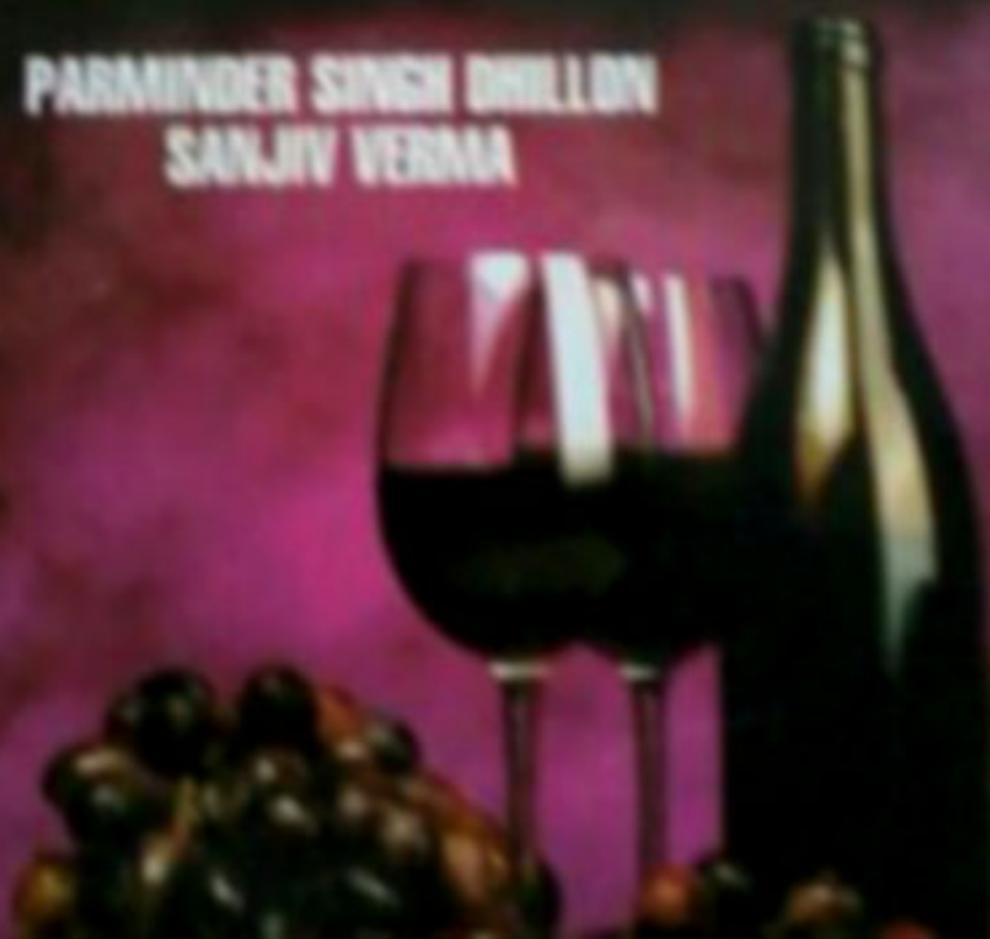




FOOD AND BEVERAGE

PRODUCTION MANAGEMENT FOR HOSPITALITY INDUSTRY

PARMINDER SINGH DHILLON
SANJIV VERMA



**FOOD & BEVERAGE
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FOR
HOSPITALITY INDUSTRY**

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Preface

Change is always welcome. Change is interesting and enjoyable being different from usual. Change in cooking has been taking place very fast since long. Today's cooking is the result of new awareness in nutritional values, concern for what we eat, new cooking appliances and technology in food production, all have contributed for today's various food products. Information technology has also helped in the preparation of world class recipes. Our aim to write this book is to provide basic cooking knowledge, encourage students who are pursuing degree courses for Hotel Management and Catering Technology in various Institutes, Universities and Colleges. Our approach is to make available single book with illustrations for food production Hospitality students and encourage new cooks and persuade others having interest to experiment in their kitchens. Yes, we have created this product – *Food & Beverage Production Management for Hospitality Industry*, keeping in view the difficulties experienced by budding learners and have drafted brief definitions of all products with simple language. The contents include all that is needed for the subject of cookery or food production. It is our first attempt to familiarize the students of cookery or food production with various facts and principles applied in cooking. How we are successful in our endeavour will be known through the feedback of learners, who, we think are the real masters to judge the contents and quality of this text. Readers criticism and suggestions will be acknowledged with thanks.

