

**SKILL ENHANCEMENT COURSE-HOSPITALITY AND CATERING TECHNOLOGY (THEORY)**  
**DURATION SIX MONTHS**

**HOURS ALLOTTED: 85**

**Max. Marks:**

<b>S.No.</b>	<b>TOPIC</b>	<b>HOURS</b>
01	<b><u>THE HOTEL AND CATERING INDISTRY</u></b> A. Introduction to Hotel Industry B. Introduction to catering Establishment C. Types of catering Establishments D. Types of Food & Beverage Outlets (i) Coffee shop & Cafeteria (ii) Fine Dining Restaurant & Theme Restaurant (iii) Club & Disc. (iv) Banquets (Formal & informal Banquets) (v) Lounges (vi) Fast Food & Take always	<b>15</b>
02	<b><u>FOOD PRODUCTION HYGIENE &amp; SANITATION</u></b> A. Personal Grooming & Hygiene B. Nutritional Values C. Food Production-Areas & Sanitation D. Food Production Utensils & Hygiene E. Food Safety Laws-FSSAI F. International Food Safety Icons G. Kitchen Stewarding	<b>10</b>
03	<b><u>PRODUCTION MANAGEMENT</u></b> A. Kitchen Organization B. Allocation of work-Job description, duty rosters C. Production Planning D. Production Scheduling E. Production Quality & Quantity Control F. Forecasting & Budgeting Yield Management	<b>10</b>
04	<b><u>MENU PLANNING</u></b> A. Objectives B. Types of Menus C. Types of Meals (Table-de-Hote, a-la-carte) D. Importance of Menu Planning E. Factors affecting Menu Planning F. Standardization of Recipes G. Standardization of Portions H. Quality Food Production	<b>20</b>

05	<p><b><u>BASIC PRINCIPLES OF FOOD PRODUCTION</u></b></p> <p><b>A. Methods of Cooking Food</b></p> <p>(i) Roasting</p> <p>(ii) Grilling</p> <p>(iii) Frying</p> <p>(iv) Baking</p> <p>(v) Broiling</p> <p>(vi) Poaching</p> <p>(vii) Boiling</p> <ul style="list-style-type: none"> <li>• Principles of each of the above</li> <li>• Care &amp; Precautions to be taken</li> <li>• Selection of food for each type of cooking</li> </ul> <p><b>B. Stocks</b></p> <p>(i) Definition of stock</p> <p>(ii) Types of Stock</p> <p>(iii) Preparation of Stock</p> <p>(iv) Recipes</p> <p>(v) Storage of Stocks</p> <p>(vi) Uses of Stocks</p> <p>(vii) Care &amp; Precautions</p> <p><b>C. Soup &amp; Sauces</b></p> <p>(i) Classification with example</p> <p>(ii) Basic Recipes of Consomme with 10 Garnishes</p>	<p style="text-align: right;"><b>15</b></p> <p style="text-align: right;"><b>10</b></p> <p style="text-align: right;"><b>05</b></p>
	<b>Total</b>	<b>85</b>

**SKILL ENHANCEMENT COURSE-HOSPITALITY AND CATERING TECHNOLOGY (PRACTICALS)**  
**DURATION SIX MONTHS**

**HOURS ALLOTTED: 72**

**Max. Marks:**

<b>S.No.</b>	<b>TOPIC</b>	<b>HOURS</b>
01	(i) Equipments, Identification, uses & handling (ii) Hygiene –Kitchen Etiquettes, practices & knife handling (iii) Safety & Security in Kitchen	<b>04</b>
02	<b><u>Preparation of Five Course Menus</u></b> A. Basic International Cooking (i) Stocks- Types of Stocks (ii) Sauces – Basic Mother Sauces (iii) Egg cookery- preparation of variety of egg dishes (iv) Simple salads and soups (v) Simple potato preparations (vi) Vegetable Preparation B. Indian Cuisine (i) Regional Cuisines – Bengal, Awadh, Kashmiri, Punjabi, Gujarat, Hyderabad, Andra Pradesh, Bengal, Goa, Karnataka, Kerela, Madhya Pradesh, Maharashtra, Tamil Nadu, Uttar Pradesh* C. Chinese Cuisine (i) Basic Chinese Sauces (ii) Regional Cuisines & Cooking Styles (iii) Equipments & Utensils D. Bakery (i) Bread making – five types (ii) Simple Cakes & Pastries – five types (iii) Simple Cookies – Five Types	<b>20</b> <b>24</b> <b>12</b> <b>12</b>

Note:\* All practical Menu will be of five courses. Names of dishes are not being mentioned here. It will be decide by the faculty on the basis of location, availability of ingredients and food habits.

