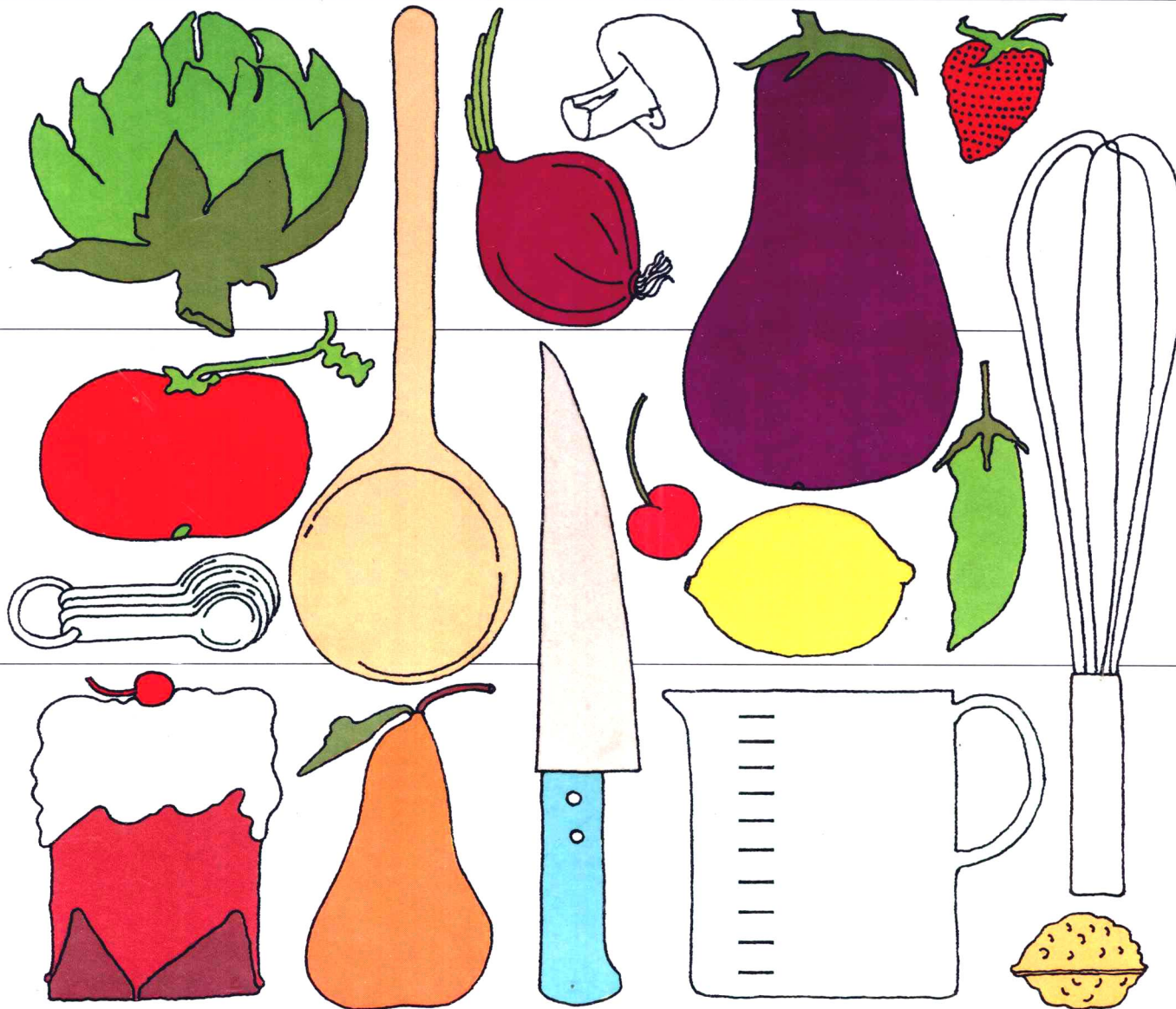


# Professional Cooking and Baking

Mary Frey Ray

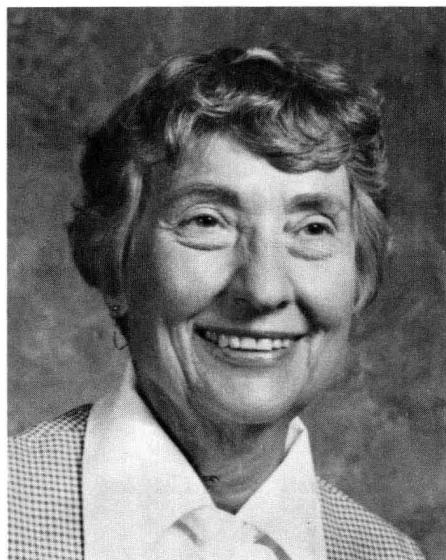
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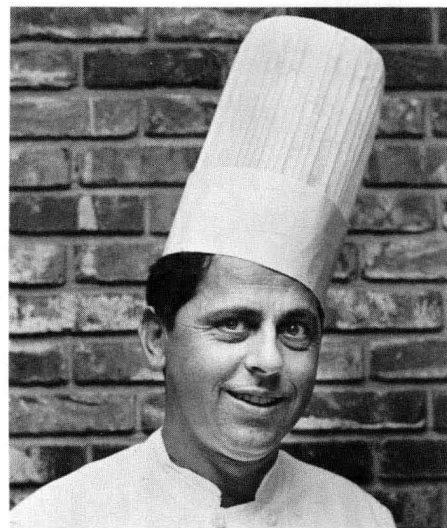
# *Professional Cooking and Baking*

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## About the Authors



Mary F. Ray is a home economist and teacher. She earned a B.S. degree with a major in food and nutrition from Western Reserve University and an M.S. degree in home economics education from Florida State University. She taught at the high school and college levels and was Supervisor of Home Economics for the Broward County Schools, Fort Lauderdale, Florida. During this time, food service programs were initiated for the first time. Named as an outstanding home economist in *Who's Who Among American Women*, Mrs. Ray is a past president of the Florida Home Economist Association. She is coauthor of *Exploring Professional Cooking*.



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# *Professional Cooking and Baking*

MARY FREY RAY  
BEDA A. DONDI



New York, New York

Columbus, Ohio

Woodland Hills, California

Peoria, Illinois

# Glencoe/McGraw-Hill

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# Preface

## TO THE STUDENT

You are beginning the study of food service, a study that can lead to a rewarding career. The pathway to success in food service is open to any ambitious young man or woman with the necessary skills. The course presented in PROFESSIONAL COOKING AND BAKING will help you develop those skills. You may find that you enjoy working with food. If this is so, and if you are willing to study and practice diligently the techniques of cooking, many interesting opportunities will become available to you.

