), make up the FAN half of the meal. Vegetables and meat (including poultry, meat and fish) cut up and mixed in various combinations into individual dishes constitute the CAI half. A balanced meal must have an appropriate amount of both FAN & CAI. It is combining' various ingredients and the lending of different flavours for the preparation of CAI that lies the fine art and skill of Chinese cuisine.

The other distinctive feature of Chinese cuisine is the harmonious blending of colours, aromas, flavours, shapes and textures in one single CAI dish. The principle of blending complimentary or contrasting colours and flavours is a fundamental one - the different ingredients must not be mixed indiscriminately. The matching of flavours should follow a set pattern and is controlled and not casual. The cutting of ingredients is another important element of Chinese cooking in order to achieve the proper effect. Slices are matched with slices, shreds with shreds, cubes with cubes, chunks with chunks and so on.

This is not only for the sake of appearance but also because ingredients of the same size and shape require about the same amount of time in cooking. This complexity of interrelated elements of colours, flavours and shapes in- Chinese cooking is reinforced by yet another feature: TEXTURE. A dish may have just one or several textures, such as tenderness, crispiness, crunchiness, smoothness and softness. The textures to be avoided are: sogginess, stringiness and

~~hardness. The selection of different textures in one single dish is an integral part of blending of~~
M.U.C.A *Page*

Semester V: Unit 2: Chapter 5.6

flavours and colours. The desired texture or textures in any dish can only be achieved by the right cooking methods. In all different methods of cooking the correct degree of heat and duration of cooking time are of vital importance.

REGIONAL COOKING STYLES.

China is a vast country and as such is exposed to extremes of both geography and climate. This naturally results in the growth of different agricultural products, so it is of little wonder that cuisines vary from province to province. Looking at the map of China, it is not difficult to understand why there should be such a rich variety of different styles, throughout the land. Even though there is no official classification of various regional cuisines in China, but it is generally agreed SICHUAN in the west, SHANDONG in the north, CANTON in the south and JIANGSU in the east represents the four major regional cooking styles of China. In addition, four more provinces ZHEJIANG, FUKIEN, ANHUI in the east and HUNAN in the west are usually included in the role of honour while one talks of the "Big Eight" distinguished schools of cuisine in China.

Northern School

Archaeological evidence shows that in about 5000 BC, the inhabitants of North China had begun to farm, settle down and make painted pottery, eating and cooking vessels. Some of the most conspicuous traces of early Chinese culture have been found at sites that lie along the valley of the Yellow River, which is why this area is sometimes described as the "Cradle of Chinese Civilization". Two ancient capitals of LUOYANG and KEIFENG are both situated just south of the Yellow River in Hunan province ("HU" is the Chinese word for "river" and "NAN" means "south"). The noblemen and the imperial families live in such luxury that their chefs invented and perfected many of the Chinese classic dishes. These recipes were passed down through the centuries, and were moved to the capital, Peking and beyond.

China's North has two very long and distinct seasons (winter and summer) with short transitional periods in between. Winters are dry and cold, with temperatures often below

Semester V: Unit 2: Chapter 5.6

freezing. Summers provide intense heat and rain. Its diverse terrain (hills, valleys and rivers) give variety to the region's agriculture.

Due to the extremely dichotomous climate, the land's produce is hearty: mainstays of wheat and corn, especially important to the Northern China economy, dominate the northerner's dietary needs. Crops are then manufactured into wheat-flour for use in common cuisine: noodles, stuffed buns, dumplings and steamed bread are just a few of the wheat products consumed in the provinces of this region. Although little rice is grown in this region, other hardy plants such as barley, millet, soybeans, cabbage, squash and apples predominately appear in northern Chinese agriculture and cooking

In the northern school the staple food is not rice but wheat flour, from which are made many noodle, dishes, steamed bread and dumplings. Northern food tends to be lighter than that of other provinces. From Peking (meaning northern capital) and its neighbouring districts come notable dishes prepared with wine stock. Northern cooking includes pungent sweet and sour dishes and more subtle, delicately seasoned foods. The use of garlic and spring onions is also characteristic.

Much of the north is bordered by Mongolia where people eat a lot of mutton. Food from Inner Mongolia and Shantung forms the backbone of northern cuisine.

Now Peking cuisine is quite a different matter, it is not a separate regional school, but rather the combination of all China's regional style of cooking. Being the capital of China for many centuries Peking (or Beijing as it is now called) occupies a unique position in the development of Chinese culinary art. Peking cuisine has been defined by the eminent Chinese gourmet Kenneth Lo as "The crystallization of many inventions and performance of the generations of imperial chefs of different dynasties which have ruled in Peking for nearly a millennium, and the local dishes of the people of Shandon and Hubet which have been in the habit of preparing together with all the culinary contributions which over the years have established their reputation in the old capital. Peking cooking is in short, the top table of Chinese culinary art. Peking cooking exhibits the greatest ingenuity and inventiveness.

Semester V: Unit 2: Chapter 5.6

Notable flavours and dishes—

Beijing is known for jiaozi, the traditional Chinese dumpling, and Peking duck. Jiaozi dumplings are often filled with pork and vegetables, but variations may include sweet fruits (dates) or chestnuts. Peking duck is a traditional delicacy perfected during the Qing Dynasty and served to important and wealthy individuals throughout history. The duck and its skin (a delicacy) are served with Hoisin (Peking) sauce in flat-bread wrappers.. Northern cuisine includes the Henan (north of the river) region. Strikingly unique from other northern flavours is the Shaolin vegetarian cuisine. Chinese Buddhist belief has for centuries prohibited the eating of animal flesh, and the monks here have spent an age perfecting the cooking of all types of vegetarian food. This cuisine is very nutritious and healthy.

The western school

The Szechuan style of cuisine arose from a culturally distinct area in the central western part of China, a province known as Sichuan. This area of China came into its own culturally towards the end of the Shang Dynasty, during the 15th century. However, it was also the climate of the area that helped to shape the culinary traditions that were to arise from Sichuan province and make their way into the realm of international cuisine.

The province from which the cuisine that the world knows as Szechuan evolved is often hot and humid, and this contributed to this necessity of preparing foods in ways that differ significantly from other regions of China. Szechuan cuisine is primarily known for its hot and spicy dishes, though naturally there is more to Szechuan food than spice and sauces rich and strong in flavour.

Much of the spicing of regional Chinese cooking is based upon bringing together five fundamental taste sensations – sweet, sour, pungent, salty and bitter. The balance of these particular elements in any one dish or regional cuisine can vary, according to need and desire, especially as influenced by climate, culture and food availability.

In Szechuan cuisine, there are a variety of ingredients and spices used to create these basic taste sensations. These include a variety of chilli peppers, peppercorns over various types, Sichuan peppers, which are in reality a type of fruit, not pepper, and produce a numbing effect in

Semester V: Unit 2: Chapter 5.6

addition to their warm flavour. Sichuan peppers, also called flower pepper and mountain pepper, are a traditional part of the Chinese five spice powder, or at least of those that are modelled upon the most authentic versions of the spice combinations common to regional Chinese cooking.

Other ingredients used commonly in Szechuan cuisine to create the five fundamental taste sensations include different types of sugars, such as beet root sugar and cane sugar, as well as local fruits for sweetness. The sour comes from pickled vegetables and different varieties of vinegar. A special bitter melon is added to many dishes to offer the touch of bitterness that complements other flavours. Other spices and flavours include dried orange peel, garlic, ginger, sesame oil and bean paste. Salt is important to Szechuan cuisine, and the area produces uniquely flavoured salts that help to distinguish authentic Szechuan cuisine from the other regional cuisines from China.

Szechuan cuisine is marked by its rich traditional flavours, which stem from a culture of hundreds of years and are in part shaped by the natural forces of climate. Authentic Szechuan cuisine offers a unique dining experience made up of adventurous and creative taste sensations.

