

NATIONAL OPEN UNIVERSITY OF NIGERIA

# HCM 333



**Food and Beverage  
Services III  
Module 1**

# **HCM 333 (Food and Beverage Services III)**

## **Module 1**

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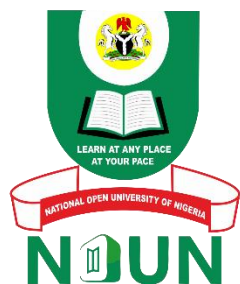
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## Unit I Principles of Making Cake

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### 1.0 Introduction

In the last course which is on food and beverages production, we made a remark on how to make cake. As a result of this, we would be continuing at a deeper level with some of the issues raised in our second course in addition to taking new ones.

The first unit of this course treats the principles and theories. It would be recalled that in the first course we tried to classify cake making into two, the ingredients of cake making and different types of cake. In the same manner we shall examine the rules and principles guiding how to make cake. Since cake making is one of the methods of cooking, it is essential that students know the principles of making cake.

### 2.0 Objectives

By the end of this unit, you should be able to:

- explain the materials used in cake making
- explain the different methods of making cake
- explain different faults in cake making and how to remedy them
- explain how to decorate cake using different types of things.

### 3.0 Main Content

#### 3.1 Principles of Cake Making

The principle for cake making is derived through practical and related principles from theory. Here, you will learn the food materials you will need in making cake and to identify all possible faults that may possibly occur while preparing or making cake.

#### 3.2 Materials in Making Cake

Have different materials in making cake which comprises of flour, fat, margarine, eggs, sugar, flavour, raising agent.

##### **Flour**

There are three types of flour used in making cake:

- Whole meal flour this consist 100% extraction and all the components of the original grain. The colour is brown.
- Wheat meal flour is 85% extractor rate of the original grain, 15% is discarded as bran but it is still brown due to the remaining bran.
- White flour contains 78% of the original grain, most of the bran, germ, fat and minerals have been removed. The three types of flour have advantages and disadvantages.

##### **Advantage of Whole Meal Flour**

- It retains the nutrient content
- The bran provides a valuable source of fiber

- It gives a pleasant flavour to baked items

#### **Disadvantages of Whole Meal Flour**

- It does not keep long as white flour due to the fat content in it that can become rancid relatively quickly
- It does not have good baking quality as white flour for items like pastry and cake.

#### **Advantage of White Flour**

- It has good baking qualities and provides fine textures in cake, bread, pastry etc
- Contains less phytic acid
- Contains less fat, it doesn't become rancid easily

#### **Disadvantages of White Flour**

- It contains less fibre
- Contains less calcium and iron,
- Contain less protein and vitamins

Wheat flour is not very good at making cake but is very good at making bread, the reason is because of the high protein content in the wheat flour.

#### **Types of Flour**

Weak or soft flour is best for cake making because it contains small amount of glisten- forming proteins, it helps gluten in cake to coagulate when cakes are baked.

#### **Self Raising Flour**

- Use this for plain cakes with fat. For richer cakes, the amount of baking power self-raising flour is too high, so it is better to use plain flour with various amounts of baking power

#### **Fats**

Fats are added to cake mixtures so as:

- To trap air with sugar during creaming
- To provide 'softness' to the cake mixture
- To add colour and flavour to cake mixture

#### **Types of Fat for Making Cake**

- Margarine: more economical. It provides colour and flavour but it is not suitable for rubbed in mixtures
- Butter: is a very good flavour and colour to the mixture but can be mixed with other types of fat
- White cooking fats: Do not have good flavour and colour but can also be creamed with sugar but with strongly flavoured mixtures

### **3.3 Methods of Making Cake**

There are basically two methods of making cake:

- Rubbed in cakes
- Creamed method

### **Rubbed in Method**

Ingredients for rubbed in cake:

- Flour
- Fat
- Sugar
- Egg
- Baking powder
- Flavouring
- Milk

#### **Methods**

- Sieve the flour and baking powder, are flavoured to ensure even distribution and lightness by trapping air
- Cut up the fat, to coat the flour particles with a layer of fat to produce crumb texture use the finger tip to do this
- Rub in the mixture till it resembles bread crumbs and no lumps of fat left. Do not over rub as the fat will melt and the cake will have a gaseous, heavy texture
- Stir in the sugar and other dry ingredients
- Beat the eggs until well mixed
- Add the eggs and other liquid at once and mix quickly to ensure a smooth texture. Do not over beat the egg as this may lead to uneven texture
- The mixture must be of "soft dropping" in consistency
- Place the mixture in the appropriate baking tin or pan and bake at recommended temperatures. Temperature for large cakes 180°C or 350°F for 1 hour for small cakes 190°C or 375°F for 12-15 minutes
- Make sure it is risen, set, an even brown colour and no bubbling.

