

A DUMMY'S GUIDE TO COOKING



THE CHEF

FAVOURITE FOOD:

mangoes

FAVOURITE RESTAURANT:

yoshinoya

FAVOURITE RECIPE:

apple pie

AUG-DEC 2021 FOOD MAGAZINE ISLAND SCHOOL
a 'must-have' handbook to begin your culinary
journey from dummy to chef.



LESSON 01: FOOD SAFETY

(AKA HOW TO COOK FOOD THAT WILL NOT HARM ANYONE, OR ONESELF IN THE MAKING)

CLEAN

STEP 1) Wash your hands with soap
*soap contains alkaline properties that will kill/denature bacterial enzymes
*before & after cooking
after handling red meat
after going to the washroom
after sneezing

STEP 2) Wash work surfaces and tools

COOK

SAFE MINIMUM INTERNAL TEMPERATURE= temperature at which bacteria dies in the specific food
*chicken @ 75°C

63°C SERVING TEMP (because no one likes cold food)

CHILL

FRIDGE) 1-5°C

FREEZE) -18°C

*cold temperatures causes enzymes in bacteria to move slower thus food stays fresh longer (just you on a cold winter day...)

ITEMS NEEDED:
Refrigerator, Thermometer

CROSS CONTAMINATION

UNCOOKED foods should be separated from COOKED foods

UNCOOKED= raw meat, poultry, seafood
COOKED= vegetables, bread, fruits



Certificate

Awarded to:

Anson Chan

for the successful completion of

Food Safety in Catering - Level 2

with a score of 97% on 29/09/21

Ref: QVP29852



This training course follows the Level 2 Food Safety in Catering syllabus and is endorsed by the Society of Food Hygiene and Technology.



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LESSON 02: OMLETTE

/DMLt/

A DISH OF BEATEN EGGS COOKED IN A FRYING PAN AND SERVED PLAIN OR WITH A SAVOURY OR SWEET TOPPING OR FILLING.

STEPS

- 1) Gather all the ingredients and set them on the workstation (a pro chef is an organised chef)
- 2) Using a claw grip, finely dice the onions and clove of garlic (please peel skin of first), and chop the carrot
- 3) Crack both eggs (or more) into a bowl and season with salt, pepper and herbs of choice (parsley and garlic go well together)
- 4) Whisk your eggs until egg white is fully mixed with the yolk
- 3) *Saute* onions and butter together in a hot pan until it starts to sizzle and caramelize, then add chopped garlic
- 4) When the garlic starts to brown, pour the beaten eggs into the pan
- 5) Let the eggs sit and cook (becomes more solidified) and add carrots and peas to the middle
- 6) Once solid, fold your eggs carefully (this may take a few times to perfect)
- 7) Your omlette is now ready to serve and eat!

*sautee means to 'cook in butter'

PRO TIP

- 1) Do not rub face after chopping onions (i've learned the hard way)
- 2) Adding more butter reduces the chances of your omlette sticking to the pan



INGREDIENTS

- x2 Eggs (or more if you're hungry)
- 1/2 Carrot
- X1 tbsp Peas
- 1 tbsp Whole Cream Milk
- 1 clove Garlic
- 1/2 Onion
- 1 Spring Onion
- 1 block of Butter
- 1 tsp Salt
- (Optional) Herbs

KNOW YOUR VEGETABLES

(AKA THE VEGGIE FAMILY TREE)

FRUITS

- as the name suggests, fleshy fruits of the plant are eaten and contain seeds
examples: eggplant, cucumber, pumpkin



