Basic Cooking Principles

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# Basic Cooking Principles

To be successful in a commercial kitchen, you need to become familiar with the basic principles of cooking. Success depends on how the food you cook tastes and if it is cooked correctly. Whether you work in fine dining or a more casual kitchen, the elements of flavor are key to preparing a good meal. This unit will cover basic principles including seasonings, condiments, sauces, and methods of cooking and presentation.

## Unit Topics

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## Assignments

- Research a spice.
- Determine proper cooking methods for various types of meat.
- Determine seasonings for specific foods.
- Design a plate/platter presentation.
- Identify spices, herbs, and seasonings.
Elements of Flavor

Key terms:

**Flavor** — Combination of the tastes, aromas and feelings caused by the occurrence of food in one’s mouth

**Savory** — The rich or full flavor of foods; often describes a meaty taste

**Texture** — The way a dish feels in the mouth, such as crispy, crunchy, smooth, soft, or tender

**Umami** — A Japanese term meaning savory, richness, or fullness of food

- Aroma — Odor or fragrance of food that helps one taste the different flavors of food
- Taste — The special sense of perceiving different flavors in soluble substances that contact the taste buds on the tongue and trigger nerve impulses to special taste centers in the brain
  - Sweet
  - Salty
  - Sour
  - Bitter
- **Savory** or “umami”

  **Note:** Savory or umami is becoming accepted as the fifth basic taste.

- Touch — Sensation created in the mouth by the texture and temperature of food

Basic Staples of Cooking

- Refrigerator items — Food items that must remain cold, or they will immediately begin to perish
- Freezer foods — Foods that contain water, which freezes and causes the item to last longer before future use
- Produce — Raw fruits and vegetables
- Dry goods — Goods that need to remain in a dark, dry location, such as a pantry
- Canned/bottled items — Items purchased from a store that arrive in a can or bottle; treated with a preservative so they won’t spoil
- Vinegar/oil — Used to add flavor to foods, preserve them, or as a fat base to cook them in; kept in dry storage away from flame and heat until ready for use
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- Dried herbs—Plants used to add a seasoned flavor to foods by adding an herbal flavor to the dish
- Spices—Crushed or ground up plant used in very small quantities to enhance food flavor
- Basic cooking staples include:

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<td>Eggs</td>
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<td>Milk</td>
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<td>Whipping cream</td>
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<td>Sour cream</td>
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<td>Mild cheese</td>
<td>Link and/or bulk sausage</td>
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<td>Bacon</td>
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<td>Mozzarella</td>
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<td>Parmesan cheese</td>
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<td>Romano cheese</td>
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<td>Yellow mustard</td>
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<td>Dijon mustard</td>
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<td>Worcestershire sauce</td>
<td>Flour tortillas</td>
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<td>Steak sauce</td>
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<td>Horseradish</td>
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<td>Ripe olives</td>
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<td>Salsa</td>
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<td>Jellies or jams</td>
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<tr>
<td>Apple butter</td>
<td>Almonds</td>
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<tr>
<td>Refrigerator biscuits</td>
<td>Ice cream or frozen yogurt</td>
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<td>Bacon</td>
<td>Sherbet</td>
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<td>Fat back</td>
<td>Frozen fruits</td>
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<tr>
<td>DRY GOODS</td>
<td>CANNED / BOTTLED</td>
<td>VINEGAR / OIL</td>
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<tr>
<td>All-purpose flour</td>
<td>Whole tomatoes</td>
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<td>Cake flour</td>
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<td>Cornmeal</td>
<td>Tomato puree</td>
<td>Peanut oil</td>
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<td>Cornmeal muffin mix</td>
<td>Tomato sauce</td>
<td>Olive oil spray</td>
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<tr>
<td>Granulated sugar</td>
<td>Crushed tomatoes</td>
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<tr>
<td>Confectioner’s sugar</td>
<td>Chicken broth</td>
<td>Red wine vinegar</td>
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<td>Brown sugar</td>
<td>Condensed cream of mushroom soup</td>
<td>Balsamic vinegar</td>
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<tr>
<td>Baking soda</td>
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<td>Unsweetened chocolate</td>
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<td>Semi-sweet chocolate</td>
<td>Anchovies</td>
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<tr>
<td>German chocolate</td>
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<td>Biscuit mix</td>
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<tr>
<td>Minute tapioca</td>
<td>Asparagus</td>
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<tr>
<td>Vegetable shortening</td>
<td>Chickpeas</td>
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<td>Oatmeal</td>
<td>Kidney beans</td>
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<tr>
<td>Cereal</td>
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<tr>
<td>Crackers</td>
<td>Whole kernel corn</td>
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<tr>
<td>Dried breadcrumbs</td>
<td>Evaporated milk</td>
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<td>Pasta (such as):</td>
<td>Peanut butter</td>
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<td>Penne or ziti</td>
<td>Canned chilies</td>
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<tr>
<td>Spaghetti</td>
<td>Assorted pickles</td>
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<td>Angel hair</td>
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<td>Fettuccini</td>
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<td>Ditalini</td>
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<td>Lasagna</td>
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<td>Orzo</td>
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<td>Elbows</td>
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<tr>
<td>Egg noodles</td>
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<tr>
<td>Long grain rice</td>
<td>Pure maple syrup</td>
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<tr>
<td>Brown rice</td>
<td>Pancake syrup</td>
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<td>Arborio rice</td>
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<td>Great Northern beans</td>
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<tr>
<td>Lentils</td>
<td>Grated cheese</td>
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### Purposes of Seasonings

- To enhance natural taste by making the natural taste of food more intense or noticeable
  
  Example: If pasta is cooked in plain water without any salt, it won’t have much flavor; if a little salt is added to the water, the pasta tastes more like pasta.

