

## 2 In the Kitchen

### CATERING IN THEORY

#### The kitchen staff

##### Kitchen brigade

Georges Auguste Escoffier, a famous 19<sup>th</sup> century French chef and César Ritz, a Swiss hotel keeper, were the first who talked about kitchen brigade.

The Kitchen		
• raw material	• preparation	• production

##### Kitchen brigade

- chef de partie or head of station
- entrée chef
- chef legumier or vegetable chef
- chef potager or soup chef
- cold-foods chef or chef garde-manger
- roast chef or chef rôti
- sauce chef or chef saucier
- grillardin or grill chef
- friturier or fry chef
- fish chef or chef poissonnier
- pastry chef or chef pâtissier
- roundsman or chef tournant

##### Assigning tasks

The kitchen brigade creates a **chain of leadership and responsibility**. Professional kitchens are organised into workstations with similar jobs and food products together.

##### Roles

<b>1 chef manager</b>	responsible for all aspects of the kitchen
<b>2 head chef</b>	excellent cooking and leadership skills
<b>3 banqueting chef</b>	able to deliver an excellent experience to guests at special events
<b>4 under-chef/ sous-chef</b>	a talented young chef able to assist the head chefs in all their tasks
<b>5 butcher/boucher</b>	experience in butchering all types of meat and poultry
<b>6 chef de partie/ station chef</b>	particular skills and experience in preparing specific aspects of the menu
<b>7 roundsman/ chef tournant</b>	able to stand in for any absent chef de partie
<b>8 commis/ junior chef</b>	a trainee chef able to assist the station chefs

## **A chef's uniform**

- the toque or chef's hat
- a bandana to cover the hair
- a triangle (kind of scarf) to absorb sweat and stop the neck from getting cold
- the chef's jacket (heat-resistant, white cotton)
- an apron
- the torchon which chefs tie to the apron
- chefs' trousers of non-flammable material
- shoes (comfortable and lightweight)

## **Hygiene**

The kitchen hygiene rules to avoid contamination:

- wash and dry your hands carefully
- dry your hands with clean towels, disposable paper towels or under a hand dryer
- never transit from dirty to clean areas
- wear clean protective clothing (apron or jacket)
- keep personal clothes and items away from where the food is prepared
- never smoke, chew gum, eat
- never cough or sneeze over food
- tie long hair back or cover it
- keep your nails short
- don't wear jewelry
- make sure cuts are covered by a clean waterproof plaster or bandage
- wear disposable gloves
- clean workstations with ammonia and denatured alcohol

## The kitchen and the equipment

### Kitchen areas

The way a restaurant's kitchen is designed and run varies depending on its location, the type of customer, the number of covers, the menu, the type of service and the number of staff it has.

### Kitchen design

The **main kitchen**, where hot food is prepared, needs to be in a strategic point: behind the **service area** and in front of the **cold storage rooms**, where raw materials are stored. Access to storage should be separate from food preparation areas. Storage premises should ensure the regular supply of fresh materials. The **dishwashing area** needs to be near the main kitchen. The **cold preparation section** must be near the **cold storage rooms**. Next to this, you usually find the **storeroom**.

### Equipment

The equipment can be divided into subcategories:

- the first category: **food preparation appliances** (all the machinery used to prepare food for cooking such as a food blender or a grater)
- the second category: **cooking appliances** (machines used to cook food, like fryers and cookers)
- the third category: **refrigeration** (to preserve food safety at low temperatures and to prevent the growth of microorganisms such as fridges and icemakers)
- the fourth category: **cookware** (to contain and cook food like frying pans, saucepans, etc.)
- the final category: kitchen utensils and cutlery (to prepare, serve and eat food such as kitchen knives, stirring spoons, etc.)

### Food preparation appliances

- meat slicer (*affettatrice*)
- bread slicer (*affettatrice per pane*)
- food blender (*frullatore*)
- weighing scales (*bilance*)
- juicer (*centrifuga*)
- grater (*grattugia*)
- food mixer (*impastatrice mixer*)
- lemon squeezer (*spremiagrumi*)
- potato peeler (*sbucciapatate*)
- grinder (*tritacarne*)

### Food processors vs food mixers

Compact compared to mixers, **food processors** are still versatile machines which can have a range of attachments for shredding, slicing, blending, etc. **Food mixers**, which are larger than food processors, offer even more food preparation capabilities and possibilities. With some attachments you can prepare fresh pasta, mince meat for sausages, peel potatoes, etc.

