CULINARY ART

LEVEL – I

Based on March, 2022, Curriculum Version 1



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Acknowledgment

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Introduction to the Module

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In Culinary Art field, vegetables are much more appreciated, not only for their nutritional importance but also for the variety, flavor, eye appeal, and even elegance and sophistication they bring to the menu.

This module is designed to meet the industry requirement under the Culinary Art occupational standard, particularly for the unit of competency: **Prepare Vegetables**.

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Learning Objective of the Module

- Prepare vegetables
- Prepare potatoes
- Store vegetable foodstuffs

Module Instruction

For effective use this modules trainees are expected to follow the following module instruction:

1. Read the information written in each unit
2. Accomplish the Self-checks at the end of each unit
3. Perform Operation Sheets which were provided at the end of units
4. Do the "LAP test" giver at the end of each unit and
5. Read the identified reference book for Examples and exercise

Unit one: Preparing Vegetables

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Selection of Vegetables.
- Preparing and cooking vegetable dishes
- Selection of suitable sauces and accompaniments.
- Presenting vegetable Dishes attractively.

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Select vegetables in season according to quality, quantity and price
- Prepare and cook vegetable dishes for suitable cookery methods
- Select suitable sauces and accompaniments to serve vegetables.
- Present vegetable attractively using suitable garnishes

1.1. Selections of Vegetables in season

The term vegetable refers to all plants or parts of plants which can be eaten raw cooked or preserved in some form. A vegetable is defined as an edible plant excluding the seed. Edible plants are from the botanical world.

Vegetables play an important role in the human diet foodstuff they provide vitamins and minerals as well as, flavor not available in meats, cereals, dairy products and fruit.
Vegetables are a catch-all category that includes many of the edible parts of a plant, like stems, roots, flowers, and leaves. We don't usually consider the fruits of a plant to be vegetables, except for fruits that aren't very sweet. Tomatoes, squash, peppers, eggplants, and beans, for example, are all fruits, but we usually refer to them as vegetables.

Nuts, seeds, grains, herbs, and spices are not normally considered to be vegetables, even though they are all parts of plants.

1.1 .1 Types of Vegetables

The market is flooded with different types of vegetables, each belonging to a distinctive vegetable group. Availability of vegetables also differs from season to season, as in what you can find in winter season, that won't be available during summers in the temperate countries. However, all types of vegetables may be available throughout the year in tropic and sub-tropic countries. There are some vegetables that can be eaten raw in the form of salad like tomato, cucumber etc. And as it is said, variety is the spice of life; so savor the taste of the distinctive types of veggies bestowed on us by nature. Here is a list of different kinds of vegetables:



Figure 1.1 Types of vegetables

A. Root Vegetables

Root vegetables are rich in nutrients, low in fat and calories, inexpensive and usually available throughout the year. Beyond that, they have wildly varying characteristics. Radishes are pungent, carrots sweet, beets earthy. Others, like parsnips, turnips, and rutabagas, have more subtle flavors. Root vegetables will last awhile in your pantry, and even longer in your refrigerator.

1. **Beet roots** -Beets have a distinctive earthy flavor that's enhanced by roasting, but they can also be steamed, micro waved, or boiled. Varieties include the familiar red beets, golden beets, white beets, and Chioggia, candy cane beets and Baby beets.

2. **Black radish** -These large, pungent radishes have black peels and white interiors, they can be fashioned into attractive garnishes, or they can be cooked like turnips. They can also be served raw.

3. **Carrot** -Raw or cooked, carrots add sweetness and color to stews, soups, stir-fries, slaws, cakes, and crudités platters, plus they're a great source of arytenoids (Vitamin A).

5. **Radish** -With their crisp texture and peppery flavor, raw radishes are great in salads and on crudités platters. They can also be cut into attractive garnishes. Select firm, fresh-looking radishes and store them in your refrigerator for no more than a week.

6 .**Turnip**-Turnips can be roasted, boiled, steamed, or stir-fried.

7. **Salsify (pronounced: SAL-suh-fee)** -When cooked, salsify has the taste and texture of an artichoke heart. There are two types: white salsify and black salsify. After peeling salsify, put it into acidulated water right away to prevent it from turning brown. Canned salsify is a good substitute for fresh, but it's hard to find.

9. **Parsnip**-These are like carrots, except that they're cream-colored and never served raw. Northern Europeans like to add them to stews, but they can also be puréed or served as a side dish.

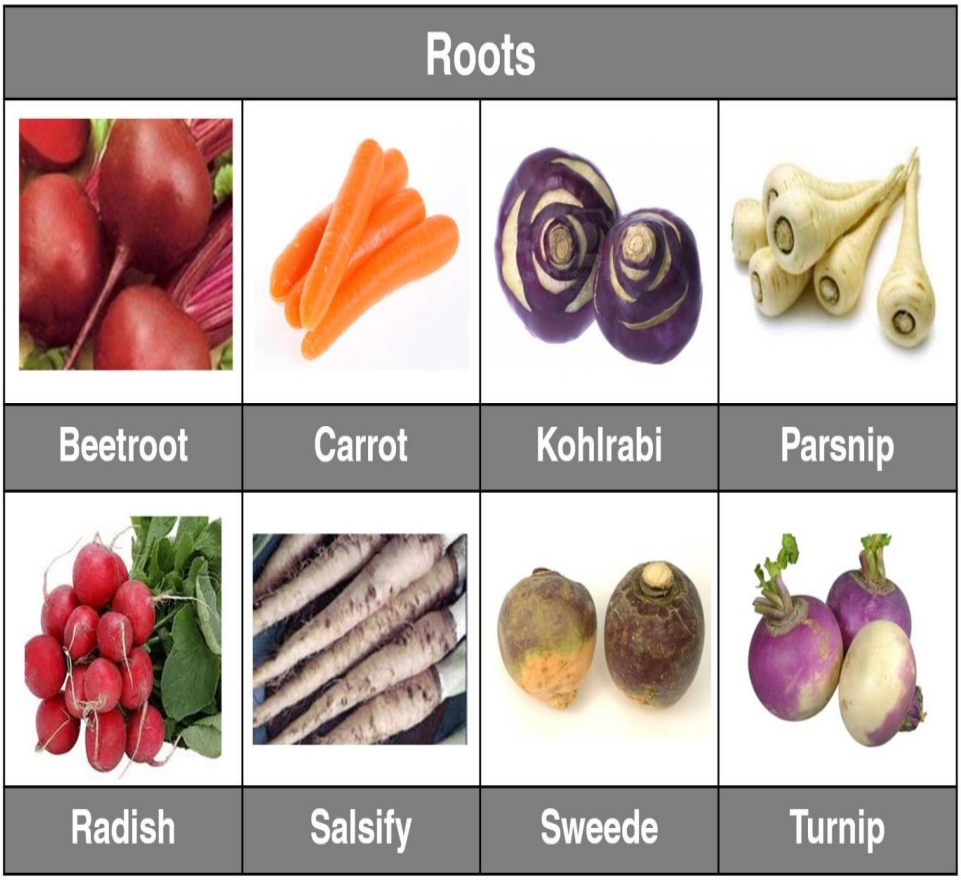


Fig1.2 Root vegetables

B. Leafy vegetable is an edible plant where only the leaves are consumed

Lettuce -These are mild salad greens that are always served fresh, either in salads or as garnishes. There are four basic categories: iceberg lettuce, leaf lettuce, butter head lettuce, and romaine lettuce, Lettuce leaves are very crisp