AUTHORS

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Cooking—Historical Perspectives

History of cooking can be traced only after the fire was discovered millions of years ago. The oldest generally accepted evidence for controlled use of fire by humans date to around 700,000 – 800,000 years ago from the site of Gesher Benot Yaacov in Israel. Fire was worshiped then. It must be an awesome discovery to see a burning tree after lightening strike. Man then felt warmth of fire. Cooking started its origin when cave men were sitting around fire during winter to get warmth while eating raw meat some clumsy cave man accidentally dropped his raw piece of meat into fire and when it was picked up again after sometime, it tasted better and became soft. The cave man told his fellows by signs/word of mouth about this matter and many of his fellows must have tried meat roasting on fire. The cave man must have tried fruits, nuts, herbs and other eatables with fire Old stone age began somewhere between 500,000 and 2,50,000 years ago and human being then lived entirely on hunting fishing and gathering. The new stone age began some 10,000 to 12,000 years ago. In this age cereal civilization started and human being tried cereal cooking. Plant domestication began in China followed by India. The first crops to be grown were wheat and barley. Bronze age started some 5000 years ago i.e. around 3000 BC. During this period cooking advanced further due to skilled men and their power of thinking. Cooking, however, got boost during iron age which commenced around 1200 BC. Social change also improved cooking cuisine. The favoured food of a region and also its preparation was also evolving as man's hunting and gathering skills improved. Those who lived near the sea or water had a cuisine based on fish, those who lived inland depended on birds and games or agriculture products. The twin processes of agricultural and industrial revolutions can be justifiably credited with having shaped the nature of cuisine and food and of course cooking Chinese, French, and Mughals in India and Arab countries contributed a lot to develop cooking.

The God like fabled figure of Fu Hsi in China was the man who loved hunting and fishing and to him is attributed the invention of the kitchen and cooking. The next

legendary in early Chinese mythology was Shen Nung. The Divine Husbandman. To him goes credit for the plough, the hoe and the care of farm animals. Huang Ti, the yellow Emperor and the Patron Saint of Taoism is worshipped still for the conception of planting of grain and the invention of the Pestle and mortar to crush it to make flour.

So food in all its aspects has since the birth of Chinese civilization, been a corner stone of the national culture. In no other people has the preparation, preservation, cooking cultivation and serving of food taken such a dominant and pervasive role.

China's very history revolves around the table and kitchen. China's folk heroes are connected with eating, drinking or making merry. In China kitchen Gods are worshipped. Roast pork, rice wine and fruit are offered to the dead.

Any cuisine is limited by the raw ingredients that are available but in case of China the range is virtually boundless. The huge landscape of China has dictated the scores of regional cuisines that have developed in China.

Yin and Yang, the two elements are as significant in the Chinese kitchen as they are in the Temple Yin is soft, yielding, dark feminine Yang is hard bright masculine vigorous. In the wok, the hotpot or the steamer Yin and Yang combine and complement each other sweet contrast with sour. The two basics of stir-frying ginger and spring onions are Yang and Yin. Crunchy sea salt goes with Sichuan peppercorns. Steamed chicken goes with stir fried fresh greens, the yang of fiery chillies goes with the gentle yin of sugar. The contrast of taste and texture colours and cooking methods which result in any balanced Chinese meal is a triumph of the philosophical theory of Yin and Yang the world in a happy balance. Chinese meal ordered correctly should be orchestrated like a Mozart Symphony: hot and cold, sweet and sour, plain and spicy meat and pickle fish and greens Yin & Yang.

