

# General information on F&B products



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**You need to know about the following:**

## **Meal**

-Appetizers, Soups, Salad, entrée, main course, desert.

## **Different menu**

- A la carte, Buffet, Set menu, Daily specials, High tea menu

## Cooking Ingredients

**Meat** – which can be used for entrées and main courses:

Types – beef, lamb, veal, goat, pork

Cuts – steaks, chops or cutlets, mince, joints

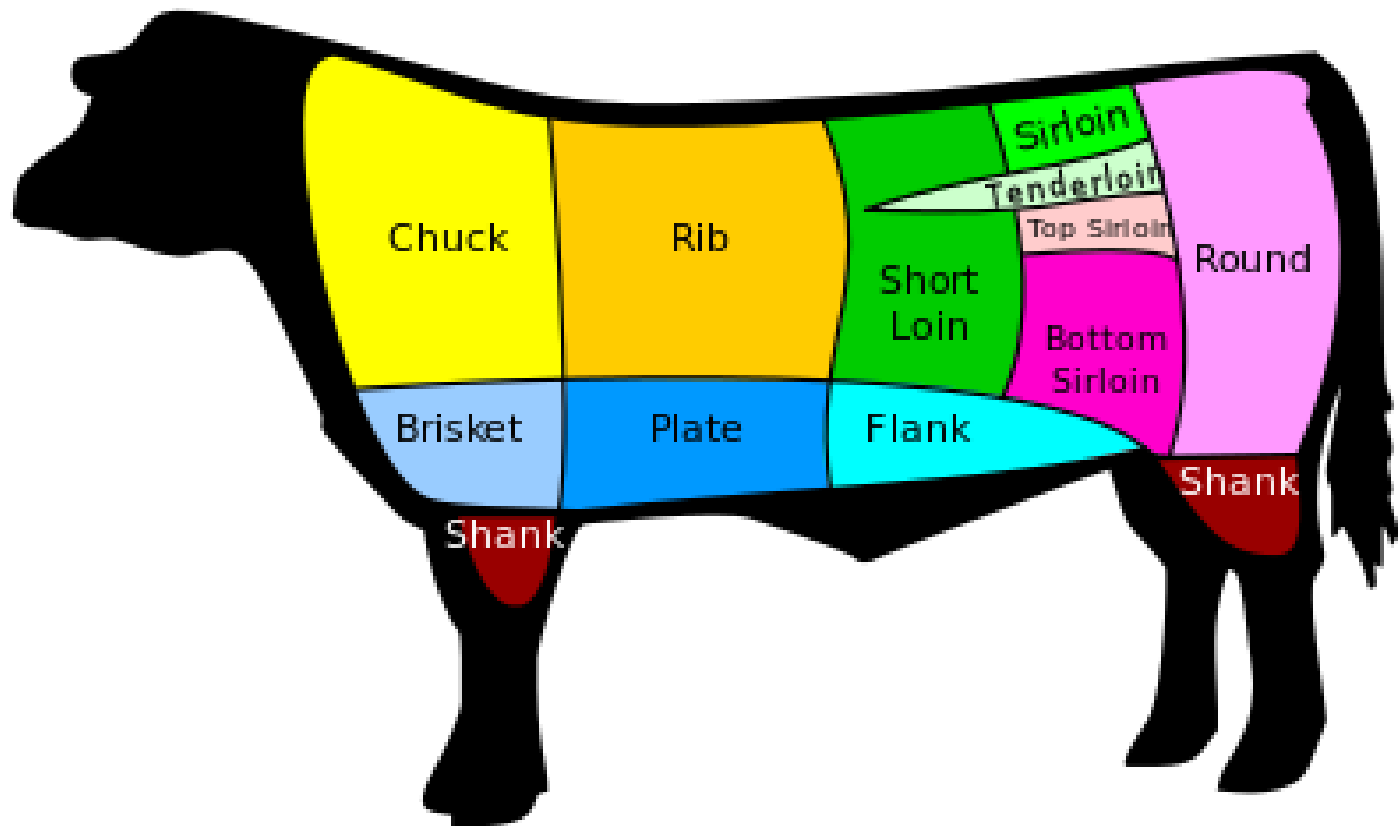
Fresh or frozen

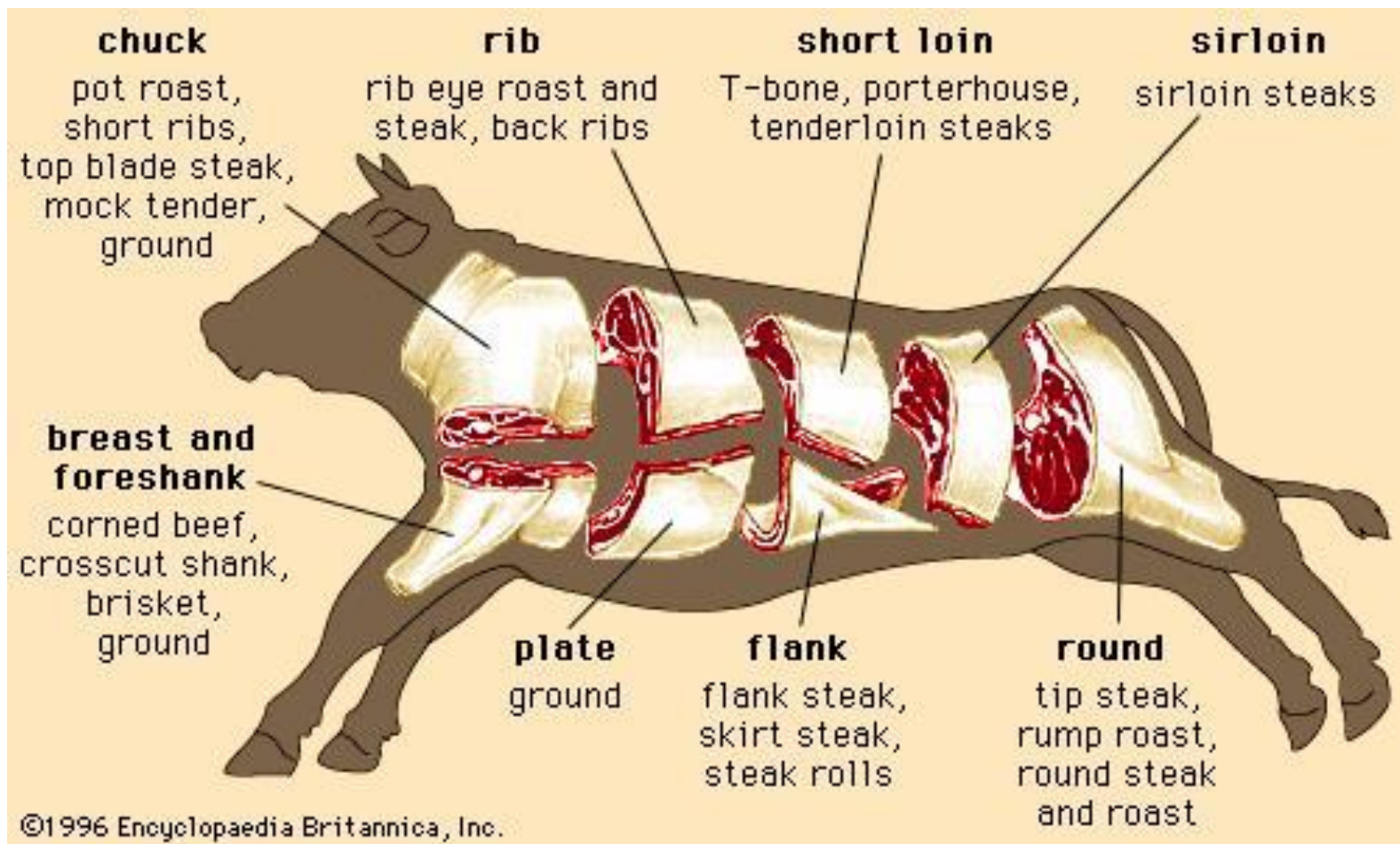


# MEAT

## Beef and Veal

The excellent sources of high-quality protein, providing all the essential amino acids.

