



Republic of Rwanda
Ministry of Education



RTB | RWANDA
TVET BOARD

RQF LEVEL 5



FOOD AND BEVERAGE OPERATIONS

FBOCD501

New Dish
Creation



TRAINEE'S MANUAL

April 2025



Republic of Rwanda
Ministry of Education



RTB | RWANDA
TVET BOARD

NEW DISH CREATION



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LIST OF ABBREVIATIONS AND ACRONYMS

CBET:	Competence Based Education and Training
FBO:	Food and Beverage Service
°C:	Degrees Celsius
HACCP:	Hazard Analysis Critical Control Point
Kg :	Kilogram
L	Liter
ml	Milliliter
PPE	Personal Protective Equipment
RQF	Rwanda Qualification Framework
RTB:	Rwanda TVET Board
Tbsp.:	Tablespoon
TVET	Technical and Vocational Education and Training
tsp	Teaspoon
UOM	Unit of measurement

INTRODUCTION

This trainee's manual encompasses all necessary skills, knowledge and attitudes required to **create new dish**. 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 pre-preparation activities for new dish

Unit 2: Prepare new dish

Unit 3: Perform final presentation of the new dish

UNIT 1: PERFORM PRE-PREPARATION ACTIVITIES FOR NEW DISH



Unit summary

This unit provides you with the knowledge, skills and attitudes required to perform pre-preparation activities for new dish. It includes generation of new dish idea, arrange the workplace and selecting tools, equipment and ingredients for the new dish category.

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	I know	I have	I have a lot	I am
Knowledge, skills and attitudes	have any experience doing this.	a little about this.	some experience doing this.	of experience with this.	confident in my ability to do this.
Describe dietary restrictions					
Differentiate a vegetarian and a vegan dietary.					
Explain a gluten – free restriction diet.					
Describe sources of information to create a dish					

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.
Design or draft a new dish recipe					
Describe recipe and the elements of a standard recipe.					
Describe the procedure for naming a dish and 5 tips for writing a recipe					
Describe the 3 types of kitchen shapes or layouts					
Explain 3 Ss of work flow stand for					
Describe various types of ingredients					
Differentiate dishes categories					



Key Competencies:

Knowledge	Skills	Attitudes
1. Describe terminologies related to new dish creation	1. Draft new dish recipe	1. Prioritizing tasks to meet preparation timelines effectively.
2. Describe the new dish creation process	2. Select ingredients for the new dish idea	2. Anticipating challenges and preparing solutions.
3. Differentiate inspirational sources of information	3. Measure precise ingredient and adherence to recipes.	3. Commitment to cleanliness and food safety throughout the process.
4. Describe dietary considerations in dish creation	4. Prepare the workplace	4. Willingness to work closely with others and contribute positively to the team.
5. Describe the dish naming procedure	5. Follow the 3S of work flow	5. Openness to experimenting and incorporating feedback.
6. Recognizing ingredient quality, freshness, and compatibility with the dish.	6. Select tools and equipment required for the preparation of the new dish	6. Taking ownership of tasks and ensuring quality in every step.
7. Explain allergens and substitutions.		7. Maintaining concentration and accuracy during pre-preparation tasks.



Discovery activity:



Task 1:

1. Referring to your experience in preparing foods, read and answer the following questions:
 - a. Where do you get inspiration to create a dish?
 - b. Explain the common dietary restrictions you face when creating a menu for your customers. When you meet such restrictions, how do you proceed?
 - c. Describe the tools and equipment for preparing new dishes
 - d. Describe the process of drafting a new dish.
 - e. Describe the format to follow when naming a new dish.
 - f. Describe the elements to base on when writing a new recipe

- g. Describe the elements of a well-organized workplace
- h. Describe the elements to base on when selecting tools and ingredients for a new dish.

Topic 1.1: Generation of new dish idea



Activity 1: Problem Solving



Task 2:

1. Referring to your experience in culinary arts, answer the following questions:
 - a. Describe a situation when you had to adapt a traditional recipe to make it more modern or appealing. What changes did you make, and why?
 - b. Describe a situation where you created a dish specifically to meet a customer's request or dietary need. How did you ensure it was successful?
 - c. How do you balance creativity with customer preferences when designing new dishes?
 - d. What constraints are likely to be faced (e.g., limited ingredients or budget) when creating a new dish? How can they be overcome?
2. Read the scenario and answer the related question:

A&B is a four-star hotel located in Kigali city. In the five past years, this hotel was busy due to its quick service and good quality dishes. Recently, the number of customers has significantly decreased due to poor service and products offered. Customers are complaining of eating the same foods, dishes are not responding with their culture, beliefs and dietary restrictions. The owner of A&B hotel decides to employ you as head chef with the objectives of creating new dishes responding to customers dietary restrictions and place the hotel on top with an excellent and innovative cuisine in Kigali”

 - a. Can you share an example of what you will base on to develop unique dishes for A&B?
 - b. For the example in the above, how will you execute the idea?

Key Facts 1.1 Generation of new dish idea

- **Introduction to new dish creation**



New dish creation in culinary refers to the process of conceptualizing, designing, and developing a unique dish by combining ingredients, cooking techniques, and presentation styles. This involves balancing flavors, textures, colors, and innovation to craft a dish that satisfies sensory experiences and offers something distinct, whether through taste, aesthetics, or originality.¹

- ✓ **Key aspects of new dish creation include:**

- ✚ **Creative inspiration:** Drawing ideas from personal experiences, cultural influences, or seasonal trends.
- ✚ **Ingredient selection:** Focusing on quality, seasonality, and sustainability.
- ✚ **Balancing elements:** Harmonizing taste, texture, and visual appeal for a cohesive dish.
- ✚ **Testing and refinement:** progressively modifying recipes to perfect flavors, execution, and presentation

- ✓ **Key steps in creation of new dish include:**

- ✚ **Inspiration and ideation:** Inspiration can stem from various sources such as personal experiences, local cuisines, cultural influences, or seasonal ingredients
- ✚ **Defining the elements of the new dish:** A dish typically consists of core components: taste, texture, color, base, and garnish. Balance these elements to create harmony. For instance: taste, texture, color, base and garnish.

¹ PPL4PC2 - SQA Unit Code J4BW 04

- ✚ **Sourcing ingredient for the new dish:** highlight the importance of using high-quality, fresh, and sustainable ingredients. Explore local markets or specialty suppliers to find unique elements that can make a dish stand out.
- ✚ **Experimentation and refinement:** the trial-and-error process of perfecting a dish: Start with a rough idea and create a prototype, test different ingredient combinations and cooking techniques, gather feedback and refine the dish until the desired result is achieved.
- ✚ **Plating and presentation of a new dish:** food presentation is crucial, as people eat with their eyes first. Consider principles like balance, contrast, and the strategic use of space on the plate. Be creative.
- ✚ **Narrative and signature style:** develop a compelling story behind the new dish. This could include the dish's inspiration, special techniques used, or unique elements incorporated. A narrative helps connect diners to the food on a deeper level.
- ✚ **Testing and feedback:** run a test phase where dishes are served to a small audience or team to gauge reactions. Use constructive criticism to make improvements. This phase ensures the dish is both appealing and executable under real-world conditions
- ✚ **Final touch:** surprises and signature, add an unexpected twist, like an unusual spice or an innovative preparation method, to elevate the dish from standard to exceptional. This step helps in establishing a personal culinary signature

- **Sources of inspiration for creating new dish**

- ✓ **Cookbooks and recipe websites:** Explore a variety of culinary resources for inspiration. Some popular options including: *the Flavor Bible* by Andrew Dornenburg and Karen Page, *the Flavor Matrix* by James Briscione and Brooke Parkhurst and *The Science of Spice* by Dr. Stuart Farrimond and Websites like Allrecipes, Food Network, and BBC Good Food.
- ✓ **Travel experiences:** Draw inspiration from the flavors and cuisines of different cultures and regions. Consider your own travel experiences or explore travel blogs and food documentaries.

- ✓ **Personal experiences:** Reflect on your own memories and preferences to create dishes that resonate with you. Think about your favorite childhood meals, family recipes, or comfort foods.
- ✓ **Food trends and current events:** Stay updated on the latest food trends and news to incorporate into your creations. Pay attention to popular social media food accounts, food magazines, and culinary events.
- ✓ **Cultural and seasonal influences:** Consider the time of year and cultural events to create dishes that are relevant and appealing. For example, incorporate seasonal ingredients or create dishes inspired by holidays or celebrations.
- **Dietary considerations in dish creation**
 - ✓ **Vegetarian and vegan options:** Create dishes that are free from meat and animal products. Look for plant-based protein source as like tofu, tempeh, beans, and lentils.
 - ✓ **Allergen awareness:** Avoid common allergens like gluten, dairy, nuts, and shellfish. Explore alternative ingredients and cooking techniques to accommodate these dietary needs.
 - ✓ **Gluten –free:** gluten is protein mostly found in wheat, barley and rye and some of their derivatives. The reason to avoid gluten free diet is to manage or avoid celiac disease, an autoimmune disorder agitated by gluten ingestion. Food to avoid include breads, pasta, pastries, cookies, foods thickened with Roux and cereals made with wheat, barley or rye. Gluten free alternatives include, for example gluten free breads, pasta and flour made from rice, corn, soy or other gluten free grains. Gluten and wheat - free meals are popular and people can mention this dietary restriction. When preparing foods like breads, quiche, pasta and any food with Roux or flour for thickening agents, pay attention with GLUTEN if you have such clients with gluten free dietary restrictions.
 - ✓ **Specific dietary needs:** Consider individuals with conditions like diabetes, heart disease, or food intolerances. Research appropriate ingredients and recipes that cater to these needs.

- ✓ **Cultural and religious dietary practices:** Respect the dietary restrictions of different cultures and religions. For example, be mindful of halal, kosher, or vegetarian practices.

- **Drafting new dish recipe**

When drafting a new recipe, one should base on the standard recipe elements and filling in each point.

- ✓ **Dish naming procedure**

A creative and memorable name can make a dish more appealing. Consider the following when naming your new dish:

-  **Ingredients:** Use the main ingredients in the name, such as "roast duck breast " or " braised goat shoulder" or "parmentier soup, caesar salads, bolognaise macaroni".

-  **Flavors:** Highlight the dominant flavour of the dish, like "sweet or sour chicken" or "tangy lemon seabass"

-  **Inspiration:** If the dish is inspired by a place, person, or event, consider using a related name.

-  **Playfulness:** Have fun with the name and use puns or wordplay if appropriate.

- ✓ **Tips for writing a recipe**

When it is about writing a recipe consider the following:

-  write ingredients in the order in which they will be used

-  write the directions/ steps in an order that makes logical sense.

-  if your recipe has multiple sub- recipes within it, separate the ingredients and step each one.

-  offer additional cooking methods or substitutions

- ✓ **Steps on how to make a recipe card**

-  write the recipe name

-  list the required ingredients with exact measurements

-  clearly identify instructions for preparation and serving sizes.

-  include an image of the product (new dish created)

- ✓ **New dish sample draft**

-  **Recipe name:** " roast duck breast, red wine sauce, julienne of carrot & courgetti, turned baked potatoes "
-  **Portion size:** duck breast approximately 250 g
-  **Yields:** one serving
-  **Food category:** main course dish
-  **Cooking methods:** duck is roasted, vegetables are blanched and sautéed in butter potatoes are turned and baked in hot oven.
-  **Seasoning:** duck is marinated in local fresh herbs with red wine. The sauce is red wine flavored.



Figure 1: Recipe card

✓ **Step by step instructions:**

- ✚ Prepare the workplace with right tools and ingredients,
- ✚ Pre- prepare the ingredients (vegetables and potatoes),
- ✚ Marinate the duck breast and refrigerate it for 1 hour,
- ✚ Roast the duck breast, bake the potatoes and finish the sauce,
- ✚ Plate the dish correctly with right portions of veggies and starch
- ✚ Garnish with a hot red wine sauce and fresh herb leaves.



Coleslaw Dressing

INGREDIENTS		6-8	> 5 MIN	10 MIN
3/4 cup Mayonnaise 1 tbsp Wasabi paste 1/4 cup Apple cider vinegar 2 tbsp Organic maple syrup Fresh black pepper to taste		Yield	Prep time	Total time
		DIRECTIONS Mix all ingredients together, place in small container with lid, refrigerate for at least 30 minutes before serving. When ready, pour dressing over coleslaw and mix well. Serve immediately.		
		SPECIAL DIET INFORMATION For vegan dressing, substitute regular mayonnaise for a plant-based mayo.		

Figure 2: Coleslaw dressing

²**Example 2: Classic Spaghetti Carbonara recipe**

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: Serves 4

² <https://create.microsoft.com/en-us/templates/recipes>

Ingredients:

- 12 oz (340 g) spaghetti
- 2 large eggs
- 1 cup (100 g) grated Pecorino Romano cheese
- 1/2 cup (50 g) grated Parmesan cheese
- 4 oz (115 g) pancetta or guanciale, diced
- 2 cloves garlic, minced
- Salt and black pepper, to taste
- 1 tbsp olive oil
- Fresh parsley (optional, for garnish)

Instructions:**1. Cook the pasta:**

Bring a large pot of salted water to a boil. Add spaghetti and cook according to package instructions, about 9-11 minutes, until al dente. Reserve 1 cup of pasta cooking water and then drain the pasta.

2. Prepare the sauce:

While the pasta cooks, whisk together eggs, Pecorino Romano, Parmesan, and a pinch of black pepper in a bowl. Set aside.

3. Cook the pancetta:

In a large skillet, heat olive oil over medium heat. Add the diced pancetta and cook, stirring occasionally, until crispy (about 5-7 minutes). Add the minced garlic and cook for another 30 seconds, being careful not to burn the garlic.

4. Combine pasta and pancetta:

Add the cooked pasta to the skillet with pancetta and garlic. Toss to combine, ensuring the pasta is well coated with the rendered fat.

5. Make the carbonara sauce:

Remove the skillet from heat and immediately pour the egg and cheese mixture over the pasta. Toss quickly to create a creamy sauce, adding reserved pasta water, a little at a time, until the desired consistency is reached.

6. **Serve:**

Taste and adjust seasoning with salt and pepper. Garnish with fresh parsley, if desired, and serve immediately.



Activity 2: Guided Practice



Task 3:

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

Scenario: Generating new dish ideas for a seasonal menu

A mid-sized restaurant plans to introduce a new seasonal menu that incorporates fresh, local ingredients.

The goal is to create innovative dishes that cater for diverse dietary preferences while maintaining the restaurant's brand identity.

- a. Establish clear goals for the new dishes
 - i. seasonal flavors,
 - ii. vegan options,
 - iii. fusion cuisine
- b. Identify target customers and their preferences
 - i. food trends,
 - ii. dietary restrictions
- c. Identify seasonal ingredients available from local suppliers.
- d. Analyze competitors' menus for inspiration and market trends.
- e. How would you handle a last-minute change to the menu or ingredients due to availability?
- f. Describe a situation where you may be required to adapt a dish for a customer with unique dietary restrictions.

Note: You can explore global cuisines, food blogs, cookbooks, and platforms like Pinterest or Instagram for creative ideas.



Activity 3: Application



Task 4:

1. Read the scenario and answer related questions:

Scenario: Generating new dish ideas for a health-focused pop-up event

A restaurant is planning a health-focused pop-up event to attract fitness enthusiasts and health-conscious diners. The goal is to design a menu with creative, nutritious dishes that emphasize super foods, balanced macros, and dietary inclusivity (e.g., gluten-free, vegan). The dishes should be both visually appealing and delicious, aligning with the event's wellness theme.

