

Q1.1 DEFINE

- 1) **Zest**- Zest is a food ingredient that is prepared by scraping or cutting from the outer, colourful skin of unwaxed citrus fruits such as lemon, orange, and lime. Zest is used to add flavour to foods.
- 2) **Baghar**- Whole spices are dropped into oil to infuse. This technique of tempering is called Baghar, Tadka or Chonk.
- 3) **Rechauffe**- A dish of warmed-up food left over from a previous meal.
- 4) **Kofta**- Kofta is a family of meatball or meatloaf dishes found in South Asian, Middle Eastern, cuisine. Koftas are usually made with meat mince and cooked in spicy gravy and eaten with rice.
- 5) **Concasse**- Concasse, from the French concasser, "to crush or grind", is a cooking term meaning to rough chop any ingredient, usually vegetables. This term is particularly applied to tomatoes, where tomato concasse is a tomato that has been peeled, seeded (seeds and skins removed), and chopped to specified dimensions.

Q1.2 FILL IN THE BLANKS

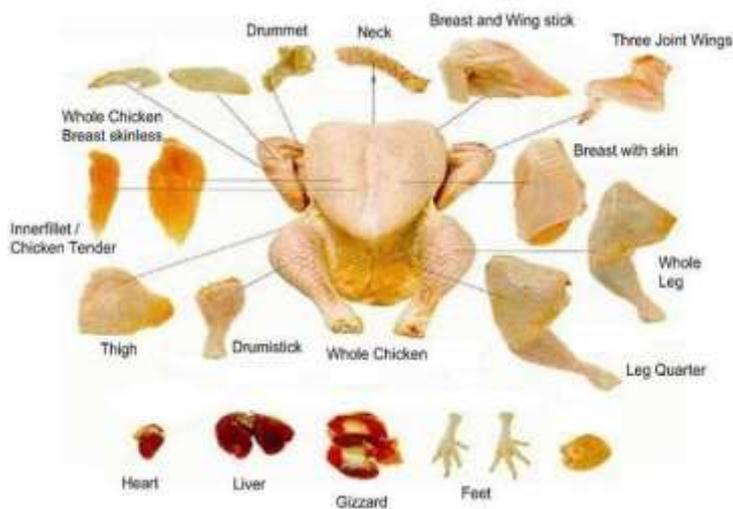
- 1) **IRISH STEW** is a highly flavoured dish of small pieces of meat stewed with vegetable.
- 2) **CRUSTACEANS** have segmented crust like shell.
- 3) Cream soups are soups thickened with **Béchamel /white sauce**.
- 4) Main principle protein in milk is **CASEIN**.
- 5) Aztecs made a preparation from roasted ground cocoa beans called **CHOCOLATL**.

Q1.3 MATCH THE COLUMNS

- | | |
|-----------------------|-----------------------------|
| 1) Consommé Celestine | 1) pancakes |
| 2) Cephalopods | 2) Octopus |
| 3) Cisel | 3) Finely minced vegetables |
| 4) Binding agent | 4) Panada |
| 5) Criollo | 5) Spanish Native |

Q2. ANSWER BRIEFLY (ANY 3)

- 1) Draw and label various parts of a chicken.



- 2) Define soup. Give the classification of soup with 2 examples of each.

ANSWER: - A soup is defined as a liquid of varying consistency, which is made from meat, fish, poultry, game, cereals, and or vegetables and is served in a thin, thick or in a pureed form with or without inclusions in it.

Classification of Soups :**I- THIN SOUPS :**

a) **Clarified / Passed** -> **Consommé / Double consommé** ---- for example Consommé Brunoise, Consommé Royale Consomme Julienne, Consomme Princess, Consomme Celestine ,Consomme Bretonne Consomme Carmen, Consomme Aileron, Consomme Aurore, Consomme Alsacienne.

b) **Broth/Bouillon/ Coulis/ Cut Vegetable Soup:** For example Bortsch, and Scotch broth.

II- THICK SOUPS :

a) **Puree:** For example: puree of peas, carrots, pumpkin, cauliflower, sweet corn.

b) **Cream:** For example: cream of chicken, mushroom, tomato, vegetable.

c) **Veloute:** For Example: chicken veloute, celery veloute.

d) **Chowder:** For Example: Clam Chowder, Oyster chowder.

e) **Bisque:** For Example: Cray fish bisque, lobster bisque

III. SPECIALITY OR NATIONAL SOUPS: For example: Minestrone -- Italy, French Onion Soup -- France.

IV. COLD SOUPS: For Example: consommé madrilène, Vichyssoise, Bortsch, Gazpacho

3) Briefly explain the receiving area of a hotel

ANSWER: Receiving Area



Receiving involves verifying the authorization for goods received, as well as their quantity, quality, and condition.

The functions of receiving, at the foodservice location, products ordered from the purveyor is broken down into six components:

- Verify the quantities and price of products received to the purchase order and suppliers invoice
- Verify products to written specifications.
- Process the necessary paperwork and transfer it to stores and accounting
- Communicate non-shipment of products ordered to purchase order clerk
- Physically move goods into kitchen and stores.

4) What are the points to be kept in mind while buying fish?

ANSWER: The following points must be borne in mind when selecting fish:

1. Eyes should be bright and not sunken.
2. Gills should be red.
3. The tail should be stiff.
4. The flesh should be firm and not flabby.
5. The scales, if any, should be plentiful.
6. There should be no unpleasant odour.
7. To test a cut piece, press down a finger and if an impression is left, then the fish is stale.
8. Any tendency for the raw flesh to come away the bones is a dangerous sign.

Choosing Shellfish

They should be brought in season as far as possible. They should be medium-sized and of good weight. It is best to buy them alive, particularly oysters, crabs and lobsters. If they are dead, the following precautions must be taken:

1. The eyes of the crabs should be springy and not hanging down.
2. The eyes should be bright.
3. The tail of the lobster should spring back when stretched out.
4. Shrimps and prawns must be crisp.
5. Oyster shells should be tightly closed.

5) List and explain 5 types of rice. Briefly explain the methods of cooking rice.

ANSWER: Types of Rice.

