

On Cooking A Textbook Of Culinary Fundamentals

5th Edition

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in their red seal examination and in their career

on cooking a textbook of culinary fundamentals has provided culinary arts instruction to thousands of students and aspiring chefs towards a successful careers in the culinary arts our time tested approach teaches both the principles and practices of the culinary arts by building a strong foundation based in on sound fundamental techniques focusing on five areas essential to a well rounded culinary professional professionalism preparation cooking baking and meal service and presentation key topics professionalism food safety and sanitation nutrition menu planning and food costing tools and equipment knife skills flavours and flavourings eggs and dairy products principles of cooking stocks and sauces soups principles of meat cookery beef veal lamb pork poultry game fish and shellfish charcuterie international flavour principles vegetables potatoes grains and pasta cooking for health and lifestyle salads and salad dressings fruits principles of the bakeshop quick breads yeast breads pies pastries and cookies cakes and frostings custards creams frozen desserts and dessert sauces breakfast and brunch appetizers and sandwiches beverages plate presentation market appropriate for introduction to cooking courses

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