Figure1.3 lettuce

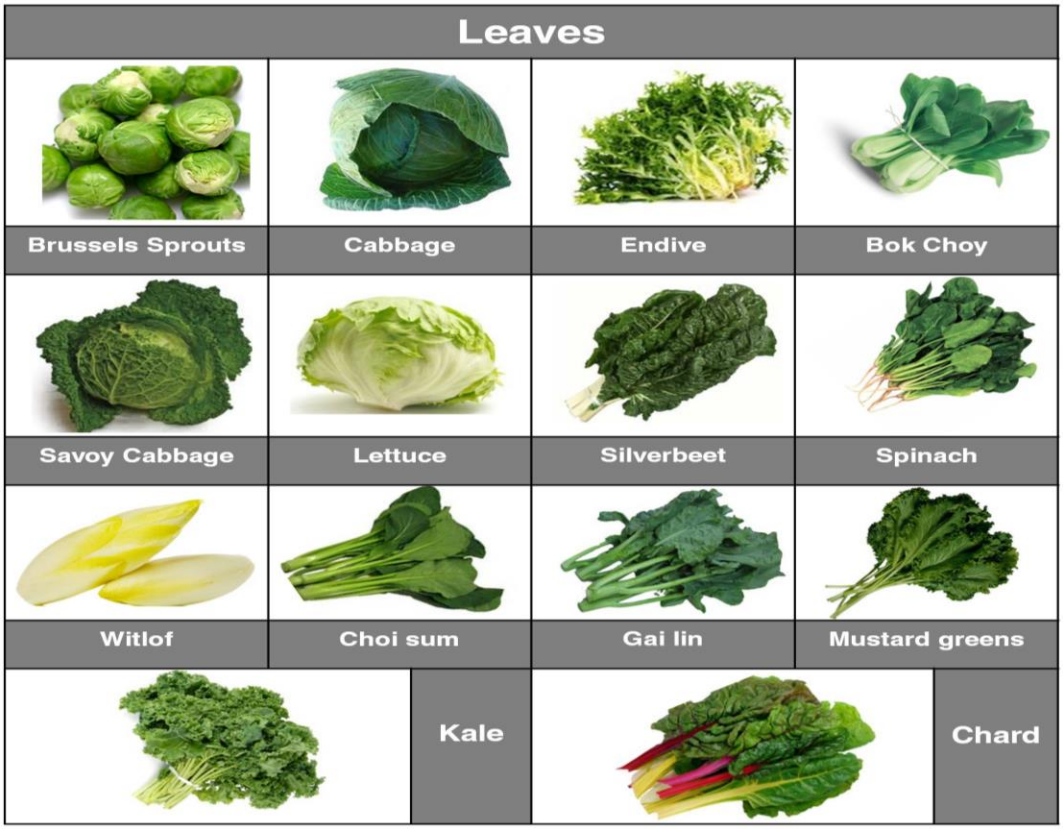


Figure 1.4 example of Leaf vegetable

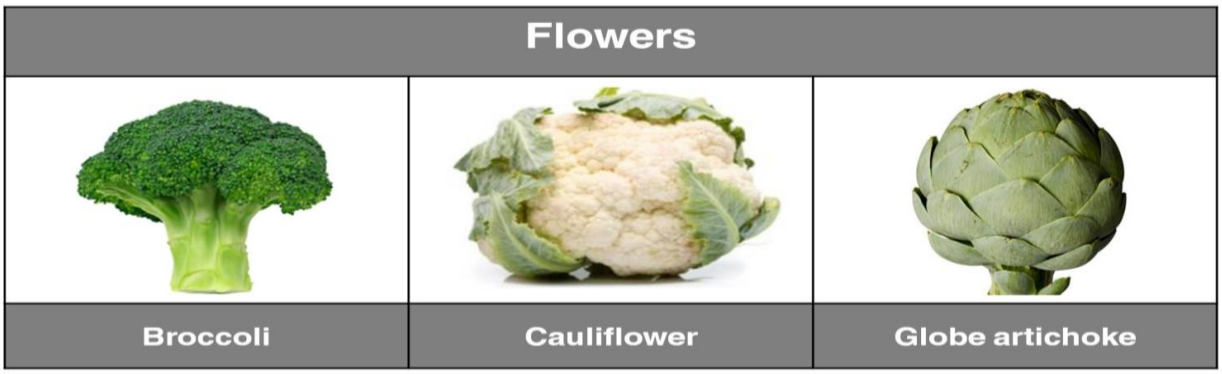


Figure 1.5 examples of Flowers

C. BULBS

1. **Green onion** -These are onions have small bulbs and long green stalks. They're usually eaten raw, but can also be grilled or sauté.

2. **Leek** - Leeks look like large green onions, and they have a more complex onion flavor. They're often cooked as a vegetable side dish, or used in soups.

3. **Spring onion** -Some people use the name spring onion as a synonym for green onion, while others use it to refer to a green onion with a partially formed bulb.

4. **Dry Onions** - There are two categories of dry onions: storage onions and sweet onions. Storage onions are low in water and high in sulfur, so they store well and are available year-round. Sweet onions are usually available just from April to August

5. **Shallot** - They have a more delicate, garlicky flavor than other cooking onions, and are a common ingredient in French sauces. Many people find them too hot to eat raw.

6. **Garlic**-Almost every cuisine on our planet has found an important role for garlic. Europeans mince it raw and add it to salad dressings, or sauté it and use it to flavor their sauces. Asian cooks add it to their stir-fries; Indian cooks to their curries; Hispanic cooks to meats and vegetables. Americans have lately taken a fancy to roasting whole bulbs, and then spreading the garlic like a soft cheese on bread or crackers



Figure 1.6 examples of Bulb Vegetables

1.2. Preparing vegetables dishes

Importance with all vegetables is that they are clean before any preparation for cooking commences. Root vegetables come out of the soil with all manner of dirt on them along with fertilizer that was placed into the soils to develop soil to grow the vegetables:

Wash well to remove all sign of soil, sand and or foreign objects.

- **Vegetables may need to be peeled:**

Vegetables with hard skins, such as pumpkin will need to have the skin removed.

Some modern preparation such as roast pumpkin may be roasted with the skin on and it is served like this and the customer just leaves the skin on the plate after eating the flesh of the pumpkin.

Normally the skin is removed but care has to be applied as many nutrients are just under the surface of the skin and if too much is peeled off then much can be lost. If being peeled care needs to be applied that all the skin is removed.

1.2.1 cutting methods (of vegetables)

1. **Brunoises –** Vegetables or meat items cut in to small dice (2mm Squares)
2. **Julienne** – Vegetables or meat items cut into fine strips.
3. **Jardinière** – vegetables cut into batons
4. **Macedoine** – A mixture – fruit or vegetables cut into ½ cm dice (1/2 cm square)
5. **Paysanne** – To cut into even, thin pieces, triangular, round, rough-Sided rounds, 1cm sided squares.

1.2.2 Cooking vegetables

The most common method of cooking vegetables is to boil them in water:

Boiling is used because it is a quick method of cooking.

Stir fried vegetables may be blanched in boiling water before being placed into the wok to increase the speed in which the vegetable will cook.

Boiling will introduce heat into the vegetable quickly, especially if they are cut into smaller pieces as with stir frying:

Green vegetables must be started in boiling water to preserve green color. The green color becomes bright after plunging into boiling water due to the collapsing of the outer cell walls and this increases to brightness of the chlorophyll as the color is spread over less area:

Green vegetables must be uncovered while cooking to retain color.

This is to see the vegetables cooking and make sure that they are not overcooked; overcooking will leach out the chlorophyll:

Root vegetables are best started in cold water as this allows for more even cooking. With starchy vegetables like potato if they are placed into boiling water the outer cell will breakdown before the centre is cooked.

By starting in cold water and cooking slowly it actually allows for the outer cells to firm up as the starch cells slowly take up the moisture and gelatinize. As the temperature rises above the 70°C mark and reaches temperature above 85°C the cells will start to lose the moisture and the starch cell erupt and they will become dry.

- Root vegetables are placed into cold water and then brought to the boil. This removes the chemicals which can cause a bitter taste. The vegetables will also cook more evenly
- Green and leafy vegetables are placed into boiling water. This cooks them quickly and reduces the loss of color and nutrition
- Root vegetables must be started in cold water to allow for even cooking and in some cases leech out strong flavors.

A. Stir frying of vegetables

Stir frying is only part of the process. Vegetables are blanched in boiling water to begin the cooking process and this also adds more liquid to the process so a lot of the cooking is done in a steamy atmosphere. This helps to speed up the process. Minimal quick cooking reduces the loss of nutrients and reduces the amount of oil used, so it is healthier for the consumer.

B. Roasting

Root vegetables are commonly roasted. This is a process where the outer edges are coated with oil and they are placed into the oven. The oil transfers the heat to the surface and gives a pleasant flavor to the outside of the vegetable. This is called the Maillard Reaction.

Aromatics added before the cooking process begins will add to the flavor of the final roasted product.

If a vegetable is wrapped into foil and then placed into an oven it is actually being steamed, not roasted.

Baking is the same as roasting but generally no oil is added to the surface of the vegetable so it does not have the same flavor as a roasted vegetable.

C. Braising and stewing

Many vegetables can be braised or stewed. Many vegetables will cook in aromatic liquids but cooking times will vary depending on cell structure.

1.2.3 Quality indicators

A. Texture

Vegetable fiber such as cellulose and pectin, give vegetables shape and firmness. These are changed during cooking. The amount of fiber present varies from plant to plant. For example, spinach has less fiber than a turnip. Sometimes there are variations in the amount of fiber from one part of a plant to another, such as the stem of broccoli and the buds. The maturity of a vegetable may create a change in its fiber content a young body carrot and an old carrot.

The fiber in the plant is affected by many things in the cooking process. Some make the fiver tougher, other make it softer. Fibers are toughened by acids, such as lemon juice, vinegar and tomato products. Sugars strengthen cellulose.

