

## Chef Essentials

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cooking essentials for the new professional chef offers students an opportunity to learn the basics of cooking while using the actual reference that professional chefs have relied on for over a generation the new professional chef in addition to providing an excellent foundation in such cooking essentials as raw ingredients tools classic techniques and foundation recipes the academic version of this professional reference clarifies every concept with supportive text step by step photos in full color illustrations and tables special features designed to assist both students and instructors include the following chapter objectives emphasize key concepts and guide reading highlighted key terms and concepts offer a quick recap of the language a chef should be able to use fluently footnotes define terms that might be unfamiliar the first time they appear in text self study questions and activities reinforce concepts and help students apply them in a problem solving format tables and charts put important technical information at the students fingertips sidebars highlight professional development issues techniques kitchen management strategies and historical context chapter summaries recap the lessons that should be mastered to help students build technique the over 300 foundation recipes conveniently grouped at the back of the book are organized from simple to complex with similar types grouped together students can quickly locate extra help with recipes by referring to the technique cross reference feature that accompanies each recipe in addition color photos tips and historical notes provide additional support

managers of restaurants and other foodservice operations need to know how to cook but do not have to be chefs in order to manage them effectively written by wayne gisslen author of the bestselling professional cooking this book gives managers in the foodservice field the information they need about cooking in order to do their jobs well note cd rom dvd and other supplementary materials are not included as part of ebook file

in this unraveled practical guide one of america s most widely respected chefs teachers cookbook authors distills his vast knowledge and experience into the more than one hundred essential techniques that every cook needs to know here are answers to just about every cooking question from the simple why you shouldn t leave slices of apple sitting in water to the sublime why you should want to roast a whole saddle of lamb book jacket

whether you are a newcomer to cooking or an experienced cook you need to know how to make the most of what s available both in your kitchen and on the supermarket shelves as well as how to follow recipes successfully this new book from the chefs of le cordon bleu the legendary cooking academy covers an extensive range of familiar and exotic ingredients and the most effective ways of preparing and cooking them it demonstrates all the tools and techniques necessary and gives excellent buying advice there s a wide range of useful charts

and tables detailing cooking times and methods yield to serving ratios and volume equivalents plus sidebars that provide nutritional and storing information hundreds of specially taken photographs serve as a visual pictorial glossary that will inspire readers to make the most of what the world has to offer

because of the relentlessly demanding nature of the culinary industry you must first be honest with yourself and make sure you re truly passionate about cooking if you don t have a real passion for what you should be viewing as an art culinary art you ll quickly become frustrated along the journey which will seriously hamper your chances of career advancement but if you are indeed passionate about cuisine then becoming a chef may seem like a natural step for you to formalize your culinary interest and turn it into a rewarding career besides your undying passion there is the very real possibility of a great salary that you d earn doing what you love a great opportunity for career advancement and very positive job growth projections you can very easily become overwhelmed with the seemingly endless requirements you re expected to fulfill in the quest of becoming a qualified chef and that s exactly why this book was written to clarify the path learn exactly where and how to get started the cost and time commitment requirements how to overcome challenges such as the lack of adequate funds to finance your culinary schooling where to get a job once suitably qualified and how to advance in your culinary career and move up the ladder assuming your ambition is to soon become an executive head chef

a reference guide for cooks discussing the purchase and preparation of food explaining how to choose use and maintain kitchen utensils and products and featuring over 450 recipes as well as menu suggestions and holiday planners

meal prep for weight loss clean eating and staying healthy are you tired of coming home from work every single day and then having to cook do you feel like after the hassle of making a meal you don t have time for anything else meet meal prepping explored in meal prep an introduction to meal prep how to have a healthy lifestyle how to cook fast and healthy proper long term food storage breakfast recipes lunch recipes dinner recipes snack recipes smoothie recipes and much more so don t delay it any longer take this opportunity and invest in this book now no kindle device no problem download the kindle app to your device available to read on your computer mac smartphone kindle reader ipad or tablet get your copy today see you inside

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