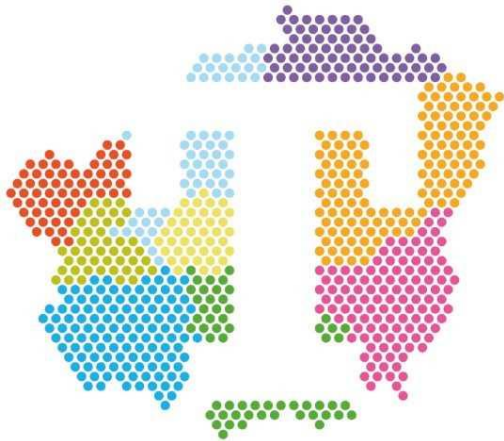




Tameside
College



Tameside College

Department of Food Studies

Hospitality and Culinary Arts

STUDY PACK 2023



THIS PAGE SHOULD INTRODUCE THE DEPARTMENT AND THE FOLLOWING:

- Skills that will be gained on the course
- Areas of interest when doing Hospitality
- Course outline and roles, they will be completing
- Equipment needed, uniform and equipment they will be using
- Skills that they should be developing now to get a head start on the course
- Information about work experience
- Type of work you will be doing
- Contact information of tutor

Here is a bit of information about the department

The Food studies Department is a busy and hardworking department with many links to industry, it runs the college restaurant and runs events for the college alongside your learning of all the kitchen and food service skills. <https://therestaurant.tameside.ac.uk/>

The department is very successful in many competitions on a national as well as local level, with students being placed in national finals.

There is 1 production Kitchen, 2 practice kitchens and the Restaurant incorporating the bar.

The department prides itself on its connections to industry and the work experience it gives to its learners alongside the excellent facilities and service it provides in the restaurant.

There is 3 chef lecturers, Gavin, Stephen and Ray and 1 front of house lecturer, led by the head of department Damian.

We are all looking forward to meeting you in September, till then stay safe, and enjoy the booklet.

The Catering and Hospitality Team.



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➤ Skills that you will gain on the
course



Waiting On / Customer Service



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Cooking and knife skills in a Kitchen



Menu design and plating skills



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Bar work



Mixologist/cocktails



Wine Service



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Coffee Barista, Latte Art



Task 1

Can you design a mocktail and prepare it, insert pictures and recipe.

Task 2



Cook a dish and present it in a restaurant format. Insert pictures and recipe.

➤ Areas of interest when doing Hospitality and catering

In Hospitality and Catering there are many areas that you can go into these include the following

- Hotels
- Bars
- Pubs/Restaurants
- Take away
- Cruise Liners
- Aircraft Catering
- Contract Catering
- Event Catering

Task 3

Which area of Hospitality and catering interests you?

Give 2 reasons why and what skills you think you will need from college to enable you to go into this field of the industry?



Look at two different outlets in the catering industry and compare them, list the differences and similarities, then list the job roles within each outlet.

➤ Course outline and roles, they will be completing

While completing your Level 1 in Hospitality and catering you will be carrying out the following.

- Work on your Employability skills.
- Working in the college restaurant Kitchen producing food for customers
- Working in the restaurant, serving customers the food that has been prepared
- Practicing practical skills classes, learning the different aspects of culinary terms and methods
- Theory sessions, developing your knowledge of culinary and hospitality terminology and the processes they require.
- Working on events and with other groups to develop your communication and teamwork skills



Task 4 Complete the wordsearch

Employability skills

Complete this wordsearch

L J R M H Q S E U G A E L L O C F B O T
 J S E E P R O C E D U R E S C P K M A R
 K D C E Y P S G J I G J L E Y Z O B U E
 B E U T M Y N F C X Y Y Z C S N U C C A
 J A S T L O P E N P T D M A P C P U O D
 K D T A Z S N E V U I E N L R I F S M Y
 J L O R U E I D L N L P R P O A J T M F
 D I M G V T S B O C I E E K S T H O U O
 Q N E E V T F A I T B N L R C T Z M N R
 P E R T M I K C S U I D A O D E V E I S
 L S S S T M R K W A X A T W D N T R C E
 I C E F W E O E O L E B I E Q D O S A R
 C L R Z U F W F R I L I O H S A V I T V
 O U V H J R M F K T F L N T I N H L E I
 U U I D K A A E P Y P I S Y T C F L A C
 R R C P K M E C L A K T H F U E Q Q A E
 T N E T B E T T A N K Y I I L F V O R F
 E Y S B Q S E I N V D H P T V E Z W P P
 S W F V O L I V S X L N S O E U Z V X D
 Y O D R H P G E B Z W P Q N Z P D F S H