However, no book can give you all the information you need for a career in food service. A book can never replace a good teacher. Your teacher will explain the concepts of food service. He or she will demonstrate techniques and supervise your skill development. Students learn more from a competent teacher than from any book, no matter how good it is.

Even so, when you graduate from this course, actual work experience is the only way to learn how to handle the stress of meeting meal deadlines. Only then may you discover if the vocation of food service is the career for you.

The purpose of this book is to help you understand the what, why, and how of professional cooking. Although some recipes are included in the book, it is not a cookbook. The recipes are intended to illustrate the principles of cookery. Your teacher will furnish you with most of the recipes you will use.

There are twenty-three chapters, grouped into six units. Each unit is based on specific concepts of food service. It emphasizes the development of skills and understandings you will need to find a job in food service. The charts, pictures, and recipes will help you better understand the concepts. At the end of each unit is a list of references. You may wish to learn more about the concepts and techniques.

These reference books and magazines may be checked for additional information.

Unit 1 is concerned with the professional cooks and where they work. Career opportunities are discussed. Stories of the lives of persons who earn their living in food service are included. This unit will also introduce you to the production kitchens and the equipment of food service.

Unit 2 takes you behind the kitchens to the areas where food is received and stored. You will learn the ways in which food is pre-prepared before being sent to the production kitchens.

Unit 3 starts you on the preparation of food for the customers. You will study the preparation of cold foods such as appetizers and salads.

Unit 4 is concerned with the preparation of hot foods such as meat, vegetables, sauces, and soups.

