

STORE CONTROL AND FOOD CONTROL:

Food control begins when the orders are placed; it ends when the ultimate cash takings are banked.

The store should be close to the preparation area. Basic aim is a smooth flow from stores to preparation, to cooking, to server and from the server to the restaurant and then back to the wash up, so there is need to provide storage appropriate to the size of the kitchen.

The functions of the stores is to receive, check, store correctly, issue goods as required against requisition properly authorized. Strict control should be exercised as it provided cost figures and assist in future budgeting. It is essential to check all incoming supplies for quality, weight and price. Supplies received should be promptly taken into stock; non-perishables should go into dry stores. Perishable items be stored in cold rooms, freezers etc. The ideal dry store temperature range is 15C to 18C.

Refrigerators for perishable foods are maintained at 1C to 4C.

Records should be kept to show the stock of each commodity received, issued and on hand with dates of receipt and issue, so that at any time the management can check the accuracy of the record.

The stock should be taken at least once a month. The best system of accounting is a card index comprising a separate card for each commodity and all issues supported by relevant documents. The system is amenable to periodic spot checks as required.

PORTION CONTROL:

“Portion control” means the amount of size of a portion of food to be served to a customer.

Food costing and portion control are implementer and the need for this form of control comes from both sides of the business from the caterer and his customers. There is a natural tendency for clients to eye one another's portion when they are served and if one is thought to be slightly larger than the others there is apt to be resentment and a reaction detrimental to the good name of the establishment. Only exact portion control can eliminate this. It is not something that can be introduced at the service point; it must start when orders are placed for supplies.

Monitoring portion control could be done by direct supervision by sales analysis and by comparing the requisitions of cash department with issues.

Purpose of portion control:

1. To ensure fair portion for each customer.
2. To see that each department utilizes purchases to the full
3. To control waste
4. To ensure that standard costing is as accurate as possible.

Methods of monitoring portion control:

1. Ordering the right quantity and supervising when receiving it.
2. Even preparing the food in the production area under direct supervision.
3. by proper checking of the service of food.
4. Comparing the requisitions of each department with issues.
5. by sales analysis.

1. **Aids to portion control:-** Portion control is done by using equipment and utensils as for example a scoop (ladle) used mainly for ice-cream can also be used for mashed potatoes as a portioned for mixture.

(a) *Automatic portion control equipments include:*

- i. Tea dispensers
- ii. Butter pat machines
- iii. Bread slicing and buttering machines
- iv. Gravity feed slicers
- v. Coffee-making, e.g. cone machines
- vi. Mini steak mounding machines
- vii. Milk dispensers

(b) *Utensil used in portion control include-*

- i. Ladles
- ii. dariole moulds
- iii. Serving spoons and scoops
- iv. Pie dishes
- v. Woven wire servers
- vi. Baking tins
- vii. Measures

(c) *Serving dishes that help in portion control*

- i. Glasses
- ii. casseroles
- iii. Coupes
- iv. tureens
- v. Sundae glasses
- vi. Sauce-boats
- vii. Soufflé cases
- viii. Vegetable dishes
- ix. Cocottes'
- x. entrée dishes

2. **Portion sizes:** As portion sizes vary from one establishment to another between table d'hôte and a'la carte service, it is difficult to give definite average portion sizes.

A few examples are being given to act as a guide-line.

Hors d'oeuvre	Fruit juices	75ml. to 110ml
	Fruit cocktail	120gms.
	Smoked salmon	35gms. To 40gms
	Caviar	30gms.
	Salami	45gms.
Farinaceous dishes	Spaghetti/macaroni	60gms
	Rice	120gms
Egg dishes	Boiled/poached/fry for a la carte	2 large ones
	Omelets	3 eggs
Meat	Steaks	120- 240gms.
	Chops	30- 150gms.
	Stews	100gms. Raw weight
	Hamburger	120gms.

Losses in preparation:- The percentage of waste of vegetables in preparation will be according to the kind and the quality used. To compute portion control and cost, the waste from peeling and trimming and also the shrinkage in cooking must be considered. If there are unskilled workers, there will be a tremendous waste and a high food cost. They should be trained to judge quality merchandise in order to be able to appreciate its value.

3. **Visual aid sheets:-** A portion control sheet can be used for costing various items of food or complete dishes. The object is to ascertain the total yield of a given commodity after preparation and processing.

Such a sheet can be used in the experimental or research kitchen of a catering group or in the food preparation area when compiling standardized recipes.

4. **Standardized recipes:-** They assist in food costing and portion control by taking the guess work away and substituting more exact approach, by listing the ingredients and methods in a readily understood form as the result will be uniform every time it is featured. The food cost can also be known in advance if a price column is introduced provided it is kept up to date with any price changes. The standard recipe will give a warning when the price charged becomes uneconomical and an increase becomes necessary.

The effects of irregular or badly administered portion control:-

Following effects will emerge:

- (a) Dissatisfied customers resulting in a decrease of business.
- (b) Food costing will be inaccurate, affecting profits.
- (c) A lack of sense of responsibility among personal leading to a loss of standard.

Portion control in the catering industry is one of the greatest factors that contribute to a successful business. The general rule should be a fair portion for a fair price.

Quantity control:- The control of quantity consumed ensures that everything consumed has been accounted for. It does not ensure profitability, but provides a useful supplementary check and is simple to operate. For simple dishes, this method is good but not for complex dishes. For small establishments when one store keeper is responsible and issues one egg and two bacon rashers for breakfast, it controls consumption.

PURCHASING:-

Buying quality and freshness of supplies and portion control are of the utmost importance for the operation of a successful business.

