

**HIR3406 Breakfast &
Sandwiches Preparation
Chapter 1
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Content



- “ Introduction to class
- Lesson plan
- Thai & International breakfast
- Equipment & Technique

Lesson Plan

- “ Introduction of Thai & International Breakfast
- “ Equipment & Techniques
- “ Egg menus
- “ Toast, Pancake & Syrup
- “ Sandwiches- Spread & Filling, store- label/ cut & present
- “ Thai & International breakfast
- “ Cooking activities

used appropriate equipment and utensils, minimize wastage from using products, cut and present sandwiches appropriately, store and label filling, spreads in correct conditions

What's for Breakfast Around the World?

Breakfast is the first meal of a day. The word in English refers to *breaking the fasting period of the previous night*. There is a strong likelihood for one or more "typical", or "traditional", breakfast menus to exist in most places, but *their composition varies widely from place to place*, and has varied over time, so that globally a very wide range of preparations and ingredients are now associated with breakfast. (Wikipedia)

Let's watch

www.washingtonpost.com/video/business/whats-for-breakfast-around-the-world/2016/08/15/c17ee960-5e57-11e6-84c1-6d27287896b5_video.html

Most common breakfast



“ 1.Continental breakfast
Toast/bread, juice, tea or coffee



“ 2.English breakfast

Bacon & eggs (accompanied by sausages, grilled tomatoes, mushroom, tea, toast and marmalade)



“ 3.American breakfast

Juice, cereal, meat/fish, eggs to order, choice of bread and beverages



“ 4.Indian breakfast

Tea, simple coffee, puree Bhajee, choice of juice, samosa, paratha



Combination of Breakfast

Continental Breakfast

- “ A light breakfast, typically consisting of coffee and roll with butter and jam, baked bread, fruit Almost in a hotel, restaurant, etc.
- “ The term “continental breakfast” originated in Britain in the mid-19th century. “the continent” refer to the countries of mainland Europe.
- “ A continental breakfast describes the type of breakfast you’d encounter in place like France and the Mediterranean.
- “ It a lighter, more delicate alternative to the full English Breakfast.
- “ Continental breakfast were also a stark contrast to American-style breakfast

