

HOT – Culinary Technology

T089

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08:30 – 11:30 AM

WORKFORCE DEVELOPMENT AUTHORITY



P.O. BOX 2707 Kigali, Rwanda Tel: (+250) 255113365

**ADVANCED LEVEL NATIONAL EXAMINATIONS, 2017,
TECHNICAL AND PROFESSIONAL STUDIES**

Marking guides

EXAM TITLE: CULINARY TECHNOLOGY

OPTION: Hotel Operations (HOT)

DURATION: 3 hours

INSTRUCTIONS:

The paper is composed of **three (3) main Sections** as follows:

Section I: Fourteen (14) compulsory questions. 55 marks

Section II: Attempt any three (3) out of five questions. 30 marks

Section III: Attempt any one (1) out of three questions. 15 marks

Note:

Every candidate is required to carefully comply with the above instructions. Penalty measures will be applied on their strict consideration.

Section I. Fourteen (14) Compulsory questions

55 marks

01. Give the role of the following materials in cooking:

- ☆ Potato masher ☆ Rubber scraper **4 marks**
☆ Rotary beater ☆ Ladle

Answer: **(1mark x 4)**

- ☆ Potato masher: used to mash potatoes as well as other foods.
- ☆ Rotary beater: Used for beating together ingredients. Especially good for light beating. To mix, stir and blend.
- ☆ Rubber scraper: used to remove food from spoons, sides of bowls, and pans.
- ☆ Ladle: Used to dip liquids such soups or stew from a pan to a bowl or cup.

02. Describe the tips for eggs storage. **3 marks**

Answer:

- In refrigerator at approximately 4°C
- Keep away from other foods; their shells are porous and they can absorb strong smells.
- keep in their delivery boxes or trays at a cool and dry place
- Handle as little as possible
- Use in rotation / FIFO.

Ref: Professor David Foskett and Victor Ceserani (2012), The theory of catering, 11th Edition.

03. Distinguish the following condiments generally used in cookery:

Cayenne pepper and Mustard. **3 marks**

Answer:

- a) Cayenne pepper: is a red pepper used on savoury dishes and cheese straws. It is a hot pepper that is obtained from grinded chillies. **(1mark)**
- b) Mustard: is a condiment obtained from the seed of the mustard plant. It is sold in powder form and is diluted with water, milk or vinegar for table use, or sold ready mixed in jars **(1mark)**.

A large variety of continental mustards are sold as a paste in jars, having been mixed with herbs and wine vinegar **(1mark)**.

Ref: The theory of catering. p173

04. List down any ten food preparations where fresh eggs may be extensively used. **5 marks**

Answer:

- Hors d'oeuvre -Salads -Fish dishes - sweets - Pastries - Sauces
- Meat dishes -Savouries - Poultry dishes - Soups - Pasta
- Egg dishes **(0.5mark x 10)**

Ref: The theory of catering. P133.

05. Give the meaning of the following culinary terms used at your workplace:

- ☆ Bouquet garni ☆ Marinade ☆ Julienne
- ☆ Croutons ☆ Roux

5 marks

Answer:

- ☆ Bouquet garni: a bundle of herbs used in cooking
- ☆ Croutons: Cubes of toasted or fried bread
- ☆ Marinade: a richly spiced liquid used to give to tenderize meat and fish and for other different purposes.
- ☆ Roux: a mixture of equal quantities of flour and fat cooked together and used as basis for other preparations.
- ☆ Julienne: Thin, matchstick-sized strips of vegetables. **(1mark x 5)**

Ref: Judy Gardiner (2016), Hospitality and Catering. Hodder education.

06. Considering the color coding system of chopping boards, what are the uses of the following chopping boards? **5 marks**

- ☆ Red colored chopping boards
- ☆ Blue colored chopping boards
- ☆ Yellow colored chopping boards
- ☆ White colored chopping boards
- ☆ Green

Answer:

- ☆ Red colored chopping boards: used for raw meat
- ☆ Blue colored chopping boards: used for raw fish and seafood
- ☆ Yellow colored chopping boards: used for cooked meat and poultry
- ☆ White colored chopping boards: used for Bakery and dairy
- ☆ Green: used for salads and fruit, vegetables. **(1mark x 5)**