1. **Paddy Rice** -Rice still in its original state with no further treatment after threshing.
2. **Brown Rice** -(Husked Rice) Rice with the outer husk removed having a characteristic beige color.
3. **White Rice** -Brown rice from which all the germ is removed by passing through machines that rasp the grain. It is also called unpolished rice.
4. **Polished Rice** -White rice that has been passed through machines that remove any flour still adhering to the grain.
5. **Glaze Rice** -Polished rice covered with a fine layer of French chalk and suspended in glucose, specially processed to give a shine.
6. **Steamed Rice** -Paddy rice that is cleaned, soaked in hot water, steamed at low pressure, de-husked & blanched.
7. **Pre-cooked Rice** -Rice that has been husked, soaked, boiled for 1 - 3 minutes and dried at a high temperature.
8. **Camolino Rice** -Polished and lightly coated with oil.
9. **Puffed Rice** -In India it is roasted and fried on hot sand.
10. **Wild Rice** -The seed of an aquatic grass, related to the rice plant, it grows one by one up the stalks and resembles little black sticks. It is very expensive.
11. **Basmati Rice** -Indian rice with long grains, with a distinctive flavor. Old basmati rice is the most prized and is rarely available.
12. **Sticky Rice** -Round grain rice which has a very high starch content. Rarely available, it is most ideal for Chinese cooking.
13. **Rice Flakes** -Rice that is steamed, husked & flattened into Flakes, it is eaten for breakfast with milk & sugar or as a savory preparation (poha).

Cooking of Rice

A. In Water:

- a. Rice is put into the vessel with twice the amount of water, brought to a boil, and cooked till the water is absorbed.
- b. Alternatively it can be poured into a vessel of boiling water, brought to a boil, cooked and drained off.

B. In Stock: In this method the rice is lightly fried in hot oil and stock is added to it. It is then cooked till the Rice is soft and all the stock has been absorbed.

- C. **In Milk:** Rice is normally cooked in milk for making desserts. Short grained rice is ideal for this type of cooking because the grains stick together thus giving thickening properties to the dish.

6) List down 10 International soups with country of origin.

- ANSWER:** Minestrone -- Italy.
 French Onion Soup -- France.
 Scotch Broth -- Scotland.
 Cockie – Leekie -- Scotland.
 Mulagatwanny -- India/ SriLanka.
 Water – Zoi -- Belgium.
 Avego – lemono -- Greece.
 Linzen Soupe -- Germany.
 Vichyssoise -- America.
 Manhattan Clam Chowder-- America.
 Bortsch -- Russia.
 Gazpacho --Spain.

Q3. ANSWER BRIEFLY (ANY 3)

1) What are offals ? List and explain any 5

Answer: Offals (Abats de boucherie) : The edible internal parts and some external extremities of an animal, which are removed before the carcass is cut up. Offal, also known as the 'fifth quarter', is divided into white and red categories.

☑ White offal - bone marrow, animelles (testicles) , brain, mesentry (a membrane which holds the intestines together) , feet, sweetbreads, stomach and head. After scalding or plucking, these parts are an ivory colour.(Beef and pork cheeks are classified as meats).

☑ Red offal - heart, liver tongue, lungs, spleen and kidneys. Offals, particularly intestines and tripe, is generally regarded as inferior meat . Only kidneys, liver, calves sweetbreads, lamb's brains, and animelles have any gastronomic importance.

Variety meats also known as offal include various organs, glands and other meats that don't form a part of the dressed carcass of the animal. For cooking purposes we can divide the most popular variety meats into two groups:

Granular Meats:- Liver, Kidneys, Sweetbreads and Brains. **Muscle Meats :-** Heart, Tongue, Tripe and Oxtails.

Liver Calf's liver is the most prized, because it is tender and delicate in flavour. It is easily recognized by its pale, pinkish colour. Most calf's liver is served pan fried, sautéed or broiled. Beef liver is also pan fried or broiled and even frequently braised. Pork liver is also available, but it is mostly in pates and sausages.

Kidneys Veal and lamb kidneys are the most popular. They usually prepared by sautéing and broiling. Beef kidneys are stronger in flavour and less tender. They are usually braised in like steak and kidney pie etc.

Sweetbreads Sweetbreads are the thymus glands of the calves and young beef animals (the glands gradually disappear as the animal matures). They are usually braised or beaded and sautéed in butter.

Brains Brains are not a popular item but are delicate in both flavour and texture. Calf's brains are the most frequently used (Brains are very perishable and should be cooked as soon as possible. They may be poached or batter fried.

MUSCULAR VARIETY MEATS

Heart, tongue, oxtails and tripe are made of muscle tissue, just like other meats from his carcass. They are all tough and must be cooked for a long time by simmering or braising on order to be made tender.

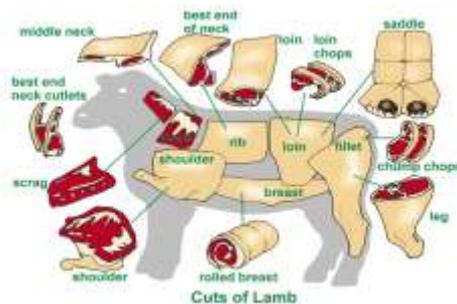
Heart Usually from veal or beef is very tough and lean. It can be chopped by braising or simmering or it may be ground and added to chopped meat for casserole dishes and meat loves.

Tongue Cooked beef tongue is popular as a cold, sliced meat for sandwiches. It may be fresh, cured or smoked. Veal and lamb tongues are also available.

Oxtails Oxtails contain flavourful meat and a rich gelatin content making them high desirable for soups and stews.

Tripe Tripe is the muscular stomach lining of the beef animal (although lamb and pork tripe are sometimes available in ethnic markets). Honeycomb tripe is the most popular. It is cooked by several hours of simmering even most of the tripe that come from market has been partially cooked.

2) Draw a neat labelled diagram of cuts of Lamb.



3) List at least 5 thickening agents used in Indian cookery giving suitable examples.

Answer: In Indian cooking curries and dishes are thickened on the basis of accompaniments that are served with them. If the dish is served with Indian breads, then the curries will be of thicker consistencies, but if they are to be eaten with rice then they will be more like stews. Many times a single spice has various uses-it can be used to add color, flavor, thickening, aroma, piquancy, or even sweetness to the dish. The various ingredients used as thickening agents in Indian cooking are listed below.