- a. Come up with an idea of the event that corresponds to the theme and present it in the recipe format

Topic 1.2: Preparing workplace and selecting ingredients



Activity 1: Problem Solving



Task 5:

1. Read the and answer the questions below:
 - a. Describe types of kitchen layouts?
 - b. Why do you follow the 3 Ss workflow (Sort, Set in Order, Shine) in your kitchen?
 - c. Which layout do you find most efficient in your kitchen: Island, Galley, or U-shaped?
 - d. What is the main reason for choosing an open kitchen design?
 - e. What role does this dish play in the meal: appetizer, main course, or dessert?
 - f. Why is this dish classified as a starter or appetizer?
 - g. Which dish would you consider a perfect dessert for a formal dinner?
 - h. What defines an Italian dish in terms of ingredients and flavors?

- i. Why would you choose Indian cuisine for a meal?
- j. Which type of Mexican dish do you prefer: tacos, enchiladas, or guacamole?
- k. What are the key ingredients that make French cuisine unique?
- l. What is the main benefit of grilling food compared to other cooking methods?
- m. Why do you prefer baking over frying for certain dishes?
- n. Which cooking method works better for a quick and healthy meal: sautéing or steaming?
- o. What is the primary difference between boiling and simmering in cooking?
- p. What makes a dish vegetarian, and how do you ensure it meets the criteria?
- q. Why would you opt for a vegan recipe instead of a vegetarian one?
- r. Which ingredients do you avoid in gluten-free dishes?
- s. What are the main benefits of serving a low-carb or keto meal?

Key Facts 1.2: Preparing workplace and selecting ingredients

- **Workplace preparation**

A well-organized workplace is essential for efficient and safe food preparation. Here are some tips for arranging your kitchen:

- ✓ **Clear work surfaces:** Keep your workspace clean and clutter-free.
- ✓ **Organize ingredients:** Group ingredients together based on their use.
- ✓ **Arrange equipment:** Place frequently used tools within easy reach.
- ✓ **Safety first:** Ensure that knives and other sharp objects are handled safely.

- **Types of kitchen layouts**

Different kitchen layouts can impact workflow and efficiency. The size and shape of the room/ kitchen will determine your layout. Although some variations and deviations can exist.

Matching a kitchen layout with the dish production sequence and type of kitchen is crucial to ensure efficiency, smooth workflow, and optimal space usage. Below is how

different kitchen layouts can be effectively arranged according to the dish production sequence and type of kitchen:

✓ **Assembly line (or line kitchen) layout**

 Dish Production Sequence:

- **Ideal for:** High-volume, standardized menus with set steps for preparing and assembling dishes.
- **Production Sequence:** The dish production follows a linear process, with each station specializing in one step of the meal preparation. From preparation (chopping, marinating) to cooking (grilling, frying) to plating and garnishing, everything flows along the line.

 Workplace arrangement:

- **Hot Line:** The cooking area where stoves, fryers, and grills are positioned in a straight line, allowing chefs to focus on a specific task in sequence.
- **Cold Line:** This includes salad prep, sauces, and dessert preparation, located adjacent to the hot line but at a separate station.
- **Assembly Area:** The final station where dishes are plated and garnished before serving.

This type of Kitchen is perfect for banquet kitchens, large hotels with a buffet, and quick-service restaurants where efficiency and speed are key.

✓ **Island kitchen layout**

 Dish production sequence:

- **Ideal for:** Medium-sized kitchens where flexibility is necessary for preparing different types of dishes simultaneously.
- **Production Sequence:** The island acts as the core of the kitchen, and each surrounding station can focus on different parts of the dish production, from prep to cooking and plating.

 Workplace Arrangement:

- **Central Island:** It's used for multiple purposes, like final plating or combining pre-cooked ingredients, while the surrounding stations are dedicated to specific cooking tasks like grilling or sautéing.

- **Storage:** Positioned along the walls or within the island itself for easy access.

This type of kitchen is suitable for mid-sized hotels or restaurants with diverse menus where creativity and flexibility are required, and chefs need to move freely between stations.

✓ **Galley kitchen layout**

Dish production sequence:

- **Ideal for:** Smaller kitchens with limited space but still requiring a systematic workflow for multiple steps in meal preparation.
- **Production Sequence:** The flow is linear but on both sides. It starts from one end with prep (washing, chopping) to cooking (grills, stoves) and then moves to plating and garnishing stations.

Workplace arrangement:

- **Two parallel workstations:** One side for cooking (grills, fryers) and the other for prep (cutting boards, sink), which allows the team to work in tandem but minimizes excessive movement.
- **Narrow passage:** The corridor in the middle is used for moving ingredients or plated dishes, ensuring a smooth flow of work.

This type of kitchen is best for small hotels or boutique establishments with a limited menu and staff size, but requiring a compact and efficient space.

✓ **Open kitchen layout**

Dish production sequence:

- **Ideal for:** High-end dining where the guest experience is a priority and guests enjoy watching their food being prepared.
- **Production sequence:** The cooking sequence is visible to customers, but it still follows the standard workflow (prep, cook, plate, garnish). However, some steps, like dishwashing or large storage, might be behind the scenes or in a separate area.

Workplace arrangement:

- **Chef stations:** Open cooking areas where the guests can see the process—grills, stoves, ovens, and plating areas are all visible to enhance interaction.

- **Designated cooking and plating areas:** These are positioned where guests can see the chefs working, ensuring a continuous flow of the dish production sequence.

This type of kitchen is ideal for fine dining restaurants or upscale hotels that focus on customer engagement and want to offer a transparent cooking experience.

✓ **Zone-style (or functional) layout**

Dish production sequence:

- **Ideal for:** Hotels with complex or diverse menus requiring specialization in different areas (baking, grilling, etc.).
- **Production Sequence:** The kitchen is divided into functional zones for each stage of food production, such as prep, cooking, and dishwashing. This allows workers to focus on a specific task in the production process.

Workplace Arrangement:

- **Distinct zones:**
 - Preparation Zone: Chopping, mixing, marinating.
 - Cooking Zone: Grills, fryers, stoves.
 - Plating and Garnishing Zone: Where the dish is plated and finished.
 - Dishwashing Zone: For cleaning and sanitizing tools and dishes.

This type of kitchen is best for hotels with large-scale kitchens or catering operations where multiple types of food are prepared simultaneously, and workflow efficiency is paramount.

✓ **U-shaped kitchen layout**

Dish production sequence:

- **Ideal for:** Medium to large kitchens where a continuous flow of work is required, with ample space for each stage of food production.
- **Production Sequence:** The sequence flows in a U-shape, with the prep area at one end, cooking in the middle, and plating at the other end. This helps minimize excessive movement and creates an efficient workflow.

Workplace Arrangement:

- **Three Walls of Stations:** One wall for prep, one for cooking, and one for finishing and plating.

- **Central Workspace:** A focal point for additional work, such as garnishing or final touches before serving.

This type of kitchen is suitable for large hotels or resorts with extensive menus and where multiple cooks are needed in different areas.

✓ **Commercial kitchen with satellite layout**

Dish production sequence:

- **Ideal for:** Large hotels or resorts with multiple dining outlets that need specialized cooking areas for different types of food or large event preparation.
- **Production sequence:** The central kitchen handles bulk preparation, while satellite kitchens (bakeries, pastry stations) prepare specific items. Each kitchen operates in parallel with specialized tasks.

Workplace arrangement:

- **Main kitchen:** Focuses on large-scale food prep and assembly.
- **Satellite kitchens:** Smaller, specialized kitchens for desserts, pastries, or beverages. These are connected to the main kitchen to send prepared items or ingredients.

Type of kitchen is perfect for large hotels, resorts, or event venues with multiple dining options or large events that require specialized production.

✓ **L-shaped kitchen layout**

Dish production sequence:

- **Ideal for:** Medium-sized kitchens requiring a balance of prep, cooking, and assembly while optimizing space.
- **Production Sequence:** The workflow follows a logical progression from one end of the "L" for prep to the other for cooking, finishing, and plating.

Workplace arrangement:

- **Two Perpendicular Workstations:** One leg of the "L" is for preparation and cutting, while the other is for cooking and plating.
- **Corner Area:** Often dedicated to storage or a small dishwashing area.

Type of kitchen is ideal for mid-sized hotels or restaurants where workflow needs to be efficient but space is limited.

Each kitchen layout is designed to optimize a specific dish production sequence, ensuring that food preparation is efficient, hygienic, and organized. Choosing the right layout depends on the scale, menu type, and operational goals of the hotel or restaurant.

- **3 Ss of workflow**

The 3Ss of work flow (Sort, Set in order, Shine) can help you maintain a clean and organized workspace:

- ✓ **Sort:** Remove unnecessary items from your workspace.
- ✓ **Set in order:** Arrange items in a logical and efficient manner.
- ✓ **Shine:** Clean and sanitize your workspace regularly.

- **Selection of tools equipment and ingredients**

The tools, equipment, and ingredients you choose will depend on the specific dish you are creating. However, there are some general categories to consider:

- ✓ **Cutting tools:** knives, cleavers, and choppers.
- ✓ **Cooking utensils:** pots, pans, skillets, and baking dishes.
- ✓ **Measuring tools:** measuring cups and spoons.
- ✓ **Mixing tools:** bowls, whisks, and spatulas.
- ✓ **Baking tools:** rolling pins, cookie cutters, and muffin tins.
- ✓ **Ingredients:** consider the specific ingredients required for your recipe, including fresh produce, meats, seafood, dairy products, grains, and spices.



- **Factors to consider when selecting ingredients**

- ✓ **Quality:** Choose fresh, high-quality ingredients whenever possible.
- ✓ **Seasonality:** Incorporate seasonal ingredients for optimal flavor and freshness.
- ✓ **Dietary restrictions:** Be mindful of any dietary restrictions or allergies when selecting ingredients.
- ✓ **Flavor profile:** Consider the desired flavor profile of your dish and select ingredients that complement each other.
- ✓ **Texture:** Think about the desired texture of your dish and choose ingredients that will contribute to it.

- ✓ **Checklist for selecting ingredients**

- ✚ Is the ingredient fresh, seasonal, and high-quality?
- ✚ Does it align with the dish's theme and concept?
- ✚ Is it cost-effective and available in required quantities?
- ✚ Does it cater to dietary needs and preferences?
- ✚ Does it support sustainability goals?

- **Dish categories**



Figure 3: Dishes categories

This table provides a clear and structured overview of dish categories and their roles in a meal

Dish Category	Definition	Purpose	Examples
Appetizers / Starters	small, flavorful dishes served before the main course.	to stimulate the appetite and provide a light introduction to the meal.	bruschetta, spring rolls, shrimp cocktail, soups, salads
Main Courses	the primary dish served at a meal.	to satisfy the main hunger.	steak, pasta, chicken, fish, vegetarian entrees
Side Dishes	dishes served alongside the main course.	to complement the main course and provide balance and variety.	mashed potatoes, rice, vegetables, bread
Desserts	sweet dishes served after the main course.	to satisfy a sweet tooth and conclude the meal on a pleasant note.	cake, pie, ice cream, chocolate, fruits
Beverages	drinks served with the meal.	to enhance the flavor of the food and quench thirst.	water, wine, beer, soft drinks, tea, coffee

Additional Courses	special or optional courses served before or after the main meal.	to add variety and enhance the dining experience.	amuse-bouche, soup or salad, cheese course, coffee course
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This table outlines the different ways dishes can be categorized across various criteria.

Category	Sub-Categories	Description/Examples
by cuisine	Italian, Indian, Mexican, French	Italian: pasta, risotto; Indian: curry, biryani; Mexican: tacos, enchiladas; French: ratatouille, coq au vin
by cooking method	dry-cooked foods, wet-cooked foods	dry-cooked: grilled, roasted, baked; wet-cooked: steamed, poached, boiled
by dietary preferences	vegetarians, vegans, gluten-free, low-carb/keto	vegetarians: vegetable stir-fry; vegans: tofu scramble; gluten-free: zucchini noodles; low-carb: cauliflower rice
by occasion	breakfast, brunch, lunch, dinner	breakfast: pancakes; brunch: quiche; lunch: sandwiches; dinner: steak or pasta
by serving styles	hot, cold	hot: soups, roasts; cold: salads, desserts

By carefully considering these tips, you can select ingredients to the new dishes that will be successful and profitable for your business:

- **Tips/Variations: Optional advice for customization, substitutions, or tips for success.**

These are modifications or dietary adaptations to suit various dietary needs and preferences. For Spaghetti Bolognese for example we may have the following:

Adaptation	Modification	Examples/Substitutes
vegan/vegetarian version	Replace meat and dairy components with plant-based alternatives.	Meat substitute: plant-based ground meat, lentils, crumbled tofu, finely chopped mushrooms and dry beans. Stock: vegetable stock instead of beef stock.

		Wine: ensure it is vegan-friendly or omit it. Cheese: vegan parmesan or nutritional yeast for cheesy flavor.
gluten-free adaptation	Replace gluten-containing ingredients with gluten-free options.	Pasta: gluten-free pasta (rice, corn, chickpeas) or zucchini noodles (zoodles), spaghetti squash. Thickener: use gluten-free flour or cornstarch.
low-carb or keto-friendly adaptation	Replace high-carb ingredients with low-carb alternatives and adjust sauce.	Pasta replacement: zucchini, shirataki noodles, or spaghetti squash. Sauce: avoid sugar, use fresh tomatoes or no-sugar-added canned tomatoes. Meat: use higher fat ground beef.
Allergy-Friendly Modifications	Adjust ingredients to accommodate common allergies.	Onion/Garlic Allergy: Replace with fennel or celery, garlic-infused oil for flavor. Nut-Free: Ensure vegan Parmesan doesn't contain nuts.
Healthier or Calorie-Reduced Adaptation	Modify ingredients to make the dish healthier or lower in calories.	Lean Protein: Ground turkey or chicken instead of beef. Increase Vegetables: Add zucchini, bell peppers, spinach. Reduce Oil: Use minimal olive oil or a non-stick skillet.

✓ **Nutritional information considerations:**

Factor	Impact on Nutrition	Examples
ingredient choices	The type of ingredients used can significantly alter the nutritional value of a dish.	Lean beef: reduces fat content. - Whole-grain pasta: increases fiber and protein.
portion sizes	Larger portions lead to higher calorie and macronutrient totals.	Larger servings increase calorie count.

toppings and sides	Adding certain sides or toppings can increase calorie and fat content, or provide nutritional benefits.	Garlic bread or cheese: increases calories and fat. Side salad: adds fiber, micronutrients, but minimal calories.
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✓ **Special notes:** highlight unique aspects, tips, or considerations to improve preparation, presentation, or enjoyment of the dish. It could be: ingredient variations, cooking tips, dietary modifications, flavor enhancements, or storage and reheating, serving suggestions.



Activity 2: Guided Practice



Task 6:

1. Read the scenario below and act accordingly

In the efforts to provide healthy, balanced meals the school's cafeteria is introducing a new, healthy, vegetarian dish as part of a balanced meal plan for students. The new dish is not only nutritious and tasty but also allergen-friendly and visually appealing. The dish will be offered during lunchtime, with a focus on seasonal ingredients that are nutritious, affordable, and appealing to students. The preparation process involves preparing the kitchen, ensuring that all the required tools and ingredients are available, and selecting the best produce for the dish. The team must also be mindful of potential allergies or dietary restrictions among the students.