Specialities

Hunan (south of the river) cuisine: Renowned for its soups, is one of the oldest and richest also noted for its spicy, pungent and flavourful dishes. Hunanes are especially fond of using chillies, sweet peppers and shallots in cooking. Sichuan (Szechuan) cuisine: hot, spicy chillies, ma po doufu, hot pot Famous for its heat and distinct flavours, Sichuan cooking mastered the light cooking techniques of stir-frying, sautéing, and dry-braising. One of the region's most famous recipes is ma po doufu, a spicy bean-curd and vegetable dish cooked with some of the most powerful chillies in the world. In traditional Chinese medicine and nutrition, hot chilli peppers are considered helpful in reducing the -internal dampness. The humid climate also compels a creativity and variety in food preservation, including techniques such as pickling, salting, drying and smoking.

Inland cooking also makes much use of the fungus called Cloud ear or, Tree ear.

Semester V: Unit 2: Chapter 5.6

Tea smoked duck, Chicken chilly, Liver Paste Soup, Hot & Sour Soup, Beans A La Szechwan, Dong An Chicken, Fried crab, Soy Braised duck, sliced Hoi sin Pork, Bean curd, Spiced Turnip etc., are some of the famous dishes of this region.

The Eastern School

The Yangtze, China's longest river which traverses the width of China from west to east flows through China's leading agricultural regions-Sichuan and Hunan (on the upper) Hubei and Jiangxi (on the middle) Jiangsu and Zianzgi (on the lower), which contains some of the most fertile land in China. :

Both wheat and rice are grown here, as well as other crops which include — barley, corn, sweet potatoes, peanuts, and soya beans. Fisheries abound in the multitude of lakes and other tributaries and deep sea fishing has long been established in the coastal province of Jiangsu and Zhejiang The areas that cover the middle and lower regions of the Yangtze are traditionally referred to as 'Land of Fish and Rice', and is collectively known as Jiangnan ('JIANG' means 'great river' referring to the, Yangtze and 'NAN' referring to the south), and it boasts a number of distinctive cooking styles.

The Yangtze River delta has its own cooking style known as HYAIYANG with the culinary centre in Shanghai that is China's largest city which lies on the Yangtze estuary. South East China has always been regarded as the most culturally developed and economically prosperous region. Both Nanjing in Jiangsu and Hangzhou in Zhejiang have been China's capital of several dynasties; other culinary centres are to be located in YANGZHOU (Yangchow), SUZHOU and ZHENJIANG. Yangchow fried rice, chow mien (open fried noodles), wantons, spring rolls, dumplings and many other Cantonese dim sum dishes have all originated from here.

South of Zhejiang is the province FUJI AN (FUKIEN) which is sometimes grouped in the Eastern School, but its cooking style is more influenced by its southern neighbour Canton, so very often Fukien cuisine is included with Cantonese in the Southern school.

Taken as a whole, Eastern cuisine is rich, decorative and rather on the sweet side; unlike Peking food, garlic is used sparingly, if at all. The area as a whole is renowned for certain products and dishes: the specially cured Chinhua ham, with its pinkish red flesh and succulent

Semester V: Unit 2: Chapter 5.6

savoury-sweet taste, the rich dark Chinkiang vinegar and the amber-coloured Shdaohsing rice wine. Classic dishes include Crisp stir-fried shrimp, Eel cooked in oil, Yangchow fried rice, Lion's head and fish from the West Lake with a sweet and sour sauce.

One special cooking technique of the region has been adopted nationally. This is hung-shao the red-braising method of cooking, whereby the ingredients (mainly meat, poultry and fish) are cooked slowly in an aromatic mixture of thick dark soy sauce and rice wine. When, at the end of cooking, the sauce is reduced and spooned over the main ingredient, the resulting taste is both rich and fragrant.

Shanghai cuisine is the least known outside China. Its oiliness and sweetness are perhaps less appealing to the Western palate, and because it is decorative, it tends to be labour-intensive. Moreover, it depends largely on fresh local produce; the famous Shanghai crabs, studded with yellow roe in the autumn, have no counterpart elsewhere and for the delicate taste of the famous West Lake fish one has to go to Hangchow.

The staple food of this region is rice. The cooks on the coast use more soya sauce and sugar and specialise in salty and gravy-laden dishes. Fish and shell fish from the many rivers and the neighbouring sea are popular ingredients. These are gently spiced concoctions of meat, chicken, duck and sea food with, of course lots of vegetables. Fukien produces the best soy sauce and therefore its cuisine has a good deal of stewing in this sauce or "red cooking" as it is called because of the colour the sauce imparts. The soups are clear and light. The Fukienese excels in their soft spring rolls and sea food. Fukien is also famous for its pork and chicken dishes made with sweet-tasting and fermented rice paste.

Speciality and Popular dishes:

Yangchow fried rice, Chow mien, Spring rolls, Dim sums, White cut pork, lion's head (pork meat balls with cabbage - the alarming name of this dish refers to the pork meat balls which are supposed to resemble the shape of a lion's head and the cabbage which is supposed to look like its mane), Squirrel fish.

The Southern School:

The Pearl River delta, with Canton as a provincial capital of GUANGDONG (KWANGTUNG), is undoubtedly the home of the most famous of all Chinese cooking styles. Unfortunately the reputation of Cantonese cuisine has been badly damaged by a so called 'chop suey' food outside China. Authentic Cantonese food has no rival and has a greater variety of food than any other school because Canton was the first Chinese port open for trade, therefore foreign influence are particularly stronger in its cooking. There are many pig and poultry farms and fish ponds. High, quality tea is a special product of Fukien, while all along the coast fish and sea food - crabs, cray fish, shrimps, prawns, scallops, clams - are plentiful. This wealth of ingredients has helped to make Cantonese cooking the most versatile and varied of Chinese cuisines. Cantonese food is not highly seasoned, instead a harmonious blending of different flavours is sought in order to bring out the best of the ingredients. Cantonese cooks are at their most skilful when they stir-fry dishes. Red-braised dishes are an eastern contribution to the Chinese gastronomy but southern stir-fry dishes reign supreme nationwide. Their 'wok fragrance' a term used to describe the aroma so desirable in stir-fry dishes is matchless.

Southern cooking is subtle and the least greasy of all the regional styles. The cooks excel in stir-frying. At its best, the cuisine tends to be more costly than the others because the cooks use highly concentrated chicken bouillon as the basis of their soups and general cooking: They like to use nuts and mushrooms in their dishes. They prepare many varieties of sea food and lots of roasted and grilled pork and poultry. Steamed dishes are also featured.

Fisheries play a major role in the economy, Guangdong contributes about one fourth of China's fish catch (over 20% of the fish caught here are fresh water fish). Rice is a dominant food grain; the other crops are tea, tobacco, peanut, sugarcane and sub tropical fruits such as bananas, pineapples, oranges, tangerines and lychees.

HAINAN Island is the only truly tropical area of China and produces coconuts, coffee, natural rubber and figs..; The Southern School consists of three distinct styles of cooking: CANTON, CHAOCHOW. (Sv.atow), and DONGJIANG (also known as HAKKA), which means 'family of guest', which refers to the immigrants from North China who settled in the

Semester V: Unit 2: Chapter 5.6

South during the Song Dynasty after the invasion of Mongols in the 13th Century. So it was the Hakka's who introduced noodles, wantons and dumplings etc, into the Contonese diet.

There was a mass immigration overseas after the 17th century both by the Cantonese and the Hakka. When Swanton was opened to foreign trade in 1858, it became a major port for Chinese immigration to South East Asia, America and Europe. That is why; the first Chinese restaurant to open abroad introduced only Cantonese cooking to the outside world. Schools of cooking there are two other schools, though not regional in character, nevertheless should be included here among China's various styles of Schools of Cooking, namely the Moslem and Vegetarian School.

Specialized and popular dishes:

Dim-sum, Shao-mi, Cantonese roast duck, Sweet & Sour Pork. Pork Goose, Ducks webs in oyster sauce, Stuffed green peppers, Shark's fin soup, Turtle soup etc. are very famous.