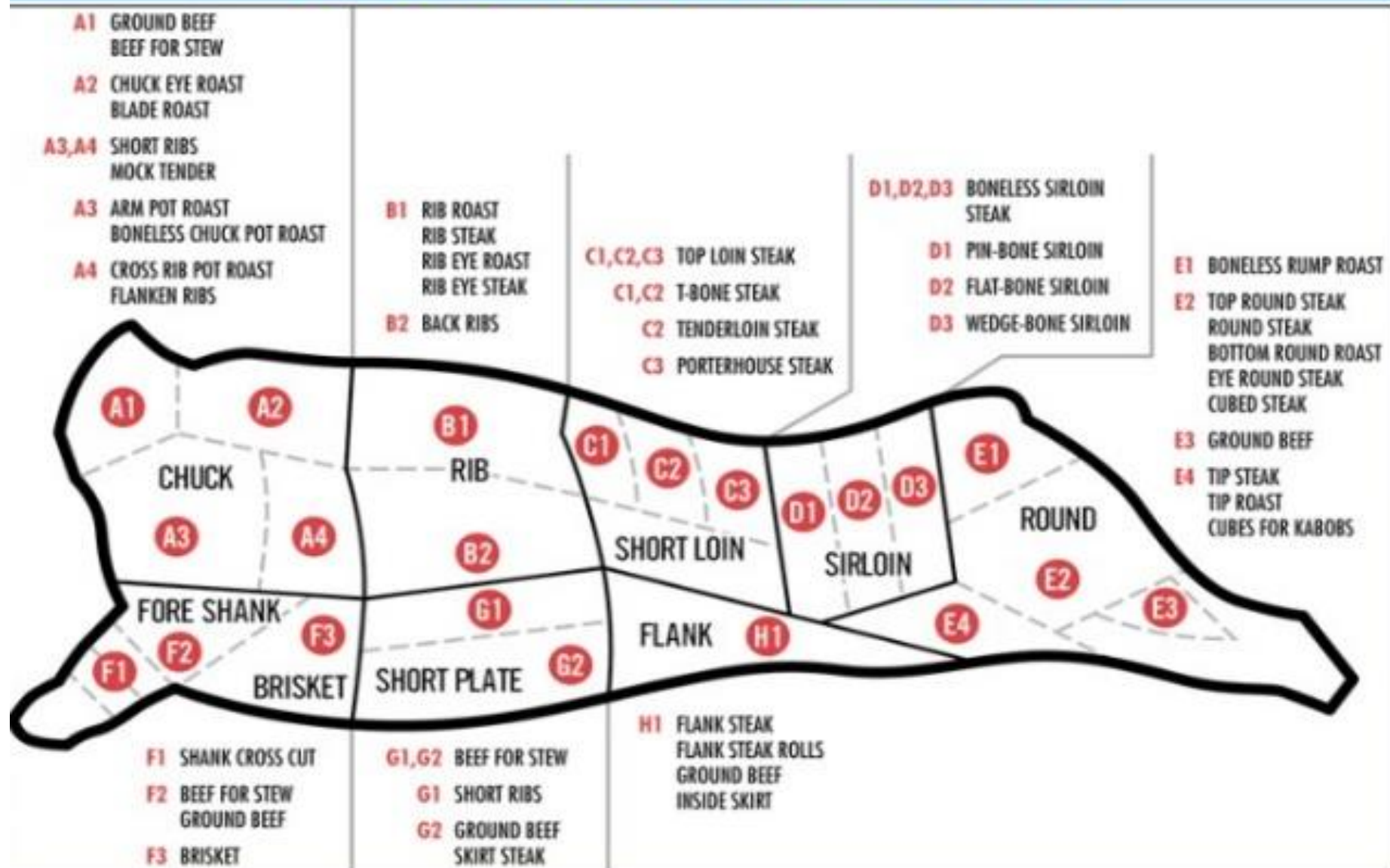




- Rib
- Sirloin; T-bone steak, New York steak, Sirloin steak
- Fillet
- Rump/Top Round steak
- Brisket
- Minced/Ground Beef
- Leg
- Shoulder
- Cutlets