Unit 5 takes you to the bakery. Here, you will learn to prepare not only bread and rolls, but desserts also.

Unit 6 introduces you to the growing industry of fast foods.

To help your understanding of food service, each chapter begins with the objectives you should accomplish. This section is titled *What Will You Learn?* *Words to Remember* are included throughout the text to help you learn the vocabulary of food service. Terms that may be unfamiliar are set in *italics* and followed by a phonetic pronunciation.

The metric system of measurement is used along with the customary system throughout the book. The metric measurement is given first and the customary measurement follows in brackets, [ ]. This may seem confusing to you at first. However, the metric system is rapidly replacing the customary system. It is essential for you to become familiar with it.

Sanitation and safety are emphasized in sections marked *Caution*. Important information on cooking techniques is labeled as a *Cooking Tip*.

## Preface

A section titled *How Much Have You Learned?* is at the end of each chapter. It contains questions to help you test yourself. How much did you learn by studying the chapter? Answering the questions may help you judge your understanding. But skill development can be tested only by *doing*. As you prepare the food under your teacher's direction, you will gradually develop the skills of cooking.

Becoming a chef, however, requires more than

skill. It takes special talent and many years of experience. Becoming a chef demands a deep commitment to food preparation of the highest quality. Professional cooking is an art.

It is the sincere hope of the authors that this book will give you a sharp interest in food service. We hope you will go on to an enjoyable and lucrative career.



# Acknowledgments

We wish to express our deep appreciation to the many persons, governmental agencies, and companies who assisted us in so many ways in the writing of *Professional Cooking and Baking*. We would especially like to thank the following:

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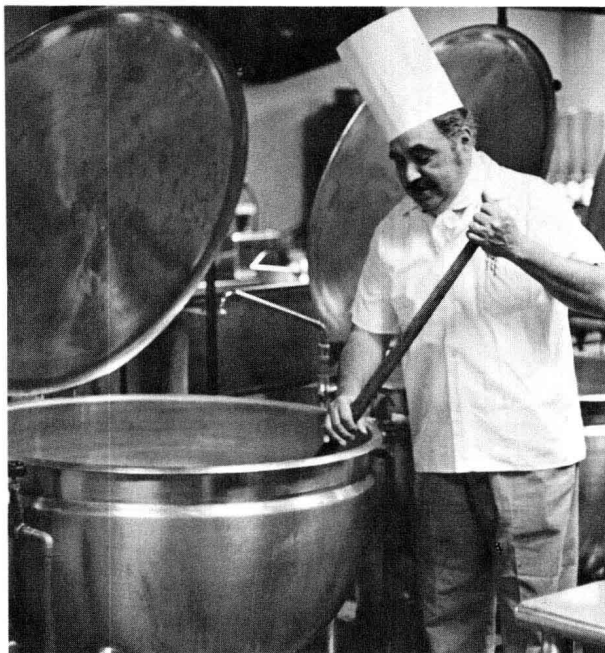
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# *The World of the Professional Cooks*

## UNIT

# 1



Alex Martinez, Executive Chef, The Ogden Food Service Corporation, Houston, Texas.

## MEET THE CONSULTANT

Alex Martinez, born in Houston, Texas, has a mixed heritage. One grandmother was a Cherokee Indian. The other grandmother was a Mexican. One grandfather was born in Spain. The other grandfather was born in Mexico.

Now in his forties, Alex says he has enjoyed his life as a chef. His only regret is that he left school after the sixth grade. School seemed to offer nothing to him. His lack of schooling made it harder to climb the ladder of success.

Even at that young age, he managed to pick up a few jobs peddling hot dogs at amusement parks. When he was sixteen, he became a dishwasher in a Mexican restaurant. Although a school dropout, he was interested in learning more about professional cooking. He learned the hard way—through experience. He watched and helped the cooks. He made many mistakes, but he was always willing to learn from his mistakes. When he was twenty-four, he began to cook.

When the Korean war began, he joined the Air Force. He was sent to the school for butchers where he learned to handle knives. Alex says that anyone who wants to succeed in food service must learn the importance of knives. He has a treasured set that go with him wherever he works. "Care of tools marks a real chef," says Alex.