The Moslem School:

The Chinese Moslem known as "HUI" though Chinese speaking are distinguished from the Chinese by their affiliation with the Sunni branch of Islam. One theory is that they are descendants of the Moslems who settled in China in the 13 century and adopted the Chinese language and culture.

There are nearly 5 million Hui widely distributed throughout almost every province in China, but their traditional areas of settlement is in the North-West with heavy concentration in Hunan, Shanki, Hubei and Shangdong. They form the Chinese Moslem school, together with two other national minorities: the UYGOR group in XINJIANG (4 million, virtually all Moslems), and about 1.5 million MONGOLS who are traditionally nomadic, and therefore, like the Moslem, do not eat pork. Their daily diet consists of beef, mutton, milk and butter, items an average Chinese has no taste for.

The Vegetarian School

Chinese vegetarians are not allowed anything remotely associated with animal including egg and milk. They obtain their proteins mainly from soya beans and its byproducts such as bean curd (tofu), nuts and fungi.

Chinese vegetarian has a long history; its origin can be traced to as far back as around 500 BC, when the TAOIST SCHOOL of THOUGHT developed the hygienic and nutritional science of fruit and vegetables. Some centuries later when Buddhism which abhors the killing of any living creature and the eating of flesh in any form was introduced into China from India, this philosophy was readily grafted into TAOIST school of Cooking and a new form of vegetarianism was born.

Apart from the extensive use of fresh and dehydrated vegetables the vegetarian chefs have developed a new art by creating food that has become known as imitation meats. This imitation pork, chicken, fish and prawns and so on bare an amazing resemblance to their fleshy counterpart in form and texture, though not quite in flavour.

EQUIPMENT

UTENSILS.

The Chinese batterie de cuisine consists of very few basic implements unlike the western kitchen. To start with .only four of the most rudimentary implements are essential to cook Chinese food, i.e. Cleaver, chopping block, wok and stirrer. The Chinese cooking utensils are ancient designs, they are made-of basic and inexpensive materials and they have been in continuous use for several thousand years. As for the rest of the cooking utensils such as sieves, spatula, strainer, casserole, steamers you will find the western version to be less effective. The other tools which are used in the Chinese kitchen are cooking chopsticks, bamboo steamers, strainers, Mongolian fire pot ladles, fish slices, wok-brush, wok scoop, bamboo mat, etc."

CLEAVER

The Chinese cleaver is an all purpose cook's knife that is used for slicing, shredding, peeling, pounding, crushing, chopping and even for transporting cut food from the chopping

Semester V: Unit 2: Chapter 5.6

board or to a plate directly to the wok. At the first site, a Chinese cleaver may appear to be hefty, gleaming ominously sharp but in reality it is quite light, steady and not at all dangerous to use provided you handle it correctly and with care. Cleavers are available in a variety of materials and weight. They all have a blade of about 8-9 inches long and 3-4 inches wide. The heaviest weighing almost a kg called CHOPPER is really meant for the professionals and is excellent for chopping bones such as drumsticks, pork spare ribs etc. The smaller and much lighter SLICER with a thinner and sharper blade is convenient for slicing, meat and vegetables. But most Chinese cooks prefer a medium weight, dual purpose cleaver known as the CIVIL and MILITARY Knife (wen-wu-dao in Chinese).The lighter front half of the blade is used for slicing, shredding, and scoring etc. and the heavier rear half of the blade is used for chopping and so on. The back of the blade is used as a pounder and tenderizer and the flat side is used for crushing and transporting. The end of the handle acts as a pestle for grinding spices.etc.,. The blades of a cleaver should be made of tempered carbon steel with a wooden handle. Stainless steel cleavers with metal handles may look good but require more frequent sharpening, also the handle gets slippery .therefore they are less satisfactory for both safety and steadiness. Always keep the cleaver blade sharp and clean. To prevent it from rusting and getting it stained wipe it dry with cloth or kitchen paper after use. Sharpen it frequently on a fine grained whet stone. Try to get a whetstone that has two different' grades of surface. Use a rough grain only if the blade has become blunt and the finer grained surface for a sharp finish to the edge. Lubricate the stone with vegetable oil or water and then put a damp cloth beneath it for stability. A cleaver of medium weight made of carbon or stainless steel is ideal for general use.

CHOPPING BLOCK

The traditional Chinese chopping block is a cross section of a tree trunk. Made of hard wood they range from about 12.inches in diameter and 2 inches thick, to giant ones up to 20 inches by 6-8 inches .The ideal size should be about 16 inches in diameter and at least 3-4 inches thick to be of any real use. To prevent it from splitting, season a new block with a liberal dose of vegetable oil on both sides. Let the wood absorb as much oil as it will take and sponge the block with salt and water and dry it thoroughly .Never soak the block in water nor wash it with any detergent - after each use., just scrape it clean with the blade of a cleaver then wipe the surface with a sponge or cloth wrung out in plain hot water. Always stand the block on its side when

Semester V: Unit 2: Chapter 5.6

in use. Never cut raw ingredients and cooked food on the same surface .Use different block or board for the two types of food for hygienic reasons .Use one side for chopping only then the other side should remain smooth enough for pastry making.

WOK

The Chinese cooking utensil known as "WOK" is the POT or PAN the correct translation should be GOU. The wok was designed with a rounded bottom to fit snugly over a traditional Chinese brazier or oven which burned wood .charcoal or coal. It conducts and retains heat evenly and because of its shape the food always returns to the centre of the wok where the heat is most intense that is why it is ideally suited for quick stir frying .Of course the wok is far more versatile than just a frying pan, it is also ideal for deep frying , its conical shape requires far less oil than a fiat bottomed deep fryer, and has more depth which means more heat and more frying surface, which means that more food can be cooked more quickly at one go .Furthermore since the wok has a large capacity on the upper end as the oil level rises when the raw ingredients are added to it, there is a little chance for the oil to overflow and catch fire as often is the case with the conventional deep fryer. Now days a metal collar or ring purchased with the wok adapts it neatly to any gas or electric range.

Besides being a frying pan (deep or shallow) , a wok is also used for braising, steaming, boiling, and even smoking in other words the whole spectrum of Chinese cooking methods can be executed in one single use utensil. Basically there are only two different types of wok- the DOUBLE HANDED WOK with two handles on two opposite sides and the frying pan type SINGLE HANDED WOK .Both types are usually made of light weight iron or carbonized steel, and the diameter ranges from about 12-18 inches. The single handed wok may appear to be unsteady and slightly tipped to one side, but in fact it is quite safe and much easier to handle particularly for quick stir frying since it offers you plenty of leverage of tilting and tossing .the disadvantages of using a double handed wok is that you need strong wrist and oven gloves to lift it, as the metal handles get very hot even if they are reinforced with heat resistant plastic or wood. A dome shaped lid would be another useful item for certain braising and steaming dishes .Wok lids are usually made of light metal such as aluminium with a wooden or plastic knob on top as a handle. The dome shaped allows the cooking of a whole chicken or duck in a wok and

the natural curve will guide the condensation inside the lid sliding down along the edge rather than dropping down directly onto the food that is being cooked.

STIRRER.

Some wok sets often consist of a pair of stirrers in the shape of a ladle and a spatula, made of iron and stainless steel; both have a long handle with wooden tip. Of the two, the ladle or scooper is more versatile. It is an indispensable utensil in the professional kitchen, since it is used for adding ingredients and seasonings to the wok besides being a stirrer and scooper during cooking as well as transferring food from the wok to the serving dish or bowl. It is also a measure for the cook, as the standard ladle will hold 6 fl oz (180 ml or 2/3 cup) liquid, slightly smaller than the rice bowl. The spatula or shovel has a rounded end to match the contours of the wok therefore it can be very useful for scraping and lifting fried food the bottom of the wok such as when cooking a whole fish etc. Sometimes it is used in conjunction with the ladle for stir frying, rather like when you are mixing or tossing a salad with a pair of spoon and fork.

INITIAL PREPARATION.

Cutting Techniques.