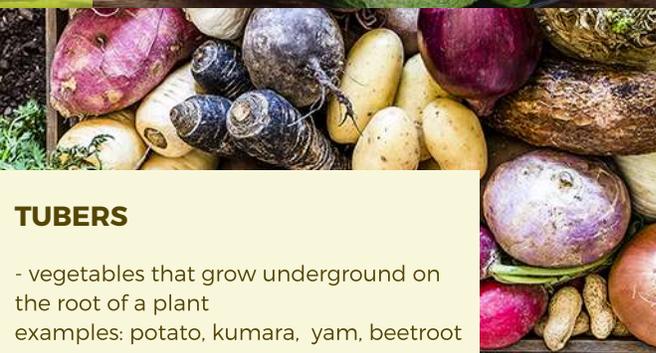
FLOWERS

- the edible flower that is eaten of the plant
examples: broccoli, cauliflower, romanesco, choi sum



STEM

- (no, not the curriculum) the edible stalks of plants are eaten
examples: celery, asparagus, kohlrabi



TUBERS

- vegetables that grow underground on the root of a plant
examples: potato, kumara, yam, beetroot



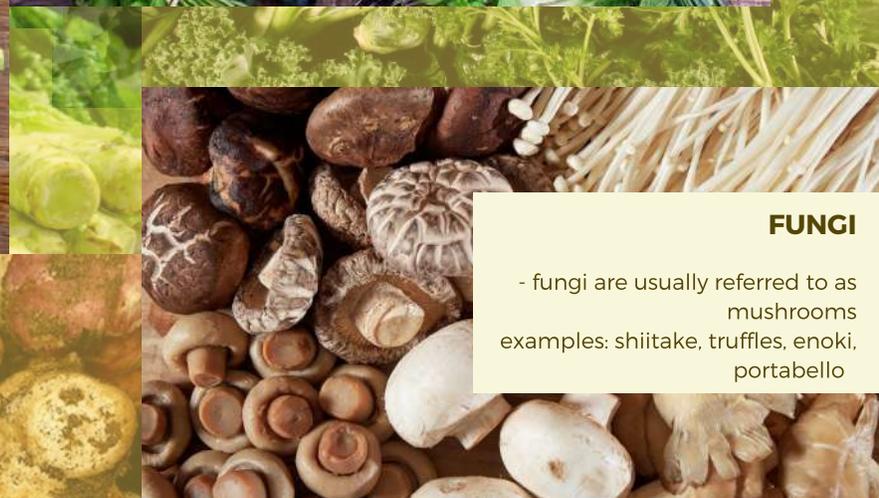
PULSES

- (legumes), plants eaten with a pod and seed inside
examples: beans, snowpeas, chickpeas



LEAFY

- the edible leaves of plants are eaten
examples: brussel sprouts, spinach, cabbage, lettuce



FUNGI

- fungi are usually referred to as mushrooms
examples: shiitake, truffles, enoki, portabello

LESSON 03: VEGGIE SOUP

/SU:P/

A LIQUID DISH, TYPICALLY SAVOURY AND MADE BY BOILING MEAT, FISH, OR VEGETABLES ETC. IN STOCK OR WATER.



STEP 1:

Gather all the ingredients to your workstation, and cut them using a sharp knife.

- *Brunoise* = cut into small dices (Carrots, Onions, Potato, Garlic)
- *Macedoine* = cut into medium cubes (Carrots, Onions, Potato)
- *Chiffonade* = thinly sliced herbs (Corriander, Spring Onion)

*place a damp cloth under cutting board to prevent slipping

*knife should be sharpned/sharp before use (a sharp knife is safer than a blunt one!)



Cutting potatoes & carrots using the *Macedoine* method & claw positioning

STEP 2:

Add olive oil and butter in even ratio to a hot pan, then add onions in to *sautee*.

STEP 3:

Once the butter melts and begins to sizzle, add the rest of the ingredients. (Order does not really matter)

*Potato, Carrot, Garlic, Coriander

STEP 4:

Season the vegetables in the soup with herbs & spices

*Coriander, thyme, basil, white pepper (+ optional herbs)



Organising chopped ingredients into trays.... as the French call it 'mise en place'

STEP 5:

Add broth mixture (750ml water to vegetable stock) to pan and let it simmer until vegetables are cooked

*Soup is done if the potatoes are soft

STEP 6:

EAT!