- a. Clean workstations free from contaminants, ensuring food safety
- b. Prepare and set up tools and equipment that you might need for your dish
- c. Select ingredients for the new dish and provide details on the following:
 - i. Core ingredients of the new dish, keeping in mind the diet restrictions or healthy aspects.
 - ii. Flavor enhancers like herbs, spices, and seasoning to complement the dish's flavors.

- iii. Special dietary requirements: ingredients meet specific dietary needs, such as vegan, gluten-free, or low-carb.
- iv. Ingredient freshness: vegetables and herbs for freshness, and check expiration dates on other ingredients like canned goods or grains.
- v. Plan for presentation and garnishes that enhance the visual appeal of the dish.



Activity 3: Application



Task 7:

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

A new seasonal dish is being introduced in a B&BG restaurant, focusing on fresh ingredients that showcase the best of the current harvest. The dish needs to be vegetarian, healthy, and visually appealing for the evening dinner menu. The preparation begins with ensuring that the kitchen environment is ready and the right ingredients are selected for the new dish.

 - a. Determine the primary ingredient(s) that will form the dish's base for your new dish
 - b. Choose complementary ingredients to enhance flavors, textures, and colors (e.g., herbs, spices, vegetables) to complement your new dish
 - c. Select and prepare the tools and equipment that you will use in the dish preparation
2. Present to the trainer your work.



Formative Assessment

1. Describe a time when you had to prepare a new dish from scratch. How did you go about organizing the preparation process?
2. Describe a situation where you had to ensure that all kitchen workstations and equipment were ready for a new dish. What steps did you take to ensure everything was in place?

3. Can you give an example of a time when you needed to choose ingredients for a new dish? What factors did you consider when selecting those ingredients?
4. Share a time when you had to adapt a recipe or dish to meet dietary restrictions. How did you ensure the dish was still delicious and met the necessary requirements?
5. Have you ever had to handle multiple pre-preparation tasks at once? How did you prioritize your tasks to ensure the dish was ready on time?
6. Describe a time when you worked with a team to prepare a new dish. How did you communicate and coordinate tasks to ensure the preparation was successful?
7. Discuss a time when you had to troubleshoot or resolve an issue during the pre-preparation phase (e.g., missing ingredients, equipment malfunction). What was the issue, and how did you solve it?
8. Can you share an experience when you had to ensure the freshness and quality of ingredients before using them in a dish? How did you verify their quality?



Points to Remember

- Inspiration sources may come from cultural influences, seasonality, websites, trends, customer preferences.
- Dietary restrictions to consider while exploring new dish: dietary needs (e.g., vegetarian, gluten-free, vegan) and ensure ingredients comply with the menu requirements.
- Ensure all workstations are clean and sanitized to prevent cross-contamination.
- Properly organize the kitchen tools and equipment before starting preparation (e.g., knives, cutting boards, mixing bowls, stoves, ovens).
- Be aware of common allergens (nuts, dairy, gluten) and provide alternative options when necessary.
- Ingredient exploration: experiment with ingredients to create unique flavor, substitutions and focus on sustainable and locally sourced ingredients to minimize food waste and support the environment

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					
Describe dietary restrictions					
Differentiate a vegetarian and a vegan dietary.					
Explain a gluten – free restriction diet.					
Describe sources of information to create a dish					
Design or draft a new dish recipe					
Describe recipe and the elements of a standard recipe.					
Describe the procedure for naming a dish and 5 tips for writing a recipe					
Describe the 3 types of kitchen shapes or layouts					

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					
Explain 3 Ss of work flow stand for					
Describe various types of ingredients					
Differentiate dishes categories					

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 NEW DISH



Unit summary

This unit provides you with the knowledge, skills and attitudes required to **prepare new dish**. It covers the performing mise en place for new dish, cooking new dish, conducting the pre- validation of new dish, interpreting new dish and adjusting dish according to the feedback collected in the process.

Self-Assessment: Unit 2

- Referring to the unit illustrations above discuss the following:
 - What do the illustrations show?
 - What is the difference between the different images in the illustration?
 - What do you think this unit is about based on the illustration?
- Fill in and complete the self-assessment table below to assess your level of knowledge, skills and attitudes under this unit.
 - 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.
 - Think about yourself: do you think you have the knowledge, skills or attitudes to do the task? How well?
 - 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 kitchen organization and equipment setup.					
Describe ingredients and their preparation techniques.					
Apply food safety and hygiene standards while preparing					

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					
ingredients and dishes					
Organize and prepare ingredients for cooking.					
Describe the recipe and cooking techniques required for the new dish.					
Describe cooking methods and their effect on flavor and texture.					
Execute various cooking techniques effectively and consistently.					
Adjust cooking times and temperatures for optimal results.					

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					
Taste, adjust seasoning, and monitor the cooking process to ensure high-quality results.					
Adjust cooking times and temperatures for optimal results.					
Analyze feedback and make necessary adjustments.					



Key Competencies:

Knowledge	Skills	Attitudes
1. Identify the preparation techniques to apply on tools selected for a new dish preparation	1. Prepare tools to use on new dish preparation	1. Tools/equipment should be handled carefully and safely
2. Describe the pre-preparation techniques to apply on ingredients	2. Prepare ingredients to prepare a new dish	2. Selected ingredients should be checked for their freshness and cleanliness

Knowledge	Skills	Attitudes
selected to prepare a new dish		
3. Describe the process of cooking a new dish by deep-frying	3. Deep-fry new dish	3. When deep-frying, follow the guidelines for safety purposes.
4. Explain the process of braising a new dish	4. Cook new dish using braising cooking methods	4. When braising, respect the measurement of spices and condiment
5. Describe the pre-validation techniques to apply on new dish	5. Pre-validate the new dish created	5. When pre-validating, one should base on the dish presentation and testing techniques
6. Explain the techniques you will apply when interpreting a new dish	6. Interpret the new dish created	6. Interpret the new dish based on composition and its presentation
7. Explain the techniques to apply when adjusting a new dish.	7. Adjust the new dish	7. Before adjusting, check carefully the errors and then after adjust accordingly.



Discovery activity:



Task 8:

1. Read and answer the questions below:
 - a. Can you describe a time when you had to organize your workspace under pressure?
How did you ensure everything was ready before starting?
 - b. Share an example of how you prioritized tasks when preparing ingredients for a new recipe.

- c. How have you handled a situation where an essential tool or ingredient was unavailable during mise en place?
- d. Describe a time you had to adapt a cooking technique to achieve the desired outcome. What did you do, and what was the result?
- e. Describe a situation where you realized mid-process that a dish wasn't turning out as expected. How did you correct it?
- f. How have you balanced following a recipe with adding your personal creative touch
- g. Interpretation of new dish
- h. Describe a dish you created where presentation played a significant role in its success. What steps did you take to enhance its appeal?
- i. Can you give an example of when you analyzed the composition of a dish and realized it needed adjustments for balance? What did you change?
- j. Describe a time you creatively presented a dish to match its cultural or thematic concept.
- k. Share an example of when you substituted an ingredient due to availability issues or dietary restrictions. How did it affect the final dish?
- l. Can you describe a time you worked collaboratively to refine a dish?

Topic 2.1: Performing mise en place for new dish



Activity 1: Problem Solving



Task 9:

1. Read and answer the questions below:
 - a. You have limited time to prepare for a complex dish with multiple components. How would you prioritize your tasks to ensure everything is ready on time?
 - b. If a key ingredient takes longer to prepare than expected, how would you adjust your workflow to avoid delays?
 - c. Imagine you discover an essential ingredient is missing just before starting mise en place. What steps would you take to resolve the issue?

- d. If a critical piece of equipment breaks while preparing ingredients, how would you adapt to continue your mise en place efficiently?
- e. What would you do if you noticed cross-contamination risks during mise en place (e.g., raw meat and vegetables being prepared on the same surface)?
- f. If you find that an ingredient's quantity is insufficient for the dish, how would you adjust the recipe while maintaining its intended flavor and quality?
- g. If a team member is unfamiliar with a preparation technique required for the new dish, how would you ensure the task is completed accurately and on time?
- h. How would you approach a scenario where a client requests a specific dietary modification (e.g., gluten-free) after mise en place has begun?

Key Facts 2.1: Performing mise – en place for new dish

- **Overview on mise en place for a new dish**

Mise en place, meaning “everything in its place,” refers to the organization and preparation of ingredients, tools, and equipment before cooking. For a new dish, this step requires careful planning to ensure a smooth cooking process.

The process starts with reviewing the recipe to understand all requirements. This includes identifying any unfamiliar techniques or ingredients and preparing a clean, organized workspace equipped with the necessary tools.

Ingredients must be prepped by washing, peeling, chopping, or marinating as needed. They should be handled carefully, measured accurately, and labeled for easy use during cooking.

Tools and equipment must be checked for functionality and prepared in advance. Specialized equipment, such as blenders or sous-vide machines, should be set up as needed.

Time management is critical, with longer tasks prioritized to align with the cooking schedule. Hygiene and safety are also essential to prevent cross-contamination and maintain food quality.

Mise en place ensures efficiency, consistency, and adaptability. It allows chefs to focus on cooking and presentation while simplifying any adjustments needed during the process.



The table below summarizes the preparation techniques, key steps, and examples of ingredients for each method.

Preparation Technique	Description of activities	Ingredients
chopping	Use proper knife skills for dicing, slicing, mincing, or julienning vegetables and herbs. Keep uniform sizes for even cooking.	Vegetables (e.g., onions, carrots, bell peppers), herbs (e.g., parsley, cilantro).
Marinating	Prepare marinades using oil, spices, and acids (like lemon or vinegar). Combine marinade with protein or vegetables and allow time for flavors to infuse.	Chicken, fish, tofu, vegetables (e.g., zucchini, mushrooms), oil, soy sauce, spices.
Blanching	Boil ingredients briefly, then plunge into ice water to preserve color, texture, and nutrients.	Green beans, tomatoes (for peeling), broccoli, almonds (for peeling).
Toasting	Enhance flavor by gently heating spices, nuts, seeds, or grains in a dry pan or oven. Adds richness and aroma.	Cumin seeds, almonds, sesame seeds, quinoa.
Grinding and blending	Break down ingredients into finer textures using a grinder, mortar and pestle, or blender. Ideal for pastes, powders, or spice blends.	Spices (e.g., black pepper, cardamom), garlic, ginger, nuts (e.g., cashews).

Soaking	Hydrate or soften ingredients by immersing in water or other liquids.	Dried beans, lentils, cashews, raisins, rice, dried chilies.
Turning	Slicing and shaping some vegetables	courgetti, carrot and potatoes
sifting and sieving	Pass dry ingredients through a sieve to remove lumps and ensure a smooth texture.	Flour, cocoa powder, powdered sugar.
Peeling and coring	Remove the outer skin or core of fruits and vegetables for better texture and taste.	Apples, potatoes, cucumbers, bell peppers, avocado.
Juicing and zesting	Extract juice from fruits and use a zester for the outer layer for added flavor.	Lemons, limes, oranges.
Fermenting or pickling	Allow ingredients to undergo natural fermentation or soak in vinegar for acidity and preservation.	Cabbage (for kimchi or sauerkraut), cucumbers (for pickles), onions.
Clarifying or straining	Remove impurities from liquids like stocks or sauces using a strainer or cheesecloth.	Butter (for clarified butter), tomato puree, chicken stock.
Tenderizing	Soften tough cuts of meat using pounding, scoring, or marinating with acids.	Beef, chicken, squid.
Macerating	Soften and flavor fruits by soaking them in sugar, alcohol, or syrup.	Strawberries, cherries, peaches.
Mincing	involves finely chopping ingredients into very small, uniform pieces to release maximum flavor and blend seamlessly into a dish.	Aromatic vegetables, fruits, herbs, spices, nuts.
Skimming	Remove foam or fat from the surface of a simmering liquid to improve texture and clarity.	Soups, stocks, broths.
Proofing or resting	Allow dough to rest to develop gluten or fermentation.	Pizza dough, bread dough, pastry dough.

Cutting and shaping	Create specific cuts and shapes tailored to presentation and uniform cooking.	Vegetables (e.g., carrots, potatoes), fruits (e.g., apples), dough.
Emulsifying	Combining liquids like oil and water into a stable mixture using mechanical action or stabilizers.	Making mayonnaise, vinaigrettes, or hollandaise sauce.



Figure 4: Vestile preparation techniques

These techniques allow for versatile preparation and refinement of ingredients, ensuring the dish reaches its full potential in terms of flavor, texture, and presentation.

- **Factor in storage and holding time**

- ✓ Short-term prep: some tasks (like chopping onions) are best done closer to cooking to maintain freshness.
- ✓ Long-term prep: tasks like making stocks or sauces can be done in advance and stored.

- **Prioritize safety and hygiene**

- ✓ Handle raw proteins and produce separately to avoid cross-contamination.
- ✓ Store prepped ingredients at proper temperatures to maintain food safety.

By mastering the techniques of mise en place, you can elevate your culinary skills and create exceptional dishes with ease.



Activity 2: Guided Practice



Task 10:

1. Read the scenario below and perform related tasks:

In school canteen kitchen the trainer requested you to perform the mise en place for the following dishes:

- a. Starter: beef bouillon with julienne of carrot, onion and sushi
Main course: deep-fried crumbed chicken breast, creamed spinach with turned potatoes
- b. Dessert: fruit salad in cubed shape.

Instructions to follow:

1. Review the recipe to understand the required ingredients, techniques, and tools.
2. Create a checklist of all ingredients and equipment needed for the dish.
3. Identify and source any special or uncommon ingredients.
4. Arrange ingredients in the order they will be used.
5. Place tools and utensils within easy reach for seamless workflow.
6. Use labeled containers to separate and store prepped ingredients to avoid confusion.
7. Sanitize the workspace and tools before beginning.
8. Set up separate stations for raw and cooked ingredients to prevent cross-contamination.
9. Store perishable items in the refrigerator until needed.
10. Start with tasks that take the longest to complete, such as marination or slow cooking preparations.
11. Plan tasks to align with cooking and serving schedules.



Activity 3: Application



Task 11:

1. Read the scenario below and answer the questions/ perform related activities:

You are working at a nearby hotel, and the lunch buffet including a selection of fruit desserts and fruit cuts. The goal is to create a visually appealing, fresh, and hygienically prepared fruit display while accommodating guests with specific dietary restrictions, such as vegan, gluten-free, nut-free, and low-sugar preferences.

- a. Review the menu and dietary needs
 - b. Prepare ingredients (wash, peel, cut, and portion fruits).
 - c. Prepare alternatives for dietary-specific requirements.
 - d. Select tools and set-up equipment
 - e. Organize workstation
 - f. Label and store prepped ingredients to prevent cross-contamination.
 - g. Arrange items in sequence for smooth workflow.
 - h. Maintain strict sanitation practices and use gloves.
 - i. Clearly label all allergen-friendly and dietary-specific items.
2. Present to your trainer how you proceeded

Topic 2.2: Cooking a new dish



Activity 1: Problem Solving



Task 12:

1. Read and answer the questions below:
 - a. Describe how you would decide which cooking method to use for a new dish. What factors will you consider, and why?
 - b. Can you share an experience where you had to use a new or unfamiliar cooking technique? How did you ensure the dish turned out well

- c. Share a time when you had to adjust the temperature, timing, or method while cooking a new dish. How did you make the adjustments, and what was the result?
- d. Describe a situation where the texture or flavor of a new dish didn't turn out as expected. How did you identify the issue, and what changes did you make?
- e. Describe a time when you learned a new cooking technique or method for a dish. How did you apply this knowledge, and what was the result?
- f. Can you share an experience where creating a new dish inspired you to explore more about a specific cuisine or technique?

