



Republic of Rwanda
Ministry of Education



RTB | RWANDA
TVET BOARD

RQF LEVEL 5



FOOD AND BEVERAGE OPERATIONS

FBOCK501
Advanced cold
kitchen
production

TRAINEE'S MANUAL

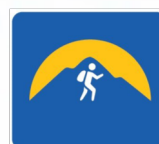
April 2025



Republic of Rwanda
Ministry of Education



ADVANCED COLD KITCHEN PRODUCTION



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KIGALI-RWANDA

Original published version: April 2025.

ACKNOWLEDGEMENTS

Rwanda TVET Board (RTB) would like to recognize all parties who contributed to the development of the trainer's and trainee's manuals for the TVET Certificate V in Food and Beverage Operations for the module: **"FBOCK501– Advanced cold kitchen production"**

Thanks to the EU for financial support and Ubukerarugendo Imbere Project for technical support on the implementation of this project.

We also wish to acknowledge all trainers, technicians and practitioners for their contribution to this project.

The management of Rwanda TVET Board appreciates the efforts of its staff who coordinated this project.

Finally, RTB would like to extend its profound gratitude to the MCT Global team that technically led the entire assignment.

This training manual was developed:



Under Rwanda TVET Board (RTB) guiding policies and directives



Under European Union financing



Under Ubukerarugendo imbere project implementation, technical support and guidance

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LIST OF ABBREVIATIONS AND ACRONYMS

CBET:	Competency Based Educational and Training
CCPs:	Critical Control Points
FBO:	Food and Beverage Operations
HACCP:	Hazard Analysis and Critical Control Points
EU:	European Union
PPE:	Personal Protective Equipment
RQF:	Rwanda Qualification Framework
RS:	Rwandan Standard
RSB:	Rwanda Standards Board
RTB:	Rwanda TVET Board
TVET:	Technical and Vocational Education and Training

INTRODUCTION

This trainee's manual encompasses all necessary skills, knowledge and attitudes required to **prepare advanced cold kitchen production**. Students undertaking this module shall be exposed to practical activities that will develop and nurture their competencies. The writing process of this training manual embraced competency-based education and training (CBET) philosophy by providing practical opportunities reflecting real life situations.

The trainee's manual is subdivided into units, each unit has got various topics. You will start with a self-assessment exercise to help you rate yourself on the level of skills, knowledge and attitudes about the unit.

A discovery activity is followed to help you discover what you already know about the unit.

After these activities, you will learn more about the topics by doing different activities by reading the required knowledge, techniques, steps, procedures and other requirements under the key facts section, you may also get assistance from the trainer. The activities in this training manual are prepared such that they give opportunities to students to work individually and in groups.

After going through all activities, you shall undertake progressive assessments known as formative and finally conclude with your self-reflection to identify your strengths, weaknesses and areas for improvement.

Do not forget to read the point to remember section which provides the overall key points and takeaways of the unit.

Module Units:

Unit 1: Perform cold kitchen preliminaries activities

Unit 2: Prepare international salads

Unit 3: Prepare cold cuts

Unit 4: Prepare advanced fruits products

Unit 5: Prepare international Canapés

UNIT 1: PERFORM COLD KITCHEN PRELIMINARIES ACTIVITIES



Unit summary

This unit provides you with the knowledge, skills and attitudes required to perform cold kitchen preliminaries activities. It covers maintaining hygiene and safety in cold kitchen and preparing tools and equipment in cold kitchen.

Self-Assessment: Unit 1

1. Referring to the unit illustration above discuss the following:
 - a. What does the illustration show?
 - b. What is the difference between the different images in the illustration?
 - c. What do you think this unit is about based on the illustration?
2. Fill in and complete the self-assessment table below to assess your level of knowledge, skills and attitudes under this unit.
 - a. There is no right or wrong way to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquisition during the learning process.
 - b. Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - c. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Describe cold kitchen					
Differentiate cold kitchen stations					
Maintain personal grooming in cold kitchen					
Ensure professional standards of cold kitchen					
Comply with safety precaution at the workplace					

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Apply staff body hygiene in cold kitchen					
Identify various types of tools and equipment used in cold kitchen					
Identify cleaning agents for cold kitchen					
Clean tools and equipment for cold kitchen					
Attention to detail and precision in handling tools, equipment for cold kitchen					
Apply Cold kitchen hygiene and safety HACCP					
Apply cold kitchen cleaning procedures					
Select cold kitchen tools, materials, and equipment					
Attention to details to ensure consistency and high quality					



Key Competencies:

Knowledge	Skills	Attitudes
1. Explain cold kitchen and its stations	1. Apply staff body hygiene in cold kitchen	1. Comply with safety precaution at the workplace
2. Explain professional standards of cold kitchen	2. Apply Cold kitchen hygiene and safety HACCP	2. Attention to detail and precision in handling tools, equipment for cold kitchen
3. Identify various types of tools and equipment used in cold kitchen	3. Apply cold kitchen cleaning procedures	3. Attention to details to ensure consistency and high quality
4. Identify cleaning agents for cold kitchen	4. Select cold kitchen tools, materials, and equipment	4. Comply with safety precaution at the workplace
5. Describe cold kitchen	5. Apply staff body hygiene in cold kitchen	5. Attention to detail and precision in handling tools and equipment
6. Differentiate cold kitchen stations	6. Apply cold kitchen hygiene and safety HACCP	



Discovery activity:



Task 1:

1. Referring to your experience in performing cold kitchen preliminary activities, Read and answer the following questions:
 - a. What are the most common hygiene issues in a cold kitchen?
 - b. How can we ensure a safe working environment in a cold kitchen?
 - c. How does hygiene in the cold kitchen affect the quality and safety of food?
 - d. What are some simple practices that can prevent contamination in the cold kitchen?

- e. Why is it important to use the correct tool in a cold kitchen?
- f. How can proper maintenance of tools and equipment contribute to a safer cold kitchen environment?
- g. How do you decide which tools and equipment to use for a specific task in the cold kitchen?
- h. What are the safety considerations when setting up tools in a cold kitchen?

Topic 1.1: Maintaining hygiene and safety in cold kitchen



Activity 1: Problem Solving



Task 2:

1. Read the scenario below and answer the questions related

You are the head chef at ORAIVE Hotel with a large kitchen that includes a cold kitchen section where raw ingredients such as meats, fish, fruits, and vegetables are prepared. The cold kitchen also includes refrigerators, freezers, and preparation areas that must be carefully maintained for both food hygiene and safety. Recently, the kitchen staff has been noticing several issues related to hygiene and safety, which need to be addressed immediately to avoid potential foodborne illnesses and accidents.

- a. Describe the situation/issues in the above scenario
- b. Suggest to the management on how to address the issues.
- c. What do you understand by cold kitchen in a hotel setting?
- d. Explain various cold kitchen stations.
- e. Describe the essential hygiene practices to follow before working in a cold kitchen?
- f. How can food waste in the cold kitchen impact overall hygiene and safety?
- g. What are personal hygiene guidelines chef in the cold kitchen abide with?
- h. Describe cold kitchen hygiene and safety HACCP principles
- i. What are the general cleaning guidelines for tools and equipment in the cold kitchen
- j. Create a schedule for regular maintenance checks of the cold kitchen equipment

Key facts 1.1: Maintaining hygiene and safety in cold kitchen

- **Introduction to cold kitchen**

A cold kitchen refers to a section or area in a professional kitchen where cold food preparation takes place. This includes the preparation of dishes that do not require cooking or heat, such as salads, appetizers, sandwiches, desserts, and cold sauces. It is a designated space for handling ingredients that need to be served chilled or kept at a low temperature.

- ✓ **Cold kitchen stations**



Salad Station (garde manger): is responsible for the preparation and assembly of salads and salad garnishes. It involves washing, chopping, and preparing various fresh vegetables, herbs, and greens. Dressings, sauces, and garnishes are also prepared here.



Appetizers station (garde manger): This station focuses on the preparation of cold starters, or appetizers, which are usually served at the beginning of a meal. The appetizers station is responsible for preparing bite-sized items that don't require cooking, such as canapés, dips, spreads, and cold salads. The cold kitchen chef here may also prepare pâtés and terrines.



Butcher's station (for cold cuts): is responsible for preparing cold cuts, charcuterie, and cured meats, including slicing and arranging them for service. This station focuses on the preparation and presentation of meats that don't require cooking, such as deli meats, sausages, and pâtés. It is also responsible for the correct storage and presentation of these items.



Cheese station: handles the preparation and presentation of cheeses, typically offering a variety of textures and flavors. This station is dedicated to assembling cheese boards or platters, selecting cheeses for different courses, and pairing them with accompaniments like fruits, nuts, and crackers.



Fish station (For cold fish preparations): specializes in the preparation of cold seafood dishes. This station prepares and serves various types of fish and

shellfish that are typically served chilled or at room temperature, including smoked fish, marinated seafood, or fish salads.



Dessert station (for Cold Desserts): is responsible for preparing and presenting cold desserts, including sweets that do not require baking or heat. This station often involves preparing desserts that are served chilled or at room temperature, such as mousses, parfaits, fruit tarts, and panna cotta.



Vegetable station (Garde manger): prepares fresh, cold vegetable dishes, often serving as side dishes or part of a salad. This station handles the preparation of both raw and cooked vegetables, including vegetable salads and garnishes for other dishes.



Cold storage and refrigeration: is a critical aspect of the cold kitchen that ensures the safety and quality of perishable items. Cold storage is essential for maintaining the freshness of foods, especially those like dairy, fish, meats, and desserts, which require refrigeration to stay safe to eat.

- **Maintenance of personal grooming**

Personal grooming is crucial in maintaining hygiene, professionalism, and the overall quality of food in a cold kitchen (also known as the Garde Manger section). Here are some professional standards for personal grooming in this environment:

- ✓ **Professional standards of cold kitchen**

Professionalism for staff working in the cold kitchen (Garde manger) extends beyond technical skills to include attitude, conduct, and adherence to industry standards.



Adherence to culinary standards

- Consistency: Delivering high-quality dishes that meet or exceed the restaurant's standards every time.
- Attention to Detail: Ensuring all dishes are visually appealing, properly seasoned, and presented with precision.
- Culinary Expertise: Staying current with trends, techniques, and cold kitchen innovations while mastering classical Garde manger skills.



Commitment to food safety and hygiene

- Strict hygiene practices: Wearing clean uniforms and headgear, following personal grooming standards and regular hand washing and glove usage when handling food.
- Safe Food handling: Ensuring proper storage, labeling, and rotation (FIFO - First In, First Out) of ingredients.
- Temperature monitoring: Maintaining proper refrigeration for cold foods to avoid spoilage or contamination.



Effective communication

- Clear communication: Relaying information accurately to team members, ensuring smooth operations during service.
- Conflict resolution: Handling challenges professionally and maintaining a calm demeanor under pressure.
- Customer interaction (if applicable): Explaining dishes or catering to special dietary requests with courtesy and knowledge.



Teamwork and Leadership

- Collaboration: Supporting colleagues in other sections of the kitchen to ensure overall success.
- Mentorship: Guiding junior staff or apprentices in mastering cold kitchen techniques.
- Flexibility: Adapting to last-minute changes in orders or menu items without compromising quality.



Organization and Time Management

- Mise en place: Preparing ingredients efficiently and ensuring the station is always ready for service.
- Prioritization: Managing multiple tasks, such as plating, prepping, and garnishing, with speed and accuracy.
- Minimizing waste: Utilizing resources effectively to reduce waste while maintaining quality.



Creativity and Innovation

- Artistic presentation: Bringing creativity to plating and garnishing for visual appeal.

- Seasonality and sustainability: Using fresh, in-season ingredients and incorporating sustainable practices into the kitchen.
- Adaptability: Innovating within the confines of the cold kitchen's role while respecting the restaurant's overall culinary vision.



Personal attributes

- Reliability: Showing up on time and ready to work, with a proactive attitude.
- Resilience: Staying focused and composed under the pressure of busy service.
- Continuous Improvement: Seeking feedback and opportunities for growth in skills and knowledge.



Professional appearance

- Wearing a clean, properly fitted uniform, including a chef's jacket, apron, and hat or hair covering.
- Maintaining personal hygiene, including regular hand washing, trimmed nails, proper use of gloves, and neat grooming.
- Ensuring tools and workstations are clean and organized at all times.

✓ Cold kitchen staff body hygiene



Personal Cleanliness: Maintaining a high standard of personal cleanliness is essential to ensure food safety. Staff should:

- Shower regularly.
- Wear clean and neat uniforms.
- Clean nails and hands regularly.
- Keep hair neatly tied or covered.
- Keep beard clean and well-groomed or covered.
- Remove earrings, nose rings, watches, necklaces, or chains. If rings cannot be removed, cover them with a blue plaster.
- Avoid strong perfumes or scents as they can affect the flavor and quality of food. Additionally, they may irritate sensitive customers or coworkers.



Hand Hygiene: Hand hygiene is one of the most crucial aspects of preventing contamination in the cold kitchen.

- Wash hands thoroughly with soap and water before and after handling food, especially raw items.
- Use hand sanitizers if soap and water are unavailable.
- Avoid touching face, hair, or other non-food surfaces during food preparation.



Use of Personal Protective Equipment (PPE): Proper PPE protects both the food and kitchen staff.



Skin Care: Kitchen staff should take care of their skin to prevent dryness, irritation, and potential contamination:

- Moisturize hands regularly after washing.
- Avoid wearing jewelry as it can trap bacteria or food particles.
- Keep nails clean and trimmed to avoid contamination.

✓ **Cold Kitchen Staff Uniform**

Head Wear: A chef's hat, hairnet, or bandana is essential to prevent hair from falling into food. This ensures hygiene and keeps the staff looking professional.	
Neck tie: A neck tie keeps the cook's sweat out of your food.	
Chef Coat or Jacket: The chef coat is the standard uniform for the cold kitchen staff, offering protection from spills and maintaining a professional appearance. It should be clean, well-fitted, and made from breathable material.	

 Chef's trouser: We wear chef trousers with the classic plaid pattern, in denim stretch and as a mommy coat.		
 Apron: The apron serves as additional protection for clothing and is worn over the chef's coat. It should be changed regularly to maintain cleanliness.		
 Footwear: Non-slip, closed-toe shoes are a necessity in the kitchen to prevent accidents and maintain comfort throughout long working hours. Footwear should also be durable and easy to clean.		
 Gloves: Gloves should be used to prevent contamination when handling ready-to-eat food. Disposable gloves should be changed frequently to maintain hygiene.		
 Towel or Cloths: Kitchen towels or cloths are used for wiping hands, surfaces, or tools. They should be clean and regularly sanitized to prevent the spread of bacteria. Some staff use towels to carry or		

handle hot items (though not common in cold kitchen).		
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- **Cleaning cold kitchen**

- ✓ **Cold kitchen hygiene and safety HACCP**

The HACCP (Hazard Analysis and Critical Control Points) system plays a crucial role in identifying and managing potential risks in food safety. Below is a detailed guide on cold kitchen hygiene and safety with key components of HACCP, along with the necessary references for best practices.

- **Temperature Control**

- Critical Control Points (CCPs): Cold storage temperatures should be closely monitored to ensure that food is kept at safe temperatures (e.g., refrigerators below 5°C / 41°F, freezers below -18°C / 0°F).
 - Temperature Monitoring: Regular checks should be documented using thermometers to ensure that refrigerators and freezers remain at safe temperatures. Calibrated thermometers should be used for accurate readings.

- **Cross-Contamination prevention**

- Separation of raw and ready-to-eat foods: Raw foods, especially meat and fish, should be kept separate from ready-to-eat foods (e.g., salads, fruits) to prevent contamination.
 - Color-coded equipment: To reduce the risk of cross-contamination, use color-coded cutting boards, knives, and utensils. For example, red boards for raw meat, green for vegetables, and blue for ready-to-eat foods.

- **Food handling practices**

- Hand hygiene: Frequent hand washing, especially after handling raw food, touching non-food surfaces, or using the restroom, is critical to prevent contamination.
- Temperature checking: Foods should be kept at appropriate temperatures during handling. For cold items, ensure they remain chilled to prevent bacterial growth.
- Avoid bare-hand contact: Employees should use gloves, tongs, or utensils to handle ready-to-eat foods, reducing the risk of contamination.



Cleaning and sanitizing: All surfaces and utensils should be cleaned and sanitized regularly to eliminate harmful bacteria, including when transitioning from raw to ready-to-eat food preparation.

- Routine cleaning: All food contact surfaces, including counters, cutting boards, and utensils, should be cleaned after each use with a suitable food-safe cleaner.
- Sanitizing: After cleaning, surfaces should be sanitized using food-safe sanitizers to eliminate bacteria, viruses, and fungi.
- Storage of cleaning agents: Cleaning agents should be stored away from food storage areas to prevent contamination.



HACCP records and documentation

- Temperature logs: Maintain records of refrigerator and freezer temperatures to ensure that they are consistently within safe ranges.
- Cleaning schedules: Keep records of daily, weekly, and monthly cleaning and sanitizing tasks to ensure they are carried out systematically.
- Incident reports: Document any instances of foodborne illness or contamination, as well as corrective actions taken.



Allergen management

- Identification and labeling: Foods that contain allergens (e.g., nuts, dairy, and gluten) should be clearly labeled, and allergen-free foods should be separated.
- Segregation: Store foods containing allergens in separate containers to avoid accidental contamination.

- Staff training: Train kitchen staff to recognize and handle allergens properly to prevent cross-contact.



Monitoring and verification

- Internal audits: Conduct regular audits to ensure that all HACCP procedures are followed properly. Verify temperature logs, cleaning schedules, and food safety practices.
- Third-party inspections: Arrange for external food safety audits to ensure compliance with national health regulations and standards.

✓ **Cleaning of tools and equipment for cold kitchen**

Maintaining cleanliness in a cold kitchen is essential for food safety, hygiene, and preventing cross-contamination. Below is a guide for cleaning tools and equipment:



General Cleaning Guidelines:

- Clean tools immediately after use or at the end of each shift.
- Use food-safe sanitizers to prevent bacteria growth.
- Inspect equipment for damage before cleaning.
- Always wash hands before and after handling equipment or food.
- Cleaning Tools (Knives, Spoons, etc.):
- Wash knives and utensils with warm soapy water, rinse, and dry.
- Wooden utensils should air-dry, avoid soaking.
- Sanitize tools after use, especially with perishable foods.



Cleaning Cutting Boards:

- Wash immediately with hot, soapy water.
- Scrape food debris and sanitize with a food-safe solution.
- Wooden boards should be dried promptly and oiled occasionally.



Cleaning Refrigeration Equipment:

- Regularly wipe down interiors and sanitize.
- Check temperatures for safety and defrost freezers as needed.
- Clean glass doors with a mild detergent.



Cleaning prep tables:

- Clean with a mild detergent, then sanitize.

- Disinfect at the end of each day.
- Cleaning Dishware (Plates, Bowls, etc.):
- Wash and sanitize plates and bowls after each use.
- Dry thoroughly before storing.



Cleaning food preparation equipment:

- Disassemble and wash removable parts of blenders, mixers, grinders, etc.
- Wipe down non-removable parts and sanitize.



Cleaning small equipment (peelers, graters, etc.):

- Wash small tools like peelers and tongs with hot soapy water.
- Rinse thoroughly, sanitize, and dry.



Cleaning utensils and serving dishes:

- Clean trays, tongs, and ladles with soapy water.
- Rinse, sanitize, and dry thoroughly.



Proper storage of cleaned equipment:

- Store cleaned equipment in dry, clean areas.
- Allow items to air-dry completely to prevent mold.



Cleaning sinks and drains: Sanitize sink areas regularly, especially drains, using a food-safe cleaner.



Cleaning waste bins:

- Empty and sanitize waste bins daily, especially food waste bins.
- Replace liners and use lidded bins to prevent pest attraction.



Tips:

- Avoid cross-contamination by cleaning between uses, especially with raw meats and vegetables.
- Use color-coded tools to prevent cross-contact.
- Develop a cleaning schedule and use proper food-safe cleaning agents.
- Ensure that all detergents and sanitizers are food-safe and approved for kitchen use.

✓ Cleaning agents for cold kitchen

Proper cleaning agents are essential for ensuring hygiene in the cold kitchen. The following types of cleaning agents are commonly used:

These are agents commonly used to clean countertops, shelves, and utensils.

-  **Disinfectants:** For sanitizing surfaces and eliminating pathogens.
-  **Degreasers:** To clean greasy surfaces in cold storage and on appliances.
-  **Dishwashing detergents:** For washing utensils and equipment.
-  **Sanitizing wipes:** Convenient for wiping down surfaces quickly.
-  **Glass and stainless-steel cleaners:** These are specialized cleaners designed to leave glass, mirrors, and stainless-steel surfaces streak-free and sparkling. They often contain ingredients that cut through grease, fingerprints, and smudges without leaving residue.
-  **Oven cleaners:** These are heavy-duty cleaners designed to remove grease, burnt food, and other residues from the inside of ovens. They usually contain powerful solvents that break down tough stains and carbon deposits. Example products: easy-off, zep heavy-duty oven cleaner.
-  **Floor cleaners:** Floor cleaners are formulated to clean a variety of surfaces, such as tile, hardwood, vinyl, and laminate. Some are concentrated liquids that need to be diluted with water, while others come in ready-to-use sprays or wipes.
-  **Drain and pipe cleaners:** These are designed to clear blockages and eliminate odors in drains and pipes. Some cleaners use caustic chemicals (like lye) to break down grease, hair, and soap scum, while others use natural enzymes or bacteria to digest organic matter.

✓ **Cold Kitchen cleaning procedures**

A step-by-step cold kitchen cleaning procedure is necessary for ensuring a hygienic environment:

-  **Preparation**
 - Remove all food items and equipment from surfaces.
 - Ensure that food is stored correctly during cleaning.

-  Surface cleaning
 - Use a suitable cleaner to wipe down all surfaces.
 - Clean and sanitize cutting boards and utensils.
-  Floor cleaning: Sweep and mop floors to remove food debris and dirt.
-  Trash and waste management: Ensure waste is disposed of in the appropriate bins and trash is removed regularly.
-  Cold equipment (refrigerators/freezers): Clean shelves and interior surfaces, and ensure temperatures are properly recorded.
-  Air circulation and ventilation: Clean air vents and filters to ensure proper airflow.
-  Final inspection and post-cleaning hygiene: Perform a final inspection of all areas, and store tools and equipment properly.



Activity 2: Guided Practice



Task 3:

1. Read the scenario below and perform the related tasks:

Your school is receiving a delegation from RTB and the hospitality teaching staff plans to serve some appetizers during their meeting with school management. The teacher has requested you to clean the workshop's cold kitchen area. Emphasize the hygiene and safety hazards that may occur in cold kitchen.

- a. Inspect the cold kitchen area and make a checklist of hygiene and safety hazards.
- b. Document findings and prioritize tasks based on severity.
- c. Discuss the importance of maintaining clean and temperature-compliant storage areas.
- d. Highlight the role of waste management and cleanliness in preventing pests and contamination.
- e. Explain the importance of allergen management and proper labeling.
- f. Clean and sanitize surface in the cold kitchen.
- g. Clean and sanitize cold kitchen tools. Explain each step you performed
- h. Explain the actions you have taken to mitigate risks and ensure compliance.



Activity 3: Application



Task 4:

1. Read the scenario and answer related questions:

"Preparing for a Catering Event"

Your cold kitchen team has been tasked with preparing and storing a variety of cold dishes (salads, desserts, and cold meats) for a high-profile catering event. You need to ensure that all hygiene and safety protocols are strictly followed while managing time pressure and maintaining the quality of food. The team must address potential

challenges like cross-contamination, allergen management, and equipment malfunctions.

- a. Identify potential hazards at each phase and suggest HACCP-compliant controls.
- b. Create a plan to handle allergen-specific dishes, including separate tools and prep areas.
- c. Design a step-by-step plan for kitchen workflow, focusing on hygiene, safety, and efficiency under time constraints (to avoid bottlenecks and safety issues).
- d. Summarize your experience in a short report, including any challenges you faced and how you overcame them:
 - Techniques used on cleaning tools and equipment
 - Cleaning procedures and protocols followed during the cleaning
 - What challenges did you face, and how did you overcome them?
 - How can you apply what you learned to your everyday work?

Topic 1.2: Preparing tools and equipment for cold kitchen



Activity 1: Problem Solving



Task 5:

1. Read the and answer the questions below:

You are the head of the cold kitchen in a busy restaurant. The cold kitchen is responsible for preparing salads, cold appetizers, garnishes, pâtés, and other chilled dishes. The restaurant is expecting a large catering order for an event in a few hours, and you need to ensure that all tools and equipment are ready for efficient and hygienic use.

- a. How would you approach this task?
- b. What strategies would you apply to ensure that everything is prepared and operational for smooth service?

Key Facts 1.2: Preparing tools and equipment for cold kitchen

- **Selection of cold kitchen tools, materials and equipment**

Cold kitchen tools and equipment should be chosen based on their function, durability, and ease of cleaning to comply with HACCP standards.

Tools for cold kitchen

These are used to prepare ingredients, assemble dishes, and handle raw materials safely.

Preparation and cutting Tools



These are used to prepare ingredients, assemble dishes, and handle raw materials safely.

- **Cutting Boards:** Use non-porous, easily cleanable materials (e.g., plastic, composite). Color-coded boards should be used to prevent cross-contamination

(e.g., red for meat, green for vegetables, white for dairy).

- **Knives:**

High-quality, sharp knives reduce the risk of injury and ensure precision in food preparation. Stainless steel is preferred for its durability and ease of sanitation.



¹ <https://ritacharitabletrust.org/hotel-management-class-notes-14/>

- **Serrated knife (Bread Knife):** It has a long thin blade with serrated edge that provides sawing-like motion. It is used to slice certain foods with firm skins or outer layers such as bread, tomatoes, and capsicums.
- **Boning/Filleting knives:** They come with a narrow, sharp, and flexible blade and a protruding heel near the handle. They can run along the bones of flat fish or ribs smoothly.
- **Carving knife:** This knife comes with a long, thin and sharp blade to ensure neat and accurate cutting.
- **Slicing knife:** It has a long sharp blade that tapers at the end and helps slicing fruits and vegetables finely.
- **Turning knife:** It is an essential component to present the food in a unique way. This knife has a small curved blade that is used to carve the vegetables into the shape of a container.
- **Cleaver:** It is a butchers' knife. It is very strong and sharp to cut through large pieces of meat such as pork and beef.



○ **Peelers and Graters:**

Used for preparing vegetables, fruits, and cheeses. They must be regularly sanitized and sharpened for optimal performance.



○ **Slicing Machines**

For uniform slicing of cold cuts, cheeses, and vegetables, ensuring even portion sizes.

Mandolin: A device used for uniformly slicing fruits and vegetables, especially in the preparation of salads.

Mixing and Assembly Tools:



- **Mixing Bowls:** Stainless steel, glass, or food-safe plastic bowls for combining ingredients, ensuring ease of cleaning and durability.
- **Whisks and Stirring Spoons:** To mix sauces, dressings, or cold soups.
- **Blenders and Food Processors:** Used for emulsifying dressings, pureeing fruits for desserts, or mixing ingredients for dips.

Measuring and Portioning Tools:



- **Measuring Cups and Spoons:** Ensure precise measurements of liquids and dry ingredients for consistent recipe output.
- **Scales:** For accurate portioning and food cost control.

Portion Scoops: For consistent serving sizes, especially in salads or desserts like mousse, pudding, and ice creams.



Ladles- are used for measuring and portioning liquids. The size, in ounces, is stamped on the handle.

Thermometer- measures the temperature of the food items.

These can measure temperature from -300C to 4000C

Serving and Presentation

Tools:

- **Plates and Platters:** Cold kitchen dishes often require attractive presentation. Porcelain or glass plates are typically used for high-quality presentation.



- **Tongs and Serving Spoons:** For serving portions of salads, appetizers, and cold cuts without contamination.