- 07.** Explain the blond roux and give an example of where it can be used in food production. **3 marks**

Answer:

- Blond roux is a combination of equal quantity of fat and flour cooked together for a few minutes until it is golden brown and has a pleasant flavour. **2marks**
- Blond roux is used in veloutés sauce. **1mark**

Reference: Wayne Gisslen, 2010, p 174

- 08.** Fruits are ingredients used in many desserts. State four quality points to be considered for fresh fruits. **4 marks**

Answer:

Quality points for fresh fruits

- They must be ripe not overripe
- Clean and free from traces of pesticides and fungicides
- Free from external moisture
- Free from any unpleasant foreign smell or taste
- Free from pests or disease
- Sufficient mature; it must be capable of being handled and travelling without being damaged
- Free from any defects characteristic of variety in shape, size and colour
- Free of bruising and any damage.

(1mark for each correct quality)

Reference: Paula Figoni, 2004, p282

- 09.** Eggs are foods which are changed if cooked. Clearly explain the effect of heat application on eggs. **5 marks**

Answer:

The effect of heat application on eggs if cooked.

Eggs contain proteins that consist of long chains of components called *amino acids*. These chains normally form tight coils. As eggs are heated, these coils gradually become unwind or unfold (**1mark**). At this point, the protein is said to be denatured; because their natural shapes changed (**1mark**).

Therefore, when the protein coils unwind, they become attracted to each other and form bonds. This bonding is called coagulation. The coagulated proteins in eggs form a solid network of bonds and become firm **(1mark)**. As the temperature increases, the proteins eggs shrink, become firmer, and loose more moisture and are dry **(1mark)**.

To explain more the above, a cooked egg white changes from a transparent fluid to an opaque solid, then thickens and then become firm.

Reference: Wayne Gisslen, 2010, p65

10. What are two reasons which may cause the finished product of Genoise sponge being heavy? **2 marks**

Answer:

A genoise sponge may be too heavy because:

- - The butter used is too hot
- - The butter was insufficiently mixed in
- The flour was over- mixed. **(1mark each correct reason)**

Reference: David Foskett, 2004, p471

11. Describe the two types of a game which are used as a food source. Give two examples on each type. **4 marks**

Answer:

- a) **Feathered:** These are edible wild birds **(1mark)**. Examples: Goose, pigeon, ostrich, waterfowl. **(0.5mark x 2)**
- b) **Furred:** These are edible wild animals which are in the family of mammals **(1mark)**. Examples: Hare, rats, mouse, antelope, deer, gazelle, buffalo. **(0.5mark x 2)**

Reference: Wayne Gisslen, 2010, p 303

12. Define the term offal and give six examples of offals used as food. **4 marks**

Answer:

- Offal: This is the name given to the edible parts taken from inside of the carcass of animal or it refers to any of the internal organs of an animal. **1 mark**

- **Examples of offals used as food:** Brain, liver, kidney, lungs, tail, pancreas, stomach, thymus, tongue, intestines, heart, spinal marrow.

(0.5 mark for each point=3marks)

Reference: Wayne Gisslen, 2010, p 1061

13. Differentiate batter from butter.

3 marks

Answer:

Batter is a mixture consisting of flour, egg, and milk or water and being thin enough whereas

Butter is a pale yellow edible fatty substance made by churning cream and used as a spread or in cooking.

Reference: David Foskett, 2004, p451, p 469

14. List any five advantages of sous-vide cooking.

5 marks

Answer:

- Minimal change of texture
- No drying out and very little colour loss
- Dishes can be garnished and decorated before the vacuum
- The food cooks on its own natural juices
- Labour saving
- Uniformity of standards

Reference: Bernard Davis, Andrew Lockwood, Peter Alcott and Loannis

Section II. Choose and Answer any three (3) questions

30 marks

- 15.** Describe properly any five types of vinegars commonly used in cookery.

10 marks

Answer:

(2 marks for each type and its explanation)

- a) Malt vinegar (**1mark**) is made from malt which is produced from barley (**1mark**).
- b) Artificial vinegars (**1mark**) are chemically produced solutions of acetic acid in water. They are cheaper and having a pungent odour and a sharp flavor (**1mark**).
- c) Spirit vinegars (**1mark**) are produced from potatoes, grains or starchy vegetables (**1mark**).
- d) Red or white wine vinegars (**1mark**): are made from grapes. They are more expensive and have a more delicate flavor than other vinegars (**1mark**).
- e) Balsamic vinegar (**1mark**) is a specially matured vinegar from Italy with a distinctive flavor that varies in strength according to the age of the vinegar (**1mark**).