Key Facts 2.2: Cooking a new dish

When preparing new dishes, selecting the appropriate cooking method is crucial to achieve desired textures, flavors, and appearances. Below is a detailed guide to cooking methods, including advantages, disadvantages, and suggested food items.

- **Dry heat cooking methods**

Cooking techniques where heat is applied without moisture, typically at high temperatures. Suitable for tender cuts of meat, vegetables, and eggs.

Method	Description	Advantages	Disadvantages	Suggested Foods
Roasting	Cooking in an oven with dry, hot air.	Enhances flavor, texture, and appearance. Creates browned, flavorful food.	Time-consuming. Food may dry out.	Meat joints, vegetables, potatoes.
Grilling	Exposing food to direct heat from a grill or flame.	Adds smoky flavor & attractive appearance.	Requires close attention to prevent burning.	Meat cuts, fish, vegetables.

Toasting	Browning food between two heated elements.	Quick and easy. Enhances flavor and color.	Risk of burning if not monitored.	Breads, sandwiches, nuts.
Baking	Cooking with dry heat in an oven, primarily for pastries and baked goods.	Produces crispy textures and golden colors.	Requires skill and equipment.	Cakes, pastries, vegetables.
Sautéing	Cooking food in a small amount of oil while tossing or turning frequently.	Quick and flavorful.	Requires close attention to avoid burning.	Vegetables, chicken, small meat pieces.
Deep-frying	Submerging food in hot oil or fat.	Creates crispy textures and rich flavors.	Can be unhealthy if overused. Requires skill to prevent overcooking.	Potatoes, fish, breaded items.

- **Moist heat cooking methods**

Cooking food with liquids or steam to retain moisture and tenderize ingredients.

Best for tough meat cuts, grains, and starchy vegetables.

Method	Description	Advantages	Disadvantages	Suggested Foods
Boiling	Cooking food in water, stock, or milk at boiling point.	Simple and requires no special skill. Makes food tender and digestible.	May cause nutrient loss if liquid is discarded.	Rice, pasta, eggs, tough meats.
Steaming	Cooking food with steam from boiling water.	Retains nutrients, color, and flavor. Easy to digest.	Limited to certain foods. Requires specific equipment.	Vegetables, fish, rice.
Poaching	Gently cooking food in flavored liquid at low temperatures (80–85°C).	Preserves texture and flavor.	Limited to delicate foods.	Eggs, fish, fruits.
Blanching	Briefly boiling food, then shocking it in ice water.	Retains texture, color, and nutrients.	Can cause nutrient loss if overcooked or liquid discarded.	Vegetables, fruits, poultry.
Paper Bag Cooking	Wrapping food in paper/foil and submerging it in boiling water.	Retains natural flavors and nutrients.	Requires skill and attention.	Meat, fish, vegetables.

- **Combination cooking methods**

These methods use both dry and moist heat, combining textures and flavors effectively. Ideal for tough cuts of meat and hearty dishes.

Method	Description	Advantages	Disadvantages	Suggested Foods
Stewing	Slow-cooking food in a combination of sautéing and simmering with added liquid.	Retains food juices. Nutrients are conserved.	Long cooking time. High fuel consumption.	Tough meats, legumes, thick soups.
Braising	Cooking food by first searing, then simmering in liquid with seasonings.	Tenderizes large meat joints. Flavorful sauces are created.	Time-intensive.	Tough meats, poultry, root vegetables.

- **Key Advantages of each cooking method**

- ✓ Dry heat method: Enhances flavor and texture; creates attractive browning.
- ✓ Moist heat method: Tenderizes food, retains moisture, and is easily digestible.
- ✓ Combination method: Balances texture and flavor; produces flavorful sauces.

- **Selection criteria for cooking methods of the new dish**

- ✓ Ingredient characteristics: tenderness, water content, and fat levels dictate the method (e.g., tough meats for braising, tender fish for poaching).
- ✓ Flavor goals: choose methods for desired flavors: smoky (grilling), rich (braising), or fresh (steaming).
- ✓ Texture and appearance: crispy (frying, roasting) or tender and moist (steaming, poaching).
- ✓ Nutritional needs: health-conscious methods like steaming or poaching retain nutrients and suit dietary needs.
- ✓ Time and convenience: quick methods (sautéing) for speed; slow methods (stewing) for depth of flavor.
- ✓ Equipment availability: align methods with accessible tools and resources (e.g., oven, stovetop).

- ✓ Cuisine or recipe tradition: follow traditional methods unless experimenting (e.g., grilling for BBQ).
- ✓ Audience preferences: tailor methods to dietary needs or taste preferences of the target audience.

This approach ensures the cooking method that enhances the dish's flavor, texture, and overall appeal. By following these rules, you can create and cook a flavored new dish with a good appearance.



Activity 2: Guided Practice



Task 13:

1. Read the scenario: **Culinary Class Challenge – Creating a Fusion Dish**

In a high school or culinary school kitchen, a group of students is participating in a cooking class. The instructor assigns a project where your class must create a new fusion dish that combines elements of two distinct cuisines (e.g., Italian and Japanese) using specific cooking methods, such as sautéing, steaming, or roasting....

- a. Choose the cuisines you want to fuse.
- b. Research and brainstorm ideas for the dish.
- c. Select ingredients available in the school's pantry.
- d. Apply appropriate cooking techniques to execute their idea.



Activity 3: Application



Task 14:

1. Read the scenario below: **Hotel kitchen challenge – preparing a new signature dish**, and perform the related tasks:

A luxury hotel's restaurant in your neighborhood is preparing for the launch of a new seasonal menu. The executive chef tasks the kitchen team with creating a signature dish that reflects the hotel's brand identity, focusing on innovation, presentation, and local ingredients.

- a. Propose a concept for the signature dish.
- b. Incorporate a cooking technique that highlights your culinary skills (e.g., sous vide, flambé, or poaching).
- c. Use locally sourced ingredients to emphasize sustainability and freshness.
- d. Ensure the dish aligns with the hotel's fine-dining reputation.

Note: The dish must be simple while maintaining its elegance and appeal.

Topic 2.3: Conducting pre-validation process for the new dish



Activity 1: Problem Solving



Task 15:

1. Read and answer the following questions:
 - a. Can you describe how you prepare for pre-validation of a new dish? What steps do you take to ensure that the dish meets the desired standards?
 - b. Describe a time when you had to verify the presentation of a dish before it was served or approved. How did you ensure consistency and visual appeal?
 - c. How do you decide on the tools or techniques needed to evaluate the quality, flavor, and presentation of a new dish?
 - d. Give an example of how you used sensory testing (taste, texture, aroma, appearance) to validate a new dish. What did you focus on, and what adjustments did you make?
 - e. Share a time when you identified a flaw during the pre-validation process. What testing technique helped you find it, and how did you fix it?
 - f. How do you balance flavor and plating aesthetics during pre-validation? Can you share an example where one compromised the other and how you resolved it?
 - g. Can you provide an example where documenting the pre-validation process helped improve future dish development or presentation?

Key Facts 2.3: Pre-validation of new dish

After preparing or cooking a new dish—whether a starter, main dish, dessert, pastry, bakery item, or snack—it must be pre-validated. Pre-validation involves two key principles: presentation and testing techniques. Pre-validation ensures that a dish meets taste expectations while delivering an exceptional visual and sensory experience. Below are the key elements:

- **Presentation techniques**

A visually appealing dish engages the senses before the first bite.



Technique	Why it Matters	Application Tips	Considerations
Color harmony	Enhancing visual appeal and stimulating appetite	Combine contrasting colors (e.g., green herbs with red tomatoes).	Use natural garnishes or sauces to add color. Avoid overwhelming with too many hues; maintain a cohesive palette.
Arrangement & layout	A thoughtfully arranged plate highlights each component and	Use the “clock method” for plating: protein at 6 o’clock, vegetables at 2 o’clock, starch at 10 o’clock.	Ensure practical placement for easy serving and eating.

	creates a sense of artistry.	Emphasize height and layers to add visual interest.	
Balance & proportion	A well-balanced plate ensures harmony in flavor, texture, and portion sizes.	Balance light and heavy components (e.g., rich sauces with fresh greens). Maintain even portion distribution across elements for visual and nutritional balance.	Avoid overcrowding; let the dish “breathe” on the plate.
Texture variety	Offering diverse sensory experiences	Combine textures: crispy (nuts), creamy (purees), and chewy (meats). Use techniques like frying, steaming, or blending to add textural layers.	Avoid monotony; ensure a balance of soft and crunchy elements
Ease of eating	Guests should enjoy the dish effortlessly without struggling to cut or eat components.	Cut proteins/vegetables into manageable portions Provide appropriate utensils for sauces, finger foods, or layered items	Test the dish for practical eating and adjust as necessary.
Visual flow & focal point	Drawing attention to the main element	Highlight the main feature (e.g., seared protein). Use garnishes sparingly to enhance rather than overshadow.	Maintain clean lines and symmetry.

- **Testing Techniques**

Before launching a dish, rigorous testing ensures its quality, appeal, and compliance:

Technique	Description
Sensory testing	Evaluate flavor, aroma, texture, and appearance to ensure the dish meets expectations. This can be done through blind tests or by asking for feedback from others

Analytical testing	Assess nutritional content, ingredient ratios, and consistency to maintain quality. This can involve analyzing the nutritional content, allergens, and cooking techniques used
Functional testing	Evaluate the dish's performance in terms of its intended purpose. For example, if the dish is meant to be a hearty meal, it should be satisfying and filling
Consumer testing	Collect feedback from target audiences to refine the dish based on preferences and opinions, through surveys, focus groups, or test kitchens.
Regulatory testing	Ensure that the dish complies with all relevant food safety regulations and standards. This may involve testing for allergens, contaminants, or microbial content
Competitive testing	Benchmark the dish against competitors to identify strengths and opportunities for improvement.



- **Additional Considerations**

Aspect	Description
Portion size	Offer appropriate serving sizes to balance satisfaction and minimize waste.

Serving temperature	Serve dishes at optimal temperatures to enhance flavor and texture (e.g., hot dishes on heated plates, cold dishes on chilled plates).
Plating	Use plates or vessels that complement the dish, ensuring sufficient space for creative presentation.
Garnishing	Add edible garnishes to enhance aesthetics without overpowering flavors.
Overall guest experience	A dish's presentation influences the dining experience as much as its flavor.

Focusing on the above presentation techniques, thorough testing, and additional details, you can create a dish that is visually appealing, delicious, functional, and ready to impress diners.



Activity 2: Guided Practice



Task 16:

1. Read the scenario: **Culinary school pre-validation project – perfecting a signature dish**, and perform the related tasks:

A culinary school is conducting a special project for advanced students to simulate the real-world process of validating a new dish for a restaurant menu. Students must ensure the dish is ready to meet professional standards of flavor, texture, presentation, and consistency before final approval. The instructor has tasked your class to pre-validate a new signature dish: **“Pan-seared salmon with citrus beurre blanc, herb-infused mashed potatoes, and seasonal vegetables.”**

The goal is to assess the dish's presentation, taste, and execution” based on professional standards.

- a. Identify and resolve any issues with flavor balance, texture, cooking techniques, and visual appeal of the dish during the pre-validation process

- b. Identify any flaws during the pre-validation process (e.g., under-seasoned sauce, uneven plating, or overcooked vegetables).
 - c. Suggest and implement adjustments, such as modifying the sauce consistency or enhancing the plating design.
 - d. Assess the plating for balance, color contrast, and alignment with fine-dining standards.
2. Present to your trainer your work for feedback.



Activity 3: Application



Task 17:

1. Read the scenario and carry out the accordingly:

A luxury hotel is preparing to launch its new winter menu for its fine-dining restaurant. The executive chef has tasked the kitchen team, including a group of culinary interns, to pre-validate a new signature dish before its final approval for the menu.

The dish is: **“Braised short ribs with red wine reduction, truffle potato purée, and glazed baby carrots.”**

The team must ensure the dish meets the hotel’s high standards for flavor, texture, consistency, and presentation, while adhering to the efficient workflow of a professional kitchen. Guided by the sous chef, your team of interns is responsible for conducting a thorough pre-validation process to refine the dish. The task involves analyzing each component for quality, troubleshooting issues, and presenting a final version for approval by the executive chef and hotel management.

- a. Follow the recipe and execute the cooking techniques precisely.
- b. Assemble the dish on the plate, ensuring all components are served at the correct temperature.
- c. Sensory evaluation of the dish:
- d. Present the dish

Topic 2.4: Interpreting new dish



Activity 1: Problem Solving



Task 18:

1. Read and answer the questions below:
 - a. How do you approach interpreting a new dish when you are unfamiliar with its origin or style? What steps do you take to understand its key elements?
 - b. If a new dish concept is provided with only a name and a list of ingredients, how would you determine the cooking methods and presentation style?
 - c. Describe a time when you were tasked with preparing a dish. How did you ensure your interpretation stayed true to the original concept while adding your own flair?
 - d. When interpreting a new dish, how do you ensure the flavors are balanced, especially if the recipe lacks detailed instructions?

Key facts 2.4: Interpreting new dish

Interpreting a new dish thoughtfully, chefs can transform a simple idea into a memorable culinary experience, balancing innovation with functionality and tradition with creativity. In the culinary world, the interpretation of a new dish involves analyzing and understanding the dish's concept, essence, and purpose. It is a process that blends creativity, technical skills, and cultural understanding to craft a unique culinary creation.

- **Importance of interpreting a new dish**

Interpreting a new dish is a critical process in culinary arts, as it allows chefs to connect creativity with purpose, ensuring that the dish resonates with diners on multiple levels. Below are the key reasons why this step is essential:

- ✓ Understanding the dish's essence: interpretation allows the chef to grasp the inspiration, story, and purpose behind the dish, ensuring it aligns with its intended concept.

- ✓ Ensuring culinary excellence: by analyzing flavors, textures, and presentation, the chef can refine the dish to achieve harmony and balance, meeting high standards of quality.
- ✓ Enhancing guest experience: a well-interpreted dish is tailored to meet guest expectations in terms of flavor, aesthetics, and practicality, leading to greater satisfaction.
- ✓ Highlighting creativity: interpretation helps showcase the chef's innovation by identifying unique elements or techniques that make the dish stand out.
- ✓ Maintaining cultural relevance: for dishes rooted in cultural or regional traditions, interpretation ensures authenticity while allowing room for modern adaptations.
- ✓ Optimizing practicality: it helps assess the feasibility of preparing, plating, and serving the dish consistently in a professional setting.
- ✓ Communicating the story: a clear understanding of the dish enables the chef to effectively communicate its narrative to the team, diners, or critics, adding depth to the dining experience.
- ✓ Adapting to feedback: interpretation provides a framework for responding to feedback, allowing the chef to tweak the dish for improvement or adaptation.
- ✓ Ensuring functionality and compliance: by interpreting the dish, the chef can ensure it is functional, meets dietary needs, and complies with regulatory standards.
- ✓ Driving innovation: interpretation serves as a critical step in pushing the boundaries of culinary art, identifying ways to enhance the dish's originality and impact.

- **Key aspects of interpreting a new dish**

- ✓ **Concept and inspiration**

- ✚ Idea origin: identify the inspiration behind the dish, such as cultural traditions, seasonal ingredients, or modern interpretations.
 - ✚ Storytelling: understand the narrative conveyed by the dish, whether it celebrates heritage or introduces avant-garde elements.

