



# **National Agricultural Youth Show**

## **Culinary Art Manual**

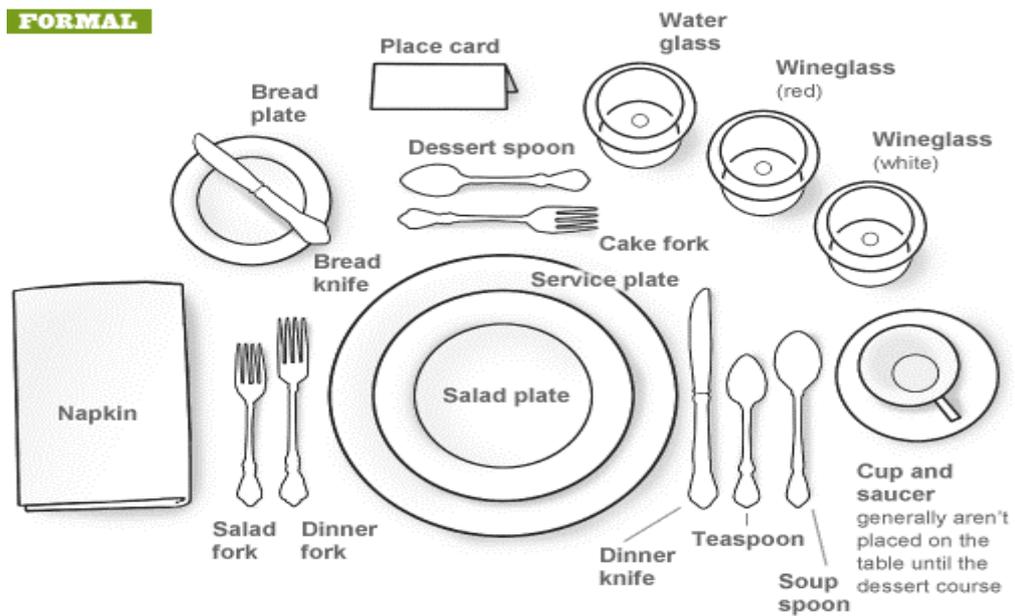


# Culinary Art

## English Manual:

Exam will be about the following:

### Examples of different layouts of tables:



## Informal Table Setting



Utensils are placed one inch from the edge of the table



**Scale & Proportion:** the decoration must be in proportion to the table and food on the table.

**Balance:** it helps to bring calmness to the table. There are 3 kinds of balances:

**Symmetric balance:** This is where there is a focus point on the table and the decorations are done each side of the focus point.

**A-symmetric balance:** This is more informal and the decorations are done around the focus point.

**Radial balance:** it is when objects are arranged around a centre point for example a candle in the centre of a flower arrangement.

**Focus point:** It is the first thing that the eye sees on a table and after that everything that was arranged around it.

**Colour:** the colour must fit in with the colour of your table linen.

**Form and Texture:** Different textures and forms will bring a sense of liveliness and interest to your table for example different leaves, flowers and fruit.

**Other:** Different lines and rhythms and repeats must be used to form a total unit.

- Decorations must always be second to the food on the table.
- It must be low enough not to be an obstacle for the people to communicate around the table.
- Candles can be very effective to use but it must not light in the faces of guests.
- If candles are the only light at the table it must be enough so that all the food can be seen on the table.
- If you use a high arrangement it must be high enough to see through underneath it.

#### **Requirements for a Tea Tray**

- Teapot, hot water holder, bowl and tea strainer, milk jug, cups & saucers, small plates & teaspoons, cake forks serviettes, sugar pot and spoon.
- A Serviette on each cake plate.
- For special occasions the saucer gets a small doily to avoid spills, to help keep noise down and also for decoration.
- Orderly lines are formed between the parallel lines of the ears of the teacups and your spoon and fork.
- The handle of the tea service that the host must handle must form neat lines and must be easy to handle.
- The presentation of tea to friends and family are a sign of goodwill to them.
- Exquisite presentation and a good choice of sweet and salt dishes can be an example of a good host.
- At a Morning Tea you serve simple butter scone and sandwiches
- Serving tea is the first step to be a good host.