- To balance flavors by helping to overcome very strong tastes, especially sour, sweet, or bitter tastes

  **Note:** This is commonly referred to as “balancing the tastes” in a dish.

  Examples: Vegetables that are very bitter taste less bitter when you add some salt to them; sour foods, such as lemon juice, taste less sour with a bit of sugar; and sweet foods taste less sweet with a bit of salt.

- To make it easier to taste other ingredients or flavors in the dish once the strong taste is reduced a little

- To cut richness or oiliness of a dish by changing the way a very rich or fatty food tastes

  Example: Lemon juice or vinegar improves the taste of mayonnaise by making it taste less rich or oily.

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<td>Rosemary</td>
<td>Cinnamon sticks</td>
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<td>Thyme</td>
<td>Ground cinnamon</td>
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<td>Rubbed sage</td>
<td>Ground nutmeg</td>
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<td>Marjoram</td>
<td>Ground cloves</td>
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<td>Cilantro</td>
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<td>Bay leaves</td>
<td>Ground turmeric</td>
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<td>Chives</td>
<td>Ground allspice</td>
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<td>Tarragon</td>
<td>Ground mace</td>
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<td>Dill weed</td>
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<td>Dill seed</td>
<td>Mustard seed</td>
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<tr>
<td>Onion powder</td>
<td>Dry mustard</td>
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<tr>
<td>Minced onions</td>
<td>Cayenne pepper</td>
</tr>
<tr>
<td>Garlic powder</td>
<td>Celery seed</td>
</tr>
<tr>
<td>Minced garlic</td>
<td>Caraway seeds</td>
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<td></td>
<td>Fennel seeds</td>
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<tr>
<td></td>
<td>Ground ginger</td>
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<td>Ground cumin</td>
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Types of Salts

Note: Some foods are naturally high in sodium content and do not require extra salt to be added.

Key terms:
- **Citric**—Sour or tart flavor coming from citrus fruit
- **Iodized**—Substance treated with iodine
- **Kosher**—Food prepared so it is fit to consume under Jewish law
- **Monosodium glutamate**—A sodium of glutamic acid that is used to enhance food flavor
- **Pickling**—To preserve a cold food by soaking it in brine or vinegar solution
- **Sodium**—Elemental component of several minerals used to enhance flavor; table salt (sodium chloride) is most common
- **Unrefined**—Substance not processed to remove impurities

- **Citric** salt
  - **Note:** Also called sour salt
  - Extracted from citrus fruits, like lemons and limes
  - Imparts a tart flavor to dishes

- **Iodized** salt
  - Fortified with iodine lost during processing
  - Adds flavor to food
  - Heightens existing flavors
  - Helps process raw ingredient flavors together

- **Kosher** salt
  - Coarse salt evaporated from a brine
  - Contains no additives or extra iodine
  - Popular with cooks because the coarse texture makes it easy to pinch and sprinkle
  - Contains less sodium per comparable serving than iodized or table salt

- **Pickling** salt
  - A fine grained, additive-free salt
  - Used in the brine to pickle foods and make sauerkraut

- **Rock** salt
  - Consists of large chunks of unrefined salt
  - Has a grayish color
  - Used to prepare and serve foods
  - Examples: Combine rock salt with ice to freeze ice cream mixture; serve raw oysters on a bed of rock salt
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- Seasoned salt
  » An alternative to plain table or iodized salt
  » Contains a blend of spices, vegetable extracts, and salt
  » Many types of seasoned salt contain monosodium glutamate, or MSG
  » Contains a lower sodium content
- Sea salt
  » Made from evaporated sea water
  » Includes trace minerals that give it a specialized flavor over other salts
  » Is more expensive than other salt varieties
  » Comes in different color tints according to the area from where it was harvested
    Examples: Black, brown, pink salts from India
- Table salt
  » Has had all other trace minerals removed
  » Includes added chemicals to prevent clumping
  » Preferred in baking because of its fine texture and easy measurability

Other food taste enhancements

Key terms:

- Extract—Pure or concentrated substance removed by dissolving the original substance in a liquid with a solvent, then evaporating the solvent
- Flavoring—A substance added to food to give it a special taste
- Herb—A plant or plant part valued for its medicinal, savory, or aromatic properties
- Spices—Substances made from the root, flower, berry, or fruit of vegetation; usually add pungent flavor
- Base
  » Includes soluble concentrates of chicken, beef, vegetables, or other stock items
  » Tomatoes, spices, or other ingredients are often added to the base
- Condiment
  » Used by the customer to enhance the flavor of food
  » Flavor pairs with certain foods
    Examples: Worcestershire sauce and steak; ketchup and French fries
Basic Cooking Principles

- **Extract**—Natural derivative of a plant, tree, or shrub used to flavor foods

- **Flavoring**—Artificial or synthetic product used to replace a natural extract due to demand and limited supply

- **Monosodium glutamate (MSG)**
  - The salt of glutamic acid
  - Added to food, especially Chinese food
  - Tricks the taste buds into thinking there is more protein in a food than there actually is
  - Stimulates the pancreas to produce insulin, which causes the blood sugar to drop and make the consumer want more food

- **Pepper**
  - **Black**
    - Seasoning contains the husk, showing up as black when ground
    - When added at the beginning of a recipe, the entire batch tastes peppery
    - If added at the end of a recipe, various ingredients will taste peppery
  - **Red**
    - Made of hot red peppers
    - Comes in crushed, whole, or ground varieties
  - **White**
    - Comes from the same plant as black pepper, but is dried and dehusked
    - Does not show up in foods like black pepper does

- **Seasoning**
  - Includes various **herbs** and **spices** that can be added to foods
  - Organic in nature, such as leaves, roots, grasses, and berries
  - Often dried and further processed for sale
  - Adding seasoning to a dish can blend the flavors
  - Enhances certain flavor sensations on the tongue
  - Two or more seasonings combined are called a “blend”

- **Vinegar**
  - Is a sour liquid used for seasoning and preserving food
  - Made from oxidized alcohol of wine or cider
**Forms of Seasonings**

