

GCSE CATERING REVISION



GCSE CATERING

The subject covers four areas:

1. The Catering Industry
2. Nutrition & Menu Planning
3. Food Production
4. Technological Advancements

1. The Catering Industry

Types of outlets:

Commercial Catering:

Hotels, restaurants, clubs, wine bars and pubs.

Run to make a profit.

Public Sector Catering or Welfare Catering:

Hospitals, prisons, schools and Armed Forces.

Do not make a profit.

Industrial Catering:

Run by industries to feed workers, assuming better fed workers produce better work.

Run to make a small profit, meals subsidised for staff

Transport Catering:

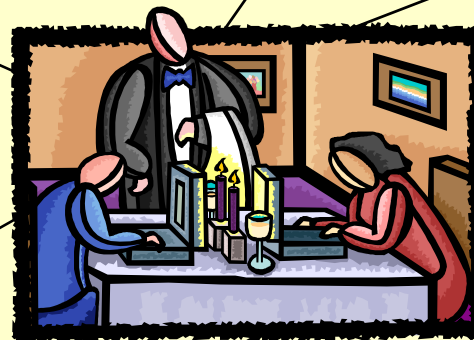
Railways, cruise liners.

Run to make a profit.

Outside/ Franchise Catering:

A catering company who goes out to events and does the catering for them.

Run to make a profit.



The catering industry provides food and/or drink

- **Commercial=profit making**
- **Non-commercialnon -profit making**
- **Residential(provides accommodation)**
- **Non-residential**
- **Contract caterers**

Contract caterer

Provide food and drink for organisations such as business, schools and hospitals. They can provide food for functions such as parties, weddings and dinner parties in private houses.

They prepare and cook food in advance and deliver to the venue, or they may cook it on site.

Advantages-they do all the planning, making and serving

Types of food service

- **Counter-cafeteria, fast-food, vending machines, seated, buffet, carvery**
- **Table-waitress service**
- **Transported meal systems-airlines, ships**
- **Gueridon service-serving or cooking food from a trolley eg flambeed**

Job roles, employment and training

3 areas....

- Management and administration
- Food preparation-kitchen
- Food and drink service-restaurant

Can be ...

- Full time
- Part time
- Casual or seasonal

Job roles

Kitchen

- Head chef
- Sous chef
- Commis chef

Restaurant

- Manager
- Head waiter
- Waiting staff

1. The Catering Industry



Catering Manager/Head Chef:

Hiring, firing, ordering food, menu planning, kitchen brigade organisation (organising the chefs), communication with restaurant staff, checking orders for quantity & quality, health, safety & hygiene, training of staff.

Restaurant Manager/Head Waiter:

Hiring, firing, ordering equipment, napkins etc, restaurant brigade organisation (organising the waiting staff), communication with kitchen staff, checking orders for quantity & quality, health, safety & hygiene, training of staff, hosting, seating & greeting and customer service, dealing with complaints.



1. The Catering Industry

Safety At Work

- **Health & Safety at Work Act 1974**

The law means that employers must ensure the health, safety and welfare of staff. It also states that staff (employees) must:

1. Take care of their own health, safety and welfare and other persons that they work with.
2. Co-operate with the employer to comply with all health & safety matters.
3. Not interfere with or misuse anything provided in the interests of health, safety and welfare.

Employers must ensure they provide safe premises, equipment, provide supervision and training, have a written safety policy and consult with unions and have a safety committee.

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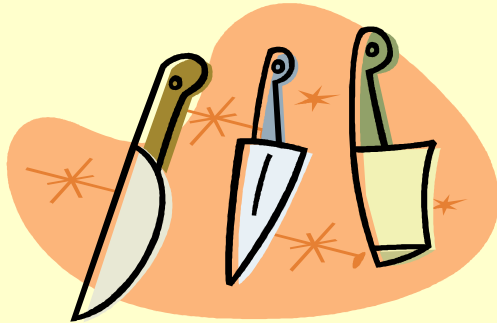
The major causes of accidents in the catering industry are due to:

Slips, trips, lifting heavy or sharp objects, exposure to hazardous substances, hot surfaces & steam. Struck by moving articles including hand tools, walking into objects, machinery (slicers, mixers etc), falls, fire & explosion, electric shock and fork lift trucks.