Continental Breakfast



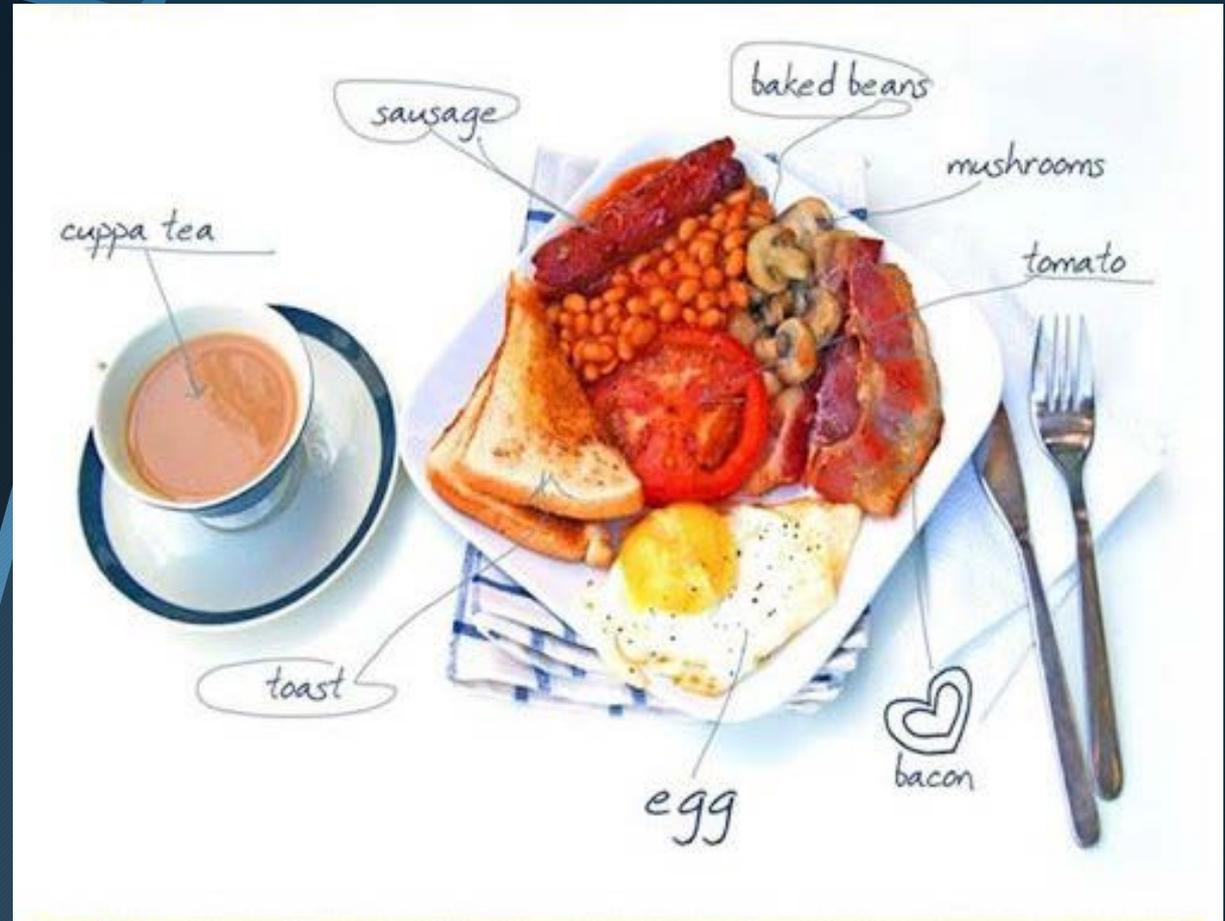
- “ Fruit Juice
- “ Fresh fruit
- “ Bread,
Toast
- “ Hot Drink
- “ Cold
Drink



ENGLISH BREAKFAST

A heaping plate of eggs, bacon, sausage, toast, beans, and roasted mushroom & tomatoes.

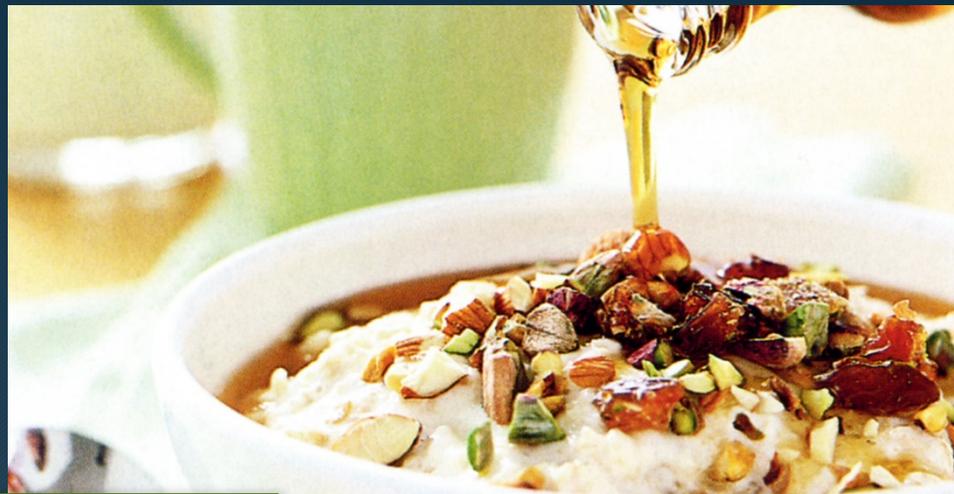
**With tea,
milk**



Source: FB learning English vocabulary grammar



© Getty Images/Moment Open



With fruit, grind
cinnamon, honey

Porridge



American Breakfast

“ Eggs

“ Fried eggs

“ Poached eggs

“ Boiled eggs

“ Scrambled eggs

“ French toast

“ Cereals

“ Meat and pork

“ Daily Food

American breakfast

Large helping of egg, breakfast meats, Pancake, Potatoes and Toast.