Alkali and heat soften vegetable fibers. Alkalis such as baking soda or hard water destroy vegetable fibers making them soft and mushy. Heat is the foremost enemy of vegetable fibers. Cooking vegetables for long periods of time softens them.

B. Flavor

To cook vegetables quickly and reduce flavor loss, start them in boiling salted water. This reduces the length of time they are in the liquid. Salt added to the cooking liquid also helps reduce flavor loss by increasing the water temperature and enhancing the flavor of the vegetable.

Strong flavored vegetables may need some reduction in their strong flavors. It is best to cook them uncovered, in a large quantity of water to allow some of the harsh flavor to dissipate.

To prevent the moisture loss in mild flavored vegetables, cook them in the least amount of water possible, i.e. just enough water to cover the vegetables and, whenever possible steam the vegetables

C.Color

Preserving as much of the natural color as possible is important. A high level of visual quality is a must. The color of vegetable is determined by the pigment it contains. Pigment is the coloring matter within the cells and tissue of the plant. The various types of pigments are affected differently by heat, acid, alkali and other elements involved in cooking.

D.Degree of Doneness

Vegetables are said to be done when they have reached the desired degree of doneness. This not only varies from vegetable to vegetable, but from one region of the country and world to another. As a role of thumb, keep vegetables slightly firm to the bite "al dente"

- **Guidelines for proper Doneness of vegetables**

1. Do not overcook vegetables
2. Cook vegetables as close to service as possible. Remember that they continue to cook when held in a hot table.
3. If you do have to cook ahead, undercook the vegetables slightly. This will allow for some holding time or reheating.
4. When pre-cooking for reheating, shock the vegetables in ice water to stop the cooking process.
5. Always cut uniform-size pieces to ensure even cooking throughout a batch of vegetables.
6. Vegetables with tough and tender parts need special attention.
7. Do not mix batches of cooked vegetables. Each batch is cooked to a slightly different doneness and if mixed, a variation of color and texture can occur.
8. Remember your goal is to retain the fresh, crisp, flavor of the vegetable, not diminish it.

1.3. Selection of suitable sauces and accompaniments

"Sauce is to culinary art, what grammar is to language" - Grimande De La Royere

The word "sauce" is a French word that means a relish to make our food more appetizing. Sauces are liquid or semi-liquid foods devised to make other foods look, smell, and taste better, and hence be more easily digested and more beneficial. Because of the lack of refrigeration in the early days of cooking, meat, poultry, fish, and seafood didn't last long. Sauces and gravies were used to mask the flavor of tainted foods. Sauces are one of the fundamentals of cooking.

Sauces may be prepared. Sauces, such as soy sauce, which are usually bought, not made, by the cook; or cooked sauces, such as Béchamel sauce, which are generally made just before serving. Sauces for salads are called salad dressing. Another variation is the pan sauce; this is made by adding an aromatic (such as chopped shallot) to a pan that has previously cooked meat, which has left hardened juices (called the fond) in the pan.

A person who specializes in making sauces is often referred to as a "saucier", a French term borrowed for its situational usefulness. Sauces are an essential element in cuisines all over the world.

1.3.1. Sauces

Sauce is a thickened liquid that is flavored or seasoned to enhance the flavor of the food that it is to accompany. The sauce can be sweet, sour, spicy, or savory and may be added to the food to become part of a main dish or used as an accompaniment to the food being prepared. Sauces add a variety of features to foods, such as complimenting or enhancing flavors, succulence, attractive appearance, and additional texture.

1.3.2. Importance of Sauces

- ✓ A sauce enhances flavors.
- ✓ Sauce like white sauce adds creaminess to firm and dry food thus giving moistness the food.
- ✓ Sauces like mint sauce, apple sauce with roast pork help in digestion.
- ✓ Sauce adds color to the food.
- ✓ Sauce served as an accompaniment, sometimes gives a contrast taste to another food.
- ✓ Sauce enhances the nutritional value of the dish.
- ✓ Sauce gives tartness and contrasts or balances a bland food. Example: Devil sauce served with eggs gives appealing tartness.
- ✓ Sauce makes food more palatable.

1.3.3. Thickening Agents Used In Sauces

Sauces, unless they're juice type sauces, shouldn't be thin and watery. There are many ways to thicken a sauce.

- The following are the few sauce-thickening agents:

Cornstarch - Cornstarch is actually flour. It is the endosperm of corn kernels that has been dried and ground, much the same way that wheat flour is made (in England cornstarch is actually called corn flour). Like other flours, cornstarch makes a good thickening agent. It is frequently used in Asian cooking and a clear sheen is typical of sauces thickened with cornstarch.

Flour and making a roux - Used as a thickening agent for sauces, the traditional roux is equal amounts of flour and a fat (usually butter) cooked together. The length of time that the flour is cooked depends on the color of the sauce being made. Cooked for a short time, the roux has little color and is used for white sauces. As cooked longer, the flour browns and results in a darker sauce.

Eggs yolks and cream – Yolks or cream are added as a finishing agent at the end of cooking. The product is never boiled, when liaison is added, or it would curdle. The liaison is added to thicken delicate cream or veloute sauces or cream soups.

Tomato Sauce

A tomato sauce is any of a very large number of sauces made primarily out of tomatoes, usually to be served as part of a dish (rather than as a condiment). Tomato sauces are common for meat and vegetables, but they are perhaps best known as sauces for pasta dishes.

Tomatoes have a rich flavor, a low liquid content, very soft flesh which breaks down easily, and the right composition to thicken up into a sauce when they are cooked (without the need of thickeners like roux). All of these make them ideal for simple and appealing sauces.

The simplest tomato sauces consist just of chopped tomato flesh (with the skins and seeds optionally removed), cooked in a little olive oil and simmered until it loses its raw flavor, and seasoned with salt.

Water (or another, more flavorful liquid such as stock or wine) is often added to keep it from drying out too much. Onion and garlic are almost always sweated or sauté at the beginning before the tomato is added. Other seasonings typically include basil, oregano, parsley, and possibly some spicy red pepper or black pepper. Ground or chopped meat is also common.

Sauces derived from tomato sauce are: Cretonne; Tomato Chaud froid ; Portuguese; Italian; Barbecue; Green tomato sauce; Salsa; Puttanesca; Tomato gravy.

Emulsion is a mixture of two liquids that normally can't be combined. Combining oil and water is the classic example. Emulsifying is done by slowly adding one ingredient to another while simultaneously mixing rapidly. This disperses and suspends tiny droplets of one liquid through another.

However, the two liquids would quickly separate again if an emulsifier were not added. Emulsifiers are liaisons between the two liquids and serve to stabilize the mixture. Eggs and gelatin are among the foods that contain emulsifiers. In mayonnaise, the emulsifier is egg yolk, which contains lecithin, a fat emulsifier. Emulsion sauces are hollandaise and mayonnaise.

Selecting suitable (to go with) sauces and accompaniments to be served with vegetables

Steaming is a simple way to cook vegetables while retaining flavor, color and nutrients without adding fat or calories. While steamed vegetables don't require sauce to make them taste good, a flavorful sauce complements the flavor and makes the vegetables even better. Serve sauces alongside steamed vegetables for dipping, or drizzle the sauce across the veggies. For a special dinner, serve steamed vegetables and a selection of sauces in separate dishes. Prepare sauces up to a day ahead of time.



Figure 1.6 Tomato Sauce

Vinegar Sauce

Vinegar sauce is a light, easy sauce that supplies a sweet, tangy, Asian flair to steamed vegetables. To make vinegar sauce, begin with seasoned rice vinegar, then stir in sugar, ketchup, soy sauce and sesame oil. Whisk thoroughly to blend the ingredients, then serve in a bowl for dipping. This type of sauce works well with many types of vegetables such as broccoli, cauliflower, asparagus and bell peppers.



Fig.1.7 Vinegar sauce

A. Sweet mustard sauce (senafch)

Sweet mustard sauce provides a blend of sweet and tangy flavors to accentuate the flavors of steamed vegetables. To make the sauce, whisk together Dijon mustard and maple syrup, then blend in soy sauce and freshly ground black pepper. Serve the sauce as an accompaniment to steamed vegetables such as carrots, broccoli and cauliflower.



Fig.1.8 . Sweet mustard sauce

B. Yogurt Sauce

Yogurt sauce is a cool, refreshing sauce that provides a mild herb flavor to steamed vegetables. Place plain yogurt in a bowl, then stir in cumin, curry powder and salt. Use low fat or regular yogurt. You also can use Greek yogurt, which provides a rich, creamy consistency and tangy flavor. Serve yogurt sauce in bowls alongside steamed vegetables such as artichokes and asparagus.