Onion Pastes:- Both fried onion paste and boiled onion paste help to provide thickness to the gravies. They indeed help to add base or body to the dish apart from acting as coloring agents too.

Nut Paste:- Various types of nuts are ground into a fine paste are used in thickening for Indian gravies. These are probably the influence of Mughal rulers and hence, mostly found in Mughlai kormas and curries often referred to as Indian royal cuisine. There are various nut pastes, such as cashew nut, almond, and coconut, pastes are used apart from these, sometimes for special gravies, pistachio paste can also be used in thickening the gravy.

Seed Pastes:- Many kinds of seeds are used in paste form to provide thickening to curries and dishes. For example, Poppy seeds paste, chironjee paste char magaz (watermelon) paste. Many other seeds such as sesame seeds are used in salan paste that also act as thickening agents. Mustard seeds are also used in the form of paste that acts as thickening and flavoring agents in many Bengali dishes.

Masala Pastes:- Many types of dry masalas and wet masala pastes are used in the thickening of the dishes in Indian cuisine.

Lentils:- Many Indian preparations use lentils for thickening purposes.

Cream:- It is used for thickening in various Mughlai dishes such as kormas and shahi gravies

Khoya :- It is available in many forms and is also used widely in the production of Indian desserts. In curries, it is in grated and cooked with the gravies to thicken them. It is usually added in the last stage to the dish.

Vegetable Purees:- Certain vegetable pastes, such as fresh turmeric, ginger, and garlic, are also used for thickening of curries. Some green leafy vegetable pastes, such as spinach, fenugreek, etc.

4) Explain the manufacturing process of cheese.

Answer: The various stages involved are

1. **Heating of the milk** the first steps involves the heating of the milk. The range of is between 10°C and 65°C. The optimum temperature is 37°C. At the 10°C the resulting cheese will be form. At in between temperature, we will get a semi hard or semi soft cheese. Examples: Soft Cheese: York Coulommiers, Neufchatel

Semi hard Cheese: Edam, Gouda, Limburger, Brick

Hard Cheese: Cheddar, Gruyere, Emmental, Double Gloucester

2. **Addition to the curd:** Curds or lactic acid producing bacteria are added to the heated milk to help the coagulation process. The mixture is maintained at various temperature depending upon the desired end product. This is called the setting period; 20°C to 26°C for soft cheese. 30°C to 32°C for hard cheese. The right amount of lactic acid producing bacteria is added to arrive at the correct amount of acidity required. Rennet will be act well in an acidic medium.

3. **Addition to Rennet:** This along with the setting temperature and the amount of acid produce will largely govern the rate act well in an acidic medium. Separating the Whey: Once the milk has coagulated the milk solid separate from the whey. This whey is then allowed to drain away. The amount of whey that is drained away will is then the textures of the cheese.

4. **Cutting the curds:** This process allows the further separation of the whey. The cutting is done mechanically with the help of two large blades. One horizontal and other vertical. This cuts the curds in to cubes and helps to free any whey still trapped in the curds.

5. **Cooking the curds:** After cutting, the curds are cooked at low temperature, which are then raised slowly to 43°C and held there for an hour. This process facilitates further removal of whey. If the temperature is raised further, a firmer cheese will result.

6. **Pilling of the curds:** The curds is now cut in to blocks and piled up one over the other. This allows the curds to form a solid mass and a further development of the starter culture. At this stage the curds begin to develop characteristics and properties relating to texture and flavor. At this stage other organism and cultures also to be added. This also helps to develop individual flavor and well as the veining of the cheese (blue cheese).

7. **Milling and Salting:** The now dry curds are milled in to small fragments and salts is added. Salting influences many factors – flavors, moistures content, texture, it checks the lactic acid producing bacteria. (this also same time it permits the development of specific ripening microorganisms).

8. **Pressing the Curds:** This gives the cheese its characteristics shape, size and color texture. At this stage the cheese is known as green cheese or immature cheese.

9. **Ripening and Maturing:** During this stage, the green develops the characteristics favor. Texture is also consolidated. The main constituents of cheese are broken down in to simple substances: Proteins in to Amino Acids. Fats to fatty acids. Lactose to simple sugars. Other by product like certain gases Co₂, alcohol aldehydes, ammonia, sulphur.

5) Briefly explain trans fats. Give the advantages and disadvantages of using fats.

ANSWER: TRANS FATS- trans fatty acids are fats produced by heating liquid vegetable oils in the presence of hydrogen. This process is known as hydrogenation. The more hydrogenated oil the harder it will be in room temperature. For eg. Spreadable tub margarine is less hydrogenated and so has fewer trans fats than stick margarine. Most of the trans-fat in the diet are found in commercially prepared baked goods, margarines, snacks foods, and processed foods. Commercially prepared fried foods, like French fries and onion rings, also contain a good deal of trans fat. Trans fatty Acids are formed when vegetable oils are processed into margarine or shortening. Sources of trans fats in the diet include snack foods and baked goods made with "partially hydrogenated vegetable oil" or "vegetable shortening". Trans fatty acid also occur naturally in some animals products such as dairy products.

Advantages & Disadvantages of Using Fats

Advantages

Eating unsaturated fats, which primarily come from plant sources and are liquid at room temperature, is advantageous to your body's health. Unsaturated fats, also referred to as good fats, reduce inflammation, stabilize your heartbeat and reduce low-density lipoproteins. This LDL cholesterol increases your risk for heart disease. Polyunsaturated fats found in foods such as salmon, tuna and walnuts contain omega-3 fatty acids, which help lower triglycerides and LDL cholesterol. Vegetables oils, including corn, soybean, safflower and sunflower oil, are also polyunsaturated fats - PUFAs. Monounsaturated fats -- MUFAs -- include olive oil, canola oil and peanut oil.

Disadvantages

Consuming saturated fats and trans fats is disadvantageous to your body's health. Saturated fats are solid at room temperature and are found mostly in animal foods, such as meat, butter, cheese and whole milk, but they can also come from tropical plants -- palm and coconut oil. They raise LDL cholesterol levels as well as total cholesterol levels. Trans fats are formed using a process known as hydrogenation. They not only raise LDL, or bad cholesterol, but also lower HDL, or good cholesterol. Many processed and prepackaged foods are high in trans fats.