Accident Prevention:

It is essential that people are capable and trained in using tools and are aware of the possible accidents. That people are not rushed or distracted. Everyone is responsible to observe safety rules, accidents should be recorded in a book or on a form.

1. The Catering Industry



Knife Safety:

1. Use the correct knife for the job
2. Knives must always be sharp and clean
3. Handles must be free from grease
4. Points must be held downwards
5. Knives should be placed on a flat surface so that the blade is not exposed upwards
6. Knives should be wiped clean with the edge away from the hands
7. Do not put knives into a washing up sink

1. The Catering Industry

First Aid:

Since 1982 it has been a legal requirement that adequate first aid equipment and personnel are provided at work. If an injury is serious they should be treated by a doctor or nurse or an ambulance called.



First Aid boxes must be easily identified and accessible and checked regularly.

Cuts: covered immediately with a waterproof blue dressing. Direct pressure may be applied to stop heavy bleeding.

Burns (dry heat) & Scalds (wet): Place under slowly running or in a bowl of cold water until the pain ceases. If serious the burn should be covered with a sterile dressing and the person sent to hospital. Do not apply any creams, do not cover with a plaster.

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Fire Safety:

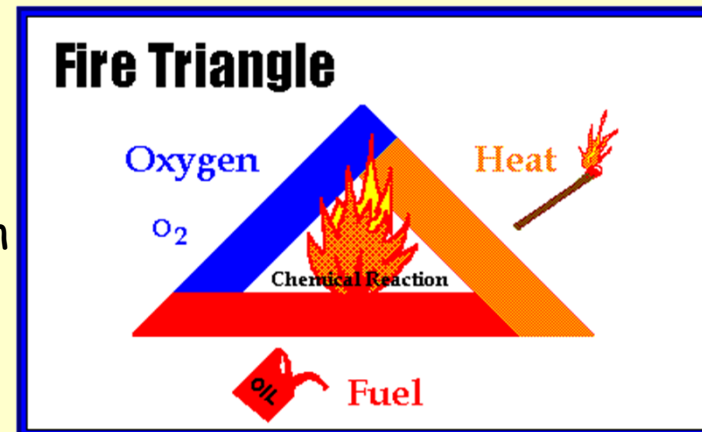
Fires need 3 things to burn so if you take one of these away the fire does not happen or is put out:

1. **Fuel** - something to burn
2. **Air** - oxygen to keep the fire going
3. **Heat** - gas, electricity etc



Methods of extinguishing fires:

1. **Starving** - removing the fuel
2. **Smothering** - removing the oxygen
3. **Cooling** - removing the heat.



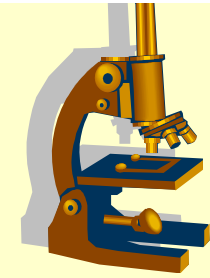
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HACCP: Hazard Analysis Critical Control Point

This is a process which assess each stage of food manufacture and identifies where a risk or hazard might occur. It is usually drawn onto a flow chart, then these risks can be checked to avoid problems.

Examples of CCP's (Critical Control Points) are:

- Inspection of goods on delivery
- Storage & handling of ingredients & finished product
- Temperature of fridges, freezers & ovens
- Cleaning procedures for equipment
- Cross-contamination
- Personal hygiene & health standards
- Proficiency of use and cleaning of equipment