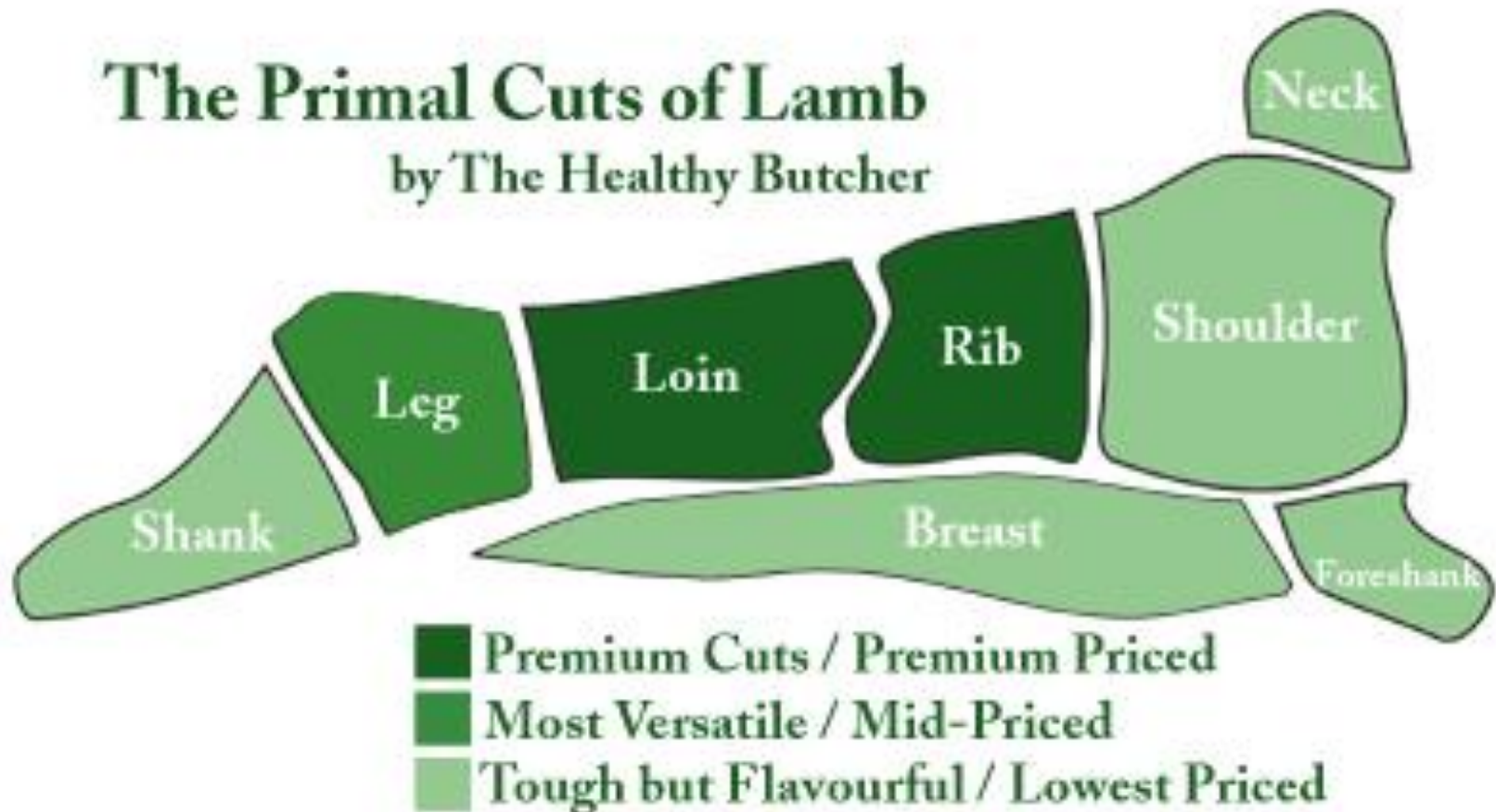


# FABRICATED CUTS



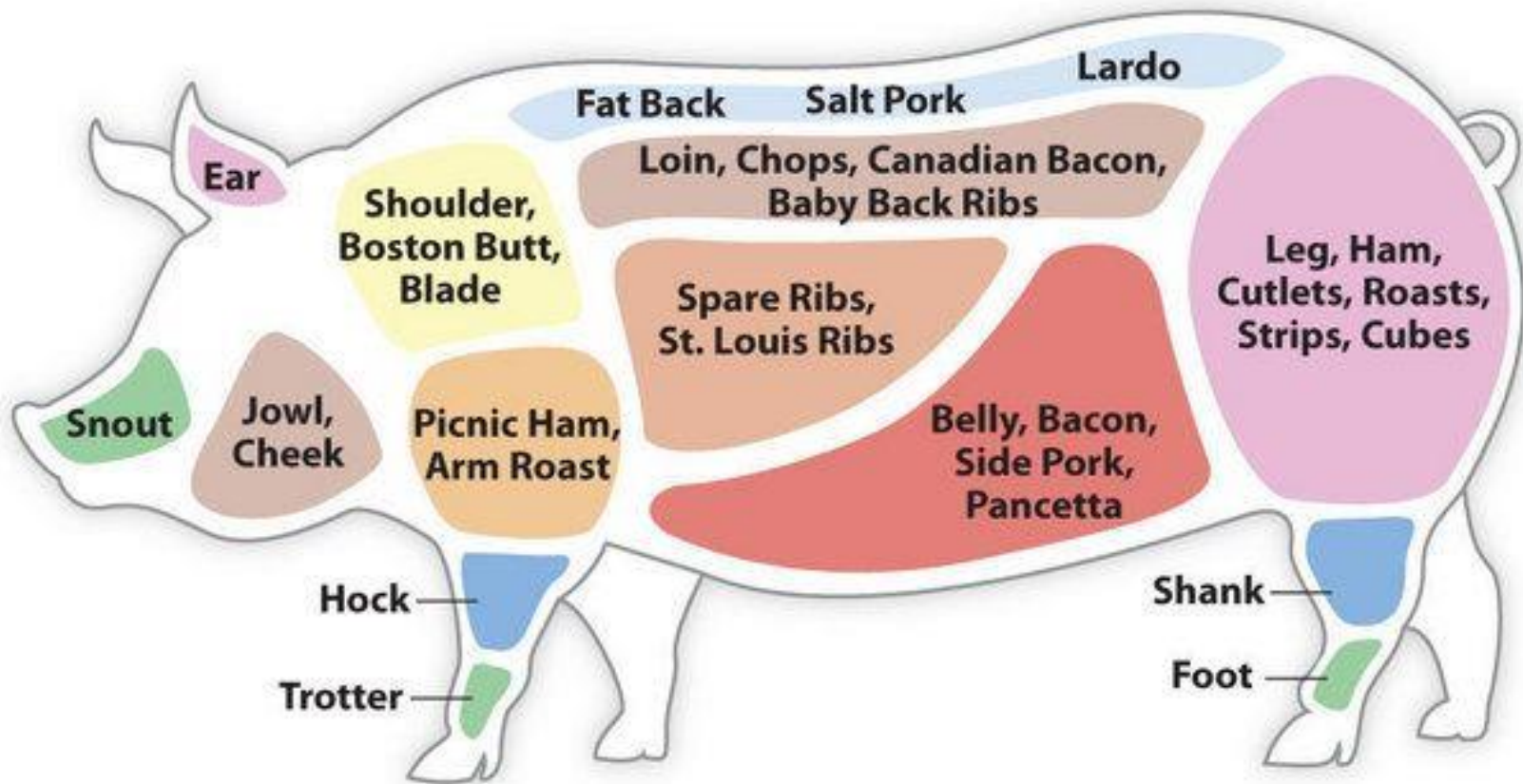
# Lamb

Delicious in roasts, superb in chargrilled kebabs



# Pork

It was once thought of as a fatty meat





# Pork's Most Popular Cuts

## SHOULDER



Shoulder Steak;  
bone-in



Shoulder Roast;  
bone-in



Shoulder  
Country-Style Ribs;  
bone-in

## LOIN



New York Chop



Porterhouse Chop



Ribeye Chop



Sirloin Chop;  
boneless



Loin Back Ribs



Loin Country-Style Ribs;  
bone-in



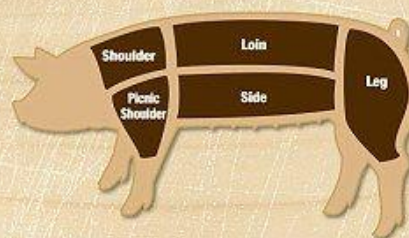
Loin Country Style Ribs;  
boneless



New York Roast



Tenderloin



## SIDE



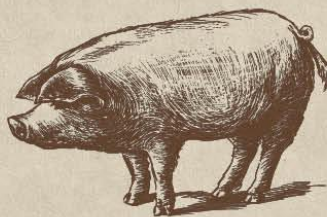
Spareribs



St. Louis-Style Ribs

For recipe ideas visit:  
**[www.PorkBeInspired.com](http://www.PorkBeInspired.com)**

**pork**  
Be inspired



# PORK GUIDE

*cooking tips*



## LOIN ROAST

Four ways to cut it:

- Cubes: kebabs, stews, chili
- Thin Strips: stir-fry, fajitas, salads
- Chops: grill or pan-fry
- Cutlets: breakfast side and sandwiches



## SIRLOIN

Four ways to cook it:

- Sear it, then braise it for pulled pork
- Roast it in the oven, add root veggies towards the end
- Slow cook with spices & liquid for shredded tacos
- Sear and roast in the oven, then slice thin for salads



## CHOP

Easy Rub:

- 1 tbsp favorite herb, like rosemary
- 2 tsp brown sugar
- 1 tsp each salt and pepper

Easy Marinade

- 1/4 cup each oil and red wine vinegar
- 2 tbsp Dijon mustard
- 2 cloves garlic, minced



## TENDERLOIN

Want a juicy tenderloin?

- Season and sear the pork for 2 to 3 minutes on each side
- Add a cup of liquid, like white wine or chicken broth
- Roast in the liquid at 400°F until the internal temperature reaches 145°F
- Remove and let rest for 10 minutes



## ST. LOUIS

Want your ribs to fall off the bone?

- Bake at 350°F for 40 minutes, flipping once
- Slather with BBQ sauce, then cover tight with aluminum foil
- Bake at 250°F for 2 hours
- Finish with more BBQ sauce on the grill



## GROUND PORK

How to use it:

- Use 1 part ground pork and 1 part ground beef for amazing burgers
- Add ground pork for tacos or spaghetti sauce
- Save the pan drippings to replace bacon fat in recipes
- Make your own fresh breakfast sausage





# POULTRY

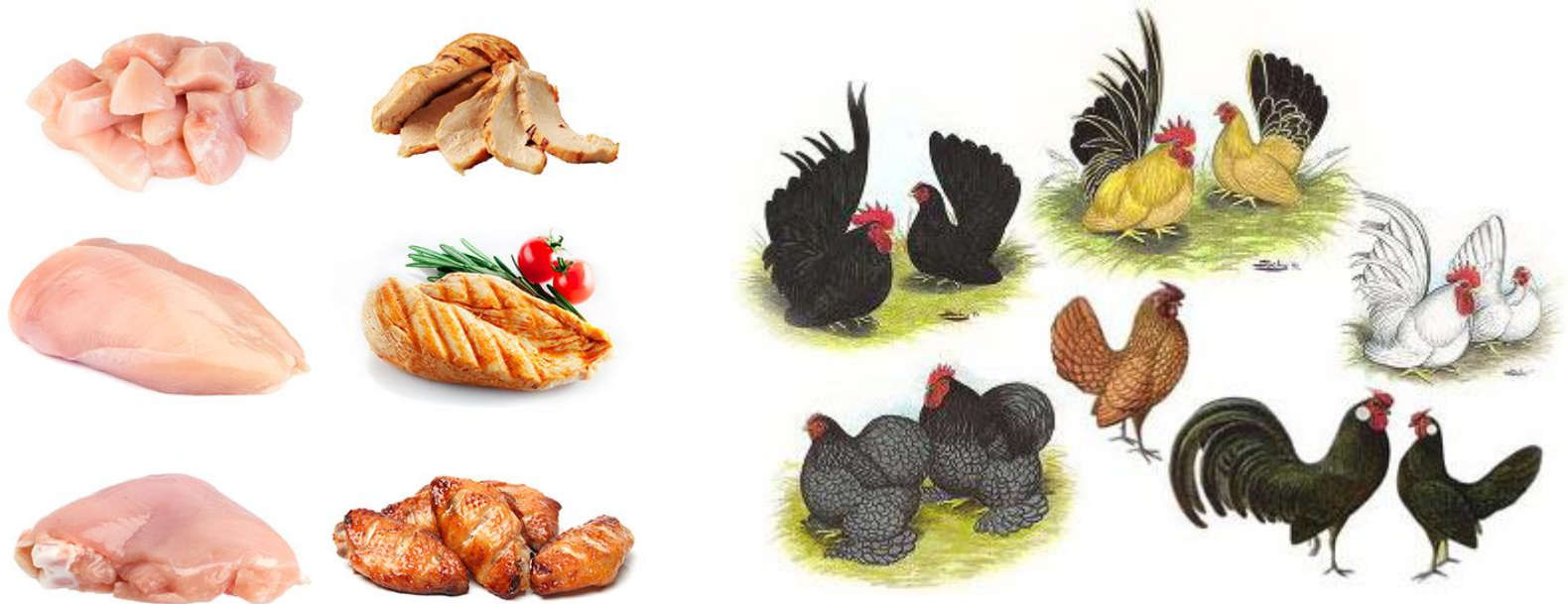
**Chicken, turkey, duck, goose, other wild feathered game**