- **Garnishing Tools:** Tools like squeeze bottles, piping bags, and garnishing scissors are used to decorate dishes and make them visually appealing.



Hygiene and maintenance of tools:

- **Cleaning Brushes and Scrubbers:** Used to clean knives, cutting boards, and other utensils regularly to remove food debris.
- **Sanitizing Solutions:** Always used to sanitize surfaces and equipment before and after use, ensuring the prevention of bacterial contamination.

- **Dishwashing Equipment:** Industrial dishwashers for thorough cleaning of utensils and tools.
- **Gloves and Aprons:** To maintain hygiene and prevent contamination from workers to food.
- **Waste Bins:** Different bins should be used for food waste, ensuring proper disposal and cleanliness. One for raw food waste and another for ready-to-eat food waste.

✓ **Equipment for cold kitchen**



Refrigeration equipment:

- Refrigerators and Freezers – To store perishable items at appropriate temperatures.
- Blast Chillers – To rapidly cool hot foods to safe temperatures before refrigeration.
- Ice Makers – For keeping cold food fresh or preparing cold drinks and salads.
- Storage Containers – Clear, air-tight containers for storing ingredients and prepared dishes.



Food preparation equipment:

- Food Processors or Choppers – For preparing vegetables or fruits quickly and efficiently.
- Mixing Machines – Such as stand mixers for preparing dough, fillings, or emulsions.
- Blenders/Immersion Blenders – For smoothies, soups, or dressings.



Cooking and Smoking Equipment (though less relevant to cold kitchens, sometimes used for cold items like smoked fish or meats):

- Smokers – For cold-smoking certain ingredients.
- Sous-Vide Equipment – For controlled cooking of cold dishes or meats at precise temperatures.



Serving and Presentation Equipment:

- **Cold Plates and Chilled Display Cases** – To present cold dishes such as salads, seafood, or appetizers.
- **Chafing Dishes** – Used for serving cold food at buffets or for cold items that require a serving setup.



Hygiene and Food Safety Equipment:

- **Hand washing Stations** – With sinks, soap, and sanitizers for regular hand washing.
- **Food Storage Labels** – To mark dates for freshness and to avoid cross-contamination.
- **Sanitizing Stations** – For sanitizing tools and equipment.
- **UV Sterilizers** – For disinfecting food preparation tools and surfaces.
- **Specialty Equipment:**
- **Refrigerators/Freezers:** Used to store ingredients like fresh fruits, vegetables, dairy, and cold cuts at the right temperature, preventing bacterial growth.
- **Vacuum Sealers:** For storing items in an airtight manner, extending shelf life and preserving the freshness of food.



- **Chilled Display Cases:** For keeping prepared items like salads, appetizers, or desserts at proper temperatures for serving or sale.



- **Slicing Machines:** Essential for slicing meats and cheeses in uniform portions for cold platters.



- **Food Processors** – For chopping, slicing, or pureeing vegetables and other cold ingredients.
- **Blenders** – For smoothies or emulsified cold dishes like dressings and sauces.
- **Pastry Bags and Tips** – For decorative presentation of cold dishes



✓ **Selection criteria for cold kitchen tools and equipment**

When selecting tools, materials, and equipment for a cold kitchen, it is essential to consider their functionality, durability, hygiene, and compliance with food safety standards. The tools and equipment need to facilitate the preparation

and storage of cold foods while adhering to the HACCP (Hazard Analysis and Critical Control Point) guidelines to ensure food safety. Below is an overview of the selection criteria and specific tools and equipment for a cold kitchen.



Material Quality:

- **Non-reactive:** Tools and equipment should be made from materials that do not react with food, such as stainless steel, high-quality plastics, or glass.
- **Durability:** Choose materials that can withstand regular cleaning and heavy usage, without degrading or corroding.
- **Non-porous:** This reduces the risk of food contamination and ensures hygiene standards are met.



Ease of Cleaning and Maintenance:

- Tools and equipment should be easy to clean and sanitize, with smooth surfaces and minimal crevices that could harbor bacteria.
- Consider materials that can be cleaned with commercial dishwashers or by using appropriate cleaning agents.



Functionality and Ergonomics:

- Tools must be easy to handle, comfortable to use, and appropriate for the tasks they will perform (e.g., chopping, mixing, portioning).
- Equipment should support efficiency and precision in food preparation.



Compliance with HACCP Guidelines:

- Ensure that all tools and equipment are designed to minimize the risk of cross-contamination and bacterial growth.
- Implement temperature control measures (such as refrigeration units) to prevent foodborne illness.



Storage and Organization:

- Proper storage options should be available for both tools and ingredients, keeping food in conditions that prevent contamination or spoilage.

- Space-efficient equipment helps maintain order and allows for proper workflow in the kitchen.



Safety:

- Ensure that sharp tools are handled with care, with safety mechanisms like blade guards or appropriate storage.
- ✓ Anti-slip mats, secure shelving, and clear labeling also promote safety
- **HACCP guidelines while preparing tools and equipment in cold kitchen**

When preparing tools and equipment in a cold kitchen, the following HACCP guidelines must be followed:

- ✓ **Cleanliness and sanitization:** All tools must be thoroughly cleaned and sanitized before use to prevent cross-contamination.
- ✓ **Food Safety and Hygiene:** Clean and sanitize all tools before use, ensuring no cross-contamination occurs. This includes utensils, cutting boards, knives, etc.
- ✓ **Separation of raw and ready-to-eat foods:** Ensure separate tools and surfaces for handling raw ingredients and ready-to-eat foods. Dedicated tools for raw and cooked or ready-to-eat foods must be maintained to prevent cross-contamination.
- ✓ **Preventing contamination:** Tools and equipment must be maintained in a way that they cannot contaminate food, through proper storage and regular cleaning.
- Inspection and maintenance:** Regular inspection of tools and equipment to ensure they are free from damage, wear, or contamination.
- ✓ **Food storage and handling:** Proper labeling, storing, and handling of ingredients according to the HACCP principles to avoid contamination and spoilage.
- ✓ **Temperature control:** Refrigeration or freezing is essential for maintaining food at safe temperatures. Tools and equipment should be used according to cold storage temperature guidelines to prevent bacteria growth. Thermometers should be used to check storage temperatures regularly.

- ✓ **Proper Storage:** Tools and utensils should be stored in a clean, dry environment, off the floor and away from potential contaminants.

Cold storage units should maintain temperatures between 32°F (0°C) to 41°F (5°C) for safety.

- ✓ **Material considerations for cold kitchen tools:** Tools should be made of non-corrosive materials like stainless steel or food-grade plastic, which are easy to clean and sanitize.

 **Stainless Steel:** Ideal for knives, mixing bowls, and other equipment as it is non-corrosive, durable, and easy to sanitize.

 **Plastic:** Preferred for cutting boards and food storage containers. Use high-density polyethylene (HDPE) for cutting boards as it is non-porous and resistant to bacteria.

 **Glass:** Best used for food storage containers, as it is non-reactive and easy to clean.

 **Wood:** Although aesthetically appealing, wooden boards may not be the best for a cold kitchen since they are more difficult to sanitize and can harbor bacteria.

 **Food-safe plastic:** For storage containers, trays, and sometimes serving tools. Ensure that the plastic is approved for food use.



Activity 2: Guided Practice



Task 6:

You are tasked with preparing the cold kitchen for a busy catering event. Your goal is to ensure all necessary tools and equipment are ready for use and safely stored.

1. What are the key steps you would take to ensure that the cold kitchen tools and equipment are properly prepared for the event?
2. List at least five essential tools or equipment typically used in a cold kitchen and describe their specific purposes.

3. Explain how you would clean and sanitize the equipment before use, and why this is important in a cold kitchen setting.



Activity 3: Application



Task 7:

1. **Read the scenario below and perform the related tasks:**

Chichi Winans hotel is located in your school neighborhood, you are working as an intern and have been assigned to work in the cold kitchen for a busy morning shift. The cold kitchen involves preparing salads, appetizers, sandwiches, and desserts, requiring various tools and equipment designed for handling cold foods.

- a. Before you start working, your supervisor asks you to answer the following questions to confirm your understanding and knowledge of cold kitchen tools, maintenance, and safety protocols:
 - i. Before starting work in a cold kitchen, what are the first three steps you should take to prepare the tools and equipment?
 - ii. How should a cold kitchen knife be maintained to ensure long-term sharpness and hygiene?
 - iii. What precautions should be taken to prevent cross-contamination when using tools and equipment in the cold kitchen?
 - iv. When storing cold kitchen equipment, what are two best practices for ensuring cleanliness and safety?
 - v. After a busy day in the cold kitchen, how would you properly clean and store the equipment used for preparing salads and desserts?
 - vi. If you notice a knife in the cold kitchen has become dull, what steps would you take to fix this problem?
 - vii. You find that a plastic mixing bowl has cracked. What should you do to ensure food safety and prevent injury?
- b. As part of your preparation, you will be asked to ensure that all tools and equipment are properly selected, cleaned, and ready for use.

- c. Additionally, you need to follow food safety guidelines to prevent cross-contamination and ensure hygiene standards are met.



Formative Assessment

1. Which of the following is the most important when maintaining hygiene in a cold kitchen?
 - a. Wearing clean aprons only
 - b. Washing hands regularly with soap and water
 - c. Using disposable gloves for all tasks
 - d. Keeping raw foods on the counter
2. What is the correct storage temperature for perishable foods in the cold kitchen?
 - a. 5°C to 10°C
 - b. Below 0°C
 - c. 15°C to 20°C
 - d. 5°C or below
3. Which of the following should not be stored in the same area as raw meats in a cold kitchen?
 - a. Fresh fruits and vegetables
 - b. Dairy products Ready-to-eat foods
 - c. Both b and c
4. What is the primary purpose of sanitizing tools and equipment in the cold kitchen?
 - a. To keep them shiny and new
 - b. To eliminate harmful bacteria and germs
 - c. To improve the appearance of food
 - d. To prevent rust
5. True/False Statements
 - a. A cold kitchen worker should always wear gloves when handling raw vegetables.
True / False
 - b. It is acceptable to store cooked and raw foods in the same fridge if they are in separate containers. True / False

- c. Knives and cutting boards should be sanitized immediately after cutting raw meats and poultry. True / False
 - d. Using non-slip mats on the floor is an important safety measure in the cold kitchen. True / False
6. Explain why it is essential to keep cold kitchen tools and equipment organized and sanitized.
 7. Describe the procedure for properly cleaning a refrigerator in a cold kitchen.
 8. List three safety measures that should be followed in the cold kitchen to prevent accidents.
 9. You are preparing to start your shift in the cold kitchen. Your responsibilities include organizing the kitchen, ensuring hygiene standards are maintained, and preparing tools and equipment.
 - a. You notice that one of the refrigerators has an incorrect temperature setting and some raw meat has been placed next to dairy products. What actions will you take to address these issues and ensure safety and hygiene in the cold kitchen?
 - b. Your cold kitchen workstation has knives, cutting boards, and several containers of raw vegetables. You need to prepare a dish. Walk us through the steps you would take to maintain hygiene and safety before you begin preparing the dish.
 10. Match the tool or equipment with its correct preparation or maintenance procedure.

Tool/Equipment	Preparation/Maintenance Procedure
1. Refrigerators	a. Store knives and cutting boards separately after sanitizing
2. Knives	b. Clean and sanitize surfaces regularly
3. Cutting Boards	c. Adjust temperature settings to 5°C or below
4. Work Surfaces	d. Use separate boards for raw meats and vegetables



Points to Remember

- Cold Kitchen Hygiene and Safety (HACCP): Proper hygiene practices must be implemented at every stage of food preparation. Temperature control is critical to ensure food safety, particularly with raw and ready-to-eat items.
- Cleaning of tools and equipment for cold kitchen: All tools and equipment used in cold kitchen should be cleaned and sanitized after each use. Items like knives, cutting boards, and mixing bowls must be free from food residue.
- Cleaning agents for cold kitchen: Non-toxic and food-safe cleaning agents must be used. Detergents, disinfectants, and sanitizers should be used according to manufacturer guidelines.
- Cold kitchen cleaning procedures: Follow a step-by-step procedure for cleaning tools, surfaces, and utensils. Ensure proper storage of cleaning supplies and avoid mixing cleaning agents that may cause harmful reactions.
- Selection of cold kitchen tools, materials, and equipment: Tools and materials must be food-safe, easy to clean, and durable. Materials should be resistant to stains, odors, and microbial growth.
- HACCP guidelines while preparing tools and equipment in cold kitchen: Ensure that all tools and equipment used in food prep meet food safety standards. Maintain proper storage of tools to avoid contamination.
- Tools for cold kitchen: knives, peelers, whisks, spatulas, scales, cups, plates, bowls, food processors, blenders, clean towels, scrubbers, and brushes for sanitation.
- Equipment for cold kitchen: Refrigerators, freezers, and display cases for storing perishable food safely, Blenders, slicers, and choppers to facilitate prep work, Platters, bowls, and utensils for serving and garnishing, Hand sanitizers, thermometers, and food-safe gloves.
- Selection criteria for cold kitchen tools and equipment: material durability, food safety, ease of use, storage compatibility, cost-effectiveness, maintenance needs, portability, size appropriateness, compliance with regulations, ease of cleaning.



Self-Reflection

1. Re-take the self-assessment you did at the beginning of the unit. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Describe cold kitchen					
Differentiate cold kitchen stations					
Maintain personal grooming in cold kitchen					
Ensure professional standards of cold kitchen					
Comply with safety precaution at the workplace					
Apply staff body hygiene in cold kitchen					
Identify various types of tools and equipment used in cold kitchen					
Identify cleaning agents for cold kitchen					
Clean tools and equipment for cold kitchen					

My experience Knowledge, skills and attitudes	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Attention to detail and precision in handling tools, equipment for cold kitchen					
Apply Cold kitchen hygiene and safety HACCP					
Apply cold kitchen cleaning procedures					
Select cold kitchen tools, materials, and equipment					
Attention to details to ensure consistency and high quality					

2. Fill in the table below and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.
3.	3.	3.

UNIT 2: PREPARE INTERNATIONAL SALADS



Unit summary

This unit provides you with the knowledge, skills and attitudes required to perform cold kitchen preliminaries activities. It covers preparing ingredients for international salads preparing international salads, and plating international salad dishes.

Self-Assessment: Unit 2

1. Referring to the unit illustrations above discuss the following:
 - a. What do the illustrations show?
 - b. What is the difference between the different images in the illustration?
 - c. What do you think this unit is about based on the illustration?
2. Fill in and complete the self-assessment table below to assess your level of knowledge, skills and attitudes under this unit.
 - a. There is no right or wrong way to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquisition during the learning process.
 - b. Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - c. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Identify international salads ingredients					
Select tools and equipment for international salads					
Select ingredients for international salads					
Prepare ingredients for international salads					
Describe preparation techniques for each					

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
international salads ingredients					
Comply with safety precaution at the workplace					
Attention to detail and precision in handling tools, equipment for cold kitchen					
Attention to details to ensure high quality					



Key Competencies:

Knowledge	Skills	Attitudes
1. Identify international salads ingredients	1. Select tools and equipment for international salads	1. Comply with safety precaution at the workplace
2. Select tools and equipment for international salads	2. Select ingredients for international salads	2. Attention to detail and precision in handling tools, equipment for cold kitchen
3. Select ingredients for international salads	3. Describe preparation techniques for each international salad's ingredients	3. Attention to details to ensure high quality
4. Prepare ingredients for international salads	4. Prepare ingredients for international salads	



Discovery activity:



Task 8:

1. Read and answer the questions below:

- a. What factors do you consider when selecting ingredients for Asian, Italian, and Mexican salads? How do these factors differ for each type of salad?
- b. Describe the process you follow when choosing fresh ingredients for international salads. How do you ensure the ingredients are of the highest quality?
- c. When preparing ingredients for international salads, what are the key steps in cutting and peeling? How do you maintain consistency and ensure the best texture for each salad?
- d. Share an example of how you prepare ingredients differently for Asian, Italian, and Mexican salads. How does the preparation method affect the final result of each salad?
- e. How do the cooking methods differ for preparing ingredients for Asian, Italian, and Mexican salads? Can you give examples from specific salads (like Tabbouli or Caprese) and explain the reasoning behind these methods?
- f. What challenges might you face while cooking dishes like Tabbouli Salad or Classic Chicken Caesar Salad, and how would you overcome them?
- g. Describe the presentation techniques you use when portioning, dressing, and garnishing international salads. How do these techniques enhance the overall appeal of each dish?
- h. When preparing the garnishing for salads such as Fattoush or Tuna and Onion Salad, what ingredients do you choose to complement the flavors? Why is garnishing important in these types of salads?
- i. How do you ensure the dressing complements the flavors in salads like Panzanella Salad or Asian Chopped Salad? What are the key elements in choosing the right dressing for each salad?

Topic 2.1: Preparing ingredients for international salads



Activity 1: Problem Solving



Task 9:

1. Read and answer the questions below:

- a. You have a limited amount of time to prepare multiple international salads with different preparation techniques (e.g., chopping, peeling, and mixing). What is the most efficient order of operations you would follow to ensure each salad is prepared correctly within the time frame? Explain how you would optimize your workflow.
- b. In preparing salads such as a Caprese or Fattoush, you need to ensure precise cutting and portioning for an elegant presentation. How would you ensure accuracy and uniformity in cutting the vegetables and garnishing the salads under time pressure?
- c. Share an example of how you prepare ingredients differently for Asian, Italian, and Mexican salads. How does the preparation method affect the final result of each salad?
- d. Given a budget limit, you need to select high-quality ingredients that meet the authenticity standards of each salad. How would you select the most cost-effective suppliers while ensuring the quality and texture of ingredients like herbs, tomatoes, and greens? What are the critical attributes you would look for in each ingredient?
- e. If you are tasked with substituting an ingredient due to budget constraints (e.g., replacing a specific type of cheese or spice in a Mexican salad), how would you identify a functional replacement that maintains the integrity of the dish's flavor profile?
- f. If you are preparing a Classic Chicken Caesar Salad with homemade dressing, how would you ensure the consistency and emulsification of the dressing? What are the key technical steps to avoid common issues like separating or curdling?

Key facts 2.1: Preparing international salads ingredients

✓ Introduction

Salad is a broadly used term to describe a dish (or series of dishes) which are prepared with one ingredient as the feature, or a combination of ingredients and flavors.

In the warm climate countries, salads have played, and will continue to play, an important role in culinary tastes.



Salads offer a refreshing cool and alternative method of consuming food.

It is also an area where a chef can create highly original work. A salad can be served in the following ways:

- ✚ Cold or warm
- ✚ Raw, cooked, or a combination of raw and cooked
- ✚ Fruit only, vegetables only, or a combination
- ✚ As a starter, main course, meal accompaniment (in place of vegetables) or in its own right on a buffet table.

✓ Classifying salads

The easiest way to establish where salads fit in the scheme of things is to classify them in the following ways:

- ✚ **Simple:** A salad where one ingredient is the main feature: it is usually a vegetable or leafy green or tomato based and may have dressing added. Examples include:

- Avocado salad
- Tomato salad
- Lettuce salad
- Cucumber salad.

 **Mixed/Compound:** A salad that has two or more main ingredients as well as dressing. Examples include:

- Coleslaw (shredded cabbage, onion, carrot and capsicum with mayonnaise or simple vinaigrette dressing)
- Tabouli salad (parsley, onion, tomato and buckwheat)
- Greek salad. (tomato, cucumber, onion, black olive, feta cheese, dressing, herbs)



 **Classical Salads²:** Based on French cuisine, this term refers to all traditional salads which are based on French-influenced cuisine and tradition. Examples include:

- Salade Nicoise (French beans, potatoes, tomatoes, anchovy, olives, capers and French dressing)
- Salade Waldorf (celery, apple, chopped walnuts, mayonnaise and cream).



² <https://www.taste.com.au/recipes/nicoise-salad-7/303710f3-a327-4c7b-8c6f-d4d86667e814>

 **Modern Salads:** A term used to classify any contemporary developments in salads, which may use previously unavailable ingredients or adopted international cuisines, particularly Asian and Italian or Mediterranean.

Examples of 'modern' styles of salads include:

- **Thai Beef Salad** (thin sliced strips of cooked beef, crushed peanuts, mint, coriander, bamboo shoots, vegetable strips such as, palm sugar, soy, ginger, garlic, chilli and lemon juice)³
- **Mesclun** (array of leafy greens, i.e. radicchio, rocket, mâche, mignonette, butter, endive, cos and oak leaf)

✓ **Classification of salads according to ingredients**

 **Green Salads-** also known as garden salad. They are often composed of leafy vegetables such as lettuce, spinach, and the like.

 **Vegetable Salads-** composed of raw vegetables such as cucumber, tomatoes, pepper, onions, carrots, celery, and the like.

 **Bound Salads-** Ingredients are arranged and tossed in a bowl mixed with a thick dressing like mayonnaise. Tuna salad, chicken salad, potato salad, pasta salad, and egg salad are examples.

 **Main Course Salads-** Also known as “dinner salads” and “entrée salads, these salads are composed of meat, seafood’s, and fish as main ingredients.

 **Fruit Salads-** These are salad made up of fresh and canned fruits usually chilled before serving.

 **Dessert Salads-** These salads are often sweet made-up gelatine and whipped cream.

✓ **Nutritional value of salad dish**

Salads are highly nutritious and can be tailored to meet various dietary needs. Below is a summary of their key nutritional value:

³ <https://www.krumpli.co.uk/spicy-thai-beef-salad/>

-  **Rich in Vitamins and Minerals:** Salads made with fresh vegetables and fruits are excellent sources of vitamins A, C, K, potassium, and folate, supporting overall health and immunity.
 -  **High in Fiber:** Ingredients like leafy greens, carrots, cucumbers, and beans provide dietary fiber, aiding digestion and promoting satiety.
 -  **Low in Calories (Base Ingredients):** Most raw vegetables are low in calories, making salads a great choice for weight management.
 -  **Protein Options:** Adding ingredients like grilled chicken, eggs, cheese, or beans boosts protein content for muscle repair and sustained energy.
 -  **Healthy Fats:** Ingredients like avocado, nuts, seeds, and olive oil offer heart-healthy monounsaturated fats.
 -  **Antioxidants:** Many salad ingredients, such as tomatoes, bell peppers, and berries, are rich in antioxidants, reducing inflammation and combating oxidative stress.
 -  **Customizable Nutritional Profile:** Salads can be adjusted for higher protein, lower carbs, or balanced macros depending on dietary goals.
- To optimize nutrition, choose fresh, diverse ingredients, limit high-calorie toppings, and use light or homemade dressings.

✓ **Selection of ingredients for salad dishes**

 Selection criteria

These criteria ensure that the salad ingredients are not only flavorful and visually appealing but also meet practical and dietary needs.

-  **Freshness and Quality:** Fresh ingredients are essential for maintaining the salad's flavor, texture, and visual appeal. Wilted, overripe, or damaged ingredients will compromise the overall quality.

Select crisp, vibrant vegetables and fruits, and check for any bruising, discoloration, or over-ripeness. For greens like lettuce or spinach, choose leaves that are firm and free of yellowing.

 **Seasonality:** Seasonal ingredients tend to be at their peak in flavor, texture, and price. Using seasonal produce supports sustainability and provides the best tasting dishes.

Choose fruits and vegetables that are in season to ensure optimal flavor. For example, use strawberries in spring and summer or squash and root vegetables in the fall.

 **Color and visual appeal:** A variety of colors in a salad makes it more appetizing and visually striking. Different colors often indicate a variety of nutrients, adding to the nutritional value of the dish.

Select ingredients with contrasting colors (e.g., red tomatoes with green cucumbers, or purple cabbage with orange carrots) for a vibrant and attractive salad.

 **Texture:** The texture of the ingredients can significantly affect the eating experience. A good salad should have a balance of crunchy, juicy, and tender elements.

Include a mix of textures—crisp lettuce or cabbage, soft avocados, juicy tomatoes, and crunchy nuts or seeds. Be mindful of the balance between delicate greens and hearty ingredients.

 **Flavor Profile:** A salad should have a harmonious balance of flavors (sweet, salty, bitter, sour). The ingredients should complement one another.

Think about flavor contrasts, such as pairing sweet fruits (like oranges) with bitter greens (like arugula) or adding savory ingredients (like cheese or olives) to balance the sweetness of certain vegetables.

 **Nutritional Value:** Salads can be a great source of vitamins, minerals, and fiber. Including a range of ingredients boosts the nutritional profile of the dish.

Incorporate a mix of leafy greens, fruits, proteins (like nuts, beans, or grilled chicken), and healthy fats (such as avocado or olive oil). Make sure the salad offers a good balance of essential nutrients.

+ Dietary restrictions and preferences: Catering to different dietary needs (e.g., vegetarian, vegan, gluten-free, low-carb) is essential to ensure everyone can enjoy the salad.

Be mindful of any dietary restrictions or preferences of the guests (e.g., avoid gluten for a gluten-free salad or choose plant-based ingredients for a vegan option).

+ Storage and shelf life: The longevity of ingredients is essential, especially in bulk preparation. Some ingredients may not hold up well after being prepped and stored for extended periods.

Select ingredients that have a longer shelf life, such as carrots, cucumbers, or cabbage. Avoid delicate ingredients like lettuce or herbs that wilt quickly unless the salad will be served soon after preparation.

+ Compatibility with dressings: The ingredients should pair well with the dressing you plan to use. Some ingredients absorb dressings better than others, and certain dressings complement specific textures and flavors. Consider how each ingredient will interact with the dressing, whether it is creamy (like ranch) or vinaigrette-based. Leafy greens tend to pair well with vinaigrettes, while heartier ingredients may benefit from richer dressings.

- **Types of ingredients**

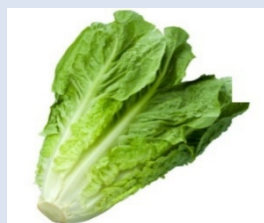
- ✓ **Salad greens**

The expression 'leafy green' is usually used to describe leafy lettuce. Some of the more commonly available 'leafy greens' include:

Iceberg lettuce



Cos/romaine lettuce Radicchio



5

⁴ <https://consensus.app/home/blog/health-benefits-of-iceberg-lettuce/>

⁵ https://hurleys.ky/shop/produce/fresh_lettuce_greens/lettuce/romaine_lettuce_3_pack/p/8147084

⁶ <https://www.lortolana.com/en/products/radicchio-rosso-tondo/>



Mignonette ⁷

Butter



Curly endive⁸



Witlof (Belgian endive)



Rocket¹⁰



Mâche (lambs lettuce)¹¹



Oak leaf



Mustard cress



Watercress



⁷ <https://www.boondieseeds.com.au/products/lettuce-mignonette-brown-butterhead>

⁸ <https://bivihome.com.au/product/endive/>

⁹ <https://www.boondieseeds.com.au/products/chicory-witloof-belgian-endive>

¹⁰ <https://blindinglygoodfood.co.uk/ingredient-of-the-week-rocket/>

¹¹ https://store.underwoodgardens.com/Corn-Salad_-Lambs-Lettuce_Mache-Valerianella-locusta/productinfo/V1055/

¹² <https://hudsonvalleyseed.com/products/royal-oakleaf-lettuce>

¹³ <https://www.shutterstock.com/image-photo/some-mustard-cress-roots-stems-soil-126092159>

¹⁴ <https://ivyparadisepiant.com/product/water-cress/>

Bean shoots or bean sprouts



15

English spinach



Silverbeet



16

Snow pea sprouts



17

Alfalfa sprouts



18

Asian salad greens

Amaranth

English: Chinese Spinach

Chinese: Een Choi

Bahasa: Bayam

Thai: Phak Khom Suan

Pennywort

English: Indian Pennywort

Thai: Bua Bok

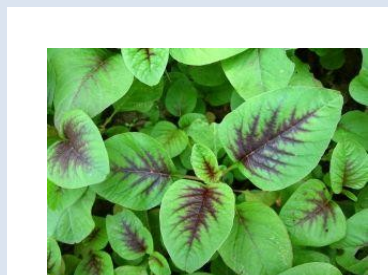
Asian Basil

English: Malabar Spinach

Chinese: Kai Lan

Bahasa: Selaseh

Thai: Horapa



Ceylon Spinach

English: Malabar Spinach

Chinese: Saan Choi

Bahasa: Remayong

Thai: Phak Plang

La pot

English: Wild Betel

Bahasa: Duan Kadok

Thai: Bai Chaplu

Coriander

English: Coriander, Cilantro

Chinese: Uen Sai

Thai: Pak Chee

Pea shoots

English: Pea Shoots

Chinese: Dau Miu

Thai: Pak Tua Lan Tao

Perilla

English: Beefsteak Plant

Chinese: Gee So, Jeru

Japanese: Shiso

¹⁵ <https://plantelys.dk/en/11696-revision-v1/>

¹⁶ <https://lambley.com.au/product/silverbeet-fordhook-giant-beta-vulgaris/>

¹⁷ <https://mawsonhalalmarket.com.au/products/snow-pea-sprouts-per-1-each>

¹⁸ https://img.sndimg.com/food/image/upload/f_auto,c_thumb,q_55,w_1w/v1/img/recipes/35/72/23/picz9yWh.jpg

Source: marketfresh.com.au Asian vegetable and herb guide

www.marketfresh.com.au

Salad Herbs

A 'herb' is a flowering plant with a stem that does not become wooden, but decays and regenerates annually.