1. The Catering Industry

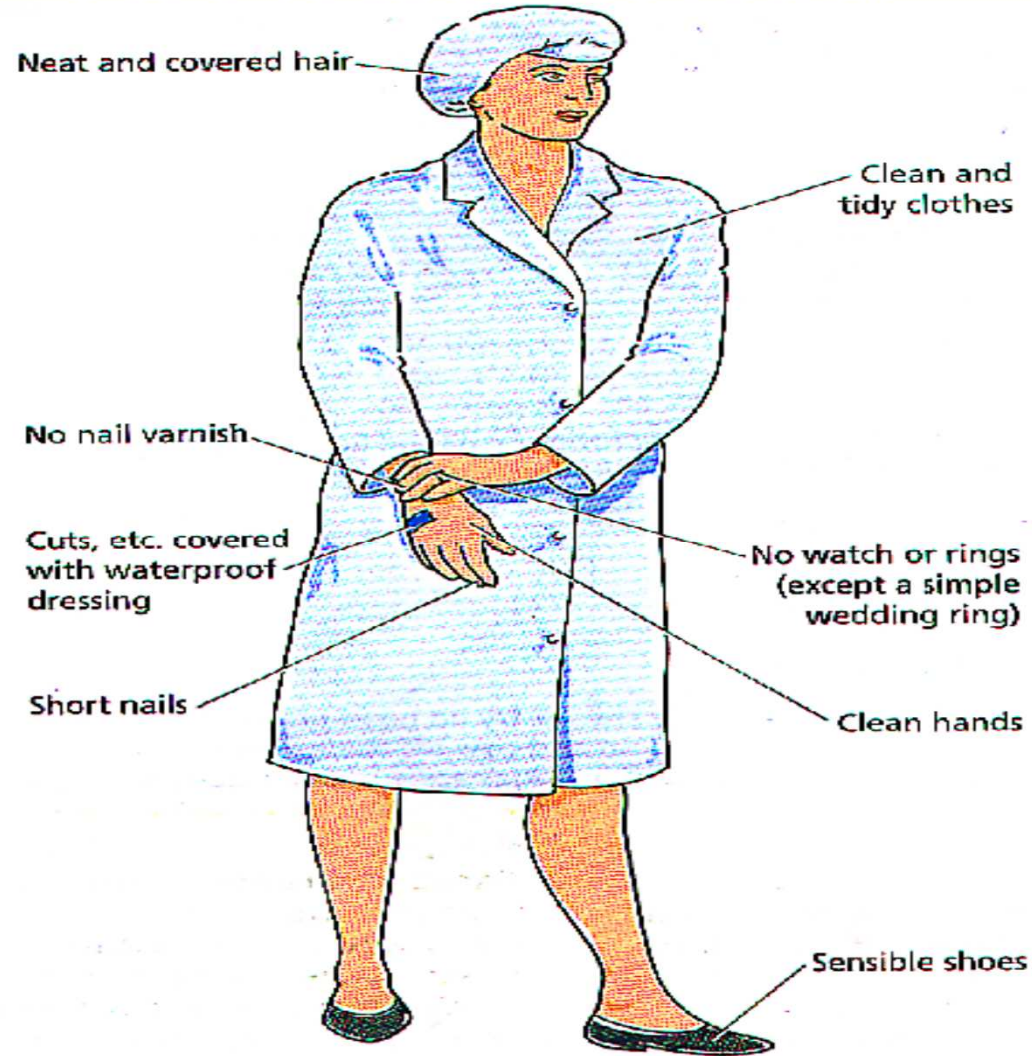
E.H.O.

The Environmental Health Officer enforces hygiene, health & safety legislation

Food Safety Act:

1. Keep yourself clean.
2. Keep the workplace clean.
3. Wear suitable clothing.
4. Protect food from contamination.
5. Store, prepare & serve food at the correct temperature.
6. Inform a manager if you are ill.
7. Do not work with food if you have symptoms of food poisoning.

Get ready to cook



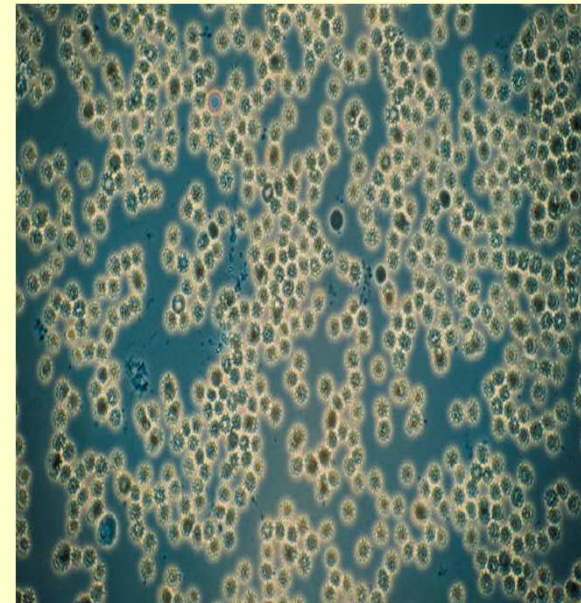
Bacteria and food poisoning

Bacteria are found in the soil, air, water, people and animals.