- **Whole**
  - Sold unbroken, as it came from the plant or source
    - Example: Whole cloves
  - Can be fresh or dried

- **Leaf**
  - A fresh or dried whole leaf
    - Example: Bay leaves
  - Used in soups and stews for flavoring

- **Ground**
  - Crushed until powder-like
    - Example: Ground cinnamon
  - Can be dried and ground with a mortar and pestle if purchased whole

- **Cracked**
  - Broken apart into chunks
    - Example: Black pepper
  - Can be cracked in a grinder
    - Example: Pepper cracked in a crank-turned pepper mill

- **Rubbed**
  - Dried and crumbled
    - Example: Rubbed sage
  - Are usually very aromatic

- **Mincéd**
  - Chopped into very small, fine pieces
    - Example: Minced onions
  - Can be purchased raw and chopped, but is also sold minced in a jar
    - Example: Minced garlic

- **Flaked**
  - Small pieces broken from a larger piece
    - Example: Flaked parsley
  - Includes pieces that are usually smaller than with rubbed seasonings
Guidelines for the Use of Seasonings

- Follow recipes that have been well tested.
- Add \( \frac{1}{4} \) teaspoon per pound of meat.
- Add \( \frac{1}{4} \) teaspoon per pint of liquid.
- When increasing recipes, increase by amounts of \( \frac{1}{8} \) to \( \frac{1}{4} \) teaspoon from the original amount, until the desired flavor is obtained.
- Use \( \frac{1}{8} \) teaspoon of pepper or garlic powder per pound or pint.
- Use seasonings in moderation.

Techniques for Seasoning Food

- When seasoning a food, try to improve the food’s unique flavor without changing it significantly.
- It is easy to add too much salt; place salt in a small bowl and add “pinches," tasting after each application.
- Place whole seasonings such as cloves or bay leaves in cheesecloth or muslin and tie closed so they may be removed when the desired flavor has been reached; add at the beginning of cooking.
- Seeds such as poppy seeds and sesame seeds may be toasted before using; add them near the end of cooking.
- Crumble or finely chop leaves such as parsley before use; add near the end of cooking.
- Allow food to stand after adding spices to allow the full flavor to develop.
- If it is not possible for food to stand, liquid and spices should be heated to allow flavor to develop, then cooled.
- To season salad dressing, add spices to vinegar and let stand before adding oil.
- Adding the seasonings early enough allows time for the seasonings to be absorbed.
- When cooking a dish such as soup, seasoning can be added during the cooking process.
- When cooking a roast or large piece of meat, you should add spices in the beginning.
- Sometimes seasonings are not added until the end to add a little extra “kick” of flavor.
- If the food is liquid, add salt at the end because the evaporating liquids could leave a salty flavor; if the cook adds salt at the beginning, the end product could be too salty.

Considerations for Purchasing and Storing Seasonings

Key term:

- **Pungent**—Substance that possesses a sharp odor and bitter flavor in the mouth

- Purchasing seasonings
  - Quality should come first; check for a fresh, **pungent** aroma; check for a rich, fresh color.
  - Buy in units that will allow for rapid turnover.
  - Herbs lose quality faster than other spices.
Whole spices keep longer than ground spices.

Whole or leaf herbs store longer than crushed or flaked herbs.

Color, appearance, flavor and texture should be considered.

Food service workers need to know each spices’ flavor, aroma, and effect on food in order to use each efficiently.

Storing seasonings

Store in a cool, dark place: heat and light destroy flavor.

Store in a dry place, as moisture may cause caking.

Keep containers tightly closed to prevent loss of oils, contamination, and infestation.

Spices must be carefully stored to retain their effectiveness.

Salt storing has some of its own rules:

◊ Salt should be stored away from moisture and steam.

◊ For cooking purposes, keep in a “salt pig” container so it’s easily accessible on the counter for adding a pinch.

◊ Add a few grains of rice to table salt dispensers with holes on top, so it will flow easily without clumping.

**Basic Condiments**

Brown sugar

» White sugar that has been refined with molasses

» Comes in golden, light, and dark versions

**Note:** The darker the color of brown sugar, the more molasses used during refinement.

» Used to prepare baked treats and entrees, and served with oatmeal and grits as a sweetener

Cheese

» Bacteria-treated milk product

» Includes popular varieties, such as American, cheddar, colby, Monterrey jack, Swiss, and parmesan

» Shredded or melted for use as a condiment

» Used on all kinds of foods to add a cheesy flavor

Coconut

» The fleshy part of the coconut tree fruit that has been dried and shredded

» Served as an ice cream topping, as a garnish for whipped cream on pies, as an ingredient cooked in entrees, and as an ingredient baked into cookies, cakes, and pies
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- **Fruit**
  - The ripened seed-bearing product of a plant
  - Cleaned, peeled, and diced to top foods
  - Imparts a naturally sweet, fresh flavor
  - Served on ice cream, cakes, pies, pastries, and entrees
  - Most common fruits used as condiments include: strawberries, apples, oranges, grapes, kiwi, and melons

- **Honey**
  - A sweet yellow liquid produced by bees
  - Made from the nectar of flowers
  - Can be mixed with butter or margarine to make “honey butter”
  - Served on biscuits, cornbread, sopapillas, and rolls

- **Nuts**
  - The seed removed from a hard shell
  - Commonly used nuts include peanuts, walnuts, pecans, and almonds
  - Served atop ice cream, as a garnish for whipped toppings, baked into cookies and pies, and cooked into entrees

- **Powdered sugar**
  - Also called confectioners’ or icing sugar
  - Granulated white sugar that has been crushed into a fine powder
  - Used as the main ingredient in icing and frosting, and dusted onto baked goods (cookies, cakes, and pastries) to sweeten them