Herbs have a variety of uses, including medicinal, taste and smell.

Food service professionals are more concerned with taste and smell, and in this context, the herb must be suitable for eating by humans without adverse side effects.

Herbs are used in salads to provide flavor, aroma and texture, but care must be taken (due to strength and overpowering flavor) not to add excessive amounts.

Some herbs that are popular in salads include the following:

Curly parsley	Italian parsley	Mint
Thyme	Coriander	Marjoram
Oregano	Basil	Purple basil
Ornamental basil	Rosemary	Dill
Fennel	Spearmint	Tarragon
Vietnamese mint (spicy)		

Salad Vegetables

Any vegetable can be used in salads. Some root vegetables will need to be cooked before they are edible in a salad. **Example:** potato, pumpkin, sweet

potato.

Swedes and turnips tend not to make good salad vegetables. Vegetables are broken into 2 main categories.

- Root Vegetables include vegetables derived from roots, bulbs and tubers of plants.
- Green Vegetables Include vegetables derived from leaves, stems, flowers, fruits, legumes and seeds of plants
- Root vegetables suitable for salads

▪ Carrot	Can be raw, shredded, sliced or cut to size, roasted to add extra flavour then chilled for salad
▪ Parsnip	For salad is best roasted then chilled
▪ Radish	Served raw, sliced or quartered
▪ Onion	Can be used raw, thinly sliced or roasted. Many varieties
▪ Potato	Needs to be cooked boiled or oven roasted
▪ Sweet Potato	Needs to be cooked boiled or oven roasted
▪ Beetroot	Can be shredded and eaten raw but is best served separate as it will stain everything. Normally boiled allowed to cool



Leaf vegetables suitable for salads

○ Cabbage	Can be raw, shredded, sliced or cut to size, addition of vinegars break down leaf structure
○ Lettuce	Always a base with other vegetables to add interest: Refer salad greens previous pages
○ Spinach	Served raw, baby spinach best for salads
○ Witlof	Used raw, thinly sliced or roasted.

Stem Vegetables suitable for salads

Fennel¹⁹



Asparagus



- **Bamboo shoots:** Canned or thinly sliced



Flower Vegetables for salads

○ Broccoli	Blanched then chilled
○ Cauliflower	Blanched or roasted, then chilled

Fruit vegetables for salads



Avocado	Many varieties, diced and tossed with dressing
Capsicum	Many varieties, can be raw or roasted
Cucumber	Raw, sliced thinly or cubed
Eggplant	Thinly sliced then grilled, chilled
Tomato	Many varieties, sliced and chopped
Zucchini	Thinly sliced then grilled, chilled

Legumes for salads



○ Beans, Green	Blanched then chilled
○ Chick peas	Soaked then poach until tender, chilled
○ Sweet corn	Boiled then chilled
○ Peas	Blanched then chilled

Fruits for salads



- Fruits are classified into the following groups:

▪ Soft fruits	Strawberries, raspberries, blackberries, boysenberries, blueberries, gooseberries, grapes and currants (red, black & white).
▪ Stone fruits	Apricots, peaches, nectarines, plums, mangoes, cherries.
▪ Hard fruits	Apples, pears and quinces
▪ Citrus	Lemons, oranges, grapefruit, mandarins, cumquats, limes, pomelo, tangelo
▪ Tropical	Bananas, pineapple, lychee, rambutan, jackfruit, dragon fruit, guava, tamarillo, pawpaw, custard apple
▪ Miscellaneous	Rhubarb, kiwifruit, persimmon, passionfruit, pomegranate, fig, watermelon, cantaloupe, honeydew

- The following fruit categories have other quality points such as:

▪ Soft fruits	• Mould free • Dirt free
▪ Stone fruits	• Mould free • Not bruised
▪ Hard fruits	• No bruising
▪ Citrus	• Mould free • Skin to be firm, not soft
▪ Tropical	• No bruising
▪ Miscellaneous	• Good colour • Firm to touch • Melons should be heavier than they look

Farinaceous ingredients for salads



Pasta, lentils, beans, couscous,

Salads have always been a good way of using left over pasta. Pasta does not have a flavor of its own.

The texture of pasta or noodles is what is important. Give it a well-rounded sauce and it will bulk salad very well.

Pasta needs to be cooked al dente, but some people like to cook it more when used in salad.

Cold pasta is nutritionally very good for the human gut.

Cooked lentils and beans are nutritious and are excellent additions to salads.

They offer textural diversity.

Meats for salads

- Cooked, cold
- Meats cured, cold or warm.

Salad meats

- Bacon, crisped in fry pan then chilled
- Chicken, poached, roasted
- Beef
- Lamb
- Sausages.



These meats would be cooked then chilled.

Cured meats

- Prosciutto
- Bresaola
- Salami
- Ham.



Cured vegetables

- Olives, black and green
- Pickled cucumber, savoury and sweet
- Onions
- Cauliflower.



Many vegetables can be preserved in vinegar solution and then used in salad dishes.

²⁰Oils

Edible oils group all fats which are liquid at room (or near room) temperature. They are used in salads for flavour, overall texture and balance.

The number of oils that can be used to make salads is only limited by imagination, practicality and availability. The following list highlights some of the more commonly used oils:



- **With Neutral flavor and aroma**

Sunflower	Safflower	Grape seed	Canola
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- **Strong noticeable flavor and aroma**

Olive Virgin olive	Walnut Hazelnut	Rose (strong and expensive) Truffle (expensive)	Chilli (very strong) Sesame
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Vinegars

Vinegar is an acidic liquid made by fermenting wine, cider, sherry, etc. Due to its acidity, it is used for preserving food, as an accompaniment, or as part of a dressing in a salad. The actual sourness of the vinegar accentuates the flavour of the ingredients used in salads.



Whilst there may be a wide range of flavoured vinegars available, i.e. herbed, and spiced, etc., most vinegars have been made from a wine, sherry or cider base. Some of the more common vinegars available for salad making include:

- White wine
- Red wine
- Cider
- Balsamic (unfermented white wine base)
- Malt
- White
- Flavoured (e.g. Tarragon).

²⁰ <https://www.southernliving.com/food/fats/oils/when-not-to-use-olive-oil>

- **Salads ingredients preparation**

Salads are flexible dishes made up of a variety of ingredients that are often raw, cooked, or a mix of both. The preparation techniques vary depending on the type of salad and its components. Here are common techniques for preparing various types of salad ingredients:

- ✓ **Vegetables ingredients**



For leafy greens (e.g., lettuce, spinach, arugula):

- Soak and Swish: For leafy greens like lettuce, spinach, and herbs, it's helpful to soak them in a bowl of cold water for a few minutes. Swish them gently to loosen any dirt. This is particularly useful for greens that might have sand or dirt hidden in their leaves.

Tip: Do not over-soak delicate greens like arugula or baby spinach, as they can wilt quickly.

- Washing: All fresh ingredients, such as leafy greens, herbs, and vegetables, should be thoroughly rinsed under cold running water to remove dirt, bacteria, and pesticides. This is the first step in preparing any salad ingredient.
- Drying: Use a salad spinner or pat dry with a clean towel to avoid soggy salads.
- Cutting: Tear by hand for a rustic look or chop into bite-sized pieces.
- Storage: Keep in an airtight container with a paper towel to absorb moisture.

Note: When cutting leafy greens (e.g., lettuce or spinach), be careful to avoid bruising them. If using lettuce for Fattoush Salad, cut it into large, bite-sized pieces and avoid over-handling to maintain its crispness.



Root Vegetables (e.g., carrots, radishes, beets):

- Washing: Rinse thoroughly under cold water to remove dirt and grit. **Tip:** Use a vegetable brush for more thorough cleaning, especially for root vegetables (e.g., carrots, potatoes, etc.).
- Peeling: Use a peeler to remove the outer skin.
- Shredding/Grating: Use a grater for fine texture.
- Slicing: Thin slices or julienne cuts are common for salads.
- Cooking (if needed): Roast, steam, or boil for softer textures.



Cucumbers, Tomatoes, Peppers:

- Slicing/Dicing: Cut into uniform pieces for even distribution. Ensure that cuts are smooth and clean to prevent bruising or uneven texture. This is particularly important when cutting tomatoes or soft vegetables. **Tip:** When cutting tomatoes, use a serrated knife to avoid squishing the fruit.
- Deseeding (if necessary): Remove seeds from cucumbers and peppers for a cleaner presentation.

✓ **Fruits ingredients**



Fresh Fruits (apples, berries, oranges):

- Washing: Rinse under cold water and pat dry.
- Peeling (if needed): Peel with a knife or peeler for certain fruits like oranges. Some fruits such as avocados, peaches, or mangos in salads like Mexican Avocado Salad or Panzanella Salad need their pits removed. A method for safely removing the pit is to slice the fruit in half, twist to separate the halves, and then use a spoon or knife to carefully remove the pit.
- Cutting: Slice, dice, or segment as required.



Dried Fruits (e.g., raisins, cranberries):

- Rehydrating (optional): Soak in warm water for a few minutes for softer texture.
- Chopping: Chop larger dried fruits like apricots into smaller pieces.

✓ **Proteins ingredients**



Meat (e.g., chicken, beef, bacon):

- Cooking: Grill, roast, bake, or pan-fry until properly cooked.

- Shredding/Slicing: Cut into strips, cubes, or shred for easy mixing.
- Seasoning: Season before cooking for enhanced flavor.

Seafood (e.g., shrimp, tuna, salmon):

- Cooking: Steam, grill, or bake as needed.
- Flaking/Slicing: Flake cooked fish or slice seafood into bite-sized portions.

Eggs:

- Boiling: Hard-boil or soft-boil eggs, depending on preference.
- Slicing/Chopping: Slice or dice before adding to the salad.

Plant-Based Proteins (e.g., tofu, beans, nuts):

- Cooking (if needed): Roast tofu or beans, and toast nuts for added flavor.
- Chopping: Chop nuts into smaller pieces for even distribution.

✓ **Dairy ingredients**

Cheese (e.g., feta, mozzarella, parmesan):

- Crumbing/Grating: Crumble soft cheeses or grate harder ones.
- Slicing/Dicing: Slice or dice into small cubes for easy mixing.

✓ **Grains and starches ingredients**

Pasta: Cooking: Boil until al dente, rinse with cold water to stop cooking. And toss with oil to prevent sticking.

Quinoa/Rice: Simmer until fluffy, then cool before adding to the salad.

Croutons/Bread: Cube and toast bread with olive oil and seasoning for crunch.

✓ **Herbs and Spices**

Washing: Rinse under cold water and dry.

Chopping: Finely chop fresh herbs like parsley, cilantro, or basil.



Activity 2: Guided Practice



Task 10:

1. Read carefully the tasks below and act accordingly:
 - a. Select and prepare ingredients for Greek salad
 - b. Select and prepare ingredients for Tabbouleh salad.
 - c. Select and prepare ingredients for Cobb salad



Activity 3: Application



Task 11:

1. Read the scenario below and perform related tasks:

Imagine you are organizing a Global Cuisine event at a cultural exchange center. As part of the event, the goal is to prepare a variety of international salads that showcase diverse culinary traditions. Each salad should reflect the unique flavors and ingredients of its respective recipe, offering guests an immersive experience in global gastronomy. Note that among the expected audience, there are individuals with allergies (e.g., gluten, nuts, dairy), consider to cater to these dietary restrictions.

- a. Prepare ingredients for Mediterranean salad
- b. Prepare ingredients for Mexican American salad
- c. Manage allergens to accommodate dietary preferences and allergens (e.g., gluten, nuts, dairy) while offering a wide selection of global salads, among the expected audience

2. Present to the trainer how you proceeded

Topic 2.2: Preparing international salads



Activity 1: Problem Solving



Task 12:

1. Read the scenario and answer the questions below:

An event planner is tasked with organizing a multinational corporate gathering, where attendees will represent various countries. The event includes a lunch featuring a diverse selection of international salads. The goal is to cater to the diverse tastes and dietary preferences of the attendees, ensuring that the salads reflect authentic flavors and ingredients from their countries of origin. The planner is seeking advice on how to effectively create a well-balanced salad selection. Advise them on how to address the challenges by answering the following questions:

- a. How can a selection of international salads be chosen to provide variety in texture, flavor, and ingredients, ensuring they cater to a wide range of dietary preferences (e.g., vegetarian, gluten-free, low-carb, etc.)? What strategies should be used to ensure that all guests find suitable options?
- b. What are the most effective strategies for sourcing international ingredients while considering local availability, cost, and quality? How can one ensure that these ingredients reflect the authentic flavors of the countries the salads are representing?
- c. When facing challenges with ingredient availability, should some ingredients be substituted with locally available options, or is it worth going the extra mile to import the original ingredients? What factors should be considered in making this decision?
- d. How can the original recipes for international salads be modified to meet dietary requirements such as gluten-free, vegan, or low-carb, without compromising the taste, texture, or authenticity of the dishes? What key modifications should be considered?
- e. Which types of international salads are more likely to require modifications to meet dietary needs, and which ingredient swaps would be most effective to maintain their authenticity while accommodating these requirements?

Key facts 2.2: Preparing international salads

Cooking international salad dishes

Different international salads often require cooking some of the ingredients to enhance their flavor or texture. Below is a guide for various international salads:

- ✓ **Asian salads:** Asian salads are known for their bold flavors, vibrant colors, and unique combinations of ingredients. They often feature fresh vegetables, herbs, and dressings with a balance of sweet, sour, salty, and spicy flavors.²¹

- + **Tabbouli salad:** Tabbouli (or tabbouleh) is a traditional Middle Eastern salad made primarily of finely chopped parsley, tomatoes, mint, and onions. It typically includes bulgur wheat as a base, though some variations may use couscous or quinoa. The salad is dressed with olive oil, lemon juice, and sometimes a bit of salt and pepper. It is known for its fresh, vibrant flavor and is often served as part of a mezze platter or as a side dish.



²¹ <https://www.amysnutritionkitchen.com/mezze-board/>

Ingredients:

- 1 cup bulgur wheat (fine or medium)
- 2 cups fresh parsley, finely chopped
- 1/2 cup fresh mint leaves, finely chopped
- 2 medium tomatoes, diced
- 1 small cucumber, diced (optional)
- 1/4 cup red onion, finely chopped
- 2-3 tablespoons extra virgin olive oil
- 2-3 tablespoons fresh lemon juice (about 1 lemon)
- Salt and pepper to taste



Preparation directions:

- Place the bulgur wheat in a bowl and cover with hot water. Let it soak for 10-15 minutes until it softens. Drain any excess water and fluff it with a fork to separate the grains.
- Finely chop the parsley, mint, tomatoes, cucumber (if using), and onion.
- In a large mixing bowl, combine the soaked bulgur wheat, chopped parsley, mint, tomatoes, cucumber (if using), and onion.
- Drizzle the olive oil and lemon juice over the salad. Toss everything together to combine well.
- Season with salt and pepper to taste. Adjust lemon juice and olive oil as needed.
- Let the salad sit for about 15 minutes to allow the flavors to meld. Serve chilled or at room temperature.



Kibbeh Salad: Kibbeh Salad is a fresh, vibrant dish inspired by the flavors of the Middle East, combining the aromatic, spiced elements of traditional kibbeh with the lightness of a salad. Typically, the kibbeh is made with bulgur wheat, ground meat, and a mix of herbs and spices, but in this salad, the traditional elements are integrated with fresh vegetables, herbs, and a tangy dressing for a refreshing take.

Ingredients:



- 1 cup fine bulgur wheat
- 1/2 lb. ground beef or lamb (or a combination)
- 1 small onion, finely chopped
- 1/4 cup pine nuts, toasted (optional)
- 1 teaspoon allspice
- 1/2 teaspoon cinnamon
 - 1/2 teaspoon cumin
 - Salt and pepper to taste
 - 2 tablespoons olive oil
 - 2 tablespoons fresh parsley, chopped
 - 1 cucumber, diced
 - 2 tomatoes, diced
 - 1/4 red onion, thinly sliced
 - 1/2 cup fresh parsley, chopped
 - 1/4 cup fresh mint leaves, chopped
 - 1 tablespoon pomegranate seeds (optional)
 - 3 tablespoons olive oil
 - 1 tablespoon lemon juice
 - 1 tablespoon pomegranate molasses (optional)
 - Salt and pepper to taste



Preparation directions:

- Soak the bulgur in warm water for 10-15 minutes until it softens, then drain and squeeze out any excess water.
- In a large mixing bowl, combine the soaked bulgur with the ground meat, chopped onion, allspice, cinnamon, cumin, salt, and pepper. Mix well.
- Roll the mixture into small meatballs or patties, about the size of a walnut.
- Heat olive oil in a pan over medium heat. Fry the kibbeh patties until golden brown and cooked through, about 5-7 minutes on each side. Alternatively,

you can bake the kibbeh at 375°F (190°C) for 20-25 minutes, flipping halfway through.

- In a large bowl, combine the cucumber, tomatoes, red onion, parsley, mint, and pomegranate seeds (if using).
- Toss gently to combine.
- In a small bowl, whisk together the olive oil, lemon juice, pomegranate molasses (if using), salt, and pepper.
- Place the kibbeh patties on top of the prepared salad or serve the kibbeh alongside the salad.
- Drizzle the dressing over the salad and toss gently to combine.
- Serve immediately as a refreshing, flavorful appetizer or light main course.



Fattoush Salad: Fattoush is a popular Middle Eastern salad made with fresh, crispy vegetables, and pieces of toasted or fried flatbread. It's typically dressed in a tangy, zesty mixture of olive oil, lemon juice, pomegranate molasses, and herbs, offering a refreshing and flavorful dish that balances crunch and freshness.

○ **Ingredients:**



- 2 cups Romaine lettuce, chopped
- 1 cucumber, diced
- 2 medium tomatoes, diced
- 1 small red onion, thinly sliced
- 1 bell pepper (green or red), diced
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh mint, chopped
- 2-3 pieces of pita bread, toasted or fried, and broken into pieces
- 1/4 cup olive oil
- 2 tablespoons lemon juice
- 1 tablespoon pomegranate molasses (optional, for added tang)
- 1 teaspoon ground sumac

- Salt and pepper to taste



Preparation Directions:

- Prepare the pita: Tear the pita bread into pieces. Toast in the oven or fry in a pan until crispy, then set aside to cool.
- Prepare the vegetables: In a large bowl, combine the chopped lettuce, cucumber, tomatoes, onion, bell pepper, parsley, and mint.
- Make the dressing: In a small bowl, whisk together the olive oil, lemon juice, pomegranate molasses (if using), sumac, salt, and pepper.
- Assemble the salad: Add the crispy pita pieces to the bowl with the vegetables, and pour the dressing over the top. Toss gently to combine, ensuring the pita stays slightly crispy.
- Serve: Enjoy immediately as a refreshing side dish or light main course.



Asian chopped Salad: Asian Chopped Salad is a refreshing and crunchy salad that combines a variety of fresh vegetables, often paired with a flavorful Asian-inspired dressing. The salad is typically composed of finely chopped vegetables, such as cabbage, carrots, and bell peppers, and can be enhanced with ingredients like edamame, cilantro, and sesame seeds. It's often served with a tangy dressing made from ingredients like soy sauce, sesame oil, ginger, and rice vinegar.

Ingredients:



- 3 cups Napa cabbage, shredded
- 1 cup purple cabbage, shredded
- 1 large carrot, julienned or shredded
- 1 red bell pepper, thinly sliced
- 1 cucumber, thinly sliced or julienned
- 1/2 cup edamame (shelled)
- 1/4 cup fresh cilantro, chopped
- 2 tablespoons sesame seeds (optional)
- 1/4 cup green onions, chopped (optional)
- 3 tablespoons soy sauce (or tamari for

gluten-free)

- 2 tablespoons rice vinegar

- 1 tablespoon sesame oil
- 1 tablespoon honey or maple syrup
- 1 teaspoon freshly grated ginger
- 1 garlic clove, minced
- 1 teaspoon chili paste or sriracha (optional for heat)
- 1 teaspoon toasted sesame oil (optional, for extra flavor)



Preparation directions:

- Shred the Napa cabbage, purple cabbage, and carrot.
- Slice the bell pepper and cucumber thinly.
- Set all the vegetables in a large mixing bowl.
- Add the shelled edamame and chopped cilantro to the bowl with the vegetables.

In a separate bowl, whisk together the soy sauce, rice vinegar, sesame oil, honey (or maple syrup), grated ginger, minced garlic, and chili paste (if using).

- Adjust the seasoning to taste.
- Pour the dressing over the chopped vegetables and toss well to combine, making sure all the ingredients are evenly coated.
- Sprinkle sesame seeds and green onions on top of the salad for added flavor and crunch. Serve immediately, or refrigerate for about 30 minutes to allow the flavors to meld.

✓ **Italian salad:** An Italian Salad is a refreshing, vibrant dish that combines a variety of



fresh vegetables, often complemented with a tangy Italian dressing. It is commonly served as a side dish to accompany Italian meals or as a light and healthy main course. The salad is characterized by its colorful ingredients and is typically enjoyed for its crisp textures and bold flavors



Caprese Salad: A classic Italian dish that combines fresh, simple ingredients, Caprese Salad is known for its vibrant colors, representing the Italian flag. It's typically served as a light appetizer or side dish and is both refreshing and flavorful.



○ **Ingredients:**

- 2-3 large ripe tomatoes, sliced
- 8 oz fresh mozzarella cheese (preferably buffalo mozzarella), sliced
- Fresh basil leaves
- Extra virgin olive oil
- Balsamic vinegar (optional)
- Salt and pepper, to taste

○ **Preparation directions:**

- **Slice the tomatoes:** Cut the tomatoes into thick slices, about 1/4 inch thick.
- **Slice the mozzarella:** Cut the mozzarella cheese into slices similar in thickness to the tomato slices.
- **Arrange the salad:** On a large plate, alternate and layer the tomato slices, mozzarella slices, and basil leaves.
- **Season:** Drizzle with extra virgin olive oil, and optionally balsamic vinegar. Season with salt and pepper to taste.
- **Serve:** Enjoy immediately or chill for a few minutes before serving to let the flavors meld.



Cecilia Salad: A fresh, vibrant, and versatile salad, often made with a variety of greens, fruits, and a zesty dressing. Named for its light and flavorful



composition, this salad can be tailored with seasonal ingredients or enhanced with proteins for complete meal.

○ **Ingredients:**

- Mixed greens (such as arugula, spinach, or spring mix)
- 1 cup cherry tomatoes, halved
- 1/2 cucumber, sliced
- 1/4 red onion, thinly sliced
- 1/2 avocado, diced
- 1/4 cup feta cheese (optional)
- 1/4 cup walnuts or pecans, toasted
- 1/2 cup orange segments or diced apples (optional for a sweet touch)
- Fresh herbs (such as parsley or basil), chopped

○ **Dressing:**

- 3 tbsp olive oil
- 1 tbsp balsamic vinegar (or lemon juice)
- 1 tsp Dijon mustard
- Salt and pepper, to taste

○ **Preparation directions:**

- **Prepare the vegetables and fruit:** Slice the cucumber, cherry tomatoes, red onion, and avocado. If using orange segments or apples, cut them into bite-sized pieces.
- **Toast the nuts:** In a dry skillet over medium heat, lightly toast the walnuts or pecans for a few minutes until fragrant, then set aside to cool.

- **Make the dressing:** In a small bowl, whisk together the olive oil, balsamic vinegar (or lemon juice), Dijon mustard, salt, and pepper.
- **Assemble the salad:** In a large bowl, combine the mixed greens, cucumber, tomatoes, onion, avocado, and fruit (if using). Toss gently to mix.
- **Finish the salad:** Drizzle the dressing over the salad and toss again to coat. Sprinkle with feta cheese, toasted nuts, and fresh herbs.
- **Serve:** Serve immediately as a side or add a protein like grilled chicken or shrimp to make it a main dish.



Tuna and Onion Salad: A light, flavorful dish that combines tuna with the crisp bite of fresh onions, typically dressed in olive oil, vinegar, or a simple dressing. It can be served on its own or as a side, offering a nutritious option.

○ **Ingredients:**

- 1 can of tuna (in oil or water, drained)
- 1 small red onion (thinly sliced)
- 1 tablespoon olive oil
- 1 tablespoon vinegar (white wine or apple cider vinegar)
- 1 teaspoon Dijon mustard (optional)
- Salt and pepper to taste
- Fresh parsley or dill (optional, for garnish)
- A few salad greens (optional, like arugula or spinach)

○ **Preparation directions:**

- **Prepare the onion:** Thinly slice the red onion and soak it in cold water for a few minutes to mellow out the sharpness, then drain well.
- **Combine tuna and onion:** In a bowl, add the drained tuna and the sliced onion.
- **Make the dressing:** In a small bowl, whisk together olive oil, vinegar, Dijon mustard (if using), salt, and pepper until well combined.
- **Toss together:** Pour the dressing over the tuna and onion mixture, tossing gently to coat.

- **Serve:** If desired, serve the salad over a bed of fresh greens and garnish with chopped parsley or dill.
Enjoy!



Italian pasta Salad: An Italian pasta salad is a vibrant, flavorful dish made with cooked pasta and tossed with a mix of fresh vegetables, olives, cheeses, and a tangy dressing. It's a classic dish served cold, making it a perfect option for summer picnics, barbecues, or as a side dish for any meal.



- **Ingredients:**

- 1 lb (16 oz) pasta (such as rotini, penne, or bow tie)
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1 red bell pepper, diced
- 1/2 red onion, thinly sliced
- 1/2 cup black or green olives, sliced
- 1/2 cup mozzarella cheese, cubed (or bocconcini if preferred)
- 1/4 cup grated Parmesan cheese (optional)
- 1/4 cup fresh basil, chopped (or parsley)

- **For the Dressing:**

- 1/4 cup olive oil
- 3 tbsp red wine vinegar
- 1 tbsp Dijon mustard
- 1 clove garlic, minced
- 1 tsp dried oregano
- 1/2 tsp dried basil
- Salt and pepper, to taste

○ **Preparation Directions:**

- **Cook the Pasta:** Bring a large pot of salted water to a boil. Add the pasta and cook according to the package instructions until al dente. Drain and rinse under cold water to stop the cooking process and cool the pasta down. Let it drain completely.
- **Prepare the Vegetables:** While the pasta cooks, chop the vegetables: halve the cherry tomatoes, dice the cucumber and red bell pepper, slice the onion, and slice the olives. Set these aside.
- **Make the Dressing:** In a small bowl, whisk together the olive oil, red wine vinegar, Dijon mustard, minced garlic, oregano, basil, salt, and pepper until well combined.
- **Assemble the Salad:** In a large bowl, combine the cooled pasta, chopped vegetables, olives, mozzarella, and Parmesan cheese (if using). Pour the dressing over the pasta salad and toss gently to coat everything evenly.
- **Chill and Serve:** Cover the salad and refrigerate for at least 30 minutes to allow the flavors to meld. Before serving, give it a quick toss and garnish with fresh chopped basil or parsley.