Fig.1.9 yogurt sauce

C. Carrot and Pepper Sauce

Carrot and pepper sauce adds a fiery flavor to steamed vegetables. Start with fresh squeezed lemon or lime juice, then blend in minced chili peppers such as Anaheim, habanero or jalapeno

peppers, minced garlic, grated carrot and a small amount of sugar. Serve carrot and pepper sauce for dipping or drizzle it sparingly over steamed vegetables like potatoes or broccoli.

Ethiopian major staple crops include a variety of cereals, pulses, oilseeds, and coffee. Grains are the most important field crops and the chief element in the diet of most Ethiopians. The principle grains are teff, wheat, barley, corn, sorghum, and millet.

Summary of sauces

Sauce is liquid or sometimes semi-solid food served on or used in preparing other foods. Sauces are not consumed by themselves; they add flavor, moisture, and visual appeal to another dish. Sauce is a French word taken from the Latin salsas, meaning salted. Sauces need a liquid component, but with dishes such as pasta can contain more solid elements than liquid.

Initially perfected by the French, all sauces are now universally categorized into one of 5 groups of sauces serving as a base or foundation for other sauces and referred to as the Grand or Mother Sauces.

The five mother sauces are: Béchamel sauces that are made with milk and pale roux. Common sauces in this group include crème, moray and soubise. Brown (dime- glace) or Espanola - sauces that are brown stock-based, such as brown sauces. Common sauces in this group include bordelaise, chasseur, chateaubriand, disable, Diane, estragon, mayonnaise, madder, Madeira, muscovite, mushroom, piquant, Porto, Robert, romaine, tarragon, and zinger. Volute - sauces that are made with white stock and roux. Common sauces in this group include allemande, navigate, supreme, and white bordelaise. Red or Tomato Sauces - tomato based sauces. Common sauces in this category include spaghetti sauce, marinara and a wide variety of tomato sauces. Emulsions - sauces that are emulsified such as hollandaise or mayonnaise.

1.4. Present vegetable dishes

Presenting vegetables on a plate is an important skill. If they are just placed without thought then the whole appearance can be ruined.

Vegetable should be presented attractively and neatly by using suitable garnishes, where appropriate

Cooking green vegetables correctly will give a bright green colour that adds much to the presentation.

Overcooked green vegetables look dull and lose their bright green colour.

Green vegetables are best if they have a slight crunch to them when they are served.

The primary focus when presenting vegetables is colour.

Place bright green and orange next to each other and do not place vegetables of similar colour next to each other as this will diminish the colour impact.

- **Vegetables can be served**:

✓ On the plate with the meat

✓ As a side dish

✓ As part of a buffet either hot or cold.

Vegetables are normally considered a side or an accompanying dish but in many societies they are the main food source so the role of the vegetable changes. They become the main focus of the menu item.

- When presenting vegetables thought and consideration needs to be applied to the following points:

- ✓ Color combinations on the plate
- ✓ Height of the presentation
- ✓ Type of plate or platter on which they are being served
- ✓ Flavor combination used when combining different vegetables
- ✓ Texture that each individual vegetable imparts.

Self check1	**Written Test**

Name:_____ ID_____

Directions: Answer all the questions listed below. Use the Answer sheet provided in the next page:

Part -I: Fill in the blank space

1._____have a distinctive earthy flavor that's enhanced by roasting, but they can also be steamed, micro waved, or boiled

2._____are type of vegetables that are rich in nutrients, low in fat and calories, inexpensive and usually available throughout the year

Answer sheet

1)_____

2)_____

Note: Satisfactory rating 3 and 5 points Unsatisfactory below 3 and 5 points

You can ask you teacher for the copy of the correct answers.

Score = _____
Rating: _____

Name: _____ Date: _____

Operation Sheet #1	Prepare vegetable dishes

Recipes

1. **Fried Egg Plant**

Ingredients

- 1/2kg gg plant
- 600ml milk
- 50 gm flour
- Salt & pepper
- 1tbsp chopped parsley
- Oil for frying

Method

1 Wash the egg plant

2. Remove alternate strips with peeler
3. Cut in to ½ cm slice on slant
4. Pass through seasoned flour or milk & flour
5. Shake of all surplus flour
6. Deep fry in hot fat (180^0c) drain well & serve

Aborigines may also be shallow fried.

2. **Stuffed Eggplants**

Ingredients

- 200gm eggplants
- 10gm chopped shallots
- 100gm mushrooms
- 25 chopped parsley
- 100gm tomatoes concasse'
- 10gm salt
- 125ml demi- glace

Method

1. Cut the egg plant in two length wise.
2. With the point of small knife cut around the halves approx ½ cm from the edge ,then make several cuts ½ cm deep in the center
3. Deep fry in hot fat (185^0C) for 2-3 min drain well
4. Scoop out the center pulp & finely chop it

5. Cook the chopped shallot in a little oil or fat without coloring
6. Add the well washed mush rooms
7. Cook gently for a few minutes
8. Mix in the pulp ,parsley ,tomato,& season
9. Replace in the eggplant skins
10. Sprinkle with bread curbs & melted butter
11. Brown under salamander
12. Serve with a cordon of demi – glace or jus-lie

3. Ratatouille

Ingredients

- 200 gm baby marrow
- 200 gm eggplants
- 200 gm tomato
- 50ml oil
- 50 gm finely chopped onion
- 1 clove garlic crushed & chopped
- 50gm red pepper diced
- Salt & pepper
- 1tbsp chopped parsley

Method

1. Trim both end of the marrow & aubergines
2. Remove the skin using peeler
3. Concasse the tomato & remove the seeds, roughly chopped
4. Place the oil in the thick bottomed pan add the onions
5. Cover with the lid & allow to cook gently 5-7min without coloring
6. Add the garlic , marrow , eggplant, slice & the peppers season with salt & pepper
7. Allow to cook 4min toss occasionally & keep covered
8. Add the tomato & continue cooking until all is tender (approx20-30min)
9. Mix in parsley correct the seasoning & serve

4. Buttered Carrots

- Ingredients
- 400gm carrots
- Salt, sugar
- 25g butter
- Chopped parsley

Method

1. Peel & wash the carrots
2. Cut in to neat even pieces or barrel shape
3. Place in a pan with little salt a pinch of sugar & butter barely cover with water
4. Cover with a buttered paper allow to boil steadily evaporate all the water
5. When the water has completely evaporated check that the carrots are cooked do not over cooked
6. Toss the carrots over the fierce heat for1-2min in order to give the glaze

5. Puree of Carrots

Ingredients

- 600gm carrots
- 25gm butter
- 10gm salt
- 10gm pepper

Method

1. Wash, peel & re wash the carrots .cut in pieces.
2. Barely cover with water ,add salt .simmer gently until tender
3. Drain well .pass through a sieve or Moulin.
4. Return to the pan, reheat & mix in the butter, correct the seasoning & serve.

6. Carrots in Cream Sauce

Ingredients

- 400gm carrots
- 250ml cream sauce
- 10gm butter /margarine
- 10gm salt & pepper

Method

1. Prepare & cook as for a buttered carrots mix with the sauce correct the seasoning & serve

Note – the cream sauce may be made with whole meal flour, skimmed milk & natural yogurt

7. Grilled Mushrooms

Ingredients

- 200gm grilling mushrooms
- Salt & pepper
- 50 gm butter /margarine /oil

Method

1. Place the mushroom ,remove the stalks & wash well
2. Place on the tray & season with salt & pepper
3. Brush with melted fat or oil & grill on both sides for approx 3-4 served with picked parsley

8. Stir-Fry Cabbage with Mushrooms & Bean Sprout

Ingredients

- 400gm spring cabbage
- 30ml oil
- 15ml light soy sauce
- 200gm mushrooms
- 100gm bean spout
- 10gm freshly ground pepper

Method

1. Wash & shred the cabbage
2. Heat the oil in the suitable pan i.e. wok
3. Add the cabbage & stir for 2 min
4. Add the soy sauce ,stir well .cook for farter one minutes
5. Add the mushroom cut into slice s & cook for farter 2 min
6. Stir the bean spout s & cook for 1-2 min
7. Stir well .season with freshly ground pepper & serve

9. Braised Cabbage

Ingredients

- ½ kg cabbage
- 100gm carrots
- 100gm onions
- 250ml white stock
- Salt & pepper
- Bouquetgarni
- 125ml jus-lie’

Method

1. Quarter the cabbage remove the center stalk & wash
2. Retain four light green leaves, herd the remainder.
3. Blanch the leaves & shredded the cabbage 2-3 min ,refresh
4. Lay the four blanched leaves flat on the table
5. Place the remainder of the cabbage on the center of each & season.

