

PRINCIPLES OF FOOD PREPARATION

FOOD PREPARATION

Food preparation is the actions that are performed to prepare food to either ensure that the food we consume is safe to eat or to enhance the flavor. For this article, we're narrowing our definition of food preparation to ensure that the food prepared by a growing restaurant is safe to eat.

As it relates to ensuring that food is safe for consumption, food preparation can be broken down into four categories- cleaning of preparation equipment, separation of ingredients, ensuring that foods are cooked to the right temperature and proper storage of prepared foods.

COOKING TERMS

- **Bake-** to cook food in an oven-type appliance. Covered or uncovered containers may be used. When applied to uncovered meat it is generally called roasting.
- **Barbeque-** roast slowly in a grid-iron, over coals, or under a free flame, or even in an electric unit, usually baste with a highly seasoned sauce.
- **Baste-** the term is popularly applied to food cooked in or served in barbeque sauce.
- **Beat-** mix smoothly by introducing air in a mixture using brisk, regular lifting motion.
- **Blanch-** to preheat in boiling water or steam.
 - it is used to inactivate enzymes and shrinks food for canning, freezing, and drying. Vegetables are blanched in boiling water or steam, and fruits in boiling fruit juice, syrup, water, or steam.
 - it is used to aid in the removal of skins from nuts, fruits, and some vegetables.
- **Blend-** mix two or more ingredients thoroughly.
- **Boil-** to cook in water or liquid in which bubbles rise and break on the surface. The boiling temperature of water at sea level is 212°F.
- **Braise-** to cook slowly in a covered utensil in a small amount of liquid or steam.
- **Broil-** to cook by direct heat.
- **Caramelize-** to heat sugar or food containing sugar until brown color and characteristics flavor develop due to a slight burning of the sugar.
- **Chop-** to cut into pieces with a sharp tool, such as a knife.
- **Coddle-** to cook below boiling point usually applied to eggs by pouring boiling water over them.
- **Deglaze-** to remove meat dripping from cooking utensils to be used in gravy or sauce.
- **Dehydration-** a method of food preservation wherein most of the water from a portion of food is removed, generally by heated air in a mechanical dryer. Food may be dried in the air, in superheated steam, in a vacuum, in inert gas, or by direct application of heat.
- **Dice-** to cut in cubes, usually less than 1/2 inch.
- **Dot-** to scatter small bits over the surface of the food.
- **Dredge-** to sprinkle or coat with flour or other fine substances.
- **Emulsify-** to make an emulsion. When small drops of one liquid, an emulsion is formed. The drops are held in suspension by an emulsifying agent, which surrounds each drop to form a coating.
- **Evaporate-** the removal of water vapor commonly accelerated by heating or vacuum.
- **Flake-** to separate in layers food like cooked chicken or fish that divides naturally.

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Oscar Krisen Buros



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