Pouring dissolved vegetable broth into soup



INGREDIENTS:

Carrot, Potato, Celery, Vegetable stock, Stock, Salt, Coriander, Thyme, Basil, Onion, Water



KNIFE SAFTEY+ SKILLS

(HOW TO PROTECT YOUR PRECIOUS LITTLE FINGERS)

KNIFE SAFTEY RULES

- 1) Always place a damp cloth under cutting board
- 2) A blunt knife is more dangerous than a sharp one
- 3) Clean knives immediately after use
- 4) Store knives in a safety block
- 5) Never try to catch a falling knife

BASIC VEGETABLE CUTS:



BRUNOISE

This is a very small diced cube, sized between 1-3mm square. It is often used as a garnish for consommé.



JULIENNE

Long thin matchstick shaped pieces about 4cm in length.



MACEDOINE

This is a diced cube, 0.5cm (5mm) square, which is larger than the brunoise cut.



JARDINERE

A long thin baton, about 2cm long and approximately 3mm wide and 3mm thick. Slightly thicker than a julienne.



PAYSANNE

This cut may be squares, triangles, circles or half-rounds. In order to cut all parts, the shape of the vegetable will decide the shape of the cut. All are cut thinly, about 1-2mm thick



CHIFFONADE

Finely sliced or shredded green leafy vegetables, usually lettuce or spinach, used as a base, garnish or in soups.

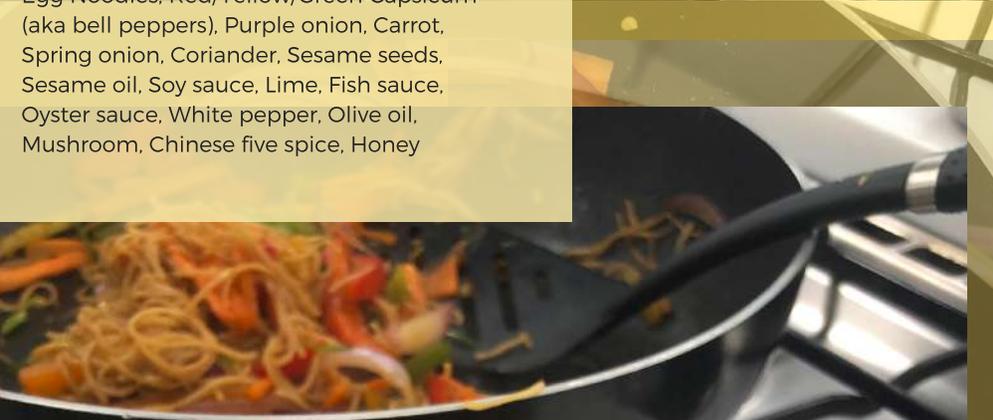
LESSON 04: STIR- FRY

/ˈSTɜːFRʌɪ/

A CHINESE COOKING TECHNIQUE TO FRY RAPIDLY OVER A HIGH HEAT WHILE STIRRING BRISKLY.

INGREDIENTS

Egg Noodles, Red/Yellow/Green Capsicum (aka bell peppers), Purple onion, Carrot, Spring onion, Coriander, Sesame seeds, Sesame oil, Soy sauce, Lime, Fish sauce, Oyster sauce, White pepper, Olive oil, Mushroom, Chinese five spice, Honey



STEP 1:

Gather all ingredients to your workstation, and *julienne* the vegetables.

(Carrots, capsicums, onion, mushroom)

- *Julienning* = to cut into short thin straps

- This allows the vegetables to cook faster and evenly in high heat.

STEP 2:

In a small bowl, grate lime skin*, and mix soy sauce, fish sauce, lime juice and oyster sauce together. Add white pepper and Chinese five spice for more flavour.

*most of the flavour is in the lime skin, so grate the lime until white begins to show

- Flavours of the sauce mixture should be balanced:

- Fish sauce= bitterness, Soy sauce=saltiness, Lime juice=sourness, Oyster sauce= sweet

- Avoid adding too much sauce as it may be too salty

STEP 3:

Heat the pan and add a drizzle of sesame oil and olive oil.