6. Wrap each portion of the cabbage in tea- cloth & shape into a fairly firm ball
7. Remove from the tea cloth place in the bed of roots
8. Add the stock half way up the cabbage season & add the bouquet
9. Brinton boil, cover with the lid & cook in the oven approx 1hr.
10. Dress the cabbage in serving dish
11. Add the cooking liquor to jus-lie' correct the seasoning & consistency
12. Pour over the cabbage & serve.

10. Buttered Cauliflowers

Ingredients

- 250gm cauliflower
- 1it water
- 15 g salt
- 25-50 gm melted butter

Method

1. Trim the steam & remove the outer leaves
2. Hallow out the steam with a peeler .wash well
3. Cook in the boiling salted water approx. 20 min do not overcook.
4. Drain well & cut into 4 even portion
5. Lightly color in all side of the cauliflower with butter season & serve

11. Cauliflower Au Gratin

Ingredients

- 250gm cooked cauliflower
- 500ml mornay sauce
- 25gm grated cheese

Method

1 Cut the cooked cauliflower into for portions
2 Reheat in the a pan of hot salted water
3 Place in a vegetable dish or greased tray
4 Coat with ¼ lit mornay sauce
5 Sprinkle with greeted cheese

6. Brown under salamander

Mornay sauce 25g butter, 25gm, flour, 250ml warm milk salt &nutmeg egg yolk & grated cheese

12. Cauliflowers with Cream Sauce

Ingredients

- 250gm cauliflower
- 1it water
- 15 g salt
- 250ml cram sauce

Method

1. Trim the steam & remove the outer leaves
2. Hallow out the steam with a peeler .wash well
3. Cook in the boiling salted water approx. 20 min do not overcook.
4. Drain well & cut into 4 even portion
5. A accompanied with a cream sauce

13. **Broccolis**

Method

Cook & serve for any of the cauliflower recipes remember they need less cooking than the cauliflower

14. Mixed Vegetables in Batter

Ingredients

- cauliflower (blanched)
- broccoli (blanched)
- French bean (blanched)
- baby marrow
- eggplant
- carrot

Method

1. Prepare in small pieces these vegetables may also be served individually you can also prepare with deferent types of vegetables steamed ,boil or row even you can prepare desserts with fruits
2. Boil or steam the vegetables (except the marrow & eggplant) keep the rest slightly firm

3. Marinade in the oil ,lemon juice & chopped parsley
4. Dip in batter
5. Deep fry in hot fat 180^0 c until golden brown
6. Drain & serve

15. Batter Mixture

Ingredients

- 200 gm flour
- Salt
- 1 egg
- 250ml milk / water /beer
- 2tbs oil
- ½tbsp baking powder

Method

1. Sieve the flour ,salt & baking powder in a basin
2. Make a well at the center
3. Add the egg & milk
4. Gradually incorporate the flour , beat to a smooth mixture
5. Mix in the oil
6. Allow to rest before using

16. Stuffed Marrows

Ingredients

- 2-3 marrow
- 100gm minced meat
- 100gm boiled rice
- 10gm salt
- 10gm salt
- Herbs

Method

1. Peel the marrow cut in half lengthwise.
2. Remove the seeds with the spoon
3. Season & add the stuffing
4. Replace the two halves
5. Add the fat bacon or suet ,the crust of the bread ,cover with the buttered grassed proof paper & tight lid and cook gently in moderate hot oven 150^0c-200^0c approx 1hr until tender
6. To serve cut into thick slice & dress neatly in a vegetable dish

17. **Shallow Fried Courgettes**

Ingredients

- 200gm baby marrow
- 500ml water
- 25gm flour
- 10 pepper
- 10gm salt
- Oil for shallow fry

Method

1. Wash .top & tail cut in to round slice 3-6 cm thick
2. Gentle boil in lightly salted water for 2-3 minutes .don't over cooked
3. Drain well & pass through seasoned flour
4. Gently fry in hot oil /butter until lightly golden brown drain well & serve

18. **Deep Fried Courgettes**

Ingredients

- 200gm baby marrow
- 500ml water
- 10gm salt
- 25gm flour, or milk and flour
- 10 pepper
- 10gm salt
- Oil for deep fry

Method

1. Wash top & tail cut in to round slice 3-6 cm thick
2. Gentle boil in lightly salted water for 2-3 minutes .don't over cooked
3. Pass through flour, or milk & flour or batter and deep fry in hot fat until lightly brown (185^0c) drain well

19. Leaf Spinach

Ingredients

- 2kg spinach
- 1lit water
- 15gm salt
- 15 gm mill pepper

Method

1. Remove the steams & discard them
2. Wash the leaves very carefully in aplenty of water several time if necessary

3. Cook in boiling salted water ,approx.5 min ,do not overcook
4. Refresh under cold water ,squeeze dry into a ball
5. When required for the service place in to a pan congaing 25gm-50gm butter ,loosen with a fork & reheat quickly without coloring season with salt & meal pepper & serve

20. Spinach Puree

Ingredients

- 2kg spinach
- 1lit water
- 15gm salt
- 15 gm mill pepper

Method

1. cook ,refresh & drain spinach as above
2. pass through a sieve or Moulin , or use food processor
3. reheat in 25-50 gm butter ,mix with a wooden spoon correct the seasoning & serve

21. French Beans

1. Top & tail ½ kg French beans
2. Using a Sharpe knife cut the bean to a thin strips approx 5cm x3 mm & wash
3. Cook in the boiling salted water until tender
4. Don't over cooked & serve

22. **Peas Flemish Style**

Ingredients

- 200gm carrots
- 400gm peas
- 50gm butter

Method

1. Wash & peel the carrots & cut into batons or dice
2. Cover with water ,season & cook until tender
3. Meanwhile cook the peas
4. Drain the peas & carrots
5. Mix in the pan containing the butter & serve

23. Mixed Vegetables

Ingredients

- 100gm carrot
- 50gm potatoes
- 50gm French bean
- 50gm peas
- Salt

Method

1. Peel & wash the carrots & potatoes
2. Cut into 1/2cm dice or batons
3. Cook separately in salted water do not overcook. refresh
4. Top & tail the beans
5. Cut in to ½ cm dice cook & refresh do not over cook
6. Cook the peas & refresh
7. Mix the vegetables & when required re- heat in hot salted water
8. Drain well ,serve brushed with melted butter

24. Mixed Grill Vegetables

Ingredients

- 50gm blanched broccoli (cut in to floret)
- 50gm blanched cauliflower (cut in to floret)
- 50gm blanched carrot (cut into slants)
- 50gm baby marrow blanched (cut into slice)
- 50 gm eggplant blanched (cut into slice)
- Salt & pepper
- Light soy sauce

Method

1. Drizzle the grill with oil add the vegetables grill 3-4 min
2. Season with soy sauce ,salt & pepper
3. Serve at is hot

25. French Fried Onions

Ingredients

- 200gm onions
- 50gm flour
- 50ml milk
- Salt
- Pepper

Method

1. Peel & wash the onions
2. Cut 2mm thick slice ,against the grain
3. Separate into rings
4. Pass through milk & seasoned flour
5. Shake off the surplus deep-fry in hot fat (185^0c)
6. Drain well ,season with salt & serve

26. Stuffed Tomatoes

Ingredients

- 8midum size tomatoes
- 10gm chopped shallots
- 25gm butter /oil
- 150gm mushrooms
- Salt & pepper
- 1colve garlic, crushed(optional)
- 25gmwhite /whole meal breadcrumbs chopped parsley

Method

1 Wash the tomatoes remove the eyes
2 Remove approx. one –quarter of the tomatoes with the sharp knife
3 Carefully empty out the seeds without damaging the flash
4 Place on the greased baking tray
5 Cook the shallots with the littlie oil or margarine without coloring
6 Add the washed chopped mushrooms, season with salt & pepper Add garlic if you using & cook for 2-3 minutes

7 Add a little of strain of tomato juice, the breadcrumbs' & parsley mix to piping consistency .correct the seasoning at this stage several variation may be made eg chopped ha cooked rice etc…can be added

8 Place the mixture in piping bag with a large stare tube & pipe into tomatoes shells

9 Replace the tops

10 Brushed with melted fat ,saloon with salt & pepper

11 Cook in a moderate hot oven (180^0c-200^0c) approx 4-5min

12 Serve garnished with picked parsley

27. Beet root finger in honey

Ingredients:

20gmButter	1 tbspHoney
15gmGinger sliced	To taste Salt
1pBeetroot raw, sliced into batons	50 mlWater

Method:

1. Melt butter and sweat ginger, add beetroot batons, honey and water
2. Simmer for approximately 10 – 15 minutes and season to taste with salt.

The idea of cooking the beetroot this way is to save time and fuel cost. It also brings out the strong earthy flavour.

