



## PROGRAM PELATIHAN BERBASIS KOMPETENSI

### MENU KNOWLEDGE

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**SIHI**

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## **PREFACE**

This module has been accomplished to help a trainee gain comprehensive knowledge in service industry especially in food division.

The composition of this module is compiled based on specific experiences in land base hotel and floating hotel which has something in common and a close relationship in between.

This module covers a thorough discussion of food knowledge and terminology, dietary restriction, and wine knowledge.

By studying this module, we do hope the trainee will be able to obtain a knowledge in becoming a professional hotelier that meet the standard of hospitality industry.

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Budi Sentosa

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## CHAPTER I FOOD KNOWLEDGE

### 1.1 Basic food knowledge

As a waiter you are responsible not only for serving food but also explaining of how the dishes are prepared. This way , you can assist the guests in making a choice and assist them with an answer when they ask anything about the menu. Hence, the upselling would commence quite easily.

### 1.2 Categories Of food

Food on a menu fall into several general categories. The following is the food categories either based on courses or classification:

#### a. Food item based on Courses

1. Appetizer (Hors d'oeuvre) is a savory food item served before meal to stimulate appetite. This can be cold or hot appetizer.
2. Soup is the second course after appetizer. is a primarily liquid food generally served warm (but may be cool or cold).
  - A common type of broth is consommé, which are crystal clear broths or stock that have a full flavor, aroma, and body.
  - A potage is a category of thick soups, stews, or porridges, in some of which meat and vegetables are boiled together with water until they form into a thick mush. chowders are thick soups usually containing some type of starch.
  - Cream soups are a dairy based soup. Bisques are heavy cream soups traditionally prepared with shellfish, but can be made with any type of seafood or other base ingredients
3. Salad is a dish of mixture of raw or cooked vegetable, usually seasoned with the dressing. There are two kind of salads green salad and compound salad. Salad can be served as the third course after soup or as a main course . Salads may contain vegetables, fruit, cheese, cooked meat , eggs, cured meat, grains, seeds and nut. There are some leafy vegetable that commonly used as underliner of the salad such as Boston lettuce, romaine , iceberg, radicchio, endive, red oak lettuce, spinach, arugula, cabbage and etc.,  
Dressing is a sauce that comes with salad. There are many kinds of dressings, and here are some well known dressing:
  - French dressing : (oil, vinegar, and tomato ketchup)
  - Blue cheese dressing ( oil, vinegar, cream and blue cheese)

- Italian dressing (oil, vinegar, chopped onion, parsley, chives and garlic)
  - Thousand island dressing (mayonaise, tomato ketchup, chopped pickles, paprika, onion and parsley)
  - Russian dressing (mayonaise and tomato ketchup)
  - Green goddess dressing (mayonaise, onion, pickles and pressed cucumber)
  - Caesar dressing (oil, vinegar, butter, garlic, mustard and egg yolk)
  - Ranch dressing ( mayonaise, garlic, onion and cheese)
4. Main course (Entree) it is a main dish of all other courses in a set of menu composition, usually built around vegetables, meat, poultry, game or pasta dishes.
5. Desserts is the closing course after main course. It is usually a variety of sweet such as pastries, cakes, ice cream, fromagerie and etc.  
Fromagerie is refers to the artisan cheese. Primarily found on formal menus. It is served as a dessert. Fromageries always served with cracker, chutney, dried fruit and nut.

#### **b. Food item based on classification**

##### 1. Fruit

There are several Fruit which commonly served in the hotel or cruiseship including as follow:

- orange – grapefruit – pineapple – apple – honeydew – watermelon – cantaloupe/rock melon – grape – banana – pear – cherry – strawberry – blackberry – blueberry – papaya – apricot- kadota fig – prune – lemon – mango – kiwi , etc.

##### 2. Vegetable

Below are the following category of vegetables:

- Steam vegetables : asparagus, celery, leek, rhubarb, etc.
- Leaves vegetable : spinach, cabbage, arugula, water cress, brussel sprout, radicchio, kale, lettuce ( iceberg, romaine, bibb, boston, etc.)
- Flower : artichoke, cauliflower, broccoli, etc.
- Stalk or bulb :onion, garlic, leek, shallot, fennel, etc.
- Seed and bean : kidney bean, green peas, soy bean etc
- Root and Tubers :beet, carrot, radish, turnip,celeriac, jicama, potato,cassava, yam etc.
- Fruit vegetable : tomatoes, eggplant, bell pepper, etc
- Fungi vegetable : button mushroom, enoki, oyster, shitake, truffle, etc.

##### 3. Meat

There are many different type of meat that served on the cruiseline or restaurant daily menu. They are beef, pork, lamb and veal.

- Beef

The cut of meat from beef which you must able to recognize are prime rib, rib steak, plank steak, t bone steak, strip loin, new york steak, tenderloin, filet mignon, minute steak and chateaubriand.

- Pork

Pork cuts which you must able to recognize are pork chop, cutlet, bacon, ham, prosciutto, and salami.

- Veal

Veal is the meat of the calves, in contrast to the beef from older cattle. The cut of veal are

Cutlet (boneless cut from the leg) rib chop (cut from the rib), loin chop (has t shapped bone)

- Lamb and mutton

Both lamb and mutton are very similar types of meat, with one fundamental difference;

Lamb is from a sheep less than one year old

Mutton is the meat of an adult sheep.

