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GRADE 9

HOSPITALITY STUDIES GR 9 LG

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- Standardized recipes

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- upscale and downscale recipes

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- Knife skills
- Re-cap knife skills (chopped, sliced, brunoise, julienne, wedges) and vegetable garnishing)
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- Rules for Stewing and steaming
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- Rules for baking
- Advantages and disadvantages
- Suitable types of food for baking:
- -flour mixtures
- -Vegetables, pasta and meat dishes

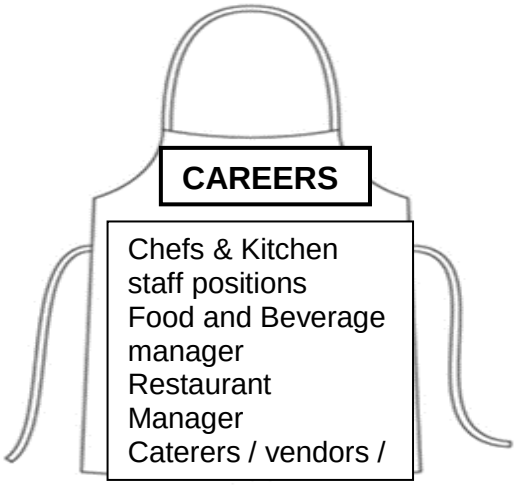
Practical Demonstration: How to take delivery of stock; Show storage areas; Storage and rotation of stock

Practical Demonstration: Demonstrate stewing, steaming, and baking as cooking methods

Practical Lesson 1: Performance Test: Learners use a given recipe and written preparation form e.g., savoury popcorn

MODULE 3: KITCHEN AND RESTAURANT OPERATION

Unit 3.1: Stock Control	**Unit 3.2: Recipes**	**Unit 3.3:** Recipe conversion: Upscale and downscale recipes
• Receive and record stock • Storing stock: - storage areas (temperatures) storage procedures (rotation, labelling, danger zone)	- Interpretation of recipes and yield - Standard format - Standardized recipes	



ENTREPRENEURSHIP

Learners can offer their recipe standardisation/ conversion skills to community catering companies to amend recipes to cater for their specific functions.

• **Unit 3.4: Mise en place in the kitchen** - Metric measurements - Re-cap knife skills (chopped, sliced, brunoise, julienne, wedges) and vegetable garnishing - Basic preparation methods	**Unit 3.5: Basic culinary food preparation terminology** (basic preparation techniques used in the kitchen) .	**Unit 3.6: Cooking methods** **Moist heat: Stewing and Steaming** - Rules for Stewing and steaming - Advantages and disadvantages - Suitable types of food - Types: Direct steaming Indirect steaming	• **Dry heat: Baking** • Rules for baking • Advantages and disadvantages • Suitable types of food for baking: -flour mixtures -Vegetables, pasta and meat dishes

KEY CONCEPTS		
A la carte Table d' hote	catering menu	restaurant courses
SOFT SKILLS		
Problem-solving skills Negotiation skills	Confidence Mathematical skills	**Calculation skills**

Unit 3.1: Storeroom and stock control

- Receive and record stock
- Storing stock:
- Storage areas (temperatures)
- Storage procedures (rotation, labelling, danger zone)

UNIT 3.1: KITCHEN AND RESTAURANT OPERATIONS

Stock control

3.1.1 Receiving Stock and record stock

a) Documentation of deliveries:

- Incoming supplies are checked against the purchase order.
- The delivery notes or invoice for the correct quantity and quality.
- Shelf life and expiry date.
- Specifications such as frozen, dried, paste puree, etc.

b) Health and safety requirements

- Must follow health and safety regulations:
- Receiving areas should be clean and free from litter.
- Waste bins, empty return boxes, etc. should be kept safe and tidy.
- Received stock should be hygienic and clean and the packaging should not be damaged.
- Trolleys and stacking shelves should be suitable for heavy items.
- Do not overload trolleys.
- Lifting of heavy items should be done in such a manner to prevent injury.

3.1.2 Storing Stock

Hygienic storage of food

Food is perishable and gets infected with micro-organisms easily. Therefore, it is important that all types of food get stored at the correct temperature.

Food items are divided into the following groups according to the storage thereof:

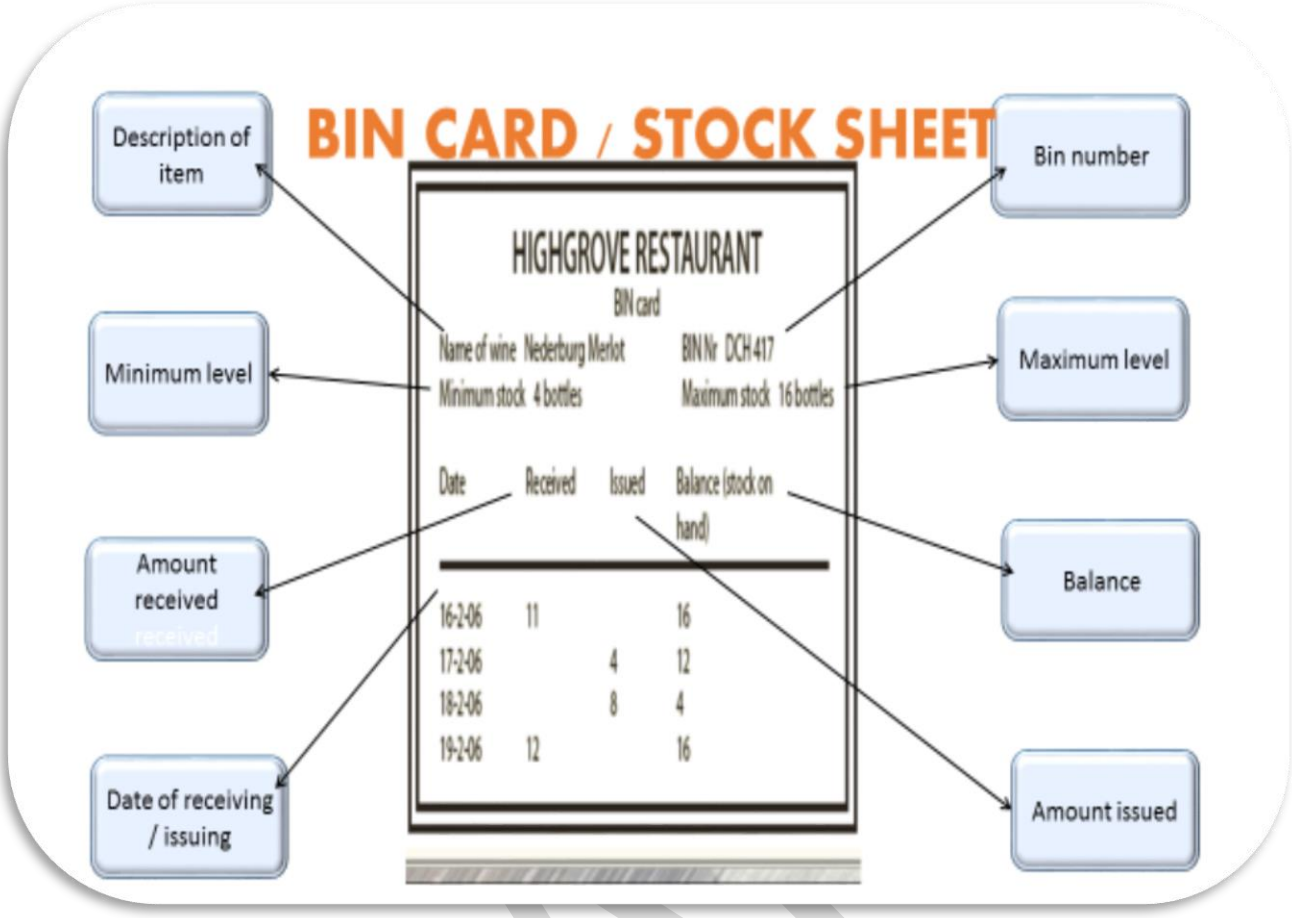
GROUP	EXAMPLES	STORAGE	TEMPERATURE
Highly Perishable Foods may become poisoned very easily	meat, fish, poultry 	Freezer	-(minus)18°C to –(minus)24°C
Perishable foods Spoil very easily	eggs, milk, cheese, yoghurt, fresh fruit and fresh vegetables 	Fridge	1°C to 5°C

Non-perishable foods don't spoil. Has a long shelf life	flour, cereals, tinned food, pasta and rice 	Dry store/pantry	± 15°C to 18°C (room temperature)

3.1.3 Storage Procedures

General rules:

- Stock rotation - F I F O – First in first out. Follow the practice of FIFO as this reduces spoilage of food.
- Stick to the sell by and expiry as this ensures freshness
- Inspect food during delivery for damage of packaging and expiry dates.
- Inspect food in storage areas regularly for signs of infestation.
- Order stock according to the minimum and maximum stock level for the company
- Store each item on a specific place
- Have clearly readable labels on containers or packaging
- Each item in the storeroom has its own bin card/ stock sheet – indicating name of stock, description of item, amount received, issued, number on hand.



Danger Zone

- The danger zone is the temperature range in which food-borne bacteria can grow.
- The danger zone as roughly between 40 to 60 °C
- Potentially hazardous foods should not be stored at temperatures in this range in order to prevent foodborne illness.
- Food that remains in this danger zone for more than two hours should not be consumed

PRACTICAL DEMONSTRATIONS

Plan this demonstration to coincide with the delivery of ingredients for hospitality studies.