Example Dish: Mango Chili Ceviche

- ✚ Idea Origin: inspired by tropical fruits and traditional Peruvian cuisine.

- ✚ Storytelling: the dish narrates a fusion of tropical sweetness and zesty Latin American flavors, symbolizing cultural connections.

✓ **Dish composition**

- ✚ Structure: analyze how the dish's components form a cohesive whole.

- ✚ Layering of flavors: Assess the balance of sweet, sour, salty, bitter, and umami tastes.

- ✚ Cooking Methods: evaluate techniques like roasting, sous vide, or steaming and their impact on the result.

- ✚ Preparation techniques: consider methods like marination, fermenting, or curing.

- ✚ Aromatics: examine the use of herbs, spices, and aromatics to enhance flavor and aroma.

- ✚ Seasonality: use seasonal and locally available ingredients for freshness and sustainability.

Example Dish: layered eggplant parmesan

- ✚ Structure: layers of eggplant, tomato sauce, and cheese create a cohesive dish.

- ✚ Layering of flavors: Sweet tomato sauce balances the earthy bitterness of eggplant, with umami from cheese.

- ✚ Cooking method: baked for even cooking and a crisp cheese topping.

- ✚ Aromatics: basil and garlic enhance the aroma and complement the flavor.

- ✚ Seasonality: made during peak eggplant season for freshness and sustainability.

✓ **Presentation**

- ✚ Visual appeal: review plating and artistic arrangement for aesthetic quality.

- ✚ Serving suggestions: consider portion size, type of plate, and serving vessel.

- ✚ Garnishing: use garnishes to enhance flavor and visual impact without overpowering the dish.

Example Dish: Matcha Mille-Crepe Cake

- ✚ Visual appeal: alternating green and cream layers create an eye-catching contrast.
- ✚ Serving suggestions: served as a single slice on a white plate to highlight its intricate layers.
- ✚ Garnishing: lightly dusted with matcha powder and a dollop of whipped cream.

✓ **Cultural and regional influences**

- ✚ Cuisine Origin: recognize the dish's cultural roots and its significance.
- ✚ Adaptation: blend traditional elements with modern or global influences for uniqueness.

Example Dish: Tandoori chicken tacos

- ✚ Cuisine Origin: Tandoori spices honor Indian culinary traditions.
- ✚ Adaptation: Soft tacos integrate a Mexican twist, creating a globally inspired dish.

✓ **Practicality and Functionality**

- ✚ Ease of preparation: ensure the dish is feasible for consistent replication in a professional kitchen.
- ✚ Dining experience: align the dish with the intended dining context, such as fine dining, casual, or takeout.

Example Dish: Breakfast burrito

- ✚ Ease of preparation: Ingredients can be prepped in advance for quick assembly.
- ✚ Dining Experience: Suitable for grab-and-go dining, aligning with busy urban lifestyles.

✓ **Innovation and creativity**

- ✚ Originality: evaluate how the dish stands out from similar options.
- ✚ Surprise element: Incorporate unexpected textures, components, or presentations to delight diners.

Example Dish: Deconstructed Black Forest Cake

- ✚ Originality: elements like cherry compote, chocolate shards, and whipped cream are served separately.
- ✚ Surprise element: a hidden cherry gel inside a chocolate dome that melts when warm sauce is poured over.

✓ **Guest Appeal**

✚ Analyzing how the dish aligns with the preferences and expectations of the target diners.

✚ Testing its appeal across various demographics to ensure widespread acceptance.

Example Dish: Lemon lavender sorbet

✚ Flavor profile: refreshing citrus with subtle floral notes appeals to sophisticated palates.

✚ Ease of eating: served in a small martini glass with a decorative edible flower garnish.

- e. If a new dish you are interpreting does not receive positive feedback, how do you identify areas for improvement and refine it?



Activity 2: Guided Practice



Task 19:

1. Read the scenario and perform the related tasks

You are tasked with introducing a new dish to the school cafeteria menu. The goal is to ensure the dish meets nutritional guidelines, is appealing to students, and can be prepared within the school's available resources.

The interpretation step focuses on understanding the new dish's characteristics, context, and how it can be adapted to the school environment. Here are the tasks:

- a. Analyze the origin, purpose, and cultural significance of the dish.
- b. Identify the core ingredients and flavor profile that define the dish.
- c. Review the recipe for clarity and feasibility in a school setting.
- d. Note cooking techniques and steps that may need simplification for bulk preparation.
- e. Evaluate how the dish aligns with school dietary guidelines, such as:
 - i. Allergen considerations.

- ii. Nutritional value (calories, macronutrients, and essential vitamins).
- iii. Student preferences (e.g., spicy, mild, vegetarian options).
- f. Determine if any ingredients need to be replaced for cost, availability, or dietary reasons (e.g., substituting high-sodium sauces with low-sodium alternatives).
- g. Predict any potential issues during preparation or serving, such as:
 - i. Resource constraints (equipment, staff skills).
 - ii. Serving temperature consistency.
 - iii. Visual appeal in bulk servings.



Activity 3: Application



Task 20:

1. Read the scenario and perform the tasks that follow:

The Executive Chef of Ishaka luxury hotel is tasked with introducing a new dish to the fine dining restaurant's menu. The dish, *Seafood Bouillabaisse*, a classic French seafood stew, must be adapted to align with the hotel's standards while appealing to its high-end clientele. The chef needs to interpret the dish to ensure it suits the restaurant's theme, guest preferences, and operational feasibility.

In a hotel setting, the interpretation step focuses on aligning the dish with the hotel's brand, clientele expectations, and operational capabilities. You have been tasked to perform the following tasks:

- a. Describe the dish concept
 - i. Research the origin and cultural background of the dish.
 - ii. Identify the core elements that make the dish unique, such as specific ingredients, techniques, or flavor profiles.
 - iii. Determine the intended dining experience or emotional appeal the dish offers (e.g., comfort, luxury, or innovation).
- b. Analyze recipe components

- i. Break the recipe into its individual components (base, protein, sauce, garnish, etc.).
 - ii. Evaluate each component for compatibility with the hotel’s culinary theme and standards.
 - iii. Identify the flavor balance (e.g., sweet, sour, salty, bitter, umami) and how it fits within the menu context.
- c. Assess presentation and aesthetic potential
 - i. Envision how the dish could be presented to align with the hotel’s standards (plating style, portion size, color balance).
 - ii. Consider the visual appeal and practicality of the dish in both individual service and larger banquet settings.
- d. Evaluate ingredient availability and substitutions
 - i. Review the availability of ingredients locally or through suppliers.
 - ii. Identify substitutions for ingredients that may be seasonal, expensive, or hard to source while maintaining the dish’s integrity.
 - iii. Ensure ingredients align with the hotel’s standards for quality, sustainability, and cost.
- e. Analyze guest suitability
 - i. Consider the preferences and dietary habits of the hotel’s typical clientele (e.g., high-end diners, international tourists, families).
 - ii. Determine if the dish is likely to appeal to the hotel’s target audience.
 - iii. Assess its adaptability to meet dietary restrictions or customization requests (e.g., vegan, gluten-free).
- f. Consider operational feasibility
 - i. Evaluate if the kitchen has the equipment and staff expertise to execute the dish consistently.
 - ii. Identify potential challenges in preparation, such as complex techniques or high preparation time.

- iii. Ensure the dish can be produced at scale without compromising quality for à la carte and banquet settings.
- g. Anticipate service challenges
 - i. Predict issues related to service timing (e.g., maintaining the right temperature or texture).
 - ii. Ensure that the dish can withstand holding times or transportation to event venues if applicable.
- h. Align with hotel brand and menu
 - i. Determine how the dish fits within the overall menu theme and enhances the dining experience.
 - ii. Adapt elements of the dish to reflect the hotel's brand (e.g., premium ingredients, refined techniques).
 - iii. Ensure it complements other menu items in flavor, style, and presentation.
- i. Plan for guest interaction
 - i. Draft a compelling menu description that highlights the dish's unique aspects and aligns with the hotel's tone.
 - ii. Anticipate questions or feedback from guests about the dish and prepare staff to communicate its story or features effectively.

Topic 2.5: Adjusting new dish



Activity 1: Problem Solving



Task 21:

1. Describe a time when a new dish didn't meet your expectations. What steps did you take to refine and improve it
2. Can you provide an example of how you balanced flavors in a new dish? What steps did you take to ensure the dish was well-seasoned and appealing?
3. Share a time when cooking a new dish taught you a valuable lesson about a specific ingredient or technique. How did you apply this knowledge in future dishes?

4. Describe an instance where you sought feedback on a new dish you cooked. How did the feedback influence your technique or approach?
5. “You have created a new dish in the kitchen where you are working. You have received different comments from the team mates, customers, you decide therefore to adjust it for finalizing it”
 - a. Describe the food quality points you will base on when adjusting the new dish.
 - b. Describe the adjustment techniques you will use when correcting your new dish.
 - c. describe the process of adjusting the new dish for balancing the flavor
 - d. How will you adjust a too thin dish (stew or soup) by preserving its flavor and texture?
 - e. How will you adjust a dish if it is interpreted too acidic or too thick?

Key facts 2.5: Adjusting new dish

- **Introduction**

Creating a new dish is an exciting process that blends creativity, technical skill, and a deep understanding of ingredients. However, even the most innovative concepts often require fine-tuning to achieve perfection.

Creating a new dish requires a careful approach to balancing color, texture, and flavor while addressing operational feasibility of the dish. Adjustments after pre-validation are crucial to align the dish with customer expectations and culinary standards.

- **Importance of adjusting new dish**

- ✓ Flavor balancing: Ensure the dish offers a harmonious and satisfying taste profile by tweaking the balance of sweetness, acidity, saltiness, bitterness, and umami.
- ✓ Texture refinement: Create a pleasant mouth-feel and variety that enhances the dining experience.
- ✓ Visual impact: improve plating and garnishing to ensure the dish is visually stunning and appetizing.
- ✓ Catering to feedback: Address tester or focus group feedback to meet customer expectations.
- ✓ Operational feasibility: Simplify preparation and maintain consistency for kitchen efficiency.

This topic elaborates on key quality points, adjustment techniques, tips and tricks, common pitfalls, and enhancement methods to ensure quality and perfection of the dish.

- **Dish quality points**

When adjusting a dish, the core elements of color, texture, and flavor are important quality points to base on to elevate the dish from good to outstanding.

Quality points	Purpose (why)	Considerations (how)
Color: ensures the new dish has a vibrant and appetizing appearance	▪ Visual appeal is the first sensory experience customers have with a dish. ▪ A vibrant and balanced color palette can make the dish more appetizing.	▪ Use complementary colors to enhance visual harmony. ▪ Incorporate natural hues through fresh ingredients. ▪ Avoid monotony by adding pops of color (e.g., garnishes).
Texture: the physical characteristics of a dish, including its consistency, mouth-feel, and how it breaks apart	▪ Texture contributes to mouth-feel and overall satisfaction. ▪ A dish with varied textures creates an engaging eating experience.	▪ Combine contrasting textures (e.g., crunchy and creamy). ▪ Ensure textures remain consistent across servings. ▪ Account for how cooking or resting may alter texture.
Flavor: the taste profile of a dish, which is influenced by the combination of ingredients, cooking methods, and seasonings	▪ A well-balanced flavor profile is the cornerstone of any dish. Each bite should deliver harmony while highlighting key ingredients.	▪ Balance sweetness, salty, sour, bitter, and umami (pleasant savory taste). ▪ Avoid overpowering individual flavors. ▪ Pay attention to seasoning and ingredient pairing.

- **Dish adjustment techniques**

Dish adjustment techniques play a crucial role in transforming a promising idea into a fully realized culinary masterpiece. These methods allow chefs to refine a dish's flavor, texture, appearance, and practicality, ensuring it meets customer expectations and operational demands.

✓ **Tips and tricks to reach food quality points**

Common Pitfalls	Enhancements	Adjustments
▪ Over complication: avoid using too many ingredients or techniques that confuse flavors. ▪ Inconsistency: ensure that recipes are precise and scalable for consistency in flavor and texture. ▪ Over-seasoning: use restraint with seasoning; it's easier to add than remove. ▪ Neglecting appearance: A great-tasting dish can fail if it lacks visual appeal.	▪ Layer Flavors: Build complexity by adding ingredients in stages during cooking. ▪ Season Gradually: Taste frequently and season as you go to ensure balance. ▪ Experiment with Freshness: Fresh herbs, citrus, and quality oils can elevate a dish instantly.	▪ Be flexible with substitutions: Replace ingredients based on availability without compromising flavor. ▪ Keep textures vibrant by cooking vegetables until just tender and using fresh, crisp ingredients.

✓ **Step-by-Step adjustments for a new dish**

 Adjusting flavor

- Add acids (e.g., lemon juice, vinegar) to brighten a dish.
- Incorporate sweetness (e.g., honey, sugar) to balance acidity or bitterness.
- Enhance umami with ingredients like soy sauce, mushrooms, or parmesan.
- Poor seasoning: use fresh herbs or spices to amplify or layer flavors.

- Marinate ingredients in a flavorful mixture to infuse them with flavor, use dry or moist marination depending on the dish category.

Example

- Identify the missing or excessive flavor component (e.g., too bitter, lacking salt).
- Use balancing techniques:
 - Bitterness → Add sweetness (honey) or fat (butter).
 - Over salting → Dilute with water or broth/ stock.
 - Blandness → Boost with acids, spices, or fresh herbs.



Adjust Colour

- Ingredients mis-arranged Check the ingredients arrangement of the dish and re-arrange if desired
- Dish color: check the dish color if it matches with the set standard and correct where possible with natural food color, for example tomato paste to enhance red color, cream / fresh milk to increase white color.
- Garnish: check the garnish and adjust where necessary by using colored and appropriate food garnishes for example: fresh herbs (whole or chopped) , vegetable slices , bread toasts, sauce drops.

Example

- a. Brighten the dish with fresh ingredients
 - Add fresh herbs (e.g., parsley, cilantro, or chives) as a garnish to brighten a dull-looking soup or stew.
 - Use squeezes of citrus juice or zest (e.g., lemon, lime, or orange) to enhance the dish's vibrancy.
- b. Add contrast with complementary colors
 - For a pasta dish, sprinkle freshly grated parmesan and chopped parsley to contrast with the red sauce.
 - Use purple cabbage slaw or beetroot puree as a side or garnish to add a pop of color to neutral or pale dishes like grilled chicken or fish.



Adjusting texture

- For crunch: Add toasted nuts, crispy breadcrumbs, or fresh vegetables.
- For creaminess: Incorporate ingredients like cream, butter, or pureed vegetables.
- For moisture: Add sauces, dressings, or broth to prevent dryness.
- For firmness: Cook proteins or vegetables less to retain their natural texture.

Example

- a. Evaluate the current texture and its fit with the dish (e.g., soup too thick, protein too tough).
- b. Adjust with suitable methods:
 - Thickening → Add cornstarch slurry or reduce the liquid.
 - Softening → Cook longer or braise tough cuts of meat.
 - Adding Crunch → Toasted nuts, seeds, or fried toppings.
 - If a pasta dish feels dry, fold in a silky sauce or olive oil before serving.