With coffee, milk, juice



American waffle



With honey, chocolate,
syrup and fruit.

Pancake



Belgium waffle



Cereal & Nut

A white bowl filled with cereal, milk, and various fruits and nuts. The cereal is topped with several fresh raspberries, sliced strawberries, banana slices, and almonds. A glass of orange juice is visible in the background.

With Milk

Thai Breakfast



“ Do you believe that Thai people can eat any type of food for breakfast, for example, snacks, bread, milk, coffee, fruit, grilled pork with sticky rice and curry on rice.

(Prolanguage.co.th)



“ Grab-and-go items, especially the sweet ones, are popular as people hurry through sidewalk markets on the way to work. When there's time to sit for a meal, hot soups and porridge are more enjoyable in the morning — no one needs additional help sweating on Thailand's hot afternoons.

(tripsavvy.com)



“ Traditional Thai Breakfast: Thai rice porridge, Hot soy drink and fried bun, Thai mini pancake.





Asian Breakfast

MISO SOUP BREAKFAST BOWL



<http://www.chinasichuanfood.com>

Jeanette's Healthy Living

BRUNCH

is a combination of breakfast and lunch eaten usually during the late morning to early afternoon, generally served from 11am up to 3pm



Activity

What do you have for breakfast?

“ What do you usually have for breakfast?

What do you have for breakfast on a school day?

“ Do you have a different breakfast at the weekend or on special occasions?

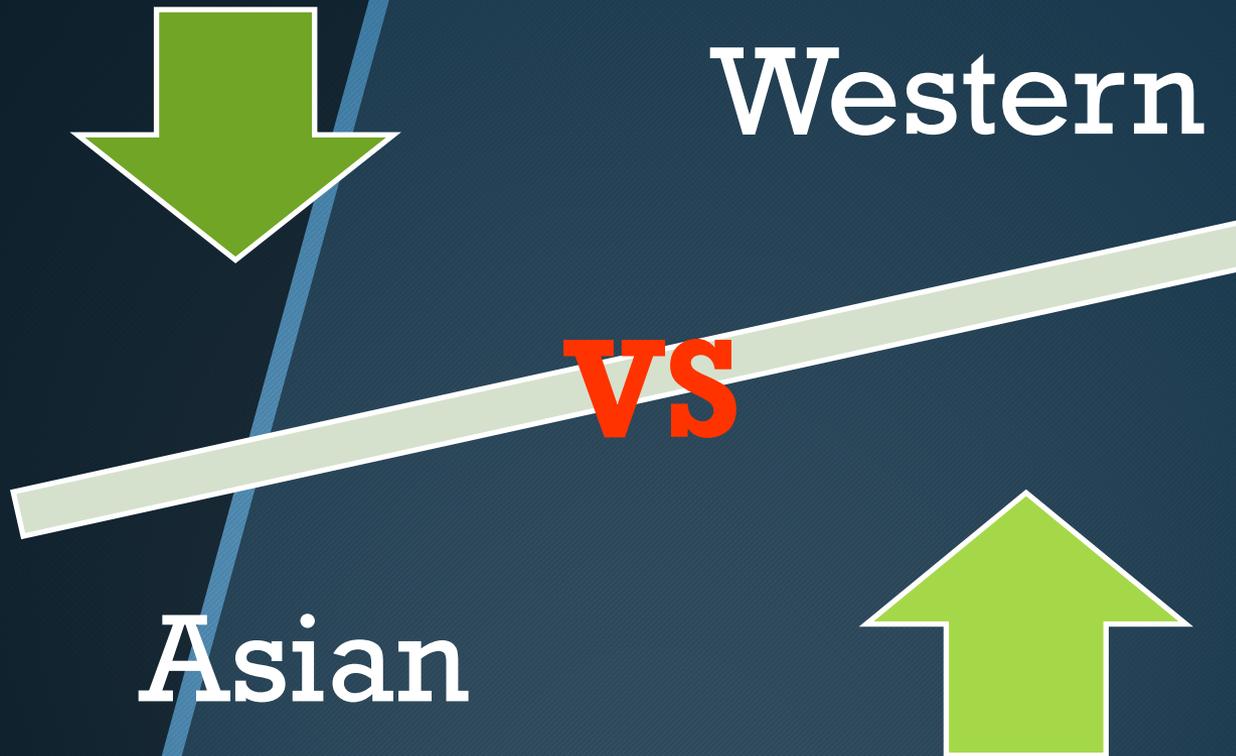
Do you have a different breakfast at the weekend?