28. Pumpkin timbale

Ingredients

- 450gm Pumpkin
- 1Egg
- 30ml Cream
- Nutmeg
- Salt & pepper

Method

1. Steam pumpkin until tender, puree and return to heat to dry out
2. Weigh the pumpkin puree, it should be 240 gm

3. When cooled add egg, cream, nutmeg and season
4. Place in well buttered timbale moulds
5. Steam until set approx. 30 – 40 minutes
6. Leave for 10 minutes in the moulds before turning out.

29. Cauliflower and pea

Ingredients

- 25 ml Oil
- 1tsp Mustard seeds
- 5 gm Fresh ginger julienne
- 1p Onion medium, sliced
- ½tsp Turmeric
- 1p Green chilli, chopped
- ¼ Cauliflower, large
- 100gm Peas frozen
- Salt
- ½Lemon, juice
- 1tbspCoriander chopped

Method

1. Separate the florets from the cauliflower and soak the peas in hot water for 10 minutes
2. Heat the oil in a pan and add the mustard seeds, heat till they crackle. Add ginger, onion turmeric and chilli, now fry for a few minutes
3. Stir in the cauliflower pieces and add salt, sprinkle with lemon juice. Cover the pan and reduce the heat to a low. Simmer for 5 minutes and add the drained peas
4. Cover again and cook on low till cauliflower is tender. When necessary add a little water
5. Transfer to a service dish and sprinkle chopped coriander over the subzi.

30. Spinach and cheese curry

Ingredients

- 100 gmFresh spinach leaves
- 50 gmcheese
- 15gmGhee/clarified butter
- 50 gmOnions
- ¼ tspTurmeric
- ¼ tspChilli powder (as per taste)

- 1 tbspCoriander powder
- ½ tspGinger chopped
- ½ tspGarlic
- 75 gmTomato chopped/1 cm dice
- ½ tspGinger juliennes-for garnish
- To taste salt and fresh coriander
- 20 mlFresh cream

Method

1. Clean and boil spinach, cool, strain and make pulp in food processor
2. Cut cheese into cubes, deep fried
3. Heat the ghee and fry the diced onion till golden brown in a saucepan
4. Add the spices, tomatoes and cook until the fat separates on medium heat
5. *(You may need a few spoons of water from time to time to help cook the spices)* ***(Do not add lot of water-this will spoil making the curry)***
6. Add the spinach pulp and ½ of a cup of water and cook to mix the water
7. Add the cheese and bring to the boil then serve in an appropriate dish sprinkled with chopped fresh coriander, ginger julienne and cream on top.

Operation Sheet2.1-Selecting suitable sauces and accompaniments

Recipes

1. **Vinegar sauce**

INGREDIENTS

2 cups cider vinegar

1/2 cup plus 2 tablespoons ketchup

1/4 cup firmly packed brown sugar, or more to taste

5 teaspoons salt, or more to taste

4 teaspoons hot red pepper flakes

1 teaspoon freshly ground black pepper

1 teaspoon freshly ground white pepper

Methods

Combine the vinegar, ketchup, brown sugar, salt, red pepper flakes, black pepper, and white pepper with 1 1/3 cups of water in a nonreactive medium-size bowl and whisk until the sugar and salt dissolve. Taste for seasoning, adding more brown sugar and/or salt as necessary; the sauce should be piquant but not quite sour.

2. **Sweet mustard sauce**

Ingredients

- 6 tablespoons sweet grainy mustard, or to taste
- 2 to 3 tablespoons Dijon mustard
- 1 tablespoon sugar, or to taste
- 1 to 2 tablespoons vinegar
- 1 cup vegetable oil
- 2 to 3 tablespoons finely chopped fresh dill

Methods

1. Combine the sweet mustard and 2 tablespoons of the Dijon mustard in a medium bowl.
2. Add the sugar and 1 tablespoon of the vinegar.
3. Gradually add the oil, whisking constantly. Adjust the flavors as necessary. The sauce should be neither overly sweet nor overly acidic.
4. Add a little water if the sauce gets too thick. Stir in the chopped dill. It will keep, refrigerated, for 2 to 3 weeks.

3.Yogurt sauce

Methods

- 1 teaspoon chopped garlic
- 1/2 teaspoon kosher salt
- 1 cup plain yogurt (preferably whole-milk)
- 1 tablespoon fresh lemon juice

Mthods

1. Mash garlic to a paste with salt using a mortar and pestle (or mince and mash with a heavy knife). Stir together garlic paste, yogurt, and lemon juice.

Cooks' note:

Sauce may be made 1 day ahead and chilled, covered.

4. Carrot and pepper sauce

Ingredients

- 1 tsp olive oil
- 2 large carrots peeled and diced
- 1 small onion chopped
- 1 serrano pepper chopped
- 1 long red cayenne pepper chopped
- 3 garlic cloves chopped
- 1 large tomato chopped
- 1 teaspoon dried rosemary
- 1 teaspoon dried basil
- 1 teaspoon dried ginger

- Salt and pepper to taste
- 2 tablespoons white wine vinegar
- 1 cups water or more as desired

Methods

1. Heat a sauce pan to medium heat and add oil. Add carrots, onion and peppers and cook about 7 minutes to soften.
2. Add garlic and cook another minute.
3. Add tomatoes and cook a couple minutes more, breaking a part the tomatoes with a wooden spoon, until it breaks down.
4. Add remaining ingredients and bring to a quick boil. Reduce heat and simmer about 20 minutes.
5. Cool then transfer to a food processor or blender. Process until smooth.
6. Strain the pulp from the sauce and discard it.
7. Adjust for salt and pepper. Transfer to sterilized bottles for keeping. Enjoy!

5. Tomato Sauce

Ingredients:-

Yield: 1 cup

-Fresh tomatoes 1 kg

-Olive oil 1 tbsp

-Onion peeled and chopped1

-Garlic cloves peeled and crushed3

- Brown sugar

-Salt and freshly milled black pepper

Methods

1. Put the tomatoes in a big bowl. Pour boiling water over the tomatoes until every one is submerged. After a few minutes drain the tomatoes and hold them under running cold water. Slip their skins off.
2. Heat the oil in a medium saucepan, then add the onion and garlic and let them gently cook for 5-6 minutes, until they are softened and golden. Now add the tomatoes. Simmer the tomatoes on

a very low heat, without a lid for 1½ hours or until all the liquid had evaporated and the tomatoes are reduced to a thick, jam-like consistency, stirring now and then.

3. Add salt and pepper to taste.

4. If the sauce is extremely acidic add brown sugar in teaspoon increments.

LAP Test 1	Practical Demonstration

Name: _____ ID: _____

Time started: _____ Time finished: _____

Instructions:

1. You are required to perform any of the following:

Request your teacher to arrange for you all necessary tools, materials and equipment. Submit your outputs to your teacher for evaluation.

Request a set of tools, materials, equipment for the tasks then perform the following tasks in front of your teacher:

A. Prepare stuffed tomato in rice

B. Prepare grilled vegetable in suitable sauce

C. Prepare mixed vegetable

D. Prepare ratatouille

2. Request your teacher for evaluation and feedback

LAP Test 2	Practical Demonstration

Name: _____ ID: _____

Time started: _____ Time finished: _____

Instructions:

1. You are required to perform any of the following:

Request your teacher to arrange for you all necessary tools, materials and equipment. Submit your outputs to your teacher for evaluation.

Request a set of tools, materials, equipment for the tasks then perform the following tasks in front of your teacher:

Task 1. Prepare Tomato Sauce

Task2. Prepare Vinegar sauce

2. Request your teacher for evaluation and feedback

Unit Two: Preparing Potatoes

This unit to provide you the necessary information regarding the following content coverage and topics:

- Selection of potatoes
- preparing and cooking potato dishes
- selection of sauces and accompaniments
- presenting potato dishes

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- select potatoes
- prepare and cook potato dishes for suitable cookery methods
- select sauces and accompaniments for potato dishes
- present attractively potato dishes with suitable garnish

2.1. Selection of Potatoes

In classical cuisine, the potato is one of the most important of all foods. To many of us today, potatoes are considered an ordinary and humble food. The potato is, of course, a vegetable, but because of its high starch content it usually serves the same function on the menu as grains and other starchy foods.

Potatoes are traditionally classified as either starchy, low-moisture varieties or as waxy,

High-moisture varieties. The following section summarizes the main characteristics of these two categories as well as traditional uses for each.

2.1.1. Types of potato

Potatoes are classified according to their starch content. The amount of starch determines the use for which they are usually considered most suitable. Keep in mind that these categories are only general. Within each group is a range of starch and moisture content. For example, different varieties of waxy potatoes have different moisture content, depending not only on the variety of potato but also on the growing and storage conditions.

