

**SS1 SECOND TERM      E-LEARNING NOTES**

**SUBJECT    CATERING CRAFT PRACTICE**

**Scheme of Work**

Week 1: Revision of last term work

Week 2: Study of food commodities

- (a) Types, food value, and uses of fish
- (b) Types, food value and uses of meat and games.

Week 3: Study Food of food commodities

- (a) Types, food value, uses of poultry and eggs
- (b) Types, food value and uses of dairy products

Week 4: Study of food commodities

- (a) types of vegetable, food value of vegetable, uses of vegetables and fruits.
- (b) flours, fat and oil, nuts. and sugars.

Week 5: Study of food commodities-

- (a) Cereals: types, food value of cereals and uses of cereals
- (b) types, food values and uses of pulses, tubers

Week 6 & 7: Study of food commodities- types, food value, uses coloring, flavorings, condiments spices and herbs beverages, grocery and raising agent.

- (a) types, food value and uses condiments spices and herbs coloring, flavorings,
- (b) types, food values and uses of raising agent beverages.

Week 8: Study of food commodities- types, food value, uses of beverages

(Alcoholic) grocery/delicatessen and confectionery and bakery goods.

Week 9: Principle of cooking- method of cooking contd, measuring equipment –types and uses e.g., scale

Week 10: Demonstration, practical on selected food commodities using the various methods of cooking.

**WEEK ONE (1)**

**DATE.....**

**TOPIC: Revision of last term work**

**Week Two (2)**

**DATE \_\_\_\_\_**

**Topic:** Study Food of food commodities

**Sub Topic 1:** Types, food value, and uses of fish

**Sub Topic 2:** Types, food value and uses of meat and games.



Types, food value, and uses of fish

Fish are sea foods that live in either salt or fresh water. Fish have formed a large proportion of our foods because of their abundance and relative ease of harvesting. Fish are valuable not only because they are source of protein but because they are suitable for all types of menu and can be cooked and presented in a wide variety of ways.



Types/ classes of fish

- Oily fish- these are fish that have their fats deposited or stored all over their body especially among the muscle fibers. They are generally dark looking due

to the presence of oil between the fibers. Examples are, salmon, sardines, mackerel, herrings, tuna.

- White Fish (round and flat): these fishes are white in color; they are either round or flat. White flat fish have deposited or stored in the liver examples are halibut, plaice, sole etc while the round white fish have mild soft flesh and don't require tendering before preparation examples are cod, carp, shark, dogfish etc.
- Shell Fish: they are having protective shell all over their body, their flesh is coarse and therefore indigestible. A little vinegar may be used in cooking to soften the fibers. They are of two types a. Crustaceans e.g., crab, crayfish, prawn, lobsters, shrimps etc. b. Mollusca e.g., oysters, periwinkle, scallops, clams etc.

### Food Value of fish

Fish are rich sources of protein, the amount and quality of protein in fish being similar to that in lean meat. Fish contain no carbohydrate but are a good source of phosphorus, though not of calcium unless the bones are eaten. Most fishes are low in iron, but oysters are rich in iron. Almost all sea foods are rich in iodine because sea water is rich in this mineral. Sardines also contain reasonable amount of iron. Oily or fat fish contain some fat-soluble vitamins especially vitamins A and D, fish liver oil being exceptionally good source of these vitamins. They also contain liberal amount of B group vitamins. White fish do not contain vitamin A and D and usually contain less of the B vitamins than fat fish.

### Cuts in Fish

There are different ways to which whole fish is cut before preparation. Examples of fish cuts are:

1. Fillets: cuts of fish free from bone. They are practically boneless.
2. Steaks: thick slices of fish on or off the bones. This is a common way of cutting
3. before cooking with many families and food sellers.
4. Darnes: steaks of round fish
5. Delice: is a fillet that is neatly stored and folded.
6. Cravatte: is a fillet tied into a knot
7. Headed and Guttled: the whole head off and gutted.
8. Whole or round fish: just as taken from the water fresh and whole no part is removed.
9. Dressed or pan dressed: the fish head scales, tail and fins are removed.



### Factors to consider when choosing seas food/fish

1. Fresh fish has no unpleasant smell.
2. The eyes are prominent and bright.
3. The gills are bright red.
4. The scales are bright and plentiful.
5. The flesh is firm, not flabby and the body is stiff
6. Frozen fish should be solid frozen when purchased.