Whole birds, legs, wings, breast

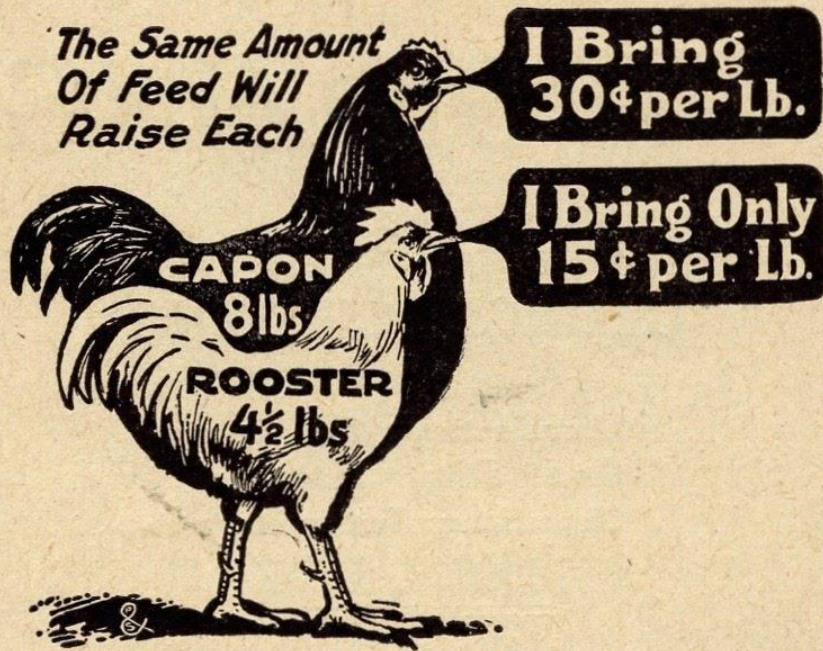


# Chicken

Chicken is rich in high quality protein, providing all the essential amino acids required by the body. It provides B group vitamins and iron, as well as copper and selenium. The white meat is low in fat (the fat is found in and under the skin) and contains less saturated fat than other meat.







**NOTICE THE  
DIFFERENCE**

**Which Would You  
Rather Sell?**

## CAPON

This is a young cockerel (rooster) that has been castrated and then fattened on a special diet to make it plump and flavorful.

A capon weighs 2.7-4.5 kg/6-10 lb., with a large proportion of white meat to dark.



# Poussin

**The French name for a young chicken, these small birds are 4-6 weeks old and weigh 350-675g/ 12oz-1 ½ lb. Each provides an individual portion.**

**Poussins, also sometimes called spring chickens, are tender and delicate in flavor – some would say lacking in flavor. They can be roasted, when they benefit from a moist well-flavoured stuffing, and can also be grilled, pan fried or cooked on the barbecue.**



## Rock Cornish Hen

This small North American cross-breed was developed from White Rock and Cornish chickens, 4-6 weeks old, weigh up to 1.2kg/21/2lb.

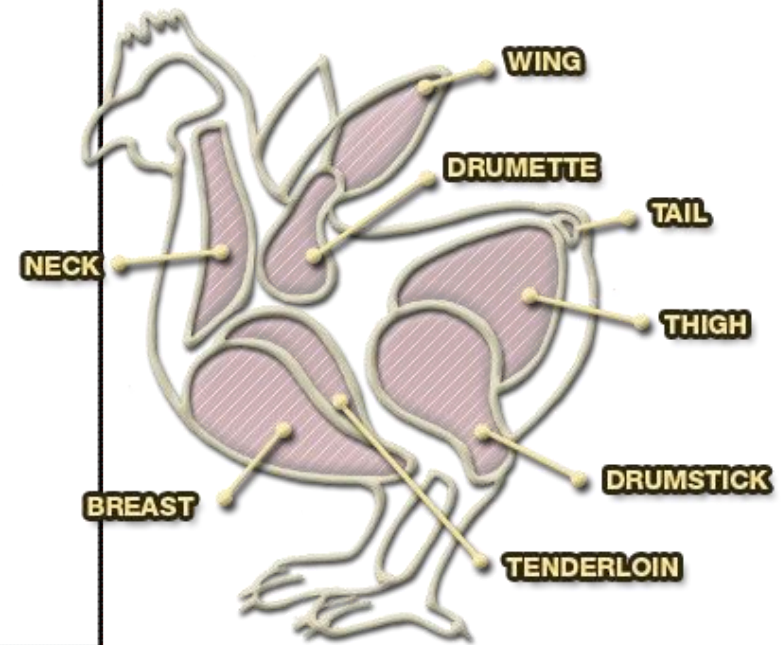
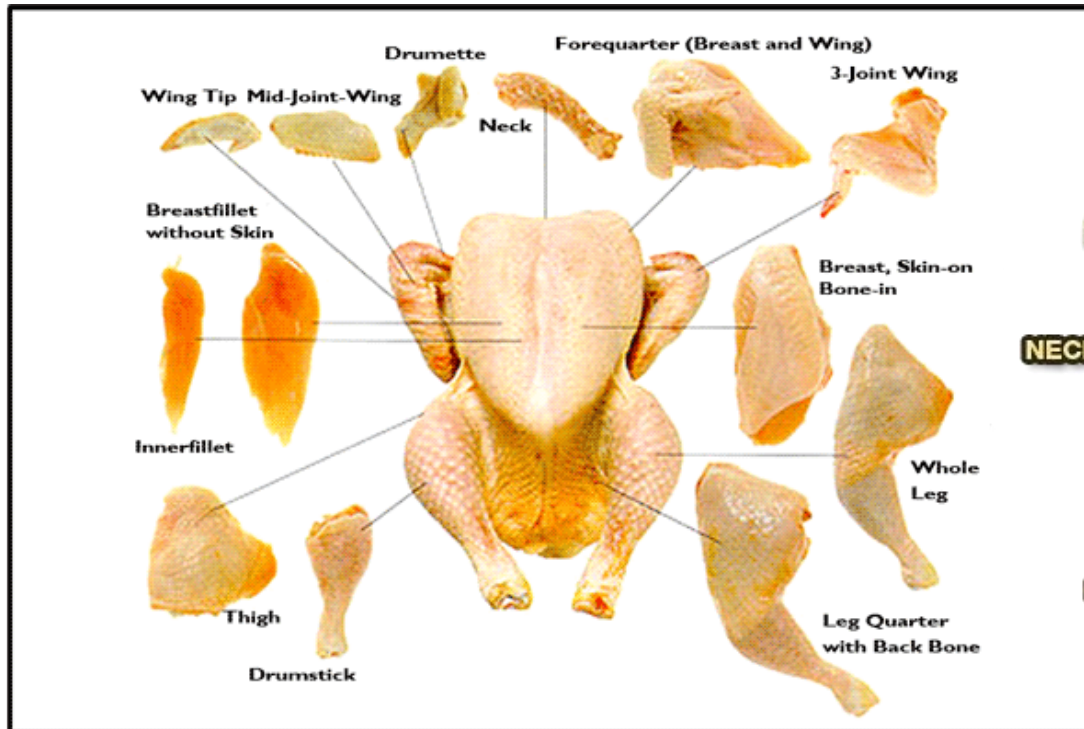
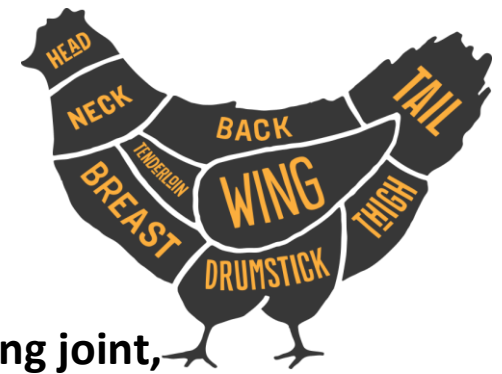
## Guinea Fowl