A. **Waxy potatoes**.

High moisture content, high sugar content, low starch content. Usually small and round in shape, but some varieties can be large, and some may be elongated. Flesh is white, yellow, or even blue or purple. Skin is white, red, yellow, or blue.

Hold shape well when cooked firm, moist texture. Use for boiling whole, for salads, soups, hash browns, and any preparation where the potato must hold its shape.

Do not use for deep-frying. High sugar content will cause dark streaks and poor texture.



Fig.2.1 Waxy potatoes, clockwise from top left: small and large red-skinned potatoes, white potatoes, large and small yellow potatoes.

B. Mature or starchy potatoes.

- High starch content, low moisture and sugar. Light, dry, and mealy when cooked.
- Russets, long, regularly shaped potatoes with slightly rough skin.
- Ideal choice for the traditional baked potato.
- Best potato for French fries because the high starch content produces an even, golden color and good texture.
- Also, the regular shape means little trimming loss.
- May be mashed, but is generally too expensive for that purpose.



Fig.2.2 Starchy potatoes, left to right: russet potatoes, all-purpose or chef potatoes.

For most of us, selecting the right potato for a particular preparation means selecting from among russets, all-purpose potatoes, and red- or white-skinned boiling potatoes, as these are often the only types found in the kitchen. For basic potato cookery, then, the information in the preceding section tells us what we need to know.

Varieties of Potato Dish

The following are some of the many potatoes available.

New potatoes are shipped and sold as soon as they are harvested. By contrast, potatoes that are harvested mature are held at a controlled temperature and humidity for about two weeks in order to toughen their skins further and heal cuts and other damage. This curing process gives the potatoes greater keeping quality.

A. **All-purpose potatoes** are also white-fleshed potatoes. They have a moderate starch content and moderate moisture, making them suitable for many kinds of preparations, indicated in the previous section. White-fleshed potatoes may also be harvested young, when they have more moisture, less starch, and a thin skin. Young white potatoes are used mostly for boiling.

B. **Yellow-fleshed potatoes** include many varieties. Yukon gold is a round, medium-size potato that ranges from waxy to somewhat starchy, depending on age and growing conditions.

They are used for many purposes, including baking. Yellow Finn is also used for baking; it has a smooth, creamy texture when baked, unlike the grainy, starchy texture of baked russets. Red-skinned varieties may have white, pink, or yellow flesh. Most of them are of the waxy type. Red Bliss has long been one of the most popular waxy potatoes. Other red-skinned potatoes include All-Red (pink flesh), Early Ohio (white flesh), Early Rose (white flesh), and Rose Gold (yellow flesh).

C. **Blue-skinned,** white-fleshed varieties are similar to red-skinned varieties, except their skins range in color from dark reddish blue to purple. When cooked, the skins may keep their color or turn brown, grayish, or another color, depending on the variety. Several varieties are grown, including Blue Pride, Caribe, and Kerry Blue.



Fig2.3 Blue potatoes (All-Blue)

D. Fingerling potatoes are small potatoes, usually firm and waxy, with a long, narrow shape. Most popular fingerlings are yellow-skinned and yellow-fleshed, but red-skinned, yellow-fleshed fingerlings are also grown.



Fig.2.4 Fingerling potatoes

2.1.2. Checking for Quality

Look for these signs of high-quality potatoes:

1. Firm and smooth, not soft or shriveled.

2. Dry skin.

3. Shallow eyes.

4. No sprouts. Sprouting potatoes are high in sugar.

5. No green color. Green areas develop on potatoes stored in light. These areas contain a substance called solanine, which has a bitter taste and is poisonous in large quantities.

All green parts should be cut off before cooking.

6. Absence of cracks, blemishes, and rotten spots.

2.1.3. Storing and Handling

Keep potatoes in a cool, dry, dark place, ideally at 55°–60°F (13°–16°C). If they will be used quickly, you may keep them at room temperature.

Do not refrigerate. Temperatures below 45°F (7°C) convert potato starch to sugar.

Refrigerated potatoes must be stored at 50°F (10°C) for two weeks to change the sugar back to starch.

New potatoes do not keep well. Purchase only one week's supply at a time.

Potatoes begin to turn brown as soon as they are peeled. To prevent browning, place peeled potatoes in cold water immediately. Potatoes may be peeled in advance and stored a short time under water, although some nutrients will be lost.

Remove all green parts when peeling potatoes (see "Checking for Quality" above).

2.1.4. Market Forms

The demands of time and labor have made processed potato products widely used, and many forms are available. Many of these products are very good, and there is no doubt they save time. However, for best quality, there is no substitute for fresh potatoes, if they are well prepared.

1. Fresh, unprocessed.

2. Peeled. Treated to prevent browning.

Keep refrigerated (below 40°F/4°C) for five to seven days.

3. Canned whole, cooked.

4. French fries. Blanched in deep fat and frozen.

Available in a wide variety of sizes and cuts. Cook from the frozen state.

Refrigerated French fries are also available.

5. Other frozen, prepared products.

Available as hash browns, puffs, stuffed baked, and croquettes; in casseroles with a variety of sauces.

6. Dehydrated.

Granules or flakes for mashed potatoes to be reconstituted with hot water or milk and butter or other desired flavorings.

Other products: many varieties and preparations. May need soaking in water before cooking.

2.2. preparing and cooking potatoes

Some potato recipes are simple, but many are complex and use a combination of cooking methods. For example, to make potato croquettes, you must first boil or steam the potatoes, purée them and combine the purée with other ingredients, shape them, bread them, and, finally, deep-fry them.

Cooking methods are essentially the same as the methods for vegetables discussed in the previous information sheet. If necessary, review these methods before proceeding with the following recipes.

2.2.1. Boiling and Steaming Potatoes

These methods for cooking potatoes are given in the first recipe in this section. Boiled or steamed potatoes are served as is and is also the basis for many other preparations. Potatoes are peeled or left unpeeled for boiling and steaming. For most purposes, they are peeled. Peel thoroughly with a swivel peeler and remove all eyes. Place peeled potatoes immediately in a container of cold water to prevent browning.

If potatoes are cooked with the skins on and peeled after cooking, it is best to peel while they are still hot because the skins pull off more easily. New potatoes are usually cooked and served with the skins on. Fingerling potatoes are peeled after cooking if the skins are tough, or they may be served with the skins on if tender.

- **Two additional points should be noted**:

1. Boiled potatoes are generally started in cold water rather than hot. This allows for more even cooking and heat penetration from outside to inside during the relatively long cooking time required.

2.Potatoes are never cooled in cold water, unlike most vegetables. This would makethem soggy.

2.3. Select sauces and accompaniments

The following sauces are use for potato

- ✓ Cream reduction
- ✓ Butter Glaze
- ✓ Ketchup.

A. Cream reduction is just a flavor base placed into a cream then bought to the boil and simmered until it will bond to the outside of the potato.

B. Butter glaze is classical method use for many years. As the vegetable comes out the boiling water it is drained and tossed into butter that is in a hot fry pan:

This water is driven off due to the high heat and a thin film of butter fat is left which will add flavor and impart a pleasing shine to the potato.

- **Garnishes**

A garnish is classified as a part of a dish that provides decoration. A garnish should complement the base item with which it is being served. A decoration is sometime that is meant to ‘catch the eye’ as well as add flavor and interest to the dish.

A garnish can be:

- ✓ Sliced or chopped
- ✓ Herb
- ✓ Vegetable
- ✓ Fruit
- ✓ Flower petals
- ✓ Cheese grated or thinly sliced
- ✓ Nuts, whole or chopped.

2.4. Presentation of Potatoes

Potato can be served:

- ✓ On the plate with the meat
- ✓ As a side dish
- ✓ As part of a buffet.

When presenting potatoes thought and consideration needs to be applied to the following points:

Color combinations on the plate

Height of the presentation

Type of plate or platter on which they are being served

Self-Check -2	Written Test

Name:_____ ID _____

Answer all the following questions and submit to your Trainer.