India was known as the home of spices. Long before the Christian era the Greek's merchants thronged the market of South India for spices. Cookery received a great stimulus as a result of French resolution in 1793 before this French chefs were employed with French nobility. With the revolution and end of monarchy many chefs lost jobs and started their own eating houses to support themselves. The great chef of this time was Marie-Antoine Careme (1784-1833) who showed his culinary art for 30 years. However, Goerge-Auguste Escoffier (1847-1935) was the greatest chef of his time and is revered by chefs and gourmets as a father of 20th century cookery.

His two major and important contributions were simplifying classical cuisines and reorganizing kitchens.

Classes of Professional Cookery

There are three distinct classes of professional cookery.

- *Cuisine simple or Plain cookery* – In this cookery minimum necessary cooking material is used to produce best cuisine.
- *Cuisine Bourgeoise or Middle class Cookery* - Where better material is used to produce dishes.

- *Cuisine Haute or High Cookery* – Where very best material is used to produce excellent dishes.

AN OVER-VIEW OF POPULAR INTERNATIONAL CUISINES

Popular International Cuisines Include French, Chinese and Indian

French Cuisine

It is recognized throughout the world as the best cuisine even today, because French are well known for their artistic temperament which is reflected in their dishes. French culinary art has reached the highest point of perfection at the end of nineteenth century. French obeyed custom of cooking and eating rules strictly, but French cooking is not complex, but garnishes are definitely complex with acceptable and distinct and delicate flavours. Spices are used sparingly and more emphasis is laid on sauces. In French cooking every ingredient speaks its own language with distinction. Wines are frequently used in cooking to enhance taste and flavor. They are very careful about the ingredients. Proper blend and colour of foods Garnishes and accompaniments are key to French cuisine and dishes are identified by them. Food items are cooked in sauces or they accompany a dish. Greatest care is taken on presentation of dishes to guests with the help of garnishes and accompaniments.

Butter, olive oil or salad oil is used as cooking medium vegetables are served with main courses. Vegetables as accompaniments are arranged like a Painters work. The main dish consist of flesh foods e.g. lamb, beef, veal or pork. Chicken, duck turkey fish also constitute main dish cheese is also extensively used. We cannot miss to give credit for French cuisines to great chefs like Escoffier and Prosper Salles.

Culinary History of China

Millet used to be a crop in China about 5000 years ago. Archaeological digs in North China show that Beijing Man had developed a sophisticated caveman cuisine Sabre-toothed tigers used to be hunted and roasted over an open fire. Steaming was also perfected in China. Delicacies like Chicken, carp, and elephant were cooked three thousand years before the birth of Christ. Religion was closely linked with food. Rice, wheat, soyabeans, melons, celery and squashes and roast sheep and boar were frequently cooked on feast days. Seven hundred years before chirstianity Chefs in China won magnificent victories with such outstanding dishes as noodles sautéed with honey, Lamb Stewed with sugarcane, braised ox tandons and bitter melon soup. Modern Chinese cuisine may be classified into four branches – classical Beijing, Rich Shanghai, delicate Guangzhou and hearty Sichuan.

The average cook in China was an extensive range of preserves, spices and seasonings every day. Hot chilli paste, biting mustard, the inescapable soy sauce, preserved plums, pickled, turnips carrots or cabbage, mushrooms in endless spices and black bean sauce are among the most common accompaniments for everyday dishes. In China duck is the dish for celebrations, and chicken is the daily king of every kitchen in Beijing.

“First steal a chicken” is the immortal first line of the recipes for “Beggar’s Chicken”. Nobody knows the origin of the dish, but one version often repeated in ancient Chinese texts holds that a humble peasant was sitting by a cooking fire at the side of a lake in Anhui Province when a feudal lord approached when the poor man saw the nobleman and his armed entourage he quickly scooped out mud from the lake side, plastering it around a chicken he had just stolen and threw the bird onto the coals. The nobleman stopped and got off his horse to warm himself by the fire. By the time he remounted and rode on, the chicken was encased in a brickhard ball of fired clay. Frustrated the peasant hurled a stone at the clay which promptly broke, releasing the delicious aroma still enjoyed by modern dinners who order this piquant dish.