Just like beef and pork , there are a variety of popular lamb cuts such as rack, chop, loin chop and shank.

#### 4. Seafood

##### Fish / poisson

Any restaurant onboard the ship will have numerous differnt types of fish to order. Based on the flavor there are three fish flavor profile as follow:

- Mild : branzino, tilapia, halibut, cod, sole,perch, walleye, catfish. When the guest say they want fish that doesn't taste like fish, they're lookig for something mild.
- Medium : yellowtail/kampachi, snapper, swordfish,grouper, trout
- Full : salmon, tuna, bluefish, mackerel, sardines, anchovies, herring. It has a strong flavor on all of them.

##### Shellfish

They mostly fit into the seafood and usually served as appetizer. Examples include :

Crab, shrimps, langoustine, lobster, prawn, snail (escargot), mussels, clams, oyster, scallop

Squid, octopus, cuttlfish, etc.

## 5. Poultry

Can be defined as fowls including chicken, duck, quail, and turkey. Some poultry like chicken and turkey usually divided into two parts, white or light meat comes from the breast and wings. And the dark meat comes from legs which are thighs and drumstick.

On board the ship turkey is served during thanksgiving day. Cranberry compote or cranberry dish always comes with turkey dish.

## 6. Game

Game is animals hunted for food. It is divided into two categories as follows:

Hair games : venison and hare

Feather games : pheasant, wild duck, guinea hen

### 1.3 Type of bread and roll

Bread is served during breakfast, lunch and dinner. Bread that is served during breakfast usually kind of toast bread such as :

- white toast, whole wheat toast, rye toast, english muffin, and bagel. There are also croissant and sweet roll served during breakfast. Danish and sweet muffin are the sample of the sweet roll.

Meanwhile the bread and roll that we serve during lunch and dinner has more variation. we serve different kind of bread either slice or roll on the bread basket. Below are the name of bread we serve at lunch and dinner time:

- Bread : multigrain, Rye Bread, Nordlaender, Black & White baguette, Ciabatta, brioche, focaccia, pumpernickel, sourdough, etc

### 1.4 Cheese

#### a. English Cheeses

- **Cheddar:** Cheddar cheeses were originally made in England; however, today they are manufactured in quite a number of countries. Fully cured, Cheddar is a hard, natural cheese. The rind, if any, is artificial, most often times wax. The color of the wax used for coating does not indicate a level of quality. Normally, the color of Cheddar ranges from white to pale yellow. Some Cheddars however have a color added, giving the cheese a yellow-orange color. Cheddar is always made from cow's milk and has a slightly crumbly texture if properly cured. If the cheese is too young, the texture is smooth. Cheddar gets a sharper taste the longer it

matures. The important thing in purchasing Cheddar is to consider the age of the cheese. Of course, the older it is, the more it will cost. Shop

- **Cheshire:** One of the oldest English cheeses, allegedly invented during the 12th century. Cheshire is firm in texture and a bit more crumbly than Cheddar. Cheshire is rich, mellow and slightly salty with an excellent aftertaste, its flavor sharpens as it ages. Shop
- **Stilton:** Historically referred to as "The King Of Cheeses," Stilton is a blue-mold cheese with a rich and mellow flavor and a piquant aftertaste. It has narrow blue-green veins and a wrinkled rind which is not edible. Stilton is milder than Roquefort or Gorgonzola and is equally excellent for crumbling over salads or as a dessert cheese served with a Port Wine. Shop
- **White Stilton:** A white version of the famous British blue cheese, it is available plain or flavored with numerous candied or dried fruits. Shop

#### b. French Cheeses

- **Beaufort:** This giant 80 pound cheese is fruity and nutty. Hailing from the French Alps, it is a great melter and is often added to fondue.
- **Brie:** Brie is the best known French cheese and is aptly nicknamed "The Queen Of Cheeses". Several hundred years ago, Brie was one of the tributes which the subjects had to pay to the French kings. In France, Brie is very different from the cheese exported to the United States. "Real" French Brie is unstabilized and is at its peak of flavor when the surface turns slightly brown. As long as the cheese is still pure white, the cheese is not mature. Cutting unstabilized Brie before it is ripe will stop the maturing process and the cheese will never develop properly. Exported Brie, however, is stabilized and never matures. Stabilized Brie has a much longer shelf life and is not susceptible to bacteriological infections. Brie, one of the great dessert cheeses, comes as either a 1 or 2 kilogram wheel, and is packaged in a wooden box. In order to fully enjoy the experience, Brie must be served at room temperature.
- **Camembert:** Another soft-ripened white mold cheese from France, Camembert, like Brie, is soft and creamy with an edible crust. A wheel of Camembert, however, is only 8 ounces and comes in its own wooden box.
- **Roquefort:** The most famous blue-mold cheese in the world, authentic Roquefort comes from caves near the Spanish border and is made from sheep's milk. Roquefort is sharp, peppery, piquant and distinct. The blue mold is added to the curd by mixing it with powdered bread containing the *Penicillium Roqueforti* mold. The French eat Roquefort as a dessert cheese, although most Americans prefer it in salads or dips.



