

Reading, writing and calculating in the kitchen



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Reading, writing and calculating in the kitchen



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Practical lessons



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Practical lessons



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Theory lessons



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City & Guilds international 7065

Cookery & culinary arts

COURSE : Hospitality & Tourism -
COOKERY

READ WITH UNDERSTANDING

	Decoding	Vocabulary	Language & Text Features	Comprehension	Reading Critically
Step 1					
Step 2					
Step 3					
Step 4					
Step 5					
Step 6					

WRITE TO COMMUNICATE

	Purpose & Audience	Spelling	Vocabulary	Language & Text Features	Planning & Composing	Revising & Editing
Step 1						
Step 2						
Step 3						
Step 4						
Step 5						
Step 6						

LISTEN WITH UNDERSTANDING

	Vocabulary	Language & text features	Comprehension	Listen critically	Interactive listening and speaking
Step 1					
Step 2					
Step 3					
Step 4					
Step 5					
Step 6					

SPEAK TO COMMUNICATE

Step	Vocabulary	Language & text features	Using strategies to communicate	Interactive listening and speaking
Step 1				
Step 2				
Step 3				
Step 4				
Step 5				
Step 6				

MAKE SENSE OF NUMBERS

	Additive Strategies	Multiplicative Strategies	Proportional Reasoning	Number Sequence	Place Value	Number Facts
Step 1						
Step 2						
Step 3						
Step 4						
Step 5						
Step 6						

MEASURE AND INTERPRET SHAPE AND SPACE

Step	Shapes and transformations	Location	Measurement
Step 1			
Step 2			
Step 3			
Step 4			
Step 5			
Step 6			

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Student Expectations



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The Students



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Course manual



w

w.w.weltec.ac.nz

City & Guilds International 7065

Cookery and Culinary Arts
Diploma



Course Manual

Student Name: _____

Group: _____

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Course manual

Lesson D1A Food Cooking Methods Soups

SUBJECT: Preparation, cooking and service: Soup
OBJECTIVE: Understand and prepare soups
Evaluate quality and safe cooking and reheating
LESSON TIME: ▪ 4 hours practical, 1 hour theory

REFERENCE: Theory
Lesson: ▪ NZC 163 -176

REFERENCE:	Kitchen	Quantities
H/o	▪ Chicken consommé Celestine (vegetables cut by hand, reserve consommé for D3B)	1 recipe each
H/o	▪ Tomato soup	1 recipe each
NZC 60 (3.6)	▪ Croutons (clarified butter)	1 recipe each

REFERENCE: Tutor Demo
H/o Consommé Celestine, croutons
Save consommé for aspic work (D3B)

Reflection & product report	Yield	Quality	Comments

Culinary terms & kitchen vocabulary

- | | | |
|------------|---------------|----------------|
| ▪ Clear | ▪ Skimming | ▪ Raft |
| ▪ Veloute | ▪ Temper | ▪ Degrease |
| ▪ Tureen | ▪ Garnish | ▪ Onion brulée |
| ▪ Croutons | ▪ Coagulation | ▪ Clarifying |
| ▪ Sippets | ▪ Croute | |

Lesson plans

Lesson number D1A Soup
Lesson objective: Students to have basic understanding of the principles of Soup. To include: Main contamination hazards, basic types and extensions, basic preparations, types and care of equipment, cooking times, portion control, quality assurance.
Resources: Power point. Soups of the world Quiz (word doc) Learnzone: complex dishes/Soup
Reference: NZC 162-165
Tutor information: 1 st Work through power point on soups expanding on all areas. 2 nd Discuss the day's lesson.
Students to read: NZC 162-165
Terms and vocabulary: Stimulate, classified, combination, evaporation.
Tutor notes:

Activities



Activities



Activities

Oceania	Pavlova	Meringue cake with a soft centre usually served with whipped cream and fresh fruit
	Anzac Biscuits	Biscuit first made to be sent overseas to the soldiers fighting in Europe during World War 1
South America	Tortillas	Round thin bread made from cornmeal and cooked by grilling. It has no yeast so remains flat and can be dried and turned into chips
	Guacamole	Dip or sauce made by mashing ripe avocados with lemon or lime juice and Tabasco. It can also be flavoured with coriander and tomato concasse.
Africa	Tagine	Moroccan stew that takes its name from the traditional ceramic container it is cooked and served in.
	Biltong	Spiced dried meat that can be made from beef, game and even ostrich, as it is dried it will keep for a long time without refrigeration.
The Middle East	Pita Bread	Flat puffed bread which forms a pocket when cut open. It is often served filled with spicy meats, vegetables, olive oil and hummus.
	Humus	Dip or sauce made from chickpeas, garlic, tahini, lemon juice and olive oil
The Indian Subcontinent	Samosas	A deep fried triangle shaped pastry filled with spicy meat or vegetables, often served as a starter or snack.
	Naan Bread	Large tear shaped flat bread, cooked in a tandoor oven and served as an accompaniment for curries.
North & Central America	Chowder	A thick creamy soup traditionally made with seafood but can be made with ingredients such as sweet corn or potato.
	Chicken Maryland	Chicken breast is halved out, dipped in milk and then coated in spiced flour. It is then shallow fried and served with a creamy sauce.
Asia	Dim Sims	Small steamed or fried dumplings which can contain a variety of fillings they are then folded in a thin wrapper to make them easier to eat with chopsticks.
	Sushi	Cold meat and vegetables, usually raw served in bite sized pieces with sticky rice often rolled up with nori seaweed, served with soy sauce, wasabi and pickled ginger.
Europe	Pasta	Can be bought fresh or dried and available in a great variety of shapes and colours, cooked by boiling in water and often served with a sauce.
	Paella	Dish consisting of rice cooked with meats, seafood, poultry and vegetables flavoured and coloured with saffron. It is traditionally cooked in a large rounded flat handied pan.

Activities



Cheeseburger with condiments and vegetables



Mars Twix bar



Kellogg's rice crispies



Colby cheese



Skinless roast chicken breast



Canned tuna in water



Raw avocado



Canned creamed sweetcorn

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elearning



Engineering Degree & Diploma Students (2011)

Last accessed: 16th Jun, 2011, 9:54 am
0 hrs 0 mins spent in this course



Food Preparation & Culinary Arts (Mar 11)

Last accessed: 16th Jun, 2011, 9:29 am
0 hrs 27 mins spent in this course



HV4427 Certificate in Brick, Block Laying, Paving and Tiling (Mar 11)

Last accessed: 27th May, 2011, 3:45 pm
0 hrs 0 mins spent in this course



Engineering Degree & Diploma Students 2010

Last accessed: Never
0 hrs 0 mins spent in this course
4 unread announcements



HV4298 Certificate in Food & Beverage Service (Mar 11)

Last accessed: 21st Apr, 2011, 10:10 am
1 hrs 16 mins spent in this course



Cost Control



Cost control operations.docx



Exercise in Weights and measures.docx



Storage and care of materials.docx



Blank FoodCost Sheets.doc



02.Dish Cost Exercise.doc



Food costing .docx



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E learning

Bread

- **Bread making**

In NZ bread is made in both large plant bakeries and on a smaller scale in hot bread shops and in store bakeries. The process is basically the same but the machines are smaller and some of the operations are performed by hand rather than by machines.

Wheat is planted in either autumn or spring and harvested in summer with a "header". This machine cuts off the seed heads and separates the grains from the stems, a process also known as threshing.

In the bakery, flour is mixed with water, yeast, salt and other ingredients to make a large dough. The time for mixing depends on the type of mixer used and may take from 2 to 30 minutes. After mixing, the dough is divided into loaf sized pieces, shaped into round balls, allowed to rest for 10 minutes then moulded or shaped and put into baking tins.

The tins of dough then go into a warm, humid "proves" so that the yeast will make the dough rise. Once the dough has risen, the tins of dough travel through the oven, coming out baked to a nice golden brown colours. The baked loaves are taken out of the tins, and cooled for about two hours.