They need warmth, moisture, food and time to multiply.

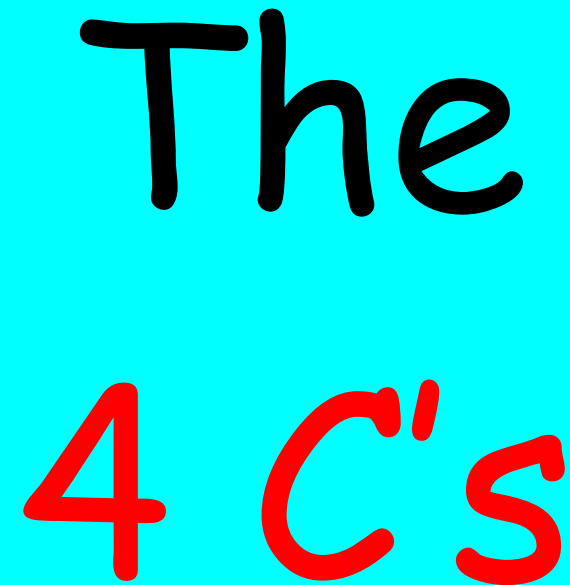
When bacteria multiply inside the body they can cause food poisoning.

Symptoms of food poisoning are sickness, diarrhoea, tummy ache and fever.



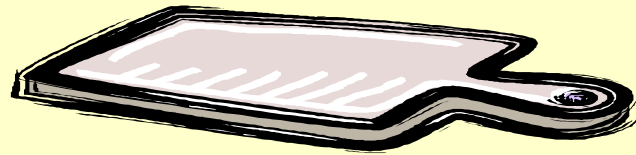
Remember the 4 C's

- Cleaning
- Cooking
- Chilling
- Cross contamination



The
4 C's

Chopping boards



To avoid **cross contamination** use different coloured boards and knives for preparing different foods.

RED = raw meat

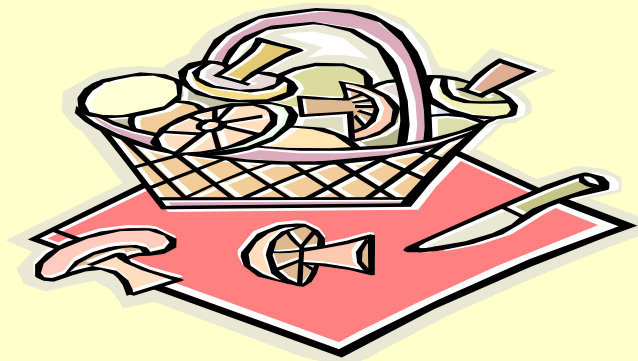
BLUE = raw fish

YELLOW = cooked meats

GREEN = salads and fruit

BROWN = raw vegetables

WHITE = dairy and bread



Safe storage

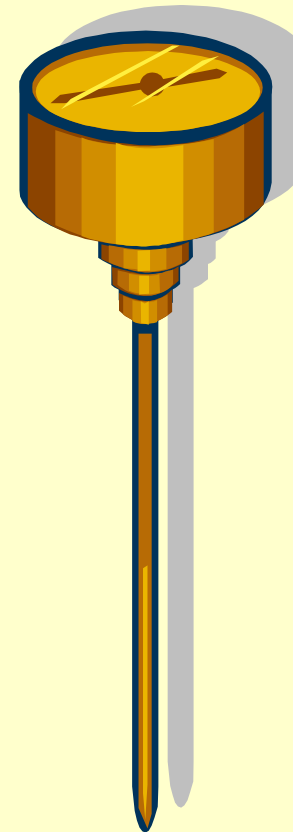


Chilled foods
1-5 C

Frozen foods
-18 C

FOOD PROBE

- Reheat food only once to 75 C
- Ensure food is piping hot in the centre
- Use a food probe to test the temperature in the centre of food