The cutting of various ingredients into different sizes, thickness and shapes is an important element in Chinese cuisine. As mentioned earlier, the Chinese always cut their food into small neat pieces before cooking, partly because of fuel conservation, small pieces of food can be cooked quickly before the sticks of fire wood burn out and partly because, small pieces of food are easier to be served and eaten with chopsticks, since knives and carvers have never been used on Chinese tables. The fact that small pieces of food only require a short time for cooking, thus retain much of the natural flavours and nutritious value is an added bonus in Chinese cooking, which must be regarded as an incidental discovery..

When it comes to the actual cooking, the two most important factors are the degree of heat and the duration of cooking. These two factors are so closely related to each other that it is very difficult to give a precise cooking time in most recipes, since much depends on the size and condition of the ingredients, and above all, on the type of the stove and cooking utensils used.

Semester V: Unit 2: Chapter 5.6

All in all, there are well over 50 different distinct methods of cooking in Chinese cooking. They fall roughly into the following four categories:-

1. WATER COOKING: : Boiling, Poaching, and Simmering
- 2 OIL COOKING : Deep frying, shallow frying, stir frying, braising.
3. FIRE COOKING : Roasting, Baking and Barbecuing
4. STEAM COOKING: Steaming.

COOKING METHODS.

The Chinese divide the temperature of heat into "Military"(high or fierce and • medium) and 'civil' (low or gentle and weak) And proper control of temperature and cooking time is the key to success.

High or fierce heat is usually used for quick cooking for and tender foods. Different kinds of frying, .steaming, instant boiling etc and call for a high heat.

Medium or moderate heat can be used for quick -braising, steaming, and boiling.

Low or gentle heat is used for slow cooking allowing the flavours to penetrate through all the ingredients such as roasting and simmering.

Weak heat is used for long cooking turning hard ingredients soft. It is used for simmering, braising and stewing.

Here are some 25 commonly used methods in Chinese cooking .One dish may require one ,two or three methods each will produce a different effect.

1. CHAO Stir frying. By far the most common method of Chinese cooking .Practically all vegetables will be cooked this way. Here a wok is most useful Heat the wok first then add the oil until it smokes add the ingredients, stir and toss .constantly no more than 2-3 minutes. In other way stir fry the ingredients in a little hot oil over a very high heat. This method is widely used and has many variations.

- a. Pure stir frying: the raw ingredients are not marinated nor coated with a batter, they are just stir fried in hot oil and seasonings are added towards the end of cooking .Most vegetables are cooked in this way.

Semester V: Unit 2: Chapter 5.6

- b. Braising stir frying: The main and supplementary ingredients are cooked in this separately .at first and then brought together with the addition of seasoning and stock or a thickening agent (usually of corn flour mixed with water) and braised very quickly over high heat.
- c. Twice cooked stir frying: One ingredient has been previously cooked and is here cut into smaller pieces and stir fried with other ingredients and seasonings.

2 ZHA Deep fry in hot oil over a high heat.

Food is fried in a large quantity of oil over a high or medium heat. There are different variations of deep frying

- a. Neat deep frying: the raw ingredients are not coated with batter or flour.
- b. Dry deep frying: Raw ingredients are coated with dry flour or breadcrumbs.
- c. Soft deep frying: Raw ingredients are coated with batter, first and then deep fried for crispness.

3 JIAN. Shallow frying over a moderate heat. Similar to tire western way except that in some cases stock or water is added at the last minute forming a gravy .A flat bottomed pan is used . a little oil and medium or low heat .Seasonings are added when food is half done. The pan should be turned from time to time during cooking so that the heat is evenly distributed.

4 BAO. Rapid frying literally means to explode. It takes an even shorter time Than stir frying using very high heat .Rapid stir frying is another form of stir frying , the ingredient or ingredients have been deep fried or rapid boiled first, they are then quickly stir fried over very high heat for a short period of time. Variations in this method include rapid stir frying in oil rapid stir frying in bean sauce and rapid stir frying with spring onions,

5 SHAO. Braising literally meaning to burn or in this case to cook. The ingredients are first fried in a little oil over a moderate heat, then simmered in stock until very little liquid or juice is left. Red cooking In this widely used method of cooking the meat is cut into small chunks then

Semester V: Unit 2: Chapter 5.6

deep fried or par boiled or steamed until half done .Seasonings (Soya sauce, wine vinegar sugar etc) stock or water are added to it ,the whole thing is brought to a boil and simmered until done.

6 MEN. Stewing, it is very similar to braising except that it usually takes longer over a low heat. Slow braising- the food must be fried first (light brown) then all the ingredients (seasonings etc.) are put in a tightly covered pot and simmered over a very low heat slowly like a casserole.

7. DUN. Simmering In this method of cooking no oil is used at all and the food is cooked over low heat .Slow cooking, there are two kinds of slow cooking in water. Slow cooking in water is a form of stewing , slow cooking, out of water involves a double boiling technique .When the pot that contains the food is immersed in a large pot of boiling water. .

8. ZHU. Boiling over moderate heat. Boil the ingredients directly in water over low heat.

9. CHUAN. Rapid or fierce boiling over high heat for a very short period of time. This simple cooking is often used for making soups Bring the water or stock boil over-high heat add the ingredients and seasonings, serve as soon as the soup re-boils. No thickening agents added and the vegetables will be crisp and fresh.

10. ZHENG. Steaming needs no explanation .Traditionally the Chinese use bamboo steamers which sits in the wok .Another widely used in China not only for cooking .but also for treating raw ingredients before cooking by other methods , or to keep food warm after they have been cooked.

11. .LU. Stewing in stock made of Soya sauce five spice powder and sugar over low heat .Soya stewing- a Soya-gravy is made first the ingredients are stewed in this gravy over a low heat.

12 HUI. Another form of braising - literally means "Assembly" Normally a number of ingredients, some cooked, some semi cooked are blended together for the final stage of cooking in a gravy using a high to moderate heat. A method of cooking a dish that consists of several different ingredients. Stir fry the ingredients first add stock or water and seasonings, boil over high heat for a short while, then thicken the gravy before serving .Alternately prepare the gravy first then add the partly cooked ingredients (deep fried or steamed), cook over low heat .thicken the gravy and serve..

Semester V: Unit 2: Chapter 5.6

13. KAO. Roasting which hardly needs explanation, except that in China most kitchens are not equipped with ovens, therefore most of the roasting is done as barbecuing in a restaurant. The ingredients are first marinated or treated then either cooked in an oven or over an open fire like barbecuing

14. BAN. Mixing raw food or salad or-cold dishes which are mixed together with a dressing. Mixing salads. This method does not actually involve cooking, but simply calls for cutting the raw or cooked ingredients and dressing it with seasonings.

15. SHAUN. Instant boiling or rinsing thinly sliced ingredients are dipped into boiling water for a second or two, and then served with a sauce. This cooking method keeps the ingredients fresh and tender.

16. AO- Stewing or braising. Flavour a little hot oil with spring onions and ginger root then stir fries the ingredients for a short time. Now add the stock or water and seasonings, simmer over a low heat. The food should be soft and tender.

17. QIAND Hot salads. Here the raw ingredients are parboiled or blanched first, then dressed with seasonings. The difference between cold salad and hot salad dressings is as follows:-

Cold salad dressing- Soya sauce, vinegar, and sesame seed oil.

Hot salad dressing: Ginger shreds, Sichuan pepper corn, salt, sugar and sesame seed oil.

18. YAN Pickling- Pickle the food with salt and sugar or with salt and wine. Dishes prepared this way has a subtle fragrance and is crisp.

19. TA Pan frying- The ingredients are coated with batter fried in a small amount of oil on both sides over a low heat until done. The ingredients may be deep fried first, and then finished off by pan frying. Seasonings and sauce is added towards the end of cooking.

20. TIE-PAN. Sticking frying. This is basically a form of shallow frying, but only one side is fried, the food is not turned over, so that one side is golden brown and the other side is soft and tender.