Reference: The theory of Catering. P.174.

- 16.** Protective coating is important in frying technique of some food. Describe any two types of coating and give an example of food on which their can be applied, then give the importance of coating.

Answer:

Types of protective coating

Type	Description	Used for
1) A l'anglaise known as "pane" (1mark)	Seasoned flour, egg-wash and breadcrumbs (1mark)	-Fish cakes -Croquette potatoes -Chicken (1mark)
2) A la francaise (1mark)	Milk and seasoned flour (1mark)	-French fried onion rings (1mark)
3) A l'orly (1mark)	Seasoned flour and fermented yeast batter (1mark)	-Fish fillet, -Vegetables, ... (1mark)

Reference: Wayne Gisslen, 2010, p152

Importance (1mark x 4)

- ✓ Food can be cooked quickly and easily.
- ✓ Coating food enables a wide variety to be cooked by this method.
- ✓ Coated foods are quickly sealed, thus preventing the enclosed food becoming greasy.
- ✓ Blanching or partial cooking enables certain foods to be held for cooking later, which helps during busy service and saves time.
- ✓ Prevent the leaving of nutrients from the food into the oil
- ✓ Limit excessive absorption of oil
- ✓ Minimize breaking up of the food
- ✓ Protects the surface of food from intense heat
- ✓ Reduce a rapid penetration of heat (for a good cooking)

17. Raising or leavening agents are substances used in dough or are added to a cake or to a bread mixture:

- a) What is the importance of them in preparation of pastry products?
- b) Describe in brief any three raising agents used.
- c) Enumerate two negative impacts of using insufficient raising agents.

10 marks

Answer:

a) The importance of raising or leavening agents in pastry products is to give lightness to the product, because they produce gases, which expand or increase volume and to produce shape and texture. These gases must be retained in the product until the structure is set enough to hold its shape. **2marks**

b) Description of raising agents

➤ **Yeast:**

In *fermentation*, is the process by which yeast acts on carbohydrates and changes them into carbon dioxide gas and alcohol. This release of gas produces the leavening action in yeast products. The alcohol evaporates completely during and immediately after baking. Yeast is a microscopic plant.

Yeast is available in three forms:

1. *Fresh yeast*, also called *compressed yeast*, is moist and perishable and is preferred by professional bakers.
2. *Active dry yeast* is a dry, granular form of yeast which needs to be dissolved in water before use.
3. *Instant dry yeast* is also a dry granular form of yeast, but it does not have to be dissolved in water before use. It can be added in its dry form because it absorbs water much more quickly than regular dry yeast. It also produces more gas than regular dry yeast, so less of it is needed.

➤ **Chemical Leaveners**

Chemical leaveners are those that release gases produced by chemical reactions.

1. BAKING SODA

Baking soda is the chemical sodium bicarbonate. If *moisture* and an *acid* are present, soda releases carbon dioxide gas, which leavens the product.

Heat is not necessary for the reaction (although the gas is released faster at higher temperatures).

For this reason, products leavened with soda must be baked at once, or the gases will escape and leavening power will be lost. Acids that react with soda in a batter include honey, molasses, buttermilk, fruits, cocoa, and chocolate. Sometimes cream of tartar is used for the acid. The amount of soda used in a formula is generally the amount needed to balance the acid. If more leavening power is needed, baking powder, not more soda, is used.

2. BAKING POWDER

Baking powders are mixtures of baking soda plus an acid to react with it. Because baking powders do not depend on acid ingredients for their leavening power in a formula, they are more versatile.

Single-acting baking powders require only moisture to be able to release gas. Like baking soda, they can be used only if the product is to be baked immediately after mixing.

Double-acting baking powders release some gas when cold, but they require heat for complete reaction. Thus, cake batters made with these can incorporate the leavening agent early in the mixing period and can stand for some time before being baked.

Do not include more baking powder than necessary in a formula because undesirable flavours may be created.