After six years in the Air Force, three of them as mess sergeant, Alex returned to civilian life. With the Air Force experience behind him, Alex began a steady climb to the top of food service, working in many places.

"Food service is a good trade to learn," says Alex. "But you must be willing to start at the bottom. I began as a dishwasher, but I am still learning after twenty-five years in food service. Don't do anything halfway. Whatever you must do, do it all the way."

According to Alex, there are many cooks who can never become chefs because they are unwilling to accept responsibility for the cooking results in the station. The cooks are under the chef. The executive chef is responsible for the total production in the kitchen.

Alex Martinez accepts responsibility for the food service in the Albert Thomas Convention Center in Houston, Texas. He is responsible for breakfasts, lunches, and dinners. He oversees banquets served to thousands. He manages everything from simple beverage service to elaborate appetizers. For a dropout from school, he has accomplished a satisfactory career. He earns a good salary, but it hasn't been easy. He was saved, he says, by the Air Force.

Alex is sometimes afraid cooking is becoming a lost art. He says, "Convenience foods have caused a great change in food service. Sometimes it seems that everything is made up. All you have to do is heat and serve. But I think that young people should know foods. They should know what is in every dish they serve. Then they can improve it by adding their own touches."

# The Professional Cooks

## What Will You Learn?

When you finish studying this chapter, you should be able to do the following:

- Define the *Words to Remember*.
- Identify the individual ranks within the chain of command commonly accepted in food service.
- Explain the duties of each type of chef or cook and baker.
- List the qualities necessary to become a professional cook.
- Identify ways for career advancement.
- Pass the posttest.

## CHAPTER

# 1

The purpose of this program is to introduce you to the methods of preparation used to prepare food for *food service*. Food service is the industry concerned with preparing food to be eaten. It is the third largest industry in the United States, feeding about 46,000,000 Americans over the age of seventeen. It is one of the few businesses where production and service are combined under the same roof.

### FOOD SERVICE

Food service is divided into three sections. The part of the business concerned with the service of food is called the *front of the house*. The part of the business concerned with the production of the food is called the *back of the house*.

The third part, the *office*, is concerned with the management or administration of the whole enterprise.

In this book, you will study the activities of the back of the house—the receiving, storing, and cooking of food.



## THE BRIGADE

### Words to Remember

apprentice	front of the house
back of the house	professional bakers
cuisine	professional cooks

### WHO ARE THE PROFESSIONAL COOKS?

Food for food service is prepared by professional cooks. There are many cooks in this world. The *professional cooks* are those who have been trained for the job, receive money for it, and consider cooking for others as their vocation or career.

Professional bakers never call themselves cooks. They are proud to be known as *professional bakers* or pastry chefs. They are distinguished from the many who bake because they are professionals. Baking is their career or vocation.

The title “chef” (SHEF) has a proud meaning. A *chef* is a head cook, but the title has been earned by demonstrating superior techniques and artistry in cooking. There are many cooks but very few chefs.

Most cuisine in the Western World stems from that of Europe. *Cuisine* (kwee-ZEEN) comes from a French word for “kitchen” and means “the style of cooking.” The most famous chefs have come from Europe, bringing the European cuisine with them. They were trained in the well-known *apprentice* schools of Switzerland, France, Italy, and Germany. An apprentice is a beginner studying a vocation under a master worker.

### Words to Remember

à la carte	patissier
boucher	poissonier
brigade	potager
buffetier	rotisseur
chef de partie	saucier
dietitian	sous-chef
entremetier	sugar chef
executive chef	table d'hôte
full-service restaurant	tournant
garde-manger	cooking chef
mise en place	working chef

Just as the cuisine of most food service came from Europe, the names and ranks of the cooks or chefs also came from Europe. Large food service kitchens based on a European cuisine are something like an army. At the top is the executive chef (the general) and at the bottom are the cooks’ helpers (the privates).

In this type of kitchen organization, the entire personnel is known as the *brigade*. The brigade includes the chefs, cooks, assistant cooks, cooks’ helpers, and anyone else who works in the kitchens. They are a team. The chefs who actually do the cooking are sometimes called *working chefs*.