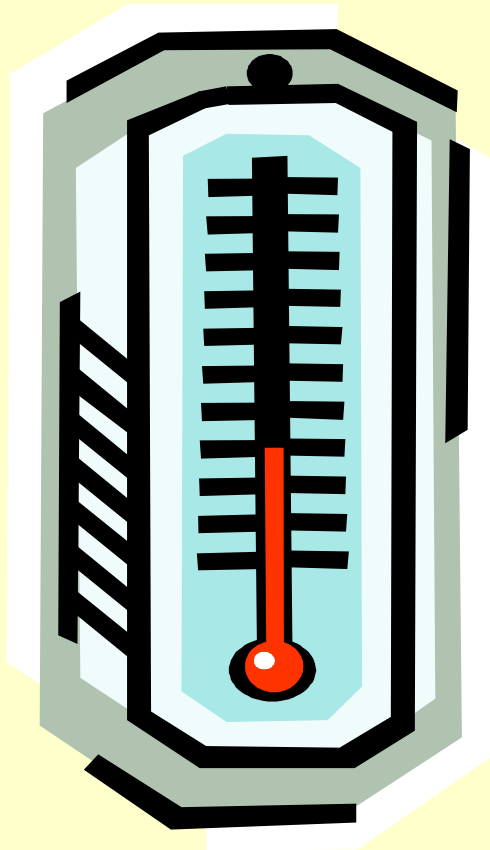


HACCP

Hazard Analysis Critical Control Point

This is a **system** used to identify potential **hazards** in a food production system and puts in steps to control or reduce them.

DANGER ZONE



5-63 C

Above 63 C bacteria are destroyed

At body temperature 37 C bacteria can multiply rapidly

Below 5 C bacteria are asleep and inactive

1. The Catering Industry

Food Poisoning:

Food Poisoning Bacteria	Symptoms	Sources
Salmonella	Diarrhoea, abdominal pain, usually fever.	Meat, poultry, eggs, unpasteurised milk, meat pie and leftovers.
Clostridium Perfringens	Diarrhoea, abdominal pain, no fever.	Meat, poultry, meat dishes, particularly reheated dishes. Spices often contaminated.
Staphylococcus Aureus	Vomiting, stomach cramps.	Food handled in preparation, cold sweets, cream fillings, custards, sandwiches, unpasteurised milk or cream
Campylobacter		
E-coli		
Listeria Monocytogenes		

1. The Catering Industry

Preventing Food Poisoning:

- **Personal Hygiene**

- Hand washing, preventing cross-contamination (where bacteria is passed from one thing or person to the food), care when using chemicals and waste materials, wearing the correct protective clothing, not working when sick etc.

- **Correct food storage**

- Fridge temperature (1 - 4 C), freezer temperature (-18 to -22 C). Bacteria breed fastest at body temperature (36/37 C), are killed over 70 C and become **dormant (sleep)** below freezing.

- **High Risk Foods** - high protein foods, animal products e.g. eggs and meat.

- **Low Risk Foods** - low protein foods e.g. fruit and vegetables.



- **Meat & poultry should always be defrosted thoroughly.**

2. Nutrition & Menu Planning

- A balanced diet contains a wide variety of foods
- Food contains a mixture of different nutrients which have different functions in the body.
- A healthy diet will provide adequate amounts of all **nutrients** needed by the body for good health.



2. Nutrition & Menu Planning



NUTRITION

Nutrient	Ingredients
Protein	Eggs Milk
Carbohydrate	Flour Sugar
Fat	Margarine Oil Butter Milk
Minerals-Iron Calcium	Cocoa cereal dried fruit Milk nuts dried fruit
Vitamins	Fruit and vegetables Eggs cereals milk
NSP (fibre)	Wholemeal flour & cereals Fruit vegetables nuts

NUTRIENTS

Protein for growth, repair and energy

Fat for energy, warmth, and protection

Carbohydrate for energy

Vitamin A for healthy eyesight, mucus membranes

Vitamin B for energy

Vitamin C for general good health, iron absorption

Vitamin D for calcium absorption ,

Iron for healthy blood ,

Calcium for healthy bones and teeth

2. Nutrition & Menu Planning

The Eatwell plate is based on five food groups which are:

Fruit and vegetables

Bread, other cereals and potatoes



Meat, fish and alternatives

Milk and dairy foods

Foods containing fat

Foods containing sugar

2. Nutrition & Menu Planning



Fruit and Vegetables

- Aim for at least 5 portions a day.
- Fresh, dried, frozen, canned and juiced - they all count.