- **Red pepper flakes**
  - Coarsely ground flakes of dried red chilies, including seeds
  - Have a moderately hot flavor
  - Served on pizza and salads

- **Sour cream**
  - Cream fermented with lactic acid bacteria
  - Served on baked potatoes and Mexican food, is a salad dressing base, makes onion dip, and ingredient in baked cakes, cookies, biscuits, and scones

- **Sugar**
  - A sugar cane product
Basic Cooking Principles

> Used to impart a sweet flavor, such as in iced and hot teas

- **Syrup**
  > Sugar dissolved in water until it is a thick semi-liquid and then flavored
  > Comes in various flavors, such as maple, butter, and boysenberry
  > Is often heated before being served with pancakes, waffles, and French toast
  > Available in reduced-calorie versions

- **Whipped cream**
  > A thick butterfat cream from whole milk that is air whipped until it’s fluffy
  > Used to top hot chocolate, ice cream, and pie

**Spreadable Condiments**

*Note:* Condiments may be served with pancakes, waffles, French toast, bread, cereal, eggs, potatoes, or the entrée.

**Key terms:**

- **Emulsion**—Two non-mixable liquids in suspension
  
  Examples: Oil in water; fat in milk

- **Pectin**—Substance found in plants used as a gelling agent

- **Apple butter**
  > Apples slow cooked with cider or water until the mix caramelizes
  > Does not contain butter, but is a thick, spreadable apple product
  > Spread onto toast, biscuits, and rolls

- **Cream cheese**
  > Milk fat curds and whey that have been cut up and drained
  > Soft, creamy, white, unripe cheese
  > Spread onto bagels and as an ingredient in cheesecake
  > Comes in flavored varieties, including: onion, chives, garlic, chocolate, honey nut, and coffee

- **Jam**
  > Fruit thickened with sugar and **pectin**
  > Contains peeled fruit chunks
  > Served on biscuits, pancakes, or toast
Basic Cooking Principles

- Comes in various flavors based upon the fruit from which it’s made
  - Examples: Plum and peach

  - Jelly
    - Fruit juice thickened with sugar and pectin
    - Has had the fruit filtered out, leaving a thick, spreadable concoction
    - Served on biscuits, pancakes, or toast
    - Comes in various flavors based upon the fruit from which it’s made
      - Examples: Apple, cherry, grape, apricot

  - Marmalade
    - Made from citrus fruit peel
    - Similar to jam, but has a bitter flavor
    - Can be made from oranges, lemons, limes, and grapefruits
    - Often served on biscuits or to flavor chicken during cooking

  - Mayonnaise
    - Thick emulsion of egg yolks, oil, lemon juice or vinegar, and seasonings
    - Used to dress hamburger buns and sandwich bread slices, as main ingredient in tuna and chicken salads, and to thicken salad dressings

  - Mustard
    - Ground seeds of mustard plants mixed with water, vinegar, and flour
    - Mustard seeds come in various varieties and colors, including yellow, white, brown, and black
    - Has a spicy, sharp flavor and aroma
    - Popular mustards include plain yellow and spicy dijon
    - Served on sandwich bread, hamburger buns, and hot dogs and as an ingredient in salad dressings

  - Peanut butter
    - Roasted and finely ground peanuts sweetened with sugar and salted
    - Available in smooth and crunchy styles
    - Served on bagels and sandwiches and in candy, cookies, and pastries
    - Sold flavored with honey, hazelnut, or chocolate
**Mexican Food Condiments**

- Guacamole
  - Mashed avocados mixed with lime juice, salt, tomatoes, onion, chili peppers, garlic, cilantro, and other spices
  - Served with tortilla chips and Mexican foods

- Pico de gallo
  - Chopped fresh tomatoes, chili peppers, and onions combined with lime juice, salsa, and cilantro
  - Served with tortilla chips, Mexican foods, and omelets

- Salsa
  
  **Note:** In Spanish and Italian languages, “salsa” refers to any kind of sauce. However, in English language, “salsa” is a special kind of hot sauce (described below).
  - Cooked red tomatoes or green tomatillos combined with a combination of garlic, chili peppers, onion, and herbs (such as cilantro)
  - Served with eggs, Mexican food, and tortilla chips

- Tabasco
  - Sauce made from salted and cured Tabasco peppers, salt, and vinegar
  - Used to flavor Bloody Mary drinks, beef, and Mexican entrees

**Condiment Sauces**

- Barbecue sauce
  - Ingredients include tomatoes, vinegar, brown sugar, molasses, spices, chili powder, mustard powder
  - Served with grilled and smoked foods

- Chili sauce
  - Blend of hot and mild chilies, vinegar, sugar, and sometimes tomatoes
  - Commonly used on Mexican and Cajun foods

- Gravy
  - Meat or vegetable drippings thickened with flour
  - Often served on meat, biscuits, and stuffing
  - Types of gravies
    - White gravy (also called country gravy)—Meat drippings thickened with milk and white flour
    - Giblet gravy—Contains chicken or turkey giblets added to the gravy, which is then served with the same type meat
◊ Redeye gravy—Made with ham drippings
◊ Tomato gravy—Made with canned tomatoes, flour, and a small amount of fat

• Hoisin sauce

  Note: Also called “Chinese barbecue sauce”
  » Thick, dark colored sauce made of soy, garlic, vinegar, chillies, and sweetener
  » Used in Asian stir-fry dishes and in marinades

• Horseradish sauce

  » Spicy sauce made from horseradish root, vinegar, salt, cream, sugar, and oil
  » Condiment often paired with seafood and cold cuts

• Ketchup

  Note: Also spelled “catsup”
  » Thick sauce made from tomatoes, sugar, and vinegar; seasoned with cloves, allspice, cinnamon, onions, and salt
  » Commonly served with French fries and on hot dogs and hamburgers

• Marinara sauce

  » Sauce made of tomatoes, onions, garlic, oregano, basil, and chili peppers
  » Thick, red sauce poured onto Italian dishes and used as a dip for finger foods