A: How to take delivery of stock:

1. Have on hand the order form as well as the invoice for the delivered goods.

Demonstrate to the learners how to:

- check the food stock against what was ordered and what was delivered.
- Check that the correct quantity was delivered.
- Check whether the correct item was delivered, e.g., canned tomatoes – whether pureed, whole or chopped was ordered and delivered.
- Check the quality of the goods – fruit and vegetable, for instance for freshness
- Check the expiry dates on all foods.

2. Divide the learners into 3 groups:

Group 1 – Freezer goods
Group 2 – Refrigerator goods
Group 3 – Dry storage goods

Learners to sanitise their hands.
Each group to take from the ingredients delivered – those ingredients they believe should be stored in the group they belong to.

B. Show storage areas:

in the storeroom, beginning with Freezer storage, then Refrigerator storage, then Dry Storage.
Point out the bin cards for each item in the storage areas, the neatness of the storeroom and the organisation of each, e.g all canned goods together, different types of oils together.

C. Storage and Rotation of Stock

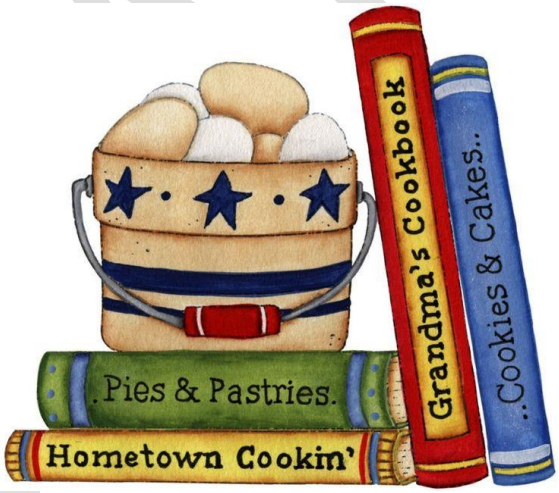
Advise learners to follow the principles of stock rotation. Bring forward those items that were already in the storeroom. Store the new items behind the older stock.

Unit 3.2: Recipes.

- Interpretation or recipes and Yield
- Standard Format
- Standardized recipes

Introduction

A ***RECIPE*** is a set of instructions for producing a certain dish. For success in preparation it is necessary to record the ingredients, their amounts and the way they are combined and prepared.



3.2.1 Interpretation or recipes and Yield

To avoid costly errors, it is essential that you read and understand a new recipe before you attempt to reproduce it. You may also find it helpful to write down all the steps involved with the recipe and decide in which order you should do them.

Portion size is very important. You must know exactly how much of each dish, sauce and garnish will be provided to each person or cover. There are standard portions for many kinds of dish and specific ingredients.

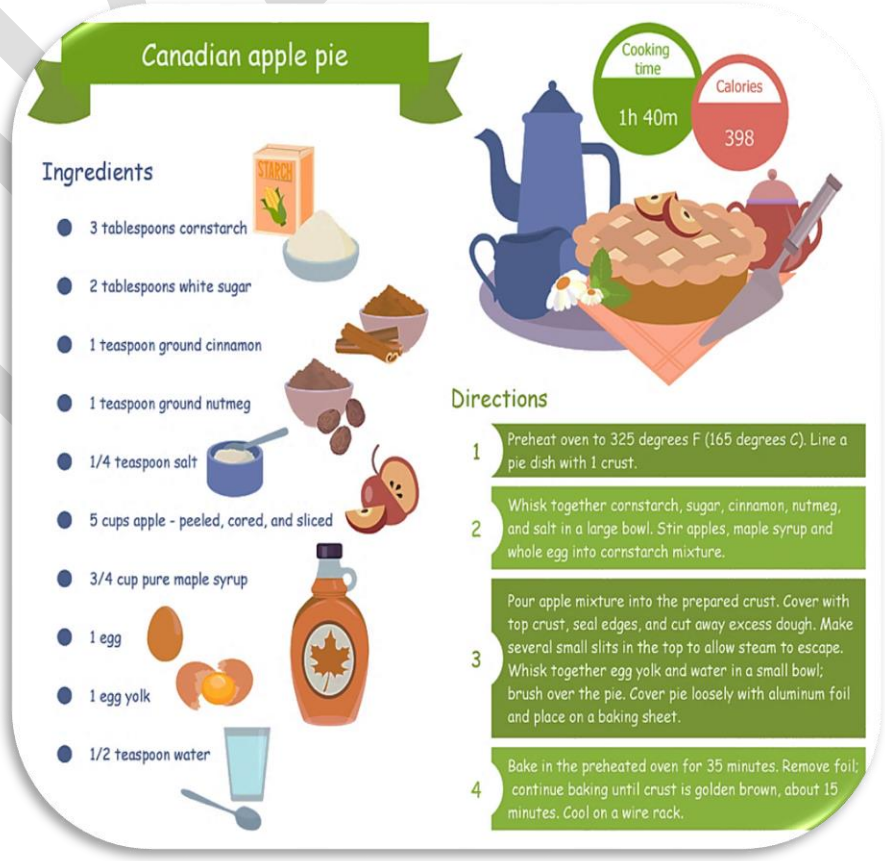
It is also essential that you start with a clear idea of the finished dish.

3.2.2 Standard Format

Standard format – ingredients are listed according to the sequence of use. Thereafter, the method follows in steps. A standardized recipe, must follow a format that is clear to anyone who used them. It lists the ingredients first, in the order they are to be used, followed by assembly directions or the method for putting the ingredients together.

A standardized recipe includes:

- Name of the recipe
- Ingredients
- Yield
- Portion size
- Temperature, time and equipment
- Step-by-step directions
- Nutrition information



[Source: www.conceptdraw.com]

Function of standardised recipes

- These recipes are detailed and specific. This ensures that the products are the same every time it is made and served regardless of who cooks it.
- They indicate precise quantities for all ingredients and how they are to be measured and they indicate exact yields and portion sizes and how the portions are to be measured and served.

Structure of the standardised recipe

- Name of the recipe.
- Yield, including total yield, number of portions and portion size.
- Ingredients with the exact amounts, listed in order of use.
- Equipment needed including measuring equipment, pan sizes etc.
- Directions for preparing the dish.
- Preparation and cooking times.
- Directions for portioning, plating and garnishing.

Example of a standardised recipe

Recipe NME: HUMBA				
Description:		**Recipe By:**	Culinary Team	
Menu Type:	Main Dish / Viand	**Classification:**	Pork Dish	
Total Yield / Servings	4	**Preparation Time:**	10 - 15 minutes	
Portion Size:	80 g Meat and 70 mL Sauce	**Cooking Time:**	1 hour 20 minutes	
Ingredients	**Description**	**Qty**	**Unit**	
Vegetable Oil		15	mL	1. Heat oil in pan. Pan sear pork liempo. Set aside.
Pork Liempo	Cut into 2" cubes	550	g	
Garlic	Minced	35	g	2. In the same pan, saute garlic.
Water		500	mL	3. Add water, peppercorns, star anise, bay leaf, seared pork and **Bango Kecap Manis**. Bring to a boil and reduce to simmer for 45 minutes or until pork is fork tender.
Black Peppercorn	Whole	3	g	
Star Anise	5 pcs	1	g	
Bay Leaf	4 pcs	0.2	pcs	
Bango Kecap Manis		130	mL	
Banana Blossoms		35	g	4. Add banana blossoms and continue simmering for another 15 minutes.
Roasted Reanuts	Skinless	40	g	5. Add roasted peanuts. Reduce the sauce to half. Adjust seasoning with salt.
Cornstarch	Dissolved in 45 mL water (also called SLURRY)	10	g	6. Adjust consistency of the sauce with slurry. Serve hot.

MEASURING METHODS

It is very important to follow the correct measuring methods in a recipe. When baking, chemical processes take place, and the outcome of these processes depends on the correct amount of chemical substances (ingredients) as well as external factors (temperature). When a baked product does not turn out as desired, something went wrong during the chemical processes that took place.

Unit 3.3: Recipe conversions:
- upscale and downscale recipes

3.3.1 Upscale and downscale recipes

Remember - Yield is the number of servings a recipe makes.

For example, if a recipe makes 2 dozen (24) cookies and we need 4 dozen (48) / 10 dozen (120) cookies you will need to **INCREASE** the recipe.

If our recipe makes 8 dozen (96 cookie) and you only need to make 2 dozen (24 cookies) then you need to **DECREASE,** the recipe.

FORMULA:

Desired Yield ÷	**Original Yield** =	**Conversion Factor**

To remember the formula, remember the word = DOC

STEP 1: Example: Your recipe serves 4 and you need to serve 8

Desired Yield ÷	**Original Yield** =	**Conversion Factor**
Is the number the recipe will end up with	**The number the recipe makes**	The new conversion factor to use to increase or decrease.
8	**4**	2

STEP 2: Multiply each ingredient by the conversion factor (CF)

RECIPES

Ingredients	**Amount x**	**Conversion Factor =**	**New Recipe Amount**
Ground Beef	1.360 kg	X2 =	2.720 kg
Macaroni	453 g	X2 =	906 g
Salt	2 tsp	X2 =	4 tsp (20ml)

Always add the units

STEP 3: Convert answers to logical, measurable amounts.

(Think about what equipment you will use to measure the ingredients)

Example:

- Salt 2 tsp (original) x 2 (CF) = 4tsp (new)

REMEMBER: 3 tsp = 1 tbsp

- 4 tsp / 3 tsp = 1 tbsp + 1 tsp (NB 3 tsp = 1 tbsp)

Decrease the ingredients:

Same formula are used as during Increasing of ingredients.

A recipe serves 8 and needs to serve 4. This process is not working visa versa with the formula.

FORMULA:

Desired Yield	÷	**Original Yield**	=	**Conversion Factor**

To remember the formula, remember the word = DOC

STEP 1: Example: Your recipe serves 8 and you need to serve 4.