Panzanella Salad: Panzanella is a traditional Italian salad, originally from Tuscany, made with stale bread, fresh vegetables, and a tangy dressing. The bread soaks up the juices from the tomatoes and other ingredients, creating a flavorful, rustic dish. It's perfect for summer, using seasonal vegetables, and can be served as a side or a light main course.

○ **Ingredients:**

- 4 cups of stale, crusty bread (like a baguette or country bread), cut into cubes
- 3 cups ripe tomatoes, chopped
- 1 cucumber, peeled and diced
- 1/2 red onion, thinly sliced
- 1/4 cup fresh basil leaves, torn or chopped
- 1/4 cup extra-virgin olive oil
- 2 tablespoons red wine vinegar (or balsamic vinegar for a sweeter taste)

- Salt and pepper, to taste
- Optional: 1/4 cup Kalamata olives or capers, for added flavor
- **Preparation directions:**
 - **Prepare the bread:** If your bread isn't stale, you can toast the cubes lightly in the oven until crispy, then let them cool. If using stale bread, break it into large chunks.
 - **Soak the bread:** Place the bread in a large bowl. Drizzle with about 1/4 cup of water (just enough to moisten it). Toss the bread occasionally, making sure it doesn't get soggy—just softened.
 - **Prepare the veggies:** While the bread soaks, chop the tomatoes, cucumber, and onion. Add them to the bowl with the soaked bread.
 - **Make the dressing:** In a small bowl, whisk together the olive oil, vinegar, salt, and pepper. Taste and adjust seasoning as needed.
 - **Combine:** Pour the dressing over the bread and vegetables. Add the fresh basil and toss everything together gently. If desired, stir in olives or capers.
 - **Rest:** Let the salad sit for about 30 minutes, stirring occasionally, to allow the flavors to meld together. This also gives the bread time to absorb the juices and dressing.
 - **Serve:** Serve the panzanella at room temperature, garnished with extra basil if you like.



Classic Chicken Caesar Salad: A Classic Chicken Caesar Salad is a popular dish consisting of romaine lettuce, grilled or roasted chicken, crunchy croutons, and freshly grated Parmesan cheese, all tossed in a creamy Caesar dressing made from a blend of ingredients like anchovies, garlic, Dijon mustard, and lemon juice. It's a savory, satisfying salad known for its bold flavors and rich textures.



○ **Ingredients:**

- 2 boneless, skinless chicken breasts (grilled or roasted)
- 4 cups romaine lettuce, chopped
- 1 cup croutons
- 1/2 cup freshly grated Parmesan cheese
- 1/3 cup Caesar dressing (store-bought or homemade)
- For Homemade Caesar Dressing (optional):
 - 1/2 cup mayonnaise
 - 2 tablespoons Dijon mustard
 - 1 tablespoon Worcestershire sauce
 - 1 tablespoon lemon juice
 - 2 teaspoons anchovy paste (or 2 anchovies, mashed)
 - 1 garlic clove, minced
 - Salt and pepper, to taste

○ **Preparation Directions:**

- Season the chicken breasts with salt, pepper, and a drizzle of olive oil.
- Grill or pan-cook the chicken over medium heat for about 6-7 minutes per side, or until fully cooked through (internal temperature should reach 165°F/75°C).
- Let the chicken rest for a few minutes before slicing it into thin strips.
- Wash and chop the romaine lettuce into bite-sized pieces.
- Place the lettuce in a large salad bowl.
- In a small bowl, whisk together mayonnaise, Dijon mustard, Worcestershire sauce, lemon juice, anchovy paste, garlic, salt, and pepper until smooth and well combined.
- Add the grilled chicken slices to the lettuce.
- Toss in the croutons and sprinkle with grated Parmesan cheese.
- Drizzle the Caesar dressing over the salad and toss gently until all the ingredients are well coated.
- Serve immediately for the freshest flavor, optionally garnishing with extra Parmesan or freshly cracked black pepper.



✓ **Mexican salads:**

A Mexican salad is a vibrant, flavorful dish often featuring a blend of fresh vegetables, beans, corn, avocado, and bold seasonings, frequently accompanied by a zesty dressing. It is commonly served as a side dish or light meal and reflects the vibrant flavors and colorful ingredients typical of Mexican cuisine.



Avocado Chopped Salad: is a fresh, vibrant salad that highlights the creamy texture of avocado combined with a variety of crisp vegetables, making it both nutritious and satisfying. It is often dressed with a light vinaigrette or citrus-based dressing for a refreshing balance.

○ **Ingredients:**

- 2 ripe avocados, diced
- 1 cucumber, chopped
- 1 red bell pepper, diced
- 1 small red onion, finely chopped
- 1 cup cherry tomatoes, halved
- 1 cup mixed greens (such as arugula, spinach, or lettuce)
- 1 tablespoon olive oil
- 1 tablespoon lemon juice (or lime juice)
- Salt and pepper, to taste



○ **Preparation:**

- Prepare all vegetables by chopping them into bite-sized pieces.
- In a large mixing bowl, combine the avocado, cucumber, red bell pepper, onion, and cherry tomatoes.
- Add the mixed greens to the bowl and gently toss to combine.

- Drizzle with olive oil and lemon juice, then season with salt and pepper to taste.
- Toss the salad again and serve immediately.



Mexican Chopped Salad: A Mexican Chopped Salad is a colorful and bold salad inspired by the flavors of Mexican cuisine. It features a variety of fresh vegetables, often with a tangy lime dressing, and may include ingredients like black beans, corn, or cheese for added texture and flavor.



○ **Ingredients:**

- 1 cup romaine lettuce, chopped
- 1 cup red cabbage, shredded
- 1/2 cup corn kernels (fresh, canned, or grilled)
- 1/2 cup black beans, rinsed and drained
- 1 avocado, diced
- 1 small red onion, finely chopped
- 1 medium tomato, diced
- 1/2 cup cilantro, chopped
- 1/4 cup crumbled cottage cheese (optional)
- 1 tablespoon olive oil
- 2 tablespoons fresh lime juice
- 1 teaspoon chili powder
- Salt and pepper, to taste

○ **Preparation direction:**

- In a large bowl, combine the romaine lettuce, red cabbage, corn, black beans, avocado, red onion, tomato, and cilantro.
- For the dressing, whisk together the olive oil, lime juice, chili powder, salt, and pepper in a small bowl.

- Pour the dressing over the salad and toss gently to coat everything evenly.
- If desired, sprinkle with crumbled cottage cheese for added flavor and texture.
- Serve immediately or chill briefly before serving for a refreshing cold salad.
- **Tips for preparing international salads**
 - **Freshness is key:** Use the freshest ingredients available, especially for raw vegetable-based salads.
 - **Balance flavors:** Focus on achieving harmony between the sweet, sour, salty, and bitter elements in the dressing.
 - **Authentic ingredients:** Whenever possible, source traditional ingredients like fish sauce for Asian salads or quality olive oil for Italian salads.
 - **Serving:** Serve salads immediately after preparation to preserve their texture and flavor, except for salads that benefit from marination, like Panzanella or Olivier.



Activity 2: Guided Practice



Task 13:

1. Read the scenario and prepare the dishes as requested

You are hosting a dinner party where the theme is international cuisine. Your goal is to prepare three salads, each from a different part of the world. These salads will be served as appetizers before the main course. The three salads you will create are:

- a. Greek Salad
 - b. Caprese Salad
 - c. Asian Cabbage Salad
2. Present your dishes to your trainer for feedback and answer the following questions:
 - a. How did you handle working with different types of ingredients, like feta, fresh mozzarella, and rice vinegar?
 - b. What tips you would give someone trying these international salads for the first time?



Activity 3: Application



Task 14:

1. Read the scenario below scenario and perform the related tasks:

You are chosen for presenting your class in culinary competition event at INKINDI hotel nearby your school, and the theme Year is “International cuisine”. You have been tasked to prepare a range of international salads for the Event.

Before starting preparing, note down in advance the following:

- a. In detail the steps you would take to select perfect international salad, including consideration for flavor, texture, and presentation.
- b. The precise techniques you would employ in preparing Salad from base to garnishing.
- c. How would you apply various techniques to elevate the final dish? Consider factors like color, dressing, textural contrasts, freshness and acidity.

You have been chosen to represent your class in a culinary competition at INKINDI Hotel, located near your school. The theme for this year is "International Cuisine." You have been tasked with preparing three varieties of international salads of your choice for the event.

After the preparation, note down in a short report the following:

- a. In detail, describe the steps you would take to select the perfect international salad, considering factors like flavor, texture, and presentation.
- b. Outline the precise techniques you would employ in preparing the salad, from the base to the garnishing.
- c. How would you apply various techniques to elevate the final dish? Consider factors such as color, dressing, textural contrasts, freshness, and acidity.

Topic 2.3: Plating international salad dishes



Activity 1: Problem Solving



Task 15:

1. Read and answer the following questions:

You are the head chef at a renowned international restaurant famous for offering a variety of salads from different regions of the world. Today, you are tasked with designing a visually appealing and flavorful salad dish representing three different international regions, each with its unique style of salad presentation. Your challenge is to create perfect plating for these salads while considering cultural preferences, ingredient arrangements, and overall aesthetics to ensure that each dish looks as delicious as it tastes.

- a. How can the salads be presented to highlight their cultural origins, while making the plating visually engaging and modern?
- b. What colors and textures are most important to each region's traditional salads, and how can they be used to create an eye-catching plate?
- c. Are there specific cultural rituals, garnishes, or presentation styles associated with salads in each region that should be incorporated into the dish?
- d. How can the flavors in each salad be balanced to reflect the distinctive tastes of the region, while ensuring the dish remains cohesive and harmonious on the plate?

Key facts 2.3: Plating international salad dishes

✓ Presentation techniques for international salad dishes

Salad presentation has become an art form, with chefs around the world creating visually appealing, balanced, and delicious salads that elevate the dining experience. Here's a guide to the key elements of salad presentation, focusing on portioning, dressings, garnishing, and how to best plate salads for a sophisticated and international appeal.

✓ Portioning

Portioning refers to the precise amount of salad ingredients served. Internationally, the portion size can vary depending on the course it is meant to represent (starter, side dish, or main course). The key is to ensure that there is an appropriate balance between the ingredients so that each component can be tasted without overwhelming the palate.

✓ Dressings



Dressings not only enhance the flavor of a salad but also contribute to its visual appeal. A well-made dressing should complement the other components without overpowering them. International salad traditions use a variety of dressings, from simple vinaigrettes in Mediterranean cuisine to creamy dressings in American salads.

 **Vinaigrettes:** Olive oil, vinegar, and seasonings.



✚ **Cream-based dressings:** Mayonnaise or sour cream in American and European salads.

✚ **Yogurt or tahini-based:** Common in Middle Eastern salads.

✓ **Garnishing**

Garnishes should complement the salad's flavor and appearance, adding an extra touch of sophistication. International techniques for garnishing often draw inspiration from local herbs, edible flowers, or microgreens. Garnishing can be as simple as a sprig of fresh herbs or as complex as edible flowers arranged artistically.



✚ **Microgreens:** Common in European salads.

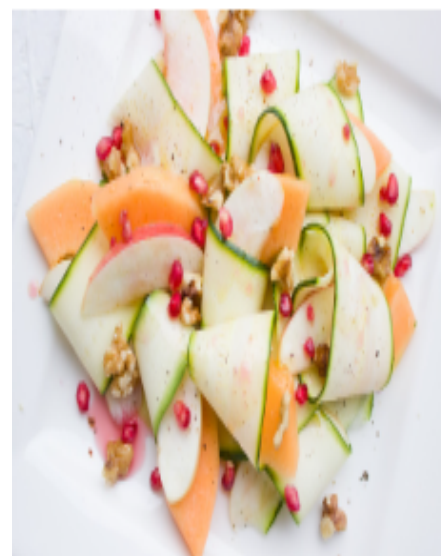
✚ **Edible flowers:** Used in Asian and Mediterranean cuisine for a colorful touch.



✚ **Nuts and seeds:** Add texture and are often used in Middle Eastern and South American salads.

✓ **Key Elements in Plating Salad Components**

Effective plating is crucial for making a salad visually engaging. It involves carefully considering the balance, color, texture, and shape of the ingredients. These elements, when combined thoughtfully, can elevate a salad to a fine dining experience.



✚ **Balance of components**

A balanced salad includes a variety of ingredients that offer different tastes and textures. For example, a combination of leafy greens, crunchy vegetables,

proteins, and fats ensures that the dish has a satisfying complexity. In international presentations, this balance varies by region. Asian salads may include more raw or pickled vegetables, while European versions might focus on delicate greens and cheese.

Color

Color is a crucial aspect of salad presentation, as vibrant colors are visually stimulating and indicate freshness. In international salads, color is often used strategically to draw attention to key components or to evoke certain cultural influences. Mediterranean salads, for instance, make extensive use of red, yellow, and green ingredients such as tomatoes, bell peppers, and cucumbers, while Asian salads might incorporate bright purple cabbage and radishes.

Layering and Height

Creating layers and height in a salad adds dimension and interest. When plating, consider stacking ingredients vertically or arranging them in a way that creates a "sculptural" effect. This approach is common in high-end restaurants and international fine dining.

Texture

Texture is another key element of a salad's appeal. A well-plated salad should offer a variety of textures, from crunchy vegetables to creamy dressings. Internationally, texture plays a key role, such as the crispy fried ingredients often found in Thai salads, or the tender greens used in French salads.

Shape and placement

The shape and placement of salad components are essential for a polished presentation. In international plating styles, the arrangement is often influenced by cultural preferences. For example, in France, ingredients are typically arranged symmetrically on the plate, while in Japan, ingredients may be carefully placed in small, individual sections.

Plate Choice

The choice of plate plays a significant role in the presentation. The size, shape, and color of the plate can either enhance or detract from the salad's overall look. White plates are classic choices for highlighting the colors of a salad, while black plates are often used to create a striking contrast.

✓ Steps to plate salad

Following these steps will help you plate a salad, ensuring that the final presentation is both visually appealing and balanced in flavor.

Prepare all components

Start by preparing all the ingredients—wash the greens, slice vegetables, and portion proteins and garnishes. Ensure that each ingredient is cut to the appropriate size for easy eating.

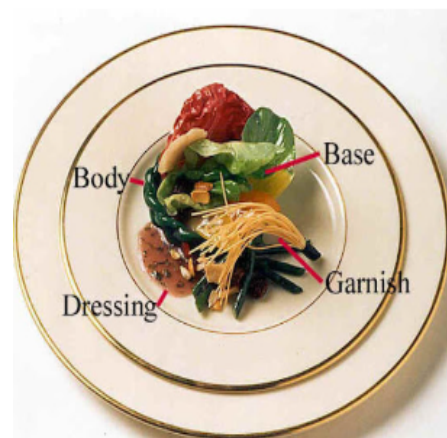


Create the base

Lay down the base of the salad, usually the greens, which form the foundation. This base should be arranged evenly to create a clean and neat surface.

Layer and arrange the ingredients

Layer and arrange the remaining components, starting with the heavier items (like proteins) and ending with delicate items like herbs or microgreens. Take care to create height or variation in shape.



Add garnishes and finishing touches

Garnish with complementary items like edible flowers, fresh herbs, or finely grated cheese. These garnishes should be placed sparingly to add elegance without overpowering the salad's flavor.

Drizzle the dressing – final touch

Finally, drizzle the dressing over the salad, or serve it on the side if preferred. This final touch should not overpower the salad but should complement the ingredients and elevate the overall flavor

✓ Types of plating styles for salads



Classic plating

- **Description:** This style involves neatly arranging the salad ingredients in a simple, clean, and symmetrical manner. The components are typically arranged in a way that allows each ingredient to be seen and appreciated individually.
- **Use:** Often used in fine dining or more formal settings, classic plating emphasizes balance and harmony in the dish.
- **Technique:** Ingredients may be layered or arranged in a circular fashion on a flat plate. Garnishes, such as fresh herbs or microgreens, are added as finishing touches.

Example: A composed salad with leafy greens arranged around the edge of the plate, followed by artfully placed toppings like sliced vegetables, nuts, and cheese.



Rustic or casual plating



Description: A more relaxed approach to plating, where the salad components are arranged in a more informal, sometimes even "messy" manner. This style highlights natural textures and colors of the ingredients.

- **Use:** Ideal for casual dining, family-style meals, or outdoor settings like picnics.
- **Technique:** Ingredients might be tossed together directly on the plate or in a large bowl, allowing for a less structured presentation. The focus is on the abundance and freshness of the ingredients rather than precision.

Example: A large bowl filled with a mix of greens, tomatoes, cucumbers, and other salad components tossed together without much emphasis on neatness.

Vertical or stacked plating



- **Description:** In this style, salad components are stacked or layered vertically, creating a more modern and artistic presentation. This plating often creates visual interest through height and texture.
- **Use:** Popular in upscale restaurants or for special events where presentation is key. It can

create a dramatic effect on the plate.

- **Technique:** Ingredients are carefully layered on top of each other using a ring mold or freehand stacking. This method works well for salads with distinct layers of components like grains, proteins, and vegetables.

Example: A vertical stack of roasted vegetables, grains, and protein topped with microgreens, often finished with a drizzle of dressing or sauce.

Individual components plating



- **Description:** This style focuses on presenting each component of the salad separately, often in small portions or distinct sections. It allows the diner to appreciate the individual flavors and textures of each ingredient.

- **Use:** Often used for tasting menus or when a chef wants to highlight the individual elements of a salad.

- **Technique:** Each component—such as greens, proteins, vegetables, and

dressings—is arranged in distinct areas on the plate, with some space left between them for an organized, minimalist effect.

Example: A plate where greens are placed on one side, followed by neatly arranged sections of roasted beets, avocado, cheese, and a protein like grilled chicken or salmon, with dressing served on the side.

Each plating style offers its own unique appeal, and the choice of style can set the tone for the meal, whether it is elegant, casual, or artistic.

- **General guidelines:**

- **Vegetables:** If the salad is mainly vegetables, aim for 2 cups of veggies per person for a side or 3 cups for a main.
- **Protein:** For a main dish salad, 4 to 6 oz of protein is ideal (chicken, tofu, fish, etc.).
- **Dressing:** Keep dressing light—about 1 to 2 tablespoons per serving. You can always offer extra on the side for people to add more if they wish.



Activity 2: Guided Practice



Task 16:

1. You are tasked to plate the following international salads prepared in advance.
 - a. Asian chopped salad,
 - b. Panzella salad,
 - c. Avocado copped salad.
2. Present your dishes to your trainer for feedback



Activity 3: Application



Task 17:

1. Read the scenario and act accordingly:

A luxury hotel is preparing to launch its new winter menu for its fine-dining restaurant. The executive chef has proposed some international salads on the menu, and has tasked the kitchen team, including a group of culinary interns, to prepare “Capresse salad, Classic Chicken Caesar Salad, and Mexican chopped Salad”. You are requested to plate those salads.

2. Present a report describing the following:
 - a. How the salad was plated to reflect a combination of cultures
 - b. How did you ensure the presentation remained visually appealing and fresh throughout the service
 - c. What were challenges faced with ingredients probable to wilting, browning, or losing texture, and solutions
 - d. What are the basic garnishes for each salad.



Formative Assessment

1. Choose the correct answer.
 - a. Which of the following is the best method for washing salad greens?
 - A. Soaking them in hot water for 5 minutes
 - B. Rinsing under cold running water and gently drying with a towel
 - C. Using soap and water to remove pesticides
 - D. Placing them in the refrigerator for an hour to chill before washing
 - b. Which type of lettuce is most commonly used in a Caesar salad?
 - A. Iceberg lettuce
 - B. Romaine lettuce
 - C. Butter head lettuce

- D. Spinach
 - c. When preparing ingredients for a salad, what is the best practice for cutting vegetables to ensure even textures?
 - A. Cut all vegetables into large chunks
 - B. Cut vegetables into bite-sized, uniform pieces
 - C. Use a food processor for all vegetables
 - D. Use only a serrated knife for all vegetables
 - d. Which of the following is a key characteristic of an authentic Italian Caprese salad?
 - A. Chicken, mozzarella, and avocado
 - B. Tomatoes, mozzarella, and basil
 - C. Beets, goat cheese, and walnuts
 - D. Arugula, Parmesan, and mushrooms
 - e. When plating a salad for an elegant presentation, what should you avoid?
 - A. Using contrasting colors for a visually appealing plate
 - B. Piling all ingredients in the center without balance
 - C. Using garnishes like edible flowers or herbs for decoration
 - D. Placing the dressing on the side in a small dish for dipping
 - f. When preparing an Asian-inspired salad, what ingredient is commonly used as a topping or garnish?
 - A. Crumbled tortilla chips
 - B. Toasted sesame seeds
 - C. Croutons
 - D. Shredded coconut
2. Write Short Answer to the following questions.
- a. What is the key difference between a traditional Mediterranean salad and a typical American-style salad?
 - b. What are the typical dressing ingredients for a Caesar salad?
 - c. Why is it important to use fresh herbs in international salads, and how does it affect the overall flavor profile?
3. Match the following international salads with their country of origin.

International salad	Country of Origin
a. Panzanella	1. India
b. .Mexican chopped salad	2. Mexico
c. Caprese salad	3. USA
d. Classic Chopped Salad	4. Indonesia
	5. Italy

4. Answer the following based on your knowledge or experiences.

- If you were to prepare a salad inspired by both Italian and Middle Eastern cuisines, what ingredients would you combine?
- Explain how you would adapt a traditional salad recipe to make it more suitable for a vegan diet.
- You are preparing a salad for a multicultural event. The guests are from different regions of the world. What are three tips you would consider to ensure the salad is both accessible and appealing to everyone?



Points to Remember

- Use fresh, seasonal ingredients: Always select the freshest seasonal produce available for optimal flavor and texture. Each region's salads tend to highlight the best of what's locally grown.
- Balance Flavors and Textures: Incorporate a mix of flavors (sweet, salty, sour, and bitter) and textures (crunchy, creamy, and tender) to create a harmonious salad. For example, a Greek salad has the saltiness of feta, the crunch of cucumbers, and the tang of olives.
- Use high-quality oils and vinegars: The quality of oils (like olive oil for Mediterranean salads) and vinegars (such as balsamic or apple cider) can make a huge difference in flavor.

- Chill ingredients when necessary: Some ingredients, especially leafy greens, taste best when they are crisp. Chill salad greens and even the serving bowls for an extra refreshing touch, especially for summer salads.
- Layer for visual appeal: Presentation is key! When plating, arrange ingredients thoughtfully to create a colorful, visually appealing salad.
- Consider protein additions: Many international salads are substantial meals due to the inclusion of proteins. In Mediterranean salads, you might include grilled chicken or tuna; in Latin salads, grilled shrimp or beans might be used.
- Choose appropriate garnishes: Garnishes can elevate the dish. For example, sprinkle crumbled cheese (like feta or parmesan) or toasted nuts/seeds (like almonds or sunflower seeds) on top for texture and flavor. Fresh herbs also add freshness and vibrancy.
- Serve immediately or keep ingredients separate: If you are preparing a salad ahead of time, it is best to keep the dressing separate until just before serving to avoid soggy greens. Serve immediately after dressing, or store components individually and combine later.



Self-Reflection

1. Re-take the self-assessment they did at the beginning of the unit. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Identify international salads ingredients					
Select tools and equipment for international salads					

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Select ingredients for international salads					
Prepare ingredients for international salads					
Describe preparation techniques for each international salads ingredients					
Comply with safety precaution at the workplace					
Attention to detail and precision in handling tools, equipment for cold kitchen					
Attention to details to ensure high quality					

2. Fill in the table below and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.
3.	3.	3.

UNIT 3: PREPARE COLD CUTS



Unit summary

This unit provides you with the knowledge, skills and attitudes required to perform cold kitchen preliminaries activities. It covers preparing ingredients for cold cut products, portioning cold cuts products, and presenting cold cuts products.

Self-Assessment: Unit 3

1. Referring to the illustrations below discuss the following:

**Types of
DELI MEATS**

ONLY FOODS

 Corned Beef Beef brisket cured in brine Calories: 60kcal Protein: 5gm	 Turkey Breast Lean white meat from turkey Calories: 30kcal Protein: 5gm	 Ham Cured & smoked pork leg Types: Jamón, Presunto, Prosciutto Calories: 50kcal* Protein: 6gm*	 Head Cheese Meat jelly/terrine made with parts of the head of a pig or calf Types: Salceson Calories: 44kcal Protein: 4gm	 Meatloaf Ground meat mixture, typically made with beef or pork. Types: Olive Loaf, Pimento Loaf Calories: Varies Protein: Varies
 Roast Beef Slow-roasted beef, thinly sliced Calories: 60kcal Protein: 7gm	 Pastrami Cured and seasoned beef, usually smoked Calories: 35kcal Protein: 7gm	 Sausage Seasoned & cured ground meat in casing Types: Bologna, Chorizo, Salami (Pepperoni) Calories: Varies Protein: Varies	 Mortadella Italian sausage or lunch meat with pistachios Calories: 70kcal Protein: 6gm	 Dutch Loaf Cooked & seasoned lean pork & beef mixture Calories: 70kcal Protein: 5gm
 Chicken Breast Lean white meat from chicken Calories: 35kcal Protein: 7gm	 Tongue Beef tongue, cooked & sliced Calories: 30kcal Protein: 5gm	 Chicken Loaf Ground chicken, seasoned & cooked Calories: 50kcal Protein: 5gm	 Roast Lamb Roasted lamb meat, thinly sliced Calories: 60kcal Protein: 7gm	 Pancetta Italian bacon, cured & seasoned pork belly Calories: 70kcal Protein: 5gm
 Bresaola Air-dried, salted beef Calories: 30kcal Protein: 5gm	 Pork Roll Processed pork product, usually available in slices Calories: 90kcal Protein: 6gm	 Cotechino Pork sausage, seasoned & cured Calories: 70kcal Protein: 6gm	 Roast Pork Roasted boneless pork meat, thinly sliced Calories: 30kcal Protein: 6gm	

*Calorie & Protein per ounce of meat

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- What does the illustration show?
- What is the difference between the different images on the illustration?
- What do you think this unit is about based on the illustration?

²² <https://www.onlyfoods.net/wp-content/uploads/2024/03/Deli-Lunch-Meats.jpg>

2. Fill in and complete the self-assessment table below to assess your level of knowledge, skills and attitudes under this unit.
 - a. There is no right or wrong way to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquisition during the learning process.
 - b. Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - c. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Identify cold cuts ingredients					
Identify cold cuts products					
Describe ingredients for cold cuts products					
Describe cold cuts dishes					
Apply cold cuts preparation steps					
Describe presentation procedures for cold cuts					



Key Competencies:

Knowledge	Skills	Attitudes
1. Identify cold cuts ingredients	1. Describe ingredients for cold cuts products	1. Attention to detail and precision in handling tools, equipment for cold cuts products
2. Identify cold cuts products	2. Describe cold cuts dishes	2. Attention to detail to ensure consistency and quality of ingredients for cold cuts products
3. Identify cold cuts ingredients	3. Apply cold cuts preparation steps	3. Comply with safety precautions at the workplace
4. Select presentation tools	4. Describe presentation procedures for cold cuts	4. Demonstrate team work while working with others
5. Describe presentation procedures for cold cuts products	5. Portion and serving cold cuts products in attractive and appealing manner	5. Passion for cold cuts
	6. Garnish cold cuts products	
	7. Plate cold cuts products	



Discovery activity:



Task 18:

- Referring to your experience in preparing ingredients for cold cuts products, read and answer the following questions:
 - What are some examples of white meat cold cuts and how do they differ in preparation?
 - How does the flavor and texture of red meat cold cuts like smoked beef differ from other types?