#### **Measuring of ingredients:**

- For liquid a measuring jug or measuring cups are used.
- Big quantities of dry ingredients are measured with a measuring cup and a scale.
- Small quantities are measured with measuring spoons
- Dry ingredients must be measured loosely in the cup, not squeezed down.
- To measure a spoon full you take a heap on the spoon and scrape it off with a knife.
  - ✓ For a  $\frac{1}{2}$  spoon, the spoon are divided over the length
  - ✓ For a  $\frac{1}{4}$  spoon the spoon are divide again across.
- All flour must first be sifted before it is measured.
- Baking powder must be stirred before it is measured.
- Lumps in sugar and salt must be broken up before measured.

### **How to read and execute a recipe:**

- Read through the whole recipe first to form a total idea of the dish that needs to be made.
- Make sure you have all the ingredients available.
- To save time have all the ingredients and equipment you will need for the recipe ready and nearby.
- First put on your stove at the right temperature to make sure it is ready when you want to bake. Gas stoves do not need to be pre-heated.

### **RECIPE FORMAT:**

#### **There are different formats for recipes:**

#### **STANDARD FORM:**

- The ingredients are listed first.
- Then follow the method in number or unnumbered steps, but in a logic sequence for example:

#### **Omelette with filling:**

##### **Ingredients:**

2 eggs  
15 ml cold water or milk  
Flavour to taste  
15g butter or margarine

##### **Method:**

1. Preheat a pan. Break the eggs in a bowl, add water or milk and flavouring and beat lightly.
2. Put butter/margarine in pan, heat until butter starts to bubble. Put egg mixture in pan.
3. with an egg lifter or fork start to move the egg from the outside to the middle of the pan. The raw egg will flow in at the side.
4. Put filling of your choice on one half of the pan.
5. Fry until done to taste.
6. Fold one half over filling.
7. Let the omelette slide out of the pan onto plate.
8. Garnish and serve.

##### **Action form:**

- The ingredients are put together and the method follow:

#### **SCONES:**

225 g. cake flour  
15 ml. baking powder  
2,5 ml salt – Sieve all dry ingredients together  
55 g. butter or margarine - Rub the butter into the dry ingredients until it is crumble.  
30 ml. sugar (optional) – Mix sugar in.  
150 ml. milk – Make a deep hole in the flour, put in all the wet ingredients and mix with a knife until a smooth and soft dough is formed.  
Roll out on flat surface and cut into forms. Bake by 220°C for 12 minutes.

## **Repeating form:**

### **Porridge:**

Bring 1 litre of water to boil in a pot and add 5 ml of salt to the water. Add 110g Oats to the boiling water. Keep stirring. Let it simmer for 30 minutes and stir occasionally. Add more water if needed.

### **INGREDIENTS:**

#### **SUGAR**

Types, appearance and use

White- White course crumbles. Used for baking, cold or hot drinks.

Brown- Medium brown course crumbles. Used for warm drinks and baking of small biscuits like ginger biscuits.

TREGAL- Finer crumbles, dark brown, heavy in texture. Used in fruit cakes and bread like Whole wheat bread.

Castor- Very fine texture. Pure white. For cakes with a very light texture.

Icing- Very fine powder. For icing of cakes.

#### **FLOUR**

FLOUR APPEARANCE

USES

#### **CAKE FLOUR**

Fine white flour

Pastry, croissants, cakes, muffins and light yeast products with a fine texture like rolls and doughnuts.

#### **WHITE BREAD FLOUR**

Cream white, slightly coarser than cake flour

Yeasted bread products, can also be used for some kinds of biscuits.

#### **BROWN BREAD FLOUR**

Coarse with fibre

Yeasted brown bread products

#### **SELF RAISING FLOUR**

Very fine mixture of cake flour and baking powder

Quick baking such as pancakes, muffins, scones, rusks etc.

#### **BRAN SELF RAISING FLOUR**

Coarse, light brown flour mix consisting of cake flour, wheat bran and baking powder.

Muffins, bread, scones, rusks etc.

#### **WHOLE GRAIN BRAN**

Coarse, brown, fibre rich

Bread rolls, muffins, rusks etc.