Adjusting Garnishing

▪ Use edible garnishes that complement the dish’s flavor and color (e.g., micro-greens, citrus zest). ▪ Add textural contrast through crispy toppings or fresh herbs. ▪ Ensure garnishes are proportional and strategically placed. Example: a. A soup can be enhanced with a swirl of cream, fresh herbs, or crunchy croutons for added appeal. b. Check for alignment with dish elements (flavor, color, and texture). c. Use garnishes sparingly to enhance, not overpower. d. Add fresh herbs, edible flowers, or textural elements last to maintain vibrancy.	
Other adjustments a. If a dish is too salty: add a bite of acidic like lemon juice, lime juice or vinegar, or incorporate a creamy dairy product like sour cream or heavy cream, or, add a splash of liquid (water milk or stock) to dilute the saltiness or, add a small amount of sugar to balance the flavor. b. If a dish is too sweet: balance it with a touch of acidity like lemon juice, vinegar or acidic seasoning such as cayenne for sweet dishes or add a dash of liquid (milk, water) to dilute the sweetness. c. If a dish is too acidic: ingredients like honey, sugar or cream or pinch of bicarbonate of soda will neutralize the acidity. d. If a dish is too bland: add more seasoning or flavoring.	
By fine-tuning the core elements of color, texture, and flavor and applying these food quality points adjustment techniques, you can create dishes that are visually appealing, have a pleasing texture, and offer a delicious and harmonious flavor.	



Activity 2: Guided Practice



Task 22:

The culinary class level 5 introduces a new dish, *Lemon Herb Risotto with Grilled Prawns*, to the menu. During trials, the dish receives mixed feedback regarding texture, seasoning, and presentation. Your team must refine the dish to meet the food quality points, including taste, texture, appearance, nutritional value, and safety, ensuring it aligns with the hotel's high standards.

a. Analyze feedback and identify issues

- i. Taste: assess if the flavors are balanced (e.g., acidity from lemon, seasoning of prawns).
- ii. Texture: check the consistency of the risotto (creamy but not mushy) and the prawns' tenderness.
- iii. Appearance: evaluate visual presentation, including color contrast, garnish placement, and portion sizes.
- iv. Temperature: ensure the dish maintains its ideal serving temperature from kitchen to table.

b. Adjust flavors and seasoning

- i. Modify the seasoning of the risotto (salt, pepper, herbs) for balanced flavor.
- ii. Experiment with different quantities of lemon juice and zest to adjust acidity levels.
- iii. Enhance the prawns' flavor with a marinade or finishing sauce.

c. Refine cooking techniques

- i. Reassess cooking times for the risotto to achieve the perfect creamy consistency.
- ii. Ensure prawns are grilled evenly and remain juicy without overcooking.
- iii. Use precise heat control to avoid undercooking or burning.

d. Optimize Nutritional Balance

- i. Analyze the dish's calorie, fat, and protein content using nutritional tools.
- ii. Substitute ingredients if necessary (e.g., replace heavy cream with a lighter alternative for lower calories).

e. Enhance Visual Presentation

- i. Add color contrast with vibrant garnishes like micro-greens or a drizzle of herb oil.
- ii. Plate the dish attractively, emphasizing balance and elegance to reflect the hotel's fine-dining standards.

- iii. Use premium plating techniques, such as stacking elements or arranging prawns symmetrically.

Instructions: Ensure compliance with safety standards

- Verify all ingredients meet HACCP standards for freshness and safety.
- Implement proper time-temperature controls during preparation and holding.



Activity 3: Application



Task 23:

1. Read the scenario **“Adjusting a new dish for food quality in a hotel”** and perform the tasks below:

The hotel’s banquet department introduces Thai Green Curry with Jasmine Rice as a new offering for event menus. After a trial run, feedback indicates inconsistencies in spice levels, sauce texture, and portioning. The culinary team must refine the dish to ensure it meets the hotel’s quality standards and is suitable for large-scale service.

You are expected to perform the following tasks for accurate adjustment

- a. Evaluate the dish against food quality points
 - i. Taste: ensure the balance of spiciness, sweetness, and creaminess aligns with Thai flavor profiles.
 - ii. Texture: assess the curry’s sauce consistency (smooth and velvety) and the rice’s fluffiness.
 - iii. Appearance: check for vibrant presentation with garnishes like fresh herbs and red chili slices.
 - iv. Portioning: confirm consistency in serving sizes for both curry and rice to maintain guest satisfaction.
- b. Adjust flavors
 - i. Standardize the spice levels by calibrating the quantity of green curry paste.
 - ii. Enhance creaminess by adjusting the coconut milk-to-water ratio.
 - iii. Add lime juice and fish sauce incrementally to balance acidity and saltiness.
- c. Refine cooking techniques
 - i. Reassess the cooking time for the vegetables and proteins in the curry to maintain optimal texture (e.g., tender chicken, crisp vegetables).
 - ii. Ensure the rice is cooked to the perfect consistency, avoiding clumping or sogginess.

- iii. Use batch cooking methods to retain consistency across large servings.
- d. Improve visual presentation
 - i. Add vibrant garnishes, such as Thai basil, cilantro, and julienned red chilies, for visual contrast.
 - ii. Use a serving bowl for the curry and mold the rice for a professional, elegant presentation.
 - iii. Ensure the plating matches the upscale image of the hotel's banquets.
- e. Conduct sensory testing
 - i. Organize a tasting session with the culinary team and banquet staff to gather feedback on the adjusted dish.
 - ii. Verify that the dish appeals to diverse palates, considering guest preferences for mild or spicy options.
 - iii. Test the curry's flavor and texture after holding it in warming trays to ensure quality during service.
- f. Optimize Nutritional Value
 - i. Analyze the calorie content and adjust if needed by reducing oil or coconut milk while maintaining flavor.
 - ii. Offer a lighter version as an option for health-conscious guests (e.g., substituting tofu for chicken).
- g. Describe scalability and consistency
 - i. Develop a standardized recipe for batch production, including precise ingredient measurements and step-by-step instructions.
 - ii. Train the kitchen staff to execute the recipe consistently during high-pressure events.
 - iii. Implement quality control checks during prep and plating.
- h. Verify compliance with safety standards
 - i. Confirm all raw ingredients, particularly chicken and vegetables, meet HACCP safety standards.

- ii. Monitor proper time-temperature controls for curry and rice during cooking, holding, and service.
 - iii. Ensure allergen information is clear and accurate (e.g., shellfish in the curry paste).
- i. Document adjustments
 - i. Finalize and document the recipe with all adjustments for flavors, textures, and presentation.
 - ii. Include plating and portioning guides for banquet service.



Formative Assessment

1. How do you prioritize tasks during mise-en-place for a new dish?
2. How do you ensure food safety and hygiene while preparing mise-en-place?
3. What strategies do you use to minimize waste during ingredient preparation?
4. Sort and label ingredients based on type and cooking order.
5. Measure and portion ingredients precisely according to the recipe.
6. How do you decide which cooking technique is best for a specific ingredient in a new dish? Apply the correct cooking methods (e.g., sautéing, roasting, steaming) as specified in the recipe.
7. How do you ensure the dish's presentation aligns with the hotel's standards?
8. Describe your approach to testing and refining a dish before it is served to guests.
9. What steps do you take to gather feedback during pre-validation?
10. Plate the dish according to the hotel's aesthetic guidelines (e.g., balance, color, portion).
11. Break down the dish into key components (e.g., proteins, sauces, garnishes).
12. Ensure substitutions or modifications maintain the original intent of the dish.
13. Tailor the dish to align with the hotel's brand and guest preferences.



Points to Remember

- Before cooking a new dish ensure the workstation is ready with right ingredients and right tools
- Before cooking, ensure the appropriate ingredients pre-preparations have been performed.
- The appropriate cooking method should be respected and applied for a specific dish.
- When cooking, remember the customer diet restrictions and culture
- Before adjusting, the hotel, restaurant, should set a kitchen quality standard to be followed, for example (dish color, dish flavor, dish texture, portion sizes, pre-cooking, cooking methods, cooking procedures, dish seasoning, dish plating, garnishing...)
- Adjust the dish appropriately in meeting the quality standard set.
- Always the personal hygiene, the working place hygiene and the dishes safety are a must.



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					
Describe kitchen organization and equipment setup.					
Describe ingredients and					

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					
their preparation techniques.					
Apply food safety and hygiene standards while preparing ingredients and dishes					
Organize and prepare ingredients for cooking.					
Describe the recipe and cooking techniques required for the new dish.					
Describe cooking methods and their effect on flavor and texture.					
Execute various cooking techniques effectively and consistently.					
Adjust cooking times and temperatures					

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					
for optimal results.					
Taste, adjust seasoning, and monitor the cooking process to ensure high-quality results.					
Adjust cooking times and temperatures for optimal results.					
Analyze feedback and make necessary adjustments.					

3. Fill in the table above 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: PERFORM FINAL PRESENTATION OF THE NEW DISH



Unit summary

This unit provides you with the knowledge, skills and attitudes required to perform the final presentation of the new dish. It covers the seeking approval for the newly developed dish, costing it and carrying out the demonstration process for the purpose of training other members on how to go about the dish.

Self-Assessment: Unit 3

1. Referring to the unit illustrations 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	I know	I have	I have a lot	I am
Knowledge, skills and attitudes	have any experience doing this.	a little about this.	some experience doing this.	of experience with this.	confident in my ability to do this.
Apply presentation techniques that enhance dish aesthetics, focusing on plating, garnishing, and cleanliness.					
Assess dish quality based on					

My experience	I do not	I know	I have	I have a lot	I am
Knowledge, skills and attitudes	have any experience doing this.	a little about this.	some experience doing this.	of experience with this.	confident in my ability to do this.
taste, flavor balance, texture, temperature, and ingredient freshness.					
Follow the approval process for final dishes, including visual inspection, taste testing, and consistency checks, while incorporating feedback.					
Develop recipes tailored to the target audience, considering dietary preferences, cultural context, and nutritional balance.					

My experience	I do not	I know	I have	I have a lot	I am
Knowledge, skills and attitudes	have any experience doing this.	a little about this.	some experience doing this.	of experience with this.	confident in my ability to do this.
Execute recipe costing procedures by calculating ingredient costs, factoring in waste and overheads, and determining accurate pricing.					
Plan and conduct effective dish demonstrations by organizing ingredients, tools, and presentation flow.					



Key Competencies:

Knowledge	Skills	Attitudes
1. Identify the dish quality points to base on when approving a new dish.	1. Create visually appealing presentations by balancing color, height, and dimension on the plate.	1. Prioritize attention to detail in all aspects of dish preparation, presentation, and approval.
2. Describe the process of plating a new dish for presentation	2. Perform taste and quality evaluations to ensure the final dish meets professional standards.	2. Embrace creativity and innovation to design unique dishes and enhance the overall dining experience.
3. Identify the tools and or equipment to prepare for presenting a new dish.	3. Craft well-structured recipes that are practical, reproducible, and aligned with menu objectives.	3. Demonstrate professionalism by staying organized, respecting feedback, and maintaining high standards.
4. Describe the main steps to be followed when presenting a new dish to the audience.	4. Accurately cost recipes by listing ingredients, determining portion costs, and controlling waste.	4. Focus on customer satisfaction by tailoring dishes to meet client preferences and expectations.
5. Identify the dressing code of a cook 6+presenting a new dish	5. Deliver clear, engaging demonstrations that explain techniques, timing, and adjustments effectively.	5. Commit to continuous learning by seeking opportunities to improve recipes, presentation techniques, and demonstration skills.



Discovery activity:



Task 24:

1. Read and answer the following questions:
 - a. How do you decide on the garnishing and dishware for a particular dish?
 - b. Describe how you have handled feedback on a dish's taste or presentation to improve it.
 - c. Can you provide an example of how you managed waste to control recipe costs?
 - d. How do you prepare for a dish demonstration? Can you walk me through your process?
 - e. Discuss a time when you had to explain a complex cooking technique to an audience. How did you ensure they understood?
 - f. Give an example of when you created a visually striking dish. What techniques did you use?
 - g. How do you ensure consistency in presentation when preparing multiple portions of a dish?
 - h. Describe a situation where you had to adjust a recipe to meet both quality and cost requirements. How did you balance the two?
 - i. How have you ensured profitability while maintaining quality and creativity in your dishes?
 - j. Share an experience where your demonstration skills engaged and educated an audience. What was the outcome?

Topic 3.1: Seeking approval for the newly developed dish



Activity 1: Problem Solving



Task 25:

1. Read and answer the questions that follow:
 - a. What adjustments can you make if the flavor profile of the dish is not well-balanced?
 - b. How would you resolve issues with the texture of a key component that feels inconsistent?
 - c. What steps would you take if the dish temperature is not optimal at the time of serving?
 - d. How do you ensure that the freshness of ingredients is maintained in every preparation?
 - e. If the panel finds the plating uninspiring, how would you revise it to enhance visual appeal?
 - f. What techniques can you use to improve the color contrast of the dish?
 - g. How would you handle feedback about the garnishing being excessive or irrelevant?
 - h. If the dishware chosen for plating doesn't complement the dish, what alternative would you suggest?

Key facts 3.1: Seeking approval for the newly created dish

The final approval of a dish is a critical milestone in culinary development. It marks the moment when a dish is deemed ready for launch, meeting all quality, presentation, and operational standards.

- **Key evaluation criteria for dish approval**

A new dish must achieve excellence in the following aspects:

Dish quality	
Taste and flavor balance	▪ The dish should have a harmonious blend of sweet, salty, sour, bitter, and umami flavors. ▪ Ensure no single element overpowers others unless intentionally designed (e.g., a spicy curry).
Texture and consistency	▪ Each component should have a purposeful texture that complements the dish (e.g., a creamy soup with crunchy croutons). ▪ Textures must remain consistent across all servings.
Aroma	▪ The dish should have an inviting and appetizing aroma. ▪ Ingredients like fresh herbs, spices, or aromatics can enhance the sensory experience.
Visual presentation	
Plating principles	The arrangement of components should be aesthetically pleasing, following plating principles like balance, focal points, and clean lines. Balance: ▪ Ensure an even distribution of elements to prevent overcrowding or empty spaces. ▪ Use symmetry or asymmetry depending on the dish's theme and style. Height and dimension: ▪ Add visual intrigue by building height into the plating (e.g., stacking ingredients). ▪ Use layering or vertical elements like crisp garnishes or sauce drizzles for depth. Placement:

	Position main components as the focal point, with complementary items arranged thoughtfully. Follow the "rule of thirds" for dynamic and professional plating.
Color Palette/ and contrast	- Avoid overcrowding the plate or leave appropriate negative space (the area around and between the main elements on the plate). - The dish should include contrasting and complementary colors to make it visually appealing. - Natural vibrancy from fresh ingredients should be highlighted.
Garnishing	- Garnishes should enhance both flavor and appearance without overwhelming the dish. - Use fresh, edible garnishes that align with the theme and ingredients. - Avoid over-garnishing, which can distract from the dish.
Cleanliness	- Keep the edges of the plate clean and free of smudges or spills. - Use tools like damp cloths or brushes to tidy up before serving.
Dishware	- Choose plates, bowls, or serving vessels that complement the dish. Example: Use a rustic wooden board for a charcuterie spread or a sleek white plate for a modern aesthetic. - Ensure the dishware is clean, chip-free, and appropriate for the dish's temperature.
Portion control	
- The serving size should align with customer expectations, pricing, and the type of dining experience (e.g., fine dining vs. casual). - Ensure consistency in portioning to maintain quality control and operational efficiency.	