### cooking methods of fish

- Baking: this method involves cooking the fish in an oven.
- Grilling: in this method of cooking, the fish is heated over in open fire. By this method of cooking, a lot of nutrients especially fat soluble vitamins are lost through the liquid that drops from the fish into the fire. Fishes like herring, marcel and small fishes can be cooked by this method.
- Steaming: by this method, the flavor of the fish and its nutrients are conserved. Thin cuts of fish, fish fillet as well as small whole fish can be cooked during this method.
- Frying: shallow frying is often used to cook different kinds of fish including shell fish. Fried fish are more palatable than other cooking methods. Deep frying or French frying are often recommended if a large quantity of fish is to be cooked, e.g. in hotels or during ceremonies.
- Stewing: this method involves cooking fish in water to which other ingredients such as seasoning have been added. It is a very common method of cooking fish. This method is a conservative method as all the nutrients are conserved. Fish cooked by this method are more digestible than fried fish.

### **Uses of fishes in cookery**

1. Shell fish are served as starters eg prawn cocktail or in soups, salads fried in batter, with rice.
2. Oily fish are baked, fried, grill, poached. Serve with a sharp sauce eg tartare, fry in oatmeal; stuff with breadcrumbs, herbs, orange etc , and bake.
3. White fish is steamed, poached, grilled, fried, and baked. Serve

## EVALUATION.

1. Explain fish and state two types of fish.
2. List and explain three methods of cooking fish.

### Sub Topic 2: Types, food value and uses of meat and games.

Meat is the muscle derived from animals after slaughtering them. Meat is made of bundles of muscles of fibers. The fibers are joined by connective tissues and are connected by bones by tendons.

#### Types of meat.

- Beef: from cow.
- Mutton: from sheep.
- Lamb: from a young sheep.
- Veal: from calf.
- Game: from bush animals like rabbit, birds, antelopes etc.
- Pork: from pig.
- Lard: pure white fat from pig.



#### Food values of meat

- Protein, the major nutrient in meat is protein. The protein found in it is of high quality because it is rich in all essential amino acids. The protein in meat is 1<sup>st</sup> class.
- Mineral element: meat is rich in mineral elements like sulphur, calcium, phosphorus, and iron
- Vitamins. Meat is also a valuable source of B- Complex vitamins e.g. riboflavin, nicotinic acid and thiamine. The fatty meat like pork is also rich in vitamin A and D.
- Water: the percentage of water varies to the types of meat, but all contains some water.
- Fat: this is embedded in the connective tissue between the fibers. Meat such as pork, ham, and bacon as much higher fats values and consequently rather lower protein content than meat.

#### Cuts of meats

These are different parts of the animal cut according to type. The cuts of beef vary considerably from the very tender fillet steak to the tough brisket or the shin and there is a greater variety of cuts in beef than for any other type of meat. There are 14 primary cuts from a side of beef, each one composed of muscle, fat bone, and connective tissue. E.g. head, neck, chuck, rib, sirloin or T-bone, fillet, rump, flank, skirt, topside, shank, slicking, piece, brisket, plate, leg beef, lap, shin beef, ox tongue, ox tail and round.

## **OTHER EDIBLE PARTS OF MEAT.**

**Offal** is the name given to the parts taken from the inside of the carcass. Edible offal include liver, kidney, heart and sweetbread. Tripe, brains, oxtail, tongue and heart are included in offal's, tripe is the stomach lining or white muscle of beef cattle. Honey comb tripe is from the second compartment of the stomach. The smooth tripe is from the first compartment of the stomach and is not considered to be as good as honeycomb tripe. Sheep tripe is darker in color.

**Sweetbreads** is the name given to two glands, one is the pancreas, and is undoubtedly the best, the other is the elongated sausage-shaped thymus gland.

**GAME:** It is certain wild birds and animals which are eaten. There are two kinds of game. They

are the 1) feathered and 2) furred.

Game is less fatty than poultry or meat. Game is more easily digested with the exception of water fowl, which has oily flesh. Game is useful as other protein source in building and repairing body tissues, and for energy.

**VENISON:** Is the flesh from any member of the deer family such as elk, moose, reindeer, caribou and antelope. Red deer meat is dark, blood-red color.