They originally come from West Africa. They are tender with slightly dry flesh. Cook as for chicken but at a high temperature (230C/ 450F)



# Chicken portions

There is wide range, both on and off the bone, with or without skin. Quarters include either the leg or the wing joint, the latter having a larger portion of breast meat. The leg joint includes the thigh, with just a small area of breast



# Turkey

The turkey come originally from America, were introduced into Europe by the Spanish and they soon become a popular choice in France, Italy and Britain too.

Turkey is a lean source of protein and provides B vitamins, phosphorous, potassium, magnesium, zinc and iron

## Bronze Bird

Has very juicy and flavorsome flesh



## White Bird

In the United States, the white Holland is a popular breed. They do not have the superior flavor of bronze or dark-feathered bird, which are becoming increasingly popular.





# Duck

Duck and goose are high protein and fat, they should not feature frequently in a healthy diet, but they are excellent foods for special occasions. Duck breasts are a good choice for those who appreciate the flavor of the rich meat.

## American long island and British aylesbury duck



Fatty duck have a deep, rich flavor

## Barbary and Nantes Duck

**Barbary** Is a big bird. The Nantes is smaller, more tender and with a delicate flavor. The birds have short legs and longish breasts.

**Both varieties have less fat and thin skins.**





# Goose

This large, fatty bird would always be fattened for Christmas.

## Canada goose

Most popular variety of bird which,  
at around 2.7kg./6lb.



## Canada goose

Smaller than Canada goose, and the pinkfoot smaller still  
Both are well- flavored bird

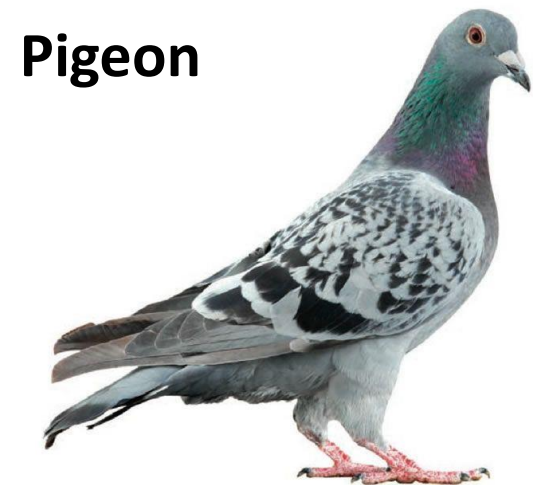


## Whitefront

The smallest goose



# Wild Feathered Game



## guide to internal meat temperatures

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beef  
& red meats

rare	120° - 125°f
med rare	130° - 135°f
medium	140° - 145°f
med well	150° - 155°f
well	160° - 165°f
ground	160°f



poultry

whole	165°f (in thigh)
pieces	165°f
ground	165°f



pork

med rare	130° - 135°f
medium	140° - 145°f
med well	150° - 155°f
well	160° - 165°f
ground	160°f



fish  
& seafood

any variety	145°f
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# New Meats

**Alligator**; From young is eaten, white, Flaky and tender, almost a cross between fish and chicken

**Crocodile**; The meat is popular in northern of Australia, it is tender with a delicate flavor, similar to chicken or pork but slightly flaky.

**Ostrich**; meat is dark in color and finer in texture than beef.

**Kangaroo**; It is dark, fine-textured meat with strong flavor.

**Emu**; meat is dark and extremely lean. Darker than beef but softer in texture. Should cook as same way as tender beef.

**Buffalo**; Similar to beef.

**Llama**; younger llamas are more tender



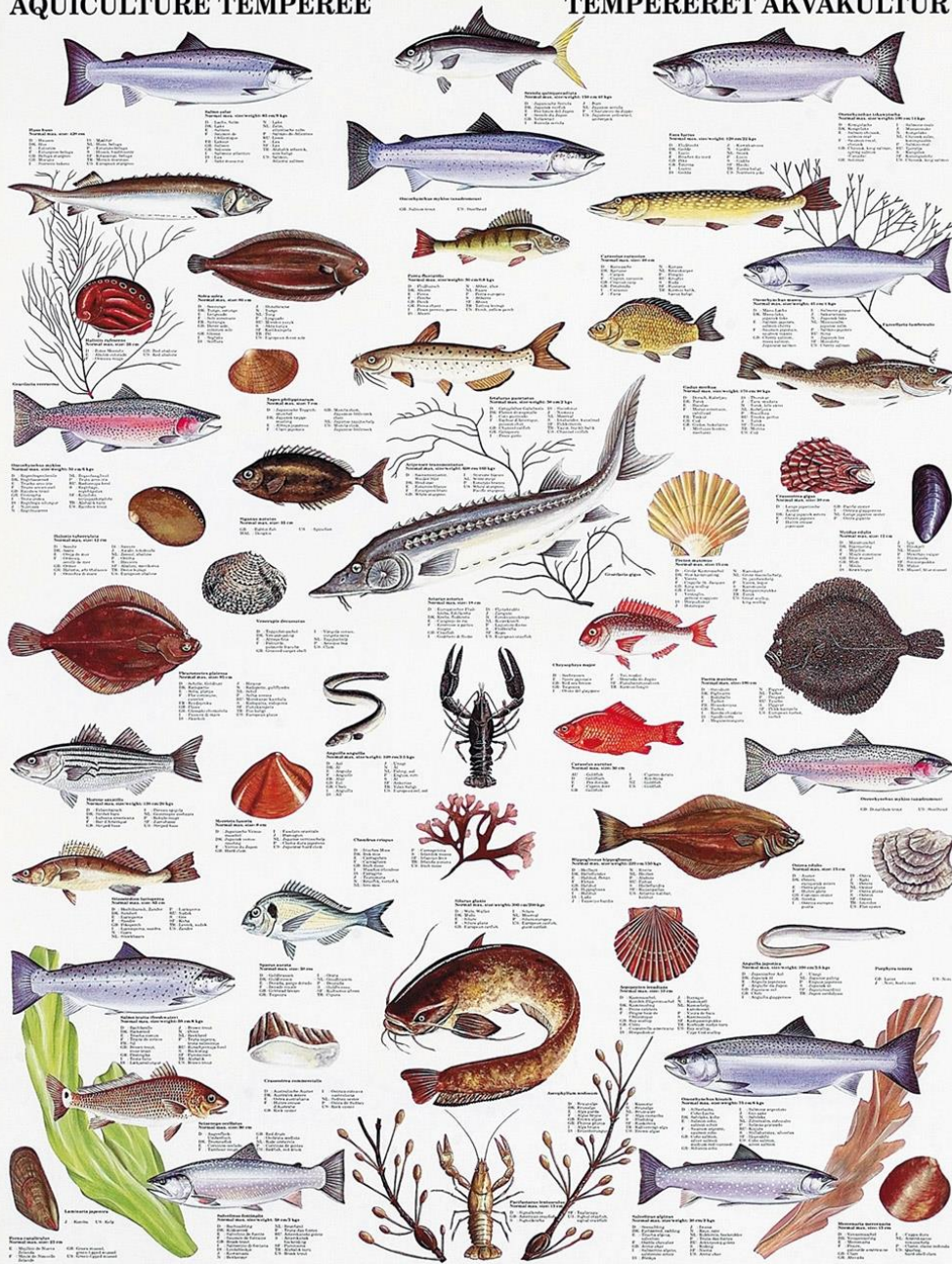
# Fish and Shellfish





## AQUICULTURE TEMPEREE

## TEMPERERET AKVAKULTUR



# Sea fish

There 2 main categories fish that are found in the sea : Flat fish and round fish

**Flat fish** : They start to swim on one side only and one eye move over the head on to the dark skinned side of the body. Because they do not have to chase their food, their flesh is always delicate and white, without too much muscle fiber.