Use of Rub in cake: Rock cakes, large cakes, coconut cakes, butterfly cakes, jam buns, chocolate cake and lemon cakes.

### **Creamed Method**

- Sugar
- Fat / Butter
- Egg
- Flour
- Flavouring
- Milk
- Baking powder
- Method

#### **Methods**

- Cream the fat and sugar with a wooden spoon until light and fluffy in texture. This helps to trap air in the form of tiny bubbles to act as a raising agent
- Beat the eggs until well mixed, add a little at a time to the fat and sugar beating well until each fat becomes emulsified by the egg yolk and prevented from curdling or separating out
- Sieve the flour, to trap air, and the baking powder and add gently into the mixture a little at a time
- Fold the liquid in gently with other ingredients e.g. fruits until a soft dropping consistency is reached
- Bake at appropriate temperature and time until well risen, an even brown colour and set
- Lard is suitable for most cake but does not cream well and has a distinctive flavour which is not very good for cake

- Oil can be used for some mixtures where there is additional raising agent

### 3.4 Sugar

Sugar is added to cake mixture in order to:

- Add flavour
- Help trap air with fats so that the cake rises
- Helps the texture
- Contribute to colour of cake (caramelizing on exposure to dry heat of the oven).

#### Types of Sugar

- Castor sugar
- Granulated sugar
- Soft brown sugar

### Eggs

Eggs are added to most cake mixtures in order:

To trap air during mixture

- To help set the cake once it has risen during baking, it coagulates the protein
- To add colour and nutritional value
- To emulsify the fat in creamed mixtures

#### Flavourings

- Flavouring such as citrus fat rind, or dried fruit, help to contribute towards the keeping qualities of a cake.

## 3.5 Different Faults in Making Cake and How to Remedy Them

### 3.5.1 Curdling or Uncooked Cake Mixture

#### Cause

- If the egg is very cold, the fat is cooled by it, fat globules become surrounded by water from the egg, making emulsification of the fat by the yolk very difficult. The mixture will therefore less air.
- This may also result if too much egg is added

#### Remedy

Add a little flour to absorb some of the water from the egg and help the fat to be emulsified.

### 3.5.2 Sunk Cake

#### Cause

- Too much sugar or syrup is added causing gluten to be over-softened and to collapse
- Too much raising agent Causing the mixture to collapse
- Under-cooking, or uncooked caused by wrong temperature or cooking time
- Opening the oven door before the gluten has set; air passage to the oven makes it to sink.

#### Remark

- Avoid opening oven door before gluten get cooked.

### 3.5.3 Cracked Cake

#### **Causes**

- Oven temperature too high causing the mixture to rise rapidly to a peak and then over cook.
- Too much mixture for the size of tin
- Placing the cake on too high a shelf in the oven.

#### **Remedy**

- Lower the oven temperature
- Do not put too much mixture in the baking tin
- Place the cake in a moderate shelf in the oven

### 3.5.4 Heavy Texture Cake

#### **Causes**

- Too much liquid in the mixture
- Too little raising agent or incorporated during creaming or whisking
- Mixture has curdled and does not hold sufficient air.
- Oven temperature too low, or cake not cooked enough.
- Over beating, when adding flour, causing loss of air
- Over beating after adding a liquid.

### 3.5.5 Coarse, Open Texture

#### **Causes**

- Too much raising agent has been used, causing large pockets of gas to be produced.
- Flour has not been mixed in, sufficiently.

### 3.5.6 Unevenly Risen

- Oven shelf is not level due to the floor on which it stands.
- Cake mixture was placed too near the source of heat, which has caused it to rise quickly on one side.

### 3.5.7 Hard Sugary Crust

#### **Causes**

- Sugar too coarse for the mixture and may not dissolve in time
- Too much sugar has been used

#### **Remedy**

- Allow sugar to dissolve to time.
- Do not use too much sugar

### 3.5.8 Dry Cake

#### **Causes**

- Too much chemical i.e. raising agent has been used
- Too little liquid has been used
- Over cooked cake



### 3.5.9 Fruit Sinking in Fruit Cake

#### Causes

- Mixture is too wet and the heavy fruit cannot be held evenly throughout.
- Fruit is wet and therefore adds too much liquid to the cake.
- Too much sugar or raising agent has been used, causing the structure to collapse and the fruit to sink.