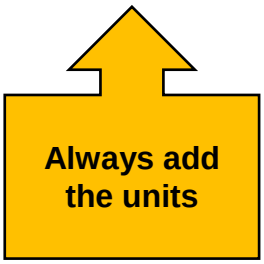
Desired Yield	÷	**Original Yield**	=	**Conversion Factor**
Is the number the recipe will end up with		**The number the recipe makes**		The new conversion factor to use to increase or decrease.
4		**8**		. 5

STEP 2: Multiply each ingredient by the conversion factor (CF)

RECIPES

Ingredients	**Amount x**	**Conversion Factor =**	**New Recipe Amount**

Ground Beef	1.360 kg	X .5 =	680 g
Macaroni	453 g	X .5 =	226.5 g
Salt	2 tsp	X .5 =	1 tsp (5ml)



STEP 3: Convert answers to logical, measurable amounts.

(Think about what equipment you will use to measure the ingredients)

RESOURCES

RESOURCES

VIDEOS FOR EXTRA RESOURCES:

Increasing & Decreasing Recipes.

Increasing & Decreasing Recipes

Baking 101 https://www.youtube.com/watch?v=3uMWXYOKpy0

Bakery work – career - https://www.youtube.com/watch?v=iUuKstAWof4

BIBLIOGRAPHY:

Hotelkeeping and Catering Grade 8 – Carina Smit

Hotelkeeping and Catering Grade 9 – Mariette Pietersen

Hotelkeeping and Catering Grade 10 – L. van Velden (Editor), K. Vermeulen, V de Beer, E. du Toit.

Unit 3.4: Mise en Place

- Metric measurements
- Knife skills
- Basic preparation methods

Introduction

A French culinary phrase referring to the preparation of your section, or area in a kitchen. It covers all of your equipment and ingredients. With an effective Mise en Place, every aspect of your menu will be ready to be used to create the order. The term mise en place means "set in place".

[Source:www.ijustmakesandwiches]

Importance of mise en place in the kitchen

- It assists chefs to cope better with the amount of work and the long hours associated with their job.
- It encourages teamwork so that the energy and pacing can be maintained in the kitchen.

3.4.1 Metric measurement

The proportion of ingredients is important in the preparation of food. Accurate measuring utensils and the correct use of these utensils are necessary in the preparation of food.
We use the international metric system (SI – Système International) in South Africa. This system uses metricated units for measure.

The following units are used:

Mass	g; kg	Grams, kilograms
Volume	mm; L	Millilitres, litres
Distance	cm; m; km	Centimetres, metres, kilometres
Temperature	ºC	Degrees centigrade

Units of measurement

The main units of measurement associated with food are volume, mass, and temperature. When you measure dry ingredients or liquids, you use volume or mass.

Although it is more accurate to measure dry ingredients by mass, they may be measured by volume because:

- it may be more convenient
- accurate scales, especially to measure small amounts, may not be available.

Volume

The volume of any substance is the amount of space it occupies. Liquids are the easiest to measure by volume. The common units of measure for volume are millilitres and litres. When measuring food by volume, the following amounts are often used:

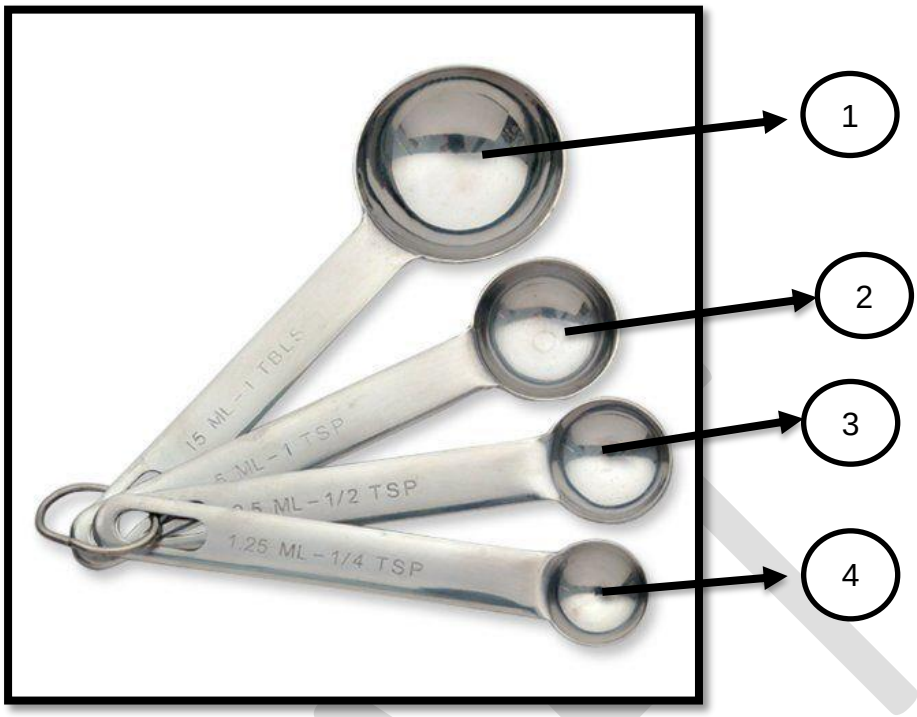
1 000 millilitres.	= 1 L
1 teaspoon	= 5 ml
1 tablespoon	= 15 ml
1 cup	= 250 ml

Measuring Spoons

Measuring spoons measure small quantities of ingredients. Measuring spoons should always be kept clean and dry. Wash in warm soapy water, rinse and dry.

VOLUME

Measuring spoons come in the following sizes:



Spoon 1	1 ml
Spoon 2	2 ml
Spoon 3	5 ml
Spoon 4	12,5 ml

Measuring with measuring spoons:

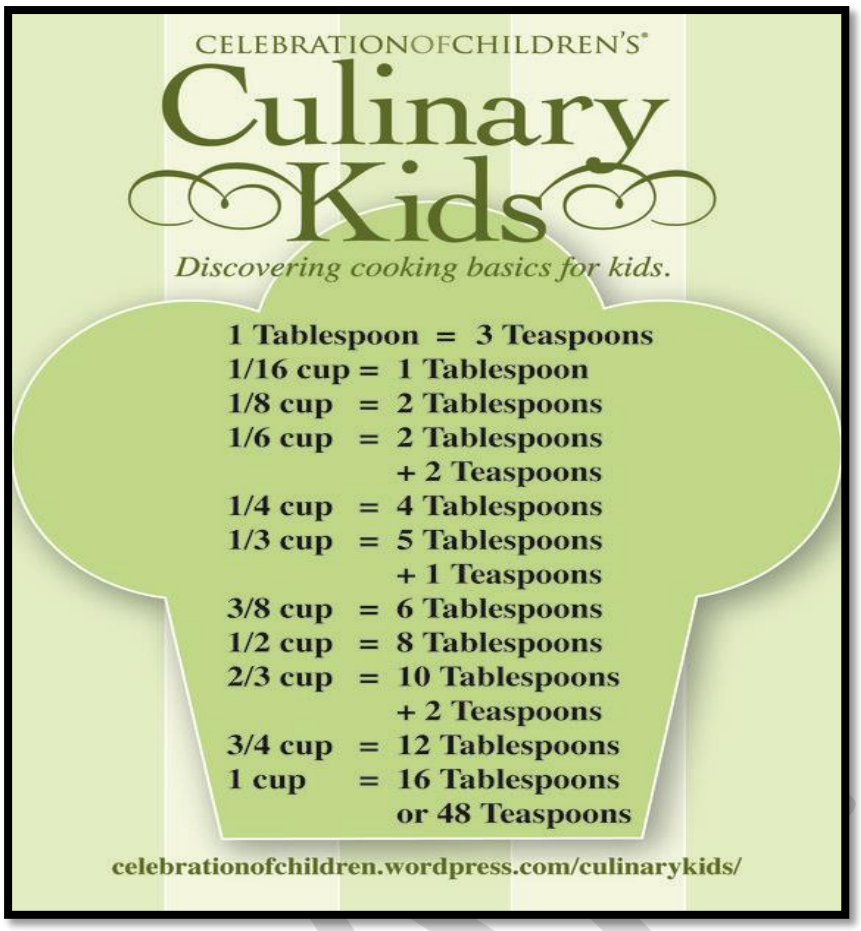
1. Scoop dry ingredients gently into the measuring spoon until it overflows (flour should be sifted before measuring).
2. Without compacting the ingredient, level the ingredient with the straight edge of a knife.
3. Dry ingredients may be halved or quartered in the measuring spoon; measure in the usual way and then divide.
4. Thin liquids, such as essence, must be carefully poured to the brim. Do not measure liquids over the mixing bowl: you may spill some of the liquid into the bowl and the measurement will be incorrect.

Measuring Cups

Measuring cups are used to measure larger amounts of dry ingredients, such as sugar, flour, rice. They are available in 25 ml, 50 ml, 100 ml, 125 ml and 250 ml measurements. Measuring cups should always be kept clean and dry. Wash in warm soapy water, rinse and dry.

Measuring cups come in the following sizes:

Cup 1	25 ml
Cup 2	60 ml
Cup 3	100 ml
Cup 4	125 ml
Cup 5	250 ml



Measuring jugs

Measuring jugs are used to measure larger quantities of liquids. They are available in different sizes.

Various sizes of measuring jugs may be found. Most of them have a volume scale printed on the jug so that smaller amounts can also be measured.

When measuring liquids, place the measuring jug on a level surface, and read off the level with your eyes parallel to the level of the liquid. Wash in warm soapy water, rinse and dry.

Measuring jugs made of glass should be handled with care.