### c. Greek Cheeses

- **Feta:** Genuine Greek Feta is made from sheep's milk, with a distinct strong, slightly acidic flavor. Feta is crumbly in texture and white in color. Feta is traditionally sold in glass jars, although modern packaging techniques have become more commonplace. Feta needs to be covered in brine at all times otherwise it will dry out and mold fast and needs to be refrigerated at all times. Feta is a true eating cheese, although most Americans think of it as a salad topping. Shop

### d. Italian Cheeses

- **Asiago:** From the high plateau of the same name, Asiago comes in two varieties: d'Alveo is made from whole unpasteurized milk and is firm, sharp and nutty whereas Pressato is made from part-skim pasteurized milk and is soft and mild. Shop
- **Fontina:** Genuine Fontina comes from the Val d'Aosta region of Italy, in the Alps near the French and Swiss borders. One of the few cheeses imported into America that is made from raw (unpasteurized) milk, it is a smooth, straw-colored cheese with a brown rind. Fontina has a delicate, nutty, buttery sweet flavor. Fontina is the primary ingredient in Italian fonduta and is a pristine table or dessert cheese. Shop
- **Gorgonzola:** A blue-veined cheese made of cows milk, Gorgonzola is a soft table cheese. It is an antique cheese of great popular tradition with a compact, rough, hard, reddish crust and a firm but mellow paste interior which melts on the tongue. Its color ranges from white to straw-yellow with an unmistakable marbled green or bluish-green mold. The taste ranges from mild to sharp, depending on age. Gorgonzola is also excellent in salads and dips. Shop
- **Mascarpone:** This cheese is virtually solidified cream, mildly coagulated and whipped into a velvety consistency. It hails from the Lombardy region and is served with fresh fruit or sweetened with sugar and used as a pastry ingredient, such as for Tiramisu. Shop
- **Mozzarella di Bufala:** "Buffalo" Mozzarella is made in the South of Italy from pure water buffalo milk. This cheese is pure white, hand-formed into small balls. It is soft and rubbery and stored in a whey brine. It is best served with sliced tomatoes and fresh basil, drizzled with extra virgin olive oil and sprinkled with salt and pepper. Shop
- **Parmigiano Reggiano:** Made from the same recipe as Grana Padano, it too is a very hard natural cheese. A full wheel of Parmigiano Reggiano weighs 75 lbs. and must be cut by a saw. Parmigiano Reggiano's flavor is unmistakably piquant and true cheese connoisseurs know when they are served an inferior imitation. Often

used as a grating cheese, Parmigiano Reggiano is a great topping for soups, pasta dishes, veal, chicken, or salads. Buy this cheese as a wedge and grate it yourself so you know you are getting the real thing. Shop

- **Provolone:** Provolone has a slightly smoky flavor and is mellow and compact with a smooth, paste-like texture. Provolone has an inedible crust and has strings to hang from rafters. Aged long enough, Provolone can be grated. However, it is better known as a table or sandwich cheese. Shop
- **Ricotta:** Ricotta is made from whey collected from making other cheeses and re-cooked. It is white, creamy and mild and is primarily used as an ingredient in lasagna. Shop

#### e. Netherland Cheeses

- **Edam:** Edam is a semisoft to hard natural cheese, depending on age. Edam is similar in flavor to Gouda, but slightly dryer in texture and less creamy. Edam is traditionally shaped into 2 or 4 pound balls coated in red, yellow or black wax. Because of its shape and size, Edam makes an excellent gift basket centerpiece.
- **Gouda:** Gouda is a semisoft to hard natural cheese, depending on age. It is pale yellow and slightly sweet and nutty. Gouda is considered to be one of the world's great cheeses. It is both a table cheese and a dessert cheese, excellent with fruit and wine.
- **Leyden:** Leyden is a part-skim cheese laced with caraway or cumin seeds. It is semisoft to hard and bland in flavor. Its seeds give Leyden most of its taste.

#### f. Scandinavian Cheeses

- **Cream Havarti:** Arguably Denmark's most famous cheese, Cream Havarti is a deliciously mild, very creamy, natural, semisoft cheese laced with small to mid-sized holes. Cream Havarti is both a table cheese and a dessert cheese to be served with fruit and wine. Flavored Cream Havarti cheeses are also available, with ingredients such as dill, jalapeno pepper or garlic and herbs. Shop

#### g. Switzerland Cheeses

- **Emmental:** More commonly referred to as "Swiss Cheese", Emmental is imitated by many cheese producing countries. Emmental is considered to be one of the most difficult cheeses to successfully manufacture because of its complicated, hole-forming fermentation process. Emmental can be used as a table cheese, dessert cheese or sandwich cheese. Shop
- **Gruyere:** Famous for its use in Swiss Fondue, Gruyere is a hard cheese that is similar to Emmental but with smaller hole formation. Its texture is chewy and it

develops small cracks as it ages. In addition to its role as a Fondue cheese, Gruyere is also an excellent sandwich cheese that melts evenly.

#### **h. USA Cheeses**

- **Monterey Jack:** David Jacks, a Scottish immigrant who settled in Monterey, California created Monterey Jack in the 1890s. Jacks followed a Swiss-method of cheesemaking, which is why Monterey Jack has its semi-soft, cracked texture. When young, it is bland and mostly flavorless - therefore often blended with additives like jalapeños or herbs. When aged for 1 year, it develops a rich, savory, tangy flavor and a texture that is hard enough to grate.