3. BAKING AMMONIA

Baking ammonia is the chemical ammonium carbonate. It decomposes during baking to form carbon dioxide gas and ammonia gas. Only heat and moisture are necessary for it to work.

No acids are needed. Because it decomposes completely, it leaves no residue that can affect flavour. However, it can be used only in small products, like cookies, which allow the ammonia gas to be completely driven off. Baking ammonia releases gases quickly, so it is sometimes used in products like cream puffs where rapid leavening is desired.

4. AIR

Air is incorporated into a batter primarily by two methods, creaming and foaming. This air expands during baking and leavens the product.

- 1) *Creaming* is the process of beating fat and sugar together to incorporate air. It is an important technique in cake and cookie making. Some pound cakes and cookies are leavened almost entirely by this method.
- 2) *Foaming* is the process of beating eggs, with or without sugar, to incorporate air. Foams made with whole eggs are used to leaven sponge cakes, while angel food cakes, meringues, and soufflés are leavened with egg white foams.

5. STEAM

When water turns to steam, it expands to 1,600 times its original volume. Because all baked products contain some moisture, steam is an important leavening agent.

Puff pastry, cream puffs, popovers, and pie crusts use steam as their major or only leavening agent. If the starting baking temperature for these products is high, steam is produced rapidly and leavening is greatest.

2 marks for each well described agent

c) Negative impacts of using raising or leavening agents.

- A lack of volume of the product
- Insufficient (few) product
- A close texture of the product
- Shrinkage of the product.

(1mark x 2)

Reference: Paula Figoni, 2004, p 248-264

18. Discuss the slaughtering process of poultry.

10 marks

Answer:

The slaughtering process of poultry

- 1) **STUNNING (0.5mark)**: - Electric wire coil or a gun is used to stun (suppressing -making an animal senseless) the animal which is then pulled into the slaughterhouse and hanged. **(0.5mark)**
 - 2) **BLEEDING (0.5mark)**- Is the cutting of neck to expose neck vein or vessel to bleed. **(0.5mark)**
 - 3) **FEATHER PLUCKLING (0.5mark)**: Take away feathers. **(0.5mark)**
 - 4) **SCALDING (0.5mark)**: Singe by flame contact on both sides. **(0.5mark)**
 - 5) **EVISCERATION (0.5mark)**: Is the removal of internal organs **(0.5mark)**
 - 6) **INSPECTION (0.5mark)**: Is carried out by meat experts to determine wholesomeness. **(0.5mark)**
 - 7) **GRADING (0.5mark)**: Is sorting out of meat carcass according to man-made standard which assist the meat dealers to classify meat and sort out prices. Quality grades help predict the expected palatability of poultry. **(0.5mark)**
 - 8) **DISPATCH (0.5mark)**: - meat is released from the slaughterhouse to the retail butchery, the processor and the wholesaler, then to the consumer who includes the household, the hotel, the industry, and other institution. **(0.5mark)**
- (2marks shall be added the candidate who respected the process order and the one who missed the order get - 2marks)**

Reference: Wayne Gisslen, 2010, p373

19. Make a six portions' recipe of leek and potato soup.

10 marks

Marking guides: This is an example of competency performance.

Recipe of leek and potato soup for six portions.

Ingredients 4 marks (ratio: 4:0)

- a) 1kg Leeks
- b) 125 g Butter
- c) 5l White stock
- d) Bouquet garni to improve the flavor
- e) 500g onions, sliced
- f) 1.25 kg Potatoes, small dice
- g) Salt to taste
- h) White pepper to taste

Procedure: 6marks (ratio: 6:0)

1. Cut the white and light green of leek into $\frac{1}{2}$ cm (paysane);
2. Slowly cook leeks and onions in the butter in a pan without coloring;
3. Add the stock, the bouquet garni, the potatoes cut into $\frac{1}{2}$ cm (paysane);
4. Season with salt and pepper;
5. Simmer until the leeks and potatoes are cooked for approximately 15 minutes.
6. Pass in a medium sieve
7. Then strain

Note: This soup can be enriched by adding butter and cream, before serving.

For the above procedure, the candidate who miss 1 to 2 elements in the process with good order may lose 2 marks, and the one who did not respect the order may be considered as not competent.