# HOSPITALITY AND CATERING

## Introduction to Hotel Industry:-

Hotel:- It is a place where a bonafide traveler can receive food and shelter.

Or

A home away from Home

## Origin of Hotel Industry:-

A Hotel industry is one of the older commercial endeavors in the world. In the earliest time, there were inns{hotel} which were run by husband and wife. They provide large halls for travelers to make their own beds and sleep on own beds and on the floor. The entire cooking is done by Husband and rest of the service is done by wife and other family members. The real growth of modern industry took place in USA with the opening of City Hotel in New York in 1794.

## Introduction to catering establishment:-

Catering industry or food service defines those business, institutions, companies responsible for any meal prepared outside the home this industry includes restaurants, schools and hospital cafeterias. The companies that supply food service operators are called distributors.

## Types of catering establishment:-

**Transport catering**:- it includes road, rail, air and sea

- 1) **Road**:- Road catering has progressed from the inns (Hotels) and taverns (where people can get alcoholic beverages) which provide food and accommodation to the customers who are travelling on foot or on horse. These service areas open 24 hours a day. By seeing this all the demand of food and accommodation is increasing day by day because people start travelling a lot so hospitality industry wants to provide valuable service to the customers.
- 2) **Railway Catering**:- in the mid 19<sup>th</sup> century railway network begin in India which made travel so easier people start travelling from one part of the country to other, so they require food and drink on route . At most of large stations catering refreshments routes are open the train would take a stop on that plat form so that passenger could get a simple meal. The turn of century, the railway ministry decided to contract out the catering requirements to attract

companies with the catering background so that the traveler could be more professionally served during long journeys.

- 3) **Airline Catering:-** Air transport has to carry pre prepared food or both, as there are no facilities available on any airline for cooking or presentation. Most airlines design Kitchen to make their own food for their customers to meet their own requirements.
- 4) **Sea/cruise liners:-** Sea or marine catering very strong the provision of food and beverage short sea routes with the help of ferries (boat)to the large cruise for the passengers as the catering facilities are very important on the cruise liners. The standard of catering facilities are high because they are an important sales features.
- 5) **Institutional Catering:-** It includes schools, universities colleges, hospitals and prison. In some of the establishments certain group of the customers do not have to pay food and beverage service because they are subsidized by various founded funds. This part is also known as welfare sector.
- 6) **Industrial catering:-** Industrial food and beverage outlets may be defined as those operations in which profitability is a primary concern such outlets not only a private ownership but also a publically owner sector.
- 7) **Surface Catering:-** catering to passengers travelling by surface transport such as buses and pvt. vehicles is called surface catering.

### **Types of food and beverages outlets:-**

- a) **Coffee Shop:-** A small restaurant in which coffee and light meals are served where quick and in expensive and light refreshments or meals are served e.g. CCD and Barista.
- b) **Cafeteria:-** a Restaurant in which the customers are served at a counter and carry their meals on trays to tables.
- c) **Fine Dining Restaurant:-** Are full service restraints with specific meals courses. Fine Dining restaurants are almost always small business and are generally either single location operations are have just a few locations.
- d) **Theme Restaurant:-** Are restaurant in which the concept of the restaurant takes priority over everything else, influencing the architecture, food music and overall “feel” of the restaurant. The food usually takes a back seat to the presentation of the theme and these restaurants attract customers on the premise of the theme itself.