The sizes of measuring jugs include:

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When measuring liquids, place the measuring jug on a level surface, and read off the level with your eyes parallel to the level of the liquid. Wash in warm soapy water, rinse and dry.

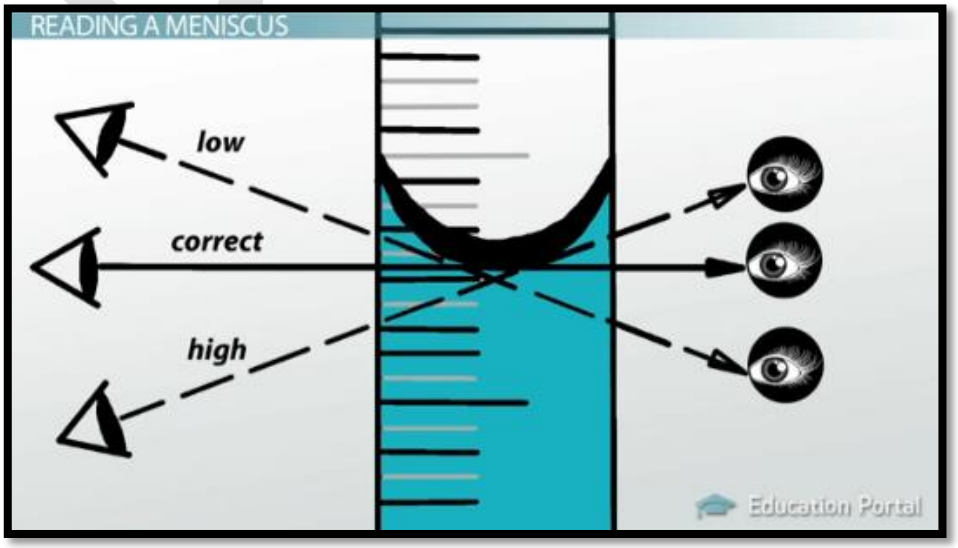
Measuring jugs made of glass should be handled with care.

The sizes of measuring jugs include:

1	250 ml
2	500 ml
3	1 L
4	5 L

When measuring liquids in a measuring jug:

- Place the jug on a flat surface
- Bring your eye to the level of the liquid
- Take the reading from the bottom of the meniscus.



How to measure in volume

Oil is usually measured in millilitres or litres.

Sugar should be placed into the measuring cup and levelled off with a flat utensil such as a palette knife.

- Soft brown sugar should be packed firmly into the measuring container.
- Icing sugar creates lumps and packs tightly, so it should be measured like flour.

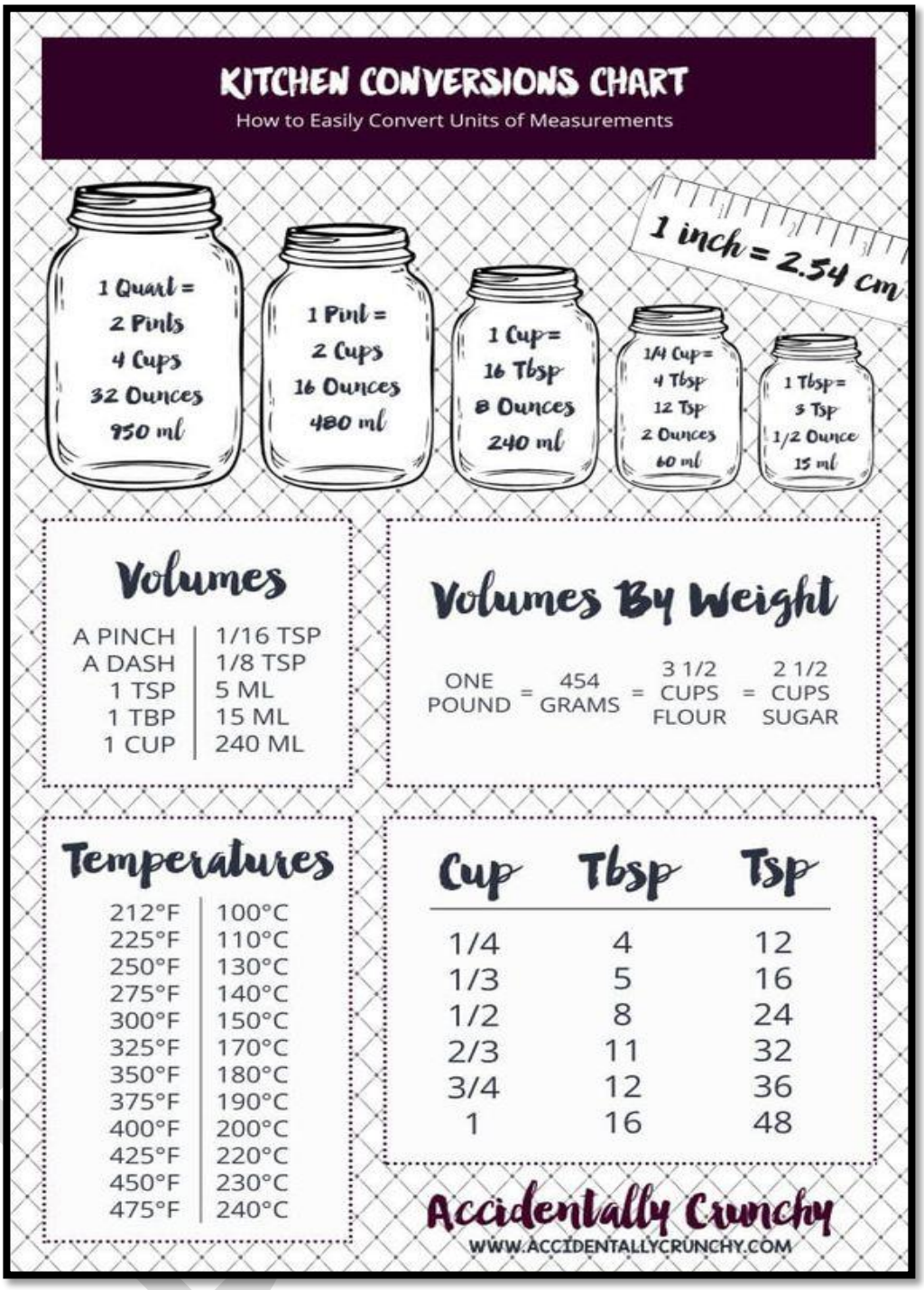
Flour tends to pack or compress during storage. The following method should be followed so that flour is not compressed when measured.

- Sieve the flour.
- Scoop the flour into the measuring cup with a scoop. (Do not use the measuring cup to collect the flour as this will cause the flour to compress into the cup).
- Level the surface of the flour off with a spatula.

If large quantities of flour are used, the flour is usually measured by mass, as this is quicker and more accurate.

When measuring syrup, lightly oil the measuring utensil before pouring in the syrup. When measuring honey (or syrup), it may be easier to warm it slightly before measuring, as this makes it easier to pour.


MY GINGER GARLIC KITCHEN .COM
EXPERT KITCHEN TIP
Q. DO YOU KNOW HOW TO MEASURE HONEY THE NON-STICKY WAY?
A. DIP MEASURING SPOON IN THE OIL BEFORE DIPPING IN THE HONEY. BY DOING THIS HONEY WOULD SLIP OUT OF THE SPOON EASILY WITHOUT STICKING.



Mass

Mass is the quantity of matter present in an object. It always remains constant and in all places.

The common units of measure for mass are grams and kilograms (1 000 grams = 1 kilogram)

Kitchen scales are used to measure dry ingredients in gram and kilograms.

Keep kitchen scales clean and dry.

Wash the bowl – not the scale – in warm soapy water, rinse and dry.

Don't let the scale get wet.

Clean with a damp cloth.

Do not to store anything on the scale.

Measuring apparatus for mass

Scales are used for measuring mass. There are three main types of scales:

Balance scale	Spring scale	Electronic Scale
		

Electronic scales are becoming increasingly popular. They differ in the amounts they measure. The most common ones:

Measure to the nearest 5 g up to 5 kg
Measure to the nearest 10 g up to 10 kg
Measure to the nearest 20 g up to 20 kg

Using scales: (Practical Demonstration)

1. A digital kitchen scale usually has a small flat platform on the top where you can set bowls filled with ingredients for measuring.
2. Place your digital scale on a firm, flat surface and turn it on. If it shows another number or reading, be sure to tare it. When you tare it, the scale should read 0.
3. Set your digital scale.

4. Weigh your ingredients. You can tare the scale again and add another ingredient that you need to measure.

Oven temperature

Electrical ovens	Mark on gas oven	Description
100 ºC - 120ºC	Gas I	Very cool
140ºC - 160ºC	Gas II	Cool
180ºC	Gas III	Moderate
200ºC	Gas IV	Moderately hot
220ºC - 240ºC	Gas V – VI	Hot
260ºC	Gas VII – VIII	Very Hot

Measuring of Butter (block):

250 g

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500 g

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RESOURCES

Measuring 101 of Wet and Dry ingredients

https://www.youtube.com/watch?v=w5iNNFC8MoI

https://www.youtube.com/watch?v=XlV8h3LJNj4

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Learning Hospitality Studies, Grade 10 Learner's Book Revised Edition 2008, Lisa-Gordan Davis and Annalee Howell.

New Generation Hotelkeeping and Catering Grade 8, C. du Plessis.