Reference: Wayne Gisslen, 2010, p247

Section III. Choose and Answer any one (1) question

15 marks

20. a) Fish is subject to speedy decay by bacterial action and often causes food poisoning if it is not absolutely fresh. When buying fish what are the points to look for to ensure freshness?
- b) Describe the technique of preparing fish meuniere.
- c) Stocks are the indispensable basis for the production of soups and sauces. They are made differently using different ingredients. Present the procedure of preparing fish stock.

Marking guides (b and c are competency performance questions)

- a) When buying fish, the following points are good reference to ensure its freshness **(1mark x 5)**

- Eyes: bright, full and not sunken.
- Gills: Bright red in color
- Flesh: Firm and resilient, so that when pressed the depression goes quickly.
- Scales: should lie flat, moist and plentiful.
- Skin: should be smooth, resilient and moist.
- Smell: must be pleasant.
- Guts: belly of whole fish should be well rounded and clearly gutted.

- b) The technique of preparing fish meuniere. **(5marks considering the content of this procedure)**

1. Prepare and clean the fish, wash and drain.
2. Pass through seasoned flour, shake off all surplus flour.
3. Shallow fry on both sides in hot butter.
4. Dress on an oval flat dish or plate.
5. Prepare the lemon
6. Squeeze some lemon juice on the fish
7. Allow 10-25g butter per portion
8. Sprinkle with chopped parsley and serve.

c) The procedure of preparing fish stock. **(5marks considering the content of this procedure)**

1. Melt the margarine or butter
2. Add the sliced onions,
3. Add the well washed fish bones and other ingredients except the water
4. Cover and cook gently without coloring for 5 minutes
5. Add the water,
6. Bring to the boil, skim and simmer for 20 minutes, then strain.

For the above procedures, the candidate who miss 1 to 2 elements in the process with good order may lose 2 marks, and the one who did not respect the order may be considered as not competent.

21. As someone who is well trained in Culinary Technology, explain what you can consider while choosing or selecting the kitchen equipment and tools in order to improve the service delivery and also being competent worldwide.

Answer:

while choosing or selecting the kitchen equipment and tools, we should consider the following:

- Performance (0.5mark):

Everything that you purchase needs to perform optimally. Therefore, it is quite significant that you check the standards applicable to appliances of the respective type. **(0.5mark)**

- Durability (0.5mark)::

The equipment used in the kitchen must be durable so that you can continue to use it for years without paying for significant repairs and replacement. In this manner, to assess the durability of a kitchen appliance, it is fundamental to check its guarantee period, the type of material or whether what it is exactly made from, its quality or strength. **(1.5mark)**

- Safety First (0.5mark):

Safety trumps style in the kitchen environment, so look for equipment that anticipates danger, and then offers a solution (0.5mark). A textured, non-slip material such as silicone, for example, makes the handles of peelers, whisks and knives easier to grip with wet hands. Length, too, is a factor. To avoid unnecessary burns from spitting oil, choose tongs that are at least 12 inches long, with a lock to stop the arms from springing open (0.5mark).

- Size of equipment (0.5mark):

The first thing that you have to consider is the size of the equipment that you will buy. The size depends on your need. It must be able to match the need that you have when it comes to cooking (0.5mark). If you cook for a lot of people, you need to choose the bigger ones to accommodate your ingredients.

-Easy function (0.5mark):

It is always important that you choose the ones that are user friendly and not complicated. The function of the equipment must be clear so that you will be able to optimize the benefits of the tool (0.5mark). Try to see to it that you understand the main function of the equipment that you buy.

-Your budget (0.5mark):

Budget is always a main consideration given the fact that some equipment can be very expensive. You need to choose the one that is within the budget that you have set only. Make sure that you can afford the kitchen tools that you plan to buy (0.5mark).

-The style (0.5mark):

You need to realize that some equipment can match the theme of the kitchen in your house. Try to look at the main theme of your kitchen and choose those tools that will match the theme. This will ensure that harmony in the kitchen will be maintained. (0.5mark)

- Colour Coordination: Any new purchase of kitchen equipment must be made in accordance with the overall theme of the kitchen and its design.