Main nutrients: carotene, vitamin C, folates and fibre. Vit C needed for immune system and to prevent scurvy, fibre to prevent constipation and bowel cancer.

2. Nutrition & Menu Planning

Milk and dairy foods



- Help bones and teeth to grow strong and stay healthy.
- Try lower-fat options.

Main nutrients: calcium, protein, vitamin B12, vitamins A & D

Needed for growth and repair, strong bones, Vit A&D needed for skin and eyes

2. Nutrition & Menu Planning

Foods containing fat /

oods containing sugar



- Don't eat too many foods that contain a lot of fat. Leads to obesity.
- Don't have sugary foods and drinks too often.
- Leads to tooth decay.

2. Nutrition & Menu Planning

Menu Planning:

Government Guidelines: **eat less fat**, **less sugar**, **salt**, **alcohol** and eat **more fibre** should be considered in menu planning to provide a balance of dishes.

- **Menus should be a balance of different starters, mains, desserts**
 - not repetitive in terms of types of dishes e.g. fish, meat, poultry (chicken, turkey, duck), vegetarian, dishes suitable for those dieting, people who can't eat milk products (lactose intolerance) or wheat, consider religious and cultural implications.
- **Colour, texture and value for money** must also be considered when presenting a menu. It must be presented correctly and in a attractive and appealing manner to the consumer.



2. Nutrition & Menu Planning

Commodities:

Considerations when selecting & storing:



Vegetables & Fruit

Choose fruits & vegetables in season for the best quality. Check for bruising and signs of mould. Check fruit is ripe or a little under ripe, not over ripe so it is wasted. Should be stored in a dry cool area, carefully so that it does not become damaged. Not near smelly food so it becomes tainted.

Meat & Poultry

Meat should be kept in the fridge, raw meat should be kept away from cooked meat. It should be used by the specified date and be in good condition, not bruised.

Fish

Oily fish - salmon, trout, tuna

White flat - Lemon sole, halibut

Round - Bass, cod, hake

should be
bright eyes,
not slimy or smelly.

2. Nutrition & Menu Planning



Commodities:

Considerations when selecting & storing:

Eggs

Come in 4 sizes depending on size & graded A to C for quality. Eggs have to have use by dates and quality control to prevent salmonella. Should be stored in a cool dry place or fridge, away from raw meat, hands should be washed before & after handling, don't use cracked eggs.

Dairy

Dairy products have to be kept in the fridge and must be used within use by dates. Milk & cream should always be kept in the container in which it was delivered. Cheese is best served after it has been taken out of the fridge and allowed to reach room temperature.

Dry goods Should be kept in a cool, dry place off the ground.

Cook-chill foods Kept in the fridge & reheated thoroughly. Before use by date.

Canned foods must be kept in a cool place, used on rotation before use by date.

Convenience (partly prepared foods) can be use along side fresh foods to make for more efficient and more quickly prepared dishes.

2. Nutrition & Menu Planning

Costing:

It is vital to cost dishes accurately to make a reasonable profit.

Portion control (keeping the size of a portion the same every time by using the same size container or serving spoon).

The total cost of a food item depends upon 3 things:

1. **Food or materials cost** the cost of the raw materials or ingredients.
2. **Labour costs** - *Direct labour cost* e.g. the wages of the chefs, *Indirect Labour costs* - other people who work in the restaurant.
3. **Overheads** - the cost of rent, rates, heating, lighting, electricity, gas.

Sales - Food Cost = Gross Profit

Sales - total cost = Net Profit

Food cost + Gross Profit = Sales

Gross Profit is usually around 40%

Net Profit (after Labour & overheads have been taken out) is around 20%

Weights & Measure Act 1985 Weights and measurements of products must be accurate.

3. Food Production

Most of this sections is covered by the practical work that you have carried out. Think carefully about the different types of foods that you have prepared e.g. Stocks, sauces, soups, starters, rice, pasta dishes, meat & poultry, fish desserts. Ensure that are familiar with basic recipes for and examples for each and how they can be decorated and garnished.