“ What is your favourite breakfast?

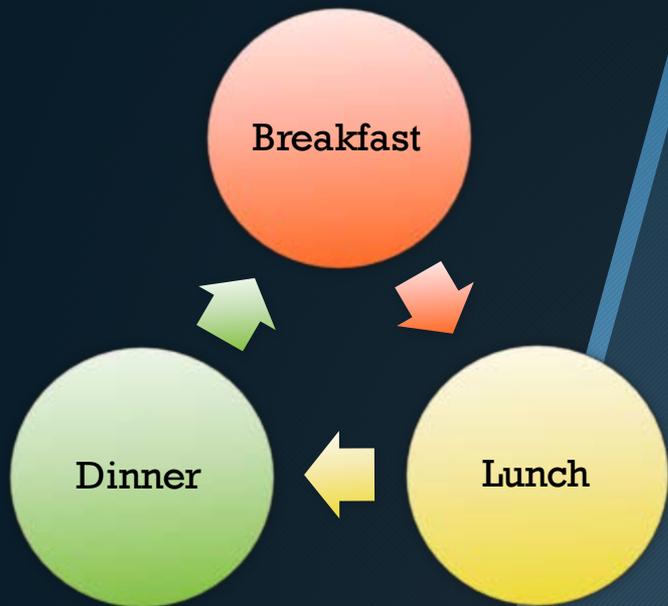
Do you have a different breakfast on special occasions, e.g. your birthday, when staying with friends or family, New year morning ?



