

# CHAPTER 13

## KITCHEN BASICS



**CULINARY ARTS AND RESTAURANT MANAGEMENT – CHEF OLSZEWSKI**

© Copyright 2017 by the National Restaurant Association Educational Foundation (NRAEF). All rights reserved.

## WORKSTATIONS

- AREA DEDICATED TO A SPECIFIC TASK
- **NUMBER OF WORKSTATIONS DEPENDS UPON:**
  - BUDGET
  - SPACE
- **WORK SECTION**
  - A WORKSTATION GROUPED WITH SIMILAR EQUIPMENT FOR RELATED TASKS
- **GOOD KITCHEN DESIGN WILL:**
  - MAXIMIZE FLOW OF GOODS AND STAFF
  - MAKE EFFICIENT WORK ENVIRONMENT



# WORK SECTIONS AND THEIR STATIONS

## HOT-FOOD SECTION:

- BROILER STATION
- FRY STATION
- GRIDDLE STATION
- SAUTÉ/SAUCE STATION
- HOLDING



## GARDE-MANGER SECTION:

- SALAD PREPARATION
- COLD-FOOD PREPARATION
- SANDWICH STATION
- SHOWPIECE PREPARATION



# WORK SECTIONS AND THEIR STATIONS

## BAKERY SECTION:

- MIXING STATION
- DOUGH HOLDING AND PROOFING
- DOUGH ROLLING AND FORMING
- BAKING AND COOLING
- FINISH CAKE DECORATING
- DESSERT PREPARATION
- FROZEN-DESSERT PREPARATION
- PLATING DESSERTS



## BANQUET SECTION:

- STEAM COOKING
- DRY-HEAT COOKING (ROASTING, BROILING)
- BULK COOKING FOR PARTIES



## WORK SECTIONS AND THEIR STATIONS

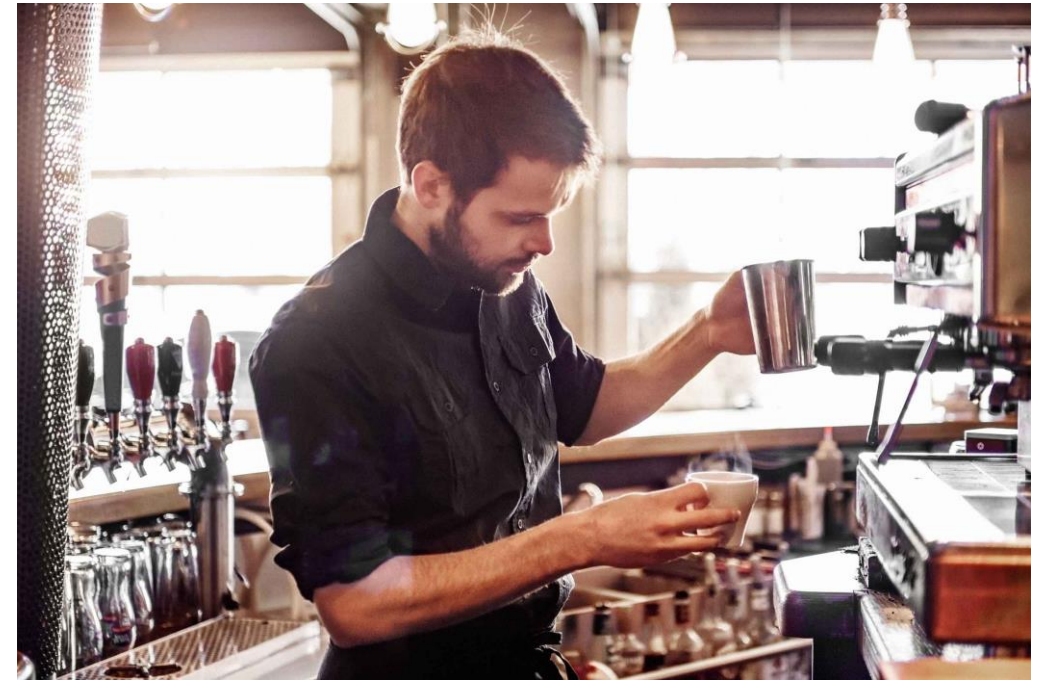
### SHORT-ORDER SECTION:

- HOLDING AND PLATING
- GRIDDLE STATION
- FRY STATION
- BROILER STATION



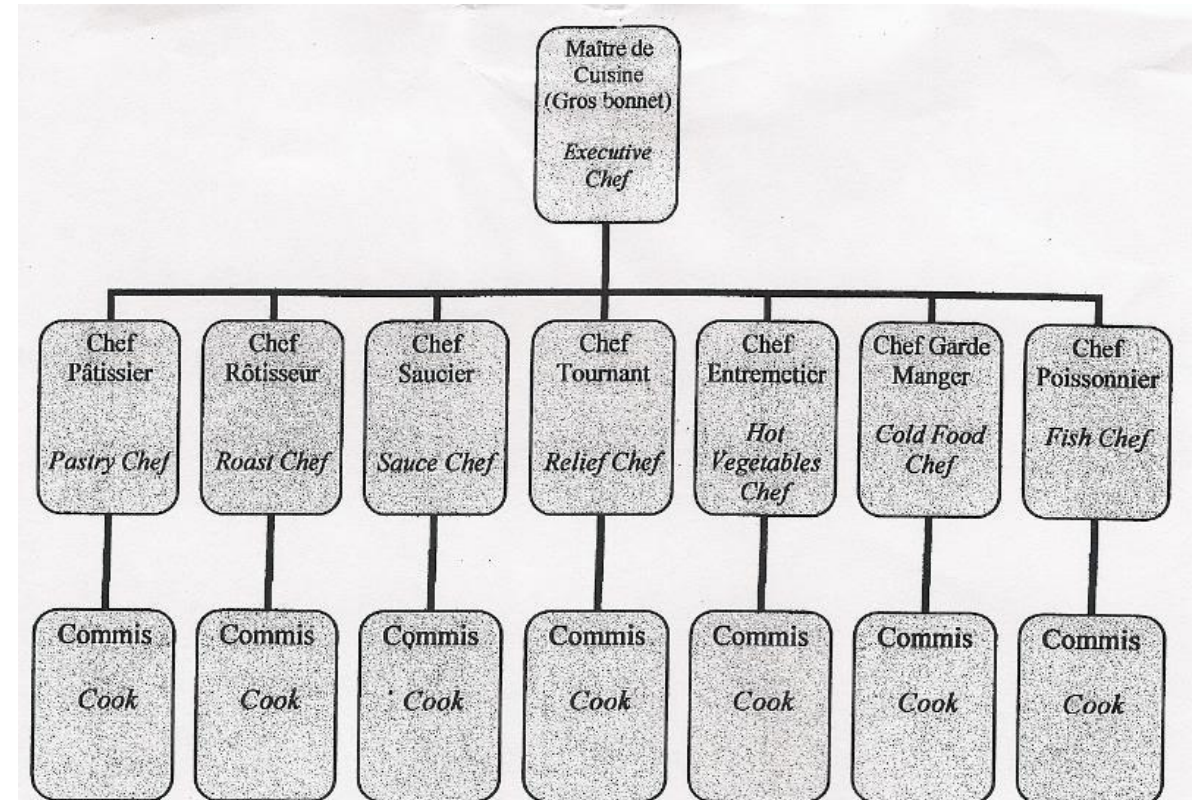
### BEVERAGE SECTION:

- HOT-BEVERAGE STATION
- COLD-BEVERAGE STATION
- ALCOHOLIC-BEVERAGE STATION



# KITCHEN BRIGADE SYSTEM

- SYSTEM OF STAFFING A KITCHEN – AUGUSTE ESCOFFIER
- **EACH WORKER IS ASSIGNED SPECIFIC TASKS**
  - RELATED BY COOKING METHOD, EQUIPMENT, OR TYPE OF FOOD PRODUCED
  - BRIGADES SMALLER TODAY DUE TO AUTOMATION AND SKILL LEVELS



## MODERN KITCHEN BRIGADE SYSTEM

### CHEF (EXECUTIVE):

- RESPONSIBLE FOR ALL KITCHEN OPERATIONS

### SOUS CHEF:

- “SECOND CHEF”
- SCHEDULES WORKERS
- COVERS CHEF’S OR STATION CHEF’S WORK
- ACCEPTS ORDERS AND REVIEWS DISHES

### STATION CHEF:

- PRODUCES MENU ITEMS
- ASSIGNED A SPECIFIC TASK (SAUTE, FRY, PANTRY)
- INCLUDES LINE COOKS



## MODERN KITCHEN BRIGADE SYSTEM

### PASTRY CHEF:

- BAKED GOODS, DESSERTS, PASTRIES
- SEPARATE KITCHEN OR SECTION

### EXPEDITER:

- COMMUNICATES ORDERS
- CHECKS THAT FOOD COOKED IN CORRECT ORDER
- WAITSTAFF SERVES FOOD WARM AND READY





## DINING-ROOM BRIGADE SYSTEM

### DINING-ROOM MANAGER:

- ALSO KNOWN AS THE “MAÎTRE D’
- LEADS DINING-ROOM BRIGADE
- TRAINS ALL SERVICE PERSONNEL
- OVERSEES WINE SELECTIONS
- DEVELOPS MENU WITH CHEF
- ORGANIZES SEATING CHART
- SEATS GUESTS