Other meats include:

**Alligator:- It is a white meat, with a veal like texture and a shellfish like flavor**

**Camel: - Available as fillet, steak or diced.**

**Crocodile: - Light coloured meat with a delicate fishy taste.**

**Kangaroo: - Similar to venison in flavor. It is fined-grained meat. Once cooked, is similar in texture to liver.**

**Hare and Rabbit: - The rabbit is distinguished from the hare by its shorter ears, feet and body.**



**Game birds: e.g. Pheasant, Partridge, Grouse, Snipe, Woodcock, Quail, Teal.**



### **Meat Products**

1. Meat extracts: these are the water soluble parts of meat that are responsible for flavor. They account for the variation in the taste between different kinds of meat. They can be extracted from meat by boiling in water.
2. White meat: it has a lower texture with a less amount of fat and connective tissues.e.g veal, rabbit, chicken etc.
3. Red meat: is a meat that contains more fat and connective tissue. It is found in beef, pork, lamb etc.
4. Lean meat this is the part of the meat that contains little fat, but having no superfluous fat.
5. Sausages: sausage has been made for many years originally has a method of packaging meat.

### **FACTOR TO CONSIDER WHEN CHOOSING MEAT.**

1. Colour: The color of quality meat is purplish, red or blood-red, dark brown or black meat should not be chosen.
2. Odour: meat with an offensive odour should be avoided. This type of odour indicates a sign of spoilage.
3. Tenderness: this is a measure of toughness of meat. Tenderness should be considered in relation to the type of cuts required, the purpose for which the meat is meant and the cooking method to be used.

### **METHODS OF COOKING MEAT.**

Meat can be cooked with the following methods:

- Boiling
- Frying
- Roasting
- Stewing

- Broiling
- Braising
- Steaming.

## EFFECTS OF HEAT ON MEAT

1. Cooking makes meat digestible.
2. Improve the flavor which helps to stimulates the flow of digestive juice.
3. It improves the appearance.
4. Cooking reduces the amount of water the meat contains which leads to considerable lost of soluble nutrients.
5. It helps to remove some of the fats which may be indigestible if it is eaten too much.
6. It loosens the fiber by converting the connective tissue which holds them to gelatin.
7. There is considerable shrinkage on cooking due to coagulation of protein, loss of juice and loss of fat.
8. Greater shrinkage occurs with longer cooking periods and higher temperature.

## USES OF MEAT

Meat is used in a vast range of receipe all over the world. The various cuts of meat are used for different purposes according to their suitability for each cooking method. Dishes where meat are used are: meat stew, curry beef soup, fried meat, roasted beef. Etc. Meat extracts are used for drinks or in gravies, soups, and stews. Meat are used for sausages. They are used for packed lunches, picnics, and salads

### Covered commodities:

#### Meat Muscle Cuts

Beef (including veal)  
Pork  
Lamb  
Goat  
Chicken



#### Ground Meat

Beef  
Pork  
Lamb  
Goat  
Chicken



#### Wild and Farm-Raised Fish and Shellfish



#### Perishable Agricultural Commodities (fresh and frozen fruits and vegetables)



#### Nuts

Peanuts  
Pecans  
Macadamia Nuts  
Ginseng



## EVALUATION



1. Enumerate three food values of meat.
2. Highlight five other edible parts of meat and explain three.
3. Mention four methods of cooking meat
4. state three effects of heat on meat.

### **GENERAL EVALUATION**

1. Which of these is formed in the structure of meat (a) Bones (b) muscles and fibers. (c) tissues (d) all of the above
2. Meat gotten from cow is called (a) calf. (b) Lamb (c) beef. (d) mutton
3. Cooking of meat leads to -----(a)roasting. (b) coagulation (c)boiling(d)odour.
4. Which of these is an example of shell fish (a) crab (b) mackerel (c) salmon (d) tilapia?
5. Which of these best describe a game (a) wild bush meat (b) domesticated bird (c) sea animals (d) poultry.

### **ESSAY TEST**

1. Explain the term Offal
2. What are sweetbreads?

### **WEEKEND ASSIGNMENT**

Read: **Catering a guide for teachers and students by mid field publishers limited. (pg 44-57)**

### **PRE-READING ASSIGNMENT:**

Read about preparation of food commodities- poultry, egg and dairy products).

### **WEEKEND ACTIVITY**

Make a list of kinds of dairy products.

**Week Three (3)**

**DATE** \_\_\_\_\_

**Topic:** Study Food of food commodities

**Sub Topic 1:** Types, food value, uses of poultry and eggs

**Sub Topic 2:** Types, food value and uses of dairy products

Types, food value, and uses of Poultry and eggs

Poultry is the name given to domestic birds specially bred to be eaten and for their eggs.

The category includes birds, suitable for food such as...

WWW.EDUPODIA.COM