Semester V: Unit 2: Chapter 5.6

21. LIU sauté This is a special technique which involves two stages of cooking .First deep fry , quick or rapid boil steam or boil the ingredients until done, then mix with seasonings to make a sauce.

- a. Dark brown sauté Pour the sauce over the cooked foods and serve.
- b. Slippery sauté Stir fry the raw ingredients and pour the sauce over half way through cooking, stirring constantly until done.
- d. Soft sauté Steam or boil the ingredients and then, while they are still hot add a thin and delicate sauce.

22. PENG. Quick braising. This is one of the important cooking techniques and is always used with deep frying .The ingredients are cut into small pieces and deep fried first, then taken out of the oil and a sauce is added .While the sauce is hot stir fry over high heat and remove the wok from heat and continue stirring for few more times before serving.

23. JIANG: A soya braising. The difference between soya stewing and soya braising is that the ingredients are marinated first in the sauce in which it is cooked, with the additional stock and water. The sauce is reduced or thickened and is served with dish.

24. PA. Braising in sauce. In this method, a little oil is first flavoured with spring onions and or ginger root; the ingredients are then placed in the wok or pot and simmered until done.

25. SHUN Smoking. Cooking with heat and smoke from burning materials such as saw dust, tea leaves, cypress branches, bamboo leaves or granulated sugar.

The Chinese menu

Chinese menu bears no resemblance to western menus which are course wise. The Chinese cooking tradition makes for a greater harmony of living, an aspect of Chinese cuisine which has often been over looked. There is a great feeling of togetherness in the way the Chinese eat. They gather around a table and partake all the dishes which are placed on the table in a communal style. Nobody is served just an individual portion in the western way. The chop-sticks

Semester V: Unit 2: Chapter 5.6

are used not only as eating implements but also to help others to a choice piece especially from a particular dish this is usually an expression of respect and affection.

Due to the multi course nature of the Chinese meal, eating and dinning have always been very much a family or communal event and Chinese food is best eaten this way, for only then can you enjoy a variety of dishes. An informal Chinese dinner served at home is essentially a buffet style affair, with more hot dishes then cold served on the table at the same time, to be shared by everyone.

A Chinese meal is served absolutely ready to eat there is neither last minute carving on the table, nor dishing out separate item such as meat, vegetables, gravy or sauce and no long prelude when you wait for everybody to be served before you start. At a Chinese meal, as soon as the first dish or course of dishes is placed on the table the host will raise his glass and say **-Gan bei** or cheers or bon appetit.

A SAMPLE MENU

Prawns in garlic sauce

Wonton soup

Stir fried pork with leeches

Beans Sichuan

Apple toffee

Semester V: Unit 2: Chapter 5.6

Semester V: Unit 2: Chapter 5.6

8 Chocolate

- 8.1 History and sources
- 8.2 Manufacturing and processing of chocolate
- 8.3 Types of chocolates
- 8.4 Tempering of chocolate
- 8.5 Application of cocoa, butter and white chocolate

CHOCOLATE



8.1) HISTORY

- Columbus was the first to get cocoa beans to Europe in 1494.
- In 1519 Cortez who conquered Mexico noticed that the Aztecs made a preparation

Semester V: Unit 3: Chapter 8

from roasted ground beans called “CHOCOLATL” from which the chocolate was derived. Cortez brought this recipe to Spain where it was kept a secret for over a century. The secret was learnt by the French and gradually spread to other countries.

- In 1657 a French man opened a CHOCOLATE HOUSE in Bishops gate – London. By the latter half of the 17th C there were several chocolate houses.
- Early natives of America brewed a bitter, unsweetened beverage from the cocoa beans.
- Since the production of beans was limited, they were in high demand and people used to trade them. They were also used as a means of currency and were important in religious ceremonies. Cocoa was also used as a medicine and as a cooking spice.
- A Dutchman Named Van Houten, developed the process of removing cocoa butter from raw cocoa in early 1800’s.
- In 1842, Cadbury brothers started selling Block Chocolate in England.
- In 1880’s, the Swiss Rudolphe Lindt, invented the **Conching** process of chocolate to make it a smoother product.

Another Swiss, Daniel Peter created milk chocolate by adding dried milk to the paste.

CHOCOLATE PRODUCING REGIONS OF THE WORLD



CHOCOLATE SOURCE: COCOA PLANT

The scientific name of cocoa is *THEOBROMA CACAO* means "food of the GODS". The fruit, called a cacao pod is ovoid in shape. It is 15–30 cm (or 6–12 in) long and 8–10 cm (3–4 in) wide, ripening yellow to orange, and weighs about 500 g (1 lb) when ripe.

The three main varieties of cacao beans used in chocolate are

1. Criollo
2. Forastero
3. Trinitario

Each tree produces annually between 1 lb and 5 lbs of seed kernels, which we know as cocoa beans. Maximum yield is not usually achieved until the tree is about eight years old, but with proper care this yield can be maintained for 30 or 40 years.

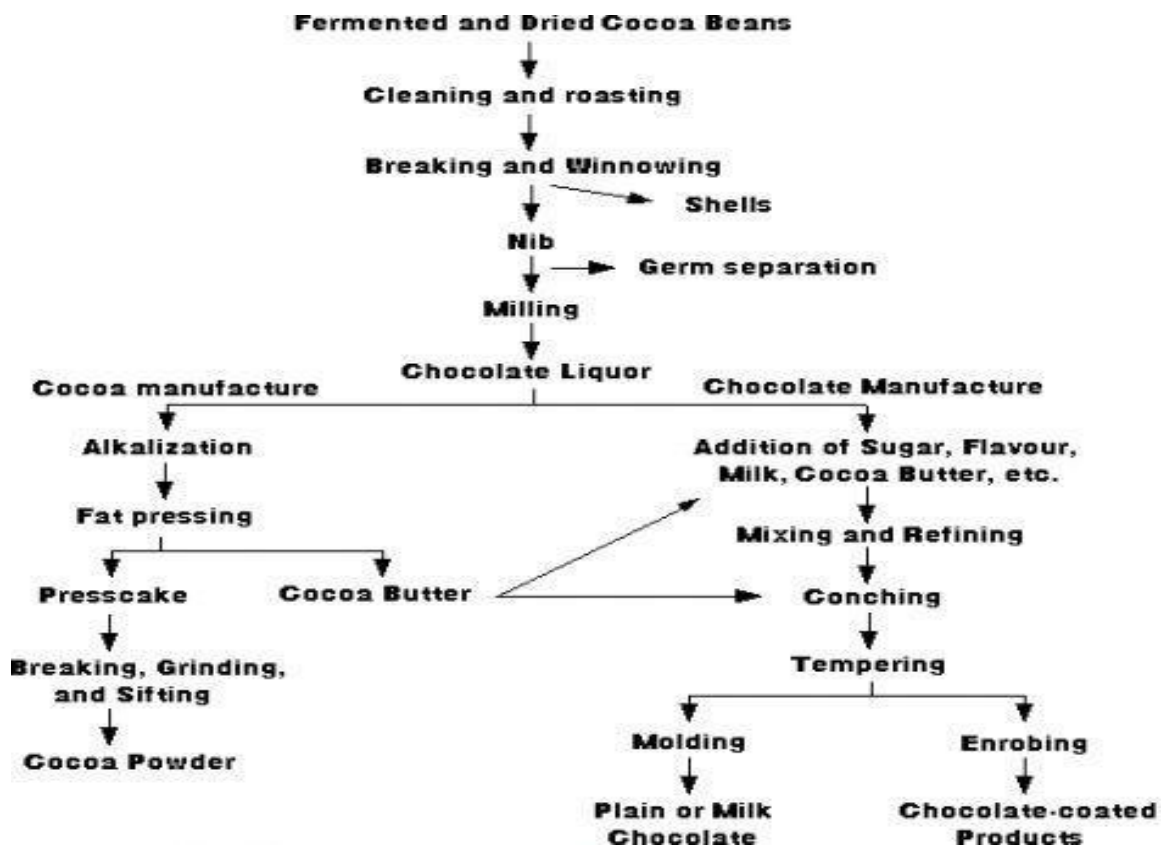


IDEAL CLIMATIC CONDITIONS

1. Tropical climate with lots of sunshine and plenty of rainfall.
2. Should be grown on slopes with mother trees shading them.
3. Soil should be rich in nutrients such as salt and potash.
4. Temperatures should be around

The crop is harvested from October to March

MANUFACTURING PROCESS OF COCOA



1. The pods are harvested. The seeds beans and pulp is removed from rinds and placed in sweating boxes for around 12 days.