## DINING-ROOM BRIGADE SYSTEM

### WINE STEWARD:

- RESPONSIBLE FOR WINE SERVICE
- PURCHASES WINES
- ASSISTS GUESTS SELECTING WINE
- ALSO KNOWN AS A “SOMMELIER”

### HEADWAITER:

- RESPONSIBLE FOR SERVICE THROUGHOUT DINING ROOM OR SECTION

### CAPTAIN:

- EXPLAINS MENU TO GUESTS
- TAKES ORDERS
- TABLE-SIDE PREPARATIONS



## DINING-ROOM BRIGADE SYSTEM

### FRONT WAITER:

- TABLES SET PROPERLY ***FOR EACH COURSE***
- FOOD ORDERS DELIVERED TO CORRECT TABLES
- NEEDS OF GUESTS MET (COFFEE, DRINKS)

### BACK WAITER:

- CLEARS PLATES
- REFILLS WATER GLASSES
- RESETS TABLES (BUSBOY)



## *MISE EN PLACE*

- **FRENCH FOR: “TO PUT IN PLACE”**
- **PREPARATION AND ASSEMBLY OF**
  - INGREDIENTS
  - PANS, UTENSILS
  - EQUIPMENT
  - SERVING PIECES
- PREPARATION OF DISH
- SETUP BEFORE
- CLEANING WHILE YOU WORK





## SEASONING

### **SEASONING:**

- ENHANCES FLAVOR
- DOES NOT CHANGE FLAVOR OF DISH
- PREVENT OVERUSE
- ADD AT THE BEGINNING OF COOKING
- CREATE DEPTH OF FLAVOR (LAYERS)



# BASIC SEASONINGS

- **SALTS**

- KOSHER, SEA, PINK
- IODIZED/TABLE SALT

- **PEPPERS**

- BLACK PEPPER
- RED PEPPER FLAKES

- **SUGARS**

- GRANULATED SUGAR
- HONEY, LACTOSE
- MOLASSES, BROWN SUGAR

- **ACIDS**

- VINEGAR, CITRUS JUICES
- WINE



# FLAVORINGS

## FLAVORINGS THAT CHANGE THE TASTE OF ORIGINAL FOOD:

- HERBS
- SPICES
- EXTRACTS
- FRUITS AND VEGETABLES
- AROMATIC LIQUIDS (STOCK, BEER, TEAS)
- CURED FOOD





## HERBS AND SPICES

- **ENHANCE AND ADD FLAVOR**
- **HERBS**—LEAVES, STEMS, OR FLOWERS OF AROMATIC PLANT
- **SPICES**—BARK, ROOTS, SEEDS, BUDS, OR BERRIES OF AROMATIC PLANT



## HERBS AND SPICES

- **WHEN USING FRESH**

- ADD FRESH HERBS AT THE END OF COOKING
- USE 2 TO 3 TIMES MORE THAN DRIED

- **WHEN USING DRIED**

- MUCH STRONGER, USE MIDWAY OR AT BEGINNING
- LIGHTLY CRUMBLE OR GRIND—RELEASES FLAVOR



# HERBS AND SPICES

## SPICES:

- WHEN USING WHOLE
  - ADD EARLY DURING COOKING
- WHEN USING CUT OR GROUND
  - TOAST TO ENHANCE FLAVOR, RELEASE OILS
  - ADD LATER DURING COOKING



## COMMON HERBS USED IN CUISINE – HOW MANY CAN YOU NAME?



Basil

- Italian, Mediterranean, American



Bay leaves

- Turkish, Mediterranean, North American, Indian



Chives

- Central Asian, Central European
- Mixed with cream cheese

## COMMON HERBS USED IN CUISINE

Cilantro



- Latin American, GUACAMOLE

Dill



- Northern European, North American
- Served with salmon

Lavender



- French, North American
- Great air freshener

## COMMON HERBS USED IN CUISINE

Lemon grass



- Asian, Thai, Malaysian, Vietnamese
- Has a “citrus” taste

Marjoram



- Mediterranean, North American, Western Asian...sounds like a butter substitute

Mint leaves



- Northern Mediterranean (Morocco, North Africa, Turkey)  
Also used as a dessert garnish

## COMMON HERBS USED IN CUISINE

Oregano



- Mediterranean, Italian, Mexican
- Also used in Greek Cuisine

Parsley



- All cuisines
- Curly or Flat leaf

Rosemary



- Mediterranean
- Smells like pine

## COMMON HERBS USED IN CUISINE

Sage



- European, Croatian, North American
- Great with pork or poultry

Tarragon



European (French), Mexican  
Chicken, Bearnaise Sauce

Thyme



European, African, North American  
Never seem to have enough!