- Pure sesame oil is not used as the taste would be too overpowering, the olive oil helps balance the flavour

STEP 4:

Add crushed garlic to pan, if it begins to sizzle add all of the chopped vegetables in order of hardest to softest.* (Carrots, Onions, Capsicum,)

*This ensures that all vegetables cook evenly and maintains a nice crunch

STEP 5:

Stir the vegetables*. Add in your egg noodles and continue to stir. Gradually add your sauce.

*Stirring keeps the food moving so it doesn't burn under high heat, and ensures ingredients are evenly spread.

STEP 6:

EAT!



SEAFOOD CLASSIFICATIONS

FISHY NUTRITION

- low in saturated fat, low in calories
- rich sources of fat soluble vitamins A, D needed for growth and bones
- rich in iodine, essential for hormones
- good source of omega-3 (found in oily fish and some plants)

FATTY ACIDS

- fatty acids are the building blocks of fats
- important for healthy heart (lower cholesterol levels)
 - some fatty acids are made by the body; however omega-3 fatty acids cannot be made and must be supplied by diet

FRESH WATER FISH

- Freshwater fish have gills that function to diffuse water (not allowing impurities inside)
- Milder flavour profile, more subtle 'salty' taste
- Lots of small bones, harder to debone
- Higher amounts of calcium, monounsaturated fatty acids and polyunsaturated fatty acids.
- E.g. catfish, trout, perch, carp, bass

SALT WATER FISH

- Saltwater fish lose large quantities of internal body fluids through their gills because of osmosis
- They replace lost water by consuming large quantities of saltwater
- Produces enzyme that enables them to rid their plasma of excess salt
- Larger bones, and easier to debone
- Fully flavour, has 'briny taste'
- E.g. tuna, hake, ladyfish, bluefish

INVERTEBRATE

- does not have backbone
- may have cartilage or shell (shellfish)

VERTEBRATE

- has backbone
- usually has fin, scales, skeleton



CRUSTACEANS

- Crustaceans are aquatic animals that have jointed legs, a hard shell and no backbone
- Crust-like shell
- E.g. crayfish, lobster, crab, shrimp



WHITE FISH

- Lean fish
- Less than 5% fat in flesh
- Contains fatty acids & omega-3, but only in the liver, and in smaller quantities
- E.g. tuna, halibut, cod, bass,



MOLLUSKS

- Usually have a hinged two-part hard shell
- Soft structure
- E.g. clams, oysters, snails, scallops, squid, octopus



OILY FISH

- Fatty fish
- 10-20% fat in flesh
- Rich in omega-3, DHA, and vitamin D
- More flavour than white fish
- E.g. mackerel, salmon, eel, sardines, herring

LESSON 05: PAELLA

ΠΑΪ'ΕΛΘ/

A SPANISH DISH OF RICE, SAFFRON, CHICKEN, SEAFOOD, ETC., COOKED AND SERVED IN A LARGE SHALLOW PAN.

MISE EN PLACE



INGREDIENTS

Olive oil, Onion, Red/Green/Orange capsicum, 3 Clove garlic, Roma tomatoes, Artichoke, Olives (pitted), Paprika, Thyme, Lemon, Saffron threads, Salt, Black pepper, Chicken stock, Prawns, Calamari, Paella rice, Quinoa



STEP 1:

Prepare your *mise en place*; cutting vegetables- julienne the bell peppers, chop the artichoke and lemon into rough slices and tomatoes in half, dice the onion, and finely chop garlic

STEP 2:

Heat olive oil on a hot pan and sautee the onions and garlic together; once browned, added in all the vegetables and season with paprika, salt and black pepper. Add in shrimp heads from de-shelling *see in preparation* and bay leaf, cook thoroughly.

STEP 3:

Dilute half chicken stock cube to 1000ml of water, and add the broth to the cooked vegetables.