## **EGGS:**

### **EGG WHITE:**

- The white or albumin part of the egg represents 60% off the whole egg. Almost  $\frac{3}{4}$  of the egg consist of water.
- The protein, ovo-albumin in egg white is responsible for the white to be beat into a stiff foam.
- If beaten it forms fine bubbles. Electric beater at high speed can easily over beat the egg white.
- When beaten to mush it loses its elasticity and becomes flaky.
- Fluid will drain from the foam if it stands too long after it has been beaten.
- Over/under beating will give an inconsistent appearance.

### **Egg Quality:**

The quality of an egg depends on:

- The condition of the egg
- Egg size
- If there are any cracks
- If the egg is clean
- The egg mass.

### **Freshness test:**

- Put egg in a bowl of water. If the egg comes to the top it is old.
- A fresh egg will lie in a horizontal position at the bottom of the bowl.
- The white of an old egg is watery.
- The egg shell of an old egg is shiny.

## **OMSKAKELINGS CONVERTIONS**

### **Metriek Britse Mates**

### **Metric Old English**

#### **Teelepels**

#### **Teaspoons**

**n knippie is minder as 0.5 ml (1/8teelepel) A pinch is less than 0.5 ml (1/8 teaspoon)**

0.5 ml 1/8 Teelepel

**0.5 ml 1/8 Teaspoon**

2 ml 1/4 Teelepel

**2 ml 1/4 Teaspoon**

3 ml 1/2 Teelepel

**3 ml 1/2 Teaspoon**

5 ml 1 Teelepel

**5 ml 1 Teaspoon**

7.5 ml 1 Desert lepels

**7.5 ml 1 Desert spoon**

10 ml 2 Teelepels

**10 ml 2 Teaspoons**

20 ml 4 Teelepels

**20 ml 4 Teaspoons**

#### **Eetlepel**

#### **Tablespoons**

7.5 ml 1/2 Eetlepel

**7.5 ml 1/2 Tablespoon**

15 ml 1 Eetlepel

**15 ml 1 Tablespoon**

30 ml 2 Eetlepels

**30 ml 2 Tablespoons**

45 ml 3 Eetlepels

**45 ml 3 Teaspoons**

### **Koppies**

### **Cups**

60 ml Kwart 1/4 Koppie

**60 ml Quarter 1/4 Cup**

80 ml Derde 1/3 Koppie

**80 ml Third 1/3 Cup**

125 ml Half 1/2 Koppie

**125 ml Half 1/2 Cup**

160 ml 2/3 Koppie

**160 ml 2/3 Cup**

200 ml 3/4 Koppie

**200 ml 3/4 Cup**

250 ml 1 Koppie

**250 ml 1 Cup**

375 ml 1 1/2 Koppies

**375 ml 1 1/2 Cups**

500 ml 2 Koppies

**500 ml 2 Cups**

1 Liter 4 Koppies

**1 Liter 4 Cups**

## **THE MOST COMMON CAUSES OF FOOD POISONING:**

A study showed that the most common causes for food poisoning are:

1. Food prepared too long in advance
2. Food left at room temperature for too long
3. Insufficient cooling
4. Insufficient heating
5. Insufficient preparation
6. Food stored for too long in a hot/cold tray
7. Cross contamination
8. Food not properly defrosted

All food has a suggested shelf life, temperature and storing instructions.

Time and temperature that food is stored at is very important. If it is stored too long at the wrong temperature the food can get spoiled and it can cause food poisoning.

Wrong storage can also have an influence on the hygiene of the food. Food like chicken, pork, eggs and dairy products are high risk food sources that can cause cross contamination if not stored correctly.

## **CANNING OF VEGETABLES AND FRUITS**

The difference between jelly, jam, marmalade, chutney, canned fruit and fruit butter:

1. Jellies are made from fruit juice and sugar that are boiled together however, there are recipes that are simply chilled without boiling. Jellies are bright and must be soft yet firm to maintain their shape.
2. For jams the fruits are cooked together with sugar. Jams are usually sweet and thick and not as firm as jelly. It must however be spreadable. On the other hand, canned fruit requires whole fruits or chunks of fruit to be used in thick syrup. The fruits must be transparent or bright maintaining the same colour as the fruits it is made of.
3. Chutney is very similar to jam but not as sweet and it usually contains a combination of fruits, nuts and raisins.
4. Marmalade is usually made from citrus fruits and it contains pieces of the fruit peel in a transparent jelly.
5. For fruit butter the pulp of the fruit is cooked with sugar until a thick, spreadable texture is obtained. Many times seasoning is added to improve the taste.
6. The canning of vegetables is done to preserve vegetables during seasons of abundance. Often the flavours improve and tastes better after standing for a couple of days. A lot of the time these vegetables are preserved as salads eg. Copperpenny salad, curry bean salad and even noodle salad, whilst others are preserved as pickles eg. Gherkins and pickled onions.