- e) **Club**:- An association dedicated to the particular interest or activity,
  - ii) A night club playing fashionable dance music.
- f) **Disc**:- A club or party at which young party dance to pop music, usually compared by a disc jockey and featuring special lighting effects.
- g) **Banquets**:- Can be described as a large gathering of people where arrangements are done for service of food and beverages.
- h) **Lounges**:- A room (as in a hotel or airport) with seating facility where people can wait .
- i) **Fast foods**:- it is a type of food that is prepared and served very quickly was first popularized in the 1950's in the US and may be relatively less nutritionally valuable compared to other foods and dishes.
- j) **Take away**:- A restaurant or shop selling cooked food to be eaten elsewhere, often home to be eaten or the shop or restaurant itself.

## **PERSONAL GROOMING**

- 1) Take a bath daily
- 2) Maintain a habit of regularly washing hands after eating and after using toilet.
- 3) Keep your hair neat and clean. Also try to cover your head while cooking.
- 4) Trim your nails.
- 5) Never work with open wounds on your finger.
- 6) Use formal clothes
- 7) Never use heavy jewellery.
- 8) Use polished shoes.

## **FOOD PRODUCTION HYGIENE AND SANITATION:-**

Food Production Hygiene and Sanitation:-

**Hygiene:-** it is a practice of daily/routine cleanness (it is not necessary to use chemicals) sanitation or we can use sanitizers to save the food from disease, cook it at proper temp.i.e. 100 c

### **Kitchen Hygiene:-**

- 1) Equipments should be clean and designed in such a way that they can be easily stacked on the shelves.
- 2) Non – mobile equipment shall be either sealed into the floor or mounted on legs with a minimum 4 – inch clearance between the floor and the base of the equipment.
- 3) Wooden topped preparation tables, meat – blocks and cutting boards shall be kept clean and in good repair.
- 4) Items with splits or open cracks shall be repaired or replaced.
- 5) Locally made plywood cutting boards shall not be used.
- 6) Plastic wore which has last the glaze finish shall be replaced.
- 7) Always use three sink methods for cleaning utensils

## **Food Production Areas and Sanitation:-**

Cleanliness in all areas, including corners is mandatory. All food shall be properly covered and stored. Tight fitting windows screens and self closing screen doors shall be provided for all food service areas proper and regular pest control should be done.

If there is no hygiene there will be food intoxication and food infection.

**Food Intoxication:-** is caused by cross contamination, food gets infected with toxic substance secreted by germs or bacteria. A bacteria namely staphylococcus occurs, the disease is called Botulism.

**Cross contamination:-** When the bacteria comes from solid intelligence, e.g, we have not washed our hands and we take a fresh food plate, the bacteria or germs arises the term is called “cross contamination”

Bacteria grows in 25 – 40 c this is called danger zone.

**Contamination:-** If the food is not safely covered, it gets infected is called contamination.

**Food Infections:-** When germs or bacteria directly comes into our body.

When food gets infected, an infection is produced through Salmonella, which is found in every where every infection is produced through salmonella. The disease which occurs through salmonella is called Salmonellism.

### **Food Safety Laws – FSSAI:-**

Food safety standards authority of India food safety and standards acts, rules and regulations laws (including packaging and labeling). Various regulatory and compliance aspects of the food industry, like licensing, labeling, use of food standards, packaging etc. food additives (contaminants, toxins, prohibitions and restrictions, laboratory sampling and analysis)

The FSSAI is responsible for protecting and promoting public health through the regulation and supervision of food safety. The FSSAI has been established under food safety and standards act, 2006 which is a consolidating statute related to food safety and regulation in India. Food laws came into existence for a no. of reasons:-

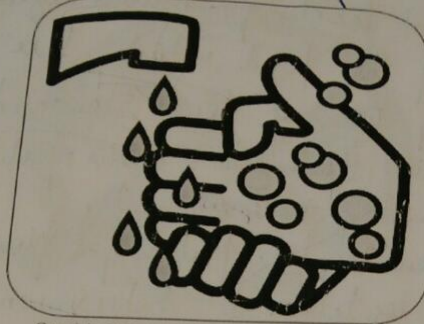
- a) To maintain quality of food produced in the country.
- b) To safeguard the health of consumers.
- c) To establish a criteria for quality of food products.