## COMMON SPICES USED IN CUISINE – HOW MANY DO YOU KNOW?

Allspice



- Jamaican, Caribbean, tropical South American
- Tastes like multiple spices

Anise



- Turkish, Spanish, Egyptian, Mediterranean, Central American  
Look at the shape

Capers



- Mediterranean
- We use it in tartar sauce
- Its usually pickled

## COMMON SPICES USED IN CUISINE

Caraway



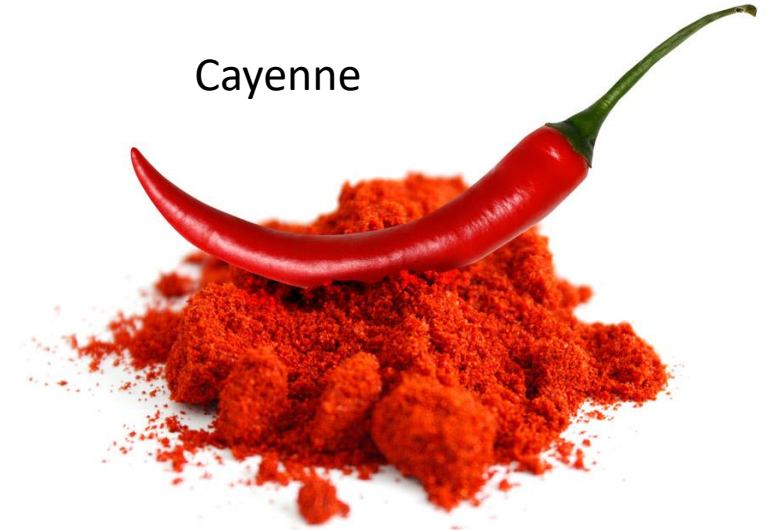
- Dutch, Canadian, Russian
- Found in rye bread

Cardamom



- Indian, Asian, Guatemalan
- Spritzer Cookies

Cayenne



- Central American,
- South American, Mexican, Southwest American

# COMMON SPICES USED IN CUISINE

Cinnamon



- Indian, French, Indonesian, Asian, Caribbean, Mexican, Central American  
The bark of a tree

Cloves



- Asian, Sri Lankan, Indian, European, North American
- Gingerbread

Cumin



- Indian, Middle Eastern, African, Mexican  
Chili and Tacos

## COMMON SPICES USED IN CUISINE

Ginger



Chinese, Indian, Jamaican  
Cookies, Cakes

Fennel



- Southern European, Italian, Mediterranean
- Italian Sausage

Saffron



Asian, Indian, Spanish and Mexican...worlds most expensive spice

## COMMON SPICES USED IN CUISINE



Nutmeg

- Indonesian, French



Paprika

- South American, Hungarian and Spanish
- Smoky or Spicy



Vanilla bean

Mexican, Central American, African  
Sourced from equator countries

## HERBS AND SPICES

- **STORE PROPERLY**
- HEAT, LIGHT, AIR—SPEED UP LOSS OF FLAVOR
- **STORAGE**
  - TIGHT, GLASS JAR
  - COVERED CABINET, DRAWER, OR PANTRY
  - AWAY FROM HEAT OR LIGHT
  - DO NOT STORE NEAR STOVES, DISHWASHERS, SINKS, OR AIR DUCTS



## CLARIFIED BUTTER

- REMOVING MILK PROTEINS FROM FAT
- MILK PROTEINS BROWN WHEN EXPOSED TO HIGH HEAT
- USED FOR SAUTÉING
- SAUTEED FOODS WILL NOT BROWN TOO QUICKLY
- SALT AND IMPURITIES ON TOP, FAT IN THE MIDDLE AND MILK FAT ON BOTTOM



## SETTING UP A WATER BATH

### WATER BATH COOKING:

- GENTLY COOKS BAKED GOODS
- HEAT IS ABSORBED BY WATER
- HEAT IS GENTLY TRANSFERRED TO PRODUCT
- UNIFORM HEATING AND EVEN COOKING PROCESS
- PREVENTS HOT SPOTS





# NUTRITION LABELS

## NUTRITION FACTS LABEL:

- INFORMATION ON WHAT DISHES CONTAIN

## HELPS PEOPLE:

- AVOID FOOD ALLERGENS
- PLAN SPECIAL DIETS
- UNDERSTAND NUTRIENT AMOUNTS

## PERCENTAGE DAILY VALUE (DV):

- NUTRIENTS REPORTED AS A PERCENTAGE
- BASED ON 2,000-CALORIE DIET

## **Nutrition Facts**

8 servings per container

**Serving size** 2/3 cup (55g)

Amount per serving

**Calories** 260

% Daily Value \*

**Total Fat** 4g 5%

Saturated Fat 2g 10%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 140mg 7%

**Total Carbohydrate** 39g 13%

Dietary Fiber 2g 7%

Total Sugars 10g

Includes 10g Added Sugars 20%

**Protein** 4g

Vitamin D 2mcg 10%

Calcium 261mg 20%

Iron 8mg 45%

Potassium 234mg 6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

