



C Culinary

The International Culinary Schools
at The Art Institutes

CULINARY PRODUCT KNOWLEDGE



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Why The International Culinary Schools at The Art Institutes?

Our program is rooted in the culinary tradition of over 35 International Culinary Schools. We are the largest system of Culinary Schools in North America.

We are known to prepare students for the culinary industry by teaching them the fundamental cooking skills and critical "employability skills" necessary to succeed. We also introduce them to a range of world cuisines to promote greater cooking versatility and creativity.

History of Restaurants

Restaurant or Restaurer, meaning "to restore."

Restaurants are generally credited to 18th century France. The first French restaurants were not fancy gourmet establishments run by ex-aristocratic chefs. They were highly regulated establishments that sold restaurants (meat-based consommés intended to "restore" a person's strength) to people who were not feeling well.

Kitchen Brigade

The Classic Kitchen Brigade was founded by August Escoffier, a great chef known for defining the French cuisine and dining room during the 19th century. The brigade breaks down a kitchen into several departments. These departments are what create a kitchen from the fry station to the soup station. Each station plays a vital roll in any restaurant kitchen. There must be a well-qualified staff to run this system.

- Chef de Cuisine or Executive Chef -- Responsible for menu management, kitchen operations, and staffing kitchens properly.
- The Sous Chef -- Responsible for scheduling, replacing, and running any open stations.
- Aboyeur (ah-boh-yer) (Expediter) -- Responsible for calling out orders to stations and reviewing dishes from plate presentation.
- The Saucier (saw-see-yay) (Sauté Station) -- Creates all the sautéed items.
- The Poissonier (pwah-sawng-yay) (Fish Station) -- Responsible for any fish items and their sauces.
- The Grillardin (gree-yar-dahn) (Grill Station) -- Creates all grilled items.
- The Friturier (free-too-ree-ay) (Fry Station) -- Responsible for all fried items.
- The Rotisseur (roh-tess-uhr) (Roast Station) -- Creates all roasted items and jus sauces.
- The Potager (poh-tah-zaj) (Soup Station) -- Responsible for all soups and stocks.
- The Legumier (lee-goo-mee-ay) (Vegetable Station) -- Creates all vegetable and starch items.
- The Garde Manger (gahr-mohn-zahj) (Pantry Station) -- Responsible for all cold items from salads, appetizers, dressings, charcuterie, terrines, and pâtés. This chef also supervises the butcher.
- The Tournant (toor-nahn) (Roundsmen) -- Works where needed.
- The Pâtissier (pah-tes-syay) (Pastry Chef) -- Creates all baked items from breads, desserts, and pastries.
- Demi Chefs (Assistants) or Commis (kohm-ee) (Apprentices) -- Works with station chefs to learn the area.

Restaurant Positions

Students need time to develop and hone their skills. Most students after graduation will start at entry-level positions. Placement in a kitchen is typically as listed below (least experienced to experienced):

- Assistants or Apprentices -- Assigned where needed.
- Short Order Cooks -- Responsible for quickly preparing foods.
- Line Cooks -- Responsible for preparing menu items from a recipe.
- Relief Cooks -- Responsible for preparing foods on an hourly based schedule.
- Area Chef (Chef de Partie) -- Responsible for a specific facility or function.
- Demi Chef -- Works with station chefs to learn the area.
- Sous Chef -- "Sous " is French for "under." The Sous Chef is ranked directly underneath the Executive Chef. Sous Chefs assure the establishment is sending out the best quality food they can. They also help manage the staff and are responsible for food and labor costs associated with running the kitchen when the Executive Chef is away.
- Executive Chef -- Supervisors and coordinates the preparation of a menu and ensures all food items are prepared, portioned, cooked, garnished, and presented properly. Also responsible for supervising the kitchen and producing menu items.

Safety and Sanitation

Sanitation is the creation of maintenance that will prevent food contamination or food born illness. Contamination is the presence of harmful organisms or substances which are either biological, chemical, or physical.