**INTERNATIONAL FOOD SAFETY ICONS:-**

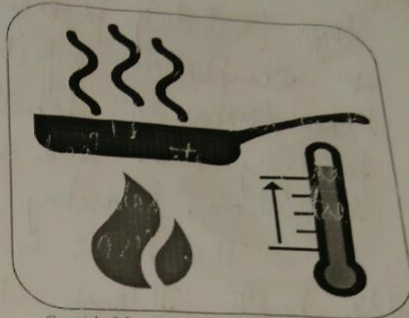
International food safety icons:-

1. Wash hands with soap & warm running water.



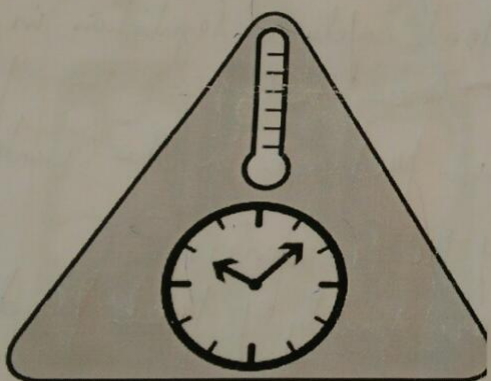
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Handwashing  
Download Icon



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Cooking  
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Potentially Hazardous Materials  
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A food that requires time/ temp. control for safety.



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Do Not Work If Ill  
Download Icon

3) Do not work with food & beverage if you are ill or experiencing gastrointestinal symptoms.

4) Do not cross-contaminate  
b/n raw + ready to eat or  
cooked foods.



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Cross Contamination

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5) Do not touch ready to eat  
foods with bare hands.



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No Bare Hand Contact

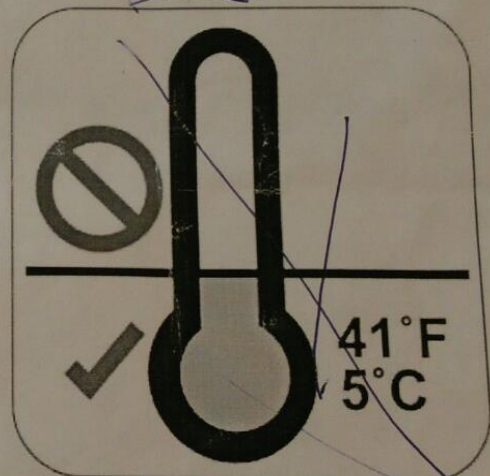
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Wash, Rinse, and Sanitize

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Refrigeration/Cold Holding

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6) Food contact surfaces +  
utensils must be properly  
washed, rinsed + sanitized.

## **Kitchen Stewarding**

Also sometimes called a Kitchen “portee” is a person who works in a commercial or industrial Kitchen as a sort of support person. He or she is not usually involved in the actual preparation of food but keeps things clean and organized, so that chefs and food preparation assistants can do their jobs efficiently. The Steward is often considered as one of the lowest ranking members of the staff.

Kitchen Stewards can be found practically anywhere that food is prepared on the large scale. Restaurants are the most common example but may also work in hotels, hospital kitchens and in school cafeterias, keeping things clean is usually a biggest part of the kitchen stewards job. He or she will usually work with chef’s and other kitchen staff to make sure that all the tools and utensils needed for a specific meal or cooking task or washed and ready to go. He or she will make sure that all the necessary equipment is properly stored and available for the kitchen Crew.

## **MENU PLANNING**

**Define Menu:-** In restaurant a menu is a list of dishes to be served or available for a dinner to select from . the items that are available for the dinner to choose from the broken down into various categories depending on the time of the day or the event.

Menu is the statement of F&B items available or provided by food establishments, primarily based on consumer demand and design to achieve organizational objectives.

### **Types Of Menu:-**

- a) **Table-D-Hote:-** Is a fix price menu this type of menu is found in factories, institution ,hotels. In this the menu is pre determined, the covers are set before hand. The guest has to pay for all dishes whether he has consumed a particular dish or not. There is no choice or limited choice available.
- b) **A-La-Carte:-** Is individual price menu each dishes individually priced. More skill is required and lot of equipment is needed and A-La-Carte menu is planned according to time, season and climate. The food is kept in semi prepared form and cooking is done when the order is received. The guest pays for whatever he has ordered.