6) Explain any 3 types of coffee and top 5 coffee brands around the world.

ANSWER: Affogato : An affogato (Italian for "drowned") is a coffee-based beverage or dessert. "Affogato style", which refers to the act of topping a drink or dessert with espresso, may also incorporate caramel sauce or chocolate sauce.

Cafe Americano: Cafe Americano or simply Americano (the name is also spelled with varying capitalization and use of diacritics: e.g. Cafe Americano, Cafe Americano, etc.) is a style of coffee prepared by adding espresso to hot water, giving a similar strength but different flavor from regular drip coffee. The strength of an Americano varies with the number of shots of espresso added.

- Long black
- Lungo
- Red eye

Café au lait : A cafe au lait is a French coffee drink. In Europe, "café au lait" stems from the same continental tradition as "caffè Latte" in Italy, "café con leche" in Spain, "kawa biała" ("white coffee") in Poland, "Milchkaffee" in Germany, "Grosser Brauner" in Austria, "koffie verkeerd" in Netherlands, and "café com leite" in Portugal, simply "coffee with milk". In northern Europe, cafe au lait is the name most often used in coffee shops. It's a coffee beverage consisting strong or bold coffee (sometimes espresso) mixed with scalded milk in approximately a 1:1 ratio.

Café Bombon : Popular in Valencia, Spain, and spreading gradually to the rest of the country, a cafe bombon is an espresso served with sweetened condensed milk in a 1:1 ratio. The condensed milk is added to the espresso. For visual effect, a glass is used, and the condensed milk is added slowly to sink underneath the coffee and create two separate bands of contrasting colour - though these layers are customarily stirred together before consumption. Some establishments merely serve an espresso with a sachet of condensed milk for patrons to make themselves.

Caffè latte : A caffè Latte is the Italian name for coffee ("caffè") with milk ("latte"). In Europe, "caffè Latte" stems from the same continental tradition as "café au lait" in France, "café con leche" in Spain, "kawa biała" ("white coffee") in Poland, "Milchkaffee" in Germany, "Kaffee verkeert" in Austria, "koffie verkeerd" in Netherlands, and "café com leite" in Portugal, simply "coffee with milk". It's a coffee beverage consisting strong or bold coffee (sometimes espresso) mixed with scalded milk in approximately a 1:1 ratio.

Café mélange : A café melange is a black coffee mixed (french "mélange") or covered with whipped cream, popular in Austria, Switzerland and the Netherlands.

Cafe mocha : A cafe mocha is a variant of a caffè latte. Like a latte, it is typically one third espresso and two thirds steamed milk, but a portion of chocolate is added, typically in the form of a chocolate syrup, although other vending systems use instant chocolate powder. Mochas can contain dark or milk chocolate. The term moccaccino is used in some regions of Europe and the Middle East to describe Cafe Latte with cocoa or chocolate. In the U.S. it usually refers to a cappuccino made with chocolate.

Ca phe sua da : Ca phe sua da or cafe sua da (Vietnamese: Cà phê sữa đá) is a unique Vietnamese coffee recipe. Literally, cà phê sua da means "iced milk coffee". Cà phê sua da can be made simply by mixing black coffee with about a quarter to a half as much sweetened condensed milk and then pouring it over ice. A substitute made by many Vietnamese immigrants in the Southern U.S., particularly in Louisiana is a dark French roast, often with chicory; otherwise an imported Vietnamese-grown and roasted coffee is used when it is available. The coffee is traditionally brewed with a small metal Vietnamese drip filter into a cup containing the condensed milk. The condensed milk and coffee are stirred together and then poured over the ice. Cà phê sữa nóng (Vietnamese: 'cà phê sữa nóng') — literally, "hot milk coffee" — is made by excluding the ice.

Cappuccino : Cappuccino is a coffee-based drink prepared with espresso, hot milk, and steamed milk foam. A cappuccino differs from a caffè latte in that it is prepared with much less steamed or textured milk than the caffè latte with the total of espresso and milk/foam making up between approximately 150 ml and 180 ml (5 and 6 fluid ounces). A cappuccino is traditionally served in a porcelain cup, which has far better heat retention characteristics than glass or paper. The foam on top of the cappuccino acts as an insulator and helps retain the heat of the liquid, allowing it to stay hotter longer.

Cortado : A cortado is an espresso (also known as "Pingo" or "Garoto") "cut" (from the Spanish and Portuguese cortar) with a small amount of warm milk to reduce the acidity. The ratio of milk to coffee is between 1:1 - 1:2, and the milk is added after the espresso. The steamed milk hasn't much foam, but many baristas make some micro foam to make latte art. It is popular in Spain and Portugal, as well as throughout Latin America, where it is drunk in the afternoon. In Cuba, it is known as a cortadito, and in Catalan it's called a

tallat or trenca. It's usually served in a special glass, often with a metal ring base and a metal wire handle. There are several variations, including cortado condensada (espresso with condensed milk) and leche y leche (with condensed milk and cream on top).

Eiskaffee : Eiskaffee, literally "ice cream coffee", is a popular German drink consisting of chilled coffee, milk, sweetener, vanilla ice cream, and sometimes whipped cream.

Flat white : A flat white is prepared by pouring the creamy steamed milk from the bottom of the jug over a single shot (30ml) of espresso. The drink is sometimes served in a small 150-160ml ceramic cup. The stretched and texturized milk is prepared by entraining air into the milk and folding the top layer into the lower layers. To achieve the "flat", non-frothy texture the steamed milk is poured from the bottom of the jug, holding back the lighter froth on the top in order to access milk with smaller bubbles, making the drink smooth and velvety in texture.

Frappuccino : Frappuccino is the name and registered trademark of a Starbucks blended ice beverage and a bottled coffee beverage.

Galão : Galao is a hot drink from Portugal made of espresso and foamed milk. In all similar to cafe latte or cafe au lait, it comes in a tall glass with about one quarter coffee, 3 quarters foamed milk. When the proportion is 1:1 it is called "meia de leite" and it comes in a cup.

Greek frappé coffee : Greek frappe (Cafe frappe) (Greek: φραπές) is a foam-covered iced coffee drink made from spraydried instant coffee. It is very popular in Greece especially during summer, but has now spread on to other countries. In French, when describing a drink, the word frappe means shaken and/or chilled; however, in popular Greek culture, the word frappe is predominantly taken to refer to the shaking associated with the preparation of a cafe frappe.