#### Self-Assessment Exercise I

Prepare a rich creaming method cake use as follows:

- 100gm flour, 250gm fat 100gm sugar bake the cake at 230 fat 100gm sugar bake the cake at 230 for 15minutes.
- Check the appearance of the crust
- Check the texture of the cake

### 3.5.10 Types of Things in Cake Decorations

Cakes are iced in order to beautify it and make it look more attractive and appealing while some are iced to suit the occasion, some are decorated to also suit the occasion.

#### Types

- Almond paste (marzipan)
- Royal
- Butter
- Glace
- Sugar paste
- Chocolate frosting

#### Almond Pate (Marzipan)

This type of king decoration is applied to rich fruit cakes before they are iced, to act as a barrier between the cake and the king. It also forms an airtight seal over the cake to prevent it from drying out.

#### Recipe

- 225g ground almonds
- 100g caster sugar
- 100g icing sugar
- egg
- Few drops of almond essence
- 1 Tablespoon lemon juice
- Few drops of vanilla essence.

#### Methods

1. Sieve the sugar and almonds
2. Add the flavorings, and gradually add the beaten egg and mix to a smooth paste.
3. Knead until completely smooth.
4. Store temporarily in a plastic bag.

### **Royal Icing**

This king can be poured or spread over a cake to form a smooth coating, or if made slightly stiffer can be used for piping decorations on to the cake.

#### **Recipe**

- 450g King sugar
- 3 teaspoon glycerine
- 2-3 egg whites
- teaspoon lemon juice (for a hard brittle king)

#### **Methods**

- Sieve the king sugar
- Whisk line egg whites until foaming but not stiff
- Gradually add the icing sugar, beaten well in between to produce a soft white icing.
- For pouring over a cake, the icing should coat the back of the spoon and pour slowly
- For king the king should stand in soft peaks.

### **Glaze King**

The king can be used to decorate creamed or rubbed in cakes or sponges.

#### **Recipe:**

- 225g king sugar
- 1-1½ tablespoon water
- Flavoring
- Coloring

#### **Method**

- Sieve the icing sugar
- Gradually add the water and beat well in between to form a smooth icing of the required consistency
- Do not add too much water as it is very rapidly absorbed and will produce too thin an icing.
- Add colouring drop by drop until the required shade or colour is reached. Add the flavouring the same way.

### **Butter King**

- 30g butter or soft margarine
- 100g king sugar

#### **Methods**

- Sieve the king sugar
- Soften the butter or margarine by creaming it in a bowl
- Gradually add the king sugar, beaten well to produce a smooth king.
- Add 1 teaspoon warm water to soften the king or more if required.
- Colour and flavour as required if flavoured with coffee or cocoa, dissolve these in hot water first to avoid a speckle the appearance in the finished king.

### **Sugar Paste**

#### **Recipe**

- 450g king sugar
- 1 tablespoon liquid glucose syrup
- 1 egg white

### Method

- Sieve the king sugar into a bowl
- Mix the egg white and the glucose syrup and gradually, work in the king sugar, beaten well in between
- When the king becomes too stiff to mix with a spoon, knead gently with one hand and work in the rest of the sugar until a smooth paste is formed. Rollout to the size required and cover the cake, using the fingers dusted with corn flour to smooth it down.

### Chocolate Frosting

- 175g king sugar
- 50g plain chocolate
- 2 tablespoon hot water
- 12.5g butter or margarine few drops vanilla essence

### Method

- Sieve the king sugar
- Put chocolate, water and butter into a pan and warm gently until the chocolate has melted Beat well until smooth and cool slightly
- Add the vanilla essence and king sugar and beat until smooth
- Use at once to coat the cake

### Cake Decorations

The following decorations can be used for small or large cakes:

1. Crystallized violets or fruits
2. Chocolate curls or flakes
3. Small jelly sweets
4. Flaked or chopped almonds
5. Walnuts (shelled)
6. Coarsely grated coconut
7. Angelica
8. Glace fruits
9. Small silver or gold balls
10. Sugar strands
11. Roasted chopped nuts

### Self-Assessment Exercise 2

List the different types of kind and their methods of preparation.