### **Importance of Menu Planning:-**

- 1) Introduces the establishment to the customer.
- 2) Authorizes production of meals in the Kitchen.
- 3) Helps to prepare order lists for food and ingredients.
- 4) Determines the type of equipment, staff skills and the type supervision required.
- 5) Satisfies the needs of customers for nutrition, hunger as well as social and psychological needs.

### **Factors affecting Menu planning:-**

- 1) Using local ingredients and availability of them.
- 2) The spending power to the target market is also an important consideration.
- 3) Customers choice and like it is customer not the chef who selects menu items.
- 4) Competition in the local area in terms of style of food, price and quality.
- 5) The type of people catered like young, old, kids etc.

## Standardization of recipes:-

Standard recipes are required for achieving the desired results. It also acts as a tool for fast control. Standards are made to treat each customer with same food without any difference in shape. Color , structure and taste. Once the recipe is made, the team involved in standardization, practices the same recipe and records the results. Wherever needed the adjustments are done. As recipes are made for customers so the tastes for customers are considered as focal point in recipe formulations. Now recipe should be started with few customers and their feed backs are necessary.

### Standardization of Portions:-

A standard portion size represents the amount of each food item, which is sold to the guest of a stated price and should be established for all items.

Name of Dish	Portion Size	State of preparation	Other Data

Sig. of Supervisor.

## Quality in food production:-

- 1) Prepare all menu items using standardized recipes and including manufactures instructions for preparing convince food that specify ingredients, preparation method and time.
- 2) Always use quality top grade food item to produce the best food.
- 3) Selection of recipes and production methods must sport the healthy food.
- 4) Place food items on buffet no more than 10 minutes before serving them.
- 5) Keep the accurate record of all the information.

- 6) Taste and test new recipes of products with customers and determine acceptability before adding to the menu cycle.
- 7) Provide quality food production training to all employees regularly to follow correct preparation procedures.
- 8) Serve food at the prescribed temperatures maintain a healthy and hygienic surroundings.



## **Basic principles of food production:-**

**Cooking:-** Preparation of food for human consumption with the application of heat.

### **Methods of cooking food:-**

**Roasting:-** Made anything on fire and also to mix oil for the taste, not to leach the carbohydrates and minerals.

**Grilling:-** To make something on tandoor with the help of iron rods, e.g, Seekh Kabab, Tandoori Chicken etc.

**Frying:-** Means to fry something (food) frying is the fastest way to cook, it is a method of cooking by moist heat. The food is cooked in hot fat (oil or Ghee).

Frying is done by two methods:-

- 1) Deep frying:- More oil, more time.
- 2) Shallow:- Less oil, less time.

**Baking:-** to provide dry heat for making cakes or roties or in oven. The dry heat of baking causes the outside of the food brown, giving it an attractive appearance and taste, as well as sealing in the food's moisture.

**Broiling:-** In this method, a kind of plate is used for cooking which is called "broiler" typically it is done in an electric oven or griller. Broiling is used for developing flavor tender meat and poultry.

**Poaching:-** in this method, the food is cooked at the temperature of 70 to 90 c. delicate food such as fish, eggs, or soft meat are commonly cooked by poaching.

**Boiling:-** the food is brought in direct contact with the boiling water and the temperature of water should be 100 c boiling has various effects on foods. It toughens the albumin in eggs, toughens the fiber and dissolves the connective tissues in meat, softens the cellulose in cereals, vegetables and fruits and dissolves other substances in many foods.

**Blanching:-** Little bit boil for peeling something e.g, Almonds.

**Saute:-** Oil and onions and Zeera and rice little bit fry and add water is called sauté.

# Stock

## Definition of Stock:-

Stocks are flavor full liquids produced by simmering bones, meat trimmings, vegetables and other aromatic ingredients in water. Stocks are used as the foundation for soups, stews sauces.

Types of stock:-

- a) White Stock
- b) Brown stock
- c) Broth
- d) Fumet (or essence)

**White Stock:-** It is made from the bones of veal, beef, poultry, some types of game and fish. The bones should be cleaned properly and are first blanched in hot water to remove any impurities that might could or discolor the finished stock.