- c. What is the process used to create smoked salmon, and how does it differ from other cold cut products?
- d. What types of ingredients are typically used in the preparation of cold cut products?
- e. How does the choice of seasoning or spices impact the flavor of cold cut products?
- f. What is the difference between smoking and roasting in the preparation of cold cuts?
- g. Why is mincing an important step in the preparation of some cold cut products?
- h. How does the tenderizing process improve the texture of certain cold cuts?
- i. How do portioning standards for red meat cold cuts (such as beef ham or smoked beef) differ from those of white meat cold cuts?
- j. How does cooling affect the texture and safety of cold cuts?
- k. What factors influence the portion size of cold cuts in professional kitchens, such as customer preferences or dish types?
- l. What are the key considerations when selecting a plating style for cold cuts at a formal event versus a casual setting?
- m. How can garnishes enhance the visual appeal of cold cut platters while maintaining the focus on the meats?
- n. Are there specific guidelines for layering or stacking cold cuts to create an appealing visual balance?

Topic 3.1: Preparing ingredients for cold cut products



Activity 1: Problem Solving



Task 19:

1. Read the cases and answer the questions that follow:
 - a. You have a large order for a mixed platter of cold cuts, but the customer requests a balance of white meat and red meat options. How do you determine the best ratio of chicken ham, roast pork, smoked salmon, beef ham, and smoked beef to satisfy the request and ensure variety?
 - b. You are preparing a batch of cold cuts, but you find that the roast chicken you have selected has a higher fat content than usual. How do you adjust the preparation process to ensure the final product maintains a desirable texture and flavor?
 - c. You have limited access to fresh ingredients, and your supplier is out of stock on smoked beef. What alternative red meat cold cuts can you use while ensuring the flavor profile and texture remain consistent for your dish?
 - d. While preparing cold cuts, you find that your pork salami is too tough and chewy after slicing. What could be the cause of this problem, and how would you adjust the preparation techniques to achieve a more tender texture?
 - e. After smoking a batch of beef ham, you notice the color is uneven, with some areas appearing too dark and others too light. What factors in the smoking technique could cause this, and how would you correct it for future batches?
 - f. You are preparing smoked salmon, but it is not holding its shape well when sliced. What technique should you use to ensure the smoked salmon slices maintain a proper form and presentation?

Key facts 3.1: Preparing Ingredients for cold cut products

- **Introduction**

Cold cuts, also known as deli meats or lunch meats, are pre-cooked, cured, or smoked meats that are typically sliced thin and served cold. They are popular for making



sandwiches, wraps, salads, or as part of charcuterie boards.

Cold cuts come in various types, including beef, pork, poultry, and even specialty varieties like turkey, ham, salami, and roast beef. They offer convenience and versatility, as they can be eaten on their own or paired with different condiments, cheeses, and bread.

Cold cuts can be made from various preparation methods, including roasting, boiling, curing, and smoking. Some are seasoned with spices or marinades to enhance flavor, while others may be processed with preservatives to extend shelf life. The popularity of cold cuts is largely due to their convenience, quick preparation, and ability to be stored for longer periods in the refrigerator.

- **Types of cold cut products**

In this unit, we will study three main types of cold cuts as described below:

- ✓ White meat cold cuts: chicken ham, roast chicken
- ✓ Red meat cold cuts: pork salami, roast pork, beef ham, roast beef, smoked beef
- ✓ Fish cold cuts: smoked salmon

✓ **White meat cold cuts**

 **Chicken ham:** is a lower-fat alternative to traditional pork or beef ham. It is mild in flavor and commonly used in sandwiches, wraps, and salads.



Ingredients	Preparation procedures
Cure Mix for 5 kgs. (2.25 kg) of Chicken: ○ 3 Tbsp Bradley Cure ○ 1 Tsp (5 ml) onion granules ○ 1 Tsp garlic granules ○ 1 Tsp white pepper Note: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be	▪ Rinse and Dry: Wash poultry with cold water, drain, and pat dry with paper towels. ▪ Cure: Apply curing mixture to the meat, refrigerate at 34-40°F (2.2-4.4°C), and overhaul every 12 hours. Cure for 3 days (½-inch thick meat) or 6 days (1-inch-thick meat). ▪ Rinse and Dry: Rinse the meat, then layer it with paper towels in a clean container. Dry in a smoker at 140°F (60°C) until the surface is dry.

proportional to that weight. For example, if the weight of the meat is 2 ½ pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.	▪ Smoke: Smoke at 85°F (30°C) for 3-6 hours, then increase to 145°F (63°C) for 2-3 hours until reddish-brown. ▪ Cook: Raise smoker temperature to 185°F (88°C) and cook for 1-2 hours until fully cooked. ▪ Cool and Store: Cool at room temperature for 2 hours, refrigerate overnight uncovered, then wrap and freeze unused portions.
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Roast Chicken:

is a lean and healthy cold cut with a mild flavor. It is often used in salads and sandwiches. Due to its versatility and lower fat content, it is a popular choice among health-conscious consumers



Ingredients	Preparation procedures
○ Whole chicken ○ Olive oil, salt, pepper, garlic, and fresh herbs (rosemary, thyme)	▪ Selection of meat: Whole chicken for more meat or boneless cuts for convenience. ▪ Preparation: Clean, pat dry, trim fat, and season with salt, pepper, olive oil, herbs, and optional spices. ▪ Roasting: Bake at 375°F (190°C) until internal temperature reaches 165°F (75°C). While roasting whole Chicken: Place the chicken on a roasting rack in a shallow roasting pan or on a baking sheet.

	This allows air to circulate around the chicken, resulting in even cooking. And for boneless Cuts: If using chicken breasts or thighs, place them skin-side up on a baking sheet or in a roasting pan. ▪ Rest and Cool: Let rest for 15–20 minutes, then cool fully. ▪ Slice and Serve: Thinly slice for platters, salads, or wraps. Store leftovers for up to 3–4 days.
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✓ **Red meat cold cuts**

 **Pork Salami:** is a cured sausage made from ground pork, flavored with spices and herbs.



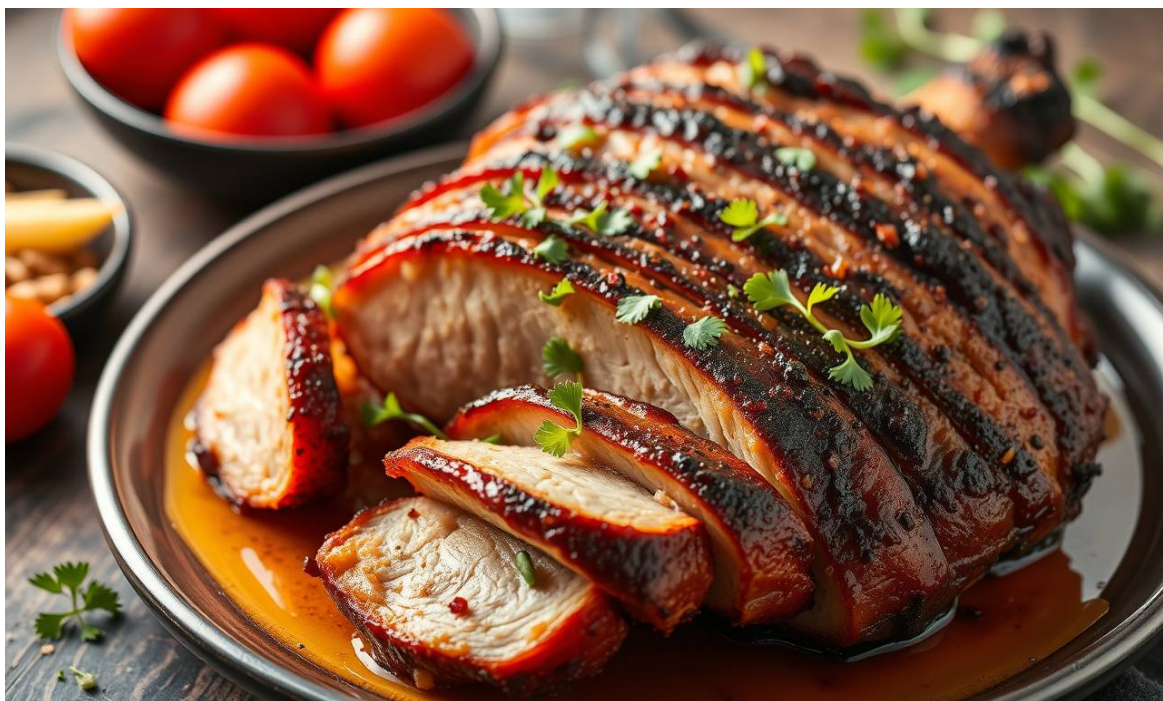
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Ingredients	Preparation procedures
○ Pork (lean): 2 pounds (900g) ○ Pork fat: 1 pound (450g) – this adds richness and flavor ○ Salt: 1 tablespoon (for curing) ○ Sugar: 1 teaspoon (for fermentation) ○ Black pepper: 1 teaspoon (coarse) ○ Garlic powder: 1 teaspoon ○ Coriander: 1 teaspoon (optional, for flavor)	▪ Grind pork and fat, mix with spices and curing agents ▪ Stuff mixture into pre-soaked hog casings and tie off ▪ Ferment sausages for 24–48 hours at 65–75°F with 75–85% humidity.

²³ <https://www.kingofreach.com/pork-salami-with-garlic-cooked-frozen-2-kg-individually-packed-100-pork-28051701.html>

○ Paprika: 1 tablespoon (optional, for color and mild heat) ○ Fennel seeds: 1/2 teaspoon (optional, for a slight anise flavor) ○ Instacure #1 (pink curing salt): 1/4 teaspoon (for curing and safety) ○ Wine (optional): 1/4 cup (dry red or white wine to enhance flavor and help the mix bind) ○ Encapsulated citric acid: 1/2 teaspoon (for fermentation, optional) ○ Hog casings: Soaked in water and rinsed (for stuffing the sausage mixture)	▪ Cure in a cool, dry place for 2–4 weeks. ▪ Slice thin and serve.
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 **Roast pork:** Slow-roasted pork is tender and juicy, often seasoned with herbs. It is a versatile cold cut, commonly used in sandwiches and wraps.



Ingredients	Preparation procedures
○ Pork shoulder, ○ loin or belly,	▪ Select cut: Choose pork shoulder, loin, or belly based on desired tenderness or crispiness. ▪ Trim fat: Remove excess fat but leave a layer for juiciness. Score the skin for crispiness.

○ Olive oil or another fat (e.g., vegetable oil, lard) ○ Salt and pepper ○ Aromatics (garlic, onions, herbs like rosemary, thyme, sage) ○ Optional: Dry rub (paprika, brown sugar, cumin, mustard powder, chili flakes, or other spices)	▪ Pat dry: Dry with paper towels for a crispy crust. ▪ Season: Use salt, pepper, and optional spices like paprika, garlic powder, or thyme. ▪ Add Aromatics: Surround pork with garlic, onions, and herbs like rosemary or sage. ▪ Oil and Marinate: Rub with oil and optionally marinate for deeper flavor. ▪ Roast at 300°F, basting occasionally. Start at high heat to crisp skin, then lower to finish cooking. This ensures flavorful, tender, and perfectly cooked roast pork. ▪ Rest, cool, and slice thinly for cold cuts.
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 **Beef Ham:** is a cured and smoked product made from beef, offering a firmer texture than traditional pork ham. It is often chosen for its unique flavor and its appeal to consumers seeking alternatives to pork-based products.





Ingredients	Preparation procedures
- Lean beef (round, brisket, or rump), - curing mix (salt, sugar, spices)	Procedure for preparing beef ham as a cold cut Choose Beef Cut: Use a lean cut like round, rump, or brisket. Prepare the Cure: <i>Dry Cure:</i> Mix salt, sugar, curing salt, and spices. Rub evenly on the meat. <i>Brine:</i> Dissolve the same ingredients in water and submerge the meat. Cure the Beef: Dry cure for 3-7 days, turning daily. Brine cure for 5-7 days, ensuring full submersion and occasional turning. Rinse: Rinse excess salt and spices from the beef to avoid over-salting. Cook: Roast at 300°F (150°C) until the internal temperature reaches 160°F (71°C). Rest and Chill: Cool at room temperature, then refrigerate overnight for easier slicing. Slice: Thinly slice chilled beef using a knife or slicer. Store: Store slices in an airtight container for 1-2 weeks in the refrigerator or freeze for longer. Optional Variations Seasoning Adjustments: Experiment with spices like smoked paprika or mustard. Glazing: Apply a sweet glaze (honey, brown sugar, mustard) before cooking for added flavor.

 **Roast beef:** known for its tender texture and deep, savory flavor. It is a popular cold cut for sandwiches and wraps.



Ingredients	Preparation procedures
○ Beef roast (typically a sirloin, top round, or eye of round) — about 3-5 kgs ○ Olive oil or vegetable oil ○ Salt ○ Freshly ground black pepper ○ Garlic powder, onion powder (optional) ○ Fresh herbs (e.g., rosemary, thyme) — optional ○ Other seasonings (e.g., paprika, mustard powder, cayenne) — optional	▪ Trim and Season: Clean the roast and apply seasoning generously. Olive oil, salt, and pepper form the base, can customize with herbs like thyme or rosemary. ▪ Roast Properly: Start at high heat (450°F) to brown, then lower to 325°F to finish cooking. Use a thermometer to check your desired doneness. ▪ Cool Before Slicing: Rest the roast to retain juices, then slice for easier slicing into thin, even pieces. ▪ Slice and Store: Slice as thinly as possible, ideally with a slicer. Store leftovers in airtight containers or tightly wrapped in plastic wrap for up to 3-4 days. You can also freeze for up to 1-2 months, though the texture may change upon freezing. Tips for Success: Internal Temperature: Keep a meat thermometer handy to avoid overcooking. Roast beef for cold cuts is typically cooked to medium-rare to medium.

	Resting: Do not skip the resting step; it's essential for preserving juices and ensuring a tender roast. Seasoning Variations: Feel free to experiment with different herbs and spices based on your taste preferences (e.g., mustard seeds, crushed black peppercorns, or even a coffee rub).	
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 **Smoked beef:** provides a deep smoky flavor, making it ideal for sandwiches and charcuterie.



Ingredients	Preparation procedures
○ Beef (brisket, round, or rump) – about 3-4 kgs Curing mixture: ○ 1/4 cup kosher salt ○ 2 tbsp brown sugar ○ 1 tbsp cracked black pepper ○ 1 tbsp paprika ○ 1 tbsp garlic powder	To prepare smoked beef for cold cuts: ▪ Curing: Coat the beef with a curing mix and refrigerate for 5-7 days, turning it every 1-2 days. ▪ Rinsing & Drying: After curing, rinse the beef, dry it, and let it air-dry in the fridge for several hours to form a tacky layer (pellicle).

○ 1 tsp onion powder ○ 1 tsp dried thyme or rosemary (optional) ○ 1 tsp ground mustard ○ 1 tsp ground coriander ○ 1/4 tsp pink curing salt (Prague Powder #1) – for safety and proper preservation ○ Wood chips for smoking (hickory, oak, or cherry wood) ○ Water – for soaking the wood chips	▪ Smoking: Smoke the beef at 200°F for 2-6 hours, depending on desired tenderness, until it reaches an internal temperature of 190°F. ▪ Resting & Cooling: Let the beef cool to room temperature, then refrigerate for 12 hours to firm up. ▪ Slicing: Slice the cooled beef thinly for cold cuts, and store in an airtight container in the fridge for 1-2 weeks or freeze for longer storage. Optional: Inject brine for added flavor and experiment with different woods for smoking.
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✓ **Fish cold cuts**



 **Smoked Salmon:** offers a rich, smoky flavor and is considered a luxurious cold cut. It is often served in bagels, salads, or as an appetizer. Smoking not only imparts flavor but also helps in preserving the fish, making it a popular choice in premium markets.



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Ingredients	Preparation
○ Salmon fillet, ○ Kosher salt ○ Sugar (brown sugar or white sugar) ○ herbs, spices (e.g., dill, crushed peppercorns, garlic) ○ Optional: alcohol (e.g., vodka or gin, for additional flavor)	▪ Choosing the Salmon: Select fresh, high-quality salmon (wild-caught or sustainably farmed) that is firm, moist, and has a clean smell. Fillet the fish, removing any bones if needed. ▪ Curing the Salmon: <i>Dry Curing</i> (Traditional method): Mix salt, sugar, and seasonings (e.g., dill, pepper), rub onto the salmon, and refrigerate for 12-48 hours, flipping and draining excess liquid every 6-8 hours. <i>Wet Curing</i> (Brining method): Dissolve salt (and sugar) in water, add herbs/spices, and submerge the salmon fillets in the brine for several hours to 24 hours, then pat dry. ▪ Drying the Salmon: Dry the cured salmon on a wire rack or in a cool, dry place (50-60°F) for 1-2 hours to form a tacky surface (pellicle), helping the smoke adhere. ▪ Smoking the Salmon:

²⁴ <https://honest-food.net/how-to-smoke-salmon-recipe/>

	<i>Cold Smoking:</i> Smoked at temperatures below 90°F (32°C), typically for 6-12 hours. <i>Hot Smoking:</i> Smoked at 180°F (82°C) for 1-3 hours. Monitor the internal temperature (140°F/60°C for hot smoking). ▪ Resting and Slicing: Let the smoked salmon rest before slicing thinly against the grain. Serve as-is or in dishes like bagels, salads, or on crackers. ▪ Storage: Store in an airtight container or vacuum-sealed bag in the fridge for up to a week, or freeze for longer storage. Use wood chips for smoking
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Activity 2: Guided Practice



Task 20:

1. Read the scenario below and perform the related tasks:

You are part of a school start-up company called FreshSlice, which specializes in producing high-quality, artisanal cold cuts. The company's goal is to provide premium, sustainably sourced cold cuts to the growing health-conscious market. Your task is to develop a new cold cut product line, oversee its production, and create a strategy to launch and market this product.

The cold cuts you are creating will be for both white and red meats as well as fish designed for consumers who are seeking healthier, preservative-free options. This product needs to stand out in the market for its quality, taste, and sustainable sourcing.

- a. Develop a step-by-step process for preparing your cold cut, using various techniques.
- b. Explain the rationale behind choosing each technique and how it impacts the quality of the final product
- c. Plan out how you will preserve your cold cut to ensure food safety and freshness. Will you use refrigeration, smoking, or another method?
- d. Prepare one cold cut for each category



Activity 3: Application



Task 21:

1. Read the scenario below and perform the related tasks:

You are working at ADONAI Hotel, which specializes in high-quality cold cuts. Your manager has tasked you with preparing a new batch of assorted cold cuts to be sold to customers the following day.

- a. Prepare salami
 - b. Prepare smoked salmon
 - c. Prepare roast beef.
- 2. Present your dishes to the supervisor and a short report on how you proceeded.**

Topic 3.2: Portioning cold cuts products



Activity 1: Problem Solving



Task 22:

1. Read the scenario below and perform the related tasks:

You are working at a catering company, and you have just received an order to provide cold cuts for a large event. The customer has requested various types of cold cuts, including turkey, ham, roast beef, and salami. You need to ensure the portions are appropriate for the number of guests and that the presentation is appealing. The event is expected to have 100 people, and each guest will receive a variety of cold cuts. Your job is to portion the cold cuts correctly, ensuring that there is enough for everyone, and that each type of cold cut is distributed evenly.

You have the following cold cuts available:

- i. Turkey (5 lbs.)
 - ii. Ham (6 lbs.)
 - iii. Roast beef (4 lbs.)
 - iv. Salami (3 lbs.)
- a. How many ounces of each cold cut should be portioned for each guest if the total amount of each cold cut is divided evenly? (Remember, 1 lb. = 16 ounces)
 - b. How many total ounces of cold cuts will you need to provide for 100 guests?
 - c. How does this compare with the total available ounces of each type of cold cut?
 - d. How would you arrange the cold cuts on a platter to make the presentation appealing while also ensuring each type is clearly visible and easily accessible for guests?
 - e. What are the key food safety practices to keep in mind while handling and portioning cold cuts?
 - f. How should the cold cuts be stored before serving to maintain freshness?

- g. Some guests have dietary restrictions (e.g., vegetarian, gluten-free), how could you adjust the portioning or provide alternative options without compromising the overall balance of the cold cut platter?

Key facts 3.2. Portioning cold cuts products

- **General considerations for cold cuts portioning standard**

When portioning cold cuts, it is important to adhere to standard portion sizes for consistency, cost control, and to meet customer expectations. Portioning standards can vary slightly depending on the country, type of establishment, and specific customer preferences, but the general guidelines below apply to most situations.

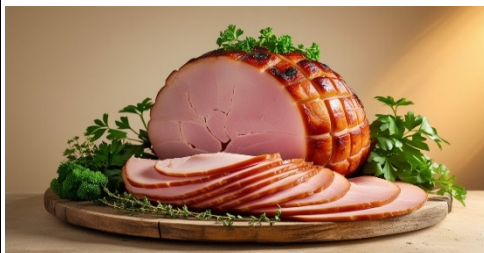
- ✓ **Consistency and Uniformity:**



Ensure uniform thickness and size for all portions to provide a consistent experience.

Maintain precise slice thickness for portion control and visual appeal.

- ✓ **Weight or Count-Based Portions:**



Portion cold cuts by weight (grams or ounces) or by slice count based on the service style (e.g., deli counter or buffet).

- ✓ **Packaging and presentation**

Use proper packaging (vacuum-sealed, wax paper) to maintain freshness.

Clearly label packages with weight and storage information.

- **Cutting Techniques for Cold Cuts**

Cold cuts, whether from white meat or red meat, require specific cutting techniques to achieve the desired texture, appearance, and ease of consumption. Below are cutting tips for various types of white and red meat cold cuts:

Portion sizes by type of cold cut	Cutting techniques
✓ Chicken ham  Standard Portion: 3–4 slices (approximately 60–80 grams / 2–3 oz)  Serving Method: Typically served in sandwiches, salads, or platters. Can be sliced thin for sandwiches or thicker for platters. Notes: Ensure slices are thin enough to retain tenderness but not too thin to tear easily.	○ Technique: Use a sharp, serrated knife for cleaner cuts, especially if the chicken ham is slightly drier. ○ Cutting Style: Slice thinly across the grain for a tender bite. If it's particularly firm, opt for slightly thicker slices for a better texture. ○ Angle: Slice at a slight angle (45°) for wider, more delicate pieces.
✓ Pork salami  Standard Portion: 4–5 slices (approximately 60–85 grams / 2–3 oz)  Serving Method: Served in sandwiches, on charcuterie boards, or in wraps. Notes: Salami is often served as a thinner slice for ease of consumption. Portioning by slice count works well, as salami is often layered in thin, circular slices.	○ Technique: Pork salami can have a firmer, cured texture. A very sharp chef's knife or a deli slicer is recommended to get uniform, clean slices. ○ Cutting Style: Slice thinly, cutting through the outer casing and into the fat layers. This ensures an even distribution of fat and lean meat. Angle: Slight angle for consistent slices.
✓ Roast pork  Standard Portion: 3–4 slices (approximately 70–90 grams / 2.5–3.5 oz)	○ Technique: A carving knife works best for roast pork. Ensure the pork is well-rested to minimize juiciness loss during slicing.

 Serving Method: Can be sliced thick or thin. Typically served on sandwiches, salads, or in hot meals. Notes: Roast pork has a tender texture, so slices should be thick enough to retain the juiciness but not overly thick that it becomes difficult to eat.	○ Cutting Style: Slice perpendicular to the grain for tenderness, keeping each slice uniform in thickness. ○ Angle: A straight, perpendicular cut across the grain provides the best texture.
✓ Smoked salmon  Standard Portion: 3–4 oz (85–115 grams) per person for a single serving.  Serving Method: Typically served on bagels, crackers, or as part of a platter. Often garnished with capers, onions, or lemon. Notes: Smoked salmon is often sold in pre-portioned packets, but when slicing it fresh, aim for a thin slice to maintain its delicate texture.	○ Technique: A very sharp knife, preferably a slicing knife or a flexible filleting knife, is essential for smoked salmon to prevent tearing the delicate fish. ○ Cutting Style: Slice at a shallow angle for long, thin, smooth cuts. If the salmon is already thinly sliced, simply adjust the shape of the slices as needed. ○ Angle: Typically, a 45° angle works well for the soft texture of smoked salmon.
✓ Roast chicken  Standard Portion: 2–3 slices (approximately 70–90 grams / 2.5–3.5 oz)  Serving Method: Roast chicken can be served thin or thick depending on the style	○ Technique: Use a sharp carving knife for clean, even cuts. If the roast chicken is moist, a serrated knife can help slice without pulling the meat apart. ○ Cutting Style: Slice thinly, across the grain, to achieve a smooth texture. ○ Angle: A slight angle (45°) will provide a more elegant presentation.

of service. Often used in sandwiches, wraps, or salads. Notes: Slices should be thin enough to ensure the chicken remains tender and moist but thick enough to show its texture.	
✓ Beef ham  Standard Portion: 3–4 slices (approximately 60–80 grams / 2–3 oz)  Serving Method: Typically sliced thin for sandwiches or served as part of a deli platter. Notes: Beef ham can be slightly denser than other deli meats, so thinner slices are preferred to ensure ease of eating.	○ Technique: A sharp slicing knife or deli slicer is ideal for cutting through the firm texture of beef ham. ○ Cutting Style: Slice thinly, working against the grain to create a tender texture. ○ Angle: Thin, angled slices (around 30-45°) create a more pleasant texture for this type of cold cut.
✓ Roast beef  Standard Portion: 3–4 slices (approximately 70–90 grams / 2.5–3.5 oz)  Serving Method: Often served as thin slices in sandwiches, salads, or as part of a cold platter. Notes: Roast beef should be sliced as thinly as possible to showcase its tenderness and to make it easy to layer in sandwiches or wraps.	○ Technique: For roast beef, use a long, sharp carving knife or a slicer. Let the roast rest after cooking to lock in juices. ○ Cutting Style: Slice against the grain to maximize tenderness. This is key to preventing the roast beef from being too tough. ○ Angle: Cutting at a slight angle (around 30°) will help create larger, more elegant slices.

✓ Smoked beef  Standard Portion: 3–4 slices (approximately 70–90 grams / 2.5–3.5 oz)  Serving Method: Smoked beef is typically served as part of a cold cut platter, in sandwiches, or on charcuterie boards. Notes: Smoked beef can have a firmer texture compared to regular roast beef, so it should be sliced thinly to balance its density.	○ Technique: Smoked beef can be a bit drier and firmer, requiring a sharp knife to cut through the tougher texture. A serrated knife may help for precision. ○ Cutting Style: Slice thinly across the grain for a tender, melt-in-your-mouth texture. ○ Angle: Angle your knife at around 45° for the best presentation and texture.
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Activity 2: Guided Practice



Task 23:

Read careful and answer to the following questions

All culinary classes at your school, have been assigned by the department to prepare a variety of cold cuts for an upcoming school catering event. The event will serve both students and staff, so it is crucial that the cold cuts are portioned accurately and sliced according to specific standards to ensure consistency, quality, and customer satisfaction. Both white and red meat cold cuts will be prepared, including chicken ham, pork salami, roast pork, smoked salmon, roast chicken, beef ham, roast beef, and smoked beef. Your role includes portioning, cutting, and ensuring that all cuts are uniform and adhere to food safety standards.

- a. Portion the above cold cuts

- b. Document your work on a portioning sheet that specifies the portion size, type of customer (e.g., low-fat diet, family buffet, gourmet deli), and justify your portion sizes.



Activity 3: Application



Task 24:

Read the scenario and perform the related tasks:

You are working as a Cold Cuts Specialist at a prestigious catering company, *Elite Catering Services*, which specializes in high-end corporate events and private parties. The company has received an order for an upcoming corporate gala where an assortment of cold cuts will be served as part of a buffet-style platter. The event will have around 200 guests, and the client has requested a variety of cold cuts, including both white and red meats.