## **JELLY**

Choices of fruits to be used for making jelly.

Fruits rich in acid and pectin:

Sour apples  
Quinces  
Guavas  
Marulas

Gooseberries  
Prunes  
Lemons  
Grapefruit  
Oranges

Fruits rich in pectin, but contain less acid:

Sweet apples  
Ripe quinces  
Green figs  
Green pears

Fruits rich in acid, but contain less pectin:

Strawberries  
Ripe apricots  
Pomegranates  
Pineapples

### **Steps in the preparation of jelly:**

1. Extract the juice from the fruit
2. Do a pectin test and add sugar
3. Cook the jelly
4. Fill and seal the bottles

### **Mistakes that may occur with jelly and marmalades:**

1. Cloudy jelly / when the juice is not filtered through slowly
2. Crystals forming in the jelly / too much sugar or too little acid
3. Gluey jelly / if it is cooked too long or too slowly
4. Tough, stiff jelly / added too little sugar or the juice and sugar is cooked too long
5. Soft, syrupy jelly / the jelly did not cook long enough or too little pectin in the juice
6. Watery layer on the top of the jelly / too much acid in the juice

### **MARMALADE**

- Soft jelly with fruit pieces inside
- Usually made from citrus fruits
- Method of preparation is the same as jelly
- Marmalade must not be bottled immediately but must stand for 3 to 4 minutes so that the fruit can be equally distributed

### **Steps in the preparation of marmalade:**

1. Wash the fruit
2. Cut the fruit into slices. Remove the pips and core and soak these separately in water for an hour to release the pectin. Drain and leave one side
3. Measure the fruit slices and add 500-750ml water to every 250ml fruit
4. Leave to soak for a couple of hours or overnight
5. Cook the mixture until the fruit is soft and add the fluid of the pips and core
6. Do a pectin test and add sugar
7. Cook the marmalade
8. Leave to stand a while
9. Fill and seal the bottles

## **JAM**

- Both ripe or green fruits can be used
- As a rule, for fruits that are not sour, use 750g of sugar to 1kg of fruit. For fruits that are sour, use 1kg sugar to 1kg fruit.
- Fruit must first be boiled until soft then in the syrup.
- For jams the fruit and sugar are packed in layers in the pot and heated slowly until the sugar starts to dissolve. Thereafter, it is cooked on high speed.
- The jam must be cooked quickly on a high speed in order to maintain its light colouring.
- If fruits are not sour, acid must be added in order to prevent the jam from crystallizing. The syrup must completely cover the fruit in the bottles.

### **Steps in the preparation of jam:**

1. Prepare fruit
2. Boil fruit in water until soft
3. Make syrup
4. Cook the fruit in the syrup
5. Bottle and seal the jam

Jams can be tested in the following ways to determine if it is ready:

Scoop a little bit of jam onto a plate and leave it to cool down quickly. It should not flow when it is cold.

OR

Scoop a little jam up with a spoon, let it cool down on the spoon and then let it slowly drip off the spoon. If the jam drops off the spoon in flakes and not single drops the jam is ready.

OR

Use a sweet thermometer. Read the temperature of boiling water and cook the jam until the temperature is 5°C higher than the boiling point of water.

## **PICKLES AND CHUTNEY**

- Pickles consist of whole or pieces of fruit or vegetables that is preserved in spiced vinegar. Chutney is made from fresh or dried fruits or vegetables that is cooked in vinegar and spices until it is the same consistency as a soft jam.
- Use young fresh vegetables and fruits for pickles. Use riper fruits and vegetables for chutneys.
- Use white vinegar for a bright coloured pickle. Brown vinegar makes a darker pickle but has a better flavour. White or brown sugar can be used.
- No metal must come into contact with the chutney or pickles during the preparation process of the bottling process.
- Consume pickles only 1 to 2 months after making it in order for it to mature and ripen.