**Brill**

**Dab/Sand Dab**

**Halibut**

**Flounder**

**Plaice**



BRILL



**Megrim**

**Dover sole**

**Lemon sole**

**Turbot**

**Witch**





**Round White Fish :** There are many different families fish within this large group

**Sea bass**

**Sea Bream**

**Red Bream**

**Other Breams**

- Black bream

- Porgy

**Gurnard**

**Varieties**

- Grey gurnard

- Red gurnard

- Tub gurnard

**Scorpion fish**

**Cod**

**Haddock**

**Hake**

**Ling**

**Coley**

**Whiting**

**Pouting**

**Pollack**

**Torsk**

**Mullet**

**Wrasse**



**Oily fish :** have always been popular because they are cheap and nutrition.

**Herring**

**Anchovies**

**Sardines and pilchards**

**Sprat**

**Mackerel**

**Whitebait**

**Bluefish**

**Tuna**



Blue Fish



**Migratory Fish:** Certain species of fish undertake an astonishing annual mass migration from one area to another to spawn or feed

**Salmon**

**Salmon trout or sea trout**

**Eels and Elvers**

**Exotic Fish:** These fish live in the tropical and subtropical water of the world – the south Pacific, Caribbean and Indian Ocean.

**Parrotfish**

**Mahi Mahi**

**Flying fish**

**Pomfret**

**Pompano and Jack**

**Snapper**

**Tilapia**





## Deep-Sea and Game fish:

Swordfish

Shark

Varieties

Barracuda

Marlin

Sailfish



Miscellaneous fish : There are a number of fish that do not fit neatly into obvious category

Ray and skate

John Dory

Hoki

Monkfish

Orange Roughy

Garfish Monkfish

Opah



**Freshwater fish:** There is a wide variety of freshwater fish, but not in large quantities, and so, commercially, it has never been worth netting these fish. Freshwater fish, as a rule, have a delicate and less robust flavor than seawater fish.

Trout

Shad

Grayling

Tench

Barbel

Whitefish

Bream

Catfish

Gudgeon

Char

Carp

Perch

Sturgeon

Roach



# Hot-Smoked Fish



80-85 C/175-185F, mackerel, eel and herrings

## Katsuobushi



# Pickled, Dried and Salted fish

Curing in vinegar or brine is an effective way of preserving fish. Suited to oily fish; herrings

## Rollmops





# Salt



Caviar is a delicacy consisting of salt-cured fish-eggs

Black and Red lumpfish roe

# Crustaceans

Includes crab, lobsters, crayfish, and prawns and shrimps.

## Crabs

There are dozens of varieties of crab, Female crabs, which are known as hens, have sweeter flesh than the males

- Blue crab
- Soft-shell
- Common edible or brown crab
- King crab
- Spider crab
- Snow crab



Link: <https://www.quora.com/What-are-different-types-of-crab-to-eat-How-do-they-compare>

# Lobster

A ultimate luxury seafood. Sweet flesh of lobster has a delicious flavor.

- Canadian or American lobster
- European Lobster
- Slipper/Squat lobster

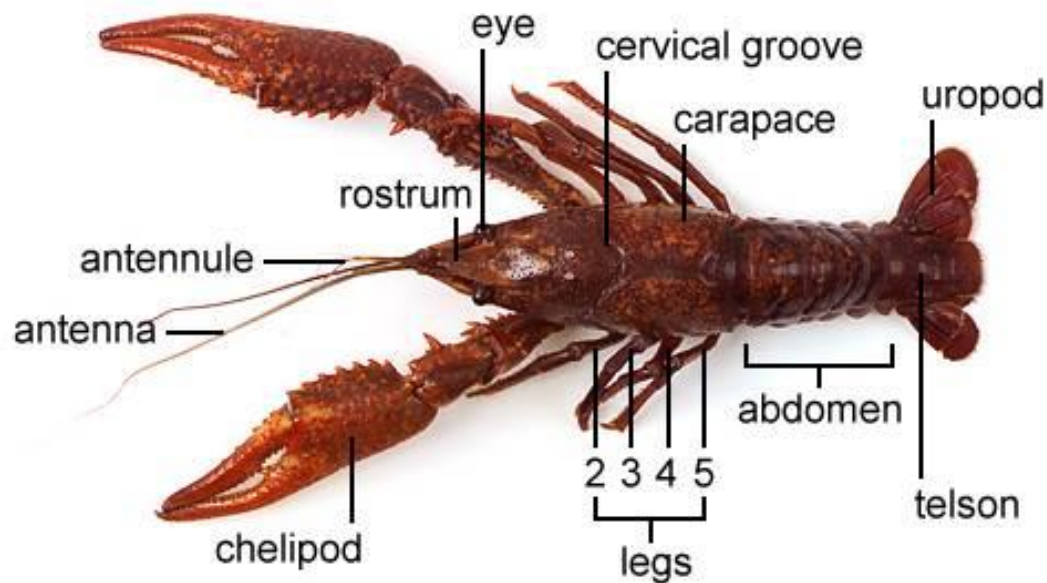




# Crayfish

These miniature freshwater lobsters grow to a maximum length of 10 cm/4in., they are usually called crawfish in US. They have a superb flavor and whatever their color when alive, turn a glorious deep scarlet when cooked.

Crayfish - Dorsal View



# Prawns and Shrimp

There is no difference between shrimp and prawns; the names are merely an indication of size.

Any prawns measuring less than about 5 cm. are known as shrimp. Prawns that come from colder waters have a better flavor than those from warm waters.

- Common prawn (pink shrimp)
- Deep sea prawn
- Mediterranean prawn
- Tiger prawn (king prawn)



# Molluscs

Snails, sea-slugs and squid, although very diverse in appearance and habit, all belong to the Phylum Mollusca. Molluscs also include chitons, clams, mussels, tusk shells and octopus. The study of molluscs is called malacology.

- Abalone
- Conch
- Limpets
- Whelks
- Clams
- Mussels
- Oysters
- Scallops





# Cephalopods

Squids, octopus and cuttlefish. Most cephalopods also contain an ink sac that emits a blackish fluid designed to repel predators and provide a “smokescreen” when under attack.

This fluid always referred to as ink can be used for cooking.

- Squid
- Octopus
- Cuttlefish



# Other edible sea creatures

- Jellyfish
- Sea cucumber
- Sea squirt
- Sea urchin





# Sea Vegetables

## Seaweeds

- Laver (A relation of nori)
- Wakame
- Arame (sea oak)
- Kelp
- Dulse
- Samphire





# Eggs, Dairy product and Fat

**Egg** – Almost all egg are edible and, around the world, the eggs of all type of birds.

Farmed and wild – as well as reptile and turtle eggs are eaten. Egg are incredibly versatile and can be cooked on their own, either boiled, poached, fried or combined with other ingredients to make any number of dishes from omelets and soufflés to sauces, pancake, pasta and cake.