Catering Terminology: Check you know the meaning of these terms:

Al dente

À la carte

Au gratin

Bain-marie

Brûlée

Bouquet garni

Canapé

Coulis

Crêpes

Croûtons

Croquettes

Egg wash

En croûte

Entrée

Flambé

Garnish

Gâteau

Hors d'oeuvre

La brochette

Marinade

Menu

Mise-en-place

Purée

Roux

Pâtisserie

Reduce/Reduction

Sauté

Table d'hôte

Vol-au-vent



3. Food Production

Food Presentation:

Meals must be presented with the consideration of:

1. The importance of colour, texture, flavour, shape, temperature and time.
2. The customers needs/situation/occasion/types of menu.
3. An appropriate eating environment.
4. A wide range of culinary skills.

Customer complaints must be dealt with immediately:

1. Apologise and remove the offending item.
2. Offer a replacement or substitute.
3. Inform the kitchen of the problem.
4. Provide the replacement or substitute ASAP.
5. Offer a free dessert or tea or coffee.
6. Do not charge for the item that had to be replaced.
7. Inform management.

Food & Beverage Service

Describe silver service, plated or plate service, buffet, waiter service vending machines, cafeteria, self service. When is each service style appropriate?

Vegetarians



A vegetarian is someone living on a diet of grains, pulses, nuts, seeds, vegetables and fruits with or without the use of dairy products and eggs.

A vegetarian does not eat any meat, poultry, game, fish, shellfish or crustaceans, or slaughter by-products.

Types of Vegetarian

Lacto-ovo-vegetarian. Eats both dairy products and eggs. This is the most common type of vegetarian diet.

Lacto-vegetarian. Eats dairy products but not eggs.

Vegan. Does not eat dairy products, eggs, or any other animal product.

Others

Pescetarianism, also called pesco-vegetarianism, is the practice of a diet that includes seafood and excludes other animals.

Meat Analogues

Ingredients that mimic the organoleptic properties of meat.



Myco-protein is used in fillets to provide a 'chicken like' texture.



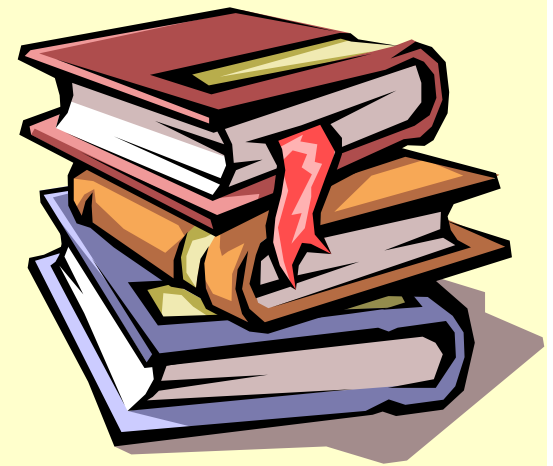
Tofu absorbs flavours, so is used as a meat alternative in stir-fries.



TVP is used in vegetarian shepherd's pie to provide the main source of protein.

Legislation

- Food Labelling Regulations 1996
- Other legislation
 - The Food Safety Act 1990
 - Trade Description Act 1968
 - Weights & Measures Act 1985
- Specific legislation covering some foods
 - e.g. bread, jam, chocolate, milk



What must be on a label?

- name of food
- list of ingredients (in descending order)
- QUID information (if needed)
- net quantity of food present (unless under 5g)
- date mark (*use by* and *best before*)
- any special conditions or conditions of use
- name & address of manufacturer, packager or seller
- place of origin
- any necessary instructions for use

Other information

- information on additives & other ingredients not legally required to be labelled
- nutrients present in food
- nutrition &/or health claims
- information on allergens present in food
- processing or production methods (*e.g.* organic)
- logos & endorsements
- guideline daily amounts

Labelling jargon

- **RDA - Recommended Daily Amount**
 - part of EU directive on Nutrition Labelling
 - estimates of the amount of vitamins & minerals needed to meet or more than meet the needs of a group of adults
- **GDAs - Guideline Daily Amounts**