Mise en Place: "To Put in Place"

Mise en Place is very simple, but often times, not taken seriously by line or relief cooks, as it is one of the most important elements in a kitchen. Mise en Place ensures organization and efficient food preparation. Mise en Place is considered to consist of just the right amount of tools to get the job done fast and efficiently, organization of tools and equipment, as well as products or ingredients, and cleaning tools, such as sanitizer and towels. A good sense of Mise en Place is to be able to multi-task with great timing and work efficiently. For example, a chef with a good Mise en Place can think about everything that needs to be done before ever starting work. Here are a few topics to think about when preparing a Mise en Place:

- Knives should be sharp and honed before starting work.
- Measuring devices should be checked for accuracy.
- All ovens and cooking devices should be turned on before starting work.
- Selecting proper equipment for any task.
- All serving ware should be ready for use and nearby.
- Foods should be ready and stored properly.
- All foods should have expiration dates.
- All stations should have sanitation buckets with designated towels.
- Properly measuring and preparing ingredients.

The International Culinary School Supply Kit

KNIVES

A knife is the most important tool in a chef's toolbox. With a sharp knife, a chef can accomplish a wide variety of tasks more quickly and efficiently than any machine. It is ideal to purchase a very good to high-quality knife. Although high-quality knives are expensive, they will last many years with the proper care and attention. When purchasing knives, search for knives that are very sharp with a good-sized spine and a very thin blade. One that is well-constructed for easy handling, balance, as well as placement within your hand.

TYPES OF KNIVES



9" CHEF'S KNIFE - RIVETED

This knife is used for chopping, slicing, and mincing. 8-14" long with a wide blade at the heel and tapers to a point. One of the most important and commonly used knives in a kit.



10" WIDE BREAD KNIFE - MILLENNIA

Usually, these knives are serrated to cut soft bread without crushing it. An offset serrated knife uses an offset handle to ensure the cook's knuckles don't touch the cutting surface when the blade has cut all of the way through the food.



11" GRANTON SLICER - MILLENNIA

A slicer either has a rounded or pointed tip with a product or straight edge used for slicing cooked meats. This blade is flexible (straight) to serrated (non-flexible).



7" FORK - LEGEND

A two-pronged fork used to hold meat steady while it is being carved.



3-1/2" PARING KNIFE - GENESIS

This knife is used for detailed work cutting fruits and vegetables. 2-4" long.



KNIFE ANATOMY





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Cooking Utensils Included In The Culinary Kit



10" SPATULA



PLASTIC BOWL SCRAPER



POCKET THERMOMETER



SWIVEL PEELER



LARGE TONGS



12" PIANO WHIP

Cooking Utensils Included In The Culinary Kit



MEASURING SPOON SET



12" EXOGLASS SPOON



1" & 7/8" DOUBLE MELON BALLER



16" PASTRY BAG



CUT RULER



FISH SPATULA



LONG NOSE PLIERS



SLIP MAT

**SKILLS
KITCHEN**

Kitchen Equipment



GRILLS AND BROILERS

Typically used to prepare fish, meats, and poultry. Heat is supplied underneath a rack for a grill, and for a broiler, heat is supplied on top or above the food product. A broiler is similar to a salamander as well as a rotisserie oven, except that a rotisserie oven has a revolving rack spinning in front of the heat source.



OVENS

Stovetops, ranges, and ovens are often the most important cooking equipment in any kitchen. They are powered by gas with open burners to supply quick, direct heat. Conventional ovens supply the heat underneath the product. Convection ovens use an internal fan to circulate the heat to cook foods faster and evenly.



STEAMERS

Steamers are used to cook food very rapidly and evenly by direct contact with steam. They are available in various models, such as pressure or convection. Pressure steamers heat water above boiling point in a sealed compartment, thus increasing the internal temperature of the oven at 4-15 pounds per square inch. A convection steamer provides heat from an internal boiler and releases it over the food products. This is great for cooking vegetables with minimal loss of flavor or nutrients and keeping food products warm. They're also useful for cooking fish or meat to retain moisture.



SALAMANDERS

The salamander broiler, sometimes simply referred to as a "salamander," is a culinary utensil characterized by very high temperature overhead infrared heating elements which may be powered by either electricity or gas. It is used primarily in professional kitchens for overhead grilling or broiling. It is also used for the toasting and browning of gratin dishes, as well as melting cheeses onto sandwiches and desserts such as Crème Brulee.



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Kitchen Equipment



DEEP FRYERS

Deep fat fryers are sized by how much hot oil they can hold. Most commercial deep fryers range from 15-82 lbs and can either be electrically or gas heated with heat temperatures ranging from 200-400 degrees.