Your task is to ensure the cold cuts are prepared, portioned, and presented to meet both the **client's expectations** and **dietary requirements**. You will also oversee the portioning of the meats, ensuring that each serving is appropriately sized and sliced to cater to the variety of guests, some of whom may have specific dietary needs (e.g., low-fat, high-protein, gluten-free).

- a. You are tasked with portioning and slicing the cold cuts to the correct sizes for the event, considering the different types of cold cuts and their respective customer preferences.

Instructions:

White Meat Cold Cuts:

Chicken Ham: Slice to 2–3mm for sandwiches and platters. Portion into 40-60g per serving.

Roast Chicken: Slice to 3mm thickness, portion into 50-70g per serving.

Red Meat Cold Cuts:

Roast Beef: Slice into 3-4mm thick slices, portion into 70-100g per serving.

Smoked Beef: Slice to 3mm thick for charcuterie, portion into 60-80g per serving.

Topic 3.3: Presenting cold cuts products



Activity 1: Problem Solving



Task 25:

Read the scenario below and perform the related tasks:

Once the cold cuts are portioned, the next step is to arrange them on the serving platters in an appealing way. This is a crucial aspect, as the presentation of the cold cuts plays a significant role in customer satisfaction.

- a. How can you ensure that the cold cuts maintain their visual appeal throughout the event, especially considering the different textures and colors of white and red meats?
- b. What are some challenges you might face when arranging different cold cuts (e.g., white meats vs. red meats) on a platter to create a balanced visual contrast?
- c. How do you decide the ideal quantity and placement of garnishes, such as grapes, olives, and herbs, to complement the cold cuts without overwhelming the platter's aesthetic?
- d. What techniques can you use to ensure that the cold cuts stay fresh and visually appealing for the duration of the event, especially under different environmental conditions (e.g., temperature, lighting)?
- e. How would you address the challenge of making the platter look visually appealing while also catering to dietary restrictions (e.g., gluten-free or low-fat preferences)?
- f. What would you do if certain cold cuts (e.g., smoked salmon, roast beef) have a similar color or texture? How can you differentiate them on the platter to enhance their visual appeal?
- g. How do you balance the need for a minimalist design with creating a visually striking platter that captures the attention of guests?
- h. What are some strategies to avoid color clashes or visual imbalance when grouping different types of cold cuts and garnishes together on the platter?
- i. How do you ensure that the garnishes (grapes, olives, herbs) are both visually effective and appropriate for the flavor profiles of the cold cuts?

- j. If the platter needs to cater to a large number of guests, how do you maintain an elegant look while ensuring sufficient portions are available for all guests?

Key facts 3.3: Presenting cold cuts products

- **Introduction**



Proper presentation of cold cuts can elevate their appeal, ensure freshness, and highlight the quality of the product. Whether you are preparing a platter for an event, showcasing items in a deli counter, or packaging products for retail, presentation plays a critical role in customer satisfaction and sales.

- **Cold cuts presentation design**

✓ Visual Appeal:	+ Color Contrast: Arrange different types of cold cuts with varying colors (e.g., red salami, pink ham, white turkey) for a visually appealing display. + Texture Variation: Combine smooth slices with marbled or rustic cuts for diversity in appearance.
✓ Arrangement Styles:	+ Layering: Overlap slices slightly to create a seamless flow. + Folding and Rolling: Fold or roll slices (e.g., prosciutto or turkey) for added volume and elegance. + Shaped Arrangements: Use circular, fan, or spiral layouts for trays or counters to guide customer focus.
✓ Garnishes:	+ Include garnishes like fresh herbs (parsley, rosemary), pickles, olives, or small wedges of cheese to enhance the look and add complementary flavors. + Use edible flowers or microgreens for high-end displays.
✓ Serving Platters	+ Choose platters or trays that match the occasion: ○ Glass or Porcelain for formal settings. ○ Wooden Boards for rustic or casual themes. ○ Metal or Plastic Trays for everyday retail displays. + Line platters with parchment paper or doilies for a clean and polished look.

- **Showcasing in Retail or Deli Counters**



✓ Temperature maintenance	✚ Keep cold cuts at safe serving temperatures (below 40°F / 4°C) using refrigerated displays. ✚ Use clear, well-lit cases to highlight the freshness and texture of the meats.
✓ Portion Display:	✚ Present a variety of portion sizes (e.g., 100g, 250g, or pre-packaged sets) to cater to different customer needs. ✚ Offer pre-arranged combinations for convenience, such as charcuterie sets with meats, cheeses, and crackers.
✓ Labeling:	Include clear labels with: ✚ Product name and type (e.g., smoked turkey, Italian salami). ✚ Ingredients or flavor profiles. ✚ Weight and price. ✚ Nutritional and storage information (especially for health-conscious customers).
✓ Interactive Display:	✚ Arrange samples for tasting to encourage purchases.

	✚ Provide pairing suggestions (e.g., “Pairs well with brie cheese and red wine”).
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- **Presentation for events or catering**



✓ Platter Themes:	✚ Classic Platter: Ham, chicken, and roast beef slices with garnishes. ✚ Charcuterie Board: Add cured meats like salami and prosciutto, along with cheeses, nuts, and fruit. ✚ International Selection: Showcase meats from different cuisines (e.g., Spanish chorizo, Italian mortadella).
✓ Portion Control:	✚ Arrange servings to make it easy for guests to pick up a portion without disrupting the display (e.g., fan slices into stacks).
✓ Accompaniments:	✚ Serve with condiments like mustard, horseradish, or aioli. ✚ Add crackers, breadsticks, or artisan bread as complements.
✓ Hygiene and Accessibility:	✚ Provide utensils, tongs, or gloves for handling to maintain cleanliness. ✚ Use individual packaging for portions if needed for hygiene purposes.

- **Cold cuts presentation tips**



By incorporating thoughtful design, plating styles, and garnishing, cold cuts can be transformed into an attractive centerpiece, enhancing their appeal for any occasion.

- ✓ **Variety:** Offer a mix of meats like chicken, beef, pork, or turkey for diverse flavors. Alternate colors to enhance visual appeal, e.g., pairing pale chicken ham with darker smoked meats or cured salami.

- ✓ **Shape:** Cut slices into various shapes, such as:



Rounds for classic appeal.



Wedges for unique layouts.



Ribbons for an elegant and playful presentation.

- **Cold cuts plating style**

- ✓ **Simple and Elegant:** Use a white platter for a clean, modern look or a wooden board for a rustic and artisanal vibe.
- ✓ **Layering:** Arrange slices in overlapping layers to create fullness and make the display visually appealing.
- ✓ **Stacking:** Form small mounds or towers with slices to add height and dimension, making the platter dynamic and engaging.

- **Cold Cuts Garnishing**

- ✓ **Herbs:** Use fresh parsley, basil, or thyme to add color and a touch of freshness to the display.
- ✓ **Fruit:** Include fresh fruits like grapes, apple slices, or figs to provide sweetness and balance the salty flavors of the meats.

- ✓ **Pickles:** Add pickled vegetables like olives, gherkins, or pickled onions for a tangy contrast that complements the cold cuts.



Activity 2: Guided Practice



Task 26:

1. Read the scenario and perform the tasks below:

You have been tasked with designing a cold cuts platter for a wedding reception. The theme is elegant and minimalist.

Instructions: arrangement the cold cuts to complement this aesthetic while making sure the platter remains functional and easy to serve?

- How would you organize the selection of meats to ensure a visually appealing presentation that encourages guests to try a variety of flavors?
- What plating style would you choose to highlight the premium quality of the meats, and how would you balance it with fresh accompaniments like cheeses, fruits, and bread?
- What creative garnishing techniques would you use to enhance the visual appeal of the platter and make it look extra special for the season?

Key facts 3.3.b: Creating color contrasts and visual appeal in cold cuts platters

- Importance of visual appeal in cold cuts platters

- ✓ First impressions matter: The visual presentation of cold cuts plays a significant role in customer perception and satisfaction. A well-arranged platter entices guests, setting the tone for a delightful dining experience.
- ✓ Role of aesthetics in catering: When serving cold cuts at events, creating a balanced and visually appealing platter can elevate the quality of the experience, especially at high-end events like weddings, corporate gatherings, or private parties.
- **Understanding color contrasts in cold cuts**
 - ✓ Color and texture: Cold cuts come in a variety of colors and textures, from pale chicken ham to deep, rich smoked beef. By understanding the inherent colors of different cold cuts, you can design platters that visually stand out.
 - ✓ Color grouping: Grouping similar-colored meats together can enhance the visual appeal of the platter. For instance:
 - ✚ White meats: Light-colored cold cuts like chicken ham, roast chicken, and smoked turkey have a delicate appearance, so they look best when arranged together.
 - ✚ Red meats: Rich, darker cold cuts such as roast beef, beef ham, and smoked beef can be grouped on the opposite side to create a striking contrast.
 - ✚ Balance: Ensure that lighter meats do not get “lost” in a sea of darker cuts by adding vibrant garnishes.
- **Structuring the platters for maximum visual appeal**
 - ✓ Symmetry and balance: Arrange cold cuts in an organized, symmetrical pattern. This could mean alternating types of cold cuts in neat rows, creating an aesthetically pleasing, balanced visual effect.
 - ✚ Circular design: Cold cuts can be arranged in a circular or spiral pattern, which is especially appealing for large platters.
 - ✚ Layering: Create a layered effect with meats of different colors stacked or fanned out.



- ✓ **Fanning and Folding:** Use fanning techniques to give meats such as roast beef and smoked salmon a decorative look. Folded cold cuts like pork salami can add dimension to the platter.

- **Using Garnishes to Enhance the Presentation**

- ✓ **Herbs:** Fresh herbs like parsley, rosemary, and basil can add texture and a pop of green to the platter. These not only enhance color but also subtly complement the flavors of the cold cuts.



Pro Tip: Use fresh, aromatic herbs that match the flavors of the cold cuts (e.g., rosemary for roast pork, dill for smoked salmon).

- ✓ **Fruits:** Adding fruits like grapes, berries, or apple slices can offer a beautiful contrast in both color and texture. Red grapes work particularly well with both white and red meats, offering a burst of color.



Seasonal Fruits: Consider incorporating seasonal fruits (e.g., pomegranate seeds in winter or melon slices in summer) to keep the platter dynamic.

- ✓ **Olives and pickles:** Olives, whether black or green, add a contrasting color and a burst of flavor. They also introduce a tangy contrast to the richness of the meats.



Tip: Opt for small, whole olives or olive tapenade as a garnish for a modern twist.

- ✓ **Nuts and Seeds:** Adding almonds or walnuts can give a platter extra texture, and their neutral color complements both dark and light meats.

- ✓ **Cheese:** Small wedges of cheese (e.g., brie, cheddar) or cheese cubes can add a soft, creamy texture and extra color contrast, especially when paired with smoked ham or salami.

Layering and Placement for an Elegant Look

- **Creating Contrast through Height and Layers:**



Use elevated platters or tiers to create dimension. For instance, place more delicate cold cuts (like smoked salmon) on the top tier, with heavier meats like roast beef on the lower tier.

²⁵ <https://charcuterieassociation.com/how-to-fold-meat-for-charcuterie-board/>

 Layering also works well with sliced meats; place them at varying angles or slightly overlap them to create movement and texture.

- Heightening the Visual Appeal:

 Arrange herbs and fruit garnishes in small clusters or scattered throughout the platter to ensure a balanced, appealing appearance.

 Consider creating a 'mountain effect' by stacking smaller amounts of meats in higher positions on the platter, surrounded by complementary garnishes.

- **Additional tips for presenting cold cuts**

- ✓ Use of Colorful Serving Dishes: Choose platters or boards that complement the color palette of the cold cuts (e.g., dark wooden boards for a rustic look, white porcelain for a clean, minimalist style).

- ✓ Creative Platter Design: Consider using shapes like hearts or flowers for platters in themed events, especially weddings or special occasions.

- ✓ Portion Control: Make sure the portion sizes of each cold cut type are clear to guests, especially when serving a large group. Smaller plates with pre-portioned servings may be more manageable and provide better aesthetic appeal than overloading a single platter.

- **Practical considerations for grouping and garnishing**

- ✓ Avoid overcrowding: Ensure that the platter isn't overcrowded with too many types of cold cuts or garnishes. The visual appeal is lost if the platter is too cluttered or messy.

- ✓ Consider dietary restrictions: If you have guests with dietary restrictions (e.g., vegetarian, gluten-free), group appropriate cold cuts (such as smoked salmon, roast chicken, or turkey breast) in a separate area on the platter, and label them accordingly.

- ✓ Refreshing cold cuts: As cold cuts can dry out over time, refresh the platter by rotating out items that have been exposed to air for too long. Place fresh cold cuts on the side for visual variety.



Activity 3: Application



Task 27:

1. Read and perform the tasks in the scenario below:

As a chef in a hotel restaurant, you are tasked with introducing a new signature dish to the menu. The dish will be showcased to the kitchen staff during a training session to ensure consistency in preparation and presentation. The goal is to demonstrate the recipe's step-by-step process, highlight key techniques, and address how the dish aligns with the hotel's culinary standards.

This demonstration will take place in the hotel's kitchen and must prepare staff for executing the dish during high-volume service.

- ✓ Conduct a demonstration of the dish for a simulated audience, include:
 - i. Introduction of the dish and its key features.
 - ii. Step-by-step preparation, highlighting techniques and tips.
 - iii. Explanation of timing, adjustments, and troubleshooting common issues.
 - iv. Final plating and presentation.
- ✓ Engage the audience by answering questions and encouraging interaction during the demonstration.
- ✓ After the demonstration, gather feedback on the dish's taste, presentation, and preparation process.
- ✓ Make any necessary adjustments to the recipe, presentation, or demonstration plan based on the feedback.
- ✓ Provide the updated recipe, costing sheet, and a photo of the plated dish as part of your final submission.



Formative Assessment

1. Read the task below and carry the activities related to below:

Scenario: Office Lunch Buffet for 10 pax with Cold Cuts: Turkey breast, ham, salami, roast beef, and smoked salmon. To be served with a variety of breads such as baguettes, whole-grain rolls, and croissants. You could also include crackers or flatbreads for variety.

Instructions

- Assorted breads, fresh vegetables, fruits and other garnishes
- A mix of hard and soft cheeses like cheddar, Swiss, provolone, and brie.
- Optional: Chicken or veggie-based deli slices for dietary preferences.

Task 1: Select ingredients

Task 2: Prepare cold cuts and arrange a variety of cold cuts on large platters.

Task 3: Portion cold cuts, ensuring everyone gets a balanced number/amount of cold cuts without waste.

Task 4: Present the dishes in a visually appealing and organized display.



Points to Remember

- Quality of meat: Choose high-quality deli meats, whether pre-sliced or whole. Fresh, premium options like turkey, ham, roast beef, or chicken are ideal for flavor and texture.
- Storage: Keep cold cuts refrigerated at all times, ideally in their original packaging or an airtight container. This helps preserve freshness and prevent contamination.
- Avoid cross-contamination: Use separate utensils and cutting boards for cold cuts and other foods to avoid cross-contamination. Always wash your hands before handling.
- Serving suggestions: Pair with fresh bread, cheeses, and vegetables like lettuce, tomatoes, and pickles. You can also offer condiments like mustard, mayo, or vinaigrette for added flavor.
- Slices and presentation: Ensure that the slices are uniform in thickness for an even texture. For a nice presentation, arrange the cold cuts in overlapping layers or on a platter with garnishes.
- Health Considerations: While convenient, cold cuts can be high in sodium and preservatives, so try to balance them with fresh ingredients like fruits, veggies, and whole-grain bread for a healthier option.
- By grouping cold cuts according to their color and type, and using fresh garnishes to add contrast, you can create an elegant and visually stunning platter. The visual appeal not only enhances the dining experience but also increases the overall perception of quality and attention to detail.
- Always keep the platter simple yet elegant, considering both aesthetic appeal and guest experience. The right balance of colors, textures, and garnishes will leave a lasting impression on any event or gathering.

Self-Reflection

1. Re-take the self-assessment they did at the beginning of the unit. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Identify cold cuts ingredients					
Identify cold cuts products					
Describe ingredients for cold cuts products					
Describe cold cuts dishes					
Apply cold cuts preparation steps					
Describe presentation procedures for cold cuts					

2. Fill in the table below and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.
3.	3.	3.

UNIT 4: PREPARE FRUIT BASED PRODUCTS



Unit summary

This unit provides you with the knowledge, skills and attitudes required to perform cold kitchen preliminaries activities. It covers preparing ingredients for fruits-based products and preparing fruit-based products.

Self-Assessment: Unit 4

1. Referring to the unit illustrations above discuss the following:
 - a. What do the illustrations show?
 - b. What is the difference between the different images in the illustrations?
 - c. What do you think this unit is about based on the illustrations?
2. Fill in and complete the self-assessment table below to assess your level of knowledge, skills and attitudes under this unit.
 - a. There is no right or wrong way to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquisition during the learning process.
 - b. Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - c. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Describe ingredients for fruits-based products					
Identify types of fruits-based products					
Apply fruits washing procedures					
Identify various types of tools and equipment used in preparing fruits-based products					
Attention to detail and precision in handling tools,					

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
equipment for cold kitchen					
Prepare ingredients for advanced fruits-based products					
Prepare advanced fruits products					
Select fruits products tools, materials, and equipment					
Attention to details to ensure consistency and high quality					
Comply with safety precaution at the workplace					



Key Competencies:

Knowledge	Skills	Attitudes
1. Describe ingredients for fruits-based products	1. Apply fruits washing procedures	1. Comply with safety precaution at the workplace
2. Identify types of fruits-based products	2. Select tools, materials, and equipment used in fruits ingredients preparation	2. Attention to detail and precision in handling tools, equipment for cold kitchen
3. Identify various types of tools and equipment used in preparing fruits-based products	3. Prepare ingredients for fruits-based products	3. Attention to details to ensure consistency and high quality



Discovery activity:



Task 28:

1. Read and answer the questions below:

- a. Describe a situation in which you had to choose between using soft fruits (e.g., berries) and hard fruits (e.g., apples) for a specific fruit product. What factors did you consider in your decision-making process, and how did the final choice affect the outcome of the dish?
- b. When selecting tropical fruits for a fruit salad, how do you ensure that the fruits will complement each other in terms of taste, texture, and appearance? Can you share an experience where you successfully created a balanced fruit salad using a mix of tropical and exotic fruits?
- c. Share a time when you had to choose between different varieties of citrus fruits for a product like a fruit sorbet. What factors did you consider when evaluating their freshness, flavor, and acidity?
- d. When preparing fruit-based products, how do you assess the maturity and firmness of fruits to ensure the product's texture is ideal? Can you describe a situation where you had to adjust the preparation process based on the ripeness of the fruit?
- e. When preparing soft fruits (like berries or peaches), what specific techniques do you use to prevent them from becoming mushy or losing their texture during the preparation process? Can you share an example where your preparation method helped preserve the fruit's integrity?
- f. How do you approach preparing tropical fruits, such as pineapples or mangos, differently than melons (e.g., watermelon)? Can you give an example of a scenario where your preparation method significantly impacted the final product?
- g. You are asked to prepare a variety of fruit-based products, including fruit puree for smoothies and fruit chutney. How would you approach each product differently in terms of blending, cooking, or flavor balancing? Can you walk me through your decision-making process for each?

- h. Describe a time when you had to choose between freezing or drying fruits to preserve them for a product. What factors did you consider in your decision (e.g., texture, flavor, intended use), and how did the chosen method impact the product?
- i. When preparing fruit jams or sauces, how do you ensure that the fruit's natural sweetness is balanced with the other ingredients (e.g., sugar, pectin)? Can you provide an example of a product you've made where you needed to fine-tune these ingredients to achieve the desired flavor profile?

Topic 4.1: Preparing ingredients for fruit-based products



Activity 1: Problem Solving



Task 29:

1. Read and answer the questions below:

- a. You are preparing a fruit compote, and while inspecting the fruits, you find some with bruises, skin defects, and uneven ripeness. What specific actions would you take to minimize waste and still create a high-quality product from the available fruits?
- b. You are tasked with preparing fruit parfaits, but the fruit batch you've received has uneven size and shape. What strategies would you use to ensure the fruit pieces in each parfait are uniform and aesthetically appealing?
- c. You are cleaning a batch of tropical fruits like pineapples and mangos, but they have thick skins with a waxy coating. What cleaning method would you use to remove any residues while preserving the integrity of the fruit's flesh and avoiding damage to the skin?
- d. You are preparing a fruit parfait and need to cut a variety of fruits (citrus, melons, and berries) into uniform pieces. Some of the fruits have challenging textures (e.g., thick skin on the citrus or soft flesh in the berries). How would you adjust your cutting techniques to achieve uniformity and make the fruit easy to assemble for the parfait?
- e. You are asked to prepare a fruit farandole (a dessert featuring various fruit types) for a large event. Some of the fruits you have, such as stone fruits, require careful handling to avoid bruising, while others, like tropical fruits, have tricky textures. What cutting

strategies would you use to ensure all fruits are prepared correctly for a beautiful and balanced farandole presentation?

- f. You have been asked to create fruit salsas with a variety of fruits (e.g., pineapples, mangoes, and apples). Some fruits are firmer than others, and you need consistent, small dice for the salsa. What is your approach to cutting the different fruits while maintaining consistency in size and ensuring a pleasant texture in the salsa?

Key fact 4.1: Preparing ingredients for advanced fruits products

- **Selecting fruits for fruit-based products**

Selecting fruits for fruit-based products requires careful consideration of several factors to ensure quality, flavor, and suitability for the intended product. Here's a guide to help you make the best choices:

✓ **Understand the intended product requirements**



+ **Type of product:** fresh juice, jam, dried fruit, canned goods, etc.

+ **Texture needs:** some products require firm fruits (e.g., for slicing), while others work best

with soft, overripe fruits (e.g., jams).

+ **Flavor profile:** sweet, tart, or balanced. Choose fruits that match your desired taste.

+ **Color:** bright, vibrant fruits enhance visual appeal.

✓ **Fruit selection criteria**

+ **Freshness:** select fruits at their peak ripeness for the best flavor and nutrient profile.

+ **Quality:** look for fruits that are free from blemishes, bruises, or rot.

 **Variety:** certain varieties are better suited for specific products (e.g., apples for pies, oranges for juice).

 **Seasonality:** seasonal fruits are often fresher, tastier, and more cost-effective.

 **Organic vs. conventional:** consider if your product requires organic certification.

✓ **Types of fruits**

Type of fruit	Examples	Quality signs
Soft fruits	Berries, peaches, apricots, plums	Slightly firm but yield to gentle pressure; vibrant color; avoid mold, mushy spots, or off smell.
Hard fruits	Apples, pears, quinces	Firm texture; smooth, unblemished skin; no bruising or discoloration; fresh, crisp aroma.
Stone fruits	Cherries, peaches, nectarines	Firm but not too hard; slight give when pressed; no wrinkling or shriveled skin; stone should not rattle.
Tropical fruits	Mangoes, papayas, pineapples	Slightly soft with a fragrant aroma; free from large black spots or bruises; pineapples should smell sweet at the base.
Exotic fruits	Dragon fruit, lychee, star fruit	Bright, vibrant color; no soft spots or blemishes; lychees should have a firm shell; star fruit should have glossy skin.
Melons	Watermelon, cantaloupe, honeydew	Sweet, fragrant aroma at the stem end; firm texture; watermelons should have a hollow sound when tapped and a creamy yellow field spot.
Citrus fruits	Oranges, lemons, limes, grapefruits	Firm and heavy for their size; smooth skin; no wrinkling or blemishes; bright, vibrant color.

- **Fruits washing**

- ✓ **Fruits washing products**

- ✚ Vinegar-based fruit wash: Mix 1 part vinegar to 3 parts water. Soak fruits like apples, grapes, and berries to remove waxes and pesticides. Rinse thoroughly.

- ✚ Baking Soda- based fruit wash: Mix 1 teaspoon of baking soda in 1 cup of water. Soak fruits for 5 minutes and rinse well.

- ✚ Lemon Juice- based fruit wash: Add lemon juice to water (1/4 cup per liter). Soak fruits like apples and peaches for a natural disinfectant effect.

- ✓ **Fruits preparation procedures**



Preparation Step	Purpose	Details/Methods	Examples of fruits
Washing and Cleaning	Remove dirt, pesticides, and microorganisms	Rinse under running water; use a colander for delicate fruits; optional vinegar solution for tough skins.	Clean berries, apples, and citrus fruits.
Peeling	Remove tough or inedible skins.	Use a knife, vegetable peeler, or zester. Save citrus peels for zest or flavoring.	Peel mangoes, pineapples, citrus fruits.

Deseeding and Pitting	Remove seeds or stones for better texture.	Use a pitting tool for stone fruits; a spoon for melons; or a knife for smaller seeds.	Pit cherries, plums, and deseed melons.
Segmenting	Create clean, uniform sections of fruit.	Peel fruit, remove membranes or rind, and separate segments with a sharp knife. Work over a bowl to catch juice.	Segment oranges, grapefruits, or pomelos.
Chopping and Slicing	Prepare fruits for cooking, blending, or garnishing.	Ensure uniform sizes for even cooking or blending. Use sharp knives to avoid bruising soft fruits.	Dice apples for pies, slice bananas for smoothies, chop mangoes for salsas.
Juicing	Extract liquid for beverages or recipes.	Use a manual or electric juicer; strain for clarity if needed.	Juice oranges, lemons, and grapefruits.
Pureeing	Create smooth textures for sauces or desserts.	Blend fruits in a processor or blender; add liquid for consistency if needed.	Puree mangoes, strawberries, or peaches.
Cooking	Enhance flavor and reduce water content.	Simmer fruits to soften and release natural pectin.	Cook apples for pie filling, berries for jams.
Drying	Extend shelf life and concentrate flavor.	Use a dehydrator or oven at low temperature.	Dry mango slices, apricots, or grapes.
Blanching	Preserve color and texture for freezing.	Boil briefly, then cool in ice water.	Blanch peaches to loosen skins for peeling.
Freezing	Preserve fruits for later use.	Flash freeze fruits on a tray to prevent clumping.	Freeze berries, banana slices, or diced apples.

Flavor Enhancement	Improve taste and prevent browning.	Add sweeteners, citrus juice for acidity, or spices for depth.	Sweeten purees, add lemon juice to apples, use cinnamon for flavor.
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Note that:

- ✓ Segmenting is particularly useful for fruits like oranges, grapefruits, and pomelos, which have thick rinds and membranes that need to be removed.
- ✓ Chopping/slicing is key for creating bite-sized pieces or preparing fruits for blending or cooking.
- ✓ Juicing/pureeing is essential for beverages, sauces, and recipes that require a smooth consistency.

- **Fruit cutting techniques**



Below is a comprehensive breakdown of fruit cutting techniques for different fruits, which will make your preparation easier and more aesthetically pleasing:

Fruit Category	Fruit	Cutting Technique	Tips
For Soft Fruits	Banana	Peel the banana. Slice into rounds or cut into halves/quarters.	Bananas brown quickly, so consume soon after cutting.
	Strawberry	Cut off the stem using a paring knife. Slice into halves or quarters.	Slice vertically and fan them out for a decorative look.
	Kiwi	Slice off both ends. Scoop the flesh out with a spoon. Slice into rounds or wedges.	Can be messy, so use a paring knife for cleaner results.