Breakfast Planner



Asian



Supper

Breakfast

Western

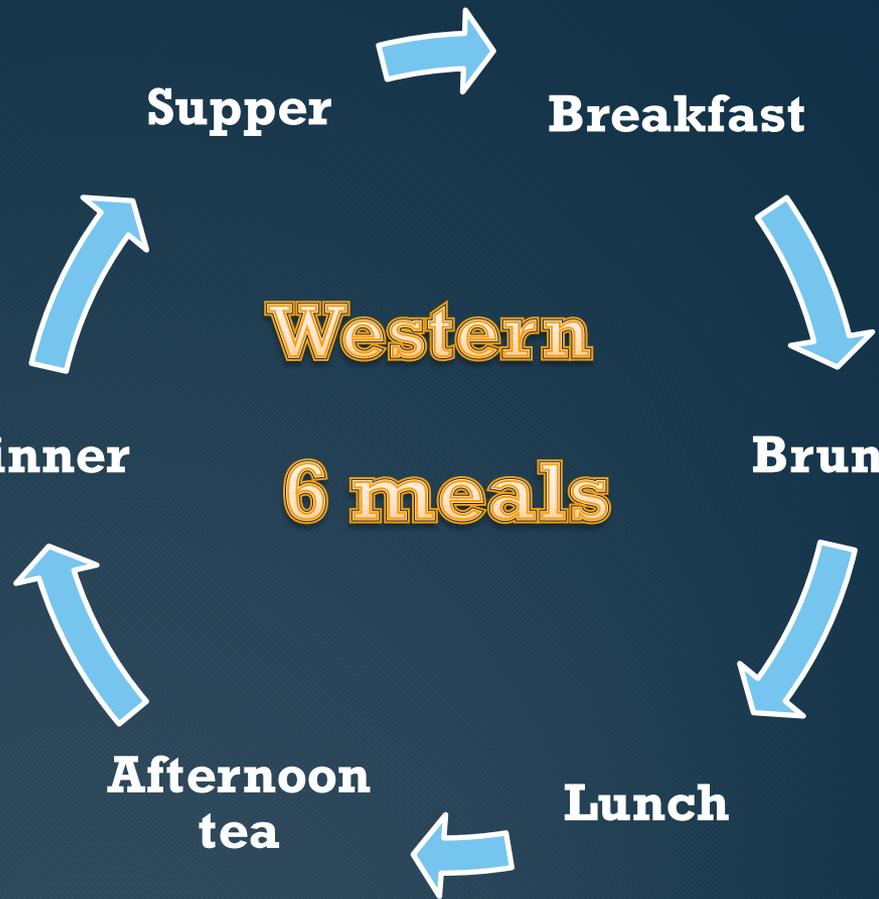
6 meals

Dinner

Brunch

Afternoon
tea

Lunch



Cooking Methods

Bake

Blanch

Boil

Braise

Broil

Confit (Olive Oil)

Deep Fry

Gratin

Grill

Pan-fry

Poach

Roasted

Sauté

Sear

Simmer

Smoke

Sous-vide

Steam

Stew

What are these techniques?

www.fairmont.com/infographics/gourmands-guide-cooking-techniques/

1. BLANCH & SHOCK

Fruit and vegetables placed briefly in boiling water before being dunked into ice cold water

Use with



Sauce Pan



Slotted Spoon



Deep Bowl

2. BRAISING

First searing, then partially covering in broth and cooking low and slow in the oven

Use with:



Wooden Turner



Skillet Pan



Sauté Pan



Casserole Dish



Slow Cooker

3. BROILING

Cooking using a single heat source above the food and a constant flow of hot air

Use with:



Roasting Tray



Broiler Pan



Metal Rack



Cast Iron Skillet Pan

4. COLD OIL SPHERIFICATION

Liquids held together by a thin gel membrane

Use with:



Sauce Pan



Tall Glass



Syringe



Slotted Spoon



Sieve

5. CONFIT

Cooking in an oil at low temperature to avoid moisture loss

Use with:



Sauce Pan



Casserole Dish



Slotted Spoon

6. DEEP FRYING

Submerging food in extremely hot oil

Use with:



Deep Fryer



Sauce Pan



Slotted Spoon



Strainer

7. DEHYDRATING

A light flow of hot air removing water content without cooking

Use with:



Dehydrator



Sheet Pan



Oven



Microwave

8. GRILLING

Cooking using a heat source directly below the food

Use with:



Long Handled Tongs



Long Handled Spatula



Basting Brush



Grill/BBQ

9. PAN ROASTING

Searing in a pan on a high heat before transferring to the oven to cook through

Use with:



Skillet Pan



Tongs

10. POACHING

A low simmer in flavoured liquid

Use with:



Sauce Pan

Slotted Spoon

11. PRESSURE COOKING

Steam pressure builds up inside a sealed pot, cooking faster

Use with:



Pressure Cooker

12. SAUTÉING

Frying ingredients in a very hot pan with little fat whilst constantly flipping

Use with:



Frying Pan

Sauté Pan

Skillet Pan

13. SEARING

Adding ingredients to searing oil undisturbed until it's time to turn

Use with:



Frying Pan

Sauté Pan

Skillet Pan

Tongs

14. SLOW ROASTING

Roasting in the oven at lower temperatures for long periods of time

Use with:



Roasting Tray

15. SMOKING

Food cooked over burning wood to give it a smoky flavour

Use with:



Wood Chips

Grill/BBQ

Foil Pans

Coal

Long Handled Tongs

16. SOUS VIDE

Vacuum packed food placed in a water bath to cook over long periods of time

Use with:



Sous Vide Machine

Sauce Pan

Digital Thermometer

Ziploc Bag

Binder Clip

17. STEWING

Smaller pieces of meat immersed in liquid and slow cooked

Use with:



Wooden Turner

Skillet Pan

Sauté Pan

Casserole Dish

Slow Cooker

18. STIR-FRYING

Frying in a little oil over a very high heat

Use with:



Wok

Curved Spatula

Soup stock

White stock
Brown stock

Preparation

Meat

Bone

Mirepoix (onion, carrot, celery
50:25:25)

Herb and Spices



Soup stock



Step 1: Prep and combine all ingredients

Step 2: Bring to a boil, and immediately reduce heat

Set the pot over medium heat and slowly bring to a boil. Once it's boiling, reduce the heat and simmer.



Step 3: Simmer slowly to extract flavor



Step 4: Strain and save the meat

Soup stock

Step 5: Let cool and skim the fat

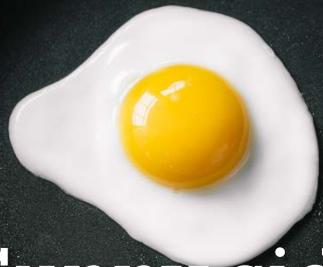
If you plan to use the stock immediately, you're in luck, because it's ready to eat. Keep in mind: The warmer the stock, the more difficult it is to remove the fat. You will see oily rounds of it floating on the surface; scoop them away and discard.



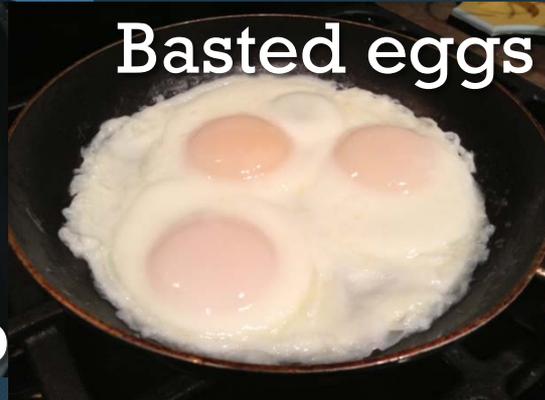
Test Kitchen tip: Chicken fat (or *schmaltz*) is delicious. You can use it like butter, to cook eggs or spread on toast. Keep it in a tightly sealed container in the fridge.

Step 6: Store

Eggs



Sunny side up



Basted eggs



Over easy

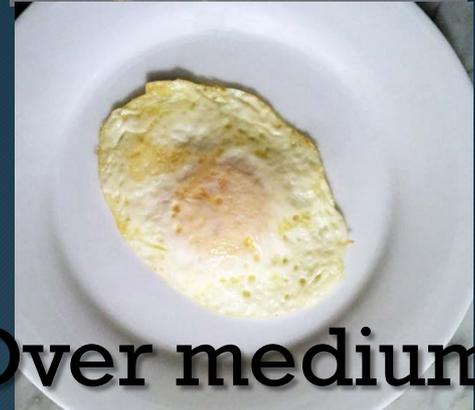


Omelets

EverydayDishes.com



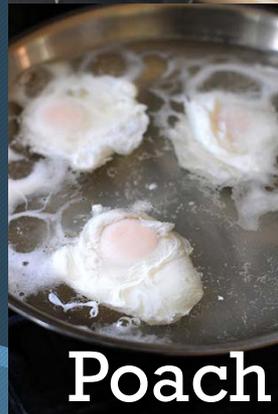
Boiled



Over medium



Scramble



Poach



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Over hard

Bacon

HealthyRecipesBlogs.com



1. Soak bacon in milk
2. Fry in low to medium heat without additional oil.