Operational feasibility	
▪ The dish should be practical to prepare during service, considering time constraints, ingredient availability, and kitchen workflow. ▪ Recipes must be standardized, with clear instructions for consistent execution by any chef.	
Customer-centric adaptability	
▪ The dish should be easily adaptable for dietary restrictions or preferences without losing its essence. ▪ Variants (e.g., vegetarian, gluten-free) should also be tested for quality.	
• Approval process for a new dish Introducing a new dish requires a systematic, hands-on approach to ensure it meets quality, presentation, and operational standards. Below is a step-by-step guide to practically seeking approval for a new dish after it has been adjusted. Below is a step-by-step approval process, for the Spicy mango-glazed chicken with cilantro rice and roasted vegetables. Step 1: Prepare the dish for evaluation	
Finalize the recipe	 Ingredients: ○ Chicken thighs or breasts (marinated in a mango, chili, and lime glaze) ○ Jasmine rice (cooked with cilantro, lime zest, and a touch of coconut milk) ○ Roasted vegetables (e.g., bell peppers, zucchini, carrots) ○ Mango-chili glaze (mango puree, red chili, honey, garlic, lime juice) ○ Garnish (fresh cilantro, lime wedges)  Cooking Process:

	○ Marinate the chicken for 30 minutes in the mango-chili glaze. ○ Grill or pan-sear the chicken to golden perfection. ○ Cook the cilantro rice with coconut milk and garnish with fresh cilantro. ○ Roast vegetables in the oven with olive oil and seasoning. ○ Plate the chicken on top of the cilantro rice with roasted vegetables arranged around.
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Step 2: Present the dish for evaluation

Plating and presentation	 Plating style: ○ Place a neat mound of cilantro rice in the center of the plate. ○ Arrange grilled chicken diagonally across the rice. ○ Roast vegetables are placed artistically around the chicken, not overcrowding the plate. ○ Drizzle the spicy mango glaze over the chicken and rice. ○ Garnish with fresh cilantro leaves and lime wedges on the side.
	 Plating tools ○ Use white or neutral-colored ceramic plates to contrast with the vibrant colors of the dish. ○ Ensure that each plate is carefully wiped around the edges before serving for a clean presentation.

Step 3: Conduct an evaluation session

Explain the dish concept to:

- Head Chef: to assess the dish's technical execution, flavor, and feasibility.
- Sous Chefs: to check if the recipe can be followed effectively in the kitchen.
- Restaurant Manager: to measure if the dish fits the restaurant's concept and target audience.
- Potential Customers/Focus Group: Optional but helpful for customer feedback.

Dish Introduction: "This dish combines the sweetness of mango and the heat from chili for a balanced, bold flavor. The cilantro rice brings freshness and a mild creamy texture, while the roasted vegetables provide a satisfying crunch and contrast."

Tasting: serve the dish to all stakeholders for tasting. Ensure portions are consistent and at the correct temperature.

Step 4: Gather Feedback

Collect feedback on the below criteria:

- Flavor: Is the mango glaze spicy enough? Does the sweetness balance with the chili heat? Are the flavors harmonious between the chicken, rice, and vegetables?
- Texture: Is the chicken tender and juicy? Is the rice properly cooked and fluffy? Are the vegetables roasted to the perfect level of tenderness and crispness?
- Presentation: Does the dish look visually appealing? Is it balanced in color and arrangement? Is there enough contrast between elements on the plate?
- Portion Size: Is the portion size appropriate for the price point? Is it filling without being overwhelming?
- Cooking Accuracy: Is the chicken cooked to the correct doneness? Is the glaze not overpowering or too mild?
- Creativity: Does the dish feel unique and fitting for the restaurant's concept?

Sample feedback may fall under this category

a. Positive Feedback: ▪ "The mango glaze is fantastic—it's a nice balance of sweet and spicy." ▪ "The cilantro rice is fragrant and complements the chicken perfectly." ▪ "The colors are vibrant, and the plate looks clean and elegant."	b. Areas to improve: ▪ "The roasted vegetables could use a bit more seasoning, or maybe a hint of smoke." ▪ "The portion of rice might be a bit large, maybe reduce it slightly for better balance." ▪ "The glaze could use a touch more heat to balance the sweetness."
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Step 5: Refine the dish

Address feedback by:

- Addressing flavor concerns: Adjust the spice level by increasing the chili in the mango glaze or adding a pinch of cayenne.
- Adjusting the vegetables: Season the roasted vegetables with a bit more salt, pepper, and smoked paprika for added depth.
- Refining portioning: Slightly reduce the rice portion to ensure the dish isn't too heavy.
- Glaze balance: Test different ratios of honey and lime juice to refine the balance of sweet and tart in the glaze.
- After the refinement, retest the dish. Ensure the glaze now has more heat, the vegetables are flavorful, and the portion is balanced.

Step 6: Seek final approval and pilot dish

Prepare the final version & present to decision-makers.

- Prepare the dish with all adjustments and ensure it is plated identically to the original test version. Confirm cooking times are optimal, especially for the chicken, and the dish holds up well during service.
- Serve the refined dish to the head chef, management team, and key stakeholders for their final assessment.
- Emphasize how feedback was incorporated and highlight improvements (e.g., adjusted glaze heat, enhanced vegetable seasoning).
- Obtain formal approval: after tasting and review, obtain formal approval from the head chef and management team for the dish to be added to the menu.
- Limited release: feature the dish as a special for a week to measure customer reactions and collect more feedback and monitor how the dish performs in terms of popularity and how efficiently the kitchen can prepare it during service.

- Gather customer feedback: ask front-of-house staff to gather feedback from customers about flavor, portion size, and presentation and consider running a survey or informal feedback session with customers to assess the reception.
- Final adjustments (if necessary): make small tweaks based on customer feedback (e.g., adjust spice level or tweak portion size).
- Full menu launch: once the dish performs well in the limited release and adjustments are made, officially add the dish to the permanent menu.

Through this practical, step-by-step process, you can successfully refine and seek approval for your new dish. **Best Practices for ensuring dish approval success**

- ✓ Collaborative testing: Involve chefs, servers, and management in the approval process to gain diverse perspectives.
- ✓ Realistic service simulation: Test the dish under real-world conditions, including timing and plating during peak hours.
- ✓ Documentation: Maintain detailed records of the recipe, preparation steps, and plating guidelines for training and consistency.
- ✓ Customer trials: Pilot the dish with a small audience to gauge reactions before full-scale launch.
- ✓ Attention to detail: Ensure every element, from seasoning to garnishing, is perfected for a flawless presentation.

“The final approval of a dish is a comprehensive process that validates its quality, presentation, and operational practicality. By rigorously testing and refining every aspect, chefs can ensure the dish not only meets high culinary standards but also creates an exceptional dining experience for customers. A well-approved dish is the result of teamwork, attention to detail, and a commitment to excellence”



Activity 2: Guided Practice



Task 26:

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

As part of your culinary program, you are tasked with creating a new dish to showcase during a school event. The dish should reflect creativity, appeal to a diverse audience, and adhere to professional standards. Once developed, you will.

- a. Develop a recipe for the new dish of your choice, ensuring it reflects seasonal and sustainable ingredients.
- b. Present the dish for feedback from a simulated panel (e.g., instructors or peers acting as management). Be prepared to adjust based on their critique.
- c. Plate the dish creatively, adhering to professional presentation principles:
 - i. Use balance, height, and color contrast to enhance visual appeal.
 - ii. Ensure garnishing is precise, complementary, and clean.
 - iii. Select appropriate dishware to match the presentation style.
- d. Document your plating process with photos and a brief explanation of your design choices.
- e. Conduct a demonstration for the class, highlighting preparation techniques.
- f. Ensure the recipe is clear and reproducible for future use in school projects or events.
- g. Provide a rationale for your ingredient choices, highlighting their relevance to the target audience and the restaurant's theme.
- h. Prepare the dish according to your recipe and evaluate it for:
 - i. Taste and flavor balance.
 - ii. Texture and consistency.
 - iii. Temperature and cooking accuracy.



Activity 3: Application



Task 27:

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

You are a chef at a fine-dining restaurant tasked with creating a new signature dish for the upcoming seasonal menu. The dish must appeal to a diverse audience, align with the restaurant's theme, and be cost-effective. Once developed, you will present it to the management team for approval, conduct a demonstration for the kitchen staff, and ensure consistency in its preparation for service.

- a. Develop a unique recipe using seasonal, easily accessible ingredients.
- b. Ensure the recipe includes clear steps, measurements, and timings.
- c. Present your rationale for ingredient selection, focusing on the target audience (e.g., students, staff, and visitors).
- d. Prepare the dish

Topic 3.2: Costing final dish recipe



Activity 1: Problem Solving



Task 28:

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

You have presented your new dish and it has been approved. You are now allowed to mention it on the hotel menu card. To facilitate customers ordering and paying the new food, the new dish should be therefore priced.

- a. Explain the procedure to develop the new dish recipe for costing purpose.
- b. What are the key elements you will base on in calculating the new dish costing.
- c. Develop the process of costing the new dish.

Key facts 3.2: Costing final dish recipe

- **Factors to consider when costing a final dish recipe**

When costing a final dish recipe, it is crucial to account for various factors that contribute to both the direct and indirect costs involved in creating and serving the dish. Proper costing helps ensure profitability, sustainability, and consistency in your food offerings.

- ✓ **Ingredient costs**

-  **Cost of ingredients:** Calculate the cost of each ingredient used in the recipe. Ensure to use the correct quantities and unit costs (e.g., per gram, kilogram, liter). Ingredients that are bought in bulk or larger quantities might cost less per unit, so these savings should be accounted for.

-  **Waste and yield:** Consider the loss of ingredients during preparation (e.g., peeling, trimming) and calculate the cost of usable portions after waste is factored in.

-  **Seasonality and availability:** Factor in fluctuations in ingredient prices based on seasonality or availability. Prices of seasonal items may be lower, while out-of-season items could be more expensive.

- ✓ **Portion Control**

-  **Standard portion size:** Define and control the portion size for each serving to ensure consistency and cost management. Using standardized measuring tools (e.g., ladles, scoops, scales) can help.

-  **Waste reduction:** Ensure that portion sizes are not too large, as this can lead to excess waste and increased costs. Standardizing portions also helps maintain profit margins.

- ✓ **Labor costs**

-  **Preparation time:** Factor in the time it takes for staff to prepare the dish. The labor costs should include the hours worked by chefs, cooks, or kitchen assistants during preparation and cooking.

-  **Cooking time:** Include time spent cooking or baking, which contributes to labor costs, especially if ovens, grills, or other equipment are in use.

-  **Complexity of preparation:** More complex dishes require more skilled labor, which may increase the cost. For example, hand-made pasta or specialized techniques (e.g., sous-vide) will require more time and expertise.
- ✓ **Overhead costs**
 -  **Utilities:** Include the costs of electricity, gas, water, and other utilities used during food preparation. These costs should be prorated based on the dish's share of total kitchen usage.
 -  **Rent and lease:** Consider the portion of rent, leasing fees, and maintenance costs of kitchen space that are allocated to the dish.
 -  **Packaging and serving:** Factor in the cost of serving dishes, containers, and packaging if the dish is to be served for take-out or delivery.
- ✓ **Packaging and presentation**
 -  **Serving materials:** Account for the cost of plates, napkins, cutlery, garnishes, and other materials used to present the dish attractively.
 -  **Takeout packaging:** If the dish is being packaged for takeout, include the cost of takeout containers, bags, and other packaging materials.
- ✓ **Markup and profit margin**
 -  **Markup percentage:** To set the selling price, apply a markup percentage on the total recipe cost. The markup should be based on factors like market pricing, target profit margins, and competitor pricing.
 -  **Profit margin:** Ensure the markup covers all costs (ingredients, labor, overhead) while generating an acceptable profit margin. This can vary depending on the restaurant's financial goals, but typically a profit margin of 20% - 30% is expected.
- ✓ **Market analysis**
 -  **Competitive Pricing:** Review competitors' pricing for similar dishes in the local market to ensure your price is competitive while maintaining profitability.
 -  **Customer Perception:** Align the price with the perceived value of the dish based on factors such as portion size, quality, and uniqueness. Premium

pricing may be appropriate for high-end or unique dishes, while more common items may require more affordable pricing.

✓ **VAT and Taxes**

 **Value Added Tax (VAT):** Factor in any applicable VAT or sales tax that will be added to the final selling price. Depending on your region, VAT may be included in the selling price or added separately.

- **Recipe costing procedure**

Recipe costing is an essential process in the food industry that involves determining the total cost of preparing a dish by accounting for all the ingredients, labor, overheads, and other associated expenses. The goal of recipe costing is to ensure that each dish is priced appropriately, balancing both profitability and customer satisfaction while maintaining consistent quality.

The procedure typically involves breaking down a recipe into its components, calculating the cost of each ingredient, factoring in losses and yields, and accounting for additional costs such as labor, utilities, and packaging. This ensures that the final price is not only profitable but also reflects the value of the dish offered.

- **Importance of recipe costing**

- ✓ **Profitability:** By accurately costing a recipe, you can ensure that the selling price generates enough profit to cover expenses and yield a reasonable margin.
- ✓ **Consistency:** It helps maintain consistent pricing across similar dishes, making budgeting and financial planning easier.
- ✓ **Cost control:** Recipe costing helps track ingredient usage and waste, allowing for better inventory management and reducing unnecessary costs.
- ✓ **Informed pricing:** Knowing the exact cost of a recipe allows you to set competitive and profitable pricing while staying aligned with market expectations.
- ✓ **Menu planning:** Recipe costing ensures that menu items are priced according to their true cost and helps identify dishes that may be more expensive to produce than others.

- **Key steps in recipe costing procedure:**

- ✓ **List all ingredients:** Document every ingredient required for the recipe, including the specific quantities.
- ✓ **Calculate ingredient costs:** Determine the cost of each ingredient based on the quantity used and the purchase price.
- ✓ **Factor in Waste and Yield:** Adjust costs for any ingredient loss during preparation, ensuring the actual usable quantity is considered.
- ✓ **Add overheads and labor costs:** Include fixed costs, such as rent, utilities, and labor involved in preparing the dish.
- ✓ **Determine total recipe cost:** Add up all ingredient costs, labor, and overheads to get the total recipe cost.
- ✓ **Divide by portions:** Divide the total recipe cost by the number of portions the recipe yields to get the cost per portion.
- ✓ **Set selling price:** Establish a selling price using a markup percentage or based on competitive pricing, ensuring profitability while maintaining market relevance.

Factor	Description	Example
Ingredient Costs	Calculate the cost of each ingredient used in the recipe.	If pork ribs cost Rwf 9500 per kg, and you use 0.25kg, the cost is Rwf 2375.
Waste and Yield:	Account for ingredient loss during prep (e.g., peeling).	If 1kg of potatoes costs Rwf 1000, but after peeling, only 800g is usable, the adjusted cost is Rwf 800.
Portion Control	Standardize portion sizes for consistency.	A standard portion for "Pork ribs with Brown Onion Sauce" might be 250g.
Labor Costs	Include preparation and cooking time, and the wages of staff.	If a chef is paid Rwf 2000 per hour and takes 1 hour to prepare and cook the dish, the labor cost would be Rwf 2000.
Overhead Costs	Factor in utilities (e.g., electricity), rent, packaging, etc.	If overheads (electricity, rent) cost Rwf 10,000 per day and you make 100 portions, overhead cost per portion is Rwf 100.