1. What can be used to garnish potatoes dishes?

2. What do you use to present potatoes on the plate?

Name---------- **score_____**

Date_____ Rate_____

Operation Sheet 2.1 preparing and cooking potatoes dishes

Recipes of Potatoes

1. **Plain Boiled Potato**

    1. wash , peel and again wash the potatoes
    2. cut or turn in to even –sized pieces allowing 2-3 pieces per portion
    3. Cook carefully in salted water approximately 20 min.
    4. drain well and serve

2. **Parsley Potatoes**

1. Prepare and cook potatoes as plain boiled
2. Brush liberally with melted butter and sprinkle with chopped parsley

3. **Riced or Snow Potatoes**

1 wash Peel and re wash the potatoes .cut to even sized

2 cook in salted water

3 drain of the water ,place a lid on the sauce pan and return to low heat so as to dry out the potatoes

4 pass through a medium sieve or special potatoes masher directly into the vegetable dish serve Without farther handling

4. **Mashed Potatoes**

1 Washed, peel and rewash the potatoes cut to an even sized.

2 Cook in a salted water

3 Drain off the water ,place a lid on the saucepan return to low heat so as to dry out the potatoes

4 Pass through a medium sieve or special potato masher

5 Return the potatoes to a clean pan.

6 Add 25 gm butter per ½ kg & mix in the wooden spoon

7 Gradually add warm milk 30ml stirring continuously until a smooth creamy consistency is reached

8 Correct the seasoning & serve

5. Mashed Potatoes with Cheese

1 Proceed as for mashed potatoes sprinkle grated cheese ,melted butter & gratin ate

6. Mashed Potatoes With Cream

Proceed as for mashed potatoes then surround with a cordon of fresh cream

7. Duchess Potatoes (basic recipe)

1 Prepare mashed potatoes & place the potatoes in clean bowl
2 Add 1 yolk per ½ kg & stir in vigorously with a wooden spoon
3 Correct the seasoning
4 Place in a piping bag with a large stare tube
5 Pipe out into a neat spirals approx.2cm diameter & 5cm high on to a lightly greased baking sheet
6 Place in a hot oven 2300c for 2-3 min in order to slightly harden the edge
7 Remove from the oven & brush with egg wash
8 Brown in hot oven or under the salamander

8. Marquis Potatoes

1 Pipe the duchess mixture in a shape of oval nest 5x2cm
2 Glaze as duchess
3 Place a spoonful cooked tomato concusses & sprinkle with a little chopped parsley & serve

9. Galette Potatoes

Duchess mixture molded in to flat cakes 3cm diameter 1cn thick shallow fry

10. Croquet Potatoes

1 Duchess mixture molded cylinder shape 5x2cm
2 Pass through flour, egg wash, breadcrumbs (pane)
3 Re shape with palate knife & deep fry in hot fat (185^0c) in frying basket
4 When a golden color drain well & serve

10 **Sauté Potatoes**

1 Allow ¼ kg onion to ½ kg potatoes
2 cook the onion as fried onions (cut the onion &pane then deep fry)
3 Prepare plain boiler potatoes or cook in steamer. cool slightly & peel
4 cut into 3ml slice
5 toss in hot shallow fat in frying pan until lightly colored
6 combine the two season & toss together then serve

11 Straw Potatoes

1 Wash peel & re wash the potatoes
2 Cut in to fine julienne
3 Wash well & drain in a clothe
4 Cook in hot deep fat 185^0c until golden brown drain well season with salt

12 Match Stick Potatoes

1 Select a medium even- sized potatoes
2 Wash peel & re wash
3 Trim on all sides to give straight edges
4 Cut in to slice5cm x 3mm slice
5 Cut the slice into 5cmx 3mm strips
6 Wash well & dry in clothe
7 Fry in hot deep fat 185^0c till golden brown & crispy

13 Game Chips

1. Wash & peel ½ kg potatoes
2. Cut in thin slice on mandolin
3. Wash well dry in a cloth
4. Cook in hot deep fat 185^0c until golden brown & crispy
5. Drain well & season with salt

14 Baked Jacket Potatoes

1. Select good- sized potatoes allow 1 per portion
2. Scrub well make 2mm deep incision round the potato

3. Place in a bed of salt on tray in hot oven 230^0c-250^0c approximately 1hr turn the potatoes over after 30min
4. Test by holding the potato in a cloth & squeezing gently ; if cooked it should feel soft

15 French Fried Potato

1. Wash & peel the even sized ½ kg potatoes
2. Cut into 1cm slice 5cm long
3. Cut the slice into strips 5x1x1cm
4. Wash well blanch in salted water and ¼ lemon slice
5. Dry in a cloth till required
6. When required place in frying basket & cook in hot fat till crispy & golden
7. Drain well ,season with salt & serve

16 Roast Potatoes

1. Wash , peel & rewash the potatoes
2. Cut into even- sized pieces allow 3-4 pieces per portion
3. Heat a good measure of oil or dripping on roasting tray
4. Add the well dried potatoes and lightly brown in all sides
5. Season salt cook in hot oven 230^0 c-250^0c
6. Turn the potatoes over after approx. 30 min
7. Cook to a golden brown. Drain & serve.

Operation Sheet 2.2 preparing sauce potatoes dishes

1. **Béchamel sauce**

Portion – 1 litre

Ingredients

- 40 gmButter
- 40 gm Flour
- ½ ltMilk
- Onion

Method

1. Make a white roux, allow to cool
2. Bring milk & onion to the simmer, infuse & strain
3. Add milk slowly to roux whilst stirring with wooden spoon
4. Bring to boil & simmer for 30 minutes
5. Adjust consistency & seasoning.

2. **Mornay sauce**

Portion – 500 ml

Ingredients

- 450 ml Béchamel
- 30 gm Parmesan
- 50 ml Cream
- 1Egg yolk

Method

3. Melt cheese into simmering béchamel
4. Remove from heat, allow to cool a little
5. Mix egg yolk & cream and whisk into sauce
6. Reheat taking care not to boil & adjust seasoning

LAP Test 2.1	Practical Demonstration

Name : _____ Date : _____

Time started : _____Time finished : _____

Instructions:

1. You are required to perform any of the following:

Request your teacher to arrange for you all necessary tools, materials and equipment. Submit your outputs to your teacher for evaluation.

Request a set of tools, materials, equipment for the tasks then perform the following tasks in front of your teacher:

Prepare the following

- Béchamel Sauce
- Mornay Sauce
- French fried potato
- Marquis potatoes

2. Request your teacher for evaluation and feedback

Unit Three: Storing vegetable foodstuffs

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Storing fresh and processed vegetables
- Selection of storage areas for fresh vegetables.

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Store fresh and processed vegetables
- Select storage for fresh vegetables

3.1 Store processed vegetables

Most vegetable should not be kept more than two days after being cooked.

Cooked fruit will last some time longer, up to 4 or five days.

Freezing cooked fruit is only an option if the fruit is going to be used as a sauce after being thawed. Freezing fractures the cells and it all goes to pulp when thawed.

Freezing fresh fruit to be used after thawing also only as a flavouring agent or sauce.

Freezing fresh berries is an excellent way of storing them so they can be used when fresh is not available.

Check to ensure that the containers that are used to store all cooked foods are clean before use.

A. **Frozen Vegetables**

1. Store at 0°F (–18°C) or colder, in original containers, until ready for use.

2. Do not refreeze thawed vegetables. Quality will be greatly reduced.

B. **Dried Vegetables**

1. Store in a cool (less than 75°F/24°C), dry, well-ventilated place.

2. Keep well sealed and off the floor.

C. **Canned Vegetables**

1. Keep in a cool, dry place, away from sunlight and off the floor.

2. Discard cans that show signs of damage or spoilage (swollen, badly dented, or rusted

cans). When in doubt, throw it out.

D**. Leftovers**

1. The best way to store leftovers is not to create them in the first place. Careful planning and small-batch cooking reduce leftovers.

2. Don’t mix batches.

3. Store leftover creamed vegetables for one day only. Then either use or discard. Before storing, cool rapidly by placing the container on ice.

3.2 Store fresh vegetables

Fresh Vegetables

1. Potatoes, onions, and winter squash are stored at cool temperatures (50–65°F/ 10–18°C) in a dry, dark place.

2. Other vegetables must be refrigerated. To prevent drying, they should be kept covered or wrapped, or the humidity in the cooler must be high. Allow for some air circulation to help prevent mold.

3. Peeled and cut vegetables need extra protection from drying and oxidation. Cover or wrap, and use quickly to prevent spoilage potatoes, eggplants, and other vegetables that brown when cut should be treated with an acid or antioxidant. As an alternative, they can be blanched to destroy the enzymes that cause browning. Raw cut potatoes are sometimes held in cold water for a short time.

4. Store all fresh vegetables as short a time as possible. They lose quality rapidly. Peas and corn lose sweetness even after a few hours in storage.

5. Keep refrigerators and storage areas clean.

Self-Check 3	Written Test

Name:_____ ID_____

Directions

Answer all the questions listed below. Use the Answer sheet provided in the next page:

Part II Fill the black space

1. What vegetables should be chilled below 5°C for storage?

2. What type of containers should be used to store product?

3. What must be on label when storing foods?

Name: _____ Date: _____

Score = _____
Rating: _____

References

http://www.foodsubs.com/Tubers.html

http://www.marketfresh.com.au/download.asp

Wayne Gislen professional cooking 7th edition

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