Loaves are then sliced and wrapped or put into plastic bags ready for delivery by vans or trucks to your local shop or supermarket.

E learning

Home

Intro

Chefs in
the pastry
kitchen

Baking Mis
En Place

Large
Pastry
Equipment

Small
Pastry
Equipment

Pastry
Ingredients

Introduction to Pastry



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E learning

Home

Intro

Chef in the
Kitchen

Baking Mis
En Place

Large
Pastry
Equipment

Small Pastry
Equipment

Pastry
Ingredients

Small Pastry Equipment

Bain Marie

The purpose of a Bain Marie is to protect delicate food from direct heat and can be used in one of three ways.

- 1) As a double boiler or bowl on top of a pan of simmering water which allows the steam to heat gently e.g. melt chocolate or cook a delicate sauce.
- 2) As a container used to keep food hot until they are served.
- 3) As a water bath to protect delicate foods while baking in the oven e.g. crème brulee.

Baking paper

Non stick paper (usually silicone coated) used for lining baking sheets and cake tins also for blind baking and making piping bags.

Baking sheet- flat metal tray usually with three sides for baking goods on

Barquette mould- small boat shaped tartlet tin, either plain or fluted.

Cake tin

Available in various shapes and sizes and can be either solid, loose bottom or spring form (which allows the ring to open and make the removal of the food easier. Primarily used for baking cake batters.

Cake ring- metal ring used to assemble cakes and desserts or can be used with a baking sheet for baking cake batters.

Cooling rack - a metal rack composed of wires in a grid pattern with short legs, when hot food is placed on the rack the circulating air pre-vents steam from becoming trapped and aids cooling.



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Glossary

Glossary																									
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
Term or Phrase	Reference Explanation																								
À la (or au)	"French term meaning "in the style of" "served with" or "cooked with"																								
À la anglaise	"French term meaning cooked in the English style, usually referring to food which is crumbed and then fried"																								
À la carte	Menu in which all the dishes are individually priced and usually cooked to order.....																								
À la Française	"French term meaning cooked in the French style, has a different meaning for different foods, i.e. fish that is dipped in milk, flour and then deep fried"																								
Acetic acid	the acid which forms the basis of vinegar.....																								
Acidulate	"To make food more acidic and sour tasting by adding lemon juice, vinegar etc"																								
Agar agar	Thickening agent made from sea weed																								
Aioli	Garlic flavoured sauce similar in appearance to mayonnaise.....																								
Al dente	Italian term meaning pasta cooked which is cooked to the point where it is still firm to the bite																								
Albumin	The technical term for the white part of an egg.....																								
Allspice	Spice obtained from Jamaican pepper or nigella.....																								
Allumettes	Small savouries made with puff pastry as a base.....																								
Almond	"Nut from the almond tree, available in different forms and used extensively in cookery"																								
Anchovy	Small fish (aprox 15cm in length) found mainly in the Mediterranean sea..... < available in NZ in cans and jars ...																								
Angelica	Herb used as a flavouring i.e. Gin or in candied form as a dessert or cake garnish.....																								
Anglaise	"Custard made from milk, egg yolks and sugar, traditionally flavoured with vanilla"																								
Arborio	Starchy short grained rice used for risotto.....																								

menu costing

Menu Costing

Method

Video Tutorial

Spreadsheet Practice

Help

Glossary

Want more information about costing menus?

There are four ways to use these resources:

1. Not sure? Read the **Method** then Spreadsheet practice.
2. Know how to cost menus but unsure of what goes in which column on the spreadsheet? Watch the **Video Tutorial**.
3. Know how to do it but want to practice? Open the **Spreadsheet Practice**.
4. Start at Method, go to the **Video Tutorial** then Spreadsheet practice.

Use the headings above to work through the material, and the Help tab for extra information.

Click on the headings above to start.



This symbol tells you that Help is available. Go to the Help tab for more information.

estimating, rounding, fractions

Adding hundreds

$$521 \longrightarrow 520$$

$$\underline{306} \longrightarrow 310$$

$$+ 527 \longrightarrow 530$$

"It's about 530."