## 4.0 Conclusion

This is unit one of this course and we have dealt vary essentially on cake making, possible faults in cake, king and cake decoration.

## 5.0 Summary

In this unit you have been greatly expose to the different types of cake making, method of preparing the types of cake possible faults in cake with different types of king and cake decorations

## 6.0 Self-Assessment Exercise

- Explain the materials used in cake making
- Explain different faults in cake making

## 7.0 References/Further Readings

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## Unit 2 Preparation of Eggs, Grains and Farinaceous Dishes

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### 1.0 Introduction

In the last unit, we discussed about egg dishes, difference types of grains and farinaceous dishes. As a result of this we will highlight deeper on this topic some of the issues raised in the last course will be treated while new ones will be added. The first unit of this course treats the use of eggs in food production, foods classified as farinaceous dishes, garnishes, Accompaniments to farinaceous dishes and the varieties of grain used in cooking.

### 2.0 Objectives

By the end of this unit, you should be able to:

- explain the uses of egg in food production
- explain egg dishes applying garnishes and suitable accompaniments
- explain farinaceous products
- explain how to make farinaceous dishes
- explain how to apply garnishes and accompaniments to farinaceous dishes
- explain various grains used in cooking.

### 3.0 Main Content

Preparation of egg dishes, farinaceous dishes and use of grains in cooking. This principle will be derived through practical, notes and related text books to give the basic knowledge. Students are expected to visit the market to get conversant with this food items and also make use of it.

#### 3.1 Preparation of Egg Dishes

Different types of eggs are used for cooking but the most commonly used is the Hen's egg. Other types of eggs are: Turkey, geese, ducks, guinea fowl quail and gulls are all thee edible types of eggs. Quails eggs are used in a variety of ways. They can be used as a garnish to many hot and cold salads dishes and may also be used as a starter to main course such as a salad of assorted leaves with hot wild mushrooms and poached quail eggs, tartlet of quail eggs on chopped mushrooms coated with hollandaise sauce. Eggs are graded into four sizes, small, medium large and very large. They are tasted for quality then weighed and graded.

##### 3.1.1 Points to Consider When Buying Eggs

Egg shell must be clean, well shaped, strong and slightly rough.

### 3.1.2 Quality of Egg

- When eggs are broken there should be a high proportion of thin white if an egg is kept, the thin white gradually changes into the white and water passes from the white into the Yolk.
- The Yolk should be firm, round (not flattened) and of a good even colour. When eggs are kept long, the yolk will begin to flatten; water evaporates from the egg and is replaced by air.

### 3.1.3 Food Value of Egg

Eggs are useful as a main dish as they provide energy, fat, minerals and vitamins needed for growth and repair of the body. The fat in the egg yolk is high in saturated fat while the egg white is made of protein and water.

### 3.1.4 Egg Dishes

Egg can be prepared in various ways such as scrambled, poached, omelets, boiled, fried etc for breakfast dishes may be served for lunch, high teas, super and snacks

#### **Scrambled Egg**

##### **Recipe**

- Egg:- 6-8 for 4 portions
- Milk:- 2 table spoon
- Salt:- to taste
- Pepper:- to taste
- Butter or oil:- 50gm

##### **Method**

- Break the egg in a basin, add milk and lightly season with salt and pepper, whisk and thoroughly mix
- Melt 25g butter in a thick – bottomed pan, add the eggs and cook over a gentle heat stirring continuously until the eggs are lightly cooked
- Remove from the heat, correct the seasoning and mix the remaining 25g butter.
- Serve in individual egg dishes. Scrambled egg can be served on a slice of freshly buttered toast with the crust removed

##### **Caution**

If scrambled eggs are cooked too quickly or for too long the protein will toughen, the eggs will dis-colour because of the iron and sulphur compounds being released and water being separated from the egg making it pleasant to eat.

### 3.1.5 Eggs in Cocotte

##### **Recipe**

- Butter 25gm for 4 portion
- Salt, pepper to taste
- Eggs 4

##### **Method**

1. Butter in four egg cocotte container
2. Break an egg in each carefully
3. Place the cocottes in a sauté pan of about 1cm
4. Cover with a tight-fitting lip, place on a serious heat so that the water boils rapidly
5. Cook for 2-3 minutes until the eggs are lightly set and serve.