### **1.5 Pasta**

Pasta is italian starchy noodle or dumpling food or dish. Typically made from grain flour, commonly wheat and formed or cut into sheets or other shapes. There are so many kind of pasta. Below is the most common italian type of pasta:

1. Gnocchi  
Gnocchi is an italian pasta made of cooked mashed potatoes, flour and eggs.
2. Linguine  
It is elliptical in shape and about 4 millimeters in width
3. Bucatini  
It is a long pasta that's similar to spaghetti, but thicker and with a hole running through the center
4. Tagliatelle  
It is a long , ribbon shaped pasta that's similat to fettuccine
5. Pappardelle  
It is long, broad ribbons pasta
6. Tortellini  
It is ring shaped pasta that is usually stuffed with cheese or meat
7. Ravioli  
It is a type of pasta featuring a filling envelopedin thin, egg-based pasta dough
8. Macaroni  
It is a dry, tubular shaped pasta.
9. Fettuccine  
It is a long, flat, ribbon like pasta.
10. Farfalle

It is also known as bow tie or butterfly pasta.

11. Lasagna

It is a type of wide, flat pasta that's typically layered with sauce and cheese

12. Rigatoni

It is a large, tube shaped pasta with ridged edges

13. Spaghetti

It is a long, thin, solid, cylindrical pasta.

Sauce for pasta there are some sauces you can tossed into or spoon over pasta such as:

1. Alfredo sauce. This sauce is rich with butter, olive oil, cream and cheese. It is also known as cream sauce for pasta
2. Pesto sauce, it is made of basil, walnut, cheese, olive oil, and garlic. It is very deep in flavour.
3. Bolognese sauce is rich and hearty meat based pasta sauce
4. Marinara sauce is rich and red pasta sauce made of tomatoes, garlic and onion.

## 1.6 Mother of sauce

### What Are The Mother Sauces?

In the culinary arts, the term "mother sauce" refers to any one of five basic sauces, which are the starting points for making various secondary sauces or "small sauces."

They're called mother sauces because each one is like the head of its own unique family of sauces.

A sauce is essentially a liquid plus some sort of thickening agent along with other flavoring ingredients. Each of the five mother sauces is made with a different liquid, and a different thickening agent — although three of the mother sauces are thickened with roux, in each case the roux is cooked for a different amount of time to produce a lighter or darker color

### Type of mother sauces

1. **Bechamel** it is prepared with cream and roux with adding stoned onion (clove and onion). The derivative are:
  - Mornay sauce ( adding grated cheese, butter and egg yolk)
  - Raifort sauce ( adding grated horseradish)
  - Cardinal sauce (adding fish stock, and lobster)
  - Cream sauce ( finishing with cream)
  - Madeira sauce (adding madeira wine)

2. **Veloute** sauce is Made from light stocks such as pork, chicken, veal or fish and mix with blond roux. It is a very light blond coloured sauce so it looks nice and glazy. Veloute sauce is specifically designed to accompany certain dishes and their recipes indicate a specific stock. The derivative are:
  - Allemande sauce ....( veloute and egg yolk).
  - Nantua sauce....( fish veloute with tomato shrimp butter).
  - Curry sauce....( curry powder, chopped onion)
  - Aurore sauce. (Fish veloute finished with butter).
  
3. **Espagnole** is made from roasted beef stock and brown roux. It is one type of rich sauce and also called brown sauce. The derivative are:
  - Robert sauce...(chopped onion, tarragon, and demiglaze)
  - Mushroom sauce...( sliced mushroom, sherry wine, and brown sauce).
  - Demi glaze sauce...( Brown stock, brown sauce, cream, and port wine).
  - Bordelaise sauce...( Chopped shallots, olive oil, black pepper, and bay leaf).
  
4. **Hollandaise sauce.**

This is most popular among sauces, hollandaise sauce is a rich, and warm sauce. Made from egg yolk and clarified butter seasoning with lemon juice and salt. Mainly used for salads, canapes, and some appetizer-like dishes of fish, eggs, and vegetables. DERIVATIVES...

  - Maltase sauce...(Orange juice, julienne orange and hollandaise sauce).
  - mousseline sauce....(Made with double cream, and hollandaise sauce).
  - Choron sauce...( Made with tomato puree and hollandaise sauce).
  - Mustard sauce...( Mustard and sauce).
  
5. **Concasse / tomato sauce**

The fifth mother sauce is the classic Tomato Sauce. This sauce resembles the traditional tomato sauce that we might use on pasta and pizza, but it's got much more flavor and requires a few more steps to make. Traditionally, the sauce tomate was thickened with roux, and some chefs still prepare it this way. But in reality, the tomatoes themselves are enough to thicken the sauce. Here are a few small sauces made from the classic tomato sauce:

  - Creole sauce...( adding with diced onion, bell peppers, mushroom, celery, and tomatoes).
  - Neapolitan sauce...( adding with garlic, salt, and tomato ketchup).
  - Arabiata sauce....( chilly flakes, garlic, and crushed black pepper).
  - Primavera sauce..( garlic, olives, chilly flakes).

## 6. Mayonnaise sauce

Made from egg yolk, salad oil, mustard sauce, lemon juice and butter whisk together. It is only one cold sauce often used as a spread and dressing of salads. DERIVATIVE...