During this time the pulp ferments as a result of action of wild yeast on pulp sugar converting it into CO₂ and alcohol. Acetic acid bacteria oxidize alcohol to acetic acid and the liquid is drained off from the boxes.

2. Beans are frequently turned during fermentation preventing the formation of an aerobic organism (cannot live in the presence of oxygen)

Semester V: Unit 3: Chapter 8

- ▮ 3. After fermentation on the beans are dried as soon as possible to reduce the moisture content to 5% by sun drying or by artificial heat.
- ▮ The process takes around a week. The beans are then shipped to the factory.
- ▮ 4. Sorting and cleaning.
- ▮ On reaching the factory the beans are cleaned and sorted.
- ▮ Now the beans are ready for roasting which is one of the most important processes in the manufacturing of cocoa.
- ▮ 5. Roasting is done to ...
 - ▮ A. Develop flavor
 - ▮ B. Render the skin which makes it easy to remove.
- ▮ This process demands skill to achieve perfect flavours.
- ▮ Beans are roasted in revolving drums with the temperature of 200F – 248 F.
- ▮ Lower temperatures are adopted for chocolate and higher for cocoa.
- ▮ 6. Husking is the next process where the dried skin is removed from the beans by air currents
- ▮ 7. The blended nibs are milled to achieve a reduced size.
- ▮ This is done in machines which consist of 2 groove horizontally revolving stones.
- ▮ During the grinding due to friction temperature rises to almost 100F causing the cocoa butter in the nibs to melt reducing the mass to a thick brown viscous liquid called crude chocolate.
- ▮ If this crude chocolate is set in moulds it is called unsweetened chocolate which is used further for manufacturing of cocoa or chocolate.
- ▮ Cocoa powder consists of finely ground nibs minus some of the cocoa butter. While chocolate consists of full cocoa butter plus extra cocoa butter, sugar and milk solids(optional)

MANUFACTURING PROCESS OF COCOA POWDER

- ▯ There are 2 processes of manufacturing cocoa powder.
- ▯ 1. NATURAL PROCESS: - finely milled chocolate liquor is pumped into hydraulic presses where at a pressure of up to 6000lb per square inch, some of the cocoa butter is removed depending on the temperature and the pressure used.
- ▯ When cooled the cakes are broken into smaller pieces and reduces to powder form by pulverizing or by reduction rollers.
- ▯ The powder is then sieved through silk cloths and packed.
- ▯ 2.DUTCH PROCESS
- ▯ It is similar to the natural process except in the treatment process of beans usually during roasting (the nibs are treated with alkali solution).
- ▯ This results in the elimination of all traces of acetic acid giving rich colour, a less bitter flavor and a more stable suspension.

8.2) MANUFACTURING PROCESS OF CHOCOLATE

- Cocoa butter when cooled sets as a hard yellowish fat with a strong odor that is used in the manufacturing of chocolate to adjust the consistency.
 - Chocolate is made up of cocoa solid, sugar, cocoa butter. In case of milk chocolate, milk solids are added.
1. **MIXING:**-Blended and processed nibs are mixed with cocoa butter, sugar and small quantities of flavouring materials in a melangeur (a machine fitted with a granite roller under which the chocolate is directed continuously and mixed into a thick heavy paste)
 2. **REFINING:** - The chocolate is transferred from the melangeur to the refiner (a machine which consists of series of smooth rollers).
The rollers are water cooled.
During the process the particle size is reduced.
Because of the chilling the chocolate sets on the rollers which is scraped off resulting in a flaky powder.

3. CONCHING

After warming the chocolate it is passed from the refiner into the CONCH for further processing.

Here the molten chocolate is rolled and buffeted for upto 100 hours to ensure perfect smoothness and flavour.

A conch is a heated tank with a concave granite bottom over which a small roller runs backward and forward.

The tank helps to constantly direct the chocolate back

The process is slow but necessary to get out flavour

4. **MOLDING:** - The COUVETURE chocolate is put into storage tanks where viscosity is adjusted by adding cocoa butter.

Then it is set in molds and when ready, packed for distribution

8.3) TYPES OF CHOCOLATE

1) **Bitter chocolate** – also called unsweetened, this is the darkest, purest form of chocolate liquor in its solid state; found in packages of six eight 1 oz. (28 g) squares. Also referred to as block cocoa. In less expensive brands cocoa butter can be replaced by other fat.

2) **Semisweet chocolate** - solid form of chocolate that has had cocoa butter and sugar added but must contain at least 35% chocolate liquor. Sugar may vary from 35% - 50%

3) **Sweetened chocolate** - solid form of chocolate that has had even more sugar added than semisweet but must contain at least 15% chocolate liquor.

4) **Milk chocolate** - lighter-colored sweetened chocolate; cocoa solids have been replaced with milk solids (or cream); more sensitive to overheating; best used in decorating and makes sensitive to overheating and makes a nice color contrast on darker chocolate icing or glaze.

5) **White chocolate** - not a true chocolate because it does not contain any chocolate liquor; but it does contain cocoa butter so it is sometimes referred to as a compound chocolate; also called confectioner's chocolate; because of the milk solids in white chocolate, it is more sensitive to heat than dark chocolate.

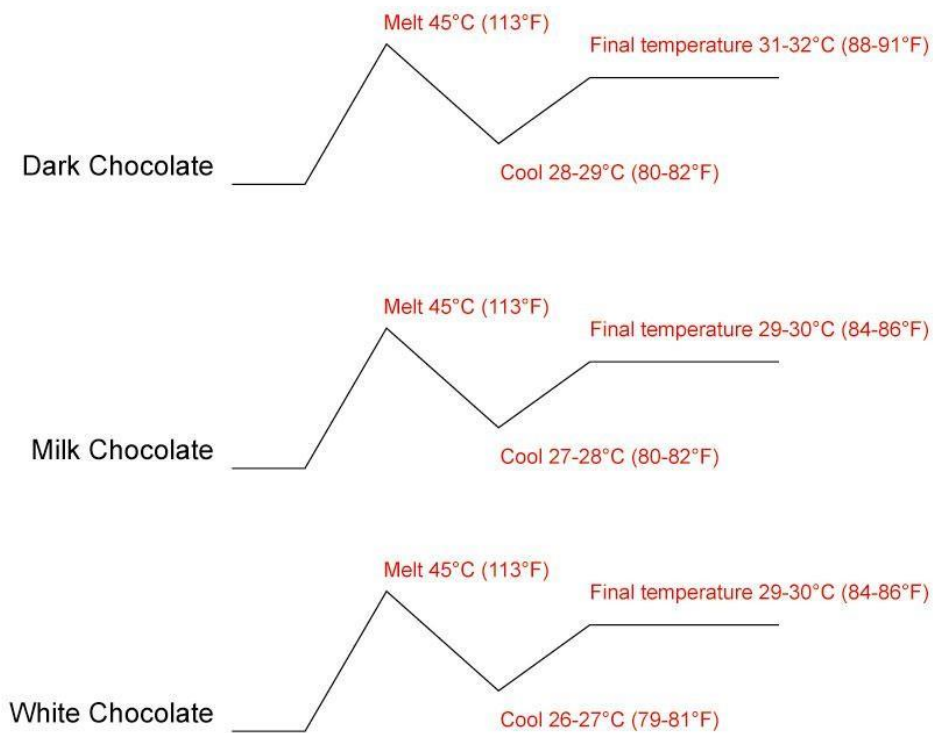
BAKER'S COMPOUND

- This can either be plain or milk.
- It is similar to couverture chocolate except that most of the cocoa butter is replaced by hydrogenated fat and a stabilizer (lecithin which prevents the added fat from separating).
- This prevents the chocolate from bloom and therefore needs no tempering.
- White chocolate - not technically a chocolate because it does not contain any chocolate liquor; but it does contain cocoa butter so it is sometimes referred to as a compound chocolate; also called confectioner's chocolate; because of the milk solids in white chocolate, it is more sensitive to heat than dark chocolate.