### 3.1.6 Boiled Egg

#### Method

Place the eggs in cold water, bring to the boil simmer for 2 minutes, remove from the water and serve at once in an egg cup.

You can also boil the eggs for 4-5minute. Always serve the egg with the shell.

### 3.1.7 Soft Boiled Eggs

#### Method

Plunge the eggs into boiling water, reboil and simmer for 5minutes, refresh immediately. Remove the shells carefully, reheat when required for 30seconds in hot salted water.

### 3.1.8 Hard Boiled Eggs

Plunge the eggs into a pan of boiling water Reboil and simmer for 8-10 minutes Refresh until cold under running water.

#### Caution

If long cooking time is used, iron in the yolk and sulphur compounds in the white are released to form an unsightly blackish ring around the yolk. State eggs will also show a black ring round the yolk.

### 3.1.9 Fried Eggs

1 egg or 2 proportion depending on the size of the egg.

#### Method

1. Allow 1 egg portion
2. Melt a little butter in a frying pan, add the eggs
3. Cook gently until lightly set. Serve on a plate or flat dish.

To prepare an excellent fried egg. It is essential to use a fresh high quality egg, to maintain a controlled low heat and use a high quality fat.

### 3.1.10 Poached Eggs

High quality eggs should be used for poaching because they have a large amount of thick white and consequently have less tendency to spread in the simmering water but low quality eggs have large amount of thin white which have high tendency of spreading in the simmering water.

Little use of vinegar to discolor and give the eggs a strong vinegar flavour.

#### Method

1. Carefully break the eggs one by one into a shallow pan containing at least 8cm gently boiling water to which a little vinegar has been added. (1 litre of water to 1 tablespoon of vinegar.)
2. Simmer until lightly set for approximately 2 1/2-3 minutes
3. Remove carefully with a perforated spoon into a bowl of cold water.
4. Trim the white if necessary
5. Reheat when required in hot salted water for 1 minute
6. Remove carefully from the water also using a perforated spoon

7. Draw on a clean cloth and use as required.

### 3.1.11 Omelets

1. Cook 2-3 proportion
2. Break the eggs into a basin, season lightly with salt and pepper.
3. Beat well with a fork or whisk yolks and white are thoroughly combined.
4. Heat the omelets pan, wipe thoroughly clean with a dry cloth
5. Add 10g butter, heat until foaming but not brown
6. Add the eggs and cook quickly, moving the mixture continuously with a fork until lightly set, remove from the heat.
7. Half fold the mixture over at right-angles to the handle
8. Tap the bottom of the pan to bring up the edge of the omelets
9. Tilt the pan completely over so as to allow the omelets to fall carefully into the centre of the dish or plate.
10. Neaten the shape if necessary and serve immediately.

## 3.2 Farinaceous Dishes

Farinaceous dishes are Italian pastes like (spaghetti, macaroni, etc)

Noodles and gnocchi usually served for luncheon as a separate course and also used as garnishes.

They are also meals prepared from ground flour, cereal, potatoes, grains, nuts, beans etc.

General points for preparing farinaceous dishes:

1. Always cook in plenty of gently boiling salted water
2. Stir to boil and do not over cook
3. If not used immediately, refresh and reheat carefully in hot salted water when required
4. Drain well in a colander
5. With most pastes, grated cheese should be served separated

Examples of farinaceous dishes:

Spaghettis with Tomato sauce

- (a) 100g spaghetti
- (b) 25g grated cheese

### Examples of Spaghetti

- 25g butter
- 250ml tomato sauce
- 100g tomato concase
- Salt
- Chopped onion paper
- Tomatoes

### Method

1. Plunge the spaghetti into a saucepan in a boiling salted water
2. Allow to boil gently
3. Stir occasionally with a wooden spoon
4. Cook 12-15 minute
5. Drain well in a colander
6. Return to a clean dry pan
7. Mix in the butter and add to the major sauce
8. Correct the seasoning



9. Add the tomato concase
10. Serve in an earthen dish on a flat plate cook tomatoes concasse, cook the finely chopped onion in the butter without colour add the chopped tomatoes and cook for a few minutes. Season with salt and pepper.