Hen's egg

Duck eggs

Goose eggs

Quail's eggs

Bantam egg (half size of the hen)

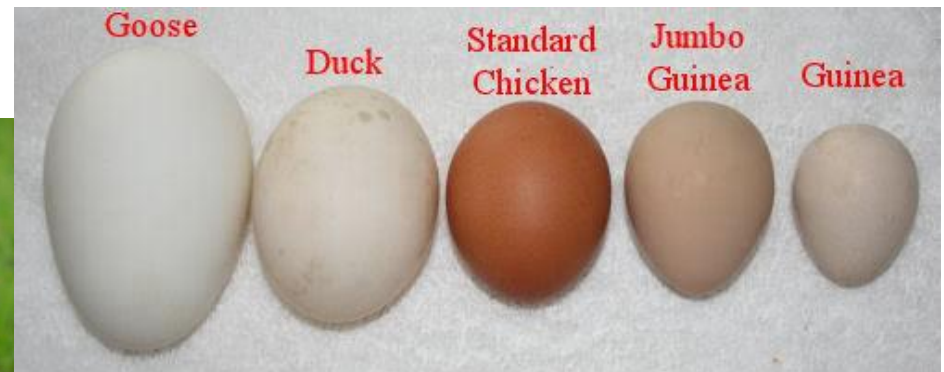
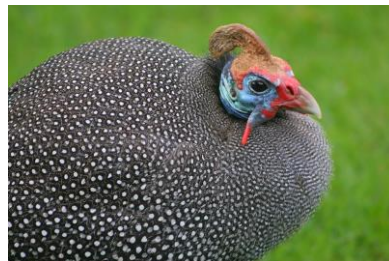
Guinea fowl eggs

Turkey

Ostrich eggs

Emu eggs

wild bird eggs



# Milk

Milk is one of our most widely used ingredients. Cow's milk remains the most popular type: it is slightly sweet, mild and subtle in flavor. Most of it come from Friesian cow. But milk from Jersey and Guernsey cattle is also available. The milk used for making various types of cheese comes from some 50 different breeds of cow.

**Whole milk**

**Semi-skimmed and skimmed milk**

**Buttermilk**

**Goat's milk**

**Water buffalo milk**

**Ewe's (sheep) milk**

**Evaporated and condensed milk**



# Cream

The fat content of cream varies quite considerably depending on the amount of butterfat it contain : half-cream contain about 12 % fat, single cream 18% double cream 48% and clotted cream, which is the highest, contains about 55%. The fat content affects both the texture and the keeping qualities of the cream.

Double/heavy cream

Ready-whipped cream

Whipping cream

Low-fat cream

Single/light cream

Long-life cream

Soured cream

Storing cream

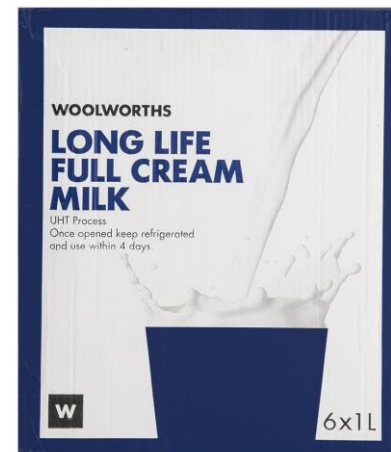
Smetana

Crème fraîche

Half cream

Panna da cucina

Clotted cream





# Butter and Fats

There is a wide choice of hard fats for both cooking and spreading and, in these health-conscious day.

there are two basic types of butter-sweet cream and lactic, which may be salted or unsalted.

Butter can be made from any kind of milk. For example, in India, butter is made from water buffalo milk and in the Middle East it made from ewe's milk.

Unsalted/Sweet Butter

Salted Butter

Clarified Butter

Ghee

Sweet cream Butter

Lactic Butter

Whey Butter

Concentrated Butter

Butter Substitutes

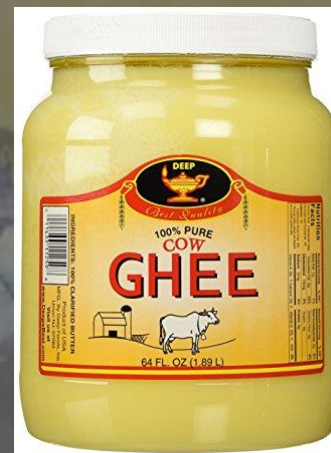
Margarine

Lard

Suet

Shortening

Vegetable Fats



Cheese:

Made from cow's, sheep's or goat's milk

'Soft' cheese – Brie, Camembert, Cottage

'Semi-soft' cheese – Edam, Gouda

'Hard' cheese – Cheddar, Parmesan

'Blue vein' cheese – Gorgonzola, Stilton, Roquefort



# Vegetables





# Vegetables - Vocabulary Game



[www.grammar.cl](http://www.grammar.cl)

[www.woodwardenglish.com](http://www.woodwardenglish.com)

[www.vocabulary.cl](http://www.vocabulary.cl)

\*\*\*Do not use your mobile phone

# VEGETABLES



artichoke



asparagus



beetroot



bell pepper



broccoli



Brussels sprout



cabbage



carrot



cauliflower



celery



corn



cucumber



eggplant



green bean



lettuce



mushroom



onion



pea



potato



pumpkin



radish



sweet potato



tomato



zucchini



# The onion family

**O**nions will keep well if stored in a cool dry place, Do not store in the refrigerator, as they will go soft.



Yellow onions



White onions



Red onion

Grelots



Cipolla or  
borettane  
onions





# Shallots

These are a distinct sub-species of onions, distinguished by clusters of several bulbs at the leaf base. Most are smaller than onion, composed of finer layers, and they contain less water

## Store it

Should be firm without any green shoots. In a cool, dark, dry place with good air circulation- they'll keep for several month.

Can shallots be used like onions in a recipe?



## Asian/Thai Red Shallots

These small, round red bulbs are used extensively in the cookery of many South-east Asian countries. They vary from strong to exceptionally strong in taste and are used most commonly in spice pastes.

**g**arlic is one of the most indispensable ingredients around, and plays a central role in Mediterranean and Asian cookery. A bulb composed of many individual cloves enclosed in a thin white, mauve or purple skin, it's quite fiery, pungent and crunchy when raw. As it cooks it becomes more mellow and creamy.

# Garlic



## Buying & Store it

Should be firm and round with clear, papery skin. Keep well In a cool, dark, dry place