STEP 4:

Add rice and quinoa and gently spread it even across the bottom of the pan; let the liquid come to a boil, and cook at high heat for 10 mins.

*there should be no stirring required once rice is added, as a *socarrat* (crispy savoury layer at the bottom) should be formed

STEP 5:

Lower the heat and add seafood (shrimp, calamari), thyme, lemons and extra vegetables can be added for decoration, and cover to cook for 5 mins.

*extra water should be added if rice is too dry, or else it will stick and burn.

STEP 6:

Eat!!

SAFETY/HYGIENE TIPS:

- When preparing seafood and vegetables, be sure not to cross contaminate! Use red (meant and seafood) and green (veg) chopping boards alternatively.
- Be sure to prepare your *mise en place* beforehand, so that cooking is more organised and smooth

SEAFOOD PREPERATION:

Prawns:

- PEELING: Twist neck off, open from the middle of the legs and peel back the skeleton
- Fresh peeled prawns should be used right away, or sealed and dried, then placed in the fridge overnight
- Head of the shrimp can be kept for decoration and extra flavour for paella

Calamari:

- RINGS: cut off tentacles and keep squid head, remove all the guts, skeleton, and ink inside the squid. Once cleaned thoroughly, cut into even rings



LESSON 06: EGGS BENEDICT

/Egz BEN.ə.DIKT/

A DISH CONSISTING OF POACHED EGGS SERVED ON TWO HALVES OF AN ENGLISH MUFFIN, WITH HAM OR BACON AND HOLLANDAISE.

HOLLANDAISE SAUCE

Gather all ingredients to workstation. Use double steamer method* (bowl on top of boiling pot of water) to gently heat and whisk two egg yolks.

*To prevent overheating and accidentally making scrambled eggs

Add all other ingredients of the *hollandaise sauce except butter.

*Hollandaise sauce is the development of an emulsion using egg yolks and lemon juice as the agents

When egg yolks are aerated (fluffy and light) slowly, drip by drip* add the butter in.

*By adding butter slowly, we can create an emulsification of the fat, and it will incorporate into the egg yolks to become

Keep adding until you reach the bottom and there is a layer of fat solids. Do not add into sauce. Sauce should now resemble a thick, creamy, custard texture.

STEP 1

Heat a hot pan and fry the bacon. Let it caramelize on the side before flipping. Once cooked set aside.

STEP 2

Wilt the spinach in the same hot pan until soft, do not overcook or it will shrink. Heat english muffins.

STEP 3

In a pot of boiling water, add vinegar, and create a swirling/whirlpool motion with spoon. Immediately crack eggs and cover with lid. Turn down the heat and let it cook for 2-3 minutes.

Use a damp cloth to dry the collected poached eggs.

STEP 4

Assemble your eggs Benedict; half an english muffin, spinach, bacon, poached eggs and top with hollandaise sauce

STEP 5

Enjoy!

5 FRENCH MOTHER SAUCES:

Roux: Flour + fat, and is reduced with a liquid to make a stock

Béchamel: Roux + Dairy (milk/cream)

Espagnole: Roux + Brown stock (veal/beef)

Tomato: Roux + Tomatoes (italian, does not use roux)

Hollandaise: Egg yolks + Clarified melted butter +

Acid (lemon juice/ white wine)

Velouté: Roux + White stock (chicken/veg/ fish)



THE SCIENCE OF HOLLANDAISE

Hollandaise is the development of emulsification (breaking up insoluble fat); using lemon juice and egg yolks as agents. Whisking egg yolks over gentle heat to create lots of egg yolk globules in a mixture of lemon juice

CHICKEN JOINTING



CHICKEN DEJOINTING

- x2 Wing Tips
- x2 Wings
- 2 Breast
- x2 Thigh
- x1 Carcass

STEP 1

Lay chicken smooth breast side up. Cut between drumstick and the breast and slice the skin from thigh to carcass. Pull the thigh back and twist to pop the joint. Repeat for other thigh.