8.4) TEMPERING OF CHOCOLATE

- Tempering of chocolate is a process used to prepare pure chocolate liquor for molding the chocolate. In all handmade chocolates, the chocolate slab is broken into small pieces and placed in a bowl over hot, but not boiling water. Stir occasionally until it is melted and the temperature is 20°C to 40°C. If this temperature is exceeded the chocolate is ruined. Remove the bowl from heat, after 1/3 of chocolate is melted. Bring this chocolate liquor to your body temperature. It is only necessary to temper chocolate when using it for molding (or) dipping.

How To Temper Chocolate :



CHOCOLATE FAULTS

- Bloom – grey film that forms on the outside of solid chocolate; occurs when stored at temperatures higher than 75°F (25°C); the cocoa butter begins to melt and rise to the surface; doesn't affect the flavor but has an unappetizing appearance;

TYPES OF BLOOM

- 1) Sugar bloom
- 2) Fat bloom

SUGAR BLOOM

- **Sugar Bloom**

If chocolate is not tightly wrapped, moisture from the atmosphere condenses on the surface when the temperature drops. This moisture dissolves some sugar from the chocolate. When the air warms again, the moisture evaporates leaving behind a gray film of very fine sugar called "sugar bloom."

- **Fat Bloom**

If chocolate is held for six months or more at a temperature in the high 70s Fahrenheit, mid 20s Celsius, tiny amounts of some fats in the cocoa butter melt and float to the surface of the chocolate forming a gray film, "fat bloom." In appearance, fat bloom and sugar bloom look alike, but there is a slightly oily feel to the fat bloom.

▯ **USES OF CHOCOLATE**

▯ Cocoa powder and Chocolate powder are used:

- ▯ 1. As a hot beverage.
- ▯ 2. As a flavouring agent.
- ▯ 3. As a colouring agent.
- ▯ 4. For hot and cold sauces.

▯ Couverture is used:

- ▯ 1. As a coating.
- ▯ 2. As a decoration (*Piping*).
- ▯ 3. For moulding into Easter eggs etc.
- ▯ 4. For sauces.
- ▯ 5. For ice-creams.

USES OF COCOA

- 1. Used in the chocolate making process.
- 2. As flavoring for confectionery and bakery products
- 3. Pharmaceutical purpose
- 4. Cosmetic products

USES OF COCOA BUTTER

- 1. Used to make chocolate.
- 2. Used as a medium for cocoa paintings on confectionery products
- 3. Pharmaceutical purpose
- 4. Cosmetic products

9 Icings

- 9.1 Definition & Introduction
- 9.2 Varieties of Icing
- 9.3 Uses of Icing

ICINGS

9.1) Definition: Icings are defined as - A sweet glaze made of sugar, butter, water, and egg whites or milk, often flavoured and cooked and used to cover or decorate baked goods, such as cakes or cookies.

Type of icing depends upon the materials used in the preparation as well as the method of mixing.

- (i) **FLAT ICING** - those icings (like fondant) which are melted by heat and when cooled, set to a firm coating
- (ii) **AERATED ICING** - these icings are composed of a creamed mixture of shortening, confectioner's sugar, water, salt, flavour, eggs and milk powder. These are suitable for spreading and piping when aerated or whipped.

9.2 & 9.3: Varieties of Icings with their Uses

Buttercream icing is one of the most popular types for cakes. It is easy to spread, has a sweet flavour and a soft, smooth texture and is simple to make. Buttercream is made with a type of fat, often butter, and sugar . It can also contain eggs or milk to change the texture and thickness. Most icing found in the supermarket in the cake mix section is basic buttercream

Recipe

Ing	Qty
1. Butter	100 gms
2. Icing sugar	200 gms
3. Milk	2- 3 tbsp

Method

1. Cream butter till light and fluffy.
2. Add in the icing sugar gradually.
3. Adjust the consistency with milk.
4. Flavour and colour as required.

Uses

1. Sandwiching and Covering sponges /cupcakes.
2. Used as fillings or for sandwiching cookies.
3. Decorative borders and writing messages on the cake.
4. Piping flowers for decoration.

5. Best icing for beginners.

Flat icing or Glaze icing is one of the most simple types. The basic ingredients are powdered sugar and water. Simple flat icings form the glaze on rolls, danishes and other pastries and can be flavoured with fruit or spices to add a new taste to the pastry.

Recipe

Ing	Qty
1. Icing sugar	200 gms
2. Water	3-4 tbsp
3. Lime Juice	1tsp

Method

1. Sift icing sugar into a bowl.
2. Add in the lime juice.
3. Add in water gradually till a thick pouring consistency is formed.
4. Flavour and colour as required and pour onto a cake/breads/cupcakes immediately.

Uses

1. Mainly used for heavy cakes to enhance their appearance and flavour.
2. Used as a base for feather icing.
3. Used to glaze donuts, breads and Danish pastries.

Foam icing comes in a variety of flavours and has a soft, fluffy appearance. A meringue is made of whipped egg whites with a flavoured syrup added. Marshmallow foam is a common variety, but other flavours such as chocolate or vanilla can also be added to the meringue.

Fondant gives a cake or pastry an elegant appearance and is popular for wedding cakes and other show pieces. This type is simply sugar and water, with either glucose or cream of tartar used to produce the proper crystallization to give it a smooth, almost porcelain look.

There are 2 types of fondants

1. Cooked Fondant – it is the traditional method of making fondant where grain sugar along with water is cooked till a soft ball stage. It is a laborious method and if not precise in the cooking method the icing may completely spoil and has to be discarded.
2. Uncooked Fondant – it is the contemporary style of making fondant. It uses icing sugar and is quick and easy.

Cooked Fondant

Recipe

Ing	Qty
1. Grain sugar	2 cups
2. Water	1 cup
3. Corn syrup/ Liquid glucose	2tbsp

Method

1. In a saucepan, over medium heat, combine the sugar and water. Stir until the sugar dissolves.
2. Stir in the corn syrup. Bring the mixture to a boil and cook until the mixture reaches the soft-ball stage, between 234 and 240 degrees on a candy thermometer.
3. Pour the mixture over a dampened marble slab. Sprinkle it with a little water to prevent a crust from forming and leave to cool for 2 to 3 minutes.
4. Using a triangular scraper work the sugar syrup scraping it from the slab and turning the sides to the center. Alternatively, work the fondant in an electric mixer with a dough hook.
5. Work vigorously particularly when the fondant starts to thicken and become creamy.
6. After 3 to 5 minutes it will suddenly become stiff. Break off one piece of fondant at a time and work it by pinching it hard in your fingers until pliable and smooth.
7. Press all the pieces of pliable fondant together and knead in any flavouring or colouring. Pack into an airtight container and leave in the refrigerator or a cool place at least 1 hour, preferably 1 day to mellow.

Uncooked fondant

Recipe

Ing	qty
1. Icing sugar	250 gms
2. Liquid glucose	50 gms
3. Gelatin	1 tsp
4. Water	3- 4 tsps
5. Flavouring	as required
6. Colouring	as required.

Uses

1. For covering wedding and other special occasion cakes to give a smooth porcelain look and texture.
2. Sometimes may be used for making flowers.
3. Used to cover decorative cup cakes and cookies.

Fudge icing is thick and rich with a strong chocolate flavour. Other flavours, such as almond, peanut butter or mint, are often added. Using both butter and shortening, corn syrup, sugar and a variety of other ingredients, this type can be somewhat time consuming to prepare, but the finished product is stable and can be refrigerated and used at a later time.