Iced coffee : Iced coffee is a cold variant of the normally hot beverage coffee.

- Farmers Union Iced Coffee
- Toddy coffee

Indian filter coffee : South Indian Coffee, also known as Madras Filter Coffee or Kaapi (Tamil phonetic rendering of "coffee") is a sweet milky coffee made from dark roasted coffee beans (70%-80%) and chicory (20%-30%), especially popular in the southern states of Andhra Pradesh, Karnataka, Kerala and Tamil Nadu. The most commonly used coffee beans are Peaberry (preferred), Arabica, Malabar and Robusta grown in the hills of Kerala (Malabar region), Karnataka (Kodagu, Chikkamagaluru) and Tamil Nadu (Nilgiris District, Yercaud and Kodaikanal).

Instant coffee : Instant coffee is a beverage derived from brewed coffee beans. Through various manufacturing processes the coffee is dehydrated into the form of powder or granules. These can be rehydrated with hot water to provide a drink similar (though not identical) to conventional coffee. At least one brand of instant coffee is also available in concentrated liquid form.

- Chock full o'Nuts
- Farmers Union Iced Coffee
- Japanese canned coffee
- Kenco
- Moccona
- Mr. Brown Coffee
- Nescafe

Kopi susu : Kopi susu is found in (at least) Malaysian Borneo and Indonesia and very similar to the following entry for Ca phe sua nong. Literally, kopi susu means "coffee milk". Served in a glass kopi susu can be made simply by mixing black coffee (arabica) with about a quarter to a half a glass of sweetened condensed milk then let stand to cool and allow the grounds to sink on the bottom. You should not drink this to the end unless you want to "eat" the ground coffee. Kopi Turbruk is as above but uses sugar instead of sweetened condensed milk.

Liqueur coffee : A liqueur coffee, as its name suggests, is a coffee brew with a 25 ml shot of liqueur. This brew is usually served in a clear, clean, pre-heated, liqueur coffee glass with the coffee and cream separated for good visual and taste effect. The liqueur of choice is added first with a teaspoon of raw cane sugar mixed in. The glass is then filled to within an inch of the top with good, strong, fresh filter coffee. Fresh, chilled, additive free, slightly whipped cream is then poured carefully over the back of a cold teaspoon, so that it floats on top of the coffee and liqueur mixture. The sugar is required in the coffee mixture to help the cream float.

- Irish Coffee (Whisky)
- Brandy Coffee (Brandy)
- English Coffee (Gin)
- Calypso Coffee (Tia Maria or Kahlua and Rum)
- Jamaican Coffee (Tia Maria & Rum)
- Shin Shin Coffee (Rum)
- Baileys Irish Cream Coffee

Macchiato : Macchiato, meaning something like "spotted", is an Espresso with a dash of foamed milk. At first sight it resembles a small Cappuccino but even if the ingredients are the same as those used for Cappuccino a Macchiato has a much stronger and aromatic taste. The milk is foamed directly into the espresso cup, which is then put under the coffee outlet. The espresso is then drawn into the cup. Cocoa is then sprinkled over the drink.

Mochasippi : Mochasippi is a drink prepared by baristas in Community Coffee houses located in the Southern United States, commonly known as CC's. It is similar to the Mocha Frappuccino of Starbucks coffee houses. Unlike a Frappuccino, a Mochasippi contains actual shots of espresso rather than a powdered instant coffee.

Turkish coffee : Beans for Turkish coffee are ground or pounded to the finest possible powder, finer than for any other way of preparation. Preparation of Turkish coffee consists of immersing the coffee grounds in water which is most of the time hot but not boiling for long enough to dissolve the flavoursome compounds. While prolonged boiling of coffee gives it an unpleasant "cooked" or "burnt" taste, very brief boiling does not, and bringing it to the boil shows without guesswork that it has reached the appropriate temperature. In Turkey, four degrees of sweetness are used.

Vienna coffee : A "Vienna coffee" is the name of a popular traditional cream based coffee beverage. It is made by preparing two shots of strong black espresso in a standard sized coffee cup and infusing the coffee with whipped cream (as a replacement for milk and sugar) until the cup is full. Then the cream is twirled and optionally topped off with chocolate sprinklings. The coffee is drunk through the cream top.

Yuanyang : Yuanyang, sometimes also called Ying Yong, is a popular beverage in Hong Kong, made of a mixture of coffee and Hong Kong-style milk tea. It was originally served at dai pai dongs (open air food vendors) and cha chaan tengs (cafe), but is now available in various types of restaurants. It can be served hot or cold. The name yuanyang, which refers to mandarin ducks, is a symbol of conjugal love in Chinese culture, as the birds usually appear in pairs and the male and female look very different. This same connotation of "pair" of two unlike items is used to name this drink.

Top Coffee Brands in World

Caribou
Dunkin Donuts
Kopi Luwak
Folgers
Gloria Jean's
Green Mountain Roaster
Nescafe
Peet's
Seattle's

Q4. ANSWER BRIEFLY (ANY 3)

1) Explain the factors affecting menu planning.

ANSWER: Points to consider when Planning Menus

1. *Type of meal* : The different types are – breakfast, luncheon, dinner, supper, etc.

Breakfast:

There are 3 types

Continental: is a light breakfast comprising of breads, butter, preserves and tea or Coffee.

English: is on a larger scale and comprises fruits- fresh or stewed, cereals, bacon and Eggs to order, fish, preserves, breads and beverages.

Indian: Popular breakfast comprises of parathas, dosas, etc.

Luncheon Menus : are usually shorter than dinners with less courses and simpler dishes, but more choice within each each course. Luncheon is a quick affair and dinner taken more leisurely.

Dinner Menu : comprises of highly garnished, classical dishes. Here one has a scope of showing one's skill of compiling menus with a choice of the most esteemed and rarest and exotic of dishes.

Supper : A full buffet is given for supper. All dishes are well decorated, giving a good display.

2. *Type of establishment:* Menus will vary according to the type of establishment:

1. Hotels
2. Restaurants
3. Hostels
4. Hospitals
5. Industrial Canteens.

The menus for restaurants and hotels will be a la carte, buffet, banquet, or tabled'hote. The dishes will be pleasing to the eye and palate and will be determined by the customers' appetite and pocket.