Packaging & Presentation	Account for the cost of serving materials and takeout packaging.	Plates, napkins, and garnish might cost Rwf 500 per serving, while takeout packaging could be Rwf 200.
Markup and Profit Margin	Apply markup to the cost to set the selling price.	If recipe cost per portion is Rwf 1975 and you apply a 200% markup, the selling price per portion would be Rwf 3950.
Market Analysis	Ensure the selling price aligns with local competitors and customer preferences.	Competitors are selling similar dishes for Rwf 4000; adjust pricing to remain competitive.
VAT and Taxes	Factor in any applicable taxes or VAT when setting the price.	If VAT is 18%, then VAT on a selling price of Rwf 3950 would be Rwf 711, bringing the total to Rwf 4661.
Recipe Yield	Calculate the number of portions the recipe yields.	If the recipe yields 2 portions, divide the total cost by 2 to determine the cost per portion.
Dish Complexity & Specialty	Include the cost of special ingredients or techniques.	Dishes using premium ingredients, like truffles, or complex techniques, may have higher costs (e.g., sous-vide).

Example Breakdown for "Grilled Salmon with Vegetables":

Below is a step-by-step breakdown for costing a final dish recipe. It allows you to assess ingredient costs, labor, overheads, and other important factors.

Component	Cost	Total
Ingredients	Salmon (Rwf 1,200) + Vegetables (Rwf 200) + Seasoning (Rwf 50)	Rwf 1,450
Labor costs	Chef labor (1 hour = Rwf 2,000)	Rwf 2,000
Overhead costs	Utilities, Rent (Rwf 500)	Rwf 500
Total recipe cost	Ingredients + Labor + Overhead	Rwf 3,950
Portions	2 portions	-

Cost per portion	Total Recipe Cost ÷ Portions	Rwf 1,975
Markup (200%)	1,975 x 2	Rwf 3,950 per portion
Selling price	Price per Portion	Rwf 3,950

Let us have another scenario of **Pork ribs with Brown onion sauce, baked potatoes, and julienne zucchini and bell pepper dish.**

Ingredients and costs

Sn	Ingredients	Unit	Quantity	UoM	Unit cost (Rwf)	Total cost (Rwf)
1	Pork ribs	Kg	0.25	Scale	9500	2375
2	Corn oil	L	0.001	Scale	3500	3.5
3	Mustard	Kg	0.001	Scale	6500	6.5
4	Garlic	Kg	0.001	Scale	4500	4.5
5	White pepper	Kg	0.001	Scale	2500	2.5
6	Salt	Kg	0.001	Scale	1000	1
7	Brown onion sauce					
7.1	Demi-glance	L	0.001	Scale	5000	5
7.2	Onions	Kg	0.10	Scale	1000	1
7.3	Red wine	L	0.001	Scale	12000	12
8	Potatoes	Kg	0.25	Scale	1000	250
9	Zucchini	Kg	0.10	Scale	1000	100
10	Bell pepper (red)	Kg	0.10	Scale	1000	100
11	Parsley	Kg	0.001	Scale	1000	1
12	Butter	Kg	0.05	Scale	10000	10
13	Overhead costs					10
14	Labor cost					10

Step-by-step calculation:

- a. **Recipe cost:** total of unit cost multiplied by total quantity for each ingredient.

Recipe cost = $\sum$ (total cost for each ingredient).

Total Ingredient Cost: $2375 + 3.5 + 6.5 + 4.5 + 2.5 + 1 + 5 + 1 + 12 + 250 + 100 + 100 + 1 + 10 + 10$
= 2892 Rwf

- b. **Actual selling price:** This is calculated by multiplying the recipe cost by a markup factor (3 or 4).

Assuming a markup factor of 4:

Actual Selling Price = $2892 \times 4 = 11568$ Rwf

- c. **VAT (18%):** the VAT is calculated based on the actual selling price.

VAT = $10018 \times 11568 = 2082.24$ Rwf

- d. **Portion net sales:** the portion net sales are calculated by subtracting the VAT from the actual selling price.

Portion net sales = $11,568 - 2,082.24 = 9,465.76$ Rwf

Summary table:

Description	Amount (Rwf)
Recipe Cost	2,892
Actual Selling Price	11,568
VAT (18%)	2,082
Portion Net Sales	9,486

Additional tips:

- Use a recipe costing template: A template can help you organize your calculations and ensure accuracy.
- Consider portion size: The portion size will affect the overall cost of the dish.
- Be flexible: Be prepared to make adjustments to your recipe based on cost considerations.
- Track food costs: Regularly track the cost of ingredients to ensure accuracy.

- Utilize food cost software: Food cost software can automate calculations and provide valuable insights.



Activity 2: Guided Practice



Task 29:

1. Calculate costs for the new dish
 - a. List all ingredients with quantities and costs (use approximate prices based on local markets or supplier rates).
 - b. Factor in waste, preparation yield, and any overheads (e.g., utilities or equipment usage).
 - c. Determine the cost per portion and suggest a selling price suitable for a school fundraiser or event.



Activity 3: Application



Task 30:

1. Read the scenario and perform the related tasks: **Scenario: New dish costing for a high-end hotel restaurant”**

A well-established 5-star hotel restaurant is introducing a new seasonal dish to its menu. The dish is Pan-Seared Duck Breast with Beetroot Purée, Roasted Vegetables, and Truffle Oil. The goal is to create a dish that fits into the restaurant’s upscale, fine-dining experience while maintaining profitability. The restaurant is known for its locally sourced, organic ingredients, but also needs to be cost-conscious to avoid impacting overall profit margins.

Details of the Dish:

Main Ingredients:	Additional Ingredients/Overheads:	Pricing Guidelines:
▪ Duck breast (150g portion) ▪ Beetroot (fresh for purée) ▪ Seasonal root vegetables (carrots, parsnips, and potatoes) ▪ Truffle oil (premium, imported) ▪ Microgreens for garnish ▪ Olive oil, salt, pepper, herbs (for seasoning)	▪ Gas usage (oven and stove) ▪ Labor time (chef and prep staff) ▪ Packaging for take-out orders (if applicable)	▪ The restaurant aims for a food cost percentage of 30%. ▪ The cost of ingredients should not exceed \$15 per portion for the dish to be profitable, given the desired profit margins for high-end dishes.

You are tasked with:

- calculating the total cost of the new dish, including all ingredients and overheads.
- determining if the dish fits the target food cost percentage of 30%.
- If the dish exceeds the target cost, identifying areas where costs can be reduced without sacrificing quality or presentation.
- adjusting the pricing if the dish were to be served in a buffet-style service or for large events, such as weddings or corporate gatherings?
- Would you offer it as a set menu item or as part of a tasting menu offer better value to the guest, and increase profitability for the restaurant?

Topic 3.3: Demonstrating newly developed dish



Activity 1: Problem Solving



Task 31:

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

The hotel you are working in has approved the new dish you have created and has mentioned it on the menu card for clients to order and consume. It was your innovation and creativity, but it has become the hotel property. The executive chef kindly requests you to train your co-workers chef about the new dish you created by answering these questions:

- a. What are the preparations do you think you will need for the session?
- b. Identify the right tools you will set in advance for training of your co-workers
- c. Develop the steps to follow when training a new dish for better trainer performance and trainee understanding.
- d. Identify the main target you are seeking when training the new dish to others (colleagues, trainees, co-workers, friends or relatives)

Key facts 3.3: Demonstrating newly developed dish

- **Training techniques, tools, equipment, and materials**

- ✓ **Training Techniques:**

- ✚ Step-by-step demonstration: show each step of the preparation process clearly and explain the purpose behind each action.
- ✚ Interactive sessions: allow participants to ask questions or attempt certain steps during the demonstration.
- ✚ Hands-on practice: after the demonstration, encourage the team to replicate the dish under supervision.
- ✚ **Visual Aids:** use pictures, videos, or infographics to support explanations.
- ✚ **Reinforcement:** summarize key points at the end to ensure retention and understanding.

- ✓ **Tools and Equipment:**

- ✚ Basic tools: knives, cutting boards, spoons, whisks, spatulas, and tongs.
- ✚ Specialized equipment: Appliances or gadgets specific to the dish, such as sous vide machines, blenders, or piping bags.
- ✚ Measuring tools: scales, measuring cups, and thermometers for precision.
- ✚ Presentation tools: plates, serving dishes, tweezers, and garnishing brushes.

✓ **Materials:**

- ✚ Ingredients: fresh, high-quality items pre-measured and organized (mise en place).
- ✚ Recipe cards: printed or digital copies detailing the steps, ingredients, and costing information.
- ✚ Documentation: training manuals, procedural guides, or checklists.

• **Preparation before the demonstration**

Preparation step	Details
A. Know Your Recipe	Memorize every step of the recipe, including cooking times, temperatures, and methods.
	Be familiar with alternative ingredients or techniques for flexibility.
	Understand the science behind the recipe (e.g., why certain techniques or ingredients are used).
B. Organize ingredients and tools	Prepare all ingredients in advance (washed, chopped, pre-measured).
	Arrange tools and equipment systematically to avoid delays.
	Double-check for the availability and functionality of specialized equipment.
C. Practice	Test the recipe multiple times to ensure familiarity with the process.
	Address potential challenges, such as timing issues or ingredient substitutions, during practice runs.
	Focus on achieving consistency in taste, texture, and presentation.
D. Plan Your Presentation	Create a step-by-step outline of the demonstration to stay on track.

	Allocate time for key segments, such as preparation, cooking, plating, and Q&A.
	Anticipate questions and prepare clear, professional responses.

- Tips for a successful demonstration**
 - ✓ Preparation tips:**
 - ✚ Maintain a clean and organized workspace to set a professional tone.
 - ✚ Arrange all ingredients and tools within easy reach to ensure a smooth flow.
 - ✚ Wear proper chef attire to reflect professionalism.
 - ✓ Presentation tips:**
 - ✚ Be clear and confident: speak clearly, explaining techniques and terms in an understandable manner.
 - ✚ Engage the audience: make eye contact, smile, and encourage questions or feedback.
 - ✚ Highlight key steps: emphasize critical techniques, timing, or unique aspects of the recipe.
 - ✚ Focus on visual appeal: demonstrate plating techniques that enhance the dish's presentation.
 - ✓ Problem-solving tips:**
 - ✚ Be adaptable if something doesn't go as planned (e.g., an ingredient missing or a cooking error).
 - ✚ Share troubleshooting tips to teach the audience how to handle common challenges.
 - ✓ Post-demonstration tips:**
 - ✚ Invite the audience to taste the dish and provide constructive feedback.
 - ✚ Summarize the key takeaways and steps to reinforce learning.
 - ✚ Distribute recipe cards or guides for future reference.



Activity 2: Guided Practice



Task 32

1. Read the scenario and perform the tasks below:

As part of your culinary training, your instructor has assigned you the task of demonstrating the preparation of a new dish to your classmates. The goal of this activity is to showcase your understanding of the dish's recipe, techniques, and presentation while engaging your peers in the learning process.

You will need to plan, prepare, and deliver a detailed demonstration that includes cooking techniques, timing, adjustments, and tips for consistent results. The demonstration will conclude with plating the dish and a brief discussion about its quality and presentation.

- a. Conduct a demonstration for the class, highlighting preparation techniques.
- b. Present the dish to your instructor and peers for feedback.
- c. Ensure the recipe is clear and reproducible for future use in school projects or events.



Activity 3: Application



Task 33

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.

- a. Conduct a demonstration of the dish for a simulated audience, include:
 - Introduction of the dish and its key features.
 - Step-by-step preparation, highlighting techniques and tips.
 - Explanation of timing, adjustments, and troubleshooting common issues.
 - Final plating and presentation.

- b. Engage the audience by answering questions and encouraging interaction during the demonstration.
- c. After the demonstration, gather feedback on the dish's taste, presentation, and preparation process.
- d. Make any necessary adjustments to the recipe, presentation, or demonstration plan based on the feedback.
- e. Provide the updated recipe, costing sheet, and a photo of the plated dish as part of your final submission.



Formative Assessment

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

You are a chef at a fine dining restaurant in a luxury hotel, tasked with developing a new dish to add to the menu. After weeks of planning, testing, and refinement, it's time to present the final version of the dish to the hotel's executive chef, food and beverage manager, and other decision-makers for approval.

This presentation will determine whether the dish will be included in the menu, so you must focus on showcasing its taste, quality, creativity, and alignment with the restaurant's brand.

- a. Perform a final dish
- b. Prepare a detailed recipe card, including (ingredients, preparation steps, cooking techniques, and plating instructions).
- c. Perform costing of final dish that outlines (the cost per portion and recommended selling price).
- d. Demonstrate final dish



Points to Remember

Performing final presentation of a new dish you should focus on the following:

- Dish quality: flavor balance, texture and consistency, cooking accuracy, freshness of ingredients and correct serving temperature.
- Plating and presentation: balance on the plate for aesthetic appeal, height and dimension for a visually interesting presentation, color and contrast for visual impact, garnishing to enhance the dish's flavor profile, and a dishware clean and free from drips or smudges to complement the dish and align with the restaurant's style.
- Recipe development and costing: target audience: for dietary preferences, cultural context, and customer expectations, ingredient selection for availability, costing to ensure the dish is cost-effective, portion control to avoid waste and control costs and finally profitability to align the dish pricing with the hotel's financial goals.



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	I know	I have	I have a lot	I am
Knowledge, skills and attitudes	have any experience doing this.	a little about this.	some experience doing this.	of experience with this.	confident in my ability to do this.
Apply presentation techniques that					

My experience	I do not	I know	I have	I have a lot	I am
Knowledge, skills and attitudes	have any experience doing this.	a little about this.	some experience doing this.	of experience with this.	confident in my ability to do this.
enhance dish aesthetics, focusing on plating, garnishing, and cleanliness.					
Assess dish quality based on taste, flavor balance, texture, temperature, and ingredient freshness.					
Follow the approval process for final dishes, including visual inspection, taste testing, and consistency checks, while incorporating feedback.					
Develop recipes tailored to the target audience, considering dietary preferences, cultural context, and nutritional balance.					

My experience	I do not	I know	I have	I have a lot	I am
Knowledge, skills and attitudes	have any experience doing this.	a little about this.	some experience doing this.	of experience with this.	confident in my ability to do this.
Execute recipe costing procedures by calculating ingredient costs, factoring in waste and overheads, and determining accurate pricing.					
Plan and conduct effective dish demonstrations by organizing ingredients, tools, and presentation flow.					

2. Fill in the table above 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 as required You are a seasoned chef at a bustling restaurant known for its innovative, globally-inspired cuisine. Today, you are taking a group of eager chefs on a field trip to the vibrant farmer's market. As you scan the market, overflowing with fresh, seasonal produce, you announce a surprise challenge. Each Chef must create a new dish using a selection of three unexpected ingredients. Resources	
Tools	Spoons, measuring tools, hand wire whisk, tongs, wooden spoons, saucepans, baking sheets, baking trays, baking tins, baking pans, grater, plastic containers, knives, kitchen hammer, scissors, fondant sculpting tools, spatula, mixing bowls, piping nozzle, piping bag, Peelers, colander, measuring devices(measuring spoons, jugs, cups) Serving spoons, tweezers, offset spatula, pastry brush, deco- rating comb, piping bags and tips, serving plate, serving bowls, plating rings, squeezer bottle, culinary torches
Equipment	Peeling machine, mincing machine, mixers, refrigerators, oven, dishwasher, working tables, trolley, steaming machine, fryer machine, blender machine, freezer, tandoori, slicer machine, stove, microwave oven, induction, broilers, Hot pass, fridge, plating table, chaffing dishes.
Materials/ Consumables	Fresh Produce: fruits, vegetables, and herbs Meat and Seafood: Meat and seafood Dairy Products and eggs: Dairy products such as milk, cheese, and yogurt Grains: Grains such as rice, pasta, and bread Dried Goods: Dried goods such as beans, lentils, and spices

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