For Hard Fruits	Apple	Slice off both ends to stabilize. Cut down through the center and remove the core. Slice into wedges or rings.	To prevent browning, dip slices in lemon juice or salt water.
	Pear	Cut off both ends. Slice down the center and remove the core. Slice into wedges or rings.	Pears can brown quickly too; dip slices in citrus juice.
For Stone Fruits	Peach	Slice around the pit lengthwise. Twist to separate the halves. Remove the pit. Slice or cube the flesh.	Can be slippery, so handle gently to avoid squishing the fruit.
	Mango	Slice off the cheeks from either side of the pit. Score the flesh in a grid. Turn inside out and cut cubes.	Hold firmly as mangoes can be slippery.
	Plum	Cut along the pit to separate halves. Remove the pit. Slice or chop the flesh.	The pit can be stubborn, so use a sharp knife to help release the flesh.
For Tropical Fruits	Pineapple	Cut off both ends. Slice down the sides to remove the skin. Slice into rings or wedges, removing the core.	Use a pineapple corer for easy core removal.
	Papaya	Cut in half lengthwise. Scoop out seeds. Slice into chunks or scoop out flesh.	Use a firm grip as papayas can be slippery.

	Avocado	Cut lengthwise around the pit. Twist halves apart. Remove the pit and scoop out the flesh.	Drizzle with lemon or lime juice to prevent browning.
For Exotic Fruits	Passion fruit	Cut in half to reveal the seeds and pulp. Scoop out the pulp using a spoon.	Best eaten fresh and used in smoothies or as a garnish.
	Dragon fruit	Cut off both ends. Slice through the flesh and peel off the skin. Cut into wedges or cubes.	The flesh can be colorful and mildly sweet, great for fruit salads.
For Melon Fruits	Watermelon	Cut in half vertically or horizontally. Slice into wedges or cubes.	Use a melon baller for decorative melon balls.
	Cantaloupe	Cut off both ends. Slice in half and scoop out seeds. Cut into wedges or cubes.	Score the flesh and peel off the rind for easier handling.
	Honeydew	Cut off both ends. Slice in half and scoop out seeds. Cut into wedges or cubes.	Use a melon baller for a more decorative presentation.



Activity 2: Guided practice



Task 30:

1. In a **school kitchen**, the team is preparing a variety of **fruit-based products** for a **buffet breakfast**. The products include **fruit salads**, **smoothies**, **fruit parfaits**, and **fresh juices**. The kitchen needs to ensure that the fruits are properly selected, washed, prepared, and presented, maintaining high-quality standards for both flavor and appearance.
 - a. Select the best fruits for each product (fruit salad, smoothie, juice, and parfait).

- b. Categorize each fruit into one of these groups: soft, hard, stone, tropical, exotic, melons, or citrus.
- c. Examine each fruit and check for the quality signs
- d. Rate each fruit as excellent, good, or poor, and explain why you gave that rating.
- e. Wash the fruits using the appropriate methods. After washing, observe if there is any difference in the appearance of the fruit.
- f. Cut fruits for these fruit-based products



Activity 3: Application



Task 31:

In a **hotel restaurant**, the culinary team is preparing a range of **desserts and beverages** for a special **afternoon tea service**. The menu includes **fruit-based sorbet, fruit tarts, fruit compote, and fruit mocktails**. The team needs to ensure that fruits are carefully selected, washed, prepared, and presented to meet the high standards expected by guests.

- a. Select the most suitable fruits for the following products:
 - i. Fruit sorbet
 - ii. Fruit tarts
 - iii. Fruit compote
 - iv. Fruit mocktails
- b. Wash and cut fruits for use in desserts and beverages.

Topic 4.2: Preparing fruit-based products



Activity 1: Problem Solving



Task 32:

1. Read and answer the questions below:

- a. How would you prevent fruit salad from turning brown, especially when preparing it in advance?
- b. You want to create a smoothie that has a creamy texture but without using dairy products. What fruit-based alternatives can you use?
- c. When preparing fresh juice from fruits like oranges and apples, what methods can you use to preserve the nutrients and flavor of the juice without it turning bitter?
- d. How can you create a fruit farandole that incorporates both tropical and temperate fruits in a way that enhances both the visual appeal and the flavor balance?
- e. What would you do if your sorbet mixture is too icy and not smooth after freezing?
- f. If the apple crumble filling is too watery, what adjustments can you make to prevent a soggy crust?
- g. When making fruit jam, how do you ensure that the jam reaches the right consistency without being too runny or too thick?
- h. How would you create a fruit-based sauce that balances both tart and sweet flavors for use in savory dishes like grilled meats or fish?
- i. What types of fruits would work well in a salsa, and how can you balance the sweetness with the savory elements for a more complex flavor profile?
- j. How can you adjust a fruit chutney recipe to accommodate for a more complex flavor profile (e.g., spicier or more tangy)?
- k. What should you consider when cooking fruits for a dessert to ensure they maintain their shape and texture, rather than becoming mushy?
- l. How would you prevent the fruit puree in a smoothie from separating after blending?
- m. When preparing a fruit salad, how can you cut fruits to maintain their fresh appeal and prevent them from browning too quickly?

- n. When pureeing a fruit like mango, how can you ensure the puree has a smooth and velvety texture?
- o. How can you prevent dried fruit from becoming too tough or leathery when using a dehydrator?

Key facts 4.2: Preparing fruits products

- **Introduction**

These are the main types of fruit-based products, categorized by how they are prepared and their intended use. Each product type can be tailored with various fruits, sweeteners, and other ingredients to create diverse and flavorful offerings.

We have fresh products, blended and processed products, cooked and preserved products, dried fruit and fruits-based condiments products.

- **Selecting non-fruit ingredients for fruit-based products**

When creating fruit-based products, a variety of non-fruit ingredients are often used to complement the fruit and create the desired texture, flavor, and consistency.

Below is a categorization of non-fruit ingredients commonly used in fruit-based products:

- ✓ Dairy and dairy alternatives: yogurt, milk, cream, butter.
- ✓ Sweeteners: sugar, honey, maple syrup, stevia.
- ✓ Grains and starches: granola, oats, cornstarch, tapioca starch.
- ✓ Nuts and Seeds: nuts, seeds, nut butters.
- ✓ Spices and flavorings: cinnamon, nutmeg, vanilla, ginger, mint.
- ✓ Liquid ingredients: fruit juices, coconut water, water, citrus juices.
- ✓ Binding and thickening agents: pectin, agar-agar, gelatin.
- ✓ Baking and breading ingredients: flour, baking powder, breadcrumbs.
- ✓ Preserving and decorating ingredients: lemon juice, sugar syrup, edible flowers.

- **Preparation process of fruit-based products**

The preparation process of fruit-based products involves several steps, from selecting the right fruits to combining them with other ingredients and using various cooking or processing techniques. The table below is an overview of the preparation process for different fruit-based products, including the steps involved:

✓ **Fresh Fruit-Based Products**



Product	Description	Preparation process/methods	Example
Fruit Salad	A mix of fresh fruits, often with a light dressing, creating a refreshing dish.	Cutting, Blending (for dressings) Chop fruits like melons, berries, and oranges into bite-sized pieces. Add a simple dressing of honey and lime juice for extra flavor. Garnish with mint or edible flowers.	Fruit salad with strawberries, melons, and oranges.
Fruit Parfait	Layers of fruit, yogurt, and granola, served as a healthy dessert or snack.	Cutting, blending: Start with a layer of yogurt at the bottom of a glass or bowl. Add a layer of chopped fruits on top of the yogurt. Add a layer of granola or nuts for crunch.	Yogurt parfait with layered berries, bananas, and granola. For a healthier version, opt for low-fat or non-fat yogurt, or use dairy-free

		If desired, you can also add seeds like chia or flax for added texture and nutrition. Repeat the layers (yogurt, fruit, granola) until the glass is filled, finishing with a layer of fruit on top.	options like coconut or almond yogurt. For extra flavor, you can add a sprinkle of cinnamon or nutmeg on the yogurt or fruit layers. For vegan parfaits, use plant-based yogurt and a granola that is dairy-free and refined sugar-free.
Fruit Farandole	A decorative arrangement of various fruits, often served as a centerpiece.	Cutting: ingredients might include a variety of melon, berries, and citrus fruits, dressed lightly with syrup or juice.	A colorful arrangement with fruits like pineapple, kiwi, and grapes.

✓ Blended and processed fruit products



Product	Description	Preparation process/methods	Example
Fruit Puree (Smoothies)	Blended fruits, often with yogurt or liquid, to create a smooth, drinkable texture.	Blend frozen berries, a banana, and almond milk to make a refreshing smoothie. Or Blend together fresh fruits (e.g., mango, banana, berries) with yogurt or juice until smooth. You	Mango, banana, and spinach smoothie.

		can add honey or a dash of cinnamon for extra flavor.	
Juices	Freshly extracted liquid from fruits, typically served as a beverage.	Juicing, Blending (for some varieties) Extract juice from citrus fruits or other soft fruits using a juicer. For a pulp-free juice, strain it through a fine mesh sieve.	Fresh orange juice or apple juice.
Sorbet	A frozen dessert made from fruit puree, sugar, and water, without dairy.	Blending, Freezing: Puree ripe mangoes with sugar and lemon juice, then freeze until solid, stirring occasionally.	Lemon sorbet or raspberry sorbet.
Jams	A sweet spread made from fruit, sugar, and pectin, typically cooked and preserved.	Cooking, pureeing: Cook crushed fruit with sugar and pectin until it reaches the desired consistency. Once thickened, pour into sterilized jars and seal.	Strawberry jam or apricot jam.

✓ **Cooked and preserved fruit products**

Product	Description	Preparation process/methods	Example
Apple Crumble	A baked dessert made with apples, topped with a crumbly mixture of butter, sugar, and flour.	Cooking, cutting: Cook apples with sugar and cinnamon, and place them in a baking dish. Top with a crumble mixture of flour, butter, sugar, and oats, then bake until golden.	Traditional apple crumble with cinnamon and oats.
Sauces	Fruit-based sauces used to enhance dishes, often paired with meats or desserts.	Cooking, pureeing: Cook fruits like berries or citrus with sugar and spices (e.g., cinnamon or ginger) to make a compote or fruit sauce. Blend if a smoother texture is desired.	Apple sauce for pork or berry compote for desserts.

Fruit Chutney	A tangy, spiced fruit condiment often served with meats or curries.	Cooking, cutting, blending: Cook diced mango or apples with vinegar, sugar, ginger, and spices until thickened, then serve with meats or curries.	Spicy apple chutney or peach chutney. Mango chutney or apple chutney.
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✓ **Dried fruit products**

Product	Description	Preparation process/methods	Example
Dried Fruits	Fruits that have been dehydrated to extend shelf life and concentrate flavors.	Drying	Dried mango, raisins, or apricots.
Fruit Snacks	Dehydrated fruits often prepared as a chewy, sweet snack.	Drying	Apple slices or strawberry leather.

✓ **Fruit-based condiments**



Product	Description	Preparation process/methods	Example
Fruit Salsa	A blend of chopped fruits, vegetables, and spices, often served with chips or as a topping.	Cutting, Blending, Mixing: Dice mango, red onion, and cilantro. Mix with lime juice and a pinch of salt for a fresh, tangy salsa.	Mango salsa with red onions and cilantro.



Activity 2: Guided practice



Task 33:

1. In a **school restaurant**, the culinary team is preparing a range of **desserts and beverages** for a special **afternoon tea service**. The menu includes **fruit-based sorbet, fruit tarts, fruit compote, and fruit mocktails**. The team needs to ensure that fruits are carefully selected, washed, prepared, and presented to meet the high standards expected by guests.
 - a. Select the best fruits for different fruit-based desserts.
 - b. Cut fruits for use in desserts and beverages.
 - c. Prepare a fresh fruit sorbet.
 - d. Assemble a fruit tart with a crisp pastry base.
 - e. Prepare a simple fruit compote.
 - f. Prepare a refreshing fruit mocktail.
 - g. Use fruit as garnishes for desserts and beverages.



Activity 3: Application



Task 34:

Read the scenario below and perform the tasks related to:

Scenario: Hotel brunch buffet with fruit-based products

The Grand Oasis Hotel is hosting a weekend brunch for its guests, with an emphasis on fresh, healthy options. The Executive Chef is tasked with designing a vibrant, fruit-focused breakfast buffet that highlights various fruit-based products. The hotel prides itself on offering a wide range of choices for its health-conscious guests, including those with dietary restrictions.

The Executive Chef and kitchen staff must work together to prepare and present a variety of fruit-based products using different preparation methods. They will focus on creating visually appealing, nutritious options that maintain freshness, texture, and flavor throughout the brunch. The executive chef requested you to prepare the following products:

- a. Prepare apple crumble for a hotel dessert buffet.
- b. Make fresh fruit jams for guests to enjoy with their morning pastries.
- c. Prepare fruit-based sauces for use in savory dishes or desserts in the hotel restaurant.
- d. Create fruit parfaits for a health-conscious breakfast or brunch menu.
- e. Prepare fruit salsa for a hotel's tapas or appetizer menu.
- f. Prepare fruit chutneys to serve with savory dishes like meats or cheese platters.
- g. Prepare and serve various cooked fruit desserts, such as baked peaches, apple crumbles, or poached pears. Use fresh and seasonal fruits, paying attention to cooking times and temperatures.
- h. Offer various fruits for guests to blend into smoothies, such as bananas, strawberries, and blueberries. Include options for dairy-free or protein-enhanced smoothies.
- i. Offer frozen fruit treats such as sorbets or fruit popsicles in the hotel's poolside bar.
- j. Create a fruit carving station for events and buffet setups.
- k. Make fruit purees for baby food options or dietary restrictions at the hotel's health-conscious restaurant.
- l. Prepare dried fruits to serve as snacks or to include in a buffet station.



Formative Assessment

1. Read the scenario below and carry the activities related to:

Scenario: Fruit-based buffet preparation and service at the Grand Park Hotel

The Grand Park Hotel is preparing for a busy weekend brunch buffet. The Executive Chef has been tasked with creating a vibrant, fruit-focused spread to cater to health-conscious guests. The buffet will feature a wide array of fruit-based products such as fruit salads, smoothies, freshly squeezed juices, fruit parfaits, sorbets, apple crumble, fruit salsa, jams, and sauces. The goal is to provide an appealing, nutritious, and delicious experience that appeals to all guests, including those with dietary restrictions (vegan, gluten-free, etc.). You are tasked to perform the following tasks:

Task 1: Prepare and display the fruit salad station.

Task 2: Prepare a smoothie station offering a variety of fruit-based smoothies with optional add-ins like yogurt, almond milk, and coconut water.

Task 3: Create and serve freshly squeezed juices using fruits like oranges, grapefruits, and pomegranates.

Task 4: Prepare individual fruit parfaits in jars or cups for guests to easily grab and enjoy.

Task 5: Create and serve refreshing fruit sorbets as a healthy dessert option for guests.

Task 6: Prepare fruit-based sauces like berry compote or a simple fruit syrup to complement dishes such as pancakes, waffles, and French toast.

Task 7: Create a refreshing fruit salsa using tropical fruits like mango, pineapple, and a touch of chili for a savory twist.

Task 8: Prepare a warm apple crumble with a buttery topping for dessert.

Key considerations

- **Food Safety:** Maintain proper food storage temperatures for perishable items (e.g., chilled fruit salad, parfaits, juices).
- **Hygiene:** Clean utensils, cutting boards, and equipment after every use. Ensure all kitchen staff follow proper handwashing and sanitation procedures.
- **Allergen Awareness:** Ensure that allergens (e.g., nuts, dairy) are clearly labeled or identified for guests with dietary restrictions.
- **Presentation:** Continuously monitor the appearance of the buffet to ensure it stays visually appealing, with well-arranged fruits and products.



Points to Remember

- The quality of your fruit is crucial. Select ripe, fresh fruit free from bruises or blemishes. Overripe or under-ripe fruit can affect the flavor and texture of your product.
- Always wash fruit thoroughly before preparation to remove dirt, pesticides, and potential bacteria. Even if you plan to peel the fruit, it's important to clean the skin to avoid contamination.
- Depending on the product you're making, you may need to peel, pit, or remove seeds. Use sharp knives to avoid mashing or damaging the fruit. Cutting into uniform sizes ensures even cooking or processing.
- Some fruits, like berries and citrus, are delicate and can lose their nutrients when exposed to heat or prolonged storage. Keep these fruits cool and try to minimize cooking time or use methods like freezing to preserve nutrients.
- Once prepared, fruit products should be stored in clean, airtight containers to maintain freshness. Refrigerate or freeze products like jams, smoothies, or dried fruits to extend shelf life.
- If you are making fruit-based jams or juices, natural preservatives like lemon juice, ascorbic acid (vitamin C), or citric acid can help preserve color, flavor, and freshness.
- Fruit products like jams, jellies, and preserves often require sugar for both flavor and preservation. Be mindful of the sugar-to-fruit ratio and consider using alternative sweeteners if you're looking for a lower-sugar option.
- Always keep the platter simple yet elegant, considering both aesthetic appeal and guest experience. The right balance of colors, textures, and garnishes will leave a lasting impression on any event or gathering.

1. Re-take the self-assessment you did at the beginning of the unit. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Describe ingredients for fruits-based products					
Identify types of fruits-based products					
Apply fruits washing procedures					
Identify various types of tools and equipment used in preparing fruits-based products					
Attention to detail and precision in handling tools, equipment for cold kitchen					
Prepare ingredients for advanced fruits-based products					
Prepare advanced fruits products					

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Select fruits products tools, materials, and equipment					
Attention to details to ensure consistency and high quality					
Comply with safety precaution at the workplace					

2. Fill in the table below and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.
3.	3.	3.

UNIT 5: PREPARE CANAPES



Unit summary

This unit provides you with the knowledge, skills and attitudes required to prepare international canapés. It covers selecting ingredients for international canapés, preparation of international canapés, and presentation of international canapés.

Self-Assessment: Unit 5

1. Referring to the unit illustrations above discuss the following:
 - a. What do the illustrations show?
 - b. What is the difference between the different images in the illustrations?
 - c. What do you think this unit is about based on the illustrations?
2. Fill in and complete the self-assessment table below to assess your level of knowledge, skills and attitudes under this unit.
 - a. There is no right or wrong way to answer this assessment. It is for your own reference and self-reflection on the knowledge, skills and attitudes acquisition during the learning process.
 - b. Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - c. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Identify international canapés ingredients					
Identify international canapés					
Describe ingredients for international canapés					
Describe International canapés					
Select ingredients for international canapés					
Apply International canapés preparation steps					



Key Competencies:

Knowledge	Skills	Attitudes
1. Describe ingredients for international canapés	1. Select presentation tools for international canapés	1. Showcase diverse flavors and cultural influences, balancing traditional and contemporary elements.
2. Identify international canapés	2. Apply International canapés preparation steps	2. Follow strict hygiene standards to prevent cross-contamination and ensure food safety.
3. Describe presentation procedures international canapés	3. Follow presentation procedures for international canapés	3. Prepare canapés promptly while maintaining quality, balancing speed and finesse.
4. Describe presentation procedures international canapés	4. Portion and serving international canapés in attractive and appealing manner	4. Deliver consistent taste, texture, and appearance in each canapé.
	5. Garnish international canapés	5. Use high-quality, fresh ingredients, and respect cultural authenticity in preparation.
	6. Plate international canapés	6. Understand guests' preferences and dietary requirements, ensuring an inclusive and satisfying experience.
		7. Ensure precision in ingredient selection, preparation, and presentation.



Discovery activity:



Task 35:

1. Referring to your experience in preparing international canapés, read and answer the following questions:
 - a. What are the main categories of international canapés (e.g., cold, hot, vegetarian, seafood)?
 - b. Why are international canapés categorized, and how does it help in menu planning and presentation?
 - c. How do cultural influences shape the choice of ingredients in different categories of canapés?
 - d. How does the method of serving affect the guest experience and the ease of consumption?
 - e. Share your thoughts on how serving canapés differently can influence their overall appeal.
 - f. How do preparation techniques vary between cold and hot canapés?
 - g. What guidelines should be followed to portion ingredients for international canapés (e.g., bread, filling, toppings)?
 - h. How does portioning affect the visual appeal and practicality of serving canapés at events?
 - i. Share your approach to creating bite-sized canapés without compromising on flavor or presentation.
 - j. What cooking methods are commonly used in the preparation of canapés (e.g., baking, grilling, frying)?
 - k. How do different cooking methods influence the texture and flavor of the canapé?
 - l. Share an example of a canapé that requires a specific cooking method and how it impacts its taste and presentation.
 - m. How do you balance visual appeal with practicality when plating canapés for a large event?
 - n. Share your favorite plating style or garnish idea that elevates the look of canapés.

- o. What types of garnishes are commonly used to decorate canapés (e.g., herbs, edible flowers, microgreens)?
- p. How do you choose the right garnish that complements both the flavor and visual appearance of the canapé?
- q. Describe the effect of a well-chosen garnish on the overall appeal of a canapé.

Topic 5.1: Selecting Ingredients for international canapés



Activity 1: Problem Solving



Task 36:

1. Read and answer the questions below:

- a. How do you balance the flavors of mozzarella, tomatoes, and basil in a canapé?
- b. Why is it important to ensure freshness in Italian canapés like bruschetta?
- c. What are the challenges in using tortillas or avocado bases for portion control?
- d. How can you ensure French canapés like foie gras or pâté remain fresh and intact during large events?
- e. How can you incorporate raw fish like tuna safely into canapés for large events?
- f. Why is presentation so crucial when using delicate ingredients like sushi rice?
- g. How can you prevent cold canapés from becoming soggy?
- h. Why is portion control crucial for cold canapés?
- i. What issues arise with perishable ingredients like seafood?
- j. How can you ensure hot canapés are served at the right temperature?
- k. Why is timing critical when serving hot canapés?
- l. What can you do to maintain texture in hot canapés?
- m. How can you prevent sweet canapés from becoming too rich or heavy?
- n. Why is portion size important in sweet canapés?
- o. What challenges arise with maintaining texture in mousse or pastry-based canapés?

Key facts 5.1: Selecting Ingredients for international canapés

• Introduction

International canapés are a delightful way to showcase diverse flavors and culinary traditions from around the world. These bite-sized appetizers can draw inspiration from various cuisines, blending traditional ingredients with creative presentation.



• Categories of international canapés

International canapés can be categorized based on regional cuisine, ingredients, flavor profiles, presentation, occasions, or preparation effort.

- ✓ By regional cuisine, examples include American sliders, Italian bruschetta, or Japanese sushi.

- ✓ Ingredient-based categories include seafood (sushi, smoked salmon), vegetarian (falafel, Caprese), meat (prosciutto-wrapped melon), and cheese-focused options (Manchego, goat cheese tartlets).
- ✓ Flavor profiles range from bold and hearty (sliders, tacos) to fresh and light (Caprese, sushi), spicy and complex (samosas, za'atar bites), or savory and rich (French pâté, empanadas).
- ✓ Presentation styles include open-faced (bruschetta), skewered (Caprese skewers), pastry-based (tartlets, samosas), or rolled (sushi, spring rolls).
- ✓ Occasions influence the selection, with formal events favoring elegant options like pâté or sushi and casual gatherings featuring sliders or tacos.
- ✓ Finally, preparation effort varies, from simple (bruschetta) to moderate (sushi rolls) or elaborate (empanadas, samosas). This structured approach ensures diverse and tailored canapé



Cuisine style	Flavors & ingredients	Canapés
American-Inspired	Bold, savory, and comfort-driven with a touch of indulgence. Beef, turkey, bacon, cheeses (Cheddar, cream cheese), avocado, barbecue sauce, crab, smoked salmon, corn, and pickles.	Mini cornbread bites with pulled pork, deviled eggs, mini bagels with cream cheese and lox
Italian	Fresh Mediterranean (basil, tomato, mozzarella, prosciutto, balsamic vinegar)	Bruschetta, prosciutto-wrapped melon, mini Caprese skewers
Mexican	Spicy, vibrant (avocado, lime, cilantro, salsa, chili)	Mini tacos, spicy shrimp bites, quesadilla triangles

French	Elegant, rich (pâté, brie, truffles, puff pastry)	Mini croque-monsieur, pâté on brioche, caramelized onion tartlets
Japanese	Clean, umami (sushi-grade fish, soy sauce, seaweed, wasabi)	Sushi rolls, tempura shrimp, seaweed crackers with tuna tartare
Middle Eastern	Aromatic, spiced (hummus, tahini, za'atar, sumac)	Mini pitas with falafel, stuffed grape leaves, baba ghanoush on flatbread
Indian	Spicy, complex (curry, coriander, chutneys, lentils)	Samosa bites, mini naan with butter chicken, lentil fritters with tamarind sauce
Spanish	Bold, savory (chorizo, manchego, olives, smoked paprika)	Mini empanadas, gazpacho shots, patatas bravas bites
Scandinavian	Clean, fresh (dill, smoked fish, rye bread, pickled vegetables)	Smoked salmon on rye crisps, pickled herring bites, beetroot and goat cheese tartlets
Asian Fusion	Blended Asian flavors (soy, ginger, sesame, spicy elements)	Panko chicken bites, spring roll wraps, dumpling bites with hoisin drizzle

International canapés can also be categorized by temperature (hot or cold) and type (savory or sweet).



- ✓ **Hot Canapés:** these are typically served warm and may involve baking, grilling, or frying.
- ✓ **Cold Canapés:** served chilled or at room temperature, these are often fresh and easy to prepare ahead of time.

- ✓ **Sweet Canapés:** these are dessert-style canapés, perfect for the end of a meal or a sweet-themed party.



Category	Examples
Hot Canapés	Mini sliders, samosas, mini quiches, dumplings, patatas bravas, falafel, arancini.
Cold Canapés	Caprese skewers, sushi rolls, smoked salmon on rye, guacamole bites, hummus on pita chips.
Sweet Canapés	Mini éclairs, tiramisu cups, baklava bites, mini cheesecakes, macarons, mango sticky rice cups.

The table below displays a breakdown of **ingredient selection** for each category of **international canapés**, considering flavor balance, texture, and authenticity:

Category	Ingredients	Reason	Dietary restriction tips
American-Inspired Canapés	Mini burgers, cheese (cheddar, cream cheese), bacon, avocado, pickles, mustard, slider buns, fries (for garnish)	Bold flavors like cheese and bacon; balanced with creamy avocado or fresh veggies.	Gluten-Free: Use gluten-free buns. Vegetarian: Replace bacon with veggie bacon or grilled vegetables. Dairy-Free: Use plant-based cheese.

Italian Canapés	Fresh basil, mozzarella, tomatoes, olives, pesto, cured meats (prosciutto), crostini, balsamic glaze	Rich, fresh flavors with simple ingredients like tomatoes and mozzarella, highlighting Italian flavors.	Vegetarian: Omit prosciutto or substitute with grilled veggies. Gluten-Free: Use gluten-free crostini or base. Dairy-Free: Replace mozzarella with plant-based cheese.
Mexican Canapés	Avocado, salsa, corn tortillas, jalapeños, cilantro, black beans, sour cream, lime, cotija cheese, chorizo, seafood	Spicy, fresh, and rich flavors. Tortilla and avocado are staples, with options for protein and heat.	Vegetarian/Vegan: Omit chorizo and cotija cheese, add more beans or tofu. Gluten-Free: Ensure tortillas are gluten-free. Dairy-Free: Skip sour cream or use dairy-free alternatives.
French Canapés	Pâté, foie gras, crostini, butter, brie, fresh herbs (tarragon, thyme), mushrooms, smoked salmon	Rich, buttery flavors with elegant presentation. Fresh herbs and pâté provide traditional French tastes.	Vegetarian: Use mushroom pâté or vegetable spreads. Gluten-Free: Use gluten-free crostini or crackers. Dairy-Free: Use dairy-free spreads and alternatives for cheese.
Japanese Canapés	Sushi rice, nori, wasabi, soy sauce, raw fish (salmon, tuna), avocado, cucumber, sesame seeds, pickled ginger	Clean, fresh flavors with a focus on raw fish and light garnishes. Textural contrast with sushi rice and nori.	Gluten-Free: Ensure soy sauce is gluten-free (tamari). Vegetarian/Vegan: Use avocado, cucumber, or tofu as the base. Dairy-Free: No dairy ingredients in these canapés.
Middle Eastern Canapés	Hummus, baba ghanoush, tahini, pita, olives, cucumbers, fresh herbs (mint, parsley), lamb, feta, za'atar	Rich, creamy spreads like hummus and baba ghanoush, with fresh and bold herbs. Lamb adds depth.	Vegetarian/Vegan: Omit lamb and feta, add extra veggies or chickpeas. Gluten-Free: Use gluten-free pita or vegetables like cucumber slices. Dairy-Free: Omit feta or use a dairy-free cheese.