Large establishments will often employ a purchase Manager, as he can concentrate and get the best supplies. Requisition for supplies are placed with the store/kitchen stewarding dept. at a specified time in advance by the chef de cuisine for highly perishable supplies. The store keeper will forward his requisitions for "Dry stores" and cleaning materials in the same manner. Suppliers should be changed from time to time.

Knowledge of buying is very essential. The buyer should have a reasonable technical knowledge in catering as he will be able to follow the requisitions properly and understand the importance of delivery times, quality and specifications etc. The purchaser should assimilate information new ideas and techniques, gathered from trade journals, visits to exhibitions and food processing plants. The comparison of competitive price lists from suppliers must be done occasionally.

When selecting the suppliers following points should be considered:

- (a) The prices are competitive for the goods specified in relation to quality.
- (b) The goods offered should meet specifications by looks and other related factors. Samples should be taken for checking.
- (c) Financial terms offered relating to credit facilities and discount for settlement.

Selection will then be made of at least two suppliers for each 'group' of supplies required in certain 'groups' which include many commodities such as groceries. Three or even more suppliers may be selected. Where supplies are obtained by contract, obviously this will not apply.

Specialized supplies such as pao bhajhi masala, Amritsiri papad, paprika, avocado pears, capers, artichokes etc. May be obtained from a single supplier.

Instructions to suppliers:- After the selection has been made of various suppliers, written instructions on the following points should be made-

- a. Delivery times and any special requirements of delivery.
- b. The person or persons authorized to accept and sign for supplies.
- c. That goods supplied are as ordered including special instruction to "brands and sizes".
- d. No alteration will be accepted between quoted and invoice prices.
- e. The name of people authorized to order supplies.

If there is a contract it will operate for a given period often for one year. The purpose of "contract" buying is to obtain the best supplies possible at a fixed price over stated period.

Ordering of supplies:- Orders for supplies, generally fall in 3 categories orders-

- a. Daily orders,
- b. Weekly orders
- c. Standing orders.

Daily orders are usually placed for perishable items such as meat poultry, game, fish, fruit, vegetables, milk and cream, etc. The orders can be placed by telephone, confirmed by a written order.

Weekly orders consist mainly of dry stores, i.e. groceries etc. Standing orders certain types of supplies such as milk, eggs, bacon etc. are ordered for a specific quantity. The quantity stated is the minimum requirement. If more is needed, supplementary order is given.

TEXTURE:

The texture as related to food is not an entity in itself, but rather the accumulated effect of several characteristic or qualities to create individuality such as:

1. Appearance
2. Feel to touch
3. Softness
4. Mouth feel

Texture is the term used to describe the characteristic of a finished food product. Variety includes some hard and soft food in a meal so that the amount of chewing required is varied. This is one of the points that is considered while planning a menu. The menu includes dishes that have different textures as soft crisp, hard, smooth etc. All the above mentioned factors contribute to the concept of texture.

Appearances:- It is the first factor in the appreciation of food. The size, shape and distribution of cells (holes) are of prime importance. Ideally the holes should be comparatively small. Slightly oval or elongated and evenly

distributed. Large cells (holes) produce coarseness to the eye, as in cakes, bread etc.

Feel to touch:- The perceptiveness to touch should exact as it desired to be a sponge cake should be light and spongy.

Softness:- if is the characteristic of texture and the product should possess the resiliency (springiness) to gradually return to its normal shape- idlis, khaman dhokla, bread etc.

Mouth feel:- Texture involves feels or bite tenderness- dry, soft, wet, hard, firmness, crumbliness and short.

Observation, experience, preparing foods, by adding ingredients and incorporating and applying the right principles (combining, mixing, fractionation etc) has a definite bearing in the result.

Various Textures:

1. *Firm and close:-* Raising agents added raise the food, the volume is increased, the holes are small and many. The products are crisp and not spongy, e.g. biscuits, tartlets etc.

2. *Short and crumbly:-* The product is short and it just melts in the mouth, when eaten. The right quantity of fat added gets this effect. More fat is added, As it prevents the mixture from and close texture, e.g. shortbread, nankhatai, biscuits, short crust pastry etc.

3. *Light and Even:-* There are plenty of holes of more or less the same size. It is less short than pastry and less spongy than a sponge cake. The product is touch, e.g. Medera, queen cakes etc.

4. *Spongy:-* The holes (air cells) are small and evenly distributed as air has been included. It is soft and elastic to touch as in idlis, Khaman dhokla, Swiss rolls etc.

5. *Flaky:-* The products have thin crisp flakes and they are formed by air pockets. The crispness is due to the method of rubbing fat with the flour. In order to get a good flaky texture, the right amount of ingredients proper mixing and correct temperature is essential, e.g. vol-an-vent, patties, bouchees, paratha, tikona Mathis etc.

6. *Smooth:-* When a dry ingredient is added to a liquid and the blending results in a smooth texture. E.g. sauces, batters, gravies, phirnes.

Incorrect texture spoils a dish and should be avoided. Some of the incorrect texture are-

a. *Coarse and open texture:-* This may be due to insufficient creaming of the fat and sugar or careless mixing of flour, when added. Too much of raising agent also give a coarse and open texture.

b. *Hard Texture*:- The air enclosed has been driven off may be due to the addition of more liquid than required or has not been mixed properly. Low temperature of the oven also spoils the texture.

c. *Soggy Texture*:- This occurs where there is the presence of too much moisture, as it combines the ingredients and the starch gets over cooked and tends to stick e.g. while preparing rice.

D. *Lumpy Texture*:- This happens when the liquid and solid is not mixed properly at the same temperature or even if they are at the same temperature. Once the lumps are cooked, they are difficult to remove. This texture may occur in sauces, gnocchi, suji halwas etc.'