EXTRA NOTES FOR TEACHER:

Cooking measurement converter – electronic

https://www.asknumbers.com/CookingConversion.aspx

Extra notes on measuring:

https://www.wikihow.com/Measure-Dry-Ingredients

CONVERSION CHARTS.docx

3.4.2 Recap basic general skills required for mise-en-place - Knife skills

Cutting techniques:

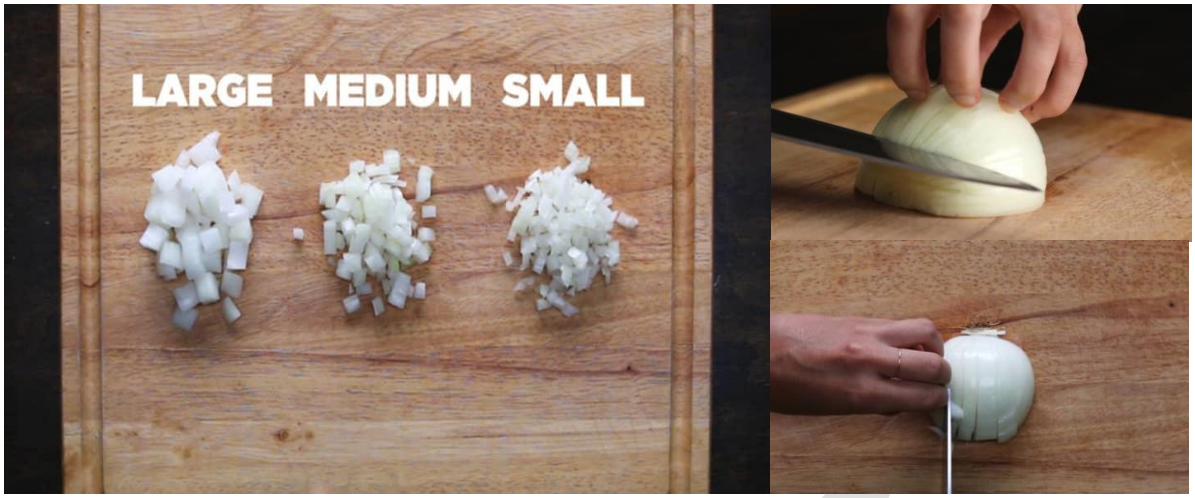
- Slicing
- Dicing
- Peeling
- Chopping
- Chiffonade
- Precision cuts such as julienne, batonnets, brunoises, paysanne and turning of vegetables.

Different vegetable cuts (chopped, sliced, brunoise, julienne, wedges) and garnishing: uses and related knife skills

A vegetable garnish can be used as a decoration or accompaniment to a prepared food dish. The garnishes can be used in a variety of ways, a tray of sandwiches can be garnishes with carrot roses or carrot star, cucumber ribbons can be used to hold vegetables on a plate.

➢ **CHOPPING**

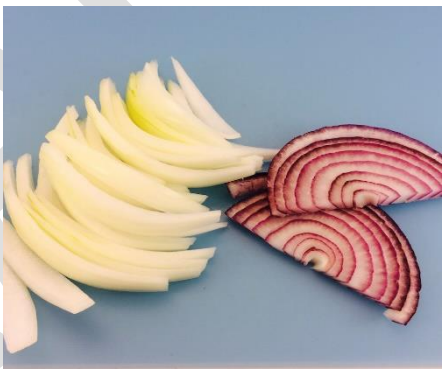
This means putting your finger and your thumb at the very back of the knife and wrapping your fingers around the handle. It gives you a **firm grip and more control** when you're chopping: When you actually start chopping, don't lay all of your fingers flat.



Source: www.cnbc.com

- **SLICED**

Slice. When you slice something, you are doing exactly as **it sounds and slicing your vegetables** means **to cut across the grain into thin, uniform pieces**.. You are leaving them in long strips, and some recipes will designate thin slices or wide slices. But typically, you are just cutting vertically on the vegetables. Almost every fruit or vegetable can be sliced, as well as other ingredients like cheese and bread.

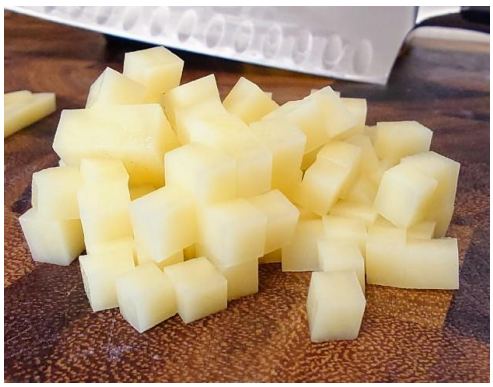


Source: freeimageslive.co.uk & eatbydate.com

- **BRUNOISE (FINE DICE)**

A **brunoise** cut, or a **fine brunoise** cut, is a traditional French vegetable / fruit cut that produces small, regular cubes (1/8th inch and 1/16 inch respectively). Typically reserved for special use cases and as an aromatic garnish, this type of cut creates exceptionally uniform pieces and provides an excellent boost to a plate's presentation. Foods that are commonly brunoised include turnips, onions and carrots.

Can be used in Soups and stocks, as a Garnish or to add texture in a dish



Source: medium.com

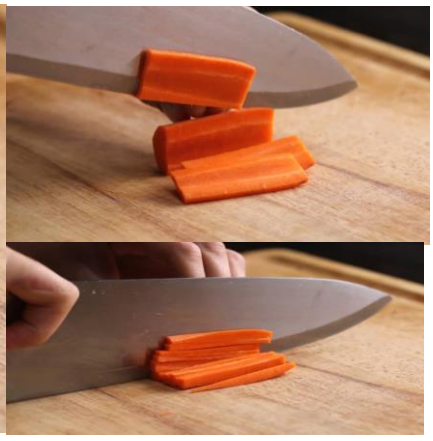
➢ CHIFFONADE (SHREDDING)

Used on leafy vegetables and herbs. Some examples include, spinach, lettuce, basil herbs and cabbage. This is accomplished by first cutting the food into long strips, and then cross cutting them in the preferred thickness.

Source: www.cnbc.com

➢ JULIENNE (MATCHSTICK CUTS)

Cut foods into long, thin matchstick like pieces. This is a cutting style used for zucchini, carrots, celery and capsicum, but it can be used on virtually any type of vegetable.



Source: www.cnbc.com

➢ WEDGES

Wedges are **irregular wedge-shaped slices of Vegetable / fruit**, often large and unpeeled, that are either baked or fried. They are sold at diners and fast-food restaurants. In Australia, potato wedges are a common bar food, that are almost always served with sour cream and sweet chilli sauce.

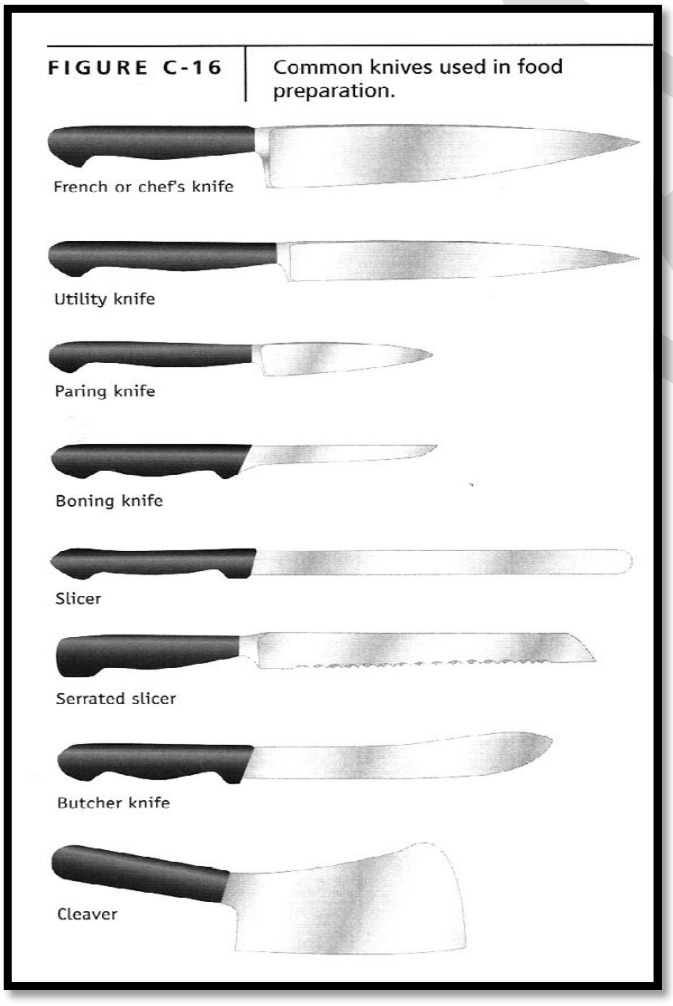
Source: Erren's kitchen.

Vegetable Garnishing's

Source: pinterest.com & radacutlery.com & YouTube.com

The use of knife skills related to garnishing

Source: creativesafetysupply.com



Chef's Knife: largest; serves as an all-purpose knife for cutting meats and for mincing, dicing and slicing fruits & veggies; side of blade can be used to crush garlic cloves and ginger slices.
Utility Knife: geared toward lighter duties such as cutting tomatoes, carving meat or preparing julienne slices.
Paring Knife: smaller & shorter; used for more delicate jobs that require close control such as peeling fruits & veggies.

Unit 3.5: Basic culinary food preparation terminology (basic preparation techniques used in the kitchen)

Liquidising- changing solid food into a liquid using a liquidizer.

Pureeing- cooked food, usually vegetables, fruits or legumes, that has been crushed, pressed, blended or sieved to the consistency of a creamy paste or liquid.

Flavouring- a substance used to give a diverse, deeper, or more pleasant taste to food or drink.

Seasoning- adding salt, herbs, or spices to food to improve the flavour.

Flaking- To pull food e.g. cooked fish, with a fork, creating small pieces as a test for doneness.