3. *Type of customer:* Customers can affect the type of food served because of the following factors: age, sex, occupation.

4. *Season of the Year and Seasonal availability of Ingredients:* Season is important in the choice of food. Cool, crisp and fresh foods are ideal in summer. For cold weather, richer and heavier foods are welcomed. Although in these days of cold storage, foods are available all the year round, foods in season should be included in menus, as they are fresh, plentiful and the color and flavor are good. They are available at a reasonable price and are easy to obtain.

5. *Occasion* : Special dishes for certain days or time of the year should be considered. For e.g. roast turkey for X'mas.

6. *Capabilities of Kitchen Staff* : The staff capabilities have to be seen whether they will be Able to cope with high class cookery, whether they are experienced and have the skill and knowledge. Equally important is the serving staff that should be efficient.

7. *Equipment of the kitchen* : While planning the menu it is important to see that the kitchen is well equipped also be able to cope up with preparation of various dishes.

8. *Price of Menu* : Always give value for money. The food cost should not exceed 40% of the selling price at an average e.g. if the food cost per person is 2 Dnrs then the suggested selling price would be-

$$\frac{5 \times 100}{40} = 5 \text{ Dinars}$$

$$\frac{\text{Cost of food} \times 100}{\text{Gross profit subtracted}} = \text{Selling price of dish from 100} = \text{Food percentage}$$

9. *Balance of Menus* : This depends partly on the following points :

1. Repetition of ingredients : The basic ingredients on the menu should not be repeated.
2. .Repetition of color : Wherever it is possible this should be avoided to make the menu exciting.
3. Repetition of words : Avoid the repetition of the same word on the menu, as it seems the planner has limited knowledge and makes the menu less interesting.
4. Avoid over balance of menu : If many courses are served then care must be taken to ensure that they are neither too light nor too heavy.
5. Garnishes : Must be correct. Garnish attractively and simply.
6. .Seasoning : Do not overseason food. If strong herbs are used in one dish never repeat them in another dish in the same meal.
7. Texture of the courses : Some food should be soft whilst other food should require thorough chewing. Avoid menus with the same texture.
8. Food Value : Special attention be paid to different requirements of different groups of people.
9. Color : Sensible use of colour will give them an eye appeal. Deep vivid colours should be avoided. Drab looking dishes can be improved by an attractive colourful garnish.
10. Wording of Menu : When compiling menus, the following points should be considered.
 1. Select language which the customer can understand.
 2. If the menu is in French give an English translation.

3. Never use a mixture of languages for the courses of a menu.
4. Spellings of the words should be correct.

2) Explain the manufacturing process of chocolate

ANSWER: Cocoa butter when cooled set as a hard yellowish fat with a strong odor that is used in the manufacturing process of chocolate to adjust the consistency. Chocolate is a combination of cocoa solids, sugar and butter. In case of milk chocolate, milk solids are added.

- 1) **Mixing :-** blended and processed nibs are mixed with cocoa butter, sugar and small quantities of flavouring materials in a "melangeur" (a machine fitted with a granite roller under which the chocolate is directed continuously and mixed into thick heavy paste.
- 2) **Refining:-** the chocolate is transferred from the melangeur to the refiner (a machine which consists of series of smooth rollers). The rollers are water-cooled. During this process the particle size is reduced. Because of the chilling the chocolate sets on the rollers which is then scraped off resulting in a flaky powder.
- 3) **Conching:-** after warming the chocolate it is passed from the refiner to the conch for further processing. Here the molten chocolate is rolled and buffeted for up to 100 hours to ensure perfect smoothness and flavor. A conch is a heated tank with a concave granite bottom over which a small roller runs backwards and forwards. The tank helps to constantly direct the chocolate back. This process is slow but necessary to get out flavor.
- 4) **Molding:-** "the couverture" chocolate is put into storage tanks where viscosity is adjusted by adding cocoa butter. Then it is set in moulds and when ready, packed for distribution.

3) Explain the concept of wet and dry masala and list any five regional varieties of basic masala.

ANSWER: Dry Masala: Dry masalas are those which are in their dry form and no additional liquid component is added to them. These masalas may be whole or broiled and powdered. They might also include those ingredients which are specifically dried. Some ingredients might also be specifically dried in order to be blended with other dry spices. For example, mint is dried and powdered to be used as an ingredient in kebab masala.

Wet Masala: Wet masalas are those masalas which are actually made by soaking the spices in liquid and grinding them into a paste. They might also use fresh ingredients which tend to yield wet masalas. For example, usage of fresh turmeric, ginger, and garlic with other spices, etc. will yield wet masalas or masala pastes.

Regional Varieties of Basic Masalas

Garam Masala, Chat Masala, Pav Bhaji Masala, Channa Masala, Goda masala, Goan masala,

4) Classify pastries giving 2 examples of each.

ANSWER: Classification of Pastries

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

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

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

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

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

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

5) LIST AND EXPLAIN ANY 2 FACTS IN PUFF PASTRY MAKING.

ANSWER: Puff pastry shrinks: -

1. Oven too hot
 2. Not resting the dough before rolling out.
 3. Not resting products before being baked.
 4. Use of scrap dough.
 5. Dough too soft.
- **Puff Lacks Volume: -**
1. Too many folds.
 2. Not enough folds.

3. Use of scrap dough.
4. Dull cutters.
5. Cold oven.
6. Shortening too soft.
7. Flour too strong.

• **Fat Runs Out: -**

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

6) Give the Indian equivalent names : (any 10)

1. Caraway seeds: Kala / saha Jeera
2. Thymol seeds: Ajwain
3. Mangosteen – kokum
4. Melon/ pumpkin seeds- Magaz seeds
5. Gram Flour – Besan
6. Basil – Tulsi
7. Nigelle – kalonji
8. Fennel seeds – Saunf
9. Fenugreek – methi
10. Asafoetida – Hing
11. Dry Mango – Amchur powder
12. Sesame seeds – Til

Q5. WRITE SHORT NOTES ON ..(ANY 3)

1) CHOUX PASTRY

ANSWER: History A chef by the name of Pantarelli or Pantanelli invented the dough in 1540, seven years after he left Florence, along with Catherine de' Medici and the entirety of her court. He used the dough to make a gâteau and named it Pâte à Pantanelli. Over time, the recipe of the dough evolved, and the name changed to Pâte à Popelin, which was used to make Popelins, small cakes made in the shape of a cabbage.