(1mark)

- Warranty and After Sales: Comparing after sales service and warranties being offered by various shortlisted products is recommended to choose the right product for your respective needs. Any company with a service center closer to your home can offer much swifter service and repair compared to the others. After sales service of the manufacturer and the store must be carefully evaluated before deciding on the final product.

(1mark)

-Experience (0.5mark):

Experience is one of the first factors to consider when selecting a company for an equipment financing program. Newer equipment leasing companies might not have the expertise or resources that business owners need to finance a project, no matter how small or large it is.

- Type of service being offered **(0.5mark)**: This reflects to kinds of food and or drinks to be prepared for being served. **(1mark):**

- Ease of maintenance **(0.5mark)**: You select the material which will be to repair and or its accessories are available. **(1mark):**

- Storage **(0.5mark)**: You consider the place you have within your establishment for storing the equipment, and how they are kept easily.

(1mark):

Reference: Wayne Gisslen, 2010, p42

22. Decorating and garnishing the food is very important in stimulation of appetite of the consumers beforehand;

a) Outline three things to consider while garnishing the food

b) State and briefly explain six elements of decoration or garnishes for a food or a meal to be served to customers.

Answer:

a) Things to consider while garnishing the food

- Remove things that could alter the taste of the dish

- Use edible garnish

- Learn the basic cuts
- Garnishes should enhance the food with colour
- Keep garnishes simple, natural and fresh.
- Do not over-garnish.
- Combine garnishes only if their colours, proportions and shapes are compatible.
- Garnishes should be arranged to make an attractive centerpiece.
- Some firm vegetables, such as turnips, become too brittle in ice water and may crack. If you have wrapped or curled slices of brittle vegetables to make flowers, do not soak them in ice water.

(1mark x 3)

b) Elements of decoration or garnishes for a food or a meal to be served to customers.

- Fruit garnish: (0.5mark)

This is the simplest yet effective way of making your food visually and tastefully attractive. You can slice a lemon into fine slices and adorn your dish or scoop out a whole lemon and use it as a sauce served with your food (0.5mark). Any fruit can be used for this deed keeping in mind the dish and its Complimentary ingredients. (0.5mark)

- Herb garnish: (0.5mark)

Herbs offer the much-wanted aroma to the food (0.5mark). The right selection of herb, when added to the dish does wonders to the taste and visuals. You must sprinkle the herbs over the dish before you serve it hot (0.5mark).

Another striking way to garnish the food with herbs is visual art; you can make a bouquet of the herbs and place it on the plate before you serve the food (0.5mark). The different types of herbs available are thyme, oregano, basil, coriander and parsley (0.5mark).

- Vegetable garnish: (0.5mark)

Another great way to accentuate the spirit of your food is vegetable garnish. You can carve cucumber into lily flowers, make roses out of tomatoes and tulips with carrots to make your food look delicious (0.5mark).

The raw vegetable garnish is always great as you can try many innovative things with them. It is always suggested to keep your vegetable garnishes in ice cold water to keep them fresh and composite (0.5mark).

- **Green garnish: (0.5mark)**

Serving a plain plate of food is a turn off to the appetite. But, when some leafy greens are added to the same, the dish makes a delectable sight (0.5mark). You can use some lettuce to make your roasted chicken breast look more scrumptious, or beetroot red and greens to add visual attractiveness. (0.5mark)

A cabbage head used to serve some gravy or sauce is another way to make your food delectable. (0.5mark)

- **Flower garnishes: (0.5mark)**

Here you need to be a little more attentive and only use flowers that are edible (0.5mark). And yes, use only organic flowers as the others might have a huge amount of pesticides or insecticides on it (0.5mark).

Pansies, nasturtiums & Roses are some examples of edible plants (0.5mark). Flower garnishing is primarily used in sweet dishes (0.5mark).

- **Sauce garnishes: (0.5mark)**

The sauce is not only a complimentary serving or cooking ingredients but it is great garnish as well. You can try your artistic hand while garnishing your food with sauce and make splendid art on the plate. (0.5mark). There are many types of garnishes that are used to make food yummier and visually attractive. You can also try your new invention ideas to make your cooking appear unique (0.5mark). However, whatever garnish you choose, ensure that it complements the food and are safe & attractive to serve (0.5mark).

Reference: Wayne Gisslen, 2010, p906-p912

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