Greasing- putting a small amount of fat or oil around the inside of it to prevent food from sticking to the cooking equipment during cooking.

Dipping- the food is usually placed or dipped into the sauce or liquid quickly.

Lining – using parchment paper or aluminium foil on baking sheets to keep your baked from sticking to the baking sheet.

Mincing- food ingredients are finely divided into the same pieces using chef's knife or food processor, or in the case of meat by a specialised meat grinder.

Shredding- to push food across or through a shredding surface to produce, narrow strips using a grater, a hand grater, or a food processor.

Preheating- heating e.g. oven or grill before cooking.

Marinating- process of soaking foods in a seasoned, often acidic, liquid before cooking.

Infusing- flavour that's obtained from an ingredient such as tea leaves, herbs or fruit by soaking them in a liquid that is usually hot, such as water, for tea.

Parboiling- partly cooking food by boiling.

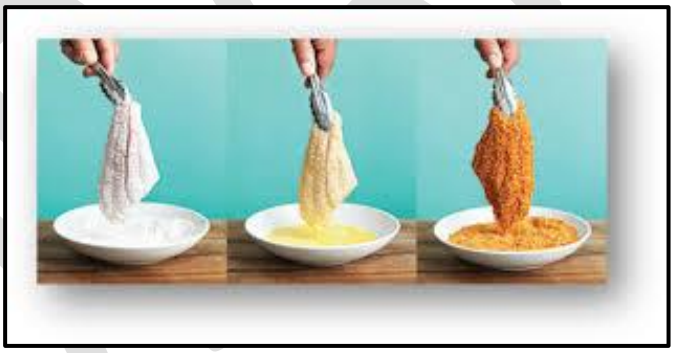
Melting -the process of liquefying due to heat. E.g., butter

Grating- rubbing food against a grater to cut it into many small pieces e.g., grated carrots.

Crumbing: the process of covering food with breadcrumbs.

Trimming: Removing all unwanted or inedible parts e.g., sinews, skin, fat etc.

Coating: the application of a layer of liquids or solids onto a food product e.g. batter and breading is a on Meat, vegetables, and cheese before cooking



Draining- pouring off the excess liquid or fat from food e.g., draining the water from boiled pasta or potatoes.

Pané- the process that involves fish, meat, etc dipped or rolled in breadcrumbs before cooking.

Dot with butter- placing small dots of butter on top of the filling and under the top crust.

Dusting: process of lightly sprinkling a fine layer of a powdered or granulated ingredient onto food e.g., icing sugar over biscuits.

Bruising- crushing an ingredient to release its flavour using a heavy knife, pestle or rolling pin to release the full flavours of spices, citrus peel etc.

INFORMAL ACTIVITY

Activity: Rewriting the given recipe in the approved stardard format

Rewrite the given recipe below in the approved standard format taking into consideration the correct formatting that you were taught in class. Include all missing information that might not be included in the original recipe format.

CHOCOLATE SHEET CAKE

Cake:

1 stick margarine
½ c. vegetable oil
1 c. water
4 T. cocoa
2 c. flour
2 c. sugar
2 eggs
1 tsp. vanilla
1 tsp. cinnamon
1 tsp. soda
½ c. buttermilk

Icing:

1 stick margarine
1 tsp. vanilla

INFORMAL ACTIVITY

CULINARY FOOD PREPARATION TERMINOLOGY IN THE KITCHEN

Study the pictures below and match with the correct definition of the technique. Write only the letter of the picture at the definition in the spaces provided.

A

B

C

D

E

F

G

H

I

J

DEFINITIONS

Liquidising- changing solid food into a liquid using a liquidizer.

Pureeing- cooked food, usually vegetables, fruits or legumes, that has been crushed, pressed, blended or sieved to the consistency of a creamy paste or liquid.

Flavouring- a substance used to give a diverse, deeper, or more pleasant taste to food or drink.

Seasoning- adding salt, herbs, or spices to food to improve the flavour.

Flaking- To pull food e.g. cooked fish, with a fork, creating small pieces as a test for doneness.

_____

Greasing- putting a small amount of fat or oil around the inside of it to prevent food from sticking to the cooking equipment during cooking.

_____

Dipping- the food is usually placed or dipped into the sauce or liquid quickly.

_____

Lining – *using* parchment paper or aluminium foil on baking sheets to keep your baked from sticking to the *baking sheet.*

_____

Melting -the process of liquefying due to heat. E.g., butter

_____

Dot with butter- placing small dots of butter on top of the filling and under the top crust.

_____

RESOURCES

VIDEOS FOR EXTRA RESOURCES:

101 Culinary, Cooking, Food Terms and Definitions Every Chef Knows - On the Line | Toast POS (toasttab.com)

An A-Z of Cooking Terms | Crush Magazine Online (crushmag-online.com)

PRACTICAL LESSON 1: PERFORMANCE TEST

Learners use a given recipe and written preparation form e.g. savoury popcorn

Complete the mise en place and work procedure

Re-cap the measuring of dry and liquid ingredients e.g. draw the division of margarine required in the recipe

SAVOURY MASALA POPCORN

Surname, Name:	**Gr.9-**

FOOD COMMODITIES: MAIZE	OBJECTIVES:	SOFT SKILLS to strengthen
	Learners will be able to: Analyse the given recipe Complete the mise en place	**hard skills**: • Analytical skills • Decisiveness • Critical Thinking

CHARACTERISTICS OF THE PRODUCT			
Appearance	**Texture**	**Taste**	
SAVOURY MASALA POPCORN Red colour	Crunchy Light	Spicy taste	

ASSESSMENT									
Personal hygiene [5]			**"Clean as you go"** [4]	**Prep sheet** [5]	**Final product** [6]			**Questions** [5]	**TOTAL** 25
Hair	**2**				**Appearance**	**2**			
Nails	**1**				**Texture**	**2**			
Apron	**2**				**Taste**	**2**			

A. INTRODUCTION (5 minutes)

. INTRODUCTION (5 minutes)

B. Study the recipe carefully and complete the mise en place form provided.

Savoury Popcorn 10 portions	
Ingredients **Popcorn** 500ml unpopped popcorns 125 ml butter **Seasoning** 15ml tablespoon refined oil	

5ml coriander seeds
5ml fennel seeds
5ml powdered Kashmiri red chilli
1 pinch asafoetida
salt as required
1ml turmeric
5ml sugar

Method

1. Heat the butter over high heat add in the popcorn seed, cover.
2. In a few minutes, the popcorn should start popping.
3. Give the pan a good shake every now and then to ensure even heating.
4. Once the popping slows down to nearly a stop, remove the pan from the heat and let it sit for 1 more minute to give any seeds a chance to pop. Pour into a large serving bowl.
5. In a pan, heat oil over medium heat. When the oil is hot enough, add coriander seeds along with fennel seeds.
6. Sauté for a while, and let the seeds splutter
7. Add the popcorn
8. Add on the Kashmiri red chilli powder, turmeric powder, sugar, asafoetida, and salt as per your taste.
9. Toss the popcorns well with the spices and make sure they get evenly coated.

Use the following written preparation form to complete the mise en place and work procedure

C. Mise en place

NAME OF RECIPE: SAVOURY MASALA POPCORN		
Ingredients	**Recipe Amount**	**Mise en place of ingredients [2]**

Mise en place-apparatus [2]		**Mise en place of additional equipment not found at your work station [1]**
		Number of portions: **[1]**
Technique Applied: boiling/deep frying /crumbing		**[1]**
Description of dish:		**[1]**
Oven/ temperature control on stove:		**[1]**
Cooking Method:		**[1]**
TOTAL = 10/2=5		

ANSWER THE FOLLOWING QUESTIONS:

1. Discuss THREE guidelines to follow when storing popcorn seeds**.** **(3)**

2. Name TWO other savoury popcorn treats. **(2)**

(5)

TOTAL: 25 MARKS

INFORMAL ACTIVITY

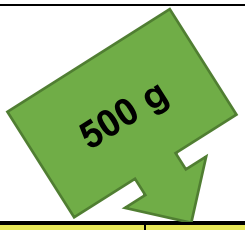
Measuring Techniques

Measuring of butter from the recipe

Learner instruction

Draw the division of butter required in the recipe, using a 500g brick

Measuring of Butter (block):



INFORMAL ACTIVITY
Measuring Techniques

Teacher Directions

Demonstrate various measuring techniques, using the MEASURING TECHNIQUES worksheet as a guide. You may finish the demonstration by making the Savoury Popcorn recipe, placing particular emphasis on the measuring techniques incorporated.

INSTRUCTIONS TO LEARNERS:
Answer as many of the following questions as possible during the demonstration on measuring. Complete the answers as homework.