PUNCTUALITY

FLEXIBILITY

SETTIMEFRAMES

WORKPLANS

PROCEDURES

ATTENDANCE

COLLEAGUES

DEADLINES

TEAMWORK

NOTIFYTHEWORKPLACE

DEPENDABILITY

COURTESY

MEETTARGETS

RELATIONSHIPS

CUSTOMERS



Tameside
College

READYFORSERVICE
EFFECTIVE

CUSTOMERSERVICE
FEEDBACK

COMMUNICATE

Task 5 Essential knife skills for the catering industry

Questions to answer:

Identify three different hazards when using knives

1).

2).

3).



➤ Task 6 Different types of knives

- Serrated saw knife
- Chef's knife – 10 inch
- Butchers knife
- Carving knife and fork
- Palette knife
- Paring knife
- Boning knife
- Fish filleting knife
- Turning knife
- Peeler
- Tomato knife
- Zester
- Kitchen secateurs
- Fish bone pliers
- Pastry brush
- Steel sharpener



Match the knives to the picture

Task 7 Name the cutlery

Research and list the cutlery you would use for a full Table d Hote setting, then research and list the cutlery for an Ala Carte setting.



Task 8 Terminology

Answer the following questions

1. What is a Roux?
2. What is a Bain Marie?
3. Describe the veg Cut Julienne?
4. Where does a Fillet of Beef come from?
5. What is the difference between a flat fish and a round fish? Give an example of each?



➤ Equipment needed - uniform and equipment they will be using

You will order your equipment from our suppliers Russum's, they will supply all your uniform and knives etc. This list will be sent out to you in due course.

The uniform will consist of the following

- Scholar chef jacket
- Red Skull Cap
- Black Bib Apron
- Scholar Black and white Check trousers

- Knife Kit containing – Butchers Steel, Carving Knife, Cooks knife, Filleting Knife, Paring Knife, Turning Knife, Palette Knife, Trussing needle

- Black Shirt

- Grey Apron
- Black Trousers
- Black Shoes
- Waiters Friend
- Waiters Cloth

● Skills that you should be developing now to get a head start on the course

You need to be cooking and carrying out as many different types of cooking methods you can, using as many different types of ingredients and seasonings as you can.

Task 8 Dishes

Insert a picture of at least 3 different types of dishes you have cooked and prepared



- Recipes for you to try

Spaghetti Bolognese Ingredients

- 2 tbsp [olive oil](#)
- 400g/14oz [beef mince](#)
- 1 [onion](#), diced
- 2 [garlic](#) cloves, chopped
- 100g/3½oz [carrot](#), grated
- 2 x 400g tin chopped [tomatoes](#)
- 400ml/14fl oz [stock](#) (made from [stock](#) cube. Ideally beef, but any will do)
- 400g/14oz dried [spaghetti](#)
- salt and pepper

Method

1. Heat a large saucepan over a medium heat. Add a tablespoon of olive oil and once hot add the beef mince and a pinch of salt and pepper. Cook the mince until well browned over a medium-high heat (be careful not to burn the mince. It just needs to be a dark brown colour). Once browned, transfer the mince to a bowl and set aside.
2. Add another tablespoon of oil to the saucepan you browned the mince in and turn the heat to medium. Add the onions and a pinch of salt and fry gently for 5-6 minutes, or until softened and translucent. Add the garlic and cook for another 2 minutes. Add the grated carrot then pour the mince and any juices in the bowl back into the saucepan.
3. Add the tomatoes to the pan and stir well to mix. Pour in the stock, bring to a simmer and then reduce the temperature to simmer gently for 45 minutes, or until the sauce is thick and rich. Taste and adjust the seasoning as necessary.
4. When ready to cook the spaghetti, heat a large saucepan of water and add a pinch of salt. Cook according to the packet instructions. Once the spaghetti is cooked through, drain and add to the pan with the bolognese sauce. Mix well and serve.