• Salad dressings

  » Often used as a dipping sauce for finger foods
    Examples: Fried cheese sticks, carrot sticks, buffalo wings
  » Popular dressing sauces include creamy ranch and blue cheese dressings

• Shrimp cocktail sauce

  » Mix of tomato sauce or ketchup, sugar, and horseradish sauce
  » Used to dip boiled seafood, such as shrimp

• Soy sauce

  » Dark brown sauce made from fermented soy beans and wheat, vinegar, sugar, salt, and spices
  » Very salty sauce poured onto Asian foods and steaks
• Steak sauce
  » Orangish to brown colored sauce poured onto steaks and other beef products
  » Made from tomatoes, spices, vinegar, raisins, and anchovies
  » Has a spicy, peppery flavor that is either tart or sweet

• Tartar sauce
  » Mix of mayonnaise and chopped pickles, onions, and parsley; vinegar sometimes added
  » Eaten with seafood, especially fried and breaded seafood

• Worcestershire sauce
  » Contains vinegar, molasses, corn syrup, chili peppers, soy sauce, anchovies, onions, tamarinds, cloves, shallots, and garlic
  » Used to flavor beef, Caesar salads, and Bloody Mary cocktails

Purpose And Use Of Marinades And Rubs

Key term:
• Tenderize—Breaks down the tough connective tissues of meat

• Marinades
  » Marinades are liquid mixtures used to soak and tenderize meat before grilling.
  » Liquid marinades made of wine or vinegar contain acid that tenderizes the surface of the meat, but the result is a drier meat.
  » The softer the meat, the less marinating time required.
  » The length of marinating time varies by cook and recipe.

• Rubs
  » Rubs are dry spice mixtures massaged onto meat before smoking.
  » They add intense flavor to the meat, without excessive moisture.
  » Rubs should consist of the freshest possible ingredients.
  » Massage rubs into the meat and let stand for ½ hour before smoking.
  » Rubs do not store well; store in a dark, dry location.
**Types Of Cooking Methods**

**Note:** When cooking, keep in mind the rate of heat transfer (dry heat, moist heat, or combination heat), or how efficiently heat passes from the cookware to the food inside it.

- **Dry heat cooking methods**—Use air or fat to transfer heat through conduction or convection; used on thin, tender cuts of meat
  
  Examples: Chops, steaks, or cutlets, ground meats, most vegetables, most seafood
  
  » Broil—To cook by exposure to direct heat on a grill or stove, or live coals
  
  » Deep fat fry—To cook in fat on a surface burner
  
  » Grill—To cook by direct heat
  
  » Pan broil—To cook on hot frying pan or grill, pouring off fat as it accumulates
  
  » Pan fry—To cook in a small amount of fat
  
  » Roast and bake—To cook by dry heat, usually in an oven
  
  » Sauté—To brown quickly in a small amount of fat, turning often

- **Moist heat cooking methods**—Involve cooking food in a liquid bath; used on seafood, vegetables, and tender cuts of poultry
  
  Examples: Chicken breasts, some fruits and starches, and pasta
  
  » Boil—To cook in water or other liquid that has been heated until bubbles rise continuously and break on the surface
  
  » Fricassee—To cook by stewing; usually applied to fowl, rabbit, or veal cut into pieces
  
  » Parboil—To boil until partially cooked
  
  » Poach—To gently cook in a hot liquid using care to retain shape
  
  » Scald—To heat to a temperature just below the boiling point
  
  » Simmer—To cook in a liquid at a temperature just below boiling (about 185°F); bubbles form slowly and break below the surface
  
  » Steam—To cook in steam with or without pressure

- **Combination heat cooking methods**—Utilize both dry and moist heat cooking to deliver a cooked product; used on tough, less expensive cuts of meat
  
  Examples: Beef round, pork shoulder, some vegetables, firm-fleshed seafood
  
  » Braise—To cook slowly in a covered dish with a small amount of liquid or in steam

  **Note:** Meat may or may not be browned in a small amount of fat before braising.

  » Stew—To simmer in small amount of thick liquid
Procedures For Methods Of Dry Heat Cooking

• Bake
  » Place prepared food in a glass or metal pan.
  » Place pan into the oven compartment.
  » Cook food by conduction or convection of dry heat until it has reached the proper internal temperature.

• Broil
  » Prepare the food and place in a broiling pan.
  » Place in the oven or broiler.
  » Cook the food on one side until half done.
  » Turn only once to finish cooking.

• Deep fat fry
  » Dip food in breading.
  » Place food in a metal container of hot, melted fat.
  » Remove with a wire mesh basket and allow to cool.

• Grill
  » Preheat the grill prior to cooking.
  » Rub the grill surface with a small amount of fat.
  » Allow to cook on medium heat.
  » Flip the food when half done.
  » Remove the fat as it accumulates.

• Pan broil
  » Place food in a skillet.
  » Put the skillet on a burner and turn the heat up to high.
  » Turn the food as often as necessary.
  » Pour off fat as it accumulates.

• Pan fry
  » Pour a small amount of fat into a pan.
  » Place the pan on the stove’s burner and heat it up.
Basic Cooking Principles

» Put the food in the pan and allow to fry.
» Flip the food to allow it to cook evenly.

• Roast
  » Place food in a pan large enough to accommodate it.
  » Cook uncovered unless the recipe specifies otherwise.
  » Maintain a low cooking temperature.
  » Cook fat side up.
  
  Note: This self-basting helps to prevent drying.

• Sauté
  » Place a small amount of butter in a frying pan.
  » Let the butter melt on the stove.

• Place the food in the pan with the melted butter.
  
  Note: Do not cover while cooking.
  » Allow the food to cook in the butter at medium heat until it is soft.