**Brown Stock:-** Are prepared by first cooking meaty bones to a deep brown color by heating till it gets the brown color . this changes both the flavor and color of the finished stock. Brown stock are especially valuable in sauce cookery, as they are used as the foundation for brown sauce and pan gravies.

**Broth:-** They are prepared by meat, bird or fish are long simmered in stock along with a variety of vegetables and other aromatic ingredients. Many meatless dishes are prepared with a vegetable broth. Those stocks made from meat or fish bones will reach a state of clarity and body through the extraction of proteins found in bones and meat.

**Fumet (or essence):-** The most common fumet is one prepared by sweating fish bones along with vegetables such as leeks, mushrooms then simmering these ingredients in water, perhaps with the addition of a dry white wine. Fumet and essence can be prepared from such ingredients as wild mushrooms, tomato, celery, ginger and so forth.



## Preparation of Stocks:-

### **White Chicken Stock:-**

#### **Ingredients:-**

2 kg chicken bones incl. carcass.

400 g mire pox.

30 g bouquet garni.

2 bay leaves.

8-10 pepper corns

2 whole cloves garlic peeled

4 ltr. Cold water.

#### **Method:-**

- 1) Place chicken bones, mire pox and bouquet garni with spices stock pot with water.
- 2) Cook on high heat until liquid starts boiling
- 3) Turn heat down to medium low so that stock maintains low gentle simmer.
- 4) Skim the scum from the stock with a spoon on every 10-15 minutes for the first hour of cooking. Simmer uncovered for 4-6 hours.
- 5) Strain stock through a muslin cloth. Cool immediately place in refrigerator prior to use bring to boil for 2 minutes.
- 6) To use a base of soups and sauces remove fat from top.

### **Brown beef stock:-**

#### **Ingredients:-**

½ kg meaty beef bones ( shank, short, ribs, skin bones)

½ kg cracked beef bones.

300 g mire pox.

20-30 g bouquet garni.

1 ½ ltr. Water.

350 g chopped tomatoes.

1 ½ g tsp salt.

### **Method:-**

- 1) Place all bones in a large roasting pan and roast at 200 c for 30 minutes. Stire well then add mire pox and chopped tomatoes, roast for 30-45 mins, longer until bones are very deep brown, stirring mixture occasionally, be careful not to burn the bones.
- 2) Place roasted ingredients into a stock pot. Remove fat from liquid in the roasting pan, then add 2 cups of water to the dripping in roasting pan and heat and scrape to loosen any browned drippings. Add to pot along with remaining 8 cups water. Bring to boil reduce heat and simmer partially covered for ½ hour. Skim off any impurities to the surface. Add remaining ingredients and simmer partially covered for minimum 6-8 hours.
- 3) Strain and cool uncovered. Skim fat from broth before using. This stock will keep for 3 days in the refrigerator or will freeze up to 6 months.

Soup:- It is an extract of meat and vegetables fish poultry in stock or water. The function of the soup is to supply immediate requirement of the nutrients in the body. The word soup is derived from Sanskrit “supa” Su means good , po-to- nourish.

Soup is an appetizing nourishing, digestible and flavored extract of solid prepared by using good stock.

Types of soups:-

- 1) Thin soup.
- 2) Thick soup.
- 3) International soup.

Thin soups do not carry any thickening agent. They are served in natural form or they can be assume as a flavored stock.

They have two types:-

**Consomme:-** thin clear soups are called consommé. An egg white is used to clarify these soups. These are transparent, amber color, non greasy clear soup. It can be prepared from

mince meat or chicken. Other ingredients used for making consommé are egg white, vinegar, vegetable trimmings.

Different types of consommé with garnishes:-

**Consomme Colbert:-** Consomme with sauté vegetables and poached egg.

**Consomme royal:-** consommé with savory egg custard.

**Consomme Princess:-** Consomme with asparagus tips and chicken quenelles.

**Consomme Xavier:-** Consomme with egg drop while serving.

**Consomme Celestine:-** Consomme with fulinnes of herbs pan cake.

**Double Consomme:-** Consomme reduce and serve cold.

**Thick Soup:-** Thick soup carry thickening agent like puree, roux and starch etc e.g,

**Cream soup**-----Stock+ roux and cream

**Puree soup**-----stock and puree of vegetables.

**Veloute**-----stock of base and blond and cooked pieces of base.

**Bisque**-----shell fish thicken stock and shell fish butter and brandy and tomato sauce and shell fish piece and cream.