Toad in The Hole with Garlic Cabbage

Ingredients

For the batter

- 225g/8oz [plain flour](#)
- salt and [black pepper](#)
- 3 free-range [eggs](#)
- 300ml/10fl oz [milk](#)
- 2 tbsp [olive oil](#)
- 8 [sausages](#)

For the onion gravy

- 1 tbsp [olive oil](#)
- 2 [onions](#), finely sliced
- ½ tsp [English mustard](#)
- 500ml/18fl oz [stock](#) (from a [stock](#) cube, ideally beef although chicken or vegetable is fine)

For the garlic cabbage

- 1 [Savoy cabbage](#), shredded, core discarded
- ½ tbsp [olive oil](#)
- 2 [garlic](#) cloves, peeled and finely chopped

Method

1. For the batter, sieve the flour into a bowl and season with salt and pepper. Make a well in the middle and break in the eggs. Whisk the eggs slowly into the flour. Once combined, pour in the milk while you whisk so that you have a smooth, lump-free batter the consistency of double cream (if the batter is too thick then add a little water). Cover the batter and rest in the fridge for one hour.
2. Preheat the oven to 200C/180C Fan/Gas 6.
3. For the onion gravy, heat a heavy-based frying pan over a low heat. Add the oil, onions and a pinch of salt. Cook gently for 15–20 minutes, or until completely collapsed and dark golden-brown in colour. If the onions are cooking too quickly, then cover with a lid while they cook.
4. Once the onions are completely softened and dark golden-brown, stir in the mustard and a pinch of pepper and then add the stock. Bring the mixture to the boil, reduce to a simmer and simmer for 10–15 minutes, or until the volume of liquid has reduced by half. Taste and adjust the seasoning as necessary.
5. Put a roasting tray (about 30x20x6cm/12x8x2½in) into the preheated oven. Once really hot, add the olive oil and the sausages. Brown the sausages in the hot oven, turning now and again until coloured on all sides (they don't need to be cooked through).



6. Whisk the rested batter and pour it into the hot tin over the browned sausages. Return to the oven and cook for a further 30–35 minutes, or until the batter is risen and golden-brown all over.
7. While the toad in the hole is cooking, prepare the cabbage. Wilt the shredded cabbage in a high sided frying pan or shallow saucepan with 3–4 tablespoons of water over a medium high heat for 6–8 minutes, stirring occasionally. Once the cabbage is tender pour off any excess water (or add it to the gravy) and then add the oil to the pan along with the garlic. Fry over a medium high heat for 2–3 minutes, or until the garlic is softened and aromatic. Season the cabbage with salt and pepper and keep warm.
8. Reheat the onion gravy and serve the cooked toad in the hole in wedges with the cabbage alongside.

Cheese Cake

Ingredients

- 2 tsp [sunflower oil](#)
- 200g/7oz [digestive biscuits](#)
- 100g/3½oz unsalted [butter](#)
- ½ tsp ground [cinnamon](#)
- 100g/3½oz [white chocolate](#), roughly chopped
- 400g/14oz [strawberries](#), trimmed, plus extra to decorate
- 300g/10½oz full-fat [cream cheese](#)
- 1 tsp [vanilla extract](#)
- ½ unwaxed [lemon](#), finely grated zest only
- 1 tbsp runny honey or [maple syrup](#)
- 200ml/7fl oz [double cream](#)

Method

1. Brush the inside of a 20cm/8in springform tin with the sunflower oil, and line the base with a disc of baking parchment.
2. Put the digestive biscuits into a sealable freezer bag. Push all the air out and seal the bag. Crush the biscuits with a rolling pin, until they are reduced to sand-like crumbs.
3. Melt the butter in a large saucepan. Stir in the biscuit crumbs and cinnamon. Press the crumbs into the bottom of the tin. Chill in the refrigerator for 30 minutes.
4. Chop 150g/5oz of the strawberries in half from top to bottom and arrange around the edge of the prepared tin, cut side-up. Chop the remaining berries into small pieces.
5. Melt the chocolate in a heatproof bowl, either over a pan of simmering water, making sure the bowl doesn't touch the water, or in a microwave.



6. Beat together the cream cheese, vanilla, lemon zest and honey in a mixing bowl. Stir in the chopped strawberries.
7. In another bowl, whisk the double cream until it holds a floppy peak.
8. Fold the melted chocolate into the cream cheese mixture, followed by the double cream. Add more honey if needed.
9. Spoon the filling into the tin, being careful not to move the strawberries on the edge. Spread level with a palette knife or the back of a spoon, cover with cling film and chill overnight, until firm.
10. Carefully remove the cheesecake from the tin and put on a serving plate. Slice or quarter extra strawberries to arrange on top.

● Information

Useful websites:

- BBC good food - <https://www.bbcgoodfood.com/>
- City and guilds - <https://www.cityandguilds.com/>
- Institute of Hospitality - <https://www.instituteofhospitality.org/>

● Contact information

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