Beijing Classical Cuisine

It is combination of two different legacies, the magnificence of classical court. Cooking being a splendid but thin veneer over the honest solid food prepared by farmers’ wives in the tiny countless hamlets that dot the dusty plains of Northern China.

Shanghai Cuisine

The range is very extensive and origins diverse and it is difficult to generalize about the school of Cooking now known as Shanghai Cuisines.

Guangzhou Cuisine

The people of Guangzhou like to point out the predominant position they have held in the kitchens of China and the world over centuries.

Sichuan cuisine today is a happy medley of many traditions and influences the tangy tastes of India are blended into Sichuan cooking.

Chinese Cuisine

Sautéing, steaming and deep frying, these are the signs of Chinese cooking. Stir frying and use of intense heat make Chinese cooking methods distinct from others. Less cooking time keep the juices and colour and flavor intact in dishes. Chinese cook out ingredients into beautiful shapes, ingredients with gravies, sweet taste is contrasted with sour crunchiness against smoothness give Chinese dishes attraction of palatability.

Soya sauces, peanut oil, sherry, garlic gingerroot, pepper, chili sauce vinegar, asafoetida, corn flour rice flour noodles, bamboo shoots, dried shrimps sharks fin, pork raw eggs etc are the essential ingredients in Chinese kitchens which give unique taste and touching flavours to its dishes. In China five regional cuisines are predominant:

Cantonese (west)	Influenced by western travellers.
Shandong style	Influenced by active trade between Peking and Shantung. Peking now Beijing was the seat of imperial Palace.
Sichuan style	Due to hot province here spiced food with deep frying is popular.

Henan style	A province with yellow river its famous for its river crop. It is well known for sweet and sour dishes.
Fujian style	This province is known for seafood. China's east coast its popularity rests on quality and use of wine in cooking.

Some of the Chinese Cooking Terms are:-

CHUAN	-	Rapid boiling
SHUAN	-	Instant boiling
AO	-	Stewing/braising
HUI	-	Braising/assembling
BAN	-	Mixing salad
GIANG	-	Hot Salads
YAN	-	Pickling
JIAN	-	Shallow frying

Chinese cuisine, are popular all over the world and in India. All Star Hotels proudly keep Chinese cooks and dishes to offer.

Indian Cuisine

Spices, herbs and condiments play a distinctive role to make Indian cuisine exclusively distinctive in tastes and flavours all over the world. Black pepper, cardamom, cloves, cumin seeds, mace and nutmeg, cinamon, bay leaves, Fenugreek curry leaves, garlic ginger, tamarind, mustard seeds etc decorate the selves of Indian kitchens. Use of whole spices and herbs and its mixing is the key to create distinct flavours in dishes – may be vegetables, meats, poultry, game or sea food. Indian cooks possess speciality to create palatable dishes and never disclose the secrets of their technique to anybody.

Indian cooking was greatly influenced by Mughals who were great patrons of tasty and exquisite cuisine. Indian Maharajas also contributed a lot to improve Indian cuisine. Maharaja Bhupendra Singh of Patiala had special cooks to prepare wonderful meat dishes. In India recipes were handed down from generation to generation without any written evidence. Cooks used to memorize their Guru's recipes. Regional cuisine of India are also quite popular Punjab, Avadh, West coast, Rajasthan, South India, Gujarat and Goa can boast of their cooking, expertise and styles.

Peshawari chole, Saag and Makki Roti of Punjab, Moong dal of Rajasthan, Murg-Do-piazza of Hyderabad, Dosa and Vada of south, Goa curry from Goa, Delicious Kebab from Avadh are some of the Indian dishes which have created urge among foreigners to taste Indian cuisines. In fact Indian cuisines vary from region to region. Even in Punjab you can have delicious Amritsari food, exquisite foods from Patiala, Saag from Doaba and Majha and Dal specialties from Ludhiana. Indian dishes are heavily relied on spices and herbs, frying technique and secret cooking methods.