Indian Canapés	Paneer, chickpeas, garam masala, cumin, coriander, naan, yogurt, tamarind chutney, samosas, mint chutney	Bold spices and hearty ingredients like chickpeas or paneer. Balancing rich and spicy flavors with yogurt and chutney.	Vegetarian/Vegan: Use tofu instead of paneer and add more vegetables. Gluten-Free: Choose gluten-free naan or serve on vegetables like cucumber. Dairy-Free: Replace yogurt with dairy-free alternatives.
Spanish Canapés	Chorizo, olives, manchego cheese, saffron, seafood (shrimp, mussels), patatas bravas, aioli, paprika	Bold, smoky flavors from chorizo and saffron, balanced by mild manchego and fresh seafood.	Vegetarian/Vegan: Replace chorizo with roasted vegetables, olives, or tofu. Gluten-Free: Serve with gluten-free crackers or veggies. Dairy-Free: Omit cheese or use plant-based alternatives.
Scandinavian Canapés	Rye bread, gravlax, smoked salmon, dill, mustard, pickled vegetables, cucumber, cream cheese	Light, fresh flavors, focusing on cured fish and rye. Dill adds brightness and freshness.	Gluten-Free: Use gluten-free bread or crackers. Vegetarian/Vegan: Use roasted vegetables or tofu in place of fish. Dairy-Free: Use a dairy-free cream cheese alternative.
Asian Fusion Canapés	Miso, kimchi, sesame oil, tofu, rice paper, pickled vegetables, ginger, soy sauce, avocado, wasabi	Bold, tangy flavors from miso and kimchi, with fresh, delicate textures like tofu and rice paper.	Vegetarian/Vegan: These canapés are naturally vegan; just ensure miso and soy sauce are plant-based. Gluten-Free: Use tamari soy sauce instead of regular soy sauce.
Cold Canapés	Smoked salmon, avocado, cucumber, cream cheese, hummus, crostini, tomatoes, prosciutto, mozzarella, olive tapenade	Cold ingredients like smoked salmon or hummus provide fresh and creamy textures, while crunchy bases add contrast.	Vegetarian/Vegan: Omit prosciutto or smoked salmon, and add more veggies or hummus. Gluten-Free: Use gluten-free crostini or cucumber slices as a base. Dairy-Free: Replace cream cheese with a dairy-free spread.

Hot Canapés	Mini quiche, meatballs, shrimp, stuffed mushrooms, cheese, puff pastry, chorizo, savory tartlets, roasted vegetables	Warm ingredients like roasted vegetables and mini meatballs bring hearty flavors, complemented by creamy fillings.	Vegetarian/Vegan: Use veggie fillings in place of meat, and dairy-free cheese. Gluten-Free: Ensure puff pastry and tartlets are gluten-free, or use gluten-free pastry.
Sweet Canapés	Mousse (chocolate, vanilla), fruit (berries, citrus, figs), cakes (sponge, pound), tarts (lemon, berry), chocolate, caramel	Sweet canapés should have delicate, indulgent ingredients, balanced by fresh fruit or light mousse for texture contrast.	Gluten-Free: Use gluten-free sponge or cake bases. Dairy-Free: Use dairy-free mousse or plant-based cream. Vegan: Use dairy-free chocolate and fruit-based mousses.



Activity 2: Guided Practice



Task 37:

1. Read the scenario below and do as request:

Scenario: Selecting ingredients for international canapés for the school Cultural Food Day

In preparation for the school's **Cultural Food Day**, you have been tasked with selecting ingredients for **international canapés** that represent Italian, Mexican, American, Asian and Indian cuisines from around the world. Focus on choosing ingredients that align with the authenticity of each cuisine, accommodate dietary restrictions, and balance flavors and textures.

- Select ingredients based on the assigned cuisines
- Addressing dietary restrictions
- Choose ingredients that are easily available and within the budget.

- d. Create a finalized list of ingredients for your international canapé selection.

Key facts 5.1b: Selecting Ingredients for international canapés

When selecting ingredients for **international canapés**, consider the following criteria to ensure authenticity, flavor balance, and practicality for both preparation and service:

Criteria	Description	Example
Authenticity	Ingredients should reflect the cuisine's traditional flavors and ingredients.	Italian canapés: Use mozzarella, prosciutto, and balsamic vinegar to maintain authenticity.
Flavor Balance	Ensure a harmonious blend of flavors (sweet, salty, sour, bitter, and umami) to create a balanced taste.	Pair cheese with tomatoes or balsamic vinegar for Italian canapés.
Texture Contrast	Combine different textures (e.g., creamy, crunchy, smooth) to enhance the eating experience.	Use crispy crostini with creamy pâté or smooth avocado with crunchy tortilla in Mexican canapés.
Seasonal Availability	Select fresh, in-season ingredients for the best flavor and quality.	Use summer berries for sweet canapés or citrus fruits in winter for freshness.
Dietary Considerations	Consider dietary restrictions such as vegetarian, vegan, gluten-free, and dairy-free options.	Use gluten-free bread or plant-based cheese for vegan or gluten-free guests.
Visual appeal	Choose colorful ingredients that are visually striking and contribute to an attractive presentation.	Bright red tomatoes, colorful fruits like berries, and fresh herbs for a vibrant appearance.
Simplicity and practicality	Opt for ingredients that are easy to prepare, assemble, and serve in a professional kitchen setting.	Pre-sliced meats or cheeses that can be quickly assembled with crackers or bread.
Pairing compatibility	Ensure the ingredients complement each other to create a harmonious and balanced flavor profile.	Smoked salmon with cream cheese and dill for Scandinavian canapés.

Longevity	Consider how well the ingredients hold up over time without losing flavor or texture, especially when prepared in advance.	Cured meats and cheeses hold up well, while fresh ingredients like tomatoes or greens may wilt.
Cost and availability	Ensure the selected ingredients fit the budget and are easily available from suppliers.	Use ingredients like cucumber, avocado, or cheese for cost-effective canapés.



Activity 3: Application



Task 38:

1. Read the scenario below and carry out the tasks related:

Scenario: Selecting Ingredients for International Canapés for an upcoming international event

A hotel is preparing for an upcoming international event where guests will be served a variety of international canapés from different world cuisines. The hotel's culinary team is tasked with selecting ingredients that align with the diverse cultural canapés on the menu, while also considering factors like quality, availability, seasonality, and dietary restrictions.

- a. Identify key ingredients used in canapés for the selected countries.
- b. Select ingredients for the international canapes
- c. Review and adjust ingredient selections to meet the dietary needs of hotel guests
- d. Confirm the availability of ingredients with the hotel's suppliers. Ensure ingredients are seasonally appropriate for freshness and cost-effectiveness.
- e. Finalize the ingredient list, with details on quantities, substitutions for dietary restrictions, and any special preparation notes.

Topic 5.2: Preparation of international canapés



Activity 1: Problem Solving



Task 39:

- 1. Read and answer the questions below:
 - a. What techniques and preparation methods are important for making canapés, ensuring they are visually appealing, easy to eat, and hold together well, especially with delicate ingredients?
 - b. How do international canapés differ in terms of ingredients, preparation, and cultural influences (e.g., Spanish tapas vs. Middle Eastern appetizers vs. Japanese canapés)?
 - c. How do different preparation techniques, such as toasting, layering, and garnishing, contribute to the texture and presentation of international canapés? Can you provide examples from specific cuisines?
 - d. What challenges might arise when preparing canapés with international influences, and how can one adapt traditional recipes to suit modern dietary preferences (e.g., vegetarian, gluten-free, or vegan)?

Key facts 5.2: Preparation of international canapés

✓ Preparation techniques for international Canapés

This table summarizes the key preparation techniques for international canapés, offering insights into how each method contributes to texture, flavor, and presentation, which are essential for crafting high-quality and visually appealing canapés.

Preparation Technique	Description	Application in Canapés
Washing	Cleanses fresh ingredients from contaminants.	Ensures all produce (vegetables, fruits, herbs) are safe to use, providing fresh, clean flavors.

Cutting	Slicing or dicing ingredients into appropriate sizes.	Helps create uniformity and consistency in portioning ingredients like vegetables, meats, and fruits for balanced canapés.
Mincing	Finely chopping ingredients like herbs, garlic, or meat.	Ideal for making smooth spreads or fillings (e.g., pâté, herb butter) for canapés, evenly distributing flavors.
Shredding	Breaking ingredients into fine strips.	Adds texture and lightness to toppings or garnishes (e.g., shredded cheese, cabbage, or meats), enhancing visual appeal and ease of eating.
Pickling	Preserving vegetables or fruits in an acidic solution.	Adds a tangy, acidic contrast to rich canapés, providing balance and a refreshing bite (e.g., pickled cucumbers or onions).
Toasting	Heating bread or crackers until golden and crisp.	Creates a crunchy base for canapés, preventing sogginess and adding flavor and texture (e.g., toasted crostini or pita).
Pan Searing	Cooking in a hot pan with minimal oil to create a crispy exterior.	Enhances flavor by caramelizing proteins (e.g., shrimp, chicken) for hot canapés, offering texture contrast.
Caramelization	Slow cooking vegetables or sugar to develop sweetness and complexity.	Adds a deep, rich flavor to ingredients like onions or root vegetables, providing a balance of sweetness in savory canapés.



Base preparation



This table summarizes the various bases used for international canapés, highlighting the key preparation methods and techniques required to achieve the ideal texture and flavor for each base type.

Base Type	Description	Preparation Techniques
Bread Bases (Crostini, Toasts) 	Crostini: Thin slices of baguette or rustic bread, brushed with olive oil, and baked until crispy. Toasts: Bread slices or rounds, buttered/oiled, and toasted to a crisp, golden brown.	- Slice bread uniformly for even toasting. - Ensure slices are thin enough to hold toppings without being too heavy. - Optionally rub garlic for extra flavor.
Crackers or Chips	Crackers: Store-bought or homemade crackers (flour, butter, seasonings, baked thin and crispy). Chips: Potato or	- Use sturdy crackers or chips that won't break under toppings. - Ensure crackers or chips are fresh, not stale.



tortilla chips, or homemade chips, seasoned and fried/baked.

Pastry Bases (Puff Pastry, Phyllo, Tartlets)



Puff Pastry:

Rolled thin and baked to create a flaky base. **Phyllo Pastry:** Brushed with butter, layered, and baked for light crispness.

Tartlets: Pre-made tart shells for sweet or savory fillings.

- Bake puff pastry until golden and crispy. - Layer phyllo for sturdiness, handle delicately to avoid breakage. - Ensure pastries are cooled before topping.

Vegetable Bases



Vegetables: Use thinly sliced vegetables like cucumber, zucchini, or bell peppers as fresh, marinated, or grilled bases.

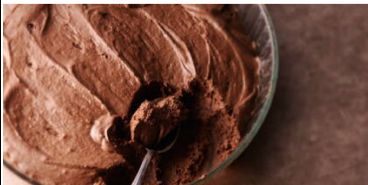
- Slice vegetables thinly for even portions. - Ensure vegetables are crisp, but not too watery to avoid sogginess.

Spread and sauce preparation



This table outlines the key types of spreads and purées used in international canapés, including their preparation techniques to ensure smooth, flavorful, and easily spreadable bases for canapés.

Spread/Purée Type	Description	Preparation Techniques
Creamy Cheese Spreads 	(e.g., Cream Cheese, Ricotta) Cream Cheese: Soften and mix with seasonings, herbs, and spices like garlic, chives, or smoked salmon. Ricotta: Lightly sweetened or savory ricotta seasoned with herbs like basil or thyme.	- Blend ingredients well to achieve a smooth, creamy consistency. - Adjust flavor according to the intended topping (savory or sweet).
Hummus or Vegetable Purées 	Hummus: Blend cooked chickpeas, tahini, lemon juice, garlic, and olive oil until smooth. Add optional flavorings like roasted red pepper, cumin, or harissa. Vegetable Purées: Roast or steam vegetables like sweet potatoes, carrots, or beets, then	- Ensure a smooth, spreadable consistency. - Allow vegetable purées to cool before applying to avoid sogginess.

	purée with seasonings and olive oil.	
Avocado or Guacamole 	Avocado: Mash ripe avocados and mix with lime juice, salt, and seasonings. Guacamole: Add finely chopped tomatoes, onions, cilantro, and chili to the mashed avocado.	- Mash just before serving to prevent browning. - Ensure even distribution of ingredients in guacamole.
Pâtés and Mousses 	Pâté: Blend liver (chicken, duck, or other) with butter, herbs, and spices until smooth. Some pâtés can be made with meat or fish. Mousses: Whip cream or egg whites into a savory or sweet mousse, depending on the base, and flavor accordingly.	- Chill pâtés and mousses for a few hours to firm up before spreading. - Ensure they are smooth and spreadable for easy application.

✓ Topping Preparation



- ✓ **Meat and Poultry:** Slice meats like roast beef, turkey, or ham thinly. For pâtés, mousse, or terrines, finely chop or purée the meat.

Techniques: Use a sharp knife or deli slicer for uniform slices. Season the meats according to flavor preferences and the base it will be paired with.

- ✓ **Seafood:** Shrimp, smoked salmon, crab, or lobster can be prepared in small, bite-sized pieces. Shrimp can be boiled, seasoned, and chilled.
- ✓ **Techniques:** Ensure seafood is fresh and properly cooked to prevent overcooking. For smoked salmon, slice thinly to match base sizes.
- ✓ **Vegetables:** Roast or grill vegetables like bell peppers, mushrooms, or asparagus, or use raw vegetables like cherry tomatoes, radishes, or cucumber.
Techniques: Vegetables should be sliced uniformly, either grilled, roasted, or served fresh, depending on their type.
- ✓ **Cheese:** Soft cheeses like brie or goat cheese can be spread, while harder cheeses like cheddar or Parmesan should be finely grated or sliced thinly.
Techniques: Cheese should complement the base without overwhelming the other flavors. Pair mild cheeses with stronger toppings and vice versa.
- ✓ **Fruits:** Fresh fruits like figs, grapes, or berries can be sliced and added to canapés, while dried fruits like apricots can be used for a sweeter touch.
Techniques: Ensure fruit is fresh and ripe, and slice evenly for consistency. Pair sweet fruits with savory ingredients for contrast.
- **Portioning techniques for international canapés**
 - ✓ **General portioning guidelines**
 -  Typically, canapé portions should be small enough to be eaten in one or two bites. Portion each topping according to the base size and balance with the other components.
 -  Ensure the base holds the topping without overwhelming it. Use a light hand when spreading or dolloping to maintain a visually appealing ratio.
 - ✓ **General portioning techniques**
 -  For an even portion, try using a spoon or small scoop for spreads or creams. For solid ingredients (like meat or vegetables), use a small knife or tongs to ensure uniformity in size.
 -  **Techniques for Specific Base Types**
 - For bread or pastry, cut to the size of the base. If using a round base, use a small cookie cutter or sharp knife to create uniform rounds.

- For veggies, make sure the slices are uniform and do not overpower the size of the base.

✓ **Techniques for topping portioning**

 **Meat/Seafood Portioning:** For meat, slice thinly, or use a spoon to evenly dollop mousse or pâté. For seafood, portion into bite-sized pieces.

 **Cheese:** Slice or grate cheese to fit the topping size, ensuring it doesn't overshadow other components.

✓ **Portioning garnishes**

 Use small, decorative garnishes (like fresh herbs, edible flowers, or microgreens) sparingly to add color and flavor without overwhelming the canapé.

 Garnish immediately before serving to maintain freshness, and portion uniformly for aesthetic appeal.



Activity 2: Guided Practice



Task 40:

1. Referring to the previous scenario: **Selecting Ingredients for International Canapés for school's Cultural Food Day.** Prepare the canapés by following the authentic preparation methods and presentation techniques.
 - a. For Italian canapés, prepare crostini, top them with mozzarella, prosciutto, and basil, and drizzle with balsamic glaze.
 - b. For Mexican canapés, assemble mini avocado toasts with salsa and a sprinkle of cilantro on corn tortillas.
 - c. For Indian canapés, prepare small bites with chickpeas, tamarind chutney, and a dollop of yogurt on mini naan breads.



Activity 3: Application



Task 41:

1. Read the task below and perform the activities as requested:

The hotel's culinary team is tasked with preparing international canapés for an International Cuisine Event. The morning shift has already selected and prepped the ingredients, and now you need to focus on cooking and assembling the canapés to ensure that each dish is properly prepared and ready for garnishing.

- a. Cook any ingredients that need heating before assembling the canapés.
- b. Assemble cold canapés that do not require cooking.
- c. Assemble hot canapés, ensuring they are ready for service and have the right texture and temperature.
 - i. For French Canapés
 - ii. For Asian Fusion Canapés
- d. Keep hot canapés warm until service to ensure the guests receive them at the right temperature.

Topic 5.3: Presentation of international canapés



Activity 1: Problem Solving



Task 42:

1. Read and answer the questions below:

- a. How do you ensure that international canapés are presented consistently and attractively across all platters?
- b. What are the challenges you might face when presenting canapés with varying textures, such as hot and cold items on the same platter?
- c. Why is it important to consider color contrast when plating international canapés, and how can this affect the overall presentation?

- d. What steps can you take to ensure the canapés retain their freshness and visual appeal during a long event or buffet service?
- e. How do you handle canapés with delicate or perishable ingredients to avoid them wilting or spoiling before serving?
- f. What are the key factors to consider when arranging canapés on a platter to ensure an appealing presentation?
- g. How would you adjust the presentation for dietary restrictions (e.g., gluten-free, vegan) while maintaining the same level of visual appeal?
- h. If you were asked to present a canapé that represents a specific international cuisine, how would you incorporate cultural elements into the presentation?

Key Facts 5.3: Presentation of international canapés

The art of presenting international canapés lies in assembling fresh, vibrant ingredients, thoughtful plating, and creative garnishing. This ensures the appetizers are both visually fabulous and delicious.

a. Assembling ingredients for international canapés



all the required ingredients have to be prepared such as slicing of bread or vegetables, and preparation of spreads or fillings in advance for efficient assembly.

Build canapés in layers to create appealing textures and flavors. Start with a sturdy base, followed by spreads, toppings, and garnishes.

Avoid overloading to ensure

each piece is easy to handle and eat.

b. Plating and garnishing international canapés

✓ **Cold Canapés**

- ✓ **Bruschetta & Crostini:** Arrange neatly in rows on rustic wooden boards or ceramic platters. Alternate colors for visual appeal.
- ✓ **Seafood:** Serve chilled on crushed ice or marble platters to maintain freshness.

✚ **Ham and Cheese, Vegan, Avocado Toast:** Use contrasting colored plates and group similar types together.

Garnish Bruschetta & Crostini with fresh basil leaves, a drizzle of olive oil, or shaved parmesan.

Garnish Seafood by adding lemon wedges, dill sprigs, or microgreens.

Ham and Cheese: Decorate with tiny thyme sprigs, edible flowers, or honey drizzles.

Vegan & Avocado Toast: Use chili flakes, sesame seeds, or edible flowers for pops of color.

✓ **Hot Canapés**



✚ **Meat & Vegetarian:**

Present on warmed trays or stone platters to retain heat. Use garnish to highlight the main ingredient.

✚ **Baked Products:**

Place on tiered stands for an elegant display. Line with parchment for a polished look.

✚ **Seafood:**

Serve with small dipping bowls for

saucers, ensuring plates are heatproof.

For meat finish with herbs like parsley or rosemary and a touch of sauce on the side.

For vegetarian, use grated cheese, crispy fried shallots, or paprika.

Baked Products: Add a sprinkle of seeds, herbs, or powdered spices.

Seafood: Top with caviar, citrus zest, or a thin slice of radish.

✓ **Sweet Canapés**



 **Cakes & Tartlets:** Arrange in geometric patterns on mirrored trays or pastel-colored plates for a delicate appearance.

 **Fruits:** Skewer fruits and present in colorful clusters on white platters.

 **Mousse & Pâté de Foie:** Serve in individual cups or edible containers for easy handling.

 **Cakes & Tartlets:** Dust with powdered sugar, cocoa, or edible glitter. Add a berry or mint sprig.

Fruits: Use mint leaves, coconut flakes, or chocolate drizzle.

Mousse & Pâté de Foie: Top mousse with whipped cream or chocolate shavings. Use a tiny edible flower or fruit compote for pâté.



Activity 2: Guided Practice



Task 43:

1. Read the scenario below and carry out the tasks related to:

Scenario: “Presentation of International Canapés for international food day event”

The school is hosting an international food day, and as part of the event, your class is tasked with presenting a variety of international canapés. You have to showcase your skills in presenting these canapés to highlight different cultural cuisines. You are requested to:

- a. Carefully plate the canapés to ensure that each piece is visually appealing and easy to pick up and eat.
- b. Pay attention to the use of color contrast, ensuring the ingredients and garnishes are placed to enhance the visual appeal (e.g., using fresh herbs, microgreens, or edible flowers as garnishes).
- c. Make sure that the platters are arranged neatly and aesthetically, ensuring that each canapé is easy to access.
- d. Maintain the correct temperature for hot and cold canapés to ensure that they remain safe to eat and visually appealing. Use warming trays for hot canapés and chilled platters for cold ones.
- e. Once all canapés are prepared and plated, display them on serving tables with labels indicating the origin of each canapé and any dietary considerations (e.g., vegetarian, gluten-free).
- f. Add final garnishes like a sprinkle of herbs or a drizzle of sauce for extra flavor and visual appeal



Activity 3: Application



Task 44:

1. Read the scenario below and perform the required tasks:

Scenario: Presentation of international canapés at an upscale cocktail reception

A hotel is hosting an upscale cocktail reception for a prestigious event, and the culinary team has been tasked with preparing and presenting an array of international canapés to the guests. The goal is to impress a diverse group of guests with high-quality, visually appealing canapés that showcase a range of global flavors. The canapés will be served to guests on platters throughout the event, with careful attention paid to presentation, flavor balance, and dietary preferences. You are tasked to:

- a. Plate the canapés in an elegant and organized manner. Ensure that the presentation reflects the high-end nature of the event.
- b. Use garnish creatively (e.g., microgreens, edible flowers, or fresh herbs) to enhance the visual appeal and add a touch of refinement.
- c. For larger platters, arrange the canapés in a way that allows easy access, ensuring that each canapé is spaced appropriately and visually balanced.

Instructions:

- Hot Canapés: Ensure that hot canapés (e.g., seared shrimp or mini quiches) are served at the ideal temperature, using warming trays or chafing dishes.
- Cold Canapés: Keep cold canapés (e.g., smoked salmon crostini, sushi, or cold dips) properly chilled until service, using refrigerated trays or ice beds.



Formative Assessment

1. Read the scenario below and carry the activities related to:

You are an intern in a prestigious hotel, and it is the day of an exclusive VIP event. The hotel has been selected to provide international canapés for an evening cocktail reception. The event is themed around global cuisine, and the guests are known for their refined tastes. Your role today is to work in the preparation, and presentation of the international canapés, ensuring everything meets the highest standards of quality and presentation. You are then requested to prepare the following:

- a. Prepare 3 international canapés:
 - i. One French-inspired (e.g., a canapé with pâté or cheese)
 - ii. One Mediterranean-inspired (e.g., with olives, tomatoes, or seafood)
 - iii. One English-inspired (e.g., smoked salmon, cucumber, or egg)
- b. Presentation:
 - i. Plate your canapés beautifully on a platter, ensuring the presentation reflects the cultural theme.
 - ii. Make sure that the base, toppings, and garnishes are balanced and reflect the origin of the canapé.
- c. Write a short reflection (100-150 words) on the process of making the canapés. What did you learn about each culture's food preferences and presentation style?

2. Choose the correct answer

- a. What is the main characteristic of a canapé?
 - a. A large entrée dish
 - b. A small, bite-sized hors d'oeuvre
 - c. A main course served on a plate
 - d. A salad with a dressing
- b. Which of the following is a traditional French topping for a canapé?
 - a. Guacamole
 - b. Pâté
 - c. Tomato
 - d. Salsa
 - e. Falafel

- c. Which type of bread is typically used for an English canapé?
 - a. Rye bread
 - b. White bread or toast
 - c. Flatbread
 - d. Croissant
- d. Which of the following ingredients is most commonly used in Mediterranean canapés?
 - a. Avocado
 - b. Olives
 - c. Shrimp
 - d. Caviar
- 3. Explain the difference between a canapé and a tartlet.
- 4. List three key elements you would consider when designing international canapés for a catering event.
- 5. Why is the selection of bread or base important in the preparation of canapés? Provide two reasons.
- 6. Describe two typical garnishes used for canapés and their cultural significance.



Points to Remember

- When creating canapés inspired by various cuisines, it's important to respect cultural preferences and dietary restrictions (e.g., halal, kosher, vegetarian). Research the culinary traditions to ensure the ingredients and preparation methods align with authentic practices.
- Canapés should have a good balance of flavors—sweet, salty, sour, and bitter. Try to combine contrasting flavors and textures, such as creamy, crunchy, tangy, or spicy, to keep the bite interesting.
- International canapés should be visually appealing. Use garnishes, edible flowers, microgreens, or vibrant ingredients to enhance the aesthetic. Think about portion sizes, ensuring they are bite-sized but still packed with flavor.
- Choose fresh, high-quality ingredients that represent the cuisine. For example, use fresh seafood for Scandinavian-inspired canapés or fine olive oil for Mediterranean-style options.

- Aim for a variety of canapés with different flavors, textures, and types of bases. Include a mix of options like seafood, meats, cheeses, and vegetarian or vegan choices to cater to different tastes and preferences.
- Different regions emphasize unique spices and herbs. For example, use cilantro and chili for Mexican canapés, or basil and rosemary for Italian. Do not overpower the dish with one spice—focus on complementary combinations.
- Many international canapés incorporate ingredients like dairy, gluten, or meat, so it is important to offer alternatives or substitutions (e.g., gluten-free crackers, plant-based cheeses) to cater to all guests.



Self-Reflection

1. Re-take the self-assessment you did at the beginning of the unit. Read the statements across the top. Put a check in a column that best represents your level of knowledge, skills and attitudes.

My experience	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Knowledge, skills and attitudes					
Identify international canapés ingredients					
Identify international canapés					
Describe ingredients for international canapés					
Describe International canapés					

My experience Knowledge, skills and attitudes	I do not have any experience doing this.	I know a little about this.	I have some experience doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Select ingredients for international canapés					
Apply International canapés preparation steps					

2. Fill in the table below and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.
3.	3.	3.

Summative assessment

Integrated situation

Read the situation below and perform the tasks required

INGANJI Hotel located in Nyanza District is going to host a group of 10 guests at Lunch. The host ordered cold dishes including meat cuts, Salads and fruits. But unfortunately; a hotel Garde manger staff is in an annual leave while her assistant has got an accident. So, you are hired as a professional casual staff to prepare those cold dishes within three (3) hours. All tools, materials, and equipment are available in INGANJI Hotel cold kitchen store.

You are requested to:

- Prepare Roast beef cold cuts
- Prepare Italian pasta salad
- Prepare a strawberry Jam and Bruschetta
- You have three (3) hours maximum to complete your task.

Resources

Tools	Cutting tools, pan and pots, service tools, Conical strainer, Sieve, Stock pot, frying pan, Roasting pan, Wooden spatula, peeler, Chef knife, Boards Knives, cutting board, Mixing bowls, Spinner
Equipment	Oven, stoves, blenders, slicer machines, fridges, freezers, cold pass, Cutting/ chopping boards.
Materials/ Consumables	Meat, fruits, seasoning, Pasta, Cheese, Vegetables and flavorings, oil, strawberries, sugar, breads, tomatoes, avocados, black olives.

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