1. For the purpose of measuring, ingredients can be divided into two categories:
   a.
   b. (2)

2. List three dry ingredients:
   a.
   b.
   c. (3)

3. What type of equipment should be used to measure dry ingredients more than ¼ cup in volume? _____ (1)

4. What type of equipment should you use to measure dry ingredients less than ¼ cup in volume? _____ (1)

5. A standard set of measuring cups includes: (circle the correct answers)
   1/8 c. 1/4 c. 1/3 c. 1/2 c. 2/3 c. 3/4 c. 1 c. (4)

6. A standard set of measuring spoons includes (circle the correct answers)
   1/8 t. 1/4 t. 1/3 t. 1/2 t. 2/3 t. 3/4 t. 1 t.
   1/2 T. 1/3 T. 1 T. (4)

7. Dry ingredients are measured in "graduated" measuring cups. What does the word "graduated" mean? _____ (2)

8. Circle the items needed to measure dry ingredients.
   a. Metal spatula
   b. Dry measuring cups
   c. Mixing bowl
   d. Large spoon (2)

9. What dry ingredient should be sifted before you measure it? _____ (1)

10. Which dry measuring cups would you need to measure 3/4 c. sugar?
    a.
    b. (2)

11. List four foods which should be measured in a dry measuring cup and pressed gently to level off.
    a.
    b.
    c.

d. (4)

12. What ingredient should be firmly packed into the cup when measuring?
_____ (1)

13. List the steps for measuring flour and the equipment needed:

	Step	Equipment
a.	_____	_____
b.	_____	_____
c.	_____	_____
d.	_____	_____ (8)

14. List the steps for measuring a dry ingredient, like sugar, and the equipment used:

	Step	Equipment
a.	_____	_____
b.	_____	_____
c.	_____	_____
d.	_____	_____ (8)

15. Circle the features that a good liquid measuring cup should have
    a. is able to hold hot liquid
    b. has extra space at the top of the cup
    c. has a pour spout and a handle
    d. has easy-to-read markings (2)

16. List three liquid ingredients.
    a.
    b.
    c. (3)

17. Describe how to measure liquids.
    a.
    b.
    c. (3)

18. List the four items you need to measure ½ t. vanilla.
    a.
    b.
    c.
    d. (4)

19. Why measure the vanilla over a paper towel or the sink instead of directly over your mixing bowl? _____ (1)

20. How can you loosen the lid on a vanilla bottle when it won't turn easily?
_____ (1)

21. To make solid shortening easier to remove from the measuring utensil, what should you first rinse it with? _____ (1)

22. List the steps for measuring shortening and the equipment required

	Step	Equipment
e.	_____	_____
f.	_____	_____
g.	_____	_____
h.	_____	_____ (8)

23. One stick or cube of butter or margarine equals _____ cup. (1)

24. There are _____ tablespoons in a cup. (1)

25. There are _____ ounces in a cup. (1)

26. There are _____ ounces in a pound. (1)

27. There are _____ ounces in a quart. (1)

28. There are _____ cups in a quart. (1)

29. There are _____ quarts in a gallon. (1)

30. There are _____ cups in a gallon. (1)

31. There are _____ teaspoons in a tablespoon. (1)

32. There are _____ cups in a pint. (1)

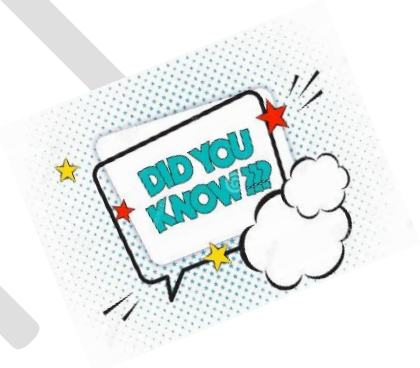
33. There are _____ pints in a quart. (1)

Unit 3.6: Cooking methods
Moist heat: Stewing and Steaming

- Rules for Stewing and steaming
- Advantages and disadvantages
- Suitable types of food
- Types: Direct steaming method
  Indirect steaming method

Introduction to Moist Heat Methods

Steaming is basically a cooking method that employs hot steam to conduct the heat to the food, without disturbing it in a boiling liquid, leaving us with tender, moist results—when done correctly.
Steamed food retains more nutrients than food that is boiled or simmered.



3.6.1 Stewing vs Steaming

	STEWING	STEAMING
		
RULES	• Food to be stewed should be put into a stew pan with enough hot water to cover it, and kept at simmering point until tender, but no longer. • The length of time allowed for stewing will entirely depend on the kind of meat	• The water in the lower vessel has to be maintained at boiling temperature throughout so that the process of steam formation continues. • The container should always be covered with a tight fitting lid, so that the steam does not escape. • Keep some boiling water on hand so that the water in the

	stewed, e.g. very tough meat will take longer • The heat must be slow and gradual -- never reaching the actual boiling point • Only enough liquid is used to cover the food being stewed.	steamer or the lower vessel can be easily replaced as it boils away. • Monitor food cooking times carefully 
ADVANTAGES	• It is the most economical way of cooking meats, as all nutriment is retained • It is the least expensive and most nourishing way of cooking as all the juices coming out of the meat is served as the gravy or sauce which is served with the dish. Little loss of nutrients – liquid and solids are served • Tough meat unsuitable either for roasting or boiling, can be made tender and palatable by stewing. 	Healthy food preparation method. The colour of food is maintained Food does not break up Little nutrients are lost as the food is not immersed in water 

DISADVANTAGES	• Slow method of cooking • Vitamin C is lost due to the long cooking process	• Slow method of cooking • Not suitable for tough or very hard foods • Browning is not possible – so food, e.g. meat can look unappealing and lack flavour
SUITABLE TYPES OF FOODS	• Vegetable • Meat, especially tough cuts • Poultry • Fish and seafood	• Vegetables • Meat and poultry • Hard-boiled eggs • Soufflés, custards, and pastries • Fish and shellfish Rice

Types of moist heat methods:

- Boiling – cooking in rapidly boiling water at a high temperature.
- Stewing /Simmering – food slowly cooked in liquid below boiling point.
- Poaching – cooking food in a liquid e.g. water on a low temperature.
- Steaming – boiling water continuously until it is converted into steam**.**

3.6.2 Types of steaming

Direct steaming method

In this method, the food comes in direct contact with the steam. Take sufficient water in a suitable container and allow it to boil so as to generate steam. The food to be cooked is kept in a metal strainer over this utensil and it is covered tightly with a lid. This way the steam rising from the water below rises and comes in direct contact with the food kept in the strainer, thus cooking it.

b) Indirect Steaming Method

In this method, the food does not come in direct contact with the steam but is cooked the heat of the steam surrounding the container containing the food material. The water is boiled in a utensil. The food to be steamed is kept in a smaller container, which can be closed from the top and then placed in this utensil containing water. As the boiling water forms, steam surrounds the container containing food, which gets cooked

Steaming equipment

1. Stockpot with Glass Lid
2. Stainless Steel Steamer
3. Instant Pot Steamer Basket
4. Universal Steamer with Lid
5. Microwave Steamer
6. **Bamboo Steamer Basket**
7. Pressure Pot

[Source: www.foodnetwork.com]

Unit 3.6 Dry heat: Baking

- Rules for baking
- Advantages and disadvantages
- Suitable types of food for baking:
- flour mixtures
- Vegetables, pasta and meat dishes

Introduction to Baking

Reasons for cooking food

- To make it easier to eat (texture softens).
- Tom makes it more appetizing (more colour and flavour).
- To make it easier to digest.
- To destroy harmful bacteria and make the food safe to eat.

BAKING

Baking is the cooking of food in hot dry air in a closed oven. No additional water or oil is added to the food during cooking.

DEFINITION:

During dry heat methods, the prepared food is cooked by the circulation of hot air or the direct exposure to hot cooking oil or fat. No water is used during cooking.

3.6.3 Rules for baking:

1. Pre-heat oven to correct temperature.
2. Oven racks should be in the middle of the oven.
3. Do not over-fill the oven.
4. Always bake in an uncovered container that has been buttered / sprayed to prevent the food from sticking.
5. The food is usually cooked in a heated oven, usually without a significant amount of fat or liquid.
6. Food can also be placed in a heated oven where humidity (steam) is introduced or be placed in a water bath (bain-marie).
7. To ensure even baking, the oven door should never be opened until two-thirds of the baking time has elapsed.

3.6.4 Advantages:

1. Baked food develops a wonderful aroma and look appetizing and attractive.
2. Several foods can be baked at the same time.
3. Food is cooked in specially designed ovens.
4. Temperature can be effectively controlled.
5. Specially designed trays and tins are available.
6. An acceptable presentation or finish is easily achieved.

Disadvantages:

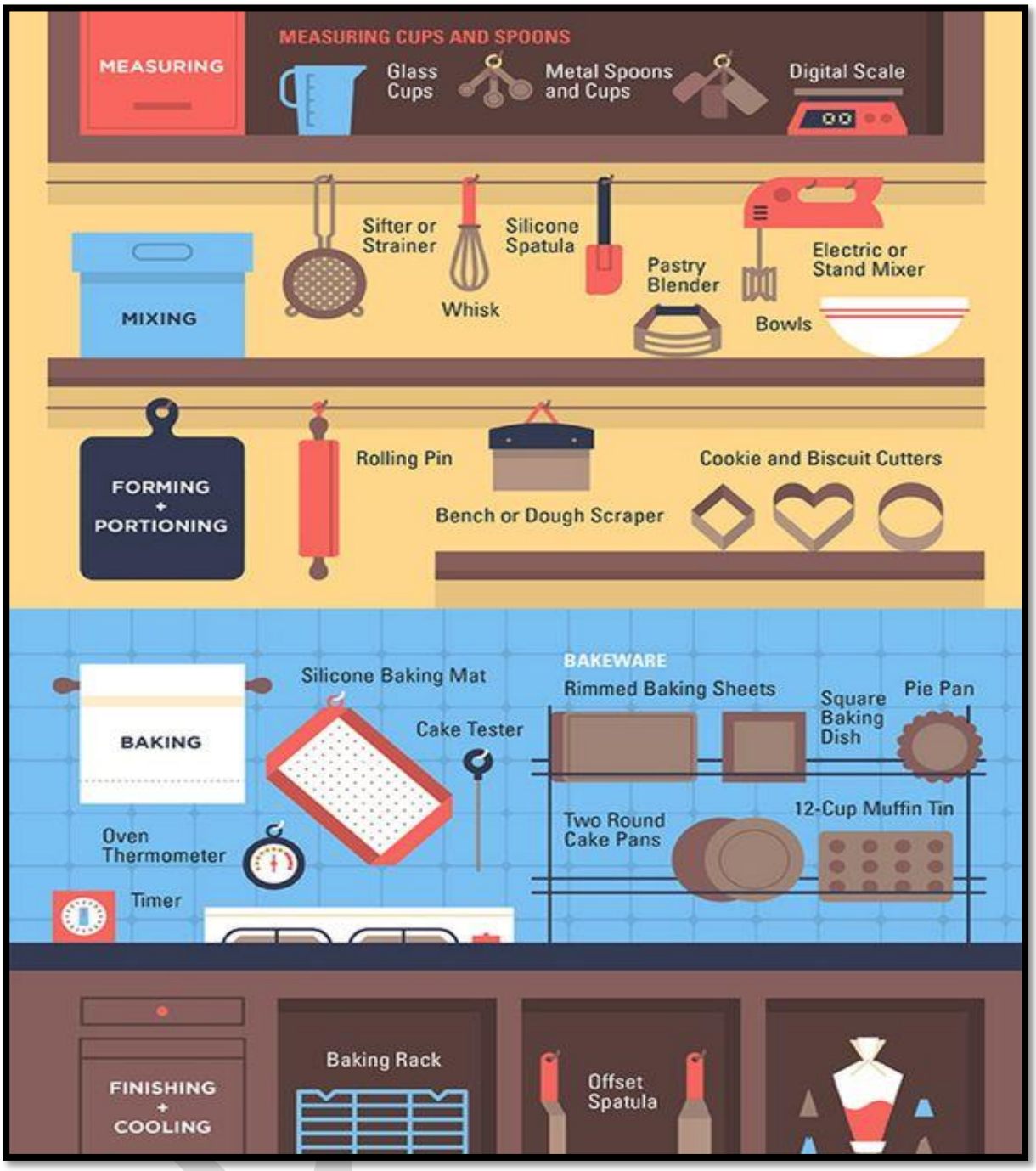
1. Extra fuel (electricity) is necessary to preheat the oven.
2. To use the oven for one dish only is not economical and can be expensive.
3. Food burns easily when not properly watched.

Temperature:

Variable according to the requirement of the food.

Equipment:

- Specialised tins and trays for specific baked goods.
- General purpose ovens, pastry ovens, pizza ovens, forced-air convection ovens.



Safety Rules

- Oven should be loaded to its capacity – do not overload.
- The food should not be placed directly over the heat source.
- The base plate in the oven should be cleaned regularly, as split food particles could ignite.

3.6.5 Suitable types of food for baking

The term baking is usually applied to: Breads, cakes, biscuits, pastries, pies and puddings.

Fruit		Baked apples are popular. They may be cored and stuffed before baking.
Vegetables		A few vegetables are baked such as potatoes (potato bake), tomatoes and stuffed marrows.
		
Pasta		Macaroni and Cheese

Meat dishes		Bobotie, meat loaf, Lasagne, etc.

INFORMAL ACTIVITY
BAKING

BAKING

1) Label the following pictures using the words from the box:

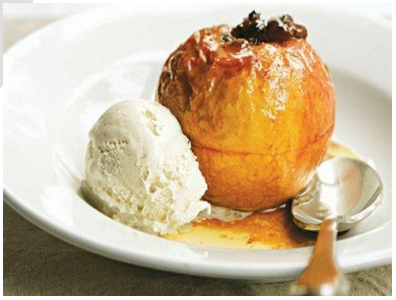
Bobotie	Potato bake	Muffins	Scones	Baked apple	Macaroni & cheese	Fruit pie	Baked eggs
Chocolate cake	Lasagna	Fish pie	Broccoli & cauliflower bake	Malva Pudding	Cup cakes	chips	

1._____

2._____

3._____

4._____



5. _____

6._____

 7._____	 8._____	 9._____
 10. _____	 11._____	 12._____
 13._____	 14._____	 15._____

TOTAL:15MARKS

PRACTICAL DEMONSTRATIONS
EDUCATOR TO DEMONSTRATE THE FOLLOWING COOKING METHODS

COOKING METHOD	DEMONSTRATION FORM
STEWING	Show a video on How to prepare a stew. https://www.youtube.com/watch?v=8p-f9DcVkgE
STEAMING	Demonstrate direct steaming of mixed vegetable using a pot with a colander over it.
BAKING	Prepare a simple beat and bake cake mixture to bake a sheet pan cake. Demonstrate preheating the oven, measuring, lining a cake pan, preparing the mixture, testing for doneness.  https://www.thekitchn.com/one-bowl-vanilla-cake-vanilla-sheet-cake-with-sprinkles-244000#post-recipe-12173

RESOURCES

VIDEOS FOR EXTRA RESOURCES:

https://www.thekitchn.com/one-bowl-vanilla-cake-vanilla-sheet-cake-with-sprinkles-244000#post-recipe-12173

https://www.youtube.com/watch?v=8p-f9DcVkgE

Baking 101 https://www.youtube.com/watch?v=3uMWXYOKpy0

Bakery work – career - https://www.youtube.com/watch?v=iUuKstAWof4

VIDEOS FOR EXTRA RESOURCES:

https://youtu.be/p5D-DlggH68

https://www.youtube.com/watch?v=Net6HIJKgig

https://www.dreamstime.com/illustration/food-temperature.html

Store rooms 5.pptx

Storerooms 3.pptx Storeroom 2.pptx Storerooms 1.pptx Store rooms 4.pptx

BIBLIOGRAPHY:

Hotelkeeping and Catering Grade 8 – Carina Smit

Hotelkeeping and Catering Grade 9 – Mariette Pietersen

Hotelkeeping and Catering Grade 10 – L. van Velden (Editor), K. Vermeulen, V de Beer, E. du Toit.

SUMMARIES

Unit 3.1: Storeroom and stock control

Receive and record stock- Take Delivery of Stock, Documentation of deliveries:

Incoming supplies are checked against the purchase order.

Storing stock: all types of food get stored at the correct temperature

Storage areas (temperatures)

Storage procedures (rotation, labelling, danger zone)

Unit 3.2: Recipes.

Interpretation or recipes and Yield- is a set of instructions for producing a certain dish

Standard Format

Standardized recipes

Unit 3.3: Recipe conversions:

upscale and downscale recipes- if a recipe makes 2 dozen (24) cookies and we need 4 dozen (48) / 10 dozen (120) cookies you will need to increase the recipe.

if our recipe makes 8 dozen (96 cookie) and you only need to make 2 dozen (24 cookies) then you need to decrease, the recipe.

Unit 3.4: Mise en Place

Metric measurements

Knife skills - Precision cuts such as julienne, batonnets, brunoises, paysanne

and turning of vegetables

Basic preparation methods: grating, chopping, cubing, julienne, chiffionade ….

Unit 3.5: Basic culinary food preparation terminology

basic preparation techniques used in the kitchen- grating, infusing, crumbing, parboiling, trimming, coating…

Unit 3.6: Cooking methods

Moist heat cooking methods: rules, advantages/disadvantages and suitable foods

Stewing

Steaming

Dry heat cooking methods: rules, advantages/disadvantages, and suitable foods

Baking

EXAM PRACTISE QUESTIONS

The Hospitality Industry

SECTION A: SHORT QUESTIONS

1.1 Various options are provided as possible answers to the following questions. Choose the correct answer and write the symbol (A - D) next to the question number (1.1.1 - 1.1.3) on the ANSWER BOOK.

1.1.1 Food that cooks in contact with steam

A Boiling
B Poaching
C Direct Streaming
D Stewing (1)

1.1.2 The cooking of food in hot dry air in a closed oven:

A Casserole Cooking
B Baking
C Roasting
D Grilling (1)

1.1.3 The quantity of matter present in an object

A Volume
B Quantity
C Yield
D Mass (1)
(3)

1.2 **MATCH ITEMS**

Choose a description from COLUMN B to match the term in COLUMN A. Write only the symbol (A - J) next to the question number (1.2.1 - 1.2.3) on the ANSWER BOOK.

COLUMN A TERM		COLUMN B DESCRIPTION
1.2.1	Perishable Food	A Changing solid food into a liquid
1.2.2	Boiling	B Temperature at which food-borne bacteria grow
1.2.3	Danger Zone	C Foods that spoil easily
		D Cooked food, usually vegetables, that has been crushed, pressed, blended or sieved
		E Cooking in rapidly boiling water at a high temperature
		F Cooking food in a liquid e.g. water on a low temperature

(3)

1.3 Identify the following techniques used in food preparation. Write only the symbol (A - F) next to the question number (1.3.1) on your ANSWER BOOK.

1.3.1 Grating
1.3.2 Infusing
1.3.3 Greasing

A

B

C

(3)

1.4 Choose THREE characteristics of a standardised recipe from the list below. Write only the symbol (A-F) next to the question number (1.4) on your ANSWER BOOK.

A Ingredients
B Yield
C Alternate ingredients
D Portion size
E Temperature, time and equipment
F Conversions (3)

1.5 Give ONE word/term for each of the following descriptions. Write only the word/term next to the question number (1.5.1 – 1.5.3) on the ANSWER BOOK.

1.5.1 Foods that do not spoil easily and have a long self-life.

1.5.2 The application of a layer of liquids or solids onto a food product e.g. batter and breading on Meat.

1.5.3 Using parchment paper or aluminium foil on baking sheets to keep your baked from sticking to the baking sheet (3)

SECTION B: **LONG QUESTIONS**

2.1 Describe the process of taking delivery of stock. **LO**

(3)

2.2 Outline FOUR general rules for storage. **MO**
(4)

2.3 Justify the importance of mise en place in the kitchen. **HO**

(3)

TOTAL	**25**