4. Technological Advancements

Marketing Techniques:

Restaurants use many different types of marketing to encourage consumers to choose their product:

1. Promotions
2. Advertising
3. Direct Mail
4. Merchandising - displaying products appealingly



Packaging Materials:

Different materials are used for different purposes:

1. Biodegradable
2. Recycled
3. Vacuum packed (the air removed)
4. Cling film
5. Aluminium Foil
6. Cardboard & oven proof paperboard.
7. Plastics

4. Technological Advancements

Computer Applications:

The most valuable thing for any business is up to date information. Therefore **computers are vital**. They can be used for:

1. **Computer Operations** software packages used for Point of Sales (tills), and management systems. Used for stock control, pricings, ordering, accounts can be kept more accurately etc.
2. **Menu Design and Nutritional Analysis**
3. **Internet** to keep up to date and monitor competitors, marketing of the restaurant on a website.
4. **Keeping customer details**
5. **Keeps information securely and reduces the amount of paper**

Typical machines

- **Food processors** - prepare pastry, chop onions/herbs/breadcrumbs etc, combining ingredients as well as grating/slicing/chipping vegetables.
- **Hand blender** for pureeing
- **Electric Whisk** – beating egg whites, whisking eggs/sugar for sponge, creaming sugar/butter for cakes
- **Kenwood Mixer** - mixes pastry, cake and cookie mixes, bread dough
- **Electric steamer**- times food so that it cooks evenly and for instance fish does not overcook and go dry
- **Deep Fat Fryer** – check temp of oil, requires very careful use and control
- **Digital scales** for accuracy
- **Fan ovens** for baking

Safe use of Electric Steamer

- Read all instructions first
- Check plug and wires
- Use on a flat surface
- Check all parts are clean & free of food residue
- Check turned off at mains before start
- Check level of the water. Must be exact to the line or the food being steamed or will over
- Buzzer will ring when ready or use a kitchen timer
- Do not overload the tray of products to be steamed – they will not cook properly.
- Turn steam vents **AWAY** from the front
- Use an oven glove to remove the trays as **STEAM** scalds and this is worse than a burn
- (run under cold water for 10 mins)

Safe use of Food Processor,

- Check plug and wires
- Use on flat surface, 3 feet away from a sink
- Check all parts are clean.
- Wash blades with a brush.
- Make sure it is assembled properly.
- Lid on – click together.
- Do not touch the exposed blade.
- Do not immerse in water- detach the bowl section first.
- Do not use it on the hob or near a sink.
- **MUST** be cleaned straight after use.

Safe use of Deep Fat Fryer

- Check plug and wires
- Use on a flat surface
- Check all parts are clean & working
- Check timer control is on
- Check level of the oil. Must be exact or could overspill and be a fire hazard.
- Temperature of oil must be correct before immersing the product to ensure safe and correct cooking.
- Do not overload the basket of products to be fried – they will not cook properly.



Culinary terms

accompagniments Items offered separately to main dish e.g. vegetables and sauces

al dente Literally means 'to the tooth' i.e. firm to the bite

au gratin Sprinkled with cheese and/or breadcrumbs and browned under a grill

bain-marie container of water used to keep foods hot without burning or to cook delicate foods

brûlée 'Burned' e.g. crème brûlée or burned cream

bouquet garni A bundle of herbs **coulis** Sauce made of fruit or vegetable puree

croutons Cubes of bread fried or grilled

en croute In pastry e.g. salmon en croute

entrée A meat dish usually served as a main course

flambé To cook with flame by 'burning' away alcohol e.g. crepes suzette

Garnish A savoury decoration for food, trimmings served with a main item

julienne Thin, matchstick-size strips of vegetables

marinade A richly spiced liquid used to give flavour to and help tenderise meat and fish

mise-en-place Literally 'put in place' i.e. preparation either before starting to cook or serve

purée smooth mixture made from food passed through a sieve or liquidised in a food processor

reduce To concentrate a liquid by boiling or simmering

roux A mixture of fat and flour used a basis for a sauce

sauté Tossed in hot fat e.g. sauté potatoes

Good Luck for your
exam on
Friday January 20TH