Procedures For Methods Of Moist Heat Cooking

• Boil
  Examples: Water must be boiled before pasta is added; chicken broth is brought to a boil before chicken is added (or readded).
  » Choose a pot with a lid that is large enough to hold the amount of liquid you want to boil.
  » Fill the pot with the desired amount of cold water or other liquid, either by measuring or directly from the tap.
  
  Note: Remember that adding food to the liquid will cause the level to rise, so leave extra room in the pot if adding food.
  » Place the pot on the stove burner and cover it with the lid.
  » Turn the burner on high heat.
  » Allow the liquid to sit on the heat until bubbles begin rising to the surface.
  
  Note: Do not allow the pot to boil dry, or the heat could ruin the pan.

• Fricassee
  Example: Rabbit meat is often fricasseed in white gravy.
  » Heat butter on a skillet.
Basic Cooking Principles

» Fry meat item in the butter.

» Remove the meat before it becomes browned.

» Place the fried meat in a pot of white gravy.

  Note: Gravy usually consists of egg yolks, cream, vegetables, and other flavorings.

» Allow the meat and gravy to cook together in the pot the specified amount of time.

• Parboil

Example: Cauliflower is parboiled before being placed in stir-fry, as it can take longer to cook than other ingredients.

» Add a small amount of water to a pan.

» Bring water to a boil.

» Place food (usually carrots or potatoes) in the boiling water.

» Remove after about 10 minutes.

» Food should be partially cooked when removed.

  Note: Parboiled foods are partially cooked before being placed in another food dish, where they will finish the cooking process.

• Poach

Example: Salmon poached in white wine sauce

» Heat a liquid to just below the boiling point, where the liquid is quivering but there are no visible bubbles rising to the top.

  Note: Water freezes at 32°F and boils at 212°F.

» Add the food to the quivering liquid.

» Allow the food to cook in the boiling liquid the necessary amount of time.

• Scald

Example: Milk is scalded before being used in breadmaking to kill proteins that interfere with yeast fermentation.

» Heat a liquid until it is just below the boiling point in a saucepan. The liquid is hot enough when tiny bubbles begin forming around the very edge of the pan.

• Simmer

Example: Watery tomato sauce can be simmered to thicken it.

» Bring water to a boil.

» Add food.

» Cover pan.
Basic Cooking Principles

- Cook slowly, maintaining temperature just below the boiling point.
  
  **Note:** Sauce simmering is also used to reduce or decrease the volume of a liquid.

- Steam
  
  » When steaming meat, the meat must first be browned on all sides evenly, being careful not to sear meat.
  
  » Boil a pot of water.
  
  » Place browned meat or other food being steamed in a steamer basket.
  
  » Hang the steamer basket over the boiling water.
  
  » Place a lid on the pot, covering the boiling water and steamer basket.
  
  **Note:** The steam from the boiling water will cook the food.

  » Use care not to overcook the food.

*Procedures For Methods Of Combination Heat Cooking*

- Braise
  
  » Cook or brown the food item on the stovetop.
  
  » Place the food item and accompanying liquids in a pan.
  
  » Add any extra ingredients.
  
  » Cook food in the oven with accompanying liquid at a low temperature (300°F).

- Stew
  
  » Place the food item in a pot.
  
  » Fill the pot with a thick liquid until the food item is completely covered.
  
  » Add any vegetables or extra ingredients specified in the recipe.
  
  » Cover the pot with a lid.
  
  » Keep food completely covered with liquid during cooking.
  
  » Follow the same process used for simmering but with less water.

  **Note:** The liquid in a stew should be thick.

*Rules Of Presentation*

**Key term:**

- **Palate**—A sense of taste and flavor in the mouth

- Place food on serving dishes and plates that complement the food’s appearance.

- Garnish with vegetables, fruits, sauces, or other items that complement the food’s flavor.
• Serve with complementary foods.

• Use creativity to add a fresh twist on the food presentation, such as unique layout on the plate.

• Use appetizing, natural colors on the plate to appeal to the palate.

• By presenting the food in a formal manner, the culinary skill of the cook or chef shines through.

• The main course should be the primary focal point on the plate.

• Only use edible foods to decorate a plate.

• Complex dishes should have simple garnishment.