- Tartare sauce...(Chopped gherkin, caper, egg white, and mayonnaise).
- Cocktail sauce....(shallots, tomato ketchup, pepper, capsico sauce).
- Garlic sauce...(chopped garlic and mayonnaise).

## 1.7 Food accompaniment and condiment

There's a difference between a condiment and an accompaniment. Condiment is sauce or relish that you put into a container and serve pre-made, accompaniment is complementary addition to the main ingredient of a meal. The following list provides the generally accepted condiment and accompaniment served with various kind of food.

Breakfast item :

- Egg : salt, pepper and ketchup (please, offer some toast)
- Toast : jam and butter
- Bagel : smoked salmon/ lox, cream cheese, slice onion, capers and lemon wedge
- French toast: syrup
- Pancake and waffle : syrup and butter
- Hot cereal : hot milk, brown sugar and raisin
- Cold cereal : cold milk and slice of banana
- Tomato juice : lemon wedge

Appetizer :

- Seafood cocktail : lemon, cocktail sauce
- Fresh fruit : cream, sugar, lemon
- Melon : lemon or lime

Soup :

- General : cracker
- Minestrone : parmesan cheese
- French onion soup : gruyere cheese crouton

Fish/ seafood :

- grilled : lemon or melted butter
- breaded and fried: lemon and tartar sauce

Salad : balsamic and olive oil or dressing

Entree :

- roast beef : horseradish
- pork/ ham : apple sauce
- lamb : mint sauce/ mint jelly
- turkey : cranberry sauce
- pasta : grated parmesan cheese

Vegetable :

- corn on the cob : extra butter , salt and pepper
- baked potato : sour cream, bacon bit, and chive

Short order :

- Hamburger, hotdog and french fries: ketchup, mayonnaise, and mustard
- Pizza : ketchup and tabasco

### **1.8 Basic and specialized menu terminology**

The french have been world famous for their cooking for many centuries. As a result, a number of french words and phrases are used on menu today. The following is a list of terms (french and english) with which you may not be familiar. You will often be asked by guests to interpret items on the menu, so you should understand what they mean.

#### **Cooking terminology :**

- **Grill** : to cook food on rack under or over direct heat
- **Pan-frying** is done by adding enough fat to a hot pan so that the fat comes up about half an inch up the side of the pan. Food is partially submerged in the fat and then flipped over so the other side can cook. An example is a crabcake, which is cooked until golden brown on one side and then turned over so the other side can brown.
- **Deep-frying** is when food is completely submerged in a hot fat. The result is a crispy, golden brown exterior and a fully cooked interior.

- **Sautéed** foods are cooked in a thin layer of fat over medium-high heat, usually in a frying pan on the stovetop. Foods are just cooked until tender.
- **Boil** : Typically, foods are boiled in water, which reaches a boil at 212 degrees Fahrenheit. Foods are completely submerged in the boiling liquid and cooked until tender, then drained.
- **Roasting** is generally the same as baking, but refers more to proteins and vegetables. Roasting is common to do in the oven and items are cooked until golden brown and tender. The most common item that's roasted is a turkey on Thanksgiving.
- **Baking** is similar to roasting, but refers more to breads, pastries, and other sweet items. Most items are baked in the oven until cooked through.
- **Searing** is done with minimal amounts of fat over high heat. Searing foods gives them a brown, caramelized outside, while not cooking the interior fully. Think searing a thin piece of fish so that it has crispy skin and a delicate, tender inside.
- **Poach** : To poach food, it should be completely submerged in liquid that is between 160 and 180 degrees. The food item remains in the liquid until fully cooked through and tender.
- **Simmer** : When simmering food, it is usually cooked with a liquid in a pot on the stovetop. It is done over low heat and tiny bubbles should appear on the surface.
- **Broil** : Broiling is similar to grilling, except the heat source comes from the top. It is usually done in an oven by adjusting the setting to broil. Broiling happens very quickly and it's best to watch the food carefully when broiling so it does not burn. Getting the cheese on top of lasagna golden brown and crispy is an example of broiling.
- **Steam** To cook an ingredient with steam, food is usually placed in a separate steamer over hot liquid. The food is cooked by the steam from the liquid and does not come in contact with the liquid.
- **Blanch** : Blanching is similar to boiling, except the food is par-cooked and then submerged immediately in an ice-bath to stop the cooking process.
- **Braise** : Braising is a combination cooking method that first involves sautéing or searing an item, then simmering it in liquid for a long cooking period until tender. Foods that are braised are often larger proteins like pot roasts and poultry legs.
- **Stew** : Stewing is similar to braising because the ingredient is first seared and then cooked in liquid, but it uses smaller ingredients like diced meats and vegetables.