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

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

Recipe

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

Baking temp:- 220 C / 150 C

Baking time :- 15 min/ 30 min

METHOD

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

Ingredients used for Choux Paste

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

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

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

Other Ingredients : Sugar, cheese, cocoa, dried fruit, flavorings, spices, etc.

The final consistency of the paste for pastries should fall off the back of the spoon. The paste should have a good smooth sheen. It should be soft but able to retain its shape when piped. It can be baked immediately after it is piped. Choux paste can be piped into clean baking trays that are lightly greased. They can be lightly floured. Bake at a high temperature 200 to 220C. When deep frying choux paste fritters cook in clean fat at 170 C initially.

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

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

Changes in Choux Pastry while baking : It leavening agents are egg, air and steam. In the oven, water in the paste is converted into steam. Due to the oven heat, starch on the surface forms a rigid structure that does not allow steam to escape. As more water evaporates, the pressure of

steam from inside pushes to the surface and cracks it. These cracks are filled with soft batter from within which in turns forms a film. The process is repeated leading to the formation of a hollow centre. Eventually the egg protein coagulates and starch gets to a rigid form.

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

2) WASH UP AREA : The Wash up area is one of the most important areas in a kitchen, to ensure optimum clearance of the dirty dishes, crockeries and cutleries, the area needs to be positioned correctly in line with the service and the dining area. All the dirty dishes, crockeries and cutleries can be collected through mobile closed trolleys and can be wheeled onto the wash up area. Based on the type and the various items which are to be washed, they can be segregated and leftovers can be scrapped before wash up. The glasses will be sent to the glass washer for effective and clear wash. The large utensils from the Bain maries as well as the main kitchen and preparation areas could be sent to the pot washer. Rest of all the dishes, crockeries etc. will be washed through the dishwasher. We had discussed the various types of dishwasher as well as the flow chart of the dishwasher in my previous articles.

The following equipment's are used in this area:

Three sink unit.

Pre wash sink unit with waste disposer.

Receiving table with overhead shelf.

Rack type dishwasher.

Unloading zone.

Mobile shelving.

Glasswasher.

Once the dishes have been washed and dried, the same can be wheeled in a mobile shelving back to the storage area and once more the same cycle starts again on the next day.

03) TYPES OF PASTRY CREAM : A rich, thick stirred custard, cooked on the stove, made from a mixture of milk or cream, eggs, sugar, flour (roux) and/or corn-starch. The main thickener for Pastry Cream is eggs, but it gets some help from cornstarch or roux (typically a mixture of fat and flour heated and used as a basis for sauces, but in this case, just flour). Pastry cream or crème patisserie is a staple in pastry kitchens and originated in France. This versatile cream is used to fill cream puffs, éclairs, napoleons, tarts, and other pastries. Pastry Cream is versatile and can be easily flavoured with vanilla beans, liqueurs, coffee and fruit purees are some complementary flavouring are often added. Heavy whipping cream can be folded into the Pastry Cream once it is cooled for a richer and fluffier cream. You can easily make chocolate pastry cream by adding a couple of ounces of bittersweet or semi-sweet dark chocolate to the base recipe along with the vanilla. Another flavouring option is to add a tablespoon or so of a flavoured Liqueur such as Cointreau, Kahlua or crème de cacao or others. Flavoured nut pastes such as hazelnut or almond which can be used to flavour the pastry cream.

• Use in Confectionery

CUSTARD: Custard is a thick, rich, creamy and pudding-like dessert made from gently cooking or baking and then refrigerating into a semi-rigid gel viscous sauce when cooled or refrigerated. All custards are made basically with the same ingredients: mainly eggs and /or yolks, as well as cream or milk, sugar and usually salt and flavourings. Eggs are the thickener in most custard and the yolks make them smooth and rich. Both egg yolks and whites contain proteins, which change from liquid to solid, called coagulation, when cooked or baked. This means that the liquid egg becomes firmer. As heating continues the egg eventually becomes semi-gelled or fully gelled when cooled, giving you custard texture. The less eggs in a custard recipe, the cooking time increases and so does the coagulation time. Just as most baked products are essentially flour protein structures, custards and egg protein structures making them sensitive to heat and temperature. The differences between custards are the result of how they're prepared, ingredients and mixing.

Custards are prepared in two ways: stirred or cooked on top of the stove or baked in the oven.

1. Stirred or stovetop custards never get as thick as a baked custard have because their gel formation, primarily from eggs, is interrupted by stirring before it totally sets. They are often used as a sauce or as an ice cream base. For stirred custard mixtures, the eggs are cooked to the proper doneness when a thin film adheres to a metal spoon dipped into the custard. This point of coating a metal spoon is 20 to 30 degrees below boiling. Stirred custards should not boil. The finished product should be soft and thickened but not set. Stirred custards will thicken slightly after refrigeration.

2. Baked custards, the lightest of all, contain milk rather than cream and a relatively low ratio of eggs. As it is not unmoulded, this custard does not need the extra thickening power of additional egg yolks. The gel is not stirred during the baking process, thus giving a more solid texture. Baked custard mixtures are done when a metal knife inserted off centre comes out clean. The very centre still may not be quite done, but the heat retained in the mixture will continue to cook it after removal from the oven. Cooking longer may result in a curdled and/or weeping custard. Cooking a shorter period may result in thickened but not set custard. Baked custards are placed in a water bath in the oven. The water insulates the recipe from high heat and moderates the cooking or baking temperature of the custard. This guarantees that the eggs in the custard approach their set point slowly and thicken gradually.