## Cooking and refrigerating appliances

A **cooker** is one of the most important kitchen appliances. The factors you should consider when you choose cooking and refrigerating systems are the following: kitchen layout, cost, health and safety, energy efficiency, restaurant covers and menu.

### Cooking appliances

- gas cookers (*fornelli a gas*)
- electric cookers (*fornelli elettrici*)
- induction cookers (*fornelli a induzione*)
- fry-top grills (*griglie per friggere*)
- grills or barbecues (*griglie o barbecue*)
- slow cookers (*fornelli a fuoco lento*)
- deep fryers (*friggitrice*)
- traditional static ovens (*forni statici tradizionali*)
- fan ovens (*forni ventilati*)
- microwave ovens (*forni a microonde*)
- steam ovens (*forni a vapore*)

### Refrigeration appliances

- cold store rooms (*celle frigorifere*)
- vertical fridges (*frigoriferi verticali*)
- top-opening fridges (*frigoriferi orizzontali*)
- blast chillers (*abbattitori di temperatura*)
- ice makers (*macchine per il ghiaccio*)

### Cookware

- casserole dish (*casseruola*)
- frying pan (*padella per friggere*)
- stockpot (*pentola per brodo*)
- bain-marie (*pentola per bagnomaria*)
- sauteuse (*padella sauté*)
- braising pan (*pentola per brasato*)
- fish kettle (*pesciera*)
- roasting pan (*teglia da forno*)

### Kitchen knives

Kitchen knives are a vital part of a chef's equipment and must be of high quality. The structure of a knife has three parts: the blade, the bolster and the handle. Blades are usually made of steel alloys and can be stamped. The **cutting edge** of the blade can be smooth, fluted, curved or serrated. The handle should be non-slip, ergonomic and crushproof.

#### Different kitchen knives

- chef's knife (*coltello del cuoco*)
- paring or peeling knife (*spelucchino*)
- potato peeler (*sbucciapatate*)
- utility knife (*multiuso*)
- fillet knife (*per sfilettare*)
- meat cleaver (*da carne*)
- carving knife (*trinciante*)
- classic carving knife or scimitar

- boning knife (*per disossare*)
- slicing knife (*per affettare*) (*trinciante classico o a scimitarra*)

### Kitchen utensils

- tongs (*pinze*)
- fishbone tweezers (*pinzette per lische*)
- mandolin (*mandolino*)
- melon baller (*scavino melone*)
- vegetable corer (*cavator solo verdure*)
- apple corer (*cavator solo mela*)
- zester (*riga limone*)
- spatulas (*spatole*)
- scrapers (*raschiatti*)
- angled palette knives (*spatole angolate*)

### Cake-making tins and utensils

- bowls (*scodelle*)
- whisk (*frusta*)
- spatula (*spatola*)
- spoon (*cucchiaio*)
- measuring tools: jug and spoons (*bicchiere e cucchiari graduati*)
- sponge tins (*teglia per pan di Spagna*)
- spring form tins (*tortiera a molla*)
- cupcake tin (*stampo per cupcake*)
- Swiss roll tin (*stampo per tronchetto*)
- loaf tin (*stampo per pane*)

### Cupcake utensils

- moulds (*stampini*)
- cutters (*formine*)
- corers (*per bucare il centro del cupcake*)
- crimpers (*pinzette*)
- paper or silicone cupcake cases (*pirottini di carta o silicone*)
- palette knife (*spatula*)
- paintbrush (*pennello*)
- stencils and transfers (*stampini/modelli e decalcomanie*)
- textured rolling pins (*mattarelli con rilievi in superficie*)

## CASE STUDY

### Mise en place

**Mise en place** is a French culinary term meaning “set in place”. It is used in professional kitchens to refer to the organization and arrangement of equipment and ingredients that a chef requires to prepare the dishes on a menu during the service.