**Chowder**----- shell fish stock thicken with potatoes flour and bacon and dice vegetable and cream.

**International soup:-** are special soup and do not come in any of the above mentioned category they can be:-

Hot, cold and fruit base'

Some of them are Hot Soups:-

- a) **Minestrone:-** Italian soup, vegetable payssane soup with pasta, grated parmesan cheese.
- b) **Green turtle soup:-** England beef, poultry and turtle consommé garnished with diced turtle meat.
- c) **French Onion Soup:-** France

d) **Petite Marnite:-** Soup from France, beef and chicken flavored soup garnished with turned root vegetables and dices of beef and chicken.

### **Cold Soups:-**

**Vichyssoise:-** Made from leek and potatoes and served purred and finished with ice cubes, cream and chopped chives.

**Gazpacho:-** a Spanish soup prepared by tomato, cucumber, onion, garlic and furnished with lemon.

### **Fruit Soups:-**

Are famous in the Scandinavian countries and can be taken in dessert and breakfast like cold cherry soup.

## **Sauces**

Sauces are liquid or semi liquid mixtures. A keen sense of smell, delicate sense of taste, a light, strong hand for the blending all contribute to the perfect sauce.

It also helps in digestion e.g, mint sauce, apple sauce,

It gives moistness to the food e.g, white sauces.

It enhances flavors.

It adds color to the food.

They give contrast taste to another food.

It enhances nutritional value of the dish.

### **The Mother Sauces:-**

Mother sauces are the basic sauce formed the foundation of other sauces used in continental cuisine. Bechamel the classic white sauce, was named after its inventor “Louis XIV’s Steward Louis de Bechamel” the king of all sauces, it is often referred to as a cream sauce because of its appearance and is probably used most frequently in all types of dishes.

## Bechamel Sauce:-

1 cup white roux

10 cups Milk

1 small onion studded with 2-3 cloves.

1 small bay leaf.

Salt and white pepper to taste.

Nutmeg to taste.

Heat milk below boiling pt. slowly at roux and keep on stirring to avoid the formation of lumps. Simmer, stirring gently with a wire whisk or wooden spoon. Add studded onion and bay leaf. Cook stirring over low heat 15-20 minutes until smooth and thickened. Strain sauce through fine mesh strainer add salty white pepper and nutmeg to taste. Makes about 2 cups.

Brown Sauce or Espagnole

Espagnole or brown sauce is traditionally made of a rich brown stock mix with nicely browned roux, herbs and sometimes tomato paste, makes about 4 cups.

20g bouquet garni

1 clove garlic

1/8 cup brown roux

2 tablespoons additional butter

6 cups beef stock

2 ounces tomato purees

1/8 tea spoon salt

1 1/8 tea spoon ground white pepper.

## Method

- 1) Sauté garlic in pan 1-2 mins add the brown stock.
- 2) Gradually add cooked roux slowly ,then add the tomato puree. bring to a boil skimming the surface occasionally, until the sauce is reduced to 2/3.
- 3) Reduce heat & simmer uncovered for about 2 hrs, skimming the surface occasionally until the sauce is reduced to 2/3,
- 4) Season to taste with salt & white pepper if desired. Apply butter on top to avoid scum formation.

## Tomato Sauce

It is a red kitchen sauce and had some piquancy. It is served with spaghetti, eggs, fish and meat. It adds color to the dish

Method

- 1) Melt butter in a pan add mir-poux roughly chopped vegetables, crushed garlic and sauté, till slightly brown.
- 2) Mix in flour and fry till it gets a sandy texture and gets a slightly brown color
- 3) Add tomato puree and chopped tomatoes and stir
- 4) Add cold vegetables stock and bring it to boil
- 5) Add seasoning and cook for 1 ½ hour.