### Method of cut terminology :



1. **Slice** : Slicing is a general term that means to cut across the grain into thin, uniform pieces. Almost every fruit or vegetable can be sliced, as well as other ingredients like cheese and bread.
2. **Mince** : Minced ingredients are cut very, very finely. Mincing is the ideal cutting technique for aromatics, like onion, garlic, and ginger, where a paste-like consistency is a desirable end result.
3. **Julienne/French Cut** :In julienne (or French) cut, the ingredient is cut into long, uniform strips like matchsticks. Julienne cut is often used for salad ingredients and green veggies, like cucumbers, bell peppers, and zucchini.
4. **Dice** :Generally smaller than a standard cube, the dice cut also creates uniform squares for even cooking and a polished look. Dicing is often used to make a classic salsa or mirepoix (a mix of carrots, onions, and celery).
5. **Cube** : Using a more precise method than chopping, cubed ingredients are cut to a uniform size (e.g. “1/2-inch cube”). This cut is used with many foods, from potatoes to meats to bread.
6. **Chop** : Used for a variety of foods, chopping is a casual, imprecise term that simply means to roughly cut food into bite-sized pieces.
7. **Chiffonade** : The chiffonade method is best for cutting herbs into long ribbons. Stack fresh basil or mint leaves, roll them up tight, and cut across hamburger style. This technique also works well for leafy greens like spinach, collards, and kale.
8. **Brunoise** : To do a brunoise cut, the food must first be julienned then turned a quarter and diced again to create approximately 1/8-inch cubes. This cutting technique is ideal for carrots, onions, leeks, and celery, but can also be used with bell peppers and hard root vegetables like beets and turnips. Steer clear of this cut when preparing softer vegetables like green beans and cauliflower.

### Specialized terminology :

- Al dente : pasta cooked until just firm.
- A la king : serve in a cream sauce with mushroom, green, and red peppers
- A la mode : usually ice cream served on dessert
- Aspic : jellied meat ; usually pork
- Au gratin :cooked with a covering of cheese or breadcrumbs mixed with butter
- Au jus : served in the juice obtained from roasting
- Baked alaska : cake and ice cream covered with whipped egg white and browned
- Beignet : fritter
- Bouillon : broth
- Brochette : thin wooden or metal skewer

- Canape : bite sizes of toasted bread served with savory foods such as smoked salmon, tartar, and caviar
- Caviar : roe (egg) of fish
- Champignon : mushroom
- Cacciatore : roast chicken simmered in a tomato sauce
- Chowder : thick soup or stew of clams, fish and vegetable
- Coleslaw : shredded cabbage salad
- Compote : stewed fruit
- Crepes suzettes : a dessert consisting of thin pancakes flamed with brandy
- Croquette : potatoes which are mashed, dried, combined with egg, rolled into cork shape, breaded and deep fried
- Escargot : snail
- Flambe : flamed with liqueur
- Fondue : a dish in which small pieces of food are dipped into melted cheese or chocolate
- Lyonnaise : food cooked or accompanied with onion
- Marinate : to soak in a prepared liquid or brine
- Meuniere : fried in brown butter
- Minestrone : thick Italian style soup with macaroni
- Pate de fois gras : goose liver paste
- Puree : a smooth cream of crushed fruit or vegetable
- Ragout : stew
- Souffle : light fluffy baked dish made with eggs, milk and assorted flavouring
- Stroganoff : is a strip of beef cooked in sour cream sauce and spice
- Vichyssoise : cold potato and leek soup

## CHAPTER II

### DIETARY RESTRICTION AND FOOD ALLERGIES

“please inform us if you have any food allergies or special dietary restrictions”

As a waiter we must be able to help guests with their needs that related with food order. Especially if the guests have a special dietary restriction or allergies. Below is a basic outline to provide some knowledge into the most common restrictions and allergies. As most of the religions and food restrictions are so vast and complex, this information is only a brief guide.

#### 2.1 Religious Dietary Practices

##### Judaism (kosher)

Jewish dietary laws are known as Kashrut, and are among the most complex of all religious food practices. The term Kosher means fit and describes all foods that are permitted for consumption. A Kosher kitchen is divided into separate sections one for dairy, meat and pareve. Different sets of utensils, pots, pans, plates, knives, chopping boards are used in each section of a Kosher kitchen. If your kitchen is not normally used for kosher food, it would be well advised to source a local Kosher caterer to provide a certified kosher meal for the guest. They would provide Kosher utensils, cups, plates for the occasion. The meal can easily be re heated in an oven or microwave but must be kept covered so the guest can see the rabbinic certifications seal is intact. Many Jewish people practice some or all of these restrictions in various degrees. It would be best to inquire as to what if any restrictions they have.

- No pork, and shellfish.
- Fish is acceptable as long as it has fins and scales.
- All animals with split hooves and which chew the cud (including sheep and cows)
- Refrain from eating meat and dairy products at the same meal
- No wine, unless its kosher wine
- All meat has to be prepared by a qualified kosher butcher (SHOCHET)
- If meat was eaten in the same day, one must wait six hours before consuming any dairy products

### **Muslims**

This religion has various food restrictions according to their own dietary laws, which are Halaal. During the holy month of Ramadan, Muslims are not allowed to eat from dawn to sunset. However young children, pregnant women and the sick are often exempted. As similar to other religions, it would be advisable to enquire as to what restrictions the guest has.

- Carnivorous animals are not permitted.
- All pork and pork products are totally forbidden.
- Sea animals which do not have fins or scales are considered undesirable by some Muslims.
- Alcohol in any form is not permitted.
- Permissible meat other than pork can be eaten only if it is prepared in the correct way (Halaal).
- These products should be avoided by all Muslims, Lard, gelatine, Rennet, Whey, Vanilla extract.
- Utensils should be separate for Muslims. There should be no contamination of Halaal and non Halaal.