STEP 2

Slice skin between wing and carcass. Pull and twist to pop the joint. Repeat for other wing.

STEP 3

Cut through the breast bone. Carefully cut horizontally to get the breast fillet out. There is usually a tenderloin (baby fillet) inside of the breast.

WHITE MEAT CUTS

- Chicken Breast
- Chicken Wing

DARK MEAT CUTS

- Chicken Thigh
- Chicken Drumstick



LESSON 06: GREEN CURRY

THAI CURRY BASED ON COCONUT MILK AND FRESH GREEN CHILLIES, THE COLOR COMES OUT CREAMY MILD GREEN OR, AS THIS COLOR IS CALLED IN THAI, "SWEET GREEN"



INGREDIENTS

Broccoli, Baby corn, Okra, Lemon leaf, Green curry stock, Lemongrass, Chicken breast, Coriander, Basil, Salt, Water, Green chillies, Lime, White pepper, Cumin, Coconut milk, Garlic, Ginger

STEP 1

De-joint chicken (refer to previous page), and use a RED chopping board to cut chicken breast into even proportions; season chicken with paprika and cumin

- Prevent cross-contamination of raw and cooked foods
- Same proportions allow to the chicken to cook evenly

STEP 2

Cut/wash vegetables, prepare ingredients in a clean (separate) workspace.

- Soak vegetables in salted water to remove dirt/unwanted microorganisms
- Cut into suitable sizes with GREEN chopping board

STEP 3

Add corn oil to a pot, and fry the Green curry stock with diced garlic, ginger and lemon leaf. (3 mins)

When hot, add one box of coconut cream and half cup of diluted coconut cream to the stock

STEP 4

Season the mixture with lemongrass, coriander, salt, pepper, lime and cumin. Let the mixture simmer on medium high heat for 3 minutes

STEP 5

Add 1 cup of water before adding chicken and broccoli at the same time and cook for 5 minutes. Add okra and baby corn. Cook for another 10 minutes

STEP 6

EAT!





MOTHER SAUCES

IN FRENCH CUISINE, MOTHER SAUCES REFERS TO ANY ONE OF FIVE BASIC SAUCES UPON WHICH MANY OTHER SAUCES ARE BASED.

ROUX: a mixture of fat (usually butter) and flour used to make/ thicken sauces

BECHAMEL

aka *white sauce*

Made with: White roux + Milk

Notes: Pepper, Cloves

Derivative Sauces: Alfredo, Mornay,

Dishes: Casserole, Pasta, Croque madame

TOMATO

aka *sauce tomat*

Made with: Roux + Tomatoes (italian does not use roux)

Notes: Pork, Herbs

Derivative Sauces: Marinara, Algerian, Creole

Dishes: Pasta, Roast, Stews, Vegetables

HOLLANDAISE

aka *sauce tomat*

Made with: Egg yolks + Clarified butter + Lemon juice

Notes: Lemon, black pepper

Derivative Sauces: Choron, Maltaise

Dishes: Eggs benedict, fish, vegetable

ESPAGNOLE

aka *brown sauce*

Made with: Brown roux + Brown stock (veal or beef)

Notes: Onion, Celery, Marrow

Derivative Sauces: Mushroom, Demi-glace, Charcuterie

Dishes: Beef, Duck, Dark meat

VELOUTE

aka *sauce tomat*

Made with: Roux + White stock (chicken/vegetable/fish)

Notes: chicken or other white meat

Derivative Sauces: Supreme, Normande

Dishes: Meats, Vegetable

THE FIVE FRENCH MOTHER SAUCES

The French mother sauces were originally four base sauces set forth by Antonin Carême in the 19th century. Carême's four original mother sauces were Allemande, Bechamel, Veloute & Espagnole.

In the 20th century, Chef Auguste Escoffier demoted Allemande to a secondary sauce of Veloute, and added Sauce Tomat & Hollandaise.