STIRRED CUSTARDS: Crème Anglaise :- French word for "ENGLISH CREAM". It is traditionally known as vanilla sauce and is considered a "mother sauce" in pastry. It is a light pouring custard used as a dessert cream or sauce. It is a mix of sugar, egg yolks and hot milk, often flavoured with vanilla. The cream is made by whipping egg yolks and sugar together until the yolk is almost white, adding hot milk little by little, and cooking until thick. The sauce is stirred with a spoon until it is thick enough to coat the back of a spoon, and then must be removed from the heat. If the sauce reaches too high a temperature, it will curdle. Cooking temperature should be between 70 C (156 F) and 85 C (185 F); the higher the temperature, the thicker the resulting cream. This can be poured as a sauce over cakes, fruits, etc. Alternatively it can be eaten as a dessert on its own, often in the presentation of Ile flottante ("floating island"): the cream is poured into a bowl with a piece of meringue (blancs en neige) floated on top. It can also be used as a base for desserts such as ice cream or crème brulee. Other names includes 'crème a l'anglaise' and 'crème française'.

Confectioners' Custard: This is an all-purpose basic custard. The chief ingredients however are milk and sugar, bound with cornflour and flavoured with vanilla. Technically (and in French cookery) the word custard refers only to an egg-thickened custard. When starch is added, the result is called pastry cream (crème patisserie). Half the sugar, cornflour, yolks and quarter of the milk are mixed well in a bowl till smooth.

Meanwhile rest of the milk is brought to a boil and then the egg mixture is poured into it slowly, stirring constantly to prevent it from lumping. It is a more stable custard and can be used to lighten buttercream. Confectioner's custard made with whipped cream is *crème patisserie*.

Bavarian Cream:- A cold dessert composed of a rich custard, whipped cream, various flavourings (fruit puree, chocolate, liqueurs and so on) and gelatine. The mixture may be spooned into stemmed glasses or into a decorative mold to be de-molded when set. Though it does not pipe smoothly because of its gelatin, it could substitute at a pinch for *crème patisserie* as a filling for doughnuts

BAKED CUSTARDS: All baked custards share the same mixing and baking techniques. However you find that the proportions for each custard vary and that, while the variation seems small, they actually corresponds to a different result. Baked custards are placed in a water bath in the oven. The water insulates the recipe from high heat and moderate the cooking or baking temperature of the custard. This guarantees that the eggs in the custard approach their set point slowly and thicken gradually.

Crème Caramel: Is a custard baked in a ramiken or mold with a layer of caramel at the bottom. In some respects, it is similar to the *crème Brulee* that you see on many restaurant menus. They are both custard with a caramel layer. But *crème caramel* is made from egg yolks and egg whites (*crème Brulee* is made with yolks only) and its caramel is of a softer, more liquid consistency on the bottom (vs. the brittle caramel topping on *crème Brulee*). When you demold the *crème caramel*, there will be a topping of a caramel on the custard as well as a sauce of caramel that pools around the custard. In Italy it's known as *crema caramella* and in Spain as *flan*.

Pot de Crème: French for "pot of cream", is traditionally served in small, lidded porcelain cups. It is made with equal parts of cream and milk and lots of egg yolks, it is eggy and soft and smooth, pure custard to be spooned out of a cup and savoured unadorned.

Crème Brulee: French for burnt custard/cream is the richest of the three. All heavy cream and yolks, this custard cooks up rich and thick - a wonderful contrast to the glassy brittle layer of caramelized sugar it's topped with. This delicate, silken, and sinfully rich dessert, which blends the cool velvet of custard topped with a crisp, caramelized layer of sugar, from which it derives its name. It is baked in a *bain-marie* to ensure even baking.

Fresh Cream: A dairy product that is composed of the higher butterfat layer skimmed from the top of milk before homogenization. In un-homogenised milk, over time the lighter fat rises to the top. In the industrial production of cream this process is accelerated by using centrifuges called "separators". In many countries cream is sold several grades depending upon the total butterfat content. This cream should be used as soon as possible to ensure its keeping quality and must be refrigerated. Cream is used as an ingredient in many foods, including ice cream many sauces, soups, stews, puddings, and some other custard bases.

WHIPPED CREAM: The term "whipped cream" refers to cream that has been beaten until it is light and fluffy, as by whipping with a mixer, whisk, or fork. Cream containing 30% or more fat can be mixed with air, and the resulting colloid is roughly double the volume of the original cream as air bubbles are captured into a network of fat droplets. Whipped cream is a popular topping for desserts such as pie, ice cream, cupcakes, cake and chocolate and caramel puddings, cakes and for lightening a whole range of desserts such as ice creams, mousses and soufflés. It is used for decoration or simply as an accompaniment.

CHANTILLY CREAM/CRÈME CHANTILLY: Simply sweetened whipped cream flavoured with vanilla or brandy. Chantilly, is a delicious and light (like foam) sweet cream, it's a famous dessert or base of many recipes in French cooking. In this country, we take the sweetened part for granted when we refer to whipped cream, although, of course, unsweetened whipped cream is used to give volume and flavor to a number of savoury recipes. Chantilly cream is different from usual whipped cream by the sugar added. Either powdered sugar or vanilla sugar may be used.

4) TYPES OF MENUS: Table d'hôte or table of the host: A fixed menu planned at a fixed price. It is a meal of 3 or 4 courses with a limited choice of dishes, and is cooked in advance. It is changed daily or may be used in rotation. Left over food items could be used for this type of menu as it helps to economise.

2. Carte Du Jour or Daily Card: These are sometimes an insert in an a la carte menu, which comprises of a few special dishes of the day to vary the a la carte menu, for regular customers.

3. A La Carte or By the Card: To your choice. A la Carte means the presentation of a menu of a long sequence of dishes and courses. Each dish is individually priced. Dishes are cooked to order and the portions are larger than a table d'hôte menu. The customer has a wide choice and should be prepared to wait for this service. Many dishes and sauces are prepared in advance except for the final finishing touches and cooking. This type of menu is normally permanent, until either prices or change of management makes it out of date.

4. Banquet: The menu is composed for a number of people and it is necessary to know the reason for the banquet. It is usually a formal affair and dishes should be compiled to suit the occasion. The menu is elaborate and of a high class quality. It is a fixed menu, with no choice.

5. Buffets: There are 2 main types of buffets e.g. the light buffet and the fork buffet (lunch & supper). This buffet table is attractively displayed. The food served is colorful and attractive, tastefully decorated. A large variety of dishes is offered, for everyone to choose.

6. Cocktail: The main ingredients are drinks. Very tiny savoury snacks are served, such as stuffed olives, walnuts, almonds salted, etc