### **Hindu**

Most Hindus do not eat meat ( strict Hindus are vegetarians) and none eat beef since the cow is sacred to them.

## **Buddhist**

Strict Buddhists are vegetarians and their dishes vary since many live in India and China, where available foods will be different.

## **Vegetarian**

Lacto-ovo Vegetarians eat dairy foods and eggs as well as plant foods. They do not eat the following;

- Meat
- Poultry
- Fish

Ovo-Vegetarians eat only eggs and plant foods. They do not eat the following;

- Dairy foods,
- Meat
- Poultry
- Fish

Lacto-vegetarian eats dairy foods and plant foods. They do not eat;

- Eggs
- Meat
- Poultry
- Fish

Vegans eat only plant foods and products. They do not eat any;

- Animal foods
- Eggs
- Dairy products

## 2.2 Medical and food allergies

True food allergies come in various forms. It can be a slight case such as a headaches or a rash to a certain product to some causing severe reactions, including death. The most common individual food allergies include those to peanuts, tree nuts (walnuts, pecans etc), fish, shellfish, eggs, milk, soy, corn and wheat.

If you are given information a guest has a food allergies to a product make sure you consider all the ingredients used in the meal being served. Read the ingredients on the packet of any products used in the guest's meal. Do not ever think that "little bit should not matter". Allergies can kill!

**Milk Allergies and Lactose intolerant (dairy free)**Lactose intolerance is the inability to properly digest milk sugar, also known as lactose. Symptoms of lactose intolerance include abdominal bloating, gaseousness, flatulence, cramping, and diarrhea following the consumption of food containing dairy products or by-products.

Milk protein allergy is an allergic reaction to proteins commonly found in cows milk. It is caused by your immune system reacting because it believes the protein in the milk is a threat to your body. Your immune system will do it's best to get rid of the invader, just as it would a foreign virus or poison.

During the allergic reaction your body releases histamine, a chemical which causes blood vessels to dilate and leak, mucous membranes to start producing skin rashes, vomiting and other effects. Rice milk and Soy milk and tofu are excellent substitutes. Avoid any dairy products such as butter, cheese, some margarines, cream and milk powders.

### Gluten free (Celiac)

Gluten is a protein found in all forms of wheat (including durum, semolina, and spelt), rye, oats, barley. When people with celiac disease consume gluten, the absorptive villi in the small intestine are damaged, preventing the absorption of many important nutrients. The long-term effect of untreated celiac disease can be life threatening. However, with a completely gluten-free diet, the intestinal lining will heal completely allowing most patients to live a normal, healthy life as long as they remain free of gluten in their diet. Even a small amount of gluten can cause symptoms to reoccur.

Gluten is hidden in many unsuspecting foods such as licorice, soy sauce, vinegar, some flavorings, most processed foods, self-basting turkeys, some cold cuts, and many prepared stocks and soups. It's also used as a binder in some pharmaceutical products and can be the starch in unidentified food starch, modified food starch, caramel coloring, and vegetable protein. Avoid products where the ingredients are of questionable origin or are listed as simply "natural flavorings, flavor extracts, or spice extracts."

Products to be avoided in any form are;

- Wheat
- Barley
- Rye
- Oats
- Spelt, semolina, millet, buckwheat
- Couscous, kamut
- Commercial salad dressing
- Instant coffee, malted milk,
- Canned stock, soup
- Avoid white vinegar, beer, ale and anything made from grain alcohol
- Curry powders, dry seasoning, some gravy mixes
- Oil that was previously used for frying breaded foods
- Canned tuna (except tuna containing only water and salt)

It would pay to have the guest give you some guide lines to what would be a suitable meal.

What Is a Food Allergy?

A food allergy is an immune system response. It occurs when the body mistakes an ingredient in food --usually a protein -- as harmful and creates a defense system (antibodies) to fight it. Food allergy symptoms develop when the antibodies are battling the "invading" food. The most common food allergies are peanuts, tree nuts (such as walnuts, pecans and almonds), fish, and shellfish, milk, eggs, soy products, and wheat.

What Are the Symptoms of a Food Allergy?

Symptoms of a food allergy can range from mild to severe, and the amount of food necessary to trigger a reaction varies from person to person. Symptoms of a food allergy may include:

- Rash or hives
- Nausea

- Stomach pain
- Diarrhea
- Itchy skin
- Shortness of breath
- Chest pain
- Swelling of the airways to the lungs
- Anaphylaxis

#### What Is Food Intolerance?

Food intolerance is a digestive system response rather than an immune system response. It occurs when something in a food irritates a person's digestive system or when a person is unable to properly digest or breakdown the food. Intolerance to lactose, which is found in milk and other dairy products, is the most common food intolerance.

#### What Are the Symptoms of Food Intolerance?

Symptoms of food intolerance include:

- Nausea
- Stomach pain
- Gas, cramps, or bloating
- Vomiting
- Heartburn
- Diarrhea
- Headaches
- Irritability or nervousness



## CHAPTER III WINE KNOWLEDGE

What is WINE? Wine is fermented grape juice in where the fermentation converts the sugars into alcohol. Different varieties of grapes and strains of yeasts produce different types of wine. Table wines (Whites) are typically 10% alcoholic content whereas fortified wines, which have added alcohol after fermentation are typically 20% alcoholic content.