• Simple dishes require complex garnishment.
## Common Herbs and Spices

<table>
<thead>
<tr>
<th>Herb or Spice</th>
<th>Origin</th>
<th>Form</th>
<th>Suggested Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allspice</td>
<td>West Indies</td>
<td>Whole or ground dried berry</td>
<td>Fruit dishes, cakes, pies, pickles, liqueurs, Jamaican jerk seasoning, meat dishes, sauces</td>
</tr>
<tr>
<td>Note: Allspice has a flavor similar to a combination of cinnamon, nutmeg and clove.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anise</td>
<td>Egypt and the Mediterranean</td>
<td>Seeds</td>
<td>Candies, cookies, pastry, cheese, liqueurs, seafood</td>
</tr>
<tr>
<td>Basil</td>
<td>India and Persia</td>
<td>Fresh and dried leaves</td>
<td>Soups, salads, meats, eggs, sauces, casseroles, tomato dishes, pasta dishes</td>
</tr>
<tr>
<td>Bay leaves</td>
<td>Mediterranean</td>
<td>Leaves</td>
<td>Meats, soups, sauces, stews, vegetables</td>
</tr>
<tr>
<td>Capers</td>
<td>Southern United States, the Mediterranean, Canada, Great Britain</td>
<td>Flower buds pickled in salt and vinegar</td>
<td>Meat sauces</td>
</tr>
<tr>
<td>Caraway</td>
<td>Europe, Asia</td>
<td>Seeds</td>
<td>Pastry, cheese, cakes, breads, soups, sauerkraut</td>
</tr>
<tr>
<td>Cardamom</td>
<td>India</td>
<td>Whole or ground seed pods</td>
<td>Fruit, sauces, curries, cordials, pastries</td>
</tr>
<tr>
<td>Note: Cardamom is especially good when combined with honey.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cayenne</td>
<td>West Indies, Central and South America</td>
<td>Ground pods</td>
<td>Vegetables, salad dressings, spicy foods such as tamales and chili</td>
</tr>
<tr>
<td>Chili powder</td>
<td>United States</td>
<td>Ground</td>
<td>Mexican dishes, chili</td>
</tr>
<tr>
<td>Note: Chili powder is a mix of chili peppers, cumin, garlic, and Mexican oregano.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Herb or Spice</td>
<td>Origin</td>
<td>Form</td>
<td>Suggested Uses</td>
</tr>
<tr>
<td>--------------</td>
<td>--------</td>
<td>------</td>
<td>----------------</td>
</tr>
<tr>
<td>Chives</td>
<td>Cultivated in U.S., wild in Europe and Asia</td>
<td>Fresh and dried leaves</td>
<td>Salads, soups, omelets, cheese, fish</td>
</tr>
<tr>
<td>Cinnamon</td>
<td>China</td>
<td>Ground bark or sticks</td>
<td>Pastries, puddings, cookies, candies, fruit, hot drinks</td>
</tr>
<tr>
<td>Cloves</td>
<td>Indonesia</td>
<td>Whole or ground flower buds</td>
<td>Cookies, candies, desserts, pies, hams, beef roast, stews, barbecue ribs</td>
</tr>
<tr>
<td>Coriander</td>
<td>Mediterranean countries</td>
<td>Seeds or ground</td>
<td>Curries, sauces, liqueurs, candies, meat dishes</td>
</tr>
<tr>
<td>Cumin</td>
<td>Mediterranean, Egypt</td>
<td>Whole or ground</td>
<td>Curry, Mexican food, marinades, stews, chili</td>
</tr>
<tr>
<td>Curry</td>
<td>India</td>
<td>Ground</td>
<td>Lamb, veal, chicken, shrimp, vegetables</td>
</tr>
<tr>
<td>Dill</td>
<td>Mediterranean countries, Southern Russia</td>
<td>Fresh or dried seeds and tiny leaves</td>
<td>Fish, vegetables, sauces, salads, pickles, garnish</td>
</tr>
<tr>
<td>Fennel</td>
<td>Southern Europe, Mediterranean countries</td>
<td>Fresh or dried leaves and seeds</td>
<td>Italian dishes, seafood</td>
</tr>
<tr>
<td>Garlic</td>
<td>Central Asia</td>
<td>Cloves, minced or ground</td>
<td>Sauces, salad dressings, marinades, meats</td>
</tr>
<tr>
<td>Ginger</td>
<td>China, India</td>
<td>Ground or crystallized</td>
<td>Cookies, pastries, savory dishes</td>
</tr>
<tr>
<td>Mace</td>
<td>Molucca Islands</td>
<td>Ground or whole from the red covering of the nutmeg</td>
<td>Soups, sauces, pastries, pickles</td>
</tr>
<tr>
<td>Marjoram</td>
<td>Mediterranean countries</td>
<td>Fresh or dried leaves, stems and flowers</td>
<td>Stews, soups, stuffings, ragouts, sausage</td>
</tr>
<tr>
<td>Herb or Spice</td>
<td>Origin</td>
<td>Form</td>
<td>Suggested Uses</td>
</tr>
<tr>
<td>---------------</td>
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<td>-----------------------------------------------------</td>
</tr>
<tr>
<td>Mustard</td>
<td>Mediterranean countries</td>
<td>Ground or whole seeds</td>
<td>Salad dressings, meat, fish, pickles</td>
</tr>
<tr>
<td>Nutmeg</td>
<td>Middle East</td>
<td>Whole and ground kernel</td>
<td>Soups, meat dishes, pastries</td>
</tr>
<tr>
<td>Oregano</td>
<td>Mediterranean countries</td>
<td>Fresh or dried leaves, stems, and flowers</td>
<td>Italian dishes, meats, vegetable soups, sauces, salad dressings</td>
</tr>
<tr>
<td>Paprika</td>
<td>Hungary, Spain</td>
<td>Ground pods</td>
<td>Meats, vegetables, salads, sauces, soups, garnishes</td>
</tr>
<tr>
<td>Parsley</td>
<td>Italy, cultivated in U.S.</td>
<td>Fresh or dried leaves</td>
<td>Vegetables, salads, sandwiches, soups, garnishes</td>
</tr>
<tr>
<td>Pepper (black)</td>
<td>Note: White pepper is made from ripe berries of the same plant</td>
<td>Italy Whole or ground dried berries (peppercorns)</td>
<td>Most meat or vegetable dishes</td>
</tr>
<tr>
<td>Rosemary</td>
<td>Egypt</td>
<td>Fresh or dried leaves</td>
<td>Pork, fish, lamb, casseroles, seafood</td>
</tr>
<tr>
<td>Sage</td>
<td>Mediterranean countries</td>
<td>Fresh dried leaves and stems</td>
<td>Sausages, cheese, stuffings, poultry, sauces, breads</td>
</tr>
<tr>
<td>Thyme</td>
<td>Mediterranean countries</td>
<td>Fresh or dried leaves</td>
<td>Stuffings, sauces, poultry, tomatoes, soups</td>
</tr>
<tr>
<td>Turmeric</td>
<td>Indonesia, Southern Asia</td>
<td>Ground dried roots</td>
<td>Adds color to mustard, ingredient of curry powder, pickles, vegetables</td>
</tr>
</tbody>
</table>
**Assignment**

**Research a Spice**

Name ________________________________         Overall Rating ______________________

Date _________________________________

**Directions**

Choose one spice that you know very little about. Using the Internet, information on the previous
pages, and cookbooks, find information and recipes that include the spice you chose. Make a list of
recipe names and the ways in which the spice is used in the various recipes. Be prepared to present your
research to the class.