Nouvelle Cuisine

May be defined as a modern style of cooking that avoids heavy foods and serves small amounts of different dishes arranged in an attractive way on the plate. The credit for this novelty must be given to French chefs.

It was during seventies that chefs who were fed up to prepare classical dishes resolved to bring about traditional changes in French cuisine. The Pioneers to this change were H.Gault and C.Milan. They argued that it is not good to eat same food everyday. This revolution of change was headed by P and J Troisgros, M.Guevard, A.Chapel, R.Verce and Paul Bocuse who denounced classical food and emphasized drastic changes by introducing original salads, vegetable terrines, fish just cooked etc etc. At the outset of this revolution prices were quite high. Well, it took nearly 20 years for people to appreciate Nouvelle cuisine dishes and these dishes got recognition from Hoteliers and people. Monthly publication by Cault and Milan greatly promoted Nouvelle cuisine. The publication touched a new score by its increased circulation from 10000 copies to 20 lakhs per month.

Following points are important to the change:

- (a) Menu had a variety of dishes but smaller portions were served.
- (b) Food presentation was given importance by introducing plate so that presentation could not be spoiled by service personnel Individual Portions were place onto the Plate and served.
- (c) Thinner sauces were served without thickening agents.
- (d) Cooking time was reduced by stir-frying, frying, grilling etc.
- (e) Seasonal vegetables and fresh foods were served. Best suppliers were engaged to supply best food items.
- (f) Unusual flavours, combinations were introduced. Most of the dishes were influenced by Chinese cuisine. To enhance flavours Indian spices were introduced for dishes.

Indian spices like ginger, Coriander, jeera and saffron were frequently used to give new taste to food. High pressure steamers, microwave and vacuum cooking and infrared grillers were introduced. The Nouvelle cuisine had created a lot of interest but its popularity could not be matched with classical cuisine. Take the case of India only a limited Hotels and Restaurants offer Nouvelle cuisine.

Cooking/Food Technology

DEFINITIONS

Cooking

Cooking may be defined as a process of mixing various ingredients, application of heat by decision making, knowledge of food chemistry, creativity and skill to produce a final food product.

Food Technology

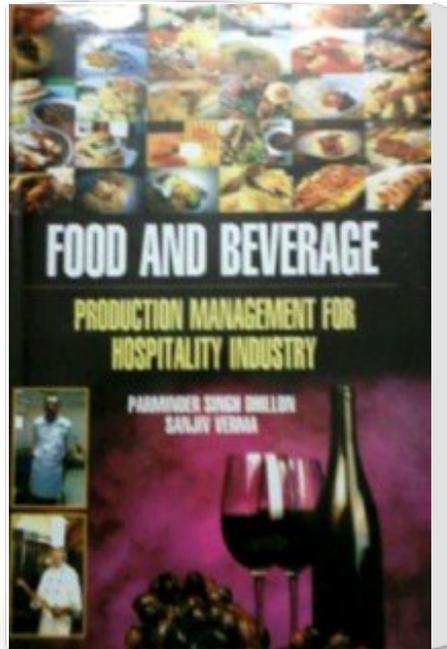
Food technology may be termed as a scientific knowledge of constituents of foods and their properties to produce various dishes from raw materials through knowledge of food chemistry creativity and skill.

Cooking is both Art and Science

Cooking is an Art because it require creativity, skill and manipulative brain to produce dishes that can be attractive to eye and palatable when laid on table for the guests. But cooking need scientific knowledge. We must know what happens when heat is applied to various food items, only then we will be able to produce various dishes.

The art is to do and science is to know in cooking. Boiling eggs need scientific knowledge but to carve a boiled egg need creativity and artistic knowledge. Again garnishing and decorating food dishes need artistic knowledge and skill and when we prepare Dosa or Vada we need knowledge of food chemistry and effects of heat on food and how heat is transferred through convection or conduction. All this need scientific knowledge. Therefore we can conveniently conclude that cooking is both art and science.

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