SAUCE BECHAMEL

Classical Flavorings: White Onion, Clove, Bay Leaf, Salt, White Pepper, Nutmeg

Common Secondary Sauces: Cream Sauce, Mornay, Cheddar Cheese Sauce

WHAT'S A ROUX?

A cooked mixture of fat & flour. Generally used to thicken sauces & soups.

SAUCE TOMAT

Classical Flavorings: Salt Pork, Mirapot, Garlic, White Veal Stock, Salt & Pepp Sugar

Common Secondary Sauces: Creole, Portuguese and Spanish Sauce Tomat

SAUCE VELOUTE

Classical Flavorings: None, used specifically as a base

Common Secondary Sauces: Blanc, Sauce Allemande

Classically Served With: Eggs, Fish, Steamed Poultry, Steamed Vegetables, Pastas, Veal

SAUCE ESPAGNOLE

Base: Roasted Veal Stock, Brown Roux

Classical Flavorings: Mirepoix (Bay, Thyme, Tomato)

Classically Served With: Roasted meats, especially beef, duck, veal, lamb

Common Secondary Sauces: Demi-Glace, Bord Sauce Robert

HOLLANDAISE SAUCE

Classical Flavorings: Peppercorns (Black White Wine Vine), Salt, Lemon Juice, Cayenne Pepper

Common Secondary Sauces: Bearnaise, Maltaise, Mousseline

LESSON 07: PASTA

/PASTə/

**A SIGNATURE COMFORT DISH ORIGINALLY
FROM ITALY MADE INTO VARIOUS SHAPES**

STEP 1

Add flour and salt to one bowl; beat the eggs and slowly (separately) add them to the flour mixture. Knead the flour until a clump of dough forms.

STEP 2

As the ball of dough begins to form, add olive oil for flavour. Continue to knead dough until it becomes smooth and creaseless, then firmly cling wrap dough and rest for 30 minutes. This allows gluten to form.

STEP 3

Prepare the sauce, simmer tomatoes with olive oil and add some vegetable sauce to thin the puree.

STEP 4

Once pasta has rested, begin to roll out using a pasta machine, all the way to setting 7. For setting 1; roll dough out two times to ensure even thickness (dough may be cut in half if too big), and watch as the dough gets longer.

STEP 5

With the rolled out dough, cut out even, flat sided sheets. Then cut into even smaller squares. Fold the squares horizontally to create 'ribbon' crease and press down firmly to seal.

STEP 6

Boil the pasta for 3 minutes, then heat with the sauce.

STEP 5

EAT!



INGREDIENTS

Pasta: 3 Eggs, 1 Egg Yolk, 300g Semolina flour, 1 tbsp Olive oil, Salt
Sauce: Tomatoes, Tomato Puree, Thyme, Rosemary, Basil

LESSON 08: RISOTTO

/Riˈzɒtəʊ/

AN ITALIAN DISH OF RICE COOKED IN STOCK WITH INGREDIENTS SUCH AS VEGETABLES AND MEAT OR SEAFOOD

STEP 1

Chop up and wash all the vegetables; asparagus, mushrooms, garlic and onion

STEP 2

Add oil and garlic to a pan, and gently sautee the asparagus, mushrooms and onion. Add a squirt of lemon juice to increase the tangy flavour, season with black pepper, basil, rosemary.

STEP 3

Once the vegetables are softened, add one cup of risotto rice to the pot. In measuring cup, dissolve one vegetable stock cube in four cups of water. (1 cup arborio rice: 4 cups water)

Start by adding a little bit of water to ensure the risotto rice does not stick and burn.

STEP 4

Continuously stir the pot over medium simmer until all the liquid has evaporated, slowly add more liquid and repeat action. Do not add more liquid until all water has evaporated- as this would result in mushy rice. The final texture should be *al dente*.

STEP 5

Keep stirring and adding broth until 4 cups is added, and season with fresh basil, black pepper. Add cream (optional) and parmesan crisp.

STEP 6

EAT!



INGREDIENTS

Risotto rice, asparagus, lemon, cheese, basil, pepper, mushroom, onion.