Name of spice _________________________________________________________________________

Origin of spice _______________________________________________________________________

List different forms of the spice available and recommended use for each form:

<table>
<thead>
<tr>
<th>Form Available</th>
<th>Recommended Use</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
</tbody>
</table>

List recipes containing this spice and the way the spice is used in each recipe:

<table>
<thead>
<tr>
<th>Recipe Name</th>
<th>Way Spice is Used</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>
Basic Cooking Principles

<table>
<thead>
<tr>
<th>Evaluation Criteria</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Spice researched thoroughly</td>
<td>______</td>
</tr>
<tr>
<td>• Information listed is accurate</td>
<td>______</td>
</tr>
</tbody>
</table>

Evaluator’s Comments
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Page 30

Resource Center for CareerTech Advancement
Assignment

Determine Proper Cooking Methods for Various Types of Meat

Name ________________________________         Overall Rating ______________________
Date  _________________________________

Directions

Provide the optimum cooking method for each of the following types of meat:

1. Beef steak _______________________________________________
2. Beef kidneys _______________________________________________
3. Beef tongue _______________________________________________
4. Chicken breast _____________________________________________
5. Fish fillet _________________________________________________
6. Whole turkey ______________________________________________

<table>
<thead>
<tr>
<th>Evaluation Criterion</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Proper cooking method provided</td>
<td>______</td>
</tr>
</tbody>
</table>

Evaluator’s Comments

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
Assignment

**Determine Seasonings for Specific Foods**

Name ________________________________         Overall Rating ______________________

Date  _________________________________

**Directions**

Using the information presented in this unit and the Internet, choose appropriate seasonings for the listed products.

<table>
<thead>
<tr>
<th>Food</th>
<th>Seasoning</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lamb</td>
<td></td>
</tr>
<tr>
<td>Cakes</td>
<td></td>
</tr>
<tr>
<td>Candies</td>
<td></td>
</tr>
<tr>
<td>Casseroles</td>
<td></td>
</tr>
<tr>
<td>Cheese dishes</td>
<td></td>
</tr>
<tr>
<td>Cookies</td>
<td></td>
</tr>
<tr>
<td>Curries</td>
<td></td>
</tr>
<tr>
<td>Fish</td>
<td></td>
</tr>
<tr>
<td>Fruit Dishes</td>
<td></td>
</tr>
<tr>
<td>Garnishes</td>
<td></td>
</tr>
<tr>
<td>Liqueurs</td>
<td></td>
</tr>
<tr>
<td>Pastries</td>
<td></td>
</tr>
<tr>
<td>Pickles</td>
<td></td>
</tr>
<tr>
<td>Pies</td>
<td></td>
</tr>
<tr>
<td>Pork</td>
<td></td>
</tr>
<tr>
<td>Poultry</td>
<td></td>
</tr>
<tr>
<td>Salads</td>
<td></td>
</tr>
<tr>
<td>Sauces</td>
<td></td>
</tr>
<tr>
<td>Sausages</td>
<td></td>
</tr>
<tr>
<td>Mexican dishes</td>
<td></td>
</tr>
<tr>
<td>Stuffing</td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td></td>
</tr>
</tbody>
</table>

**Evaluation Criterion**

- Proper seasonings selected _______

**Evaluator’s Comments**

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
### Assignment

**Design a Plate/Platter Presentation**

<table>
<thead>
<tr>
<th>Name ________________________________</th>
<th>Overall Rating ______________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date ________________________________</td>
<td></td>
</tr>
</tbody>
</table>

**Directions**

Design a plate or platter presentation that would be appropriate for the dining scenarios described below. Include a diagram of the plate presentation and a detailed description for each in the spaces provided below and on the next page.

<table>
<thead>
<tr>
<th>Meal</th>
<th>Context</th>
</tr>
</thead>
<tbody>
<tr>
<td>Roast beef, Yorkshire pudding, asparagus</td>
<td>Fine dining</td>
</tr>
<tr>
<td>Spaghetti with meat sauce, Caesar salad, garlic bread</td>
<td>Family-style restaurant</td>
</tr>
<tr>
<td>Club sandwich, French fries, pickle spear</td>
<td>Casual dining</td>
</tr>
</tbody>
</table>

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Basic Cooking Principles

<table>
<thead>
<tr>
<th>Evaluation Criteria</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Attractive, well designed plates/platters</td>
<td>______</td>
</tr>
<tr>
<td>• Adequate space provided (no crowding)</td>
<td>______</td>
</tr>
<tr>
<td>• Pleasing use of color</td>
<td>______</td>
</tr>
<tr>
<td>• Appropriate garnishes chosen</td>
<td>______</td>
</tr>
</tbody>
</table>

Evaluator’s Comments

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
Assignment

**Identify Spices, Herbs, and Seasonings**

Name ________________________________         Overall Rating ______________________
Date  _________________________________

**Directions**
When you are ready to perform this task, ask your instructor for samples of ten herbs, spices, and/or seasonings for your evaluation. Ask your instructor to evaluate your performance using the criteria above.

**Tools, Equipment, and Materials**
- 10 small samples of herbs, spices, or seasonings (provided by instructor)

**Procedure**

1. Examine a sample for the following:
   - Appearance
   - Aroma
   - Taste

   **Note:** Be careful when tasting pure spices, as they are concentrated and may be overwhelming to the palate. Taste the smallest possible amount required to make an evaluation.

2. Complete the information requested in the chart below.

3. Repeat steps 1 and 2 until all samples have been evaluated.

4. Return tools and equipment to proper storage.

5. Clean the work area.
### Evaluation Criteria

<table>
<thead>
<tr>
<th>Evaluation Criteria</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Product evaluated according to given criteria</td>
<td>______</td>
</tr>
<tr>
<td>Participation in class discussion</td>
<td>______</td>
</tr>
</tbody>
</table>

### Evaluator’s Comments

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________