### 3.1 Wine Terms

- Aroma—The smell of a wine, especially young wines
- Dry— This is pretty self explanatory. A dry wine will leave your tongue tingling, with the feeling of cotton mouth. Dryness, and the sensation of a tingling tongue, often comes from an organic substance in wine called tannins.

- Full-bodied– Full proportion of flavor and alcohol; big, fat.
- Oxidized– Flat, stale; spoiled as the result of overexposure to air
- Sweet- This term is more useful for dessert wines or cheap wines. It's a bit broad, more often than sweet, you will want to use the following term.
- Fruity: Red wines will can be generally categorized as having red fruits or dark fruits. White wines will generally have green, or tart fruits, or tropical and stone fruits if they are sweeter and more rounded wines
- Buttery: Used to describe Chardonnays that are aged in oak barrels, a style generally associated with California-style Chardonnay wines
- Earthy: Generally reserved for red wines. Earth implies a certain mustiness. Think of damp, musky flavors.
- Mineral: Slate, stoney flavors, often in Sauvignon Blanc or Pinot Gris.
- Body: This refers to the weight of the wine. Also used in conjunction with mouthfeel.

### 3.2 Classification Of Wine

#### Sparkling Wine

- a. Champagne
- b. Cava
- c. Other Sparkling Wines

#### Table Wine

- d. Red
- e. White
- f. Rose

#### Fortified Wine

- g. Port
- h. Sherry

### 3.3 Type Of Table Wine

#### 1. Red Wine

- **Cabernet Sauvignon**

Tasting Notes: Dark, ripe fruits, black cherry, plum, spice, vanilla, cedar or oak from barrel-aging

Body: Heavy

Notable Growing Regions: Grown in every wine producing country, well known styles from California, France (Bordeaux)

Food Pairing: Grilled meats, roasted meats- beef, lamb

- **Pinot Noir**

Tasting notes: Red fruits, bright cherries, strawberry, some spice, vanilla,

Body: Light

Notable Growing Regions: France (Burgundy), California, Oregon, Australia (Yarra Valley), New Zealand (Otago Valley), Italy (Northern)

Food Pairings: Light, flavorful meats - duck, pork, chicken thighs; mushrooms; salmon and heavy flavored fish

- **Bordeaux Red Blends (Meritage)\***

Mimic the style of Bordeaux reds from the Bordeaux region of France. This blend is generally dominated by Cabernet Sauvignon, but also utilize other grapes like Cab Franc, Merlot, Malbec

Tasting Notes: Big, bold, dark fruits,; savory flavors; mineral flavors; tannic (drying); cedar, oak, vanilla

Body: Heavy

Notable Growing Regions: Produced through out the world, notable from California, Chile, similar to Bordeaux blends from France

Food Pairings: Smoked meats, roasted meats; lamb; firm cheese

- **Malbec**

Tasting Notes: Dark berry, cherry, black pepper spice, cocoa, wet earth

Body: Medium

Notable Growing Regions: Argentina (Mendoza), France

Food Pairings: Pasta, Barbecue or grilled meats, spicy food

- **Merlot**

Tasting Notes: Raspberries, strawberries, mineral, cedar

Body: Medium

Notable Growing Regions: France (Bordeaux), Washington, California, Italy (Tuscany), Australia (South Australia)

Food Pairings: Many foods from chicken and pork to dark meats

## 2. White wine varietals + tasting notes

- **Chardonnay**

Tasting Notes: Wide range depending on stye; lemon, apple, pear, bright fruits; mango, pineapple, peach, tropical fruits; vanilla, butter, baked goods, coconut

Body: Medium

Notable Growing Regions: France (Chablis, Burgundy), Italy, California, New York, Australia (South Australia)

Food Pairings: Fish, lightly seasoned chicken, soft cheeses

- **Sauvignon Blanc**

Tasting Notes: Green fruits, lime, green bell pepper, pear; stonefruit, kiwi, peach; oaked, vanilla, coconut, butter

Body: Medium to Medium-heavy

Notable Growing Regions: France (Bordeaux, Loire Valley), Italy (Northeast), New Zealand (Marlborough, Hawkes Bay), California, Chile

Food Pairings: White meats, chicken, pork; white fish, shell fish, lobster, clams; soft, sour cheese

- **Pinot Grigio/Pinot Gris\***

\*The same grape, called Pinot Grigio in Italy, Pinot Gris in France

Notes: Italian--lime, pear, sour apple;

France-- lemon, honey, honeysuckle;

U.S.--white nectarine, ripe stonefruits

Body: Medium to Medium-heavy

Notable Growing Regions: Italy, France, U.S.

Food Pairings: Fresh fish, green salads, shell fish

Use this chart to navigate a perfect wine and food pairing

# Don't drink alone. Pair it with food.

White



Champagne • Spumante • Prosecco



Riesling • Muscato • Gewurtztraminer



Pinot Noir • Beaujolais • Gamay



Syrah • Malbec • Cabernet Sauvignon



Chardonnay • Viognier • Sémillon



Pinot Gris • Trebbiano • Sauvignon Blanc



Zinfandel • Sangiovese • Merlot



Port • Sherry • Ice Wine



Red