Royal icing is similar to the flat variety, but adds egg whites to produce a thicker product which hardens to a brittle texture. It can be used to make beautiful, artistic decorations because it hardens when dried, but the same property makes it less enjoyable to eat. Royal icing is used primarily for decorative additions to cakes and for show work such as sugar sculptures.

Recipe

Ing	Qty
1. Icing sugar	250 gms
2. Egg white	1 no.
3. Lime Juice	½ tsp.

Method

1. In a bowl whisk together egg white and add in icing sugar gradually.
2. Add in the lime juice and mix till stiff peaks are formed.
3. Put it in an airtight box and use as required within 24 hrs.

Uses.

1. Traditionally used to cover fruit cakes covered with marzipan.
2. Royal icing is used for various sugar craft techniques such as
 - a. Piping
 - b. Filigree work
 - c. Flood work
 - d. Piping lace pieces and collars for the cake
 - e. Piping flowers
 - f. Brush embroidery

Semester V: Unit 3: Chapter 9

Glazes are thin, watery icings which form a hard, crisp shell when poured or brushed over cakes and pastries. They are usually made with a fruit flavour, although other flavours, such as chocolate or coffee, are sometimes popular as well. Like flat, glazes can be used on sweet breakfast pastries like coffee cakes. They add flavour, and also help keep the pastry moist and improve its shelf life.

Marzipan is a confection with a distinct strong but pleasing almond flavor and aroma, consisting primarily of sugar or honey and almond meal, sometimes augmented with almond oil or extract. It is often made into sweets; common uses are marzipan-filled chocolate and small marzipan imitations of fruits and vegetables. It is also rolled into thin sheets and glazed for icing cakes, primarily birthday and wedding cakes and Christmas cakes. This use is particularly common in England, on large fruitcakes. Marzipan (or almond paste) may also be used as a cake ingredient, as in stolen. In some countries, it is shaped into small figures of animals as a traditional treat for New Year's Day. Marzipan is also used in Tortell, and in some versions of king cake eaten during the Carnival season.

Cooked Marzipan

Marzipan recipe

Ing

Qty

225g (8oz)	granulated sugar
180g (6oz)	ground almonds
40g (1 1/2 oz)	icing sugar (confectioners sugar)
	pinch of cream of tartar
	1 egg white, lightly whisked
	5 tbsp water
	1 1/2 tsp vanilla extract

Put the sugar and the water in a heavy based saucepan and cook on a low heat until the sugar has dissolved. Add cream of tarter and bring to the boil until the sugar reaches 116oC (240oF)- soft ball stage. Remove from the heat and mix the mixture until it turns cloudy, then add ground almonds and vanilla extract. Add to the pan the egg white and return to a low heat and stir for a couple of minutes.

Place the icing sugar on to a marble surface and pour over the mixture. Work in the icing sugar with a palate knife. Cover the mixture with plastic wrap until cooled. Once cooled knead the mixture until smooth.

Uncooked Marzipan

**Marzipan recipe 1:
Uncooked home
made marzipan**

(this marzipan recipe is good for preparing modelling marzipan)

500g (16 oz) sifted icing sugar (confectioner's sugar)

450g (1lb) ground almonds

2 egg whites

1/2 tsp vanilla flavoring

1 tsp lemon juice

Sift the icing sugar in a bowl with the ground almonds. Add the remaining ingredients and mix to make a stiff paste. Knead until smooth. (As a substitute to raw eggs it is possible to use a little water mixed with brandy to bind the paste). Gum Paste or Pastillage

PASTILLAGE OR GUM PASTE OR MOLDING PASTE

- It is a mixture of Icing sugar and gelatin or gum tragacanth (Gum tragacanth is a viscous, odorless, tasteless, water-soluble mixture of polysaccharides obtained from sap which is drained from the root of the plant and dried)

Recipe

Icing Sugar – 200 gms

Gelatin – 1 tsp

Water -4 tsp

Method

Sieve the icing sugar onto a table top.

Add in processed gelatin and bind into a pliable dough consistency.

Put in an air tight container and use as required

USES

It is a paste made of Icing sugar and is used for modeling decorative items like figures and flowers. Unlike marzipan, it is not intended to be eaten, although it is made up of edible materials. When dry, it is as hard and brittle as Plaster of Paris.

Semester V: Unit 3: Chapter 9

- Gelatin can be used instead of the gum tragacanth, but as it dries up fast, one has to be quick.

Culinary terms

1. Aloyau –sirloin
2. Arete --- fish bone.
3. Ballotine---- Fish, meat or poultry that has been boned, stuffed, rolled and tied in a bundle. Usually braised or poached. A term traditionally applied only to poultry. usually poultry boned, stuffed, and rolled.
4. Barde De Lard -----A thin slice of salted and fatty bacon.
5. Clou De Girofle ----- CLOVE
6. Cochon (de lait)---pig (suckling)
7. Cornichon ----- French pickles made from small gherkins pickled in vinegar
8. Cotelette ----- cutlet, chop
9. Couronne ----- CROWN , COURONNE LOCHOISE :- A FRENCH GOAT MILK CHEESE
10. Cremeux--- A French term indicating 'creamy'
11. Crepine---- Strainer
12. Crepinette ----- is a small , flattened sausage, sometimes referred to as sausage parcel.
13. Croquant ----- crunchy
14. Demi-Deuil --- - A French term indicating poultry that has been studded with truffle.
15. Denerver ----- A French term indicating the removal of sinew.
16. Depouiller ----- removing the fatty layer of 'skin" that appears on the tops broths, stews, and sauces.
17. Eaut-Gout -----
18. Eberber ----- A French term indicating the removal of the border from oysters, mussels or fish.
19. Eeste -----
20. En Croute ---- refers to food that is wrapped in dough or a pastry and baked.
21. Escargot ---- edible vineyard snail.
22. Entrecote ----- Steak from a boned sirloin. A French word translating as 'between the rib'.
23. Farine----- wheat, or other cereal ,ground into apowder and used for cooking or baking etc.
24. Fouetter ----- To whisk.
25. Frappe ----- Chilled. A beverage chilled or poured over crushed ice. Also a dish consisting of fruit-flavoured water ice, served as a starter or cold dessert.
26. Gelinette -----a certified organic market garden
27. Gingembre ----- ginger
28. Godiveau----- a kind of forcemeat, frequently made with veal or suet
29. Jombon ----- ham / meat cut from the thigh of a hog
30. Laitance ---- The soft roe of a fish. Those of herrings, crap, or mackerel, are considered as a delicacy.
31. Medallion ----- a small flat round or oval cut of meat or fish
32. Melange ---- a mixture
33. Merine ---- sea food
34. Navarin ---- Astew of mutton or lamb.
35. Nettoyer ----- to clean
36. Noisette ----- hazel nut; fruit of the hazel.
37. Noix de muscat ---- nutmeg
38. Noix de veau -----cushion of veal (knuckle of veal)
39. Rauguet----- A rich stew of meat, highly seasoned.
40. Refroidir---- cool or cool down
41. Rognons ----- kidney
42. Roulade -----rolled meat smoked and cooked
43. Rouler ----- to roll up

Semester V: Unit 3: Chapter 9

44. Salpicon----- A mince of poultry or game, with ham, tongue, and mushrooms; used for croquettes, bouchees, rissoles etc.
45. Saumure----- brine
46. Suif ---- tallow
47. Tasse---- cup
48. Thon -----tunny .Asea-fish preserved in oil or marinade, mostly used as hors-d'oeuvre.
49. Timbale ----literally " kettle – drum"; a kind of crusted hash baked in a mould
50. Trancher --- to cut ; to carve.
51. Viande ----Meat, viands e. Meat, dressed victuals.
52. Vide ----- see; used as a written instruction to tell a reader to look at a particular book, page, etc for more information.
53. Sous vide ---- involving or denoting a method of preserving food by partial cooking followed by vacuum – sealing and chilling