

PREPARATION OF INGREDIENTS

Introduction:-

Many techniques are used for preparation before cooking and they are done according to the requirement of the various dishes. This helps to improve appearance, texture, palatability and flavor also, and food combined readily. The techniques are divided into two parts:

1. Sub- division
2. Combining and mixing in the preparation of food.

(1) Sub- division:-

a) **Washing**:- This is necessary to remove superficial dirt.

Meat, fish, vegetable and fruits are washed in cold water before any preparation. Peeling and cutting (e.g.). If cut and soaked for a long period or washed after cutting there is a great loss of water soluble vitamins and minerals.

b) **Peeling**:- Spoiled soiled and inedible unused portion are removed. Skin of vegetable or fruits are either peeled or scraped. The outer layer can be stripped by steam, such as lye solution.

c) **Paring**:- Paring is removed the surface layer in circular motion by pressure of knife edges all round the object.

d) **Cutting**:- Reducing of small pieces with a knife when a similar result is obtain with a chopping knife, or with a mechanical food chopper, the process is called chopping (small pieces). Dicing cutting into cubes is known as Dicing e.g. dicing potatoes, carrots etc.

e) **Mire poix**:- Crossly cut the vegetable dice, shape for turning vegetable etc.

f) **Mincing**:- Cutting into very fine pieces as a example motion onion.

g) **Mandolin**:- A kitchen utensil to cut vegetable and fruits to various shape and size julienne, cubes, dices etc.

h) **Meringue**:- Whipped egg white and sugar.

i) **Sheeting**:- Cutting into long narrow pieces by means of a sheeted of knife. E.g. cabbage.

J) **Slicing**:- Cutting into thin pieces but not so fine as sheered.

k) **Grating**:- Reducing to small articles by rubbing on a surface, as in grating lemon peels, cheese etc.

l) **Grinding**:- Reducing to small fragments by crushing as in grinding spices or coffee, in a mill or on a grinding stone.

m) **Mashing**:- This is a method of backing up of soft food with pressure, with a potato masher or with a fork.

n) **Pureeing**:- Food is strained and a moil should be used.

o) **Pressing**:- Separating liquid portion from solid by weight or mechanical pressure, as in making cider from apples, paneer.

p) **Skimming**:- Removing a floating lair by passing a utensil (ladle) as in skimming cream for milk.

q) **Flavoring**:- A bundle of herbs and vegetable to improve the flavor to stock and sauces is "banqueted gaining".

r) **Folding**:- Method apply combining different ingredients together so that no reduction in lightness occurs.

s) **Evaporation of reduction**:- Removal of water commonly used by heating without lid.

t) **Emulsification**:- Dispersing one liquid to another in which it is soluble.

u) **Chiffonade**:- Cutting technique used to shred the leaves of herbs and vegetables into long, skinny ribbons.

(2) Combining and mixing in the preparation of food:

1) **Beating**:- Mixing material briskly, lifting and dropping them with an appropriate tool. This is done to thin mixture to liquid. The aim is to mix well and incorporate air.

2) **Blending**:- Mixing two or more ingredients thoroughly, as an example blending milk into white roux for deciment (white sauce).

3) **Creaming**:- Softening fat by spread with a spoon, usually forward/ followed by graduals incorporation of sugar as in cake making.

4) **Kneading**:- Manipulating by alternative process with folding and stretching as in kneading great dough.

5) **Marinating**:- Cooking the surface of food materials, a marinate which is usually a mixture of oil and acid as in marinating the components of the vegetable salad with French dressing.

6) **Stirring**:- Mixing materials with an appropriate tool such as a spoon by a circular motion. E.g. stirring white sauce while cooking.

7) **Whisking**:- It is done when a mixture needs a lot of air, items need to be mixed together so that they do not separate.

8) **Tossing**:- Tumble a mixture such as a salad, very lightly with a spoon and a fork.

9) **Coating**:- To cover pieces of cooked or uncooked food with a liquid which sticks to the surface, e.g. sauce, batter, melted butter or a combination of liquid & solid, e.g. egg and breadcrumbs, either to seal in flavor, to add flavor or to improve the appearance.