- *Executive chef*. The executive chef supervises all the food preparation and also works with the management. The duties of this top job include planning the menus, ordering the food, preparing the payroll, keeping the records, and planning special affairs. The executive chef also interviews prospective new cooks. The responsibility for the operation of the kitchens rests with the executive chef.

- *Sous-chef* (SOO-SHEF). The sous-chef is second in command. He or she assumes the responsibilities of the head chef when that chef is absent.

- *Chef saucier* (sos-cee-EH). Sometimes the head chef is also the chef saucier. This important chef prepares all of the sauces, and some of the fish dishes, sautées, stews, and hot appetizers.

- *Chef rotisseur* (roe-tee-SUR). The chef rotisseur is also known as the broiler chef. This chef presides over all meat and poultry preparation. The chef rotisseur is also usually responsible for fish preparation.

- *Chef entremetier* (on-tra-MEH-tee-ah). The chef entremetier is also known as the vegetable cook. This chef or cook prepares soups and eggs, as well as vegetables.

- *Chef garde-manger* (GUARD mon-ZHAY). The chef garde-manger prepares all cold foods such as appetizers, salads, cold sauces, garnishes, and cold buffet dishes. Sometimes this chef is called the pantry chef or salad cook.

- *Chef patissier* (pah-TEE-see-eh). The chef patissier is the pastry chef. All baked products and often all desserts are prepared by the pastry chef.

Unit 1: The World of the Professional Cooks

• *Chef tournant* (tur-NANT). The chef tournant is called the swing chef or swing cook. The chef tournant replaces other chefs as needed.

Other members of the brigade may or may not actually do any cooking. These are:

• *Boucher* (boo-CHEY). The boucher is the butcher.

• *Buffetier* (boo-FAH-tee-ah). The buffetier is the carver of meats and poultry for service.

A few very large French restaurants may have the following positions:

• *Potager* (poh-tah-ZHAY). The potager is the soup cook.

• *Poissonnier* (pwah-SOHN-ee-ah). The poissonnier is the fish cook.

• *Sugar chef*. The sugar chef is an artist who creates beautiful, edible art objects using sugar syrup.

Types of Food Service

The duties and responsibilities of the brigade vary with the size and complexity of the food service operation. Some restaurants are full-service. Full-service restaurants serve breakfast, lunch, and dinner. Such a restaurant would need two shifts of personnel. One would prepare breakfast and lunch. The other would begin work in the afternoon and prepare dinner.

Other operations may offer only limited service. They may serve lunch and dinner or dinner only. This type might have a full shift during the heavy service hours and a light shift to finish the evening.

The complexity of the menu also affects the type and number of workers. Some restaurants may serve *table d'hote* (TAHB-lah DOTE) featuring complete meals at a set price. Others may offer *à la carte* (AH LAH CART) service. Here, a wide variety of dishes are each priced separately. Most restaurants offer a combination of these two types of service. The wider the choice, the bigger the brigade.

Institutional food service such as is found in schools, hospitals, and nursing homes presents different problems. The brigade just described is seldom found in institutional service. Schools usually offer only lunch. The menu is simple. The workers are often part-time and drawn from homemakers. Supervision is under trained managers, rather than chefs.

Hospital kitchens are under the supervision of a *dietitian*. A *dietitian* is a professional person, highly trained in nutrition and in special diets needed by the ill. The workers in the kitchens are usually not professionally trained in cooking techniques.

Nursing homes usually offer set menus for breakfast, lunch, and dinner. A dietitian is often in charge of the food preparation.

Table 1-1 shows the brigade for a small food service operation. This particular one has a head cook and three assistant cooks. The head cook might also be the owner. The duties of each cook might be similar to those shown in Table 1-1.

A medium-sized restaurant might have a brigade similar to that shown in Table 1-2. The head cook in this restaurant might be a chef. A chef has much

Table 1-1. Duties of the Brigade in a Small Kitchen

Head Cook	First Cook	Second Cook	Third Cook
Plans menus Orders food May cook some foods Supervises cooks Pays bills Keeps records Trains new cooks	Short-order cooking	Meats Vegetables Soups Sauces	Salads Sandwiches Desserts