DECK OVENS

Deck ovens are designed to have one or more baking chambers to allow large volumes of products to be baked. Each chamber has a floor (deck) upon which food is cooked. Some deck ovens use a stone hearth for the cooking surface. Heat is created through elements and burners located at the top and bottom of the chamber. The chamber's components (floor, walls, and ceiling) absorb heat and radiate that heat back, allowing an even cooking temperature.



PROOF BOXES

Proof boxes are sealed spaces that provide an environment for which you can control the temperature and humidity. This way, yeast-risen baked goods can rise more effectively.

Classic Knife Cuts



CHIFFONADE (chef-fon-nahd)
Finely sliced or shreds of leafy vegetables or herbs



JULIENNE (ju-lee-en)
1/8"x1/8"x2" (aka. allumette)



SMALL DICE
1/4"x1/4"x1/4"



RONDELLES (ron-dells)
Disc shaped slices



BATONNET (bah-toh-nah)
1/4"x1/4"x2"



MEDIUM DICE
1/2"x1/2"x1/2"



OBLIQUE CUTS
Small pieces with two-angle cut sides



FINE BRUNOISE (broo-nwaz)
1/16"x1/16"x1/16"



LARGE DICE
3/4"x3/4"x3/4"



FINE JULIENNE (ju-lee-en)
1/16"x1/16"x2"



BRUNOISE (broo-nwah)
1/8"x1/8"x1/8"



PAYSANNE (pahy-sahn)
1/2"x1/2"x1/8"

Mother Sauces



BECHAMEL

It is traditionally made by whisking scalding milk gradually into a white flour and butter mixture called roux.



VELOUTÉ SAUCE

The ingredients of a velouté are equal parts by mass butter and flour to form the roux, a light chicken, veal, or fish stock, and salt and pepper for seasoning.



TOMATO SAUCE

This sauce comprises a wide variety of sauces made primarily out of tomatoes, usually to be served as part of a dish rather than as a condiment.



HOLLANDAISE SAUCE

This is an emulsion of egg yolk and butter, usually seasoned with lemon juice, salt, and a little white pepper or cayenne pepper. In appearance, it is light yellow and opaque, smooth, and creamy.



ESPAGNOLE SAUCE

This sauce is typically prepared from vegetables and herbs that are cooked in a brown roux (flour and butter mixture), to which a dark stock (veal or beef) and tomato purée are then added. The sauce is left to simmer for around two hours until it reduces to a thick brown sauce. The final stage is to pass the sauce through a sieve, which will retain all of the vegetables, lumps, and unwanted ingredients.





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CREATE TOMORROW

Fattoush

Toasted Bread Salad serves 4

AMOUNT	MEASURE	INGREDIENT
1 6-inch		Khoubiz, toasted golden brown, $\frac{1}{2}$ inch (1.2 cm) dice
3 cups	6 ounces, 168 g	Romaine, shredded or broken into small pieces
$\frac{3}{4}$ cup	4 ounces, 112 g	Cucumber, peeled, $\frac{1}{2}$ inch (1.2 cm) dice
1 cup	6 ounces, 168 g	Tomato, peeled, seeded, $\frac{1}{2}$ inch (1.2 cm) dice
$\frac{1}{3}$ cup	1 ounce, 28 g	Green onion, chopped
$\frac{1}{3}$ cup	$\frac{1}{2}$ ounce, 14 g	Flat-leaf parsley, chopped
3 tablespoons		Fresh mint, chopped
$\frac{3}{4}$ cup	3 ounces, 84 g	Green bell pepper, $\frac{1}{2}$ inch (1.2 cm) dice
As needed		Salad dressing (recipe follows)

PROCEDURE

- 1 Combine all ingredients and toss with salad dressing.

Salad Dressing

AMOUNT	MEASURE	INGREDIENT
1		Garlic clove
1 teaspoon		Salt
$\frac{1}{2}$ cup	4 ounces, 120 ml	Fresh lemon juice
$\frac{1}{2}$ cup	4 ounces, 120 ml	Olive oil
To taste		Black pepper

PROCEDURE

- 1 Mash garlic with salt and stir in remaining ingredients.

(The International Culinary Schools at The A. *International Cuisine*. John Wiley & Sons, 06/2008. VitalBook file.) Michael Nenes.