# Activity

Root vegetable

Shoots and Stems

Green vegetable

Peas, Beans and Pods

Squashes

Vegetable Fruits

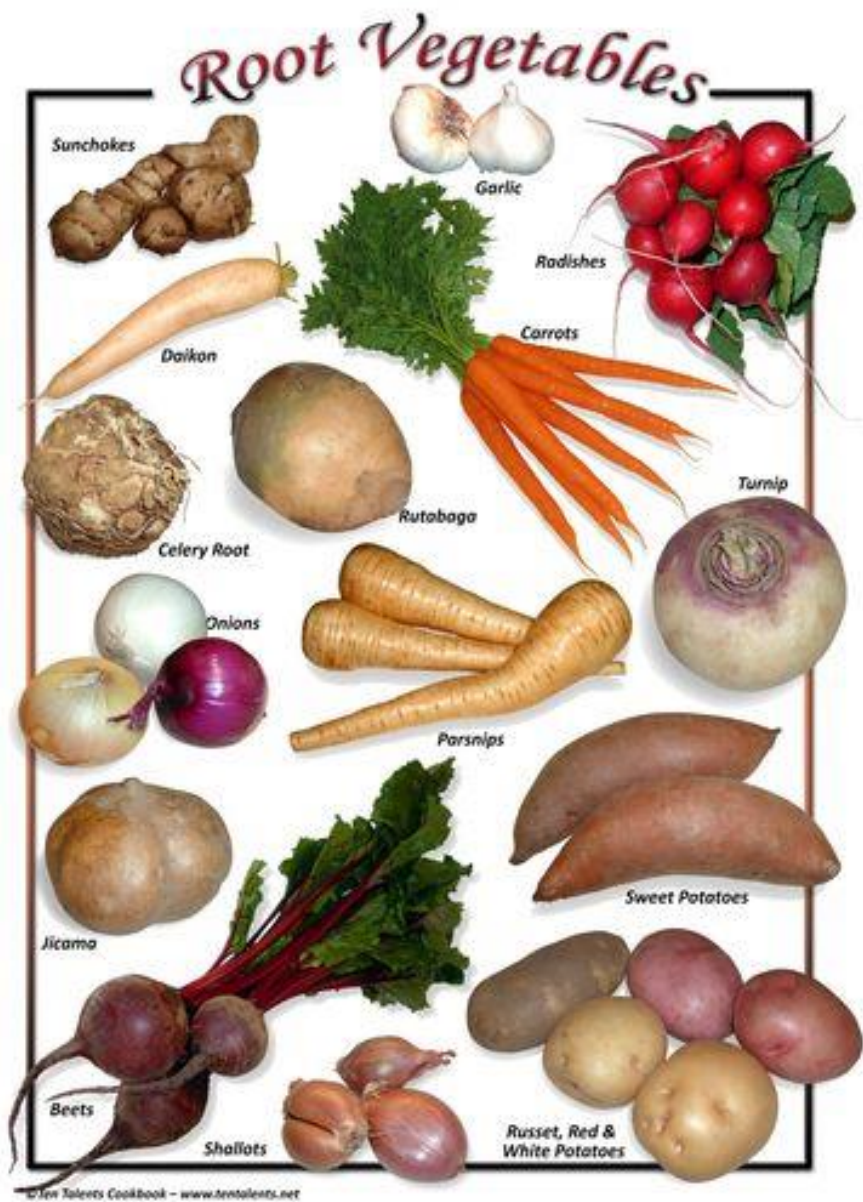
Pepper and Chilies

Salad Vegetables

Mushroom and Fungi

\*\*\*Give information (Buying, Storing, Cooking) , example in each group

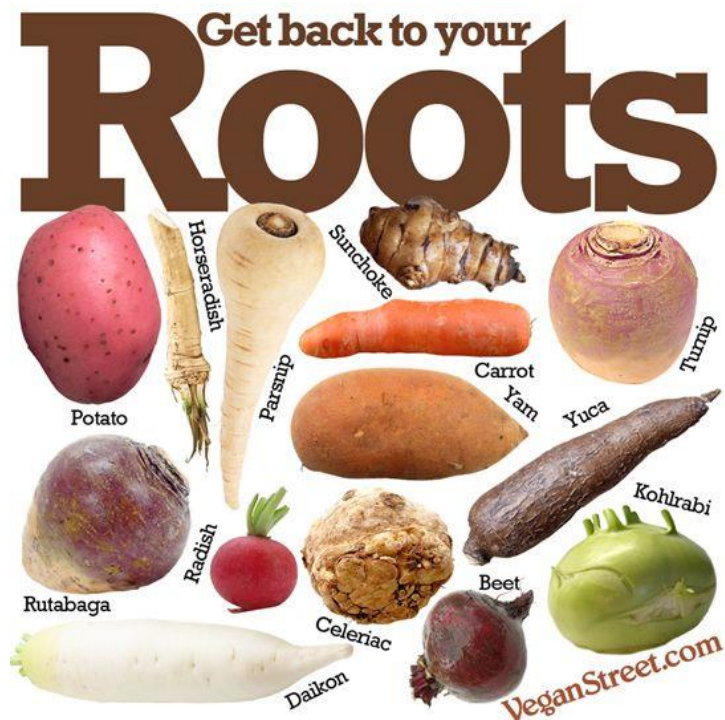




Yam

Taro

These are the mainstays of our winter meals. Parsnips, turnips, swedes and potatoes combine to make wonderful warming stews. Artichokes are another winter favorite and, as winter turns to springs, your carrots and potato appear.



# Shoots and Stems



Give some  
more example.

Vegetable in which the whole or part of the stalk is eaten (such as celery and fennel) are commonly classified as shoots. Some, like asparagus, artichoke and beansprouts are always available.



# Beans, Lentils, Peas and Grains





# Sprouted Beans

Fresh flavor and crisp texture, and they are an excellent addition to salads, stir-fries and other Asian dishes



# Flours

## Wheat Flour Basics

Wheat flour is the most common flour used in baking. There are different types of wheat flour, and they're distinguished by the amount of [gluten](#) they contain.

Gluten is the wheat's natural protein, and it's what gives baked goods their structure. When dough is [kneaded](#), these glutens develop and become elastic. Flours made from hard, high-protein varieties of wheat are called strong flours. They have a higher gluten content. Flours made from softer, low-protein wheats are called weak flours and are lower in gluten.

### All-Purpose Flour

All-purpose flour is formulated to have a medium gluten content of around 12 percent or so. This makes it a good middle-of-the-road flour that can be used for a whole range of baking, from crusty breads to fine cakes and pastries. Even so, most professional bakers don't use all-purpose flour but instead use either bread flour, [cake flour](#) or pastry flour, depending on what they are baking.

One sifted cup of all-purpose flour should weigh around 4½ ounces or 125 grams.

### Bread Flour

Bread flour is a strong flour, meaning that it has a relatively high gluten content — usually around 13 to 14 percent. A handful of bread flour will feel coarse and will look slightly off-white. Bread flour is used for making crusty breads and rolls, pizza doughs, and similar products.

One cup of bread flour will weigh around 5 ounces or 140 grams.

## Cake Flour

Cake flour is made from soft wheat and has a lower gluten content — around 7½ to 9 percent. Its grains are visibly finer than bread flour, and it is much whiter in color. Its fine, soft texture makes it preferable for tender cakes and pastries.

One sifted cup of cake flour will weigh around 3½ ounces or 99 grams.

## Pastry Flour

Pastry flour is slightly stronger than cake flour, at around 9 to 10 percent gluten. It can be used for biscuits, muffins, cookies, pie doughs, and softer yeast doughs. It has a slightly more off-white color than cake flour.

One sifted cup of pastry flour will weigh just over 3½ ounces or around 101 grams.

## Self-Rising Flour

[Self-rising flour](#) is a peculiar bird. It's basically ordinary all-purpose flour that has baking powder and salt added to it. Intended as a convenience, it's really anything but — the main problem being that there's no way to control how much baking powder it contains. Also, when stored in your pantry, the baking powder in the flour will quickly lose its effectiveness, making things even more unpredictable. Unless you have no other options, this type of flour is probably best avoided.



# Other Flours

- Rice Flour (แป้งข้าวเจ้า)
- Glutinous flour (แป้งข้าวเหนียว)
- Tapioca starch / Cassava starch (แป้งมันสำปะหลัง)
- Corn starch (แป้งข้าวโพด)
- Arrowroot Starch (แป้งท้าวยายม่อม)
- Mung bean Starch (แป้งถั่วเขียว)

<https://www.wongnai.com/food-tips/types-of-flour>

# Herbs and spices



## Herbs

herbs are any plants used for food, flavoring, medicine, or fragrances for their savory or aromatic properties.

MEXICAN	CARIBBEAN	FRENCH
CORIANDER CUMIN OREGANO GARLIC POWDER CINNAMON CHILI POWDER	ALLSPICE NUTMEG GARLIC POWDER CLOVES CINNAMON GINGER	NUTMEG THYME GARLIC POWDER ROSEMARY OREGANO HERBES DE PROVENCE
NORTH AFRICAN	CAJUN	THAI
CARDAMOM CINNAMON CUMIN PAPRIKA TURMERIC GINGER RAS EL HANOUT	CAYENNE PEPPER OREGANO PAPRIKA THYME ROSEMARY BAY LEAVES CAJUN SEASONING	BASIL CUMIN GARLIC GINGER TURMERIC CARDAMOM CURRY POWDER
MEDITERRANEAN	INDIAN	MIDDLE EASTERN
OREGANO ROSEMARY THYME BAY LEAVES CARDAMOM CINNAMON CLOVES CORIANDER BASIL GINGER	BAY LEAVES CARDAMOM CAYENNE PEPPER CINNAMON CORIANDER CUMIN GINGER NUTMEG PAPRIKA TURMERIC CURRY POWDER	BAY LEAVES CARDAMOM CINNAMON CLOVES CUMIN GINGER CORIANDER OREGANO ZA'ATAR GARLIC POWDER

<http://www.thekitchn.com/quick-guide-to-every-herb-and-spice-in-the-cupboard-108770>



A **spice** is a **seed**, **fruit**, **root**, **bark**, or other **plant** substance primarily used for **flavoring**, **coloring** or **preserving** food. Spices are distinguished from **herbs**, which are the leaves, flowers, or stems from plants used for **flavoring** or as a **garnish**. Sometimes, spices may be ground into a powder for convenience. Many spices have **antimicrobial** properties.



# Spice