### **Spaghetti Bolognaise**

- 100g spaghetti
- 25g grated cheese s
- 100g minced beef
- 25g butter
- 125ml demi glace
- Salt
- pepper

Prepare the bolognaise sauce, place the butter in a sauce add the chopped onion and cook for 5 minute, add the veal and cook, colouring lightly Add the demi glace simmer till tender, correct the seasoning mean while cooking the spaghetti in plenty of boiling water, allow to boil gently. Stir occasionally with a wooden spoon cook for 12-15 minute drain in a colander Return to a clean pan of 10g butter, correct the seasoning, and serve in an earthen ware dish serve with grated cheese separately.

### **Noodles with Butter**

- 100g noodles
- 50g butter
- Salt
- Pepper
- Grated nut meg

#### **Method**

Cook noodles in plenty of gently boiling water, draw well in a colander, Return to the pan add the seasoning and butter. Toss carefully until mixed; correct the seasoning serve in an earthen ware dish on a silver flat

Noodles may also be used as a garnishing e.g. with braised beef

### **Braised Rice**

- 100g rice
- 185ml white stock
- 25g chopped onion
- 50g butter
- Salt
- Pepper

#### **Method**

- Place 25g butter in a small sauternes
- Add the onion
- Cook gently without colouring 2-3 minutes
- Add the rice
- Cook gently without colouring 2-3 minutes
- Add twice the amount of stock to rice seasoning, cover with a butter paper and boil, place in a hot oven 230-250 and cook for 15 minutes.
- Remove immediately into a cool Santee; carefully mix in the remaining butter correct the seasoning serve in air earthen ware dish on a silver flat.

### **Risotto**

- 100g rice short grain
- 185ml white stock
- 25g chopped onions
- 50g butter
- Salt
- Pepper
- 25g grated cheese

#### **Method**

- Melt the butter in a small sauce pan
- Add the chopped onion
- Cook gently without colour for 3 minutes
- Add the stock and season lightly
- Cover the lid
- Allow to simmer on the side of the cooker
- Stir frequently if necessary add more stock until rice is cooked.
- Finally mix in the cheese with a fork and serve.

### **Grains Used in Cookery**

Grains are vegetables, which when cooked are turned soft and becomes more soluble and easier to eat. E.g. potato, yam, apple, carrot, cucumber, rice, beans, Gari, semovita etc.

### **Croquette Potato**

Cut the potato to duchess style cylinder shape 4x2cm pass through flour, egg wash and bread crumbs.

Reshape with a palette knife and deep fry in hot deep fat 185 in a frying basket when golden in colour, drain well and serve on a dish paper.

### **Lorette Potato**

- Cut the potato in a dauphine mixture
- Shape like short cigar
- Deep fry in a hot fat
- Serve on a dish paper.

### **Steamed Potato Jacket**

- Select even sized potato scrub well
- Cook in a steamer or boil in salted water
- Serve unpeeled on a sernette or on a silver dish.

### **Fried Rice**

- 400g rice
- 2 spring onions
- 1 egg
- Pinch of salt
- 2tsp Soya sauce
- Separate rice grains as much as possible

- Separate the white and green parts of onion and cut into small rounds.
- Heat a wok
- Add the oil and white spring onions for 40 seconds
- Beat the egg with oil and salt and pour into the wok, leave for 6-8 seconds
- Until the egg sets on the bottom.
- Add the parboiled rice, turn and mix continuously for 3-4 minutes.
- Mix in the Soya sauce, add little stock and stir if rice is hard for a few seconds
- Add the green spring onion and serve.

### **How to Apply Garnishes to Grins and Faun a Cegue Dish**

Garnishes are eggs and vegetables used to finish a food prepared. It could, be in form of sliced onions, sliced tomatoes, poached egg, buttered ham, side-salad, hordoeuvrres carrots, lettuce, etc.

### **Self-Assessment Exercise**

- i. Explain egg dishes
- ii. List the various grains used in cookery

## **4.0 Conclusion**

This unit has generally discussed egg dishes, farinaceous dishes, grains and garnishes used in cooking. We have highlighted on the various uses of eggs, application of garnishes and accompaniments to different farinaceous dishes.

## **5.0 Summary**

This unit treats egg and the use of egg in food production, what farinaceous dishes are; application of garnishes and accompaniment and also grains used in cookery. Students are expected to practice all they have learnt from time to time to be able to prepare such dishes.

## **6.0 Self-Assessment Exercise**

1. Prepare 1 type of egg preparation and enter your result
2. What are the points to consider when buying eggs?

## **7.0 References/Further Readings**

Ceserani and Kinton. (1980). *Practical Cookery*. Edward Arnold Publishers Ltd: Bedford Square, London.