Multiplying tens

$$52 \longrightarrow 50$$

$$\underline{x 9} \longrightarrow x 10$$

$$468 \longrightarrow 500$$

"It's about 500."

3 rounds **down** to 0
9 rounds **up** to 10

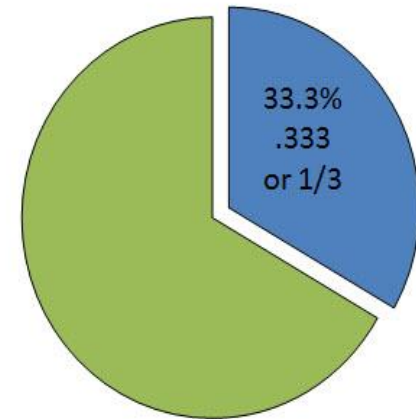
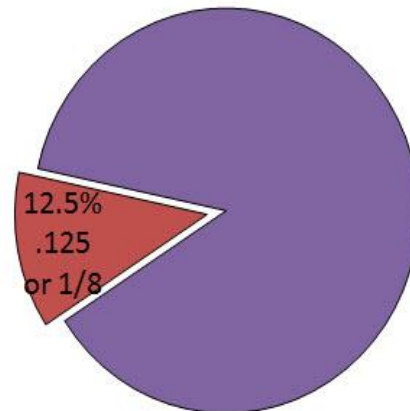
10 rounds **up** to 20
13 rounds **down** to 10

23 rounds **down** to 20
29 rounds **up** to 30

Fractions, decimals and percentages

Fractions, decimals and percentages are all ways of expressing a part of a whole number.

For example:



video demonstrations

Step 5: Add GST

Multiply the selling price (\$1.40) by 15%.

$$\$1.40 \times 15\% = .21$$

$$1.40 + .21 = \$1.61$$

Round both of these numbers down to \$1.60.

Watch the two-part calculator demonstration to find out how to calculate GST.



practice

Portions:	Food cost:	Comments:		
4	27%			
Ingredient	Purchase Price	Quantity Purchased	Quantity needed	Ingredient Cost
Chicken	\$21.90	4kg	2kg	
Onions	\$14.40	20kg	30g	
Paprika	\$1.39	40g	15g	
Tomato concasse	\$4.50	1kg	180g	
Rice	\$2.89	1kg	120g	
Cream	\$1.27	300ml	125ml	
Butter	\$1.85	.5kg	120g	

On line Tests

Test Group Summary

Attempt Summary

Test: Cert Practice Test
Group: HV4441 A 11 PT: Food Preparation & Culinary Arts (Mar 11)
Average Mark: 75%
Minimum Mark: 0%
Maximum Mark: 100%

[Marked Attempts:](#) 229
[Completed Attempts:](#) 0
[Open Attempts:](#) 22
[Not Attempted:](#) 65
[View Test](#)

Test Questions

1 Why is an egg custard placed in a Bain Marie for baking in the oven?

- To speed up the cooking process.
- To intensify the flavour.
- To separate it from direct heat.
- To get better aeration.

Model Answer:

The correct answer is C

2 When baking sponge products, steam is important because it provides which two functions 1) Prevents the formation of a dry crust 2) Increases the sponges shelf life 3) Prevents the sponge burning on the bottom 4) Increases the volume of the sponge

- 1 and 2.
- 2 and 3.
- 3 and 4.
- 1 and 4.

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Recipe for disaster?

- **Flour** 450g
- **Sugar** 150g
- **Baking powder** 10g
- **Eggs** 2
- **Yoghurt** 120ml
- **Milk** 200ml
- **Butter** 150g
- **Golden syrup** 150g

A literacy issue !

- **Flour** 450g
- **Sugar** 150g
- **Baking powder** 10g
- **Eggs** 2
- **Yoghurt** 120ml
- **Milk** 200ml
- **Butter** 150g
- **Golden syrup** 150g